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## Media Alert

### **Big Brothers Big Sisters of Northern Sierra (BBBS-NS) Announce Big Brother and Big Sister of the Year**

Cameron Park, CA-- Congratulations to Richard Salas and Stephanie Carlson who have been named the 2019 "Bigs" of the Year by Big Brothers Big Sisters of Northern Sierra (BBBS-NS). Carlson was also awarded the special distinction of Big Sister of the Year for all of California.

"We are very proud and grateful to have these two amazing, selfless mentors as part of our Big Brothers Big Sisters network", said Executive Director Brenda Frachiseur. "All of our Bigs and Littles give so much of themselves daily to help our communities' at-risk youth and provide them that helping hand, listening ear and friendship that so many children are lacking".

Richard introduces his two Little Brothers to new experiences and opportunities that they would never consider. He exposes his Littles to a multitude of options for their life, so they do not feel that they are defined by their ethnicity and differences in background.

Stephanie Carlson is a longtime BBBS-NS board member and currently serves as Vice-Chair. Over the years, Stephanie has taken on mentorship for four Littles and is a fixture of support at all of our local agency fundraisers. She helps with staff training, LGBTQ education, alcohol and drug awareness and self-care and, in addition to all of her volunteer work with BBBS-NS, Stephanie works for the El Dorado County Health and Human Services Agency.

Stephanie was nominated by BBBS-NS for the California Big Sister of the Year and was chosen by a statewide committee of BBBS affiliates. She will be considered for the National Big Sister of the Year by Big Brothers Big Sisters of America, which will be

announced in June.

Big Brothers Big Sisters of Northern Sierra is looking for mentors with a wait list of Littles looking for mentorship. If you are interested in being a Big Brother or Big Sister, you are encouraged to call 530.626.1222. BBBS-NS has served the youth of El Dorado and Nevada Counties since 1977. The mission is to build and support one-to-one relationships to ignite, empower and defend the biggest possible futures for youth.

**#Defenders of Potential**