

LINCOLN'S MAGAZINE OF CHOICE
FOR THE SEASONED READER

Summer 2023

FREE!

A New Approach to Living at Eastmont

Independent living that supports active lifestyles

PAGE 2

Connecting with People

PAGE 10

Summer Cooking:
Take it Outside

PAGE 14

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SUMMER 2023



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A WORD FROM THE EDITOR

Yeah! It's summertime!

I appreciate the longer days, warmer temps, glorious sunshine, and fun activities outside. From gardening to grilling, there's so much to enjoy. Most of all, during the summer months I can plan get-togethers with family and friends and there doesn't have to be a special event or reason. Spending time together is the "why!"

I'm excited about our Summer edition because we feature several great organizations that are making tremendous impacts on our community. For starters, community living isn't what it used to be as you read about what Eastmont is doing in "Living Your Way: Creating a Vision" on page 2. We also discover the wonderful programs The Malone Center provides to Lincoln youth and families and their campaign to build a new facility in "The Malone Center Is Changing Lives" on page 18.

When it comes to fun things to do, the Lincoln Arts Festival has something for everyone on page 6. For our outdoor friends, find out how you can improve your wellbeing in "Mindfulness in the Outdoors" on page 20.

Let's not forget about BBQ and grilling! If you've wished you could cook and bake outside all summer rather than be in the hot kitchen – well, you can. Find great tips on how to use your grill for more than just grilling in "Summer Cooking: Take It Outside" on page 14.

Here's to lots of fun celebrations, smiles and memories, and sunscreen this summer!

Jacquie Genovese
Executive Editor

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A New Approach to Living at Eastmont



Heading down O Street, you may have noticed that a familiar landmark is getting quite a facelift. Eastmont, formerly known as Eastmont Towers, is in the home stretch of a \$52 million renovation. The project features a new apartment building with 50 independent living apartments, a state-of-the-art Performing Arts Center, fitness center, pool, hot tub, salon, Creative Design Center, East End Terrace, Sky Lounge, rooftop deck, and a brand-new Bistro dining venue. Residents will begin moving into the new apartments in June, with the amenities opening in September.

While this project provides exciting updates to this 55-year-old continuing care retirement community, the buildings are secondary to the purpose of serving the next generation of seniors. The vision, to transform the perception of aging, means even calling Eastmont a “retirement community” is out of sync. An individual’s choice if or when to retire, or pursue a second (or third) career are far from the antiquated vision of a rocking chair. Eastmont embraces active aging and through this expansion plans to support individuals in achieving their greater goals during this time in their life.

Rip up your to-do list.

Start working on your bucket list.

Eastmont provides an all-inclusive lifestyle, meaning residents don’t have to focus on cleaning, maintenance, or yard work and can instead spend time engaging in activities they enjoy and are important to them. Eastmont’s expansion plans developed through conversations with seniors across southeast Nebraska where common themes arose that inspired Eastmont and Transforming Age to create a community with residents’ goals in mind.

My goal is to be more active.

Under the direction of Eastmont’s Director of Rehabilitation, Mark Sunderman, he and his team have built a robust fitness program at Eastmont. The expansion will add a larger fitness area for group exercise, a pool for fitness classes as well as lap swimming, a dedicated fitness center with advanced Technogym equipment, as well as opportunities for outside exercise and walking.

My goal is to be more social.

Residents enjoy the sense of community that comes from being able to step outside their apartment home and join an activity, club, or conversation. The new front entrance and living room space is just one example of a gathering space within the community to connect with friends and neighbors or read the newspaper and watch the world go by.

My goal is to enjoy great food.

While all apartment homes include fully equipped kitchens so residents can cook all their favorite dishes, residents also have the comfort and convenience of three dining venues to choose from. Eastmont’s newest Bistro will offer a fast-casual option to complement the





restaurant-style dining offered in the other two dining venues. No reservations required and friends and family are welcome to join. The Bistro will also feature a bar area for enjoying their favorite local beer or signature cocktail.

Arts Center features a raised stage, professional sound and light system as well as digital backdrop technology. With theater seating for 175, the room can also host dinner events or can be divided into two separate spaces. This has been a wonderful opportunity for the Eastmont Foundation to explore partnerships with various arts and music organizations across Lincoln.



My goal is to enjoy arts and entertainment.

Whether a spectator or creator, arts and entertainment options are center stage at Eastmont. The Creative Design Center offers residents a chance to connect and create in a beautiful space just off the East End Terrace. The terrace itself is home to a fire pit, raised resident garden beds, and an outdoor entertainment area perfect for outdoor concerts. The Performing

My goal is peace of mind.

Eastmont's Life Care gives residents financial security and peace of mind knowing that if their needs change over time, they'll have guaranteed unlimited access to the full continuum of on-site health care services at discounted rates. With assisted living, rehabilitation, memory support, skilled nursing, and end-of-life care, all provided on the Eastmont campus, residents receive high-quality, personal care from people they know and trust.

If you are ready to rip up your to do list and want to learn more about Eastmont or schedule a visit, call 402-235-5197 or visit eastmontliving.com/55Plus.

FROM PANDEMIC TO FLOURISHING NONPROFIT

BY BRITTANY WREN

Larksong Writers Place offers a peaceful spot for writers located in a charming, remodeled Cornhusker Bank building off Cotner Boulevard in Lincoln. Offering a serene and supportive environment, it is the perfect space for writers to focus on their craft without distraction — whether it's writing a memoir, novels, poems, or blogs.

Larksong members have access to several writing and/or reading spaces each week. Each space has its own unique ambiance, from desks and tables to a fireplace seating area or covered patio. There is even a sunlit communal space with a large conference table for group meetings and classes.

Larksong began in 2015 as a series of weekend writing retreats called Write on the River, held at the

River Inn in Brownville, NE. These retreats, led by Karen Shoemaker, featured workshops by authors Amy Hassinger, Teri Youmans, and Twyla Hansen. The retreats continued until 2020 when the Covid-19 pandemic caused a change of plans and Shoemaker and her retreat partner Linda Kallhoff created a Zoom version of the retreat.

"It was surprisingly successful! Even though we were all in our individual homes, miles apart, we came together and had a great time," says Shoemaker.



Inspired by this and her experience with One Book One Nebraska in 2016 where she met many writers looking for a way to meet others, Shoemaker created a nonprofit dedicated to helping writers. Larksong was established in 2020 as a 501(c)(3) nonprofit.

Larksong Writers Place opened its physical space in Lincoln in 2022. Today, Larksong continues to offer online workshops led by experienced authors and poets, as well as in-person events and groups, that connect people from urban and rural areas across state lines to develop writers' skills at every level.

Find Your Community at Larksong

Join a community of other writers no matter where you live. Visit LarksongWritersPlace.org to register for their next event, or follow them on Facebook at LarksongWritersPlace.



SIZZLIN' SUMMER EVENTS

Turn up the heat on your summer calendar and check out these local events! Find more upcoming events at 55lnk.com or facebook.com/55pluslnk.



→ **FRIDAYS ALL SUMMER LONG**

Young at Heart® Matinees, marcustheatres.com/marcus-specials

→ **JUNE 6, 13, 20, 27**

Jazz in June, jazzinjune.com

→ **JUNE 30, JULY 28, AUG. 25, SEPT. 29**

Hub & Soul Music Series, hubandsoul.com

→ **JULY 8**

Brews at the Zoo, lincolnzoo.org/events/brews-at-the-zoo.html

→ **JULY 13 - 23**

*Pinewood Bowl's Summer Musical – Catch Me If You Can
pinewoodbowl.org/summer-outdoor-musical*

→ **JULY 21**

*Capital Humane Society's Tails & Tees Golf Tournament
capitalhumanesociety.org > News & Events*

→ **AUGUST 3 - 12**

Lancaster County Super Fair, superfair.org

→ **AUGUST PINEWOOD BOWL CONCERTS**

pinewoodbowltheater.com

AUG. 5: Steve Miller Band; **AUG. 20:** The Doobie Brothers

→ **AUGUST 27 - 28**

Guardians of Freedom Airshow, lincolnairshow.com

→ **COMING OCT. 6: TICKETS ON SALE NOW**

*The Hope Venture Presents A Night for Hope
thehopeventure.org/nightforhope*



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SOMETHING FOR EVERYONE AT THE 2023 LINCOLN ARTS FESTIVAL

A CONVERSATION BETWEEN ALI McCracken AND JACQUE GENOVESE

Artists and art enthusiasts – the 22nd Lincoln Arts Festival is just a few weeks away and festival goers can expect even more exciting things to do this year, according to Alexandra “Ali” McCracken, Events Coordinator. Ali joined Lincoln Arts Council two years ago and feels the new changes enhance the overall experience for attendees.

I asked Ali to share more about what we can look forward to at this year’s Arts Festival, June 17-18, 2023.

Why did the Lincoln Arts Festival move to the Haymarket District?

Ali: The Haymarket District gives the event a more dynamic, festival vibe that offers an all-inclusive atmosphere for the entire community. This is the third year holding the event in the Haymarket District on Canopy Street, and the Railyard area between O and R Streets.

We want the festival to be an art experience. I curate it like an art show: It’s a happy, sophisticated, elegant experience that represents the Lincoln arts community.

Artists come from all over the country. What types of art will be available?

Ali: We have nearly 100 selling artists from across the nation who bring a diverse mix of handcrafted art forms including ceramics, drawing, painting, jewelry, and much more. A complete list of artists by category can be found on our website.

Tell us about the Emerging Artist Program.

Ali: Supporting and nurturing new artists as they establish themselves in the art world is central to our mission. Emerging Artists receive guidance from experienced art vendors, tools/materials to exhibit throughout the year, and get hands-on experience selling their work. We provide them with a tent and free booth space where they can sell their art.

We have ten Emerging Artists this year. Our partnership with Mid-America Arts provides workshops to help the artists make this their full-time career/business and get them connected to the arts circuit throughout the Midwest.

What can people expect to find at the new Culinary Court?

Ali: We consider cooking an art form so we are excited to bring food and drink to the Arts Festival, with a mini Taste of Lincoln vibe.

The Culinary Court will offer a vibrant array of food trucks serving up dishes that celebrate the diverse culinary scene of the city.



Local vendors include Kinkaid Brewery, Glacial Till, Birria Boss, and Kouzina on Saturday and Sunday, and Pepe's Kitchen and MotorFood on Sunday only. Alcohol will be served in designated areas. Live music will add to the festive ambiance during the day in the Culinary Court.

What are some of the other activities this year?

Ali: In addition to the works of art, there will be innovative demonstrations, hands-on art activities, and an eclectic mix of live performances on display all weekend. The Artist Creative Zone has something for everyone to tap into their creativity.

We are excited to feature Gomez Art Supply which is celebrating its 20th Anniversary as an independent, family-owned art supply store in downtown Lincoln. Peggy Gomez will offer demonstrations of Lino printmaking.

Everyone loves music at a festival. Who will be performing?

Ali: An eclectic mix of performances finds the spotlight on Lincoln Arts Festival's World Stage, from music, to dance, to theatre. Festival goers can catch acts on Saturday afternoon.

Lincoln Calling Showcase will have local bands perform Friday evening from 6:00 p.m. to 10:00 p.m. On Saturday, live music will be from 2:00 p.m. to 10:00 p.m. Other musical showcases can be found on Fine Arts Avenue and in our Culinary Court.



How can our readers get involved?

Ali: Every year, we rely on volunteers to help out with the Arts Festival. There are a variety of positions available; we have a sign-up page on our website. Sponsorships and donations can also be made to support the arts. The Lincoln Arts Festival provides access to art, designs pathways to creativity, and offers a valuable experience for our community.

There's no question that the Lincoln Arts Festival brings people to Lincoln to experience all that our vibrant city offers in art, music, parks, and so much more. So mark your calendar for June 17-18 and plan to come out and enjoy the amazing artists and their work, family-friendly activities, live music, and tasty food all weekend at the Lincoln Arts Festival.

→ **Find a complete list of activities, food vendors, and artists at lnkartsfest.com.**





4th of Julys

BY CLIFF LOWELL

The Fourth of July was a quieter time for my family when I was growing up in the 1930s and 40s. We had sparklers, a Roman candle or two, and cards of little firecrackers. To make them last longer, we crafted airplanes, attached firecrackers to them, lit them, and tossed them into oblivion. We also put firecrackers under tin cans and sent them aloft.

We often joined the rest of Grandpa Lowell's family at his home or the Gibbon, Nebraska park. Everybody contributed to the picnic meal so there was a lot of food to eat. We cousins competed in distance, three-legged, and sack races. Sometimes there would be a softball game. There was playground equipment and a wading pool to enjoy when we met in the park.

→ Visit 55lnk.com to read the full article.

Roller Skating in the 50s

BY JO ANN WAGNER

I remember thinking my new pair of roller skates were pretty great when I was young. They weren't shoe skates, but "one size fits most" skates. I sat on the front porch step to put the skates on, so that I could start down the sidewalk when I finished.

On top of the wheels each skate had two metal pieces that slid together to make the skate longer or shorter. I had to put my shoe in that space and adjust it to fit. Then I took the skate off and used a key to tighten the nut to the bolt on the bottom of the skate. Next, there were two small pieces of metal that attached to the bottom of the skate and curved up around the toes. The one for the big toe area was larger than the one that clamped around the little toes. These pieces were adjusted so that my shoe fit into the big toe clamp first, then the little toe.

→ Visit 55lnk.com to read the full article.



GRANDMAS & GRANDPAS NEEDED

55 and older? Want to make a difference? Become a classroom grandparent!

Volunteers serve in Community Action Head Start classrooms to provide extra support as a caring grandparent figure. Volunteers receive an hourly stipend, meals while on duty, transportation reimbursement, and training.

To get started, contact Sam Bates at (402) 875-9320 or send an email to sbates@communityactionatwork.org

This program is available to all, without regard to race, color, national origin, gender, age, religion, sexual orientation, disability, gender identity or expression, political affiliation, marital or parental status, genetic information and military service.

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CONNECTING WITH PEOPLE

A CONVERSATION BETWEEN RANDY BRETZ AND JACQUE GENOVESE



Randy Bretz is one of those people who you immediately like when you first meet him. He's engaging and full of stories to share, and I found his career in Lincoln to be equally fascinating.

How did you come to Lincoln?

Randy: I grew up in Indiana. In 1975, I attended a conference in Lincoln and thought it was a neat place. I had a Bachelor of Science degree and Master's in Radio and Television, Speech/Communication, and Broadcasting. I knew I wanted a career in education so I applied for a job at the University in 1978. I learned that I wasn't being considered for the position because I didn't have a PhD. Then in January 1979, Quentin Gessner, Dean at the University of Nebraska (UNL), called and suggested I interview for the job (the one I had applied for but didn't get). I went to Lincoln, interviewed, and did get the job. Now having lived here for 43 years, I consider myself a Nebraskan.

Talk about your exceptional UNL career.

Randy: I oversaw the Media Center for UNL, the University's Film Library, and an innovative endeavor in open learning called the State University of Nebraska, or the SUN Program. The SUN Program combined well-produced educational TV programs broadcast on NETV with correspondence courses at UNL. It was considered a national leader in open learning.

"It's about the connections we make with people. You never know who or how they will impact your life."

— RANDY BRETZ

Shortly after starting, the Nebraska Legislature eliminated the budget for this program. With the support of Nebraska ETV, we created the University of Nebraska-Lincoln Telecourse program and broadened the scope to add videotaped graduate Engineering courses. Later we developed the University of Nebraska Continuing Education Audio Network and were instrumental in starting the National University Teleconference Network. During this time, I finished my PhD.

How did you get involved in the Broadcast Ministry?

Randy: The pastor at my church wanted to start a broadcast ministry. He kept going on about it and when I didn't get the hint the pastor said, "I'd like you to run the program." It was a weekly TV show on cable along with daily radio programming on 200 stations around the country, as well as a shortwave broadcast from Ecuador, and Trans World Radio to West Africa and China. I accepted the job and was there for about seven years.

What other careers did you embark on?

Randy: I did PhD research on satellite conferencing and education. The University and NET put together a consortium called the Agricultural Satellite Corporation. I worked there for six or seven years.

I also worked for FACTS Management — Fast Automatic Cash Transfer Service. I helped produce videos on electronic transfer of tuition funds for K-12 private and faith-based schools, and eventually the higher education market. When the company was bought by Nelnet in 2012, I moved into Nelnet Corporate communications and then retired in 2018.

What does your retirement look like?

Randy: I don't play golf or fish, so I find other opportunities that I'm interested in. I teach one class at Nebraska Wesleyan University, which I really enjoy. I work with Leadership Lincoln, am an active member of Rotary 14, and serve on the board of Junior Achievement of Lincoln. I'm also working with the Lincoln Chamber of Commerce, Visit Lincoln, and Downtown Lincoln Association to get a conference center here. Additionally, I write for various organizations and have published a book.

How did you get involved with TEDxLincoln?

Randy: I had an interest in TED Talks. I looked into how they were produced, applied for a license,



and founded TEDxLincoln. To get a license you have to attend a main TED event; I attended three. At one event, I heard about a TEDx that had been done in a prison in San Diego. I contacted the head of Corrections in Nebraska and said I wanted to do a TEDx in a prison; he connected me with the women's prison in York. My wife Jan and I went there and put on a TEDx — it was amazing! We did TEDx events for eight years, producing about 20, including several TEDxYouth events at Lincoln High.

How would you sum up your journey?

Randy: It's about the connections we make with people. You never know who or how they will impact your life. Like that first call I got from Quentin Gessner about the job that brought me to Lincoln and how it has given me the opportunities to connect with so many people. It's been wonderful and I'm not close to being done!



WHAT MAKES A CITY A COMMUNITY? WHAT MAKES A PLACE HOME?

When you really want to know the personality or the pull of a place, get to know the people who live there. Randy Bretz has spent more than forty years getting to know the people in Lincoln.

In his book, *The People of Lincoln*, Randy presents sixteen portraits of people who make the city a nice place to live, work, and raise a family. They are leaders, entrepreneurs, neighbors, artists, organizers, and people who moved away and returned. They are people worth getting to know.

SWEET SUMMER PUZZLING

CROSSWORD PUZZLE BY FRED OHLES

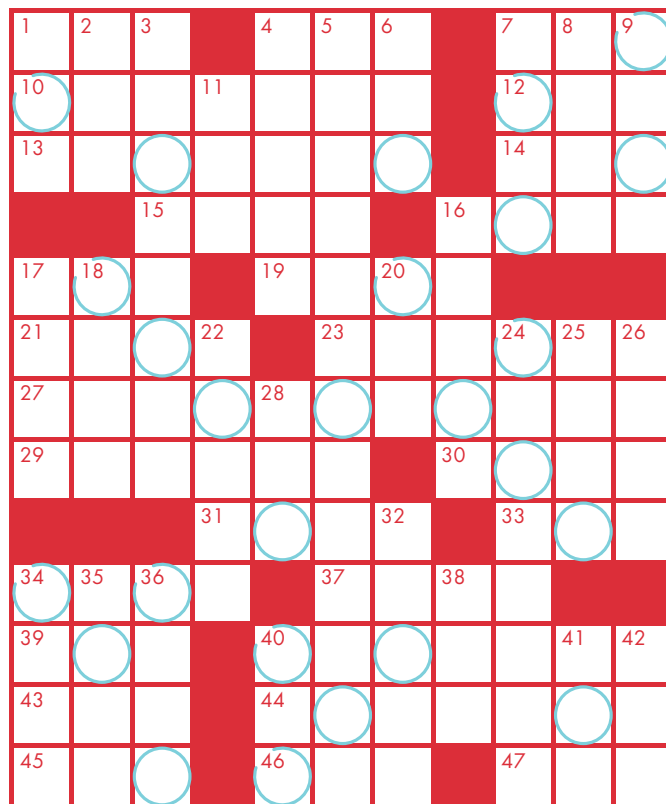
Theme clues are starred. When the puzzle is finished, every letter from A to Z will appear in one of the 26 circles. For answer key, please visit 55LNK.com.

ACROSS

- 1 Write down quickly
- 4 Stocks not on NASDAQ or NYSE
- 7 Wood shaping tool
- 10 Christmas circles
- 12 ___ alai
- 13 *Another term for a batted triple, starting with end of 27 Across answer
- 14 Movie director Lee
- 15 Pinnacle Bank Arena level
- 16 Wood chopping tools
- 17 He served between Harry and Jack
- 19 "Iron 5%" etc.
- 21 Type of masochist
- 23 Do not leave seat
- 27 * ___ 1/3 rpm - speed of old vinyl record
- 29 Their responsibility
- 30 Ballad and chariot finishers
- 31 Young rascals
- 33 "I'm so dumb!"
- 34 Collected partner
- 37 [Laughter]
- 39 Egg prefix
- 40 *Proportion of states necessary to ratify Constitutional amendments, starting with end of 27 Across answer
- 43 Hair stuff
- 44 Secretly, w/out a fuss
- 45 ___ Lanka
- 46 "Farewell"
- 47 Seward-Lincoln dir.

DOWN

- 1 Lincoln's killer's monogram
- 2 Either one ___ combination of the two
- 3 Tried the thing out
- 4 Not this or that
- 5 *Beethoven's "Eroica" in number
- 6 Menowi winter hrs.
- 7 Comet competition
- 8 Hans Christian Andersen, for one
- 9 Turns sharply
- 11 OU advance team
- 16 Crow flies front words
- 17 Words for a syllogism
- 18 Madeleine who played Martha Mitchell in Nixon
- 20 Little isle in the Thames - or a Mexican aunt walking backwards?
- 22 Her ___ - which of them?
- 24 Happened earlier
- 25 Dynamic beginning
- 26 "Intelligence for Your Life" host John
- 28 President pro ___
- 32 Fry lightly
- 34 Machine components
- 35 State
- 36 Marlene that Marlene sang about
- 38 Letters of address to Queen Elizabeth
- 40 Key-like electronic device
- 41 Where mil. chiefs issue orders
- 42 Canonized woman (Fr.)



Coming of S²age

THIS FALL, A PLACE LIKE NO OTHER WILL OPEN ITS DOORS IN THE HEART OF LINCOLN.

It is not every day there's an opportunity to live in a community that is curated to build intentional neighboring ... a place that fosters the common needs and benefits of connection in an uncommon manner. Soon, thanks to Tabitha's out-of-the-box thinking, there will be.

Lincoln founded and based, nonprofit Tabitha is set to open the first-of-its-kind-in-the-nation intergenerational living community in the capital city beginning this August. Construction of S²age Living by Tabitha is progressing while fundraising efforts continue. Windows are installed, the roof is topped off, and brick is now being laid. Local company, Brester Construction, is heading up the ambitious project.

Older adults (55+) and health sciences students will call S²age home. Located on Tabitha's main campus at the corner of 47th and 'L' Streets in the Witherbee neighborhood, it is conveniently less than a mile from the hospital as well as great shopping and dining destinations.

The community offers bright, airy apartments with in-suite washers/dryers, premium finishes, plus beautiful gathering spaces inside and out, including a rooftop terrace. S²age also welcomes pets and features a spa, just for them, along with a fenced in dog run.



Soon this building will be buzzing with older adults and up-and-coming health sciences students.

sage LIVING
by  **TABITHA**

“S²age is like no other as it brings two generations together. It is all about rethinking how we live and build healthy relationships,” said Christie Hinrichs, Tabitha President and CEO. “We cannot wait to welcome residents. S²age will be such a fulfilling experience as we offer a creative approach to living with neighbors who are engaged with one another. It will benefit us all.”

Learn more about what S²age Living has to offer, explore floor plans, and sign up for a hardhat tour. Call Aubrey Paulsen at 402.486.8520 or visit Tabitha.org/SageLiving.

As the state's quality award-winning expert for older adults, nonprofit Tabitha empowers people to live joyfully, age gratefully. Supporting families since 1886 across Nebraska, Tabitha offers a range of services, from results-driven rehabilitation, accessible at-home home health care, innovative living communities, resourceful serious illness support, and compassionate hospice services.

Tabitha is Your Answer; learn more at Tabitha.org.



Plenty of space to enjoy weekday continental breakfasts, cooking together as well as taking in special dining events featuring local restaurants, S²age offers meal-friendly gathering opportunities.



A roof with a view, S²age's Rooftop Retreat is sure to be the quintessential get-together spot.

SUMMER COOKING: TAKE IT OUTSIDE

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



There's grilling, and there's indirect cooking. Grilling involves cooking food on a grate directly over a heat source. Meat, fire, spatula, apron — a lot of ink has been spent writing about that. Open up many more possibilities on your grill by learning how to set it up for indirect cooking. You can grill, smoke, roast, and even bake, which will allow you to cook anything on your grill that you would in your kitchen. Baking unifies ingredients; roasting amplifies single ingredients. With the right setup on your grill, you'll be able to do both.

An oven is tall enough to have the heat source directly under the food without burning the bottom of whatever you're cooking. Most grills aren't made that way, but that's okay — with a little thought and effort, most grills can be made to work like an oven. Baking a cake, making meatloaf, baking bacon, roasting corn on the cob — these things can all be done on a grill.

What's so exciting about this? It's a fun way to move heat out of your house during the warm summer months. Every degree of heat generated in your kitchen has to be pumped out of your house by your air conditioner. Cooking outside solves this problem! And you bought your grill because you enjoy using it, right? Whether you enjoy lighting charcoal, watching the flames of your gas grill

dance across the burners, or simply turning the knob on an electric grill, you purchased it to enjoy it. Indirect cooking allows you to enjoy it more.

If you have a gas grill with multiple burners, you can light the burner(s) on one side and set the food on the other side. One burner might be enough — some experimentation and an oven thermometer are all you need to find your way. The same goes for an electric grill that has at least two zones. And a charcoal grill is no different — whether you have a round kettle-style grill or a rectangular grill, you can create an indirect cooking zone by putting the charcoal on one side of the grill and the food on the other. An oven thermometer works on a charcoal grill, too, so you don't have to cook blind. But you do need to keep the lid on!

Once you've got the relative hang of it — you don't have to aim for perfection — you're ready to go. If you feel like baking, a basic box-mix cake is a cheap and fun way to start and say to your friends or family, "Look, we made this cake on the grill!" A pan of roasted vegetables or breaded chicken legs are also good choices — just try whatever sounds good and take your time, and you're sure to make a summer full of culinary memories.



Get pro results with these simple tips:

Give Yourself Time.

Use a Drip Pan Under Food.

Keep the Cooking Surface Clean.

Start Meat Open; Finish Wrapped in Foil.

Too Much Smoke is Too Much Smoke.

If you want to make some barbecue, a pork shoulder is a very forgiving piece of meat to learn on — the high fat content allows you to really cook it without drying out. If you have a meat thermometer, try cooking the pork shoulder uncovered until it reaches an internal temperature of 165 degrees, then wrap it in foil and continue cooking until it reaches an internal temperature of 205 degrees. Don't forget the rub! The following recipe is great on low temperature pork and beef roasts such as ribs, brisket, and pork shoulder.

EASY RUB RECIPE

- 1/8 cup light brown sugar
- 1/2 tablespoon salt
- 1/2 tablespoon granulated garlic
- 1/2 tablespoon black pepper
- 1/2 tablespoon paprika
- 1/2 tablespoon onion powder
- 1/2 teaspoon white pepper
- 1/2 teaspoon cumin



Grilled Turkey Sliders with Tomato Jam

Slider Ingredients:

- 8 slider rolls
- 8 leaves of lettuce
- 1 lb. ground turkey
- 2 T. canola oil
- 1/2 c. onion, chopped
- 3 sage leaves
- 1 cubanelle pepper, chopped
- 1 clove garlic, minced
- 3 T. buttermilk powder
- 1/2 c. Dorothy Lynch Home Style
- 1 lb. plum tomatoes, chopped

Tomato Jam Ingredients:

- 3, 1-in slices fresh ginger
- 1/2 c. Dorothy Lynch Home Style
- 1 T. red wine vinegar
- 1 tsp. cumin
- 1/16 tsp. cayenne pepper
- 5 T. brown sugar
- 1/2 tsp. salt
- 1 cinnamon stick
- 1 tsp. lemon zest

Slider Instructions:

In a medium skillet, cook pepper and onion until onion is translucent. Add garlic and cook for 3 more minutes on medium heat, then add sage. Remove from heat and cool. Mix vegetables with turkey, buttermilk powder, and Dorothy Lynch Home Style. Form into small patties and grill or fry until internal temperature is 165 degrees. Place slider on roll with lettuce leaf and top with tomato jam.

Tomato Jam Instructions:

Mix tomatoes, ginger, Dorothy Lynch Home Style, red wine vinegar, cumin, cayenne pepper, brown sugar, salt, cinnamon, and lemon zest. Add to a medium saucepan and bring to a boil over high heat. Reduce heat and simmer, stirring occasionally. Simmer until mixture becomes a jam-like consistency (about 1 hour). Cool before serving. Store in refrigerator.



Trees— Lasting Memories and Legacies

BY JULIE THOMAS, PhD




Do your childhood memories include a special tree? Perhaps you picnicked under a tree — like the old, Cottonwood trees I knew. I don't remember the meals — but I well remember the grooved bark of those trees. You too, no doubt, found a swing near a tree and remember the silent way that tree coaxed you to swing higher — so you could tap its leaves with your toes.

Certainly, Lincoln's community forest (130,000 public trees) affords tree-enjoyment opportunities throughout the city's parks, trails, golf courses, roadway medians, and neighborhood street rights-of-way. Even brief Lincoln visitors remark on the seasonal, showcase beauty of our city-wide tree canopy. It is good that we appreciate our trees — as they also improve our health and well-being, lower our heating and air conditioning costs, prevent erosion, and provide habitat for wildlife.

Given the many benefits of trees, it makes sense for us to ensure our kids and grandkids gather lasting tree memories. Here are two Lincoln Community Forestry programs that can help you to get outdoors and engage your family in memorable tree experiences. Certainly, involving children in the planting, care, and maintenance of neighborhood trees today will help to safeguard continuing tree values for

generations to come. For further details, contact Lincoln Community Forestry.

 The **Adopt an Ash Program** encourages Lincolniters to invest in the cost of managing public trees. While the Emerald Ash Borer (EAB) introduced considerable loss to Lincoln trees, chemical treatments can minimize continuing damage in the surviving trees. This program permits the “adoption” (ownership and responsibility for ongoing care) of an ash tree near you. Permit applications are on the Community Forestry website.

 The **Street Tree Voucher Program** supports adding trees to our own neighborhood. This cost-share option provides a \$250 voucher to support the purchase and installation of a tree in the right-of-way adjacent to your property. The list of approved trees, participating local nurseries, and permit requirements are available on the Community Forestry website.

For more information, contact Lincoln Community Forestry at 402-441-7847, ext. 0 or forestry@lincoln.ne.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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personal appointments
- Read a book

The family caregiver provides emotional support and companionship, as well as, assistance with daily activities of living. The caregiver provides ongoing care for a loved one who is unable to care for themselves. Caregiving is rewarding but also challenging. Nebraska Lifespan Respite Network offers information, education, and most importantly support.

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

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The Malone Center: Changing Lives

A CONVERSATION BETWEEN JOHN GOODWIN AND JACQUE GENOVESE



John Goodwin, Executive Director at The Malone Center, is on a mission to ensure that Black, Indigenous, and Persons of color youth and families in Lincoln have the services, education,

and tools they need to achieve success. John is passionate about changing experiences so that they have a positive impact on youth and families for generations.

Since 1955, The Malone Center's vision has been to create unity and prosperity throughout Lincoln while honoring African American heritage. Its mission is to end multigenerational poverty in Lincoln. I talked with John about how their programs are reaching these goals.



How are you changing experiences?

John: Very intentionally. Success is different for every child and is based on their

experiences growing up. We can't change what they've already experienced but we can offer different experiences that will lead to their success. Through experience forms habits of thoughts, and habits of thoughts form behaviors, which leads to outcomes. We know that poverty is a mindset and what we're seeing in the community is based on what the individual or family has experienced in the past. We are about changing their experiences to achieve successful outcomes.

What are some of the programs the Malone Center offers?

John: Our programs, encompass, education, wellness, youth, leadership, and teamwork through athletics. The foundation of our youth programs is STEM focused. From preschool through high school, we provide a variety of learning opportunities for our kids and their parents. We also have a full-time license therapist who is able to work with our kids every day individually with families, or in peer group settings.



What are some of the leadership programs you offer?

John: Through our Young Men & Women's Business

Leadership Academy, we teach our teens how to become entrepreneurs; own their own businesses. We take them on trips to engage with businesses and schedule visits to HBCU campuses to get them thinking about college. We had a high school senior that only had freshman credits. We took him on one of these trips where he met a woman who had started a cupcake business with her last \$5 and today she is a multimillionaire. From that one interaction, he came back, got his GED, and enrolled at Southeast Community College.

Take Pause is another program that creates positive interactions between teens with the Lincoln Police Officers and allows them to build trust, respect, and mutual understanding. Together, they engage in activities, get together for meals, and participate in sports.

What services are provided through the Maternal Wellness program?

John: The Maternal Wellness program is one of our biggest programs and it focuses on decreasing Black infant and maternal mortality and morbidity rates and increasing breastfeeding rates by providing safe and culturally tailored care. Some of the services include birthing classes,

labor/delivery and postpartum doula services, breastfeeding support, doula scholarships and mentorships, and our Milk Share program. We have served over 130 families through this program.



What is the Milk Share program?

John: Through our Milk Share Program, we facilitate milk sharing in Lincoln and

Omaha for families who are unable to produce breast milk or don't produce enough.

This program meets international standards and regulations, from donor screening, to storage and distribution of milk. We have a Milk Share mobile that delivers human milk to families within a two-hour radius of Lincoln and Omaha. We are the only agency in the country offering this program.

How can our readers get involved?

John: In order to change the mindset that our kids and families' lives can be different, we must show them what it could look like. Our current 14,000 square foot facility is decades-old and we can't sustain the growth we are experiencing. We want our kids to see a nice facility that gives them hope.

This summer we will kick off the **Breaking The Cycle Capital Campaign**. Our new facility will be 53,000 square feet which will allow us to do everything here and have space to offer new programs and expand as we grow. We would love to have the 55+ readers support this important initiative that will benefit the Lincoln Community. Co-Chairs are Max Rodenburg and Jasmine Kingsley.

We also have a variety of volunteer opportunities listed on our website, malonecenter.org.

"To change the lives of the families we



serve, we must change their mindset of what that looks like through different experiences."

- JOHN GOODWIN

The building of a community center with dedicated and flexible space will better serve the growing community.



If you would like to learn about making a gift or naming opportunities with the Capital Campaign, contact John Goodwin at 402-318-5841 or send an email to CapitalCampaign@MaloneCenter.org. To get involved or learn more about the campaign visit malonecenter.org/breaking-the-cycle.

A person's hands are shown holding a small terracotta pot containing a healthy basil plant. The background is a soft-focus outdoor setting with green foliage and sunlight filtering through the leaves.

MINDFULNESS IN THE OUTDOORS

BY KARLA JENSEN, PhD

Finding present-moment awareness, even in the midst of chaos, is a basic human ability to be purposefully present where we are, focus on what we are doing, and recognize what we are feeling. Nurturing a clear and caring relationship with the present moment helps us skillfully respond to situations and engage more fully with life. My previous 55+ articles have offered a guide to strengthening our mindfulness muscle via a host of techniques — most of which can be done in the great outdoors.

Nature is a clever mindfulness coach because it encourages informal awareness training which can then strengthen a more formal sitting or breath meditation practice. Nature's ever-shifting, multi-sensory state commands our attention. It's no coincidence monasteries and retreat centers from all cultures and faith traditions have traditionally been located in nature or have some sort of outdoor focus such as a labyrinth, fire, or pond; there's a reason great literary figures (think Ralph Waldo Emerson, Mary Oliver, and our very own Willa Cather and Ted Kooser) find inspiration and sanctuary in nature. Our human intuition tells us that being outdoors is essential to our well-being and a review of current scientific research confirms this. Time spent outdoors, especially when we are intentionally focusing on tweets in the

trees and not on our screens, reduces stress and anxiety, increases contentment and creativity, and lowers heart rate and blood pressure, among a host of other benefits. The heightened sense of awareness resulting from intentionally noticing the patterns, cycles, and resilience of nature can inspire us to continue this compassionate curiosity and sense of wonder in all our daily activities.

When and where you weave in appreciation of the outdoors should fit your schedule and interests. Take a walk or ride a bike in your neighborhood or on the 134 miles of trails in and around Lincoln. Enjoy a mini-retreat in one of our city's 136 parks (Wilderness Park and Pioneers Park are two of my favorites). Smell the air. Feel the sun (or rain!) on your skin. Watch the flowers and vegetables grow in your own yard and listen to nature's chatter from your porch. No matter the place, the time of day or time of year, there's no wrong way to enjoy nature as part of your ongoing mindfulness practice.

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






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All registrations will be confirmed by the CountryHouse team.



For more information on the Virtual Dementia Tour, visit secondwind.org. Learn more about CountryHouse at CountryHouse.net



SURPRISING SUMMER READS

BOOK REVIEWS BY LINDA STEPHEN, REVIEWER



The Bones of Paradise

by Jonis Agee – This historical Western multigenerational family saga takes place in the Nebraska Sandhills in 1900, ten years after the Seventh Cavalry massacred more than 200 Lakota children, women,

and men at Wounded Knee. This complex dark mystery starts with two murders in a remote meadow on a large cattle ranch. *The Bones of Paradise* was the “One Book One Nebraska” read for 2022. I highly recommend the novel for people who love historical fiction, complex mysteries, or literary descriptions of the beauty and brutality of the Sandhills in all seasons. Find at Lincoln City Libraries or local bookstores (William Morrow, 2016, paperback, 416 pages).



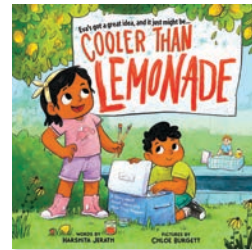
Then the Rules Changed

by Carolyn Zeisset – This historical novel about Germans from Russia is the story of a 9-year-old immigrant’s journey from South Russia (Ukraine) to Kansas in the 1870s. The

children in the family have to work for years in America to pay off their trip. This engaging story of a young Mennonite includes 90 encyclopedic illustrations/drawings that help to show the garb, foods, and customs of new immigrants as they made their journey from Czarist Russia to the Kansas frontier. The author based the story on some of her own family’s history. What is your family’s story? Did your ancestors immigrate because of religious persecution or economic

hardships? I recommend *Then the Rules Changed* for readers who enjoy realistic historical fiction. In particular, I recommend the book for those looking for inspiration for imagining their own ancestors’ journeys.

Find signed copies at Francie & Finch Bookshop in Lincoln or at CarolynZeisset.com (PrairieLand Press, 2022, 194 pages). Contact the author for book talks or presentations on how to create stories from family history.



Cooler Than Lemonade: A Story about Great Ideas and How They Happen

by Harshita Jerath and illustrated by Chloe Burgett – One scorching summer day, Eva comes

up with a great idea: a lemonade stand! But when she sees that Jake across the street has his own stand, and he’s giving away free cookies, Eva knows she needs another idea to keep people lining up.

I recommend this picture book — illustrated by Lincoln’s own Chloe Burgett — for anyone looking for a cheerful summer read or for conversations with children about perseverance, ideas, and entrepreneurship. Available at Lincoln City Libraries. Signed books at Francie & Finch Bookshop or Elleinad Books in Lincoln (Sourcebooks Jabberwocky, March 2023, 40 pages).

Linda Stephen is an author, editor, and origami artist. See her art exhibit “Outdoors in Origami” featuring Holmes Lake Park June 1-Aug. 30 at the County-City Exhibition Gallery, 555 S. 10th St. Learn more at LindaStephen.com or Facebook.com/LindaStephenOrigamiArt.



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