

LINCOLN'S MAGAZINE OF CHOICE
FOR THE SEASONED READER

Spring 2023

55+

LINCOLN COMMUNITY
FOUNDATION

An Absolute Win-Win

*By remembering the values of their parents,
a Lincoln couple finds joy in giving and
supporting their community.*

PAGE 2

**Healthy Eating
as You Age**

PAGE 16

**A Fulfilling Career
and Legacy**

PAGE 18



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SPRING 2023



Christine Weeks
Publisher



Jacque Genovese
Executive Editor



Sean Flattery
Creative Director



Jodi Richey
Designer



Sheena Rancourt
Editor



Mackenzie Slivka
Account Executive



Breanna Bisbee
Project Manager

THE 55+ TEAM

hello@55LNK.com

402.477.2721

A WORD FROM THE EDITOR

Spring Into 2023!

As I write this, it's raining outside which signals spring is just weeks away. I'm happy that winter is in my rearview mirror as I speed toward sunny days.

Our Spring edition is filled with articles that will cause you to think and be amazed. When it comes to giving back, "An Absolute Win-Win" on page 2 highlights the philanthropy of Craig and Devon Ames and their commitment to supporting organizations through Lincoln Community Foundation.

I love recognizing women who are passionate about their work. We're featuring two talented women who turned their passion into successful businesses. From working as a sports psychologist to creating a unique fitness model, you'll enjoy reading Dr. Jenni Bruning Brown's interview on page 6. Our second interview features Sherri Tafoya. Her favorite type of work is sales. Read her interview and learn how she built Custom Blinds & Design in "A Fulfilling Career and Legacy" on page 18.

If you're at the youthful age of 70 like me (don't tell anyone), you'll be interested to learn about changes to retirement laws in "Secure Act 2.0: Key Changes for 2023" on page 25.

How about healthy eating tips or how not to waste food? Yes, we've covered those topics, as well as practicing mindfulness, spring 2023 fashions, and a lot more.

Spring is a beautiful season. Find a park bench, grab some sunshine, and enjoy our magazine!

With gratitude,

Jacque Genovese
Executive Editor

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AN ABSOLUTE WIN-WIN

Couple Supports Nonprofits on Give to Lincoln Day Through IRA Distribution

LINCOLN COMMUNITY
FOUNDATION

Craig and Devon Ames both grew up amidst a spirit of generosity – always aspiring to an attitude and heart that are open to helping others.

“Devon and I believe you find joy in giving, seeing how you can use your time, talent, and treasure to support your community,” said Craig.

In fact, Craig remembers his mother sitting down on a Saturday night, stuffing cash into an envelope for the offering plate on Sunday morning.

“Devon and I have been married for 50 years, but we both grew up in households that modeled the spirit of philanthropy, and we have never forgotten how our parents showcased those lessons,” he said.

Craig and Devon are drawn to the Lincoln Community Foundation’s annual Give to Lincoln Day event in May because it is such a meaningful opportunity. Last year’s event raised a record-breaking \$8 million to help support 479 local nonprofits that serve Lincoln and Lancaster County.



Craig and Devon Ames

“It is a great event, and its success has grown so much in the amount raised and number of participating organizations, and the match that the Foundation and their sponsors provide,” Craig said.

Devon and Craig first met as college students at Wheaton College, just outside Chicago. Eventually, Craig enrolled in the Army

ROTC and served in Vietnam, while Devon taught high school. Upon returning from the service, Craig used the GI Bill to earn his master’s in hospital administration. After first working in Minneapolis, the Ames’s moved to Lincoln, and Craig took a position at Bryan Hospital in 1988.

Craig and Devon had two children when they moved to Lincoln, and they found it to be a wonderful place to balance family and work. “Lincoln’s such a big small town, a state capital, with a university, parks, and cultural events.”

Craig served as Chief Operating Officer at Bryan until his retirement in 2009 but wasn’t ready to play golf every day. Instead, he volunteers, serves on a variety of community boards, and has focused on giving back to the community.

Devon and Craig encourage people to support Give to Lincoln Day by exploring all the possible philanthropic tools available now. He and Devon have chosen to distribute a portion of their Individual Retirement Account (IRA) for the giving day, using what is called a Qualified Charitable Distribution (QCD).

Craig explained that the federal government requires you to withdraw and pay taxes on a portion of your IRA when you reach a

certain age. However, by using a QCD, those funds can be transferred directly to charitable organizations without paying taxes on the amount transferred.

“It’s kind of a no-brainer,” Craig said. “You support something you care about and reduce your tax burden. We give money to charity, and we save on taxes, and we also support a cause dear to us. It’s an absolute win-win, such a great deal.”



Participate in Give to Lincoln Day via IRA QCDs

When you reach age 70½, 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 QCD to support a qualified charity, those funds are transferred directly to that charitable organization, tax-free.

Craig Ames has used a QCD for Give to Lincoln Day. **This year’s Give to Lincoln Day is Wednesday, May 24.** Join Lincoln’s one big day of giving by using QCD from your IRA to support your favorite registered nonprofits.

IT'S 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 the Lincoln Community Foundation form for IRA QCD gifts, listing the amount for each nonprofit you wish to support, and return it to the Lincoln Community Foundation by May 12. This form is available at LCF.org, or by contacting the Foundation.



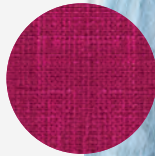
For more information and other examples of ways you can use a Qualified Charitable Distribution to achieve your charitable goals, contact Diane Mendenhall at 402-474-2345 or dianem@lcf.org.

TOP FASHION TRENDS THIS SPRING

- Everyday Wear, but Elevated
- Wide-legged Denim and Pants
- Blazers in Every Color
- Matching Sets
- Pops of Color (Think Pink)
- Sheer Layers
- Denim on Denim on Denim



Trends and styles by Three Daughters Boutique



Shades Of The Season:

MAGENTA

BLUE (DENIM SHADES)

BLACK, WITH LEATHER AND SHEER DETAILS





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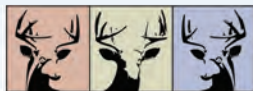
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READY TO FLY

**A CONVERSATION WITH
JENNI BRUNING BROWN,
PhD
BY JACQUE GENOVESE**

I had a chance to catch up with Jenni Bruning Brown, PhD, owner of Fly Fitness in Lincoln, to talk about her passion and vision to inspire people to live a healthy lifestyle. Her path to creating a unique fitness model at Fly Fitness and developing franchise opportunities began in Lincoln where she grew up.



Fly is built around the idea that fitness isn't a trend, it's a lifestyle. It's very hands-on and personalized – small class based, like personal training. Also, it's not focused on dieting or weight and shape. We help people build internal (mental) and external strength.

How did you get involved in fitness?

I've always been doing something with fitness since I was 18-years-old. I've taught classes, have run marathons, and completed a half Ironman. After I graduated from law school, I moved to California and obtained my PhD in Sports Psychology from Stanford University. I worked with a few Stanford teams while in graduate school, then worked for the University of Nebraska Athletic Department for over 10 years.

What was your first fitness business?

While in California, I owned a fitness company in the Bay area that offered outdoor bootcamps, which ultimately led me to open Fly Fitness here in Lincoln.

What sets Fly Fitness apart from other facilities?

Fly is a place where you can interact with people; not just go workout by yourself. Humans need a connection and a reason to do something long term with other people.

What can you expect when you come to Fly Fitness?

We tailor your fitness program to your goals, not the person next to you. We don't compare your training to anyone else in a class. We encourage individuals to look at fitness as part of their healthy lifestyle that they choose to do over and over, like sleeping, drinking water, or having social relationships. All of that is part of wellness. If you see exercise or movement as a terrible thing, then you will never be able to sustain it. You have to incorporate it into your daily life and have a social community around you.

Tell us about your life outside of Fly Fitness.

My husband and I have three children, with the oldest one just graduating from high school. We're a really close family so spending as much time as we can with them right now is important.

How can Fly Fitness help people over 55?

I'm in my 50s and this is the time when it is really important to stay active. We have a lot of members who are over 55 years old, including a woman who is 72 and has been a member with us for the past



five years. All of our classes are designed to work for every fitness level or age.

For women over 55, taking strength classes or doing weight bearing exercises specifically for bones can help to stave off osteoporosis and osteoarthritis. We offer classes like Pilates which are low-impact.

What's your best piece of advice for our 55+ readers when it comes to health & wellness?

- Commit to a routine. It can be as simple as walking for 15 minutes a day or taking two classes a week.
- Circle your wellness around your routine.
- Do it with a friend or a fitness instructor, someone you have a connection with to build that community for yourself.

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SPRING LIMERICK

BY CLIFF LOWELL

There was a young couple in Spring
Whose thoughts were about just one thing.
They'd bill and they'd coo
As love birds will do.
They're now in their nest where they sing.



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SPRING INTO GOOD READS

BOOK REVIEWS BY
LINDA STEPHEN, REVIEWER

Wanderers: A History of Women Walking

by Kerri Andrews – My sister gave me this book for Christmas. She knows that I enjoy exploring new paths. This book highlights the voices of 10 women writer-walkers over the past 300 years including Dorothy Wordsworth, Virginia Woolf, Anais Nin, and Cheryl Strayed. More importantly, *Wanderers* shows the role of walking in writing and creativity, seeing and being. For many reasons, women have had restrictions on the freedom to walk alone and think – household duties, childcare, limitations of clothes, and safety. I highly recommend *Wanderers* for anyone who walks regularly, enjoys outdoor time, or appreciates thoughtful writing. Reaktion Books Limited, 2021, 304 pages (paperback).

A Fatal Fleece: A Seaside Knitters Mystery by Sally Goldenbaum – I discovered this cozy mystery series last summer and have read at least eight of the series, not in order. The murder mysteries take place in a small seaside town in Massachusetts that has no chain stores. The main character Nell is retired from running a big nonprofit in Boston.

The books are as much about community and enjoying food as they are about solving murders. Every Friday, Nell and her husband host an open house meal for four to 20 of their friends. The mystery unravellers are four women best friends: Nell, her niece who runs the yarn studio, a young lobsterwoman, and an octogenarian, who eat and talk and knit together at the yarn studio every Thursday night. I do not knit and still enjoy



knitting projects. I highly recommend any of the *Seaside Knitters* mysteries (Penguin Books) for anyone who loves cozy mysteries, stories celebrating friendships, or examples of active retirement. Find at Lincoln City Libraries.

One Brilliant Flame: A Novel by Joy Castro – This fascinating historical novel primarily takes place in 1886 in Key West in the cigar factories, wealthy houses, slums, and coffee shops of the most prosperous city in Florida. The city was the base for Cuban rebels fighting a 30-year war against Spain for independence and the end of slavery. Did you know that cigar factory workers hired a lecturo to read newspapers or books for hours to entertain them while they rolled tobacco leaves into cigars? The story is told from the view of six young friends, female and male, working class and rich. I appreciate the different viewpoints and voices – showing how even people from the same place and time have different life experiences. Highly recommend to readers who enjoy the feeling of living history. Lake Union Publishing, 2023, 334 pages. Castro is currently the Willa Cather Professor of English and Ethnic Studies at the University of Nebraska-Lincoln. Find signed books at Francie & Finch Bookshop, 130 S. 13th Street in Lincoln.

Linda Stephen is an author, editor, and origami artist. Contact her at Linda@UnfoldingCommunications.com. Art events and classes at LindaStephen.com or Facebook.com/LindaStephenOrigamiArt.



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Dinner will be served.

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WHAT IF THEY REALLY DO EXIST?

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

Space aliens are popular topics in contemporary science fiction. But, have you ever wondered what the implications would be for religious faith if intelligent extraterrestrials actually existed?

Scientists estimate that there are 10^{17} earth-like planets in the universe, capable of supporting life. Statistically, it is very likely that extraterrestrial life exists out there, somewhere in the universe. Astronomers have already identified 5,310 habitable planets, see <http://exoplanet.eu/catalog/>. However, the challenge is distance. The nearest star to our sun is Proxima Centauri, which is 4.22 light years away from planet Earth, requiring 73,000 years for a spacecraft to reach it.

Given these distances, the most likely discovery scenario would be contacted through a signal received from space. If we received such a signal, what would that mean for world religions? While some commentators have assumed that extraterrestrial contact would destroy religions, most persons of faith disagree. For them, extraterrestrial contact would present opportunities to think deeper about their faith.

Some of these opportunities would be specific to a particular tradition. For instance, Christians would want to know if the extraterrestrials had experienced an incarnation of God, similar to the incarnation of Jesus Christ. Also, would an “extraterrestrial Jesus” have suffered crucifixion?



Other implications would be more general. Perhaps the most important of these is the place of humanity in the universe. The Abrahamic faiths hold that humans are created in the image of God, set aside for a special relationship with God. Yet, all of the discovery scenarios assume that extraterrestrial intelligence would be far superior to humans, given the vast distances that separate us. Would that mean that extraterrestrials are “more special” than humans?

For me, the way to resolve this seeming dilemma is to recognize that over history humans have misunderstood how much God loves all life — not just humans. God loves all life, from the most intelligent extraterrestrial to the lowest slug crawling on the ground. From this view, the role of humans as God’s stewards of life on this planet is even more critical — regardless of whether or not extraterrestrials exist out there.



Have questions?

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

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DIG INTO A NEW CHALLENGE

CROSSWORD PUZZLE BY FRED OHLES

Theme clues are starred. When the puzzle is finished, every letter from A to Z will appear in one of the 26 circles.

ACROSS

- 1 Made uncheerful spectator sounds
- 7 *Shoes on someone's feet
- 11 Altogether
- 12 Opera set in Egypt
- 13 Chinese pork dish
- 14 Sask. or Que.
- 15 Women's ___ ('60s movement)
- 16 Capri or Man
- 17 *Pedaled conveyances with a couple of wheels
- 21 Social sci. subj.
- 22 Additional people on the set
- 26 Gym movement
- 27 One-pt. baskets
- 28 Little newt
- 29 Old Faithful, for one
- 31 Rec'd a red card
- 32 *What a debate often has
- 34 Bert in Mary Poppins
- 37 It was a big Motown labor org.
- 38 Writer Wiesel
- 39 Conflagrations
- 43 Stopped sleeping
- 44 Nonsense singing syllables
- 45 *Music performed with another player
- 46 He was an electric fellow

DOWN

- 1 Either of two Lincoln bank leaders Stuart
- 2 Ambient music guy Brian

3 Ike's command in WWII

4 Washington State town where television series Northern Exposure was filmed

5 Sense of morals

6 *Rhyming description of twins who are difficult

7 Unfriendly term for Catholic

8 High faluting attitudes

9 Worshipped personality

10 Enthusiastic, like some reviews

17 Floating Arctic danger

18 Slurpee rival

19 Duplicate

20 "All My ___ Live in Texas," sung by George Strait

23 Not opt'l

24 For ___ (basis of lawyer's work)

25 Short for usual ways

27 Opposite of lots and lots

30 City pathway

31 Hindu festival of lights

33 Greens course

34 Indecent

35 Any player in San Francisco Giants outfield on September 15, 1963

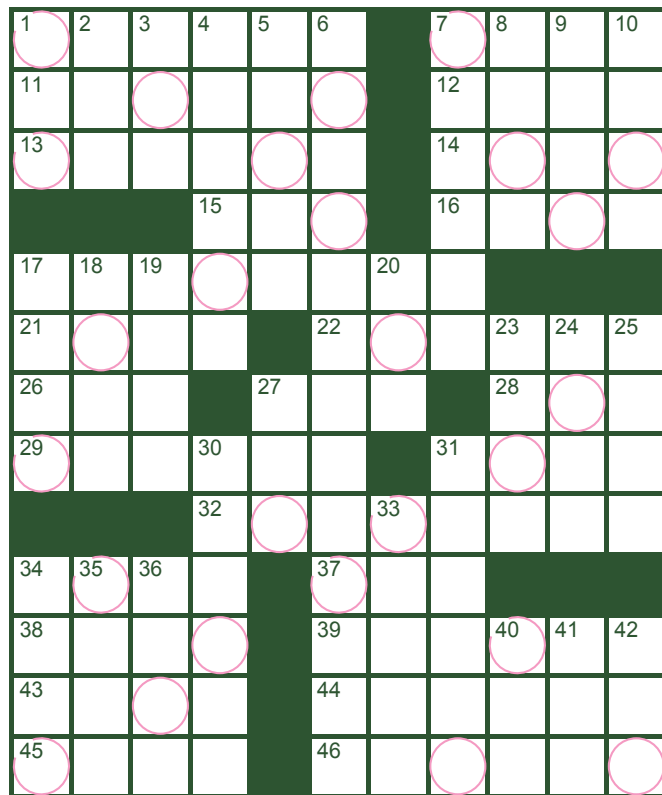
36 Pass football to quarterback

40 ___ in Zanzibar

41 Futuristic 1970s Brit. band

42 Francisco starter

For answer key, please visit 55LNK.com.





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It's Spring and the Sandhill Cranes are Back: Prepare to be Dazzled

BY JULIE THOMAS, PhD

Nebraska's most famous bird doesn't even live here, though the Sandhill Crane — Nebraska's State Migrating Bird — has been taking "spring break" here for millions of years as it travels from wintering-grounds in Texas to nesting-areas in Canada and Siberia.

The Sandhill Crane migration brings around 1,000,000 cranes to the Central Platte River area (mid-February to mid-April). While cranes are focused on resting and fueling-up for their remaining northbound journey, tourists are amazed by the magnitude of birds. While some tourists travel long distances for this "bucket list" opportunity, crane viewing can be a day-trip for Lincolniters. Why not pack-up the family, a pair of

binoculars (if you have them), and a picnic lunch — and hit the road!

As you may know, Sandhill Cranes are large wading birds (4-foot tall, 6-foot wingspan). Males and females are identical in coloration, bond for life, and hatch 1-2 offspring per year. Young cranes stay with their parents until they reach sexual maturity (2 years). Look for these family groups of 2-4 birds within larger groups of cranes moving to and from surrounding fields (to feed during the day) and the sandbar/river areas (for safety at night). You might also notice cranes are dancers. They dance to communicate emotions (like stress, aggression) and to renew their pair bonds. Watch for jumps, bows, and kicks!

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



Photo: Joe Sandrin

These websites will link you to helpful videos, maps (crane viewing locations), guided tour options, and visitor center locations for trip planning.

- [Kearney Visitors Bureau visitkearney.org/sandhill-cranes](http://KearneyVisitorsBureau.visitkearney.org/sandhill-cranes)
- [Audubon Rowe Sanctuary rowe.audubon.org](http://AudubonRoweSanctuary.rowe.audubon.org)
- [Crane Trust cranetrust.org](http://CraneTrust.cranetrust.org)

OLDER NEBRASKANS FACE MAJOR FOOD INSECURITY ISSUES

Many are surprised to learn the sobering facts — one in 15 older Americans face hunger. Closer to home, 25% of older adults in Nebraska struggle with food accessibility and affordability. It is an unfortunate storm of baby boomers retiring in record numbers through 2030, combined with an uncertain economy and negative effects of the COVID-19 pandemic. With age, health naturally declines and that comes with issues surrounding mobility and financial resources.

In 1967, nonprofit Tabitha was the first to recognize food delivery makes all the difference by launching the vital, Tabitha Meals on Wheels program which continues to this day. Something as simple as a meal, wellness check, and friendly visit allows older adults in the Capital city area to remain healthier and safe in their homes.

But deliveries come at a great cost to Tabitha which must supplement expenses and dedicate precious workforce hours.

25%
Of Older
Nebraskans
Need Assistance
With Food

90%
Say Meals Allow
Them To Remain
At Home

81%
Cannot Afford
The Cost Of Each
\$7.50 Meal

82%
Report That A
Volunteer Is The
Only Person They
See Each Day

“An eye-opening 81% of program recipients cannot afford the \$7.50 cost of a meal, while donations have dropped substantially. Tabitha stringently fights to maintain this service,” shared Tabitha President and CEO, Christie Hinrichs.

When older adults do not have access to balanced meals, we all suffer. Hunger strains the healthcare system and takes its toll on overall wellbeing, leaving people at risk for chronic conditions like diabetes, asthma, and depression. This forces people to decide whether to pay for food or for other necessities such as medicine, transportation, utilities, rent/mortgage.

“Nebraskans are a proud bunch, many older neighbors may be silently struggling,” stated Hinrichs. “It is heartbreaking that something so in reach puts us in jeopardy. Tabitha does not turn anyone away who needs a meal, regardless of their ability to pay. We want to continue to deliver, but need the public’s help to make it happen.”

Today, 5 million meals and 500 daily deliveries later, Tabitha Meals on Wheels still leads the charge to fund this lifeline program with major supplements from caring donors and volunteers.

Tabitha will continue to provide this vital service as long as the community is able to support their efforts. Make a difference today. Go to Tabitha.org/gap to give much-needed funds to this program.



HEALTHY EATING AS YOU AGE

Maintaining a healthy weight and ensuring that your body is getting the right nutrients is important as you age. Eating healthy can help you remain active and spend less time seeing your doctor. If you have a chronic condition, such as diabetes or heart disease, eating the right foods can also help manage your chronic disease. Here are a few helpful tips when planning meals or trips to the grocery store.



1

USE MYPLATE PLAN

This tool allows you to personalize your food plan* based on age, sex, height, weight, and physical activity.



3

CREATE A HEALTHY GROCERY LIST

The American Heart Association has a Heart-Check digital grocery list tool on their website. It can help identify healthier foods.

Source: <https://www.heart.org/en/grocery-list>



2

KNOW THE FOOD GROUPS

Understanding the food groups and how much you should consume daily can help you maintain healthy eating habits. The National Institute on Aging website provides recommended servings from each food group.

Source: <https://www.nia.nih.gov/health/healthy-eating-you-age-know-your-food-groups>



4

READ LABELS

The healthiest foods are in the outer aisles at your grocery store – fresh fruits and vegetables, fish/meat, and dairy products. When buying packaged foods, be sure to read labels to find the amount of fat, added sugars, and sodium per serving.



Sources: National Institute on Aging, nia.nih.gov
National Council on Aging, ncoa.org; American Heart Association, heart.org
*MyPlate.gov is based on the Dietary Guidelines for Americans, 2020-2025

UN-BOWL-LEAVEABLY EASY SMOOTHIES

Make a healthy smoothie bowl by blending your choice of ingredients or follow one of the easy recipes below!

BASE INGREDIENTS:

Frozen fruit (strawberries, bananas, mixed berries, mango, avocado)

Liquid (milk or juice)

Seeds (chia or ground flax)

Protein (nut butter, protein powder, yogurt)

TOPPINGS:

Granola/cereal

Nut butter

Fresh and/or dried fruit

Honey

Seeds and nuts

Coconut flakes



SIMPLY DELICIOUS FRUIT SMOOTHIE

Have fun experimenting with different varieties of fruit and juices in this simple yet scrumptious smoothie.

1 large banana

1 c. fresh peaches or strawberries

1 c. low-fat vanilla yogurt

½ c. fruit juice

Suggested Toppings: granola, coconut flakes, and honey

Combine all ingredients in a blender. Blend on high until smooth. Pour into bowl and top with granola, coconut flakes, and drizzle with honey. Serve immediately.

AVOCADO MELON BREAKFAST SMOOTHIE

A delightful concoction of green fruits and vegetables plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead.*

1 large, ripe avocado

1 c. honeydew melon chunks (about 1 slice)

1 ½ tsp. lime juice

1 c. fat-free milk

1 c. plain fat-free yogurt

½ c. 100% apple or white grape juice

1 T. honey

Cut avocado in half, remove pit. Scoop out flesh, place in blender. Add remaining ingredients; blend well. Serve cold. *Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before serving.

A FULFILLING CAREER AND LEGACY

A CONVERSATION WITH SHERRI TAFOYA BY JACQUE GENOVESE

Custom Blinds & Design was born out of Sherri Tafoya's sheer grit, determination, and faith. If you've met Sherri, you know she's a people-person. Her career began in real estate, then when she needed to be more available to her four sons, she transitioned to radio sales.

Just before her 40th birthday, Sherri said she felt like she'd lost her passion for life. After one hectic day at work, her 12-year-old son Quinn saw how frazzled she looked and suggested she slow down. Sherri said to Quinn, "Help me pray about a business I can do from home." That day became a pivotal turning point in her life.



What was your vision in 2000?

I would love to say I had a big vision, but I really just wanted to work for myself. I love sales – it's the most wonderful field.

That day, Quinn and I started listing jobs I could do from home – dog walking, babysitting, window cleaning, etc. For some reason, window shadings kept coming to mind. I had noticed the big homes in the Williamsburg area which gave me the idea to sell window coverings. We started by leaving door hangers at the homes with the hope that in one year I could quit my full-time job. Sales went better than I could have imagined and I gave notice within a few months!

Why has your company been so successful over the years?

I think people could see my passion and they believed in the product. During the first two years, I did everything myself before I hired my first employee. Clients liked the way we took care of all the details and installed a luxury product that was guaranteed. We've continued to grow our business while maintaining our core values. Today, we have an amazing team of 28 talented people. We are the only Hunter Douglas Centurion Galleries in Lincoln and Omaha. I'm very proud that our business is known for being honest, trustworthy, and offering high-quality window coverings.

What has been the most rewarding part of your career?

Establishing long-term relationships with my clients. What brings me joy is getting to know clients and what their needs are, helping them find the right product, and making sure they are happy with their purchase for years. I believe if you keep

Sherri Tafoya and son, Quinn Small

relationships strong, life pays it forward. Also, it's been rewarding knowing that our company has been able to provide great careers for our employees.

When did you decide to transition from CEO to Chairman of the Board?

I had been thinking about a succession plan for a few years. I worked with a company to determine what that might look like. I love my team and my business, and I want to ensure the company will continue to serve them and our clients. Over the years, I would bounce ideas off of Quinn and ask for his advice. He had grown up in the company and was very knowledgeable about the industry. He has been involved in every part of the business, and it touched my heart when he approached me about buying the company. I knew he would continue to carry on the vision and legacy of Custom Blinds & Design.

What do you want your legacy to be?

I want Custom Blinds & Design to grow and thrive, and to continue to take great care of our team and their families. For me personally, I would like people to think of me as being friendly, honest, and always committed to helping them find the right window coverings.

What are you looking forward to doing now?

I love my grandkids and want them to enjoy more time with their "Mimi" rather than with their daycare provider every day. I've also found that my relationships with our six grown children and their spouses, and seeing them as adult peers, is a special bonus.

Moving forward, I'm excited to carry my passion for life to make a positive impact on people's lives. I love life and the relationships that come with it.




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* Applicable "purchase price" is the amount paid by the consumer for the product(s), including sales tax, and does not cover the costs for measuring or installing qualifying products.



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willardcommunitycenter.org

→ **MARCH 10, APRIL 14, OR MAY 12**

Figure Drawing Workshop, lincoln.org

→ **APRIL 1, 8, 22, 29**

Women Build Workshop, lincolnhabitat.org

→ **MAY 6, 13, 20, OR 27**

Saturdays at Hyde Observatory, hydeobservatory.info

→ **MAY 27**

The Wildwoods at Deer Spring Winery, omahablues.com

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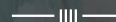
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WASTED FOOD. HOW RUDE!



**BY WILLA DICOSTANZO
WASTE DIVERSION
COORDINATOR
CITY OF LINCOLN**

Wasted food is a problem. In America, 40% of the food is wasted; yet, 1 in 8 Americans struggle to put food on the table. It takes a lot of resources and energy to make, transport, deliver, and consume the food we eat. Wasted food also wastes your hard-earned money. The average family of four spends about \$1,500 on food each year that ends up being uneaten.

Does this happen in your home? Log what you throw out for a week and see if you have any wasted food. Follow these helpful tips to reduce the waste you produce:

- 1 Think before you shop; write a list, set a budget, and stick to what you need.
- 2 Organize your fridge and freezer and check the temperature to make sure they are cooling properly.
- 3 Make an “eat me first” shelf and keep foods close to spoiling in front so they aren’t pushed back and forgotten.
- 4 Eat your leftovers. Leftovers can be kept for **3 to 4 days** in the refrigerator.



How Can You Keep Food Fresh?

- The door is the warmest part of the fridge. Don’t store things that are quick to spoil such as milk and eggs.
- The lowest shelves in the fridge are the coldest. Store things such as meat, poultry, and fish there.
- Refrigerate peeled or cut vegetables.
- The freezer is your friend; it’s a great place to store foods and retain quality until you eat them.
- Fruit goes bad quicker if kept at room temperature. Keep your fruit bowl in the refrigerator.
- Little fruits such as berries, cherries, and grapes should not be washed until right before you eat them. This helps prevent mold from growing. When you do wash them, use water and vinegar to help remove bacteria.

Get Date Label Savvy!

Best If Used By / Before indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

Use By is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when found on infant formula.

Display Until / Sell By tells the store how long to display the product for sale for inventory management. It is not a safety date.

Freeze By is the last date recommended for the use of the product while at peak quality.

Be Aware of Scams



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SECURE ACT 2.0: KEY CHANGES FOR 2023

KERRY ANDERSON, ANDERSON WEALTH & RETIREMENT

After months of debate, Congress finally passed some major changes to retirement laws at the end of 2022.¹ The **Setting Every Community Up for Retirement Enhancement (SECURE) Act 2.0** changes are numerous, complex, and will roll out over several years. For now, let's focus on some key changes for 2023.²

- The age at which required minimum distributions (RMDs) begin has increased to age 73 in 2023. This change impacts folks born between 1951 and 1959.
- The penalty for missing all or part of an RMD decreased to 25% in 2023. However, if you correct the past due RMD and pay taxes on it within two years, the penalty drops to 10%.³
- Qualified Charitable Distributions have a few more options. Starting in 2023, folks who are age 70½ or older can gift a one-time amount of \$50,000 (adjusted for annual inflation) to a charitable remainder unitrust (CRUT), charitable remainder annuity trust (CRAT), or charitable gift annuity (CGA).⁴
- More folks can take early distributions from their retirement accounts without penalty. Starting in 2023, victims of disasters and folks who are terminally ill will be able to access their retirement accounts early without incurring a 10% penalty.⁵ There's plenty of fine print, so let's have a conversation if you think you might be eligible.



Bottom line: There's A LOT to unpack in the new laws. As we've learned with previous new regulations, Congress might enact new laws, but we often must wait for the IRS and other agencies to catch up before we can fully make use of them.

Stay tuned for updates as the new rules shake out.

Kerry Anderson, the owner of Anderson Wealth & Retirement in Lincoln, NE, has over 30 years of experience in the financial services industry. For more information, Mr. Anderson can be contacted at 402-265-5753 or at andersonwealthgroup.com.



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² <https://www.fidelity.com/learning-center/personal-finance/secure-act-2> ³ <https://www.kiplinger.com/retirement/new-rmd-rules> ⁴ <https://www.fidelitycharitable.org/articles/secure-act-2-0-retirement-provisions.html> ⁵ <https://www.jdsupra.com/legalnews/secure-2-0-changes-rules-for-retirement-9979502/>

PRACTICING MINDFUL AWARENESS

BY KARLA JENSEN, PhD

Previously, I've shared my passion for the practice of mindfulness – our 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, which can be cultivated through a variety of mindfulness techniques including meditation, offers a host of benefits such as enhanced curiosity, concentration, and empathy. With regular meditation practice, we may also experience a reduction in anxiety, depression, and daily stress.

In my byline, I invite you to “investigate mindfulness by checking out reputable organizations and authors who support this practice.” If you are a mindfulness newbie, wondering what type of meditation to try, how long to meditate, and having questions answered may be overwhelming. If you are a seasoned practitioner, experiencing resistance to meditating or simply needing a fresh perspective is common. Thanks to the Internet, an array of guided meditations is at our fingertips. (A gentle reminder: double-check the credibility of your sources.) For instance, the UCLA Mindful Awareness Research Center and Insight Timer (both of which have meditation apps) are filled with resources that can inform and inspire.



While such material is valuable in creating a DIY approach to mindfulness, you may also wish to join an in-person class to kick-start or deepen your mindfulness journey. In the Lincoln area, Into Balance offers an 8-week Mindfulness-based Stress Reduction (MBSR) course multiple times each year.

These in-person classes follow an evidence-based curriculum of instruction, meditation, gentle yoga, and group discussions. Having participated in this particular MBSR course, as well as several other in-person meditation courses elsewhere, I can attest to the benefits of regularly meeting with a group. Specifically, the personal attention and expert guidance by the instructor and the motivation to follow through with my “meditation homework” greatly supports my home practice. Also, in my experience, the most remarkable aspect of a group course is the sense of community. All of us — extroverts and introverts alike — are social creatures. The connections and sense of belonging established during in-person classes can be a source of joy that is beneficial well beyond the weekly gathering.

Whether your mindfulness practice takes place with a group or as a solo effort, know that the time you spend exploring each moment will yield a deeper sense of well-being in your daily life.

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.



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