

BRIDGING

THE GAP



ISSUE 41: FEBRUARY - MARCH 2014



BELLEVUE, NEBRASKA'S
MAYOR RITA SANDERS

HOLIDAYS
FROM
AROUND
THE WORLD



GAIN INSIGHTS AND SKILLS TO
HELP YOU LEAN IN

Lean In Today



FEATURED LECTURE

Creating a Level Playing Field

By Shelley Correll, Professor of Sociology at Stanford University,
Director of the Michelle B. Clayman Institute for Gender Research

Stereotypes act as a shortcut in information processing. Correll suggests solutions that scrutinize the ways individuals and organizations make decisions in order to reduce errors and create environments where everyone has opportunities to do their best work and get recognized for it.

Watch Preview

LEAN IN
BOOK AND WEBSITE REVIEW





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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 THE TRADITION OF LOOKING AHEAD

Our Special Emphasis Program (SEP) Group has a number of traditions – heritage events, training days and our Year in Review and Forward Focus event. The purpose of this annual event is to take time to pause and reflect on what we accomplished in the previous calendar year, then look ahead to what we would like to do differently in the upcoming year and beyond. These meetings begin with SEP members talking amongst ourselves about the heritage celebrations, guest speakers, newsletter articles and many other noteworthy events. After this time of reminiscing about the past and envisioning the future, members of the Command Group join in the revelry, which naturally involves food.

This year's event was held on 8 January 2014, with a good, strong representation of SEP members as well as the Command

Group. As the Command Group was being briefed, it became evident that there are many, many wonderful and exciting prospects of celebrating diversity in the National Guard. Major General Bohac guided us in prioritizing all that we hope to do around two major premises: (1) Reach out to our M-day and Traditional force and (2) Build strong relationships within our communities.

Led by COL Anita Curington and LaVonne Rosenthal, our SEP Group will build on our past successes and venture into new territory, enlisting the support and active involvement of commanders and managers. We look forward to making connections in our organizations and with our neighborhoods to widen our net of inclusion. Just wait and see what 2014 will bring!

SEP GROUP FACEBOOK PAGE
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SEP GROUP WEBSITE
<http://ne.ng.mil/DI/Pages/default.aspx>

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



BELLEVUE, NEBRASKA'S MAYOR RITA SANDERS

By *SFC Cecilio Roman*

Have you ever heard the phrase “weak mayor?” In such a mayor-council system, the mayor has no formal authority outside of the council; he/she cannot appoint and/or remove officials, and lacks veto power over council votes. The mayor’s influence and ability to accomplish goals is solely based on his or her personality.

The City of Bellevue is classified as a city of the first class by Nebraska statute and is led by a “weak” mayor who is part-time. The municipal government consists of a mayor and a six-member city council, one of whom is elected to an at-large position, representing all five wards. Elected officials hold office for four-year terms. The City Council possesses both legislative and executive authority. The Council may appoint officials and must approve mayoral nominations. The Council also exercises primary control over the municipal budget. The mayor appoints and the council confirms the city administrator, who handles the day-to-day operation of the City.

However, the word “weak” is not the term I would use to describe the Honorable Mayor Rita Sanders, who is of Hawaiian and German descent. She was kind enough to sit down with me to talk about her perspective on diversity.

Born to a father who was an enlisted Army Soldier from the island of Kona, Hawaii, and a mother from the city of Wiesbaden, Germany, her diversity began with the uniqueness of these two cultures combined in her bloodline. The middle child of seven, she knew adaptation and flexibility were important to building a solid foundation for family and business.

Mayor Sanders’ family trekked from Hawaii to California to Nebraska. She chose to stay in Nebraska in order to

raise her family in a quality environment. The importance of family inspires her daily to stay focused and to be a pillar for her family. Mayor Sanders finds time to run marathons while raising two boys with her husband, and while holding a public office and managing a small business. How she finds the time baffles me, as I am raising six children of my own and know how hard it is to find time for myself. But Mayor Sanders knows that, being a minority and a woman, she needs thick skin and a strong will.

Mayor Sanders is a person who can face challenges and come up with results. Anyone who has the privilege of meeting her will realize she embraces diversity. When we first met, she was soft-spoken and polite. This does not mean she should be labeled timid. She has faced cultural resistance as a female minority, which doesn’t deter her due to her strength and ambition.

As a member of the American Association of University Women, Mayor Sanders seeks equality for women and girls by advocating for policies that can help advance that goal. Bellevue is a diverse Nebraska community with many traditions and customs, and as a person with a diverse background, I believe Mayor Sanders is an expert in articulating her philosophies as a mother, spouse, business owner and public official.

Mayor Sanders was elected in 2010 by defeating Steve Exon, a former Omaha city councilman.



Mayor Sanders and I discussed various diversity topics, including color and gender. She spoke about her roots and how they defined her private and public world. An admirable quality I recognize in Mayor Sanders is her “hands-on” approach work ethic.

Mayor Sanders and her husband Rick own and operate the Richmond Village Independent Living Center in Bellevue. She has been known to cook, transport clients, pick up the phone and do whatever is necessary to take care of customers or residents. Personally, I believe she picked up this work ethic from being a middle child and/or perhaps from having hard working parents who set high expectations for their children.



DIVERSITY INITIATIVES AT SOUTHEAST COMMUNITY COLLEGE

By Jose Soto

Vice President for Access, Equity, and Diversity at Southeast Community College, Lincoln, Nebraska



DIVERSITY EDUCATION AT SOUTHEAST COMMUNITY COLLEGE (SCC)

While it is relatively easy to support diversity in principle, it is another matter to translate that philosophical commitment to action. Implementing and sustaining the commitment requires an investment of time, resources and funding. One such example of giving life to the diversity commitment is SCC's Diversity Education Program. At SCC all regular employees of the College, including faculty, are required to participate on an ongoing basis in diversity-related activities. The College's approach is unique and reflects a serious commitment to making diversity an integral part of the institution.

BOARD OF GOVERNOR'S POLICY

In September of 1992, the Governing Board and president at SCC identified the following: a) attaining diversity, and b) achieving a basic understanding and valuing diversity as priority goals for organizational and staff development. As a step toward achieving those goals, a broad-based employee education initiative focusing on the various elements of diversity was formalized. In March of 1994 the College's Board of Governors adopted the following policy:

"It is the policy of Southeast Community College to require regular

employees of the College to pursue a course of ongoing involvement and participation in Diversity Education activities designed to increase their awareness, sensitivity, skill, and competency in and appreciation for working in a diverse and Multicultural work place, and working with students and employees of diverse and Multicultural backgrounds."

OPPORTUNITIES TO BE INVOLVED

The Access/Equity/Diversity Office has lead responsibility for implementing the Diversity Education Program and is allotted \$30,000 annually to coordinate, co-sponsor and/or conduct diversity-related activities at all SCC locations

and in the communities served by the College. Over the past nineteen years of operation, the Access/Equity/Diversity Office has made available over 500 opportunities annually for employees to be involved in. Activities include lectures, seminars, educational presentations, entertainment, video series, community activities and dialogue sessions, either sponsored by the College or other entities in the communities we serve, on a variety of diversity-related topics, issues and concerns focused on racial, ethnic, cultural, gender and other elements of the diversity equation.

PART OF A COMPREHENSIVE APPROACH

It is important to note that the Diversity Education initiative at SCC is but one facet of the College's commitment to addressing diversity. Diversity Education is part of a comprehensive approach that includes:

- A newsletter (*Dimensions in Diversity*).
- An informational flyer (*Cultural Perspectives*).
- Coordination with Multicultural student services and other College operations.
- Development of a diversity video library containing over 600 titles covering all elements of the diversity equation.
- A policy framework and processes to address racial/sexual harassment and discrimination issues, disability-related obligations, fair employment practices and Multicultural education.

Continued on Page 5



Diversity Initiatives at SCC continued from Page 4

ACCOMPLISHMENTS AND CONTRIBUTIONS

The College has distinguished itself through its real and substantive commitment to access, equity and diversity. The mandatory Diversity Education Program for employees has provided a vehicle for the college to demonstrate leadership in the area of diversity, and has positioned the college to serve as a catalyst for diversity on our campuses and within the communities we serve. As a point of reference, since its inception in 1994, the College is proud of the following achievements:

- College employees have dedicated about 50,000 hours to diversity education participation.

- The College has sponsored or co-sponsored over 150 diversity-related community events in Lincoln, Milford and Beatrice.
- The College has collaborated and partnered with most major educational, government and business entities in the city to promote and support diversity.
- The College is providing leadership and support in the area of diversity to the Nebraska Community College Association and its member institutions, as well as to other organizations and institutions.

PARTICIPATION EXPECTED AND ENCOURAGED

While regular employees of the College are not required to undertake a specific curriculum or to attend any particular diversity sessions, they are expected to be involved in diversity-related activities on an ongoing basis. In effect, participation is a term and condition of employment at the College, and has evolved into an integral part of the institution's culture. Part-time and temporary employees of the College, as well as students, are invited and encouraged to attend and participate in diversity education activities on campus and in the communities served by SCC.

10 WAYS ORGANIZATIONS CAN EXPRESS THEIR COMMITMENT TO DIVERSITY

Accommodation and adaptation within organizations to the existing changes in the diversity equation will be successful to the extent institutional decision-makers assume personal and professional responsibility for facilitating change and exerting leadership in their spheres of authority and influence. Commitment is key to the process of institutionalizing diversity.

Following are ten ways to institutionalize your organization's commitment to successfully integrate the emerging diversity in your workplace.

1. Take every opportunity to communicate and emphasize that diversity is a core value and a guiding principle within your organization.
2. Ensure that diversity is an integral and explicit part of your organization's vision and mission statements.
3. Adopt a diversity policy that will serve as a clear statement that diversity is a priority goal within the organization.
4. Utilize and coordinate a variety of strategies and activities to promote and support diversity within the organization. At minimum, include affirmative action, equal opportunity, equity and diversity education programming as part of the tools to reach the desired results.
5. Include diversity-related topics and issues as an ongoing part of all staff and organizational development and training activities. Serious consideration should be given to making some level of participation in these activities mandatory.
6. Establish increasing personal and professional cultural competence as a goal and expectation for all employees. At minimum, every employee's position description and performance evaluation must include a statement regarding diversity-related goals and expectations.
7. Create and maintain a discrete and adequate budget to support meaningful diversity related activities within your organization on a frequent and ongoing basis.
8. Assign lead responsibility for diversity planning, implementation and monitoring to a high-level administrator within the organization. Ensure that individual has decision-making authority and management support to implement programs and activities.
9. Acknowledge, formally recognize, reward and celebrate employee achievements in promoting and supporting diversity.
10. Engage everyone in a cycle of continuously monitoring, evaluating and adjusting diversity programming to ensure that efforts reflect and are responsive to changes in the organizational, social and political environments of the future.



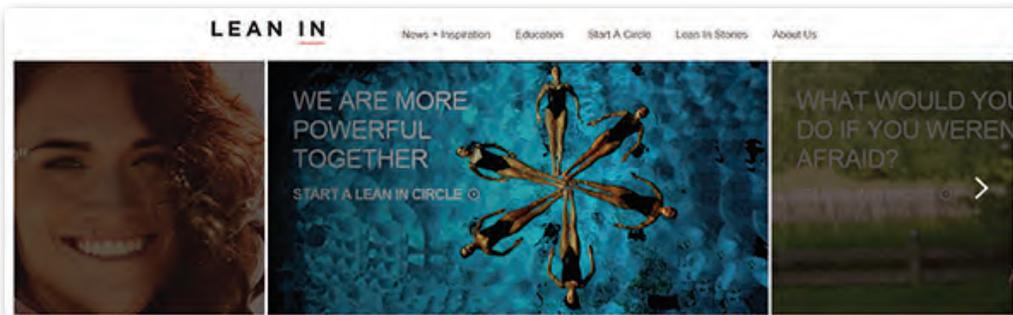


WEBSITE REVIEW:

LEAN IN

www.leanin.org

Review by Mary Schmidt-Rodriguez



What is “Lean In?” That was the first question that popped into my head when I first visited this website. Since I read the review of the *Lean In* book first, I had a good idea what this website was meant to accomplish. In essence, I was cheating by having a clear idea in my head before visiting the website. For the purpose of this review, I wanted to look at it from the perspective of a first time visitor, and found the front page a bit lacking in depicting its true purpose when it first opens. In other words, if you are a person who comes across this website without knowing anything about it or the book it evolved from, you will probably not stay long unless you truly start looking closer and digging into the information it has to offer.

Now on to the wealth of information the website provides and how it goes about doing it.

I had to do some digging to find out what the website was all about, which, in my opinion, should be on the home page so people will want to do more in-depth reading on the site. The information about the site is on the last tab across the top titled “About Us.” Once here, I found a very concise and clear explanation about the site:

The book Lean In is focused on encouraging women to pursue their ambitions, and changing the conversation from what we can't do to what we can do. LeanIn.Org is the next chapter.

We are committed to offering women the ongoing inspiration and support to help them achieve their goals. If we talk openly about the challenges women face and work together, we can change the trajectory of women and create a better world for everyone.

Lean In supports women in 3 important ways:

1. Community

We want all women to have the confidence and know-how to achieve their goals. This starts with an active and supportive community. Each day we'll encourage an open exchange of ideas and information. We will also share Lean In Stories—short narratives of moments in life when we choose to “lean in” or “lean back” intended to inspire, teach and connect us.

2. Education

We offer a growing library of free online lectures on topics including leadership and communication. Produced in partnership

with the Clayman Institute for Gender Studies at Stanford University and other well-known experts, these lectures offer women practical skills they can apply in their daily lives.

3. Circles

Lean In Circles are small groups that meet monthly to encourage and support each other in an atmosphere of confidentiality and trust. We provide the materials and support to run a successful Circle, including online spaces that make it easy for members to stay up-to-date and connected. Circles are powered by Mightybell, the first network of private groups.

The goal of the site is admirable. I found many well-written, motivating articles full of information. They are well worth taking the time to read and study. Although I did have to figure out how to get back to the main page by clicking on different topics on the top until I discovered the larger tab titled “Lean In” gets you back to the home page.

Now I will focus on the different tabs and topics listed at the top of the page to give you an idea of what is available on the site.

Home Page

The scroll bar across the top lists what some of the important topics are of the day and includes helpful visuals. Some of the wording is lost in the photos, but most clearly state what the article is about so you can pick and choose what it is you would like to explore first.

Continued on Page 7



Lean In continued from Page 6

One of the main articles is an article for introverts titled *Quietly Leaning In: An Introvert's Guide to Leadership*. This article is full of great information including the definition of an introvert, challenges introverts - especially women who fall into this category - face in an "extrovert-centric, male-dominated workplace that rewards being out there and on stage" and how introverts are perceived in this environment. It then goes on to help introverts face the roadblocks stated in the first part of the article. They list five steps introverts can take to tap into their natural strengths including "Take Quiet Time, Make Time for Face Time, Seek Out Other Quiet Influencers, Change How You are Perceived and Use Network Smarts." This article is a great read, not only for introverts, but for extroverts who need to learn about the diversity in their organizations and how great it is to have all types of personalities working for and with them.

Other items on the home page include "Inside Verily: The First 'No Photoshop' Fashion Magazine; What Would You Do If You Weren't Afraid; Let's Change the Future: Introducing Lean In on Campus" and many more.

News + Inspiration

In this section, news and articles are listed that have to do with many different topics including: Guys Challenge Stereotypes Using Only a Whiteboard and a Marker; How to Know He's the One; Trailblazing Women You May Not Know (But Should); Junko Tabei; Stuff Mom Never Told You: Unbalancing Work-Life Balance and many more. I didn't have time to read all the articles, but I hope some of their titles caught your attention and you take time to read and maybe discuss the contents with others in your workplace or life. I do like how each of the highlighted articles has a photo to go with it, as I am a very visual person.

Education (sub-heads of Expert Lectures and Lean In book)

This section has some very thought-provoking "Expert Lectures" (videos) that focus on several different topics. The lead, as of this writing, is titled "Creating a Level Playing Field," by Shelley Correll, Professor of Sociology at Stanford University, Director of the Michelle R. Clayman Institute for Gender Research. "Stereotypes act as a shortcut in information processing. Correll suggests solutions that scrutinize the ways individuals and organizations make decisions in order to reduce errors and create environments where everyone has opportunities to do their best work and get recognized for it." This lecture focuses on gender stereotypes and how "male advantaging" works in our society, specifically the workplace. I found it very informative and hope that many business people watch this video, show it to their employees and let them openly discuss what they can do to overcome stereotypes in their own organizations. Other lectures include "Know Your Own Strengths, Own Your Strengths; Team Dynamics; Managing Difficult Conversations and Team Dynamics, with more on the way.

Included with each video is a discussion guide available for download. I looked over several of them and they are great for team building, team discussions and helping to improve employee morale and personal self-esteem. I highly recommend both the lectures and the discussion guides be used together for good team

and personal education. An added bonus is a list of recommended reading with each lecture.

Start A Circle

"Together We're Better. We are more creative, more confident and accomplish more in groups. That's the power of circles." This is very attention-getting and, in my opinion, very true. No matter how independent we are, most of what we do is accomplished with more than one person and having a circle of supporters is a great way to accomplish even more. I will use the wording from this page for the best description of what they would like to accomplish:

How Circles Work

Circles are small peer groups that meet regularly to learn and share together. Studies show we achieve more in groups than we do as individuals. A Circle can be a monthly roundtable at your house, a regular brown-bag lunch or even a virtual meet-up.

You commit to open, honest communication and confidentiality.

Peers: Select 8 to 12 peers at similar stages in their lives to get the most out of your Circle.

Lean In: We provide everything you need: agendas, discussion guides, free online lectures and more.

Your Personal Team of coaches, collaborators, confidants and cheerleaders.

Sheryl Sandberg also has a video in which she gives a great definition of these groups. Focus on sharing and education. Support each other and as a group Lean In.

At the bottom of the page there are personal testimonies to the power of Circles and what they have helped other women accomplish. One such testimony is from LtCol Erika Cashin and how she started a military mentor network to help

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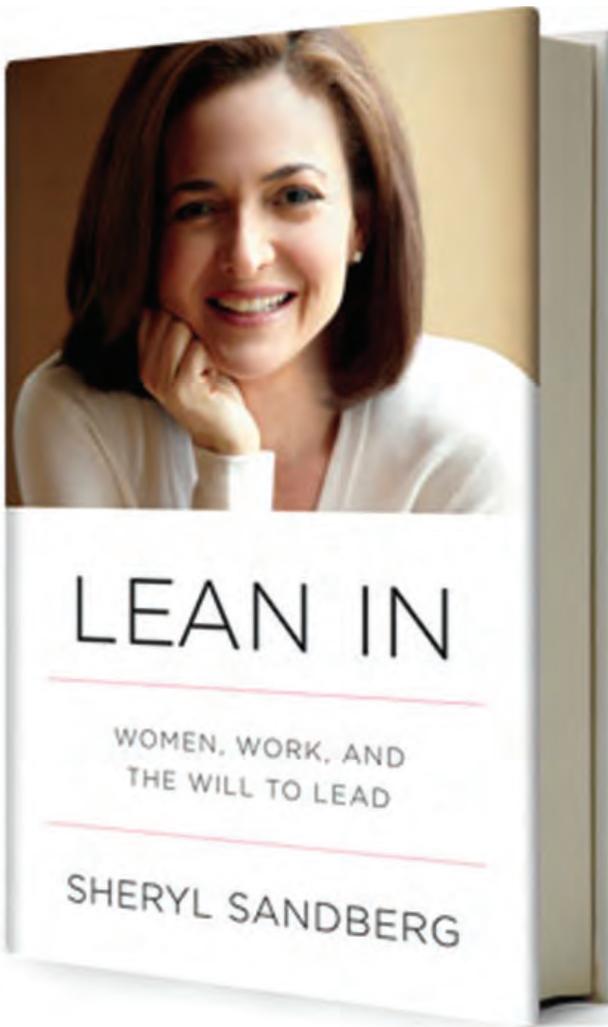
BOOK REVIEW:

LEAN IN

WOMEN, WORK, AND THE WILL TO LEAD

Written by Sheryl Sandberg
Knopf Doubleday Publishing Group; 2013

Review by COL Anita Curington



Sheryl Sandberg is the Chief Operating Officer at Facebook. Prior to working at Facebook, she was the Vice President of Global Online Sales and Operations at Google and Chief of Staff at the United States Treasury Department. In 2010, Sandberg gave a TEDTalk, *Why We Have Too Few Women Leaders*. (http://www.ted.com/talks/sheryl_sandberg_why_

Lean In is a quick read with only eleven chapters and 182 pages. Each chapter focuses on one idea or concept to assist women in developing professionally. She uses her own experiences, along with some humor, to educate the reader on issues facing women in the workforce. The chapter title gives a good indication of the topic

[we_have_too_few_women_leaders.html](#)) In this talk, Sandberg encourages women to sit at the table, seek challenges, take risks and pursue their goals with gusto. This talk has been viewed over two million times and viewers around the world shared their own stories of struggle and success with Sandberg. This overwhelming response to her talk inspired Sandberg to write *Lean In: Women, Work, and the Will to Lead*. In the book, Sandberg shares her personal stories, uses research (endnotes included in book) to shine the light on gender differences and offer practical advice to help women achieve their goals.

of discussion. Lessons include: *Sit at the Table*, *Success and Likeability*, *It's a Jungle Gym Not a Ladder*, *Are You My Mentor*, *Don't Leave Before You Leave* and *The Myth of Doing It All*.

I read the book in two days and on several occasions felt that the book was describing my life and career. I have faced some of the same problems that she identifies, and I'm sure there are other women who have experienced the same issues. Sandberg offers sound advice and gives us permission to start behaving differently. I have started applying some of her advice and have found it to be helpful. I think every woman, regardless of their career, would find some helpful tips in the book.

The lessons I liked the most were: *Sit at the Table*, *Success and Likeability* and *It's a Jungle Gym Not a Ladder*. In the *Sit at the Table* chapter, Sandberg noted that most women tend to sit at the peripheral and not at the head table. Because of this seating choice, they appear to be more of a spectator than a participant. It also gives the appearance that the other people sitting at the main table have more to offer. Women also tend to under-rate their abilities.

In the *Success and Likeability* chapter, Sandberg discusses an experiment to test perceptions of men and women in the workplace. In the experiment, the story is about how an individual became successful. The only difference is that the name of the individual changes from Howard to Heidi. Everyone thought



Book Review continued from Page 8

Howard and Heidi were equally competent, but Howard was viewed as a more appealing colleague while Heidi was seen as selfish and someone whom you would not want to work for.

In the chapter titled *It's a Jungle Gym Not a Ladder*, Sandberg discusses how stepping outside one's comfort zone and working in a different career field may be the best thing for you. I thought this was very accurate for the Nebraska Army National Guard as we have to change our branches and military specialties depending on the Army's needs and driven by the types of units that are stationed in Nebraska. For example, the 67th Infantry Brigade became the Area Support Group, and is now the Battlefield Surveillance Brigade. Each of these organizations have a different personnel mix and require personnel to train in a new specialty.

On the flip side, the book has faced criticism. Some argue that her perspective is severely limited because Sandberg is a highly educated, very rich, White woman who will never know what it is like to face the choice between taking a day off to stay at home with a sick child, or risk losing the minimum wage job

you need to buy that sick child's medicine. Her book is definitely focused at the White, college-educated woman who is married and wants children. This lack of a diverse viewpoint is the main downside to her book (in my opinion). Sandberg seems to be in a corporate bubble and does not realize all the struggles that face the middle-income and low-income working women and mothers. My biggest criticism of the book is that she really doesn't address all the working single mothers (of which I am one). Sandberg advises women on how to find a supportive spouse, but not much about how the single mother can succeed without a supportive partner at home to pick up the slack.

Another criticism is that the book focuses solely on what the working woman can do to change the environment and her success. Sandberg does not address the institutional sexism that exists in the workplace. By leaning in Sandberg is asking women to lean in into the corporate culture created by men. In my opinion, this has not worked to date and probably won't work in the future without addressing and correcting institutional sexism.

http://www.ted.com/talks/sheryl_sandberg_why_we_have_too_few_women_leaders.html

Endorsements from Amazon.com

Sheryl provides practical suggestions for managing and overcoming the challenges that arise on the 'jungle gym' of career advancement. I nodded my head in agreement and laughed out loud as I read these pages. *Lean In* is a superb, witty, candid and meaningful read for women (and men) of all generations.

-Condoleezza Rice, former U.S. Secretary Of State



Lean In poses a set of ambitious challenges to women: to create the lives we want, to be leaders in our work, to be partners in our homes and to be champions of other women. Sheryl provides pragmatic advice on how women in the twenty-first century can meet these challenges. I hope women—and men—of my generation will read this book to help us build the lives we want to lead and the world we want to live in.

-Chelsea Clinton

For the past five years, I've sat at a desk next to Sheryl and I've learned something from her almost every day. She has a remarkable intelligence that can cut through complex processes and find solutions to the hardest problems. *Lean In* combines Sheryl's ability to synthesize information with her understanding of how to get the best out of people. The book is smart and honest and funny. Her words will help all readers—especially men—to become better and more effective leaders.

-Mark Zuckerberg, founder and CEO, Facebook





Mayor Rita Sanders continued from Page 3

Mayor Sanders described how to promote diversity in action:

- Understand the individual (common person), respecting them for who they are.
- Integrate participation. As part of the Metropolitan Area Planning Agency (MAPA), Mayor Sanders recognizes the diversity beyond Bellevue. MAPA brings local and regional officials and citizens together to address regional planning issues. The knowledge Mayor Sanders gained by operating a business helps her understand the importance of collaboration between representatives of other municipalities and citizens. With the diverse population of the Omaha/Eastern Nebraska/Council Bluffs area, this is an important asset. She believes diversity can make Bellevue and the surrounding area a richer and more wholesome community.
- Understand the culture of the person with whom you are interacting. You need to translate or comprehend the culture of the individual in order to communicate effectively and have a successful outcome. Give others the respect they deserve.
- Know the community's environment and the demographics you are working with.
- Recognize both gender and ethnic diversity. One of Mayor Sanders' goals is to see a stronger Hispanic representation within the Chamber of Commerce since Bellevue has a growing Hispanic population seeking entrepreneurship while also looking for residency and a better education for their children.

Mayor Sanders recognizes the importance of understanding a person's full nature.

When working with representatives from other countries, she understands that it is vital to be aware of the customs and courtesies of that representative's country for both diplomacy and a positive business outcome. One success story is a business venture between Marathon Ventures (parent company of Herman Nuts House) and the Pro Mexico Trade Commission. The City of Bellevue was directly involved in making the partnership become a reality.

Bellevue's neighboring cities include South Omaha, Papillion, La Vista and, across the Missouri River, Council Bluffs, Iowa. Minorities from the surrounding communities seek to do business with and live in the city of Bellevue because the city has low unemployment and a top-notch school system. The Mayor works with the City Council, Chamber of Commerce and other entities, such as the Offutt Advisory Council, to make the city of Bellevue more efficient. With Bellevue's unemployment rate at approximately 4%, some companies see this as a reflection of the community having a good work ethic; therefore, they are looking at moving into the area.

As a business owner, Mayor Sanders is well aware that boundaries and lines on a map serve a purpose. On the other hand, she understands that we need to keep options open and look past the boundaries to determine the best course of action for different situations. One example is the current school district boundaries. Bellevue's key city leaders are working to grow Bellevue and want to update the school district delineations. Mayor Sanders is aware that this is a key challenge in Bellevue's growth and is seeking innovative ways to make this change a reality.

The Bellevue school district faces some geographical challenges with expansion as it moves nearer the Springfield/



Platteview school district. Home buyers, developers and the city want to build in the area that lies within the Springfield/Platteview district, but due to a law freezing the school boundaries, Bellevue isn't permitted to change them unless the other school district agrees. Mayor Sanders is seeking ways to enhance Bellevue's community while working with the other communities' representation. For more information on this topic, read: <http://www.omaha.com/article/20131126/NEWS/131129070>.

One of the upcoming projects Mayor Sanders has on her agenda includes splash pads for Haworth Park (that sparked my family's interest). Haworth Park was flooded a few years ago and reopened in May 2013.

Mayor Sanders continues to provide excellent support for Offutt Air Force Base. With the new U.S. Strategic Command Headquarters project having an estimated value of \$524.4 million and a completion date of September 11, 2016, Mayor Sanders and the other involved decision makers approached the project with a "let's make this happen" attitude. She knew this project was important not only for Bellevue but for Nebraska.

When I asked Mayor Sanders what advice she has for other minorities seeking public office or seeking entrepreneurship she shared these ideas:

- Empower from within.
- Be thick-skinned and don't take criticism personally.

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GREEK MYTHOLOGY TRIVIA

*In recognition of Greek American Month in March,
we thought you should try your knowledge of the Greek gods. Have fun!*

1. How many main gods and goddesses were there on Mount Olympus?
 - a. 19
 - b. 8
 - c. 6
 - d. 12
2. Hades is best known for kidnapping which minor goddess?
 - a. Hecate
 - b. Persephone
 - c. Artemis
 - d. Iris
3. Who is Athena's mother in most mythology?
 - a. No one, she has only a father
 - b. Aphrodite
 - c. Hera
 - d. Rhea
4. What is the Roman name for Hephaestus?
 - a. Mars
 - b. Bacchus
 - c. Vulcan
 - d. Hercules
5. Whom did Zeus overthrow to take over Mount Olympus?
 - a. Aegean
 - b. Uranus
 - c. Theseus
 - d. Cronus
6. Which son of Zeus was the Greek god of wine?
 - a. Hephaestus
 - b. Hermes
 - c. Dionysus
 - d. Demeter
7. Who was Artemis's twin brother?
 - a. Ares
 - b. Aether
 - c. Apollo
 - d. Atlas
8. Which Greek god is the god of war?
 - a. Apollo
 - b. Hermes
 - c. Ares
 - d. Zeus
9. Hera is often symbolized by what animal?
 - a. Pig
 - b. Peacock
 - c. Dog
 - d. Owl
10. According to tradition, who is credited with creating the horse?
 - a. Poseidon
 - b. Zeus
 - c. Demeter
 - d. Hades

Trivia Answers on Page 24

Mayor Rita Sanders continued from Page 10

- Think outside the box. See a project and work on making it more efficient. Expand your thinking.
- Make notes to keep track of goals and assignments. Mayor Sanders is back in college at Bellevue University. She knows the importance of keeping on track, especially with adding college to all of her other responsibilities.
- Have discipline and attention to detail but be flexible. There is no doubt in my mind that Mayor Sanders is a hard worker. She is also good at staying with a schedule and sticking to an objective.

For me, speaking with Mayor Rita Sanders was more like speaking with a

visiting aunt. She has a unique personality that resonates with strength and resolve. Being a "weak mayor" is not an easy task, especially if one is also employed full time. She doesn't have security protection, her salary is minimal and the time demands are more than part time. All decisions require careful thought, as she still has to sign documents and coordinate ribbon cuttings. Her assistant works full time, while she is only part time. In addition, she finds time to meet her responsibilities as a member of a tight-knit family and an entrepreneur. A mayor is a four-year term, and I have no doubt that Mayor Sanders will run for re-election. I also hope to schedule a time to run with her soon. Hopefully, I can keep up with her pace.

Reference links:

<http://www.bellevue.net/CityGovernment/MayorsOffice.aspx>

<http://www.bellevue.net/CityGovernment/GeneralInformation.aspx>

<http://www.bellevue.net/CityGovernment/GeneralInformation.aspx#sthash.wV9o9ppw.dpuf>

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MOVIE REVIEW:

Review by TSgt Kevin Krausnick

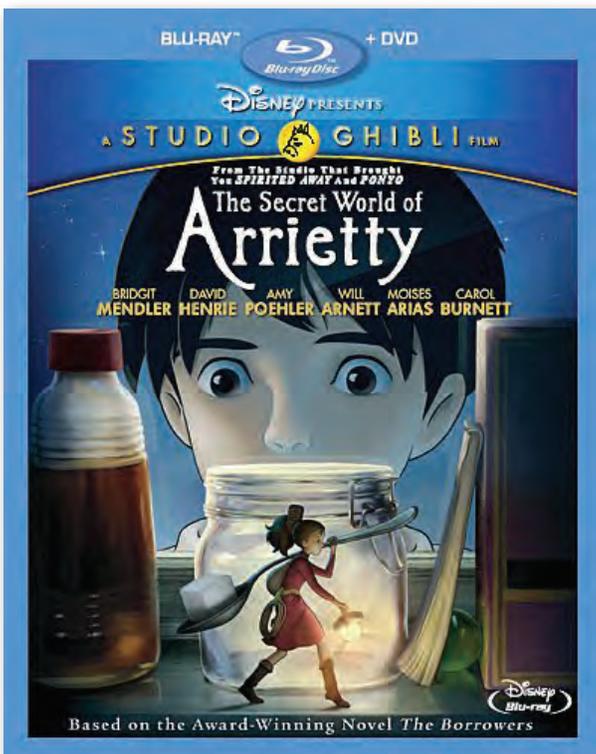
THE SECRET WORLD OF ARRIETTY

2010

Written by: Hayao Miyazaki and Keiko Niwa,
from the novel by Mary Norton

Directed by: Hiromasa Yonebayashi

Starring: Bridgit Mendler, Will Arnett, and Amy Poehler



If you live in the United States and are asked to think about great animated film studios, “Pixar” may well be the first word that comes to mind. Pixar is, after all, the studio behind some of the best animated films of the last twenty years. If you’re from Japan, however, Pixar’s reputation probably takes a back seat to that of Studio Ghibli, which, under the direction of the legendary Hayao Miyazaki, has produced a string of classic animated films, including *Princess Mononoke*, *Spirited Away* and *Howl’s Moving Castle*.

Gorgeous hand-drawn animation, superb storytelling and rich visual imagination characterize Studio Ghibli’s films, and one of their more recent offerings, *The*

Secret World of Arrietty, is among their most accomplished yet. Released in 2010, the film is directed by Hiromasa Yonebayashi and features the voice talent of such American stars as Will Arnett, Amy Poehler and Carol Burnett. The story is an adaptation of the children’s book *The Borrowers*, with the setting changed to modern-day Japan.

The film centers on 13-year-old Arrietty and her family, a group of “Borrowers” living under and within the walls of a rural Japanese home. Borrowers are a race of people much like you and me, with one large exception – they are only four inches tall. They survive by borrowing items from the “Beans,” or human beings, in whose homes they live, and from whom they must keep their existence a secret.

Arrietty and her parents have carved out a comfortable, if tenuous, life for themselves, hiding their home within a debris pile in the crawl space beneath the house, and have managed so far to keep their presence unknown. Their world begins to change, however, when Shawn, a human boy about the same age as

Arrietty, arrives. He is sick, and has come here to rest and regain his strength. He should pose little threat to the Borrowers living there, save one fact – he has caught a glimpse of Arrietty. And though he means no harm – he merely longs to make a friend – his discovery sets in motion a string of events that will change Arrietty’s life forever.

The Secret World of Arrietty is a refreshing family film on many levels, both for what the story includes and for what it doesn’t. For one thing, there’s nothing lowbrow here; there’s not a whiff of toilet humor, not a single double-entendre to be found. So many modern animated films assume that they must resort to crude body-humor jokes to entertain children, and to keep parents interested there must be a fair smattering of risqué jokes that go “over the heads” of younger viewers. Arrietty proves just how wrong that is, crafting a story that’s both moving and entertaining by respecting the intelligence of its viewers, regardless of age.

It’s also nice to see a children’s film with a functional, loving family at its center. Not only does Arrietty still have both parents (just think for a moment about how many “family films” feature a family with at least one absent parent), but the

Continued on Page 13



Movie Review continued from Page 12

whole family loves and respects each other. What's more, Arrietty's parents, especially her father, are depicted as wise, admirable, and understanding. This is extremely rare in a children's film; more often, the parents in such stories, if not downright evil, are at best fools or buffoons, and depend on their children to show them just how wrong-headed they have been. Arrietty, while still celebrating Arrietty's pluck, courage and individuality, actually acknowledges that parents sometimes know a thing or two that their children don't, and can be reliable sources of wisdom. (I should point out, however, that Arrietty's mother is a bit high-strung and anxious when it comes to facing danger. Her character can be a bit grating at times, which is my one criticism of the film.)

Just the absence of elements that are particular pet peeves of mine doesn't guarantee a good film. But Arrietty isn't just good; it's delightful. Much of this comes from the thrill of seeing the world through the eyes of Arrietty. Besides being beautiful to look at, the film is chock full of inventive visual details that show what life might be like for a Borrower, and how the simplest, smallest throw-away item might be repurposed for use by a four-inch tall person. Every time I watch it (at least half a dozen times so far), I catch a glimpse of something new.

Especially thrilling is the sequence in which Arrietty goes on her first "borrowing."

We get to see how her father has used simple items like staples, screws, nails, fishhooks, spools of thread and double-sided tape to create navigable pathways throughout the house's walls, and clever tools with which

to accomplish his raids. We share the excitement and awe that Arrietty feels as she encounters the size of the Beans' kitchen for the first time, and as she witnesses her father's skill as a seasoned borrower.

The most touching part of the film is the friendship that develops between Shawn and Arrietty. Though they come from different worlds, they share something in common – neither one has any friends. Arrietty has never met another Borrower, and Shawn's illness has left him isolated. Each is fascinated with the other, and though Arrietty initially resists Shawn's overtures of friendship, they find themselves inevitably drawn together. The film handles the development of this relationship so deftly that the emotional resonance it achieves sneaks up on you, just as it does on the characters.

Part of what brings these characters together is that each has something the other needs. Arrietty is a go-getter. Surrounded by a loving family, she is confident, adventurous and brave; the kind of person who meets life head-on, and attempts to take control of her circumstances. Shawn, on the other hand, has been greatly buffeted by



forces far larger than himself, and so he has a much more passive approach to life. His parents are divorced, a heart condition has stolen his health and his mother has sent him away because she's too busy to care for him. He understands how little control we have over the suffering and death that we all must face, and so he displays a different kind of courage – the courage to look pain and uncertainty square

in the face, and still find peace. As their friendship deepens, Shawn and Arrietty each give to the other some of what they don't have, and each grows in turn. It's a beautiful picture of friendship.

Refreshingly, the film never beats you over the head with its themes. It's all handled with a subtlety and maturity that is uncommon in a children's film (and most other films, for that matter). Though the film deals with serious realities like divorce and death with unusual frankness, it remains so whimsical and wonderfully imaginative that it seems to float on air. *The Secret World of Arrietty* is special. If you give it a look, it's sure to find a treasured place among your family's favorite animated tales.



	2011	
34th Japan Academy Prize	Animation of the Year	Won
10th Tokyo Anime Awards	Animation of the Year	Won
	2012	
25th Chicago Film Critics Association Awards	Best Animated Feature	Nominated
14th Golden Tomato Awards	Best Reviewed Animated Film	Won
16th Online Film Critics Society Awards	Best Animated Feature	Nominated
13th Golden Trailer Awards:		
Best Anime Trailer	Walt Disney Studios Motion Pictures Trailer Park	Won
Best Foreign Animation/Family Trailer	Studio Canal The Films Editors	Won
The Don LaFontaine Award for Best Voice Over	Studio Canal	Won
Best Foreign Animation/Family Trailer	Walt Disney Studios Motion Pictures Trailer Park	Nominated
	2013	
21st MovieGuide Awards	Best Film for Families	Nominated

NEBRASKA EMERGENCY MANAGEMENT AGENCY: AN INTRODUCTION

By NEMA Staff

Many of you reading Bridging the Gap are probably not familiar with the Nebraska Emergency Management Agency (NEMA) and all that it entails. NEMA is a part of the Military Department and resides side-by-side with the National Guard in the new Joint Force Headquarters (JFHQ) building, located on the Air National Guard Base. The State's Adjutant General, Major General Daryl Bohac, serves as the Director of the Agency, with Al Berndt serving as the Assistant Director, running the day-to-day operations. NEMA is charged by state statute with reducing the vulnerabilities of the people and communities of Nebraska from damage, injury, loss of life and property resulting from natural, technological and man-made disasters.

In 1953, the State Civil Defense Agency was housed on the twelfth floor of the State Capitol building. In those days the majority of staff were volunteers. In the summer of 1959, the agency moved to 1600 North 10th Street.

In 1962, the agency moved to its home for the next 50 years to 1300 Military Road. The State Emergency Operations



New facilities

Center was housed in an underground bunker. Civil Defense and later NEMA employees worked in that underground bunker built during the Cold War. The 8,500 square-foot bunker served as the Underground Capitol for head officials and one or two key personnel of most major state agencies should a large-scale emergency occur.

From those early days of volunteers, the agency has served the people of the State of Nebraska in preparing, responding, recovering and mitigating disasters.

Some things have not changed throughout the years. During the Cuban

AGENCY SPOTLIGHT

We are pleased to continue our series of articles titled, Agency Spotlight. The purpose of these articles is to learn about the different units, offices and agencies within the Nebraska Military Department and those closely associated with it. The articles will feature a description of the organization, their people, purpose and places they have been. Enjoy!



Previous bunker

Missile Crisis, agency staff took turns manning the State Emergency Operations Center (SEOC) on a 24-hour watch in the communication room with one telephone and the National Warning System (NAWAS). Today, using more modern communications equipment, duty officers are able to maintain a 24-hour watch, 365 days a year. NEMA remains vigilant in its responsibility to respond quickly and efficiently to disasters in Nebraska.

In April 1993, the Federal Emergency Management Agency adopted a new

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comprehensive, risk-based, all-hazards program. The core is the creation of an emergency management system based on a partnership of local, state and federal governments, voluntary agencies, businesses, industry and individual citizens. Since then NEMA has provided training and exercise opportunities to local governments in Nebraska on a variety of hazards including natural and technological. Plans are formatted to meet the requirements of Nebraska State Statute and FEMA guidelines.

With the creation of the Department of Homeland Security (DHS) at the federal level, Governor Dave Heineman appointed the Lieutenant Governor as the Nebraska Director of Homeland Security and created the Homeland Security Policy Group. The Governor tasked NEMA to provide administrative support to coordinate Homeland Security activities throughout the state.

In March 2004, Governor Heinemann issued an executive order directing the adoption of the National Incident Management System (NIMS) by all appropriate entities in the state. NIMS is the accepted standard to guide emergency and disaster response. The Homeland Security Policy Group and NEMA were tasked with development and implementation of compliance standards for NIMS at the state and local level.

NEMA serves as the nerve center for the state in all things emergency management. It is comprised of four divisions: Preparedness, Response, Recovery, and Mitigation. It is made up of



Downtown Valentine, Nebraska

only 37 employees to cover the entire state of Nebraska. Within these four divisions there are four sections that will be highlighted in the coming months in Bridging the Gap: Administration, Technical Hazards, Preparedness, and Response and Recovery.

Through the Preparedness division NEMA monitors situations across the state by utilizing a 24/7 Duty Officer System, the State and National Weather

Service (NWS) and NAWAS, local emergency management organizations, police and fire departments across the state and the experience and knowledge of the general public. The division coordinates the State Radiological Emergency Preparedness Program (REP), developing emergency plans for the two nuclear power plants, Cooper and Ft. Calhoun Nuclear Stations, and monitoring low and high level radiological shipments which transverse the state by highway and railway.

The Nebraska Emergency Management Agency is charged by state statute to reduce the vulnerabilities of the people and communities of Nebraska from the damage, injury and loss of life and property resulting from natural, technological, or man-made disasters and emergencies.

In the event of an emergency anywhere within the state, it is the local jurisdiction that is responsible for initial response. However, if the incident exceeds the local capabilities and a declaration and request have been issued, NEMA would be called upon to deploy assets and assist. During this time, NEMA will have already been monitoring the situation and keeping the Director, the Governor's office

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1-376TH

By Battallion Staff

AVIATION BATTALION

Nebraska Aviation units have been one of the most deployed organizations in the National Guard. Charlie Company 2-135th General Support Aviation Battalion (GSAB) deployed to Iraq twice during Operation Iraqi Freedom and Operation New Dawn. Bravo Company 2-135th

GSAB recently deployed to Afghanistan for Operation Enduring Freedom. Headquarters (HQ) and Headquarters & Headquarters Company (HHC) 1-376th deployed in support of a Multi-National Task Force to Kosovo. Unit members of Alpha and Delta Company 1-376th are currently serving on the United States southern border in support of U.S. Border Patrol. These are all in addition to internal support operations during natural disasters. Our flight companies have fought fires from Nebraska to California. We have deployed forces for Hurricanes Katrina and Gustav. Our aircrew and support staff continuously train to provide this relevant and ready air support for the nation and state.

Army Aviation requires a wide array of diverse military specialists, operating in concert, to be successful. The 1-376th Aviation Battalion is comprised of several Battalion "war-trace" units across the midwest. We also operate as an administrative headquarters in conjunction with UH-60A/L (Utility Helicopter) and CH-47F (Cargo



Helicopter – Chinook) Nebraska units. In sum, the Battalion maintains, operates and controls three Army Aviation platforms. Each of our aviation units operate with more than fifteen separate Military Occupation Specialties (MOS) underneath one unit headquarters. Some

operate with only one person in an MOS which requires not only very professional individual personnel, but talented and diverse leaders to ensure the team is operating efficiently. From aircrew to maintainers to support personnel, Army Aviation requires significant input from all personnel to ensure a successful mission.

Each unit performs a specific aviation function that contributes to the overall Battalion success:

Alpha Company 1-376th performs Aerial Reconnaissance with UH-72 Lakota aircraft. Alpha company operates as the company headquarters unit detachment in Iowa.

Its sister company, Delta Company, performs Air Ambulance/Medical Evacuation (MEDEVAC) operations also with the UH-72s. Delta Company operates as the company headquarters for a detachment in Ohio.

Bravo Company 2-135th operates the CH-47F Chinook which performs

a variety of missions from troop and equipment transport to Air Assault insertions. It is the company headquarters with one detachment in Colorado. The company operates as full-time headquarters for three subordinate detachments of maintainers, refuelers and flight operations specialists.

Charlie Company 2-135th MEDEVAC performs Air Ambulance operations with the UH-60A/L Blackhawk. It is also the company flag for units in Wisconsin and Illinois. The company also operates as full-time headquarters for three subordinate detachments of maintainers, refuelers and flight operations specialists.

While proficient in their unit Mission Essential Task List (METL) tasks, Nebraska Aviation units are equally as proficient in State Support Mission tasks including Water Bucket operations, Reconnaissance, MEDEVAC and emergency transport of personnel and supplies.

Our aircrew and support team commit a significant amount of time to the organization. Often Soldiers come in once a week on their own time to fly, maintain or fuel aircraft. With each aircraft launch, maintenance function performed and operation support given we continuously practice our craft. Each Soldier's professionalism, character and commitment to the organization plays a significant role in ensuring mission accomplishment. The strength of our unit lies in the great diversity of our Soldiers and their specialties.





RESTAURANT REVIEW:

DRAGON PALACE

Review by SGT Heidi McClintock

*633 Seward Street, Seward, NE 68434
402-643-6868*

If you love Chinese food you need to make the drive to Seward, Nebraska, to try the amazing food at Dragon Palace.

Dragon Palace may be a small Chinese restaurant in Seward, but they have the best Chinese food around. I've been going to Dragon Palace since discovering it when I was in college at Concordia University back in 2009.

To give you a little background about me, I love trying new things and I love food. On the other hand, my husband, Mason, loves food but doesn't like trying new things. What's even funnier is that my husband doesn't even like Chinese food. He will only eat Chinese food from Dragon Palace. I have tried to take him to other places and he won't eat, so this place is good.

Mason and I go at least once or twice a month, whether it be for take-out or dine in. The food is made fresh every time and is on your table in no time.

But before you order, I want to warn you that their portion sizes are big, which isn't a bad thing at all. It's great if you are really hungry or if you want leftovers.



Mason and I always order the orange chicken. I go with steamed rice and Mason goes with noodles on the side. When you see the orange chicken on the menu it does have a pepper by it which means spicy but I don't think it is too spicy at all, just the right amount of spice. My favorite part about the orange chicken

is you know it's made with real oranges as you will see orange peels and slices on your plate.

I have only ordered a few other things off the menu because once I know something is good I have to have it every time I go back. Their orange chicken is definitely something I crave and it brings me back again and again.

But if I had to recommend something else, it would definitely be their beef and broccoli and egg rolls. The egg rolls are a great add-on to your dinner. Also, the crab rangoon and dumplings are amazing! There is nothing better than starting your dinner off with a good appetizer.



The price is probably one of the best parts of driving to Seward to eat at the Dragon Palace. Most lunch and dinner meals include a huge plate of food and your choice of steamed or fried rice. They are priced reasonably between six and nine dollars. You can't beat that, especially when you see how much food you get.

The service is always friendly and helpful. If you have the same waiter, they usually remember you, ask how you are and they even remember what I order every time. In addition, you get a fortune cookie when you are finished eating.

Overall, if you are looking for a new place to eat traditional Chinese food, take the drive to Seward to try the delectable food at Dragon Palace. You can't go wrong.





AMERICAN HEART MONTH: FEBRUARY

By Pam Makovicka

NATIONAL WEAR RED DAY: FEBRUARY 7, 2014

Heart Disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February has also been the signature month for the American Heart Association's *Go Red For Women* campaign with the message that heart disease is not only a man's problem.

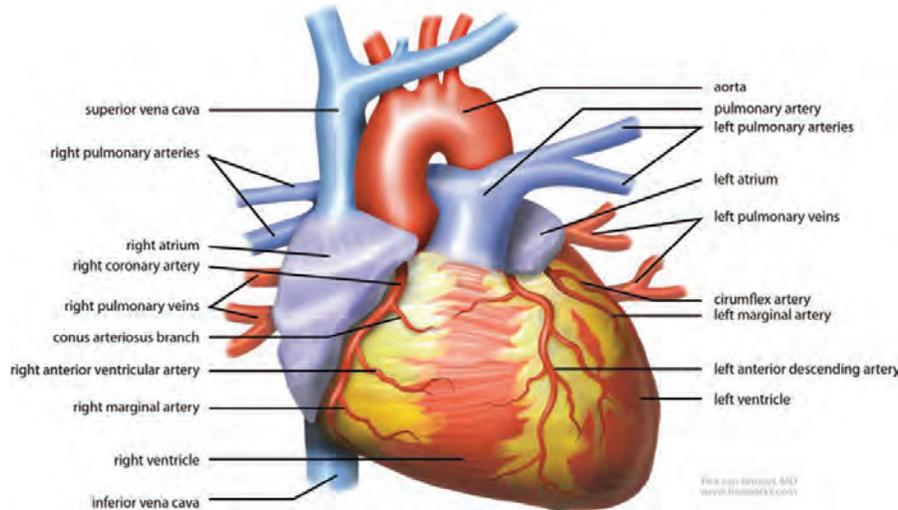
The heart is the human body's hardest working organ. Throughout life it continuously pumps blood enriched with oxygen and vital nutrients through a network of arteries to all tissues of the body. To perform this strenuous task, the heart muscle itself needs a plentiful supply of oxygen-rich blood, provided through a network of coronary arteries. These arteries carry oxygen-rich blood to the heart's muscular walls (the myocardium).

A heart attack (myocardial infarction) occurs when blood flow to the heart muscle is blocked, and tissue death occurs from loss of oxygen, severely damaging a portion of the heart.

Coronary artery disease causes nearly all heart attacks. Coronary artery disease is the end result of a complex process called atherosclerosis (commonly called "hardening of the arteries"). This causes blockage of arteries (ischemia) and prevents oxygen-rich blood from reaching the heart.

The atherosclerosis process begins with cholesterol and sphere-shaped bodies called lipoproteins that transport cholesterol.

- Cholesterol is a substance found in all animal cells and



animal-based foods. It is critical for many functions, but under certain conditions cholesterol can be harmful.

- The lipoproteins that transport cholesterol are referred to by their size. The most commonly known are low-density lipoproteins (LDL) and high density lipoproteins (HDL). LDL is often referred to as "bad" cholesterol;

HDL is often called "good" cholesterol.

The damaging process called oxidation is an important trigger of atherosclerosis:

- Oxidation is a chemical process in the body caused by the release of unstable particles known as oxygen-free radicals. It is one of the normal processes in the body, but under certain conditions (such as exposure to cigarette smoke or other environmental stressors) these free radicals are overproduced. In excess amounts, they can be very dangerous, causing damaging inflammation and even affecting genetic material in cells.
- In heart disease, free radicals are released in artery linings and oxidize low-density lipoproteins (LDL). The oxidized LDL is the basis for cholesterol build-up on the artery walls and damage leading to heart disease.

For the arteries to harden there must be a persistent reaction in the body that causes ongoing harm. Researchers now believe that this reaction is an immune process known as the inflammatory response.

Heart Attack Symptoms

Heart attack symptoms can vary. They may come on suddenly and severely or may progress slowly, beginning with mild pain. Symptoms can also vary between men and women. Women are

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American Heart Month continued from Page 18

less likely than men to have classic chest pain, but they are more likely to experience shortness of breath, nausea or vomiting, or jaw and back pain.

Common signs and symptoms of a heart attack include:

- Chest pain or discomfort (angina) is the main sign of a heart attack. It can feel like pressure, squeezing, fullness, or pain in the center of the chest. Patients with coronary artery disease who have stable angina often experience chest pain that lasts for a few minutes and then goes away. With heart attack, the pain usually lasts for more than a few minutes and the feeling may go away but then come back.
- Discomfort in the upper body. People having a heart attack may feel discomfort in the arms, neck, back, jaw or stomach.
- Shortness of breath can occur with or without chest pain.
- Nausea and vomiting.
- Breaking out in cold sweat.
- Lightheadedness or fainting.

Symptoms That Are Less Likely to Indicate Heart Attack

However, the presence of these symptoms does not always rule out a serious heart event.

- Sharp pain brought on by breathing in or when coughing.
- Pain that is mainly or only in the middle or lower abdomen.
- Pain that can be pinpointed with the tip of one finger.
- Pain that can be reproduced by moving or pressing on the chest wall or arms.
- Pain that is constant and lasts for hours (although no one should wait hours if they suspect they are having a heart attack).
- Pain that is very brief and lasts for a few seconds.
- Pain that spreads to the legs.

Silent Ischemia

Some people with severe coronary artery disease do not have angina pain. This condition is known as silent ischemia. This is a dangerous condition because patients have no warning signs of heart disease. Some studies suggest that people with silent ischemia experience higher complication and mortality rates than those with angina pain.

What to Do When Symptoms Occur

People who have symptoms of a heart attack should take the following actions:

- For angina patients, take one nitroglycerin dose either as an under-the-tongue tablet or in spray form at the onset of symptoms. Take another dose every five minutes, up to three doses, or when the pain is relieved, whichever comes first.
- Call 911 or the local emergency number. This should be the first action taken if angina patients continue to experience chest pain after taking the full three doses of nitroglycerin. However, only 20% of heart attacks occur in patients with previously diagnosed angina. Therefore, anyone who develops heart attack symptoms should contact emergency services.
- The patient should chew and swallow an uncoated adult-strength (325 mg) aspirin and be sure to tell emergency health providers so an additional dose is not given.
- Patients with chest pain should go immediately to the nearest emergency room, preferably traveling by ambulance. They should not drive themselves.

Lifestyle Changes for Heart Disease Prevention and Treatment

Weight plays a crucial role in controlling heart disease. Find out what steps you can take to tip the scale in your favor.

- Heart Healthy Diet. Eating right is the key to a healthy heart and changing your diet may be easier than you think.
- Exercise for Your Heart. Exercise is important to managing your weight, and even small reductions in weight can have a big impact on health. Take it upon yourself to learn more about what you can do to change your diet and maintain a healthy weight.

A few basics of a heart healthy diet include*:

1. Control your portion size.

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories, fat and cholesterol than you should consume. Portions served in restaurants are often more than anyone needs. Keep track of the number of servings you eat — and use proper serving sizes — to help control your portions. Eating more of low-calorie, nutrient-rich foods, such as fruits and vegetables, and less of high-calorie, high-sodium foods, such as refined, processed or fast foods, can shape up your diet as well as your heart and waistline.



American Heart Month continued from Page 19

A serving size is a specific amount of food, defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is 1/2 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is 2 to 3 ounces, or about the size and thickness of a deck of cards. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

2. Eat more vegetables and fruits.

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you eat less high-fat foods, such as meat, cheese and snack foods.

Featuring vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredient, such as vegetable stir-fry or fresh fruit mixed into salads.

3. Select whole grains.

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain couscous, quinoa or barley.

Another easy way to add whole grains to your diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids, which can lower your total blood cholesterol. You can grind the seeds in



The American Heart Association offers these guidelines for how much fat and cholesterol to include in a heart-healthy diet:

Type of fat	Recommendation
Saturated fat	Less than 7% of your total daily calories, or less than 14 g of saturated fat if you follow a 2,000-calorie-a-day diet.
Trans fat	Less than 1% of your total daily calories, or less than 2 g of trans fat if you follow a 2,000-calorie-a-day diet.
Cholesterol	Less than 300 mg a day for healthy adults; less than 200 mg a day for adults with high levels of LDL ("bad") cholesterol or those who are taking cholesterol-lowering medication.

a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

4. Limit unhealthy fats and cholesterol.

Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaque in your arteries (atherosclerosis) which can increase your risk of heart attack and stroke.

The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats — butter, margarine and shortening — you add to food when cooking and serving. You can also reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10% fat.

You can also use low-fat substitutions, when possible, for a heart-healthy diet. For example, top your baked potato with salsa or low-fat yogurt rather than butter, or use low-sugar fruit spread on your toast instead of margarine.

You may also want to check the food labels of some cookies, crackers and chips. Many of these snacks — even those labeled "reduced fat" — may be made with oils containing trans fats. One clue that a food has some trans fat in it is the phrase "partially hydrogenated" in the ingredient list.

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American Heart Month continued from Page 20

When you do use fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in nuts and seeds, also are good choices for a heart-healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories.

A sedentary (inactive) lifestyle is one of the top risk factors for heart disease. Fortunately, it's a risk factor that you can do something about. Regular exercise, especially aerobic exercise, has many benefits. It can:

- Strengthen your heart and cardiovascular system.
- Improve your circulation and help your body use oxygen better.
- Improve potential heart failure symptoms.
- Increase energy levels so you can do more activities without becoming tired or short of breath.
- Increase endurance.
- Lower blood pressure.
- Improve muscle tone and strength.
- Improve balance and joint flexibility.
- Strengthen bones.
- Help reduce body fat and help you reach a healthy weight.
- Help reduce stress, tension, anxiety and depression.
- Boost self-image and self-esteem.
- Improve sleep.
- Make you feel more relaxed and rested.
- Make you look fit and feel healthy.



How Do I Get Started Exercising?

Before starting an exercise program, talk to your doctor about:

- Medication changes. New medications can greatly affect your response to exercise; your doctor can tell you if your normal exercise routine is still safe.
- Heavy lifting. Make sure that lifting or pushing heavy objects and chores such as raking, shoveling, mowing or scrubbing aren't off limits. Chores around the house can be tiring for some people; make sure you only do what you are able to do without getting tired.

- Safe exercises. Get the doctor's approval before you lift weights, use a weight machine, jog or swim.

What Type of Exercise Is Best?

- Stretching the arms and legs before and after exercising helps prepare the muscles for activity and helps prevent injury and muscle strain. Regular stretching also increases your range of motion and flexibility.
- Cardiovascular or aerobic activity strengthens the heart and lungs and improves the body's ability to use oxygen. Aerobic exercise has the most benefits for your heart. Over time, aerobic exercise can help decrease your heart rate and blood pressure at rest and improve your breathing.
- Strengthening, repeated muscle contractions (tightening) until the muscle becomes tired; for people with heart failure, many strengthening exercises are not recommended.

What Are Examples of Aerobic Exercises?

Aerobic exercises include: walking, jogging, jumping rope, bicycling (stationary or outdoor), cross-country skiing, skating, rowing and low-impact aerobics or water aerobics.

How Often Should I Exercise?

In general, to achieve maximum benefits, you should gradually work up to an aerobic session lasting 20 to 30 minutes, at least three to four times a week. Exercising every day or every other day will help you keep a regular aerobic exercise schedule.

Keep your heart healthy and help others to do the same.

<http://www.webmd.com/fitness-exercise/guide/exercise-healthy-heart>

*<http://www.mayoclinic.com/health/heart-healthy-diet/NU00196>





SEP MEMBER HIGHLIGHT

SERGEANT HEIDI McCLINTOCK

Public Affairs Specialist

I was born on Valentine's Day in Southeast Nebraska to my parents Allen and Ellen Krueger. My parents raised my older sister, Nina and me, on the family farmstead outside Odell, Nebraska.

My sister was born with spina bifida. For those who don't know what spina bifida is, it is the most common permanently disabling birth defect in the United States. It is a birth defect in which the bones of the spine do not form properly around the spinal cord. My parents were told if they had any more children they would most likely have spina bifida as well. I was born five years later, without spina bifida and my parents proved the doctors' diagnosis wrong.

Growing up I was my dad's little tomboy, especially since he didn't have any sons. I wanted to do everything like my dad. I spent many hours in my dad's mechanic shop, and on his tractors and combine. I spent most of my extra time outside school playing volleyball, basketball, softball, running track, power lifting, showing cows and making 4-H projects.

After graduating from Diller-Odell High School in 2009, I decided to kick off my cowboy boots and put on combat boots when I enlisted in the Nebraska Army National Guard.

I completed a year of college at Concordia University in Seward, Nebraska, before shipping to basic training at Fort Jackson, South Carolina. I graduated from basic training in July 2010 from the Defense Information School's Public Affairs Specialist Course in Fort George G. Meade, Maryland, in December



2010. After returning to Nebraska from Advanced Individual Training, I continued taking college classes to work towards my Communication Arts degree, a Bachelor of Arts with emphasis in mass media. I am currently enrolled at Bellevue University in Bellevue, Nebraska.

From May 2011 until December 2012, I was on active duty state orders working as a photojournalist for the Nebraska National Guard Public Affairs Office. I accepted a full-time federal technician job in December 2012 as the Public Affairs Specialist for the Nebraska National Guard.

As a traditional Guard Soldier, I am currently assigned to the Nebraska Army National Guard's 111th Public Affairs Detachment (PAD) in Lincoln. During my assignment with the 111th PAD, I have covered many different assignments including Nebraska Army National Guard training in California, South Dakota, Wisconsin, Washington, D.C.,

Wyoming, the Czech Republic and throughout Nebraska along with covering the active Army in Germany during Saber Junction 2012 exercise. I have also trained Soldiers and Airmen to interact with news media during their pre-deployment training.

In 2011, I received the James P. Hunter award for Outstanding New Writer of the Year for National Guard Bureau. In 2012, I was named the Paul D. Savanuck Military Print Journalist of the Year for National Guard Bureau. In addition, I placed first at the National Guard Bureau level for photo journalism and third place at the Department of Army level in photo journalism.

In March of 2012, I completed the Warrior Leadership Course and continue to further my education in both civilian and military schools. I also joined the Special Emphasis Program Group in early 2013.

In October of 2013 I married Mason McClintock. We live on an acreage outside of Garland, Nebraska, and have a diverse family of animals. We have two horses, Boxer and Briefs, whom we adopted in December 2012 from a rescue society that was starving them. We also have two farm cats, a chocolate lab, Molly, and our newest addition is a Polled Hereford baby calf, Destiny.

As a writer and photographer, people always ask me if I love what I do and there's never a time when I don't like what I am doing. So my advice to you is make sure you follow your dreams, do what you love and never let anyone hold you back from achieving your goals.





HOLIDAYS FROM AROUND THE WORLD

By ISG Matt Dorsey

The Holidays From Around the World event was a great success! The Northeast High School Jazz Band provided the ambiance of a warm holiday gathering without the stress of deadlines and missed opportunities. It was enjoyable to watch and listen as the music permeated throughout the building and people started stepping out on the upper landings to see where the music was coming from. Slowly the word circulated as more left their work behind to come out and enjoy their lunch break with some holiday camaraderie and a variety of tasty desserts. The Parthenon made a mouthwatering Baklava. The Wilber Czech Craft Shop (Heidi and Lisa Pospisil) brought in fruit-filled kolaches, wore their native Czech dresses, decorated Christmas trees and had some sample items from their store for sale. Sergeant Heidi McClintock's husband made us some traditional bon bons and Mary Schmidt-Rodriguez brought in a family favorite – homemade peanut clusters. I always enjoy home cooking and the ease of preparing the holiday treats was appealing and they tasted great! I had never tasted a kolache before, but was pleasantly surprised at the sweet fruity



flavor. I look forward to trying more flavors at the farmers market next spring! Of course, one can always make a trip to Wilbur to pick them up any time of the year.

The Asian Center shared information about their community programs and had a few New Year's items on display. Kelsy Lee was enjoyable to speak with and I learned about their community outreach and the significant roles they play and needs they fulfill within our community. As we go through the holiday season, it served as a great reminder to me of how fortunate I am and of opportunities we are provided to give back to the community through a multitude of great programs.

LaVonne Rosenthal, of the Special Emphasis Group, brought in memorabilia and shared her family traditions for the holiday season. I thought it was interesting to see and learn about some of the traditions that have been carried on through generations and think about my own holiday memories. This event served as a great reminder of what is really important this holiday season!





Greek Mythology Trivia continued from Page 11

GREEK MYTHOLOGY TRIVIA ANSWERS



1. D. In Greek mythology, the Twelve Olympians are the major deities of the Greek pantheon, commonly considered to be Zeus, Hera, Poseidon, Demeter, Athena, Apollo, Artemis, Ares, Aphrodite, Hephaestus, Hermes and either Hestia, or Dionysus. Hades was most always excluded because he resided permanently in the underworld and never visited Mount Olympus. Zeus, Poseidon, Hades, Demeter, Hera and Hestia are the children of Titans Cronus (Kronos) and Rhea. Athena, Apollo, Artemis, Ares, Hephaestus and Dionysus were all offspring of Zeus. There are two accounts of Aphrodite's birth; one is that she was the child of Zeus and Dione (a Titan goddess) and the other is she arose from the sea foam on a giant scallop and walked to shore in Cyprus.

2. B. Demeter's virgin daughter Persephone (goddess of springtime) was abducted to the underworld by Hades. In Demeter's search for Persephone she became so preoccupied and grief stricken that the seasons stopped, living things

stopped growing and began to die. Zeus, afraid that life would end, sent Hermes to the underworld to bring Persephone back. Hades agreed to release her, but gave her a pomegranate. When she ate the pomegranate seeds, she

was bound to him for one third of the year, either the dry Mediterranean summer, when plant life is threatened by drought, or the autumn and winter. There are several variations on the basic myth, but in all versions, Persephone's time in the underworld corresponds with the

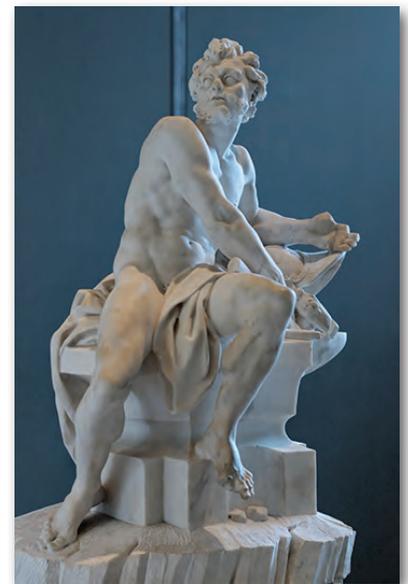


unfruitful seasons of the ancient Greek calendar, and her return to the living world is in the springtime.

3. A. Athena is the daughter of Zeus. She sprang from his forehead, and therefore has no mother. According to Greek mythology, Zeus desired Metis (goddess of wisdom, skill or craft) and chased after her relentlessly. Metis tried to avoid Zeus, but in the end relented and became pregnant. Zeus was then warned by an oracle that the second child born to Metis would overthrow him, just as he had done to his father. So the next time Zeus saw Metis he flattered her and made her feel at ease, at which time he caught Metis off guard and suddenly opened his mouth and swallowed her. After a while, Zeus developed a terrible headache. The gods came to his aid and Hephaestus took an axe to Zeus' forehead. Out of his skull came a fully grown and fully armored Athena.



4. C. Hephaestus, son of Zeus and Hera – god of fire and the forge, is known to the Romans as Vulcan.





*Greek Mythology Trivia
continued from Page 24*

5. D. Zeus was the god of the sky and ruler of the Olympian gods. Zeus overthrew his father Cronus (Kronos) who was the leader of the Titans. He then drew lots with his brothers Poseidon and Hades. Zeus won the draw and became the supreme ruler of the gods.



6. C. Dionysus was the god of fertility and wine and later considered a patron of the arts. He invented wine and spread the art of tending grapes. He is the son of Zeus and Semele and is the only god to have a mortal parent. Zeus came to Semele in the night, invisible, felt only as a divine presence. Semele was pleased to be the lover of a god, even though she did not know which one. Word soon got around and Hera quickly assumed who was responsible, so she went to Semele in disguise and convinced her she should see her lover as he really was. When Zeus next came to her, Semele made him promise to grant her one wish. She went so far as to make him swear on the River Styx that he would grant her request. Zeus agreed to show her his true form knowing what would happen. He appeared in his true form and Semele was instantly burnt to a crisp by the sight of his glory. Zeus did manage to rescue Dionysus and stitched him into his thigh to hold him until he was ready to be born. His birth from Zeus alone granted him immortality.



7. C. Apollo and Artemis are twins and children of Zeus and Leto (Titan goddess of motherhood). Apollo was known as the god of music, the archer and the god of medicine. Artemis was the goddess of virginity/chastity, the hunt, the moon and the natural environment. She was considered a protector of the young.

8. C. Ares (son of Zeus and Hera) is the god of war. It is written that due to his cruel and war-like nature he was disliked by all the gods, including his mother and father. Ares could be bloody, merciless, but also cowardly.



9. B. The peacock (the symbol of pride) was Hera's sacred bird and her wagon was pulled by them.

10. A. Poseidon had a close association with horses, known under the epithet Poseidon Hippios. He is known as the tamer of horses, but in some myths he is their father, either by spilling his seed upon a rock or by mating with a creature whom then gave birth to the first horse.



Sources:

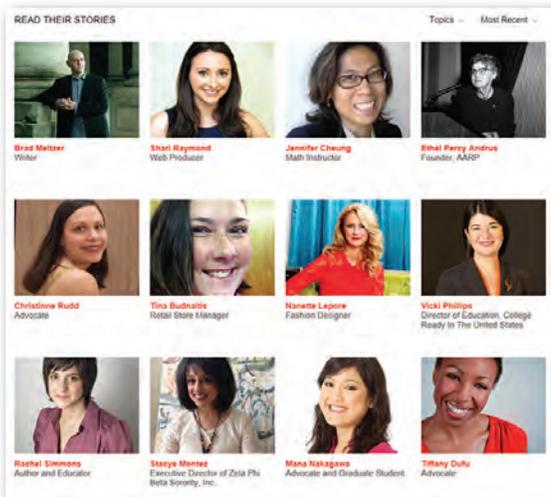
www.greekmythology.com

<http://www.ancientgreece.com/s/Mythology/>





Website Review continued from Page 7



mentor other women in the Air Force. Their motto is “Bloom Where You’re Planted.”

You do have to join Mightybell in order to start or join a circle. Mightybell is their technology partner for circles. It powers what they call Circle Matching, which lets you search for existing circles to join or add members to your circles. Lean In provides the tools to get a circle started along with a full page of *Circle Frequently Asked Questions*. Questions include:

How do I get started?

How do I select Circle members?

What do I need to run my circle? The answer provides information on Circle Kits and Online lectures.

What is a Circle Moderator?

What is Mightybell? Mightybell is a social networking service developed specifically for small groups. Mightybell provides a free, private space for your Circle and features that make it easy to stay organized and connected.

Can Circles meet virtually?

What is a Lean In Leader? And several more. They work hard to give you the tools to be successful.

Lean In Stories

The stories related here are very inspiring. They include one by Christine Rudd who is an advocate for the disabled. Christine has cerebral palsy and advocates for the disabled through the power of her story. Teraya White relates her story of how she strives to find teachers who will change students’ lives the way her own teacher changed hers. One of my favorites is

about a woman who discovers that leaning in to single motherhood means learning to ask for help.

There are many more testimonials by a diverse group of women. I recommend taking a look at their stories and discovering what they may do to help you in your journey.

About Us

The last tab focuses on what Lean In is about as mentioned in the overview at the beginning of this article. The

other subheads under this tab include information on the Team, For the Press, Platform Partners and how to contact leanin.org. They want to hear your story, too.

I highly recommend this site for women who would like to do more with their lives, who want to change direction and don’t quite know where to start, for someone who would like an extra boost and for anyone looking to start their own Circle.

NEMA continued from Page 15

and other state agencies apprised of the situation. In this circumstance, the SEOC would be activated and resources would begin being ordered through the state. The SEOC will allow close coordination of services between the National Guard, State Patrol, NEMA and all other state agencies to provide immediate and faster response. Within the SEOC agency representatives utilize a TV wall, made up of a bank of monitors, which allows officials to see aerial views of a wildfire or other disasters in real time, as an incident is unfolding, as well as computers, communications equipment and a conference room for the Governor’s policy group. The operations center is also the JFHQ building’s tornado shelter.

Under a Presidential Disaster Declaration, NEMA and FEMA jointly coordinate state and federal activities, making the Recovery Division phase the longest process of any incident. Disaster Declarations can be declared for public or individual assistance or both. Public assistance is utilized to help state and local governments recover by paying for roads, bridges, public buildings and facilities that were damaged during a disaster, but also to pay for incurred costs like the National Guard, police, fire and public works employees. Individual assistance is provided to survivors of the disaster and can come in the form of low interest loans for both families and businesses, and grants to pay for losses that aren’t eligible for loans.

Following a federally declared disaster, the state receives funding assistance for hazard mitigation. Fifteen percent of the federal share of the disaster is automatically earmarked for mitigation and is designed to lessen or mitigate the impacts of future disasters, i.e. tornado shelters, sirens, a buyout of flood prone structures in the disaster area or even the raising of structures above the 100 year flood level. All of these projects must be approved by both NEMA and the Federal government.

Continued on Page 27



NEMA continued from Page 26

According to Al Berndt, “The primary focus of the Nebraska Emergency Management Agency is to support an effective emergency response system through an emphasis on pre- and post-disaster programs that build an effective emergency response system across the state.

“NEMA’s structure continues to be refined to focus on four performance areas: Administration, Preparedness, Response and Recovery, and Radiological Emergency Preparedness. As a State administrative agency for the homeland security grants coming into the state, NEMA has relied upon and utilized the local emergency management programs to facilitate the carrying out of homeland security activities. With the increasing demands placed upon NEMA, the state program has continued to expand to meet the mandates placed upon the state and agency by the Federal government. Prior to the events of September 11, 2001, 26 staff members were employed to carry out agency programs. With the onset of Federal programs and money, the agency has seen itself expand to 36 authorized personnel positions.”

NEMA supports other state agencies and local governments with training and education programs, public information, disaster recovery assistance and disaster planning. NEMA writes plans at the state level, including the State Emergency Operations Plan and the Nebraska Radiological Emergency Response Plans for Nuclear Power Plants. The agency coordinates state and federal emergency planning and disaster recovery and homeland security activities in support of the state’s Homeland Security Director.

In the articles to come, we will go more in depth into each section and what their day-to-day and disaster operations entail. We will also talk more about our roles in the State Incident Management Team (IMT) and how closely we interact with the military in both times of disaster and day-to-day operations. In the meantime, please feel free to stop by anytime for a tour or to ask questions. We are always open for visitors.



A VIEW OF DIVERSITY FROM WHERE I STAND

In this, our fourth iteration of “View” we again highlight three individuals who work for the Nebraska Military Department to bear their own personal definition of diversity.

“A View of Diversity From Where I Stand” presents individualistic viewpoints, and that we “stand” for ours and each others’ rights for respect and appreciation of our uniquenesses.



Diversity - Having an acknowledgement and respect for another individual’s differences from my own, whether that be upbringing, beliefs, values, education, etc.

LtCol Mary J. Mangels
State Partnership Program Coordinator
Joint Force Headquarters

Diversity to me means understanding each person is different in a wide variety of ways. It is important to create an environment welcoming and inclusive to all individuals along with the acceptance of their way of life. It is about understanding the individual differences and accommodating each person’s value in the organization.

CW2 Dustin Guenther
Human Resources Tech
67th Battlefield Surveillance Brigade



As I think on diversity, in some ways it is a cultural phenomenon. Especially here in America where I feel we are one of the most “diverse” populations in the world. We are a glorious melting pot, if you will, of backgrounds and people. We are what I think diversity stands for: acceptance, impartiality and strength.

“It is time for parents to teach young people early on that in diversity there is beauty and there is strength.” -Maya Angelou

Bonnie L. Shipley
Human Resources Assistant - State Personnel
State of Nebraska Military Department



BTG
DIVER-CIPE
CORNER*Submitted by
Bonnie Shipley*AMERICANIZED
ENGLISH TRIFLE 

I wanted to share one of my family's favorite treats: English Trifle. When my mother first came to the States from Britain, this was one of the first recipes that she Americanized. Typically you would use Bird's Custard and sponge cake for traditional English Trifle. Since Bird's Custard is hard to come by, she improvised and this is what she came up with. Enjoy!*

Ingredients

- 2 large packets raspberry Jell-O (or other red gelatin as desired)
- 2 large packets of vanilla pudding (not instant)
- 1 box of Twinkies
- 1 small can of mandarin oranges
- 1 large can of fruit cocktail
- 16 oz. frozen whipped topping, thawed (such as Cool Whip)
- 2 ½ to 3 quarts bowl
- Optional: nuts, fresh strawberries

Instructions

Make Jell-O according to package directions, add fruit cocktail, set aside. Cut Twinkies in half lengthwise, and place them along all sides of the bowl, with the cream side facing out. Take Jell-O and fruit cocktail mixture and pour over the Twinkies, then place in refrigerator until it sets. Make vanilla pudding, let cool, and add to top of trifle (once the gelatin is set). Put back in the fridge to cool and set. Once the trifle has cooled and set, remove from fridge, cover with cool whip, and decorate the top with mandarin oranges, or fresh strawberries; even add nuts if you want to.

*Bird's Custard is the brand name for the first powdered, egg-free custard. Custard powder or instant custard powder are the generic product names for similar and competing products. The product is a cornflour-based powder which thickens to form a custard-like sauce when mixed with milk and heated to a sufficient temperature. http://en.wikipedia.org/wiki/Bird%27s_Custard



2014: YEAR OF THE HORSE (CHINESE ZODIAC)

The year of the Horse started on January 31, 2014 and lasts through February 18, 2015. This is a good time to look at personality traits of those born during this year.

People born in the year of the horse are extremely animated, active and energetic. Horses love to be in a crowd, and they can usually be seen in such occasions as concerts, theaters, meetings, sporting occasions and parties. They love to take center stage and delight audiences everywhere.

Basically, horse people are very healthy, most likely because they hold a positive attitude towards life.

Jobs involving communicating with others attract horse people most. The sign of horse stands for leadership,



management and decision-making. Horse people dislike taking orders. The horse can make it in any career that demands neither solitude nor meditation, for he is an extrovert and he needs to be surrounded by people who approve of and flatter him/her.

Good career choices for horses include: publicist, sales representative, journalist, language instructor, translator, bartender, performer, tour operator, librarian or pilot.

People born during the year of the horse have a pleasant, amiable, easy going disposition. With good humor and geniality, they are extremely comfortable to get along with, for they have the ability of instantly putting people at their ease.

Compatibility

Best with: Tiger, Goat or Dog

Worst with: Rat, Ox, Rabbit or Horse

Celebrities Born in the Year of the Horse

Louisa May Alcott, Chopin, Davy Crockett, Ella Fitzgerald, Aretha Franklin, Sandra Day O'Connor, Rembrandt, Teddy Roosevelt, Sir Isaac Newton, Barbara Streisand, Cindy Crawford, Cynthia Nixon, Denzel Washington, Harrison Ford, Jason Biggs, Jackie Chan, Jerry Seinfeld, John Travolta, Leonard Bernstein, Oprah Winfrey, Paul McCartney, Rembrandt, Ashton Kutcher, Emma Watson, Josh Hartnett, Katie Holmes, Kristen Stewart, Kobe Bryant, Genghis Khan, Emperor Kangxi and Yongzheng of China's Qing Dynasty (1644 - 1911).

<http://www.chinahighlights.com/travelguide/chinese-zodiac/horse.asp>

