

BRIDGING

THE GAP



ISSUE 34: DECEMBER 2012 - JANUARY 2013



ELLIS ISLAND ISLAND OF HOPE, ISLAND OF TEARS



ASIAN PACIFIC HERITAGE



WORLD DAY ON THE MALL



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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.

SEP NOTES

Maybe it’s only me, but I am having a hard time wrapping my head around the fact that the holidays are here already. Thanksgiving has now come and gone for 2012, Nebraska is in the Big 10 Conference Championship game (okay, as I write this, that is still to be determined!) and Christmas, Hanukkah, the official start of winter and New Year’s Eve are almost upon us. Could be the older I get, the faster the years goes by that making me wonder where the time has gone.

I’d like to share something I am thankful for this season and relate it to diversity. Since that is the theme of this publication, I thought it would only be appropriate.

During the month of October I was reminded of Nebraska’s very diverse population. I see this every day, but it really became evident to me during a hayrack ride at Kimmell Orchard in Nebraska City on the way to the pumpkin patch.

My family (which consists of myself, my son and my parents - generational diversity) rode with several other families on the hayrack ride. One of the families was from India and they now call Nebraska their home. They were a very kind and quiet family (Dad, Mom and daughter) with the exception of the very outgoing, talkative daughter. She was around 6-7 years old and just loved to talk. She and I got along very well as we kept up a very animated conversation during both the ride to and from the

By Mary Schmidt-Rodriguez

pumpkin patch. We even sat together back at the store as she ate the crust off her apple pie and my son ate a hot dog and hot apple cider.

The next family was also very diverse as it consisted of three generations with the grandparents, parents, children and adopted or foster children. The adopted or foster children all had developmental disabilities and were of different ethnic backgrounds than the parents. The children were of differing ages and mental and physical disabilities. It was great to watch them interact with each other and to see the kindness and patience of the parents and grandparents to all the kids. Even the children all seemed to get along well as there wasn’t any bickering among them.

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

VOCABULARY AND HISTORY LESSON ON DIVERSITY

By Col Keith Schell

155th Air Refueling Wing (ARW) Wing Commander

When I was asked to write an article on diversity several thoughts ran through my head. Foremost was what does diversity actually mean and how has it changed over the last hundred years? I was especially interested in the actual Webster dictionary meaning of the word, since the word diversity is used in different instances and for many reasons. Like many words, it can mean different things to different people. At home I have three sons who are of school age, two are in middle school and one is in high school. Part of their school curriculum includes spelling and vocabulary. I decided it might be interesting to treat this article like a vocabulary lesson with a little history thrown in.

A common idea the word diversity invoked is differences with race and gender. I decided to look the word up in several books in my home library, from one dating back to the early 1900s to a present day dictionary. Even with the years in between them the books pretty much defined diversity in the same way. They both used words like “difference” and “variety.” It sounded like what I would have said if someone had asked me the meaning of diversity. Those definitions didn’t seem like it was enough to describe a word that could wield a lot of power in the workplace as well as the world. I then turned to the internet to see what I could find there. I found what I was looking for in the Merriam-Webster Learner’s Dictionary website (<http://www.learnersdictionary.com/>). It states that diversity is “the quality or state of having many different forms, types, ideas, etc.” What struck me as the most interesting part of the definition was the word “ideas.” I like that diversity can also mean people having differences in ideas and opinions. Inventions and laws, among

many other things, originated from the diversity of the human race and their ideas. Yes, diversity can refer to different gender and races but I believe it is the ideas formed in the minds of different individuals that shape this country and world.

In the workplace, recognition of diversity took a large step forward in the 1960s. In 1961, President John F. Kennedy established the President’s Committee on Equal Employment Opportunity, which hoped to end discrimination in employment by the government and its contractors. The Civil Rights Act followed in 1964. Presidents Johnson and Nixon promoted diversity further still with the Nixon Administration requiring contractors to develop an affirmative action program. Later in the 1980s diversity was not only legislated and mandated but also valued as a quality business trait. Diversity can help make companies and organizations more effective through empowering the individuals they employ. Employees who feel valued are more apt to work together as a team working toward a common goal. Organizations who capitalize on the strengths and full potential of their employees will have the competitive edge.

The U.S. Armed Forces is rich in diversity with most every ethnic and religious group represented. It is also a great example of an organization whose individuals work together as a team, working toward a common goal: protecting our Nation and fighting for freedom. It is an organization where members are judged by their performance and not by race, color, gender or religion.



In the National Guard we are very fortunate to have a good representation of diversity. A primary reason for this is that a majority of our members are traditional Soldiers and Airmen (part-time in the Guard). These individuals work and gain valuable experiences in the civilian arena and bring those experiences with them to the Guard. These are ideas and experiences that our Active Guard / Reserve (AGRs) and technicians do not necessarily have the opportunity to acquire. Rightfully so, our traditional members are an integral part of our organization’s diversity. Commanders in the Guard need to take advantage of the diversity these members bring to their units. Their experiences can only enhance the efforts of our military. In current times, militaries from around the world are improving and modernizing and we need to ensure that we continue to keep

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NATURALIZED CITIZENSHIP SERIES PART 4

*Bridging the Gap is proud to continue our series focusing on
Naturalized Citizenship in the United States.*

ELLIS ISLAND

BG (Retired) Roma Amundson

GATEWAY TO THE AMERICAN DREAM

(ALSO KNOWN AS ISLAND OF HOPE, ISLAND OF TEARS)



A huge conversation is going on throughout our nation about immigration, naturalization and possible reforms to both. While it is going on, people are immigrating, taking the oath of naturalization and making new lives for themselves in the United States. The process, although cumbersome, is working. While this is not to say reforms are not necessary, I think that Americans in general need to take a deep breath and look at the history of our immigrant past. Let's be aware of how our nation has been blessed to receive immigrants and benefit from their talents, industry and love for their adopted country.

In the years between 1820 and 1920,

over 55 million immigrants came to the United States for different reasons: to escape war and conscription, famine, political upheaval and personal failure. Some came for adventure and the hope to improve their economic situation – but all came for the hope of a better life, for new opportunities and freedoms for themselves and their children.

I'm a second generation American. My grandparents came to the United States from Germany between the years of 1892 and 1908. My paternal grandparents came in 1892 and homesteaded in northeastern Nebraska, and my maternal grandparents arrived in April 1908 and farmed near Verdigre, Nebraska. For the

men, their main motivation was to come to the U.S. and leave the class system which existed in Germany at the time, where they worked for a landowner; so, their wives and children came with them.

They went through Ellis Island, the place where over 17 million immigrants took their first steps on American soil, and for many, it was a terrifying experience. One out of every five immigrants had to spend days and sometimes even weeks in detention or quarantine, some merely waiting until they could be processed. Others had to wait until officials were satisfied that they met the requirements for admission. At the peak of immigration in 1907, some newcomers had to spend days on their ship before a ferry could even bring them to the island. So, indeed, hope and tears were intermingled at Ellis Island.

Ellis Island was the site of two receiving stations, the first opening in 1892. It was destroyed by fire in 1897, along with the records of immigrants processed through to that point. The current building opened in 1900, and it was this receiving station on Ellis Island that received and processed over 17 million immigrants between 1900 and 1954. Its peak year was in 1907 when 1.2 million immigrants came through the doors.

The first receiving building had been made of pine and was described as a tinderbox comprised of unsightly

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ramshackle buildings bunched together. When the decision to rebuild was made, plans were made to use fireproof structures. The main hall (385 feet x 165 feet) was built of brick over a steel frame. Separate buildings contained a restaurant, laundry, bathhouse and hospital.

This is the manner in which immigrants were received:

“When the immigrant is landed from the barges, he will pass through an imposing private entrance, made as nearly as possible free from the observation of the curious, besides protecting him during bad weather. He then goes to the second floor, the entire center of which is given up to the examining department, where he is inspected by medical authorities, and the officials of other branches of the service who pass upon his eligibility to land....”

“The railings forming the network of the aisles, in which the immigrants are placed in alphabetical order, according to nationality, give the great amphitheatre the appearance of an immense spider web... It is estimated that 5,000 persons can be thoroughly examined with perfect ease, and in an emergency 3,000 more by the application of a little added energy on the part of the examiners.” (Ellis Island, Pamela Reeves, 2002)

Here’s where the “terrifying” experiences began for the immigrants. Families were



separated by gender from one another during the examination phases, which involved checking eyes, teeth, physical conditions, literacy capability, etc. When moving through 5,000 people in one day, examiners were harried, hurried and often very impatient with the immigrants who might not understand everything they were being asked to do. Then, after the examinations, there was the fear and difficulty of finding your other family members, since there were 5,000 people bunched together.

Somehow the immigrants made it through, and only 2% of the people desiring to enter the United States were turned away and sent back to their country. After being processed through the receiving station, officials pinned destination tags on the immigrant’s clothing so that they could be sent to their final destination. For all immigrants, it was a huge relief to sit on the train and head off to their new adventures. The first step was done – leaving Ellis Island!

Besides being a receiving station for immigrants, Ellis Island also served concurrently as a Coast Guard Station and an enemy / alien detention center. In other words, little Ellis Island located in the harbor between New York City and the Statue of Liberty was a site of bustling activity.

In 1954, however, the bustle came to an end, and the doors were formally locked



on November 12. Nothing was done to the buildings to use them or to preserve them, so they were subject to vandals and the elements. Eleven years later, President Lyndon Johnson made the island part of the Statue of Liberty National Monument and placed it under National Park Service care. Again, nothing much was done to it until the 1980s when two centennial events came on the horizon – the centennial of the Statue of Liberty in 1986 and Ellis Island in 1992. At that time definite plans for restoration were made, and on September 10, 1990, after \$170 million of restoration work, the Ellis Island Immigration Museum opened to the public again.

No records of my paternal grandparents can be found, because they were destroyed in the fire. However, I have been able to get on the ancestry search records at Ellis Island and find the passenger manifest showing my grandparents’ names as well as those of their children.

I’ve been to Ellis Island three times, and each time I’ve gone, I have felt a sense of awe, for it is here that I can begin to

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WEBSITE REVIEW: WELCOME TO USA

www.welcometousa.gov

Review by SPC Lacey J. Bromley



WelcometoUSA.gov is a great site for new immigrants and for those who have been in the country for a period of time and need assistance. The home page is very clear as to what the website was created to accomplish. There is a picture of the Statue of Liberty on the front with the words “Welcome to the United States. On behalf of the President of the United States and the American people, we welcome you to this great nation.” Under the Statue of Liberty’s picture is a positive statement on immigration and welcoming newcomers: “The United States has benefited from the contributions of immigrants since its founding more than 200 years ago. As you settle into your new home, WelcometoUSA.gov will help you find basic information about the United States and your new community.”

And that is indeed what it does. The site is packed with information that you can easily access from the well-organized home page. For instance, there are menus with guidance on immigrants’ rights and responsibilities and help in finding

legal assistance (both under the Immigration and Citizenship tab), naturalization test study materials and a guide to naturalization, education and childcare, healthcare and families, government benefits, geography, demographics, history and government of the United States,

taxes, housing, consumer information, employment, emergencies and safety, and a lot more. The purpose of this website is to provide immigrants with a vast source of information during their journey toward naturalization.

This website is visually friendly and easy to digest. The color scheme is appropriately red, white, and blue. When you click on the links, they are functional and open in new browser windows. This is a very large, in-depth website and even includes sample resumes and links to getting a driver’s license and green card. There is a section which offers information on how to be prepared for an emergency, a link to the American Red Cross, and other helpful links to deal with crises. You can also get help finding a place to live, learning English or getting a social security number. There is also an option to change the site to Spanish which is located at the bottom of the screen. Although there is no site map, the bar across the top with drop down menus

organizes the information logically.

After reviewing the content of the website, I found no obvious grammatical errors. All the links seem to be working properly, and the content is professionally written. This website is the U.S. Government’s official web portal for new immigrants.

“WelcometoUSA.gov is the primary gateway for new immigrants to find basic information on how to settle in the United States. The website seeks to improve access to Federal Government information on the Internet by consolidating information into helpful categories and highlight new resources available to immigrants and the organizations that serve them.

“The goal of this effort is to provide a user-friendly, informative website for immigrants and the organizations that serve them. The primary objectives of this website include:

- Providing basic settlement information to new immigrants.
- Increasing awareness of Federal Government resources available to immigrants.
- Supporting the needs of receiving communities and immigrant-serving organizations.”

In an effort to continually improve the site they welcome comments and suggestions in the About Us section. Overall, this website would prove to be extremely helpful to someone considering settling in the United States or someone who has already immigrated here.





NATURALIZED CITIZENSHIP

SERIES PART 4

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U.S. CITIZENSHIP QUESTIONS

On October 1, 2008, the U.S. Citizenship and Immigration Services (USCIS) replaced the set of questions formerly used as part of the citizenship test with the questions listed here. All applicants who filed for naturalization on or after October 1, 2008, are required to take the new test.

In the citizenship test, the applicant for citizenship is asked up to 10 of the 100 questions. The interviewer reads the questions in English and the applicant must answer in English. In order to pass, at least six of the ten questions must be answered correctly.

This test is broken down into different categories as shown below.

Principles of American Democracy

1. What does the Constitution do?
2. What is one right or freedom from the First Amendment?
3. What did the Declaration of Independence do?

System of Government

4. What stops one branch of government from becoming too powerful?
5. What is the economic system in the United States?
6. Why do some states have more Representatives than other states?
7. Under our Constitution, some powers belong to the Federal government. What is one power of the Federal government?

Rights and Responsibilities

8. There are four amendments to the Constitution about who can vote. Describe one of them.
9. What are two rights only for United States citizens?
10. What do we show loyalty to when we say the Pledge of Allegiance?

American History

Colonial Period and Independence

11. What is one reason colonists came to America?
12. What happened at the Constitutional Convention?
13. What did Susan B. Anthony do?

Integrated Civics

14. Name one of the two longest rivers in the United States.
15. Name two national U.S. holidays.

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1 January 1892 ~ The first Ellis Island Immigration Station was officially opened. The first immigrant to pass through Ellis was a “rosy-cheeked Irish girl,” Annie Moore, age 15, from County Cork. She came with her two younger brothers to join their parents in New York City. That first day, three large ships were waiting to land, and 700 immigrants passed through Ellis Island. In the first year, nearly 450,000 immigrants passed through the Island.

find my American story. Four out of ten Americans trace their family history back to Ellis Island. Going through the Great Hall where rows of immigrants stood waiting to be processed, seeing the little examination rooms, observing the crude equipment and reading the graffiti messages that are preserved in some areas, were for me, avenues to appreciation for the gift my grandparents gave me – American citizenship.

I believe that when we as a nation debate our immigration and naturalization concerns, we need to remember the reasons immigrants come to the United States. We need to remember the great benefits they bring to our national heritage and culture and the energy and drive for personal accomplishment. They bring great gifts, and we need to acknowledge them and their accomplishments. Ellis Island is a monument to the immigrants of previous generations, but the story of those coming to our shores now is not really that different. Patience, understanding and friendship are all that are really needed.

Sources:

Ellis Island, Gateway to the American Dream; by Pamela Reeves; Michael Friedman Publishing Group, 2000.

New York Landmarks, A Collection of Architectural and Historical Details; by Charles Ziga; Dovetail Books.

<http://www.nps.gov/elis/index.htm>



PERSIST

By MAJ Matthew York

I was flattered to be approached to write a story about myself and the adversity I have faced in my life. I have never ever considered myself to be particularly noteworthy and wondered what I might have to contribute to *Bridging the Gap*. After some reflection, this is what I decided to share...

I don't consider myself to have a very unique background from other small-town Nebraskans. I grew up in Fairbury, Nebraska. I was active in sports, music, and theater activities in the school and community. I was an honor roll student, a starter on the football team, a musician, and earned a few minor college scholarships upon graduating from high school. Growing up in a small town gave me the opportunity to participate in several things available in the community.

Adversity in my formative years was not an issue. Having grown up here, I pretty much did what I wanted to and did it when it suited me. Everyone knew who you were, and who your parents were. If you were a good kid, you had it made.

Like many of my friends I went to college where I continued to pursue extracurricular activities in music and theater. I even maintained some scholarships for my contributions to these programs, although I was not majoring in them. After two years I took one of the bigger steps of my life when I joined the Nebraska Army National Guard (NEARNG) unit in my hometown. I completed college, and was subsequently hired to be a Deputy Sheriff in my hometown. I was a product of the community, and had committed to myself to remain there for a good portion of my adult life. Life was easy here and I had it made.

Shortly after September 11, 2001, I was approached twice about pursuing a career

as an officer in the NEARNG. I seized the opportunity, knowing that life was going to change and that I wanted a larger role in the National Guard. Over the next three years I completed Officer Basic Course (OBC), one deployment, and was heading into my second deployment to Iraq. Reflecting on this period, I went from serving as an enlisted Tank Crewman and Deputy Sheriff in rural Nebraska, to being a Cavalry Officer on the front lines of the largest conflict of my time in Ramadi, Al Anbar Province, Iraq. I am certain that this was not the most radical transformation of anyone's life, but for me, it was the most radical change for anyone I knew.

The greatest challenges I have faced were not physical setbacks, but the mental challenges of overcoming them. I'd rather the following stories not be perceived as a tale of woe, but a tale of perseverance.

My unit arrived in Iraq in June 2005. In March of 2006, I was wounded in action in Ramadi, Iraq by a bullet in my right arm. I was lucky that the damage was minor and the bullet didn't penetrate far. I returned to duty with only a few restrictions for a short time. My arm was sore for a few weeks. This injury did little to keep me from doing my job. Within a week, I was back out on missions. I decided that I was not going to stay behind out of fear of being wounded again.

In April 2006, I was on what would turn out to be my last mission in the area of operation. My unit had been assigned a night raid mission on a complex of buildings a few kilometers south of the Mulaab district of Ramadi. We made an aerial insertion near the complex and were executing actions on the targeted buildings when I stepped off a ledge which appeared to be much less of a drop when looked at through night vision



goggles. I heard a popping/crunching noise as my left ankle rolled out, and knew that it was not good. Though in significant pain and hindered for speed, I managed to get up and keep going. I stopped to lace up my boot a little tighter to slow down the swelling and give the ankle a little more support. I was determined that I would not be carried out on a medical evacuation (MEDEVAC).

After a few hours my team completed searching the buildings. We captured a few military-age males whom we brought with us for questioning. The next morning, after a distinguished visitor from Nebraska had visited, I went to see the doctor. My ankle had swollen up so I could not get a boot on it. I learned that my ankle was broken, and the doctor was surprised when I told him I had managed to walk out on it. I was evacuated to Balad for further evaluation. I was returned to my unit with the advice to keep weight off my leg for six weeks and seek physical therapy after I had healed. I was able to return home with my unit where I spent six months in rehabilitation. By the end of that year I wasn't limping anymore and I was back to working out.

In February 2009, while out hiking with my children, I slipped and fell approximately twelve feet down an embankment and landed squarely on my back, on top of a piece of concrete. I heard a crunching sound, and felt serious

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pain in my back. After lying still for a few seconds I tested my arms and legs to see if they still worked. I then managed to get up and walk back to my truck. While at the emergency room later that night, I learned I had cracked two ribs and three vertebrae. Another setback in life, but four months later I passed the Army Physical Fitness Test (APFT).

In November 2009, I was at work one day and had a sudden abrupt onset of abdominal pain. After nearly collapsing at my desk, I asked one of my co-workers for a ride to the hospital. This time I wound up staying in the hospital for a week. I was diagnosed with diverticulitis and had a perforated colon which was going to require surgery as soon as I was healthy enough to lower the risk of any potential complications.

After overcoming the other physical setbacks in my life, I didn't think that this situation was going to be as significant as it turned out to be. I discussed what was going to happen with the surgeon. The plan was to go with a minimally invasive procedure. I would be able to return to eating normal food in a few days and possibly even go back to work in a few weeks. I was looking forward to a deployment in about six months and didn't want to miss the opportunity.

In February 2010, I had the procedure to correct this problem. When I awoke from surgery I learned that the procedure had not been flawless. The surgeon was unable to stop some bleeding in my abdomen and he and his team had to open me up to fix it. I had a temporary ostomy to contend with. I would not be going back to work for awhile, nor would I be deploying. My near term future was going to be spent learning about ostomy care and living with certain conditions over which I had little control. I survived, but ended up having to deal with events that are usually reserved for young children or the elderly, not a 40 year old man with a job, family, and children to raise. This was a humbling experience, and I now had a true appreciation for what so many other folks have to deal with as a permanent condition.

After another surgery restored my body back to where it needed to be, my road to recovery began. I had a lot to lose and the only person who could ensure my successful recovery was me. I started working out again, lost weight, recovered my strength, and in about six months was back to a passing the APFT. Surgery and recovery had been a success by all accounts, and I was feeling great. I had been lucky.



After visiting my doctor in April 2011 and an additional six months of follow-up appointments, another problem was discovered. This time I was diagnosed with lung cancer. I was never a smoker, so I was shocked that this could happen to me. I had overcome so many other challenges only to have another physical one thrown in my path.

In January 2012, I had surgery to remove the cancer, during which they removed a part of my lung. I was lucky since it was diagnosed early. I was even luckier to find that I wouldn't need chemotherapy or radiation treatment.

I've spent considerable time rehabilitating myself. Contending with my new condition has been a challenge. At first I could hardly get to the end of my driveway and back to get my mail. I pushed myself, and one day I could walk two blocks. I pushed myself more, and one day I could walk a quarter mile. It hasn't been easy. I've continued to push myself ever since. I keep pushing and I don't think I will stop any time soon.

A short summary...

I am 43 years old, a cancer survivor, a survivor of colon disease and a Purple Heart recipient, and I am still alive. I am one of the luckiest people I know and I suppose it is in these few ways that I also contribute to the diversity of the NEARNG.

There are a few lines that I recall when things aren't rolling my way that give me the motivation to carry on through my challenges and help me to keep working on what it takes to get better. I hope that whoever reads the following quotes may be inspired by them if they have similar experiences.

From Napoleon Hill - *"What we do not see, what most of us never suspect of existing, is the silent but irresistible power which comes to the rescue of those who fight on in the face of discouragement."*

Don't let quitting become your style. Discouragement can come from any source. I've been the one on the receiving end of a few overwhelming setbacks. I've often wondered just how far there was to go, and what it would take to get over the challenges I didn't anticipate having in my life.

From Calvin Coolidge - *"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."*

Your biggest advocate is you. While recovering from lung surgery earlier this year, I was placed in a pulmonary rehabilitation program. I was in the minority of this group when considering my age and lack of complications from other conditions. The rest of my group was made up of men and women 55 years or older with more serious problems than me. What I remember most is how these folks were determined, and they had dedicated themselves to this program to make themselves get better. What I learned is that there are too many things to miss if we don't progress. These folks were motivated to be around as long as possible.

The bottom line: Do not be interested in the possibilities of defeat. The hardest victory is the one you fight for yourself. You must choose to persist.



WATCH OUT!

By Pam Makovicka

CHANGE IS COMING AND WITH CHANGE COMES STRESS

“Why should I deal with change?” might be the question to start with. And the answer is “Because change is coming. Change is always coming. Change is inevitable and everyone faces change, big or small, throughout their lives.” We human beings tend to prefer that things remain the same and this often causes stress. Whether you look forward to a change or dread it, change triggers powerful effects in your body and your emotions.



Face your feelings about the change, especially when the change is imposed and beyond your control. Get past “Why me?” “But I don’t want to!” and “It isn’t fair!” Figure out what your fears or worries are. That takes work. You don’t have to be a victim, even when you are not in control of the change.

Welcome change as an opportunity. Find the benefit in the change. There is always a benefit or an opportunity. A well-defined aiming point helps everyone navigate through the mess and confusion. Clear goals keep people from giving up. A goal gives hope which reduces resistance. Even people who don’t find the goal particularly appealing will show less resistance than if the future is left fuzzy and vague. Make your change goals easy to see and identify an endpoint that makes the struggle or change worthwhile.

Change needs to be purposeful for people to commit.

Holding yourself personally accountable for outcomes requires that you look beyond your own immediate behavior and beyond the specifics of your job description to see if you’re really doing all you should to bring about the right results. Learn to work across departmental boundaries and combine your

efforts seamlessly with others who, though very different from you, are contributing to a mutual end result.

Stress is normal. Everyone feels stress related to work, family, decisions and change. Stress is both physical and mental. In response to these daily stressors your body automatically increases blood pressure, heart rate, respiration, metabolism and blood flow to your muscles.

This stress response is intended to help your body react quickly and effectively to any high-pressure situation. However, when you are constantly reacting to small or large stressful situations you can experience stress that can hurt your health and well-being.

Basically I have told you ways to prevent change from causing stress in your life. When stress does show its ugly head the following are steps to help reduce the effects:

- Thirty minutes of vigorous physical exercise, three to four times a week.
- Cut down on caffeine.
- Eat healthy.
- Meditate or get calm for short periods of time during the day.
- Develop better time management habits.
- Play, have fun, recharge.
- Get plenty of sleep.
- Smile more, laugh. Use humor to lighten your emotional load.
- Count your blessings daily. Make thankfulness a habit.
- Say nice things when you talk to yourself.
- Set personal goals. Give yourself a sense of purpose.
- Forgive. Grudges are too heavy to carry around.
- Practice optimism and be positive.

Let’s end with where you began, focusing on your reaction to change. Accept fate and move on. Don’t yield to the seductive pull of self-pity, at least for an extended period of time.

Acting like a victim threatens your future. You’re better off if you appear resilient and remain productive. Put change into a healthy perspective.

Reality is the leading cause of stress among those in touch with it.

~ Lily Tomlin

References:

“The Stress of Change” & “Resistance” by Price Pritchett





Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.

~ Maya Angelou

For most of us, life doesn't provide many opportunities to travel widely and leisurely, to experience the strange beauty of foreign lands first hand. This is one reason that we need cinema: for a couple of hours, we can leave the comfort of the darkened theater and let a film take us on a journey, and experience people, places and ideas that wouldn't be available to us otherwise.

Cairo Time does just that, gently inviting us to see Egypt's ancient city through the eyes of its two protagonists, two people from vastly different worlds who find themselves exploring the city together. Along the way, we're treated to a subtle and mature exploration of the more complicated chambers of the human heart.

Patricia Clarkson (*Shutter Island*, *The Green Mile*) stars as Juliette, an American woman who has come to Cairo to see her husband, an American diplomat working in the region. Instead of being picked up at the airport by her husband Mark, however, Juliette is greeted by Tareq, played by Alexander Siddig (*Syriana*, *24*), a friend and former coworker of her husband. He informs her that Mark has been delayed in Gaza due to political unrest, and it is unclear how soon he will be able to join her.

From the moment she steps onto her hotel's balcony, the sights and sounds of the city seem to beckon her, and she eventually finds herself in Tareq's coffee shop. "What would you like to do?" he asks her. "Explore," she replies. And explore they do, Tareq becoming her guide to the richly textured city of

Cairo. As they wander the city together, an unlikely friendship begins to grow.

With its gorgeous cinematography, the film puts Cairo's physical beauty on grand display, along with its many contradictions: the jumble of traditional and modern architecture nestled together; the quiet grandeur of stone mosques next to the noisy bustle of busy streets; the lush opulence of an upper class estate versus the stark, otherworldly beauty of the White Desert. All the while the serene waters of the Nile and the imposing presence of the Great Pyramids are never far from view.

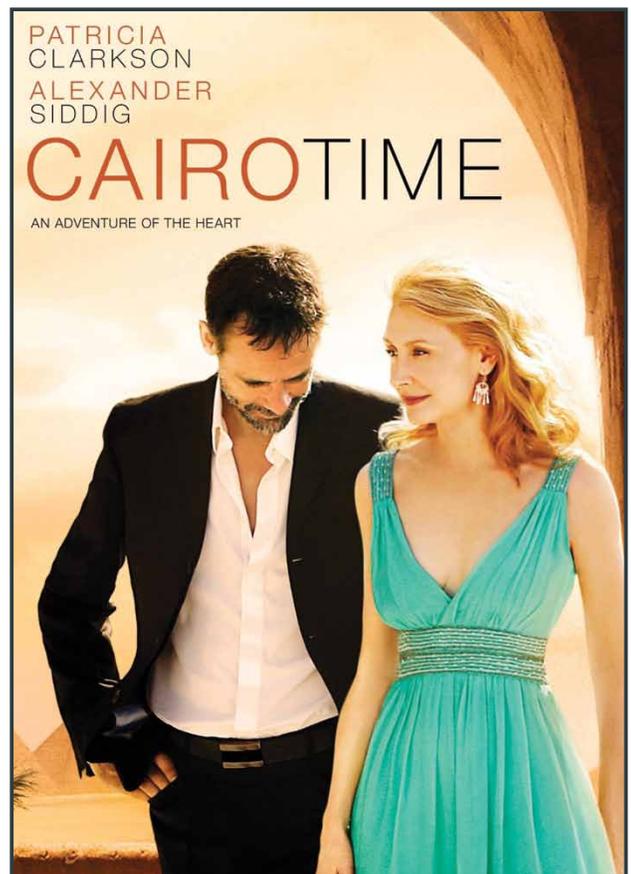
As we follow Juliette and Tareq, we are also given glimpses into the complex culture of Cairo. We meet people from the Egyptian upper class and working class, street children and students, Muslims at worship and Arabic Christians at a wedding. While giving us a window into the lives of people very different from ourselves, the film never lets us stand in a position of judgment over them. "You don't live here," Tareq reminds Juliette at one point. "It's complicated."

While reveling in the rich setting that Cairo provides, the heart of the film remains the budding relationship between

MOVIE REVIEW: CAIRO TIME

*Written and Directed by Rubba Nadda
Starring Patricia Clarkson & Alexander Siddig
2009, PG, Running Time: 90 Minutes*

Review by TSgt Kevin Krausnick



Juliette and Tareq. Writer/Director Rubba Nadda deserves a great deal of credit for the way in which the film draws you into their story. Her direction is subtle and patient; she's not afraid to let the camera linger or to let her actors sit in silence. She gives the characters space to breathe, and the result feels real; we are with Juliette and Tareq every step of the way. Yet the film maintains an energy and pace that never lags. This is due largely to the wonderful musical score, which somehow communicates

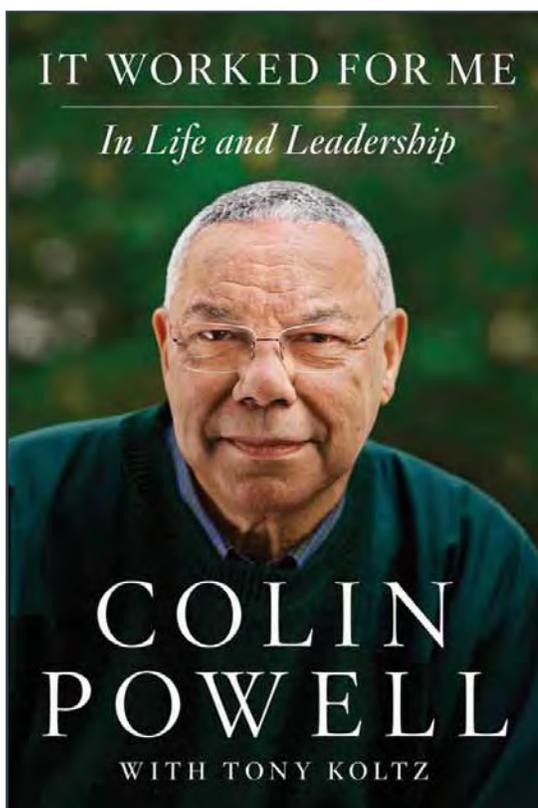
Continued on Page 20

BOOK REVIEW:

IT WORKED FOR ME: IN LIFE AND LEADERSHIP

Review by CMSgt Gary Sparks

Written by Colin Powell with Tony Koltz
Harper (Publisher); First edition – May 22, 2012



on how we can leverage both leadership and diversity.

In the beginning of the book he talks about the thirteen rules he used as a leader. Rule 4 is a good example of where diversity meets leadership in the decision making process. “Don’t surround yourself with instant skeptics. At the same time, don’t shut out skeptics and colleagues who give you solid counterviews.” When we select a group to work on serious and complex problems, we want to have a diverse body of people who bring different perspectives of the problem to the table. This gives us the capability to arrive at better decisions and ultimately the best plan. Like many other things, striking a balance in a diverse group is essential. If they are not balanced, then the side with more weight will have a tendency to counter the thoughts and input from other views.

General Powell gave further insight on how he made decisions. His guidance to his commanders and staff was, “Disagree with me, do it with feeling, try to convince me you are right,” and, “I’m about to go down the wrong path... The decision is not about you or your ego; it is about gathering all the information, analyzing it, and trying to get the right answer.” This is an example of how the General wanted to ensure the right thing was done for the betterment of the organization and the Nation. We, as leaders at all levels of the organization,

have to take the time to listen to the diverse thoughts of our Airmen and Soldiers. We can then leverage those views to find the best possible solution to move our organizations forward.

From a personal perspective, there are many stories in the book that we can learn from. While some of us are in senior leadership positions, we can still learn. There are ways we can improve ourselves and influence and prepare our future leaders. I found that the leadership style of General Powell was simple. He was willing to step in to help out on everyday tasks. This was evident during the time when he was set to brief the President on the intelligence of an upcoming trip, when instead he had the State Department employees (who actually did the work) brief the President. This demonstrated the trust he had in his staff and improved morale among the agency. He practiced management by walking around and learning about people who worked in the department. At the same time, he learned about problems that wouldn’t normally make their way through the chain of command.

This book is an excellent read and I strongly recommend it to anyone who is looking to learn and improve what he or she does in diversity, leadership and mentoring. There are times the reader will laugh out loud when reading the stories the General tells from his days as an Army Officer and Secretary of State. He demonstrates that someone from very humble beginnings, with an education from a small college, can make a difference in the world.

There are many who struggle with making a link between leadership and diversity. How we define diversity is looked at in many ways. The obvious is the visual differences such as race, gender, and culture; but it’s much deeper than that. Looking at the Air Force definition it includes, “personal life experiences, geographic background, socioeconomic background, cultural knowledge, educational background, work background, language abilities, physical abilities, philosophical/spiritual perspectives, age, race, ethnicity, and gender.” Colin Powell’s book, *It Worked for Me: In Life and Leadership*, touches





RESTAURANT REVIEW: DOZO SUSHI GRILL LOUNGE

151 North 8th, Lincoln, Nebraska 68508

Review by SSG Mandy Hatcher



MENU

Starters are numerous and range in price from \$5 to \$8. They include vegetarian, seafood, and chicken options such as avocado egg rolls, oyster panko and chicken satay.

Other menu selections include cold dishes (\$6 to \$11) such as mixed seafood ceviche and seaweed salad; soups and salads (\$4 to \$14) including miso soup and Hawaiian poke salad; entrees (\$15 to \$18) such as Pad Thai and New York strip drizzled in teriyaki sauce. All lunch combos are priced at \$10, sushi platters (\$18 or \$26), and seven tantalizing desserts (\$4 to \$6).

Nigiri sushi comes two pieces per order and ranges in price from \$4 to \$8. Sashimi comes three pieces per order and ranges in price from \$6 to \$12. Rolls are categorized into - sushi (\$4 to \$8), specialty (\$9 to \$12), crunchy (\$9 to \$12) and fried (\$12 to \$14).

Dozo also offers an extensive drink menu.

I think at the beginning, it was more of a chic thing to do for the very rich. But then as sushi was made more available to the general public... the fear factor of it broke down.

~ Sang Woo

AMBIANCE

Red and blue lighting, open floor plan, and modern décor make for a stylish and enjoyable environment. Dozo offers a nice range of seating to suit your party's wishes: you can sit in the main dining room, sushi bar, drink bar or on their outdoor patio.

SERVICE

I've eaten there twice and honestly haven't received the warmest of welcomes. However, the waiter was personable and knowledgeable about the food and

drink menu, including the various selections of sake and the nightly specials.

SPECIALS

Whether you visit Dozo at lunch, dinner or for a late night palate pleaser, you're likely to get in on one of the specials.

QUALITY & TASTE

Dozo adds a little bit of flair to their dishes such as sauce creatively poured on the plate, wasabi served up in the form of a leaf, or just the right amount of greens to make it pretty. Past the presentation, I'm pleased with the starters I've tried (chicken satay, gyoza, spring rolls and vegetable tempura).

I recommend steering clear of the pad thai. It was way too greasy and lacked flavor. Both the white tuna and salmon nigiri tasted fresh. I lean more towards specialty rolls, though, and love the black shirts, OMG, Dozo crunch, Las Vegas and the avocado rolls. I even tried sake. Admittedly, it's not my "thing" but others in my company enjoyed it. Overall, Dozo is a great addition to the Lincoln restaurant scene, especially for those who enjoy sushi.



2012 ASIAN PACIFIC AMERICAN HERITAGE MONTH CELEBRATION

By Mary Schmidt-Rodriguez

With Dr. Maorong Jiang, Director of Creighton's Asian World Center



Heritage Celebration

The 2012 Nebraska Military Department's Asian Pacific American Heritage Month Celebration featured guest speaker Dr. Maorong Jiang, Director of the Asian World Center and Assistant Professor of Political Science at Creighton University. The lunch was catered by Zhang's Cantonese and Mandarin Cuisine.

Dr. Jiang gave a very passionate talk about how he was transformed by coming to this country first as a student, then a professor and then becoming a common man. He took twelve years to finish his PhD at the University of Hawaii because it was so beautiful! His hobbies are cooking, gardening and Italian opera. He is very passionate about cooking and has even held Chinese cooking demonstrations featuring simple Asian dishes while sharing his love of teas from around the world.

He believes that when he came to America he needed to master the language so his students would understand him and have a chance of getting an A out of his classes. He believes that language can be a big obstacle between cultures and works on his command of the English language daily, admitting he still translates from Chinese to English in his head. He also shared

how the Chinese use the last name first, which can be a bit confusing when in America.

MG Judd Lyons ended the luncheon with a presentation to Dr. Jiang and by stating his fondness for the Chinese culture and his friendship with Dr. Jiang. As a side note, MG Lyons first

met Dr. Jiang when he was the keynote speaker at Creighton's Seventh Annual Asian Culture Week presenting a speech titled *"Afghanistan: Stories on the Role of the Nebraska National Guard."*

Dr. Maorong Jiang's Background

Dr. Maorong Jiang was born in China — in a boat. The boat was away from the home port when he was born, and when his father registered him, the clerk didn't want to back date the certificate, so he is "officially" six months younger than his real age. His birth certificate also lists the wrong birthplace, since the clerk just marked down the home port and completely disregarded the fact that he was born hundreds of miles away in a boat floating on a river.

His parents were both boat people, but not fishermen. The boat carried goods from one place to another. Their life was spent in the boat, but Dr. Jiang left in his late teens. He still has a cousin working in a boat, and they talk from time to time. He is never at the same place when Dr. Jiang calls from either his office or home. Some things never change. At times he misses the life in the boat — so romantic and brave, and very inviting after many years away.

After leaving that life behind, he served

as a military officer and a university professor in China, and as a university administrator and government official in Beijing. After receiving his BA, he became a regular faculty member in the Department of International Relations at the Military College of International Relations in China. He studied at the Catholic University of Leuven in Belgium, Munich University in Germany and the University of Hawaii at Hilo. He was a visiting scholar to the United States Information Agency (USIA), East-West Center, China-Europe Institute and the University of Hawaii at Manoa, where he earned his Master's degree in Asian religion and doctoral degree in political science.

After a short period of time in Belgium and Germany as an independent researcher, and an extended period of time at the University of Hawaii as an international student, Dr. Jiang started his teaching career at Creighton University in 2004 in the Department of Political Science and International Relations. He started his tenure-track position as an assistant professor in 2007. Dr. Jiang currently teaches Asian studies, modern Chinese, political science and international relations. He is interested in the study of North Korea and Japan, in particular their future development.

The Asian World Center

Since 2006, Dr. Jiang has been the Director of Creighton's Asian World Center (AWC). The center focuses on the fostering of knowledge and understanding of the economics, culture, history and philosophy drawn from the rich repository of multiple Asian countries. In his position, Dr. Jiang has the opportunity to welcome Asian scholars and students to Omaha, and help them in their study and research plans.

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WORLD DAY ON THE MALL 2012

By Mary Schmidt-Rodriguez

On September 20, 2012, the State of Nebraska hosted their annual World Day on the Mall. This year, with ongoing construction on Centennial Mall, the event was moved indoors to Pershing Auditorium. I liked the change in venue since it didn't rely on the weather and it allowed more space to showcase local food vendors and information booths. The event is an information-packed and entertainment-oriented venue focusing on the wonderfully diverse groups who call Lincoln and Nebraska their home.

The Master of Ceremonies was Rod Fowler, News Anchor for KLKN-TV, the Keynote Speaker was Lieutenant Governor Rick Sheehy, and the National Anthem was performed by the Fredstrom Elementary School's fifth grade choir. Entertainment was provided by the Kokyo Taiko Japanese Drummers, Zumba Interactive Dance, Téada (Irish music), Los Villanos (Mexican rancheras and cumbas), and Kai Sha (Chinese singer). Kudos go to the organizers of the event as they had the food vendors on the main floor so attendees could eat while listening to and watching the performers. The food is always one of my favorite parts of these events as it lets me sample food from other cultures I might not otherwise have the chance to taste. I was not disappointed in the choices I made and tried smaller samplings from several vendors.

Asian Pacific continued from Page 14

One of the goals of the AWC is to encourage the Creighton campus community to embrace Asian culture. In addition to lectures, demonstrations, and other events, they also offer numerous opportunities for students to get more involved in learning about Asia with the following programs: Creighton in China (CIC) Study Abroad Program, Study Business in China, AWC in China, Asian Studies Minor at Creighton, and Visiting Scholars from Asia.

When we arrived at the event, a Maypole Dance was being performed by the fifth graders from Fredstrom Elementary. The kids were great to watch as they were very enthusiastic about the dance and being away from school! The kids then stayed for the entertainment and I smiled when I caught them dancing in their seats.

A very informative lecture series entitled "A Citizen's Perspective of Their Country" was held in the lower level behind make-shift curtains (to distinguish themselves from the health and information booths). Featured speakers included Crispin Mayers (Panama), Leiming Zhao (China), Pdmaja Padarathi (India), and Milijana Llic (Bosnia).

The AWC has presented over 143 events since 2007. Under the leadership of Dr. Jiang, the AWC has hosted many distinguished speakers including Rajmohan Gandhi (research professor at the Center for South Asian and Middle Eastern Studies, University of Illinois at Urbana-Champaign) and grandson of Mahatma Gandhi, Rey Feng (visiting scholar from China), Professor Terence Roehrig (National Security Decision Making Department, U.S. Naval War College President, Association of Korean Political Scientists in North America), Dr. Notker Wolf O.S.B. (Abbot Primate



Also in the lower level were many information booths. I stopped by many of these booths to talk to them about the Military Department's Special Emphasis Program Group and to let them know we are interested in talking to them about writing articles for this newsletter or having them speak at one of our heritage luncheons. Everyone I spoke to was enthusiastic so I hope to see good things happen from this event. I also met one of the organizers of the event and they are very enthusiastic about me becoming a member of their committee.

Be sure to watch for next year's World Day on the Mall and make it a priority to attend and see first-hand a glimpse into the wonderfully diverse city and state we live in. 

of the Benedictine Confederation of the Order of Saint Benedict), and Dr. Thomas Gouttierre (Director of the Center for Afghanistan Studies at UNO), just to name a few.

Dr. Jiang is a very enthusiastic and engaging gentleman. If you have a chance to attend one of the programs presented by the AWC, I encourage you to do so. You will learn much about whatever topic is being presented.

For more information on AWC go to: <http://www.creighton.edu/ccas/asianworldcenter/index.php> 

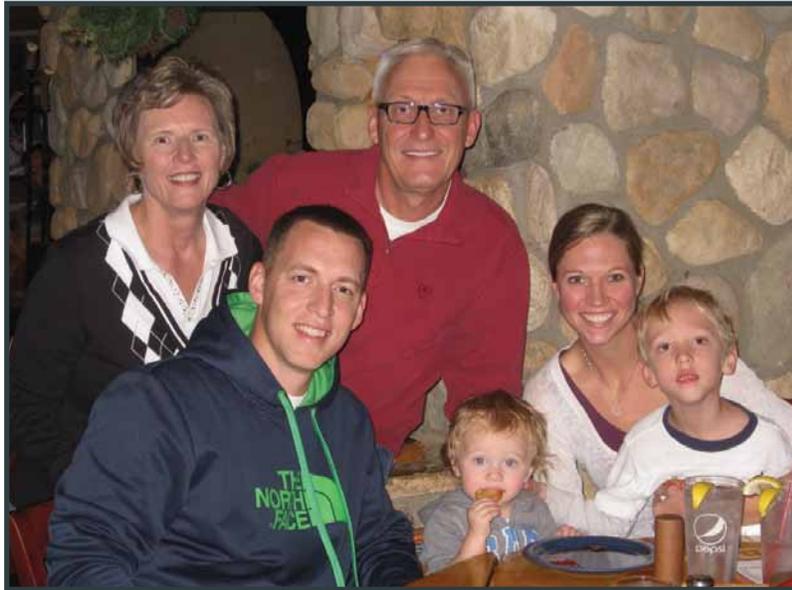
SEP MEMBER HIGHLIGHT:

CHIEF WARRANT OFFICER 2

DUSTIN GUENTHER

S1 Human Resources Technician
67th Battlefield Surveillance Brigade

I was born and raised in Beatrice, Nebraska, and graduated from Beatrice High School in 1998. Upon graduation and after some persuasion from my father and Nebraska Army National Guard (NEARNG) Recruiter Ted Guenther, I enlisted in the NEARNG. At the time, I was very uncertain about the direction I wanted to go in life. Looking back, I am glad he encouraged me to join this great team! I have one brother, MAJ Clint Guenther, who is an F-15C Eagle pilot, stationed in South Korea.



CW2 Dustin Guenther, Amy (Mom), Kasen (18 month old), Jarett (5 year old), SGM (retired) Ted Guenther (Grandpa), Rosi (Grandma)

My past assignments in the NEARNG include Senior Human Resources Noncommissioned Officer (NCO) in the Active Guard/ Reserve (AGR) Human Resources Office, State Defense Travel System (DTS) Administrator, Training Non Commissioned Officer (NCO) in the 267th Ordnance Company and Administrative NCO in the 313th Medical Company.

I have deployed twice, the first was in 2001 in support of Operation Desert Spring to Camp Doha, Kuwait. My second deployment was in 2004 – 2005 for Operation Iraqi Freedom II with the 267th Maintenance Company where we were located at Forward Operating Base Speicher near Tikrit, Iraq. During my deployment to Iraq I returned home on leave and proposed to my girlfriend and now wife, Amy. I believed there could

be no better time to propose as I would go back to Iraq and she could plan the wedding.

In 2007, we welcomed our first son, Jarett. He was born at just 24 weeks and weighed one pound seven ounces, with numerous medical conditions. After more than four months in the St Elizabeth Hospital Neonatal Intensive Care Unit and two surgeries, he was healthy enough to come home. We are very blessed and fortunate that today Jarett is a healthy and happy five-year-old.

In 2011, our second son Kasen was born. I was in San Diego for a military school when my wife called at four in the morning and said she was going into labor. I tried to get home as fast as possible but was delayed for a few hours in Dallas causing me to miss his birth. Kasen has been a wonderful addition to

our family and is generally happy, unless his big brother is tormenting him.

I had the privilege of attending the Equal Opportunity Advisor course at the Defense Equal Opportunity Management Institute (DEOMI) in May 2012. An important idea that I took away from DEOMI is that every person has a different background and socialization process due to their life experiences. Inclusion of all types of people from a variety of backgrounds with different values is healthy for an organization and enhances unit readiness. I will always remember my time at DEOMI and the friendships I made there.

On many occasions during this equal opportunity course, I thought back to my previous deployment experiences to the Middle East. The Kuwait deployment came just prior to and during the 9/11 terrorist attacks in 2001. On several occasions, until the actual attack on our Trade Centers, I and other Soldiers were invited into the homes of Kuwaiti military members where we took advantage of their hospitality to dine and socialize. I learned much about their customs, their traditions and, in general, their way of life. For many of us Midwestern Soldiers, this was the first time we had been exposed to the Middle Eastern culture.

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SEP MEMBER HIGHLIGHT: STAFF SERGEANT DEAN MARTIN

Supply Sergeant, 92nd Troop Command

I grew up on a farm in the northeast corner of Nebraska just outside of Emerson; and I was born just south in Pender in March 1970 to my parents Mike and Pat Martin. I attended school in Emerson - grade school and junior high at Sacred Heart School; then on to Emerson-Hubbard High School. I was in Boy Scouts, 4-H and played sports. During high school I played football, basketball and competed in track. I also joined the choir and Future Farmers of America (FFA). I was excited to see a few colleges send me letters during my senior year, the most prestigious of which was Kansas Wesleyan. The Kansas Wesleyan track coach wanted me to compete in the 400- and 800-meter races and offered me a full ride scholarship to do so. The only catch was I would have to play an additional sport.

I was not sure if I was ready to compete at that level, so instead I decided to go to college in Norfolk, Nebraska. I took up diesel mechanics so I could have a trade as there is always a need for mechanics. I graduated from Northeast Community College and went to work for an implement company for about six months. Next, I went to work for a local tree trimming company in Emerson. My boss was a friend of mine. I remember his senior year in high school he painted himself green and looked just like the incredible hulk. I worked for him for about eighteen months and we traveled all over the place cutting trees.



Eventually, I grew tired of cutting trees and the local Farmers COOP called me up and asked me if I would be interested in driving a fuel truck. They were looking for someone responsible who could do some selling as well. I covered a big area and had a lot of loyal customers. I worked for the COOP for five years after which I moved to Lincoln in 2000. I worked for Meadow Gold Dairy as a route driver for one year, then at Molex for about eight months when I went to work for a contractor at Fed Ex Ground as a driver.

On September 11, 2001, I was in an interview for a job with Fed Ex Ground when the first plane crashed into the World Trade Center. We were all stunned, and then another plane crashed into the other tower. My interview was over and we started talking about what had just

happened. We had no idea why this had occurred and were impatiently waiting for more information.

I was thinking of my younger brothers (one was in the Army full-time and the other in the Marines full-time), wondering how this was going to affect them. My one and only sister was also in the military, serving full-time as an Active Guard Reserve (AGR) in the Nebraska Army National Guard. I had no idea if they would be going overseas to fight or not. My sister recently retired (2012) as a Master Sergeant after twenty years in the Nebraska Army National Guard. My father was in the Korean War. One might say that I come from a military family.

After 9/11, some friends and I started talking and asking "What could have gone so wrong for no one to see this coming?" I was offered and accepted the job as a driver for Fed Ex Ground and had been there for almost a year when my wife was deployed with the Nebraska Air National Guard for a three-month deployment.

I decided to join the Army National Guard in December 2002 and I left for basic training not long after. I turned thirty-three years old at basic training, and was the oldest Inactive Duty Training (IDT) Soldier at Fort Jackson, and only two of the drill sergeants were older than I was. Being the "old guy" I noticed that I had to do more and push myself harder to gain the respect of the

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SSG Dean Martin continued from Page 17

younger Soldiers. The younger Soldiers were making a lot of mistakes and some were wondering why they joined. By the second week of training we had lost all of our privileges and were not allowed to do any cadences or use phones. Some of this behavior occurred after we received the word that the United States went to war with Iraq, and most of us would more than likely be heading there within the next two years. The declaration of war seemed to come as a surprise to them.

The drill sergeants were coming down hard on all of us. Pugil bouts were drawing near and everyone was getting excited to knock each other around for a while. If you are unsure what exactly a "pugil bout" is, just picture two Soldiers wearing football helmets, padded gloves, and carrying a hockey stick-length rod that has padding on both ends. After about two hours of instruction and beating each other up, the drill sergeants brought all four companies into a square and picked a Soldier for each weight group. I was picked for the heavyweight group - I weighed around 200 pounds. I think all the drill sergeants had bets on who was going to win. I had my first match and got hit along the side of my head; it was a good thing I had a football helmet on. I did not go down and defended myself with counters to the other Soldier's moves. My opponent was 6'2" and 220 pounds, and after a little bit of fighting I took an opening to my opponent's chin and delivered an upper cut with the pugil stick and took him off his feet to win the first match. The next opponent was watching what I just did and he went to work on his match. This Soldier was 6'6", 240 pounds easily. He just man-handled his opponent and threw him into his platoon to win his match. I was thinking at that point in time - "What am I doing?!"

It came time for the final match and I was sweating. I could barely keep my nerves down while thinking of moves in my head at the same time. The match had barely started when his first swing came straight at my head. I just had enough time to duck and regain my

balance before he came after me again. After his swing, I stayed focused on blocking all of his moves and countering with my own to score points. Nobody was more surprised than me, when the drill sergeants announced that I was the winner at the end of the match by outscoring my opponent. After the pugil bouts, our drill sergeants seemed to take it a little easier on us and we got all of our privileges back. From there on out, basic training and Advanced Individual Training (AIT) were a breeze.

After I got back to Lincoln I went to work at the Field Maintenance Shop (FMS) #1 for eleven months as a temporary technician, because they were short-handed. After that I worked Active Duty Operational Support (ADOS) at the Central Issue Facility (CIF) and was part of the 867th Battalion. We deployed in 2006 to Iraq, Camp Taji. The funny thing was that the date my fiancé and I had picked for our wedding ended up being just two weeks before my unit was scheduled to leave for mobilization training. We stuck to our date because everything was planned and invitations were all sent before we were told my unit was being activated. Our deployment went pretty fast and we were home before we knew it. I became Active Guard / Reserve (AGR) in July 2008, as a supply sergeant for the 126th Chemical Battalion in Omaha. I stayed at the 126th for four years. I put in for the 92nd Troop Command supply sergeant job and was hired on June 18, 2012. I live in Lincoln and only have a twenty minute drive to and from work.

Troop Command is running for the Supply Excellence Award (SEA) for the Table Distribution Allowance (TDA) level. We were inspected on October 16, 2012, and I kept myself very busy preparing for this great feat. I really enjoy working at Troop Command, and preparing for the SEA has been a great challenge and knowledge-building experience. I am very proud to serve in the Nebraska National Guard and look forward to many more years in the Guard. 

CW2 Dustin Guenther continued from Page 16

A few years later, during Operation Iraqi Freedom (OIF) II, while at Forward Operating Base (FOB) Speicher, I and other Soldiers of our unit worked closely with military members from many allied countries. Our unit mission was to armor vehicles, and we soon found that life at this operating base would become a daily routine of interaction with many cultures and customs. During the time we were at FOB Speicher there were many coalition troops stationed there. Needless to say, the operation was a joint effort that required a great deal of cooperation and multicultural understanding. As the Unit Personnel Sergeant and Commander's Driver, we traveled to the 1st Infantry Division Headquarters in Tikrit on several occasions. These visits were always unique as we would meet and interact with many of the Iraqi civilian populace.

I have been truly blessed and lucky to have great supervisors and mentors throughout my military career. While away from home for a variety of reasons, the support from my family has been incredible. I am grateful for the lifelong friendships I have made in the National Guard. 

SEP Notes continued from Page 2

There were a couple other Nebraska families on board and we were all talking with each other to ensure our kids had a great experience as we rode together in laughter and good hearted conversation. The shared parental values of providing fun times with our children crossed all ethnicities and ages.

In other words, I am thankful that Nebraska has a diverse population and that we can all exist together in harmony on a simple hayrack ride. I am thankful for my family, friends and co-workers here at the Military Department. I am also thankful for a great job, the opportunity to be a part of such a great group of people promoting diversity in the Guard (the SEP Group), and to be able to live in Nebraska and the great United States of America. 

NATURALIZED CITIZENSHIP

SERIES PART 4



19

U.S. Citizenship continued from Page 7

U.S. CITIZENSHIP TEST ANSWERS

Some questions have more than one correct answer. In those cases, all acceptable answers are shown. All answers are shown exactly as worded by the U.S. Citizenship and Immigration Services.



1. Sets up the government
Defines the government OR
Protects basic rights of Americans
2. Speech
Religion
Assembly
Press OR
Petition the government
3. Announced our independence (from Great Britain)
Declared our independence (from Great Britain) OR
Said that the United States is free (from Great Britain)
4. Checks and balances OR
Separation of powers
5. Capitalist economy OR
Market economy
6. (Because of) the state's population
(Because) they have more people OR
(Because) some states have more people
7. To print money
To declare war
To create an army OR
To make treaties
8. Citizens eighteen (18) and older (can vote)
You don't have to pay (a poll tax) to vote
Any citizen can vote (women and men can vote) OR
A male citizen of any race (can vote)
9. Apply for a Federal job
Vote
Run for office OR
Carry a U.S. passport
10. The United States OR
The flag
11. Freedom
Political liberty
Religious freedom
Economic opportunity
Practice their religion OR
Escape persecution
12. The Constitution was written OR
The Founding Fathers wrote the Constitution
13. Fought for women's rights OR
Fought for civil rights
14. Missouri (River) OR
Mississippi (River)
15. New Year's Day
Martin Luther King, Jr., Day
Presidents' Day
Memorial Day
Independence Day
Labor Day
Columbus Day
Veterans Day
Thanksgiving OR
Christmas



Susan B. Anthony



BTG
DIVER-CIPE
CORNERSubmitted by
Alisia LaMay*My family's favorite food is
tacos or enchiladas, whereas
mine happens to be lasagna. My
husband makes the best I've tasted.**However, being the military family that we are,
he is not always home to oblige me! While on his last
deployment, I came across a recipe that we have as a family
tweaked to make our own. It is a good compromise and one that my
family sometimes requests weekly!*

Ingredients

- | | |
|--|--|
| 1 lb ground beef | 1/4 cup zesty Italian dressing |
| 1 medium onion (finely chopped) | 1 packet of taco seasoning |
| 3 green onions (thicker slices) | Chili powder (to your taste, I'd start with about 2 teaspoons) |
| 2 cups salsa (I suggest medium to give it a little extra zing) | 4 large flour tortillas |
| 1 can (15 oz) black beans (drained and rinsed) | 1 container (16 oz) sour cream |
| | 3 cups Mexican Style shredded cheese |

Preheat oven to 400 degrees.

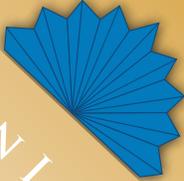
Cover the inside of a 13 x 9 inch baking dish with foil and set aside. Brown the meat and onions in a large skillet or microwave cooking bowl, drain and add your chili powder, taco seasoning, salsa, dressing and beans, then mix thoroughly. Mix the green onions with the sour cream, leaving some to sprinkle over the top of the lasagna before serving.

Next arrange 2 tortillas in a single layer on the bottom of the dish, cover with a layer of half of the meat mixture, about 1/3 of the sour cream, and 1 cup of the cheese. Repeat the layers (tortillas, meat mixture, sour cream, and the last 2 cups of cheese). I save some sour cream to put on top after it cooks.

Bake covered with foil for 30 minutes. Remove foil from the top and bake uncovered for an additional 10 minutes or until cheese is melted on the top. Let stand for about 10 minutes to set before cutting or it will be very runny.

** This recipe can be made ahead and frozen. If you make one ahead and freeze it, just change your cook time to 60 minutes covered and about 20 minutes uncovered.**

*** If you have a Pampered Chef baking stone "magic pot," this recipe is fantastic to cook in the microwave. It cuts back on the time and you do not need the foil. If made in the magic pot, you reduce your cooking time to 20 minutes covered and 5 uncovered or until the cheese is melted and it is warm all the way through.***

MEXICAN LASAGNA 

*Vocabulary and History Lesson continued from
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our competitive edge. Ensuring that we are a diverse organization is a key factor in our military strength.

I know many companies, schools and organizations that look for ways to enhance diversity. The cultural diversity of a city can entice people to relocate, corporations to expand or even help a small business owner get started. The power of diversity can influence the decision making process in something as important as choosing a school for your child to attend or to something as menial as deciding where you may want to eat that night. The word diversity has been around for a long time and I am grateful because, to be honest, choosing where I want to eat tonight is anything but a menial decision to me.



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longing and joy and melancholy all at the same time.

Perhaps Nadda's best move was casting Clarkson and Siddig in the lead roles. They have terrific chemistry together, and are able to communicate as much with their eyes and body language as with their words. Nadda's confident direction lets them use their considerable skills to their full effect. There is a scene toward the end of the film in which the camera rests on Siddig, and without saying a word, the heart of this man is laid bare before our very eyes. It is a powerful moment that hits straight to the gut, one of several that these actors deliver.

Cairo Time is far too smart a film to wear any kind of agenda on its sleeve, yet it's hard not to find some measure of hope in the story of Juliette and Tareq, two people from vastly different walks of life who discover in each other something beautiful, something worth loving. If this can happen between individuals, perhaps it can also happen between cultures or nations. Perhaps all we need is to take the time to truly get to know each other. Of course, as their story reveals and as Tareq reminds us, "it's complicated." Taking the 90 minutes to watch this movie is time well spent.

