

CREATORS SYNDICATE

ANITA TOBIAS
Executive Vice President

PRIVATE AND CONFIDENTIAL
SENT VIA FAX TRANSMITTAL

July 21, 1995

Ms. Lissa Muscatine
Hotel Guest
900 Meadowood Resort
St. Helena, CA 94574

Dear Lissa:

Thank you so much for the columns! We think the adoption column and the working women column are ready to go as is. We realize the adoption column is about 100 words too long, but I think we can get away with it. It's so good, we don't want to cut it.

We think the public television column still needs work. Let's talk about it.

Best,



Anita Tobias

cc: Sabrina Corlette
AT:jt

cc: Maggie
Lisa
Lissa

Subscribers to the Hillary Rodham Clinton column
as of July 5, 1995

Washington Post, Washington, DC
Los Angeles Times, Los Angeles, CA
Boston Globe, Boston, MA
New York Daily News, New York, NY
Chicago Sun-Times, Chicago, IL
Detroit News, Detroit, MI
Seattle Times, Seattle, WA
Shreveport Journal, Shreveport, LA
Denver Post, Denver, CO
Contra Costa Times, Walnut Creek, CA
Richmond County Times, Walnut Creek, CA
Pleasanton Valley Times, Walnut Creek, CA
San Ramon Times, Walnut Creek, CA
Antioch Ledger-Dispatch, Walnut Creek, CA
Santa Rosa Press-Democrat, Santa Rosa, CA
Capital Times, Madison, WI
Indianapolis Star, Indianapolis, IN
The News-Herald, Panama City, FL
Times-Union, Albany, NY
The Mountain Eagle, Whitesburg, KY
San Francisco Examiner, San Francisco, CA
Escondido Times-Advocate, Escondido, CA
Deseret News, Salt Lake City, UT
Albuquerque Tribune, Albuquerque, NM
St. Paul Pioneer Press, St. Paul, MN
Kansas City Star, Kansas City, MO
Las Vegas Sun, Las Vegas, NV
Arkansas Democrat-Gazette, Little Rock, AR
The Mesa Tribune, Mesa, AZ
Chandler Tribune, Chandler, AZ
Gilbert Tribune, Gilbert, AZ
Scottsdale Progress-Tribune, Scottsdale, AZ
Tempe Daily News Tribune, Tempe, AZ
El Paso Herald Post, El Paso, TX
Gala, Frankfurt, Germany
Eastern Express, Kowloon Bay, Hong Kong
United Daily News, Taipei, Taiwan
Algemeen Dagblad, Rotterdam, Netherlands
Dawn, Karachi, Pakistan
Shukan Josei, Tokyo, Japan

Philadelphia Daily News, Philadelphia, PA
Milwaukee Journal Sentinel, Milwaukee, WI
Star Tribune, Minneapolis, MN
Cincinnati Enquirer, Cincinnati, OH
Khaleej Times, Dubai, UAE
Chi, Milan, Italy
Daily News, Mexico City, Mexico
St. Croix Avis, St. Croix, Virgin Islands
Listin Diario, Santo Domingo, Dominican Republic
The Evening Standard, London, England
Diario El Pais, Montevideo, Uruguay

THE WHITE HOUSE
WASHINGTON

Wed

Italy

Cinunati Esquire

M. Starrib

UAR

Evening Std - London

Japan

<Ascii format> WhiteKnight
before 9 pm - ^{comin's} software
file into mode

<9am - 6 pm - need to call>

MEMORANDUM

TO: HRC
Maggie ✓
FROM: Lissa *jm*
RE: Column Ideas
DATE: June 27, 1995

Given that Creators needs some sample columns for marketing purposes, I think it's very important to give them at least one or two columns that really give a window on what it means to be First Lady. In other words, columns that no one else could have written and that editors will feel remiss at not running. Here are some ideas:

1) Introductory Column

The introductory column, drawn largely from Tuesday's speech

2) Mother Teresa

Mother Teresa and the creation of the home for infants in Washington. To make this work, you would need to describe in personal terms your first meeting with her (or your time with her last week); what she is like (how tiny she is; what her voice is like, her sense of humor, etc.); and the fact that although you disagree on some issues you have found common ground on the need for adoptions. The piece could start with something you said the other day -- that the orphanage in Delhi would never pass inspection in any city in this country. It could then move to a discussion of Mother Teresa. The last half could be about the importance of adoptions and what the home here represents.

3) I Miss Driving

One column we submit needs to be disarmingly personal. Not invasively so, but personal in the sense that it tells people something they might not have realized about you or what your life is like. I was thinking of one that starts something like this: "One of the best things about my summer vacation is that it gives me a chance to drive. I know it may sound strange to say that driving is something I miss. But I do. Last summer, on vacation, I pleaded with my Secret Service agents to let me drive a [whatever kind of car] around a stretch of Martha's Vineyard." This could open the way for a larger discussion of all the things

multiracial
Bob Richard
Opal
CBS Trans

that you miss about your pre-White House life. It could talk about how you once snuck out and walked to the zoo [or whatever else is appropriate to mention without violating security protocol]. And it would fulfill one of the column's promises to give people a glimpse of experiences that are uniquely your own.

4) The Delany Sisters

The existing draft of this column needs some work before we send it as a sample. My problem in re-reading it is that it suffers from not having enough of your personal impressions (As is, it would be a fine column under my or someone else's byline; under yours, it demands more). I can borrow some of what you said in the speech on Tuesday, but another few lines or paragraphs would help separate it from what other journalists already have written about the Delany sisters. Again, we don't want your column to seem ordinary in any way.

5) The Gandhi celebration at the Kennedy Center

You could draw on themes you have talked about in recent months -- the humility one feels at meeting those who have sacrificed so much for democracy; the influence of Gandhi on the lives of great Americans; what civility and non-violence mean in society today. Interspersed with these thoughts could be images from the celebration on July 14th (which, coincidentally, is Bastille Day).

6) The Latvian Hospital Exchange

I don't think you want too many "foreign" topics for the first few columns, so you might want to decide whether to do this one or Gandhi. I'm not sure you should do both right off the bat.

7) The volunteers in your office

Talking about Muriel and Miriam and Jeff Cohelan (my former congressman) et. al. and what they mean to your operation could be a nice column for the summer, when not much is going on. It could be touching, humorous, and serious all in one.

8) Life at Camp David

I don't know when you will be going there next, or if it is appropriate to write about it, but Americans would be fascinated to know what the place is like and what you do there.

9) Beijing

At some point over the summer (probably toward the end of August) you should write about your thoughts leading up to Beijing (whether we go or not). This could be a provocative

column about where women stand around the world, the need to invest in their potential, and so on.

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Breast Cancer

— Roll Call of people we know —
how these lives are worth holding on to

Talk abt how as interesting people —

Breast Imaging Ctr — goj to CIA

Now that Cold War ~~ought~~ to put our energies
to find other enemies

THE WHITE HOUSE
WASHINGTON

Detroit News

L. A. T

Wash Post

Seattle

Denver

NY D.N.

Ind.

Chicago Sun-Times

SF Examiner

Albany

St Paul

ICC Star

Arkansas Democrat

usually means
intend to
run every wk.

obligated for a
month

Daily News Mexico City

Uganda

Japan

Pakistan

Netherlands

Sun

30 yrs - want it -

Boston Globe

El Paso

Large

Swedish

Robert

Mex

Chair

American Newswomen Association

- ① Why writing a column
- ② Refer back to The Casey journalists -
their role etc.
issues she is concerned abt
not "soft"

Column →

- personal is the political
- special advantage of
opportunities + obligation
- to reflect
- to answer questions

- ③ ER - use of column etc -
let ppl in WH for those
who never visit; only
see second hand
- talk abt his experience
- # of letters -

FOR IMMEDIATE RELEASE
Monday, June 26, 1995

CONTACT: LISA CAPUTO
NEEL LATTIMORE
KAREN FINNEY
(202) 456-2960

FIRST LADY HILLARY RODHAM CLINTON TO WRITE WEEKLY COLUMN

WASHINGTON, DC -- In a speech to the American News Women's Club, First Lady Hillary Rodham Clinton today announced that she will begin writing a weekly syndicated column. The First Lady's column will begin July 23, 1995.

The column will draw on Mrs. Clinton's experiences as First Lady and on her observations of women, children and families she has met across the country and around the world.

"This newspaper column presents a unique opportunity to share my experiences in the White House and as First Lady with the American people," Mrs. Clinton said.

Mrs. Clinton's column will be syndicated by Creators Syndicate, Inc. Creators Syndicate first approached Mrs. Clinton more than two years ago about writing a column. Founded in 1987, Creators is one of the largest newspaper syndicates in the world and distributes to 2400 newspapers worldwide. The company represents more than 80 newspaper features, including columnists Ann Landers, former Vice President Dan Quayle, Mark Shields, Molly Ivins and Robert Novak; editorial cartoonists Herblock, Mike Luckovich and Doug Marlette; and cartoons such as B.C. and the Wizard of Id, by Johnny Hart.

"We are deeply honored to represent Hillary Rodham Clinton," said Richard S. Newcombe, president of Creators Syndicate. "She has extraordinary courage, intelligence and vision, and her fans number in the millions. We look forward to syndicating her newspaper column."

Mrs. Clinton will take no money for writing the column. Creators Syndicate will pay all necessary expenses associated with the writing and syndication of the column.

###

column speech

Open with 5-6 > stunning &

Let, ~~and~~ only saw bc First Lady

- marriage
- Mandela's image
- tulip
-
- from the
readable
-

My and + reading this is where
ERL sat

Submit / range 2 OR
think me may all be a favorite

MY WEEK #1B -- DRAFT

Before my husband became President and we moved into the White House, we had no trouble staying in touch with people. In a small state like Arkansas, I could stand in line at the supermarket check-out counter and talk to people about what was on their minds. I would meet up with people at my daughter's school, or at [xxxxxxx].

Now it's much harder to stay in touch, even with close friends. I answer all my mail -- about 1 million [ck] letters a year. But even that volume of correspondence doesn't address the questions and concerns of millions of men, women and children who don't have time to write me.

Recently I began to think about ways I could recreate that supermarket check-out line while living in the White House. It may sound ambitious, but I wanted to find a way to make America my neighborhood -- to have conversations with the people I miss across an imaginary national back fence.

As I pondered the possibilities, I began to re-read columns that Eleanor Roosevelt wrote when she was First Lady. Her column was called "My Day," and she wrote about [xxxxx]. Those daily columns, written more than 50 years ago, were her way of conversing with the American people and sharing the insights she gained as she traveled around the country.

You might say that Mrs. Roosevelt inspired this column too. I'm not as organized as she was, nor nearly as wise, so there was no way I could write a column every day. But I realized that writing a column once a week would give Americans glimpses of the people I meet, the places I visit and the inspiring, exciting, challenging, funny, sad, and unusual things I experience as your First Lady.

That is how this column was born. It will be called "My Week."

I decided to do it.

MEMORANDUM

TO: HRC
FROM: Lissa Muscatine
RE: ER References for column
DATE: June 8, 1995

Enclosed is a copy of the ER column about her hair, dated February 5, 1938.

I'm also enclosing a couple of different columns she wrote about religion. We're still trying to track down the one about visiting Appalachia.

I'm not sure these are the best examples of the subjects she covered. You might prefer to mention ones that are your personal favorites.

Perhaps the most important aspect, however, is to provide each child with the knowledge of how to use his mind—how and where to go when he wants to learn new things that he had not had an earlier opportunity to learn or perhaps when he wants to delve more deeply into some special subject.

A disciplined mind is essential for every man and woman today. And a balance must be kept between the science that presses in on us from so many different areas and the natural tendency that many of us have to turn to the humanities and the arts for our real enjoyment and the expression that is essential to good emotional development.

A disciplined mind is essential to analyse problems, and a basic knowledge covering many subjects is essential to finding the lines to follow in searching for solutions.

Every citizen is involved in safeguarding the future of our country, and one of the best safeguards lies in a younger generation able to understand the world in which they live and to give the leadership at home and abroad that is so vitally needed.

SAN DIEGO, APRIL 23—A little incident at one of the picnics which I have held annually for the Wiltwyck boys at Hyde Park will, I think, emphasize how much a personal contact means for these youngsters whose background is often such an unhappy one. As I was greeting the boys on their arrival at Hyde Park, one little white boy stopped in front of me and said:

"Mrs. Roosevelt, do you remember me?"

"Yes," I answered, "I remember all of you. I have seen you at school and many of you were here last year. Of course, I remember you."

The little boy, with determined face, looked me straight in the eye and said: "Mrs. Roosevelt, what's my name?"

I had to explain that there were 100 boys and that I could not remember all of their names because I was an old lady and my memory was not as good as it once was.

He then told me his name. But he was so anxious to be identified by someone that, within five minutes, he stood before me again demanding:

"Mrs. Roosevelt, what's my name?"

To have a friend who knows you by name gives you a sense that you are not alone in the world. This is above all else what every single one of the Wiltwyck boys needs.

.....

The following column shows Eleanor Roosevelt moving smoothly through several disparate worlds in the course of one day. Crosscountry travel, household affairs, lobbying for women's rights, discussion of edu-

.....

wisdom,
ig. as
n the
More
ades
ide an
lin

r and
ries.
ton.

an,
of
in

I'm sorry I cannot be with you and your many friends and admirers to honor you this evening.

Sara, you never had to land a plane or hop a fence to get a President's attention. In 2 years of reporting, your moral outrage and Texas tenacity have rattled more than a few of them and we all look forward to many more years of your very healthy harassment.

HRC/SHRUM/MW 5/18/95

Why column?

Volumes of mail!

Answer common concerns - ^{how idea was born & how} dear reader, you ^{no longer} meet me along the way

SHRUM/ As if someone dropped in and reminded
you what happened This week
Breast cancer / Va. Kelley
Tour of White House
Auction at Sidwell

HRC ① Explanatory column My wk (Thought abt ER -
she could do every day -
I'm not that organized)
② Father's Day column

SH/ Conversational - like xli; FORD or Chelsea
what happened

HRC/ Why I'm writing -

- tie in to Colin's graduation
- share w/ people I care abt & keep in touch
with them

Betsy's mother - chest pains - breast cancer
Betsy has been my best friend since 6th grade.
Her mother has breast cancer. And she
is why I'm writing this column.

Betsy - In Arkansas I could talk to people.
I never feel out of touch w/ people. I could stand in line at
supermarket and
talk to people
or near
other parents
at church
Dug as much
as I can
to recreate
a sense of
neighborhood.
Maybe it's
a bit ambitious -
but I want
to make
the country
my neighbor
& once/wk
want
to talk w/
Americans the back
across the fence.

Stay at home more w/ 3 kids
house in suburbs
never has gotten cable
husb also went to our h.s.
his mo was murdered by a
disgruntled employee
her mom takes care of debilitated
dad -
Betsy on PTA - fought against for state

HRC/Shrum 5/18/95

Father's column

Nes and Old Spice

He always seemed glad to have it even
though he had a whole row
of

Socks - old soldiers have people answer his mail
his sunny room

King of Sockland - display pictures
people send of their own cats

→ all the unsung people who volunteer

COMMENCEMENTS

- make sure to

congratulate parents -

encourage them - some still

have kids at home - how
I'm gonna get ^{to go} ^{this tuition}

Shrum/

Education

• Opportunity

w/o it - someone whose father died before
he was born + mother had to
go back for work never would
have made it to f'town

Character

Not that people lack it

It's that society no longer rewards it
loss of social control + social limits

✓✓

Gertrude Stein's farb book

Education + Standards -

I don't believe moral relativism has
caused a breakdown

we live in a disposal kind of throw
away society.

Education is one way to gain more control
over their own lives

HRC / Shrum

HRC/ Best commencements I've heard Queen's Shady, Ark. 1987 ©

- kid who spoke when Burt Reynolds gave speech - abt girlfriend who was pregnant -

commencement is the commencement of adulthood - new sense of responsibility

- too often just viewed as a night of partying

- Now that I've talked abt respons - I want to wish

✓ tuition is college / S'ton / Wellesley

Dad said had saved \$ to send you to college but no money for clothes, soj out; he cd only pay for trip home 1x/yr

What it was possible to do he
I had ^{NDEA} loans; ^{me} jobs;

Bill Usher - 7 jobs - asked 7445- for job - only had 2 part time jobs

- Precondition of American living is an increase in the std of living

People are afraid to create community

Do you need cable TV

car for every member of family
a VCR

- we ~~have~~ ^{had} a lot more disposable income

- Hard part is to be out there as a young person & to be defined by what you own

HRC / Shrum

Friend Betsy - cable TV -

saleswoman asked her to speak w/ husband

you don't wanna be only one in

W'hood w/o cable do you?

He said: why not?

He ^{is} Persuaded to spend the scarce dollars

How do you define status now?

- not through cars, houses, but Nikes -

-

- ① Flesh out w/ amusing examples
"When Bill first became governor...."
- ② Volunteers help with mail
I try to read as many as I ca.
- ③ I've learned that coz b talk at people
From WH easier to talk ^{to people} ^{than} ^{at} ^{people}
at people from WH; harder b talk
w/ hā, just plain simple talk,
when you know that if you
want to be specific you'd prob
cause chaos + inconvenience e.o else.
- ④ I hope u find new interests
And I hope you'll send me pr.
thoughts & impressions along the way
I'll keep answer every letter --
and occasionally I'll answer
them in the column

Other place to flesh out is w/ favorite
of Mrs R column.

You know if u want

MEMORANDUM

TO: Bob Shrum
FROM: Lissa Muscatine *jm*
RE: Draft column
DATE: May 22, 1995

Apologies for not getting anything to you before your travels.

I'm sending you a draft of what could be a short first column or an italicized precis to a first column. There are a few things in parenthesis that need checking or amplifying. You will also see that I did not incorporate Betsy (the best friend since 6th grade whose mother has cancer) into this version. As I began writing, I realized that Betsy and her mother make for a powerful column that should stand on its own (perhaps as a first column with this as an introduction).

If you think otherwise, I'll fiddle.

I can be reached at 456-2935 or at home (202-337-3171).

Thanks in advance for your advice.

DELANEY SISTERS HAVING OUR SAY

Here I'm all for
bring back
some old-
fashioned
hypocrisy
on
Opah

Bessie/ If Sadie is molasses. Then I'm vinegar.
A lot of senex & longen's is attitude

Sadie
p.12 No phone since 1957
Banks keep sending credit cards

17 Still have a bday party for their father (papa)
died in 1928

Book of Wisdom

Key to living long is a disciplined life

Bessie Reach high!

Sadie I never failed a student - I worked with
them until I succeeded

Bessie Folks today have got it all wrong. They're got
this idea that self-respect means
44 "I am a terrific person. I am wonderful.
Me, me, me. That's not self-respect. That's
crisily

Always look people in the eye.

Recipes: Watermelon Rind Pickles
Corn Cobb Wine

69 * There is nothing more up to ~~in this~~ than having a good
Mama + Papa - boy but stuck

Gine Shrum

- ① Austin speech
- * ② Column abt why she's writing a column
- ③ Commencement outline

Delany

- an issues zinger
- edge is self reliance
taking respons. ^{to} oneself.
support of family + community

Father's Bible

Lincoln

Rowhouse

DELANEY (4)

HRC One of the things I read to him (PONS); he
was one of the things about marriage

- You are so much more down to earth than
I thought you would be - you are
one of God's children

You be careful (go to S. Africa)

[Keep Lincoln + Frederick Douglass
pics on the wall]

Sign copy of their book to HRC + Chelsea
tells about James Tate CC in his
(one to CC + one to HRC)

[Advice for Pons]

Just keep doing what you're doing

CHIX 5/3/95

Follow up - mama-grams

Column topics - potential

- 1) Trip - S. Asia
- 2) Commencement / Graduation / letter to Generation X ast ^{their} future
- 3) A Family event or outing / Mother's Day or Father's Day
- 4) Children's Programing on TV
- 5) Women's Health
- 6) Working Women Count -
- 7) Violence.
- 8) Call to Service / Volunteers at WHse.
- a) Conflict Resolution program in NY

What Works - Conflict, Resolution /

Behind Scenes at W. House

Women's Health

Service

Children

Seasonal column

Listening sessions.

COLUMN MTG / 5-9-95

sherry/MW

People / Places / Events

Chatty column - something that actually happened to her
Must give people a sense that she is
sharing w/ them

Breast cancer - Va Kelley

Party Saturday - heroes/heroines →
Auschwitz survivors / Tuskegee airman

Aria - what it's like to ride an elephant

Talk Radio >

I was on talk radio last week. In Russia

What Mrs. Yelton is like -

daughter of a farmer who loves garden

v. committed to hospitals

→ Pediatric care.

→ Partnerships w/ inner hospitals.

Austin
speech

Father's Day - stories (call Dorothy)

- gift for father

-

Delaney sisters - record -

Delaney sisters "Words of Wisdom"

"just as President"

o think that's pretty good advice

FROM WORDS OF WISDOM

① Although the truth can hurt, it's dishonesty that can do you greater harm.

② Telling a lie is a sign of fear

p. 31 ③ No one can know it all

④ Pay attention to the little things . . . Some people have eyes but they don't see

⑤ Discipline doesn't mean having no fun

⑥ Life is not easy for anyone, despite how it may look

⑦ Reach high.

⑧ A big part of self respect is self release

⑨ Money is the root of every mess you can think of. Anyone who lives for money is surely missing the best things in life

If it helps just one person, it's worthwhile

68 Don't be afraid to fail! Even if you do, you're bound to learn something along the way

Women would get along a lot better today if they maintained their self-respect + decency

102 fuschia (Sadie)
dazily red (Bessie)

a harmless vanity
we enjoy it

water, cod liver oil + garlic

Picture of Parents

Dez. There is nothing like having good parents
Met Mrs. R. - she came to their home
wanted to meet brother running for Congress
She was in his house
She was such a dailly - we enjoyed her so much
Mrs. R. wasn't afraid of anything - that's one
of the things I admired about her

HRC We keep this book in the kitchen
+ some of the quotations from the first book
Recipes -

got a letter from the club said had made
everything but the soup - (any kind of pease -
half solid; half liquid)
- you mix it slowly + you turn it v. good
- strain the pease + put it in a cooker
we have neighbors who save the cooking
pease + we share the soup w/ them
still make peach preserves + candy
Delaney's Delights - all day 20s -
(did it while teaching in ^{Manhattan} NYC school)

we were taught to keep busy at all times
I'm always doing sth

Yoga - you have to do that or you get to
where you can't do
a set of exercises every day
if I get a little bit stiff I just
get off one of the ways + do
my yoga exercises

DELANEY (2)

She does it in bed - I look over there +
she's doing it + I say 'are u alright?'

It's v. necessary

Never a quiet moment in this house. Never.

Broadway play abt Their lives was b
open 4/26

Gloria Foster - one of actresses

They were so excited when they came
to meet us

I said the other day I don't know why the
Lord is keepi us here

other lady said he's keepi you here to pray
for us

Family Bible - given to father when grad from
college in 1886

Father was Methodist → Episcopalian

At that time no schools for bl. ppl to go
to school to be ministers

so, Augustus made a place
for colored people

also had a school where taught children
for

We always thought it was nec. to be
educated - parents to boys + girls
we want them to

If u are college material, I don't think
he'd work. Get your own \$ + go to college

DETROIT (3)

We started to make our money
frad'd from St. Augustine & came
up to NY to go to college

We always tried to do what our
mother told us.

Wanted 10 wks rest before starting the book
We just talked to her & pretty soon
we had a book

(No phone)

Get thousands of pieces of mail -
schoolchildren, older people
the most positive mail

Like today. We hadn't planned a day
like this. We just let it take its
course

FM What you're giving people is the idea
of living a good life, a good life
the possibility of living a good life - sh. v. diff. for
some people
Father I will always love but I might
not like what you do

Da Still working hard

Every Feb - a desire to remember their father

Sadie Pray for mama ^{special} every day

Column ideas

Categories

American Heroes Alternating Series

HRC personal reflections on Americans who exemplify the American spirit of community -- ordinary/famous people

Example: teachers in Oklahoma who are counseling children, helping them with their fears

What Works Alternating Series

HRC updates herself and readers on local initiatives (private and public) she visited during the campaign that continue to do good work for children and families.

Women's Health Issues Alternating Series

Examples: Mammograms
Research and Women's Health

Seasonal and Holiday

Personal remembrances and present reflections

Father's Day (Responsibility/leadership - based on HRC's memories of her father)

Summer at the White House
WETA Country music concert
Opening of the garden tours

Specific

- Conflict resolution -- based on HRC visit to New York High School that has developed a peer mediation program

- Mothers against violence - how mothers are making a difference in their communities

- HRC reflections upon giving a high school commencement
what do we tell our children about values and character

Conflict

THE DELANY SISTERS

When I was in New York a few weeks ago, I needed some inspiration. So I dropped in on Sadie and Bessie Delany.

I arrived at their small rowhouse in Mount Vernon and immediately saw that it was a cozy place. There were photos and family mementos everywhere. On one wall I saw Abraham Lincoln, Frederick Douglass, and Eleanor Roosevelt. On another, six generations of Delany family members. Then I spotted the most prized photo in the house: a portrait of their father, Henry, in his clerical collar, and mother Sarah, in a beautiful lace dress.

Maxim No. 1 from Sadie and Bessie: "There is nothing more important than having a good mama and papa."

Sadie, now 105 years old, and Bessie, 103, are minor celebrities these days. They have received thousands of letters over the past few years, thanks to their two best-selling books and a newly opened Broadway play about their lives. They have been guests on Good Morning America and Regis and Kathie Lee.

But the publicity hasn't changed their lives that much. They still start the day with a few yoga exercises (except on Sundays), followed by a mixture of water, garlic and cod liver oil. They still make their own soap. And they still don't have a phone.

Maxim No. 2 from Sadie and Bessie: "A big part of self-respect is self-reliance."

Ever since I visited them I have thought a lot about why the Delany sisters touch so many people more than a century after their birth. And I guess it's because they remind us of what really constitutes a good life. In an age of rampant materialism, they are proof that taking responsibility for oneself, caring for one's family, treating one's neighbors kindly, working hard, and keeping a sense of humor are still the most reliable sources of happiness.

Maxim No. 3 from Sadie and Bessie: "Anyone who lives for money is surely missing the best things in life."

Sadie and Bessie were blessed with parents who encouraged them to "reach high." Their father was born in slavery and became the nation's first black Episcopal bishop. Their mother instilled in her children an ethic of hard work and a sense of dignity. It was expected that Sadie, Bessie and their eight

siblings would excel in school and attend college. And they did, but only by working to pay for their tuitions. Sadie became the first black domestic science teacher in the New York City public schools. To supplement her income she made candy on the side, hand-dipped fondant chocolates called Delany's Delights, which were sold in some of the finest New York department stores. Bessie became the second black woman ever licensed to practice dentistry in the state. Her practice became such a local institution that letters addressed to "Dr. Bessie, New York City" would arrive at her door.

Maxim No. 4 from Sadie and Bessie: "Discipline doesn't mean having no fun."

One of the first things I noticed about Sadie and Bessie when I met them was their beautiful nails. Sadie's were painted fuschia. Bessie's were blazing red. Weekly manicures are among the "harmless vanities" they indulge in, along with an occasional sip of homemade rose petal wine. If you want to live to be 100, Sadie says, "Start with this: No smoking, no drinking, no chewing, and always clean your plate. Well, you can drink a little bit, but not much."

Maxim No. 5 from Sadie and Bessie: "If it helps just one person, it's worth doing."

In several decades of practicing dentistry, Bessie never raised her rates. In several decades of teaching, Sadie never failed a student ("I just worked with them until they succeeded," she says.) After Sadie and Bessie retired, their house in Mount Vernon became a haven for children who needed a place to do their homework until their parents returned home from work. Today, the Delany sisters still make soap and share it with their neighbors. I wish all Americans could feel that same sense of selflessness and connection to community that comes so reflexively to these two wonderful women.

I couldn't spend time with Sadie and Bessie and not ask for some advice before I left. After all, their combined age is almost as old as our democracy. And they recently published their Book of Everyday Wisdom. So before we parted I blurted out my question: "Do you have any advice for the President?" I asked

"Just tell him to keep doing what he's doing," they said.

Sounds like pretty good advice to me.

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HEADLINE: Secrets of Long Life From 2 Who Ought to Know; In Their Book, Westchester Sisters Share Lessons From More Than a Century of Living

BYLINE: By MELINDA HENNEBERGER, Special to The New York Times

DATELINE: MOUNT VERNON, N.Y., Sept. 17

BODY:

Two days shy of her 104th birthday, Sarah Delany and her younger sister, Annie Elizabeth, who is 102, sat in their front parlor doling out secrets to long life like candy on Halloween night. (Yoga, cod liver oil and a daily dose of garlic, chopped fine and swallowed whole, are all recommended.)

Sadie and Bessie Delany, daughters of a slave who became the country's first black bishop of the Episcopal Church, have also lived to tell how they outsmarted the "rebbly boys" of the Jim Crow South and outlasted just about everyone who ever tried to hold them back.

Bessie Delany became the second black female dentist in New York State, while Sadie Delany became the first black home economics teacher in a New York City high school. (In recent years, she received a letter from the Board of Education threatening to cut off her pension unless she proved she was still alive.) They moved to Harlem in its heyday, surviving the Depression and socializing with the likes of Cab Calloway and W. E. B. DuBois.

And now they are relishing the chance to pass on some of what they learned along the way, in a book written with Amy Hill Hearth, "Having Our Say: The Delany Sisters' First Hundred Years" (Kodansha). Released here on Sept. 10 and in Japan on Sept. 15, in time for Revere Your Elders Day, it is already in its third printing.

"A long time ago nothing that black people did was put in books," noted Sadie Delany, a handsome woman in a rose-colored suit, sitting ramrod straight by a window in a room lined with old volumes and family photographs.

The sisters had no plans to tell their story to the world until a news paper article about them attracted the interest of a publisher; they still have trouble believing that

so many people are interested in them. These days, there is a waiting list of reporters and television crews eager for an invitation to the red brick home they bought in 1957, when they were among the first blacks to integrate Mount Vernon.

The two sisters, who have lived together all their lives, still do their own cooking and look after the place with the help of a housekeeper who comes every other week.

"She's 87," Bessie Delany said approvingly. "She's our speed."

And they still take good care of each other, as they have always done.

"I've never been afraid or alone in my life," Bessie Delany said.

They were so sheltered growing up on the college campus of Saint Augustine's College in Raleigh, N.C., where their parents taught and raised 10 children, that they were shocked by the franker passages of the Bible.

"We never went downtown in our lives without an escort until we were grown women," said Sadie Delany, instinctively reaching behind her sister's chair to pull her jacket around her when it slipped off one shoulder. But their parents' protectiveness was all to the good, they said. In those days, the sisters said, "white men often kept a "colored family" on the side, and their father warned them of the dangers of even speaking to a white man, or any married man.

After the Jim Crow laws went into effect in Raleigh in 1896, when the sisters were children, they remembered the rude surprise of being asked to step to the back of the trolley car and refused service at a drugstore where they had always gone for nickel limeades.

Even then, they said, they managed to find ways around some of the restrictions. Sadie Delany's system was playing dumb, refusing to understand directions to sit in the back of a store, asking "Back where?" until she wore the shopkeepers down. Her sister's method was more daring.

Talk of the 'Surrender'

"Miss Fresh was always looking for ways to do what I pleased," said Bessie Delany, whose wry smile and bright eyes give away an exuberantly subversive nature. Remembering sneaking a drink from the dipper on the forbidden side of a water fountain in a public park, "I'd just take a drink of the white water," she said. "It didn't taste any different."

She has always been more confrontational than her sister, she said, and more bitter about the plight of her people.

"When the Surrender happened," she said, referring to the end of the Civil War, "the poor whites gradually took over the barber shops, even the dance calling -- all the work that had been done by Negroes." Only women could get jobs then, as maids.

It is a source of considerable pride to the Delany sisters that neither of them ever worked for white people. (In their book, Bessie Delany addresses a message to David Duke: "This is just to set the record straight. I am a Negro woman. I was brought up in a good family. My Papa was a devoted father. I went to college; I paid my own way. I am not stupid. I'm not on welfare. And I'm not scrubbing floors. Especially not yours.")

After going as far as they could at St. Augustine's, they worked for years as teachers to earn the money for college because their father counseled against accepting scholarships that would leave them obligated to benefactors. With tuition in hand, they finally moved to New York and attended Columbia University, where Bessie Delany graduated with a D.D.S. in 1923 and Sadie

Delany earned a master's degree in education in 1925.

Bessie Delany became so well known in Harlem that postcards addressed to "Dr. Bessie, New York City" somehow found their way to her. She charged \$2 for a cleaning and \$10 for a gold filling, never turning away those who could not pay and running something of a social-services office along with her dental practice.

Sadie Delany got the teaching post she wanted after working with a speech coach to change the southern accent that was often cited as the rationale for keeping black teachers from teaching white students. Even then, she said, she had to "sneak" into the school where she was assigned, based on her top marks on a teaching exam: She decided not to show up for the job interview, sure she would be turned away because of her race. Instead, she sent a letter to school administrators explaining that there had been some mix-up, and simply showed up on the first day of school.

Finishing Thoughts

Both sisters chose a career over a family, never thinking that it was possible to do both and apparently never regretting the decision.

"I was very attracted to some of my beaux, but they knew I wasn't going to change and get married because I had decided to go into dentistry," Bessie Delany said. "I wasn't a play person."

"Bessie was a nice girl," her sister put in.

"And you can't eat everything you see," Bessie Delany concluded, as the sisters shared a long laugh.

They have probably lived this long, they say, because they have not had husbands to worry them to death.

Until Sadie Delany broke her hip in June, they had been in the habit of rising at 6:30 A.M. for yoga. They sleep in until 7 now, when they get up for a breakfast of oatmeal, half a banana, bran and eggs prepared with water and pepper -- no salt -- and a little grated cheese.

"You must stir it, stir it, stir it creamy like a custard," said Bessie Delany, suddenly jumping up to get the jar of chopped garlic that they dip into every morning.

"And that will last you all day," said Sadie Delany, finishing her sister's thought.

After morning prayers, when the sisters call the names of all those they either hold dear or think could use some help, they have a quiet time for reading before their noon meal, which might include a half-dozen vegetables.

Listening to Talk Radio

The mail arrives at 1 P.M. -- an important daily event, since they refuse to get a phone -- and in the afternoon, they pay bills, answer correspondence and take a short walk. Supper is usually just a milkshake, though sometimes they have jello made with wine, or some other treat, before going upstairs to watch the MacNeil/Lehrer Newshour. And long after her sister turns in, Bessie Delany stays up late listening to talk radio.

The issues that concern them most range from the national deficit to bad parenting. ("It makes me mad these people who have one child and they don't even comb their hair," Bessie Delany said. "My mama washed all 10 of us every day in a tub and changed the water for every one.")

They are not keen on doctors, and did not even have a primary physician until Sadie Delany's fall.

Most of them "don't know what to do with us," she said, as if speaking about a group of pitifully slow students. "When something's wrong they say, 'You're still living, what do you expect?'" Still, she adds playfully, "the gentleman who came to teach me to use the walker had the softest hands."

Bessie Delany is a great admirer of Hillary Clinton and her work on health care reform, calling her "the power behind the throne" and "the first lady in the White House I've paid attention to since Eleanor Roosevelt."

When the sisters talk about how the book has changed their lives, they don't talk about money (and neither does their agent).

What Bessie Delany does talk about is how her perspective on race relations has been changed somewhat since the experience of publishing the book has brought her in contact with white people who, in a world of enduring social segregation, she would not otherwise have had the chance to know.

"Just since we started this book, we met them," she said.

GRAPHIC: Photos: Sarah Delany, left, 104 years old, and her sister, Annie Elizabeth, 102, at their home in Mount Vernon, N.Y. (Suzanne DeChillo/The New York Times) (pg. B1); The Delany family at St. Augustine's College in Raleigh, N.C., in about 1906. Sadie, at left rear, and Bessie, in foreground holding a younger sister, joined their mother and father and eight siblings; Bessie, left, and Sadie in portraits more than a century old. (pg. B10)

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Page 2

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