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**The American Spirit**

**By John Boe**

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September 11, 2001 is a date this country will never forget. The United States was under attack from suicidal terrorists and as the shock subsided, it dawned on Americans everywhere that they were now on the frontlines of a new kind of battle. A battle not fought on foreign soil but within our borders. Who can ever forget the horrific pictures of the crash site in Pennsylvania, the Pentagon damaged and burning or New York's elegant Twin Towers collapsing into rubble before our very eyes? The images of destruction and heroism on that day are etched into our memories. Our respect and admiration went out to the firemen, police officers, medical technicians and other volunteers as they worked heroically amidst the smoke and dust searching for survivors at "ground zero." Feelings of shock and disbelief soon turned into thoughts of sorrow, fear and anger. In the aftermath of this terrorist attack, using all of its resources and drawing on the past, the country struggles to make sense of the tragedy.

If this act of unprecedented violence was intended to divide us as a country and break our spirit as a people it failed miserably! For you see, the American Spirit can't be blown up, burned down or extinguished. These cowardly killers made a huge mistake when they underestimated the character and compassion of the American Spirit! People across this great nation pulled together, not apart. Proud Americans from coast to coast stood in line for blocks waiting to give their blood. Flags came out and candles were lit as Americans collectively mourned this tragedy.

The Great Seal of the United States of America was designed to reflect the Founding Father's beliefs and values and also the sovereignty of the new Nation. The coat of arms on the front of the great seal is the symbol of the United States of America and is depicted on the dollar bill. Each element of the seal's design has a specific meaning. The color white signifies purity and innocence. Red represents hardiness and valor. Blue signifies vigilance, perseverance, and justice. In the eagle's beak is a scroll inscribed with the Latin motto, E Pluribus Unum, "out of many, one." In the eagle's right talon is an olive branch, and in his left a bundle of thirteen arrows. The eagle is facing toward the olive branch symbolically reflecting our Nation's desire for peace. The thirteen arrows represent the thirteen original colonies and reflect our power and resolve as a people to fight for our values and personal freedom. In response to the terrorists attack on this country, the eagle is now turned facing the arrows. The American Spirit will overcome this provocative threat to freedom and democracy. President Abraham

Lincoln was certainly no stranger to hardship. Amidst the death and destruction of the civil war President Lincoln noted, "The only good thing about adversity is that it comes one day at a time."

John Boe, based in Monterey, CA, helps companies recruit, train and motivate top-quality people. To view his online Video Demo or to have John Boe speak at your next event, visit [www.johnboe.com](http://www.johnboe.com) or call (831) 375-3668.

## **What Do You Want This Year?**

**By Angie Dixon**

Christmas is all around us, and many people are making up wish lists. Those who aren't doing that are busy setting down their New Year's Resolutions already. But this is a good time to sit down and do some serious introspection.

What do you want from the holidays this year? Do you want to rush around, spend a lot of money you don't have, and yell at the kids for not playing with all twenty of the toys they asked for--at the same time? Is that really how you want to spend Christmas?

We talk about "Christmas spirit," and mostly we mean giving. Giving of ourselves, giving to people who need it. That's great, that's Christmas spirit.

But I think there's another aspect to "Christmas spirit." I think it's spiritual. And don't close your screen on me because I said spiritual. I didn't say religious, because it's not. I think it comes from our souls.

I think deep down, each of us has a spirit that wants to be expressed. And I think at Christmas, when we're naturally thinking of others, that spirit is more easily expressed. I think if you want to, you can have a spiritual Christmas. You can feel loving, caring, generous. You can feel like a kid at Christmas, just by opening up to your spirit.

So what do you want this year?

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

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to discover how coaching can change your life, contact Angie at

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What Do You Want This Year?

Team Spirit - How It Can Make Or Break A Team

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Valentine Day Recipes

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65 Tried and True Traditional Amish Recipes



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