

BRIDGING

THE GAP



ISSUE 28 ❖ DECEMBER 2011 - JANUARY 2012



WELCOME BACK FROM
NEW SPECIAL EMPHASIS
PROGRAM GROUP LEADER



CHICHEN ITZA
CENOTE SAGRADO



HISPANIC HERITAGE
FIESTA



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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.*

SEP NOTES WE RETURN

In December 2006 we began a journey of publishing the fledgling newsletter, Bridging the Gap, and now, after a brief hiatus, it's very appropriate to begin again in December 2011. We had no idea what was in store for us in 2006, and no idea what's in store for us in the future. Our vision for this publication continues to be to provide educational resources concerning the intricacies of diversity as we reinvigorate our enthusiasm for sharing important messages of inclusion. We are fortunate in the Nebraska Military Department to have the continued dedication and support from people at all levels of the organization, from MG Lyons and BG Navrkal to each one of the valued members of the Special Emphasis Program (SEP) Group, along with every person who attends our monthly heritage events.

We expect to maintain the tradition of professional articles that depict the different faces of diversity – beyond race, gender and ethnicity, and into personality, experience, education

and thought. Our readers are invited to share their own stories with others by contacting any one of the individuals listed above. The success of this publication rests on input from many authors, not limiting ourselves to members of the SEP Group. We often hear, "I can't write." Rest assured – you can write your own story with the eloquence of an expert, and our editorial staff reviews and fine-tunes your script to make it more fully yours.

We would like to say "Thank You" to Sharon Rezac for all the hours you put into proofreading the newsletter and all the other flyers, programs, etc. the SEP Group published while you worked for the Nebraska Military Department. We wish you well in your retirement. We will work hard to live up to the standards of proofreading you set for us.

Happy New Year! Let's make 2012 a year to remember, writing diversity and inclusion into each and every interaction of our journey.

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THE NEBRASKA MILITARY DEPARTMENT VALUES DIVERSITY

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

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



By *BG Michael Navrkal*

WELCOME BACK TO BRIDGING THE GAP

It's great that the Bridging the Gap newsletter is once again being published after a brief hiatus. You may notice a few changes yet the overall quality of this outstanding newsletter is still intact in this and upcoming editions.

The first thing you'll notice is that I am leading off this edition. As the new Assistant Adjutant General – Army, the Adjutant General, MG Lyons has asked me to lead our Special Emphasis Program (SEP) Group previously led by BG (retired) Roma Amundson. I have very big shoes to fill as BG Amundson was very passionate about encouraging diversity in our organization. She worked tirelessly, ensuring everyone throughout the Military Department, from Private E-1 to General, understood our organizational vision. BG Amundson, you are missed.

My immediate impression of the members of our SEP Group and Diversity Council (of which I am now a member) are that they are a very passionate, dedicated and focused group of individuals who absolutely want to make a difference. Fundamentally, we all want to make the Nebraska National Guard the service of choice for all Nebraskans.

From my perspective, simply put, the Nebraska National Guard is a citizen-based organization and as such we must reflect the communities in which we serve. Diversity, in this context, is inclusive of thought, race, ethnicity, religion and gender. It is often said that our nation is an incredible melting pot of people, which to my mind means profound strength through diversity.



I'd ask each of our Soldiers and Airmen to reflect upon your deployment experiences and think about whether you worked or interacted with foreign military members as part of a multi-national organization. How important has it been for us as Soldiers or Airmen to understand other races, ethnicities, cultures or ways of life? Most likely your response is yes, very important. By my estimation we will be much more effective as we operate in the very complex and challenging operational environment we find ourselves in today if we embrace diversity. From my foxhole, I note that we have a great opportunity to move forward as individuals and as an organization because of the great diversity which already exists within our organization and State.

I found the following hyperlink of our 2010 Census data to be enlightening: <http://projects.nytimes.com/census/2010/map?nl=todaysheadlines&emc=thab1>. The information not only shows Nebraska grew in population from 2000 to 2010 but which races and ethnicities are growing the fastest. Also, you see a shift of population occurring throughout the State of Nebraska to more urban areas. What does all this mean to us? As I stated earlier, our nation has always been, and will most certainly be, a melting pot of diversity. When I look at Fort Nebraska (a.k.a. the Nebraska Military Department, as termed by MG Lyons and other leaders) the make-up of our fort is changing and thus, we as an organization must strive to reflect the people and communities in which we serve.

What can each of us do? Seize opportunities to attend one of the many SEP Group events held by the Military Department or attend an event highlighting another race, ethnicity, or gender that are frequently held in our local communities. Next, examine how our diversity strategic plan focuses our efforts on community outreach and partnerships, recruitment and retention and finally, education and training. Be knowledgeable, be active and be creative about how we achieve inclusiveness in our organization. I know from my 32 years of service that our diversity absolutely makes us stronger.

I would like to take this time to personally thank our military personnel for their service to our State and Nation.



CHICHEN ITZA

By *Jessie Bockelman*



El Castillo

When you think of pyramids, the Yucatan Peninsula may not be the first thing that comes to mind. You won't see camels, but if you venture to the Mayan Ruins of Chichen Itza, you will see a pyramid. The Mayan name Chich'en Itza means "at the mouth of the well of the Itza." This derives from chi', meaning "mouth" or "edge," and ch'en or ch'e'en, meaning "well." Itzá is the name of an ethnic-lineage group that gained political and economic dominance of the northern peninsula. One possible translation for Itza is "wizard (or enchantment) of the water." I have been lucky enough to visit this site, and I can tell you that it is truly remarkable. Our tour guide highlighted the hidden gems and "aha!" moments that may otherwise go unnoticed without a knowledgeable guide.

The site contains many stone buildings that are all connected by a series of pathways. At one time, these buildings were separated by walls, but most of those walls have since deteriorated. The famous pyramid, named Temple

of Kukulcan, is but one part of the ruins of Chichen Itza. The Temple of Kukulcan is also sometimes called "El Castillo," meaning "The Castle." It is a step pyramid that stands 29 meters high and has stairways on all four sides of the pyramid. Mesoamerican cultures typically would build new structures over previously existing structures, and the Temple of Kukulcan is no exception. During the 1930s archeologists found another structure beneath the already excavated pyramid. Previously, tourists had been allowed to go inside and view the throne room, but that has since been closed to the public to help prevent further

deterioration.

Any research about Mayan ruins will always bring up the subtle effects of their architecture. One effect on the pyramid is that during the spring and fall equinoxes, the northwest corner of the pyramid casts a series of triangular shadows against the western balustrade on the north side evoking the appearance of a serpent wriggling down the staircase. This is believed to be intentional, since this pyramid is meant to worship the feathered-serpent god, but archeologists have no hard evidence to support that claim. Our tour guide told us that you can also stand at the base of the pyramid, directly in front of any of the four staircases and clap, and hear echoed back to you a bird-like sound. This is believed to be the sound of the quetzal bird, but again, there's no solid evidence to support that claim.

Another dominant structure at the ruins is the ball court. This particular ballgame was called Tlachtli. Archeologists aren't exactly sure of the rules of the game, but it's believed to be similar to racquetball. The ball that was used was made of solid rubber, and was believed to weigh around nine pounds. Players could not use their hands; rather they used their hips, forearms, or sometimes a racket or bat. The court is 225 feet wide and 545

Continued on Page 5





Wall of Skulls

Chichen Itza continued from Page 4

feet long overall. Rings are attached on either side of the court (seven meters in height). These were believed to be how teams would score. The ball either had to go through the ring, or touch it to get points. One of the odd things about this game was that the winning team's captain would present his head to the losing team's captain to be decapitated.

Yes, you read that right. The winner dies. The Mayans believed the winning captain would die and have a direct ticket to heaven. You can see carvings of beheaded men with seven serpents coming out of their necks. This was believed to be a great honor.

Another thing I found interesting and caused my mind to frantically try to figure it out was the acoustics of this ball court. You can literally whisper to someone 500 feet away from you and hear it just as clearly as if they were standing next to you. The sound is unaffected by wind, day or night. According to our tour guide, the number seven was sacred to the Mayans.

Seven players on each team, the ring was seven meters in the air, and if you clap your hands or shout in the court, it will echo exactly seven times. I know that sounds crazy, but it's true. I can guarantee that site is full of baffled tourists

clapping and yelling at each other.

Tzompantli is the "Wall of Skulls," but it's actually an entire platform. This wall around the platform depicts many carved skulls, and was said to have the skulls of actual sacrificial victims placed on top of it. It was also said that the area near the wall of skulls had several platforms which were used for plays and comedies,



Temple of the Warriors

showing that this culture was not all doom and gloom. Another platform near here is the Platform of Eagles and Jaguars.

This part of the Yucatan is very dry. There are no rivers or streams. However, this area is marked by several sinkholes or "cenotes" which expose the water table to

the surface and provided the inhabitants of the region with water. The most notable of these is the Cenote Sagrado (Sacred Cenote). It was believed that Mayans would perform sacrifices here during times of drought. These claims were validated by archeologists who dug in the water to reveal gold, jade, obsidian, shells and even human remains. Today the cenote is open to tourists for viewing or even swimming.

Another large and important structure is the Temple of the Warriors. The Temple of the Warriors is another step pyramid, although this one levels off and has a large platform on top rather than a point. It is also fronted and flanked by statues of warriors.

The last major structure I'll discuss is the Group of a Thousand Columns. Today, only the columns remain, but archeologists believe that the columns once had an extensive roof system. This site was once believed to be a large meeting place. Archeologists have found remains of carvings suggesting that the

priests who once ruled the city held their meetings there. There are also columns depicting warriors to remind citizens of a religious, yet military presence in the city.

There is much more to learn about Chichen Itza regarding its history and some of the other structures on site. I encourage you to look into it more. And should you ever get the

opportunity to visit this great site, which is listed as one of the New Seven Wonders of the World, I encourage you to do so.

Sources:

http://en.wikipedia.org/wiki/Chichen_Itza
www.chichenitza.com



RESTAURANT REVIEW:

FUJI SUSHI AND GRILL

Review By Jessie Bockelman

1501 Pine Lake Road, Lincoln, Nebraska; 402-328-0688; <http://www.fujisushigrill.net/>

I had heard good things about Fuji Sushi and Grill, but when I received a Groupon in my email inbox for \$10 off, I had to try it for myself. Despite being landlocked, Lincoln has a growing number of delicious sushi restaurants. For someone who enjoys seafood as much as I do, this is a good thing.

My husband and I arrived at Fuji on a Friday night around 6:00 p.m. The restaurant was full, but not so full that we had to wait to be seated. The dining area is not very big. I think a majority of their business is carry-outs during the lunch hour or dinner. The decorations are traditional Japanese paintings and a mostly red and black color scheme.

We started off our meal with hot tea and some appetizers. We enjoyed spring rolls and some crab rangoon. Both were lightly fried and very delicious. I think I could almost live off of crab rangoon. After studying the extensive sushi menu, we finally decided on something for our main course. My husband decided not to get sushi and instead ordered beef yakisoba. He does, however, really enjoy spicy food and asked the waitress if she could have it prepared that way and she agreed. They will fix almost any entrée to be mild, medium or spicy upon request. The beef yakisoba consists of noodles made of buckwheat and wheat flour cooked with sliced beef and a variety of spices. I had to have sushi, and finally settled on the caterpillar roll.

For those readers who have never had



sushi or don't know much about it here is some basic information. Sushi is NOT just raw fish! This is a common misconception I find when I mention eating sushi when a lot of people's

response is, "I don't eat raw fish." In fact, the word sushi refers to the type of rice that's used in the rolls. The majority of sushi that you see in the rice roll form is not raw fish. It's either vegetarian or containing fish that has been cooked in some way. You can even get rolls that contain things like cream cheese, mango,

lobster and more. And any time the word tempura is used to describe it that means that it's been lightly fried. So if you're still afraid of sushi, please get in touch with me and we'll go out so you can try my meal.

The caterpillar roll contains smoked eel and cucumber and is topped with avocado, hence the name "caterpillar" since when it is prepared, it may resemble one. I know that isn't the most appetizing image to conjure up, but I can assure you that it was delicious. The smoked eel had a great flavor, and is not at all chewy or rubbery. Each roll is hand prepared to order, so you know it's fresh. If you want, you can even request to sit at the sushi bar and watch your dinner as it's prepared.

To really give our readers the full dining effect, I decided that I should have dessert as well. After studying the menu, we decided that we would both like to try fried green tea ice cream. I had never had green tea ice cream before, let alone fried. It had a nice flavor without being too heavy, and the fried aspect gave you a sweet crunch as well. I also tried one of their passion fruit Boba Tea drinks along with our dessert. I have heard this beverage more commonly referred to as Bubble Tea in other Asian restaurants. I would describe it as tasting similar to a milkshake with jelly beans at the bottom. In fact, the bubbles at the bottom are tapioca bubbles. This was a very delicious drink, but very sweet. I had to take half of it home with me and finish it later.

Overall, we were very pleased with our meal and service at Fuji. I would recommend dining there to anyone and will be going back again myself, even without the Groupon. 

2011 HISPANIC HERITAGE MONTH FIESTA

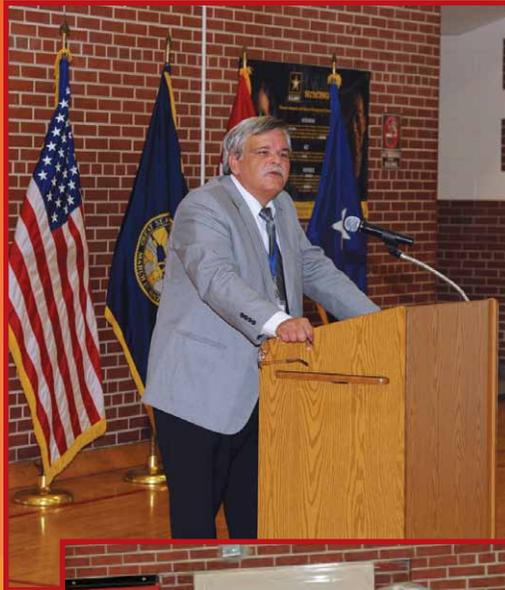
By MAJ Drey Ihm

Hispanic Heritage Month was celebrated by the Nebraska Military Department on September 20th at the Spirit of 76 Armory. Tico's Restaurant catered the event with Dr. Lazuro Arturo Spindola as the guest speaker.

Born in Santiago De Las Vegas in Cuba, Dr. Spindola and his family moved to Venezuela when he was nine years old. There he continued his education and received a Medical Degree from the University of Carabobo. Initially a trauma and orthopedic surgeon, he came to the United States of America in 1996 and pursued his interest in the area of public health.

Dr. Spindola received his Masters Degree in Public Health from Walden University in Baltimore. He served as the Minority Health Coordinator of the East Central District Health Department in Columbus, Nebraska, and currently is an active member of the Minority Health Advisory Council as Chairperson, is a participant in the Nebraska HIV/AIDS prevention consortium and a member of the School of Public Health Advisory Committee at the University of Nebraska at Omaha.

Dr. Spindola was one of the first medical interpreter trainers in Nebraska; an



activity he continues to expand with the help of Southeast Community College, the working collaboration of NATI (Nebraska Association of Translators and Interpreters) and in association with the Office of Health Disparities and Health Equity. Since April 2010, Dr. Spindola has taken an active role as the Executive Director of Nebraska's Latino American Commission (formerly Mexican American

Commission) by promoting the implementation of a modernized outlet of information available with a focus on comprehensive holistic reporting of issues faced by the growing Latino/Hispanic community in Nebraska.

Dr. Spindola's talk during the luncheon focused on Nebraska's long history of Hispanic immigration. Early immigration to the state in the mid to late nineteenth century was due largely to the availability of cheap land through the Homestead Act of 1862. The Union Pacific Railroad, meatpacking industry in Omaha, and sugar beet industry in southwestern Nebraska also helped draw

many immigrants to Nebraska as the state continued to grow. The Germans were the largest historic immigrant population, followed in numbers by Swedes, Irish, Bohemians (from the modern-day Czech Republic) and Mexicans.

Since the mid-1970s, immigration in Nebraska again increased, though different groups are now the largest immigrant populations. Latinos are the fastest-growing immigrant group in Nebraska today. Nebraska's economy is still tied to immigration. The state's meatpacking industry employs a largely immigrant workforce, and immigrants also generate significant entrepreneurial activity through small businesses. A recent report by the U.S. Census Bureau indicated that Nebraska ranked first in the nation in percentage increase of revenue created through Latino businesses.

Immigrants work in multiple sectors throughout the state, including production, service operations and management/professional fields. From 1990 to 2000, the Hispanic population increased by 155% in Nebraska to over 94,000 people, making Hispanics the largest ethnic minority in the state, about 10% of the overall population. Less than half of this increase was in Omaha and Lincoln, with the remainder in rural municipalities.

This informative event was wrapped up as Dr. Spindola left us with a very thought-provoking question: "What would happen to the Nebraska Economy if we did not support immigration?" Immigration is an important issue in our nation and the State of Nebraska. But, it is also important to consider the diversity and enrichment immigration has already provided to our state and particularly the Nebraska Military Department. 

TRIVIA: AIR FORCE

“Though I fly through the valley of death I shall fear no evil for I am at 20,000 feet and climbing.”

-Anonymous

1. The US Air Force flag consists of a blue background with an eagle and shield surrounded by how many stars?
 - a. 3
 - b. 10
 - c. 13
 - d. 25
2. Who was the only President to receive the oath of office aboard Air Force One?
 - a. Harry S. Truman
 - b. Lyndon B. Johnson
 - c. John F. Kennedy
 - d. Richard M. Nixon
3. Captain Eddie Rickenbacker, the “Ace of Aces” during World War I, did this before joining the service.
 - a. Professional singer
 - b. Stunt pilot
 - c. School teacher
 - d. Race car driver
4. What branch of the military was the Air Force a part of during World War II, and when is the Air Force’s official birthday?
 - a. Army, December 17, 1941
 - b. Marine Corps, August 18, 1946
 - c. Army, September 18, 1947
 - d. Marine Corps, March 22, 1945
5. What is the oldest aircraft still in use in the U.S. Air Force inventory?
 - a. T-37 Tweet
 - b. F-16 Fighting Falcon
 - c. B-52 Stratofortress
 - d. C-130 Hercules
6. Who was the first Chief of Staff of the Air Force?
 - a. General Carl Spaatz
 - b. General James “Jimmy” Doolittle
 - c. General Henry “Hap” Arnold
 - d. General Nathan Twining
7. What year did the Air Force first admit women into the pilot training program?
 - a. 1974
 - b. 1976
 - c. 1993
 - d. 1989
8. The Chief Master Sergeant of the Air Force (CMSAF) position was created in October 1966, with the first CMSAF appointed in April 1967. For whom does the CMSAF act as a personal advisor?
 - a. President of the United States
 - b. Air Force Chief of Staff
 - c. Secretary of the Air Force
 - d. Both b and c
 - e. Both a and c
9. Where was the initial assignment for the first 36 Tuskegee Airmen to graduate and form the 99th Pursuit Squadron?
 - a. Tunisia
 - b. Morocco
 - c. Italy
 - d. Germany
10. Who was the first “ace” of the independent Air Force?
 - a. Captain Chuck Yeager
 - b. Lieutenant Colonel William Bertram
 - c. Major George A. Davis, Jr.
 - d. Captain James Jabara

“Our warriors are no longer limited to the people who fly the airplanes...Our entire force is a warrior force. Being a warrior is not an AFSC (Air Force Specialty Code)... it’s a condition of the heart.”

-Air Force Chief of Staff, General John P. Jumper

SEP MEMBER HIGHLIGHT

COL ANITA CURINGTON

J3, DOMESTIC OPERATIONS OFFICER

I was born in San Angelo, Texas in December of 1965. My mother was an accountant and my father was an Airman in the Air Force. As a toddler, we moved to Okinawa, Japan and remained in Japan until I was in third grade. My sister was born in Okinawa. As a military child we moved every two or three years so I attended two elementary schools, three middle/junior high schools, and two high schools in Japan, Texas, California, North Carolina and Maryland. I was very active in high school. I lettered in cross-country, basketball/indoor track (depending on what was available at the high school) and outdoor track. I was a member of our local National Honor Society chapter and volunteered at the John Hopkins Children's Center in Maryland. I loved working with the children, probably because of my mother.

My mother suffered from a cerebral aneurysm when I was eleven years old that paralyzed the left side of her body. I then had more responsibilities including helping my mother bathe and get dressed, helping with her physical therapy and range of motion exercises, and taking care of my sister and the house. I learned persistence and patience from my mother. I also learned to never quit, no matter the odds. The doctors told my mother she would never walk again and she walked out of physical therapy six months later. My mother passed away in 2006 from complications associated with Lupus, which was never diagnosed until she was in a coma just before her death.

I graduated from Texas A&M University with a Bachelor's Degree of Science in Public Health education in December of 1988. I was a member of the Corps of Cadets and received my commission in May of 1987 as an Adjutant General

Officer. I married my (now ex) husband in December of 1987. I elected to decline my regular Army commission and accepted a reserve commission because my husband was an Air Force Officer and the possibilities of being stationed together were nil. Upon graduation, I moved to Cheyenne, Wyoming and became a member of the Wyoming Army National Guard as one of State Area Command's (STARC) Human Resource/Equal Opportunity Officers. All three of my children were born in Cheyenne: Heather in 1990, Laurel in 1992, and Patrick in 1993. Shortly after Patrick was born, we moved to Bellevue, Nebraska and I interstate transferred from the Wyoming Army National Guard to the Nebraska Army National Guard and joined the 110th Ground Ambulance Company as a Platoon Leader. My entire M-day career was within the Medical Battalion serving as the 313th Commander, 110th S-1, 110th S-2/3, and the Executive Officer.

I became full time with the Nebraska Army National Guard in 2001 as the Operations Officer for the 67th Area Support Group. In 2004, I was selected to command the 72nd Civil Support Team. In 2007, I took command of the 110th Multifunctional Medical Battalion and left for Iraq in December 2007. Our mission was to provide detainee



healthcare at the Detention Facilities across Iraq. Upon my return, I became the Deputy J-3/Director of Military Support. I currently serve as the J-3 Domestic Operations Officer as well as command the Agribusiness Development Team that is scheduled to deploy to Afghanistan in April of 2012.

My father served thirty years in the Air Force as a linguist, retiring as a Chief Master Sergeant. I learned diversity and acceptance of all cultures from my dad. I think that is why I love the military experience so much and enjoy the opportunities to deploy to other countries and cultures. 

INTERNATIONAL DAY OF TOLERANCE

By MAJ Drey Ihm



According to the Merriam-Webster dictionary, tolerance is sympathy or indulgence for beliefs or practices differing from or conflicting with one's own. Although there are many examples of intolerance in the world today, there are abundant examples of tolerance and respect for others around the globe. Today most of the issues involving war and conflict arise because people are intolerant of the way others see the world. There are a vast range of reasons behind intolerance, including fear and/or ignorance. One way to overcome intolerance is through education.

International Day of Tolerance is celebrated on November 16th each year. The purpose behind celebrating this day is to promote the act of tolerance. International Day of Tolerance was started by the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 1996 to generate public awareness of the dangers of intolerance. This event is very popular and is celebrated all over the world. Many events and ceremonies are arranged by the United Nations for people to focus on this issue.

The following ten ideas are a starting point for thinking about how the observance of an International Day for Tolerance could help to boost the promotion of tolerance in individual countries and in the world. The following information can be found at: <http://www.betterworldcalendar.com/tolerance/UNESCO-10ideas.pdf>.

1. Diversity in Your Community

Wherever you live, the wide diversity of your community will probably surprise you. It has been said that a culture is the sum total of all the influences that a region has undergone. Undertake an investigative project on cultural diversity in your town or community. Who lives there? How do they live? Articles, interviews, posters or displays can be designed to highlight the range of identities and cultures. How is this diversity portrayed in music? Reflect on the number of traditions of music and dance you've come across, and the mutual influences they show. Organize a concert or cultural festival that brings together a range of cultural traditions.

2. Human Rights

How are the rights of persons belonging to national, ethnic, religious, linguistic or other minorities guaranteed in your community, nation, or region? How about indigenous people,

migrant workers, asylum-seekers and refugees, or disabled people? Are their rights promoted and protected? Do you find that your law-enforcement officials are adequately educated about human rights? What can you do to improve attitudes or behavior toward minorities?

3. Do-It-Yourself Tolerance Program

Write your own tolerance curriculum or program. This means deciding what are the component parts of tolerance, and how you think tolerant values can best be transmitted. Scrutinize your textbooks and televisions, newspapers and magazines for stereotyping, including gender typing, and assumptions about nationalities and ethnic groups. What are the tolerance priorities for your town, country or region?

4. No to Violence

How does violence come into a community, school or home, and how can it be stopped? Act out the dynamics of tolerance and intolerance through role playing, dialogue, and dilemma solving.

Organize public debates, take sides in a debate, and then switch sides and speak for the opposite position. How do you imagine peaceful co-existence of diverse individuals and groups? What makes it work, and what undermines it?

5. Ecological Diversity and Human Diversity

Every community is based on interdependence. Like the plants and animals, we couldn't survive if we were all the same. What are some examples of this truth drawn from daily life in your town? What are concrete examples of how a culture of peace and tolerance can promote environmental preservation? Start a project in your school or neighborhood.

6. Religious Tolerance

Organize an event, with the participation of different religious and non-religious groups in your community, to discuss how tolerance is taught within these communities. How is tolerance taught by the different religions of the world, including the traditions of indigenous peoples? Each of them, in its own way, is founded on love and justice, and cannot be used to justify violence or war. Dialogue and discussion between representatives of many religious groups is a tradition that goes back centuries, and is still valuable today.

It is essential to employ, trust, and reward those whose perspective, ability, and judgment are radically different from yours. It is also rare, for it requires uncommon humility, tolerance, and wisdom.

-Dee Hock

The highest result of education is tolerance.

-Helen Keller

International Day of Tolerance
Continued from Page 10

7. Current Events

Organize discussions about current events in relation to tolerance and intolerance. Analyze actual conflicts of the past and present. How might they have been resolved or avoided? How is the issue of human rights in the news today? What are the fundamental rights and freedoms recognized by the international community? How do multi-cultural, multi-linguistic countries work? What are the common interests that diverse peoples share?

8. Sports and Tolerance

What are the international sporting events, and what is their purpose? What are the possible links between sports and intolerance (such as exclusion of those unable to compete, competitive chauvinism and violence) and how may these be remedied? Organize an athletic event around the theme of diversity and tolerance.

9. Creativity at Work

Art speaks volumes. Examine the work of an artist from another region of the world. What does it communicate to you? Create short stories, plays, poems, songs, articles, paintings, posters, photographs, or videos elucidating the themes of tolerance, and publish or distribute them. Write letters to prominent people, asking questions and communicating your views on the subject of tolerance.

10. International Link-ups

Start an international conversation or school-pairing project, by mail or computer. Write to others in another country about issues and problems you face in your lives. Exchange audio cassettes or pictures. Explore the possibilities of participating in international summer camps or student exchanges. Ask your school to join UNESCO's Associated Schools Project.

Sources:

<http://www.altiusdirectory.com/Society/international-day-of-tolerance.php>

<http://www.betterworldcalendar.com/tolerance/UNESCO-10ideas.pdf>



BOOK REVIEW:

Book Review By
Pam Makovicka

HOPE UNSEEN

THE STORY OF THE U.S. ARMY'S FIRST BLIND ACTIVE-DUTY OFFICER

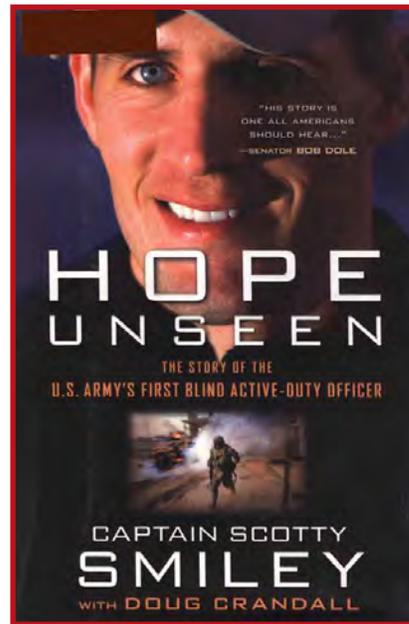
Written by Captain Scotty Smiley and Doug Crandall
Howard Books; first edition (September 14, 2010)

"When I woke up from the blast in Iraq and couldn't see a thing, every single step became that much harder. It took determination to get out of bed and just take a shower. It took every ounce of me to learn how to send e-mail. Daily, I had to make choices to continue on or to sit on the couch with my feet up and listen to the television. When I lost my sight, the linebacker who tackled life head-on – that guy was knocked down. If a blind person tackles life head-on, he runs into things: lampposts, doors, other people... My life was not as easy as before. Many things were hard. I was learning to dig deep and fight for things in a new way." (page 8)

Hope Unseen is an inspirational journey of the U.S. Army's first blind active-duty officer, Captain Scotty Smiley. The book is so profound and encouraging that it is hard to put it down once you start reading. It is a very moving story about an officer in the Army who was blinded by a suicide bomber while serving in Iraq.

Captain Scotty Smiley graduated from West Point and married Tiffany before shipping to Iraq. The story takes you on an inspirational journey as it is not about the tragic loss of sight but more a story of hope for today and the future.

In the beginning, getting out of bed to take a shower seemed like a major accomplishment to Scotty. You will soon



discover however, as you follow this brave man on the journey after his injury, he will let nothing stop him as he conquers adventures even a man with sight would find difficult; from mountain climbing, surfing, earning a Master of Business Administration degree at Duke University and even teaching at West Point Military Academy.

His wife, Tiffany's story also provides an inside perspective

on dealing with disability and how to manage such drastic life changes. *"I can speak only for myself... but I believed in what my husband was doing. He had trained. He believed in what he was doing – there was such purpose in what he was doing. I supported him... I mean it was hard when he left; we were both crying that day. We said good-bye, and you don't know what to expect. You don't know. But we both took it. This was our calling. He was serving our country, and that's an honor. Not everyone can say they do that. Or have done it." (page 201)*

Scotty and Tiffany Smiley have lived out a faith so real you will find it difficult to complain about your trying circumstances again. This story is not about tragedy, but provides insight into the positive and negative elements of having a disability. Reading *Hope Unseen* will make you laugh, cry and cheer and is a must read. 

Air Force Trivia Continued from Page 8

AIR FORCE TRIVIA ANSWERS

1. C. The flag of the United States Air Force consists of the coat of arms, 13 white stars and the Air Force Seal on a blue background. The 13 stars represent the 13 original colonies, the three star grouping at the top portray the three Departments of the National Defense Establishment (Army, Navy, and Air Force). The crest includes the American bald eagle, the cloud formation depicts the creation of a new firmament, and the wreath, composed of six alternate folds of silver and blue, incorporate the colors of the basic shield design. The flag was officially adopted by President Harry S. Truman on March 26, 1951.



2. B. On November 22, 1963, Lyndon B. Johnson was administered the oath of office aboard Air Force One on its trip from Dallas to Andrews Air Force Base with First Lady Jackie Kennedy and the slain body of John F. Kennedy on board. It was also the first time a woman, U.S. District Judge Sarah T. Hughes, administered the oath of office.



3. D. Race car driver. Edward Vernon Rickenbacker, born in Columbus, Ohio, in 1890, gained fame as a race car driver before joining the service. Rickenbacker competed in his first Indianapolis 500 on Memorial Day 1911 and raced several more times before WWI. Rickenbacker started in the U.S. Army as a chauffeur to U.S. Army General John J. Pershing before becoming an Ace pilot.



4. C. Army, September 18, 1947. On August 1, 1907, the U.S. Army Signal Corps formed an Aeronautical Division and the Division accepted its first airplane from the Wright Brothers in 1909. On July 18, 1914, the Army established an Aviation Section of the Signal Corps to improve its flying capabilities. The Army Reorganization Act of 1920 made the Air Service a combat arm of the Army, and the Air Corps Act of 1926 changed its name to the Air Corps on July 2 of that year. On June 20, 1941, the Department of War created the Army Air Forces (AAF) as its aviation element. On September 18, 1947, the Air Force gained its independence as a full partner with the Army and the Navy.
5. C. The B-52 Stratofortress is the oldest aircraft still flying in the U. S. Air Force inventory. Taking its first test flight almost sixty years ago (April 1952), it is one of the most versatile and successful aircraft ever designed. The B-52A model was first delivered to the Air Force in June 1954. Only three models were built and none found their way to operational units. The B52B model entered the Air Force inventory in June 1955. The final version of the Stratofortress, the B-52H, first flew on March 6, 1966. As combat operations are ongoing in both Afghanistan and Iraq, the B-52 continues to provide close air support to the troops. The C-130 took its first flight in August 1954 and was introduced to the Air Force in 1957. The T-37 took its first flight in October 1954 and was introduced to the Air Force in 1957. Finally, the F-16 took its first flight in February 1974 and was introduced to the Air Force in 1978.



6. A. General Carl A. Spatz was Chief of Staff of the Air Force from September 1947 until April 1948. General James Harold "Jimmy" Doolittle was a Medal of Honor recipient for his valor and leadership as commander of the "Doolittle Raid" on the Japanese mainland. He

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Trivia Answers Continued from Page 12

was named commanding general of the North African Strategic Air Forces in 1943 and in 1944 took command of the 15th Air Force in the Mediterranean Theater. General Henry “Hap” Arnold was appointed Chief of Air Corps in 1938 (title changed to Chief of Army Air Force in 1941) and on May 7, 1949, was appointed the first General of the Air Force, five-star rank, by U.S. Congress. Nathan Twining was Chief of Staff of the Air Force from 1953 until 1957. In 1957 he was named Chairman of Joint Chiefs of Staff and served in that position until 1960. Twining was the first member of the Air Force to serve in that role.



7. B. The first year women were admitted to the Air Force’s flying program was 1976. On September 29, 1976, two groups of women entered undergraduate pilot training at Williams Air Force Base, Arizona; they graduated on September 2, 1977. This was the first time since WWII that women could train to become pilots of military aircraft. In 1993 women were finally allowed to fly combat aircraft.



8. D. The Chief Master Sergeant of the Air Force (CMSAF) acts as the senior enlisted advisor for both the Air Force Chief of Staff and the Secretary of the Air Force on all issues regarding the welfare, readiness, morale and proper utilization and progress of the enlisted force. The CMSAF is the highest enlisted level of leadership in the Air Force and is appointed by the Air Force Chief of Staff.



9. A. Tunisia. In July 1941, the first African-American enlisted men entered flight training at the Tuskegee Institute in Alabama. The



first class of Tuskegee Airmen graduated on March 7, 1942, and on May 31, 1943, the 99th Fighter Squadron arrived at Farjouna in Tunisia. Flying P-40s, their first combat mission was to attack the small island of Pantelleria in the Mediterranean Sea to clear the sea lanes for the Allied invasion of Sicily.

10. D. Captain James Jabara from the 334th Fighter Interceptor Squadron

became the first jet aircraft “ace” when on May 20, 1951, he shot down his fifth and sixth MiG-15s in the Korean War. After a stateside tour as an instructor pilot, Jabara returned to combat and ended the war with 15 MiG kills. During WWII, Yeager distinguished himself in aerial combat over France and Germany during the years 1943-1945 by shooting down thirteen enemy aircraft, five on one mission, including one of Germany’s first jet fighters. He made world history on October 14, 1947, when he became the first man to fly faster than the speed of sound. On January 21, 1951, Lieutenant Colonel William Bertram became the first F-84 Thunderjet pilot to shoot down a MiG-15 in the Korean War. Major George A. Davis, Jr., shot down his fourth and fifth enemy planes in Korea on November 30, 1951. This event made him an “ace” in two wars (five aerial victories in Korea and seven in World War II).



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SEP MEMBER HIGHLIGHT: ALISIA LAMAY

PLANNING SPECIALIST AND TRAINING OFFICER FOR THE NEBRASKA EMERGENCY MANAGEMENT AGENCY

Welcome to my circus! This is one of the most frequently stated quotes in my repertoire. I have been working with the Special Emphasis Program Group for about seven months now and am inspired by the initiative of each and every member of the group. I grew up in the small town of Valparaiso, Nebraska, home of about 600 people (on a good day with the farmers in town drinking coffee) and attended Raymond Central High School (located in the middle of a cornfield with the wire wrapped the wrong way, keeping us in instead of people out). Needless to say there was not a lot of diversity.



Since graduation I have lived in Mission Viejo, California and Fayetteville, North Carolina and have had the honor of traveling a number of places in between. During this time I have come to appreciate and respect so many diverse cultures and the beautiful people whom I never would have had the opportunity to meet staying in my small town.

I am currently living in Lincoln with my husband of eleven years, Brad LaMay, who deployed with the 195th Forward Support Company (FSC). We have two children, Triston (nine years) and Ellianna (seven years) and two rescue dogs Daisy (Golden Retriever) and Claire (Newfoundland). I work for Nebraska Emergency Management Agency (NEMA) as a Planning Specialist and Training Officer, where my office is located twenty-two feet underground and requires a very flexible attitude and an abundance of situational awareness. We work with events ranging from tornadoes to hazardous materials incidents, occurring throughout the state

of Nebraska, not just our surrounding community. It is necessary to be able to work with a diverse group of individuals during these events as well, for example, military, locals, volunteers, law enforcement, fire, state agencies, Federal Emergency Management Agency (FEMA), etc.

Welcome to my circus is just one of my many favorite quotes, but it describes my everyday life fully. You really never know what to expect. I stay crazy busy between the kid's activities of football, dance, gymnastics, and the plethora of homework that they have now. When time allows, I also volunteer as an Enhanced Advocate for Voices of Hope,

a nonprofit agency that works with victims of domestic and sexual assault. As an advocate I must be very cognizant of the diverse cultures, beliefs and socio-economic statuses, while maintaining a proactive yet protective approach to safety planning for a victim's future.

In the last year I graduated with my Bachelor of Science degree in Emergency Management with a minor in Homeland Security. To celebrate this accomplishment, we took our children to the graduation first and then road-tripped from Jacksonville, Alabama to Orlando, Florida to Disneyworld just in time to send Brad off to Afghanistan. Some days working full-time, being mom, wife and military spouse is like Murphy's Law... Anything that can go wrong, will! It is because of this diversity in not just people and cultures, but the diversity in life that allows us to be the resilient Soldiers, Airmen, families, teams and individuals that we all are. 

HOLIDAY STRESS RELIEF

By Pam Makovicka

If you spend the holiday season rushing about like a panicked monkey, it's time to apply some time management strategies.

For many, the holiday season is the season of stress. There are just so many things to do, and a limited time to do them in.

If you're one of those people feeling more frazzled than festive, taking the time to use a few time management strategies can make a big difference; you'll feel as if you're in control, rather than feeling like you're being driven like one of Santa's reindeer.

Make a list. It works for Santa, and it will work for you.

Decide Who You Want To Buy For

Make a list of the people you want to buy gifts for: Recipients. Keep it with you as a reminder, or at the least, keep it in your head. Open your eyes and window shop. When you see something you know you like, go ahead and buy it. And think outside the box. When you shop all year, you have the opportunity to do this. Every Christmas gift doesn't have to be a sweater or winter-type gift.

Shop From Home

Shop on the internet. Have fun and explore. Many gift sites run promotions year round. When you're not under

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pressure to buy immediately, you have time to window shop. Remember to keep your gift list in front of you.

Record What You Buy

Make a list of the gifts you buy: Gifts Purchased. Each time you make a gift purchase, whether it's on the internet or in the store, put it on the list. If you know specifically to whom you are giving it, put his or her name next to it. Go back to your recipients list and write the name of the gift next to the person you are giving it to. You now have a cross-reference. Sound too complicated and organized? It's not. It's really easy. If you don't make some kind of notes, you'll get confused when it comes time to wrap. You won't remember who was supposed to get what.

Buy Decorations In The Off-Season

Buy Christmas decorations year-round on the internet. In the off-season you can get them at reduced prices. Buy your decorations all year and when the Christmas season arrives, you'll be ready.

Wrap Sooner Not Later

As soon as Christmas wrapping paper is placed on the shelves, start selecting and buying. By this time, you should have a shelf full of presents to wrap. Wrap at your leisure; a few at a time or all at once. Just enjoy it. You have time to make the presents look outstanding. Give them that added decorative touch that will make the recipient feel special and give you the opportunity to be creative.

Record What You Wrap

You have two lists to cross-reference. Check off or make changes as necessary. If you didn't make a list, you should make one now. Don't make the mistake I made one year. I got all my wrapping done early, and by the time Christmas came, I couldn't remember what I was giving everyone or exactly what it looked like. I remember wishing I had a digital camera. I could have taken pictures of the presents before wrapping them. I don't have to worry about that now. I have a list and a digital camera.

BTG
DIVER-CIPE
CORNER

Submitted by
Pam Makovicka

My grandchildren's two meal time favorites are meatballs and tacos. Of course, grandmas like to spoil grandchildren so I went on a hunt for a recipe that had both.

Much to our delight this recipe hit a homerun. The kids love to make the meatballs and then wrap them in the crescent rolls. Grandma was a hero and the kids enjoy eating something healthy that they make. It is also a great party pleaser for adults.

Ingredients

- 2 cups (8 ounces) shredded cheddar cheese, divided
- 2 tablespoons water
- 2 to 4 tablespoons taco seasoning
- 1/2 pound ground beef
- 2 tubes (8 ounces each) refrigerated crescent rolls
- 1/2 medium head iceberg lettuce, shredded
- 1 medium tomato, chopped
- 4 green onions, sliced



- 1/2 cup sliced ripe olives
- 2 jalapeño peppers, sliced
- Sour cream and salsa, optional

- In a large bowl, combine 1 cup cheese, water and taco seasoning. Crumble beef over mixture and mix well. Shape into 16 balls.
- Place meatballs on a greased rack in a shallow baking pan. Bake uncovered, 400° for 12 minutes or until meat is no longer pink. Drain meatballs on paper towels. Then reduce oven heat to 375°.
- Arrange crescent rolls on a greased 15-inch pizza pan, forming a ring with pointed ends facing the outer edge of the pan and wide ends overlapping.
- Place a meatball on each roll; fold point over meatball and tuck under wide end of roll (meatball will be visible). Repeat. Bake for 15-20 minutes or until rolls are golden brown.
- Transfer to a serving platter. Fill the center of the ring with lettuce, tomato, onions, olives, jalapeños, remaining cheese, and sour cream and salsa if desired.
- Yield: 16 servings.



Collect Recipes

Don't wait until you have to prepare a dish for a party to decide what you want to make. Start collecting recipes from magazines and friends. But don't stop there. You have plenty of time to try them out. Put stars beside the ones you especially like and will be proud to serve. When the time comes, it will be fast and easy to make choices.

Christmas can be a pleasure, even before the season begins. Enjoy your window-shopping whether it's in the stores or on the internet. Be ready to buy when you see something you like. Make your choices wisely and keep up with your lists. Following this plan will be a great stress reliever come Christmas time. Have fun and keep on enjoying Christmas. 