

The **LEAVENWORTH EXCHANGE**

Celebrating together as friends and neighbors

Volume 31 Issue 7 July 2016



There will NOT be a General Membership Meeting in July

We hope to see you at the next gathering in August. If you have concerns or comments, please inform any of the Board Members listed on the last page.

Coming Up: Annual LNA Picnic

As tradition holds, our normal membership meeting during the month of August will be our annual picnic. This is the time to be casual, bring the kids, bring the grandparents, bring a new neighbor and eat. And talk. And share your ideas and concerns. Details have not been worked out, so stay tuned.

The location will be at our new home: Dewey Park. If it rains, we will have the event indoors!! The date will be August 18. We have budgeted \$500 for this event which will usually cover the meat and other essentials. To volunteer for helping out with this event call John Constanzo, 402-699-0048. See you then!!!

Party in the USA: Americans Celebrate Independence

By Jack Henry

From fireworks soaring above the Washington Monument on the National Mall to hot dogs being downed in New York at Nathan's famed competitive dog-eating contest, Americans aren't shy about celebrating our nation's birthday. Rain was forecast across much of the Heartland, but Midtown revelers didn't let it dampen the fun. Why would we? We'd just come off 3 weeks of America's past-time with the College World Series and another very successful US Olympic Swim Trials – both events featured our city in prime-time spots nationally and brought a month of fun local activities that concluded the weekend of Independence Day.

July 4th is a great day for my favorite 'F-words': Family, Friends, Food, Fun & Fireworks. It's a day that brings the neighborhood together through BBQs, block-parties, and parades; the quintessential fabric of the nation is brought to light through the strength of neighborhoods. There is definitely an overarching theme of patriotism and national pride with the 4th but the best part of the holiday is seen from the front porch! Even with the rainy, overcast forecast I was glad our Founding Father's hadn't declared Independence in the dead of winter – being invited over to a neighbor's house party with fireworks would be decidedly different in sub-zero temps! Just imagine if the people of Boston would have had *their way* – who first celebrated Independence on March 5 – the day of the Boston Massacre in 1783. That would be 'unacceptable'!

Because modern culture has moved away from some of the history of Independence Day I'll leave you with some quick hits:

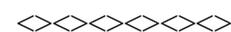
- The Declaration of Independence of was adopted on July 4, 1776 – the root of the 21 Gun Salute (add 1+7+7+6)
- Work on the Erie Canal in 1817, the laying of the cornerstone of the Washington Monument in 1848, and the laying of the cornerstone of the Freedom Tower in 2004 all began on the Fourth of July
- Independence Day was not declared a legal holiday until 1870 (in the same Congressional Bill as Christmas)

- Thomas Jefferson (writer of the Declaration) and John Adams (a signer) both died on July 4, 1826
- During the Civil War, Vicksburg, MS surrendered to Union troops on July 4, 1863 after a seven-week siege. It was not until 1945, amid patriotic fervor as World War II came to a victorious close, that the city officially celebrated Independence Day again
- The Philippines gained their own independence from the United States on July 4, 1946 and celebrate the day as Republic Day
- Most members of the Continental Congress signed the Declaration of Independence on August 2, 1776 – only two men signed on July 4, 1776.
- There were 13 original colonies, can you name them?



QUICK SNIPS.....

Spotted in Leavenworth Park on a recent Thursday: a BUNCH of kids and young adults planting trees!! Supervised by the Parks Department, this Lutheran Service of Omaha group from Kountze Memorial Lutheran Church planted 14 trees. Wow! Because of the onset of the emerald ash borer, those trees may not last. The new ones are native species and should work well. Thank you folks!



How many murals do we have within the LNA boundaries? This can include indoor murals too. Come to the meeting with your answer and compare.

Family membership: \$15
Business Membership: \$25
Please support the LNA!!

Make checks payable to "LNA". Bring to the meeting, give to a Board member,
 or

Mail to:

Leavenworth Neigh. Assn.
3031 Leavenworth St.
Omaha, NE 68105

PLEASE NOTE: You can still pay directly through PayPal, sending your transaction to:
Treasurer@LNAOmaha.org

Membership Update

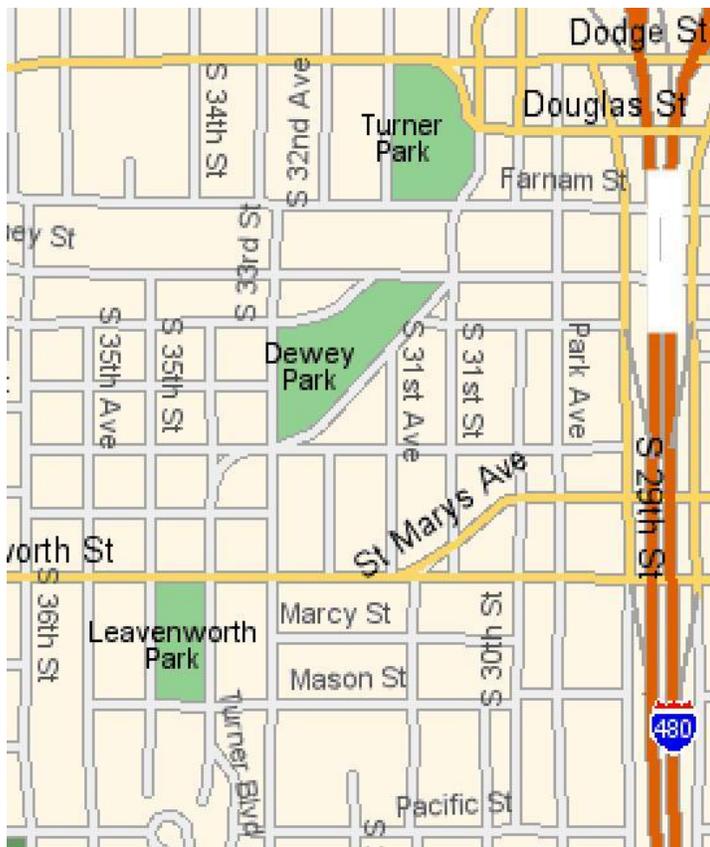
By The Membership Team

We have consolidated the membership roster from last November to the recent Omaha Gives campaign. From that tally we hope to now have everyone signed up to get the newsletter. Of course if we missed your email address, you likely will not be reading this!! And of course we can send you a hard copy in the mail if you prefer.

If you would like to check to on whether you are on the list of paid members please contact Jack Henry, Team Captain, at 402-650-3761.

And of course we appreciate any new member who would like to join now. There is a LOT happening in our neighborhood and we need your support and ideas to continue to make it a great place to live, work and play.

Our Boundaries...



Work Is STILL Needed....

Last month we reported on the things that need to be done on our new headquarters at Dewey Park. Much of it is structural such as electrical and plumbing, but a lot of it is hands-on, elbow greasing efforts of us volunteers.

The bulky trash has been moved out. The meeting room and office need to be painted. The floor needs carpet tiles. And the list goes on. The space has definitely been made more presentable. But we need ongoing assistance in making the space much more comfortable.

Fortunately we have tables and currently folding chairs. The "wish list" will be growing with a need for stacking chairs, carpet tile, office furnishings, etc. The outside will need landscaping. The window treatment will probably stay, but there is a lot of cleaning to be done.

If you have a business with some extra furnishings that we might be able to use, please let any of the Board members know.

Come on down!! Share your skills. No volunteer will be turned away!!

As we near completion of **The Sycamore on 30th Avenue** between Pacific and Mason Streets, our model unit is ready for display! We've included a few photos here that we encourage you to share with anyone you think may be interested in moving into the Leavenworth neighborhood.

Units are 750-800 sq. ft and \$925 per month. Amenities include granite countertops, washer and dryers, patios, high efficiency electric water heaters in each unit, custom cabinets, walk-in closets, new appliances (fridge, microwave, oven, stove, dishwasher), secured entrances, and rent includes a free parking spot in the lot behind the building. Security, privacy and low noise levels for tenants are very important to us so only 4 units have access to the same front door and entry. Compare this to most other buildings where you have all tenants walking past your door. We pride ourselves on craftsmanship and quality construction. More information is available at amilestoneproperty.com or interested parties may contact us at info@amilestoneproperty.com or 402-991-0761.



Whether it be supporting neighborhood restaurants and bars, participating in the active neighborhood association or traveling just a few blocks north to Midtown Crossing, this location allows for a residential neighborhood feel with fun right around the corner. The Leavenworth area boasts diversity and energy like no other in Omaha.

And, The Sycamore's traditional style fits the architecture of the neighborhood. With classic and quality finishes, A Milestone Property's buildings blend fluidly with the tradition of the neighborhood. We take the responsibility of revitalizing and maintaining this area very seriously. Every project will have this goal in mind – to strengthen the neighborhood and cherish the rich history of the Leavenworth and Park Avenue areas.

We grateful to be a part of your neighborhood!

From Dan Esch, Douglas County Clerk

There were many areas of the City and County that saw valuation changes for 2016. Hopefully the information in this e-mail will be helpful to those in your neighborhood who are interested in protesting their property valuation.

Every year during the month of June, the State allows counties to accept property valuation protests. As the County Clerk, my office works with County Administration to help facilitate the process.

Property valuation protest forms, as well as information on how to file a property valuation protest, can be found at www.boardofequalization.org.

On the homepage, one can find the following two links just below the first paragraph (if you click on the underlined words, it should take you right to the documents):

- Real Property Valuation Protest [Information Guide](#) from the Nebraska Department of Revenue.
- Property Valuation Protest [Informational Letter](#) from the Douglas County Clerk.

These documents are informational guides; they provide suggestions as to what one could submit with their property valuation protest.

The deadline to file a property valuation protest was Thursday, June 30, 2016.

Feel free to direct people to me if they have any questions. If I'm not available, they can also call the Board of Equalization at [\(402\) 444-6510](tel:4024446510).

Thanks!

Dan Esch
Douglas County Clerk/Comptroller
[\(402\) 444-6767](tel:4024446767)

To learn more about what your Clerk/Comptroller does for you, please visit: www.douglascountyclerk.org



Also Coming Up: Tuesday, August 2

National Night Out is an annual event designed to strengthen our communities by encouraging neighbors to engage in stronger relationships with each other and with their local law enforcement partners.

Plan a neighborhood party or get-together and invite all of your neighbors to help celebrate National Night Out.

Visit the National Night Out website for additional information: <http://natw.org/>

Community Flower Garden

By Jim Thompson

When the garden was torn up due to the neighboring construction project most of the plants were transplanted. Hopefully they are thriving in their new home. One of the items that was left was a plaque in honor of their Dad. I know it had been there for quite awhile and I would like to return it to the original donor.

If you recognize this plaque, please contact me and I will deliver it accordingly.



Moving on out...Goodbye Reggie and Lois!!!

By Jim Thompson

Reggie Welles gave the neighbors a bit of advice at the last General Membership Meeting, "Don't ever move when you are 78 years old."

As one might expect with folks in their 70's, comes a time where an apartment might work best. In the case of dear friends and neighbors, Reggie and Lois Welles, they are finally vacating the house they've living in for decades to move out west. Recent yard sales that they held was a reminder what can be collected during those decades. Although we understand that downsizing happens, we will miss you both.

Reggie was our unofficial traffic engineer at the Spring clean-up. We can sure use you for next year! It doesn't matter that you would no longer live in the 'hood.

Thank you both for the time and service to the Leavenworth Neighborhood Association. You have been there since the beginning and we will never forget you. We wish you peace and tranquility in your new neighborhood.

Leavenworth Kid's Corner

Contributed by Kassandra Mayo agapemayo@gmail.com

Summer is here and it's hot! But that's no excuse to not be active! Here's an article found from <http://kidshealth.org/en/parents/exercise.html> to help you remind your kiddos to keep moving!

"When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights. But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

The Many Benefits of Exercise

Kids who are active will:

- have stronger [muscles and bones](#)
- have a leaner body because exercise helps control body fat
- be less likely to become [overweight](#)
- decrease the risk of developing [type 2 diabetes](#)
- lower [blood pressure](#) and blood cholesterol levels
- have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges.

What Motivates Kids?

So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

1. **Choosing the right activities for a child's age:** If you don't, the child may be bored or frustrated.
2. **Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.

3. **Keeping the focus on fun:** Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

Age-Appropriate Activities

The best way for kids to get physical activity is by incorporating physical activity into their daily routine. [Toddlers](#) and [preschoolers](#) should play actively several times a day. Children 6 to 17 years should do 60 minutes or more physical activity daily. This can include free play at home, active time at school, and participation in classes or organized sports.



**We don't stop playing
because we grow old;
we grow old because we
stop playing.**

George Bernard Shaw

The EXCHANGE by e-mail?

Awhile ago we converted the distribution of the EXCHANGE to primarily electronic distribution. If you are receiving this copy, you are welcome! However, if you obtained a copy from one of the drop-off locations, and want the e-version, simply send an email message to: AtLarge@LNAOmaha.org and request that you'd like to start receiving the LNA newsletter. We can also send out a printed copy if you desire that instead.

Garden Update

By Carol Haas

Garden plots are still available!

Both Hands To Harvest and the First Central Congregational Church have a few plots remaining. For Hands To Harvest contact me at maximom1@cox.net. For First Congregational contact George Himes at 402-618-9243.

It's not too late to grow some crops!

THANK YOU!!!

To all those who came out to clean up the Triangle Garden on 34th & Jackson. It looks great!! The weeds and trees were covering some pretty nice lilies and rose bushes.

The City came and grabbed the pile of trimmings. The cobblestones were once again revealed as well. John Costanzo, Jack Henry, Zach Johnson and kids, you deserve a pat on the sore back. Good job!

Want to Advertise in The EXCHANGE?

At the Board meeting in May we discussed the re-introduction of placing ads in the monthly newsletter to defray the cost of production and mailing.

In the past there were numerous, loyal advertisers that graced our pages. For years these businesses participated in this manner and we needed their support. The expenses of The EXCHANGE have diminished significantly since we converted mostly to an email version. We do, however, print copies for bulk distribution and mailing to those who prefer a hard copy.

The change that we are proposing would be a one price format for an ad to cover the full year vs. creating/invoicing for each month or quarter. The rates would not change: \$120/year for a business card size. If interested, let Jim T. know at atlarge@LNAOmaha.org

Midtown Crossing ROCKS!!!!

By John Costanzo

Jazz on the Green, Summer Concert Series, Playing With Fire.....WOW!!! All that goooood stuff within walking distance of our neighborhood.

I took this picture on a beautiful spring evening while enjoying a libation on a patio surrounding Turner Park. What a joy. No excuse to let the summer slip by without taking advantage of the offerings at Midtown Crossing.





July 2016



LEAVENWORTH NEIGHBORHOOD ASSOCIATION
3031 Leavenworth St.
Omaha, NE 68105

*"Celebrating together as
friends and neighbors"*

THE LEAVENWORTH NEIGHBORHOOD ASSOCIATION

Who We Are

A neighborhood association advocating growth and pride for families and business in the heart of the city -- working to provide a safe, attractive, and welcoming environment in which to live, work, and play. The LNA is a 501(c)3 nonprofit organization.

Our Board Members

President: Jordan Green 402-750-2244
Email: President@LNAOmaha.org
Vice-President: Jack Henry 402-650-3761
Email: Vice-President@LNAOmaha.org
Secretary: John Costanzo 402-699-0048
Email: Secretary@LNAOmaha.org
Treasurer: Andrew Flater (515-520-1255) Email: aflater@gmail.com
At Large: Jim Thompson 402-672-0603
Email: atlarge@LNAOmaha.org

Join us for our monthly meetings -- the 3rd Thursday of the month, 7 p.m.,

Website: www.LNAOmaha.org

Become a Member of the LNA

Name: _____

Address: _____

Phone: _____

E-mail: _____

Family membership: \$15 annually

Business membership: \$25 annually

Name of Business: _____

____ New Member

____ Renewal

Make checks payable to LNA. Dues are for Jan.-Dec.
Mail to LNA, 3031 Leavenworth St, Omaha, NE 68105.

Each adult 18 or older, 2 max. per family or business who pay dues and lives, owns property, or owns/operates a business in the LNA boundaries shall be eligible to vote on Association matters.

LNA boundaries: East - 29th St., North - Dodge St.,
South - Pacific St., West - 36th St.