



**Big Brothers Big Sisters**  
of Southern Maryland  
*Little Moments, Big Magic*

A recent study conducted by a respected national research firm examined the effect of BBBS mentoring on youth and found that, compared to their peers, Little Brothers and Little Sisters who met with their Bigs regularly:

- **Forty-six percent** less likely to start using drugs and 27% less likely to start drinking;
- **Fifty-two percent** less likely to skip a day of school and 37% less likely to skip a class;
- **One-third** less likely to hit someone; and
- **More** Trusting of their parents or guardians, less likely to lie to them, and felt more supported and less criticized by their peers and friends.

November 7, 2005

To Whom It May Concern:

Mr. Jim B. Golden traveled over an hour on September 27, 2005 to help some of the staff and board members at Big Brothers Big Sisters of Southern Maryland, Inc., perfect their public speaking skills. He covered the topics of speech content and over coming nervousness. He also had us practice our speeches for our First Annual Ask Event Breakfast, to insure that our message was being heard by our audience.

I would recommend Mr. Golden to those individuals and groups who are just starting out with their speech writing and public speaking. He was informative and patient with his audience.

Best regards,

Darcy E. Heaver  
*Director of Development*

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