

Black History Month Spotlight | Heather Thomas

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Media Contact

Powers Tanis

Director of Strategic Marketing and
Communications 803.221.4907

email@mgclaw.com

To close out Black History Month, we're honored to spotlight workers' compensation paralegal Heather Thomas of MGC Atlanta.

What does Black History Month mean to you?

"To me, Black History Month is a time of celebration. My children and I visit museums, we read books, watch movies and celebrate the culture as a whole."

What is a moment in Black history that influenced or shaped your career/life or that particularly resonates with you?

"There are so many moments and it's so tough to pick just one. Particularly, Sojourner Truth's 'Ain't I a Woman' speech resonates with me. It speaks not only to the plight of being Black, but also to being a woman and not being able to fully fit with one agenda. The advancement of women's rights and the struggle of Black Americans. The speech was so raw and honest."

How do you celebrate Black history everyday?

"We do a book-a-thon. I challenge my kids to read as many books as they can and to prepare posters and reports. Each time they finish a book, their name is placed in our fish bowl. At the end of the month, I select a name and they have the opportunity to win various prizes."

What is your favorite local Black-owned business?

"Black Coffee and Toast on Lenox – the best breakfast in the entire world!"

What is your favorite podcast, book or movie/TV show that highlights Black stories?

"Sula by Toni Morrison"