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Summer 2024

55+

# Illuminating Hope for Lincoln's Teens

**LIGHTHOUSE** PAGE 2

Staying in the Game:  
Mindful Movement at Any Age

PAGE 6



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# SUMMER 2024

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Guess what? Summer is knocking on our doors, and Lincoln boasts a plethora of exciting opportunities waiting to be explored. In this edition, we aim to guide you through a summer filled with fun, growth, and community.

Our featured article, "Lighthouse: Illuminating Hope for Lincoln's Teens" on page 2, delves into a transformative initiative dedicated to empowering the youth of our city. We explore Pete Allman's passion for shaping the future for Lincoln's teens, offering a glimpse into ways Lighthouse is preparing them for successful futures.

If you're looking to stay active and healthy this summer (who isn't?), we've got you covered with some awesome tips and ideas in our feature on "Summer Adventures" on page 14. Let's make this summer the one where we feel our best selves!

And what's summer without a little barbecue magic? Our friendly Grillmaster Tom is back with his expert tips on selecting the right sausage and how to elevate your grill game this season in "Summer Sizzlin'" on page 26.

From summer wines, to great reads, to a dose of nature, there's something for everyone in our Summer edition. So, grab your flip-flops, slap on some sunscreen, and let's make this summer one to remember!

Catch you in the sunshine,

Jacque Genovese  
Executive Editor

## THE 55+ TEAM

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# Lighthouse: Illuminating Hope for Lincoln's Teens

AN INTERVIEW WITH PETE ALLMAN BY JACQUE GENOVESE



Amidst the daily rhythm of life in Lincoln, stands a beacon of hope for teenagers navigating the challenging waters of adolescence. Lighthouse, founded in 1990 by the visionary trio of Peter and Maureen Allman alongside Jim Perry, has been steadfast in its mission to provide a safe harbor for teens in need. As Lighthouse prepares to mark its 35th anniversary next year, we asked Pete what his dreams are for the future.

30 years ago. Teens are more able to say they have anxiety issues or are feeling depressed. This is good because our team at Lighthouse can work with them more closely and provide the support they need.



"Love is our greatest change agent."

– PETE ALLMAN

## How did Lighthouse get started?

Pete: I feel we all come into the world a certain way. I came into the world with a heart of wanting to help people, especially teens. I always wanted to work with adolescents, from my early days at my church's Senior High youth club and at a boys' group home. However, it was when I went to work at The Covenant House in New York City during the late 80s that crystallized my purpose in Lincoln.



At the heart of Lighthouse's endeavors are the teens themselves — resilient souls emerging from challenging backgrounds, often being the first in their families to achieve a high school diploma. Recognizing the risk many face of not graduating, Lighthouse becomes a steadfast presence in their lives, offering not just support but a nurturing family environment. From tracking their school attendance and grades to providing tutoring and mentorship, Lighthouse embodies the transformative power of love and kindness to help them become successful adults.

## What are some of the concerns youth are dealing with today that weren't issues 30 years ago?

Pete: Social media and changing family dynamics have reshaped the landscape of adolescent experiences. In addition, there's a greater awareness and openness to discuss mental health concerns that weren't talked about 10 years ago, much less

## What is Lighthouse doing to prepare teens for a successful future?

Pete: Lighthouse continues to innovate and expand its impact. When we first started the program it was to help kids graduate and get

their four-year degree or two-year degree. But we found that those weren't always a good match. One significant initiative is our Trades and Industry Program, launched 18 months ago to equip teens with practical skills in fields like concrete work, trucking, and manufacturing. Businesses have eagerly partnered with us, recognizing the potential of these young individuals. This program not only provides viable career paths but also addresses the cycle of poverty by offering well-paying opportunities. Our kids are loving this and so are the businesses.

### Will Lighthouse be expanding its facilities for these programs?

Pete: We started out doing the training at the trades businesses because we didn't have the space. Lighthouse is currently renting part of a building on West A Street for the Trades and Industry Program. Trade professionals from Lincoln like electricians, plumbers, and manufacturing workers will come to our location to instruct the teens. This move will streamline our operations and allow for enhanced collaboration with partnering businesses, fostering a more immersive learning environment for the teens.

### How can people get involved with Lighthouse?

Pete: Knowing about Lighthouse is not just about being informed; it's about being part of a collective effort to uplift the next generation. Whether through volunteering time and expertise or making financial contributions, there are myriad ways individuals can support Lighthouse's mission. From mentoring programs to donations earmarked for specific initiatives like the Trades Program, every act of kindness fuels the beacon of hope that is Lighthouse.

We have people who share their passion with our teens. For example, we have a woman who likes to sew, so she has provided several sewing machines and comes in each week to teach the teens how to sew. A former teacher teaches ACT prep classes. We have an instructor who teaches Spanish. We also have people who volunteer to bring snacks for our 30 kids which are provided every day. We never turn down dessert if anyone wants to come and serve and meet the teens.

Lighthouse remains steadfast in its commitment to guiding teens toward brighter futures, one heart at a time.

## You Can Make A Difference

Lighthouse stands as a testament to the power of compassion and resilience. As a nonprofit, Lighthouse receives a portion of funding from United Way but the rest is raised through gifts from donors. These funds can go directly to one of the many programs at Lighthouse, such as:

- Trades and Industry Program
- Tutoring and After-school Programs
- Mentoring Program
- Recreational Program
- Food Program

Your gift can be directed to a specific program or make a general donation to support all of the programs at [Lincolnlighthouse.org/donate](https://lincolnlighthouse.org/donate).

# LIGHTHOUSE

2601 N Street, Lincoln



You can also donate to Lighthouse through Give to Lincoln, May 1-30, 2024.



# SUMMER CROSSWORD

BY FRED OHLES

Crossword solution can be found on page 22.

## ACROSS

- 1 "They left me no choice"
- 7 "\_\_ a Teenage Werewolf"
- 11 More stylish, more classy
- 12 Same old, same old
- 13 Received top grade
- 14 "One of us has to; either you \_"
- 15 "To a Nightingale," for one
- 16 Interminably
- 18 Width partner
- 20 "Hold it"
- 22 Add a bit of gas to the tank
- 26 Coke alternative
- 28 Come up
- 29 Gets together with
- 30 Lincoln Mayor before Beutler
- 31 Did the honors at an event
- 34 Needing a drink
- 37 Indic. of peak on a map
- 40 Finger setting
- 41 Pooh's moping friend
- 43 Largest continent
- 44 Someone making amends
- 45 Teeny
- 46 Brought up for discussion

1	2	3	4	5	6		7	8	9	10
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13							14			
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			31		32	33				
34	35	36					37	38	39	
40					41		42			
43					44					
45					46					

## DOWN

- 1 "Let \_\_" (don't obsess)
- 2 Car cover with ornament
- 3 Park stretching from Sunken Gardens to Auld Pavilion, along namesake creek
- 4 Front to gram or meter
- 5 Wood joint part
- 6 \_\_-utan, ape, literally "jungle person" in Malay language
- 7 Park in Haymarket adjacent to steam locomotive, bearing popular name for that vehicle

- 8 Any one item in this clue
- 9 Sphere prefix, meaning "vapor"
- 10 Observed
- 17 "\_\_ girl!"
- 19 Park at 61st and Adams Streets with recreation center, sounding like Christian festival, named for a family
- 20 Typing speed letters
- 21 Laughing tee follower
- 23 Park next to Lefler Middle School, named for William Jennings Bryan's farm that sat there
- 24 Sailor's branch initials
- 25 Margaret nickname
- 27 Philosophies - an ending

- 32 Third string
- 33 With an \_\_ (looking at)
- 34 Hot and spicy cuisine
- 35 Thou \_\_, "you have" in King James Bible
- 36 Participating
- 38 Park plant with rings
- 39 Dweeb
- 42 "\_\_ hoo!"





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# STAYING IN THE GAME: MINDFUL MOVEMENT AT ANY AGE

BY KARLA JENSEN, PhD

The pursuit of physical activity knows no age limit. The CDC, AARP, and our own doctors stress the importance of physical activity for maintaining overall health and well-being as we gracefully age. Amidst any changes we experience in our lives, we have a timeless ally that can expand our athletic endeavors at any age – mindfulness.

Mindfulness, the skill of focusing on the present moment, is a powerful tool. Whether you are running marathons or running after grandkids, simply being aware of the “here and now” adds tremendous value to any physical endeavor. Sports media outlets have called mindfulness the “secret weapon” for pro sports teams like the LA Lakers and the Seattle Seahawks; elite athletes like LeBron James, Serena Williams, Derek Jeter, or Kerri Walsh Jennings all have used mindfulness as part of their training programs. But you don’t have to be preparing for the Olympics or the playoffs to add mindfulness to your daily workout. Mindfulness is a skill we all can (and should) hone because no matter the activity, the body and brain work best in tandem.

## **Body Awareness**

Mindfulness is key to enhanced bodily awareness. In any athletic endeavor, being in tune with the subtle sensations of the body enable optimized performance and reduced injury risk.

Listening to the whispers of muscles and joints can lead to adjustments in technique, training intensity, and recovery routines, ultimately minimizing the risk of overtraining or pushing past safe limits.

Beyond the physical realm, present-moment awareness enhances mental focus and emotional regulation. Athletes of any age in any sport can utilize mindfulness techniques to manage pre-competition jitters, improve concentration during play, and navigate frustrations during or after an activity. Since mindfulness asks us to focus on the present instead of worrying about what may come or ruminating about past performances, mindful athletes have less anxiety and more joy in each movement. By anchoring attention to the present moment – the swing of the golf club, the rhythm of the tennis stroke, the sound of your breath as you swim – you are better able to minimize distractions and maximize a growth mindset.

Additionally, present-moment awareness can foster deeper connections with our fellow athletes, transcending the boundaries of competition to embrace a spirit of camaraderie. As we engage in sports with a mindful presence, we become attuned not only to our own movements but also to the rhythms of those around us. In doing so, we forge the bonds of kinship grounded in mutual respect and appreciation, united by our shared love of sports.

**Here are some practical mindfulness applications for any athlete:**

- **Pre-activity:** Begin with a few minutes of mindful breathing, focusing on the rise and fall of the chest or belly. This can help calm the nervous system and prepare for physical exertion.
- **During activity:** Pay close attention to bodily sensations – the feel of your feet hitting the ground while walking, the movement of your muscles during a workout. This embodied awareness fosters a deeper connection to the physical experience of the sport.
- **Post-activity:** Practice mindful cool-down stretches, focusing on the breath and the lengthening of muscles. This promotes relaxation and reflection on the experience.

As you know from my previous offerings in this publication, the benefits of mindfulness extend beyond the playing field. By incorporating mindfulness into your daily life, you can experience improved sleep, greater emotional resilience, and a heightened sense of well-being. Whether it's a vigorous pickleball match or a leisure stroll in the park, mindfulness allows us to approach sports with more resilience, enjoyment, and safety. So, the next time you step onto the court, the green, or your neighborhood sidewalk, remember to fully notice the present moment to appreciate the joy of movement throughout life.



*Karla Jensen, PhD, is a professor of Communication Studies and Contemplative Practices and a certified meditation and yoga teacher.*

*She invites readers to investigate mindfulness by checking out reputable organizations and authors who support this practice.*

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**For more information about the Lifespan Respite Services Program, becoming a respite provider, or any other respite-related questions, please call: 866-RESPITE (737-7483) or (402) 471-9188 or visit the Nebraska Lifespan Respite Network website at [respite.ne.gov](https://respite.ne.gov).**

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# READ WELL THIS SUMMER

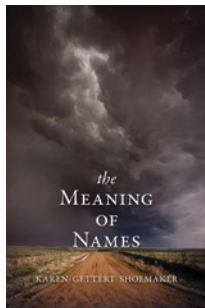
BY TARI HENDRICKSON, REVIEWER



*Hamnet*  
by Maggie O'Farrell

In this wrenching tale, we gain insights into one of history's most renowned characters through the Bard's fictional wife, Agnes. Her fascinating and often magical inner life casts an eerie light on the title character, her son Hamnet. O'Farrell's writing is ephemeral: "There is a sensation of change, an agitation of air as if a bird has passed silently overhead." Set in the late 16th century, it is a timeless exploration of grief and more. This is an incredibly moving story, and perhaps not entirely a fictional one. Some scholars believe that Hamlet was written by the Bard about his son, Hamnet.

Lincoln City Libraries: 16 copies  
(also available electronically)



*The Meaning of Names*  
by Karen Gettert Shoemaker

This is the first of two books I recommend this season that focus on events specific to Nebraska. This acclaimed novel, first published in 2014, is set in rural Nebraska during WWI. In it, Shoemaker creates vivid, sympathetic characters who must endure the turmoil of the Spanish Flu epidemic as a German-American family during wartime. The author's way of storytelling glimmers with beauty, and her novel's themes of love and loss endure. The Lincoln Arts Council recently bestowed the author with the "Heart of The Arts Award."

Lincoln City Libraries: 15 copies  
(also available electronically)



*My Antonia*  
by Willa Cather

Are you from Nebraska, or perhaps a transplant to this state? Either way, if you've never read Cather, take up this classic of pioneer life. I'd even recommend re-reading if you first took it in as a student. You may well discover new meaning. The novel explores nostalgia, the power of memory, and the transformative nature of the Nebraska prairie.

If you enjoy it, there's more. *My Antonia* is the third novel in Cather's Prairie Trilogy, which also includes *Oh, Pioneers!* (1913) and *The Song of the Lark* (1915).

Lincoln City Libraries: 24 copies  
(also available electronically)



*Tari Hendrickson is a member of two book clubs, one of which she founded 20 years ago. Her appreciation of good books is doubled when shared with others. She remembers the thrill when letters and words came together and made sense in First Grade at Sheridan School. Tari works at Eastmont Senior Living.*

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# SEEKING A NATURE DOSE? HIT THE TRAIL!

BY JULIE THOMAS, PhD

Spring has sprung and, with the onset of warmer weather, we yearn for “nature doses” once again! Scientists newly understand this urge: natural environments are restorative, and we intuitively anticipate these healthy benefits. Here, I hope to highlight the opportunities along Lincoln’s 183 miles of urban trails. This trail system allows cyclists to get wherever they are going (by combining both on and off-street routes) as they pass through urban and green landscapes. Trails are shared by hikers, joggers, and cyclists — and leashed pets are welcome. Here’s a brief look at a cross-section of Lincoln’s finest trail opportunities:



The **Holmes Lake Trail** (2.3 miles) loops around Holmes Lake. This crushed-rock trail provides up-close views of wildlife and takes about 45 minutes to complete. This city park location also affords

picnic tables and fishing spots!

The **MoPac Trail** (25 miles) follows the abandoned Missouri Pacific Railroad corridor. I like to get on at the Novartis Trailhead (84th & Hazelwood) where the unpaved trail begins to wind through woods and grasslands. Not to worry — you can rest on benches along the way and set your distance out and back.



The **Rock Island Trail** (6.7 miles) follows through the heart of Lincoln as it passes the Sunken Gardens, Children’s Zoo, and Colonel Densmore Park. Online reviews suggest this trail is

especially stroller/wheelchair friendly (wide, paved surface) and kid-friendly (geocaches, benches, and picnic tables along the way).

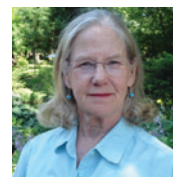
The **Wilderness Park Trail** (30 miles) is Lincoln’s largest and wildest park. The park (1,472 acres) was established to serve as flood storage for Salt Creek and to provide unique park experiences. Here, trail users enjoy optimal nature sightings.



For park trail maps and more visit [55lnk.com](http://55lnk.com).



*Julie Thomas, PhD, is a retired Science Educator and a Research Professor Emerita from the University of Nebraska and a contributing writer for 55+.*



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# Endowments From Forward-Thinking Donors Support Our Parks

The Trust for Public Land recently reported that 90 percent of Lincolniters live within a ten-minute walk of public green space. That may be surprising, until you reflect on the supporting statistics:

Lincoln has **136** city parks, **183** miles of trails, **9** city pools, **5** public golf courses, **5** dog runs, and **5** disc-golf courses.

Clearly, this city and its residents value Lincoln's parks and public spaces.

"People in Lincoln love their parks," said Lincoln Parks Foundation Fund Development Specialist Susan Larson Rodenburg. "They take ownership of their neighborhood parks."

LCF grants have helped support and create those valued outdoor spaces since 1955, when the founding board of directors made its very first grant for \$539.70 to Pinewood Bowl for the purchase of a movie and slide projector.

Long after that first grant, green spaces in the Lincoln area continue to receive boosts from LCF donors. Kenneth J. Good and Sheila Dickinson

Dinsmore Graf both established significant endowments that have enhanced and helped create public spaces, large and small.

Sheila Dickinson Dinsmore Graf, who at one time was a single mother of five, was a lifelong volunteer who found her joy in serving others, often with a focus on helping the environment and those in need. She kept her endowment's focus broad, trusting that the foundation would use it to make Lincoln a better place to live.

Kenneth J. Good grew up exploring the hilly woods around Peru, Nebraska. He studied Agronomy at UNL and spent the next 30 years working for the Soil Conservation Service. His beloved dogs, gardens, travels, and friends filled his days. When he died, he took care of those communities through endowments, including one at Lincoln Community Foundation.

"Their endowments have allowed us to do transformational projects," said Michelle Paulk, LCF's vice president for community development and outreach.

One of those transformational projects – Union Plaza – is a six-acre urban green space in Antelope Valley. A generous grant from Graf's endowment



helped fund the Union Plaza amphitheater, where residents can enjoy live music and community activities.

“We wanted to make Union Plaza a place for gathering, celebration, and discovery,” said Susan. “Our vision really did become reality. It’s been a great catalyst.”

In addition, that green space tucked into the Antelope Valley floodplain project acts as a trail hub and has helped spur development and widespread neighborhood revitalization in the Telegraph District and beyond.

“It changed the transition between downtown and the rest of the city,” said Randy Gordon, who became executive director of the Lincoln Parks Foundation in 2022. One of the longest ranging projects that both the Graf and Good endowments have supported is the Prairie Corridor on Haines Branch. This tallgrass prairie corridor will eventually stretch 12 miles from Pioneers Park to the Spring Creek Prairie Audubon Center, southwest of Denton.

Grants from these endowments helped lay the groundwork and purchase trailside easements and will provide maintenance funds for long into the future.

Additional significant grants from Good and Graf have supported LCF’s Tower Square, the airport entryway corridor, maintenance at Rudge Park, the South Haymarket Park development, and the new Lincoln youth baseball/softball complex. Grants have also funded smaller local projects, including the Beal Slough disc-golf course, Ballard Park

pickleball courts, and an ADA-accessible boat and fishing dock at Holmes Lake.

“I think some of these small grants can be really powerful. Disc golf and pickleball are taking off, and the Holmes dock is up and running,” said Michelle. “When the need arises, these groups can come to us and seek support.”

Another project Michelle points to is the Air Park Recreation Center in northwest Lincoln.

“We helped finish the fundraising for the Air Park Rec Center,” she said. “It’s an underserved neighborhood, and during the pandemic the costs of completion had gone up, so it was great to be able to help out in this growing area of Lincoln.”

Randy pointed to the city’s commitment to improve parks and recreation areas throughout Lincoln. That commitment has a profound effect on people’s lives.

“Parks are the great equalizer,” he said, “There’s a real commitment towards equity in Lincoln, including in its parks. All of our neighborhood and larger parks are well maintained, which helps keep the community connected. And that’s what gives Lincoln its small-town feel.”



**Are you interested in making a lasting gift for Lincoln?**

Contact Tracy Edgerton, Vice President for Philanthropy Services at 402-474-2345 or [tracye@lcf.org](mailto:tracye@lcf.org) to learn more.

*Photo credits: Lincoln Parks and Recreation*



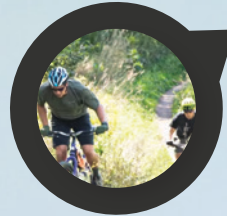
# Summer Adventures For Active Adults

Summer is the perfect season to embrace outdoor adventures and stay active. For adults aged 55 and above, staying engaged in physical activities is not only enjoyable but also essential for maintaining overall health and vitality. From exhilarating outdoor pursuits to leisurely pastimes, there's a wide range of activities to suit every interest and fitness level. Let's explore some exciting summer activities tailored for active individuals.



## Hiking and Nature Walks

Immersing oneself in the beauty of nature through hiking and nature walks is a rejuvenating experience. Whether it's exploring local trails or parks, hiking offers a fantastic way to stay active while enjoying breathtaking scenery. Lincoln boasts over 180 miles of trails that match every fitness level. Don't forget to pack essentials like water, sunscreen, and a trail map. Hiking in groups can also add a social element to the adventure, making it even more enjoyable.



## Cycling

Cycling is a low-impact exercise that provides a full-body workout while allowing you to explore scenic routes at your own pace. Invest in a comfortable bike and explore bike-friendly trails or scenic countryside roads. Cycling clubs and groups often organize regular rides, providing an opportunity to connect with like-minded enthusiasts while staying fit and active. E-bikes are a great way to enjoy cycling while adding peace of mind for longer rides and more difficult trails.



## Gardening

For those who prefer a more relaxed pace, gardening offers a fulfilling way to stay active while enjoying the therapeutic benefits of nature. Tending to a garden not only provides light exercise through activities like digging, planting, and weeding but also promotes mental well-being and reduces stress. Whether you have a small backyard garden or a balcony filled with pots, cultivating plants and flowers can be rewarding.





### **Golf**

Golf is a leisurely yet physically demanding sport that provides numerous health benefits. From improving

cardiovascular health to enhancing flexibility and balance, golf offers a comprehensive workout while enjoying the outdoors. Many golf courses offer senior discounts. Whether you're a seasoned golfer or a beginner, hitting the links with friends or family is a great way to stay active and socialize.



### **Kayaking, Canoeing, or Paddleboarding**

Serene lakes or rivers are the perfect spots for kayaking, canoeing,

or paddleboarding. Paddling offers a great upper body workout while allowing you to connect with nature and enjoy scenic views. Many places offer rentals, making it accessible for beginners and experienced paddlers alike. Joining guided tours or group excursions can add a social element to the experience, providing opportunities to meet new people and share memorable adventures on the water.



### **Swimming and Water Aerobics**

Beat the summer heat by taking a refreshing dip in the pool or enjoying water aerobics classes.

Swimming is an excellent cardiovascular exercise that's easy on the joints, making it ideal for older adults. Many community pools offer swim programs tailored for seniors, including water aerobics classes that combine gentle movements with the resistance of water for a full-body workout. Whether it's swimming laps or joining a water fitness class, aquatic activities are a fun way to stay cool and active during the summer months.



### **Birdwatching and Nature Photography**

Connect with the natural world by engaging in birdwatching and nature photography. Summer is

a great time to observe a wide variety of bird species as they migrate, nest, and raise their young. Grab a pair of binoculars and a camera and head to local parks, nature reserves, or wildlife refuges to spot and capture beautiful bird species in their natural habitats. Join bird watching groups to enhance the experience, allowing you to learn from others and share your passion for nature and wildlife.



### **Pickleball**

Pickleball, a paddle sport that combines elements of tennis, badminton, and ping pong, has gained popularity among older

adults for its accessibility and social nature. Played on a smaller court with a lower net, pickleball provides a fun and engaging way to improve cardiovascular health, agility, and coordination.

**Visit Lincoln Parks and Recreation to find your outdoor adventure.**

[lincoln.ne.gov/City/Departments/Parks-and-Recreation](http://lincoln.ne.gov/City/Departments/Parks-and-Recreation)

# REFRESHING ROSÉ ANY TIME IN SUMMER

BY WANDA HAYNES, CERTIFIED SOMMELIER

Boomers remember when rosé wine was cloyingly sweet and offered juvenile flavor profiles. In the 80s and early 90s, rosé was referred to as “blush” wine due to its pink hue.

Modern rosé has sophisticated flavors and is available in many styles. Rosé is available from dry to sweet, and still to sparkling. Expect to taste watermelon, strawberries, rhubarb, and fresh citrus.

If purchasing a rosé blend, be sure that Grenache is the predominant varietal. When purchasing single varietal rosé, simply choose red wines that you already enjoy. France produces the most rosé worldwide, and the U.S. is second in production.

## The Rosé Production Process

Most rosé wines are produced through the maceration process. The grape juice or “must” is white and the skins added to the juice are where the pink color is achieved. Skins sit in contact with the juice for up to 24 hours. This process is carefully timed since the longer the mixture is allowed to macerate, the darker the wine becomes.

Low tannins are in the pretty pink wines because the skins were used in the production. The color of the wine is extremely important to the winemaker.

## Saignée

Saignée is a French word meaning “to bleed.” This winemaking process is of the red wine production process rather than a method specifically used to produce rosé wine. A rosé cabernet sauvignon is produced by this method.

The saignée method removes or “bleeds” some of the juice from the crushed grapes to achieve a more concentrated mixture of tannins, color, and flavor in the wine.

## Vin Gris

Vin Gris are wines made as soon as the grapes are pressed. Maceration time is cut to nearly zero. The result is a paler pink than even some of the lighter rosé wines made with limited skin maceration or saignée.

## Pairing and Serving a Rosé

Spring and summer welcome the fresh flavors of rosé. Consider adding a slice of fresh strawberry to a glass of rosé. It's socially permitted to add ice cubes to rosé. However, adding ice will water down the glamorous color and taste of the wine.

Rosé is extremely versatile and pairs with barbeque chicken, salmon, sushi, pork, fresh garden salads, and egg dishes.



*Wanda Haynes is a Sommelier and wine educator living her best life. She loves parties, fine dining, gourmet chocolate, and a great glass of wine.*



# JAZZ IN JUNE

**JUNE 4**

**BIG WADE &  
BLACK SWAN  
THEORY**

**JUNE 11**

**THE SPICY  
PICKLES  
FT. HANNAH  
RODRIGUEZ**

**JUNE 18**

**MWENSO &  
THE SHAKES**

**JUNE 25**

**YAYENNINGS  
QUARTET**



**SHELDON  
SCULPTURE  
GARDEN**

**TUESDAYS  
IN JUNE  
FREE | 7 PM**

**JAZZINJUNE.COM**

# MOM NEEDS TO SELL HER HOME



That's how the conversation often begins, followed by many questions. It is not just another piece of real estate, it's someone's home. With a lifetime of memories, it's likely their single-largest financial asset, and often full of personal stuff. Getting from "needing to sell" to "sold" can be a daunting task.

## What do we do with all the stuff?

There are things the kids don't want or need. Some things are too good to throw out. Resources are available to help you sell, donate, or dispose of surplus personal property items.

## Do we need new carpeting before we sell?

Often, there are deferred maintenance items to consider like carpeting. Are repairs to be done worth the cost? I can help walk you through all these decisions and provide a list of trusted referrals (if you need them).

## What is it worth in today's market?

A no-cost accurate and timely Market Analysis will help answer those important questions. As your Seniors Real Estate Specialist®, it is my fiduciary duty to serve your best interest. It would be my honor to serve you.

*Bill Budler*  
*Seniors Real Estate Specialist®*

## Ask me how I can sell your home for 3.5%



## Bill Budler

Seniors Real Estate Specialist®

402.641.0060

[bill@bancwise.com](mailto:bill@bancwise.com)



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REALTY



# Plans for a brighter tomorrow.

The Lancaster County Strategic Plan is a comprehensive guide detailing the County's mission, vision, guiding principles, and strategic priorities and goals, along with measurable outcomes.

Explore the Strategic Plan to learn more about the impressive strides we've made and the promising developments on the horizon.



## 01. Community Well-Being and Safety



## 02. Welcoming and Diverse Communities



## 03. Employer of Choice



## 04. Climate Smart and Resilient Infrastructure



## 05. Thriving Economy



Visit [strategicplan.lancaster.ne.gov](https://strategicplan.lancaster.ne.gov) to learn more!

2023-2025  
Lancaster County  
Strategic Plan



# SUMMER IN LINCOLN WORD SEARCH

Have fun hunting for these words you can find this summer in Lincoln! Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below. **Word search solution can be found on page 22.**

- |                |                    |                  |               |                   |
|----------------|--------------------|------------------|---------------|-------------------|
| AMERICAN SPEED | CORNHUSKERS        | JAZZ IN JUNE     | PINEWOOD BOWL | ROLLER SKATING    |
| ANTELOPE PARK  | HAYMARKET DISTRICT | MEMORIAL STADIUM | PIONEERS PARK | SALTDogs BASEBALL |
| CAPITOL        | HOLMES LAKE        | MORRILL HALL     | QUILT MUSEUM  | SHELDON MUSEUM    |
| CHILDREN'S ZOO | HUB AND SOUL       | OUTDOORS         | RAILYARD      | SUNKEN GARDENS    |

O Q J W D M Z J C O R N H U S K E R S F  
 N B A O K R A P E P O L E T N A T W Y G  
 M U W V N W R V S Q H O L M E S L A K E  
 O J H A Y M A R K E T D I S T R I C T K  
 R S A L T D O G S B A S E B A L L E D P  
 R F Q N T O C S B A L M C T M I N S R I  
 I Q S V D W X B Q A S T V X U D N D A N  
 L H H T G K E C B V Q A P I I E E K Y E  
 L M U E S U M N O D L E H S D E N R L W  
 H O B C G W C E C Y C F B R A P U A I O  
 A N A R Y I X Z Y A U C A U T S J P A O  
 L N N M U E M R P G U G B U S N N S R D  
 L U D A H M L I W C N K F Y L A I R D B  
 L L S M C A T N Y E L F U K A C Z E C O  
 C B O Z L O E J K G G Q C Y I I Z E S W  
 W R U U L E F N N Z D P V N R R A N D L  
 S Z L I D I U S T R B F D A O E J O Y B  
 Q V O O Z S N E R D L I H C M M T I Z U  
 P S O M U E S U M T L I U Q E A J P E T  
 R O L L E R S K A T I N G F M V A U Z Y





# Habitat Home Repairs Program




Habitat helps qualifying homeowners with critical repairs to help them stay safe in their homes.

Projects include:

- Accessibility modifications (ramps)
- Weatherization (windows)
- Energy efficiency
- Critical repairs (leaky roofs, heating/air conditioning units)
- Exterior repair services to revitalize neighborhoods



**Nick Allen**  
Home Repairs manager  
nallen@lincolnhabitat.org

4615 Orchard Street, Lincoln, NE 68503  
(402) 477-9184 [lincolnhabitat.org](http://lincolnhabitat.org)  
 Habitat for Humanity of Lincoln  
 @lincolnhabitat  
 @LincolnHabitat

**Find out  
more here!**



# 5 LIFE HACKS

**Time Magic:** Transform your day with time-blocking! By setting aside specific chunks for tasks, you'll find focus and productivity soar.

**Inbox Bliss:** Aim for an empty inbox by promptly handling emails. It's like tidying up your virtual home.

**Nap Time:** Power naps are like mini vacations for your brain! Take a quick snooze and wake up refreshed.

**Two-Minute Triumph:** If it takes less than two minutes, do it now! It's like sprinkling little doses of productivity throughout your day.

**Gratitude Glow:** Keep a gratitude journal to bask in the warm fuzzies of positivity. It's like wrapping yourself in a cozy blanket of appreciation.



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Holistic Health Consultant

++  
+++

## Stay Connected

Visit [55lnk.com](https://55lnk.com) or [facebook.com/55pluslnk](https://facebook.com/55pluslnk) to find local events, activities, and more!

Crossword (page 4) Solution

I	H	A	D	T	O		I	W	A	S
T	O	N	I	E	R		R	O	T	E
G	O	T	A	N	A		O	R	M	E
O	D	E		O	N	A	N	D	O	N
		L	E	N	G	T	H			
W	H	O	A			T	O	P	U	P
P	E	P	S	I		A	R	I	S	E
M	E	E	T	S		S	E	N	G	
			E	M	C	E	E	D		
T	H	I	R	S	T	Y		M	T	N
H	A	N	D		E	E	Y	O	R	E
A	S	I	A		A	T	O	N	E	R
I	T	T	Y		M	O	O	T	E	D

Wordsearch (page 18) Solution

O	Q	J	W	D	M	Z	J	C	O	R	N	H	U	S	K	E	R	S	F
N	B	A	O	K	R	A	P	E	P	O	L	E	T	N	A	T	W	Y	G
M	U	W	V	N	W	R	V	S	Q	H	O	L	M	E	S	L	A	K	E
O	J	H	A	Y	M	A	R	K	E	T	D	I	S	T	R	I	C	T	K
R	S	A	L	T	D	O	G	S	B	A	S	E	B	A	L	L	E	D	P
R	F	Q	N	T	O	C	S	B	A	L	M	C	T	M	I	N	S	R	I
I	Q	S	V	D	W	X	B	Q	A	S	T	V	X	U	D	N	D	A	N
L	H	H	T	G	K	E	C	B	V	Q	A	P	I	I	E	E	K	Y	E
L	M	U	E	S	U	M	N	O	D	L	E	H	S	D	E	N	R	L	W
H	O	B	C	G	W	C	E	C	Y	C	F	B	R	A	P	U	A	I	O
A	N	A	R	Y	I	X	Z	Y	A	U	C	A	U	T	S	J	P	A	O
L	N	N	M	U	E	M	R	P	G	U	G	B	U	S	N	N	S	R	D
L	U	D	A	H	M	L	I	W	C	N	K	F	Y	L	A	I	R	D	B
L	L	S	M	C	A	T	N	Y	E	L	F	U	K	A	C	Z	E	C	O
C	B	O	Z	L	O	E	J	K	G	G	Q	C	Y	I	I	Z	E	S	W
W	R	U	U	L	E	F	N	Z	R	D	P	V	N	R	R	A	N	D	L
S	Z	L	I	D	I	U	S	T	R	B	F	D	A	O	E	J	O	Y	B
Q	V	O	O	Z	S	N	E	R	D	L	I	H	C	M	M	T	I	Z	U
P	S	O	M	U	E	S	U	M	T	L	I	U	Q	E	A	J	P	E	T
R	O	L	L	E	R	S	K	A	T	I	N	G	F	M	V	A	U	Z	Y



## Be aware of scams

**LES will not contact you via phone,** threatening to disconnect service or asking for immediate payment. LES uses disconnect notices and reminders on bills for delinquent accounts, door hangers for service terminations and email/text alerts for those who opt in.

**LES will only ask for account information to confirm your identity** when you call LES Customer Care at **402.475.4211**. Never give your financial or account information to someone who calls or emails you.

**Maintain good cyber hygiene** by avoiding suspicious emails, especially ones that ask you to do something right away or require personal information. Avoid using public Wi-Fi when conducting sensitive activities online.

**LES does not use automated “robo” calls** requesting that customers call back to make a payment.

**No legitimate utility will ask** for gift cards, prepaid cards or money transfers as forms of payment.



[LES.com/scams](https://www.lincolnelectric.com/scams)

**Questions or concerns?** Contact LES at 402.475.4211 or [customerservice@les.com](mailto:customerservice@les.com) | Monday-Friday, 8 a.m.-5 p.m.





# GIVING WORKS

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# EVENTS CALENDAR

Savor the season with these summer events and find more details at [55lnk.com](https://55lnk.com) or [facebook.com/55pluslnk](https://facebook.com/55pluslnk).



## MAY

- **Haymarket Farmers' Market**  
*Saturdays, May 4 - October 12*  
*8:00 a.m. - Noon*
- **Sunday Farmers' Market at College View**  
*April 28 - November 3, 10:00 a.m. - 2:00 p.m.*  
*4801 Prescott Ave*
- **Cornhusker Baseball SENIOR DAY: Indiana Hoosiers at Nebraska**  
*May 11, 6:00 p.m.*  
*Hawks Field at Haymarket Park*
- **Willie Nelson and Family**  
*May 15, 7:00 p.m.*  
*Pinewood Bowl Theater*
- **Prairie to Prairie 2024: Run-Bike-Run**  
*May 19*  
*Pioneers Park Nature Center*  
*3201 S. Coddington*

## JUNE

- **Live @ Telegraph Summer Concert Series**  
*June 5, 6:00 p.m.*  
*The Mill Coffee and Tea, 330 S. 21st St*
- **The Awesome 80s Prom**  
*June 6, 7:30 - 9:30 p.m.*  
*Rococo Theater, 140 N. 13th St*

- **Fallbrook Summer Festival**  
*June 7, 5:00 - 10:00 p.m.*  
*Fallbrook Town Center*
- **Cruisin' for the Trades Car and Bike Show**  
*June 8, 9:00 a.m.*  
*Haymarket Park*
- **Annual Lincoln Arts Festival**  
*June 15, 9:00 a.m. - 6:00 p.m.*  
*June 16, 10:00 a.m. - 4:00 p.m.*  
*Canopy Street / Haymarket*
- **Hub & Soul Music Series**  
*June 28, 6:00 - 9:00 p.m.*  
*Jayne Snyder Trails Center*  
*21st and Q Streets*

## JULY

- **Block Party**  
*July 4, 4:00 - 10:00 p.m.*  
*Antelope Park*
- **Summer Golf Clinic**  
*July 10, 6:30 p.m.*  
*Holmes Golf Course, 3701 S. 70th St*
- **Hub & Soul Music Series**  
*July 26, 6:00 p.m.*  
*Jayne Snyder Trails Center*  
*21st and Q Streets*



# SUMMER SIZZLIN'



**BY TOM RICHEY,  
GRILLING ENTHUSIAST  
AND HEAD COOK FOR HIS  
COMPETITION TEAM,  
7TH STREET SMOKERS**



Looking to spice up your backyard grill game this season? Try this unique southern-inspired, locally sourced, and easy method of cooking fresh sausage.

One of the best places to find uncooked sausage is at your local meat market or butcher shop. These shops often carry their own mixes, but many can make a variety based on your own taste. Shop recipes are full of spices and added smoke flavors, but I suggest buying a simple flavor in order to find out what you like. Your local butcher is knowledgeable about the sausage flavors and can help you select the right one.

For a custom sausage recipe, a good starting place is a mix of half pork and half beef with salt and pepper spices. This simple recipe allows you to taste the effects of the cooking method. If you cook in the presence of smoke, you'll taste the smoke more clearly. If you are cooking in a neutral environment (gas grill or oven), you'll enhance the taste of the ingredients. Then you can add (or subtract!) ingredients based on your experience.

For the sausage casing (the outside of the sausage), you may find a great variation from one shop to the next. While sausage casing is not a glamorous topic, texture absolutely matters in the culinary world which can make or break your outcome. The only way to know what you like is to try different things, take notes, and go from there!

For a barbecue experience, cook the sausage over indirect heat on your outdoor grill. For a charcoal

grill, put the charcoal on one side of the grill, and the sausage on the other. On a gas grill, light the burner on one side, and put the sausage over an unlit burner. For smoke flavor on a gas grill, wood chips will be needed (you can make a foil packet or purchase a smoke can).

Cooked sausage pairs well with a variety of roasted seasonal garden vegetables. Pick your favorite and get cookin'!



## **Savory Sausage with Seasoned Green Beans**

- 1)** Soak thawed sausage in a saltwater brine (1 tablespoon of salt per cup of water) for 24 hours prior to cooking; keep refrigerated during this time, keep sausage fully submerged.
- 2)** Cook at 350 degrees for 1-1.5 hours, or until internal sausage temperature is 165 degrees.
- 3)** Allow sausage to rest 10 -15 minutes after cooking then cut links into individual servings.

To Prepare Green Beans:

- Rinse fresh green beans and trim ends.
- Toss in a bowl and drizzle with olive oil, sea salt, garlic powder, dried onion, and black pepper.
- Place evenly on a baking sheet or foil packet and roast on the grill or in the oven for 15 - 20 minutes or until lightly charred.

Support a project.  
Honor a loved one.  
Leave a legacy.



A recent legacy gift to Public Gardens helped fund construction of a new greenhouse which will house more than 35,000 plants destined for Sunken Gardens and serve as a growing and storage facility for thousands more.



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





## Tom Osborne says it best.

"HAVING SOMEONE CARE ABOUT ME, invest time in me and serve as a role model during some turbulent years was critical to my development."

"I HAVE COME TO BELIEVE that identifying the strengths of young people and then affirming those strengths is impactful. Most are not aware of their strengths and discovering the fact that they have areas of unique talent is exciting to them."

"MENTORS OFTEN LEARN A GREAT DEAL from the mentoring process. They may start out thinking their reality is everybody's reality. Nothing could be further from the truth."

"IF THE MENTOR IS THERE TO SERVE the mentee's best interests and truly cares, the relationship will survive and thrive."

# Be There.

## WHAT WE BRING

- A 30-year reputation in youth mentoring
- Safety-first protocols
- 100+ staff years of youth work
- Intentional adult-youth matching
- Choice of school
- No nights/weekends
- Mentor training to ensure success
- Year-round support
- On-going informal education opportunities
- The chance to be a part of a legacy

## WHAT YOU BRING

- **STRENGTHS**
- **STABILITY**
- **HOPE**
- **STORIES**
- **CONNECTION**

"I just get to listen and be there for my TeamMate. I would have loved to have that in middle school. I really would have."

– JULIE, AGE 62

"The whole TeamMates formula of just showing up every week, it's not a hard thing to do. You just have to be open to want to learn about another person. I think I have probably learned more from my TeamMate than he's learned from me."

– JON, AGE 58

"We've developed a close relationship, a history together, and that is a powerful thing. I hadn't considered how much I'd enjoy stepping inside the schools my TeamMate attended. It's comfortable and invigorating."

– GAYLA, AGE 75

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