

BRIDGING

THE GAP



ISSUE 42: APRIL - MAY 2014



OLDER AMERICANS
MONTH



CHINESE ZODIAC





INSIDE THIS ISSUE:

Embracing Differences with Open-Mindedness by CW4 (P) Teresa Domeier.....	3
Movie Review: The Way Way Back.....	4
A View of Diversity From Where I Stand	5
Older Americans Month: May	6
Restaurant Review: The Sultan's Kite	8
Discover Diversity Luncheon Recap: Culver's Restaurant.....	10
Chinese Zodiac Trivia Questions.....	11
Website Review - www.wowonline.org	12
Agency Spotlight: 1-134th Cavalry Squadron (R&S)	14
Agency Spotlight: Nebraska Emergency Management Agency: Administration	16
Agency Spotlight: Nebraska Emergency Management Agency: IT.....	17
SEP Member Highlight: SFC Jenna Schneider	18
Book Review: Lone Survivor	20
Trivia Answers: Chinese Zodiac	22
First Female National Guard Soldiers Graduate Field Artillery School.....	27
Diver-cipe Corner: Cajun Jambalaya.....	28

THE NEBRASKA MILITARY DEPARTMENT VALUES DIVERSITY

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

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

SEP NOTES MAJ GEN DARYL L. BOHAC

A Strategic Plan for Organizational Excellence is the title of Nebraska's revised Diversity Plan. Words matter, and as we strive for Organizational Excellence that is characterized by service, inclusivity and strength, our plan must recognize where diversity efforts will lead us. But it's not just the title that was revised. The Equal Opportunity and Diversity Council (Council) played a key role in helping to evaluate and transform our *Strategic Plan for Organizational Excellence*. The plan also reflects my enduring priorities of Total Force, Families and Communities. The revisions reflect a restructuring of the Equal Opportunity and Diversity Council, articulates the roles and responsibilities of the Council as well as the relationship between the Council and the Special Emphasis Program (SEP) Group which is the operational and tactical arm of the Council.

Most importantly, the revisions build upon the outstanding work that has been accomplished to date by the Council and the SEP Group. The focus areas of the plan are:

- Community outreach, awareness and partnerships.
- Recruitment and retention.
- Education, training and programs.
- Policies and procedures.

Each of these areas will be expanded on in future editions of *Bridging the Gap*. In the meantime, the *Strategic Plan for Organizational Excellence* can be accessed via the Nebraska National Guard website <http://ne.ng.mil/DI/Pages/default.aspx> or by contacting Ms. LaVonne Rosenthal, State Equal Employment Manager (see below).

Let me end with why diversity is important to our organization. Inclusion remains a priority for the Nebraska National Guard and the Nebraska Military Department. The key to our success is to encourage individual diversity within the framework of our military and state core values and ethos. In doing so we will reflect the unique qualities of the citizens we serve and remain an agile and responsive organization.

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

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Please contact LaVonne Rosenthal at the email address listed above.*



EMBRACING DIFFERENCES WITH OPEN-MINDEDNESS

*By CW4 (P) Teresa Domeier
Nebraska State Command Chief Warrant Officer*

Two words come to mind when I hear the word diversity, RESPECT and COMMITMENT. Respect is not just a word, a concept or an idea, but a way of life. I believe you need to respect others, but first and foremost you have to have respect for yourself. Anyone who knows me is aware that I was raised in a large family. I discovered at a young age how to cooperate with others in a respectful manner. As the seventh of nine children, I learned early on that I had to listen to my older siblings. We had many different conflicts and opinions on how we viewed the world. It was important to know that we would have, and more importantly, could have our differences, but at the end of the day we would come together in one loving home because of our strong family values. Our mother taught us if we were kind to one another and to others, respect would come naturally. We were a normal family that fought amongst each other but when conflicts outside our family would occur we all became one cohesive group, similar to the military forces.

I joined the military to seek direction and for a career opportunity. One thing I learned from being raised in a large family is respecting other's privacy, opinions and space. In the military you find yourself in confined living quarters, especially in the early years of service. My basic training company started off with 244 women and only graduated 144. We quickly learned that without respect for others, you would not be able to function and accomplish the mission. With hard work and challenges we became one team.

My commitment and love of my country, taking care of Soldiers and doing the

best for the organization has come naturally to me. Throughout my entire military career I have been blessed with great leaders, mentors and friends who were there to give me advice and guidance. They were also there to pick me up when I failed; then motivated me to try again and to do my best. It's great leaders who sincerely care about individuals that make our organization a place where people want to be their best.

You should never forget where you came from and how you were raised, such as family and spiritual values, and the military experiences that you have achieved. I have always felt that as you climb in rank you need to keep an open mind on seeing, hearing and learning different perspectives from your subordinates as well as your leaders. This is where diversity comes in. There could be numerous ways to solve a problem or complete a mission (some ideas are better than others), but it's important to openly listen to everyone and capitalize on our differences. When everyone has the opportunity to voice their opinion it adds value to the organization. Within



the spirit of respect and diversity, we continue to foster strong relationships throughout the entire organization as long as we are committed to our country, family and comrades, and remain focused on accomplishing our mission.

I believe that I have worked hard for the rank I have achieved, but I couldn't have done it without everyone in this organization having a part in it and I am thankful for them. When I go home at the end of the day and reflect on my accomplishments, I can honestly say that I have benefited from having an open mind and embracing differences, as diversity is a way of life to embrace. I truly thank GOD for blessing me with my family, Guard family, friends and health.





MOVIE REVIEW:

THE WAY WAY BACK

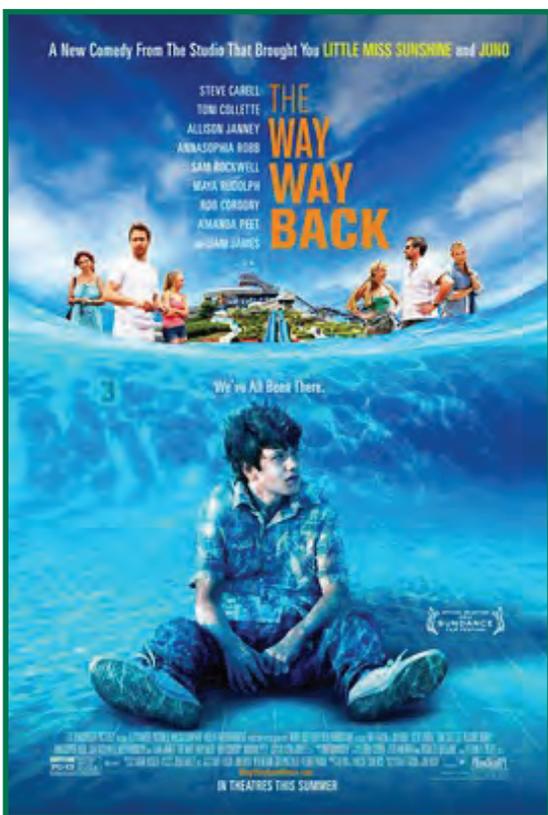
2013

Written and Directed by: Nat Faxon and Jim Rash

Starring: Sam Rockwell, Steve Carell, Toni Collette, and Allison Janney

Review by TSgt Kevin Krausnick

Available on Blu-Ray and DVD



The Way Way Back, a sweet, funny, thoughtful coming-of-age story, opens with the following question: “On a scale of one to ten, what do you think you are? How do you see yourself?” The question is directed at Duncan (played by Liam James), a quiet, awkward fourteen-year-old son of divorced parents, and comes from Trent (Steve Carell), his mother’s new boyfriend. After hearing Duncan’s answer, Trent offers his own estimation of Duncan’s worth. “I think you’re a three,” he says.

So begins Duncan’s summer vacation. Duncan and his mother have come to

spend time in the Hamptons with Trent and his daughter, a step along the road to their becoming a family. But from the beginning Trent seems more interested in pushing Duncan out of the way rather than getting to know him. Duncan is little more than an obstacle in the way of the grown-ups’ good time. “This place sucks,” says Susanna, the teenage daughter of Trent’s obnoxious neighbor Betty. “It’s like spring break for adults.”

Surrounded by self-centered grown-ups and their superficial children, the summer seems destined to be terrible for Duncan. But then he meets Owen (Sam Rockwell), the funny, slightly irresponsible, almost manic manager of Water Wizz, a local water park. Owen befriends Duncan, and offers him a job, thus giving him a place to escape the unpleasantness of home. Not only does he find friends there, he also

finds the room to discover who he is and who he wants to be.

Written and directed by Nat Faxon and Jim Rash, writers of the Oscar-winning screenplay for *The Descendants*, *The Way Way Back* is one of those films that has its flaws, yet draws you in with its humor, its compelling characters and a whole lot of heart. The script isn’t perfect – there are some scenes in the middle of the film that feel a bit contrived, even cheesy – but Faxon and Rash have a knack for creating characters that feel unique, specific, and despite their zaniness, very real.

Their eye for casting aided them in this tremendously. The film is full of great actors, even in minor roles, who bring the dialogue to life and imbue their characters with humanity. As Duncan, Liam James brings a tenderness and vulnerability to his role that makes it impossible not to care and root for him. Toni Colette is terrific as Duncan’s mother, somehow creating a character full of hope, anxiety, fear and strength all at the same time. Allison Janney’s Betty steals every scene she is in by sheer force of personality, and as Susanna, the neighbor girl who develops a friendship with Duncan, Anna Sophia Robb possesses an authenticity that gives weight and depth to a role that might otherwise have been forgettable.

As good as all of the performances are, Sam Rockwell’s inspired turn as Owen buoys the entire film. His character is a charismatic jokester, in some ways an overgrown adolescent, who uses his quick wit and fast tongue to keep people at an arm’s length. Much of the film’s humor comes from Rockwell, and he delivers that in spades. But there’s a tenderness and sensitivity about him that emerges as the film progresses, and Rockwell’s handling of these scenes is subtle, honest and deeply affecting.

One of the pleasant surprises about *The Way Way Back* is how much it actually has to say about the challenges of both growing up and of raising children. Trent’s label of Duncan as a “three” is based not on any real insight into the substance of his character (he’s doesn’t know him well enough to make that

Continued on page 28



A VIEW OF DIVERSITY FROM WHERE I STAND

In this, our fifth iteration of "View" we again highlight three individuals who work for the Nebraska Military Department to hear their own personal definition of diversity.

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



I was recently watching an episode of *Futurescapes* on the Science Channel, and the topic focused mainly on genetic engineering. As I watched, I was both amazed and horrified. I came away with this statement:

"I am fascinated with - and terrified of - geneticists." In this sense, "fascination" is both good and bad. It is amazing how far we

have come with regard to disease research and the fact that we can essentially eliminate the possibility of a particular disease from our genetic make-up by tinkering with our DNA. There is a dark side, unfortunately. Ethicists are certain that with this technology firmly established, it is only a matter of time before rogue geneticists clone a human being. The focus unfortunately, is on homogeneity.

In defining diversity, when we see the word "tree," we think of forests of spruce, cottonwood, ash, birch, oak... when we think of our next restaurant visit, our mind gets lost in the variety shown to us on the menu... and when we allow ourselves to dream of traveling, we oftentimes find ourselves paralyzed with the variety of choices that are before us. These things add immeasurable richness and depth to our lives in much the same way as human diversity of thought, color, culture, sexuality, emotion and ethnicity.

I couldn't think of a world filled with forests of spruce, with "food" listed as the only choice on the menu, and "One Far-Away Place" listed as our only travel destination.

SMSgt Stuart P. Stofferahn
Recruiting and Retention Superintendent
Nebraska Air National Guard



Diversity to me is the ability for everyone regardless of their age, ethnicity, sexual preference, etcetera, to have the opportunity to live in a society where they are acknowledged for who they are without biases.

MAJ Eric P. Baptiste
92nd Troop
Command, S4

Diversity is magic in my eyes. My family emigrated here from Czechoslovakia and although their heritage was very important to them they taught me the importance of accepting people for who they are. It is time for parents to teach their children that in diversity there is beauty and strength. We may have different languages, different religions, different colored skin and different personalities but we are all human beings. We must share our ideas to build an inclusive world. Inclusion is about a sense of belonging and feeling respected. Inclusion works to make everyone better. When everyone is included, we all win.

Pam Makovicka
Management Analyst, United States Property and Fiscal Office
Nebraska Military Department





OLDER AMERICANS MONTH: MAY

Submitted by Pam Makovicka

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963 (50 year anniversary), communities across the nation have joined in the annual commemoration of Older Americans Month – a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2014 is *Safe Today, Healthy Tomorrow*.

“As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults – many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations,



online social networking as well as arts and recreational groups.

“Lifelong participation in social, creative and physical activities has proven health benefits, including retaining mobility, muscle mass and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends

and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals and life choices and gave them a sense of identity and roots.”*

Today, thanks to the strides made in health care and our standard of living, 43 million Americans have celebrated their 60th birthdays. Improved health, programs such as Social Security, Medicare and pension plans, have made it possible for most Americans to enjoy an average of 14 years of retirement with a degree of economic security that few older people had at the turn of the century. The so-called “retirement years” are being redefined every day by a group of older Americans, the majority of whom are active, healthy and involved not only in leisure activities but also in second careers, community activism and volunteer service. While the overall experience of aging in America is a positive experience for most, there are still many older Americans who are at risk of losing their independence, including:

- 3 million Americans age 85 or older.
- Those living alone without a caregiver nearby.
- Members of minority groups who experience a higher rate of poverty.
- Older individuals with physical or mental impairments.
- Low-income older adults.
- Those who are abused, neglected or exploited.

Lack of a caregiver is a serious problem for those older people who have chronic conditions and experience limitations in their ability to care for themselves in their own homes. Their problems are often compounded by increased medical costs due to poor health and the need for more supportive services.

Unfortunately, those who are most vulnerable are also most likely to live alone and to have limited incomes. Eighty percent of those living alone are women. Nearly half of all Americans age 85 and older live alone. Older women, the very



Continued on page 25



Older Americans Month continued from page 6

The Older Americans Act of 1965

In 1965, Congress passed the Older Americans Act (OAA) in response to the growing number of older people and their diverse needs. The OAA has been amended regularly since then to develop a range of programs that offer services and opportunities for older Americans, especially those at risk of losing their independence. The OAA established the Administration on Aging as an agency of the U.S. Department of Health and Human Services. The Administration on Aging is headed by the Assistant Secretary for Aging.

In addition to the ten objectives of the Older Americans Act put forth in Title I, four additional objectives from the OAA further describe goals of this far-reaching legislation. They are:

- To make available comprehensive programs which include a full range of health, education and supportive services to our older citizens who need them.
- To give full and special consideration to older citizens with special needs in planning programs, and, pending the availability of such programs for all older citizens, give priority to the elderly with the greatest economic and social need.
- To provide comprehensive programs which will assure the coordinated delivery of a full range of essential services to our older citizens, and, where applicable, also furnish meaningful employment opportunities for many individuals, including older persons, young persons, and volunteers from the community.
- To insure that the planning and operation of such programs will be undertaken as a partnership of older citizens, community agencies and state and local governments, with appropriate assistance from the federal government.

Did You Know?

Of the 9 million Americans over age 65 who live alone, 2 million say they have nowhere to turn if they need help.

Older Americans Act Potential Services

A. Access Services

1. Client Assessment/Health Maintenance
2. Care Management
3. Information and Referral
4. Transportation

B. Community Based Services

1. Adult Day Care
2. Congregate Meals

3. Legal Assistance

4. Senior Center Programs

5. Employment Services

C. In-Home Services

1. Home Delivered Meals

2. Home Health Services

3. Chore Services

4. Homemaker

5. Telephone Reassurance

6. Friendly Visitor

7. Energy Assistance & Weatherization

8. Emergency Response

9. Respite Care

D. Services in Institutional Care

1. Pre-admission Screening

2. Ombudsman

A Summary of Title I Older Americans Act

- An adequate income in retirement in accordance with the American standard of living.
- The best possible physical and mental health without regard to economic status.
- Suitable housing designed and located with reference to special needs available to the older American at an affordable cost.
- Full restorative services for those who require institutional care, and a comprehensive array of community-based, long-term care services to sustain older people in their communities and their homes.
- Opportunity for employment, with no discrimination because of age.
- Retirement in health, honor and dignity, after years of contribution to the economy.
- Pursuit of meaningful activity within the widest range of civic, cultural and recreational opportunities.
- Efficient community services, readily available when needed, with emphasis on a continuum of care for the vulnerable elderly and access to low-cost transportation.
- Immediate benefit from proven research, knowledge of which can sustain and improve health and happiness.
- Freedom, independence and the free exercise of an individual's initiative in the planning and managing of his or her own life.

Continued on page 25



RESTAURANT REVIEW:

THE SULTAN'S KITE

*Review by Bonnie Shipley and
Mary Schmidt-Rodriguez*

*1311 O Street, Lincoln, NE 68508, 402-477-0013
Sunday thru Thursday – 10:30 a.m. to 10:00 p.m.
Friday and Saturday – 10:30 a.m. to 2:30 a.m.*

Walking into The Sultan's Kite (located in the heart of downtown Lincoln) reminded me (Mary) of many of the small hole-in-the-wall restaurants I used to frequent while living in New York City. The space is long and narrow with booths on one side of the wall and small two-person tables on the other (limited seating – they do quite a bit of take-out). To order your food, you must walk almost all the way to the back of the restaurant to start the process. Although the décor is simple, with a very colorful painting running almost the length of the wall on the booth-side of the seating, it is very inviting.

When we got to the area where they serve the food, we found very friendly, smiling faces, with three gentlemen eager to help and serve us. Only after they offered us the friendly greeting did I tell them why we were having lunch at their establishment. They were excited and proceeded to explain their menu and offer small samples of the chicken shawarma, since we weren't sure exactly what it would taste like. I always let the restaurant know why I am taking photos of the food and surroundings and get permission to do so before I start taking pictures for the newsletter.

The food is setup to serve like Chipotle, Qdoba and some sandwich shops. The first choice you must make is the style: pita bread, wrap, rice bowl, salad or



hummus. This sets the tone for the rest of the items you select to complete your meal. You then get to choose a meat: chicken shawarma (wonderful spices and flavor fill your mouth when you sample the meat on its own), gyro meat, chicken tikka korma or falafel (for vegetarians or for meat lovers wanting a change). The next item you choose is the sauce: taziki (cucumber sauce), red taziki (original with a hint of mild chili) or green taziki (fiery green chili sauce – not super hot, but not for the faint of heart either). Personally, I love the original, but for fun, they offered us a small sample of each. I really enjoyed the red, and would offer my brother-in-law the green! To finish it off, there is also lettuce, tomatoes, black olives, onions and feta cheese.

Those are just the choices for the main dish! There are also very tasty sides to choose from such as hummus and a pita, potato wedges (please note, these are not American French fries – these are seasoned with Mediterranean seasoning. I highly recommend dipping them in

the taziki sauce – or as one person did on our visit – ketchup), lentil soup (very flavorful), falafel and French fries. I highly recommend ordering one of the Mediterranean sides to compliment the flavors you acquire with the main dish. For dessert you must try the baklava.

Meals are served very quickly since the food goes in a to-go container as you go down the line making your food choices. This makes for a very quick lunch for those who need something fast. It also gives someone who just wants time to enjoy their meal and take a much-deserved lunch break, a chance to sit back and enjoy eating without having to rush.

I (Bonnie) loved the freshness of the food and the simplicity of the menu. The portion sizes of the food are great for big and small eaters alike. For big eaters, you will not go away hungry, and for those who don't eat as much in one sitting, you will delight in left-overs the next day. I don't think you can beat that!



Restaurant Review continued from page 8



As a result it's become a family tradition to attend UNL and I graduated from there with a Bachelor's in Management Information Systems and a minor in Business. After college, I worked in the private sector as a systems operator for a company here in town. I quickly realized that sitting in front of a computer screen all day with the majority of my social interaction being through e-mail was not a good fit for me.

and from every line of work who gave me advice, ideas, and most of all memories that make me laugh.

The Sultan's Kite

The idea for The Sultan's Kite was a bit of a whirlwind experience. Approximately three summers ago I read the book *The Alchemist* by Paulo Coelho and in it there was a quote that always stuck with me "And, when you want something, all the universe conspires in helping you to achieve it."

I don't want to give off the idea that it was luck or chance that led me to finding the right location or meeting the right people to help me getting something as simple as the furniture I needed. However, for the first time it appeared that the signs were pointing to yes. There were not as many obstacles or concerns as I had previously imagined. I no longer had any more excuses not to bring this plan into action.

After creating my business model I decided that the worst thing that can happen in this entire scenario is I will close after maybe a year or so, and if that's the worst thing, I can handle it. That gave me enough courage to continue.

Don't get me wrong, the idea of loans and closing and overall failure, when a lot of folks previously told me not to take this location as everyone fails there was overwhelming, but I countered it by hard work.

Dedication is spending 10-12 hours in the blistering summer heat without air conditioning painting the walls of your new business. It requires you to be honest with yourself about your business and possibly ask yourself what would the customer see as appealing. I answered these questions based on the 17 years of customer service experience I had when customers always offered great ideas and suggestions to make the business better.

The prices range, depending on your choices, from \$5.94 plus tax (including a drink), to \$10.56 plus tax (with a drink and a side of potatoes and Baklava.)

Like their motto says "Eat like a Sultan with your choice of bread, rice, meat, toppings, and sauce!"

We asked the owner of The Sultan's Kite to send us some background on his restaurant. This is his wonderful response.

Owner Information

Hello I am Sultan Attaie. I have been living in Lincoln since about 1991 when my Grandfather sponsored myself and my family to come and reside here in Lincoln. My family is from Afghanistan so a lot of people always ask me why Nebraska? Why Lincoln of all places. For us it's tied to the University of Nebraska-Lincoln (UNL). My eldest uncle received a scholarship here to finish his PhD work and during that time my Grandfather fell in love with the city and his favorite past time, Husker Football.

Restaurant Experience

Around the age of 15 I got my first job in a restaurant and stayed there for about 17 years. Even after receiving my degree folks would ask me why aren't you doing something with your degree? In my mind I was doing something with my degree just not with my major but instead with my minor. In the restaurant I was able to see the ins and outs of the business world and my favorite part was the social interaction and the networking I was able to do. Being a social guy, in those 17 years I met people from around the globe



Gyro and Falafel

Continued on page 24



DISCOVER DIVERSITY LUNCHEON RECAP: CULVER'S RESTAURANT

By Mary Schmidt-Rodriguez

The Nebraska Military Department via the Special Emphasis Program Group, held their first Discover Diversity Lunch and Learn on January 16, highlighting the local Culver's Restaurants and their commitment to hiring people with special needs. Cindy Rose, owner of the Culver's franchise in Lincoln was joined by Danielle Stopp, General Manager, to talk about their unique employment philosophy of employing persons with disabilities.

Each store in Lincoln typically has two individuals with disabilities working lunches. They greet customers, deliver food to the tables, pick up trash, smile and engage customers in friendly conversation.

Culver's works with an agency to select individuals who will work well in a restaurant environment. The individual must be friendly, smile, say thank you and have a clean appearance, as those are very important in the environment they will be working in. They usually work two hours a day during the lunch rush and in Lincoln, each individual is 100% independent in their job. Many use a handy van to get to and from work. Occasionally, the agency will bring individuals into Culver's just to see what their skill levels are.

Each individual not only gets a job to be more independent, but they also get the added benefit of more social interaction; otherwise most interaction will be predominately with others who also have special needs and their coaches.



It also gives individuals a purpose and a paycheck.

Other team members at Culver's are very accepting of their co-workers. The Lincoln Culver's cultivates an environment of respect by training new team members to appreciate all members of their company.

In 2011, Culver's received a commendation from the Wisconsin Department of Workforce Development (DWD) for providing employment opportunities for people with disabilities.

At a ceremony at the Culver's Support Center in Prairie du Sac, Wisconsin, Culver's co-founder and CEO, Craig Culver, accepted the commendation from DWD Secretary Scott Baumbach. "In Wisconsin, we are fortunate to have a variety of programs and employers, to assist jobseekers who face barriers to employment due to a disability achieve their fullest potential and be economically self-sufficient," Baumbach says. "It is important for us to promote the inclusion of these individuals, and to recognize Wisconsin employers such as Culver's who lead the way."*

"So much of Culver's success is due to the efforts of all of our team members. We're all the same here with the goal of providing the best service to our guests," Culver says. "It's an honor to accept this commendation on behalf of all our restaurants and our support team."*

This program is not pushed by Culver's corporate offices. There are some stores that don't implement this program. It is completely up to the franchisee.

Meet two of the Lincoln Culver's special employees:

Ethan has Down Syndrome. He has been with Culver's since they first opened in Lincoln. He started at the 40th and Old Cheney location, moved to the Pioneers location and is now working at the North 27th Culver's. He receives tips from the patrons, and gets the most tips around the Christmas holiday season.

Tyler works at the Pioneers location and is friends with Ken Siemek, Chief Meteorologist at KOLN/KGIN TV (10/11) in Lincoln, Nebraska.

A few notes from Culver's customers via their comment cards:

"Have you ever walked into a restaurant and felt unwelcomed? When I visit Culver's on North 27th for my once a week lunch, I never have to worry about feeling unwelcomed or that the employees are annoyed. However, there is one employee who I always look forward to seeing, Haung. Every time I

Continued on page 11



CHINESE ZODIAC TRIVIA

- The Chinese zodiac has twelve signs. Each is represented by an animal, and each sign is further divided into elemental categories. Which of the following is NOT an elemental category?
 - Earth
 - Fire
 - Wind
 - Metal
- Which is the first animal in the Chinese zodiac cycle?
 - Horse
 - Pig
 - Ox
 - Rat
- Which animal sign is known for loyalty, being affectionate and sensitive to the needs of others?
 - Dog
 - Rabbit (Hare)
 - Monkey
 - Snake
- If you were born in the Year of the Rat, you would be most compatible with horses and rabbits and least compatible with monkeys and dragons.
 - True
 - False
- According to legend, who created the Chinese zodiac?
 - Lao-Tse
 - Confucius
 - Jade Emperor
 - Aristotle
- What is the only mythological creature in the Chinese zodiac?
 - Unicorn
 - Cerberus
 - Griffin
 - Dragon
- Chinese astrology uses which concept of “polar opposites” in their beliefs?
 - Yen and Yun
 - Yin and Yang
 - Yung and Yang
 - Yin and Yun
- Which celebrities were born in the year of the horse?
 - Harrison Ford and Jerry Seinfeld
 - Ben Affleck and Cameron Diaz
 - Audrey Hepburn and Daniel Radcliffe
 - Elizabeth Taylor and Miley Cyrus
- Which is one of only two animals that appear in both the Chinese and Western zodiacs?
 - Rooster
 - Dog
 - Ox
 - Snake
- In the Western zodiac each sign rules for about one month. What time span is ruled by each Chinese zodiac sign?
 - Century
 - Month
 - Decade
 - Year

Trivia Answers on page 22

Culver's continued from page 10

walk in the doors she brightens my day with a hello! Not only does she greet, but she has a beautiful smile that fits her personality perfectly. I order my food, and of course I want her to bring it to me. When she brings it out to me she doesn't just slam my tray down like in other restaurants, she makes sure to tell me to have a nice day and that she looks forward to my return. As I enjoy my cheeseburger and finish up, she yet again never ceases to amaze me. She comes by, asks me how my meal was and takes my tray to the trash for me. I know that Culver's did well by making her a team member. Just to think that if she does all this for me, what else is she doing for all the other customers who come in. She is an awesome addition to the Culver's team and you all are very lucky to have

someone like Haung to help out. Keep up the good work!”

“Kevin, Your amazing smile and your joyful attitude has made my day. You are great at your job! Keep up all your hard work. And the rest of the crew who treated him ‘normal.’”

“Kevin was so very polite and has a smile on his face and a joyful attitude! It warms my heart and brings tears to my eyes to see this company hire “special” people. All your employees treat Kevin like any other employee. Which is an Awesome thing for someone like me in my profession because I too often see the opposite. Kevin is a true benefit to your company. And I will always continue my business here because of what I saw here today.”

“I really enjoy working with the runners in Lincoln, Nebraska. They always seem to have a very high level of enthusiasm and love their job. They seem to get a lot of joy by contributing to the restaurant and interacting with all of the guests and team members. One runner in particular named Jim became very excited when I told him my brother is also named Jim. He then asked me when my birthday was and on every subsequent visit would say, Paul has a brother named Jim and then told me when my birthday was. Jim seemed genuinely excited because our working connection had become personalized.” ~ Paul Roth, Culver's

* <http://www.qsr magazine.com/news/culver-s-praised-hiring-those-special-needs>





WEBSITE REVIEW:

WIDER OPPORTUNITIES FOR WOMEN (WOW): EMPOWERMENT / EQUITY / ECONOMIC SECURITY

www.wowonline.org

Review By Pam Makovicka

Wider Opportunities for Women (WOW) has a great mission and vision, which are two essential things to know when exploring this site.

Our Mission

WOW works nationally and in its home community of the Washington, DC metropolitan area to build pathways to economic security and equality of opportunities for women, families and elders.

Our Vision

WOW envisions a society where women and men of all ages can participate equally and fully in all aspects of their communities so they are assured economic security throughout their lives.

One more thing to know about this site before reading further is their story:

Since 1964, Wider Opportunities for Women (WOW) has promoted empowerment, equity and economic security across the lifespan. WOW started in its home community of Washington, DC and spread throughout the nation helping women learn to earn through financial education and career preparation, technical and non-traditional skill training and career development. WOW also advances equal education and employment opportunities, freedom from financial abuse and secure retirement through its advocacy, research, training and technical assistance. WOW was founded by activists Mary D. Janney and Jane Fleming to help women enter the workforce. It wasn't long, however, before they realized the need for a systematic approach to address inequities in the labor market, and began to expand WOW's assistance. As Jane Fleming noted in reflecting on WOW's founding:

"When a group of us in Washington, DC first conceived of Wider Opportunities for Women in 1964, we naively thought that all we had to do to open up the labor market to women was encourage part-time, flexible work patterns that would accommodate women's dual responsibility for job and family. We were largely unaware that the achievement of equal access

and opportunity for all women would require a more extensive, more complex effort than we had anticipated."

As a result, access to employment and non-traditional jobs became a cornerstone of WOW's work. As time went by, WOW's mission expanded to providing the services and training that would bring women security, and to influencing policy that created social change. During the 1996 debate on welfare reform, WOW's work took another large evolutionary step. WOW developed the Self-Sufficiency Standard, an innovative measure that defined the amount of earned income families required to meet basic needs without public or private assistance. The Standard suggested how policy makers and program providers might better target their education, job training, workforce development and welfare-to-work resources. The Standard also provided the first substantive alternative to the federal poverty level and provided an alternative accounting of workers' need for assistance to supplement low wages. WOW has since developed additional, contemporary measurements of need and income adequacy.

Today, WOW still trains women and advocates for change as it did decades ago. Though methods have changed, we still fight for families, and will continue to fight until true gender equality and equal opportunity are realities.

WOW's opening page has a lot of information to read. There are statistics on poverty focusing on the elderly and also on families. There is also a section on WOW news and updates which include links to other sites focusing on the same issues that WOW targets. There is also a column titled "Did you know?" Facts provided are: Social Security provides more than 90% of total income for 3 out of 10 retired elders and approximately 4 in 10 Americans say they worry frequently about their family income being enough to meet their family's expenses.

When you open this website you will see a colorful guide to all the available issues and resources WOW provides. The tabs across the top are arranged in a logical fashion and hold very

Continued on page 13



Website Review continued from page 12



useful information about WOW and what they are doing. The first tab, About Us, includes information on who they help and fight for:

- * Workers, families and elders whose incomes don't allow them to meet basic needs.
- * Women and girls who have been limited by a lack of secondary and post-secondary education, training for higher-wage jobs, workplace flexibility and workplace fairness.
- * Elders and those planning for retirement who fear insecure futures.
- * Survivors of abuse who face severe financial and economic challenges in becoming independent and secure.
- * Employers who want to create fair workplaces.
- * Advocates, policy makers and researchers who need accurate and powerful information to help them tell the stories of those in need and create change.

Under the same tab is information on WOW's staff and their areas of expertise, board members, funders and supporters and employment opportunities (which includes internships).

The next tab, Our Issues, highlights the issues they focus on. The issues they tackle are: Good Jobs and Economic Security, Gender Equity, Economic Empowerment and Retirement. All the items listed are broken down even further when you click on each one. They define good jobs, benefits, public assistance, paid and unpaid family leave, sick leave and many other issues and concerns. One of the interesting facts provided was that a single parent with two children would need to work more than three full-time minimum wage jobs to achieve basic economic security for the family.

The next tab focuses on What We Do: Programs, Advocacy, Research and Training. As in the last tab, each is broken down into smaller parts when you click on them. One of the programs is the Women and Work Project: WOW increases resources and opportunities for women in non-traditional jobs through a variety of policy and programmatic initiatives. This includes highlighting the importance of legislation which develops resources for pre-apprenticeship and non-traditional vocational skills training; advocating for stronger provisions for gender equity in the workforce, vocational education and transportation legislation; and improving equal opportunity regulations for federal contractors and apprenticeships.



The last tab is for the Economic Security Institute (ESI).

ESI supports progressive research and advocacy agendas by promoting the discussion, definition, measurement and advocacy of economic security. The Institute's collection of research and advocacy resources helps advocates, policy makers, researchers, practitioners and others employ an economic security framework in their efforts to help workers, families and elders build better lives. The ESI:

- * Provides a platform for discussion of well-being—its definition, measurement and promotion.
- * Promotes a comprehensive framework and messaging that can be used to study and talk about security across the lifespan.
- * Collects contemporary thinking on economic security, broadly defined.
- * Unites WOW's Family Economic Security Project, Elder Economic Security Initiative and other WOW tools and resources.
- * Promotes the work of friends and partners who perform research, advocate, and lead on economic security issues—on the national, state and local levels.

Continued on page 26



1-134TH CAVALRY SQUADRON (R&S)

The 1-134th Cavalry Squadron (The Cav) is a diverse organization with a rich history, dating back to 1855 when it was organized as the 1st Regiment of the Nebraska Militia. The Cav is the only Combat Arms organization in the state of Nebraska, and the Soldiers of the 1-134th are very proud to continue the lineage of such a celebrated organization. With our unique mission comes diverse positions, equipment and capabilities.

The 1-134th Cavalry Squadron (Reconnaissance and Surveillance) consists of four separate troops including a Headquarters Troop (HHT), two Ground Reconnaissance Troops (Alpha and Bravo) and a Long Range Surveillance (LRS) Company (Charlie). Combined together, these four units consist of 325 personnel of the 1-134th Cavalry Squadron.

Our most diverse Troop in terms of MOS opportunities is HHT (Lincoln, Nebraska), which houses a full squadron staff including administrators, logisticians, medical, signal and intelligence personnel. Due to the unique nature of our reconnaissance



and surveillance mission, our intelligence section boasts intelligence officers, intelligence analysts and an imagery specialist. In our ground maneuver troops, specific Soldiers have been trained to be subject matter experts on intelligence collection and make up what is referred to as a Company Intelligence Support Team (CoIST).

Another specialized element in the Squadron HHT is the Fires Cell and Fire Support Platoon. Not found in any other Battalion in Nebraska, these Soldiers drive Squadron Targeting, both lethal and nonlethal. The Fire Support Platoon is built to provide both mounted and dismounted Forward Observers (FO) to each of our maneuver troops. While Charlie Company FOs maneuver dismounted with their Infantryman counterparts, the Alpha and Bravo Troop FOs have a unique vehicle not found anywhere else in Nebraska, the M1200 Armored Knight. This wheeled-up armored vehicle can identify targets and transmit their location to artillery units dozens of miles away in order to provide firepower on a target within minutes. The Squadron HHT also maintains an Insertion/Extraction section built

AGENCY SPOTLIGHT

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

specifically for the diverse mission of the R&S Squadron. This section, led by a Captain, has the primary function of analyzing the mission terrain and determining the best option to emplace and extract reconnaissance assets. Options can vary from dismounted patrols to airborne and waterborne movements. The unique methods of insertion and extraction create a wealth of opportunities for Squadron Soldiers to attend specialized training; including Airborne, Pathfinder, Jumpmaster, Air Assault and Ranger training. The majority of these specialties are found in Charlie Company.

Alpha Troop (Hastings, Nebraska) and Bravo Troop (Fremont, Nebraska) are both mounted reconnaissance Troops with the capability of conducting reconnaissance over larger areas. These Cavalry Scouts have some very exclusive equipment to allow them to accomplish

Continued on page 15



AGENCY SPOTLIGHT

The Cav continued from page 14

this mission. Most notable is their Long-Range Advanced Scout Surveillance System (LRAS3) which is mounted to each one of the maneuver vehicles. This system allows the scouts to conduct 24-hour surveillance of a target while remaining well out of enemy direct fire range. In addition to this capability, the Scouts in A and B Troop are the only units in the Squadron that have Javelins, a shoulder fired Anti-Tank Missile. Each Troop has six Javelin gunners that provide them with a unique capability not found anywhere else in the Squadron.

Charlie Company, 1-134th Cavalry Squadron (Beatrice, Nebraska) has a specialized mission within the Squadron. Their requirement of answering Priority Information Requirements (PIR) takes these highly skilled Infantrymen well beyond the front lines of the battlefield in order to paint a picture of the enemy and terrain for a follow-on main effort. This unique and dangerous mission requires an assorted set of skills, including the ability to work undetected in small teams behind enemy lines for days at a time. These austere conditions place a huge strain on communication lines, which is why the LRS is outfitted with a full base radio platoon that has unique equipment to allow their radio operators to maintain communications with their forward



1LT Stacy Lampe (G Co/334th BSB) accompanies a 1-134th Patrol in Rural Afghanistan.

teams over significant distances. Another distinct aspect of the LRS is their Target Interdiction (Sniper) section. This section has sniper teams the LRS can employ to augment their forward operations. The LRS also houses the states' only Unmanned Aerial System (UAS), the Raven. The Ravens are a Soldier launched UAS that can provide air surveillance. Although the Ravens are assigned specifically to the LRS, all Troops have Raven pilots and the systems are utilized across the Squadron, most notably in our Alpha and Bravo Troops. Ravens were utilized on the Squadrons' last deployment to Afghanistan.

positions become available for female Soldiers. Although a new concept to the Army, this is not a new concept to the 1-134th Cavalry Squadron. During combat tours to both Iraq in 2005-2006 and Afghanistan in 2010-2011, both missions were to establish security within local communities. Without female Soldiers on the front lines, it was very difficult to engage many of the women in the villages. To alleviate this, the Squadron was assigned female Soldiers who accompanied our combat patrols, enabling the Squadron to maximize their ability to complete their mission by communicating with all civilians in the situation.



Ssg Mike Belleci (A Trp/1-134th) launches a Raven unmanned aerial vehicle (UAV) in Musabi District, Afghanistan.

In terms of force structure within our organization, the Squadron will continue to evolve in the years ahead. Starting in September of 2014, the Squadron will see approximately 100 current

The 1-134th provides challenging opportunities for members of the Nebraska Army National Guard, many of which are found only in The Cav. Diversity within the Squadron will only expand in the months ahead with the ability for female Soldiers to fill many of our positions. The Squadron looks forward to these future opportunities to increase our diversity, knowing that varied experiences and perspectives culminate in a strong and well-rounded organization.





NEBRASKA EMERGENCY MANAGEMENT AGENCY: ADMINISTRATION SECTION

By Phyllis McCown



Front row from left : Amy Stroh, Phyllis McCown, Cindy Newsham
Back row, from left: Bob Eastwood, Karen Heath, Sue Krogman, Chad Boshart and Al Berndt (Deb Kai not pictured)

Al Berndt, the Assistant Director of NEMA, oversees the Administration Section comprised of Cindy Newsham, Sue Krogman and her crew in Information Technology (IT) and Communications, Deb Kai (Budget) and myself, Phyllis McCown, and my crew. I do accounts payable and supervise three staff assistant positions. Currently Amy Stroh, Staff Assistant II and Karen Heath, Staff Assistant I, divide all responsibilities as the third position of Staff Assistant I is vacant. In a nutshell, my division carries out Al's approval of "money spent to train, travel or purchase." Therefore, on a day-to-day basis, after

obtaining his approval, getting budget authorization and doing coding, Amy and Karen prepare proper documentation for people to travel or make purchases. My responsibility is to coordinate, code, monitor, supervise, fill-in during absences, make payments and file proper documentation where needed to meet audit requirements.

Training forms are completed by a NEMA employee who facilitates a training or a meeting. It includes details of date and place of occurrence as well as specific costs of trainers, travel, lodging, training materials, meals, etc.

Once approved, our department assists with the paperwork to secure the selected trainers, travel, lodging and meals. This allows the NEMA employee in charge of training the time to focus on registering attendees and coordinating training materials and speakers.

Travel orders can include securing lodging, flights, registration, meals and transportation arrangements. Supporting documentation is required per state and federal guidelines. Since NEMA takes "watching the

State budget" seriously, a lot of time is dedicated to choosing cost-effective options as well as balancing the usage of the State vehicles we lease. Additional approval signatures are obtained as well as travel order numbers assigned for tracking purposes to allow for reimbursements once travel is complete.

Of course, to run any business, purchases are necessary. We prepare all contracts and/or purchase orders in-house unless State accounting has required we initially use the requisition process that allows

Continued on page 17



NEBRASKA EMERGENCY MANAGEMENT AGENCY: INFORMATION TECHNOLOGY (IT)/ COMMUNICATIONS (COMMO) SECTION

The IT/Commo section of NEMA provides daily and emergency support for the entire agency as well as others in the State Emergency Operations Center (SEOC) and on-scene during a domestic incident. Information Technology support includes computers and peripheral equipment, software needs, networks, radios and telecommunications.

The communications section assists in the development and implementation of a statewide interoperable Public Safety Wireless Communications system. The major objective of this project is to continue the build out of the Nebraska Interoperable Communications System to ensure effective and transparent capabilities in all areas of the State.

The IT/Commo section also includes Geographic Information Systems (GIS) capabilities to provide spatial data and mapping to federal, state and local agencies on a daily basis or during a

domestic emergency. NEMA is also a member of the Nebraska Information Technology Commission - GIS Council which works to emphasize cooperation and coordination among agencies, organizations and government entities.

All areas of the IT/Commo section are utilized extensively during any exercise or event. When the Emergency Operations Center (EOC) is activated, it supports radio, telephone, mapping and computer setup and troubleshooting for NEMA staff and staff from other agencies called in to work the event. During an incident or exercise, NEMA also has the capability to connect National Guard members to their own secure network to allow remote access to their internal infrastructure remotely. IT/Commo are also used in the field to assist in the setup of NEMA's Mobile Operations Center (MOC) and Mobile Operations Trailer (MOT) during an incident, as well as communication support.



NEMA Administration continued from page 16

them final approval. At that point they will either prepare the purchase orders or release authorization for us to purchase directly. Once the item(s) or service(s) are received, Amy and Karen coordinate proof of receipt and note the same in the "EDGE" or state procurement/payment system. With this complete, I can now request Deb to order the federal funding. Once the money is available I can make the payment request which will in the end allow the State Treasurer to release funds.

Amy and Karen also have other assorted daily duties. From delivering mail to going downtown, to picking up mail or shipments which have arrived, preparing United Parcel Shipping (UPS) shipping documents to coordinating vehicles to be taken in for maintenance or repair. They organize information for first time vendors to be added to the state system or for revisions to be made. They are the first line in answering NEMA's incoming main phone line as well as updating NEMA employee name and phone lists. They forward on approved training registration applications as well as assist with training certificates. Our department also invoices for Accounts Receivables of the Radiological Calibration Department, assists with their Annual Letters of Certification and sends out and monitors responses to A-133 Audit letters.

The amazing part of this division is we continue to function doing the above day-to-day responsibilities even during a disaster. As we coordinate with the disaster team along with the Nebraska National Guard, many hours are spent each day during a disaster to secure travel, lodging and/or meals, not only for those deployed but for the extra manpower within the State Emergency Operations Center (SEOC). It is vital that we have an accurate, consistent flow of information through our Guard and SEOC liaison to know who/what/when/where/why our troops and co-workers are dispatched. This is so we can make proper arrangements and obtain supporting documentation to pay vendors after-the-fact. Time and time again local vendors have stepped up to the plate and gone well beyond normal parameters to assist NEMA's team and their community and surrounding areas that are in danger. This appreciative relationship, created out of necessity, seems to be the small lifeline of worthiness that drives my team and the rest of NEMA to expend additional stress, time and efforts "for the good of the cause" during a disaster. It is due to "disasters" that NEMA functions on a day-to-day business routine, to be prepared for the "what if" in the future....that puts a purpose to "being here."





SEP MEMBER HIGHLIGHT

SERGEANT FIRST CLASS JENNA SCHNEIDER

209th Regional Training Institute (RTI) Program Analyst

Although I count myself a native of Montana (I was born there), I actually grew up in a small, rural community in north-central Wyoming that survived on the amenities of the mercantile (that carried only the essentials) on main street. The community would “go to town” once every few months to stock up on these essentials. Cowboys made up a majority of the population where there were probably more deer than actual people. The town I lived in during my high school years was called Hyattville, which was named after a family that still lives there today – population 50 (minus the cows and the combined postman/bus-driver/music teacher). I am the youngest of three girls and have an adopted brother James Victor or “Bud” as we call him.

I have a pretty good idea of what most people picture in their minds when they see or hear the word “cowboy.” Visions of Wrangler jeans, black felt cowboy hats, big belt buckles and the handlebar mustaches dance in their heads. I do not know how many times I have told people that I am from Wyoming and they get this quizzical look on their face, followed with a, “do they still ride horses everywhere they go out there?” My typical response is usually something like, “No, they don’t still ride horses EVERYWHERE they go. Just to church on Sunday, the market on Tuesday and Bible study on Thursday.” (Please note sarcasm.)

The first two years of my school life



were spent in a one-room school house. Grades one through five sat and learned together in the ancient white building where the postman was the music teacher and the bus driver (that wasn’t a joke when I stated it earlier). My youth consisted of horse-back riding, moving cows, swimming in creeks, riding in the cab of the combine with my father and summers at cow-camp. Nothing can quite compare to the smell of fresh-cut alfalfa and a damp saddle after a long ride. My family lived on a ranch where my father was the ranch manager and farrier,* carrying on the tradition that his father taught him. While I have never actually shod a horse myself, I could give you step-by-step instructions on how to do so. My father is my hero and my fondest memories are of sitting on the tailgate of

his pickup and watching him shoe horse after horse. It is back-breaking work and he never complained. He taught me the importance of hard work and how to appreciate what we are given.

I enlisted into the Wyoming National Guard as soon as I turned 17. Following in one of my older sister’s footsteps, I went to Basic Training after my junior year of high school and Advanced Individual Training (AIT) after I graduated in 2003. AIT took me two weeks into my first semester at Chadron State College, where I majored in theater. After completing an interstate transfer to Nebraska (I think the paperwork was probably still warm from the printer), and about three-quarters of

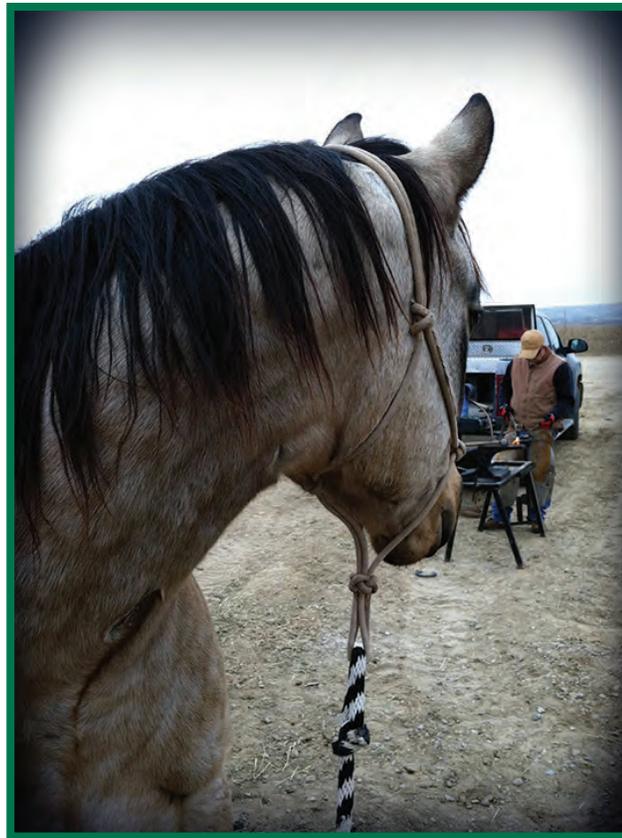
Continued on page 19



Jenna Schneider continued from page 18

the way into that same semester that I was already late getting into, I got “the call.” It went a little like this, “Is this Private Shelhamer (that is my maiden name)?” Uh...was this a trick question? Am I supposed to answer this? “This is an Official Mobilization Order for the 267th Ordnance Maintenance Company for Operation Iraqi Freedom. You are required to report to your unit of assignment or designated muster location for entrance onto Active Duty under Title Blah Blah on 7 December 2003. As more information is available blah, blah, blah.” Ok, commence deep-cleansing breaths and, oh wait, what the heck is a muster? I was a fresh-faced, 19-year-old, college freshman; not unlike a large portion of the demographic that makes up the National Guard today. I can still hear my Grandma Rae saying, “Can’t they find anyone better than a little girl to send to war?”

The 267th mobilized out of Fort Riley, Kansas in December. Like I said earlier, I grew up in Montana and Wyoming so I was used to the cold. But I can honestly say that I looked forward to the temperatures in Iraq after spending a month in Kansas during the dead of winter. After the third or fourth time of going home to bid farewell to our families, we boarded the plane and began our long trek into the great abyss (aka Forwarded Operating Base (FOB) Speicher, Iraq). After we landed in Kuwait to pick up our trucks and equipment we drove what seemed like a week into Iraq to take up residence for the next twelve months at FOB Speicher where I was assigned to the S-1 Section to assist with administrative duties. Since we deployed relatively early in the war, and Speicher had not been occupied for very long, things were still in a sort of disarray when we arrived in theater. It did not take the members of the 267th long to adjust to our surroundings and make it our own. Several members of our unit designed and built “Huskerville,” a huge morale, welfare and recreation (MWR) building in the center of our living area. We resurrected a make-shift softball field



to utilize when we had some down-time, and the commander even let me paint our Nebraska patch and the Husker ‘N’ on the wall in our Tactical Operations Center (TOC) (it helped to disguise the holes that were left by mortar rounds). Although I was very young when I deployed, and I had not been out on my own for very long, I feel fortunate that I went with the group of people that I did. They took me as one of their own and became my extended family.

Fast-forward a few years and I settled here in Lincoln. I attended Nebraska Wesleyan for a year, studying English and Secondary Education, only to finish my college career at Doane College with a Bachelor of Arts Degree in Human Relations. It is true what they say about college being the age of discovery. It took me about seven years, a deployment, a baby, husband and three majors to discover what I wanted to do in life. I am currently working on my Master of Science Degree at Peru State College in Organizational Management with the hopes that I can take the small construction company my husband

Steven and I started into my retirement from the Nebraska National Guard.

My husband and I have a three-year-old son named Mathias. Being his mother is my greatest accomplishment. He makes me laugh every day, and there is never a dull moment in our household.

Currently, I am the Program Analyst for the 209th RTI at Camp Ashland. I have been assigned here for about a year and a half and have enjoyed every minute of it. Dealing with a budget would have been well below the very last of my choices for an assignment but I have grown to love this position. I transferred to Human Resources in March to work as the Retirement Services Noncommissioned Officer

(NCO) and I look forward to the possibilities the position will bring.

**Farriers specialize in equine hoof care - caring for animals such as horses and donkeys, but mostly horses. The profession is an old one that stretches back hundreds of years, paralleling the increasing domestication of horses. A look at the history of the word “farrier” explains something about the profession. “Ferrarius” is a Latin word meaning “of iron” or “blacksmith,” which explains why farriers are so often confused for being blacksmiths. Years ago when workers weren’t as specialized as today, blacksmiths would be called on to make horseshoes since they knew how to work with iron, and with that job already done they would also be the ones to put the shoes on the horses. Being a farrier involves some skills of a veterinarian in caring for the horses’ feet and some of a blacksmith in making, applying and adjusting horseshoes.*

<http://www.thefarrierguide.com/farriery-guide/what-does-a-farrier-do/#tbhtut8ykJmMSKBO.99>





BOOK REVIEW:

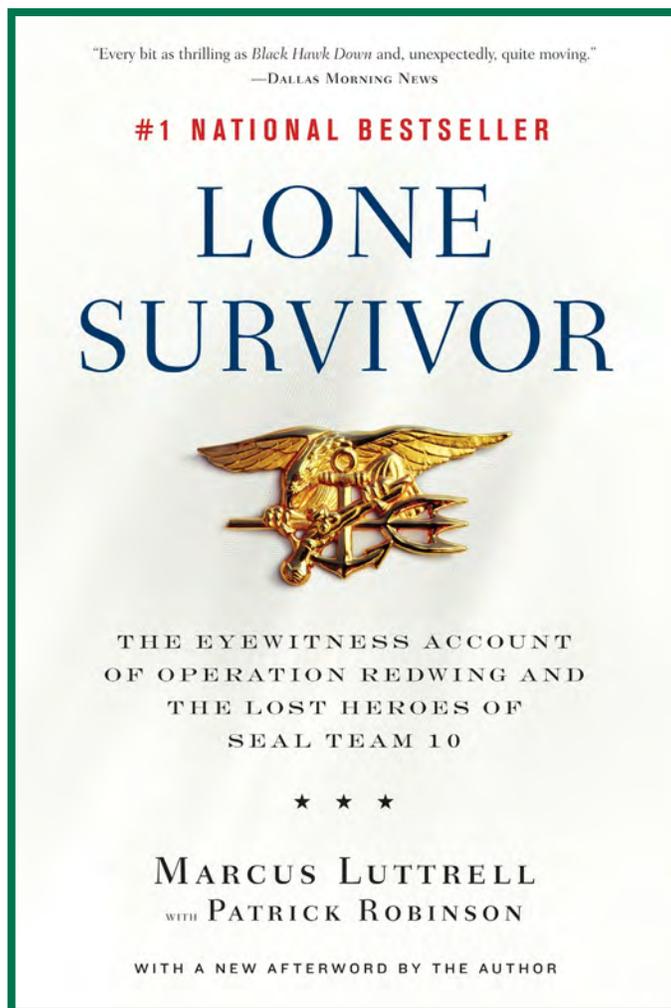
LONE SURVIVOR:

THE EYEWITNESS ACCOUNT OF OPERATION REDWING AND THE LOST HEROES OF SEAL TEAM 10

Written by Marcus Luttrell with Patrick Robinson
Little, Brown and Company; Reprint edition (May 1, 2009)
Review by SFC Jenna Schneider

As a former member of the elite SEAL Team 10, Marcus Luttrell is no stranger to facing danger. In *Lone Survivor*, Luttrell describes his drive and dedication in becoming a member of the Navy SEALs. With the realization at age twelve that he wanted to become a SEAL, he began his training at the age of fourteen with the guidance of a former member of the United States Army Green Berets, Billy Shelton. His program included daily runs with heavy concrete blocks on his shoulders. When Luttrell began to show improved strength, his program stepped up the pace and he was switched to running with rubber tires. *"You see, we're invincible. That's what they taught us. That's what we believe. It's written right there in black and white in the official philosophy of the United States Navy SEAL, the last two paragraphs of which read: We train for war and fight to win. I stand ready to bring the full spectrum of combat power to bear in order to achieve my mission and the goals established by my country. The execution of my duties will be swift and violent when required, yet guided by the very principles I serve to defend."*

It was hard for me to grasp what it takes to become a Navy SEAL and the training that Luttrell describes in his book. The physical



screening test included a 500-yard swim with an optimum time of nine minutes, 90 push-ups and 85 sit-ups in two minutes, 18 pull-ups and a one and a half mile run in nine minutes and thirty seconds. And that is just part of the screening process. The training itself is on an entirely different level.

Luttrell's story unfolds as he describes his training, assignments and ultimately the failed mission that changed his life forever: Operation Red Wings (also called Operation Redwing and/or Operation Red Wing). Operation Red Wings was intended to disrupt local anti-Coalition Militia activity. Luttrell, along with his team were tasked with surveillance and reconnaissance of a group of structures known to be used by a Taliban leader and his men. His team included Navy Lieutenant Michael P. Murphy, Petty Officer Second Class Danny P. Dietz and Petty Officer Second Class Matthew "Axe" Axelson. After the team was in place, they were discovered by local goat herders. The determination

was made to release them according to rules of engagement. Since their location was most certainly compromised, the team retreated and within a matter of an hour they were ambushed.

Continued on page 21



Book Review continued from page 20

SEAL Ethos (United States Navy Sea-Air-Land Team)

In times of war or uncertainty there is a special breed of warrior ready to answer our Nation's call. A common man with uncommon desire to succeed. Forged by adversity, he stands alongside America's finest special operations forces to serve his country, the American people, and protect their way of life. I am that man.

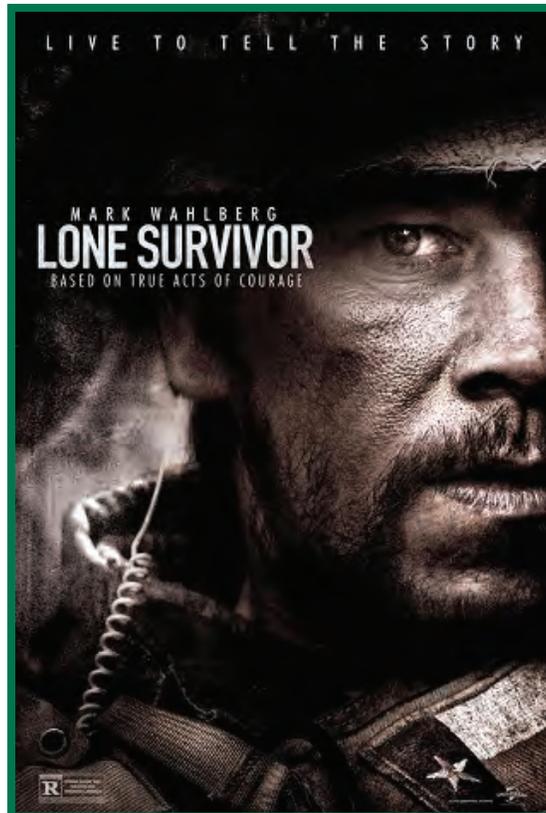
My Trident is a symbol of honor and heritage. Bestowed upon me by the heroes that have gone before, it embodies the trust of those I have sworn to protect. By wearing the Trident I accept the responsibility of my chosen profession and way of life. It is a privilege that I must earn every day. My loyalty to Country and Team is beyond reproach. I humbly serve as a guardian to my fellow Americans always ready to defend those who are unable to defend themselves. I do not advertise the nature of my work, nor seek recognition for my actions. I voluntarily accept the inherent hazards of my profession, placing the welfare and security of others before my own. I serve with honor on and off the battlefield. The ability to control my emotions and my actions, regardless of circumstance, sets me apart from other men. Uncompromising integrity is my standard. My character and honor are steadfast. My word is my bond.

We expect to lead and be led. In the absence of orders I will take charge, lead my teammates and accomplish the mission. I lead by example in all situations. I will never quit. I persevere and thrive on adversity. My Nation expects me to be physically harder and mentally stronger than my enemies. If knocked down, I will get back up, every time. I will draw on every remaining ounce of strength to protect my teammates and to accomplish our mission. I am never out of the fight.

We demand discipline. We expect innovation. The lives of my teammates and the success of our mission depend on me – my technical skill, tactical proficiency, and attention to detail. My training is never complete. We train for war and fight to win. I stand ready to bring the full spectrum of combat power to bear in order to achieve my mission and the goals established by my country. The execution of my duties will be swift and violent when required yet guided by the very principles that I serve to defend. Brave men have fought and died building the proud tradition and feared reputation that I am bound to uphold. In the worst of conditions, the legacy of my teammates steadies my resolve and silently guides my every deed. I will not fail.

They were unable to establish consistent communication with their combat operations center to indicate that they were under attack. Mr. Luttrell describes his traumatic and harrowing story with painstaking detail. There were several occasions while I was reading that I had to set the book down in order to wrap my brain around what he lived through.

Lone Survivor is a book that forces the reader to put their personal opinions aside and focus on the heart of the matter: survival and an undying dedication to country. I felt that it was important to reiterate this because the book is littered with Mr. Luttrell's opinions on rules of engagement, politics and the media (to name a few). He later stated in an interview with the *New York Times* that his main goal in writing the book was to tell the story of his comrades who did not survive. "Now I think the American public knows who they are, and now they are forever immortalized." He has even set up a trust fund with all the proceeds from the book going to help the families of the deceased and to military charities.



This book was an incredible read and I highly recommend it. If you aren't a huge history buff like me and you have to do a little research to get a background for the story, I urge you again to keep an open mind. You might find a few discrepancies between the story that Marcus Luttrell lays out in his book and the official reports from his debriefing after his rescue. For example, the name that was given to the mission and the number of Afghan's that SEAL Team 10 encountered. Don't let this deter you from reading the book or from believing the legitimacy of Luttrell's story. The book was written with a ghost writer and was based off of one man's testimony of the events that transpired.

Lone Survivor is the basis for a recent (released December 25, 2013) movie by the same name. Mark Wahlberg stars as Marcus Luttrell, the only survivor of an ill-fated covert mission to neutralize a high-level Taliban operative. The mission included three other men: Matt

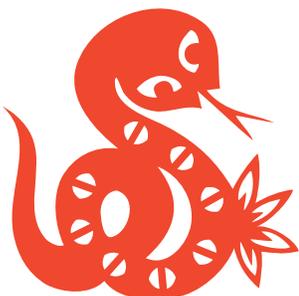
Axelson (played by Ben Foster), Dannie Dietz (Emile Hirsch) and Mike Murphy (Taylor Kitsch).





Chinese Zodiac Trivia continued from page 11

CHINESE ZODIAC TRIVIA ANSWERS



1. C. Wind is not one of the five elements. The five elements are jin (metal), mu (wood), shui (water), huo (fire) and tu (earth). The five elements in daily life were regarded as the foundation of everything in the universe and natural phenomena. They have their own characters and they can generate or destroy one another. Chinese years also evolve around these elements and each element lasts for two consecutive years.
2. D. The Rat is the first animal of the Chinese zodiac. This is just one of the folk stories that explains how Rat was named the first animal. "Cat and Rat were the worst swimmers in the animal kingdom. Although they were poor swimmers, they were both quite intelligent. To get to the meeting called by the Jade Emperor, they had to cross a river to reach the meeting place. The Jade Emperor had also decreed that the years on the calendar would be named for each animal in the order they arrived to the meeting. Cat and Rat decided that the best and fastest way to cross the river was to hop on the back of Ox. Ox, being naïve and good-natured, agreed to carry them both across. Midway across the river, Rat pushed Cat into the water. Then as Ox neared the other side of the river, Rat jumped ahead and reached the shore first. So he claimed first place in the competition and the zodiac." There are other variations of the tale, but in all, Rat is always first.

According to Chinese legend, a long time ago, the gods called together all the animals on the planet, and told them that there will be a race. The first twelve winners will be included in a special list that they were coming up with. So on the chosen date, all the animals lined up and started to race each other. Being the smallest, the rat was able to weave its way through and under all the other animals and ended up crossing the finish line first. Next came the ox, followed by the tiger, the rabbit, the dragon, the snake, the horse, the goat, the monkey, the rooster, the dog, and lastly, the pig. That's how those twelve animals ended up representing the twelve animal signs of the Chinese zodiac, each with its own specific characteristics.



3. A. This best describes the Dog. Also, those born in the Year of Dog have a straightforward character. In their career and love, they are faithful, courageous, dexterous, smart and warm-hearted. Dogs know how to keep secrets and inspire other people's confidence, and they make good leaders. If they fall in love with someone, they would not change. They can be terribly stubborn with the right things. The Chinese regard the dog as a favorable animal. If a dog happens to come to a house, usually the host will be very glad to adopt it, for it symbolizes the coming of fortune. Poodles, especially black poodles, bring more luck.
4. B. False. The best match for the Rat is the Dragon, Monkey or Ox. The Rat should avoid the Sheep, Horse and Rabbit.
5. C. Jade Emperor. According to legend, the twelve signs of the Chinese zodiac did not originally have animals associated with them. In one folk story it was the Jade Emperor who summoned all the animals together and assigned each of them. Some stories say it was Lord Buddha who summoned the animals together.
6. D. The Dragon. Of the 12 animals of the Chinese zodiac, the Dragon is the only one that is not encountered in "real" life. It is a mythical creature, considered to be the ruler of Heaven, mists and rain, and is thus associated with the Emperor. It is also the guardian spirit of the East, a symbol of luck, power and passion.

Continued on page 23



Chinese Zodiac Trivia continued from page 22

The dragon enjoys a very high reputation in Chinese culture. It is the token of authority, dignity, honor, success, luck and capacity. In ancient China, this creature was thought to speed across the sky with divine power. Emperors entitled themselves exclusively as 'dragon;' their thrones were called 'dragon thrones,' their clothes 'dragon gowns.'



For the Chinese, the dragon is the luckiest and most auspicious of all the animal signs. Chinese parents want their children to get married in the Year of the Dragon. Chinese couples rush to make "dragon babies" because they're supposed to be lucky.

Unlike in western culture, where dragons are considered evil, huge cousins of lizards, Chinese dragons are actually cousins to snakes. It's quite rare to find an evil dragon in Chinese folklore or myths. These beasts are highly magical and vastly powerful. It's even appropriate to call them demigods.

In general belief, dragons live in huge bodies of water (usually seas), and move around the world by flying. Unlike western dragons, it's impossible to find any Chinese dragons on land, not to mention in remote caves. They are either enjoying the water or soaring the sky, or being briefly summoned by sorcerers. A painting of a dragon coiling around a mountain or sleeping in a cave will strike Chinese people as weird or ridiculous.

7. B. Yin and Yang. The concept of Yin and Yang originated from people's attitude toward nature in ancient China. Eastern thought is that the two complementary forces make up all aspects and phenomena of life. Yin is a symbol of earth, femaleness, darkness, passivity and absorption. It is present in even numbers, in valleys and streams, and is represented by the tiger, the color orange and a broken line. Yang is conceived of as heaven, maleness, light, activity and penetration. It is present in odd numbers, in mountains and is represented

by the dragon, the color azure (blue) and an unbroken line. In harmony, the two are depicted as the light and dark halves of a circle. The concept of Yin and Yang is associated in Chinese thought with the idea of the five phases or elementals (wuxing) - metal, wood, water, fire and earth - and interdependence between the world of nature and human events. Yin and Yang theory has come to pervade every aspect of Chinese

traditional culture, including religion, philosophy, calligraphy, architecture and the study of Feng Shui.

8. A. Harrison Ford and Jerry Sienfeld were both born in the year of the Horse. Affleck and Diaz are Rats, Hepburn and Radcliffe are Snakes, and Taylor and Cyrus are Monkeys.
9. C. The Ox (Taurus – the Bull) and the other is the Ram (Aries).
10. D. Each Chinese zodiac is based on a yearly cycle that is based on lunar cycles. The beginning of the New Year will always fall between January 21 and February 21.

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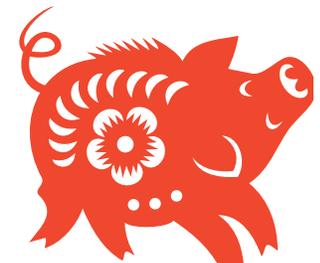
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Restaurant Review continued from page 8



Chicken Tikka Korma and Potato Wedges

So it's really important for me to have my customers come and sit in a nice environment with a relaxed but authentic atmosphere that will deliver simple, delicious, and healthy meals that they were able to help to create and that cater to their own unique tastes.

The name was a very difficult process for me. I tried so many different things that just didn't sound right or sounded too generic for my tastes. I wanted something that I could call my own but also identify it with something that could be attached to a logo. I came up with the idea for "The Kite" or "The Sultan's Kite" due to a recently popular book at the time named *The Kite Runner* which had made a lot of people look at Afghanistan differently. Almost immediately my siblings who helped me with the initial stages and who continue to work for me today did not like the idea.

By this time I was used to the opposition and decided to go with it so I could have a kite as a logo and because it felt right to me. This is how I handled the food situation as well. I had a general idea in mind of what I wanted to include and serve to people with the help of my Mother, Shila Attaie as a consultant on taste, cooking and what people will like. As a phenomenal cook herself she has

enough experience in the kitchen to really know what tastes best.

My only concern was keeping it simple. I don't know how many times I had to say no I am keeping it simple...no, that's too complicated. What's difficult about Afghani cuisine is trying to make it simple because it's not easy to make, but the tastes and spices, although milder than Indian cuisine, are both healthy and taste great.

The genre of Mediterranean cuisine gave me the opportunity to mix the simplicity of Middle Eastern street food like our homemade falafel or Greek dishes like gyros with some simplified Afghani food like our Chicken Tikka Korma under one Afghan-Arab-Greek fusion.

The assembly line style ordering worked great for me because one, I have a narrow restaurant so keeping people moving is the best option and two, it helps people to take simple dishes and really make them their own with different sauces, toppings and meats. My menu has about four items overall, however the customer then has the opportunity to mix and match those four quality tasting items to fit their mood.

Here's an example: If I'm a regular customer and I just love the homemade

falafel I can get that falafel on a pita like I always do, or over rice, or in a wrap, or on a salad for something lighter.

Next I can choose between three spiced taziki sauces: mild white, medium red, or spicy green sauce to change how that falafel will taste on this particular day. This exact set of options can be applied to the gyro meat, chicken shawarma, or the chicken tikka korma dish. This way customers can always "eat like a Sultan" and have their favorite dishes just done a little differently each time.

Information about our items

Main Dishes

Chicken Tikka Korma translates to chicken pieced stew to help explain the exotic name a bit. It is a traditional stew made from all white meat chicken breast pieces marinated to create a stew in several spices that are traditionally Afghani. The stew is based on savory ingredients like onions, tomatoes and garlic to keep the flavor rich. Unlike the Indian sub-continent, we do not use cream in our stew as that is not popular in Afghani cooking. This tastes best over our steamed rice.

Falafel is said to have started in Egypt but it's basically a version of a fried vegetarian patty that tastes similar to meat but is instead made from fava beans or chickpeas with some spices to create a delicious meal that packs some fiber and natural ingredients that will keep you full during your busy work day.

Gyro is a Greek food that has made its way all over the Middle East and is traditionally made from all spiced lamb meat. However, here we use a mixture of beef and lamb to counter the strong lamb taste to accommodate a milder flavor. It's mostly spiced with garlic, onion and black pepper.

Chicken Shawarma is grilled and marinated all white meat chicken breast in the similar Afghani spices like cardamom, garlic, onion, and coriander then heated and cut to be served in any



Restaurant Review continued from page 24

From Marvel's The Avengers

Tony Stark (Ironman): [regaining consciousness] What just happened? Please tell me nobody kissed me.

Steve Rogers (Captain America): We won.

Tony Stark: Alright. Hey. Alright. Good job, guys. Let's just not come in tomorrow. Let's just take a day. Have you ever tried shawarma? There's a shawarma joint about two blocks from here. I don't know what it is, but I wanna try it.



Chicken Shawarma and Potato Wedges

fashion the customer would like. This goes great in any style and is a favorite over salad in the summer time.

In looking to the future I hope to continue to have a great customer base that I do, who continue to make coming to work every day really enjoyable for me. I hope to continue to work hard and grow The Sultan's Kite as a business to become a Lincoln staple that people will continue to enjoy for years to come.

My business advice to anyone out there is very easy to follow:

1. If it's not a passion, besides just an income, don't do it because it becomes your seed and it will require almost all of your time, effort and dedication.
2. Keep it simple!
3. Keep it simple...I know I put it twice but it's to really emphasize how important this is when you're starting out and making complicated dishes with an oversized menu that will just drive you nuts. This is what saved me some serious headaches. Keeping my food simple, delicious and fresh allowed me to focus on my customers' experience besides just what they eat. People almost always eat the same thing when they go to a restaurant because they know what they like. So as long you provide quality food, people won't get tired of what you're giving them even if there aren't 20 items to choose from.



Older Americans Month continued from pages 6



old and minority elderly have, on average, the lowest incomes among the older population, which severely limits their ability to pay for health care, purchase prescription medication,

maintain their homes and buy the goods and services needed to remain independent.

What services are offered by the Senior Health Insurance Information Program (SHIIP)?

SHIIP is a free counseling service for seniors and pre-retirees and is part of a federal network of State Health Insurance Assistance programs located in every state. SHIIP counselors answer questions about Medicare, Medicare Supplement Insurance, Medicare Advantage and Medicaid along with prescription coverage and low-income assistance. Your local Area Agency on Aging will have information on SHIIP and many provide SHIIP counselors to give group presentations.

Caregiver Checklists

- Senior Home Care Agency Checklist
- Choosing a Home Care Agency Checklist
- Choosing an Assisted Living Community Checklist
- Safe Driving Checklist
- Senior Caregiving Employment Checklist

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Website Review continued from page 13

The Institute creates community, and is a destination for anyone who:

- * Finds the official US poverty statistics and the language used to describe “the poor” insufficient.
- * Aspires to a more inclusive, more functional definition of well-being.
- * Needs tools to help them create better programs or better advocacy.
- * Seeks new ideas on economic security.
- * Seeks research, researchers and fellow advocates who will challenge popular definitions of need.



There are many more interesting topics and issues addressed on this site. It is a great source of information for any gender and I highly recommend checking out this website.

Women’s and girls’ pursuit of careers in science, technology, engineering and mathematics (STEM) is an important issue for those who care about

women’s status and earning potential, and to the nation’s continued economic development. STEM jobs pay women approximately 33% more than non-STEM jobs. They often provide greater access to workplace benefits and flexibility, and genuine career ladders within growing, dynamic fields. Women are still underrepresented in STEM fields; however, fewer than 25% of STEM workers are women.

One of the indexes WOW produces uses public data sources to measure the local costs of families’ basic expenses (housing, utilities, food, childcare, transportation, health care, household goods, emergency and retirement savings). The BEST Index points to the importance of career paths that provide higher wages, employment-based benefits and workplace flexibility, and to the importance of savings and assets. The BEST undergirds WOW’s advocacy on improving job quality and public support program funding.

They also provide information about the elder index. The estimated costs for a single elder is \$20,000 to \$30,000 per year. How many baby boomers are ready for retirement and have an income to provide for them through retirement? The website shows that 50% of the elders lack basic economic security. State and Federal support for the aging is crucial.

WOW stresses the importance of providing personal stories to create change. If you sign up for the WOW’s Advocacy Action Alerts they will be sent to your inbox and WOW’s policy updates will keep you informed. We must stay knowledgeable to challenge our government to address the problems facing working families.

Basic Economic Security Tables, 2013 (Workers with Employment-based Benefits)					
US, Selected Family Types					
Monthly Expenses	1 Worker, 1 Worker, 1 Preschooler, 1 Infant 1 Schoolchild			2 Workers, 1 Preschooler, 1 Schoolchild	
	1 Worker	1 Infant	1 Schoolchild	2 Workers	1 Schoolchild
Housing	\$642	\$803	\$803	\$642	\$803
Utilities	\$115	\$144	\$144	\$115	\$144
Food	\$264	\$379	\$572	\$484	\$765
Transportation	\$516	\$566	\$566	\$1,017	\$1,068
Child Care	\$0	\$621	\$1,112	\$0	\$1,112
Personal & Household	\$259	\$337	\$386	\$315	\$435
Health Care	\$161	\$329	\$480	\$374	\$540
Emergency Savings	\$76	\$122	\$154	\$112	\$183
Retirement Savings	\$87	\$87	\$87	\$102	\$102
Taxes	\$374	\$714	\$953	\$501	\$1,087
Tax Credits	\$0	-\$139	-\$267	\$0	-\$267
Monthly Total (per Worker)	\$2,494	\$3,963	\$4,990	\$1,831	\$2,986
Annual Total	\$29,928	\$47,556	\$59,880	\$43,944	\$71,664
Hourly Wage (per Worker)	\$14.17	\$22.52	\$28.35	\$10.40	\$16.97
Additional Asset Building Savings					
Children’s Higher Education	\$0	\$81	\$163	\$0	\$163
Homeownership	\$112	\$131	\$131	\$112	\$131

Note: “Benefits” include unemployment insurance and employment-based health insurance and retirement plans.





FIRST FEMALE NATIONAL GUARD SOLDIERS GRADUATE FIELD ARTILLERY SCHOOL

By SGT Leticia Samuels

http://www.army.mil/article/122552/First_female_National_Guard_Soldiers_graduate_Field_Artillery_School/

FORT BRAGG, N.C. (March 25, 2014)

-- Four female National Guard Soldiers graduated from the Artillery School at the 139th Regimental Training Institute, at Fort Bragg, N.C., March 19, 2014.

SPC Nicol Vargas, Spc. Veronica Kramer, SPC Autumn Aderhold, and Spc. Brandy Brasted are from different states across the U.S., and are the first National Guardsmen to complete the predominantly male Artillery School, but will definitely not be the last.

"I have to do what I have to do to get done with the mission," said Vargas "all this time working on the [High Mobility Artillery Rocket System], and every time it has been like a fresh new experience."

"They're excited, they're motivated, determined to learn, they're asking more questions than a normal student would. They have very positive attitudes," said Kevin Hale, 139th RTI Field Artillery Instructor.

These 10 students attending the class all have alternate military occupational specialties, known as MOSs, but have all decided that they would like to be closer to the fight. Therefore they all decided to attend the reclassification course, which will change their primary MOS to a field artillery MOS.

"It's something different and more fun. We were behind the desk and we wanted to get out there and do something better. We're active," Aderhold and Bradsted both explained.

This 18-day course gives students 40 hours of classroom time to explain all the concepts, theories, and mechanics of being a Multiple Launch Rocket System, or MRLS, crewmember. The course is designed to equip students

with the knowledge of how to calculate locations manually and electronically, the proper way to handle ammunition, how to operate the main gun, missile, and rocket systems, along with artillery tactics and battle strategies.

"The ladies have been able to complete any and everything that has been asked of them," said Hale.

This occupation primarily focuses on supporting infantry and tank units while supplementing cannon artillery in combat. The other 120 hours of this course are all hands-on training and allow students actual time with the vehicles to put all of the classroom concepts into place.

"It was a lot when we started, but now it's not nearly as much as they made us think it was," Kramer admits. "Hands-on training is always so much better," said Aderhold.

Service members have to maintain, supervise and operate the M142 HIMARS, the newest wheeled chassis light version of the MLRS that carries a single six-pack of rockets or one ATACMS missile, on the Army's family of Medium Tactical Vehicles, or FMTV, five-ton truck, and can launch the entire MLRS family of munitions.

"I like downloading the truck, but I like running the HIMARS too," said Kramer.

M270-A1 Self Propelled Launcher is the tracked version of the M14, and can be operated with the same techniques and can launch up to 12 rockets in less than 60 seconds. To operate these massive systems, crews work in orders of three (the driver,



gunner, and the section chief), but during training all cross train in each area to gain experience doing all three jobs needed in this three-Soldier crew.

"You Soldiers sitting in these seats are the future of the National Guard," said Command Sergeant Major John Swart, North Carolina National Guard Command senior enlisted adviser. "It's important that we work as a team."

Students are also taught how to establish launcher resupply and supply points, because Soldiers are responsible for pods of ammunition and also have to be able to resupply their own ammunition along with other artillery elements in the field.

"I love it all the way, and the males are so accepting. It takes them a little bit to come around, but after you're there for a bit, they don't treat you any differently, and I love that they don't treat us any differently," Vargas and Kramer both explained.

These four female Soldiers have added to the stepping stones being used to lead women into historically male-dominated career fields in the Army.

"The guys have accepted them into the field artillery world, and they work well as a team, as one Army, as it should be," Hale replied.





BTG
DIVER-CIPE
CORNER

Submitted by
Alisia LaMay

CAJUN JAMBALAYA



You know those nights when you don't know what to fix for dinner, but have a lot of ingredients on hand? This dish came out of one of those moments where I just threw things together that we had on hand, and wa-laa - a new favorite dish that my family loves.

Ingredients

- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken breast halves cut in 1 inch cubes (or canned chicken)
- 1 pound andouille sausage, sliced ¼ inch thick
- 1 package thawed salad shrimp (smaller and precooked)
- 1 medium red onion, chopped
- 1 medium green pepper, chopped
- 1 medium red or orange pepper, chopped
- 1 can diced tomatoes
- 2 tablespoons Cajun seasoning
- 1 cup long grain rice
- 1 ¾ cup chicken broth
- 2 tablespoons Tabasco (or to taste)

Instructions

Heat oil in large heavy skillet on medium-high heat. Add chicken and sausage; cook and stir 5 minutes. Remove from skillet.

Add onion and bell pepper; cook and stir on medium heat until onion is softened. Stir in tomato and Cajun seasoning.

Return chicken, sausage and shrimp to skillet. Add rice and stock; bring to boil. This is when I add a little Tabasco sauce for some extra kick (add to taste or 2 tablespoons). Reduce heat to low; cover and cook 25 minutes or until rice is tender, stirring occasionally.



Movie Review continued from page 4

kind of judgment), but on the fact that Duncan is not like him. Trent is social and outgoing. Duncan is not. He's introverted, and Trent doesn't think he should be - this seems to be his greatest crime.

The film is full of children who are struggling because their parents don't, or can't, see them. These children simply long to be known, to have a true relationship with those they love most. But their parents are either too caught up in their own lives, or too unable to see past the unfulfilled expectations they have for their children to see them for who they really are. That is, if the parents are there at all. The pain caused by absent

fathers is an ever-present, if unspoken, reality.

That's why Owen's presence in Duncan's life is so powerful. Unlike the other adults he knows, Owen actually sees Duncan. Not who he wishes Duncan was, but who Duncan actually is. Owen doesn't try to force Duncan into some imagined ideal of what a "successful person" should be like. He accepts him, and offers him friendship with no strings attached. But more importantly, it's not the kind of friendship that glosses over or ignores weakness in the other. Owen forces Duncan out of his comfort zone, and pushes him to grow. He doesn't want him to become something he's not; he simply

helps Duncan become a better version of who he already is. And in the process, Owen grows as well.

The Way Way Back is funny and hugely entertaining. Yet it's also a touching examination of the ways in which our failure to look past our own noses and truly see the person in front of us can cause us to hurt each other, and of the simple power of an honest, sincere relationship to help us heal and grow. The film opens with Duncan in the backseat of Trent's station wagon, alone and unnoticed. As it closes, Duncan is in the very same seat. But he is not alone, and he is seen, and that makes all the difference.

