

BRIDGING

THE GAP



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JOURNEY
TO A NEW
WORLD

SSGT
BRET
HUNG
FROHNER



QILIN ASIAN FUSION
RESTAURANT



COMING TO AMERICA
HAYES NGOTEL



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SEP NOTES: WHAT'S NEW?*By Mary Schmidt-Rodriguez*

The Nebraska Military Department has recently experienced significant changes. The most notable is the change in command of The Adjutant General from MG Judd Lyons to Maj Gen Daryl Bohac. We wish MG Lyons well in his new position at National Guard Bureau, and we welcome Maj Gen Bohac as an avid supporter of diversity.

In addition, the SEP Group will be saying farewell to our Chairperson, BG Michael Navrkal, as he moves on to a new leadership position in the Kansas National Guard. We thank him for his dedicated support of our diversity programs and wish him success in this new assignment.

The SEP Group has entered the world of social media as we now have our own Facebook page, devoted to diversity

in the Nebraska National Guard, the Nebraska Military Department and the State of Nebraska. Items we anticipate posting include photos of cultural events and announcements of upcoming events across the state and in the Guard, the most current issue of Bridging the Gap, and many other diversity-related topics.

We invite our readers to submit information on current newsworthy events along with local community celebrations relating to different heritages for the new Facebook page. In addition, we continually welcome your ideas for stories and budding authors for this publication - *Bridging the Gap*.

Thank you as we continue together on this exciting journey we call Diversity!

Please "Like" us at www.facebook.com/NebraskaSEPGroup

**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.

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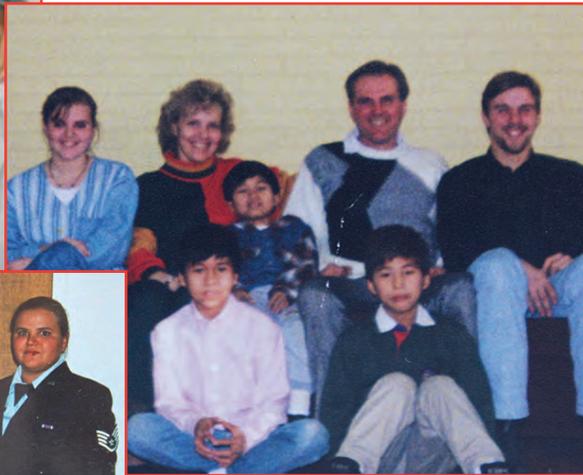
Interested in becoming a member of the SEP Group?

Please contact LaVonne Rosenthal at the email address listed above.



JOURNEY TO A NEW WORLD

By MSgt Sharon Okra-Goll



Christmas 1995. Front row: Bret and Brad. Back row: Beth (sister), Bernadette (mom), Brent, Bill (dad), and Brian (brother).

(or told) that you would be moving to another country that's almost 8,000 miles away. Imagine knowing only (maybe) ten words of that country's

language. Bret Hung Frohner was born in Thanh Hoa, Vietnam, and lived there with his mother, father, four siblings and his paternal grandparents until he was twelve years old. Bret remembers that life was tough in the poor village. His childhood home was made of bamboo and mud with palm trees used for the roof. Although times were hard, his entire family was together. Unfortunately the time they spent together would not last.

Bret Hung's mother was diagnosed with ovarian cancer and passed away when he was only five years old. Before the family had time to adjust to their mother's untimely death, Bret Hung's father passed away from heart problems. Bret Hung was just seven years old. These tragedies are something that would be hard for anyone to accept, but especially for a

2004 Deployment going away party. Brad, Brent, Bill, Bret, Bernadette, Beth.

Looking through the pictures I see smiling, sharing, living, loving, bonding and so much more. I love all of the pictures I've received from SSgt Bret Hung Frohner, Maintenance Management Analyst with the 155th Air Refueling Wing (ARW). I want to be there with him helping, smiling, giving and sharing in the bonding experience. Bret makes everything he does look effortless. His easy-going attitude and infectious smile made writing this article less of an "assignment" and more of a journey...a chance for me to personally walk in someone else's shoes, if only for a little while. I would have never guessed that behind the smile, the confidence, the gracious humility, lies a story that could easily be made into a *Lifetime* movie.

Imagine being born in one country and at the tender age of twelve, being asked

2002 High School graduation - Valedictorian

young boy. What Bret Hung remembers the most about his mom was that she was "very gentle."

Bret Hung's oldest sister did the best she could to keep the family together. When their father passed away she was only 16 years old, but she wasn't your average 16 year old. She was very mature for her age, so she took on the head of the household role and made all the decisions for the family as the "adult." She also did her best to raise her siblings for a couple of years by herself. However, there came a point when she realized that she could no longer care for all four of her younger siblings. She made the decision to send Bret Hung and his younger brother Brent Hai to an orphanage in hopes they would have a better life. Being in the orphanage

Continued on Page 4



Journey to a New World continued from Page 3



Top Picture: Siblings in Vietnam: Tuyen, Bret, Bret and Dung (pronounce Zung). Bottom picture: Reunited with siblings in Vietnam after 11 years in the U.S. The first time Bret and Brent returned to Vietnam, in 2005, after Bret's deployment and Brent's high school graduation. Dung, Brent Hai, Tuyen and Bret.

would also give them a chance to be adopted into other families, including families as far away as America.

After much discussion with other family members, Bret Hung's oldest sister ultimately made the decision to allow two of her siblings to be adopted by an American family; although she knew that by allowing them to be adopted by a family so far away there was a chance that she would never see them again. The thought of them having a chance of a better life was the reason she chose to make that sacrifice. There were, however, other family members who were against her decision, because they feared that Bret Hung and Brent Hai would be lost forever. The orphanage adoption process at the time allowed the oldest sibling to

make the decision but the entire family had to agree. She worried about sending them so far away, she worried if they would ever come back home to visit and she worried if they would even keep in touch. Would this be the last time she saw her little brothers? In the end, twelve-year old Bret Hung and seven-year old Brent Hai came to America. She hoped there were better opportunities for them in America. As any parental figure would, she wanted the best for them.

Their adoptive American parents, Bill and Bernadette Frohner, knew a woman from Denver, Colorado who supported *Mission of Hope* in Vietnam. They wanted to help. They wanted to adopt children. They wanted Bret Hung and Brent Hai the very first time they saw their pictures in a photo album. With the decision made and paperwork finalized, Bret Hung and Brent Hai were soon on their way to Wahoo, Nebraska, United States of America! Bret Hung was sad, worried and scared. Everything was so big and different. Everything was strange and he only knew a couple of basic words in English. But, Bret Hung was determined to take advantage of the new opportunities that living in the United States presented. One of the most memorable times in his life, and something he will never forget is, "When I step off the airplane and was greeted by my adopted family."

When Bret Hung and Brent Hai stepped off the plane, not only did they step into a new world, but they also left behind their old world. It was a scary feeling to come to a new country, get new parents and even new names. Bret and Brent's American names were chosen before they arrived in America. The Frohner family had a tradition of everyone's first name beginning with the letter "B" - Bill and Bernadette (parents) along with children Brian, Brad and Beth, therefore Bret and Brent. If you look around the Nebraska Air National Guard you will see the



Frohner siblings at drill.

Front row: Bret and Brent. Back row: Beth and Brad



Best friends, from the orphanage at Thanh Hoa, Vietnam. Holden, Hunter, Brent and Bret

family tradition doesn't end with their names beginning with the letter "B." The tradition of service in the Air Guard is one they cherish as Bill served a long and successful career in the Air Guard (retired) and four of the five siblings (Bret, Brent, Brad and Beth) enlisted in the Air Guard.

One day Bill and Bernadette asked Bret and Brent if they would like to go to the airport and see the four Vietnamese siblings who were being adopted by another Nebraska family. They were curious and wanted to go. What they didn't expect turned out to be one of the biggest surprises of their new American lives. The four children were their good friends from the Vietnamese orphanage they had lived in! The family who adopted the siblings lived in Ceresco (just a short drive from Wahoo) and they all attended the same school as the Frohners.

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Journey to a New World continued from Page 4



2012 Vietnam Mission trip. Top: Welcome home party thrown by family. 2nd: Handing out treats and gifts to children after oral hygiene education. Bottom left: Oral hygiene education. Bottom right: Bret helping the family harvest rice.

It was a happy “family reunion” and a nice reminder of home (after being in America for a year). Bret really liked the small town community atmosphere and the people there.

Wahoo, Nebraska is a town of 4,500 (2010 Census) with a majority of the population being White/Caucasian

(93%), followed by Hispanic (3.5%). There was a lot for Bret and his brother to get used to. They got settled in Wahoo and attended a Catholic school. The teachers were dedicated and Bret really liked the Catholic education he received. One of the things he would have considered doing differently was attending college out of state. While Bret wanted to get started in college right away, he also wanted to go back home – to his birth country.

Throughout the years he kept in touch with his siblings through letters, never forgetting his desire to one day go back and visit. It was expensive for his family in Vietnam to send letters so he only received one letter about every six months. At this time in the village, there was only one family who had a telephone. Bret and Brent would call them and tell them to go get one of their brothers or sister and then hang up and call back about 15 minutes later when their siblings were there. It was a roundabout way to keep in touch with their family, but it worked. They all wanted to keep in touch with each other, so they did whatever it took.

In 2002, Bret was finally ready to make the journey back to Vietnam to visit his family, but he ran into a problem - his citizenship status. They didn't know that they had to send in paperwork to become a naturalized citizen. They found this out when Bret was 18 years old and had to go through the citizenship process as an adult to become a citizen. He had to submit a package and take the citizenship test - a process that seemed to take forever.

Although Bret wanted to visit Vietnam for the first time since coming to the U.S., one more thing delayed his dream. Bret had joined the Nebraska Army National Guard and was at Basic Training. Before he could finish his tech school, his unit, the 267th Ordnance Company from Lincoln, deployed. They accelerated his training so he could join them in Iraq. Again, his first trip to Vietnam would have to be postponed and he was wondering if it was ever going to happen. After his deployment was over in 2005, he made it his top priority to go back home and visit. When he got back from Iraq, his brother Brent graduated from high school and the very next day they got on a plane to go back to their homeland for the first time since being adopted by the Frohners. It was the greatest feeling ever. In addition to returning to Vietnam, owning a house, finishing school and becoming a U.S. citizen are some of the happiest and proudest moments of Bret's life. Both Bret and Brent feel like their adoption was a blessing and they're thankful for being given a second chance at life; they would never be where they are today, without being adopted.

After his visit back to Vietnam, Bret realized that he wanted to do more with his success. After finishing high school, Bret's passion was to complete dentistry school at the University of Nebraska Medical Center and return to Vietnam once again to give back to his community and orphanage. Bret eventually transferred to the Nebraska Air National Guard. Going to school and performing duty for the Nebraska Guard was time consuming and at times difficult, but Bret continued to move forward. He makes sure to mention that his adoptive parents were always there for him and along with his brother Brent, are the most positive influences in his life. With all of the love and support from his family and connections with his biological family, Bret is realizing his dreams and goals, which are coming true one at a time.

In 2012, after graduating from dental hygienist school, he was able to make a mission trip back to Vietnam.

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COMING TO AMERICA

By Hayes Ngotel (*husband of Tonya Ngotel, SERC Coordinator/HazMat Program Specialist, Nebraska Emergency Management Agency*)



In light of all the immigration law changes and discussions on immigration taking place across the United States, I thought I'd share my personal story of coming to America. Growing up in the South Pacific on a small island called Palau, known today because of the

Survivor television series, it was always my dream to travel to the States (as it's commonly called outside of the U.S.). My impression of the U.S. was taken from textbooks, missionaries and Peace Corps volunteers. I knew I was destined to see all the things I had read about as a young child including those magical faces carved into Mt. Rushmore, the Statute of Liberty and the Golden Gate Bridge.

The Republic of Palau became an independent Nation in 1994 by signing a

treaty with the U.S. that allowed access to the air and water in case of a foreign attack. This treaty allows me and my fellow Islanders access to the U.S. with our Palauan passport. Under the Department of Homeland Security (DHS) / Immigration / Naturalization Service (INS) specifications, we are considered a legal alien and are allowed certain privileges others are not, including the fact that I'm able to come and go within the 50 states with only my driver's license. I'm also able to apply for a Social

Security Number and work without permits (with the exception of working for the Federal government). One major thing that I'm not able to do is vote unless I become a full U.S. citizen. Because of, or maybe in response to the changes that have happened with immigration laws, I find myself torn between two worlds. I've had to explain more than once to employers, the INS, a loan officer and a police officer (yes, I was

questioned during a routine traffic stop if I was here legally) that I have a legal right to be here in the U.S.

As a young man of 24 and a math teacher in Palau, I was living with my family, which consisted of my mother, father, grandparents, eight brothers and sisters and their spouses and children. On any given day there was a total of 40-plus people living on my compound, all living in the same house and sleeping primarily

in the same room. At this time, I met the woman I now call my wife, Tonya, who was originally from Wymore, Nebraska, but was temporarily living with another Palauan family and working as a Psychology and English teacher for the Peace Corps. In 2002, I was given the opportunity to move to the States with Tonya, where we eventually married and had two beautiful daughters, Lily (5) and Halen (3).

One of the biggest obstacles that I have, now that we have children, is the differences my wife and I have when it come to parenting. I grew up with the mentality that a village raises a child, literally. We have nuclear families similar to the United States but our culture also has clans. A clan is comprised of numerous families (some blood relatives, some not) who are considered our extended family. It's not uncommon for a clan to raise a child or for a child to be given to another mother to be raised. Back home, when children are disrespectful to someone I would fully expect the adult who observes this behavior to correct/discipline my child. My wife, however, fully expects to be the parent in charge and doesn't agree with the concept of village parenting.

Stereotypes are everywhere and affect everyone. Most everyone who meets me assumes that I'm of Hispanic origin unless they take time to listen to my accent or look deep into my Asian eyes. In closing I would ask you this: as you read the paper, drive down 27th Street in Lincoln or visit a local public school, please keep in mind that not everyone you come across is who/what you might think. Get to know someone new, gain a better understanding of the route they took to get where they are today and educate those around you.





ASIAN COMMUNITY AND CULTURAL CENTER'S KAREN LUNCH AND LEARN

By Mary Schmidt-Rodriguez

The Asian Community and Cultural Center (ACCC) is sponsoring a new series of lunch and learn events in Lincoln. The second of these luncheons focused on the Karen culture with Karen cuisine for the meal. Lincoln is home to a growing Karen population and lunch and learn events are a way to have Lincolniters learn about this very interesting culture.

The speakers for the luncheon were Isaac Moo and Peh Wah Mu (currently the oldest living Karen in Lincoln). Both speakers were very personable and it was interesting to hear Peh speak in her native language and then listen to Isaac as he translated.

Isaac started out the event by giving a background of the Karen people (the second or third largest ethnic group in Burma). The Karen people originally came from Mongolia and have lived in Burma for over 2,000 years.

In 1948, Burma achieved independence from Britain. At this time the Karen people wanted self-government. They didn't want a civil war or communal strife. They wanted liberty, equality and peace. The Burmese government told them that if the Karen wanted self government that they would have to fight for it and the government started burning down Karen villages. While the villages were being burned down the Karen took

temporary refuge in the jungle and were designated Internally Displaced Persons (IDP)*.

Many Karen moved to Thailand, but Thailand didn't recognize them as refugees. They had to stay inside barbed wire camps due to their uncertain status. They were forced to wait in line for water. There were 35-50 students in classrooms and there was never enough room for the children to learn. There were no specialty medics or nurses, they all had to know a little about everything in order to treat the sick and injured. In the summer they were always very worried as they were afraid their camps would be burned down.

When they were finally able to resettle in 2006 to developed countries, they faced a major culture shock.

Peh then went on to talk about their clothing which is made of woven cotton. The stripes on women's clothing are horizontal and on men's clothing they are vertical. She showed us many samples of the clothing they wear. She also showed us baskets and explained about dances, holidays and ceremonies associated with the baskets.

The Karen national flag has deep meaning to Karen people and has been a rallying point in their struggle against the Burmese army. The Karen flag was designed with symbolic meanings for

both the colors and graphics. The color red symbolizes heroism and perseverance, white for purity and clarity and blue for honesty and peace. The rising sun symbol represents the rising sun that gives bright light to all Karen people in the world; and sunlight can erase fear. In addition, sunlight gives life to all living things. The nine rays of light streaming from the rising sun stand for the nine regions from which the Karen people trace their origins. The frog drum was used by Ancient Karen people during war and they hold it to high esteem. Karen people believed that it's a living thing. The frog drum symbolizes unity in traditional Karen culture.

The Karen people were originally Animists. (The basis of animism is that the spirit world is stronger than humans. The power of the spirit world infuses everything. Spirits are often believed

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FIESTA MEXICANA OF THE HEARTLAND

By Emily Berner

Emily Berner, Executive Director at the Montessori School for Young Children, is a mother of three who aspires to make a difference in the lives of others and encourages everyone to do the same. In recent years she has been a volunteer for the Nebraska Special Olympics, Eastridge Elementary School, the Food Bank of Lincoln Backpack Program and Girl Scouts of Nebraska. Following is her story of family and diversity connected through dance.

Growing up I recognized that my Grandpa Frey was a giving man. He was continuously asking, "Do you need anything? Is there anything I can do for you?" I can recall a story of my cousin who as a child decided to test our grandfather's offer for aid. While home sick she received a call from Grandpa Frey asking if she needed anything. Thinking she could call his bluff she replied, "Two pounds of cookies." Imagine her surprise when later that day he arrived with two pounds of cookies in hand. I believe all ten of us grandchildren had a "two pound cookie experience" at some point in life, that moment we knew that Grandpa Frey would always help us if we were truly in need.

It wasn't until my grandfather's passing almost six years ago that I fully understood that his giving spirit extended well beyond our immediate family. I had seen the various plaques and certificates he had displayed in his home office but had never really taken the time to examine them all. I felt pains of guilt as I read his obituary. I had no idea that



Natalie



Madeleine

my grandfather had spent so much of his life supporting community organizations like the Juvenile Diabetes Foundation, the YMCA and the Lincoln Symphony Orchestra, just to name a few. He wasn't an extremely wealthy man so his gifts to organizations were often gifts of time and talents. In April 2005, Cindy Lange-Kubick of the *Lincoln Journal Star* poignantly captured the story of how, in 1982, my grandfather helped to raise more than \$1 million in less than a week to rescue Lincoln's Malone Community Center, a mission that led to the Center's gymnasium being dedicated as the John H. Frey Gymnasium in 1983. I was three years old at the time, unaware that almost 30 years later this center and its gymnasium would

connect my daughter Natalie to a great-grandfather she never got to meet.

In August 2010, we adopted Natalie after she had spent 18 months in our care as our foster daughter. The final meeting we had with her birth-mom prior to the adoption will forever be etched in my memory. An interpreter explained how the mother was concerned that Natalie would be raised not knowing that her

family came from Mexico. She feared that Natalie would not be exposed to their culture, that she would not know "where she came from," and that we would not love her the same way we loved our biological daughter. Any parent who has a biological child and an adopted child knows that love is truly unconditional. To explain the love for a child at a meeting of this nature was one of the most emotional experiences I've had as a parent. I tearfully assured her birth-mom that Natalie would never be deprived of the same genuine love I had for my other children and that I would continue to seek opportunities to connect Natalie with her Mexican culture.

Natalie is now four ("and a half" as she must always point out) and is at the age where she is beginning to understand the journey she took to become our daughter and where her birth family is from. She has spent the past two years learning basic Spanish vocabulary and phrases at her Montessori preschool, but I felt this year was the year we needed to explore additional ways to help her connect to her birth family's culture.

I reached out to the family of one of Natalie's classmates and discovered the father, Pablo Cervantes, is the lead dance instructor for *Fiesta Mexicana of the Heartland*. Founded in 2007, *Fiesta Mexicana of the Heartland* is committed to the celebration and appreciation of traditional Mexican ballet folklorico dance. The small children's dance group is diverse with members from Mexico, Venezuela, England and Lincoln, Nebraska. Besides providing dance lessons, the group also seeks to educate its

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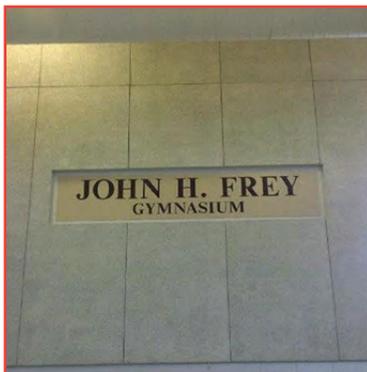
Fiesta Mexicana continued from Page 8

members and the community about the positive elements of the Mexican culture and heritage with the ultimate goal of building bridges of understanding and appreciation for one another. We were thrilled to be given the opportunity to join this wonderful organization!

What began as an activity for just Natalie soon encompassed the entire family with her older sister also becoming a dancer and myself joining the Board of Directors. We have all benefited from the opportunities the group has presented for us to connect to the Mexican culture.

This year's annual performance for *Fiesta Mexicana of the Heartland* was held on Saturday, May 4, as part of the *El Centro de las Americas' El Dia del Nino y El Cinco de Mayo* celebration. It wasn't until the week of the celebration that I realized the location of the performance at El Centro de Las Americas (2032 U Street) was also the Malone Community Center. Our group would be dancing in the John H. Frey Gymnasium. It brought tears to my eyes making the connection and realizing that although my Grandpa Frey never got the opportunity to meet Natalie, his legacy was still making an impact on her and others in our community. I hope that as Natalie and her siblings grow older that they too will find the joy in helping others.

Lincoln is an amazing community with many non-profit organizations that need support. Many of us will never have the luxury of deep pockets to help rescue an organization but we all have the ability to ask, "Do you need anything? Is there anything I can do for you?"



A VIEW OF DIVERSITY FROM WHERE I STAND

The best form of flattery is by copying someone or something. It is in that spirit of flattery that we begin a special series of articles based on the Nebraska National Guard's *Prairie Soldier Street Talk* series. We will feature a number of individuals in each issue who work for the Nebraska Military Department, to hear their own personal view of diversity.

The name *A View of Diversity From Where I Stand* depicts individualistic viewpoints,

and that we "stand" for ours and each others' rights for respect and appreciation of our uniquenesses. We hope you enjoy reading the series as much as we enjoy compiling them. We anticipate many profound and simple comments coming from all areas of our organization, giving us a glimpse of our diverse viewpoints and an opportunity to learn from each other.



Diversity is the difference of culture, race, ethnicity, thought and values.

William J. Prusia
Lieutenant Colonel
Deputy G1
Joint Force Headquarters
Nebraska Army National Guard



My personal definition of diversity is the collective and collaboration of thoughts, ideas, well-being of ALL individuals regardless of gender, age, rank, education, color and job. In addition, clear of biases and stereotypes we tend to carry or often have.

Jody L. Kouma
Master Sergeant
Human Resources Specialist (Employee Benefits)
Nebraska Air National Guard



Diversity is multi-faceted, complicated, cultural and international.

Val Nickell
Administrative Assistant – Command Group
State Military Department





WOMEN'S EQUALITY DAY

Submitted by Pam Makovicka

What is Women's Equality Day?

August 26 was the date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. I cannot image what my life would be like if this amendment had not passed.

Important facts about Women's Equality Day are provided in a question format below with answers beginning on page 24.

1. August 26th is celebrated as Women's Equality Day to commemorate what?
 - a. The work women did during the Second World War.
 - b. The anniversary of women winning the right to vote.
 - c. The flappers of the 1920s.
 - d. The contemporary women's rights movement.
2. In what year did Congresswoman Bella Abzug introduce legislation to ensure that this important American anniversary would be celebrated?
 - a. 1992
 - b. 1984
 - c. 1971
 - d. 1965
3. In what year did women in the United States win the right to vote?
 - a. 1776
 - b. 1848
 - c. 1920
 - d. 1946
4. How many years did it take for women to win the right to vote in the United States?
 - a. 72 years
 - b. 120 years
 - c. 20 years
 - d. 51 years
5. In most of the western states, women won the right to vote years before the Federal Amendment was secured. In 2010, Washington State celebrated the 100th anniversary of women winning the right to vote; California celebrated the 100th anniversary in 2011; and Oregon celebrated the 100th anniversary in 2012. What other state celebrated the 100th anniversary of women's right to vote in 2012?
 - a. New York
 - b. Florida
 - c. Maine
 - d. Arizona
6. What was the name given to the 19th Amendment to the Constitution which guaranteed women's right to vote in the United States?
 - a. Abigail Adams Amendment
 - b. Sojourner Truth Amendment
 - c. Susan B. Anthony Amendment
 - d. Gloria Steinem Amendment
7. Women who worked for women's right to vote were called what?
 - a. Radical
 - b. Immoral
 - c. Suffragist
 - d. All of the above
8. The term suffragist is derived from what?
 - a. One who suffers
 - b. S voting tablet in ancient times
 - c. The Constitution
 - d. The Bill of Rights
9. How many other countries had already guaranteed women's right to vote before the campaign was won in the United States?
 - a. 6
 - b. 2
 - c. 1
 - d. 16
10. What was the first country that granted women the right to vote?
 - a. Canada
 - b. Germany
 - c. New Zealand
 - d. United Kingdom



WOMEN'S HISTORY LUNCH CELEBRATION RECAP

By Pam Makovicka

Celebrating Women in Science, Technology, Engineering and Mathematics

Women Inspiring Innovation Through Imagination

The Women's History celebration opened with an invocation by Chaplain Ehlers. We had a wonderful lunch from *Catering Above All* and cupcakes from *Cakes and Cups, LLC*.

This year's theme *Women Inspiring Innovation Through Imagination* focused on women in Science, Math and Engineering careers. Dr. Concetta DiRusso from the Department of Biochemistry at the University of Nebraska - Lincoln was our guest speaker. Dr. DiRusso centers her research on understanding the biochemical basis of lipid disorders, including obesity that causes diabetes, fatty liver disease and cardiovascular disease. She also focuses on drug development to prevent obesity-related diseases and Algal Biofuels. She has many awards for mentoring female undergraduate and graduate students to retain them in the science technology fields. She promotes *You Care*, a stipend of \$4,000 for students to work in science programs. She stated that her greatest joy comes from the *Women in Science* weekend annually promoted by the University of Nebraska-Lincoln. Female students and their teachers are invited to spend a few days doing research and working in the science fields. Encouraging these young women gives her a great feeling of accomplishment. During her presentation she encouraged us to promote our children's love of science. Make science and math interesting by playing games. Search on the internet for science games for kids and hundreds of free games will appear.

Each year we honor one woman for her dedication to diversity. Jessie Bockelman from the Military



Department's State Human Resources branch was the recipient of this year's award. Jessie is a vital asset to her supervisor and co-workers in addressing all issues in human resources without hesitation. She embodies the definition of equal and inclusive treatment. Her enthusiasm for sharing her love of diversity inspires all around her. Congratulations Jessie.

The Equal Opportunity and Diversity Council, chaired by BG Navrkal, solicits nominations for the annual *Excellence in Diversity Award*. This award recognizes individuals and organizations that go above and beyond their normal duties and responsibilities in the area of diversity. This year we received five nominations, two of which have been forwarded to National Guard Bureau (NGB) for national competition. LaVonne Rosenthal and BG Navrkal presented awards to the following:

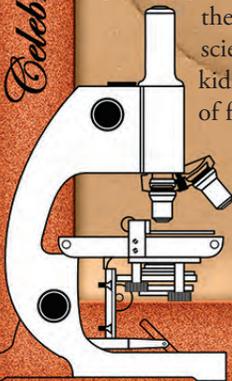


LTC Craig Strong was nominated by the 313th Medical Company for implementing a leadership and diversity program.



1SG Matt Dorsey was nominated by the 209th Regional Training Institute for being a dedicated and enthusiastic liaison between Camp Ashland and the Special Emphasis Program (SEP) Group.

Continued on Page 13





FEDERAL WOMEN'S TRAINING DAY

By Pam Makovicka

This year's training day was held April 17, 2013 at the University of Nebraska-Lincoln (UNL) Agriculture Research Center in Ithaca, Nebraska. Joan Chopp, President of the *Heartland Chapter of Federally Employed Women (FEW)* welcomed all to the training day and invited everyone to join our local FEW chapter.

Dr. Mara Pennell, a pastor, chiropractor, and motivational speaker (born and raised in Independence, Missouri) was our opening presenter. She conveyed a message about believing in ourselves. She attended the University of Nebraska-Lincoln, and received her Doctor of Chiropractic from Cleveland Chiropractic College and has an extensive family history in the chiropractic profession. Today she is a Pastor of Jubilee, a Spiritual Center in Independence, Missouri, and manages the Ideal Protein weight loss program in her sister's chiropractic office.

Our next guest speaker, Stephene Moore, gave a presentation on the Affordable Health Care Act. Ms. Moore is a Registered Nurse and is the head of the regional Health and Human Services office (HHS). It is hard to believe that the much maligned and often misunderstood Affordable Health Care Act was signed into law more than three years ago. And for the past three years, one group or another has been trying to overturn it either in the courts or in Congress. In October of 2013 open enrollment in the Health Insurance Marketplace will begin. On January 1, 2014, all Americans will have access to affordable health insurance options. The Marketplace will allow individuals and small businesses to compare healthcare plans on a level playing field. Middle

and low-income families will get tax credits that cover a significant portion of the cost of coverage. The Medicaid program will be expanded to cover more low-income Americans. This means that millions of people who were previously uninsured will gain coverage.

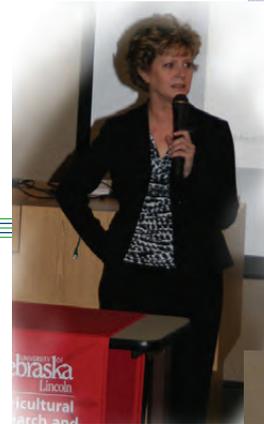
Alan Kuzma, of Kuzma Financial Services, a member of the Heartland FEW Chapter, provided us with an interesting rundown of Social Security and its options. He stressed that good financial planning is the key to a stress-free retirement. He offered all attending a free check of our social security options. We then had a wonderful lunch served by Wahoo New Bakery.

After lunch, LaVonne Rosenthal gave a presentation and showed the video titled *Drop by Drop*, which helped to raise awareness and emphasize the importance of maintaining a thoughtful and respectful workplace. Small slights, subtle discriminations and tiny injustices are little negative gestures called micro-inequities and occur in organizations every day. They undermine morale and reduce productivity. LaVonne emphasized that we should follow the platinum rule by treating others as they would like to be treated. Learn to communicate with kindness and clarity.

Kim Moore is a retired Soldier of the Nebraska Army National Guard, a motorcycle safety instructor and now a readjustment counselor at Lincoln's Veteran's Center for combat veterans. Kim explained the treatment she is using to help veterans with the challenges faced with Post Traumatic Stress Disorder (PTSD). PTSD is a mental health problem that can occur after traumatic events like war, assault or disaster. The symptoms of PTSD are as follows:

recurrent experiencing of the trauma, troublesome memories or flashbacks and/or nightmares about the trauma. In addition, individuals with PTSD may suffer from avoidance, to the point of having a phobia of places, people and experiences that remind the sufferer of the trauma. Finally, chronic physical signs are sleep troubles, poor concentration, irritability, anger, blackouts and difficulty remembering things. Kim assists patients and families in learning to cope with the illness. We need to thank our Soldiers as well as their families for their service to our country.

I presented the final talk of the day on internet safety. I encouraged all to use privacy settings on their email. For example, Yahoo will show your name, birthdate and address as well as tracking your browsing and posting advertisements. To access Yahoo privacy settings, locate the help menu, select legal, then click on privacy policy. Locate and click on the preference button and edit your setting for "My Account." Opt out of "Ad Matching" and "My Profile." I spoke of keeping your websites secure and doing your financial transactions in a private browsing session. Update your antivirus and antispyware regularly and hide the name of your wireless network at all times.





Women's History Month continued from Page 11



TSgt Lindsay Bustamante was nominated by Col Wendy Johnson for her attitude of inclusion demonstrated by her involving other Air National Guard members in the activities of the SEP Group.



CPT Russell Bartholow was recognized for his exceptional ability to build relationships with students of the University of Nebraska-Kearney as a professor of military science, and his partnership with Recruiting and Retention Command. His nomination package has been forwarded for consideration at NGB for national recognition.



MSgt Sharon Okra-Goll was recognized for her active participation in community events, as well her involvement as a member of the SEP Group and MG Lyons' Diversity Discussions at Lunch. Her package has also been forwarded to NGB.

Congratulations to all for your dedication to expanding our knowledge of diversity.

The Women's History Month celebration was concluded with the benediction by Chaplain Ehlers.



2013 WOMEN'S EQUALITY DAY POSTER

DEFENSE EQUAL OPPORTUNITY MANAGEMENT INSTITUTE
(DEOMI) NEWS RELEASE 7/17/13

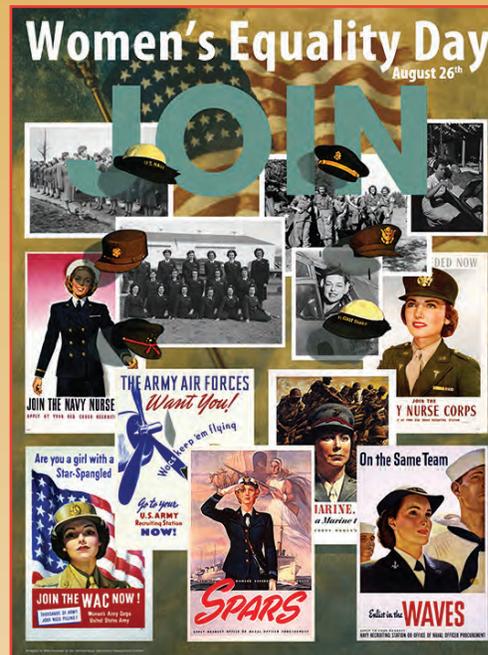
In observance of Women's Equality Day, celebrated each year on August 26, DEOMI proudly announces the availability of original poster artwork available for download from our public website, www.deomi.org.

The artist's inspiration for this year's poster:

"During World War II (WWII), from 1941-1945, nearly three quarters of a million women entered the workforce and military service. By 1945, one out of four married women worked outside the home. After the war, many returned to their homes, but the face of the military and workforce had been changed forever. This year's poster honors the 350,000 women who joined the Women's Army Corps (WACS), Women Accepted for Volunteer Emergency Service (WAVES), Women's Air Force Service Pilots (WASPs), SPARS (Coast Guard), Marine Corps, Army Nurse Corps and Navy Nurse Corps," said DEOMI Illustrator, Mr. Peter Hemmer, in describing this year's Women's Equality Day poster.

What is Women's Equality Day?

At the request of Representative Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day." The date was selected to commemorate the 1920 passage of the 19th Amendment to the



Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York. The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but

also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations and public facilities now participate with Women's Equality Day programs, displays, video showings or other activities. For more information, visit the National Women's History Project at: <http://www.nwhp.org/resourcecenter/equalityday.php>

Please note that you may download this hi-resolution image file by clicking the "download" link below the thumbnail image for this poster and take it to your preferred printing facility for display in your organization or use during your special observance programs. All DEOMI special observance poster images are hi resolution and may be used to print posters up to 30 X 40 inches. DEOMI does not have the capability to print posters and mail them out to customers upon request.

Become a friend of DEOMI on facebook at www.facebook.com/deomi.dod





RESTAURANT REVIEW

QILIN ASIAN FUSION

8341 O Street; Lincoln, NE 68510
402-484-0139; Delivery: 402-474-7335

QilinFusion@gmail.com; [facebook.com/QilinFusion](https://www.facebook.com/QilinFusion)

Tuesday – Thursday: 11:00 am – 2:00 pm and 4:00 pm – 9:00 pm

Fridays: 11:00 am – 2:00 pm and 4:00 pm – 10:00 pm

Saturday: 11:00 am – 10:00 pm; Sunday: 11:00 am – 7:00 pm

RESTAURANT

Review by Mary Schmidt-Rodriguez

Fans of Heoya Food Truck unite! They have taken your favorite food truck, turned it into a restaurant and expanded their incredible food offerings!

For those of you who have never had the pleasure of partaking of Heoya's food, then you have just got to try Qilin (pronounced Chillin)! The food is amazing.

The interior of Qilin is very nicely done in tones of gray with elegant wall hangings and burgundy tablecloths. The floors are concrete for easy cleanup. The eating space is very large and can easily accommodate large parties.

They market themselves as Asian Fusion. What is Asian Fusion you ask? It's a mix of standard Chinese fare (with a Qilin twist) and has other Asian foods as well, including one of my favorite Vietnamese dishes Grilled Pork Rice Noodles (or Bun). They also have curry dishes and Pad Thai. All of the dishes have that special Qilin/Heoya twist. They have taken each dish and added just that extra touch and improved on them considerably.

They also serve family style. Most dishes come on a large platter so you can share with others in your party (or not, it's up to you!). An exception to this is the dishes served in clay pots and bowls. They have great starters/appetizers which include Vietnamese Eggrolls, Crab Rangoons (two of my personal favorites), spring rolls (one of my sister's favorites) and many others. The Rangoon isn't shaped like you would normally see in an Asian restaurant, but



believe me, it will be hard to go back to the other. The soup selections are Wonton, Seaweed Egg Drop and Miso. They also have salads. Their main dishes include selections with chicken, pork, beef, seafood and vegetarian/tofu. A friend of mine is a vegetarian and this is one of her favorite restaurants.

On our first venture to Qilin, my eight-year-old son tried their Caramelized Braised Fish which is served in a clay pot. He loved it but didn't quite know what to make of the clay pot! Be warned, if your food is served in the clay pot, it will be very hot. The clay pot holds in the heat and helps bring out a wonderful taste in the food.

Some of the amazing selections (not even close to the entire menu) include Basil Chicken, Soy Sauce Chicken (which my sister is still raving about), Caramelized Pork and Eggs, Beef Broccoli, Beef Curry, Qilin Steak, Honey Walnut Shrimp, Black Bean Clams, Tofu with Tomatoes, Chinese Water Spinach, Crispy Pan Fried Noodles, Lo Mein and Fried Rice.

Their desserts are small in selection but big on taste. My son's and my current favorite is the Candied Egg Rolls (you will have to order them to find out what candy they use). My sister ordered the Coconut Fruit Salad on our first trip and was pleasantly surprised to see it served in a glass over crushed ice.

Qilin's lunch menu is smaller than their dinner menu, but still packed full

Continued on Page 23



WEBSITE REVIEW: SOLA – SCHOOL OF LEADERSHIP AFGHANISTAN

www.sola-afghanistan.org

Review by CW2 Jennifer Fotinos

It was my pleasure to review the SOLA website after viewing a video during a diversity discussion at lunch. I was really taken aback by the story of Shabana Basij Rasikh in *Dare to Educate Afghan Girl*, which is a story of one family's decision to ensure their daughters received the education they deserve. Shabana speaks of the travels and obstacles getting to school. Taking a different path and dressing as a boy are only two riveting experiences discussed in the video. This family believes in empowering their daughters even though seeking an education is punishable by death if caught.

SOLA was co-founded in October 2008 by Ted Achilles and Shabana Basij Rasikh, one of his former students. Since the program was founded it has helped dozens of girls and boys to obtain education scholarships.

SOLA's mission is stated on their website: "SOLA are a people-to-people, non-profit organization dedicated to furthering educational and leadership opportunities in Afghanistan and the world for the new generation of Afghanistan, especially for women."

The website has a very simple design and is easy to navigate. The intent of the website is to understand the history and purpose of the SOLA program. The website assists students seeking out educational opportunities and there is a section that allows you to also get personally involved. Upon opening the Home page, you are captured by the SOLA title and scrolling photos. The

Courage to Grow, Knowledge to Lead and Power to Change



photographs are colorful, vibrant and full of children's smiling faces. The home page has a list of the scholarship awardees, videos, news articles and highlights. Each section of the website is listed on the left side. If you scroll over each section, you will find sub-sections that provide an abundance of additional information about the organization.

The SOLA website was established to bring awareness about a freedom so many U.S. children take for granted. SOLA is a non-profit organization and was established to educate Afghanis, both men and women, in order to create wealth and help them develop their country in their own way. The government has finally recognized that "promoting women's leadership constitutes one of the prerequisites for building a governance system that is responsive to the interests and wellbeing

of the citizenry, recognizing that such a governance system cannot be built if half of the population is excluded from taking part in it."

As I navigated through the website there was one section that inspired me to keep reading entitled *Students Speak*. Here you will find young women speaking out about their dreams, their future and their participation in the program. It was their stories that intrigued me as I found myself continuing to click each of the links. What was really amazing to me is that more than 50% of Afghanistan's population is women and still they fight to play a role in their country. SOLA allows women to obtain an education abroad through scholarships. This type of educational opportunity provides

women a chance to come back to their country to hopefully assume leadership positions.

The website is very user-friendly. There is a section which allows viewers to make donations, sponsor an event or volunteer to teach, mentor or even host a student. If anyone has the means or capabilities to give back, this would be the best way to reach out, in my opinion. I would recommend reviewing the website with middle school and high school students as well as college classes. Understanding the history of the program, along with the perseverance and dedication these children display every day is an eye-opener. They are desperate for something that our children in the United States often take for granted: the opportunity for a free education.





BOOK REVIEW

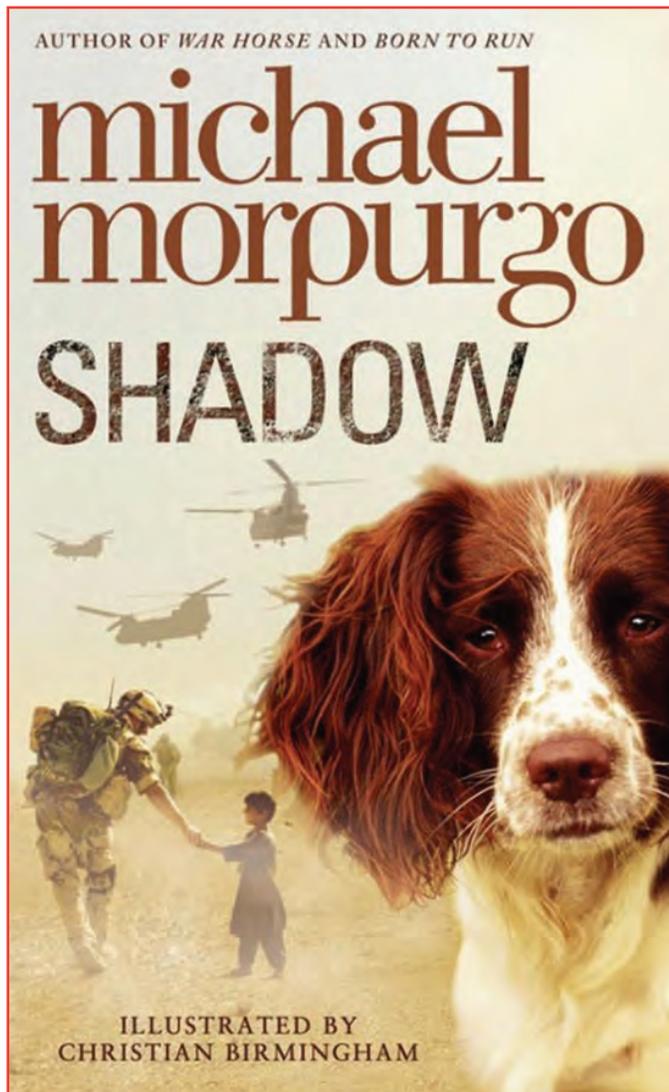
SHADOW

Shadow is a very moving story and will touch your heart. It is a beautiful story of a boy named Aman, his lost dog and the lengths Aman will go to be reunited with him. It begins in Afghanistan and shows a portrait of war, love and friendship. Aman and his mother barely survive in an Afghan cave and are forced to flee to England. At a checkpoint, Shadow runs away after being shot at by police.

Aman endures many trials and tribulations including watching his father being taken from the cave by the Taliban, never to be seen again. Aman is a strong child and fights to find his dog, be reunited and overcome the devastations of war. His best friend Matt is an inspiration to Aman (and to me also), with his caring ways of showing support to a friend.

Michael Morpurgo is the Author of *War Horse** and many other animal-themed books for children. These include

- *The Wreck of the Zanzibar*, which won the Whitbread Children's Book Award (1995)
- *The Butterfly Lion*, which won the Nestlé Smarties Book Prize (Gold Award, 1996)
- *Kensuke's Kingdom*, which won the Children's Book Award (2000)
- *Private Peaceful*, which was shortlisted for the Whitbread Children's Book Award (2004) and the Carnegie Medal (2004)



He is also a three-time winner of the Prix Sorcière (France) for *King of the Cloud Forests* (1993), *Wombat Goes Walkabout* (1999) and *Kensuke's Kingdom* (2001) and has twice won the Red House Children's Book Award for *Kensuke's Kingdom* (2000) and *Private Peaceful* (2004).

Written by Michael Morpurgo
HarperCollins Children's Books (September 1, 2011)

Review by Pam Makovicka

In 2003, Michael became the third Children's Laureate, a recognition he helped establish with the late Poet Laureate Ted Hughes to reward a lifetime contribution to children's literature and highlight the role of children's books.

Michael and his wife, Clare, live in the United Kingdom where they operate *Farms for City Children*, a place where children "learn hands-on where their food comes from, the importance of caring for animals and the land and the value of working co-operatively as a team. The children are involved in everything necessary to keep the farms going." They now operate three working farms.**

I recommend this book for children eight and older (including adults who will enjoy the book as much or more than their children). It gives the child the chance to learn more about people in other countries. It can also inspire the child to be a good friend and care about other people no matter their race or ethnic background. This book made me laugh and cry. It is a must read.

Sources:

<http://www.childrenslaureate.org.uk/previous-laureates/michael-morpurgo/>

**<http://www.farmsforcitychildren.co.uk/>

**War Horse* was 'discovered' by National Theatre associate director Tom Morris during Michael Morpurgo's laureateship. Now the biggest-selling production ever at the New London Theatre, the book is also to be transformed into a production on Broadway and has been adapted as a film by Steven Spielberg. 



DID YOU KNOW? TRIVIA

- What is the red dot worn on the foreheads of married women from India called?
 - Yeti
 - Bindi
 - Vitala
 - Sutala
- What is the one universal action, the one signal, the one form of communication that is used by every culture in every country?
 - Smile
 - Handshake
 - Wave
 - Bow
- What sport, which originated in England in 1863, and can be further traced back to China, ranks as the most popular sport on a worldwide basis?
 - Cricket
 - Fencing
 - Soccer
 - Baseball
- What board game known as draughts in Great Britain, traces back to 1600 BC in ancient Egypt?
 - Checkers
 - Backgammon
 - Chess
 - Parcheesi
- What stringed instrument originated in Africa and was brought to America in the 17th century by Black slaves?
 - Guitar
 - Harp
 - Violin
 - Banjo
- What current holiday was a custom brought to America from Great Britain and Germany?
 - Valentine's Day
 - Groundhog Day
 - Grandparent's Day
 - Halloween
- Chocolate is a tasty treat made from the cacao bean, which was brought to Europe by the Spaniards. From whom did the Spaniards learn some of its uses?
 - Native Americans
 - Incas
 - Mayans
 - Aztecs
- What are two beverages Mormons do not drink?
 - Coffee and Apple Cider
 - Soda and Alcohol
 - Coffee and Alcohol
 - Milk and Postum
- Laws forbidding the sale of sodas on Sunday prompted William Garwood to invent this treat in Evanston, Illinois, in 1875.
 - Ice cream sundae
 - Popsicle
 - Kool Aid
 - Milkshake
- What does the Muslim greeting "salaam alaykum" mean?
 - "Good morning"
 - "Peace be with you."
 - "Good night"
 - "Blessings to you"

Did You Know? Trivia Answers on Page 26

WOMEN'S EQUALITY DAY SLOGANS - 1970

Don't Iron While the Strike Is Hot

I Am Not a Barbie Doll

Storks Fly—Why Can't Mothers?

We are the 51% minority

Women Demand Equality



LAW ENFORCEMENT LUNCH AND LEARN

REMEMBERING THE SACRIFICES OF LAW ENFORCEMENT MEMBERS AND THEIR FAMILIES

By SGT Heidi Krueger

Some of the story details may be hard for people to read.

The Nebraska National Guard Military Department's Special Emphasis Program (SEP) Group hosted a Lunch and Learn panel discussion to join the nation in celebrating May's Law Enforcement Memorial Month on May 21.

It was a way to recognize the sacrifices of law enforcement members and their families.

Around twenty service members and civilian employees came together to learn more about individuals who have been in law enforcement or have been personally affected by losing a loved one in the line of duty.

The panel members included Mr. Al Soukup, a retired Lincoln Police Officer and current Airport Police Officer who lost his father (a Lincoln Police Department officer) while in the line of duty. Mrs. Barbara Dodge, widow of Deputy Sheriff Craig Dodge, who was killed in the line of duty in 1987 while responding to a domestic dispute. The third member of the panel was Nebraska National Guard's State Command Sergeant Major Eli Valenzuela, a retired Nebraska State Patrol Trooper.

According to everyone in attendance, they enjoyed hearing the stories about



their time in law enforcement and how losing a loved one in the line of duty affected their lives.

Their Stories **Barbara Dodge**

Mrs. Dodge spoke of how she lost her husband in the line of duty, how it affected her and her kids' lives and what she has done since his death to bring awareness to people about the sacrifices of law enforcement members.

Craig was responding to a domestic dispute call when he was killed. The home he responded to was the home of a drug dealer but he didn't know that at the time.

"His wife called for help after he had been drinking, got a temper and beat his wife," said Dodge. "He told her if she called the cops he would kill them. But he also told many people before this about his plan to kill a cop."

The wife called and then the man left but what Craig didn't know was the man went back to the house and tore

the phone out of the wall, so his wife couldn't warn anyone.

"The man opened the door with the gun over his wife's shoulder and shot Craig in the face," said Dodge. "He confessed to killing Craig."

"Even though it's been 26 years," added Dodge, "the man who killed my husband hasn't asked for a confrontation meeting. In Nebraska, a life sentence is a life sentence. But I've been thinking that at any point in time he is going to

ask for a confrontation meeting and then be eligible for parole."

According to Dodge, she is very thankful for the organization, Concerns of Police Survivors (COPS).

The mission of COPS is to provide resources to assist in the rebuilding of the lives of surviving families and affected coworkers of law enforcement officers killed in the line of duty as determined by Federal criteria.

"I swear it was one of the things that kept me sane," said Dodge.

Al Soukup

Al retired from the Lincoln Police Department six and half years ago and now works as a Lincoln Airport Police Officer.

Continued on Page 28



SEP MEMBER HIGHLIGHT

SERGEANT FIRST CLASS

CECIL ROMAN

Resource Manager for Nebraska Recruiting and Retention Battalion



I was born in Grand Island, Nebraska in 1975, not exactly under the best and brightest conditions. My biological mother was a teenager who dropped out of high school because she chose to give me life. She wasn't able to care for me immediately and made the decision to ask her parents to raise me. In a Mexican culture the man gives the final say, thus my grandfather took me into his home and became my father along with his beloved wife. My life as a Mexican-American citizen began in the heart of Nebraska.

I wasn't alone as my father and mother had eight other children who helped raise me. A strong work ethic, love of cooking, folk and rock music, and a love for American muscle cars began at an early age. All I wanted to do was be a hard working blue-collar employee like my dad and brothers who were union factory

laborers. Sometimes things don't always work the way we hope. Sadly my family was struck with tragedy when my mother died of a heart attack caused by diabetes at the young age of 49 years old.

It was the first event in my life where I was tested. It was important that I became strong at that moment to be less of a burden on my father. All of my siblings were older and did what they could to help but they didn't understand the importance of education. I made it a choice early on to work hard and pursue a better life in order to make my family proud.

In my culture it is honorable to be a provider for one's family. I didn't consider myself intelligent or gifted so I was unsure of what type of life I was going to have but I knew I needed direction. One day in English class an "old Army guy" gave a speech about going to college. I

always wanted to go to school but had no resources to do so. He talked about how school could be paid for if I just joined as a National Guard member. I was convinced it was a good idea and enlisted in the Nebraska Army National Guard as a mechanic immediately after I completed Grand Island Central Catholic High School in 1993. I then proceeded to my initial entry training.

After training, I entered the workforce ready to become a good Citizen Soldier. I wanted to start college immediately, but I was also raising a family. I told myself I would go to college as soon as possible, once I had time. I soon learned that life doesn't wait for a specific date for us to be ready. I continued to work factory jobs in order to provide for my family and gained diverse skills in welding, mechanics and butchering at a slaughter house while pursuing a better life for my family.

I began building my self-confidence by learning Spanish and becoming an expert in the sales world in order to leave the factory culture. My first break was as a mortgage loan officer, then I was blessed to become a banker for U.S. Bank in Grand Island, Nebraska when I was 23 years old (without a college degree). Once again I was tested. I had two young daughters to think about while learning to be trusted with other people's money - without formal education. I was seen as an unorthodox banker who probably wouldn't last very long. However, I succeeded in breaking into the Hispanic community for the Tri-City area by building record deposit growth.

Life was very comfortable at that time. I was building experience in the financial

Continued on Page 21



SFC Cecil Roman continued from Page 20



sector and I enjoyed the responsibilities associated with fatherhood. However, after the terrorist attacks of 9/11, I was torn with which direction I wanted my professional career to take. Being in the Army National Guard gave me a feeling of accomplishment, yet I wanted to do more in uniform. I was fortunate to be hired into the Active Guard and Reserve (AGR) program in the summer of 2002 as a Recruiting and Retention Non-Commissioned Officer, in Omaha, facing the new challenge of selecting the best and brightest future soldiers. I was nervous to move my family out of Grand Island to a new city, but I knew I could fulfill the challenges of the mission set before me. After recruiter training I began my recruiting career in 2003. Shortly after starting my first year on the job I was mobilized for Operation Noble Eagle/Homeland Defense in March 2003 with the 754th Chemical Company Reconnaissance Decontamination Company as a maintenance sergeant.

Life gave me a new challenge upon return. My spouse and I could not salvage our marriage and I was left to decide if I wanted to stay in Omaha or return to Grand Island. I knew in order to be the father I wanted to be, I must remain a good provider with a strong work ethic, which I learned from my father. I stayed in Omaha and became the first top recruiter in the Omaha/Metro area and the first minority to do so. This accomplishment came with more rewards than I was able to see in the beginning. I met my lovely wife Jamie and we had four boys together: Julio, Jonathan, twins

named Caleb and Jacob along with my two daughters from my first marriage, Cadence and Cera. As I learned from my father I had to provide a better life for my children. It is why I took my wife Jamie's advice and made the choice to complete my college degree. I completed my Bachelor's of Science in Business in 2009 graduating Cum Laude. This wasn't the end of my challenges.

I wanted to become a better leader in the Guard so I started the State Officer Candidate

School completing the program in 2010 as the oldest candidate with a certificate of eligibility for Second Lieutenant in any branch. With one degree under my belt I felt I could accomplish more by pursuing my Masters. Of course my life continued to give me challenges. The twins who were born premature gave my wife and me some difficulties in the first year. I contemplated if I was being selfish by working full time, raising children and trying to remain in college.

My wife Jamie also contracted an unexpected illness that shook our family's structure. We have done our best to get through. With perseverance and a good work ethic, I knew I had to stay strong and stay the course to remain in college. I graduated June 1, 2013 with a Master's in Business Management. I could not have done it without the diversity in my career, my culture and my family.

The next challenge that lies ahead is whether I can find an AGR position as a Commissioned Officer in the Nebraska Army National Guard (NEARNG). I am nearing the end of my certificate of eligibility (it is about to expire) but hold no fear or reservations. We can't change the past or other people. We can only change our future. Whatever challenges my family's future holds will be worked out as I have faced all other events in my life. I am proud to be a Citizen Soldier in the NEARNG. I wouldn't be the diverse person I am without all the former tests in my life. Everything in life can be better with diversity.



Karen continued from Page 7

to dwell in particular objects, such as a tree, or places, such as an area of forest, or a village. Sometimes the spirits move around, even following people if they move.** Currently the Karen's two major religions are Christianity and Buddhism.

There are two main languages the Karen people speak interspersed with many different regional dialects: S'gaw Karen and Pwo Karen. Depending on where they live, some may speak Thai.

Karen names are complete wholes; they are not separated into first and last names which makes the transition to developed countries challenging. Therefore there are no family names to pass down. Each family member has his/her own unique name. They have learned to adapt to the custom of designating first and last names as they have moved to new countries.

Family and community are very important to Karen people. It is common for many generations to live together and if a child doesn't marry, he/she may live with his/her parents for their whole life. Elders are extremely important in the community and are highly respected.

The Karen community in Lincoln is growing. Refugees from Burma started coming to the U.S. in 2006 and in June 2007, the first Karen refugees arrived in Lincoln. Since then they have been one of the city's largest incoming refugee group and number around 500.

* A United Nations report, *Guiding Principles on Internal Displacement* uses the definition: Internally displaced persons (also known as DP/IDP in many civil and assisting military organizations) are persons or groups of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights or natural or human-made disasters, and who have not crossed an internationally recognized State border.

** <http://www.omf.org/omf/uk/asia/religions/animism>





Journey to a New World continued from Page 5



Bret Hung and his wife, Kim Ngan

He tirelessly collected donations of oral hygiene products (toothpaste, toothbrushes, floss, etc.) and went back to the same orphanage he was from to give them everything he had collected. Bret handed out supplies to over 200 kids in the orphanage and surrounding villages. He wasn't approved to perform actual treatment, but he was able to screen for oral cancer, provide fluoride treatments and clean teeth for some people who have never had those things done before. He found that many of the kids in Vietnam did not have access to dental supplies, affecting not only their oral health but their overall health as well. His next goal is to make another mission trip back to Vietnam and take even more supplies, educate more people and provide more services to everyone. If nothing else, Bret is very passionate about his job and what he's doing...he wants to do more.

Bret admits that the beginning of his life was not the easiest, but he's proud of who he is. Of course, looking back he says he may not have appreciated everything that his parents did for him, but being adopted and coming to the United States are two things in his life that stand out



most. He feels like he has the same work ethic and values that he's always had and is looking forward to continuing to help people and giving back to not only his American community but his Vietnamese community as well.

Bret also shared stories of going to his adoptive paternal grandparent's house for get-togethers - the joy of opening presents on Christmas Eve, eating food and getting together with family. Along with American traditions, he tries to celebrate the traditional Vietnamese Lunar New Year.

Recently, Bret left behind his Air Guard job of Maintenance Management Analyst to go on a year-long deployment with the Army as a contracted mechanic. One of his Wingmen/Battle Buddies on this deployment is his good friend who was adopted from Vietnam and

grew up close to him in Ceresco. So far, Bret's been to Germany, Iraq, Western Nebraska (fighting wildfires) and Texas. After returning from Afghanistan, he will rejoin the 155th ARW as a Dental Technician in the Medical Group, where he hopes to eventually become an officer. As of now he looks at the National Guard as being a great and positive experience and is glad that he joined. He plans to continue mission work, stay in the Guard for 20 years and retire.

While being adopted by American parents was a life-changing experience, Bret and Brent have maintained close ties to their Vietnamese family, culture and country. Bret was recently able to go on leave to Vietnam for a very special reason. During one of his trips to Vietnam, he met his future bride. With the help of his brother, Brent, they were able to pull off a traditional Vietnam engagement/marriage during Bret's short leave period. Brent went to Vietnam a couple of weeks before Bret arrived to prepare the families for a traditional ceremony. The ceremony consisted of Bret and Brent's family getting together

to formally ask the family of the bride for her hand in marriage. Bret is now traditionally and formally married to his Vietnamese bride, according to Vietnamese culture. Upon returning to the United States, they will have a wedding ceremony for their American family. A beautiful beginning for this Vietnamese/American family.

These trials and tribulations demonstrate life's curveballs, ups and downs and unknowns, but work hard and you will prosper. Their journey to a new world has been everything they hoped that it would be. Bret Hung believes in treating people with respect and always wanting to do more. What is his philosophy of life? "Live life with no regret." Yes, it sounds like Bret Hung is doing just that. Living life with no regrets.





Qilin continued from Page 14

of flavor. They include smaller portions of the dinner menu and Banh Mi/Hoagie Sandwiches. On my one trip to Qilin for lunch (they are way too far for me to go there for lunch during the week, otherwise I'd be a frequent guest during the noon hour), I tried the Heoya steak sandwich. The sauce they make for the sandwich is sweet and hot. Great combination.

The staff is very friendly and the owners are very kind and personable (if you can get them out of the kitchen). The staff is very knowledgeable about the menu and on one occasion when they were out of a dinner entrée they were very apologetic and worked to find a good substitute.

As you can tell from this review, I am very enthusiastic about Qilin. The next time you're deciding where to go for dinner, give Qilin a try, you won't be disappointed.

Side Note: I was a bit concerned about the 84th and O Streets location they chose for their first try at a stationary store front. Unless a chain restaurant moves into this building, nothing seems to stay long. I'm really hoping they can make a go of it since location is a big part of a restaurant. Therefore, Lincoln (a shout out to our Southeast Community College students and faculty readers who are right next door, and anyone visiting Lincoln), flock to Qilin so they can break the streak of restaurants moving in and out of this location.



Movie Review: Waste Land continued from Page 16
and carefully place it to create gigantic recreations of famous portraits, they are themselves the portraits' subjects. Though anonymous and forgotten by Brazilian society, through Muniz's help and the work of their own hands, their images come to grace the walls of the finest art galleries in the world.

Waste Land provides a fascinating, behind-the-scenes glimpse into the life and process of a great artist. But its success comes from the portraits it paints of the nameless, faceless garbage pickers of Jardim Gramacho. Early in the film we see aerial shots of the massive landfill, the pickers little more than ants, scurrying to and fro across great mounds of human refuse. But as the film's focus shifts and brings us into the lives of these men and women, we come to see that things are not always as they first appear; each of them has a story, as unique and beautiful and painful as our own.

Just as our view of these people changes over the course of the film, so their own views begin to change as they watch themselves transformed into larger-than-life works of art. For many, it is as though seeing their image both from another vantage point and through the eyes of others enables them to truly see themselves for the first time. As one of the pickers tells a reporter at a gallery opening, "Sometimes we see ourselves as so small, but people out there see us as so big, so beautiful." Something as simple as a new point of view turns out to have the power to spur real change in people's lives.

Waste Land is a terrific film. It asks great questions (What is art for? Can art truly impact people?), then elegantly presents a narrative in which these questions are wrestled with through the lives of real people. Muniz's hope for his project is based on a simple idea – that art can help people grow by showing us the world from a different angle; and its effects are profound. As we watch trash turn into beauty, and despair transform into hope, if we're not careful we just might find something shifting within ourselves; indifference may start to become love. And there's magic in that.





Women's Equality Day continued from Page 10

WOMEN'S EQUALITY ANSWERS

1. B. The anniversary of women winning the right to vote.
2. c. The Joint Resolution of Congress, 1971, designated August 26 of each year as Women's Equality Day as written below:

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and

WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

WHEREAS, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights; and

WHEREAS, the women of United States are to be commended and supported in their organizations and activities,

NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women's Equality Day, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

3. c. Passed by Congress June 4, 1919, and ratified on August 18, 1920, the 19th amendment guarantees all American women the right to vote. Achieving this milestone required a lengthy and difficult struggle; victory took decades of agitation and protest. Beginning in the mid-19th century,



several generations of woman suffrage supporters lectured, wrote, marched, lobbied and practiced civil disobedience to achieve what many Americans considered a radical change of the Constitution. Few early supporters lived to see final victory in 1920.

By 1916, almost all of the major suffrage organizations were united behind the goal of a constitutional amendment. When New York adopted woman suffrage in 1917 and President Wilson changed his position to support an amendment in 1918, the political balance began to shift.

On May 21, 1919, the House of Representatives passed the amendment, and two weeks later, the Senate followed. When Tennessee became the 36th state to ratify the amendment on August 18, 1920, the amendment passed its final hurdle of obtaining the agreement of three-fourths of the states. Secretary of State Bainbridge Colby certified the ratification on August 26, 1920, changing the face of the American electorate forever.

4. a. 72 years from the first Women's Rights Convention in 1848 to 1920.
5. d. Arizona

Timeline of states granting woman suffrage:

1910 Washington (state) grants woman suffrage.

1911 California grants woman suffrage. In New York City, 3,000 march for suffrage.

1912 Teddy Roosevelt's Progressive Party includes woman suffrage in their platform. Oregon, Arizona and Kansas grant woman suffrage.

1913 Woman Suffrage parade on the eve of Wilson's inauguration is attacked by a mob. Hundreds of women are injured, no arrests are made. Alaskan Territory grants suffrage. Illinois grants municipal and presidential but not state suffrage to women.

6. c. The Nineteenth Amendment's text was drafted by Susan B. Anthony with the assistance of Elizabeth Cady Stanton. The proposed amendment was first introduced in the Senate, colloquially as the "Anthony Amendment," by Republican Senator Aaron A. Sargent of California. Sargent, who had met and befriended Anthony on a train ride in 1872, was a dedicated woman suffrage advocate. He had frequently attempted to insert woman suffrage provisions into unrelated bills, but did not formally introduce a constitutional amendment until January 1878. Stanton and other women testified before the Senate in support

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Women's Equality continued from Page 24

of the amendment. The proposal sat in a committee until it was considered by the full Senate and rejected in a 16 to 34 vote in 1887.

Susan B. Anthony and Elizabeth Cady Stanton drafted the amendment and first introduced it in 1878. It was 41 years later, in 1919, when Congress submitted the amendment to the states for ratification. A year later, it was ratified by the requisite number of states, with Tennessee's ratification being the final vote needed to add the amendment to the Constitution.



7. d. All of the above.
8. b. Suffragette is a term originally coined by the Daily Mail newspaper as a derogatory label for members of the late-19th and early- 20th century movement for woman suffrage in the United Kingdom, in particular members of the Women's Social and Political Union (WSPU). However, after former and then active members of the movement began to reclaim the word, the term became a label without negative connotations. It derives from the word "suffrage," meaning the right to vote.

Suffragist is a more general term for members of suffrage movements, whether radical or conservative, male or female. American campaigners preferred this more inclusive title, while those Americans hostile to women's suffrage used "suffragette" as a pejorative, emphasizing its feminine "-ette" ending. In Britain, "suffragist" is generally used solely to identify members of the National Union of Women's Suffrage Societies (NUWSS).



*Tribute to the Suffragettes memorial in Christchurch adjacent to Our City O-Tautahi, New Zealand.
The figures shown from left to right are Amey Daldy, Kate Sheppard, Ada Wells and Harriet Morison*

9. d. New Zealand (1893), Australia (1902), Finland (1906), Norway (1913), Denmark (1915), USSR (1917), Canada (1918), Germany (1918), Poland (1918), Austria (1919), Belgium (1919), Great Britain (1919), Ireland (1919), Luxembourg (1919), the Netherlands (1919) and Sweden (1919).
10. c. Woman suffrage in New Zealand was an important political issue in the late 19th century. Of countries presently independent, New Zealand was the first to give women the vote in modern times.

The Electoral Bill granting women the franchise was given Royal Assent by Governor Lord Glasgow on 19 September 1893, and women voted for the first time in the election held on 28 November 1893 (elections for the Māori electorates were held on 20 December). In 1893, Elizabeth Yates also became Mayor of Onehunga, the first time such a post had been held by a female anywhere in the British Empire.

Woman suffrage was granted after about two decades of campaigning by women such as Kate Sheppard and Mary Ann Müller and organizations such as the New Zealand branch of the Women's Christian Temperance Union led by Anne Ward. They felt that female voting would increase the morality of politics; their opponents argued that politics was outside women's "natural sphere" of the home and family. Suffrage advocates countered that allowing women to vote would encourage policies which protected and nurtured families.

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Did You Know? Trivia continued from Page 18

DID YOU KNOW? TRIVIA ANSWERS

1. B. Bindi. Traditionally, the area between the eyebrows (where the bindi is placed) is said to be the sixth chakra (energy centers in our body), the seat of "concealed wisdom."



According to followers of Hinduism, this chakra is the exit point for kundalini (coiled up) energy. The bindi also represents the "third eye." Hindus attach great importance to this ornamental mark on the forehead between the two eyebrows - since ancient times, this spot has been considered a major nerve point in the human body.

2. A. Smile. Smiling is something that is understood by everyone despite culture, race or religion; it is internationally known. Some cross-cultural studies have shown that smiling is a means of communication throughout the world.



3. C. Soccer. There is early evidence of soccer being played as a sport in China during the second and third centuries BC. During the Han dynasty, people dribbled leather balls by kicking them into a small net; most times it was played with two to ten players. The players were allowed to touch the ball with any part of the body except the hands. Asia, however, was not the only continent throughout the history of soccer to play sports that resembled soccer in those days. In some areas in South America they were using rubber balls to play a sport that vaguely resembled soccer.



In the year 1863, Ebenezer Cobb Morley, a man from England who had previously established the Barnes Club, called a meeting for the founders of many soccer clubs to decide the official rules of soccer. On the 8th of December 1863, the official rules of soccer were established. Though some changes to the rules were made at a later time, Ebenezer Cobb Morley is credited as the founder of soccer as we know it.

4. A. Checkers

5. D. Banjo. The banjo originated hundreds of years ago somewhere on the African continent. Banjos were quite simple and rough - an animal skin tacked onto a hollowed half of a gourd with three or four strings stretched over a planed stick. The banjo didn't actually make it to America until the African slaves were brought here in the 17th century. Because the materials used to make a crude version of this instrument were readily available, it spread among the plantation workers in the South quite easily.



6. B. Groundhog Day. Groundhog Day, February 2nd, is a popular tradition in the United States. It is also a legend that spans centuries. The groundhog tradition stems from similar beliefs associated with Candlemas Day and the days of early Christians in Europe. For centuries the custom was to have the clergy bless candles and distribute them to the people. Even then, it marked a milestone in the winter and the weather on that day was important.





Did You Know Trivia continued from Page 26

According to an old English song:

*If Candlemas be fair and bright,
Come, Winter, have another flight;
If Candlemas brings clouds and rain,
Go Winter, and come not again.*

The Roman legions, during the conquest of the northern country, supposedly brought this tradition to the Germans, who picked it up and concluded that if the sun made an appearance on Candlemas Day, an animal (the hedgehog), would cast a shadow, thus predicting six more weeks of bad weather, which they interpolated as the length of the "Second Winter."

Pennsylvania's earliest settlers were Germans and they found groundhogs to be abundant in many parts of the state. They determined that the groundhog, resembling the European hedgehog, was a most intelligent and sensible animal and therefore decided that if the sun appeared on February 2nd, the wise groundhog would see its shadow and hurry back into its underground home for another six weeks of winter.

7. D. Aztecs. Although both the Mayans and Aztecs grew and used the cacao bean, it was the Aztecs who introduced it to Hernando Cortez around 1519. During his conquest of Mexico, Cortez noticed that the Aztec Indians used cocoa beans in the preparation of the royal drink of the realm, "chocolatl," meaning warm liquid. It was reported in 1519 that Emperor Montezuma, who drank 50 or more portions daily, served chocolatl to his Spanish guests in golden goblets, treating it like a food for the gods. In 1528, Cortez arrived back in Spain where he presented Spain's King, Charles V, with cocoa beans from the New World.



"Chocolate" originates from Aztec cuisine, derived from the Nahuatl word xocolatl.

8. C. Coffee and alcohol. According to Latter Day Saint (LDS) teachings, three years after the church was organized (1833), God gave a law of health to Joseph Smith (the first President of the Church) that discouraged the use of tobacco, alcohol, coffee and tea. Those who observe this code of healthy eating (called the *Word of Wisdom*) are promised to have better physical and mental abilities, and an improved ability to connect with God. Today, the adverse effects of alcohol and tobacco on health are well-known. This was not the case when Mormons first began observing the *Word of Wisdom*. Like Mormons in the 19th century, today

they observe the *Word of Wisdom* as a matter of faith rather than science. A few other points:

1. The *Word of Wisdom* is not just about not eating certain things, it's more about taking care of your body; 2. Some members abstain from caffeine, while others do not; 3. It's an individual decision. Herbal teas are generally considered to be okay. (Note from Creative Director: I personally love everything about the *Word of Wisdom*. Some people might call it restrictive, but I see it as evidence of God's interest in my life. He cares about what I ate for lunch and I love that.) Note: Postum is a powdered roasted grain beverage often used as a coffee substitute.



9. A. Ice cream sundae. There are many stories about the invention of the sundae, but a frequent theme is that the dish came about in reaction to blue laws prohibiting the sale on Sundays of either soda or ice cream soda. The laws are said to have led druggists to produce a Sunday substitute for these popular treats. According to this theory, the spelling was changed to sundae to avoid offending religious sensibilities.



10. B. Peace be with you.

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SALSA



My family's lineage comes from Guadalajara Mexico, Mexico City, Monterrey Mexico, Cotulla Texas and Central Nebraska. We grew up with very few treasures, but family gatherings were always special. The biggest events that brought our family together were usually meals, and one of our time-honored traditions was serving salsa as an appetizer.

I can remember as young as four years old how it was customary for older Mexican ladies to use the molcajete with the komad (crusher) to crush the ingredients (before the modern blender). It was also a matter of customary hospitality to provide an appetizer to guests and more often than not salsa was served on weekends for family gatherings. Eventually it transitioned into nearly a daily staple. In addition, it also helped fight off la chada – an old Mexican tradition of attacking viruses.*

Traditionally, salsa was eaten by itself and slowly made the transition into being used on many dishes, like condiments. Bagged chips didn't come around our home until about fifteen years ago.

When my wife and sisters-in-law make the salsa now it reminds me of an innocent time in life where family and fun were all that mattered. The Hispanic culture brings a festive energy to everything we do and everything is more festive with good food.

One quart is a standard serving amount for many Mexican families. The recipe wasn't written down, but rather passed down from one generation to another by the boss of the family - la madre (the mother). Here's hoping this recipe brings some spice to your own family gatherings!



**Traditional Mexican version of the mortar and pestle
(<http://en.wikipedia.org/wiki/Molcajete>).*

Ingredients

- 2 Serrano peppers
- 2 jalapeños
- 1 cup cilantro - cut off the leaves (add 1/4 cup of stems for additional flavor)
- 1/3 cup of crushed garlic
- 3 green onions
- 6 whole medium-sized tomatoes (such as Roma tomatoes for freshness or two cans of diced tomatoes for convenience)
- Fresh lime can be used to lessen the spice

Instructions

- Use a blender on "Chop" to mix ingredients then pour into bowl.
- Eat with fresh chips or tortilla chips
- Take fresh corn tortillas and deep fry for natural chips

Law Enforcement continued from Page 19

"My father was a Lincoln Police Department officer and was killed in the line of duty in 1966," said Soukup. "So Barb and I have a lot in common."

But according to Soukup, he knew he wanted to be in law enforcement before his father passed away and it is just something he loves to do.

Soukup talked about the different jobs and things he had seen on the job in the past 44 years.

Eli Valenzuela

"Every day is different," said Valenzuela, talking about his career in the Nebraska State Patrol. "It was kind of fun not knowing what was going to happen and just reacting."

Valenzuela talked about one call as a trooper that he will never forget.

"It was about eight miles east of Seward," said Valenzuela. "Mandy Churchill was on her way home, we aren't sure what she was doing but she failed to follow the curve in the road."

"A pickup truck was going the opposite direction with a man and his wife," added Valenzuela. "He sees her coming across the center line, he goes all the way to the shoulder and his right wheels are all the way on the grass of the shoulder and they hit head on. Mandy was killed."

Valenzuela got tasked along with the deputy to tell her family the news.

"We walk into the office where her mom worked and she got up and ran to the back of the room," said Valenzuela. "We walked back to where she was at. She knew already but she said, 'when I heard the sirens I knew it was Mandy.'"

"Each time you have to tell someone that kind of news it is unique but horrible," added Valenzuela.

But according to Dodge, Soukup and Valenzuela they would like people to pay special recognition to those law enforcement members who have lost their lives in the line of duty for the safety and protection of everyone.

