

# BRIDGING

## THE GAP



ISSUE 24 ❖ OCTOBER - NOVEMBER 2010



### 2010 Special Olympics



### Hispanic Fiesta



### California Tacos & More



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*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.*

**BTG REFLECTIONS BY LAVONNE ROSENTHAL**

The view outside my hotel window is of the Potomac River (Alexandria, Virginia), a relaxing sight for this life-long Nebraska resident. It has been a busy two days, preparing for the March 2011 diversity conference with other ARNG EO/EEO and diversity professionals from across the U.S. Putting together a stellar conference is no small task, especially when the final outcome is for attendees to walk away energized about the concept of diversity. They are "concepts" until attendees integrate the ideas into their respective organization with sustained enthusiasm from the conference. Next year's conference will be held March 14-17, 2011, in Boston, Massachusetts.

Another project the ARNG EO/EEO and Diversity Committee worked on was to review a policy on diversity management. The Joint Diversity Advisory Council (JDAC) passed along their collective wisdom on what diversity looks like, and the policy letter is to be a synopsis of the JDAC's report to General McKinley, providing direction to those in the business of diversity in the

Guard (which really means everyone). A portion of the policy letter states that diversity management entails leadership commitment at all levels of the organization. I believe we in Nebraska understand this tenet, as demonstrated by the roster of esteemed authors for this and previous editions of *Bridging the Gap*. Brig Gen Bohac writes his views of diversity in the Nebraska Military Department, and BG Amundson educates readers about Germany and WWI history. This demonstration of leadership commitment is a source of pride for me as I have been a member of two national committees. Not all of my peers have the same measured support as our Special Emphasis Program (SEP) group has. This support isn't limited to submitting an article for the newsletter. It's demonstrated by the rousing applause at the conclusion of this year's Hispanic Heritage event, and the anticipation of upcoming events.

On behalf of the SEP Group – THANK YOU for your commitment to diversity, going beyond the conceptual to real inclusion. 

Bridging the Gap welcomes your submissions of article ideas and written articles.

To have your upcoming event published in Bridging the Gap, please notify us by November 3, 2010 for Issue 25: December 2010 / January 2011.

All article submissions, due October 12, 2010 for the above issue, will be considered for publication. We reserve the right to edit submitted material.

Please send your submission to Mary Schmidt-Rodriguez at [m.schmidtrodriquez@us.army.mil](mailto:m.schmidtrodriquez@us.army.mil)

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*Interested in becoming a member of the SEP Group? Please contact one of the members with an email address listed above.*

# DIVERSITY IS NEVER AN ACCIDENT

By Brig Gen Daryl Bohac

We have all heard the expression *there's an accident waiting to happen!* It is usually associated with a situation that was either poorly planned, not anticipated or met with apathy. It seems at times that we approach diversity in a similar manner. That is, we wait for diversity to come to us rather than deliberately seeking it out. When we do this we are hoping that diversity happens as a consequence of wishful thinking rather than an outcome derived from planning and execution.

Side note: By the way, as a teenager I always hoped for certain outcomes. Unfortunately I did not grasp that hope is not a course of action. If I had, I am sure my social life would have been much different!

Since diversity exists in many different forms, it does not have to be an inordinate challenge to seek diversity. Some of those forms include generational, cohorts, race, ethnicity, religious background, education, socioeconomic, geographical and approaches to problem-solving. Which of these should we focus on in an organization that is predominately a military one, but which has a significant civilian workforce as well?

It is important to remember that we have three main divisions in the Nebraska Military Department – Army National Guard, Air National Guard, and the Nebraska Emergency Management Agency. Each division of the Nebraska Military Department has its own distinct culture. But each of those cultures shares a common purpose: to serve the state and nation in a time of need. Each brings a slightly different approach to achieving the same mission. It is in the approach to meeting the common purpose that the value of diversity benefits the organization. For example, if I consistently use the same methodology or plan to execute a conference, then I

may not take into account the ever-evolving demands that are placed on our Airmen, Soldiers and civilian workforce. Thus, I might unnecessarily over-drive the length of the conference because my approach did not take advantage of the diversity of approaches that occurs when we are more inclusive in our planning.

Diversity also suffers when we remain comfortably enmeshed in the niches and areas of expertise we develop for ourselves or when we allow the organization to impose these things upon us. Sometimes this occurs when we seek out those who think the same way we do. Of course, when we do that we run the risk of embracing thoughts like “all Air National Guard Airmen think a sleep system is a Holiday Inn Express,” “all Army National Guard Soldiers enjoy sleeping under Humvees,” or “all Military Department civilians are State employees.” The problem with casting all members of a group as the same is that it immediately suppresses the diversity of approach that the individual group member may bring to solving a problem. Stereotypical thinking serves as a barrier to diversity and diminishes the value of individual strengths in creating solutions for the organization. Imagine being in a meeting with the leader offering solutions and the rest of the attendees all nodding



their heads in agreement. Maybe you don't need to imagine this meeting; maybe you were just in that meeting. Simply agreeing with the leader, or one another, is a form of stereotypical thinking that hinders the success of the organization.

Seeking out diversity of thought is a way to minimize or eliminate

the barrier of stereotypical thinking. Seeking out those whose background or training may be different than ours can provide additional ways of solving problems, planning events or simply meeting the everyday demands of life. Seeking out diversity of ideas means having a willingness to set aside our own preconceived notions of the best approach to an issue. It also means learning to listen quietly so that a new approach can be heard, and it means saying, “I don't understand your approach” versus “that won't work because it's different.”

A very good friend of mine recently passed away. Jim was a retired college professor who used silence as a way of allowing others time to express their ideas. It was sometimes misinterpreted as being absent-minded, but it really was an opportunity for Jim to learn and consider alternative approaches to issues. We all could learn from Jim. Learn to be quiet long enough to listen for diversity in how to approach an issue. When we hear it, we should embrace it. In embracing it, we seek diversity. And that's no accident. 



Photo by: Kaitlyn Burke, University of Nebraska-Lincoln

"I've been in the Special Olympics for over 30 years" my brother told the Omaha World Herald. My brother, Christian Beard, has been swimming since he was a young boy. He is now 36 years old and has been participating in the Special Olympics for over 20 years.

The interviewer from the Omaha World Herald asked to take pictures of Christian; he obliged by putting on his nicest collared Special Olympics shirt, every Olympic Medal he's won in his life, and he posed for the camera by staring into the sky. The picture made the sports page in the Herald titled *A Chance for National Glory*.

Last year the University of Nebraska asked my brother to compete in the National Games-Aquatics Division. My brother practiced for over a year. He conditioned on and off between the University of Nebraska and Nebraska

By SSgt Winston Sanniola

# 2010 SPECIAL OLYMPICS



Mom and Chris

Wesleyan University pools. Not only did he become a competitor, UNL also asked him to become an ambassador for the Special Olympics, by spreading the word and promoting the "R" word for Respect and not "R" for retarded.

My brother has mild down syndrome and he loves to cook, bake, swim, lift weights, and do just about anything or interact with anyone. During training, he made good friends with one of my mother's customers who is a professional bodybuilder and personal trainer. My mother would hammer on my brother almost everyday, saying he's the special version of Michael Phelps. It was almost to the point where he would cut her off in mid-speech, and finish her sentence.

He would drink protein shakes, eat brown rice and vegetables, and bake healthy oatmeal cookies for his church. Even before conditioning, my brother was always a health nut, but my mother and I are as well. So we all get along.

I believe this really helped my brother get motivated to go for the win and train his hardest. He really does the best he can in everything he puts his mind to. He's an active member of his church, attending two days a week, he volunteers for Kiwanis Club meetings and at Bryan / LGH he hands out

magazines and newspapers to patients. But most of all he is dedicated to the sport of swimming.

During the week long Special Olympics national games in Lincoln, he competed in two heats before the finals. Christian's three competitions were made up of athletes of mixed ages and consisted of free style, breast stroke and back stroke. My brother didn't do so well in the first two, as he was getting the feel of real competition. The other competitors from other states were abnormally tall, literally bred to swim. My mother and I were scared of the nature of these tall, athletic stature swimmers since my brother is maybe 5 foot 4, give or take an inch. He promised my girlfriend, my mother and I that he would get gold.

In the finals, Chris was determined to place in the top three. His first competition was the 100 yard freestyle. His frantic speed shot him down the lane landing him

***People who haven't experienced Special Olympics before don't know what kids who are disabled can do. They just get out there and they have such a great time. It's so great to see the smiles on their faces. Being out there makes them feel so free. ~ Carolyn Sczepanski***

Continued on Page 7

# VETERANS DAY

By Kari Foote

It is only fitting in this issue of *Bridging the Gap* that we take a moment to explore the origins of one of the most honorable national holidays that we observe in our nation: Veterans Day.

Veterans Day is always observed on November 11, which commemorates the voluntary suspension of hostilities started at the eleventh hour of the eleventh day of the eleventh month in 1918 which was seventh months prior to the official end of the "Great War" upon the signing of the Treaty of Versailles on June 28, 1919. November 11 was first commemorated as Armistice Day on November 11, 1919. President Woodrow Wilson proclaimed the first Armistice Day by saying: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

On June 4, 1926, Congress passed a resolution that the recurring

anniversary of November 11 "should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations" and suggested the President issue an annual proclamation to recognize the date. In 1938, the U.S. Congress acted to proclaim that every November 11 be

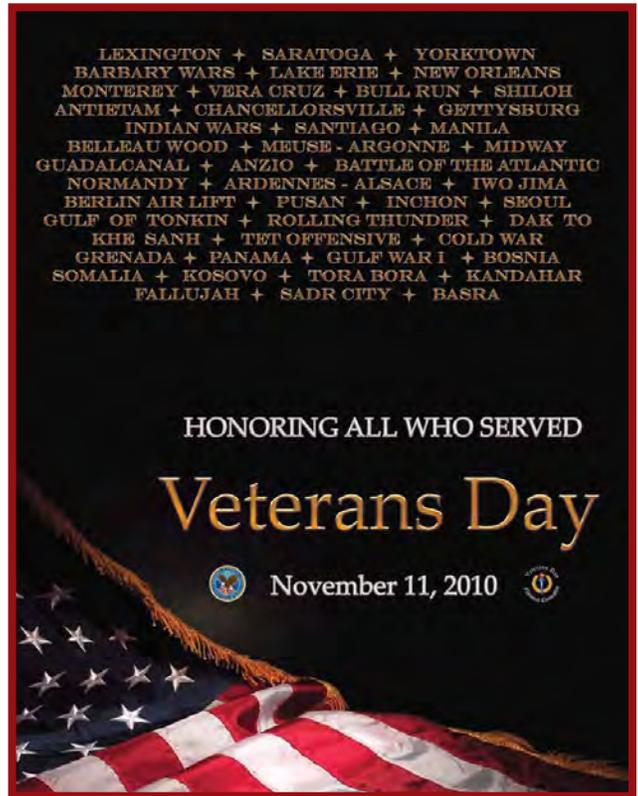
a legal holiday, "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day.'"

Around the world, Armistice Day, also known as Remembrance Day, is often recognized by observing a moment of silence for two minutes to honor the 20 million people who died in WWI. In the U.S., a campaign was started in 1953 to change the name of Armistice Day to Veterans Day to honor the veterans of all U.S. conflicts, rather than only WWI. In 1954, President Dwight D. Eisenhower signed a bill that designated November 11 as Veterans Day.



*President Eisenhower signing HR7786, changing Armistice Day to Veterans Day. From left: Alvin J. King, Wayne Richards, Arthur J. Connell, John T. Nation, Edward Rees, Richard L. Trombla, Howard W. Watts*

has since become known as the Tomb of the Unknown Soldier, and holds the remains of unidentifiable service members from World War I, World War II and the Korean War. In 1971, the Uniform Holiday Law was passed to identify four holidays, Washington's Birthday, Memorial Day, Columbus Day, and Veterans Day, as national holidays



and permanently observe them in conjunction with a weekend to encourage travel and leisure activities. It became quite clear that many citizens felt that the patriotic importance of November 11 far outweighed any other factors, and President Gerald Ford signed legislation on September 20, 1975 returning Veterans Day observance to November 11, beginning in 1978.

Veterans Day honors the 24.9 million military veterans in the U.S., and is often celebrated with parades and local ceremonies to honor men and women, both living and dead, from all branches of service who have served honorably in times of peace or conflict. This November 11, please pause and reflect on the sacrifices our men and women in uniform continue to make in defense of our Nation's integrity, honor and tranquility.

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# AN ADOPTION STORY

By Pam Makovicka

National Adoption Day is celebrated on November 20, 2010 and is a nationwide day of celebration for adoptive families and an opportunity for courts to open their doors and finalize the adoptions of children from foster care. November is also National Adoption Month, while National Adoption Day is just one day, in a year-round effort to raise awareness of children in foster care and encourage people to get involved. Since 2000, more than 30,000 children have had their adoptions finalized on National Adoption Day.

The dictionary meaning of adoption is “a process whereby a person assumes the parenting for another who is not kin and, in so doing, permanently transfers all rights and responsibilities from the original parent or parents.” Unlike guardianship or other systems designed for the care of the young, adoption is intended to effect a permanent change in status, and as such, requires societal recognition through legal sanctions. Adoption is a lifelong, life-changing journey for members of the adoption triad: birth parents, adopted people and adoptive parent. The hope is that adoption will provide children with love, nurturance and stability, promoting their well-being and their opportunity to become healthy and productive adults.

With this in mind, I decided to interview Kim Moore, who recently adopted her son Max Moore, through foster care. Kim had two nephews who lived in Lincoln and she was very active in their lives. Her brother’s family had to relocate to Sioux Falls, South Dakota, leaving Kim with a huge void in her life. She decided to submit an application for a foster child. Kim started as a foster parent to Max, when he was three years old, in April of 2006. At that time he only spoke ten words and had lived in a car, strapped to a car seat, the majority of his life. When

the foster care system called Kim about a boy in need of care, she met him at the emergency foster care unit. She then took him to dinner and three days later she picked him up from school at which time her home became his home.

I asked Kim what obstacles she faced as a foster parent: “There were so many obstacles, I felt like I was on the show ‘Wipe Out.’ First of all, I had my nephews for short periods of time and they went home. Now it was 24/7 and I was working full time, working on my Master’s Degree and attending training to be a certified Motorcycle Safety Instructor. Max was feral when I got him so that was another special kind of craziness. I found myself doing a lot of soul searching about if I could handle it, and asking for help. Somehow it all came together. I also have a wonderful circle of friends who have the biggest hearts. I am very blessed to have them, and actually with Max in my life the circle has gotten larger and larger.”

I’ve watched Kim interact with Max and have witnessed the love between the two grow. She was constantly looking for ways to improve his mental and physical health. When she decided that adoption was the answer for both of them, she fought for this also. I accompanied Kim to court dates, where the judge would be told about the improvements Max was making under Kim’s care. Getting the parents to relinquish parental rights was a very long and trying process.

I asked Kim about the foster care



assistance in the adoption process: “Initially the Foster Care’s mission is reunification with the parents and they were kind of doing that. Due to some abuse issues though, the reunification with his parents made Max crazy so he would stabilize and then spend a couple of hours with his parents and regress. It was a horrible cycle and he was suffering for it. Finally his father quit wanting to see him and Max’s attorney limited the visitation with Mom so he was able to stabilize. The Foster Care system did help when I was being stalked by his father and he tried to break into my home. They put in a home security system and paid for it until the adoption was final. I went through three case workers before I found one that would return my calls and actually performed. I am sure they were doing their best with the case load.

“The majority of my assistance came from the Foster Care Review Board. If you ever want to volunteer to serve on a committee, consider this organization. They review each foster care case in the state and make recommendations in the best interests of the child. Max’s guardian ad litem, his attorney, saved his life. I have known of several foster kids who do not have a proactive attorney and the kid suffers. Max’s attorney attended each team meeting or had a representative there. He actually flew to North Carolina to facilitate the relinquishment

*Continued on Page 7*

*Adoption Continued from Page 6*

***It has been said that adoption is more like a marriage than a birth: two (or more) individuals, each with their own unique mix of needs, patterns, and genetic history, coming together with love, hope, and commitment for a joint future. You become a family not because you share the same genes, but because you share love for each other.***

***-Joan McNamara- Adoptive parent***

paperwork signed by one of the parents.

“Another great unknown resource in Lincoln is the Barkley Center at UNL. Max’s speech was severely limited and the staff there has him chattering like crazy. He still is in speech therapy, but his vocabulary and his pronunciation has improved drastically. They are also good at behavioral change and were helpful in developing parenting strategies”

I asked Kim what were the difficulties of adoption: “Not knowing if the adoption was going to happen was tough. If reunification would have been in his best interest, I would have supported it, but it would have been hard. I didn’t like it when his father was stalking. That was very scary.”

I then asked Kim about the rewards of adoption. “Max. He was so damaged. I learned the meaning of resilience and there is always hope. He is a great kid. He is kind, loving, smart, and inquisitive and has many other great qualities. He is a runner, so we run together. He loves adventure and so do I. We really have a great relationship and fun together. People tend to like him and it is fun when people enjoy spending time with your son. There is this thing, too. I can’t tell you what it is, but it is the strangest feeling to have a child. I find myself watching him sleep, crying every single

first day of school, kissing the top of his head for no reason, and just laughing with him over the littlest things.”

When Kim deployed to Afghanistan for six months, she was extremely concerned about Max’s welfare. Max was unaware of how much time six months would be. He was a real trouper during her absence but when she returned he was the happiest little boy I have ever seen. When she walked through the door he jumped into her arms and hugged her, telling her he loved her and that she must never leave him again. You knew then that they were already Mother and Son and adoption must soon follow.

When Kim adopted Max, we celebrated the occasion of legally adding a wonderful boy to our lives. The changes in his mannerisms and speech are amazing. While we were talking he asked me to put a few things in the article. “My mom is great, she loves me and I love her. She is special and she is in the Army.” He also wanted you to know that “I am smart, and good, my speech is good, I like to do things with Mom like running and riding motorcycles with her.” The changes in both Max and Kim are so rewarding for family and friends to see. Kim is a very strong and loving mother with a boy who adores her. Thank you, Kim for sharing your adoption story with us, and making a difference in Max’s life. 

*Special Olympics Continued from Page 4*

his first silver. His second final was a 100 yard freestyle medley with three other swimmers, and he was the last to swim. The second to last person left almost a full length gap. My brother closed the gap with two seconds difference between them and the gold medalist and attained second place for the silver.

On the last day, his final competition was the 50 yard backstroke, his forte. No matter how much my brother practiced swimming, he was always frantic, but still fast; never smooth because he wanted to go faster and faster, and he cannot control his arms when he swims and goes so fast, no matter how much you remind him. As for the backstroke, he utilized his frantic, splashing speed. He would cut through the water like a swan with his backstroke, not making a splash, and would sail up and down the lanes like it was nobody’s business.

During this final swim, he decimated the competition placing a seven second gap between him and the other swimmers, and placed Gold for the victory.

This was my brother’s first National Games experience. He has participated in state games through the Special Olympics and has won many medals in the events of swimming and bowling. His expertise is in swimming and he has proven it with all the medals he has received.

My entire family is very proud of my brother and all his accomplishments. My mother and I are gifted to have him in our lives. I once ran into one of the Kiwanis Club members while shopping with my brother. He said to me “Christian keeps us on our toes, and keeps us old men honest.”

Because of the down syndrome, my brother has special and certain needs. For those of us who know him, family and friends alike, he holds a special place in our lives and fills our special needs. Congratulations Christian, we are all so proud of you.

For more views of the 2010 games, go to: <http://cojmc.unl.edu/specialolympics/> 

# TAG DER DEUTSCHEN EINHEIT

# DAY OF GERMAN UNITY

## OCTOBER 3, 1990

By *BG Roma Amundson*



Twenty-three years ago on June 12, 1987, President Ronald Reagan spoke four words that resounded throughout the Soviet nation. Those four words were “Tear down this wall.” At that moment in time, the Soviet news agency said the words were “provocative and war-mongering.” However, three years later in October 1990, East and West Germany were reunified, ending over forty years of separation dating from the end of WWII. The storming of the Berlin Wall by East Germans seeking entry into West Berlin in November 1989 symbolized the destruction of ideological demarcation between the two Germanys and its steps to reunification on October 3, 1990, the Day of German Unity.

At the end of WWII, Germany had been occupied by France, Great Britain, the USSR and the United States. Similarly, Berlin, the capital city of Germany, located in the Soviet sector, was divided. The areas occupied by France, Great Britain and the United States joined together to form the Federal German Republic (FGR) or West Germany, while the area occupied by the USSR became known as the German Democratic Republic or East Germany.

West Germany benefited enormously by the Marshall Plan which supported the development of the country’s economy following WWII. East Germany could not compete, and eventually millions of people

living there fled to West Germany, resulting in the building of a border system covering 858 miles of the East German/West German border. The most visible and emotional symbol of that division, referred to as the Iron Curtain, was the Berlin Wall which surrounded the western half of Berlin.

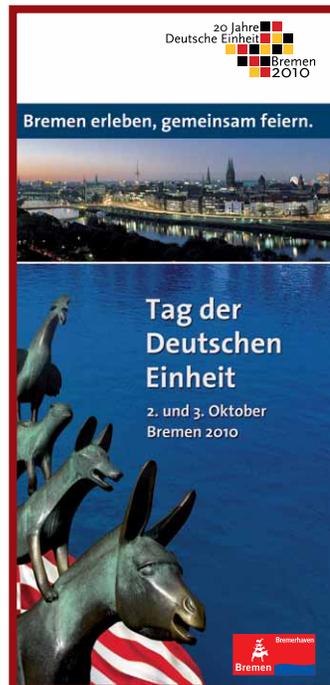
Construction began on the Berlin Wall on August 13, 1961, and between 1961 and 1989, about 5,000 people attempted to climb over the wall. Estimates of deaths range between 100 and 200. The Checkpoint Charlie museum in Berlin, displays pictures of people risking their lives to cross that Berlin Wall.

When President Reagan said to USSR leader Mikhail Gorbachev, “Tear down this wall,” he challenged the Soviet leader – or maybe

invited him – to tear down the barriers between the philosophical differences of Soviet authoritarianism and free market economy.

In 1989, a political process begun by President Gorbachev in the USSR eventually led to the physical storming of the Berlin Wall in November 1989 and its subsequent dismantling. This resulted from President Gorbachev’s reversal of Soviet policy of intervention in Warsaw Pact countries. Warsaw Pact countries such as Poland and Hungary opened their borders to Austria, allowing Germans to immigrate into the FGR through the Poland/Hungary/Austria borders.

Seeing the handwriting on the wall, the Communist party leaders, including Günter Schabowski, decided to allow the East Germans to apply for visas to enter West Germany. A press conference was held, and the new policy was reported by a West German television station. The announcement made by the television station was incomplete, however and stated: “This ninth of November is an historic day. East Germany has announced that, starting immediately, its borders are open to everyone.” Because of



**TRIVIA: ITALY**

1. Italy is comprised of how many regions?
  - a. 21
  - b. 20
  - c. 19
  - d. 10
2. What is the nickname of Rome, Italy's capital city?
  - a. The Eternal City
  - b. The Holy See
  - c. The Renaissance City
  - d. The Bridge of the Sea
3. Which Saint would you pray to in hopes of finding lost articles?
  - a. St. Francis
  - b. St. Joseph
  - c. St. Anthony
  - d. St. Benedict
4. What do the colors of the Italian flag represent?
  - a. Prosperity (green), faith (white), strength (red)
  - b. Land (green), purity (white), strength (red)
  - c. Hope (green), faith (white), charity (red)
  - d. Prosperity (green), neutrality (white), love (red)
5. This famous Italian opera singer was one-third of the famous Three Tenors and the first opera singer to appear on Saturday Night Live.
  - a. Andrea Bocelli
  - b. Luciano Pavarotti
  - c. Placido Domingo
  - d. Enrico Caruso
6. What Italian festival is held every February in the town of Ivrea, Piedmont, Italy?
  - a. The Battle of the Oranges
  - b. The Running of the Bulls
  - c. The AppleJack Festival
  - d. The Battle of the Tomatoes
7. Biscotti is the Italian equivalent of cookies. What does the word biscotti mean in Italian?
  - a. Baked slowly
  - b. Diagonally sliced
  - c. Twice-cooked/twice-baked
  - d. Toasted
8. Which of the following types of pasta translates to "little tongues?"
  - a. Spaghetti
  - b. Campanelle
  - c. Linguine
  - d. Farfalle
9. This city became the main center of the Italian Renaissance.
  - a. Pisa
  - b. Venice
  - c. Rome
  - d. Florence
10. Which large mountain range is located entirely within the territory of Italy?
  - a. Apennines
  - b. Alps
  - c. Andes
  - d. Carpathians
11. In Roman mythology this is the god of gates and doors (beginnings and endings).
  - a. Saturn
  - b. Janus
  - c. Vulcan
  - d. Pluto
12. What tasty Italian dessert is said to have originated from Sicily?
  - a. Pizzelle
  - b. Tortoni
  - c. Cannoli
  - d. Struffoli

*Trivia Answers on Page 24*

*Tag der Deutschen Einheit Continued from Page 8*

this announcement, thousands swarmed the Berlin Wall, and the border officials let them through, powerless to stop the crowds and reluctant to use lethal force to do so.

East Germans continued to flow into West Germany, and on March 18, 1990, elections were held to form the GDR's first democratic parliament. The new parliament voted on August 23, 1990 to approve accession with West Germany, and on October 3, 1990, the two countries became the unified Federal

Republic of Germany. On October 3, 1990, the Unity Flag was raised over the Platz der Republic in front of the Reichstag building in Berlin, and there it has flown day and night since that time, celebrating and symbolizing the strength of a united Germany.

The national celebration of the Day of German Unity occurs each year in a different city, representing the idea that unity is nationwide. The 2010 celebration will occur in Bremen and in 2011 in Bonn. The vast preparations for the National Day of Unity are similar to

those the U.S. puts on for the Fourth of July celebrations in Washington, D.C. and other major U.S. cities.

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[www.youtube.com/watch?v=r18TTG6kgxA](http://www.youtube.com/watch?v=r18TTG6kgxA)  
[www.20jahre-grenzenlos.de/inhalt/virtuelles-projekt](http://www.20jahre-grenzenlos.de/inhalt/virtuelles-projekt)  
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# RESTAURANT REVIEW:

Review By Mary Schmidt-Rodriguez

# CALIFORNIA TACOS & MORE

3235 California Street (corner of 33rd and California), Omaha, Nebraska

11:00 am – 9:00 pm (Monday through Saturday – closed on Sunday)

402-342-0212; [www.californiatacosandmore.com](http://www.californiatacosandmore.com)



the east coast than this one. Give it a try.” And I’m so glad I did! It’s quite a diamond in the rough. The neighborhood really isn’t bad, just older and with a lot of personality.

One of the first things I noticed was a television running episodes of Triple D. Later I realized it was the same episode over and over, where Guy featured CTaM. They have music playing in the restaurant, so I wasn’t able to hear the television, but it was fun to watch.

Okay, yes, I have to admit, I LOVE watching Guy Fieri on *Diners, Drive-Ins, & Dives* (*Triple D*). But I always seem to miss the episodes where they feature Omaha restaurants. So, when I was at Creighton University in Omaha a few months ago and needed a place to eat while I waited for my sister to finish her job interview, I checked the GPS for restaurants near the area. I wasn’t in the mood for a fast food chain, so when I saw the name California Tacos and More (CTaM) and realized it was so close to where I was, I decided to drive over and check it out. I had no clue that it had been featured on *Triple D*.

It’s in an older neighborhood and the area is a little run down, so I wasn’t too sure about stopping. Parking is on the side street and I had to walk a little to get there. Then I thought, “Why not, I’ve been in older and more lived-in areas on

The restaurant isn’t fancy, but it has plenty of character. The décor has a bit of a Mexican theme along with a 50’s diner look (mainly the tables) - a comfortable atmosphere. On my first visit, during the week, most of the clientele were students and people who work in the area. My second visit was on a Saturday, which brings in families with kids and students who live in the area. It can get loud on a Saturday, which also makes it fun. On my first visit, it was between lunch and dinner, so it was fairly quiet.

A little history of the building from *More Diners, Drive-Ins, & Dives*...

“This one’s a great family story. In 1914 a Belgian immigrant built this building and opened up a pharmacy. He later passed



it on to his son. Decades later the son retires, and it looks like the Bogart family legacy is going to end on this corner. That is, until the grandson steps up and says he’ll take a shot, moves back from Miami, and reopens the place his way, as a taqueria.”

Tables fill the area between the door and the place where you order and pay. This is good, because the line to order can get fairly long during peak times. The ordering, however, goes quickly if people know what they want! It is hard to

*Continued on Page 11*

*Restaurant Review Continued from Page 10*

choose from the menu because everything sounds so good. The only menu they have is on the wall. Ordering might go faster if they have one printed for people to look through as they stand in line.

You get a number when you order, and the food is quickly delivered by one of the friendly staff.

The kitchen area is unique, as it is in plain sight of the patrons. You can watch the food being prepared. It's kind of a controlled chaos with all of the meals they prepare in a short period of time.

The menu includes California tacos, chimichangas, taco salads, enchiladas, burritos, hard shell tacos, tostadas, nachos and much more. Appetizers include mexi taters (spiced tater tots – just enough for a good flavor but not enough to burn your mouth), jalapeño poppers, fried mushrooms, taquitos and more. Traditional sides are refried pinto beans and Spanish rice. Two nice additions to the menu are vegetarian selections and items for that one person in your party who just doesn't like traditional (or non-traditional) Mexican food.

When you go to CTaM, don't go expecting traditional authentic Mexican food. CTaM is Mexican food with a Brad Bogart twist, and, as a result, it's unique.

My recommendation for your first visit would be to try the house specialty, the California taco. It is delicious! The shell has been described as a puffy pastry or something very close to fry bread. The dough is made from scratch and rolled out by hand. Personally, the shell is so flavorful, I could eat it by itself. The filler choices include bean, beef (my personal favorite), chicken (a tie for my personal favorite), steak and fish. The spices on the meat are enough to make it extremely flavorful (not a hot spice), but not so much that it overwhelms the flavor of the meat.

The enchilada (the recipe featured in *More Diners, Drive-Ins and Dives*) is also very good. Instead of the sauce being dumped on top of the finished enchilada, the sauce is simmered separately, then

## Announcing Scholarships Offered by Nebraska Federal Women's Council & Heartland FEW Chapter

Information will remain confidential.

### CRITERIA:

The scholarship(s) will be awarded to a woman (women) currently employed by the U.S. Government in the State of Nebraska, in a permanent position, who:

1. Is attending an accredited college or university;
2. Is enrolled in a course/courses directly related to current job, career advancement, or is seeking a degree.
3. Has a grade point average of 3.0 or above in course work.

### INFORMATION:

1. Amount: May vary up to \$500 (Minimum - \$150.00)
2. Purpose: To assist one or more female Federal employees who are presently pursuing an education and needs financial assistance.
3. Opening Date: September 1, 2010
4. Closing Date: October 30, 2010
5. Application Form: Available from your agency's Federal Woman's Program Manager (see number 6).
6. Mailing Address:  
Pam Makovicka (402-309-7511)  
Chair, Scholarship Committee  
Nebraska Military Department  
1234 Military Road  
Lincoln, NE 68508
7. Notification Date: November 15, 2010.

the tortilla is dipped into the sauce then placed in hot oil for 15-20 seconds total, which seals the sauce into the tortilla. This gives it an added dimension of flavor.

A must try is the chips and salsa or chips and guacamole. If nothing else, try the chips if you don't like to dip. Everyone at our table likes to dip, so we tried both the salsa and the guacamole. You can order either corn or flour chips or a combination of the two. I LOVE the flour chips. The salsa is very flavorful. Now for the guacamole: personally, I have never been a fan, but my sister and brother-in-law love it, so they ordered it. After listening to them rave about the flavor, I braved it and took a bite. It has just enough kick but it isn't overwhelming, and I couldn't stop eating it.

The refried beans have a good bean flavor

with an additional seasoning of bacon or other pork.

On my first visit I had a good talk with the manager of CTaM. Mariko is outgoing and friendly and adds to the charm of the restaurant. Since the owner (Brad Bogart) is away much of the time now working on other business ventures, Mariko expertly takes care of the restaurant for him. During my Saturday visit, Mariko had the day off, and it felt like something was missing without her friendly smile and conversation. Be sure to tell her hi when you visit and that you heard about her in *Bridging the Gap*!

After writing this review, I can hardly wait until I have a chance to visit CTaM again and try other items on their menu. More than likely, though, I will continue to order the California taco with the puff pastry shell, since once you have one, you want to keep going back for more. 

# VINTAGE AERO FLYING MUSEUM

By BG Roma Amundson

7125 Parks Lane, Fort Lupton, Colorado 80621  
303-502-5347; <http://www.vafm.org/default.html>



*Replica of the Fokker DR1 Triplane flown by Baron Manfred von Richthofen, known as the Red Baron who is credited with 80 air combat victories, more than any other pilot.*

Have you seen the movie *Flyboys*\*? It's a nail-biting depiction of American pilots who joined the French Air Service during WWI and fought against the Central Powers before the Americans actually entered the war. The aerial shots of pilots in the biplanes spiraling, diving and dodging in dogfights make it an edge-of-your-seat experience, especially as it tells a true story of American valor in combat.

In 1915, the American government allowed volunteers from our country to serve with the Allied nations against the Central Powers. Many served in the emergency medical service, transportation and some wanted to serve in the French Air Service. Eventually, in April 1916, the Escadrille Americaine – the American Squadron of Fighter Pilots – was formed.

By 1918, the Escadrille Americaine received recognition due to its amazing aerial success in fighting the Central Powers. It had achieved 57 kills by that time, and many more Americans were seeking to enter the squadron, longing for the excitement of fighting in the skies. By the end of the war, more than 200 Americans received their flight training

through the French Air Service. For an evening of entertainment, I would recommend popping some popcorn and watching the movie *Flyboys* - you'll get an excellent introduction to the Escadrille Americaine and its contributions to the Allied victory in WWI.

To really experience the historical significance of the Escadrille Americaine and the Americans who fought in it, plan a weekend jaunt to the Vintage Aero Flying Museum at Platte Valley Airpark. It is four miles northwest of Hudson, Colorado or forty miles northeast of Denver, Colorado. What you'll find there is an extensive and most engaging collection of WWI aircraft, original uniforms of pilots, memorabilia and an airfield set in a rural area to replicate the airfields of WWI France. Everything in and about the museum is directed to the preservation of the legacy and history of the Lafayette Escadrille

*The Vintage Aero Flying Museum houses one of the most historically significant and internationally recognized collections of World War I memorabilia in the world. They also have a significant collection of Golden Age of Aviation (1918 - 1939) and World War II aviation memorabilia and aircraft. This material includes memorabilia from Japan, Germany and other axis countries.*

pilots during WWI.

The aircraft are reproductions, of course, but they are based on the actual blueprints of the original planes. They are crafted to fly, and in fact, the museum flew three WWI replica aircraft on a 1,000 mile journey from Colorado to the U.S. Air Force Museum in Dayton, Ohio. The replica aircraft did a fly-in at a four-day air show in Iowa, during Labor Day

*Continued on Page 13*



*Fokker D-VIII. The markings on this distinctive aircraft are of German Ace Oberleutenant Gutthard Sachsenberg, who had 31 victories. Oberleutenant Sachsenberg desired to be recognized by his flamboyant yellow and black harlequin pattern as seen on the fuselage and by his bright green wing.*

# WEBSITE REVIEW: WILDERDOM.COM

[http://wilderdom.com/games/  
MulticulturalExperientialActivities.html](http://wilderdom.com/games/MulticulturalExperientialActivities.html)

*Review By Denise Anderson*

My daughters attended summer care in Lincoln from the time school got out in June until it started up again in August. Every couple of days, they came home with a new jump rope game or song that I had never heard of, even when I was a child. The songs usually rhyme and create a cute little picture in your head of children playing together and having a good time.

In keeping with this theme of new and different games, I came across this great website which details children's games from different countries

What's the Time Mr. Wolf  
A.K.A. LUPO DELLA ORE (in Italy)

One player is the wolf and he/she will stand with his/her back turned to the others, about five meters from the others. The others call out, "What's the time Mr. Wolf" and the wolf turns to face the others and shouts out a time, such as 10:00. The others would then take ten steps toward the wolf. The group will take the same amount of steps toward the wolf as the amount of hours in the wolf's time; for example 2:00 = 2 steps, 6:00 = 6 steps, etc. The wolf will then turn his back to the group again for them to yell "what's the time...." (He looks at the group only when he shouts the time at the group.) When the group gets close to the wolf the next time, the group yells "What's the time Mr. Wolf" the wolf will say "DINNER TIME" and run after the group who are running back to the start line, attempting to catch one of the group who will then be the wolf.

games, Multicultural, Cross-cultural & Intercultural and the Indigenous Games & Activities areas.

that are both enjoyable to read and something you can try at home. Some of the activities are similar no matter what the culture or country (e.g., Duck Duck Goose or Pesek in Bulgaria).

The website has more than just games. The home page is a bit confusing to read through initially, but the link to the activities and games pages are at the top left of the page, which is the focus of this review. Following a diversity theme, I will focus on two areas of

There are games for both children and adults. The kids' games focus primarily on having fun while you are learning with different games depending on the ages of the children. The adult games/activities focus mainly on learning more about diversity, acceptance and self-discovery. There are so many games that you will find hours of enjoyment trying them and incorporating them into repeated play sessions with your kids. The adult-oriented games can be used in business or other settings to help you understand other cultures, prejudice and learning acceptance.

The indigenous area focuses on Native American Indian games for children which can be played indoors or outdoors. This area also has activities for both adults (i.e., drum circles for team building) and children (i.e., string games of the Navajo and traditional Hopi tribes).

You are sure to find many fun activities and games that will help you, your co-workers and your children learn about other cultures. Enjoy! 

*Vintage Aero Museum Continued from Page 12*  
weekend 2010.

One of the most interesting airplanes is a replica triplane made according to the blueprints of the famous Red Baron of Germany. Baron Manfred von Richthofen was the flying ace of the German Air Corps and was credited with 80 kills. His plane was red because he wanted enemy pilots to know that they were fighting against the Baron himself.

Eddie Rickenbacker, the American fighter ace with 26 kills, received special recognition in the museum as does The Lost Battalion, the group that battled through the German lines at the Argonne Forest and were eventually isolated by

them. A battalion of 554 men were reduced to 194, who were eventually rescued; 197 were KIA, and 150 were MIA or POW. For a story of this battle, watch the movie *The Lost Battalion*.\*\*

Although most of the museum is dedicated to WWI fighter pilots from both the Allied and the Central Powers, you'll also find WWI tanks and stories of WWII fighter pilots. Special emphasis is given to the WASPS – Women Airforce Service Pilots - the women who flew the transport and combat service planes in order "to free a man" to fly combat missions.

The museum is close to the interstate and not far from Denver. I recommend

going to this museum and spending an afternoon, soaking up the memorabilia and history. The museum's owner, Andy Parks, might be there and is a walking encyclopedia of WWI information. In fact, he was a consultant for the movie *Flyboys*, and some of the replica planes he owns were used in the movie.

\*<http://www.imdb.com/title/tt0454824/>  
\*<http://www.acepilots.com/wwi/lafayette.html>  
\*\*<http://www.imdb.com/title/tt0287535/>  
\*\*[http://www.homeofheroes.com/wings/part1/3\\_lostbattalion.html](http://www.homeofheroes.com/wings/part1/3_lostbattalion.html)

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[www.lafayettefoundation.org](http://www.lafayettefoundation.org)  
<http://www.vafm.org/default.html>



# 2010 HISPANIC AMERICAN HERITAGE FIESTA LUNCHEON

By CPT Juan Vidal

Once again, the Nebraska Military Department celebrated Hispanic American Heritage Month with a very exciting and well-attended Fiesta.

Marcos Mora, from Omaha, returned to celebrate the Hispanic American Heritage Month Fiesta at the Air National Guard Base, but this time with a group named *Marcos & Sabor*. The group plays music from Latin America such as salsa, merengue, mambo, cumbia, etc. Most of the performers of this particular band grew up in different countries of Latin America, and brought to the States the rhythm and "sabor" which flows through their blood and gives a special touch to the Latin music.

For a few of the attendees this was their first exposure to this type of music, which had them wondering what was going to take place or what were they doing at the ANG dining hall. Others excitedly waited for the moment when they could enjoy the music and have a good time. As soon as the band started playing a couple of well-known songs from the past (as everyone was picking up their food) it drastically changed the atmosphere of the dining facility and became a real Latino Fiesta.

After a quick dance lesson 101, the audience was able to go on stage and show off their skills. They learned salsa and cumbia songs, and their intuition and ability to feel and recognize the music was rewarded with their performance with the group. Contrary to what some may believe, you do not always have to know the songs to be able to interpret the beats and breaks in the music; just flow with the rhythm and thoroughly express yourself and express what the music is allowing you to feel at that present moment.

Cumbia is one of the most popular dance styles in both South and Central America. It is a fusion of indigenous and African influences, played with flutes and maracas, both of indigenous origin, and drums of African origin, from the descendents of the many African slaves who passed through the coast. Cumbia is very common at parties.

A fun time was had by many as they did their best to successfully go under the microphone stand (used as a makeshift limbo bar) to the Limbo. Some of us struggled with it, which made it look like we need to exercise more often or do more limbo at home to stay in shape.

This fiesta was complemented with the touch of Tex Mex music and the impressive skill of accordionist Joe Gonzalez, who really keeps his fingers in shape. In 2009, we were delighted with the skillful



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**BOOK REVIEW:***Book Review By LaVonne Rosenthal***BLINK: THE POWER OF THINKING***By Malcolm Gladwell**Publication date: January 11, 2005**Publisher: Back Bay Books; Little, Brown***WITHOUT THINKING**

*When making a decision of minor importance, I have always found it advantageous to consider all the pros and cons. In vital matters, however, such as the choice of a mate or a profession, the decision should come from the unconscious, from somewhere within ourselves. In the important decision of personal life, we should be governed, I think, by the deep inner needs of our nature. ~ Freud*

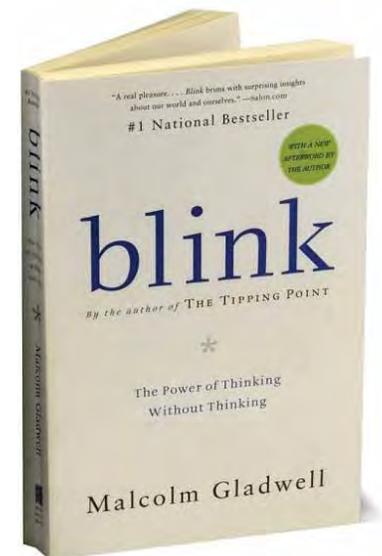
We often say the first impression is a lasting impression. Decisions are made by intuition or by “gut” feel. These commonplace phrases and ideas are called “the adaptive unconscious; mental processes that work rapidly and automatically from relatively little information” and are expanded on in great depth and detail by Malcolm Gladwell in his book, *Blink*. Mr. Gladwell is a writer for *The New Yorker*, as well as author of *The Tipping Point*, *Outliers* and *What the Dog Saw: And Other Adventures*.

The main theme of the book is what Gladwell calls thin-slicing, or how we gauge what is really important from a very narrow period of experience. He refers to researcher John Gottman’s ability to quickly and accurately determine which couples will stay married by listening to them have a normal conversation. Gottman looked closely at indirect measures of how traces of emotion would flit across one person’s face, the hint of stress picked up in the sweat glands of the palm, and how a subtle tone would creep into an exchange of words while discussing any random topic between husband and wife during a brief videotaped session. Through careful examination of interactions lasting one hour, Gottman was able to predict with 95% accuracy whether that couple would

still be married fifteen years later.

Thin-slicing is not an exotic gift. It’s a central part of what it means to be human. According to Gladwell, we thin-slice whenever we meet a new person or have to make sense of something quickly or encounter a novel situation. Different professions call this ability to quickly read deeply into the narrowest slivers of experience by different terms. In basketball, this is called court sense. In the military, brilliant generals are said to possess coup d’oeil – which Gladwell translates from the French to mean power of the glance: the ability to immediately see and make sense of the battlefield.

One of the more interesting stories for me was about the selection process for members of a famous symphony orchestra, whose a-ha moment was when leaders realized all the musicians were male. To eliminate any apparent discriminating factors during auditions, a screen was put up on stage where the musician would stand behind to perform their musical selection. While it hid the individual’s gender, appearance and the way they held the instrument, the person’s walk on the stage could distinguish a woman in high heels or a man in loafers. To eliminate this final discriminating factor, they put down a



carpet for musicians to walk on. They found that this was how they eventually began to choose members (both men and women) into the orchestra – by talent alone.

Although focused on a fascinating subject, I found Gladwell’s book a bit difficult to get through.

Since I took numerous and lengthy breaks from reading the book, when Gladwell referred back to an earlier person or example (as he did frequently), I was lost because I had forgotten what I read a month ago. The lack of comprehension on my part diminished the meaning of

*Continued on Page 17*

# EQUAL EMPLOYMENT OPPORTUNITY COMMISSION (EEOC) EXCEL CONFERENCE

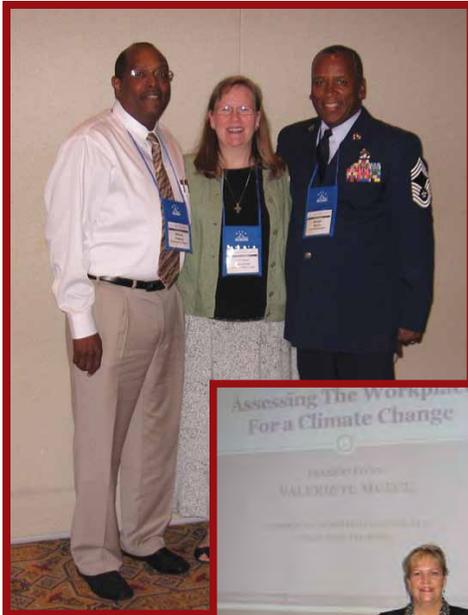
## ANNUAL EDUCATIONAL EXPERIENCE

By *LaVonne Rosenthal*

The 13th Annual EEOC EXCEL Conference titled "Passion for Equality" was held July 12-15, 2010 in Orlando, Florida. EXCEL stands for "Examining Conflicts in Employment Law." This was my first opportunity to attend such a conference, yet many of my peers across the nation have attended them on an

annual basis for many years. This year's attendees were greeted by the area's dignitaries, followed by an informative presentation by newly appointed EEOC Chair Jacqueline A. Berrien. She reminded us to think great thoughts, but read the rules. Ms. Berrien also reiterated that the policy of the government of the United States is to provide employment opportunities free of discrimination based on race, color, religion, age, national origin, disability and gender.

Ms. Christine Griffin from the Office of Personnel Management (OPM) presented the Federal government's diversity initiative plan. Areas of focus include work-life balance and employment of veterans. The group she is a part of is working to make the Federal government a model employer. The group's mission is to recruit, retain and advance in ways that reflect diversity and inclusion. The diversity office at OPM is looking to move the focus of their



monthly programs to examine barriers to advancements.

Other OPM initiatives presented by Ms. Griffin included telework and workplace flexibility while emphasizing "ROWE" – results only work environment.

This relates to employees working wherever and whenever they can to get the work done. Supervisors will need to clearly communicate what results are expected, thus allowing employees to have greater

autonomy. Work is underway to end the stigma of working at home, emphasizing that a presence in the office doesn't guarantee results.

One of the workshops I attended was titled *You Know You're Doing Diversity When*. An approach for managing diversity is to manage representation of all groups, making decisions based on inclusion and not exclusion. Diverse talent is managed through full access and utilization of skills and abilities throughout the organization. It's critical to identify any rules, regulations or behaviors that encourage or discourage people from doing their best. One phrase I thought was insightful was: "Being an adult takes no effort; being a grownup is putting aside our own personal desires."

The difference between the two is evident while dealing with people we don't like when we work with them on a daily basis. Other nuggets of wisdom from this workshop are:

- You know you're managing diversity when someone says "diversity" followed by someone automatically asking "what kind?"
- You know you're managing diversity when respect means that everyone is granted the right to see the world through his/her own unique set of lenses.
- You know you're managing diversity when the mention of the words race or gender does not send people into their respective corners.

*Our Precious Legacy: The Events Leading to the Passage of the Civil Rights Act of 1964* was one of the plenary sessions, with Mr. John Schmelzer as the guest speaker. He began his presentation by listing the top three Acts passed by the government in the 20th Century, which were:

1. Marshall Act
2. Social Security Act
3. Civil Rights Act of 1964

Mr. Schmelzer then continued our history lesson, delineating three of our greatest American presidents: George Washington, Abraham Lincoln and Franklin Delano Roosevelt

Roosevelt's challenges included the Great Depression, the attack on Pearl Harbor, and the eve of World War II. Another influential president was John F. Kennedy, as he asked for civil rights legislation "giving all Americans the right to be served in facilities which are open to

*Continued on Page 17*

*Hispanic Festival Continued from Page 14*

performance of the violinist and at this year's festivity, the accordionist was the center of attention. The accordion gives a unique flavor to the Tex Mex or Tejano Music, which originated between the Hispanic populations of Central and Southern Texas. Although the accordion comes from Europe, it has been incorporated into Latino music.

There was 100% audience participation as no one could resist tapping their toes and clapping their hands to the beat of the Salsa or Cumbia! Some joined the band in playing maracas, a tambourine and even dancing. All too soon the fiesta

sadly came to an end. Sixty minutes went by so quickly.

The overall feedback was positive for the SEP members and Marcos & Sabor, who worked so hard to put the luncheon together. The performers each received a certificate of appreciation, and a Nebraska Military Department statuette was presented to Marcos Mora by BG Roma Amundson. 



*Blink Continued from Page 15*

the paragraph, but I continued to grasp what concepts I could. About halfway through the book I felt there was example after example after example, and began to grow weary of the stories. I personally got the point in the first example. The repetitiveness of the stories caused me to stall halfway through the book and scan the rest of the chapters.

As a student in the Masters in Counseling program at Doane College-Lincoln, many of the psychological terms were somewhat familiar to me (remember – I have a problem with comprehension), but may not be so quickly understood by someone else. This book isn't what I'd call a "summer at the beach" book. Gladwell calls it an intellectual adventure story. For those of us who enjoy learning more

about human behavior, this is a good text to study.

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- [http://en.wikipedia.org/wiki/Blink\\_\(book\)](http://en.wikipedia.org/wiki/Blink_(book))
- <http://www.gladwell.com/blink/index.html>
- [http://www.en.wikipedia.org/wiki/Malcolm\\_Gladwell](http://www.en.wikipedia.org/wiki/Malcolm_Gladwell)



*EXCEL Conference Continued from Page 16*

the public—hotels, restaurants, theaters, retail stores, and similar establishments," as well as "greater protection for the right to vote."

Carl Moore led a workshop on building trust in the workplace that presented the acronym ABLE:

- A** aware of high stakes moments and what's happening biologically and psychologically to the individuals involved.
- B** behavior (my own).
- L** learn a new behavioral reaction to high stakes moments.
- E** explore others' stories.

High stakes moments, as defined by Mr. Moore, are those moments where the issue is extremely important, opinions differ and emotions are strong. Many times those involved in the conflict aren't fully aware of what it is that makes them so upset. Our options to deal with high stakes moments are often

either fight or flight. A method to defer negative responses to these emotional events is to take time to explore the other person's story, the background and feelings surrounding their response. We automatically add meaning, make assumptions, draw conclusions and tap into our personal beliefs when confronted with a stressful event. Responses to high stakes moments happen instantly, often so quickly that we're unaware of what's going on in our minds. It's important in those early moments to identify the historical reference that someone has, as we may see them as overreacting to the situation at hand. Flooding is a term Mr. Moore defined as yelling at each other, and can be stopped through learning new behavioral reactions to high stakes moments. Implementation of active listening skills can assist in breaking negative reaction patterns. He also stated that empathic listening is active listening on steroids.

When we nonchalantly talk about walking a mile in another person's shoes before judging their reaction or situation,

we fail to realize the real distance we're talking about. For many of us, it takes fifteen minutes to walk a mile. If we are to truly walk a mile in another person's shoes (or situation), we need to take more than a moment; we need to spend at least fifteen minutes of time with them to really understand where they are coming from.

There were many other informative and educational workshops provided that I wasn't able to attend, as synchronized schedules were necessary to give us a variety of topics to choose from. Several of my counterparts from other states and territories were there, so we were able to compare notes while we purposely attended different workshops. This is an annual conference, and is open to anyone who wants to learn more about employment laws, human relations topics, and current case law on civil rights issues. I look forward to attending next year's event, as I'm certain there will be more new and interesting topics.



# GET MOTIVATED SEMINAR

By LaVonne Rosenthal



When attending a motivational seminar, the one thing a person needs to take with them going into it is a positive attitude. If you go to a seminar expecting to learn and hear speakers who will help you with self improvement, then you will take home many wonderful tidbits that can help you immediately or even many years from the time you hear it spoken. If you go with low expectations and a negative attitude, you will not gain much, if anything, from your experience.

There are many positive and negative reviews out on the web about the

that there is a higher percentage of negativity associated with it.

Motivational seminars can be good for anyone who attends, no matter your cultural or religious backgrounds. Use the shopping cart method: take from it what is good for you and leave everything else on the shelf and don't dwell on what is left on the shelf. Dwelling on what didn't fit for you just spawns more negativity and that is not what people need in their lives. Take the good (for each individual) and use what you learn and hear to

Get Motivated seminars that tour the country. It seems interesting that when something is very successful (as these seminars seem to be as they tour the country year after year and draw thousands of people to each event), there are many people who have to find something to complain about. Maybe it's because it is so high profile

enhance your life. Dwell on the positive and there will always be good results. One more thing: always take notes. You will never retain even half of what you hear, so write down what appeals to you and read over it later to help stay motivated and positive about your life.

All that said, there were positives and negatives about the Get Motivated seminar held in Omaha, Nebraska on June 21. All of the speakers captivated, motivated, educated and entertained the large crowd. The audience went expecting to be motivated in one way or another. In this, the majority probably weren't disappointed. There were some speakers whose sole motivation for being there was to sell a service or product. Many people took to them and others did not. As stated earlier, the audience was free to use the shopping cart method and buy the services or products or focus only on the speakers whose sole purpose was to motivate those in attendance.

For the purpose of this article, we will focus on the speakers who were there to motivate and point out the highlights of each of their talks. This is intended to benefit those who attended and would like a refresher, and for those who were unable to attend to get a glimpse of what went on during the day.

*Continued on Page 19*

*The man who makes a success of an important venture never wails for the crowd. He strikes out for himself. It takes nerve, it takes a great lot of grit; but the man that succeeds has both. Anyone can fail. The public admires the man who has enough confidence in himself to take a chance. These chances are the main things after all. The man who tries to succeed must expect to be criticized. Nothing important was ever done but the greater number consulted previously doubted the possibility. Success is the accomplishment of that which most people think can't be done.*

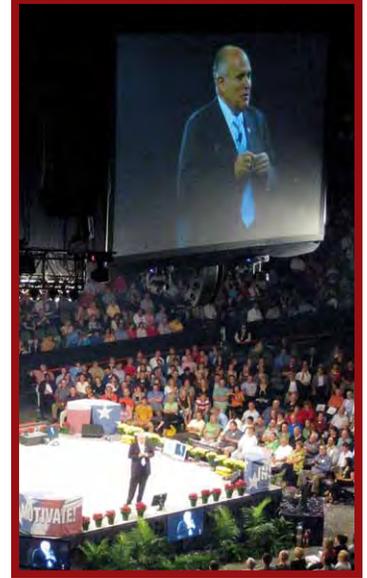
*-C. V. White*

Get Motivated Continued from Page 18

*The Husker crowd was very motivated by the first speaker of the day. All they had to do was introduce Bo Pelini, head coach of the University of Nebraska-Lincoln (UNL) football team, and the crowd went wild. Mr. Pelini focused his talk on the team and his personal philosophy and beliefs in coaching. Following are items he focused on during his speech:*



*Former two-time mayor of New York City (NYC) (the first Republican mayor in NYC in 25 years) and former presidential candidate, Rudy Guiliani was the second speaker of the day. Mr. Guiliani was mayor during the 9/11 terrorist attacks and gained international attention for his leadership during this time. Mr. Guiliani gave a passionate speech focusing on:*



1. Focus on the process.
2. Develop relationships and trust with the players.
3. Know them as people, otherwise your mission will fail. This will benefit them as much as it will you.
4. Create a culture of accountability, discipline and hard work.
5. Make a commitment to something bigger than yourself.
6. The "I" culture doesn't work in a team environment. You need to know what team means. UNL is not only those attending or the staff, it is the entire state and Husker nation.
7. Go after success on a daily basis.
8. No shortcuts.
9. You need to pick the right people to be a part of your team culture.
10. You need integrity and heart.
11. Clearly lay out your expectations for people in the program.
12. Sacrifice; no day off; no excuses.
13. Focus on what you need to do each day to have success – daily goals.
14. Find short-term motivation or goals.
15. You need to have balance in your life. Mr. Pelini's number one purpose is to be a husband and father first.
16. If you aren't doing what you need to be doing off the field, you can't be the best you need to be on the field.
17. Always work on what you need to make yourself better – EVERY DAY!
18. Your potential is unlimited.
19. Be excited every morning.
20. Commit to be the best every day.

1. Leadership can be learned and developed.
2. Leaders need to be able to think for themselves and know how to motivate others.
3. We are living in an information revolution age. We are getting more information in a year than our ancestors received in a lifetime.
4. Embrace information and you will profit by it.
5. You need to understand how to obtain and analyze information.
6. Don't resist learning new technologies.
7. We also are in danger of being overwhelmed by technology; in danger of a collective opinion.
8. America is about individuality, which contributes to our success – individual creation and invention. We need the individual creative thinking to stay in our society.
9. Read, read, read. Read about what you are interested in. Read about what makes you think.
10. Listen to others. When listening you learn.
11. Find successful people and ask them how they did it.
12. Prepare, so when something goes wrong, you are ready.
13. When you talk to people, get their attitudes and opinions on matters.
14. Go to people who look at the world differently than you do. Talk to them. Debate with them – this will make you an individual thinker.
15. When you learn something, write it down. Writing, like reading, gives you a chance to think.
16. If you want to be a leader, you need to care about people.

*A ruler should be slow to punish and swift to reward.*

*~Ovid*

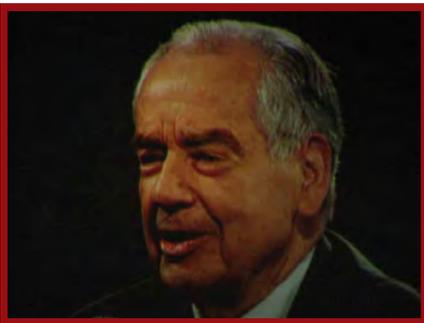
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Get Motivated Continued from Page 19



*A very popular speaker of the day was one many people may have never heard of: Krish Dhanam. The road Mr. Dhanam took to becoming a dynamic speaker in America began in southeast India with the dream of moving to America. He arrived in New York City in 1986 with nine dollars in his pocket and a burning desire to achieve the levels of success he'd seen in the American-made movies he viewed as a child. Mr. Dhanam won a sales contest and a ticket to a seminar conducted by Zig Ziglar. That chance encounter in 1991 led to an association with Zig and his company, Ziglar, Inc., that exists until this day. He rose from working as a telemarketer to Vice President of Training for Ziglar Training Worldwide and Director of International Operations for Ziglar Training Systems. Mr. Dhanam is the author of the book, "The American Dream from an Indian Heart."*

1. If you wake up in this great land, you have already won.
2. We are all searching for Hope in these turbulent times.
3. You must take complete ownership of the moment.
4. We are motivated by our intelligent, emotional and spiritual quotients.
5. Learn to give more than you have.
6. Learn to give and receive praise and admiration.
7. Mediocrity and misery love company.
8. Learn something new and DO something new.
9. Sometimes in the pursuit of fame and the search for significance and the desire for that elusive excellence we all remember the slaps and forget the kisses.
10. If you're happy, tell your face.
11. You are not responsible for your heritage, but you are accountable for your future.
12. The message is clear: plan with attitude, prepare with aptitude, participate with servitude, receive with gratitude,
- and this should be enough to separate you from the multitudes.
13. Success is not who you are in relation to the person sitting next to you. Success is who you are in relation to where you began and what you began with.
14. 97% of the people in this world operate in the comfort zone. 3% of the people in this world operate in the effective zone. The difference between comfort and effectiveness is called growth, and growth is uncomfortable.
15. If you are at point A and want to get to point B, learn what it takes to be at point B while you are at point A.
16. You gotta have goals.
17. Qualify your dreams.
18. Overcome inactivity.
19. Find those who can lift you up.
20. Learn, learn, learn! Never stop learning.
21. Discipline...It only takes a little.



*The tenth of twelve children, Zig Ziglar was born in Coffee County, Alabama. In 1970, Mr. Ziglar went into the business of motivational speaking full-time. He often incorporates his strong Christian values into his enthusiastic speaking. Up until this final career change, he had gone by his given name, Hilary Ziglar. As more associates in the speaking and motivation business called him by the nickname, Zig, he decided to call himself Zig, and it stuck. As of 2010 Mr. Ziglar still travels around taking part in motivational seminars despite a fall down a flight of stairs that diminished his short-term memory.*

1. Encouragement is very important.
2. He has been married for 63 years – only feels like 60!
3. His Mom laid a foundation of integrity. He has a 5th grade education.
4. You need to have a sense of humor.
5. Need friends.
6. Always tell the truth.
7. People need to know your word is good so they can trust you.
8. Worry is a waste of time.
9. You can have everything you want if you help enough people get what they want.
10. Be a constant student.

Continued on Page 21

*Get Motivated Continued from Page 20*

***Tamara Lowe is the author of the book “Get Motivated” (reveals how to decode your Motivational DNA for maximum achievement), an educator and businesswoman. She is the co-founder and Executive Vice President of Get Motivated Seminars, Inc. A former drug addict and dropout, Tamara’s message was dynamic and inspiring.***



1. Everyone is motivated differently.
2. Motivational DNA: The matrix that determines what motivates you and what doesn't.
3. Universal motivators: Drives, Needs and Awards.
4. (Drive) Producers are fast-paced, results oriented, bold, assertive, direct.
  - a. Opportunity to originate.
  - b. Time management.
  - c. De-motivated by co-workers who don't pull their own weight.
  - d. Decision makers.
  - e. The worst listeners.
5. (Drive) Connectors are friendly, relational, people-oriented.
  - a. They enjoy people.
  - b. Solve problems.
  - c. Need clear direction.
  - d. Don't like conflict.
6. (Needs) Stability.
  - a. Constancy, routine, organization, structure.
  - b. Technical and analytical.
  - c. Facts oriented.
  - d. Analytical.
7. (Needs) Variety.
  - a. Likes change.
  - b. Animated.
8. (Awards) Internal.
  - a. Likes to feel appreciated.
  - b. Mission minded people.
  - c. Wants to make a difference.
9. (Awards) External.
  - a. Tangible benefits and material rewards.
  - b. Opportunity to advance.
  - c. Crave public acknowledgement.
10. Get PAST your past.
11. Warriors take action – Losers make excuses.
12. Make yourself into the person you want to be.
13. Don't be average.
14. Ask yourself the question: “What is the problem that I was born to solve?”



***Sarah Louise Palin, born February 11, 1964, is an American politician, author, speaker, and political news commentator who was the youngest person and the first woman elected Governor of Alaska. She served as governor from 2006 until she resigned in 2009. Chosen by Republican Party presidential candidate John McCain in August 2008 to be his running mate in that year's presidential election, she was the first Alaskan on the national ticket of a major party, as well as the first female vice-presidential nominee of the Republican Party.***

1. You need to have an internal compass and keep it pointing in the right direction.
2. Family is the greatest source of support.
3. Have faith. Find your purpose. Be calm and still to hear the truth of your calling.
4. Success requires perseverance and determination.
5. Push yourself – find out what you are made of.
6. Dare greatly.
7. Spend yourself on a worthy cause.
8. Don't retreat – reload.

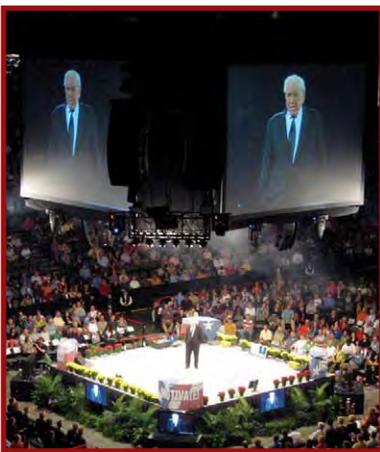
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Get Motivated Continued from Page 21



*Former Secretary of State, General (Retired) Colin Powell was born in Harlem in 1937. His parents were Jamaican immigrants who stressed the importance of education and personal achievement. In 1987, then Lieutenant General Powell, became the Assistant to the President for National Security Affairs. In this capacity, he coordinated technical and policy advisers during President Reagan's summit meetings with Soviet President Gorbachev. He was the first African American to serve in this position, as he has been in every office he has held since. In 2001, newly elected President George W. Bush appointed Colin Powell to be Secretary of State. At the time, it was the highest rank ever held by an African American in the United States government. The crowd gave a very enthusiastic welcome to General Powell as he entered the stage.*

1. We're Americans and we deal with problems.
2. We need to get the country moving again.
3. You always want to go through life looking through the front windshield – not the side mirrors or the back window.
4. Terrorists can't change who we are as an open Democratic nation.
5. There must be a sense of purpose in every organization.
6. Everyone must have an individual purpose in their organization.
7. We must take care of our troops and give them what they need to do their jobs.
8. Recognize good performance. Let people know how valuable they are. Make that human connection.
9. We must also be tough.
10. We need selfless leaders, not selfish leaders.
11. Trust is fundamental in leadership. We must build trust as human beings.
12. America's Promise: The Alliance for Youth
  - a. Community needs to get involved with our children and youth.
  - b. Need to fix our schools.
  - c. The Five Promises are those developmental resources — wrap-around supports — that young people need for success in life: Caring Adults, Safe Places, A Healthy Start, Effective Education, and Opportunities to Help Others.
  - d. <http://www.americaspromise.org/>



*Dr. Robert Schuller, born September 16, 1926, is an American televangelist, pastor, and author known around the world through the weekly Hour of Power television broadcast he founded in 1970. He is also the founder of the Crystal Cathedral in Garden Grove, California, where the Hour of Power program originates. Dr. Schuller is the author of numerous self-help books including: "Move Ahead With Possibility Thinking," "Self-Love," "You Can Be The Person You Want To Be," "Self-Esteem: Tough Times Never Last but Tough People Do," "Living Positively One Day At A Time," "Don't Throw Away Tomorrow," and "Success is Never Ending, Failure is Never Final."*

1. Wipe the word impossible out of your life.
2. Impossibilities can become possibilities.
3. Become a positive thinking person.
4. You become what you want to become when you affirm it.
5. You need to be open-minded.
6. Become a possibility thinker.
7. You are destined to be someone with your talents and abilities.
8. Never look at what you have lost, look at what you have left.
9. The Possibility Thinkers Creed: "When faced with a mountain, I will not quit! I will keep on striving until I climb over, find a pass through, tunnel underneath, or simply stay...and turn the mountain into a miracle with God's help!"

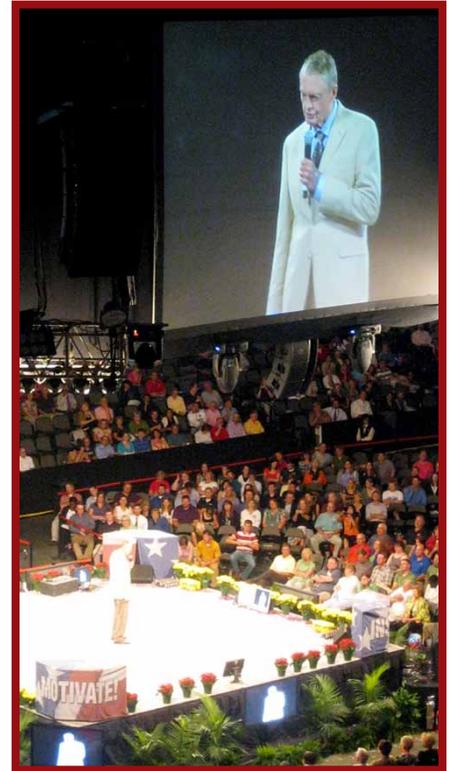
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## DIVERSITY DATES: OCTOBER - NOVEMBER 2010

October.....	National Italian American Heritage Month (U.S.)
October 1.....	Independence Day (Nigeria)
October 1.....	National Diversity Day (U.S.)
October 1.....	Simchat Torah (Jewish)
October 1-2 .....	National Day (China)
October 2.....	Gandhi Jayanti (India)
October 2.....	Independence Day (Guinea)
October 2.....	Mehregan (Iran)
October 3.....	Tag der Deutschen Einheit (Germany)
October 3.....	Tangun Day (South Korea)
October 4.....	Feast of St. Francis of Assisi (Christian)
October 6.....	Armed Forces Day (Egypt)
October 9.....	Hangul Day (South Korea)
October 9.....	Independence Day (Uganda)
October 9.....	Leif Eriksson Day (U.S. – Norwegian American)
October 10.....	Beginning of Independence Wars Day (Cuba)
October 10.....	Cirio de Nazare (Brazil)
October 10.....	Double Tenth Day (Taiwan)
October 11.....	Casimir Pulaski Memorial Day (U.S.)
October 11.....	Columbus Day (U.S.)
October 11.....	Thanksgiving Day (Canada)
October 12.....	Nossa Senhora de Aparecida (Brazil)
October 16.....	Chung Yeung (China)
October 18.....	Alaska Day (U.S.–Alaska)
October 18.....	Independence Day (Azerbaijan)
October 18.....	National Heroes Day (Jamaica)
October 19-20 .....	Birth of the Bab (Baha'i)
October 22.....	Abu Simbel Festival (Egypt)
October 23.....	Chulalongkorn Day (Thailand)
October 24.....	United Nations Day (U.N.)
October 25.....	Labour Day (New Zealand)
October 25.....	October Bank Holiday (Republic of Ireland)
October 25.....	Republic Day (Kazakhstan)
October 26.....	National Day (Australia)
October 28.....	Ochi Day (Greece)
October 29.....	Cumhuriyet Bayrami (Turkey)
October 31.....	Halloween (U.S.)
October 31.....	Reformation Day (Christian – Protestant)
October 31.....	Samhain (Celtic, Pagan)
November 1 .....	All Saints Day (Christian)
November 1 .....	Dia de Muertos (Mexico)
November 1 .....	Revolution Day (Algeria)
November 2 .....	All Souls' Day (Christian–Catholic)
November 2 .....	Dzyady (Belarus)
November 2 .....	General Election Day (U.S.)
November 3 .....	Bunka-no-Hi (Japan)
November 3 .....	Independence Day (Panama)
November 5 .....	Diwali (Hindu)
November 6 .....	Constitution Day (Dominican Republic)
November 7 .....	Daylight Savings Time Ends (U.S.)

Get Motivated Continued from Page 22

*One of the final speakers of the day was also a big hit with the Husker Nation audience. Dr. Tom Osborne took the stage facing thunderous applause. Dr. Osborne (born February 23, 1937, in Hastings, Nebraska) is a former college football head coach and a former member of Congress. He is currently the Athletic Director at the University of Nebraska. He was the head coach of the Cornhuskers football team for 25 years (1973–1997), succeeding Bob Devaney. After coaching, Osborne was elected to Congress in 2000 and served six years in the U.S. House as a Republican from Nebraska's 3rd District.*



1. Honesty and integrity are essential. It is hard to make a democracy work without them.
2. During his tenure as the Head Coach of Nebraska, he felt that the players were valued as people. He knew their names and he knew them as people.
3. How you treat someone who can do nothing for you in return says a lot about the kind of person you are.
4. Positive coaches.
5. Reinforce good behaviors and doing what is right.
6. Reward behavior you are looking for.
7. Look at adversity as an opportunity. They lost games but never unraveled.
8. Don't get discouraged. Don't play the blame game.
9. Need balance (physical, intellectual and spiritual) in your life – don't be one dimensional.
10. He honors God with what he has been given.
11. Begin something with the end in mind.
12. Write a personal mission statement.

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[www.wikipedia.org](http://www.wikipedia.org)



November 9 ...	Independence Day (Cambodia)
November 10 .....	Ataturk Remembrance Day (Turkey)
November 11 .....	Independence Day (Poland)
November 11 .....	Remembrance Day (Canada)
November 11 .....	Veterans Day (U.S.)
November 11-12 ..	Birth of Baha'u'llah (Baha'i)
November 14 .....	Children's Day (India)
November 14 .....	Remembrance Sunday (U.K.)
November 15 .....	Haile Selassie's Coronation Day (Rastafarian)
November 15 .....	Proclamation of the Republic Day (Brazil)
November 15 .....	Shichi-Go-San (Japan)

November 15-16 .....	Eid al-Adha (Islamic)
November 17 .....	National Revival Day (Azerbaijan)
November 18 .....	Fete de l'Independence (Morocco)
November 19 .....	Discovery Day (Haiti, Puerto Rico)
November 20 ..	National Adoption Day (U.S.)
November 20 .....	Revolution Day (Mexico)
November 21 ...	Guru Nanak's Birthday (Sikh)
November 22 ...	Independence Day (Lebanon)
November 23 .....	Kinro Kansa-no-Hi (Japan)

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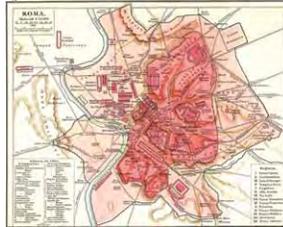
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## ITALIAN TRIVIA ANSWERS

1. b. There are twenty regions in Italy. Many customs and attitudes in Italy are regional. Even Italian food is basically made up of Italian regional dishes.

- |                         |                           |
|-------------------------|---------------------------|
| • Abruzzo               | • The Marches - Le Marche |
| • Apulia - Puglia       | • Molise                  |
| • Basilicata            | • Piedmont - Piemonte     |
| • Calabria              | • Sardinia - Sardegna     |
| • Campania              | • Sicily - Sicilia        |
| • Emilia Romagna        | • Trentino Alto Adige     |
| • Friuli-Venezia Giulia | • Tuscany - Toscana       |
| • Latium - Lazio        | • Umbria                  |
| • Liguria               | • Val d'Aosta             |
| • Lombardy - Lombardia  | • Veneto                  |

2. a. The Eternal City is a nickname for the city of Rome. Rome was founded in the very early days of civilization. It is so old, it is now known as The Eternal City. The Romans believed that their city was founded in the year 753 BC.

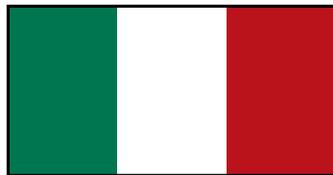


Map depicting Ancient Rome

3. c. St. Anthony of Padua is one of the most popular of Roman Catholic saints and the patron saint of lost items and travelers.



4. c. The Italian flag is a rectangular shape, vertically divided into three equal sections: green, white and red. The three colors of the flag symbolically represent the three cardinal virtues: hope, faith and charity. Some have attributed particular values to the colors and a common interpretation is that the green represents the country's plains and the hills, white, the snow-capped Alps and red, blood spilt in the Wars of Italian Independence.



5. b. Luciano Pavarotti was born in Modena, Italy. An Italian operatic tenor, who also crossed over into popular music, he eventually became one of the most commercially successful tenors of all time. He was one of The Three Tenors and became well-known for



his televised concerts and media appearances. Pavarotti was also noted for his charity work on behalf of refugees and the Red Cross. On December 12, 1998, he became the first (and, to date, only) opera singer to perform on *Saturday Night Live*, singing alongside Vanessa L. Williams. He also sang with U2 on the band's 1995 song *Miss Sarajevo*, and with Mercedes Sosa in a concert at the Boca Juniors arena La Bombonera in Buenos Aires, Argentina in 1999.

6. a. The Battle of the Oranges. The medieval town of Ivrea, near Turin in Piedmont, comes alive in February. Its historic carnival commemorates the rebellion of the people against a tyrant who ruled the town in the middle ages. It gives a new twist to Italian cuisine by culminating in the symbolic – and messy – Battle of the Oranges. Why oranges? Originally, the people threw beans. Around the 19th century girls began to throw oranges – a precious fruit that isn't native to Ivrea – at boys they fancied. If the boys liked them, they threw an orange back. Today, it's a contest, with rules and town teams.



During the carnival, the streets are lit up and filled with the scent of oranges. Regional specialties are served in the streets – particularly fagioli grassi (fat beans). These are enormous pots of beans, boiled with sausages and pork rind. They're served free. Other specialty dishes include cod with polenta, and delicious carnival pastries. The Running of the Bulls and The Battle of the Tomatoes (La Tomatina) are both festivals that take place in Pamplona and Bruñol (Valencia) Spain, respectively. The AppleJack Festival happens every fall in Nebraska City, Nebraska.

7. c. Biscotti means twice cooked/twice baked. The name biscotti is derived from bis meaning twice in Italian and cotto meaning baked or cooked. Biscotti is said to have originated during Columbus's time and is credited to an Italian baker who originally served them with Tuscan wines. They became so popular that every province developed their own flavored version. Because of their long storage ability, they were an ideal food for sailors, soldiers and fisherman.



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Trivia Answers Continued from Page 24

Most European countries have adopted their own version of biscotti: English – rusks; French - biscotte and croquets de Carcassonne; Germans – zwieback; Greeks - biskota and paxemadia.

8. c. Linguine means little tongues. Linguine originated from the Campania region of Italy and is usually served with seafood or pesto (as opposed to spaghetti which usually accompanies meat and tomato dishes). Spaghetti translated means little twines, Campanelle means little bells and Farfalle means butterflies.



9. d. Florence. The Renaissance was a rebirth that occurred throughout most of Europe. However, the changes that we associate with the Renaissance first occurred in the Italian city of Florence and continued to be more lasting there than anywhere else. The city's economy and its writers, painters, architects and philosophers all made Florence a model of Renaissance culture. A centre of medieval European trade and finance and one of the richest and wealthiest cities of the time, Florence is considered the birthplace of the Italian Renaissance. In fact, it has been called the Athens of the Middle Ages.



*A collage of Florence showing the Uffizi (top left), followed by the Pitti Palace, a sunset view of the city and the Fontana del Nettuno in the Piazza della Signoria.*

10. a. Apennines. The source of almost all rivers in Italy including the Arno, Tiber and Volturno, the Apennines Mountains are 830 miles long. Forming the backbone of the country, they run the entire length of the Italian Peninsula, ending on the island of Sicily. The Alps are partially within the territory of Italy, forming the northern boundary of the country. The Carpathian Mountains form the natural border between Slovakia and southern Poland, and then extend southward through Ukraine and into Romania. The Pyrenees form the natural border between France and Spain.



11. b. Janus is the Roman god of gates and doors, beginnings and endings, and hence was depicted with a double-faced head, each looking in opposite directions. He was worshipped at the beginning of harvest time, planting, marriage, birth and other types of beginnings, especially the beginnings of important events in a person's life. The month of January (our first month, and the eleventh Roman month) is named after him. Saturn is the Roman god of Agriculture, Vulcan is the Roman god of Fire and Volcanoes, and Pluto is the Roman god of the Underworld / King of the Dead.



12. c. Cannoli. One of the most popular of all Italian desserts in the United States, cannoli originated on the islands of Sicily in the Palermo region. Originally, the wealthy families of Palermo sent cannoli as gifts to friends at carnival time. Cannoli consists of tube-shaped shells of fried pastry dough, filled with a sweet, creamy filling usually containing ricotta cheese and chopped succade (candied peel of any of the citrus fruit). Sweetened ricotta cheese is the traditional cannoli filling, but there are variations using vanilla or chocolate pastry cream.



Pizzelle are an Italian waffle cookie originally made in the Abruzzo region of south-central Italy. They are very popular during Christmas and Easter. They are often flavored with vanilla, anise or lemon zest.



Tortoni is an Italian frozen cream dessert usually flavored with a liqueur and topped with almonds and maraschino cherries. The difference between ice cream and tortoni is in the way they are made. Ice cream is made by blending cream and sugar and sometimes eggs, and then churning air into the mixture with an ice-cream maker. With tortoni, air is whipped into egg whites and into heavy cream, the two mixtures are folded together, and simply placed in the

Italian Trivia Continued from Page 25

freezer until frozen. The dessert is usually attributed to Giuseppe Tortoni, a Neapolitan who owned the popular Café Tortoni in Paris in the early 19th century.



Struffoli is a Neapolitan (from Naples) dish of deep-fat fried balls

of dough (usually about the size of marbles). They are traditionally served with honey, bits of orange rind and chopped nuts. They are also a traditional Christmas dessert.

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***"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."***

***~ Leonardo da Vinci***

**BTG  
DIVER-CIPE  
CORNER**

**Submitted by  
BG Roma Amundson**

*To celebrate the Day of German Unity (Tag der Deutschen Einheit), you might like to try this German Onion Pie (Zwiebelkuchen). My family suffers through the German Onion Pie on an almost annual basis because I subscribe to the idea that the most basic of vegetables is the onion, and they disagree. My daughter said that the day on which we have no onions in the house will be the Apocalypse. Nevertheless, Randy, Justin and Dawn are all good sports. Besides, they actually like the German Onion Pie, especially when it's accompanied by a good German roast beef dish and foaming beer. I especially like it on the Fourth of July! Try it on 03.10.10 -- der Tag der Deutschen Einheit (see page 8), written in the European manner of day/month/year.*



**ZWIEBELKUCHEN  
GERMAN ONION PIE**



**Ingredients**

- 4 thick slices bacon, diced
- 2 cups peeled and chopped yellow onions
- 2 eggs, well beaten
- 1 cup sour cream
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 9-inch pie shell, unbaked

Preheat the oven to 400 degrees

Sauté the bacon until clear. Drain most of the fat from the pan. Add the onions and sauté until they are clear. Do not brown them. Set aside to cool.

Beat the eggs and sour cream together in a medium-sized bowl. Sprinkle the flour over the top and beat it in. Stir in the salt and pepper.

Prick the bottom of the pie shell several times with a fork. Spread the onions and bacon over the dough in the pie pan. Pour the sour-cream mixture over the top.

Bake for 15 minutes. Reduce the heat to 350 degrees and bake for another 15 minutes or until the pie is nicely browned.

Serve hot, and sing with the Germans - Ein Prosit, ein Prosit der Gemuetlichkeit: Cheers, cheers for a wonderful feeling of togetherness and wellness.



Diversity Dates Continued from Page 23

- November 25 .....National Day (Bosnia and Herzegovina)
- November 25 ..... Thanksgiving Day (U.S.)
- November 25-26 ..... Day of the Covenant (Baha'i)
- November 28 ..... Advent (Christian)
- November 28 ..... Independence Day (Albania, Panama)
- November 30 ..... Bonifacio Day (Philippines)
- November 30 ..... St. Andrews Day (Scotland)

