



NEWS RELEASE

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For Immediate Release

Aaron Thomas to Share His Family's Story of Courage in Spencer

Spencer, IA. – Aaron Thomas, the son of a beloved coach, educator and community man, will share his family's story of perseverance through tragedy on October 2 in Spencer.

Aaron Thomas, son of the late Ed Thomas, will share his narrative entitled, "My Family's Story: Courage, Passion and Overcoming the Odds", in addition to emphasizing the power of behavioral health services.

Ed Thomas, a renowned football coach for Aplington-Parkersburg High School, was tragically shot by one of his former football players in June of 2009. Aaron Thomas leaned on the values his father taught to him and his football players as a means of overcoming the tragedy that struck his family.

The Thomas Family was the recipient of the 2010 Arthur Ashe Courage Award, presented at ESPN's ESPY Awards. Aaron Thomas will speak at Spencer High School at 1:30 p.m. on Wednesday, October 2. He will also speak at 7:00 that evening at the Clay County Regional Events Center. Both events are free and open to the public.

Sponsors for the events include Seasons Center for Behavioral Health, Spencer Community Schools Foundation, and First Congregational Church through a generous donation from the Dvergsten Grant.

The story and legacy of Ed Thomas were documented in a book by Mark Tabb and the Thomas Family. The book, entitled "The Sacred Acre", is available at On Eagle's Wings in Spencer.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of psychiatric and behavioral health services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human service systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

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