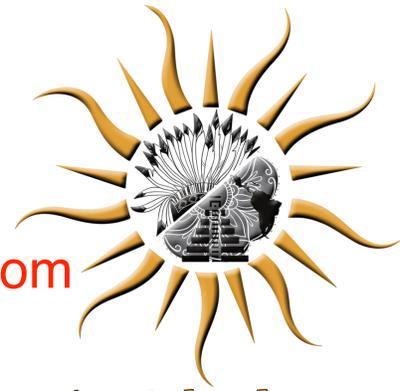


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Study Guide

Review this study guide thoroughly. Familiarize yourself with the content in each paragraph.

The contest will feature two rounds with eight categories with eight questions in each category.

The 8 topics are:

Outstanding Women, Latin American Flags and Countries (photo category), Latin American Geography, Latinos in Politics

Who Am I? (photo category), Conscious Quotations, Latinos in Athletics, Hispanic Food

Each individual is free to study in any way they feel gives them the best chance for success.

If you are unable to find an answer or need clarification, feel free to contact me.

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What we call Latin America encompasses more than 20 countries, spans more than 7 million miles, and includes over 630 million people! Latin American life is full of strength, a wide array of culture, inventions and various other contributions that have shaped the globe. There is no area of human activity that has not been positively impacted by individuals of Latin American descent. What we call Latin American history truly is American history.

Latin American Flags and Countries? (Be able to identify 10 of the following Latin American Flags and the shape of the countries).

Ecuador	Venezuela
Honduras	Paraguay
Belize	Colombia
Nicaragua	Brazil
Mexico	El Salvador
Bolivia	Panama
Honduras	Guatemala
Haiti	Costa Rica
Dominican Republic	Guyana
Cuba	Peru

Outstanding Women

There are Latinas who have made a tremendous impact on the globe - some known and some not so well known. Actress Lynda Carter (born Linda Jean Córdova Carter), is best known for playing the super hero _____ . An outstanding Puerto Rican woman, Ana G. Méndez, founded the first educational



institution in Puerto Rico to offer an associate degree. Today branches of her university system exist in both Puerto Rico and the mainland U.S. Who can forget _____ . She was the first woman elected as Mayor of San Juan, Puerto Rico!

Helen Rodríguez Trías is another real life super hero. This pediatrician changed the face of medicine in the United States. She even received the Presidential Citizen's Medal for her work to improve health care in America. Salma Hayek is not only an actress, but a person dedicated to improving life for others as well. In 2005 she testified before the U.S. Senate Committee on the Judiciary in support of the Violence Against Women Act.

Latinas have changed the face of sports, fashion and entertainment in the past few decades. _____ is a Latina gold legend who won 48 LPGA Tour events including 3 major championships! Carolina Herrera is a Venezuelan-American fashion designer who is known for dressing U.S. First Ladies! Have you heard of _____? She played Al Pacino's mother in the movie Scarface. She also became the first Latina to serve on the Board for the American Museum of Natural History.

Latin America Geography

The lands that we consider to be Latin America consists of islands in the Caribbean ocean, as well as land in Central and South America. One of the Latin American countries that is nearest the United States is Cuba. This country is famous for its cigars and 1950's style cars. It gained its independence in 1902. The Dominican Republic is an island nation with two distinct characteristics 1) it shares the same island as Haiti and 2) it is the home of the Caribbean's tallest mountain, which is called _____.



Lake Titicaca is the largest lake in South America. It is so large that it partially lies in two countries, Peru and Bolivia. Bolivia gained its independence from Spain in 1825. Speaking of lakes, Guatemala has a very unique lake. Lake _____ is actually located inside of a volcano crater! It is the deepest lake in Central America.

There are several volcanoes in Central America. El Salvador has plenty...23 in fact. El Salvador, home of the tasty treat called papusas, is the only Central American country that does not have a coast on both the Caribbean and Pacific oceans - it only has a Pacific coastline. Costa Rica's coastlines are widely known throughout the world. This rainforest country is where surfers from all over the globe come to surf. _____, which is the largest country in Central America too has beautiful lakes and volcanoes. It is also home to more than 700 species of birds! While we're talking about size, _____ is the largest country in South America. Another thing that makes _____ (same as above) unique is that it was not colonized by Spain, it was colonized by Portugal. One of the several countries that Brazil borders is Colombia. Colombia is on South America's northern tip and has the _____ River running along its southern border. Colombia also features the Andes Mountains running north to south in it.

Latinos in Politics

Several individuals of Latin American descent have made a tremendous impact in the field of politics, both in Latin America, and in the United States. One such individual was Mexico's second president, _____ . The lasting impact that he made was ending the enslavement of African Mexicans. Another beloved Mexican president was Benito



Juarez. He fought for Mexico's independence against the French. Additionally, he fought for the rights of indigenous Mexicans. He was so well respected that he is the only individual to have a national holiday named for him in Mexico.

Argentina has had a unique history as it pertains to politics. _____
_____ of Argentina made history by becoming the first woman in the Americas elected as president of a country! That certainly is an amazing feat; however, I am not sure that out does Ramón Puerta who served Argentina as governor, a senator and even president for two days in 2001!

In the United States individuals like Romualdo Pacheco of Mexico made an impact in the world of politics. Mr. Pacheco became the 12th governor of California, and in 1879 he became the first Hispanic _____ from a U.S State. In 1997 Aída Álvarez became the first Latina to hold a United States _____ position. Today Latinos have entered every level of government. Maurice Ferré became the first Puerto Rican-born U.S. mayor and first Hispanic Mayor of Miami.

Who Am I? (Be able to identify 10 of the following leading Latin American figures).

Christina Aguilera
Edward James Olmos
Sofía Vergara
Ritchie Valens
Shakira
Michelle Bachelet
Maria Elena Salinas
Benicio del Toro

Jaime Escalante
Mariano Rivera
George Lopez
Diego Rivera
Dolores Huerta
Julio César Chávez
Gloria Estefan
Ruben Salazar



Carolina Herrera

Julia Alvarez

Conscious Quotations (Be able to complete the quotations. Also, know the individual responsible for providing the quotation).

“Recognize yourself in he and she who are not like you and me”
- Carlos Fuentes

“If you haven't forgiven yourself for something, how can you forgive others?”
- Dolores Huerta

“We shouldn't dwell on what is 'perfect.' We should celebrate our uniqueness”
- Eva Mendes

“You are not defined by an Instagram photo, by a like, by a comment. That does not define you.” - Selena Gomez

“Everyone needs a strong sense of self. It is our base of operations for everything that we do in life.” - Julia Alvarez

“It is not true that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams.” - Gabriel Márquez

“The art of victory is learned in defeat.” - Simon Bolivar

“Write what should not be forgotten” - Isabel Allende

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” - Pelé

“Life is about creating new opportunities, not waiting for them to come to you.” - Salma Hayek



“You cannot uneducate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. - César Chávez

Latinos in Athletics

Fútbol, known to Americans as soccer, is the most played game in the world. South America is a place where this game is perhaps most enthusiastically embraced. Lionel Messi of _____ (country) is arguably the best player alive. At the age of 14 he was Barcelona's leading youth prospect, and signed a Nike deal! Aside from soccer, it can be argued that the sport that Latinos are next in line most passionate about is baseball. Baseball legend Roberto Clemente is a star even to this day! After his life ended suddenly during a plane crash while he was on a humanitarian mission, he became the first Latino inducted into the National Baseball Hall of Fame. Another baseball star who became visible throughout the world was Fernando Valenzuela of the Dodgers. Valenzuela became the first, and to date, the only player to win both Cy Young and Rookie of the Year awards in the same season. It seemed like the entire country was caught up in “Fernando Mania”.

Latinos are venturing into other sports nowadays. One example is the BMX Queen from Colombia. In 2016 Mariana Pajón became the first Colombian athlete to win two gold medals. She is a BMX racer and cyclist. Tennis, golf, judo, even race walking are all seeing Latinos not only beginning to participate, but excel. In 2016 at the Rio Olympics, Lupita González,



became the first Mexican woman to medal in race walking.
_____ is a Puerto Rican professional tennis player and the reigning Olympic singles tennis champion. Idalys Ortiz has earned Gold, Silver and Bronze in olympic competition. She competes in _____ (sport). Did you know that golfer Lorena Ochoa is the name of first Mexican golfer of either gender to be ranked number one in the world? In 2017 she was inducted into the World Golf Hall of Fame.

Food

Latin American cuisine tastes great! One of the reasons why Latin American food stands out is that it has so many influences. Spanish, African, and Indigenous flare can be found in many Latin American dishes. One such dish is mangú. It is a breakfast dish served in the Dominican Republic. It is based off of fu-fu from Africa. It is made up of boiled green plantains and sautéed red onions. Plantains are popular in Latin American dishes. Baho, which is beef, plantains and cassava wrapped in banana leaves is a staple that is mainly served on Sundays in Nicaragua. Speaking of beef, perhaps there is no country in Latin America that eats more beef than Argentina. In Argentina *asado* is the technique and the social event of having or attending a barbecue.

Soups are popular in South America and the Caribbean. Soup Joumou, is sometimes referred to Freedom Soup. It was made popular by Empress Félicité of _____ (country) on January 1, 1804, which is the independence day of _____ (same as above). She wanted to build togetherness amongst the people as well as do her part to stamp out



hunger. Fanesca is a soup that is eaten during the Holy Week in _____ . It consists of fig leaf gourd, pumpkin, and 12 types of beans and grains. Speaking of dishes that are eaten during certain times, Fiambre is a dish that is prepared for the Day of the Dead and All Saints' Day in _____ . It is a salad that sometimes has more than 50 ingredients!

There are some dishes that are just eaten all of the time in certain countries. Gallo pinto, which consists of black beans and rice, is a staple in Costa Rica, and it is eaten at virtually every meal. Arroz con gandules is a combination of rice, pigeon peas and pork cooked in the same pot with sofrito. It is a national dish of _____ . The Spanish couldn't impose their diet on Mexico because of the strong indigenous influence there. UNESCO determined that the cuisine of Mexico is so dynamic that it has added Mexican food to its list of the world's "intangible cultural heritage" list!

