

EMMA

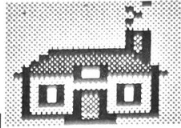
THOMAS

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ANOTHER SUCCESSFUL REUNION

Again this year, the children of the late Uncle Robert and



Aunt Berthina Thomas have hosted a successful Thomas Family Reunion. It was held on Saturday, August 24, 1996 at their property in Martinsburg, Maryland. We are sure that everyone in attendance would agree that there was plenty of good food, good drink, and good cheer. The Creator certainly blessed this event by providing perfect weather and filling the hearts of everyone with a sense of family unity. As a matter of fact, the blessing was so generous, the celebration was carried into the next day. On Sunday, family and friends returned to the site to continue their fellowship well into the evening. If you missed this year's reunion, you missed a wonderful opportunity to feel good about your family and yourself.



An event such as this serves many positive purposes. If your only intention was to go to have something to do or chow down on some free food, you certainly leave with a great deal more than you anticipated. A family reunion affects everyone in attendance in a special way regardless of whether or not your family is hosting the event. The retelling of childhood memories, the rebonding of relatives long separated, and the recognition of familiarity and similarity are those things which keep us grounded. As the evening passes, one cannot help but feel that there is no place like home and no other people in the world like family.



Without being told, you suddenly realize what's important in life. And it's not what type of car you drive, whether or not you own your own home, whether you're married or single, have children or a decent amount of money in the bank. In this

materialistic and competitive society, it's very easy to stray from the center, but it's nice to know that family can remind you of where you not only belong, but where you came from in the first place. Wherever you have real roots, it can't be all bad. This is not to say that we shouldn't strive to be all that we believe we can be, but never put yourself above your family. Instead, share your experiences, your knowledge, and your faith with those who will always be there for you when they are treated as family members should be treated.

Needless to say, this is an annual event which deserves the support of our family. The efforts put forth by everyone to help make this year's reunion a success is greatly appreciated. But, remember, the success of next year's reunion is dependent upon the continued participation of all Thomas family members.

We look forward to seeing everyone next year!!!!

HAPPY ONE YEAR ANNIVERSARY TO "MOTHER" EMMA THOMAS

On Wednesday, August 30, 1995, we received the unpleasant news that "Mother" Emma Thomas had to undergo quadruple by-pass surgery. Family prayer began immediately and, as always, God was right on time! Surgery began at Washington Adventist Hospital in Takoma Park, MD at 2:00 p.m and didn't end until approximately 8:00 p.m. As everyone is well aware, surgery was a huge success and thanks to God's grace and mercy, and "Mother's" unwaivering faith, she is improving every day.

We are proud of "Mother's" strength and perseverance. It is difficult enough for younger people to recuperate after major surgery, but older individuals have to work extra hard. We're extremely glad that "Mother" continues to follow the doctors' orders by exercising, trying to improve her diet, and taking her medication daily.

She also follows God's orders by including prayer in her daily routine.

YOU LOOK GREAT MOTHER!!

Keep up the good work and you will enjoy life with your family for many more years to come. On behalf of the entire family, we wish you a healthy life and may God continue to bless you!



(BELATED) CONGRATULATIONS TO THE NEWLYWEDS!



Brian and Sue met at the altar to share their wedding vows and express their love and devotion for one another on the afternoon of Saturday, June 22, 1996 in Rhode Island, Delaware.

Although many members of the Thomas family could not be present, we would like at this time to extend, on behalf of the entire family, a warm welcome to Sue as the newest member of our family and best wishes to both of them for a long and happy future together.

As evidenced by the photographs taken at the wedding and the reception, it is quite obvious that a great time was had by all. It was especially considerate of the bride and groom to provide memorabilia for those present and those who weren't. We will always cherish the candles and bookmarks as keepsakes of your special day. We also hope that the honeymoon was everything you had wished for and more.



On the serious side, the family would like to offer some sound advice. Brian and Sue, marriage is a lifetime commitment that will have its trials and tribulations, but here's a few pointers from the older family members that might make life easier as the years pass by.

1. **Never stop smiling.** Sometimes when people have been living together awhile, they stop smiling at each other. It can really make an impact when your mate walks into a room and you give him/her a big smile.

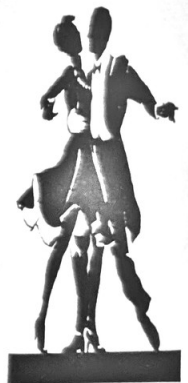


2. **Hug Often.** Just as a 10-second kiss can convey passion, a 20-second hug can show affection, understanding and friendship. Any time is a good time for a hug. You might give each a hug before sitting down to dinner and always before separating and leaving home.

3. **Listen.** Giving one another complete attention without interruption is a real gift. Truly listening to your mate express a thought or describe a particular experience is always appreciated.

4. **Flirt.** You certainly flirted with one another when you were dating and you should never forget how much fun it was.

5. **Be Unpredictable.** When the day-to-day schedule becomes a bore, make sure you become creative in reversing this situation. A pleasant surprise can be very exciting.



We suggest you keep this list in a convenient spot where it can be referenced often.

Again, we all congratulate you, wish you the best, and hope to see you often!

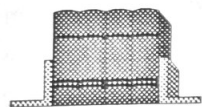
THE THOMAS TRIBUNE



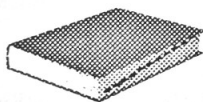
THE READING CORNER

The mind is a terrible thing to waste—that's why we need to read; reading feeds the brain. There are so many books, magazines, newspapers, etc. available to read that no one

should be left hungry. Regardless of whether you read for relaxation, study, or simple curiosity, it is a very productive and necessary thing to do. For this reason, in this section of each edition of our newsletter we will print the inside cover of a book which can be highly recommended as worthwhile reading for the entire family.



This month, we are featuring a book entitled **Family First** written by Deloris Jordan (mother of the famous basketball star, Michael Jordan). This is a book that has no boundary lines; it is beneficial reading for all ages and all ethnic groups. The reason: the subject is family and everyone has one.



Mrs. Jordan, in a very down-to-earth and humorous manner describes her parenting experiences and philosophy about putting "Family First." Whether you decide to purchase your own copy or borrow a friend's, try to read this book before too long. We guarantee you won't regret it.

Title: Family First

Author: Deloris Jordan

Price: \$14.95 at any Crown Bookstore

"**Deloris Jordan** knows a thing or two about being a mom. She is the mother of five high-achieving children - Ronald, Deloris, Larry, Michael, and Roslyn - a sought after national speaker on the family, and the volunteer president of the Michael Jordan Foundation. Her galvanizing message on encouraging responsibility and a passion for excellence has inspired parents across the country.

Being the mother of basketball's greatest player has given Deloris Jordan a platform, but it's her experience bringing up an accomplished family in a challenging environment along with her deep commitment to church and community, that gave her the expertise she passes on in this invaluable handbook for parents of children of all ages.

Using warm anecdotes and never-before-told family stories, Jordan paints a realistic and uplifting portrait of the potential power of parents. She explores the universal goals that parents set for their children - self-discipline, responsibility, perseverance, moral values, and the desire to achieve - and explains the practical tools and strategies the Jordan family uses to realize those goals. And through personal examples and wise, plainspoken insight, Deloris Jordan challenges, guides, and encourages parents who long to do everything they can to help their children learn, grow, prosper, and succeed.

DELORIS JORDAN is co-founder and president of the Michael Jordan Foundation, a volunteer organization that raises funds to help disadvantaged children. She is a popular speaker on the family and parenting at schools, churches, and organizations around the country."



HAPPY BIRTHDAY DARREN!!!

**HAPPY BIRTHDAY WISHES GO
OUT TO DARREN O. THOMAS
WHO WILL BE 30 YEARS YOUNG ON
THURSDAY, SEPTEMBER 26, 1996.**

**ON BEHALF OF ALL THE THOMAS
FAMILY, WE WISH YOU MANY, MANY
MORE YEARS OF GOOD HEALTH AND
PROSPERITY.**

P.S. - DON'T PARTY TOO HARD!!!

**VOLUME
ONE**

THE THOMAS TRIBUNE

PRAYER FOR THE MONTH



We all believe that a family that prays together, stays together. Therefore, each edition of our family newsletter will offer a prayer that all family members can reflect upon. Who knows, maybe 5 or 10 family members will all decide to reflect at the same time one evening and result in a spiritual awakening for someone who was lost. We can only pray!

"O God, our Father, we know that the issues of life and death are in your hands, and we know that you are loving us with an everlasting love. If it is your will, grant to us to live in happiness and peace.

*In all our undertakings,
Grant us prosperity and good success.*

*In all our friendships,
Grant us to find our friends faithful and true.*

*In all bodily things,
Make us fit and healthy,
Able for the work of the day.*

*In all the things of the mind,
Make us calm and serene,
Free from anxiety and worry.*

*In material things,
Save us from poverty and from want.*

*In spiritual things,
Save us from doubt and from distrust.*

*Grant us
In our work satisfaction;
In our study true wisdom;
In our pleasure gladness;
In our love loyalty.*

*And if misfortune does come to us, grant that any trial may only bring us closer to one another and closer to you; and grant that nothing may shake our certainty that you will work all things together for good, and that a Father's hand will never cause his child a needless tear. Hear this our prayer; through Jesus Christ our Lord.
Amen.*

— From *Prayers for the Christian Year* by William Barclay.

MESSAGE TO OUR SCHOOL-AGE CHILDREN:

This is an open letter to all the Thomas family school-age children. The purpose of this letter is to: 1) express the importance of obtaining a good education, 2) reaffirm our support for our children in their studies, and 3) remind the children that there is a wealth of resources within the family that can be of value to them, if they would only ask. (We put the responsibility of asking on you because we, as adults and bread winners, are also very busy trying to make a living and cannot know what you need before you ask.)

It would seem that by now the importance of a good education would be obvious, yet we still have too many of our children going off to school with no other agenda than to socialize with friends and show off new clothing, hairstyles, dances, etc. We are left with the perception that we are sending our children off to play! WAKE UP! Millions of parents (and millions of working adults without children) all over the country spend a huge sum of money to ensure that children have good schools that provide good educations. This money is necessary to provide safe buildings, books, computers, salaries for teachers, etc. But dollars, unfortunately, do not guarantee good educations. Students must be convinced that a good education is something they need. It seems that too many of our students are not convinced. Other than good health, a good education is the most important thing you can achieve. As an adult, you may experience disaster which results in the loss of a good job, death may take a beloved spouse or child, but a good education lasts forever. It can't be taken from you.

There was a time when it was almost impossible for an African-American child to receive any education at all. This is not true for today's African-American. Most of our children have been taught how to read; they simply refuse to use this knowledge to its fullest potential. Learning to read can open the door to so many possibilities. Although

one may not ever travel to Africa, Paris, or Greece, he can learn about any place through reading. The schools and public libraries should be used for all they are worth. Knowledge is POWER. It is the only real power. With a decent education, one does not feel the insecurity which leads a child to drugs, guns, and an increasing number of suicides.

Do not misunderstand, we realize that it is not easy for children of today to stay focused on the true prize; especially when all children are constantly being bombarded by images of false prizes. But you must believe in the true prize and do all you can to reach that goal.

Hillary Clinton, in her book which focuses on family values and parenting, may have hit on something that we, African Americans, should take to heart. The title of her book, It Takes A Village, has roots deep in the African culture. African children have always been influenced by all the elders in the family. The parents had major responsibilities, but grandparents, aunts, uncles, cousins, etc. played a significant role in the upbringing of every child. We need to pull from these roots in the education of our children.

With the above statement in mind, the family wishes to express that we care and are here for you. The people in your immediate household are not your only resource. Your relatives may not be doctors, lawyers, politicians, or presidents of large corporations, but you never know what connections they may have or will try to make to help you until you inquire.

In closing, we simply want to remind you that getting everything out of school that you can get is very important and you are not alone in the struggle to prepare for the world of tomorrow. Our future depends upon you. But the initiative to succeed must come from within you. That initiative will push you in the right direction to find the answers that you seek. Never be afraid to seek help regardless of what the need may be.

VOLUME
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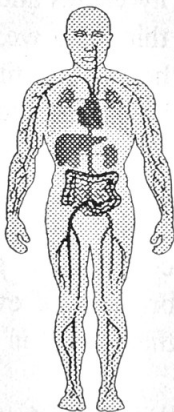
HEALTH WATCH



SEPTEMBER AND OCTOBER
CANCER AWARENESS MONTHS

The most common type of cancer in men is prostate cancer and in women, breast cancer. To help remind us how important it is to have our annual checkups, September is Prostate Cancer Awareness Month, and October is Breast Cancer Awareness Month.

Doctors recommend men age 40 and over have an annual digital rectal exam (DRE), and men age 50 and over, an annual DRE and a blood test, called a PSA. A high PSA level may indicate cancer. If you have a history of prostate cancer in your family, or if you are African-American, you should have an annual DRE and PSA after age 40. African-American men have a higher risk of prostate cancer, although the reasons for this are unclear.



Doctors remind women that monthly breast self-exams and annual checkups are the best ways to spot breast cancer in the earliest stages. Women age 50 and over should have annual mammograms. Women under age 50 should talk about the need for mammograms with their doctors. Women who have a family history of breast cancer should also talk with their doctors about when they should begin having annual mammograms.

For more information on how to do a breast self-exam, what your annual checkup should include, and other things you can do to help prevent cancer, call the nurse at Lombardi Cancer HelpLink at 202-784-4000, a service of Georgetown University's Lombardi Cancer Center.

Listed below is an easy, yet very healthy recipe taken from "The Living Heart Diet" written by Michael DeBakey, Antonio Gotto, Jr., Lynne W. Scott, and John P. Foreyt. This book was a *New York Times* bestseller and contains over 500 medically tested recipes for everything from appetizers to desserts along with a table for each recipe giving the precise levels of calories, protein, fat, cholesterol, and other substances it contains. We hope you will get a chance to enjoy this dish sometime soon.

STUFFED FISH ROLLS

- 1 pound fish fillets
- 1 teaspoon salt
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped onion
- 1 tablespoon tub margarine
- 1/4 pound mushrooms, sliced
- 4 tablespoons chopped, fresh parsley
- 2 tablespoons lemon juice

1. Preheat oven to 400°F. 2. Season fillets with salt. 3. Saute celery and onion in margarine until tender. 4. Stir in mushrooms, parsley, and lemon juice. 5. Spread mixture over fillets. 6. Roll up fillets and secure with toothpicks. 7. Place in lightly oiled baking dish and bake 20-25 minutes or until fish flakes easily with a fork.

Yield: 4 servings.

Note: May also be baked in a microwave oven, 1 minute per roll.

1 serving contains:

Cal	Prot	Fat	Carb	Sat	Mono	Poly	Chol	Na
146	22	5.0	2	1.1	1.8	2.1	68	732

Cal, calories; **Prot**, protein; **Carb**, carbohydrate; **Sat**, saturated fat; **Mono**, monounsaturated fat; **Poly**, polyunsaturated fat; **Chol**, cholesterol; **Na**, sodium. Prot, Fat, Carb, Sat, Mono, & Poly are expressed in grams. Chol and Sodium are expressed in milligrams.

CAMPAIGN '96 UPDATE What do the polls say???

According to the latest Washington Post-ABC News poll, President Clinton maintains a double-digit lead over Republican challenger Robert J. Dole. Clinton's lead has somewhat settled since the end of the Democratic National Convention, but overall findings reflect the increasingly difficult task confronting Dole in the final eight weeks of the campaign. Overall, Clinton led Dole 51 percent to 37 percent among all registered voters, with Reform Party candidate Ross Perot the choice of 8 percent. Among those most likely to vote, Clinton held a narrower, 51 percent to 40 percent, advantage over Dole, with Perot at 7 percent.



The poll also found that an overwhelming majority of voters approved of Clinton's decision to launch missile attacks against Iraq in response to alleged violations of the cease-fire agreement that ended the Persian Gulf War 5 1/2 years ago. Seven in 10 voters questioned said the United States should continue to attack Iraq if the Iraqis persist in violating the terms of the cease-fire agreement.

The latest poll also suggests Clinton benefits from a strong economy and continued public satisfaction with the job he is doing as president. The latest survey marked the 13th consecutive poll in which Clinton's job approval rating has stood at better than 50 percent. By 2 to 1, people said they are better off now than when Clinton took office in 1993.

Republicans had hoped to reduce Clinton's advantage substantially in August. And they did, at least temporarily: ABC tracking polls indicated that Dole cut Clinton's lead to 4 percentage points by mid-August primarily as a result of the party's well-run and tightly scripted convention in San Diego. But now, after the Democrats' successful convention, Clinton and Dole appear to be almost exactly where they were a month ago. Republican strategists around the country agreed that

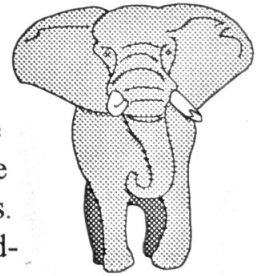
Clinton's lead appears formidable, given the fact that no incumbent with that kind of margin, coupled with the job approval ratings Clinton enjoys, has been defeated in modern times.

Clinton is viewed by most voters as empathetic, energetic and a man of vision and ideas, but no more so now than a month ago. A majority of voters still believe he cannot be trusted and lacks character—but no more so now than a month ago.

Dole remains in the eyes of voters as a man of character and principle who stands up for what he believes—but no more so now than before the conventions.

A majority of those surveyed said Clinton would be more likely than Dole to help the middle class, preserve Medicare and protect Social Security. Even bigger majorities rated Clinton better at helping the poor, protecting the environment and educating children.

With both major party candidates luring voters with promises of tax cuts, the survey suggests that Dole is clearly seen as the candidate who would be most likely to reduce taxes. Dole also enjoyed a clear advantage over Clinton on one



other issue: maintaining America's military strength. But a majority of these voters said they trusted Clinton more than Dole to lead the country if there were another war with Iraq.

The survey also found that few voters were swayed by the revelations linking former Clinton political strategist Dick Morris to a prostitute. More than eight in 10 voters said the accusations did not affect their opinion of Clinton one way or another, while about one in six—primarily Republican voters—said it made them "think worse" of Clinton.

The poll also reflected deteriorating impressions of Perot. Just 16 percent said he had fitness and temperament to be president, half the level of a year ago. And his approval rating ranked equally low with that of House Speaker Newt Gingrich.