

LINCOLN'S MAGAZINE OF CHOICE  
FOR THE SEASONED READER

Winter 2022

55+

**TEAMMATES**<sup>™</sup>  
MENTORING  
of LINCOLN

*TeamMates mentor, Barbara Bartle, and her mentee  
learn how showing up is what really matters.*

**PAGE 2**

**Eating Globally,  
Thinking Locally**

**PAGE 14**

**Mindfulness  
During the Holidays**

**PAGE 22**

**FREE!**



Oh, the weather outside is frightful,  
but the parks are so delightful!

Even in wintertime,  
Lincoln's parks provide endless possibilities for  
exercise and enjoyment. Bundle up and get out there!

### **SNOWSHOEING AND CROSS-COUNTRY SKIING**

After the snow flies, head to Wilderness Park or Pioneers Park to get some exercise and enjoy the winter wonderland. No equipment? No problem! Contact UNL Campus Recreation Center for equipment rental.

### **SLEDDING**

Grab the grandkids and head out to enjoy this favorite pastime. There are many great sledding spots in our parks, but our favorites are at Seacrest Park, Arnold Heights Park (Tanker Hill), and, of course, the Pioneers Park sled run.

### **WINTER BIRDING AND THE GREAT BACKYARD BIRD COUNT**

Birds are everywhere, all the time, doing fascinating things. Meet at Chet Ager at Pioneers Park Nature Center on Saturday, February 18 at 9:00 AM to participate in the Great Backyard Bird Count!

### **INDOOR WALKING TRACK AT RECREATION CENTERS**

Stay fit during all kinds of weather by walking the indoor track at Air Park Rec, Belmont Rec, or F Street Rec. It is a fun way to catch up with a friend (or listen to your podcast/audiobook) AND get steps in. Drop-in times vary by Center – call for more info!

### **SUNSET SOLSTICE HIKE**

Welcome winter and the changing season with a guided evening hike at Pioneers Park Nature Center on Wednesday, December 21 from 4:30 - 6:00 PM Pre-registration is required through the Nature Center at (402) 441-7895.

### **PICKLEBALL AT CALVERT OR AIR PARK REC CENTER**

Bring the game indoors. Paddles and balls are available or use your own. Check with the Rec Center for their open hours!

### **GIVE THE GIFT OF NATURE**

There are so many ways to honor those you love through our tribute programs this holiday season. Visit our website to learn more!



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Roper & Sons understands how this time of year may be difficult for those mourning the loss of a loved one. Join us for a Blue Christmas service to find support in community for those of us who are struggling to find joy this season.



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[roperandsons.com/bluechristmas](https://roperandsons.com/bluechristmas)

# WINTER 2022



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## A WORD FROM THE EDITOR

Dear 55+ Readers,

December is the time of year when I feel joyful and happy. Probably because I'm doing things with family and friends, like get-togethers, shopping for unique gifts, catching a special holiday performance, and being mesmerized by the city lit up at night by magical displays of decorations and lights. Or, maybe it's my inner child that's really making me happy? No matter the reason, the endorphins are doing a half-marathon in my brain and I'm loving life!

Speaking of happiness, we've got some great articles in our Winter Edition. Let's start with eating because that's what our team at 55+ loves to do together. On page 14, get ready to experience culinary delights from around the world, right here in Lincoln. It's traveling, without the craziness of travel!

When it comes to your health, we've got you covered. If you have a tendency to get overwhelmed, Mindfulness During the Holidays on page 22 can help you stay on track. The health of our teeth can affect our overall health so be sure to grab a bite of Are My Teeth Aging? on page 18. You'll also find articles about financial health, brain health, counting birds, and so much more to keep you busy over the next three months.

If "the weather outside is frightful, but the fire is so delightful..." consider snuggling up in a cozy, warm blanket by the fireplace with a steamy mug of hot chocolate and reading a book or doing our holiday crossword puzzle. Whatever makes you happy this winter, give yourself permission to do it.

Wishing you Happy Holidays, and may the season bring you joy!

With gratitude,

Jacque Genovese  
Executive Editor

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# BE THERE – OH, AND YOU'RE GOING TO COLLEGE

On a warm fall day, outside a local coffee shop, Carly Grutel munched on a scone and reflected on her TeamMates mentorship, now evolved into a 22-year friendship with Barbara Bartle, “I keep coming back to a lantern, that image,” she nods. “Barb holding the lantern and guiding me through.”

Barbara, recently retired President of the Lincoln Community Foundation, was chosen to be Carly’s mentor in 2000. In her prior role with the Foundation for Lincoln Public Schools, Barbara had helped Nancy and Tom Osborne launch TeamMates, “There was great excitement and energy around this new initiative, and I wanted to experience being a TeamMate.”

And experience it she did, meeting her young mentee during lunch from 5th grade through high school graduation, “Even if she had to be late.” Carly chuckled. “Barb was such a busy woman, with back-to-back appointments, but somehow she always showed up.”

And showing up is the most important thing, Carly said, “A mentor is not a superhuman – not at all. You’re showing up as a caring person in their life. Sit together. Play a game. Maybe talk. You matter.”

“Carly taught me the importance of commitment.”

– BARBARA BARTLE

Now, Carly has been a TeamMates mentor for four girls, “TeamMates does a really good job of pairing you, but even if you aren’t exactly alike, you just show up where the student needs you to. Each of my mentor-mentee relationships was so different.”

Like many mentors in the TeamMates program, Barbara saw the impact on both sides of the table, “Carly taught me the importance of commitment. She is very dedicated to family, work, and friends. She always shows up. Her tenacity is remarkable. Because of this match and Carly’s strengths, I could see that this was also a value to me.”

Carly feels she also helped Barbara gain a new perspective of what it was like to live in Lincoln, “Barb just didn’t know the details, especially of young people experiencing poverty and trauma.”

Asked about her 5th-grade impressions of Barbara, Carly said, “Of course, I recognized right away that she was probably older than my mom, but that didn’t matter. I just knew she was a professional woman whom I would get to talk with weekly and I was open. I wanted to succeed in life and I thought she could be in my corner!”

*Barbara Bartle and Carly Grutel, friends and colleagues after beginning as TeamMates in 2000.*



So, what did that look like? When Carly announced in middle school that she thought she wanted to “do hair” as her profession, Barbara challenged her to think about how she might leverage that passion. Carly quickly explained, “She would never say, ‘I don’t think you should do that.’ It was more like, ‘Okay. That’s great. Would you also consider this?’”

“Barb had expectations of me that I didn’t have anywhere else.”

**- CARLY GRUTEL**

Barbara was a seed planter, Carly said, “She took the idea that I wanted to do hair and showed that could get me in the door at the university in textiles and design ... fashion, basically. I could see that, how it could work. So, I made a little adjustment. She helped me make that shift.”

Maybe that is why a particular lunch outing with Carly after she was admitted to UNL was so memorable to Barbara, “I think Carly was a sophomore or junior. She expressed how she enrolled in college to get a better-paying job, but to her surprise, she had fallen in love with learning. I can still feel that moment. That is what you wish for everyone. It was a beautiful conversation.”

“Barb wanted me to reach my full potential which is the mission of TeamMates, but it has to be natural. You have to show up as yourself and not anybody else,” said Carly.

With the recent news of her acceptance to the UNO public administration graduate program, Carly has asked herself, “Why did I get a chance? Why was I chosen to be a TeamMate? If it wasn’t for Barb, my life would look totally different and now I continue on a similar path that she had [professionally] utilizing my story or stories like mine so I can give back to my community.”

Barbara counts the chance to work with Carly professionally at the Lincoln Community Foundation before she retired among “the greatest gifts” since their formal mentorship ended, then adds, “We are moving into a new era with my retirement. The lines often blur between being the mentor or the mentee ... and that feels just right.”



*11-year-old Carly meets Barbara, her TeamMates mentor*

*Submitted by Christine Davis, TeamMates of Lincoln*

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# ADD BIRDS TO YOUR HOLIDAY LIST FOR 2022

BY JULIE THOMAS, PhD

Some of you opening this edition have already begun making holiday lists — gifts, cards, guests, holiday baking ... but, what about the birds? Yes, this is the time of year bird lovers of all skill levels are invited to help the National Audubon Society assess the health and well-being of birds — their population numbers and migratory behaviors. Perhaps you already know about National Audubon's Christmas Bird Count — a bird census effort that now takes place in early December (though the first, annual event was held on Christmas day 123 years ago). Today, global volunteers continue to gather bird population data in one 24-hour period on one calendar date. Audubon uses this “big picture” data to determine changes in bird ranges and migratory behaviors.

You might want to be a Field Counter (walking/driving an assigned, outdoor area), a Feeder Counter (watching out your own window), or a Neighborhood Counter (walking a few nearby blocks or at a park near you).



Our Lincoln-area Christmas Bird Count organizer, Jason St. Sauver, Bird Nerd and Sr. Education Director at Spring Creek Prairie Audubon Center, is looking for volunteers (experts and beginners) to help count birds on Sunday, December 18. Participation is free, however, you need to make arrangements in advance of the count day. Contact Jason and he will match you to a counter-effort that suits your interests and skills and will give you specific information about how to document and submit your data. Let's help Jason increase his Lincoln area volunteers this year!



*Photo Credit: Christmas Bird Count Photo: Camila Cerea/Audubon*

**Help count birds on Sunday, December 18.  
Contact [jtsauver@audubon.org](mailto:jtsauver@audubon.org) to sign up!**

## Why add the birds to your already-lengthy holiday list?

Birding with family members is a legacy opportunity — a chance to share your love of birds with kids and grandkids and encourage the next generation of birders. Given that the Lincoln Christmas Bird Count is a particularly great opportunity to highlight birds and bird habitats right here in our own community, it just might become an annual holiday tradition!



*Julie Thomas, PhD, is a retired science education professor from the University of Nebraska-Lincoln and a contributing writer for 55+.*





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# TURNING PASSION INTO PURPOSE

## A CONVERSATION WITH DOROTHY RAMSEY, AUTHOR

*After a successful 30-year career as a Compensation Consultant, Dorothy Ramsey was ready to start the career she had always imagined – being a writer. Having graduated with a double major in Creative Writing and Technical Writing from Southwest Missouri State University in 1980, her first work out of college was in Springfield, Missouri, as a freelance writer. This position consisted of writing resumes during the 80s recession, ad copy, and ghost writing/editing. Family circumstances caused her to move to Kansas City where she reluctantly put her writing dreams on hold.*

*Fast forward to today. I asked Dorothy to share with our readers her journey to publishing her first book in 2021.*

### How did you get into the Compensation Consulting business?

*Dorothy:* When I moved to Kansas City, I eventually worked for the HayGroup, the granddaddy of compensation companies. Six months later, I was working as a compensation analyst with Mercer and my career took off from there.

### What made you decide to take up writing again?

*Dorothy:* I would tell my husband my story ideas and he would tell me to “just write them.” Some 20 years later when the Parkland shooting happened, those words rang in my memory. I thought, “We’ve got children in the world who are ready to be engaged in big ideas and maybe this is the time for me to write my book.”

### Tell us about the idea behind *Milly for Mayor*, your first published book.

*Dorothy:* I had the idea 20 years before I wrote it. *Milly for Mayor* is set in a small, Midwestern farm town, and the current mayor has been in the job for 12 years. Some locals decide to have fun with the upcoming election and write-in Milly Harless as a candidate. Milly wins, but she’s a mule. The book is intended for middle grade students but a fun read for anyone. I wanted to inspire them to be engaged in the voting process and show them that their voice is important.

### Is there a lot to learn about becoming a published writer?

*Dorothy:* I didn’t know anything. I went to a writer’s workshop, learned a lot from the Nebraska Writers Guild, and marketing on Amazon. I hired Chris Turner with InfusionMedia as my publishing coach.





### **What do you love about writing?**

*Dorothy:* The power. Having the ability to create a character and give her a problem and then figure out what she does to solve it – that’s really pretty cool.

### **Do you have a particular type of book you prefer to write?**

*Dorothy:* I currently have three books in the works. Two are historical-fiction-romance books. One of the historical books covers six generations of a family. I was having difficulty keeping track of dates so I went on Ancestry.com and created a family tree, only to have people contact me about certain dates of my fictitious family being inaccurate. The third book is on compensation design and management for small businesses.

### **What prompted you to host a Writer's Workshop in Syros, Greece?**

*Dorothy:* It was completely selfish on my part! I went there in 2015 and my friend and I decided we should return in 2017, but we never did.

I couldn’t find any tours on the Internet going there so I called a travel company in Lincoln and asked if they had a tour going to Syros. Their response: “It’s a once-in-a-lifetime trip to go to Europe for some people and they want to see London, Paris, Madrid ... no one wants to go to an island they know nothing about and spend a week there.”

Not put off by this, I decided to find a reason to travel to Syros. So I came up with the idea of a Writer’s Workshop. I found enough people who wanted to go. Then I reached out to Karen Shoemaker, a published author in Lincoln, who had conducted other workshops and she agreed to do it. The pandemic was happening and so we postponed the trip for a year only to reschedule three more times. We had 17 attendees; ten were writers.

### **Do you plan to offer more workshops?**

*Dorothy:* Yes, maybe every two years. People signed up for this trip and it never existed before. Perhaps people do want to travel to a place they’ve never heard of and stay for a week.



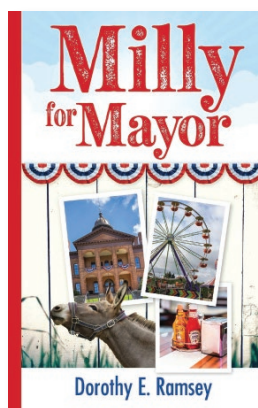
**Where will Dorothy’s passion take her next?**

# WINTER PAIRS WELL WITH AN ENGAGING BOOK

BOOK REVIEWS BY REVIEWER LINDA STEPHEN

## ***Milly for Mayor*** by Dorothy E. Ramsey

A quiet town in the Midwest is caught by surprise when a write-in candidate (a mule) is elected mayor for all the wrong reasons. First-time Lincoln author Ramsey shows how apathy and ignorance can affect voting results – and how people can come together to solve problems.

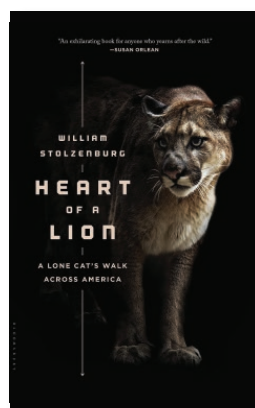


This humorous allegorical story was written for middle school kids and teachers as a civics lesson on the importance of voting. It is set in a small town where all the farmers are men, and all the women bake pies. I recommend *Milly for Mayor* for any age reader looking for an entertaining way to learn about rules for local elections. 164 pages, \$11.95 paperback, \$8.95 ebook.

**Local author:** Have you ever dreamed of writing a book? Have your friends or family ever asked you to write down your stories? Dorothy E. Ramsey first came up with the idea for *Milly for Mayor* more than 20 years ago. She retired in 2015 and in 2019 sat down to write *Milly for Mayor*. Learn more at [TrophoPolisPublishing.com](http://TrophoPolisPublishing.com).

## ***Heart of a Lion: A Lone Cat's Walk Across America*** by William Stolzenburg

This fall, a mountain lion from Nebraska was captured near Springfield, Illinois, 700 miles from where it was first radio-collared in the Niobrara Valley in 2021. I followed with great interest Peter Salter's stories in the Lincoln Journal Star.



I had just read another true story about a mountain lion's even longer search for love. *Heart of a Lion* retraces a three-year-old cougar's 2,000-mile journey over two years from the Black Hills of South Dakota to the Atlantic Coast. I highly recommend this book to anyone who enjoys

nonfiction, stories of adventure, research on the resilience of nature, or the connections between humanity and wildness. *Heart of a Lion* is 256 pages and was published by Bloomsbury in 2016. Available as hardcover, paperback, audiobook, or ebook.

*Linda Stephen is a writer, editor, speaker, and origami artist in Lincoln. Look for her picture book *The Day We Went to the Park* at your local library or bookstore. Contact at [Facebook.com/LindaStephenOrigamiArt](https://www.facebook.com/LindaStephenOrigamiArt/) or [Linda@UnfoldingCommunications.com](mailto:Linda@UnfoldingCommunications.com).*

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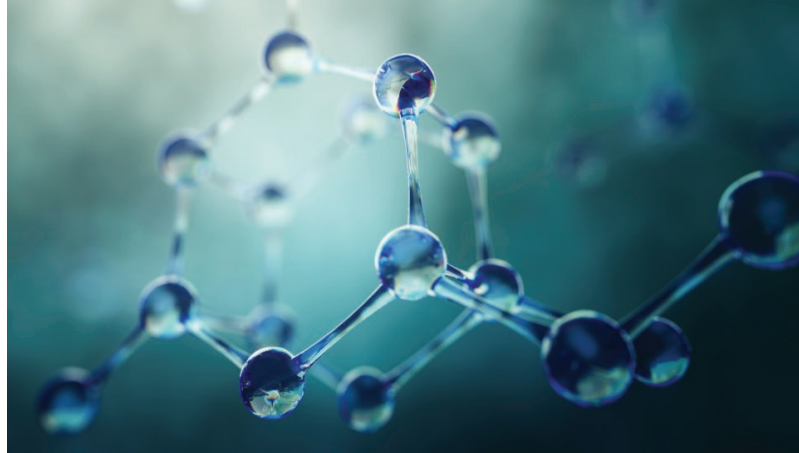
# CAN RELIGIOUS FAITH HELP ADVANCE SCIENCE?

**BY REV. RICHARD RANDOLPH, PhD, SENIOR PASTOR, CHRIST UNITED METHODIST CHURCH**

In my last article for 55+ I explored how science and faith may relate to — or, interact with — each other through a dialogue process. In this essay, I would like to explore a much deeper engagement process called integration. This position goes a step beyond “dialogue” by maintaining that science and religion can make contributions to one another’s ongoing research at a foundational level. In other words, integration occurs when science or religion proposes a research project for the other.

Integration can flow in either direction. Science may be used to critique and inform the foundational assumptions, building blocks, and paradigms of religion. An obvious illustration of the integrational flow from science to faith is the scientific discovery of evolution. Evolution forced most Christians to rethink how we interpret the creation stories in Genesis. Rather than thinking of these stories as explanations of how life emerged on earth, many Christians began to see these scriptures as focusing on humans’ responsibility to care for Creation and to be good stewards as part of God’s plan for all of Creation, including humans.

Conversely, integration can flow in the opposite direction, as well. Usually this opposite direction occurs when scientists realize that they are not properly prepared to address ethical questions which may arise from their research. Under these circumstances, religious faith may help advance science in a responsible manner.



Currently, this is happening in the field of genetics. Recent technological breakthroughs have given scientists cheap, powerful, and effective ways to manipulate DNA through a process called CRISPR. This new tool will allow geneticists to cure HIV, genetic diseases, and some cancers through genetic changes in human embryos. As this technology continues to develop, it has the potential to greatly benefit human life.

At the same time, the new CRISPR technology may be used negatively in ways that will harm people. For instance, if CRISPR is not widely available to everyone, it could be used to create a “super class” of children who have greatly enhanced physical and/or mental capabilities.

Geneticists are increasingly alarmed by the implications of this new technology. They believe that we should move forward only after carefully studying the ethics questions. Jennifer Doudna, who won a Nobel Prize as the co-discoverer of CRISPR, has called for a broad public discussion that intentionally includes religious leaders and religious perspectives.<sup>1</sup>

<sup>1</sup> Jennifer A. Doudna and Samuel Sternberg, *A Crack in Creation, Gene Editing and the Unthinkable Power to Control Evolution*.



## ***Have questions?***

Contact Rev. Richard Randolph, PhD at Christ United Methodist Church by email at [richard.randolph@christumclinc.org](mailto:richard.randolph@christumclinc.org) or by phone at 402-489-9618.

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# HAPPY HOLIDAYS

## CROSSWORD PUZZLE BY FRED OHLES

Watch for new fun with these puzzles in 2023. Each crossword will include all 26 letters of the alphabet circled - just like the first three and last three letters are circled here. Think of it as a quest and another aid to finding the right answers.

### ACROSS

- 1 "Not so fast, horse!"
- 5 "Obamacare" abbr.
- 8 One True Thing novelist Quindlen
- 12 Remote batteries
- 13 Firm post-dot letters
- 14 Indian bread
- 15 December season for Baptist, Catholic, etc. folks
- 18 It came before CIA
- 19 Book cover words
- 20 Allow
- 21 Wish folks bring to a holiday party
- 23 Best two with no face cards
- 26 "My turn to hit the tennis ball into your side of the court"
- 30 Black wood
- 31 Fall faint
- 32 Elvis \_\_\_ Presley
- 33 Common ending in ending
- 36 Texter's "might as well have a blast now"
- 37 Video streamer
- 38 Actress Zadora
- 39 Baby newts
- 40 December season for African-American folks
- 43 On the ship
- 46 Fermi, Italian-American physicist who built the first atomic pile (Chicago, 1942)
- 50 Hoffmann-La\_\_\_, drug firm

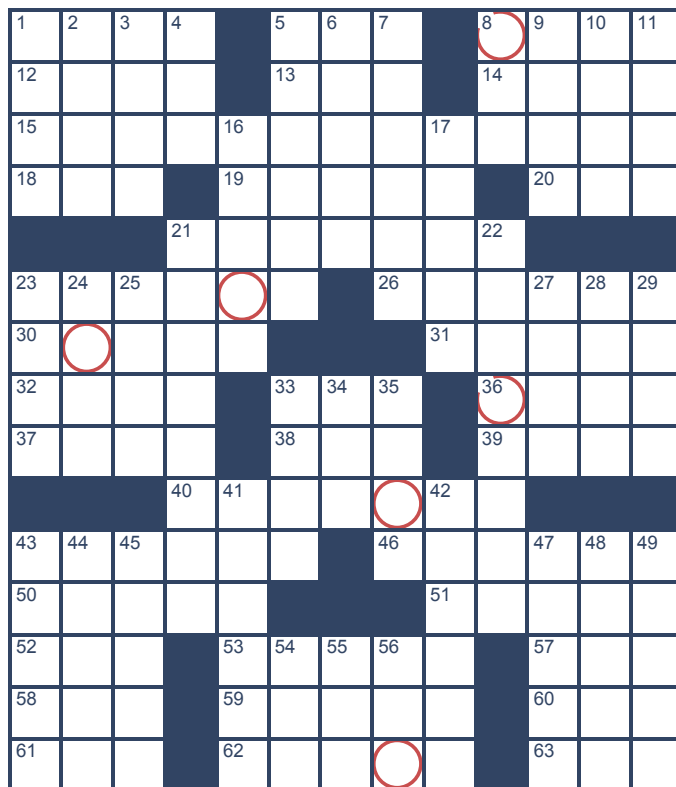
- 51 Old Russian rulers
- 52 Kitchen gear brand
- 53 Austro-Italian Alps area
- 57 See 49 Down
- 58 Cell phone card
- 59 Educating Rita star Michael
- 60 Neighbor to Lux.
- 61 Summer in Paris
- 62 Overly excited
- 63 Columbus-Seward dir.

### DOWN

- 1 Baylor's city
- 2 Shouts of surprise
- 3 Rowboat paddles
- 4 "\_\_\_ was saying"
- 5 Always busy
- 6 French count ("comet" anagram)
- 7 Italian coast near Naples
- 8 Hill builder
- 9 Pedicure subject
- 10 It may be first or last
- 11 One straddles the volleyball court
- 16 Actor Keach
- 17 Children's book Dr.
- 21 December season for Jewish folks
- 22 December Eve for all sorts of folks

- 23 Rend
- 24 Spain's longest river
- 25 Barnes & Noble rival of 33 Down
- 27 House topper
- 28 Electrical unit
- 29 Bible's son of Seth
- 33 Apple rival of 25 Down
- 34 Anaïs, French-American diarist
- 35 View with contentment
- 41 Miserable person
- 42 Deer horn
- 43 Came up
- 44 Package a purchase
- 45 "\_\_\_, All Ye Faithful"
- 47 Bits of verse
- 48 Gives a howl
- 49 With 57 Across, Italian love song
- 54 "Yippee!"
- 55 Rend
- 56 "\_\_\_, two, buckle my shoe"

**For answer key, please visit 55LNK.com.**







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# EATING GLOBALLY, THINKING LOCALLY

BY SEAN FLATTERY

*With so many streaming networks and programs, you can watch shows like "Stanley Tucci: Searching for Italy" or "Somebody Feed Phil," or past episodes of the late Anthony Bourdain's show, "Parts Unknown" to experience the culture and foods eaten. While it's exciting to travel to other countries, it's not always an option or timely — especially in wintertime. That got us thinking about the diverse populations and cuisines we have here in Lincoln and maybe we should explore restaurants in our own backyard.*

*First stops on our culinary travels: Bhutan and Iran. We were inspired by the owners/chefs we met and their heart-warming stories of how they came to live in Lincoln and why they are passionate about cooking. We savored every bite of the sumptuous foods put before us yet struggled to find adequate words to compliment what our taste buds were experiencing. Don't take our word for it. Experience these cuisines yourself, if you haven't already!*

*At The Oven, Indian classics — including Goa Fish and Chicken Tikka Korma — and unique house dishes like the Bhutanese Specialty with shrimp pair perfectly with a selection from the award-winning wine cellar.*



## THE OVEN

201 North 8th Street



Sonam & Pratik

In The Oven's Haymarket dining room, filled with the soft tinkle of glassware, the laughter of patrons, and accolades from years of culinary excellence, The Oven's chef, Sonam Rinchen, and sommelier Pratik Ghimire sat down with Lincoln 55+. Sonam carries the assured smile her loyal customers have come to know and love in her 29 years at The Oven.

"We're famous for our Bhutanese cuisine," Pratik explains. Pratik, who began serving at the Haymarket establishment during college seven years ago, has now become a sommelier, and continues The Oven's standard of excellence. "Sonam brings the culinary traditions of Bhutan, a mountainous region, to her recipes. The Bhutanese Speciality, for example, contains vegetables simmered in two types of cheese, which isn't always found in other Indian restaurants."

Starting with bright, warming mulligatawny soup and hearty naan bread, the Lincoln 55+ team found ourselves getting lost in a lunchtime filled with flavor. There's only winners on this menu.

**IF YOU GO** The Oven is open for dinner or takeout seven days per week, and serves lunch every day except Sunday.

"Of all the places I've lived, Lincoln is my favorite. The people are so warm and friendly — it's very easy to belong."

- NARGES MONTAZER



## DAFFODIL MEDITERRANEAN CUISINE



Narges

5500 Old Cheney Road, Suite 21



*No trip to Daffodil would be complete without a selection of dessert from the pastry case. The rose-shaped baklava (above) features a blossom crafted from layer upon layer of crisp, flaky phyllo dough bursting with the delicate flavors of honey and rose.*

Imagine: you're entering your grandmother's kitchen on a major holiday. There's plate after plate of hot, delicious favorites that are crafted with love and sure to nourish both body and soul.

That's the most apt way to describe the dining experience at Daffodil Mediterranean Cuisine. Chef Narges Montazer, with decades of experience and all the charm of a truly great hostess, prepares flavorful and creative dishes that are often inspired by the early years of her life in Babol, Iran.

Golden saffron rice serves as the base for many of the menu items available at Daffodil, and as menu items do rotate, you'll want to come frequently to test all that this jewelry box has to offer. When Lincoln 55+ visited, we sampled a variety of vegetarian options, including Spicy Chickpeas and Barley Rice (*pictured above*), Eggplant Parmesan, Spinach with Egg, as well as some dishes with meat, including Meatballs with Mixed Berries, Chicken Asiago, and Narges' favorite, the Pomegranate Walnut Chicken. In her hometown, Narges says it's possible to pick pomegranates from the trees that line the streets, and those flavors bring back good memories.

**IF YOU GO** As of this publication, Daffodil is open for lunch every day except Monday, and for dinner every day except Sunday and Monday. Bring an appetite — you'll eat well!

# KEEP YOUR BRAIN HEALTHY

BY GAIL MCNAIR

Whew! We lived through it! The pandemic, that is, and we all hope that it never returns. However, like everything, there is good news and bad news. Some of us stayed home and entertained ourselves by learning how to download books – the good news. I am happy to share that Lincoln City Libraries (LCL) reported an almost double increase in check-outs of eBooks and audiobooks from only one of its electronic services, from close to 300,000 in 2017 to almost 600,000 in 2021.

The bad news is that this increase in usage is also having a tremendous negative impact on Library budgets, as electronic books are purchased for a specific number of downloads and then disappear, while a print book sits on a shelf until it falls apart or is removed from the collection. Also, an unfortunate reality is that not all books are available in electronic formats, which limits accessibility. Plus, some publishers are restricting availability to libraries, which in my opinion, is just not right.



Additional good news, now that we are familiar with LCL's website, is that

we can now take advantage of the opportunities available with our library card. For example, click on Resources on the LCL homepage and the world is your oyster! If the news is your thing, you can access our local paper and five nationally recognized newspapers, including the New York Times and Washington Post. Other resource options include

Visit [lincolnlibraries.org](https://www.lincolnlibraries.org)

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Thanks to our Libraries, we can keep our brains fit and healthy through reading and technology exploration.

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genealogy, automotive, history, arts, and so much more! If you need help, Library staff can help in your local library or by phone.

The really good news is that thanks to our Libraries, we can keep our brains fit and healthy through reading and technology exploration. Mental exercise is important for our well-being, just as physical exercise keeps us physically fit. Reading helps stimulate our brains and improves reasoning skills, memory retention, processing speed, and reduces stress. If you don't have a library card, run don't walk to your nearest Library. Staff is ready and waiting to assist in opening a whole new electronic world to you!

*Gail McNair is the Executive Director of the Foundation for Lincoln City Libraries and a contributing writer for 55+.*



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# ARE MY TEETH AGING?

## Q & A BY JACQUE GENOVESE

*Growing up, my dentist would always tell me how straight my teeth were. My parents were adamant about getting 6-month checkups, a practice that I have continued throughout my adult life. A few years ago I noticed two of my front teeth had shifted. My dentist said, "Your teeth can move as you age." Say what? I'd taken such good care of my pearly whites over the years that it seemed unfair, but I wasted no time in getting those teeth straightened using Invisalign.*

*My experience led me to wonder about teeth aging, so I asked Emily Willett, DDS, and Allison Hurlbut, DDS, to answer a variety of my questions.*

### Why is it important to have regular checkups, cleanings, and dental care as we age?



**Dr. Hurlbut:** Teeth age just like the rest of our bodies. With normal wear and tear, teeth may develop small cracks and may become weakened. Also, as people age their dexterity worsens which may make it more difficult to properly care for their teeth at home. It's important to be seen for regular cleanings and exams to ensure teeth are cleaned and gums are healthy.

### What is teeth grinding and what are the effects?



**Dr. Willett:** Doctors are still researching what causes teeth grinding, also known as bruxism. Bruxism may be due to a combination of physical and/or genetic factors, such as stress, age, and personality type. Bruxism over time may lead to damaging your teeth and existing tooth restorations like fillings, crowns, or veneers.

Correcting bruxism depends on the cause; however, a common treatment includes a custom splint worn nightly. An emerging treatment is the application of botox or other neurotoxins to weaken the muscle enough to stop involuntary grinding and clenching of the teeth.

### What causes gums to recede?



**Dr. Hurlbut:** When the gum tissue pulls away from the teeth, it exposes the roots. This can be caused by poor oral hygiene, gingivitis, periodontitis, smoking, aggressive brushing, or genetics. Protect gums by having proper oral hygiene at home: brush twice daily, and floss once daily and/or water floss. If severe enough, you may need gum grafting surgery to repair the receding.

### Why do teeth move and what are treatment options?



**Dr. Willett:** Teeth move as we age and it is a natural process throughout our lives. Teeth undergo wear and tear from a lifetime of chewing, grinding, and biting. As we age, our bone density changes and our jaw structures are not exempt from this process and changing biology. Decreased bone density can lead to less bony support around the teeth, contributing to their likelihood of shifting. There can also be age-related changes in the size of the jaw structures and the teeth. Periodontal disease, or gum disease, can lead to tooth movement due to a bacterial infection which breaks down the bone that supports our teeth. If left untreated, it can lead to teeth becoming loose due to inadequate bone support. Correcting tooth movement is not always straightforward (pardon the pun!). It is important to get checked by a board-certified orthodontist so they can evaluate a multitude of circumstances and customize a treatment that is safe and efficient for each individual.



### What causes dry mouth and how is it prevented?



**Dr. Hurlbut:** Dry mouth can be caused by medications, auto-immune diseases, smoking, chewing tobacco, and alcohol.

Drinking plenty of water can reduce dry mouth. There are also different products available to help with dry mouth such as Biotene, Xylimelts, dry mouth prescription toothpaste, and MI paste.

### How does tooth loss impact my bite, jaw, etc.?



**Dr. Willett:** The impact of lost teeth without replacement can have devastating effects such as esthetic and social concerns, but more importantly can impact nutrition due to difficulties chewing and inadequate digestion. Tooth loss may lead to having an asymmetrical bite and unwanted jaw pain or additional tooth shifting.

### Do citrus foods damage tooth enamel?



**Dr. Hurlbut:** Citrus foods can cause erosion of enamel, sensitivity, and irritated/inflamed gums. Avoid large amounts of high citrus/high acidic foods. Avoid touching citrus foods directly to teeth, e.g., sucking on a lemon. If drinking or eating something acidic, follow by rinsing your mouth out with water and/or wait 15 minutes after consuming, and brush your teeth.

### How does chronic disease or medication affect teeth?



**Dr. Willett:** If you have a chronic disease or take any number of prescription medicines or supplements, there can be significant impacts on your dental health. The most common issues are with chronic diseases like diabetes where there is frequent snacking to manage blood sugar or a significant change in the chemistry of your saliva. Concerns associated with prescription medicines include dry mouth as a common side effect. Inadequate saliva contributes to a poor oral environment where decay can be rapid and severe.

**Emily Willett, DDS, is an Orthodontist and owns Lincoln Orthodontics. Allison Hurlbut, DDS, is a Family Dentist and owns Hurlbut Dental in Lincoln.**



# SEIZE THE WINTER SEASON

Don't let the cold weather keep you inside. Here are some activities to help you welcome winter! For complete event details and more upcoming events scan the QR code or visit [55lnk.com](https://55lnk.com).



→ **NOW - DEC. 30, 2022**

*Zoo Lights at Lincoln Children's Zoo*

→ **NOW - JAN. 3, 2023**

*Drive-Thru Christmas Lights Show in the Haymarket*

→ **DEC. 9-11, 16-18, 2022**

*Rudolph the Red-Nosed Reindeer, Jr.  
Lincoln Community Playhouse*

→ **DEC. 21, 2022**

*Sunset Solstice Hike, Pioneers Park Nature Center*

→ **DEC. 22-24, 2022**

*Dr. Seuss' How The Grinch Stole Christmas! The Musical  
Lied Center for Performing Arts*

→ **JAN 20, 2023**

*Twilight Hike-Stargazing, Pioneers Park Nature Center*

→ **FEB. 11, 2023**

*37th Annual Chocolate Lover's Fantasy*

→ **FEB. 11, 2023**

*Frosty Bike Ride, Hosted by Spearman Expeditions*

→ **FEB. 18, 2023**

*The Great Backyard Bird Count, Pioneers Park Nature Center*



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3.18M funds raised



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# THE JOY OF PIANO MUSIC

BY CLIFF LOWELL

A player piano in our parlor provided joyous entertainment. We would gather 'round and sing while one of us pumped the pedals and pretended to be an accomplished pianist. Cousins and friends came to visit and take turns making the music resound while others sang and danced.

My parents bought the piano and dozens of rolls of songs from the 1910s and '20s from Uncle Fred when he moved to Iowa. Some of my favorites included Ain't We Got Fun, Alexander's Ragtime Band, and K-K-K-Katy.

My brother, age two, discovered that the brittle plastic tubes that brought air from the bellows to the bar over which the rolls glided to produce sound popped when he broke them. That noise attracted my attention as I passed the sliding doors, and I opened them to investigate the sound. Melvin had happily broken half those tubes, oblivious of the damage he'd caused.

It was the 1930s depression years. My parents couldn't afford to have the piano repaired, and the piano roll music became memories as they gathered dust in their open-front cabinet.



Sometimes I would open the piano and pump the pedals to watch the cogs and chains pull the little bellows windows up and down as I longed for what used to be.

Sisters Doris and Gladys were taking music lessons from an accomplished cousin.

Although I was only six, I begged to learn to play too, but Mother thought I was too young and there weren't enough quarters for three people to take lessons. I asked her to explain how the musical staff matched the piano keys and gradually taught myself to play.

My first attempts were one-finger melodies, but I eventually added harmony and then bass notes. It wasn't as enjoyable as playing the player piano, but my skill has brought me much joy over the past 85 years.



**Excerpted from *The Early Years*  
by Clifford E. Lowell**

*Cliff is a contributing writer for 55+ Magazine.*





But that is the magic of mindfulness. With practice, we can notice the mind's patterns. So when we realize we've time-traveled to next week's party instead of enjoying the conversation happening at the dinner table right now, we can more easily return to the present. With practice, mindfulness can

mitigate worry with compassion for others and ourselves, and it can gently guide us from regret to a lot more appreciation of the good stuff in our lives.

Decades of research supports how daily meditation can positively change brain functioning, particularly in the areas in charge of higher-order thinking and emotion regulation. Thus, with a regular mindfulness practice, negative thought patterns and impulsive reactions are likely to be recognized and replaced with more judicious responses and healthier habits.

My own experience supports this research. A memorable example occurred a decade ago the day before Thanksgiving when our guest list surprisingly doubled. I was worried we wouldn't have enough food or the right food. I was worried we wouldn't get everything done on time. And the worries piled on like gravy on potatoes. My body offered the first stress clue when, in the grocery store I realized I was gripping the cart handle as if I were on a roller coaster. Both alarmed and amused with this discovery, I knew I needed a mental and physical reset. I immediately took a deep breath and noticed the inhalation and

## PRACTICE MINDFULNESS DURING THE HOLIDAY SEASON

**BY KARLA JENSEN, PhD**

In the Fall edition, I shared that mindfulness is a basic human ability to be purposefully present where we are, focus on what we are doing, and recognize what we are feeling. Present-moment awareness enhances curiosity, concentration, and perspective-taking – all valuable skills any time of the year, but especially during the holiday season with its grab-bag of emotions ranging from happiness and awe to anxiety and sadness.

The practice of mindfulness helps reduce the effects of stress caused by packed calendars and lengthy to-do lists. Of course, planning and organizing are necessary for our busy lives, and we naturally reminisce during the holidays. Sadly though, if we are always forward-focused or stuck in “what was,” we are deprived of the joys, both big and small, in the here and now.

exhalation. This pause allowed me to reassess my situation with clarity. I noticed everything around me – the toddler babbling with her grandma, the cheery music, the sugary smells. Needless worry was taking away from the pleasure of shopping for my friends and family. I wasn't in any danger. I was literally in the land of plenty, and I could afford to be there.

The practice of returning to the present moment allows us to be with what is right in front of us. Sure, what's in front of us might be unremarkable, or even unpleasant; but

more often than not, it's beautiful, enjoyable, or delicious. So the next time you find yourself in a holiday-induced spiral, use this handy S.T.O.P. tool recommended by mindfulness teachers. It only takes a moment, and you can do it wherever you are – even in the grocery store.



*Karla Jensen, PhD, is a professor of Communication Studies and Contemplative Practices; she is also certified to teach meditation and yoga. She invites readers to investigate mindfulness by checking out reputable organizations and authors who support this practice.*

## JUST **S.T.O.P.**

**STOP** with a gentle awareness that your mind is not in the present moment.

**TAKE** a breath. Taking a slow, deep breath resets your nervous system and it allows you to think more wisely.

**OBSERVE** your thoughts, emotions, and physical sensations. Try to do this without judging yourself.

**PROCEED** in a way that is kind and nourishing – both for yourself and others.



# SIMPLY SWEET AND SAVORY RECIPES

Whether sharing with friends and family or a treat for yourself, these easy recipes are perfect complements during the holiday and winter seasons! For more recipes visit [55lnk.com](http://55lnk.com) and [facebook.com/55pluslnk](https://facebook.com/55pluslnk) or scan the code.



## COATED PECANS OR WALNUTS

Mix 1 lb brown sugar and 5 tablespoons water in a saucepan and boil for 5 minutes. Add 4 cups pecans or walnuts and stir until well-coated. Pour nuts onto wax or parchment paper and separate nuts. Sprinkle cinnamon, nutmeg or other favorite seasonings while still warm. Let cool and serve or store in an airtight container.

## GLUTEN-FREE PUMPKIN MUFFINS

by Teresa Flattery

**STEP 1:** In a small bowl, mix the ingredients below and preheat your oven to 350 degrees.

- 1  $\frac{2}{3}$  c. Gluten-free flour
- 1 tsp. Baking soda
- $\frac{1}{4}$  tsp. Baking powder
- $\frac{3}{4}$  tsp. Salt
- $\frac{1}{2}$  tsp. Cloves
- $\frac{1}{2}$  tsp. Cinnamon
- $\frac{1}{2}$  tsp. Nutmeg
- $\frac{1}{2}$  tsp. Allspice

**STEP 2:** In a separate bowl, mix the ingredients below.

- 1  $\frac{1}{2}$  c. Sugar
- $\frac{1}{2}$  c. Salad oil
- 2 Eggs (added one at a time)
- 1 16 oz. Can of Pumpkin

**STEP 3:** Combine first and second ingredients in a large bowl. Pour mixture into greased or paper-lined muffin pans. Bake for 20 - 25 minutes. For mini-muffins, bake for 10 - 15 minutes.



# RETIREMENT STRATEGIES: PRESERVATION AND DISTRIBUTION PHASES



**KERRY ANDERSON,  
ANDERSON WEALTH  
& RETIREMENT**

There are a lot of things to consider when planning for retirement, such as how much money you will need

to live on and how you'll generate income in retirement.

But one of the most important things to think about is how you can make your money last. You don't want to outlive your money, so it's very important to have a strategy in place.

When people approach the **Preservation Phase** (approximately five years before their planned retirement date) they've been saving for many years, even decades in most cases. Retirement account balances can be quite large and portfolio volatility can become a major factor. This can significantly impact individuals in the **Distribution Phase** when they begin taking income from their savings.

When people first start saving for retirement, they're obviously focused on growth ... And they should be. However, the dynamics certainly shift when people get closer and closer to their desired retirement date. Market volatility and managing risk really come into focus and become much more relevant when people have a shorter time horizon.

At the end of the day, it's all about each person's individualized retirement needs.



~ Retire Right ~

I want to emphasize that the most important thing to accomplish in the initial meeting with a potential client is to focus on and discuss their personal goals. There is no "cookie cutter" plan. Everybody's situation is unique. After I get to know someone and their personal goals, I take the time to review and analyze their situation and help them position themselves to where they're not taking any unnecessary risks.

Planning for retirement may seem somewhat daunting, so it's important to seek assistance and guidance based on your specific situation. Taking steps now to better understand the varying dynamics and phases of retirement can make a significant difference in your financial future.

**Kerry Anderson is owner of Anderson Wealth & Retirement in Lincoln, NE and has over 30 years of experience in the financial services industry. If you wish to arrange a meeting or would like to discuss anything pertaining to this article, Mr. Anderson can be contacted at 402-265-5753 or at [andersonwealthgroup.com](http://andersonwealthgroup.com).**

# OUR CHANGING REAL ESTATE MARKET

**BY BILL BUDLER**

In Nebraska when the days grow shorter, and the weather gets cooler, we anticipate (expect) the changing of seasons. The signs today are clear. We are wearing jackets more often and the green foliage has begun to change into beautiful vibrant fall colors.

In the real estate world when we see inflation creeping into our economy and interest rates rising, we can expect the market to change. For several years we have had a very hyper-active seller's market fueled by record low interest rates coupled with a low housing inventory. The number of eager buyers greatly outnumbered sellers. Buyers were seemingly lined up at the door just waiting to buy any house the moment it went up for sale. Offers would seldom include any contingencies. Buyers waived their option to have the house inspected prior to the purchase. And they often paid much more than the asking price.

The jump in inflation and subsequent increase in mortgage rates absolutely has changed the housing market. Today buyers are exercising more discretion. We are starting to see more negotiations on price as well as terms. Even the home inspection has made a comeback. All good things for the buyer, but what about the seller?

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**The real question should be, *Is it the right time for you?***

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I am frequently asked if this is still a good time to sell. The reality is we continue to have a housing shortage. The number of homes for sale today still falls significantly short of demand. Thus, by definition it is still a seller's market. However, over the years in helping seniors navigate a fluctuating market I can tell you the one thing I've learned for certain, it's not about timing of the market. It's about meeting the unique needs of each client.

The real question should be, is it THE RIGHT TIME for YOU? The recent shift in the real estate market should not be the sole determining

factor whether to sell or not. That decision is best based on your unique circumstances with the assistance of a Seniors Real Estate Specialist. The real estate agent's role is not to tell you when to sell, but rather to provide timely and accurate information.

A better understanding of the current market will help you reach sound decisions and lead to a positive outcome.



*Bill Budler is a contributing writer for Lincoln 55+ magazine.*



# BOB'S FUNNY-FIVE+



What do you call a bunch of chess players bragging about their games in a hotel lobby?  
Chess nuts boasting in an open foyer!

What do you call an obnoxious reindeer?  
Rude-olph.

What do computers like to eat?  
Chips.

Did you hear about the guy who invented the 1st knock-knock joke?  
I guess he won the "no bell" prize.

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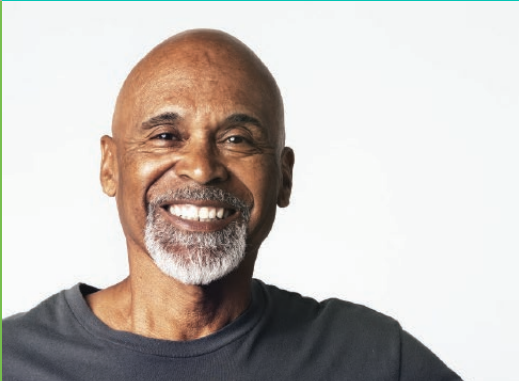
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