

# CIVILIAN GLOBAL NEWS

Group X

January 2013

Fitness at

New Years

Louisiana State

University

Greetings

Grow Your Own

CGN Global

Groceries

Recipes:

A Taste of Yemen

Janice Dunn Lee:

Want a Good Job? Social  
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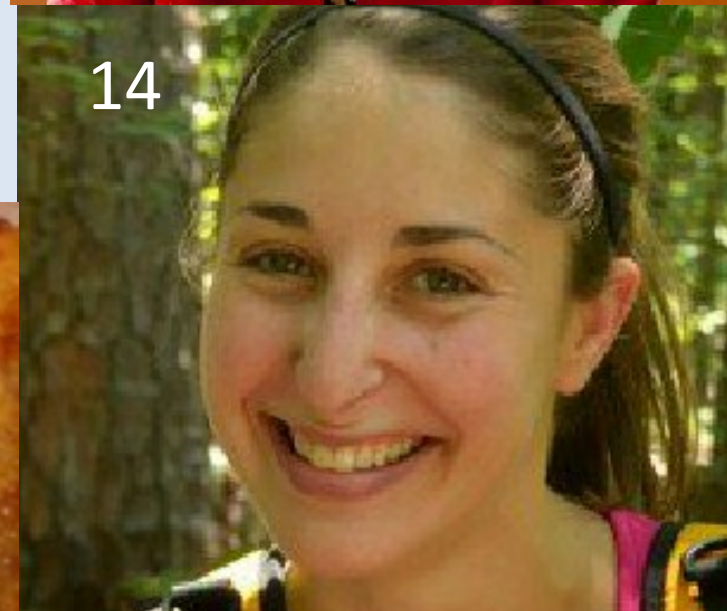
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# NEW YEARS GREETINGS FROM THE EDITOR IN CHIEF



January 15, 2013

Welcome back from the break, everyone!

As I spoke with many of our readership in an informal poll last month, I realized that there are two huge New Years resolutions that are on many people's minds:

- 1) Get hired (or promoted, or get a better job) in this slowly recovering economy.
- 2) Get into shape.

Therefore, this issue (and every issue for the next few months), will feature

- 1) Job hunting tips, with a special emphasis on social media and using the internet wisely, as well as
- 2) Fitness and health features.

Happy job hunting, getting in shape, and whatever else your New Years Resolution may have been. I hope everyone had a great break, and I look forward to hearing feedback from all our readers as we continue to tweak the issue formatting and content. If you have an idea of what would make an ideal story, please email us at

[info@civilianglobalnews.org](mailto:info@civilianglobalnews.org).

Sincerely,

Laura Umetsu

Editor in Chief

Civilian Global News

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





**Job Hunting Social Media Tips**  
**Chris Goddard, Guest Voice**

# Goddard, Continued

**Name:** Chris Goddard

**Nickname:** The Kiwi

**Occupation:** Lead strategist and partner at Odd Dog Media, a Seattle based digital marketing agency.

**Reason for being in America,** in his own words: "I originally came to the US to finish my business degree and then returned again to work at the firm where I'm currently partner. I also had to flee socialist hellhole of New Zealand, where its poor residents are continually inflicted with the horrors of free healthcare, cheap education, and Hobbits."

## DO

### 1. Customize your privacy settings.

For all the controversy and debate about Facebook and privacy, the fact is, most people simply fail to use the privacy settings that are available to them.

A fair criticism of Facebook is that they have changed *how* you can edit your privacy settings - though some of the recent changes arguably make this process easier and more transparent. The small lock setting at the top right of your screen now gives you shortcuts to your privacy settings - "Who can see my stuff?", "Who can contact me?" and "How do I stop someone from bothering me?" are pretty self-explanatory.

More-over, use Facebook lists. This can be a great way to filter what different friends see. I've always had a "Family" list and a "Business" list. People on the "Business" list can only see my basic profile information, family can see just some of my albums.

If you're curious what people can see, click on "Who can see my stuff" and "View as" to see your public profile or your profile from a certain friend's perspective.

### 2. Google yourself.

There's no better way to find out if you have a problem with your online reputation than to do a Google search for your name. If you have a common name (or the same name as someone famous), it may be more difficult for people to find about you specifically. However it usually doesn't take an experienced searcher more than a few additional modifiers (extra search terms) to find you - like *Chris Goddard Seattle*, or *Chris Goddard Odd Dog Media*.

Search for yourself and see what you find. Many people don't like the idea of people being able to find anything about you online - however it's very unlikely in this day in age that you can completely avoid having any public online presence. The best thing you can hope for is to control it.

That means it's actually better for someone to find the top 10 results all being related to you,

# Goddard, Continued

but linking to sites or profiles that you control rather than them finding nothing and having to dig deeper to find stuff that you might not even know exists. Some employers might even get nervous about a lack of public profiles or overly private online presence (*what are they hiding?*).

I recommend setting up Google Alerts ([www.google.com/alerts](http://www.google.com/alerts)) to set up email alerts when new things about you find their way into the search results.

### **3. Claim your accounts on all major social networks.**

It doesn't mean you have to use every social network, but claiming your name or "alias" on all the main platforms is a great way to firstly; ensure that you own your name consistently across all the major networks (so someone else with your name doesn't get it) and secondly; create more search results for your name that you control (more on this under "Google Yourself").

A consistent alias can be a great way of building your online brand - ensuring consistency and making you easy to find.

### **4. Have a personal website at [yourname.com](http://yourname.com) (if you can get it).**

People will Google you - particularly new employers. Unless you have a really common name or the same name as someone famous, it's fairly easy to rank #1 for your name by setting up a website at [yourname.com](http://yourname.com). Not everyone has the time or inclination to set up a personal blog, but a basic resume site can serve as a great way to control what people will find out when they search for you. Your website can also link to other social media profiles (the ones you want publicly available like your LinkedIn) as well as any work you've produced or been involved in that's available online.

If you don't want to spend the money on a domain and website, use a service like [about.me](http://about.me) to create a personal profile page.

### **Remember the internet is forever.**

You've probably heard the term "digital footprint"... well footprints can be washed away. Think of it more like a digital tattoo - once it's there, it's there forever (even a lot of time, money and pain won't remove all traces).

Photos, video or writing that are inappropriate or that could be taken out of context can haunt you for many years after the original incident, so be careful before hitting "Share". While it's possible to delete stuff from your Facebook or a website you control, things can be copied on to other sites or archived by other systems.

When in doubt, err on the side of caution.



# Goddard, Continued

## DON'T

### **1. Post anything publicly that you would need to explain to a potential employer...**

...because you probably won't get the chance. It's no secret the job market is tough out there, and while there are jobs, the competition for those jobs is fierce. This means that employers will find anything to whittle down the pile of applications. There may be a perfectly reasonable explanation why there's a picture of you passed out in a gutter or dressed in a Nazi uniform online, but it's unlikely to be one you'll have the opportunity to share with a prospective employer - you just won't hear from them.

### **2. Post the wrong thing in the wrong networks.**

Nothing will irritate your friends, followers or connections online more than posting inappropriate content in the inappropriate place. This doesn't necessarily just mean posting stuff that is offensive - people who use their Facebook pages as proffer the platform.

### **3. Violate terms of service.**

This is pretty intuitive, but should still be noted: Don't post anything contain hate speech targeted at a particular ethnicity, gender, religion or sexual orientation. Many if not most social networks have a policy against hate speech, and you could risk having your profile disabled or deleted if you pushed these boundaries. Speech might be free, but sites like Facebook are privately owned and have the right to censor whatever they want.

### **4. Post when you're emotional (or drunk for that matter).**

Friends don't let friends drink and Facebook. Posting when you're angry, upset or intoxicated might make you feel better, but it might not be in your best long-term interests. Even though Facebook posts and Tweets can be deleted, if it's bad enough for someone to both going to the trouble to remove, it will be bad enough that it might catch someone's eye - and it doesn't take a genius to save a screenshot.

### **5. Give social media logins to prospective employers.**

While most of these tips have been about what you should or shouldn't do on social media, this one is more for future employers. If a company asked me for my password, I would refuse.

While it's hard to refuse any questions from potential employers in this economy, this disturbing trend from some employers represents not only a huge invasion of privacy, but could be a massive security risk. If I were asked by a potential employer for my Facebook password, I would politely explain that I take my online security seriously, and that sharing my password violates Facebook's terms of service.

Moreover, this practice might open up a potential employer to discrimination cases (if the employer fails to hire me after discovering I am of a of a certain age, religion or sexual orientation). While legislation preventing this was rejected in the House of Representatives, many states are passing laws forbidding the practice (California, Illinois, Michigan, New Jersey, Maryland, and Delaware), and federal law might catch up. Be polite but firm.



# **Janice Dunn Lee: United Nations Powerhouse**

*By Michael Dennis Harpen, European Correspondent, and Laura Umetsu, Editor in Chief*

*In January 2013, CGN's European correspondent, Michael Harpen had the honor to interview Ms. Janice Dunn Lee, Deputy Director General, Head of the Department of Management at the International Atomic Energy Agency (IAEA) on the top floor of the Vienna International Centre in Vienna, Austria. Ms. Lee is*



## Lee, Continued

*America's highest ranking diplomat within the IAEA.*

*Ms. Dunn Lee has over 30 years of experience in governmental policy, management, international relations and diplomacy and has previously served in roles including as Director of International Programmes at the U.S. Nuclear Regulatory Commission in Washington D.C. and Deputy Director General of the Nuclear Energy Agency Organization of the Economic Co-operation and Development (OECD) in Paris, France.*

*Below is a summary of the interview, abridged and modified for the benefit of readers. CGN encourages all readers to listen to the unmodified interview in full, available for download on our website.*

*CGN: First of all, could you please give us a bit of background on what is the IAEA, and what it is you do in your role as Deputy Director General?*

JDL: The IAEA is a UN-related organization which oversees the peaceful applications of nuclear energy and nuclear technologies. It serves in several functions; most people know it as the "nuclear watchdog" safeguarding nuclear materials and protecting the world from these materials getting into the wrong hands. We also have a big responsibility for the safe operations of commercial nuclear reactors around the world.

Some of the other tasks we do include bringing people together to talk about the safety and security aspects of nuclear energy, materials and reactors (especially important post- 9/11). Thus, we have been involved in nuclear security for about 10 years which includes participating in several recent nuclear security summits throughout the world.

There is also a promotional aspect of the IAEA which includes developing nuclear energy and harnessing nuclear energy for peaceful uses. We have a lot of countries that are interested in advancing their energy programs who come to us for advice and information on how to develop a nuclear power program. We also have countries that may not have a nuclear power program but would like us to be involved in nuclear applications for desalination, agricultural purposes, cancer research, and other medical uses. Thus, we act as a fountainhead of information and exchange for member countries.

There are 158 countries which are members of the IAEA. Probably 45-50 have nuclear power; the rest do not. It is a very diverse and political organization; we try to reach consensus on the issues that are at hand which can make it a challenging place to find common ground. But our main purposes include fostering international cooperation, bringing people together, and talking about safety, security, nuclear energy, and safeguards.

Part of my role as Deputy Director General includes fulfilling the day to day needs of the organization such as budget and finance, human resources, IT, general services, infrastructure, and other administrative functions that go into running the organization.

*CGN: Sociology and International Affairs are not educational fields traditionally appealing to young Asian-American women. What made you choose these educational fields?*

JDL: I think my interest in sociology stems from my own personal background and upbringing. I am

## Lee, Continued

from a family of Chinese-Americans who owned a business in California. I grew up working in the family restaurant, socializing with people and developing business interests. It was a really great foundation for social interaction with people. Also, being the eldest of five children, you learn to take charge. So I think I had this interest in working with the public. I was also interested in cultures and in languages, and I was interested in social dynamics such as why people get along and why they don't.

I went for a Master's Degree in International Affairs thinking it would open more doors. I was not good in science and math, but I knew I excelled in other arenas. My greatest hope after I got my master's degree was to do something in the international field. International Affairs also felt natural because I was interested in different cultures and it is part of a liberal arts background.

*CGN: Considering your educational background, I think many of our readers would be surprised to know that you started your career as an intern at the Nuclear Regulatory Commission (NRC) in Washington D.C. How and why did you start your career there? What kind of opportunities does the NRC provide to nontechnical students and professionals?*

JDL: I never thought I would be in the nuclear arena; it was definitely a bit of luck. I was hired in a small office called the "Office of International Programs," which was growing at the time. The international aspect of the job was in export licensing, which involved nuclear power companies and vendors needing government permission to sell equipment and reactors overseas. These companies (General Electric, Westinghouse, etc.) were looking to make nuclear sales overseas and needed my office to grant them an export license. That was the beginning of my career; and it was really more policy based than technically based.

When this door opened for me, I had to ask myself "could I really succeed in this very technical organization without a technical background?" I found that I could learn the essentials on how a nuclear power plant operates after being in the field for more than 30 years. I also had great technical resources there including lots of engineers, scientists, physicists; and I knew that if I had a technical question, I could always go to them.

But what really intrigued me were the policy aspects. The questions we would ask when assessing a request for an export license included whether the countries at issue were involved in nonproliferation activities, were they parties to the right treaties and agreements, and did they support the same kind of values that the United States government has?

Also it gave me the opportunity to work with other US government organizations that would have a say in whether a company should be allowed to export materials. I interacted regularly with the Department of State, Energy, Commerce, and Treasury; each of whom would focus on the issue from their own policy standpoint. That's when I knew I could succeed in this political and policy arena even though I didn't have the scientific background. I would nonetheless encourage women with interests in science to go down that route and get an engineering or science degree. It gives you more credibility, respect, and it opens more doors.

## Lee, Continued

Success is all about having the right skillset of communications and the ability and training to understand processes. What is important is that you understand how things get done, and you know how to find your way to the answer, regardless of your educational background. You need to know how to find the path, and that was something I instinctively had and continue to develop.

There are lots of opportunities for nontechnical people at the NRC. I like to point out the fact that I started my career as an intern at the NRC, and 20 years later I became director of that office which had grown from a staff of 3 to a staff of 40. Success is definitely possible.

*CGN: When you were a young twenty something year old woman, did you really see yourself as someone who would forge such an ambitious and far-reaching career path or was this more of something which just “happened?”*

JDL: I think it was more of the latter. I knew that I had applied myself so much in my education that I had to do something with it. Did I set my sights on being the Secretary of State? No, but I knew that I wanted to have some kind of professional foundation in my life. I also knew that I wanted to have a family life and thus thought: “how was I going to have it all?” That is the way I approached my career.

I was very fortunate to find and marry someone who was really supportive of me, my interests in my career, and also of having a family life. Having a really great partner, and thus, a great partnership was one of the reasons I was so successful.

But as far as the ambition goes, the more I worked, the more I realized that I enjoyed what I was doing. Your career builds and molds you. As you advance, you will think back and realize that “yes, I can really contribute in a way that is positive” and it becomes satisfying when you can influence and affect other people and help them. I really feel that I am in a stage of my life now that I can share my experiences and help people go down the paths that may lead them to success.

I would say to young people that your first job is really important. I think it is the key to molding your future. Sometimes people just fall into it, other people are quite directed. I was not so much directed but I just fell into a very good field.

*CGN: You have had quite an amazing and circuitous career path: degrees in Sociology and International Affairs, then the NRC in Washington D.C., the United States Congress, the Nuclear Energy Agency of the Organization for Economic Co-operation and Development (or OECD/NEA) in Paris, France, and now the IAEA in Vienna, Austria. Can you briefly explain your career path and responsibilities in each position and how each job position helped you advance professionally?*

JDL: They were all stepping stones in retrospect. I am very pleased and quite satisfied about that because it brings together all my experiences to a place where I am quite useful. I feel that people can benefit from my experience and knowledge and that I can really contribute in a positive way to the organization. It is about stepping stones; you don't realize it at the time, but you will realize it later on when you look back on it. I can now very much see that all my experiences led me to this place.



## Lee, Continued

I was interested in international affairs and started a career as an intern at the NRC which was a great foundation for me. I eventually became the Director and earned the respect of the high levels commissioners whom I worked for. These are political people who open doors, and you develop a relationship with them.

While I was at the NRC I realized that I was having a fulfilling career as a government employee. It is quite satisfying in the sense that you give to a cause and to your country. Public service is a good thing; it is not necessarily as lucrative as the private sector, but it is satisfying in that you are doing something positive for your government. Government became quite important to me as I migrated into what I thought would be my second career, which was to live and work in an international context. I decided that when the time was right, I would do that next.

When “the time is right” to make this sort of change is different for everyone. For me, it made sense to do an international career later in life when I knew more influential people who could help me decide where I could be most useful. My first international post was at the OECD/NEA in Paris. It was a smaller organization with a more limited mission, but it prepared me for my next job post.

By the time I reached the IAEA, I was very familiar with the organization and the work it did from all my experience. I was an ideal candidate and I was fortunate that someone approached and offered me the job. Job hunting gets easier as time goes on because people will generally come to you based on your reputation. However, you have to build a reputation. You need to be known as a person who can get things done, who is reasonable to work with and who knows the field well.

*CGN: Politics, governmental policy, international relations and diplomacy, especially in the higher echelons of management are traditionally male dominated arenas, yet you have thrived in this environment. What kind of additional challenges have you had to face as a woman compared to your male counterparts?*

JDL: I was lucky in my career that when I entered the workforce, there was recognition about the need to employ women. However, I did not feel the need to fight “because I am a woman.” What is more important for all people is that you focus on your job and that you do it well. You can’t worry about the next job or the one after that. If you do it well, someone will recognize that. There will be an opportunity or several opportunities. Focus on the job at hand; do not let yourself become distracted because you will not do it as well as you should if you are thinking about something else. Apply yourself to the task at hand and doors *will* open. That’s the key to success.

*CGN: The IAEA, the OECD, and the NRC have similar interests and goals, as they are all related to nuclear science, research, policy, safeguards, and security. How do the challenges, responsibilities, and satisfaction of working in an international organization compare to working for a federal agency?*

JDL: They are all a little bit different in pace, goals, and processes. I had some really good mentors in my career. One in particular taught me that you can’t get too far ahead of yourself. You have to take things one step at a time. We often have big goals and they can take more time than we expect. However, you have to keep advancing the ball. Chart the course and take satisfaction in each step knowing you are getting closer to the goal. You may not reach it, but you’ll get closer with each step. The

## Lee, Continued

journey towards success is its own goal. It's all about how you get there and appreciating what you have to advance to the next level. These things just build up over time and before you know it you have accomplished quite a bit. So I think that I really have found satisfactions in whatever arena I was in. I found that in the US government, in the OECD, and I'm finding it here at the IAEA.

*CGN: What key traits and values do you think are necessary for a person who has similar ambitions to yourself in governmental policy, politics, and/or international diplomacy?*

JDL: You have to really want to work with people, cultures, nations. You also have to appreciate the differences that people bring to the table and then find the common ground to build on. Good communication skills are fundamentally important: you have to be able to read, write, and speak well.

You have to keep things simple. We tend to overcomplicate things in our lives. I think we strive for simplicity, even though people often won't admit that. I learned over the course of my career that simplicity is beautiful. If you keep your message simple, you can explain it easier and it becomes more memorable. You should always think what your message should be to people when they walk away. They can't remember volumes of information, but they can remember a few key points.

*CGN: How should young students and professionals prepare themselves if they are interested in excelling professionally in governmental policy, politics, and or international relations? Are there any resources which you can recommend?*

JDL: Education is primary. You need to have an education; and you need to get the best education for whatever you can afford. You have to take advantage of the opportunities that cross your bow. There are many fellowships and training opportunities available. When you've done something for a while, and it's time to refresh or expand, take a course or a fellowship or find an opportunity that allows you to grow. There are lots of training programs out there that are offered with the government and private sector. Look for these opportunities, and figure out how to be selected. It's very political too. You have to spend time knowing people and you can't be afraid to take chances or challenge yourself.

*CGN: Looking back on your career up to this point, what would you say is your biggest personal and career achievement?*

JDL: On a personal level, it would have to be my family and children. I am grateful and satisfied that they have become young successful individuals who are grounded and have a really good outlook on life. That has made my work-life a lot easier because I have children who know what to do; they have excelled and I'm proud of them.

As for my career, I would say that the job I am in right now represents the pinnacle. I honestly never thought I would be here; I have always been satisfied with where I was at the moment. That may be another part of my formula for success. When I was at the NRC, I thought it was a great job and I was so happy to be there, that I really didn't think there was a better job. When I was in Paris, I thought that was a really great job too and was a slice of life that I really loved, and was personally gratifying.

## Lee, Continued

It was also a great “ticket punching” activity, which I didn’t realize at the time, and it brought me to the IAEA. I didn’t have this “goal checkbox” list; it has been a bit of a surprise how my life has ended up. Being here at the IAEA is something that I didn’t really put on my list. However, I was very fortunate to be recognized and to serve here, and feel that this opportunity is incredibly self-fulfilling in many ways and that I’m bringing something to the table too. I feel appreciated, useful, and that I am making a difference. I honestly believe that I can see results, not necessarily leaping ones, but one step at a time.

*CGN: What kind of legacy do you hope to leave behind at the conclusion of your career?*

JDL: I would hope that people say I left this a better place: better organized, more efficiently run, that I brought people together and bound them with a common purpose; that I gave them something which made them feel connected and important to a larger picture including a more peaceful world and electricity for mankind. These are big tangible goals. What I am trying to do in my job on behalf of an organization of 2500 people is to make them feel that we have a lot to contribute to the world with big, lofty, inspiring goals and that we need to remind ourselves of our mission and what we have been chosen to do. To have people say: “I really liked working for her; she made me feel good about my job” would be most satisfying for me.

*CGN: Although you have accomplished a great deal, is there anything you would have done in hindsight?*

JDL: I have been pretty satisfied with how everything has unfolded and can’t say that I have any regrets. I always did think that the private sector would be a challenge. It is an arena that I haven’t touched (outside the restaurant experience) and I sometimes step back and think to myself if I could have been successful in that field. I think I would have, but it is uncharted territory, and I’m fascinated by it. I’m fascinated by what makes people succeed in any environment, and I like to challenge myself to see if I have the right tools which would have allowed me to succeed; but admittedly the private sector is a little bit of a mystery to me. My life has gone down a path which I did not expect. I had always expected to be in the private sector because I had grown up in an entrepreneurial environment through the family business. I was conditioned that you should be measured by how much you earn and thus the private sector is where you prove yourself. The fact that I spent my entire career in the public international sector has been a surprise to my family and me.

*CGN: Is there anything else you’d like to add before we conclude today?*

JDL: I am happy to have participated in this interview and here is why: I love interacting with people, especially young people. I tease my children about this because they are at the point in their lives thinking about marriage and having a family. They once asked me if I felt “ready for this.” I responded: “Yes, I am ready to mold a new life.”

Thus, I am ready to help mold and influence young people in a positive way to the degree that I can, and I look forward to the opportunity to interact, motivate, and shape young people into responsible and productive adults. It is part of the legacy that we hope to leave behind: a better world and a better people because of our actions. It gives me great satisfaction when I can do good things for people. When I help open a door for someone and see them flourish, it’s very satisfying.





# Group X Fitness at LSU

*Meet Rachel Lahasky, fitness instructor at LSU Student Recreation Center's program known as Group X. Lahasky, who teaches a variety of dance and aerobic based fitness classes available for free to members of LSU's community, is excited to be a part of a dynamic program that is changing how students at LSU experience fitness. Today she shares with CGN her love for helping others stay in shape and the importance of a healthy exercise regimen when in school, as well as how to get involved through Group X.*

CGN: What classes do you teach, when, and where?

RL: During the Spring Semester, I will be teaching at the LSU University Recreation Center and the

# Group X, Continued

classes that I teach include: 30-20-10 (30 minutes of cardio, 20 minutes of resistance, and a 10 minute cool down), Intermediate Step, Step and Kick (half step and half kickboxing), and Cycle Express (30 minutes of cycle). The schedule can be found by visiting the [LSU-UREC's website](#) and searching for GroupX. There are also class descriptions on the website as well as a guide to show you how to sign up for a class.

CGN: What is your favorite workout, and why?

RL: My favorite workout is Step! I love Step because it's both challenging and fun and a great cardio workout. There are endless combinations that can be put together on the step and you can build on top of moves, making it more intermediate/advanced. It's the type of workout that you get better at the more you do it and when I'm in my "step zone" I'm not thinking about anything else but the music and the choreography.

CGN: Who is your fitness role model, and why?

RL: I don't have a "famous" fitness role model...my roommate freshman year was very big into running and inspired me to get more fit. She introduced me to the UREC and showed me how to get around the LSU Lakes without getting lost. Since then, I have introduced fitness into my life and wouldn't have it any other way. My friend runs half marathons and marathons (which I could never do and think is SO crazy cool) and is just a positive energy to be around, especially when exercising!

CGN: Where and how did you get started on kickboxing and aerobics?

RL: I have always been a "dancer" and grew up taking dance classes and then joining my school's dance team/cheerleading team. I really got into aerobics when I was a freshman at LSU and found the Group X classes. It was the closest thing I could find to dancing and choreography and I found that working out in a group setting motivated me more than working out on a machine by myself. I also liked the idea that in one hour, I was guaranteed a great, safe workout and then I could go home and not think "hmm...maybe I could have done more reps..."

CGN: Describe to us what the typical workout is like for one of your Fitness classes.

RL: The typical workout starts with a 10-12 minute warm up (we get the heart rate up and begin to elevate our RPE's (rate of perceived exertion) and then stretch every major muscle), we then get moving and quickly get the heart rate up with cardio. If it's a 30-20-10 class, the cardio changes week to week (we do Step, Bosu, Kickboxing, or some sort of circuit) and then halfway through we move into our resistance work. If it's Step and Kick for example, we will do cardio for approximately 40 minutes and then finish with a little core work (working the abdominals and lower back). We always finish every class with a cool down which lowers our heart rate and stretches every muscle that was used during that class.

CGN: In your teaching experience, tell us about a out of shape to fit success story that you have been a part of with your students.

RL: I don't have one in particular, however, there have been multiple students and faculty who have come to my classes at the beginning of a semester and have been either overweight, out of shape,

# Group X, Continued

or just not very confident in their aerobic abilities. Within even a couple of months, these people lost weight, were taking less frequent breaks during a class, were using less modifications, and even moved to the front row!

CGN: How would you advise someone who is very out of shape and is looking to lose weight start on workouts without killing themselves or getting too discouraged from the get go?

RL: We are always instructed to encourage those folks to first see their doctor to make sure they are "ok" to start a work out regimen. At that point, joining the "all" labeled classes (meaning anyone can come, it is not intermediate or advanced in nature) would be a great start. Every instructor at the UREC is trained to give modifications and we encourage taking water breaks whenever needed, so taking advantage of these safe workout classes (with other people around you of different shapes and sizes) is a great place to start. I would also encourage those people to try several different types of classes. I say this for two reasons...first, it's never good to get stuck in a "workout rut..." it's important to vary up what we do day to day so that we are always targeting different muscle groups and strengthening our bodies without stressing our muscles. Second, when someone is just starting out, they may not know what they like! By trying a variety of classes, you get to know your body and fitness level better and you have the opportunity to discover what you really enjoy doing.

CGN: Why do you believe it's important to find good fitness and exercise opportunities that you enjoy?

RL: My full time job is a clinical social worker (LCSW)...finding a good fitness and exercise program is one of the most important things you can do for your mental health. Studies show that regular exercise is one of the most natural remedies for minor depression and other mental health issues such as anxiety (something we all experience in our day to day life...especially law students!!). When we take good care of our body through fitness, we are also improving our focus at work and school, keeping stress levels to a minimum, and taking control of one piece of our life that we actually have control over. When our body feels good, our mind feels good and we tend to be nicer to others and more importantly, to ourselves.

CGN: You have a brother who just passed the bar -- with that in perspective, why is it important in particular for law students to find fitness outlets that they enjoy?

RL: Yes, he did...so proud of him. I have no idea what it's really like to dedicate three years to law school and then have this huge weight to carry around for an additional five months of "Have I passed the Bar!?" I do, however, know what it's like to go through a graduate school program and anyone who is in a higher level education program knows what it's like to feel pressure from every angle of our life. We want to be good family members but we need time to study...we want to be good students, but we also want to keep our social life...etc, etc, etc. Finding a fitness outlet allows any graduate student the opportunity to clear their mind for a short period of time each day (or every couple of days) and release built up tension in our body that is created from the stress and pressures of school. When those students can find that physical release, they can think more clearly and tend to have more positive thoughts during their day.

Plus, one good decision leads to another and this will create an all around better experience for those crazy stressed out law students!





# Grow Your Own Groceries

Elise Watness, Staff Writer

Whether your ground is frozen or wet, winter can make the thought of fresh garden plants seem like nothing but a summer dream. If everything outside is dormant, we can still grow a simple garden in the kitchen.

**Sprouting seeds, beans & grains** on a window sill provides protein and vitamins, and a crisp, sweet garden taste. Seeds, dried beans, and whole grains from nearly any supermarket can be grown in a mesh-covered jar in a few days to a week. Recommended soaking times vary around 4-12 hours. Rinsed twice daily, seedlings are usually ready to eat in 2-5 days.

Sprouts go with anything. Sprouted alfalfa or clover are fantastic on a sandwich or salad. Mung beans are signature in Asian dishes from pho to pad thai. The Whole Grains Council wrote that sprouted grains have an enzyme that make them easier to digest and increase the bio-availability of vitamins and minerals, which explains why so many people are eating sprouted grain breads. Sprouts are nutritious powerhouses because

every seed contains the nutrients necessary to begin growth. Seeds are human's most durable and concentrated foods, Harold McGee stated in *On Food and Cooking*. Plant proteins are the highest in quality, and green lentils are especially full of them. Vitamin C is so high that it prevented hundreds of scurvy deaths in India in a 1940s famine. Enthusiasts boast sprouts' abilities to strengthen immune systems, boost metabolisms, and increase energy.

Did I mention they're delicious? Check out Ann Wigmore's *The Sprouting Book* or [sproutpeople.org](http://sproutpeople.org) for information and supplies.

## Elise's Sprouted Hummus Recipe

In a food processor, blend:

- 2 c. sprouted chick peas (a.k.a. garbanzos) (after day 2)
- 1/2 c. sprouted quinoa or sesame seeds (after day 2)
- 2-3 Tb. tahini
- juice of 1 lemon
- 2-3 garlic cloves
- 1/2 c. parsley sprigs
- enough water to make a paste consistency



- salt & pepper to taste

Eat on crackers, chips, vegetables, sandwiches, or spoons.

Sprouted chick peas are carbohydrates, fiber, calcium and protein. They also have magnesium, potassium, and vitamins A and C.

They were originally cultivated in the Middle East, where they are still considered a staple food. (Nutritional information from *The Sprouting Book*)

# A Taste of Yemen

Ahmed Mohamed, Staff Writer



On December 12, 2012, I arrived home after a long and tiring first semester in law school. As I opened the door and hugged my little nephews, they are age 7, 4, and 2, my nose picked up a scent that is all too common in my birthplace, Yemen! It was a scent that instantaneously took me back to my adventures in Yemen during the summer of 2010.

It was that summer when I first experienced Ramadan, the holy month in Islam where the faithful fast from sunrise to sunset, in a predominantly Muslim society. I would come home after sunset (maghrib) prayer and walk into a home immersed in an aroma I could never forget. It was the unforgettable scent of Samboosas: delicious little pockets filled with different assortments of meats and vegetables. It is a dish mostly reserved for the holidays and shared with large groups. While the name and shape maybe unique to Yemen, Samboosas are a Yemeni version of eggrolls. The following recipe is my favorite.

## Samboosa Ingredients:

1 tbsp vegetable oil	1 onion, chopped
1 lb ground beef	2 cloves garlic, minced
1 tsp salt	1/2 tsp chicken bouillon (broth)
1 tsp. cumin	1/2 tsp. chili powder
1 tbsp. tomato paste	1 tsp red pepper paste
1 cup peeled and diced potato	1 zucchini, shredded
1/2 cup parsley, chopped	Tortillas or Egg Roll Wrappers

# Yemen, Continued

## Samboosa Cooking Directions:

Heat the oil in a large sauce pan, add the onion and sauté until golden brown on medium high. Add the ground beef, then with a wooden spoon break down the ground beef and cook until there is no pink left. Add the minced garlic, all the spices, as well as the tomato paste and red pepper paste. Stir and allow cooking for 2 minute.

Then add the potatoes, stir, and cook for 2 minutes. Add the zucchini and allow cooking for 5 minutes. Add the parsley, cook for 1 minute and turn off heat. Let the mixture cool.

If using tortillas, heat the tortillas in a microwave for 30 seconds or until warm. This will make the tortillas pliable. Cut each tortilla or egg roll wrapper in 2 to 3 long strips (2 inch wide). Place some of the filling on one end. Using a flour-water paste to wet edges, fold diagonally repeatedly until you form a triangular roll.



Pour oil in vegetable pan, 1/2 inch deep. The heat should be on medium high. Place enough samboosas to fill the pan and fry until brown, flip and fry on other side. Place samboosas on a paper towel to drain. Serve hot.

Samboosas are very versatile. You can add all types of meats, vegetables, and spices that would be more geared towards one's own personal palate.