

# The LEAVENWORTH EXCHANGE

*Celebrating together as friends and neighbors*

Volume 34 Issue 1, January 2019



## President's Letter.....

Happy 2019!

Looking into the new year, I'm always excited about the prospect of what could be. The possibilities are endless, and it's up to us to determine what the future looks like.

At our first board meeting, we talked about the expectations we have as board members. This includes attendance at meetings, involvement in committees, and contributing to the monthly newsletter. We are doing this because we believe in our neighborhood and the people who live and work here -- but we can't do it alone.

What do you hope the LNA looks like a year from now? How will you be a part of this? What projects would you like to see come to fruition? How can we all be a part of something bigger than ourselves?

As a board, we are not here to tell you how it's going to be -- we are here to help. Please don't be shy. I would love to see you at a general meeting, to hear your ideas about how we can improve, and to answer your questions about where we go from here.

Cheers to a prosperous and exciting year!

*Ashley Flater*

***Reminder!*** The LNA  
**Membership meeting** will be  
**January 17, 2019.**

7:00 PM

Since the Dewey Park  
Building is not quite ready,  
we will be meeting at **First  
Central Congregational  
Church,  
36th & Dewey**

Come to the south patio  
doors on the west side of  
the church. The parlor is to  
your left.

## New Board for 2019!!!!

Congratulations to Ashley Flater and Laura Green on the election to the LNA Board!! These two ladies replace outgoing Board Members John Costanzo and Andrew Flater whose terms expired.

Ashley is new to the LNA Board but Laura Green has served in the past. After the election the Board caucused for the various officers and here are the results:

**President - Ashley Flater**  
**Vice President - Jack Henry**  
**Secretary - Laura Green**  
**Treasurer - Janelle Domeyer**  
**At-Large - Ben White**

As with any volunteer organization, they will need the support of all the members to continue to make this association successful.

### Tips for Homeowners

from Laura Green

The following is an intensive document that covers many, many areas of home ownership. There are just too many items to try and summarize for our newsletter, so please check this out next time you are playing around on the computer:

HOUSING REHABILITATION & HEALTHY  
HOMES RESOURCE GUIDE

<https://planninghcd.cityofomaha.org/healthyhomes>

### Financial Report

Janelle Domeyer, Treasurer

Here are the numbers for 2018:

Budget: \$2,480

Spent: \$2,589.70  
(\$109.70)

Income: \$3,324.96  
Expenses: \$2,589.70  
+\$735.26

## Apathy, a Terrible Disease

By Jim Thompson

We have approximately 600 structures in our neighborhood comprised of single family homes, apartment buildings, condos, businesses, churches, and a school. To estimate the number of people that live and work in those buildings would be a monumental task. Add to that the number of people that visit these places to shop, stop, and play and you can see the number is exponentially large. So what does have to do with the good ol' Leavenworth Neighborhood Association?

This inventory of people and structures is the backbone of the group. The change in the visible landscape, always ongoing and because of the age, always for the better, has created a unique opportunity to embrace a positive feeling. Even the green spaces of the three major parks and the connection with the Turner Boulevard Trail have undergone significant improvements for the enjoyment of the masses. And the work is not done.

We have estimated a population of around 5000 that live in our particular neighborhood. What a great number for targeting a development or a business. We people, those of you who are reading this newsletter for example, have and continue to serve an important mission. For one reason or another, our jobs, our socio-economic situation, or the value of the neighborhood has planted us here. A neighborhood cannot exist without the people that do things within. And the work is not done. That applies whether you own or rent in the neighborhood.

When I joined the Leavenworth group in 1985, I was genuinely surprised that getting involved could affect such positive changes in the whole area. For example could we actually get Leavenworth Park improved so my kids could better enjoy that space? Of course. It happened. Not by one person, but by the collective group. And the work is not done.

We hope to see you at the meeting.

**Of all the times people have asked  
me for directions, I've often  
wondered if they ever made it to  
their destination.....**

## Membership Dues are Due

It is that time of the year that we ask each and every one of you to renew or join this active neighborhood association. Here is what you can expect for your membership:

- Chili Supper in February
- Free bulk garbage pick-up in the spring
- Ice Cream Social
- Picnic in August
- Holiday Party in December
- Security of a Driving Patrol
- "Crime Alert" emails of burglaries, etc.
- Subscription to an informative and popular newsletter (this one!)
- Enforcement of graffiti violations
- Enforcement of code violations
- Enjoyment of four flower gardens
- Continued efforts to clean litter from your neighborhood
- Opportunity to use a plot in a community vegetable garden
- Opportunity to help the kids at Jackson School **Pride**

The food alone is worth your investment. And it takes more than a small, dedicated group of volunteers to continue to make this a great association. Please see the back page and renew or join now.

Thank you!!!!

### Amazing Place Thrift Store

First Lutheran Church, 31st & Jackson, has a very active store right here in the middle of LNA!

We are here to help those in the community in need of business attire and maternity clothes. There are also other great items that are just **\$1 or FREE**.

We do offer a retail/customer service training program to those who are interested in growing their skills in those areas.

#### Hours:

Monday - Friday 8:30am-9:30am

M/T/Th/F 3:30pm-5:30pm

Every 3rd Saturday 9:00am-5:00pm

*Donations are always welcomed. Any questions please call Michelle McKee at 402.345.7506*

## Please Shovel Your Walk.....



The recent award of a snow removal contract the City awarded **tripled** the cost IF the City is called upon to remove the snow from your sidewalk. The City ordinance requires that snow and ice be removed within 24 hours.

There is also an ordinance concerning abandoned vehicles on the streets. With the recent snowfalls we have encountered, it is surprising that the City has totally ignored this code. The amount of cars in our neighborhood that were covered with snow for weeks was staggering. Begs the question: whose job is it to get these junk vehicles moved?

Does it take a conscientious civil servant to identify them? Does it mean that a vigilant neighbor should report those vehicles on their block? Or is it the role of an active neighborhood association to patrol the entire area? How about Citizens Patrol?? Of course the Omaha Police have the authority to write the tickets. But do they have the time to stop on every other block for these easily identifiable vehicles?? Maybe it really isn't a problem.....

## Dino's Storage

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[www.dinosstorage.com](http://www.dinosstorage.com)

402.916.4015

## Quick Snips.....

Macaroni and cheese...comfort food for the winter. So stop down to Midtown Crossing on January 26, 11:00 AM to 3:00 PM for the third annual **Mac and Cheese Binge**. The Binge celebrates one of food's greatest marriages: Mac and Cheese. Each participating restaurant will be offering \$3 mac & cheese samplers, with suggested drink pairings (prices vary). Visit as many restaurants as possible (in any order you'd like) and cast your vote for the best mac in midtown!



Have you noticed a huge light bulb sign above the door at 3502 Leavenworth? **Watts Coworking** has moved into that space along with Steve Held's business, Uptown Urban Dwellings (formerly Dial Development). Watts Coworking is a space where Entrepreneurs, Startups, and Independent Professionals can work together to power their most innovative ideas. They will be having an open house on Jan. 15, from 5 - 8 PM. Stop by for some refreshments and networking.

## Goodbye Tom Parker....

If any of you have been to the VFW Post 247 at 33rd & Leavenworth you have met Tom Parker. Tom passed away in December at the VA Medical Center after a brief hospitalization. Among other things, COPD was the primary culprit. He was 70 years old.



Tom was the ultimate volunteer. A member of the Amvets Post 2, he worked out of the VFW for 22 years. Tom also volunteered for the American Legion, GI Forum, and was a member of the Color Guard. He was the "Chief Cook and Bottle Washer" at the post, serving pancake breakfasts,

hamburger nights, Tex-Mex food, etc. He also was the webmaster for the Texas Hold-em and the VFW Post, along with putting together their newsletter. According to Post Commander Jack Manzer, "He had his hands full all the time."

Tom lived in our neighborhood for decades, managing to walk to the post for his volunteer duties. His volunteerism, loyalty and patriotism will be missed.

**IT IS TIME TO RENEW YOUR  
MEMBERSHIP.  
OR IF YOU HAVE NOT  
JOINED, JOIN US NOW!!**

**Family membership:  
\$15  
Business Membership:  
\$25**

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

**Mail to:  
Leavenworth N.A.  
3031 Leavenworth St, Omaha, NE 68105**

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

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## Won't You Be My Neighbor?

By Jim Thompson

Of course most of you have heard this question before. Immediately you start humming the Mr. Rogers' theme song from the old TV show:

It's a beautiful day in this neighborhood  
A beautiful day for a neighbor  
Would you be mine?  
Could you be mine?

There are more lyrics to the song that pose the old question from this gentleman. And I must admit that when his show was on the air (1968 - 2001) I was not a faithful viewer. Sure, I had seen it many times and periodically my kids would watch. But now that I have grown up (mostly) I have come to appreciate Fred Rogers' message more than I had ever thought. The recent movie jump started this icon in a most positive way.

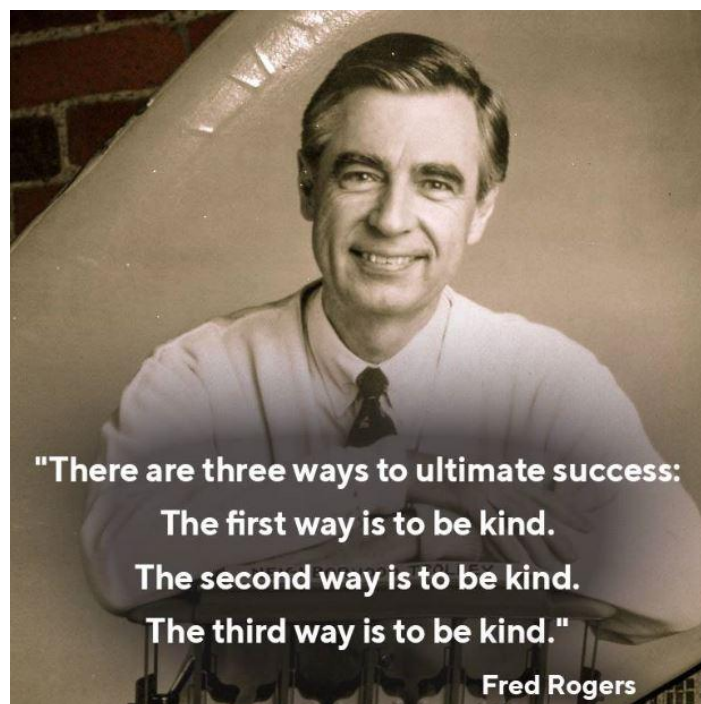
I highly recommend watching the movie, likely on Netflix, or wherever you can find it. Whatever notions you may hold from your exposure as a child or adult to this simplistic character, a couple of hours of your present time will put into great perspective your role as a neighbor, parent, guardian, aunt, uncle, human, etc. Fred Rogers was completely sincere and profoundly expressed his position on many, many facets of life. Divorce, death, war, etc., he could be viewed as The Prophet of modern, educational television.

And when he asks about being my neighbor, it seems such a simple question. In reality he is asking that we, you and I, enter into a communicative relationship with positive outcomes. If you look up "neighbor" in a dictionary, the one definition I like most is "a fellow being subject to the obligations of humanity".

I admit I am not neighborly to all those living in proximity of my residence. The primary reason is I do not know who they are!! Really, how far does one go to knock on a door or interrupt a yard work task to say "Hi neighbor! Do you want to be buddies?" However, I am most proud to be active in the association of neighbors that exist where these opportunities are not only supported but encouraged. This diverse group has unlimited human resources to do all sorts of things to enhance the obligations of humanity. Yes, right

here in the good ol' Leavenworth area. And whether you rent or own, are permanently or temporarily detailed to work in our area, your obligations to humanity exist.

Mr. Rogers sings out the plea to enter a special bond. Nice. Something everyone should do. Clearly there are many, mostly criminals I suppose, who pull the curtains closed and never want anyone to enter their living pod. In a real sense, from my personal experience to the national query by Fred Rogers, the celebration of being a neighbor is not only ok, but essential to the peace and safety of your immediate environment.



In the August 2018 issue of The Exchange I wrote about the LNA Kid's Day celebration. One year we had inquired about the possibility of having Mr. Rogers join our event. Instead, we were offered Mr. McFeely, the delivery man. We did not follow through back then but since the gentleman who played him, David Newell, is still alive perhaps we can follow-up and bring him to Omaha! The message to the children of the world *always* needs to be told. Let us all keep talking.

And seriously, won't you be MY neighbor??

## An Introduction to a Returning Crop

By Andrea Ortiz

### Hemp vs. Marijuana

What is the difference between hemp and marijuana?

The short answer: semantics. The long answer: the difference is a largely misunderstood distinction that now has two correct answers, a legal one and a scientific one. And like all things proven by scientists, it is somehow up for public and political debate.

Thanks to nearly 80 years of federal cannabis prohibition, public knowledge on the topic is limited to rumors and misinterpretations perpetuated online—everything from “hemp plants are male and marijuana plants are female” to “one is a drug and the other is not.”

The Cannabis Sativa L. plant, or hemp, is the same thing as marijuana... for the most part. What is the scientific difference? 10 cool points to you if you know what it is... Hemp has less than .03%

Tetrahydrocannabinol, or THC, is the ingredient that gives marijuana its psychoactive effects, marijuana is hemp with THC levels more than .03%. More THC = Marijuana = More High.

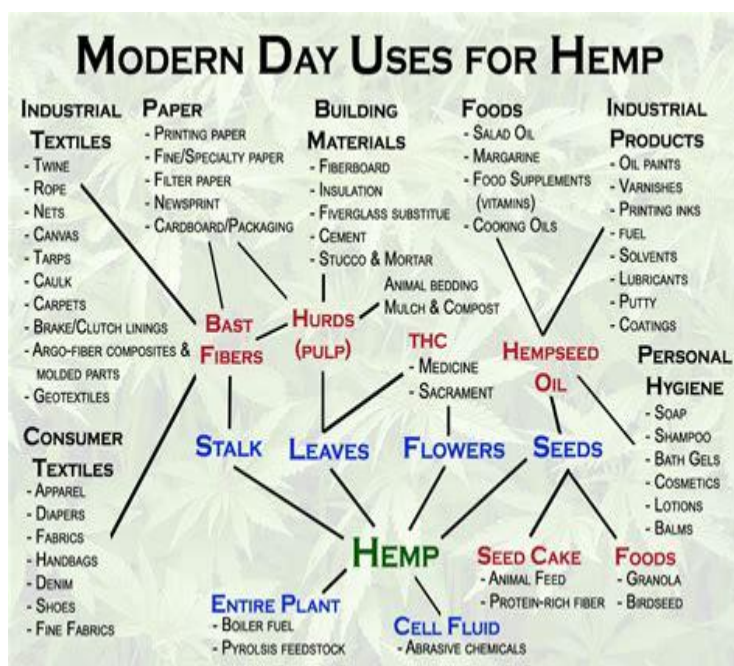
### Hemp Anatomy and Uses

The inner woody core, or shiv, is the innermost layer that paper, hempcrete, and some plastics are made from. The green fibrous portion of the plant, or bast, is what makes fibers, canvas, cloth, and plastics.

Traditionally, hemp fiber has been a very coarse fiber when raw, which made it well suited to rope but less than ideal for clothing designed to be worn against delicate human skin. Advances in breeding of the plants and treatment/processing of the fibers have resulted in a much finer, softer hemp fiber, which is ideal for weaving into hemp clothing, fabrics and rope.

The seeds are high in dietary fiber, are 33% protein, have all 19 essential amino acids and contain omega 3's, 6's, and 9's! This plant is extremely valuable and it's no wonder why hemp is often called a “cash crop”. Hemp is a very hearty plant and grows very quickly (usually within 12-16 weeks), in very diverse soil conditions and is drought tolerant. Hemp can be used as a cover crop with its hearty root system, requires little to no fertilizer, and is pest resistant requiring little to no use of pesticides. Hemp is the second longest cultivated crop next to rice and has been farmed by many civilizations for over 12,000 years. Industrial

hemp was the fiber used to manufacture rope, canvas, paper, and clothing until alternative textiles and synthetics for these purposes were discovered. Although China has been the largest hemp producer over the years, other countries such as Australia and Canada are catching up. It has been illegal for anyone to grow hemp in the United States as hemp was illegal under the marijuana prohibition act. In December of 2018, the federal ban was lifted on hemp and has changed the plant from a controlled substance to a crop. The 2018 Farm Bill has paved the way for industrial hemp production again in the United States. Many hemp fiber products, building materials, plastics, food, fuel, oils, and medicines can be seen and purchased online and this industry is going to explode. Hemp is truly an amazing plant with the potential to help “green up” many industries.

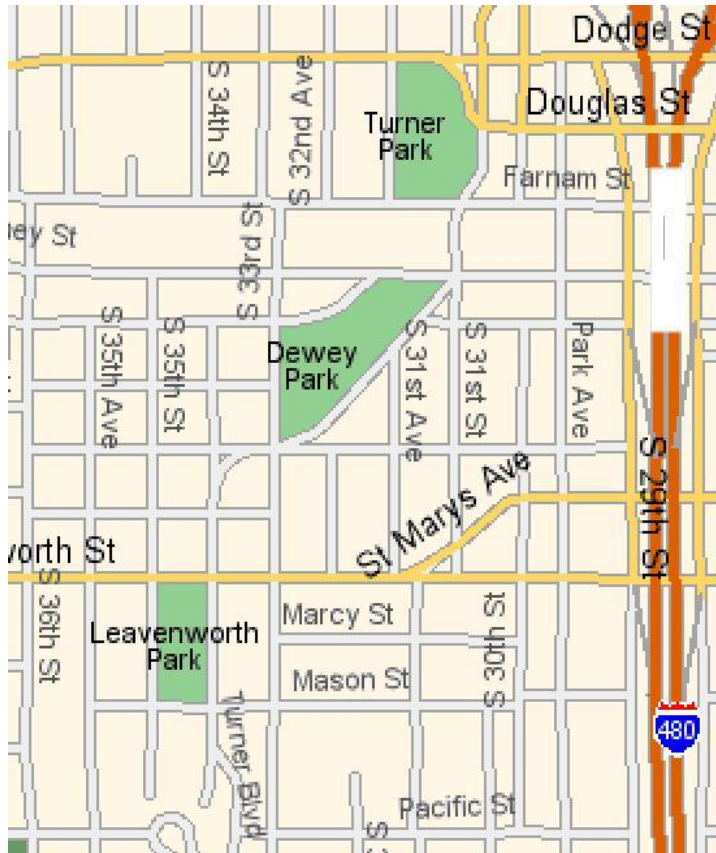


### Can I grow Hemp?

Not yet. Even though the federal ban has been lifted, state laws are still valid and enforceable. Nebraska is the only unicameral left and it's not-so-progressive legislature currently only allow accredited Universities to apply for a license to grow hemp and the rules/regulations are so expensive, only UNL has attempted (with minimal success and no new growth in 2018) to grow a whopping one acre. We have an opportunity to join the ranks in this billion-dollar industry, and we're on the sidelines. Legislation is currently being created for proposal this January, but no guarantees on it passing. If you care about hemp and its future tell your congressman, senator, and friends!

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**The boundaries of the Leavenworth Neighborhood Association:**

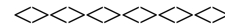


North - Dodge St.; South - Pacific St.  
 East - 29th St.; West - 36th St.

**More Quick Snips.....**

**31st & Leavenworth Demolition.**

The old bingo hall is gone! So what is going to arise? There are no solid plans drawn up, but the former hodge-podge of buildings on that property may involve a first story of retail, a second story of offices, and two more stories of residential in a mixed use setting. Stay tuned!!!



Mother India on 36th and Leavenworth is reopening this month as another restaurant known as **Taste of India**. The family also owns Taj Indian and Taj Indochinese restaurant at 2316 North 72nd Street; the lot used to be Happy Family. We are anxious for great Indian cuisine to return to the neighborhood!

**Information for Contributors**  
**To contribute to *the EXCHANGE*,**  
**please contact Jim Thompson,**  
**editor@LNAOmaha.org.**  
**Deadline for the January issue is**  
**January 3, 2019.**

Content submitted may be edited as needed.

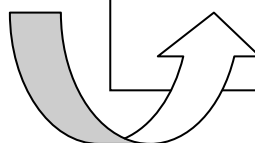
**Want to Advertise in The EXCHANGE?**

The expenses of The EXCHANGE have diminished significantly since we converted mostly to an email version. We do, however, print copies for bulk distribution to local businesses and mailing to those who prefer a hard copy. Advertisements not only help us defray these costs, but definitely reflect your support of this organization.

The current format is one price for an ad to cover the full year vs. creating/invoicing for each month or quarter. The rates would not change: \$99/year for a business card size. Additional sizes (quarter page, half page, etc) are also available. And if you have a one-time event, we can accommodate those situations.

Let Jim T. know: [Editor@LNAOmaha.org](mailto:Editor@LNAOmaha.org)

**Your ad  
 could be  
 here.**







January  
2019



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: Ashley Flater  
Email: [President@LNAOmaha.org](mailto:President@LNAOmaha.org)
- Vice-President: Jack Henry 402-650-3761  
Email: [Vice-President@LNAOmaha.org](mailto:Vice-President@LNAOmaha.org)
- Secretary: Laura Green  
Email: [Secretary@LNAOmaha.org](mailto:Secretary@LNAOmaha.org)
- Treasurer: Email: Janelle Domeyer  
Email: [Treasurer@LNAOmaha.org](mailto:Treasurer@LNAOmaha.org)
- At Large: Ben White, 402-346-5700  
Email: [atlarge@LNAOmaha.org](mailto:atlarge@LNAOmaha.org)

Join us for our monthly meetings -- the 3rd Thursday of the month, 7 p.m., Dewey Park Building on Turner Blvd.

**Website: [www.LNAOmaha.org](http://www.LNAOmaha.org)**

**Become a Member of the LNA**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
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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  
Or send via PayPal to: [Treasurer@LNAOmaha.org](mailto:Treasurer@LNAOmaha.org)  
Each adult 18 or older, 2 max. per family or business that 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.