

BRIDGING

THE GAP



ISSUE 31: JUNE - JULY 2012



WOMEN'S HISTORY &
THE NORTH PLATTE
CANTEEN



NEW NATURALIZED
CITIZENSHIP SERIES



UNITED STATES
COAST GUARD TRIVIA





INSIDE THIS ISSUE:

Diversity: An Unexpected, Un-Marketed, Valued Benefit by COL Kenkel	3
Naturalized Citizenship Series Introduction	4
Restaurant Review: JTK.....	8
2012 Women's History Month Celebration	9
US Coast Guard Trivia Questions	10
Book Review: Once Upon A Town	11
Website Review: Military Leadership Diversity Commission	12
US Coast Guard Trivia Answers	13
Diver-cipe Corner: Chicken Curry Couscous.....	16

SPECIAL EMPHASIS PROGRAM (SEP) GROUP MEMBERSHIP

Pam Makovicka.....pam.makovicka@us.army.mil
LaVonne Rosenthal.....lavonne.rosenthal@us.army.mil
Mary Schmidt-Rodriguez.....m.schmidtrodriguez@us.army.mil

Denise Anderson	CPT Michael Ertz	MAJ Guy Moon
MAJ Jan Behn	CW2 Jennifer Fotinos	BG Michael Navrkal, Chair
Jessie Bockelman	SSG Mandy Hatcher	TSgt Sharon Okra-Goll
MAJ Dale Burrage	MAJ Drey Ihm	MSG Troy Redl
COL Anita Curington	Terri Kattes	SSgt Jarell Roach
MSgt Kim Davila	MAJ Daniel Kuhn	SSgt Winston Sanniola
MSgt Paul Dion	Alisia LaMay	TSgt Casey Svitak
MSG Matthew Dorsey	Capt Joey Martin	SGT Erin Youngblood
MSgt Jennifer Eloge		

*Interested in becoming a member of the SEP Group?
Please contact LaVonne Roesenthal at the email address listed above.*

LETTER FROM THE CREATIVE DIRECTOR

*Bill Cosby is quoted as saying
"the only person who likes change is a baby with a wet diaper."*

If that's the case, many of the people in the Military Department are going to have to make some major adjustments in the next few months as we experience a huge change. Starting some time this summer, many of us will be moving to a new location at the Lincoln Air Base - a new Joint Forces Headquarters building.

With the wide diversity of personalities, there will be many different ways of coping with this change. Some will be nervous, some will be ecstatic, some will be carefree, some will be unhappy, and on and on. Yet change is a part of life. We live and deal with it almost every day.

This time of year we are experiencing a change of seasons. Of course, we expect this change, so many of us are ready for the heat or the cold, etc.; but we adjust. I'm hearing that during this season many people aren't ready for the hot summer, but we adjust. Putting away the winter clothing and replacing it with spring and summer clothing is a ritual many of us go through this time of year (or earlier as with our mild winter and spring).

We have had many changes in the Military Department over the last one to two years. In the G6 alone we have had to deal with the loss of two valued co-workers and friends to cancer, and the loss of another to retirement (although she is still close through emails and phone calls). Over the years we have seen many of our military members go across the ocean to make their contributions to the wars in the Middle East. For each of them, the change from life here in the U.S. to life in a military base overseas was quite dramatic.

Through all this, we have experienced tears, sadness, laughter and smiles. Each day we face many choices on how we cope with these changes. When it comes to the many changes in our lives we can face them head on with the love of friends and family, pray for strength and support from a higher being (for those who believe in this), and know that we are all in this life together, no matter who we are, men and women, or what our ethnic background or religious affiliation.

As I transition to my new surroundings on the Lincoln Air Base (LAB) I know that I will have to take it one day at a time at first, but I will adjust to this "change" just like I have to all the others. 

PUBLISHER

Special Emphasis Program (SEP) Group

CREATIVE DIRECTOR

Mary Schmidt-Rodriguez

ASSISTANT EDITORS

SMSgt (Ret.) Peggy Brown
Alisia LaMay

EDITORS

MSgt Paul Dion
SGM Mark Felker
SSgt Kevin Krausnick
Pam Makovicka
LaVonne Rosenthal
Mary Schmidt-Rodriguez



THE NEBRASKA MILITARY DEPARTMENT VALUES DIVERSITY

The purpose of the SEP Group is to work with leadership and management in carrying out their joint responsibility to identify barriers to the recruitment and advancement of special emphasis groups, devise solutions, and draft plans to implement the solutions.

In addition, the SEP Group provides opportunities for positive exchange among diverse groups through community outreach, education and cultural diversity awareness.



DIVERSITY: AN UNEXPECTED, UN-MARKETED, VALUED BENEFIT

By COL Daniel A. Kenkel, Chief of Staff

I have experienced diversity through formal training, duty assignments and Special Emphasis Program (SEP) Group presentations. Each of these has contributed to my understanding of diversity, increased my appreciation for diversity and enlightened me to diversity's contribution to the strength of the National Guard.

I know that I was not thinking about diversity thirty years ago when I joined the National Guard. One Sunday afternoon during my first month at college I observed a uniformed student walking up the hallway. I ran after him and I can remember asking him, "What is up with the uniform?" He proceeded to tell me that he was a member of the National Guard and was just getting home from drill. The following week, he took me down to meet the unit full-timer and I began the accession process. The Administration Supply and Training Specialist talked about the benefits associated with being a member of the National Guard. He discussed pay, bonuses, insurance, tuition assistance, GI Bill, retirement pay, space available travel and tradition. Never once did he discuss diversity as a benefit, but diversity has been a benefit that I have profited from almost every day of my military and civilian careers. The National Guard still markets those same benefits today, but you have to look really hard and read between the lines to find a reference to the benefit of diversity and National Guard membership.

My practical diversity experiences started at basic training and have continued throughout my career. I know that each of my duty assignments - training opportunities in Honduras, South Korea and Germany, a deployment to Kosovo and a tour in our nation's capitol region - all contributed to giving

me a better understanding of diversity. These duty experiences helped me value teamwork even more. Teamwork is a fundamental component at every level of the military, and diversity is that ingredient which allows each of us to respect our teammates and our teammates' perspectives and experiences. These practically applied diversity experiences are irreplaceable, and have influenced my thought processes, giving me a keener appreciation for people and reinforced the importance of listening. I have learned that diversity is not a destination at which you arrive. It is instead a continuous process, just like learning. I also realized that diversity is an empirical concept, yet it is impossible to say, "Aha, diversity is at work" or "Our diversity mission is complete."

I have attended several diversity training seminars and probably grumbled about being taken away from my daily duties. However, I can honestly say that I left each one of those training seminars feeling that I was a better Soldier, leader, person, father or brother for attending. I really enjoyed the opportunity to discuss the issues and concerns with a group of peers. The dialogue is always thought-promoting and I have always gained a greater appreciation for my peers' perspective. It is invaluable to set aside time and discuss an issue in detail. Frequently we rush to an answer, as opposed to thoughtfully analyzing the issue and considering alternative solutions.



The SEP Group has provided me with some incredible opportunities. Where else but in the National Guard would I get the opportunity to witness an Oglala Sioux medicine man bless the helicopters and Soldiers of an aviation unit, hear a Tuskegee Airman talk about his World War II experiences, or hear a member of the Borinqueneers discuss his Korean War experience? Each of these has deepened my cultural knowledge and given me historical perspective.

When I think back to the day I joined the National Guard and the benefit of diversity, I think to myself, "What a bargain! What great value!" Being a member of the National Guard has complemented my life, and has helped me gain an understanding and appreciation for diversity that I could not have found anywhere else. 

NATURALIZED CITIZENSHIP

SERIES INTRODUCTION

Bridging the Gap is very excited to introduce a new series focusing on Naturalized Citizenship in the United States.

Written & Compiled by Mary Schmidt-Rodriguez

The United States has always been considered a vast melting pot, a place where people from many countries come for a new life, to escape



persecution, to make a good living to support their families, as well as many other reasons. There is also the promise of the American Dream: freedom, justice, equal opportunities and of course the pursuit of happiness. With such a diverse array of people living in the United States, diversity and multiculturalism have always been at the forefront of American society. There have been both positive and negative aspects of this throughout our history. Many groups who have come here have experienced the negativity of injustices, intolerance, and discrimination, just to name a few. For now, we will focus on the positive aspects of naturalization.

When the members of the SEP Group first started talking about this series, the first thing we wanted was the personal stories of people who have become naturalized citizens of the U.S. This will be the major focus of this series. The stories will feature citizens from different countries and will tell their various reasons for deciding to become citizens.

Other articles in the series (just to name a few) will be on Ellis Island, Czech immigration in the 1850s and lists of famous Naturalized Citizens. Did you know Dan Aykroyd and Alfred Hitchcock were Naturalized Citizens?

Brigadier General (Ret) Roma Amundson was one of the members instrumental in the creation of this series and

although she is retired, her thoughts and ideas are still an inspiration. “The only guidance I have is that I want everyone to understand that we appreciate and welcome immigrants in our country. I want everyone to understand that their contributions have benefited the United States

just as much as citizenship has been important to them. I think we need to write this series and get it publicized in order to show that immigration is a positive aspect in our society.”

Immigration has been a hot topic in political debates across our country. An excerpt from <http://people.howstuffworks.com/immigration.htm> explains this well:

“...The United States does have systems that attempt to accommodate foreign immigrants. Our American society is continuously addressing this issue as immigration has always been an important part of how we are viewed around the world.

“Given our efforts to evolve in this area, immigration remains a controversial subject in America. The questions of “who” and “how many” should be allowed into the country can be difficult to reconcile. There are some who believe that the country should be closed to almost all immigrants. Others believe there should be no restrictions

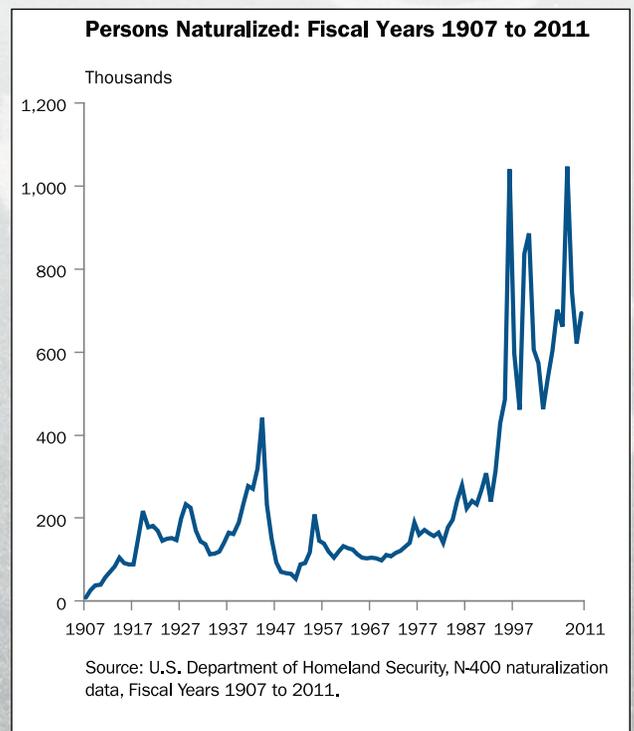
to immigration. But somewhere between these two sides is where most of the debate occurs.”

What is naturalization? According to the U.S. Citizenship and Immigration Services: A Guide to Naturalization, “Naturalization is commonly referred to as the manner in which a person not born in the United States voluntarily becomes a U.S. citizen.”

As you are reading the series, please understand that we aren’t the experts in this field. Any information provided in the articles is not to be used for any legal action or to impact any process. Please don’t take any statements as legally binding. They are a compilation of different resources.

We hope you enjoy this series in the coming issues of Bridging the Gap.

Continued on Page 5



NATURALIZED CITIZENSHIP SERIES INTRODUCTION



To understand naturalization, it is a good idea to understand how someone qualifies and what the eligibility requirements are.

The following was taken from the U.S. Citizen and Immigration Services (USCIS) website.

You May Qualify for Naturalization if:

- You have been a permanent resident for at least five years and meet all other eligibility requirements.
- You have been a permanent resident for three years or more and meet all eligibility requirements to file as a spouse of a U.S. citizen.
- You have qualifying service in the U.S. armed forces and meet all other eligibility requirements.
- Your child may qualify for naturalization if you are a U.S. citizen, the child was born outside the U.S., the child is currently residing outside the U.S., and all other eligibility requirements are met.

Eligibility Requirements

If you are a green card holder of at least five years, you must meet the following requirements in order to apply for naturalization:

- Be 18 or older.
- Be a green card holder for at least five years immediately preceding the date of filing the Form N-400, Application for Naturalization.
- Have lived within the state, or USCIS district with jurisdiction over the applicant's place of residence, for at least three months prior to the date of filing the application.
- Have continuous residence in the United States as a green card holder for at least five years immediately preceding the date of the filing the application.
- Be physically present in the United States for at least thirty months out of the five years immediately preceding the date of filing the application.
- Reside continuously within the United States from the date of application for naturalization up to the time of naturalization.
- Be able to read, write, and speak English and have knowledge and an understanding of U.S. history and government (civics).
- Be a person of good moral character, attached to the principles of the Constitution of the United States, and well disposed to

the good order and happiness of the United States during all relevant periods under the law.

Of major importance to many readers of this publication is the fact that military members and their families may have special considerations to become citizens.

Citizenship for Military Personnel & Family Members

USCIS recognizes the important sacrifices made by non-U.S. citizen members of the U.S. armed forces and their families. USCIS is committed to processing their naturalization applications in a timely and efficient manner while providing exemplary customer service, maintaining the integrity of the immigration system, and maintaining the security of the process.

Members of the U.S. armed forces and their dependents (spouses and children) may be eligible for citizenship, to include expedited and overseas processing, under special provisions of the Immigration and Nationality Act (INA).

Citizenship for Military Members

Members of the U.S. armed forces may be eligible for citizenship by qualifying for naturalization through military service under Section 328 or 329 of the INA.

Citizenship for Spouses & Children of Military Members

Spouses of U.S. citizen members of the U.S. armed forces who are (or will be) deployed may be eligible for expedited naturalization or for overseas processing. Children of U.S. citizen military members deployed abroad may be eligible for overseas processing.

For obvious reasons (mainly the quantity of information involved in becoming a U.S. citizen) we are unable to publish more information on the process here. For more information, please see the website listed here.

<http://www.uscis.gov>

Continued on Page 6



NATURALIZED CITIZENSHIP

SERIES INTRODUCTION

U.S Naturalization Statistics

The information for this section was taken from the Annual Flow Report: U.S. Naturalizations: 2011 published by the Office of Immigration Statistics Policy Directorate and Homeland Security: <http://www.dhs.gov/files/statistics/immigration.shtm>

The data presented in this report consist of demographic information taken from N-400 applications. This information includes date and country of birth; gender; marital status; state and ZIP Code of residence; and section of applicable naturalization law. The data were obtained primarily from automated case tracking systems, but if not otherwise available, from the Central Index System of USCIS. Caution should be exercised in drawing conclusions from these data about trends in the demand to naturalize. Year-to-year fluctuations in the number of naturalizations are not uncommon and reflect volatility in the volume of applications filed with USCIS and related impacts on application processing. Annual averages of persons naturalizing over a period of years provide a more accurate indication of long-term trends in the propensity to naturalize.

In 2011, the total number of persons naturalizing was 694,193. The leading countries of birth of new citizens were Mexico (94,783), India (45,985), the Philippines (42,520), the People's Republic of China (32,864), and Colombia (22,693). The largest number of persons naturalizing lived in California (151,183), Florida (87,309), and New York (76,603).

Trends and Characteristics of persons naturalizing

The number of persons naturalizing in the United States increased to 694,193 in 2011 from 619,913 in 2010 following a decrease from 743,715 in 2009 and 1,046,539 in 2008. The record number of naturalizations in 2008 followed a surge in applications in 2007 in advance of an application fee increase and efforts to encourage eligible immigrants to naturalize. The annual number of applications for naturalization decreased from 2007 to 2008 and increased again after 2008 to 760,000 in 2011.

Historical Trend

The average annual number of persons naturalizing increased from less than 120,000 during the 1950s and 1960s to 210,000 during the 1980s, 500,000 during the 1990s, and to 680,000 between 2000 and 2009. Naturalizations rose sharply during the mid-1990s. Factors that may have accounted for this increase include: 1) the 2.7 million undocumented

immigrants legalized under the Immigration Reform and Control Act (IRCA) of 1986 becoming eligible for citizenship; 2) legislative efforts to restrict public benefits for non-citizens; and 3) implementation of a mandatory program requiring replacement of permanent resident cards issued before 1977.

Until the 1970s, the majority of persons naturalizing were born in European countries. The regional origin of new citizens shifted

Continued on Page 7

Persons Naturalized by Region and Country of Birth: Fiscal Years 2009 to 2011

(Countries ranked by 2011 persons naturalized)

Region and country of birth	2011		2010		2009	
	Number	Percent	Number	Percent	Number	Percent
REGION						
Total	694,193	100.0	619,913	100.0	743,715	100.0
Africa	69,738	10.0	64,022	10.3	60,383	8.1
Asia	249,940	36.0	251,598	40.6	276,375	37.2
Europe	82,209	11.8	78,011	12.6	90,214	12.1
North America	217,750	31.4	163,836	26.4	250,209	33.6
Caribbean	79,820	11.5	62,483	10.1	84,860	11.4
Central America	33,784	4.9	25,706	4.1	43,914	5.9
Other North America	104,146	15.0	75,647	12.2	121,435	16.3
Oceania	3,734	0.5	3,646	0.6	3,928	0.5
South America	70,485	10.2	58,474	9.4	61,666	8.3
Unknown	337	—	326	0.1	940	0.1
COUNTRY						
Total	694,193	100.0	619,913	100.0	743,715	100.0
Mexico	94,783	13.7	67,062	10.8	111,630	15.0
India	45,985	6.6	61,142	9.9	52,889	7.1
Philippines	42,520	6.1	35,465	5.7	38,934	5.2
China, People's Republic ..	32,864	4.7	33,969	5.5	37,130	5.0
Colombia	22,693	3.3	18,417	3.0	16,593	2.2
Cuba	21,071	3.0	14,050	2.3	24,891	3.3
Vietnam	20,922	3.0	19,313	3.1	31,168	4.2
Dominican Republic	20,508	3.0	15,451	2.5	20,778	2.8
Jamaica	14,591	2.1	12,070	1.9	15,098	2.0
Haiti	14,191	2.0	12,291	2.0	13,290	1.8
El Salvador	13,834	2.0	10,343	1.7	18,927	2.5
Korea, South	12,664	1.8	11,170	1.8	17,576	2.4
Pakistan	10,655	1.5	11,601	1.9	12,528	1.7
Peru	10,266	1.5	8,551	1.4	10,349	1.4
Brazil	10,251	1.5	8,867	1.4	7,960	1.1
Nigeria	9,344	1.3	9,126	1.5	9,298	1.3
Canada	9,318	1.3	8,539	1.4	9,753	1.3
Iran	9,286	1.3	9,337	1.5	12,069	1.6
United Kingdom	9,246	1.3	8,401	1.4	10,060	1.4
Poland	8,844	1.3	8,038	1.3	10,604	1.4
All other countries	260,357	37.5	236,710	38.2	262,190	35.3

— Figure rounds to 0.0.

Source: U.S. Department of Homeland Security, N-400 naturalization data for persons aged 18 and over, Fiscal Years 2009 to 2011.

NATURALIZED CITIZENSHIP SERIES INTRODUCTION



Naturalization Statistics continued from Page 6

from Europe to Asia due to increased legal immigration from Asian countries, the arrival of Indochinese refugees in the 1970s, and the historically higher naturalization rate of Asian immigrants.

Consequently, Asia has been the leading region of origin of new citizens in most years since 1976.

Region and Leading Countries of Birth

Thirty-six percent of persons naturalizing in 2011 were born in Asia, followed by 31 percent from North America, and 12 percent from Europe.

Mexico was the leading country of birth of persons naturalizing in 2011 (14 percent). The next leading countries of origin of new citizens in 2011 were India (6.6 percent), the Philippines (6.1 percent), the People's Republic of China (4.7 percent), and Colombia (3.3 percent). The 10 countries with the largest number of naturalizations

Persons Naturalized by Gender: Fiscal Years 2009 to 2011

Gender	2011		2010		2009	
	Number	Percent	Number	Percent	Number	Percent
Total	694,193	100.0	619,913	100.0	743,715	100.0
Male	316,561	45.6	290,846	46.9	351,633	47.3
Female	377,581	54.4	328,965	53.1	391,807	52.7
Unknown.	51	—	102	—	275	—

— Figure rounds to 0.0.
Source: U.S. Department of Homeland Security, N-400 naturalization data for persons aged 18 and over, Fiscal Years 2009 to 2011.

Persons Naturalized by Marital Status: Fiscal Years 2009 to 2011

Marital status	2011		2010		2009	
	Number	Percent	Number	Percent	Number	Percent
Total	694,193	100.0	619,913	100.0	743,715	100.0
Single	151,750	21.9	131,595	21.2	147,270	19.8
Married	446,686	64.3	413,194	66.7	497,899	66.9
Other*	95,757	13.8	75,124	12.1	98,546	13.3

* Includes persons who were divorced, separated, widowed, or of unknown marital status.
Source: U.S. Department of Homeland Security, N-400 naturalization data for persons aged 18 and over, Fiscal Years 2009 to 2011.

Persons Naturalized by State of Residence: Fiscal Years 2009 to 2011

(Ranked by 2011 persons naturalized)

State of residence	2011		2010		2009	
	Number	Percent	Number	Percent	Number	Percent
Total	694,193	100.0	619,913	100.0	743,715	100.0
California	151,183	21.8	129,354	20.9	179,754	24.2
Florida	87,309	12.6	67,484	10.9	82,788	11.1
New York	76,603	11.0	67,972	11.0	88,733	11.9
Texas	52,927	7.6	49,699	8.0	54,024	7.3
New Jersey	33,826	4.9	33,864	5.5	35,077	4.7
Illinois	29,133	4.2	26,180	4.2	28,112	3.8
Massachusetts	22,812	3.3	21,095	3.4	21,748	2.9
Georgia	17,761	2.6	18,253	2.9	15,408	2.1
Washington	17,317	2.5	16,830	2.7	19,853	2.7
Pennsylvania	16,162	2.3	16,143	2.6	16,905	2.3
Other*	189,160	27.2	173,039	27.9	201,313	27.1

* Includes unknown, U.S. territories and armed forces posts.
Source: U.S. Department of Homeland Security, N-400 naturalization data for persons aged 18 and over, Fiscal Years 2009 to 2011.

accounted for 48 percent of all new citizens in 2011.

From 2010 to 2011, the number of naturalizations increased among immigrants from all regions except Asia. The decrease in naturalizations of Asian-born persons during this period is partly due to a decline in the number of naturalizations of persons born in India and the People's Republic of China who were granted LPR status under employment-based preference categories.

Gender, Age, and Marital Status

In 2011, females accounted for 54 percent of all persons naturalizing. More than one-half (53 percent) of new citizens were ages 25 to 44 years. The median age of all persons naturalizing was 39 years. Persons 65 years and over accounted for more than 8 percent of naturalizations in 2011. Nearly two-thirds (64 percent) of persons naturalizing in 2011 were married, and 22 percent were single.

Continued on Page 15

Persons Naturalized by Age: Fiscal Years 2009 to 2011

Age	2011		2010		2009	
	Number	Percent	Number	Percent	Number	Percent
Total	694,193	100.0	619,913	100.0	743,715	100.0
18 to 24 years	67,927	9.8	59,230	9.6	60,955	8.2
25 to 34 years	178,247	25.7	165,909	26.8	188,179	25.3
35 to 44 years	190,585	27.5	184,781	29.8	215,889	29.0
45 to 54 years	124,033	17.9	105,620	17.0	133,538	18.0
55 to 64 years	76,912	11.1	61,755	10.0	87,245	11.7
65 years and over	56,487	8.1	42,618	6.9	57,908	7.8
Unknown	2	—	0	—	1	—
Median age	39	X	39	X	40	X

X Not applicable.
— Figure rounds to 0.0.
Source: U.S. Department of Homeland Security, N-400 naturalization data for persons aged 18 and over, Fiscal Years 2009 to 2011.



RESTAURANT REVIEW: *Review By Alisia LaMay*

JTK CUISINE AND COCKTAILS

201 North 7th Street, Suite 107; Lincoln, NE; 402-435-0161

<http://www.jtkrestaurant.com/>



A special night deserves special food. This is what my husband and I decided when our first opportunity to go to dinner without our children came up after his return from deployment. Our fabulous neighbors had just given us a Living Social deal for a restaurant that neither of us had been to. In all honesty, we probably never would have gone had we not been given the deal and the nudge from some wonderful people. JTK is a more mid to upscale restaurant in the Lincoln Downtown Haymarket and located in the train station building. It boasts a higher priced menu than the normal date night restaurant for a married couple with two kids. However, after reviewing the menu, JTK has a wonderful array of items for a "Date Night" menu. For \$50, couples can enjoy an appetizer, two entrees with soup or salad, a dessert and a bottle of wine. This is a great deal considering the normal entree prices range from \$15 to \$40.

I would suggest that you call for a reservation at least two weeks before your date night. We called JTK a week before our scheduled date night, which was set on a Friday night. The only two times they had available were 5:30 or 8:30 pm. We chose the latter, hoping to go after the crowd. Upon arrival at 8:20, we were

seated immediately in an almost empty restaurant (no worries about a rush here). The ambiance was serene with white lights everywhere, a beautiful mahogany bar area and white linens and candles at each table. Aside from the immediate and obvious snub at our Living Social coupon (insert a little giggle here!), the server was helpful and attentive throughout our dinner, even suggesting the perfect wine with our meal. Upon ordering our meals, bread was served, with a superb garlic butter and house salad.

I was somewhat apprehensive about the wait. I had read previous reviews commenting on the long wait and the cold food, so I was happy to see that it did not take long for our main course to arrive and it was hot. In fact, there was steam coming off of my husband's pasta with mussels. Brad ordered a linguini tossed in a white wine sauce with thyme, chives, roasted tomatoes, artichokes, red onion and steamed mussels in the shell. He loved it! It was a substantial amount of food and the mussels were steamed perfectly, not an easy feat. I ordered the grilled swordfish with romesco sauce. It was a rather thick piece and it came with roasted tomato risotto and steamed green beans. The meal was wonderful. The swordfish was not dry, but flakey and moist and seasoned appropriately. The risotto was perfectly cooked, not overly seasoned or mushy.

The best part of the meal, however, was dessert. We are not in the habit of ordering dessert while out to eat, but

Appetizers	Appetizers
<p>risotto croquettes smoked cheddar and andouille sausage croquettes with roasted red pepper coulis and corn salsa</p> <p>white cheddar polenta fries served with roasted garlic aioli and roasted red pepper aioli</p> <p>taste of jtk a different appetizer special featured daily</p>	<p>risotto croquettes smoked cheddar and andouille sausage croquettes with roasted red pepper coulis and corn salsa</p> <p>white cheddar polenta fries served with roasted garlic aioli and roasted red pepper aioli</p> <p>taste of jtk a different appetizer special featured daily</p>
Entrees	Entrees
<p>flat iron with cabernet demi-glace 6 ounce flat iron steak with garlic mashed potatoes and seasonal vegetable (additional \$4 charge per entree)</p> <p>bacon wrapped pork filet with thyme and whole grain mustard white wine sauce with sweet corn risotto and seasonal vegetable</p> <p>blackened shrimp with ancho chile beurre blanc with roasted red pepper risotto and seasonal vegetable</p> <p>chicken alfredo linguini tossed in a parmesan cream sauce with roasted tomatoes, peas and grilled chicken</p> <p>chicken piccata with garlic mashed potatoes and seasonal vegetable</p> <p>pasta and american kobe meatballs italian herb and parmesan meatballs tossed with a tomato basil sauce over penne pasta</p>	<p>flat iron with cabernet demi-glace 6 ounce flat iron steak with garlic mashed potatoes and seasonal vegetable (additional \$4 charge per entree)</p> <p>bacon wrapped pork filet with thyme and whole grain mustard white wine sauce with sweet corn risotto and seasonal vegetable</p> <p>blackened shrimp with ancho chile beurre blanc with roasted red pepper risotto and seasonal vegetable</p> <p>chicken alfredo linguini tossed in a parmesan cream sauce with roasted tomatoes, peas and grilled chicken</p> <p>chicken piccata with garlic mashed potatoes and seasonal vegetable</p> <p>pasta and american kobe meatballs italian herb and parmesan meatballs tossed with a tomato basil sauce over penne pasta</p>
Desserts	Desserts
<p>panna cotta creamy vanilla custard with cranberry sauce</p> <p>brownie a la mode with vanilla bean ice cream and Irish cream and espresso sauce</p> <p>baileys and ice cream baileys liqueur and chilled coffee over vanilla ice cream with whipped cream and chocolate shavings</p>	<p>panna cotta creamy vanilla custard with cranberry sauce</p> <p>brownie a la mode with vanilla bean ice cream and Irish cream and espresso sauce</p> <p>baileys and ice cream baileys liqueur and chilled coffee over vanilla ice cream with whipped cream and chocolate shavings</p>
Wine	Wine
<p>Coastal Vines White Zinfandel Coastal Vines Sauvignon Blanc Coastal Vines Chardonnay Coastal Vines Pinot Noir Coastal Vines Merlot</p> <p>Rodolfo Malbec . Argentina (additional \$9)</p> <p>Yalumba Y Series Riesling . South Australia (additional \$9)</p> <p>Terra Cabernet Sauvignon . Argentina (additional \$11)</p>	<p>Coastal Vines White Zinfandel Coastal Vines Sauvignon Blanc Coastal Vines Chardonnay Coastal Vines Pinot Noir Coastal Vines Merlot</p> <p>Rodolfo Malbec . Argentina (additional \$9)</p> <p>Yalumba Y Series Riesling . South Australia (additional \$9)</p> <p>Terra Cabernet Sauvignon . Argentina (additional \$11)</p>

it was a special occasion and you only live once! When they brought out our blueberry bread pudding, I was in awe. It was too much for two of us to eat, yet it was so amazing that we just couldn't stop! I grew up with a love of baking and have tried some fantastic desserts, but this took the cake (figuratively speaking!). It was warm and buttery and packed with juicy fresh blueberries. I have had none better.

JTK had its highs and lows but overall it was wonderful food and a beautiful, romantic atmosphere. It was a wonderful date night experience. 

2012 WOMEN'S HISTORY MONTH CELEBRATION

By Pam Makovicka

The Women's History Month luncheon was held on March 7, 2012 at the Spirit of 76 Armory. The theme for this year's celebration was Women's Education – Women's Empowerment. Although women now outnumber men in American colleges nationwide, the reversal of the gender gap is very recent. The fight to learn was a valiant struggle waged by many tenacious women in our country. The equal opportunity to learn owes much to Title IX of the Education Code. This legislation passed in 1972 and enacted in 1977, prohibited gender discrimination by federally-funded institutions. It has become the primary tool for women's full participation in all aspects of education from scholarships, to facilities, to classes formerly closed to women. Indeed, this transformed the educational landscape of the United States.

The luncheon opened with an invocation by Chaplain Ehler, and was followed by a wonderful meal catered by The Blend (<http://theblenddeli.webs.com/>), a woman-owned business. The owner, Evette, is very accommodating and a great cook. Thank you for your outstanding service.

Our speakers were Rosalie Lippincott and Annie Mumgaard with a presentation on the North Platte Canteen. Rosalie is one of the original workers at the canteen.

As an expression of gratitude for their service during the war, the canteen served World War II service men and women who stopped in North Platte while riding cross-country on

troop trains. They regularly provided sandwiches, fried chicken, hard boiled eggs, pickles, fresh fruit, cookies, doughnuts, pies, coffee, tea, milk, magazines, newspapers and books. Rosalie remembered peeling baskets of eggs till her fingers were aching. The canteen was open from 5:00 am until the last train rolled through at night. The canteen operated in all weather and was not closed one day during its existence. Rosalie wrote of her memories of the canteen and sent them to Bob Greene, author of the book *Once Upon a Town: The Miracle of the North Platte Canteen* (see review on page 11). Her presentation was so interesting and touching it left you with a feeling of admiration for what Rosalie and many others had accomplished.

Annie Mumgaard worked as a producer for Nebraska Educational Television (NET) and made a national documentary

called the Canteen Spirit. She showed us a small part of the documentary which left you wanting to see the whole show. It is shown on NET every Memorial Day weekend and DVDs are available at the television station. Both women did an outstanding job giving their presentations. Colonel Evans, 155th ARW Wing Commander, presented each with a token of our appreciation.

Colonel Evans then presented Colonel Wendy Johnson the Nebraska National Guard Outstanding Woman of the Year Award. Colonel Johnson

is the Commander of the 155th Mission Support Group in the Nebraska Air National Guard. She is a perfect example of the theme "Women's Education - Women's Empowerment." Colonel

Johnson has a Bachelor of Science Degree in education, and three Master's Degrees. She began her military service as an enlisted member of the Nebraska Air National Guard. Her assignments have included Wing Staff Equal Opportunity and Executive Officer assignments, logistics readiness officer positions, and commands of the Services Flight, Mission Support Flight and Logistics Readiness Squadron. She has been on numerous deployments all around the world. Colonel Johnson is a role model for us all.

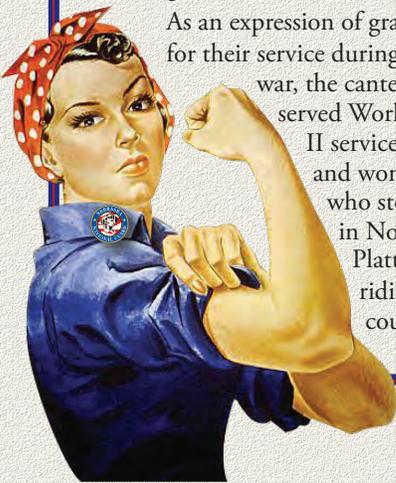
Chaplain Ehler closed the memorable celebration with the benediction. 🌍



Rosalie Lippincott and Annie Mumgaard



Col Evans and Col Johnson





TRIVIA:

UNITED STATES COAST GUARD (USCG)

“The story of the Coast Guard at war is replete with incidents which, in combat or otherwise, demonstrated consummate skill, great devotion to duty, and heroism worthy of special mention in any wartime history of the Service.”

*~ Malcolm F. Willoughby,
USCG, author of The U.S. Coast Guard in World War II*

- What famous Army General won a Coast Guard Silver Lifesaving Medal?
 - General Pershing
 - General Patton
 - General MacArthur
 - General Powell
- Originally the Coast Guard was established in 1790 as what organization?
 - The American Patrol
 - The Coastal Defense Auxiliary
 - The Revenue Cutter Service
 - U.S. Navy
- What famous writer served 20 years in the U.S. Coast Guard?
 - Alex Haley
 - Tom Clancy
 - Jeff Edwards
 - Mark Twain
- Where is the Coast Guard Academy located?
 - Buzzard's Bay, MA
 - New London, CT
 - King's Point, NY
 - Annapolis, MD
- If a Coast Guard Cutter has a red painted hull, what is its primary mission?
 - Ice Breaking
 - Buoy Tending
 - Law Enforcement
 - Maritime Defense
- What boxing great was a member of the Coast Guard?
 - Evander Holyfield
 - George Foreman
 - Riddick Bowe
 - Jack Dempsey
- What is the Coast Guard Academy's mascot?
 - Falcon
 - Mule
 - Bear
 - Gull
- The Coast Guard Auxiliary is an all military force whose primary mission is law enforcement.
 - True
 - False
- In March 2003, the Coast Guard was officially transferred to the Department of Homeland Security. From what Department were they transferred?
 - Department of the Treasury
 - Department of the Navy
 - Department of Justice
 - Department of Transportation
- What Coast Guard Cutter was originally commissioned the "Horst Wessel"?
 - USCGC Eagle
 - USCGC Bear
 - USCGC Nashville
 - USCGC Dobbin

“I will ensure that my superiors rest easy with the knowledge that I am on the helm, no matter what the conditions.”

~ Surfman's Creed



BOOK REVIEW:

ONCE UPON A TOWN

THE MIRACLE OF THE NORTH PLATTE CANTEEN

Book Review By
Mary Schmidt-Rodriguez

Written by Bob Greene

Copyright 2002; John Deadline Enterprises, Inc.; HarperCollins Publishers, Inc.

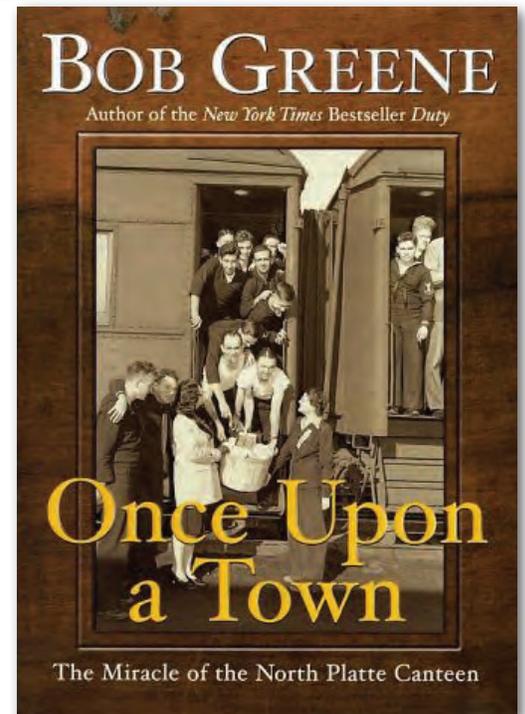


The North Platte Canteen was unique in our nation's history. It is impressive how Nebraskans came together and did so much for our troops during a particularly dark time in our world's history. From Christmas Day 1941 through April 1, 1946, the people of North Platte and the surrounding communities never missed a day in meeting and greeting the troops who briefly stopped in North Platte as they were being shipped across the country in troop trains. Volunteers worked tirelessly from early morning to late at night to make sure the service men and women knew that the people in Nebraska cared about what they were doing and what happened to them.

The communities met the troop trains with all sorts of food, magazines, newspapers, cigarettes and anything that was donated by the citizens. Not one item was paid for out of Federal or State funds. All of the food and other items were donated by private citizens. Many of the items donated were taken from the war time rations of the families in the area. They never missed a train in five years of operation. They worked 365 days a year to make sure every service member was greeted and given something on their journey.

Once Upon a Town: The Miracle of the North Platte Canteen is a truly remarkable book that tells their story. Bob Greene

As a history major in college, I focused mostly on Ancient European history. Since college, I have read more about U.S. history, but until we started talking about the focus for our Women's History luncheon this year (the North Platte Canteen), I realized I didn't know as much about Nebraska history as I thought I did. There is something about World War II history that, whether you lived through it or not, is nostalgic and sentimental. Add to that the moving way in which the Nebraskans of the North Platte area showed their support for our military service men and women, and the result is an emotionally powerful story.



approaches the history in a unique way. He blends his current view of North Platte and Nebraska (what the town and country are like as he is writing it) with his tale of what occurred during WWII. At times he mourns for what has been lost since WWII and the innocence of that time.

In addition, he not only tells the story from the viewpoint of those who volunteered at the canteen, but he also blends the stories of the service men and women who were on the receiving end into the tale of the canteen. This is only appropriate as the tale has two sides: the volunteers who did so much for the troops and the troops' feelings about the hospitality they received for those few moments in North Platte and what it

Continued on Page 16



WEBSITE REVIEW:

MILITARY LEADERSHIP DIVERSITY COMMISSION

<http://mldc.whs.mil/>

Review By
LaVonne Rosenthal

The Military Leadership Diversity Commission (MLDC) was established in 2009 as a part of the National Defense Authorization Act. Their website is the repository for the Commission's endeavors in reviewing issues regarding diversity in the military. The group's tasking was to review "policies that provide opportunities for the promotion and advancement of minority members of the Armed Forces."

The final document that was compiled as a result of the MLDC's efforts is titled "From Representation to Inclusion: Diversity Leadership for the 21st Century Military," which is featured on the home page of the website. The site's home page is simply designed, with easy to navigate tabs that link you to a full description of the Commission, biographies of its members and staff, and an outline of the charter that delineated the MLDC's taskings. Minutes of their meetings are also accessible as well as historical press releases.

Under the tab labeled "Resources" you'll find links to a variety of military sites such as Department of Defense (DoD), Joint Chiefs of Staff

"Diversity is all the different characteristics and attributes of individuals that are consistent with Department of Defense core values, integral to overall readiness and mission accomplishment, and reflective of the Nation we serve."

~MLDC Executive Summary, From Diversity to Inclusion

and Defense Equal Opportunity Management Institute (DEOMI). Articles related to the business case for diversity are available, yet are (in my opinion) somewhat outdated having been published anywhere from 2001-2008.

Many more reference documents can be found under the tab of Issue Papers and Decision Papers. These are directly related to the MLDC's final report, and link the reader to a specific topic they may be looking for such as diversity leadership, promotion opportunities and a definition of diversity. Issue papers also expand on the topics of mentoring, race and gender diversity, religious diversity

and DoD core values.

Decision papers "present the Commission-approved, subcommittee-specific recommendations. These recommendations are the product not only of the logic and evidence presented in the decision papers but also the values and judgments of the Commissioners. Legally imposed time constraints naturally limited the Commission's ability to undertake extensive research. Thus, the decision papers present the evidence that was available and that could be collected during the discovery phase of the Commission. The decision papers were reviewed by subject-matter experts external to the Commission." This quote from the cover of each of the decision papers clarifies the validity and accuracy of the information provided.

The overall design and accessibility of the website is easy to navigate and filled with a plethora of information. The research conducted to reach this point appears valid and accurate. If someone is looking

to find a definition of diversity in the military, this is a great resource. For general users, it may have more detailed information than you need. I became overwhelmed by the amount of information and the number of topics presented. Thankfully, the MLDC provides a "Readers Digest" version as an executive summary of their final report for those who want the bottom line of their research. 





Coast Guard Trivia continued from Page 10

UNITED STATES COAST GUARD (USCG) TRIVIA ANSWERS

1. B. General Patton was awarded the Silver Lifesaving Medal for rescuing three boys from drowning in February 1926 while on leave in Salem, Massachusetts. The Gold Lifesaving Medal and Silver Lifesaving Medal are civil and military decorations of the United States Coast Guard. The Lifesaving Medals may be awarded to any member of



the U.S. military, or to a U.S. civilian, who rescues, or endeavors to rescue, any person from drowning, shipwreck, or other peril of water. The rescue or attempted rescue must take place in waters within the United States, waters subject to U.S. jurisdiction, or one of the parties involved must be a citizen of the United States or be from a vessel or aircraft owned or operated by citizens of the United States. The Lifesaving Medal is issued in two grades - silver and gold. The Gold Lifesaving Medal is authorized if the individual attempting the rescue did so at extreme peril and risk of life. For all other rescues, the Silver Lifesaving Medal is authorized.

2. C. The Revenue Cutter Service was established in August 1790 to create a seafaring service to enforce custom laws and duties on ships. The Revenue Cutter Service was placed under the control of the Treasury Department. In 1915, President Woodrow Wilson signed into law the act that combined the Revenue Cutter Service with similar organizations, including the Lifesaving Services of the Treasury Department to create the Coast Guard.



3. A. Alexander Palmer Haley was born in Ithaca, New York, on August 11, 1921. He graduated from high school at the age of fifteen and attended the State Teacher's College in Elizabeth City, North Carolina, for two years. At his father's request, he enlisted in the Coast Guard in 1939. Haley signed up for a three-year enlistment in the Coast Guard

on May 24, 1939. He enlisted as a Mess Attendant Third Class, one of the only ratings in the Navy and Coast Guard open to minorities at that time. He went on to serve in the Coast Guard for twenty years, retiring June 1, 1959. Alex Haley had a distinguished career as a writer, gaining fame with his book *Roots: The Saga of an American Family*, first published in 1976 and later made into a television mini-series. He passed away in 1992.



4. B. The Coast Guard Academy is located in New London, Connecticut. Unlike the other service academies, admission to the academy is based solely upon merit and does not require a congressional nomination.



Approximately 300 cadets enter the academy each summer with about 200 cadets graduating. Graduates are commissioned as ensigns.

5. A. Ice Breakers are painted with a red hull. In the mid-1970s the Coast Guard began painting all of its polar icebreakers' hulls red to make them easier for helicopter pilots to spot in the ice.



Continued on Page 14



USCG Trivia Answers continued from Page 13

6. D. Jack Dempsey (born June 24, 1895 in Manassa, Colorado). During World War I, Dempsey worked in a shipyard while he continued to box. After the war, he was accused of being a draft dodger and it wasn't until 1920 that he was able to clear his name when evidence was produced showing that he had attempted to enlist in the U.S. Army but was turned down. When the United States entered World War II, Dempsey had an opportunity to refute any remaining criticism of his war record of two decades earlier. He volunteered for national service and was commissioned in the U.S. Coast Guard, charged with developing a physical fitness program. He was promoted to Lieutenant Commander in December 1942 and Commander in March 1944. Later, he served as a morale officer in the Pacific and in 1945, at age 49, spent time on the USS Arthur Middleton (APA-25) where he insisted on going into battle on Okinawa with a group of men he had trained. He was given an Honorable Discharge in 1952.



7. C. The Academy's mascot is Objee the Bear. A statue of Objee is in a park established behind Chase Hall. For morale and spirit, Objee is commonly dressed up before a big football game or other athletic event. He



U.S. Coast Guard Rear Admiral J. Scott Burhoe holds a Spirit of the Bear award he received Thursday, January 6, 2011, at the Coast Guard Academy in New London, Connecticut, which was presented to him by academy mascot Objee the Bear and Coast Guard Commandant Admiral Robert J. Papp, Jr. (right). The Spirit of the Bear Award is awarded to those individuals at the academy who exemplify the service's core values of honor, respect and devotion to duty, and who have been influential in the personal growth and professional development of their fellow shipmates. U.S. Coast Guard photograph by Petty Officer First Class NyxoLyno Cangemi.

is dressed in jerseys, team hats, class t-shirts or various other cadet uniforms or decorations.

8. B. False. The primary mission of the Coast Guard Auxiliary is Recreational Boater Safety. Additionally, it is a civilian force, not military. When the Coast Guard "Reserve" was authorized by an act of Congress in 1939, the Coast Guard was given a legislative mandate to use civilians to promote safety on and over the high seas and the nation's navigable waters. Two years later, on February 19, 1941, Congress amended the 1939 Act with passage of the Auxiliary and Reserve Act of 1941. The passage of this act designated the Reserve as a military branch of the active service, while the civilian section, formerly referred to as the Coast Guard Reserve, became the Auxiliary. When we entered World War II, 50,000 Auxiliary members joined the war effort as military teams. Many of their private vessels were placed into service in an effort to protect the U.S.
9. D. The Coast Guard was under the jurisdiction of the Department of Transportation prior to being transferred to the Department of Homeland Security.
10. The U.S. Coast Guard Cutter Eagle (originally the Horst Wessel) was taken as a war prize from the Germans after World War II and commissioned into the Coast Guard on May 15, 1946. USCGC Eagle has been training Coast Guard cadets since that time.



The Eagle is a three-masted sailing Barque with 21,350 square feet of sail. It is homeported at the CG Academy, New London, Connecticut. It is the only active (operational) commissioned sailing vessel in the U.S. maritime services. The Eagle bears a name that goes back to the early history of the United States' oldest continuous seagoing service. The first Eagle was commissioned in 1792, just two years after the formation of the Revenue Marine, the forerunner of today's Coast Guard.

Continued on Page 15

"To the Coast Guard is charged protection of life and ships upon the sea; to this end the Service bends its every energy, often at the expense of its other varied duties. 'Humanitarian' is the term that has been given to this phase of Coast Guard activity, and humanitarian the Service is. No night too stormy, no seas too high, no shoals too forbidding to restrain our cutters from their work of saving life. The same heroic spirit of self-sacrifice and disregard of personal danger that was fostered by our predecessors in the Service's infancy pervades the Service to-day, not only on large, seaworthy cutters and powerful destroyers but also on the tiny egg-shell craft that patrol nearly every mile of our far-flung coast."

- U.S. Coast Guard Academy, Tide Rips, 1927

NATURALIZED CITIZENSHIP SERIES INTRODUCTION



Naturalization Statistics continued from Page 7

Persons Naturalized by Metropolitan Area of Residence: Fiscal Years 2009 to 2011

(Ranked by 2011 persons naturalized)

Metropolitan area of residence	2011		2010		2009	
	Number	Percent	Number	Percent	Number	Percent
Total	694,193	100.0	619,913	100.0	743,715	100.0
New York-Northern New Jersey-Long Island, NY-NJ-PA	99,153	14.3	91,256	14.7	112,797	15.2
Los Angeles-Long Beach-Santa Ana, CA	62,373	9.0	51,977	8.4	84,061	11.3
Miami-Fort Lauderdale-Pompano Beach, FL	55,560	8.0	42,220	6.8	54,202	7.3
Chicago-Joliet-Naperville, IL-IN-WI	27,607	4.0	25,053	4.0	26,676	3.6
San Francisco-Oakland-Fremont, CA	22,046	3.2	21,281	3.4	20,954	2.8
Washington-Arlington-Alexandria, DC-VA-MD-WV	20,591	3.0	24,861	4.0	32,690	4.4
Boston-Cambridge-Quincy, MA-NH	18,834	2.7	17,027	2.7	17,429	2.3
Houston-Sugar Land-Baytown, TX	18,467	2.7	18,343	3.0	18,379	2.5
Dallas-Fort Worth-Arlington, TX	16,048	2.3	16,568	2.7	17,423	2.3
Atlanta-Sandy Springs-Marietta, GA	14,335	2.1	15,519	2.5	12,651	1.7
Other, including unknown	339,179	48.9	295,808	47.7	346,453	46.6

Note: Metropolitan areas defined based on Core-Based Statistical Areas (CBSAs).

Source: U.S. Department of Homeland Security, N-400 naturalization data for persons aged 18 and over, Fiscal Years 2009 to 2011.

Years in Immigrant Status

Persons naturalizing in 2011 spent a median of six years in legal permanent resident status before becoming citizens. Immigrants born in Africa spent the least time in legal immigrant status (5 years), followed by immigrants from Asia, Europe, and South America (6 years), Oceania (7 years), and North America (10 years).



USCG Trivia answers continued from Page 14

Today's Eagle, the seventh in a long line of proud cutters to bear the name, was built in 1936 by the Blohm & Voss Shipyard, Hamburg, Germany, as a training vessel for German Naval Cadets. Eagle serves as a seagoing classroom for approximately 175 cadets and instructors from the U.S. Coast Guard Academy. It is on the decks and rigging of the Eagle that the young men and women of the Academy get their first taste of salt air and life at sea. From this experience they develop a respect for the elements that will be with them throughout their lifetime. They are tested and challenged, often to the limits of their endurance. Working aloft they meet fear and learn to overcome it. The training cadets receive under sail has proven to be an invaluable asset during their subsequent Coast Guard careers.



at the huge brass and wood wheels used to steer the vessel.

Sailing in Eagle, cadets handle more than 20,000 square feet of sail and 5 miles of rigging. Over 200 lines must be coordinated during a major ship maneuver, so cadets must learn the name and function of each line.

The ship readily takes to the task for

which it was designed. Eagle's hull is built of steel, four-tenths of an inch thick. It has two full length steel decks with a platform deck below and a raised forecandle and quarterdeck. The weather decks are three-inch-thick teak over steel.

On Eagle, cadets have a chance to practically apply the navigation, engineering and other training they receive in classes at the Academy. As upper-class cadets, they perform the leadership functions normally handled by junior officers. As under-class cadets, they fill positions normally taken by the enlisted crew of the ship, including helm watch

- <http://cgaux.org/about.php>
- <http://www.uscg.mil/history/>
- <http://www.uscg.mil/history/faqs/generalpatton.asp>
- http://www.uscg.mil/history/people/Alex_HaleyBio.asp
- <http://www.uscg.mil/history/faqs/faqs.asp>
- <http://www.uscg.mil/datasheet/wixtrain.asp>





BTG DIVER-CIPE CORNER

Submitted by
Jessie Bockelman

I have always enjoyed curry and many other types of ethnic food. Since getting married in 2006, I have pushed my husband beyond his usual "meat and potatoes" diet. We are also trying to eat healthier, and this is a great recipe to accomplish that. Even folks who don't typically seek out curry or other Indian dishes have enjoyed this flavorful recipe. The best part is, it's a very quick and easy recipe to prepare during the week when you don't have a lot of time.

CHICKEN CURRY COUSCOUS



Ingredients

- Nonstick cooking spray
- 1 large onion, chopped
- 2 teaspoons curry powder
- 1 1/3 cups water
- 2/3 cup whole wheat couscous
- 2 cups chopped cooked chicken breast (about 12 ounces)
- 1 cup frozen bagged sweet peas
- 1 large red sweet pepper, seeded and chopped
- 1/2 cup light mayonnaise
- 3 tablespoons bottled mango chutney

Lightly coat an unheated large skillet with nonstick cooking spray. Preheat skillet over medium heat. Add onion; cook and stir until onion is crisp-tender. Stir in curry powder; cook for 1 minute more. Add the water and couscous to skillet; bring to boiling. Stir in chicken, peas, sweet pepper, mayonnaise, and chutney; return to boiling. Remove from heat. Cover and let stand for 5 minutes. Tips: You can buy couscous by the pound at most grocery stores (I find it at Hy-Vee) and it is a much better bargain than buying it by the box. Mango chutney is usually located with Indian or Asian foods in most grocery stores.

Feel free to use more curry powder if you are a fan of curry.

www.eatbetteramerica.com



Once Upon A Town continued from Page 11

meant to them.

What is truly remarkable is the fact that Greene found so many people to interview after so many years since the closing of the canteen. Many of the people who volunteered were no longer living in the area or had new last names since many of the them were women

who married after WWII. All of the service men and women interviewed were scattered across the country and had to be located by the list of names he found on the roles of those who passed through.

Our speaker for the Women's History luncheon was Rosalie Lippincott. She was one of the young women who volunteered at the canteen. "I was a high

school girl when the war started... When the North Platte Canteen started, and a group who called themselves the Shelton Ladies volunteered to do regular duty there – I almost leapt to offer my help. We would take hard-boiled eggs with us. In the canteen, we would peel them and make egg-salad sandwiches. So many sandwiches – twenty bushel baskets lined with clean towels, with all the sandwiches waiting for the soldiers... My friends and I were teenagers – and boy, was that a thrill, to be in the middle of all those guys in uniform... Oh! The different accents, the different colors of skin... the men in khaki, the boys in Navy blue, the Air Corpsmen, the Marines... All of this for just ten minutes at a time! I think it was the beginning of opening my eyes to a bigger world."

One of the service men Bob Greene interviewed was John Zgud: "It was a troop train made up of fifteen or twenty old passenger cars... The train was packed full – no shower, no place to eat. We ate these dried-up field rations... After all that time on the train, and all those field rations, North Platte was almost too good to believe. These girls came out of the depot and toward the train with cigarettes, candy, chewing gum, telling us to go inside and have some food and something to drink." All the service men and women interviewed for the book were still extremely grateful for all the community did for them. Most of them had tears in their eyes as they related their stories to the author.

These two stories are just a small selection of the many tales told from both the volunteers and the service men and women who lived through this incredible moment in history. The book is well-written and takes you back to a place that is now only a memory for the few left from that time, and a place none of us should ever forget. There were many times that tears came to my eyes as I read the personal stories of those who lived through this time in history.

I highly recommend this book as it is a powerful glimpse into a short period of this nation's history; a bright moment during a very dark time. 