



FROM THE HUDDLE



Volume 5, Issue 1, January 2010



OFFICERS

Chad Pennington
President

Robin Pennington
Vice President

Jennifer Correa
Executive Director

Stephanie LaFauci
West Virginia Executive Director

Andrea Pennington
Tennessee Executive Director



RESOURCE COUNCIL

Robert Beymer
First Sentry Bank

Cameron Burns
The Johnson Company, Inc.

Joe Gelchion
Starwood Hotels & Resorts

Dale Manns
Superior Marine, Inc.

Denise Pennington
Webb School of Knoxville

Tahetia Petrone
Petrone Speed and Strength

Geoffrey Sheils
First Sentry Bank

5TH ANNUAL CELEBRITY BOWL RAISES OVER \$130,000

A capacity crowd packed Colonial Lanes for this year's Celebrity Bowl, which generated more than \$130,000 in funds that will support many organizations and institutions in the communities served by the foundation.

The event kicked off with a cocktail party on Friday night. Joining Chad and the Field Goal sponsors, was Dolphins Safety and Winchester, KY native, Yeremiah Bell. Also in attendance were Jessi Pierson, Miss WV USA, and Alysia Thompson, Miss WV Teen USA. The evening included dinner, a silent auction, a live auction and a Wii Bowling Tournament.

On Saturday, bowlers from sponsoring companies gathered for the 5th Annual Celebrity Bowl. Doors opened at 6 p.m., and the two-game tournament began shortly after that. The event included dinner and a silent auction. Prizes were awarded to the top three team finishers of the tournament - with Kroger taking first place honors this year.

Joining Chad on Saturday were fellow Miami Dolphins teammates, Andy Alleman, Davone Bess, Ronnie Brown, Greg Camarillo, Dan Carpenter, Anthony Fasano, Ted Ginn Jr, Kendall Langford, Matt Roth and Justin Smiley. The celebrity guests bowled two games - one with each of the sponsors on their lanes.



The 1st and 10 Foundation would like to recognize those organizations and individuals that made last year's event so successful.

FIELD GOAL SPONSORS

Beef Jerky Smokehouse
Charleston Marriott
Colonial Lanes
Constantine Carpets
Continental Airlines
First Sentry Bank
H & H Consulting
Holzer Clinic
James C. Justice Companies
Kroger
Marathon Petroleum Company, LLC
Marshall University Foundation
Massey Energy
Mountain State Blue Cross Blue Shield
Patience Coal
Dr. Daniel Snavely, HIMG
St. Mary's Medical Center Foundation
Superior Marine

DONATIONS

Claire Ambrosino
Keith Carey
Ralph & Judy May
Connie Reed

John Huffman
Linda Jeffers-Lester
Jerry Roseberry
David Steele

MERCHANDISE/SERVICES

Beef Jerky Smokehouse
Blackhawk Grill
Cameron H. Burns
Charleston Marriott Town Center
Eagle Distributing
Gameday Authentics
Rick & Marilyn Haye
Holzer Clinic
Mac Reedo's
Miami Dolphins
Mining Machinery Sales
Keith Morehouse
Pepsi Bowling Group
Platinum Limousine
Reebok
Ben Roethlisberger
Stadium Frame & Art
Steiner Sports
Tasty Blend Foods

FIRST DOWN SPONSORS

Akers Consulting Co.
Bank of America
Cabell Huntington Hospital
Cecil Walker Machinery Co.
International Resource Partners
Dr. Robert Lewis
Marshall University President's Office
Marshall University Big Green
Pepsi Bottling Group
Dr. Joseph Touma
- Huntington Ear, Nose & Throat

VOLUNTEERS
can be found
on page 2.



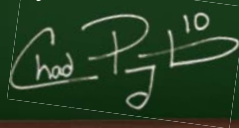
The 1st and 10 Foundation is a tax-exempt Section 501 (c) (3) charitable organization classified as a public charity. 100% of donations go back into communities served by the foundation.

HUDDLE WITH CHAD

Happy New Year! Before I begin writing about the exciting events and programs for 2010, I would like to briefly reflect upon the past year. 2009 was another solid year for the 1st and 10 Foundation. Because of your generous support, our programs were able to thrive, and our grant program continued to be a success. To date, the grant program has distributed more than \$950,000 to its geographical areas. We are rapidly approaching the \$1 million mark and are excited about this challenge. Your support in 2009 enabled the foundation to issue more than \$138,500 to the Tri-State area, \$64,500 to east Tennessee and \$23,000 to south Florida.

In April, 1st and 10 received a \$50,000 grant from NFL Charities. The NFL rewards "player" foundations that have been consistent and effective in pursuing the mission of the respective foundation. The \$50,000 level is the highest level for these grants, and the foundation was one of only three that received this award. Robin and I are extremely thankful for your continued support, and we truly believe our donors have made a major impact in the lives of our fellow citizens.

2010 is here, and we are extremely excited about the challenges and opportunities ahead. We will continue our programs, which include Share Our Soles, Friends of 10, Super Saturday, the Bobby Hampton Memorial Race and the Knoxville Christmas Party. The annual Celebrity Bowl event is quickly approaching as well. This event has generated more than \$600,000 for the Tri-State area since its inception. Because of its success, we are looking at new fundraising ideas for east Tennessee and south Florida. As our foundation continues to grow, Robin and I continue to dream about the possibility of building community centers and facilities for communities in need in the near future. We know this ultimate goal is lofty, but are excited about the challenge.



Thanks to all the 1st and 10 Foundation volunteers who made last year's Celebrity Bowl so successful.

Dwayne Allen	Stephanie LaFauci
Marci Atkins	Brandon LaFauci
Tim Bledsoe	Krisin McClellan
Dave Campbell	Leon Nichols
Lucy Canterbury	Martha Nichols
Danny Chapman	Lisa Nichols
Danielle Gantner-Cooper	Tony Nichols
Brian Cooper	Lynn Parsons
Mike Correa	Joe Parsons
Brian Crist	Elwood Pennington
Stefany Crist	Denise Pennington
Jennifer Esch	Cherri Price
Marc Esch	Doug Price
Kim Estep	Michael Stevens
Jeff Estep	Lesli Stone
Nathan Fowler	Eric Tucker
Judy Hampton	Tamara Tucker
Peggy Hampton	Virgil Underwood
Richard Hampton	Liz Underwood
Rich Hampton	Renee Woodrum
Mike LaFauci	Chuck Zerkle

ROYAL TREATMENT For Cabell County Youth

Children from Cabell County Protective Services will get the royal treatment with a grant from the 1st and 10 Foundation. The children will attend the Royal Family Kids Camp, which is specially designed to meet the needs of abused, abandoned and neglected children.

During the weeklong camp, children will get social interaction in a safe and comfortable environment. There will be a birthday party for the entire group, complete with cake, balloons, games and gifts for all. Each child will leave with a photo album of the week's events, which will be the first mementos of childhood for many of the children.

Cabell County's Royal Family Kids Camp strives to help children in need overcome their past. Positive outcomes have already been seen in more than 160 camps nationwide.

www.1stand10foundation.com



1ST AND 10 FOUNDATION *Receives Grant from NFL Charities*

The 1st and 10 Foundation was one of three NFL player charities to receive the Player Impact Award from NFL Charities. The \$50,000 award is the largest amount given to a player's foundation.

NFL Charities, the charitable foundation of the National Football League, issued more than \$1 million in grants to support 89 charitable player foundations in 2009.

"Our players know that the legacy they leave in the community is as important as any on-field achievements," NFL Commissioner, Roger Goodell, president of the NFL Charities board of directors, said. "We are proud to support their foundations and applaud their efforts to make their communities healthy, happy and safe."



The 1st and 10 Foundation was also recognized during NFL Charities Week in April. Five players were celebrated throughout the week, including Chad Pennington, Tony Richardson, Jason Witten as well as Torry and Terrence Holt.



The 1st and 10 Foundation hosted a Share Our Soles event at Dave & Busters in Hollywood, FL to celebrate NFL Charities Week. In addition to having dinner and playing games throughout the evening, the 75, invited, at-risk children were given new backpacks and sneakers.

FOUNDATION HELPS MON COUNTY HABITAT FOR HUMANITY

With WV Football Build

The 1st and 10 Foundation has provided a grant to the Mon County Habitat for Humanity for a special project called WV Football Build.

For WV Football Build, MCHFH sought funds and support from football heroes throughout the state of West Virginia, including college and high school football teams. This particular project will help two families move into simple, affordable and decent homes that they can build, buy and live in.

As is the case with most Habitat for Humanity homes, each family member over the age of 18 must complete 250 hours of "sweat equity" to help complete the construction of their home or other family homes.

Mon County Habitat for Humanity was founded in 1990 and practices the mission of Habitat for Humanity International, which works in partnership with God and people everywhere, from all walks of life, to develop communities with people in need by building and renovating houses, making decent homes in decent communities.

RAINBOW GUARDIAN *Gets Into The Community*

Rainbow Guardian is getting into the community with a new 12-passenger vehicle that was purchased with a grant from the 1st and 10 Foundation. The van will allow residents of Rainbow Guardian's TLC Ranch Group Home to participate in activities, take a job or just enjoy the community.

Rainbow Guardian is an organization that serves intellectually challenged and developmentally disabled women in south Florida. TLC Ranch, the organization's first group home, is equipped with a 24-hour staff and stimulating wellness programs.

The purchase of the van allows the group the opportunity to become more integrated with the local community. They will have opportunities to use adult programs, go shopping and enjoy other activities.



6th Annual Celebrity Bowl - April 10, 2010 - Strike Zone Bowling Center



Everyone deserves to be a queen or hero for a day, and that is just what Queen for a Day is all about. The organization provides quality of life support to pediatric cancer patients. Queen for a Day has been given a grant to provide two Tea Parties and/or Heroes programs in each of the 1st and 10 Foundation's geographical areas.



When one of the young patients arrives at the Tea Party, she is given a manicure and then taken to the make-up tables. Each child is given jewelry, feather boas and tiaras to dress up and then taken on a parade through the hospital. The event continues with refreshments, music, arts and crafts.

As part of the Heroes program, local firefighters and police officers visit the patients in the hospital, sometimes bringing a fire truck or K-9 unit for the kids. Similar to Tea Parties, the boys receive hero-themed gifts including hats, badges and tattoos. The event also includes refreshments and entertainment.

"1st and 10's support has not only allowed us to continue our current programs in the foundation's target areas, but it has freed our resources to pursue expansion of new programs nationally," said Jenna Edwards, founder of Queen For a Day.

Founded in 2000, Queen For A Day has five programs that support its mission, which include Tea Parties, Fashion Show, Teen Queen, Heroes and the Royal Treatment. The organization now has 35 chapters nationwide.

OHIO-WEST VIRGINIA YMCA *Exands HI-Y Programs*

While the Ohio-West Virginia YMCA lacks a gym and swimming pool, it excels in its mission to engage youth in positive activities to influence life and work in their homes, schools and communities. The High School YMCA, or HI-Y, is especially dedicated to that principle.

With a grant from the 1st and 10 Foundation, the HI-Y program is getting some added help. The organization has been given funding to increase participation in its character-building programs, including Youth in Government, WV Youth Action Council, Camp Horseshoe's Teen Entrepreneurship and Civic Leadership Summit.

HI-Y gives teens the tools and desire to become civic leaders through hands-on experimental learning. From the Youth in Government program, many participants go on to careers in law enforcement or government.

Youth and teens in all schools and communities of WV and Ohio are encouraged to participate in HI-Y. In an effort to reach even more youth, representatives of HI-Y will increase outreach by visiting more schools and by printing materials to distribute to students. HI-Y hopes to add nearly 2,000 members in the near future.

FRIENDS HELPING FRIENDS *In The Eastern Panhandle*

Friends in Action of the Eastern Panhandle (FIAEP) is a family mentoring program that uses the power of friendship to bring about positive and permanent change in the lives of low-income families of the eastern panhandle of West Virginia.

With a grant from the 1st and 10 Foundation, FIAEP will continue to work with the community using two of its programs – Volunteer Mentoring and Life Skills Training.

Volunteer Mentoring is a program in which a trained volunteer partners with a low-income family in an effort to provide the family with support through friendship, mentoring and hope. Each volunteer assists with budgeting, organization, tutoring, modeling and teaching parenting skills. Additionally, they help parents find affordable housing and family education.

As part of the Life Skills program, families and two team members will attend a series of six workshops, including budgeting, getting and keeping a job, nutrition and portioning, raising happy and healthy children, family bonding and household organization. These presentations, which are given by community experts, include a meal for the entire family.

FIAEP was founded in 2004 when Anne Conlan, who had recently moved to the area, saw a number of local families in need and wanted to help them. Since its inception, the organization has trained 165 volunteers and has worked with 42 low-income families.



SHANGRI-LA ACADEMY OF RIDING *A Shining STAR*

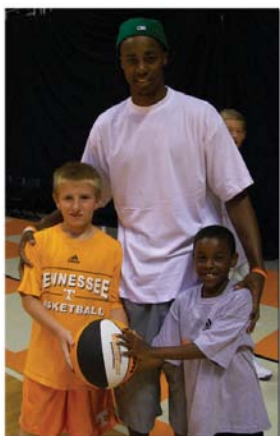
The Shangri-La Academy of Riding (STAR), has become a pioneer in the therapeutic riding industry, and with a grant from 1st and 10 Foundation, it is taking its services one step further with interactive vaulting.

For years, STAR has used horses and riding therapy to help physically, mentally and neurologically disabled children. Interactive vaulting is the latest project for this highly successful organization.

With interactive vaulting, a specially trained horse moves on a long line controlled by the instructor. Classes of up to 10 riders, who have learned compulsory moves on a stationary barrel to reduce stress on the horse, will perform the same tasks on a moving horse. Many gross motor, behavior, focus and teamwork issues are addressed as the riders take their turns on the horse. As the riders progress in skill, the horse moves faster, and they begin working in pairs on the horse.

Riders in the therapeutic and at-risk programs have the opportunity to channel their energy and efforts into a positive learning experience and expand their confidence and sense of accomplishment in a relatively short period of time.

Lynn Petr founded STAR in 1987. The organization, which now serves 11 counties and more than 185 riders each week, has 265 volunteers and 11 instructors.



SPORTS BUDDIES *For Big Brothers Big Sisters*

Sports Buddies is a new project launched by Big Brothers Big Sisters of East Tennessee. The 1st and 10 Foundation has provided a grant to help support this sports-based mentoring initiative, which pairs disadvantaged children with adult mentors, who have a shared interest in sports.

As part of the program, participants are provided with weekly opportunities to play and watch sports together. In partnership with the University of Tennessee Athletics, Ice Bears Hockey and Tennessee Smokies Baseball, each participant is given free tickets to local sporting events. For many of these children, it will be their first visit to these ball fields and arenas.

Children in the program also participate in flag football, volleyball, soccer and disc golf games with their mentors. They have also had the opportunity to go behind-the-scenes at sporting events and meet coaches, athletes and trainers to learn about the importance of fitness, health and doing well in school.

“The 1st and 10 Foundation has played a critical role in helping Big Brothers Big Sisters of East Tennessee launch the Sports Buddies program,” said Sharon Moore, chief development officer of Big Brothers Big Sisters of East Tennessee. “Sports Buddies is not just about giving disadvantaged youth the opportunity to play and watch sports with their mentors. It is about using sports as a framework to build lasting adult-child friendships and teach larger life lessons. Sports Buddies has the power to impact these children throughout the rest of their lives.”

The planned programs and activities give the child and mentor common experiences that build discussions about working hard in school, physical activity and health. Big Brothers Big Sisters of East Tennessee hopes that while building lasting friendships, it will also transform the lives of children.

RED CROSS Mid-Ohio Valley Chapter *Holds Red Cross Ready Camps*

The Red Cross, Mid-Ohio Valley Chapter has begun working to teach youth throughout eight West Virginia counties how to “Be Red Cross Ready.” Utilizing a grant from the 1st and 10 Foundation, the organization will hold camps in an effort to teach age-appropriate safety courses such as first aid, babysitting and water safety.

Last year, the Red Cross, Mid-Ohio Valley Chapter responded to 72 local disasters, made 18 disaster preparedness presentations, hosted 251 blood drives and taught 853 health and safety classes. The organization has also started Junior Red Cross activities to incorporate youth volunteerism in the various counties.

Be Red Cross Ready camps will be hosted during the summer and during holiday breaks. By learning about leadership at a young age, participants are following the mission of the 1st and 10 Foundation to build stronger communities.

The Mid-Ohio Valley chapter was established in 1917 and provides services to Wood, Wirt, Roane, Ritchie, Jackson, Pleasants, Calhoun and Gilmer counties in West Virginia.

It's Time to Play Ball *In Lincoln County*

With a grant from the 1st and 10 Foundation, Hamlin Little League is constructing Lincoln County's only designated regulation tee ball/Minor League Baseball field through its 1st and Tee project.

In partnership with the Hamlin Lions Club and Lincoln County Family Resource Network, Hamlin Little League will build a new, state-of-the-art facility, which will primarily serve boys and girls ages 5-13. The facility will be available at all times to children in that age group. Built to national specifications, the new field will be constructed through countless volunteer hours.

Beyond the immediate impact of the field, the long-term benefits will afford the area with the opportunity to reduce childhood obesity and other poor health conditions.





The 1st and 10 Foundation distributed over \$200,000 in 2009 to organizations in the Tri-State area, East Tennessee and South Florida.

BOBBY HAMPTON MEMORIAL RACE

The 6th Annual Bobby Hampton Memorial Race raised more than \$5,200 for the National Bone Marrow Donation Program. The race, which took place on June 20 at Scott High School, is held each year to honor the memory of Robin Pennington's father Robert Hampton. This year's event included an 11-mile race, 5K run/walk and a children's race.



and the 2009 WINNERS are...

The overall winner of the 11-mile men's division was Glenn Baldwin with a time of 1 hour, 15 minutes and 59 seconds. Chris McGee took first place in the 5K run with a time of 19 minutes and 38 seconds. Catlyn Nelson placed first overall in the women's 11-mile with a time of 1 hour, 50 minutes and 21 seconds, and Allison Cox won the women's 5K race with a time of 23 minutes and 22 seconds.

5K WINNERS: *Chris McGhee & Allison Cox* **11 MILE WINNERS:** *Glenn Baldwin & Catlyn Nelson*

	MEN 5K RUN	WOMEN 5K RUN	11-MILE RUN-M	11-MILE RUN-F
18 & UNDER	Chase Nelson	Kaitlyn Ingraham	Tyler Gunnoe	Anna Toler
19-30	Chris McGee	Allison Cox	_____	Catlyn Nelson
31-40	Charley Bowen	Marci Atkins	Joe White	Mary Beth Johnson
41-50	Mike Parsons	Candace Nelson	Jeff Morris	_____
OVER 51	John Thompson	_____	Glenn Baldwin	_____

The following organizations sponsored the event: Carelink Health Plan, Strat Products, Lincoln Primary Care Center, WV Heating and Cooling, J & R Repair, Stephens Auto, The Styling Post, Julian Mini-Mart, Handley Funeral Home, Edward L. Atkins, DDS, Allstate, The Boone Standard, Boone Memorial Hospital, Harold H. Howell, D.M.D., The Lincoln Standard, Eastern Associated Coal Corporation, Casto's Custom Screenprinting and Ferrell & Hill Insurance.

The following individuals and organizations generously donated their time and talents to the event:

- | | | | |
|---------------------------|-------------------------|-----------------------------------|--------------------------|
| Forrester Photography | Marci Atkins | Jennifer and Marc Esch | |
| Danville Fire Department | Dana Sloan | Wayne Johnson | Mary Johnson |
| Logan Police Department | Jeff and Kim Estep | Mickey Brown | Leslie Stone |
| Boone Ambulance Authority | Tony and Lisa Nichols | Boone County Friends of Marshall | Becky Smith |
| WV State Troopers | Martha and Leon Nichols | Sheila Ramey | Lincoln Co. Primary Care |
| Boone County Deputies | Regina Hoff | City of Madison Police Department | Boone Memorial Hospital |



Thank you to all of the volunteers and financial supporters of the 1st and 10 Foundation.



KANAWHA-CHARLESTON SOCCER FOUNDATION

Gets A Kick Out of New Fields

With a grant from the 1st and 10 Foundation, the Kanawha-Charleston Soccer Foundation is closer to finishing the final two fields that make up the six-field complex known as the Friends of Coal Fields at Trace Fork.

The Kanawha-Charleston Soccer Foundation is a non-profit charitable organization developed to address the lack of soccer facilities in the Kanawha Valley. Four of the six fields have been constructed, and the remaining two fields are in the process of being completed.



“The Friends of Coal Fields at Trace Fork provides the best quality playing fields for Charleston-area kids in the entire Kanawha Valley,” James Barber, president of the Kanawha-Charleston Soccer Foundation, said. “During the peak recreational season, we host 500 kids weekly for practice and games. Thanks to the generosity of the 1st and 10 Foundation, we can continue meeting the needs in the community by constructing two more fields that will alleviate the stress on our existing fields and accommodate even more players.”

While serving the community, the fields will likely have a positive economic impact as well. By 2014, the fields could potentially serve as host to two regional soccer tournaments each year, resulting in \$1.6 million in revenue to the state annually.

Fall 2008 Grants

First Book Huntington

Funding for the purchase of new books to economically challenged children once a month for an entire year. First Book Huntington is a newly formed all-volunteer organization. For this project, the group will focus on giving the ...?

Holzer Hospice (Gallipolis, OH)

Funding for Camp Beaver, a bereavement camp for children who have experienced loss in their young lives.

Holzer Senior Care Center (Gallipolis, OH)

Funding for the development of Giving Hope Through Wellness, a wellness program for seniors at the center and two walking trails.

Junior Achievement of West Virginia

Funding to provide entrepreneurial education to 1,500, K-12 students attending public schools in locations where 50 percent or more of the students receive free or reduced lunch.

Deuteronomy Fund (Barboursville, WV)

Funding for Girls Place, an after-school mentoring program. The girls attending the program study with the aid of volunteer tutors, assist with dinner preparation, eat dinner, clean up and participate in an activity to educate or improve self-esteem.

Appalachian Leadership & Education Foundation of Wyoming County

Funding for 100 leadership field experiences, additions to the personal leadership library, support for each student in his or her service activities and projects, personal leadership curriculum materials and fellowship supplies. Mr. Buck Harless of Massey Energy is a partner in this program.

Huntington City Mission (WV)

Funding for six weeks of day camp and one week of overnight camp for underprivileged children of Huntington, WV. This program serves 80 families.

CONTACT Huntington (WV)

Funding for a volunteer 24/7 hotline to provide crisis intervention and support/advocacy services to victims of sexual assault and stalking.

Safe Harbor of Northeast Kentucky (Serving Tri-State Area)

Funding for the purchase of sturdy playground equipment for children at the domestic violence shelter.

Childhelp (TN)

Funding for “My Portrait” project in partnership with the Knoxville Museum of Art. The program will consist of workshops for foster children in Childhelp’s care to create their own piece of art reflecting themselves or their feelings about the thousands of children in Tennessee’s foster care program. The artwork will be displayed at the community venue.

Fentress Children’s Center of the Cumberlands (Jamestown, TN)

Funding for the Life Skills program that helps abused and at-risk children learn life skills. The program stresses each child’s dignity, self-worth and potential for change and growth.

Starlight Starbright

Funding for PC Pals program in Tennessee Hospitals. PC Pals reduces isolation and stress for hospitalized youth by providing entertainment, education and connectivity opportunities. This grant would supply six units to TN hospitals.

Campbell County Children’s Center (TN)

Purchase of two computers for two behavioral wellness counselors, cost of annual audit and fiscal management expenses, taxes and insurance as well as specific assistance to individuals/families served at the center.

COMMUNITY HEALTH of East Tennessee Receives New Van

Community Health of East Tennessee will be purchasing a new 15-passenger van with a grant from the 1st and 10 Foundation to help the organization’s Family Services Center Outreach project. A new vehicle will allow the project to better serve the nearly 600 victims of violence that it assists each year.

More than half of the individuals served by the program are children. In many cases, these children have had to leave their homes abruptly. With a new vehicle, these children can receive the counseling, and group support that they need to build a new life.

With the addition of this van, families will also be able to participate in many wholesome activities, games and inexpensive projects to build stronger bonds between mothers and children.



1st and 10 Foundation
PO Box 42
Syosset, NY 11791

A promotional banner for the 5th Annual Celebrity Bowl. The top half features a green football field background with a brown football on the left. The text "FROM THE HUDDLE" is written in large, white, 3D-style letters. On the right, there is a smaller version of the 1st and 10 Foundation logo. The bottom half has a dark green background with the text "Save the Date!" in large, green, 3D-style letters. Below this, the event details are listed in white text. A green oval on the right contains a message about the foundation's mission.

FROM THE HUDDLE

1ST AND 10 FOUNDATION

Save the Date!

5th Annual Celebrity Bowl
April 10, 2010

Strike Zone Bowling Center
141 Eastern Heights
Huntington, WV

The 1st and 10 Foundation will build stronger communities by assisting programs and institutions that seek to improve quality of life as well as support leukemia research and patient/family services.