



Superheroes Are All Around



Honoring the Bulgarians Rising to Dr. King's Challenge



Last week in the United States, we celebrated the birthday of Dr. Martin Luther King Jr. I am reminded of his quote, "Whatever your life's work is, do it well. A man should do his job so well that the living, the dead, and the unborn could do it no better."

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On Everyday Superheroes and Bulgarian Knights



The Adventures of Superman was already in reruns by the time I watched it, but it completely captivated me. What a rich fantasy for a young child. I used to run around the neighborhood wearing my winter boots with a towel draped around my neck as a cape.

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Great Science Is Born of Necessity (& Love of Bacteria)



Being an only child taught Rositsa to be resourceful. She learned to solve problems creatively. When she was seven, her dad taught her to ride his motorcycle. She was too short to get on and off, yet she didn't want to wait for her size to catch up with her...

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Behind the Scenes of Bulgaria's Real-Life ER

Unlike the superhumans of Hollywood, these superheroes don't wear fancy attire. Most of what they put on is disposable. They are of few words, and their (often wry) sense of humor bewilders most ordinary humans. In other respects, they are just like us: They are superstitious, which is why they'll wear a lucky charm or a favorite piece of clothing for difficult surgeries.

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Six Superstories



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Using Your Power for Good



Superman's Lesson: Great Power & Great Responsibility

Superman is the most powerful person on the planet. He has absolute power and control. He could have ruled the world or amassed tremendous wealth if he had wanted to. Instead, he chose to use his power to defend the weak and protect the planet.

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How Doctors Helped Write, and Tell, Gabrovo's History

A celebrated twentieth-century historian called him "the person who served his city the most, after Aprilov [Gabrovo's most famous doctor]." His name was Petar Tsonchev, and through his medical work, historiography, and philanthropy, he was indeed one of the people who helped write—and tell—this northern Bulgarian city's modern history.



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Save the Date

**22 JAN
21 APR**
Sofia

Muzeiko Reveals the Mysteries of the Black Sea

Exhibition

What lies thousands of feet beneath the sea surface? The Black Sea is considered to be one of the world...

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**16 FEB
17 FEB**
Sofia

Shop with a Cause at the "Little Means a Lot" Bazaar

Social Entrepreneurship

Meet the people whose businesses help others at the fourth edition of the Bazaar of Social Enterprises. ...

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17 FEB
Sofia

Rock Concert with a Cause

Concert

ABLE MENTOR in partnership with I Can Too are hosting a rock, pop & funk concert. RockIT bar will host ...

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To go to the ABF event calendar, [click here](#).

Where We Started, and Where We Are Going



In 2019, the America for Bulgaria Foundation turns ten, and we also mark the thirtieth anniversary of the changes that brought about the end of the Cold War and began the ABF story. This is an opportune time to take a look back at our origins while sharing our vision for the future.

[Watch the Video](#)



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