PAROD RICK Form 4 August 03, 2009

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16. Form 4 or

January 31, Expires: 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

1(b).

Stock

Stock

Common

07/31/2009

(Print or Type Responses)

1. Name and Address of Reporting Person *

PAROD RICK			Symbol LINDS	SAY COI	RP [LNN	r]	Is	(Check all applicable)			
(Last) 2222 N. 11	(First) 1TH ST.	(Middle)		of Earliest Day/Year) 2009	Fransactio	n	_	_X_ Director 10% Owner X Officer (give title Other (specify below) President & CEO			
				endment, I onth/Day/Ye	Č	nal	A	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
OMAHA,	NE 68164						– P	Form filed by Mo erson	ore than One Rep	porting	
(City)	(State)	(Zip)	Tak	ole I - Non	-Derivativ	e Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year) Execution any		3. Transacti Code (Instr. 8)	omr Dispo (Instr. 3,	sed of 4 and 3		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	07/30/2009			M	50,000	` '	\$ 14	119,187 <u>(1)</u> <u>(2)</u>	D		
Common	07/30/2009			S	9,500	D	\$ 36.7172	109,687 (1)	D		

(3)

19,900

(4)

\$

(5)

D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

S

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

D

35.4837 89,787 (1)

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required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. 5. Number of TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)			
				Code V	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase	\$ 14	07/30/2009		M			50,000	<u>(6)</u>	04/05/2010	Common Stock	50,000
Option to Purchase	\$ 14							<u>(7)</u>	04/05/2010	Common Stock	50,000
Option to Purchase	\$ 21.52							(8)	04/24/2013	Common Stock	45,000
Option to Purchase	\$ 25.77							<u>(9)</u>	04/22/2014	Common Stock	45,000
Option to Purchase	\$ 24.29							(10)	08/15/2015	Common Stock	22,500
Option to Purchase	\$ 19.33							<u>(11)</u>	11/08/2015	Common Stock	22,500

Reporting Owners

Reporting Owner Name / Address	Relationships							
.r. g	Director	10% Owner	Officer	Other				
PAROD RICK 2222 N. 111TH ST. OMAHA, NE 68164	X		President & CEO					
<u> </u>								

Signatures

Reporting Person

By: Dave Downing	08/03/200		
**Signature of	Date		

Reporting Owners 2

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Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Includes common stock in the form of restricted stock units.
- (2) Includes 612 shares which were inadvertantly omitted from previous filings.
- (3) The proceeds of all shares sold were used to pay for the taxes and exercise price related to the exercise of 50,000 options.
- (4) The actual sale prices range from \$36.50 to \$36.96.
- (5) The actual sale prices range from \$35.20 to \$36.14.
- (6) The option vests in five equal annual installments beginning on April 5, 2001.
 - These options to purchase common stock are exercisable on or after the first day following the completion of a period of twenty (20)
- (7) consecutive business days on which the fair market value exceeds \$40.00 per share but only if such period is completed prior to 4/5/05 alternatively, these options to purchase common stock are exercisable on or after 4/5/09.
- (8) The option vests in five equal annual installments beginning on April 24, 2004.
- (9) The option vests in five equal annual installments beginning on April 22, 2005.
- (10) The option vests in five equal annual installments beginning on August 15, 2006.
- (11) The option vests in five equal annual installments beginning on November 8, 2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.