

LINCOLN'S MAGAZINE OF CHOICE
FOR THE SEASONED READER

Spring 2024

55+

A
Golden
Gift

PAGE 2



Empowering Lives
Through Language

PAGE 8

Your Summer
Guide to Good
Vibrations

PAGE 10

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SPRING 2024

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Bye-bye winter. Hello spring!

I always feel like spring is the perfect time to reboot my energy level, which in turn ignites my creativity. With that in mind, we've included every type of article to help you jump start your spring, from prepping a garden now to making plans to attend a variety of concerts in the summer.

Staying connected to our community and sharing stories about the great work so many organizations provide in Lincoln is important at 55+. HopeSpoke is an organization that's been serving kids and families for 75 years. Read about how they are meeting those needs in "Speak to Hope" on page 6.

Giving back to their community has always been a priority for Gene and Kristen Stohs. Learn how they celebrated their 50th wedding anniversary in a very special way in "A Golden Gift for Our Community" on page 2.

From mindfulness, to great books, to volunteering, there's no short supply of information in this edition of 55+. May we all leap into spring with a renewed sense of purpose.

Happy rebooting!

Jacque Genovese
Executive Editor

THE 55+ TEAM

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A Golden Gift for Our Community

July 7, 1973 is a special date for Gene and Kristen Stohs. Gene was on a two-week break after wrapping up his first year of medical school. The two married in Kristen's hometown of Hastings. Gene joked about the timing of their nuptials.

"After one year of living by myself in medical school, I was ready for married life," he laughed.

When the couple began to discuss how to celebrate their 50th wedding anniversary, rather than hosting a party or taking a grand vacation, they decided to honor those who were a part of that special day with a donation in each one's name to a nonprofit that is meaningful for them. From the wedding party to the guest book attendant, they started reaching out.

"We got in touch with everyone from our wedding," said Kristen. "Even the minister, who is now retired in Iowa. We had fun with the endeavor."

Originally from Grand Island, Gene came to Lincoln to study chemistry at University of Nebraska-Lincoln (UNL). While at UNL, he was a member of the Sigma Alpha Epsilon Fraternity and starting pitcher and outfielder for the Husker baseball team for all four years. He and Kristen met at a fraternity-sorority social, and the rest, as they say, is history.



Gene and Kristen Stohs

Gene went on to receive his medical degree at University of Nebraska Medical Center, and he completed his residency in Obstetrics and Gynecology at Wesley Medical Center in Wichita, Kansas. When the opportunity arose to join a practice with Drs. Russell Gorthey and Palmer Johnson in Lincoln, Gene and Kristen were eager to put down roots.

"We both agreed that Lincoln would be an ideal community for us," said Gene.

Now retired, Gene and Kristen enjoy spending time with their grandchildren and giving back to the city where they have lived since 1979. They are drawn to Lincoln Community Foundation's Give to Lincoln Day every May.

"Every year we end up supporting more nonprofits because of Give to Lincoln Day," said Kristen.

“Looking through the list is wonderful, as it broadens our giving to nonprofits that are new to us.”

– KRISTEN STOHS

Gene and Kristen have opted to distribute a portion of their Individual Retirement Account (IRA) to participate in Give to Lincoln Day, using what is called a Qualified Charitable Distribution (QCD). The federal government requires you to withdraw and pay taxes on a portion of your IRA fund balance when you reach a certain age. However, by using a QCD, those funds may be distributed directly to charitable organizations without paying taxes on the amount transferred.

“We have participated every year and with Lincoln Community Foundation offering the option of supporting nonprofits through a QCD – it’s an easy route to go,” said Gene.

The Stohses enjoyed their golden gift to the community, knowing that their contributions go further through the Give to Lincoln Day matching funds.

“With more than 450 nonprofits involved, just think about what that says,” Gene reflected. “There’s so much need but also so much opportunity to do good together.”



Participate in Give to Lincoln Day via IRA QCDs



When you reach a certain age, the federal government requires you to withdraw or distribute a portion of your IRA investment and consequently pay taxes on the amount withdrawn. By using a Qualified Charitable Distribution (QCD) to support a qualified charity, those funds are transferred directly to that charitable organization, tax-free.

This year’s Give to Lincoln Day is Thursday, May 30. Join Lincoln’s one big day of giving by using QCDs from your IRA to support your favorite registered nonprofits.

It is as easy as 1, 2, 3...

- 1 Contact your IRA administrator about your annual distributions. Decide your total donation for Give to Lincoln Day this year.
- 2 Request your IRA administrator distribute an IRA QCD directly to Lincoln Community Foundation, mailing the distribution to the Foundation at 215 Centennial Mall South, Suite 100, Lincoln, NE 68508. Please request your IRA administrator to include your name on the check.
- 3 Complete our form for IRA QCDs gifts, listing the amount for each nonprofit you wish to support, and return it to the Lincoln Community Foundation. This form is available on our website, or by contacting the Foundation.

For more information and other examples of ways you can use a Qualified Charitable Distribution to achieve your charitable goals, contact Chip DeBuse at 402-474-2345 or chipd@lcf.org.

SPRING CROSSWORD

CROSSWORD PUZZLE BY FRED OHLES

Crossword solution can be found on page 23.

ACROSS

- 1 Uncooked
- 4 High school grp. for select students
- 7 Yosemite cartoon character
- 10 Tan, The Joy Luck Club writer
- 11 Long, long time
- 12 Acting teacher Thurman
- 13 Indic. of female child on family tree
- 14 Yassar Arafat's assoc.
- 15 Alternative to CBS
- 16 Noah built it and was its captain
- 17 __, amas, amat (Latin conjugation)
- 18 A major or G minor
- 19 Go through correspondence
- 22 "Rolling along" gun carriage word in Army Song
- 23 Turned a new color
- 25 Oxfam and CARE
- 28 CD-__
- 29 Realtor's house sales info point
- 32 Dada artist Jean ("rap" anagram)
- 33 __ out a living (get by barely)
- 34 Satisfied sound
- 35 Fish eggs
- 36 The point of an internet address
- 37 Erstwhile MGM rival
- 38 First name of Lipa, singer (anagram of 13 Across)
- 39 Becomes quite crazy and unruly

- 42 Sign up in England
- 43 Toy truck company
- 44 Rolls automobile partner
- 45 Beginning

DOWN

- 1 Police gun type catching speeders
- 2 Partner of a stallion
- 3 Tree-filled final resting place of many notable Nebraskans
- 4 Kathmandu resident
- 5 With 30 Down, peaceful setting to kayak, watch wildlife, picnic at Van Dorn and S. 70th Streets
- 6 Stuffed shirt types
- 7 Lovely hideaway with seasonal plantings at S. 27th Street and Capitol Parkway
- 8 Honey-colored jewelry resin
- 9 Thanksgiving Day parade sponsor
- 20 Mom's partner
- 21 Truck weight measure
- 23 Machine to remove water channel silt
- 24 John Lennon widow

- 26 Beto, Texas politician
- 27 Be on the list of presenters for
- 29 Steeple or cat's eye
- 30 See 5 Down
- 31 First vowel in stop-go
- 40 College subj. close to anthro.
- 41 Indication of male child on family tree

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Give Your Garden the Good Stuff

Spring planning and sunshine will be here before you know it. As you start planning your yards and gardens, consider applying EarthFuel.

What is EarthFuel?

Earthfuel is Lincoln's own compost. Yard waste (grass and leaves) is collected from houses and businesses in Lincoln and brought to the Bluff Road Solid Waste Management Facility. Here, the yard waste gets turned into compost. By maintaining the correct conditions of moisture, oxygen, nitrogen, and carbon, microorganisms work to decompose the yard waste over many months creating a rich dark fertilizer for your soil.

Compost is a soil additive that is packed full of organic matter and nutrients for plants. Because compost is so full of nutrients, a little goes a long way each season. See Lincoln.ne.gov/compost for more information and to calculate the amount needed for your garden or lawn.

Why use Earthfuel?

Better water retention means less frequent watering.

Adds airspace within soil, creating a better structure for plants to root deeply and resist erosion.

Saves money on synthetic fertilizers and pesticides.

Makes microbes in your soil happy and healthy!

Do you need quantities of compost in bulk?

For cargo carrying space over 60 square feet, you can purchase EarthFuel for \$20/cubic yard at Bluff Road Solid Waste Management, 600TBluff Road in Lincoln.

For availability call 402-441-8102.

Do you need free compost in small quantities?

For personal projects, compost is available at no cost at the North 48th Street Transfer Station during business hours, at 5101 North 48th Street in Lincoln. Cargo carrying space must be less than 60 square feet.

For availability call 402-441-8104.



EarthFuel



Speak to Hope

AN IMPACTFUL CONVERSATION BETWEEN
KATIE MCLEESE STEPHENSON AND NATHAN LAKE



For 75 years, HopeSpoke has been dedicated to providing comprehensive behavioral and mental health services to children and families. We sat down with Katie McLeese Stephenson, HopeSpoke's

Executive Director, to chat about the changing landscape of mental health and the profound effect of trauma on kids and families. With a steadfast focus on empowerment and support, HopeSpoke illuminates the path toward resilience, helping families to move forward.

How does HopeSpoke meet the community's mental health needs?

Katie: HopeSpoke, formerly Child Guidance Center, opened in 1949 in response to a national movement recognizing that children's mental health services were dramatically different than those of adults. We've come a long way, evolving the treatment of mental health with better understanding through brain science and psychiatric help.



What conditions are more relevant among kids?

Katie: Depression and anxiety. When we talk with parents, we stress how important it is to listen to your kid, and you know as a parent when something has changed. Behavior has meaning, and there's something behind it. HopeSpoke's role is to get to the root of those things and help.

"A big part of helping those facing mental health concerns is just being open-minded."

– KATIE MCLEESE STEPHENSON

There's still a perception that having a mental health condition signifies you're weak or you have some sort of moral failing. With a diagnosis and treatment, people can learn coping strategies and how to manage their symptoms.

What services are available at HopeSpoke?

Katie: Our team understands the importance of early intervention and treatment for children and families. HopeSpoke's services include Crisis and Residential Programs, Extended Day Treatment, Outpatient, and School-based Programs.

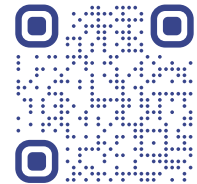
Why is HopeSpoke special?

Katie: I've spent my entire career focusing on the mental health of children and families. I've had the opportunity to work at Nebraska's Office of the Supreme Court, Juvenile Justice, and the Department of Health and Human Services. Joining HopeSpoke has been the most rewarding. I love our mission, and our staff has tremendous dedication and expertise. HopeSpoke is a leader in mental health.

How You Can Help

HopeSpoke's mission is to inspire healthy futures for children and their families through comprehensive behavioral and mental health services. As an organization, HopeSpoke continues to invest in its people and programs. Your support is needed to ensure that it can continue to provide services so all children and families in Lincoln and throughout Nebraska can be healthy and hopeful.

Visit [HopeSpoke.org](https://www.hopespoke.org) to learn more about its services and how your support can make a difference in the lives of kids.



EMPOWERING LIVES THROUGH LANGUAGE

VOLUNTEERS LIKE JEANNE BAER MAKE A DIFFERENCE IN THE LIVES OF IMMIGRANTS AND REFUGEES

BY BRITTANY WREN

When Jeanne Baer talks about volunteering as an English language tutor, you can hear the enthusiasm in her voice. Because of her desire to make a difference, the Lincoln resident connected with Lincoln Literacy, a local nonprofit organization, to teach English to immigrants and refugees.

“I thought if I could make somebody else’s life a little bit easier — talking not only about language but about culture — I would love to do that.”

– JEANNE BAER

One of Jeanne’s students, Elizabeth,* came to Lincoln at the age of 19 as an orphan from Guatemala. She overcame her language barrier to find a good job and achieve the American Dream thanks to Lincoln Literacy’s classes. Elizabeth initially worked at McDonald’s, then as a home healthcare aid, and now at the age of 23 works in the orthopedic unit at Bryan Health.

As a volunteer English tutor, Jeanne loves witnessing the connections that form between people from different countries like Iraq, Ukraine, and Mexico. She helps students get to know each other and form real friendships with conversation starters like “Tell me about your week.” “What good things happened?” “What are you concerned about?”



“[They are] all comfortable in English and able to have a conversation because English is what they have in common,” Jeanne says.

You might assume tutors like Jeanne need teaching experience to volunteer, but a teaching background is not necessary. Lincoln Literacy provides tutoring resources and support, including training, books, lesson plans, and printing.

According to Jeanne, volunteering at Lincoln Literacy is a real joy, and students are incredibly grateful. “People are scrambling to come to your class, and they’re involved,” she says. “They’re attentive. They make eye contact.”

Lincoln Literacy also provides various free tools students need to succeed, including career navigation, citizenship preparation, driving practice, childcare during class, or transportation to and from class.

With 150+ dedicated volunteers like Jeanne Baer tutoring 100+ free classes six days per week, Lincoln Literacy is making a lasting impact on the lives of immigrants and refugees in Lincoln. You can join them by visiting LincolnLiteracy.org.

**Name changed to protect the student’s identity.*

Brittany Wren is a copywriter, editor, and poet. Read her poem “Flint Woman” in the Nebraska Writers Guild Literary Anthology, Voices From the Plains Volume 6.

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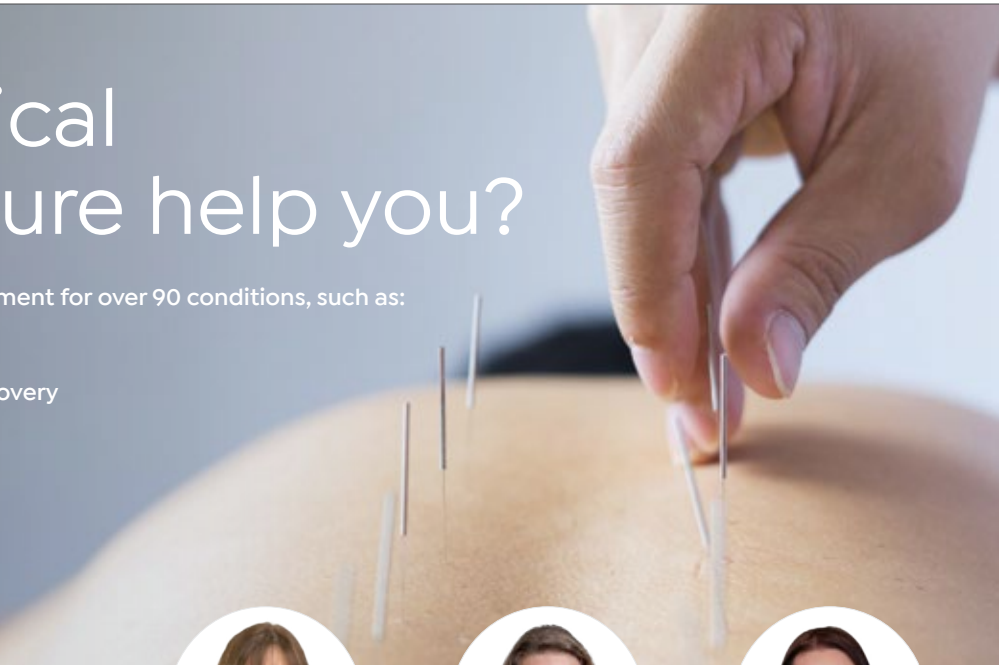
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Joli Kepler, L.Ac.

YOUR SUMMER GUIDE TO GOOD VIBRATIONS



MUSIC SERIES HAPPENING IN LINCOLN THIS SUMMER

If you love gathering with friends in the summer to enjoy amazing music, then mark your calendar and make plans to attend some of Lincoln's summer concert series in 2024! Be sure to visit websites listed as event dates, schedules, and times are subject to change.



Jazz In June

June 4, 11, 18, 25

jazzinjune.com

Free concerts are held on Tuesdays in June at the Sheldon Sculpture Garden. Food trucks from 5:00 - 7:00 p.m. with live Jazz starting at 7:00 p.m.

Live at Telegraph

June 5, 12, 19, 26

July 3, 10, 17, 24, 31

August 7

liveattelegraph.com

Free concerts on the patio on Wednesdays at The Mill, 330 S. 21st Street.



Lincoln Community Foundation Garden Summer Performance Series

May 22, 29

June 5, 12, 19, 26

July 3, 10, 17, 24, 31

August 7, 14, 21, 28

September 4, 11, 18

These free concerts are on Wednesdays from Noon - 1:00 p.m. in the Barbara Bartle Garden, 1415 N Street.



May 30

Concert at Noon during Give to Lincoln Day Festival at Tower Square

Hub & Soul

June 28

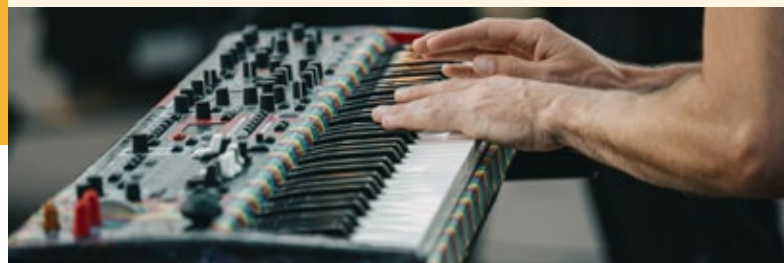
July 26

August 30

September 27

hubandsoul.com

The free concerts are held on Thursdays from 6:00 - 9:00 p.m. at Union Plaza.



KZUM Stransky Park Concert Series

May 30

June 6, 13, 20, 27

July 11, 18, 25

kzum.org

Free concerts on Thursdays
from 7:00 - 9:00 p.m. at
Stransky Park, 17th and
Harrison Avenue.

Friday Nights Live Concert Series

June 14, 21, 28

July 5, 12, 19

Free concerts on Fridays from 6:30 - 8:30 p.m.
at SouthPointe Pavilions.

reddevelopment.com/southpointe-pavilions

Lincoln Municipal Band at the Shildneck Bandshell

July 7 - August 25

Free concerts on Sundays at 7:00 p.m. at Antelope Park.



Looking for more summer events?

Visit 55lnk.com or
facebook.com/55pluslnk



NEBRASKA MASTER NATURALISTS: SHARING THE LOVE

BY JULIE THOMAS, PhD

Early spring (before leaves) is the perfect time to peer into a bird nest. What materials did the bird use to construct the nest? Why did the bird choose this branch location?

Are you a lover of nature who wants to learn more about Nebraska flora and fauna? If so, you may already know about the Nebraska Master Naturalist program and certified naturalists – volunteers dedicated to learning about and promoting conservation of Nebraska's natural resources. With this article, I hope to highlight a few details about this Master Naturalist program and encourage you to join the team!

The Nebraska Master Naturalist program organizes opportunities for members to explore Nebraska's natural resources, connect with like-minded people, and contribute to nature conservation through volunteer opportunities. Nebraska Master Naturalists include 650+ certified volunteers (e.g. landowners, teachers, professionals, college students, parents, and retirees) who log service hours to help support nature and conservation efforts of partner agencies such as Nebraska Game and Parks.

I discovered the Master Naturalist program as I was approaching retirement and looking for a meaningful way to get involved in the Lincoln community. As a science teacher and backyard birder, I looked forward to the Master Naturalist certification process — and all the learning opportunities and community service it might provide. Today, much of my volunteer time is spent at Spring Creek Prairie, just outside Lincoln, where I help expand visitors' knowledge and awareness of prairie plants and animals. As a “discovery leader” I guide

elementary students' prairie observations and experiences and as a “trail steward” I monitor trail conditions, interact with visitors, and investigate plant/wildlife interactions (see photo).

Over time, I've learned nature interpretation is more about sharing wonder than it is about telling facts. These experiences have helped me to understand the importance of personal connections with the natural world — and the real benefit of helping others find praying mantis egg cases in the grass or admire the ingenuity of bird nest construction.

The Nebraska Master Naturalist Program prepares volunteers to help conserve Nebraska's natural resources. The certification process involves an application and a training course (60 hours of classroom content and field activities) led by Nebraska scientists, naturalists, faculty, and natural resource professionals. See the links below for further application and training details.

Nebraska Master Naturalist Training Dates

June 9-15, 2024	July 14-20, 2024
Cedar Point Biological Station, Ogallala	Niobrara River Valley Preserve, Johnstown

Visit nemasternaturalist.org to sign-up.
For more information contact (402) 937-8601
or jamie.bachmann@nebraska.gov.



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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700 Penrose Dr

Northeast YMCA
2601 N 70th St

For more programs and to join the Y, visit ymcalincoln.org or stop by the front desk of any Lincoln YMCA.

PLANTING A BACKYARD GARDEN

BY JACQUE GENOVESE



With winter in your rearview mirror, you may already be thinking about starting a backyard garden. Every year, I purchase tomato, pepper, and herb plants from my local greenhouse, but halfway into the summer, those plants aren't doing so well. This year I decided to do my research first to see if I'm missing important steps in the planting process. Guess what? I found a variety of helpful tips on planting and thought I should share them with our readers!

Know the Season of Vegetables

There are cool season vegetables (grow best when temps are cool and frost is common) and warm season vegetables (best in warmer temps). Who knew? Here's a list of some cool and warm season vegetables:

Cool Season Vegetables:

- Green leafy – kale, lettuce, spinach, cilantro, parsley
- Cruciferous – broccoli, cauliflower, cabbage
- Root – potato, sweet potato, radishes

Warm Season Vegetables:

- Legumes – fresh beans and peas
- Fruit – eggplant, bell pepper, tomato
- Gourds – cucumber, melon, watermelon, pumpkin, squash

Plant cool season vegetables before Mother's Day and warm season vegetables after.

Seeds or Transplants?

Seeds can take more time to germinate versus using transplants to start a garden. That said, some vegetables actually grow better when planting seeds, such as carrots, beets, radishes, beans, sunflowers, peas, squash, and melon.

Tomatoes, peppers, and eggplant should be planted as transplants. Squash and cucumbers can be planted from seeds or as transplants.

On page 5, you can find where to buy compost and nutrient-rich soil for your garden in "Give Your Garden The Good Stuff".

No matter what you plant this year, I hope you enjoy the gardening experience!



Be Aware of Scams



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White Wines Pair Well With Springtime

BY WANDA HAYNES, CERTIFIED SOMMELIER



White wine is fresh, crisp, thirst-quenching, and perfect for the spring season. There are many white wines on the market, and they are produced all over the world. White wines should be served around 50-55 degrees Fahrenheit. Here are a few types of white wine.

Chardonnay

Chardonnay originated in Burgundy, France, and most Americans see chardonnay as a safe choice when unsure of which white wine to choose. Oaked chardonnay is aged in new oak barrels. When chardonnay spends time in oak barrels instead of steel tanks, the oak imparts flavors into the wine that resemble vanilla bean, caramel, and dairy butter. Oaked Chardonnay pairs with roasted pork and mushrooms dishes.

Unoaked chardonnay has spent its entire life in a steel tank and has refreshing tastes of fresh pineapple and star fruit. The acidity is bright, and the color is lighter than an oaked version. This style of chardonnay pairs well with fried foods and rich creamy gravy.

Chardonnay can also be partially oaked; this means the wine was in both oak and a steel tank. The wine is deeper in color and richer than unoaked chardonnay. Pair with herb baked chicken, pan seared turkey burgers, and mild white cheeses.

Garganega

Garganega (gahr-GAH-neg-ah) is a fruity, light, dry white wine from Italy, in the Soave region, with tastes of baked apples, lemon peels, and marjoram on the finish. Often the bottle will read “Soave classico” or “Soave Superiore.” These bottles of wine are better quality. Garganega is affordable and a terrific option when looking for a new white wine to try.

Easily found in retailers and often undervalued by wine lovers. Garganega pairs with deviled eggs, chicken salad, and grilled poultry.

Grüner Veltliner

Grüner Veltliner (grew-ner velt-LEE-ner) is a dry white wine grown primarily in Austria, Hungary, Slovakia, and the Czech Republic. The leaves of the grape vine are five-lobed with grapes that ripen in October. In parts of Europe it’s referred to as “groovy” and most people in the wine industry call it gruner.

The flavors in Grüner Veltliner are savory and not fruity like other dry white wines. It offers tastes of lime, lemon, herbs, green veggies, and saline. However, what makes Grüner Veltliner truly unique is its signature acidity that explodes in the mouth. It pairs great with smoked fish, young cheeses, sushi, and a crudité platter.

This amazing wine is also produced into an ice wine. A gruner ice wine has a nutty, orange marmalade taste, with a sultana finish, and is delicious alone or with a tempting dessert.

Moschofilero

Moschofilero (mow-sko-FEEL-err-oh) is a delicious off-dry white wine from Greece and is an incredible value. It is a richly aromatic white wine from the region of Peloponnese, Greece.

Moschofilero has a potpourri nose and tastes of almonds, fresh lemon, honeydew, and grapefruit. For a refreshing white wine with medium acidity, versatility, and Mediterranean vibes, choose a bottle of Moschofilero. It's delicious with fresh salads, Greek dishes, and herbed feta cheese. This wine can be found in import food stores, specialty shops, and full-service Greek restaurants.

Riesling

Riesling is a white grape varietal which displays a bouquet of flowers, perfume, and white fruit. Also, it can be produced in several styles: dry, off dry, sparkling, and late harvest.

German wine labels can be difficult to understand. However, learning the keywords and a few major growing regions, will help to demystify the labels. Alsace, France uses beautiful cylindrical bottles for their wines, and they're much drier. Alsace has over 20% of their vineyards dedicated to Riesling. Washington State produces the most Riesling in the United States. Riesling is also produced into a slightly sweet sparkling wine from Germany. Pair Riesling with Indian, Asian, and Thai food.



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

Wanda's White Wine Sangria

- 1 full bottle of dry white wine
- 1 cup of peach brandy
- Sliced apples
- Sliced lemons
- Sliced oranges
- Sliced peaches
- Sliced strawberries
- Sliced white grapes
- Lemon lime soda
- Large glass pitcher

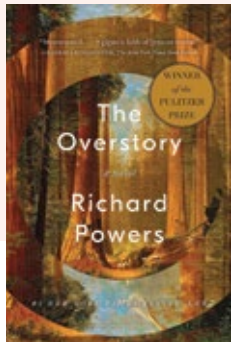
This delicious white wine sangria should sit in the refrigerator for 2-3 hours before serving. Rum can be used instead of brandy, and mango is recommended if peaches aren't available.

Use a dry white wine and not a sweet wine; the fruit and the brandy will add plenty of sweetness. Frozen or fresh strawberries work and remember to hull fresh berries. Add a splash of the soda when the sangria is in the glass as a sparkling topper. Prosecco is an amazing substitute for the lemon-lime soda.



SPRING INTO A GREAT READ

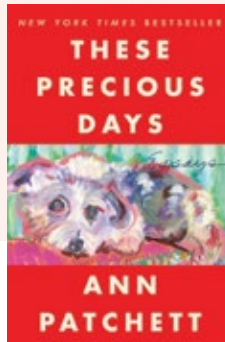
BY TARI HENDRICKSON, REVIEWER



The Overstory
by Richard Powers

You may begin this book unprepared for the depth and breadth of the stories that make this entanglement with trees its touchpoint. I've never been so enthralled with a collection of nine meaningful characters and their interconnections. The stories begin with a tale of seeds that travel with immigrants from New York City to grow a magnificent chestnut tree in rural Iowa. We learn the ways in which over generations it binds their family together in tradition and purpose. You'll never look at trees the same way again – or, more deeply, at the ways that humans affect nature.

Lincoln City Libraries
(10 copies)

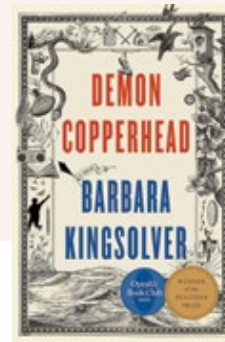


These Precious Days: Essays
by Ann Patchett

For those who prefer an audiobook, I recommend you try this one, read by the author. Best-selling author Patchett tells of her childhood, her complicated relationships, and very personal experiences in a series of 24 essays. Her style is charming, but she cuts to the bone with candor as she tells of the people in her life who have meant the most: her three fathers, her dogs, and her doctor-pilot husband, Karl.

Her essays bring to mind the ones I love and remind me to savor the dwindling days and moments I have with them.

Lincoln City Libraries
(12 copies)



Demon Copperhead
by Barbara Kingsolver

If you've heard of this award-winning book, you've likely heard it compared with Dickens' David Copperfield. Kingsolver hits both somber and light notes with her first-person narrator, Demon, a boy entangled in the Kentucky foster care system, striving, sinking, and rising through his grit. The parallels with Copperfield work, but this novel offers insights about a unique region of our country. Kingsolver writes with humor and love about its culture, thereby tempering a difficult journey through poverty and drug abuse.

Lincoln City Libraries
(72 copies)



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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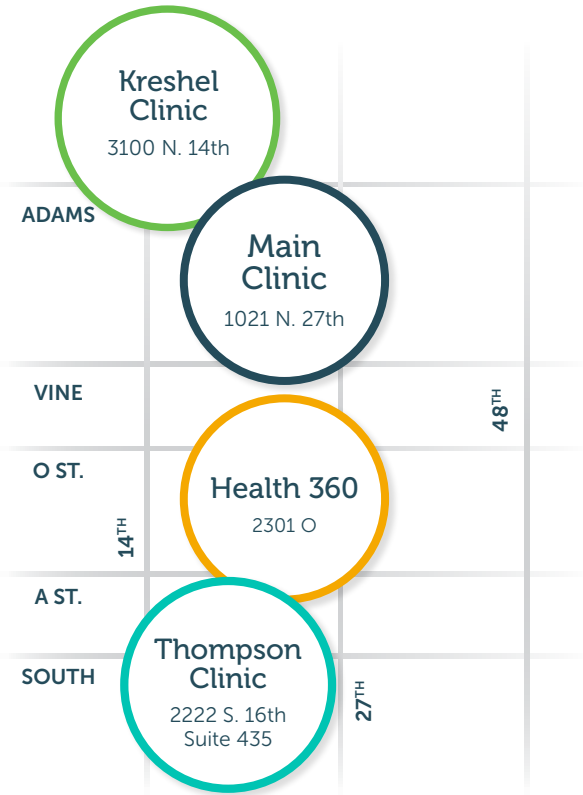
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SPRING IS HERE!

Have fun hunting for these words of the season! 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 23.**

- | | | | | |
|----------|------------|-------------|-----------|--------------|
| BLOOM | SPARKLING | BAREFOOT | AWAKENING | SPRING BREAK |
| BLOSSOM | SUNLIT | SEASON | BEAUTIFUL | BIRD |
| BLISSFUL | SPROUTING | SPECTACULAR | FLOWERS | |
| RAINBOW | SPRINGTIME | ALIVE | SHOWERS | |

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





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MINDFUL LISTENING

BY KARLA JENSEN, PhD

Chinese characters are used to explain the full meaning of a word or concept which can beautifully be seen in the character “listen” or “Ting.” I was introduced to the “listen” character in an undergraduate interpersonal communication class. At that time my biggest takeaway was appreciating the multi-faceted, complicated nature of listening. A decade ago when I began my mindfulness studies, the contemplative nature of the “Ting” character sprang to mind.

My long-time friend, Janet, and I have been corresponding about how etymology helps us appreciate the history and nuance of words more deeply. Janet, who was born and raised in China, reminded me that, although there are variations of the “Ting” character used in trainings, textbooks, and multiple websites (including the U.S. State Department), the following elements remain consistent: the simultaneous use of the eyes, ears, heart, mind, and undivided attention to understand and connect with others.

Over the past 35 years, I’ve used the “Ting” illustration to reveal the full spirit of listening in all my Communication Studies courses, and I now weave it into my mindfulness instruction as well. At its core, mindfulness is the intentional awareness of the present moment without judgment.



When paired with listening, mindfulness invites a conscious shift from passive, pseudo-listening where we may be physically present but mentally absent, to actively engaging with and committing to the speaker's experience. Ultimately, mindful listening is a skill we can hone with every interaction.

The journey to becoming a mindful listener is not without its challenges. Our natural tendencies to multitask, interrupt, or judge may rear their heads, requiring the patience and self-compassion a mindful mindset can bring. Mindful listening is not about achieving a state of perfect awareness; it's about recognizing when we've been swept away by a thought and then guiding our attention back to the present moment.

Genuine listening is a contemplative practice. Just like when you find your thoughts drifting from your breath in meditation, when you notice your own internal chatter while in a conversation, you can gently redirect your attention to your partner. Each conscious effort to focus on the speaker strengthens our listening muscles and paves the way for deeper connection.

Beyond mere words, mindful listening allows us to pick up on the subtle cues that paint the landscape of emotion. Consider how noticing a slight tremor in the voice, a shift in posture, or the flicker of an eye can offer a glimpse into a speaker's inner world. When we listen with a mindful heart and undivided attention, we become attuned to these delicate signals, allowing us to empathize and respond, both verbally and nonverbally, with sensitivity and compassion.

Mindfulness practices cultivate curiosity and a receptive state of mind. Often, our inherent biases color our understanding of what others are sharing. Mindfulness encourages us to recognize and understand these biases without allowing them to interfere with our listening. By acknowledging these judgements, we open ourselves to a more authentic understanding of a speaker's message.

Mindfulness also teaches patience, an indispensable virtue when we sometimes have the urge to interrupt. Although perhaps well-meaning, an impulse to jump in and offer advice doesn't allow our conversational partners to fully express themselves. Mindfulness teaches us how to pause, which provides the needed space for the speaker to finish their thoughts and the opportunity for the listener to fully grasp the entirety of message before thoughtfully responding.

In a world fraught with misunderstanding and conflict, the ability to truly comprehend one another is the cornerstone of healthy relationships.

In my Communication Studies department we believe the foundation of any interaction is to "listen so others may speak and to speak so others may listen." Imagine your own professional or civic organizations where colleagues generously listen to each other, not only with their ears, but also with their eyes, heart, mind, and undivided attention, seeking to understand, not just to react. Picture communities where dialogue replaces divisiveness, where empathy bridges differences, and where shared understanding fosters collaboration. This is the world that awaits us when we embrace the transformative power of mindful listening.



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.

Crossword (page 4) Solution

1	R	A	W		4	N	H	6	S		7	S	A	9	M
10	A	M	Y		11	E	O	N		12	U	M	A		
13	D	A	U		14	P	L	O		15	N	B	C		
16	A	R	K		17	A	M	O		18	K	E	Y		
19	R	E	A	D	20	L	E	T		21	T	E	R	S	
				22	C	A	I	S	S	O	N				
23	D	Y	E	D						25	N	G	O	S	
28	R	O	M		29	M	L	S		32	A	R	P		
33	E	K	E		34	A	A	H		35	R	O	E		
36	D	O	T		37	R	K	O		38	D	U	A		
39	G	O	E	S	40	B	E	R		41	S	E	R	K	
42	E	N	R	O	L				43	T	O	N	K	A	
44	R	O	Y	C	E				45	O	N	S	E	T	

Wordsearch (page 20) Solution

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



Games We Used To Play

BY JO ANN WAGNER

I remember playing pick up sticks. We had a bunch of thin sticks, similar to round toothpicks, but much longer. We'd drop the sticks onto a flat surface. Then we took turns trying to pick them up, one at a time, without moving any of the others. If we moved more than the one we were trying to pick up, our turn was over. We kept any sticks we picked up without moving another. The person with the most sticks when they were all picked up was the winner.

When the weather was bad, we often played jacks during recess. We threw ten of them down onto a table and then threw a ball up, picked up one jack, let the ball bounce and caught it in the hand with the jack. If we got them all, one at a time, we threw the jacks down again, picked up two at a time, and caught the

ball. We did this until we had picked up all ten jacks at once. Then we moved on to putting pigs in a pen, eggs in a basket, and cows over the fence. The hand not throwing the ball made a pen, basket, and a fence, respectively.

To play hopscotch, we found a piece of an old brick to draw on the sidewalk. We drew ten numbered squares in a particular pattern, each square large enough for our feet to fit inside. We each found a small stone to toss in a square. We jumped, one foot on the squares of one, and both feet on those side by side. We'd toss the stone on the first number and jump over that square on the way up. On the way back, we'd have to pick up the stone when we were on the one next to it, and then jump over the one the stone had been on. Then we'd toss the stone on the next square and continue.

If you want to take a step back in time, I discovered these games can be purchased online today.

Jo Ann Wagner is a contributing writer for Lincoln 55+ magazine.

Go Garden Fresh >

Ingredients

- 1 (8-oz.) pkg. elbow macaroni or radiatore pasta
- 1 c. fresh broccoli florets
- 1 c. fresh cauliflower florets
- 1 c. diced cheese
- 1/2 c. sliced green onions
- 1/3 c. diced red pepper
- 1 to 1 3/4 c. Dorothy Lynch Home Style or Light & Lean



Instructions

- Welcoming spring with open arms and a delicious garden-inspired pasta salad! This light, flavorful dish is just the thing to get you in the spirit of this fresh, new season.
- Cook macaroni according to package directions, drain, chill with cold tap water, drain thoroughly. Combine first six ingredients in large mixing bowl; pour on desired amount of Dorothy Lynch and mix well. Cover and chill.

Servings: 8



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If you haven't already, check out this easy to learn game that everybody is playing!

Here's our list of where to find pickleball courts in Lincoln.

CENTERS & ORGANIZATIONS

Calvert Rec. Center
4500 Stockwell St.

F Street Rec. Center
1225 F St.

Genesis-East Lincoln
1305 S. 70th St.

Genesis-Racquet Club
5300 Old Cheney Rd.

Calvert Recreation Center
4500 Stockwell St.

Copple Family YMCA
8700 Yankee Woods Dr.
Ste. B

Cooper YMCA
6767 S 14th St.

Fallbrook YMCA
700 Penrose Dr. Ste. B

Kinetic Sports Complex
150 Southwest 14th Place

**Madonna Proactive
Medical Fitness**
7111 Stephanie Ln.

**Speedway Sports
Complex**
315 Speedway Cir.

St. Marks Gym
8550 Pioneers Blvd.

**St. Paul United
Methodist Church**
N 11th St.

PARKS

Ballard Park
N. 66th & Kearney Ave.

Cooper Park
901 S 8th St.

Eden Park
S. 45th & Antelope Creek Rd.

Henry Park
S. 44th & Prescott Ave.

Irvingdale Park
1900 Van Dorn St.

Peterson Park
4400 Southwood Dr.

Roberts Park
56th & Sumner

Seng Park
(aka University Place Park)
49th & Garland

Upco Tennis Courts
Adams St.



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