LAU FINANCIAL GROUP

Summer has officially arrived, bringing with it a renewed sense of energy, creativity, and possibility. As the days get longer and the sun shines brighter, we're feeling inspired, and we hope you are too.

In this month's newsletter, we're sharing updates, celebrating recent wins, and spotlighting a few things we're excited about. Whether you're enjoying the warmth outdoors or finding cool comfort inside, we hope this edition adds a little extra brightness to your day and leaves you feeling just as energized as we are.

Tail Wags and Thanks to You!

We were blown away by the amazing response to this year's *Love Your Pet Campaign* benefitting the Capital Humane Society! Your enthusiasm and adorable submissions made it truly special.

We're thrilled to share a special poster featuring all of your furry friends. And to keep the love going, we're making another donation to the Capital Humane Society. Because of your support, more pets are finding love, care, and forever homes.

Getting Outside and Loving It

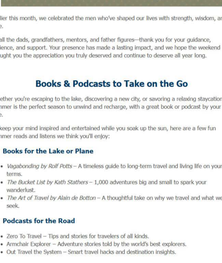
We've gathered some top picks to keep your calendar buzzing and your mood lifted. The events we've highlighted below run all summer long, giving you plenty of chances to get out, connect with your community, and make the most of the season.

🎬 **Movies in the Park**: Toy Story (July 11); Despicable Me 4 (July 25); Snow White (August 8). Bring a blanket and enjoy an outdoor movie night

🦦 **Lincoln Children's Zoo**: Home to over 400 animals, including red pandas and meerkats, perfect for a family day out. "*Brews at the Zoo*" happens on select Saturdays—enjoy live music, local craft beer, and animal encounters for a fun adults-only night out.

🎷 **Friday Night Live**: SouthPointe Pavilions Summer Concert Series on select Friday nights.

Heroes We Call Dad



Earlier this month, we celebrated the men who've shaped our lives with strength, wisdom, and love.

To all the dads, grandfathers, mentors, and father figures—thank you for your guidance, patience, and support. Your presence has made a lasting impact, and we hope the weekend brought you the appreciation you truly deserved and continue to deserve all year long.

Books & Podcasts to Take on the Go

Whether you're escaping to the lake, discovering a new city, or savoring a relaxing staycation, summer is the perfect season to unwind and recharge, with a great book or podcast by your side.

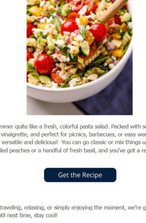
To keep your mind inspired and entertained while you soak up the sun, here are a few fun summer reads and listens we think you'll enjoy:

📚 Books for the Lake or Plane

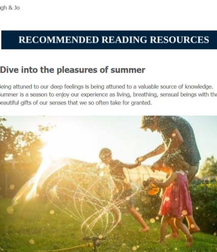
- *Magabonding by Rolf Potts* – A timeless guide to long-term travel and living life on your terms.
- *The Bucket List by Keith Stathers* – 1,000 adventures big and small to spark your wanderlust.
- *The Art of Travel by Alain de Botton* – A thoughtful take on why we travel and what we seek.

🎧 Podcasts for the Road

- Zero To Travel – Tips and stories for travelers of all kinds.
- Armchair Explorer – Adventure stories told by the world's best explorers.
- Out Travel the System – Smart travel hacks and destination insights.



Healthy Living



Spending time alone can be a deeply restorative experience. It's a chance to process your thoughts, emotions, and experiences without distractions, and an opportunity to reconnect with yourself and emerge feeling refreshed and recharged.

Read More Blog Posts

Health-Conscious Corner

Summer Pasta Salad

Nothing says summer quite like a fresh, colorful pasta salad. Packed with seasonal veggies, tossed in a light vinaigrette, and perfect for picnics, barbecues, or easy weeknight dinners, it's a go-to dish that's versatile and delicious! You can go classic or mix things up with bold flavors—toss in some grilled peaches or a handful of fresh basil, and you've got a refreshing summer pasta salad.

Get the Recipe

Whether you're traveling, relaxing, or simply enjoying the moment, we're grateful to be part of your journey. Until next time, stay cool!

Best wishes,

Hugh & Jo

RECOMMENDED READING RESOURCES

Dive into the pleasures of summer

Being attuned to our deep feelings is being attuned to a valuable source of knowledge. Summer is a season to enjoy our experience as living, breathing, sensual beings with the beautiful gifts of our senses that we so often take for granted.

Enjoy Summer Without Breaking the Bank: Smart Tips for a Debt-Free Vacation

Nearly 30% of Americans who plan to travel this summer admit they'll take on debt to do so. But summer vacation doesn't have to sink your credit score. Smart budgeting and savvy travel can keep your plans on track. Here are four tips to help you save without having to stay home.

How to Invest in Fine Wines: A Step-by-Step Beginner's Guide

Strategies to build a wine portfolio that could make you money and give you something delicious to drink.

Summer Brain Fog: Fighting Backfires, But 5 Tips Boost Productivity

If you're having trouble thinking, remembering or concentrating this summer, you could have "summer brain fog," but avoid fighting it with caffeine and do this instead.

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