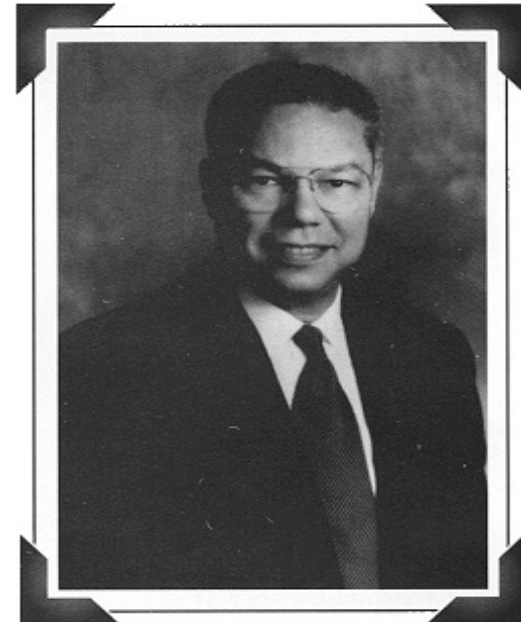




CO2 TRAINING:

"HEROES"

FACILITATOR: CH JOE HUGHES



RATIONALE

- **Joseph Campbell, the great authority on heroes and myths, once said that the ultimate trial for a hero lies in losing him..or herself to a higher end. “When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.”**
- **This CO2 Training explores just a few of the great men and women of the 20th century; paying homage to their heroism and to how unique and yet universally true the American experience can be. As we begin a new century, it is apparent that something can be said of their effect on many generations of both natives and immigrants.**
- **This block of CO2 should explore the concept that, although it has been called the “American Century,” the results of modern technology and culture are part of present-day America...but deep down we may not be all that different from our grandparents/great-grandparents. In all of its faces and philosophies, the American character may be one of the singular constants throughout history.**

HERO:

“A man admired for his achievements and noble qualities; one that shows great courage; the central figure in an event, period, or movement; an illustrious warrior; an object of extreme admiration and devotion; idol.”

-Webster’s Dictionary

HEROINE:

“A woman admired and emulated for her achievements and qualities; the central female figure in an event or period.”

-Webster’s Dictionary



My Heroes
Are Veterans

Doc '98

*Other Heroes
Wrongfully Forgotten*




Dec '95

“We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results.”

-Herman Melville



AMELIA EARHART



COURAGE

Courage is the price which life exacts for granting peace.
The soul that knows it not, knows no release
From little things;

Knows not the livid loneliness of fear
Nor mountain heights, where bitter joy can hear
The sound of wings

How can life grant us boon of living, compensate
For dull gray ugliness and pregnant hate
Unless we dare

The soul's dominion? Each time we make a choice we pay
With courage to behold resistless day
And count it fair.

-Amelia Earhart

“I recognized the importance and value of...empathetically shifting perspective in dealing with human problems as well as in unraveling the mysteries of nature.”

-Dr. Jonas Salk



“In the end your legacy is: Did you know what the hell you were doing?”

-Lee Iacocca



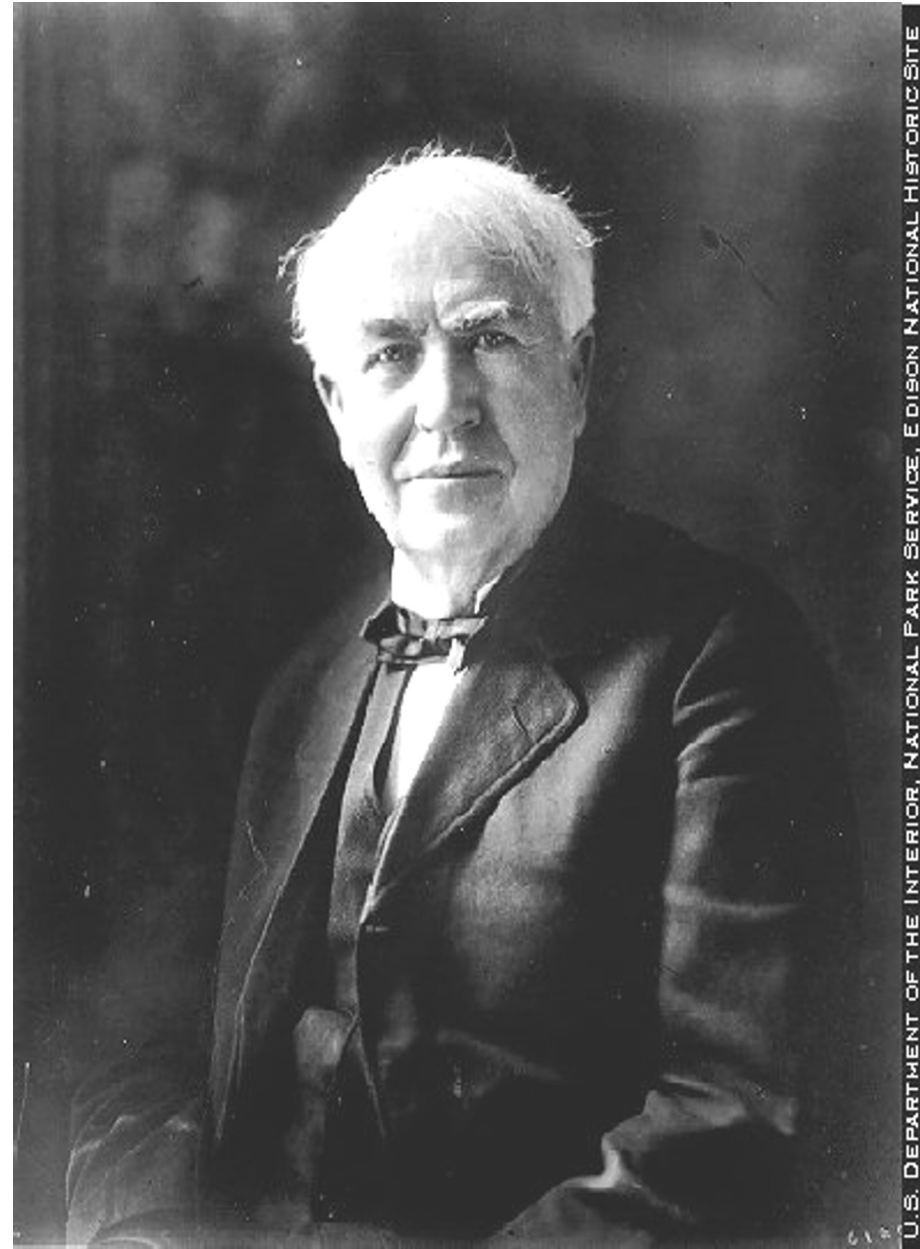
“You ask me how I want to be remembered, what I want on my tombstone? ‘Si se puede...it can be done!’”

-Dolores Huerta, Cofounder of the United Farm Workers of America



**“The best thinking
has been done in
solitude. The
worst has been
done in turmoil.”**

-Thomas Edison



A black and white photograph of Ella Fitzgerald performing on stage. She is in the center, wearing a dark, sequined dress, singing into a vintage microphone. Behind her, a band is visible, including a bassist, a drummer, and a pianist. The stage is dimly lit, with spotlights on the performers. The background is dark, suggesting a club or concert hall setting.

**“IT ISN’T WHERE YOU CAME FROM; IT’S
WHERE YOU’RE GOING THAT COUNTS.”**

-ELLA FITZGERALD

“Service is the rent we pay for living.”

-Marian Wright Edleman, Founder and President of the Children’s Defense Fund



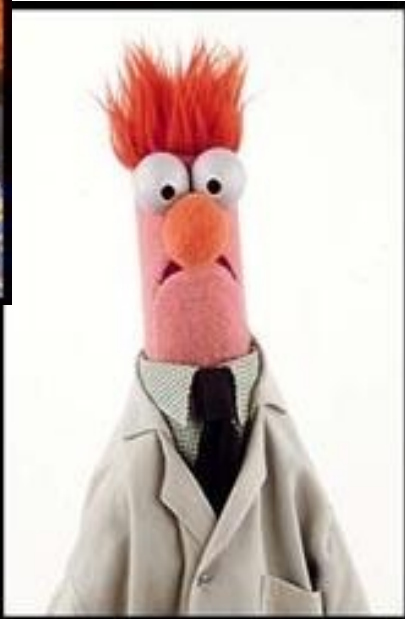
“LIVING IS DOING.”

-Clara Barton



“Inside, we’re all children. Everybody identifies with that feeling of looking around at this big world and not knowing who you are and what you’re supposed to be doing here.” -

Jim Henson



“In some ways, I’ve had it all. I don’t know about the life I didn’t have because I didn’t choose it. I can’t regret a life I didn’t choose.”

-Katharine Hepburn



“I define feminism as ‘the belief that women are full human beings.’”

-Gloria Steinem



“The true republic: men, their rights and nothing more; women, their rights and nothing less.”

-Susan B. Anthony





**“I live for others.
My deepest desire
is to make every
person I meet a
little better
because I have
passed this way.”**

-Evangeline Booth

“Energy rightly applied and directed can accomplish anything.”

-Nellie Bly, 1864-1922

(Pioneer of Investigative Journalism, Social Reformer, First Woman Reporter in Europe during WWI)



“When you realize the value of all life, you dwell less on what is past and concentrate more on the preservation of the future.”

-Dian Fossey, 1932-1985, Primatologist



“I believe the fundamental crisis of our time is a crisis of the spirit.”

-Billy Graham



**“Dream as if you’ll
live forever,
live as if you’ll die
today.”**

- James Dean



**“I try to make the light in others’ eyes
my sun, the music in others’ ears my
symphony, the smile on others’ lips my
happiness.”**

-Helen Keller



“I never became truly confident until, in the Lucy character, I began to create something that was truly mine.”

-Lucille Ball

