



THE TIMES

SONS & DAUGHTERS OF ITALY



PHILADELPHIA, PA DECEMBER 2020



I hope this finds you and your family well. This is the time of year where our thoughts are about spending time with our loved ones and friends. A time to remember those that we have lost and the impact they had on us.

A time to be thankful for what we have, a time to be grateful for the family and friends we have and the time we spend together.

The Grand Lodge is no different, we have lost some great people, people that cared a great deal about our organization and the members associated with it. We are very thankful for our lodges, our brother and sisters that continue to carry on and promote our traditions and values.

This has not been an easy task this year due to not being able to get together in person because of the pandemic that was thrust upon us. We have had to make changes and think outside the box to continue and grow our organization.

The Grand Lodge continues to respect and adore our traditions as we look for new ways to move forward. During these challenging times, we have not sat back and just hoped for the best, we challenged ourselves.

Italians are known for their creative and innovative sense and we are using those traits to infuse new technology to continue with our traditions and values.

This past year we started with Smile Amazon as a no-cost fundraiser for our C and E foundation, we also started a mentor program to assist our young members on their career paths. We restarted our paper and redid our website both of which we continue to improve. We have made changes to our office to make it much more efficient and cost-saving to better serve our members. In the upcoming year, we have new and exciting products and features for our members, one of them being a new annuity program. We raised and donated to the following charities Coaches vs Cancer \$17,950, American Diabetes Association \$1,720, PA Wounded Warriors \$4,195, Cooley's Anemia \$4,575 and Alzheimer's Association \$8,345 for a total of \$36,785. The Grand Lodge was featured on the Coaches vs Cancer online charity event and we received a special call from our Gold Medal winner Coach Fran Dunphy thanking us for our large donation and how much it meant.

With all the positives that are taking place, regrettably with the financial toll that this pandemic has had on all of our lodges, we as a board saw that it was prudent to suspend our upcoming convention in June of 2021. This will allow us (local lodges) to come out of this pandemic on a strong financial footing. We have also taken an additional step to help the lodges, after careful consideration we have adjusted the dues to strengthen our local lodges. This step will allow our lodges to continue to grow and expand the new programs that we have started for our members. We always look forward to hearing from you on ways to improve, expand upon, and create new ideas.

On behalf of myself and my board, I want to wish everyone a Merry Christmas and the Happiest of New Year's, 2021 is going to be an exciting and bright year for our organization. God Bless and continue to pray for our Military, Law Enforcement, First Responders, and our Front-line Workers.

Michael Cerruti

Spero che questo trovi bene te e la tua famiglia. Questo è il periodo dell'anno in cui i nostri pensieri sono di trascorrere del tempo con i nostri cari e amici. Un tempo per ricordare quelli che abbiamo perso e l'impatto che hanno avuto su di noi.

Un momento per essere grati per quello che abbiamo, un tempo per essere grati per la famiglia e gli amici che abbiamo e per il tempo che trascorriamo insieme.

La Gran Loggia non è diversa, abbiamo perso alcune persone fantastiche, persone che si prendevano molto cura della nostra organizzazione e dei membri ad essa associati. Siamo molto grati per le nostre logge, il nostro fratello e le nostre sorelle che continuano a portare avanti e promuovere le nostre tradizioni e valori.

Quest'anno non è stato un compito facile a causa della non essere in grado di riunirci di persona a causa della pandemia che ci è stata spinta. Abbiamo dovuto apportare cambiamenti e pensare fuori dagli schemi per continuare e far crescere la nostra organizzazione.

La Gran Loggia continua a rispettare e adorare le nostre tradizioni mentre cerchiamo nuovi modi per andare avanti. In questi tempi difficili, non ci siamo seduti e speravamo solo nel meglio, ci siamo sfidati.

Gli italiani sono noti per il loro senso creativo e innovativo e stiamo usando questi tratti per infondere nuove tecnologie per continuare con le nostre tradizioni e valori.

In questo passato sì abbiamo iniziato con Smile Amazon come raccolta fondi senza costi per la nostra fondazione C ed E, abbiamo anche avviato un programma di mentore per assistere i nostri giovani membri nei loro percorsi di carriera. Abbiamo riavviato il nostro documento e rifatto il nostro sito web, entrambi i quali continuiamo a migliorare. Abbiamo apportato modifiche al nostro ufficio per renderlo molto più efficiente e risparmio sui costi per servire meglio i nostri membri. Nel prossimo anno, abbiamo prodotti e funzionalità nuovi ed entusiasmanti per i nostri membri, uno dei quali è un nuovo programma di rendita. Abbiamo raccolto e donato alle seguenti organizzazioni di beneficenza Coaches vs Cancer \$ 17,950, American Diabetes Association \$ 1,720, PA Wounded Warriors \$ 4,195, Cooley's Anemia \$ 4,575 e Alzheimer's Association \$ 8,345 per un totale di \$ 36,785. La Grand Lodge è stata inserita nell'evento di beneficenza online Coaches vs Cancer e abbiamo ricevuto una chiamata speciale dal nostro coach Fran Dunphy, vincitore della medaglia d'oro, ringraziandoci per la nostra grande donazione e quanto significasse.

Con tutte le posizioni che si stanno facendo, purtroppo con il pedaggio finanziario che questa pandemia ha avuto su tutte le nostre logge, come consiglio abbiamo visto che era prudente sospendere la nostra prossima convenzione nel giugno del 2021. Questo ci permetterà (logge locali) di uscire dalla pandemia su una solida base finanziaria. Abbiamo anche fatto un ulteriore passo per aiutare i lodge, dopo un'attenta considerazione abbiamo adattato le quote per rafforzare i nostri lodge locali. Questo passaggio consentirà alle nostre logge di continuare a crescere ed espandere i nuovi programmi che abbiamo avviato per i nostri membri. Non vediamo l'ora di ascoltarvi su come migliorare, espandere e creare nuove idee.

A nome mio e del mio consiglio, voglio augurare a tutti buon Natale e il capodanno più felice del 2021 sarà un anno emozionante e luminoso per la nostra organizzazione. Dio benedica e continui a pregare per i nostri militari, le forze dell'ordine, i soccorritori e i nostri lavoratori in prima linea.

SONS AND DAUGHTERS OF ITALY TIMES

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STATE CHAPLAIN'S CORNER

by: Msgr. Charles L. Sangermano



Everything in its proper place

One of the characteristics of the Italian personality is the "joy of life." Obviously, this does not mean silliness, nor does it mean a denial of reality in the midst of life's many challenges. However, it does mean a recognition of the fact that life is basically a beautiful experience that can be filled with a great many satisfactions and joys, if we look for them in the right places and allow ourselves to be touched by them. Many of these joys are really not difficult to attain and are within the grasp of most people. It is a world grown much too complicated that tries to convince us that life's joys are difficult to attain and out of reach for many. This invariably causes attitudes of envy, class-warfare and a resentful spirit.

One of the joys, open to most and which we are justly famous for as Italians and Italian-Americans, is the joy found in the family unit. This is a part of nature. It is with us as part of our being created in God's image, with the possibility of mutual love and fulfillment. It does not depend upon any gift or favor from any individual or government. This is why it is called the basic unit of society, because the good of the nation is built upon it. So, first of all we should acknowledge this great natural source of joy. Even for those who do not marry, the extended family of brothers and sisters and nieces and nephews is a blessing and a support.

The gift of faith also contributes to our joy of life. It helps us to see trials in their perspective. It also maintains in our minds a sense of self worth, which does not depend on any of our talents or on the favor of others but relies on the fact that God has created us out of love and has given each person a great dignity as His son or daughter, made in His image. The gift of faith in eternal life is a great consolation when those we love have died or when we ourselves approach death. It is a reminder that the human person is of such dignity that even death does not cause him or her to cease to exist. The idea of Heaven as a place of reward and, yes, Hell as a place of punishment are also salutary and sobering realities that help us to do those things which are not only pleasing to God but which are even good for us in this life.

There are also great natural joys that we know how to make use of to our great consolation: food, music, and joyful recreation just to name a few. What wonderful gifts these are when used in proper moderation and with the correct motivation!

Let us not allow anyone or anything to rob us of this great quality; our joy in the consolations of this life! Let us not make life so complicated that we forget the foundations of peace and fulfillment, which are often found very easily for those who are willing to receive them. Our ancestors who came to this country often maintained a spirit of simple joy and mutual support, even in the midst of great challenges. This is yet another area in which we, their sons and daughters, grandchildren and great-grandchildren would do well to imitate them.

Submit to The Times

While the pandemic has certainly disrupted our lives and every aspect of society, there is some good coming from this situation. All over the world, we are seeing people pull together in ways we did not think possible.

How are you spending this time? Are you trying new recipes, catching up with members from other lodges over the phone or Internet?

MISSION STATEMENT

The Grand Lodge of Pennsylvania
Sons and Daughters of Italy
*"Promoting a positive image
of Americans of Italian
Heritage within the
framework of American
society through involvement
in cultural, educational,
social and charitable
endeavors.*



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2020: A Year in Review

By Rose A. Larsen-Mumbauer
First State Vice President

Brothers & Sisters,

Buon Natale & Auguri per un felice 2021!

2020 is a year none of us will ever forget. Personally, like many, I have found it to be one of the most challenging of my life. I started the year in Spain, watching Epiphany celebrations from a rooftop restaurant, feeling on top of the world. Hearing only rumblings of a virus making its way through China, and warnings it was coming to the States next. Came home, returned to my amazing three children, a great job, & close to wrapping up my lifelong dream of a Notre Dame degree surrounded by classmates who were now my family. Soon more talks of the virus were swirling, Europe had banned travel, by March many businesses and schools had moved to remote scenarios; restaurants are take-out only, and masks were becoming more prevalent. All of April & May, I was a single mom, working remotely full-time; trying to keep my three children engaged in distance learning, without killing each other or destroying the house. Simultaneously, finishing the last three months of my masters through zoom meetings and many late nights. I watched my coveted graduation through YouTube only to see my name scroll across the screen, while sitting in my house, alone. Like everyone else, I was losing my mind. Mid-July my company had Covid cutbacks and I lost my job. At the end of November, we lost a first cousin at the age of 32, the first young death in our family in almost 90 years, and it had nothing to do with Covid.

There are so many emotions at this point in my life and contracting the corona virus is not even close to what I fear. I fear for all of us left: those without jobs; those whose businesses have shut their doors; the children who were deprived of their academic year; those who postponed weddings and funerals...

While this sounds like a sad lament of how horrible my year has been, it is only a drop in the bucket of the tragedies people have experienced not only this year but every year. In November, I had the privilege of officiating another cousin's wedding in Jamaica, originally scheduled for April. I have been able to spend more time with my kids than have in the last two years. I still have the same best friend since the 7th grade, who has supported me through everything, and I have tried to support her. I still have both my parents. I wake up every day healthy mentally and physically; I have a roof over my head and food on my table; I have taken the time to rekindle my love of food and cooking. I am hopeful for where my life is going and used this time to reevaluate what is really meaningful.

While this year has focused on the deaths from Covid, more people have died from addiction or actions that resulted in their own death. No matter your opinion of Covid, the handling of the virus, or your personal rights, please keep in mind we are all on this earth together. No one knows what another person is carrying. All of us have our own crosses, do not add to other people's, treat your fellow inhabitants of the earth with respect. Don't let these circumstances, diminish your compassion for others. Now more than ever it is important to reach out to neighbors, friends, and even enemies. Our ancestors founded this organization as a community of support, please use the Sons & Daughters of Italy as a means of support as well. Carry that spirit to your community, be the inspiration someone needs.

My thoughts, prayers, and best wishes are with all of you.

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THEN NOTIFY THE SONS AND DAUGHTERS OF ITALY TIMES!

Please bear in mind that every time a newspaper is returned to our office because of improper address, we are charged by the Post Office Department. Always notify us of change of address well in advance.

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Christmas in Italy

By: Aidan Tyksinski

It is right around the time of year when the weather turns colder, all the leaves are off the trees, and people are starting to bring out their ever-greens and lights. It's Christmas time! And although this Christmas will be celebrated differently than any previous Christmas, it feels very nice to have some sort of normalcy to look forward to. But what do we consider a normal Christmas? In America, Christmas is celebrated by decorating a Christmas tree, putting up many Christmas decorations, and listening to our favorite Holiday tunes in preparation for Santa Claus. Many Americans go to either a Christmas eve or Christmas day mass as well. However, how we celebrate Christmas is not always the same as other countries. An example of this would be Italy.

Christmas in Italy starts right around the time when families in America go right from Thanksgiving into Christmas. Unlike in America, however, Italian Christmas revolves around many important religious dates. The first major day for Italians to start preparing for Christmas is December 8th. This date marks the conception of Mary, and is the day when many Italians put out their decorations. The 9 days before Christmas is called Novena, a time to recall the shepherds making their way to baby Jesus. During this time, kids will perform songs and poems at people's houses, and get money and treats in return. Christmas eve is the most important day for Italian Christmas, with festivities starting after evening mass. The meal on Christmas eve is commonly referred to as the feast of the seven fishes, with the meal being seafood based, rather than meat based. Christmas day is the day of a much larger meal, filled with pasta and meat. Christmas festivities continue until January 6th, which is the day the Three Wise Men came to visit baby Jesus.



While both Christmas trees and Santa Claus (or Babbo Natale as he is known in Italy) are growing more popular in Italy, these are not traditional symbols for an Italian Christmas. The most well-known symbol for Christmas in Italy is the Presepe. Presepe are nativity scenes, depicting the manger scene of Mary, Joseph, and baby Jesus. These Presepe's are turned into magnificent display's, surrounded by moving parts as well as many home-made features. Presepe's are shown in people's homes, Church's, and town centers. As for the person responsible for giving gifts to the good little girls and boys of Italy, that responsibility falls to La Befana. The legend of La Befana is that she hosted the Three Wise Men while they were on their way to find baby Jesus. The Men then offered La Befana to go with them, but she decided against it. She then changed her mind, however when she went to find the Wise Men and Jesus, she couldn't. So, every December 5th, the eve before the Wise Men found baby Jesus, La Befana goes out to find the child. Along the way, she leaves treats and presents for the children of Italy.



I always find it very interesting to discover new traditions for Christmas, and I have to say the Italy's traditions are some of the best. When we can travel again, I will make sure to go to Italy to experience these traditions in person, and I hope to see some of you there. For now, have a Merry Christmas, a Happy New Year, and remember to enjoy this month of giving and kindness a little more this year.



LODGE NEWS

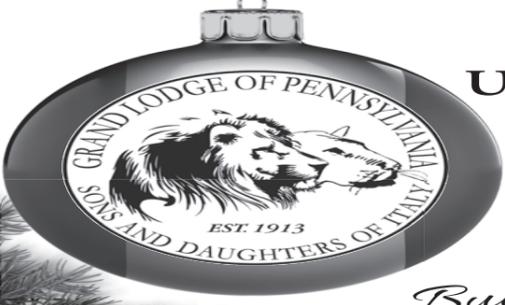


York Lodge #528
We all wish you a very
Merry Christmas
and a Happy & Healthy
2021

May all our brothers and sisters
have a Merry Christmas and a Happy New year!
From the Pasquale Codispoti Somerset County
Sons and Daughters of Italy Boswell Lodge 1780

*Wishing All Lodges a Happy and Healthy Holiday.
Keep the faith for a bright New Year!
Fraternally, Corresponding Secretary, Edna V. Falcone
President, Frank J. Falcone
Guido Baccelli Lodge #687, West Chester, PA*

MERRY CHRISTMAS
And Happy New Year
From
LOGGIA-NUOVA ITALIA
305 (Aliquippa)



**Ufficiale
Bersaglieri
Lodge 138**
Williamsport, PA
"The Oldest Lodge
in Pennsylvania"
*Buon Natale e
Felice Anno Nuova*



*Merry Christmas
and Happy New Year*
from your friends at the
Aurora D'Italia Lodge #1276
in Butler, Pennsylvania.

*Possa il Cristo bambino riempire il tuo cuore di fede,
speranza e amore in questo periodo natalizio*
from the Ladies Lodge of Connellsville #1686



Buon Natale e Felice 2021
From District 9 Officers: Gina Mastrine Sowers (1507), John Rowland (310),
Rose and Luke Vinglas (1415), Ray Rizzo (1780), Joe Canini, Jr. (1614)



FRATELLANZA ITALIANA
Patton Lodge 310
President Frank Perehinec, Vice President Mark Rowland
Treasurer Mike Pompa, Secretary John Rowland

SONS & DAUGHTERS OF ITALY
LOGGIA CIVILTA E PROGRESSO #643
Scottsdale, PA 15683
THE OFFICERS AND MEMBERS OF OUR LODGE WISH ALL
OUR BROTHERS AND SISTERS ALONG WITH THEIR
FAMILIES BUON NATALE E FELICE ANNO NUOVO.
SPERIAMO CHE L'ARRIVO DI GESU BAMBINO
BUONE FEST NATALIZIE

L.A.M-Valley Forge Lodge #1776
Sons and Daughters of Italy
*Seasons Greetings from our Lodge Board Members
to all of our Brothers and Sisters.
Have a Merry Christmas and Happy New Year*

Merry Christmas
From the Members of
Greater Roxborough Lodge #2217
Jay Ginsberg, Lodge President

*May all our brothers and sisters
have a Merry Christmas and Happy New Year!
From the Pasquale Codispoti Somerset County
Sons and Daughters of Italy Boswell Lodge 1780*





LODGE NEWS



Wishing all a Merry Christmas and a Happy New Year!

Monte Grappa Lodge 1507



BUON NATALE!!

**ROSA GARIBALDI LODGE #1818
THE LADIES LODGE OF BROWNSVILLE
SONS AND DAUGHTERS OF ITALY
HAPPY NEW YEAR FROM THE OFFICERS & MEMBERS!!**

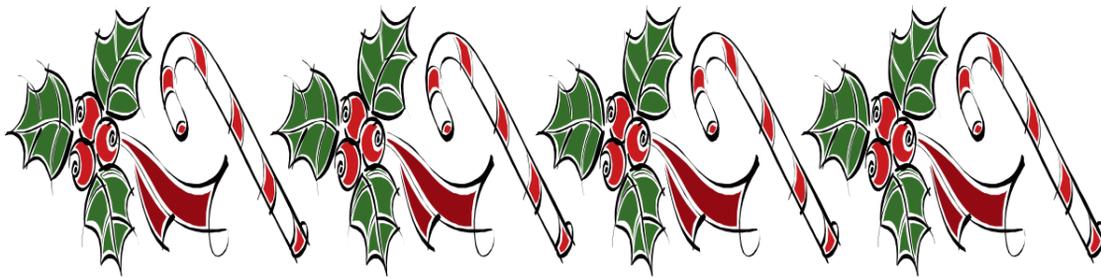
Buon!! Natale!!!

***District 11 Officers and Members
Sons and Daughters of Italy
Wishing everyone the Best in the New Year!!!***

Buon Natale!!

*And a Happy, Blessed New Year!!
From Melody Yeardie
State Recording Secretary
Grand Lodge of Pennsylvania*

*Happy Holidays
from the
Grand Lodge of Pennsylvania
Sons and Daughters of Italy*



*Season's Greetings
From the
Benefit Insurance Fund
Sons and Daughters of Italy*



*Hon. Robert Blasi
Director of Insurance*



**Merry Christmas
and
Happy New Year
From the
Charitable & Education
Trust**

Nativity Scenes: An Italian Tradition

by: Jakob Eisman



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Nativity Scenes are a deep Italian Catholic tradition that many households and businesses partake in year after year once the cold winter months roll in. No country, and no culture takes their Nativities as seriously as Italy, though. The traditional Nativity Scene features a likeness of the Virgin Mary, Joseph, and Jesus in a manger, usually with several animals and gifts. Nativities gained popularity in Italy in the 1200s, according to the Smithsonian Institute, when St. Francis of Assisi set up a stable in Greccio, Italy with a horse, donkey, and empty manger. St. Francis said he was inspired to set one up in Italy after a trip to Bethlehem. Normally, an ornate Nativity is erected in the local cave of Greccio where St. Francis was said to have built the original, attracting over 100,000 visitors per year.

The most famous Nativity city in the world is Naples, which is known for having some of the largest and most elaborate Nativity scenes that draw in observers all through December. Naples is not only home to Italy's largest Nativity Scene, being decorated with over 600 ornaments and statues, but also houses the San Gregorio Armeno, an entire shopping district that transforms to a street full of Nativity Scenes for sale made by master craftsmen. Large Nativities have expanded beyond Italian culture, with places like Provo, Utah and Bucaramanga, Columbia setting up massive live nativities with hundreds of actors every year. A Neapolitan Nativity Scene or Presepe Napoletano, though, is distinct for being arranged on tiered shelves and hanging a candle or LED star at the top to represent the North Star, Polaris, which was said to guide the Three Wise Men to the original Nativity in the Bible.

Holding Nativity Scenes inside or in front of the home did not become popular until the 16th century, when Catholic Italians were encouraged to set one up to honor the Christmas Holiday. In Italy, it is tradition to put the Nativity Scene out on December 8th, the feast of the Immaculate Conception. This tradition is typically observed by every Catholic church and household in Italy and is also carried out by many Italian churches and households across the globe. Continuing the tradition, the manger in the center of the Nativity is often left empty until Christmas Eve, when a likeness of Jesus is placed into it and decorations are added to represent the celebratory nature of the holiday.

In many Italian cities, Christmas is celebrated by individual church communities by carolers singing, praying, and playing music in front of local Nativities dawned in shepherds' clothes and shoes. While this year may be different, and it may not be safe for this caroling tradition to be honored, Italians across the world will still be decorating their Nativities to uphold the Christmas tradition.

The Great Inventions of Italy: Basilicata

Jakob Eisman

“Fusilli” — Durum Wheat Pasta

Durum wheat is the second most popular type of wheat, just trailing behind bread wheat. Durum is used to make a majority of pastas and breakfast cereals. Pasta and its traditional meat ragu are a staple food of Basilicata's culture. Some types of pasta made from the grain include fusilli, cavatelli, strascinati, and orecchiette. Durum wheat is known to be very high in fiber and contain several important vitamins that other grains do not.

“Arpa Viggianese” — Viggiano Harp

The harp originated in ancient Egypt, but the sleeker, portable harps used by street performers came from Basilicata and helped forge the region's connection with street musicians. Many street musicians touting their arpa viggianese would roam from city to city in Basilicata, performing for tips. Many of them were eventually hired as symphony orchestra performers when the fine arts boomed in Italy.

“Pepperone Crusco” — The Crusty Pepper

The crusty pepper is a dried variety of the Peperone di Senise, a pepper known for its mild spice and crispy texture. The pepper, often called “the red gold of Basilicata” is used in a variety of culinary outlets including sauces, baked goods, and even chocolates. They are also often eaten by themselves, as the peppers dry very quickly in the summertime and can be fried in a matter of seconds. They are traditionally served as a side to supper in Basilicata, similar to how some restaurants in America offer potato chips as a side.

“Carpe Diem” — Seize the Day

The famous Latin poet that coined the phrase “carpe diem,” Horace, was born in Venosa, Basilicata and rose to fame as one of the most well known and revered poets, known for his control over language and conversational tone. The phrase carpe diem means “seize the day” and was first used by Horace in his Odes. The whole phrase the term is used in literally



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translates to “pluck the day, trusting little in the next.” Many poets, song writers, and other creatives have borrowed the term, as the sentiment of living your best life, or living everyday as if it were the last is a common theme in entertainment.

“Salsiccia Lucanica” — Lucana Sausage

At restaurants and grocery stores across Pennsylvania you are certain to find an ambiguously labeled, non-specific, pink sausage simply titled “Italian Sausage.” That sausage is almost always a variation of the traditional Lucana sausage or “salsiccia lucanica,” known as a delicacy from Basilicata. Salsiccia is often made with ground pork, pork neck, pancetta, fennel seeds, and the pepperone crusco native to Basilicata. Lean salsiccia is made to be grilled to unlock the flavors of the peppers and seasonings while fatty salsiccia is made for stewing or baking to bring out the natural flavors of the pork.

The Great Inventions of Italy: Calabria

By: Jakob Eisman



The people of Calabria have been healing, feeding, and helping out all nations of the world for centuries.

In the last installment in ‘The Great Inventions of Italy’ we ran you through some objects, practices, and events that originated from the region of Sicily. Now, we will be doing the same, but taking a closer look at the mountainous region of the south: Calabria. All of the inventions that will be discussed are not just something that originated in Calabria, but things that exude Calabrian style.

Red Onions — Ancient History

The world’s most famous salad topping comes from the Capo Vaticano on the west coast of Calabria. The Italian Red Onion, or the Onion of Tropea as it is sometimes called, is distinguished by its strong smell and sweet taste. The center of an Italian Red Onion is juicier than any other type and can be used to make jam. As there are species of red onions that grow all across the world, most notably in Turda, Romania and Wethersfield, Connecticut, many people do not realize that the root vegetable originates in Calabria. In 2008, the European Union designated Calabria as the Protected Designated Origin point for the red onion. Next time you slice open a purple bulb for a salad, pizza, or sandwich, thank hard working Calabrians for their time and effort cultivating the ingredient.

Peperoncino — 1400s

The peperoncino, or as it’s commonly referred to in the west, the peperoncini is an incredibly spicy pepper cultivated in Calabria. While the original breed of the peperoncino was brought over from the New World in the 1400s by Columbus’s expedition, it was cultivated, raised, matured, and changed over time to become a uniquely Calabrian pepper. Not only did Italians learn how to grow the size of the vegetable, they also used culinary chemistry and agricultural techniques to unlock a lot of its spice and flavor, meaning that a peperoncino from Calabria can be up to 30,000 Scoville units, a measurement of pungency and spiciness. For comparison, some of the original strains of the vegetable, many of which are still harvested in the United States might only reach 15,000 Scoville units. The worldwide peperoncino festival is held annually in September in the town of Diamante, Calabria.

The Gregorian Calendar — 1500s

Historical astronomer and inventor Aloysius Lilius was born in Calabria and trekked all across Italy spreading his science and learning about the stars, medicine, and all that the great philosophers had to offer. In the

late 1500s, Lilius began studying chronology, that is, that study of events and time. The only main difference between the Gregorian calendar, which is now used commonly across the globe, and the Julian calendar is the manipulation of the leap year. The Earth takes a full 365.2425 days to revolve around the sun. To make up for this, both the Julian Calendar and the Gregorian Calendar add an extra day every four years. The difference, and the idea that Lilius presented to Pope Gregory XIII is that the Julian calendar is slightly off in that it would add an extra day over a century. So, on the Gregorian calendar, every century year, that is, a year that ends in 00, we do not have a leap year unless that year is divisible by 400. Lilius determined that if this pattern is followed, the Gregorian calendar will be accurate for at least 3,000 years.

Aspirin — 1800s

Medical chemist Raffaele Piria was born in Scilla, Calabria, and moved to Palmi, Calabria. He was the first chemist in the world to determine how to separate two substances from Salicin, a compound derived from the bark of a Willow tree. Those two substances are a digestible sugar which can be used in the creation of pills, and the second is Salicylic acid, the main active ingredient in Aspirin. Without Salicylic acid and without Piria, not only would Aspirin not exist as it is today, but the life expectancy of people with heart disease, weak immune systems, and in some cases, mental deterioration, would be significantly lowered. Aspirin is still the gold standard that many medicines on the market are compared to, but if Piria never got his hands on some Willow bark in Calabria, things could be completely different.

Non-stick Pans — 1900s

How do you get something that is designed to not stick, to stick onto something? Calabrian inventor Marion Trozzolo might have an answer to that question. Trozzolo, born in Castrolibero, created a company that managed to coat scientific equipment in the non-stick coating, Teflon, without the use of magnets. Not only did this impact the scientific community, but it also gave Trozzolo an idea. He took an ordinary frying pan, blasted it with sand, and then poured teflon into the small indents the sand particles left in the metal. Once baked, the pan became non-stick and lined with Teflon. He marketed this product as “The Happy Pan” through the 1900s, with one of the original models currently being held in the Smithsonian Institution. Without Calabrian ingenuity, your meals would still burn to the bottom of the pan every time you cook.

The History of Pizza in America

By: Aidan Tyksinski

Pizza. The one food that everyone likes, and also the food that can have almost any topping possible. From cheese pizza, to meat lover’s pizza, to Hawaiian Pizza, (Yes, I am one of the people who enjoys pineapple on my pizza), it seems no one can get enough of this delicious meal. In fact, according to Pizza.com, 94% of Americans eat pizza on a regular basis. Americans also send \$38 billion dollars on pizza annually, and eat about 40 pizzas a year. Which begs the question: how did pizza’s come to be one of the most loved foods in America? To answer this question, we will start in the Italian capitol America: New York City.



Today, it is impossible to walk three blocks in the Big Apple without seeing a pizzeria. In fact, there are about 32,000 pizzerias in New York City alone. However, this hasn’t always been the case. Although an influx of Italian immigrants brought the mouthwatering food with them when they immigrated from Italy, there was no official pizzeria’s in the United States until the early 20th century. In 1905, Gennaro Lombardi changed this. A first-generation Italian immigrant, Lombardi created the first American pizzeria, and named it after himself. Slowly but surely, former employees of Lombardi began to open up their own pizzerias up and down the east coast, making the Atlantic coast a great destination to get a fresh slice of pie.



Although this amazing food had been around for 40 years, it wasn’t until after World War II that pizza became a mainstream cuisine in America. Soldiers returning home had fallen in love with the food while stationed in Italy, and desperately wanted more when they returned home. This demand with the growing market of fast-food restaurants helped grow pizza’s popularity quickly. In 1958, Pizza Hut was founded. The first Domino’s pizza was created in 1961. Although relatively newer, Papa John’s has become one of the most famous of all fast-food pizza restaurants, and up until 2018 was an official sponsor of the NFL.

Unfortunately for pizza, like most things that go mainstream in America, it does not come without controversy. Many health professionals have said they are concerned about the number of calories and saturated fat in pizza, especially processed pizza. There is also a growing concern about how pizza is leading to childhood obesity and early diabetes. However, before I completely bum everyone out about how one of America’s favorite foods isn’t all that healthy, there are many studies that show pizza can have some health benefits. According to some scientists, it all depends on the toppings, the amount of cheese, and the size of the slices. So, for all of you who could stand the fact I like pineapple on my pizza, you should tell your friends the health benefits of fruit toppings before they go for another slice of processed pepperoni.

And there you have it. The history of pizza in America up to this point. It has become one of the staple foods in America’s food culture, and no matter the debate about how healthy it is, it is clearly around to stay for generations of hungry mouths to come.

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