

Midtown Monitor

Serving Midtown Neighborhoods Since 2004

July 2015

Blackstone Neighborhood Home Tour



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- Don't Shut Registers
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Blackstone Neighborhood Home Tour

Saturday, July 18th
10:00AM - 2:00PM

Tour Booklets can be purchased for \$20.00 at the Storz Mansion, 3708 Farnam, on the day of the tour.
5 residences will be open for partial interior viewing.

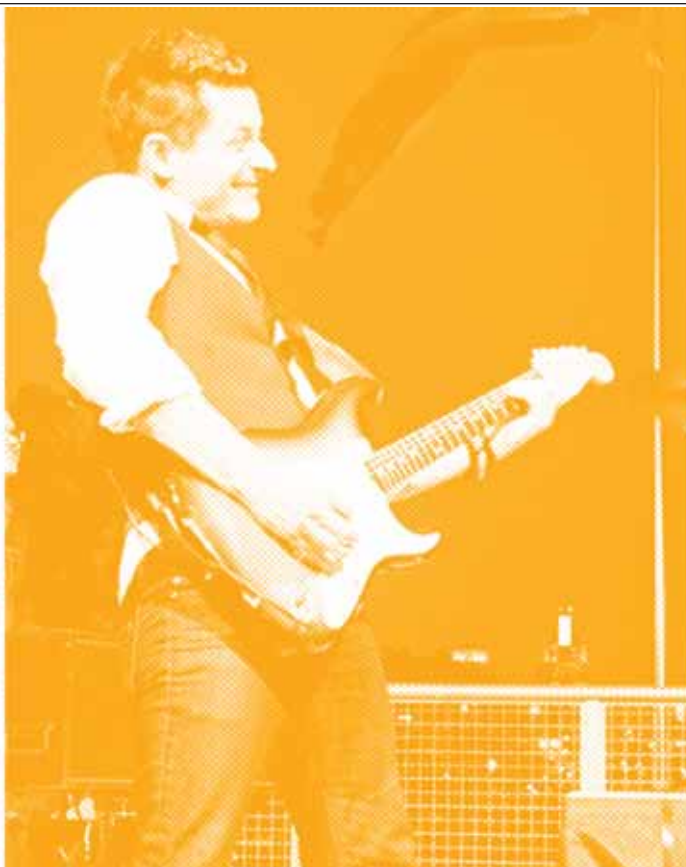
Booklets will also provide walking tour information on additional residences.

Other houses on the tour will be announced on July 4th on www.midtownmonitor.com



Skylight in the Storz Mansion. Photo by owner Rhonda Stuberg

SUMMER 2015



MIDTOWN CROSSING

Wednesday Warm Up / Cool Down

Thru July 29 | Wednesdays

Monday Night at the Movies

presented by Omaha World Herald

Thru July 27 | Mondays

Playing with Fire

July 2 | Thursdays

Jazz on the Green

presented by Omaha Performing Arts

July 9 - August 13 | Thursdays

End of Summer Concert Series

presented by University of Nebraska at Omaha

August 20 & 27, Sept. 3 | Thursdays

www.MidtownCrossing.com

all events are free and open to the public.

The Storz Mansion - a Midtown Gem on Tour

The Storz house was built by Gottlieb and Mina Storz, a prominent Omaha businessman and his wife, founders of the nationally recognized Storz Brewing Company. Born in Germany, Storz learned the brewing trade there before coming to America in 1872. After four years working in New York and St. Louis, Storz moved to Omaha. He and his wife raised six children and two nieces in their mansion.

Their son, Arthur C. Storz Sr., a World War I pilot, was a leader in building up Eppley Airfield and in bringing the Strategic Air Command to the Omaha area. The Storz Expressway was named for him. Arthur Storz Sr. and his wife Monnie, moved into the house in 1939, when Gottlieb Storz died. They had three children. Arthur Storz Sr. sold the family brewery in 1966 when competition with larger brewers became too difficult.



Art Storz Jr., a Creighton business graduate who served in the Air Force, lived in the mansion until 2002. He was very proud of his family's history and their contributions to Omaha. Art Jr. was instrumental in getting the Storz mansion on the historical landmark's list and fought to remain in his home until the city claimed it because of unpaid taxes. Michael and Paula Gaughan, friends of the family, bought the property in 1989 and allowed Art Jr. to live there until his health declined. The Gaughans then donated the mansion to Creighton University in 2002. Wayne and Rhonda Stuberg purchased the home from Creighton in August of 2007.

Features

Architects: George Fisher and Harry Lawrie

Style: Jacobean Revival

Designated Historic Landmark: Dec. 2, 1982

The Storz Mansion took from 1904 to 1907 to complete and is located in Omaha's Gold Coast area, just one block from the famous Blackstone Hotel.

Some of the unique details on the exterior include gargoyles overlooking the front porch and other low relief carvings including the Storz family crest.

Inside the massive front entry are four large Corinthian columns and three unique brass and copper chandeliers. Three of the six fireplaces have intricate mosaic tile hearths. A stained-glass skylight modeled after the main dining room of the North German Lloyd Lines luxury ocean liner, the Bremen, is a stunning addition to the mansion's solarium. The music room still displays the original beautifully painted murals and crystal chandelier.

The house is a work in progress and many areas still remain in obvious need of repair.

The initial tasks involved pulling up old carpeting to refinish the wood floors beneath and pulling down heavy drapes to expose the beautiful stained-glass windows. An ongoing project has been to strip and refinish the painted quarter-sawn oak woodwork in most of the rooms on the main floor, as well as the second floor hallway, to return them to their original natural beauty. The kitchen was gutted and finished in Arts and Crafts style to match the dining room. Other ongoing projects included updating and expanding the central air units and replacing plumbing and wiring. All rooms have been renovated on the first floor except for the solarium, the ceiling in the music room and the front entry and guest bathroom. The second floor is complete except for the northeast bedroom and the master bathroom. The third floor has a small finished apartment and a ballroom, still in need of repair. When weather permits, attention centers around outdoor landscaping, exterior painting and tuckpointing.

Midtown Entertainment

Midtown Crossing Summer Events Lineup

Midtown Crossing is making the summer sizzle with a jam-packed mix of new events and established fan favorites – everything from live music to outdoor movies, bocce ball to yoga.

Live Music:

Thursdays in the Park | Thursdays, June 4 – Sept. 3

Back by popular demand, Thursdays in the Park will, once again, encompass four separate Turner Park concert experiences:

- Playing with Fire - June 18, 25; July 2
- Omaha Performing Arts' Jazz on the Green - July 9, 16, 23, 30; August 6, 13
- End of Summer Concert Series - August 20, 27; September 3; sponsored by the UNO.

Movies – and Shows:

Monday Night at the Movies | Mondays, June 1 – July 27

The stars return to the big screen – and above it – after a record-breaking 2014. In keeping with what's now a four year old tradition, all of the outdoor movies, free and open to the public, will roll at sunset on a 26-foot inflatable screen in Turner Park.

Fitness and Fun:

Big O! Bocce Ball League | Tuesdays, Spring & Summer The good times always roll during Big O! Bocce's spring and summer leagues in Turner Park.

Registration is now open at <http://bigobocce.com/>.

- Summer season games will be played on Tuesdays, July 14 for six consecutive weeks.

Wednesday's Warm Up, Cool Down | Wednesdays, May 6-July 29

Prairie Life Fitness is presenting this exciting, new group exercise offering in Turner Park – a mid-week workout that will propel participants toward the weekend. Each workout will be free and open to the public, and followed by a happy hour event at a Midtown Crossing restaurant.

Notable Upcoming Events

Blackstone Neighborhood Home Tour
July 18th

Dundee Day - August 29th, Full Day of Fun For Everyone! Pancake Breakfast, parade on Underwood Avenue, exhibits, beer garden.

Farnam Festival September 12th- Mark your calendar.

Good Home Cooked Food



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On the Cover:

Storz Mansion, Photo by Rhonda Struberg,

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Midtown's Car Care Experts

Saturdays @ Stinson Event Schedule

Aksarben Village – Stinson Park

Every Sunday from May - October is the Omaha Farmers Market from 9am – 1pm as well as Get Fit in the Park from 10am – 12:30pm. Fun Run at 10am and Zumba at 11:30am.

JULY

- 11 Red Delicious Concert 7pm – 10pm
- 18 Hi-Fi Hangover Concert 7pm – 10pm
- 25 Recaptured Journey Tribute Concert 7pm – 10pm

AUGUST

- 1 Omaha Crush – Wine Festival 1pm – 5pm
- 7 DJ Dash 5K 7pm -9:30pm
- 8 Lemon Fresh Day Concert 7pm – 10pm
- 15 MAHA Music Festival 12pm – 12am
- 22 Confidentials Concert 7pm – 10pm
- 28 US Air Force Heartland of America Band – Vortex 7pm – 8:30pm
- 29 Yesterday & Today – Beatles Tribute Concert 7pm – 10pm

First Unitarian Church of Omaha

3114 Harney Street 10:30 service All are welcome

July 19 ---Social Justice

This is the first in a three-part series to explore important social justice issues as they hit very close to our home.

Economic inequity, Immigration Inequity and Racial Inequity affect our neighbors within blocks of our church doors.

Special musical guest Kristen Graves will perform. .

July 26 -“The New Genesis: Out of the Stars, Up from the Earth” Rev. Ron Knapp

Advances in science during the 19th and 20th centuries have generated a new awareness of the human place in the universe. That new awareness provides a new modern genesis. It can also provide the foundation stones for an appropriate liberal religious theology in the 21st century.

For more info visit. www.firstuoumaha.org

First Central Congregational Church United

Church of Christ 421 South 36th Street

These Open Forums are free and open to the public, at 9:10 a.m. on the dates noted.

July 12 & 19, The Culture of Poverty

Mary Solberg, instructor at Metropolitan Community College and member of First Central.

People in poverty face challenges virtually unknown to those in middle class or wealth--challenges from both obvious and hidden sources. The reality of being poor brings out a survival mentality, and turns attention away from opportunities taken for granted by everyone else. Ruby Payne's work is a study of the mindsets of economic classes and on crossing socio-economic lines for love, work, education, and social change.

www.firstcentral.org

Recent Midtown Homes Sold

Find them online

www.midtownmonitor.com

"\$115,000 "	5145 Woolworth	2	2	1	R Ranch	"1,932"
"\$115,001 "	5009 Lafayette	3	2	2	2 Story	"1,314"
"\$124,500 "	6455 Pierce St	3	2	1	1.5 Story	"1,704"
"\$130,000 "	6475 William St	4	3	0	1.5 Story	"1,492"
"\$136,500 "	5819 Hickory	2	2	1	R Ranch	"1,092"
"\$138,000 "	201 S 70 Avenue	3	2	1	1.5 Story	"2,254"
"\$140,000 "	3020 S 43 Street	2	2	1	R Ranch	"1,736"
"\$150,000 "	5443 Hamilton St	3	2	1	R Ranch	"1,376"
"\$175,000 "	5518 Woolworth	4	3	2	R Ranch	"1,765"
"\$178,000 "	2808 S 32nd Ave	4	3	1	1.5 Story	"2,622"
"\$185,000 "	5804 Woolworth	3	2	1	2 Story	"1,746"
"\$185,500 "	717 S 56 Street	3	2	1	2 Story	"1,710"
"\$186,000 "	883 N 68 Street	3	2	2	Ranch	"1,833"
"\$200,000 "	5544 Mason Street	2	1	1	1.5 Story	"1,867"
"\$204,900 "	328 S 69 Street	3	3	1	Ranch	"2,718"
"\$211,000 "	5623 Jackson St	3	2	1	Bung	"1,355"
"\$235,000 "	5108 Izard Street	3	1	1	2.5 Story	"1,982"
"\$235,000 "	4915 California St	6	3	0	2.5 Story	"2,766"
"\$250,000 "	317 S 51 Street	4	2	2	2.5 Story	"2,060"
"\$250,000 "	5006 Nicholas St	2	3	1	1.5 Story	"1,752"
"\$272,000 "	5634 Parker St	5	3	3	Ranch	"4,181"
"\$280,000 "	6288 Glenwood	4	3	2	Ranch	"2,404"
"\$292,000 "	5639 Jones St	3	2	1	2 Story	"2,321"
"\$305,000 "	5435 Western Ave	4	3	1	1.5 Story	"2,628"
"\$361,000 "	671 N 58th St	3	2	2	2 Story	"1,673"
"\$366,000 "	668 N 59 Street	3	3	2	2.5 Story	"2,064"
"\$376,500 "	5115 Underwood	4	2	1	2.5 Story	"2,374"
"\$530,000 "	662 N 57 Avenue	4	4	2	2.5 Story	"3,132"
"\$549,900 "	620 N 65 Street	3	3	2	2 Story	"3,392"

Our thanks to Raquel Ahlvers, The Ahlvers Group, CBSHOME Real Estate for providing this information.

Do Not Close Your Registers!

By David Holtzclaw of Transduction Technologies

When we do home energy inspections this time of year, we frequently find homeowners will close air conditioning supply registers in unoccupied rooms of the house or the basement. When I ask the homeowner why they closed the registers, they tell me they want to save energy or just not cool that room. Well, not only is this practice not saving you any energy or money, it actually uses more. Furthermore, this practice is actually unsafe and could damage your heating and cooling equipment.

In homes with ducted, forced-air heating and cooling systems (the majority of Omaha homes), the conditioned (heated or cooled) air, called supply air, comes from the furnace or air conditioner and is “blown” down the ducts and into rooms through vents called registers or grilles. Often, these supply registers will have a lever on the side that allows you to adjust the louvers behind the register to direct the airflow or even close off the register. Return registers should not have levers as return registers should never be directed or closed.

Although it’s perfectly logical to think that since there is a lever, it’s OK to close the supply grilles. In fact, it is not. When you closed the register, you stop the conditioned air from entering the room, but not from traveling down the duct. So now, your leaky ductwork has higher pressure, which means more air leakage. That’s right, you actually increased duct leakage causing all that conditioned air to leak into the wall cavities. Secondly, the air handler notices the increase in system pressure and responds by either lower the air flow in fixed speed air handlers or by increasing energy consumption in variable speed air handlers to maintain proper air flow. Both out

comes are bad for the occupant as this leads to increased discomfort and cost.

By closing the registers, you are now causing pressure imbalances throughout the HVAC system and the house. The rooms with closed registers now have less pressure than rooms with the registers open. This has several consequences, all of which are bad. First, the rooms with closed registers return less air to the air handler, making the air handler work harder. Secondly, rooms with the registers closed now start to “steal” air from adjacent rooms with the registers open as the open register rooms are at a higher pressure, and the conditioner air will leak from the high pressure rooms to low pressure rooms. Even worse, the closed register rooms will start to pull air in from the attic, basement, or exterior walls leading to discomfort and poor indoor air quality.

So how can this be dangerous? If the supply air flow is restricted, then the return air also becomes restricted, so less air passes through the cooling coil or heat exchanger. When air flow goes down, less heat is exchanged. So, in the summer, the supply air is cooled less and in the winter, the supply air is heated less, so the equipment has to run longer to meet the thermostat temperature settings. This decreases equipment lifespan and in extreme situations can cause your air conditioning coils to ice up or your heat exchanger to overheat and crack, which potentially can lead to increased carbon monoxide levels in your home.

So do your wallet, your health, and your comfort a favor and leave the registers alone.

2015 Farmers Markets

Omaha Farmers Market - Aksarben Village

67th & Center St. 402.345.5401
Sunday 9am–1 pm May 3–October 18

Benson- Military Ave.

at new location
Omaha Home For Boys
402.571.1785
Saturday 8am–1pm
May 2–September



Gifford Park Neighborhood 33rd & California St.

402.558.4070
Friday 4pm–8pm May 29th–September

Omaha Farmers Market - Old Market

11th & Jackson St.
402.345.5401
Saturday 8am–12:30pm May 2–October 17

Midtown Galleries & Theaters

Modern Artists Midtown (MAM)

3615 Dodge St. 402-520-8737

www.modernartsmidtown.com

Gallery hours: Tuesday to Saturday, 11 a.m. to 6 p.m. July 3 to 31

Pop Meets Street, featuring works by Jordan Weber, Troy Muller, James Freeman, Brian Gennardo, Jamie Burmeister, Tom Rierden, Lynn Piper, Iggy Sumnik, Ben Pratt and more

Opening reception, Friday, July 3, 6 to 8 p.m.

Cathedral Arts Project, Sunderland Gallery

3900 Webster St. 402-551-4888

www.cathedralartsproject.org

Gallery hours: Tuesday to Friday, 11 a.m. to 4 p.m., Saturday, 10 a.m. to 2 p.m., third Sunday of each month through May 29

No special exhibitions until September.



Jordan Weber Say Their Name Three Times

Anderson O'Brien Fine Art Old Market

1108 Jackson Street 402-884-0911

www.aobfineart.com

Gallery hours: Monday to Wednesday, 10 a.m. to 5:30 p.m., Thursday to Saturday, 10 a.m. to 9 p.m., Sunday 12 p.m. to 4 p.m.

New works include acrylics by Jane Booth, oils by John Gordon and Ray L. Knaub, pastels by Joe Broghammer, and jewelry by Linda Blumel

Omaha Community Playhouse

6915 Cass St. 402-553-0800 ww.omahaplayhouse.com

Late Night Catechism—June 12 to July 19

Part catechism class, part stand-up routine. You, the audience member, are part of Sister's class. She'll take you back to the days of the Latin Mass, meatless Fridays and remind you about the good old ruler across the knuckles!

Shelterbelt Theatre

3225 California St. 402-341-2757

www.shelterbelt.org Thank You for Being a Friend: The

Unauthorized Golden Girls Musical—July 10 to August 2

The Golden Gals are spending their golden years together

in a wicker-filled bungalow in Miami. But when gay, pop

superstar, Ricky Martin, moves next door, his loud, men-

only parties keep the quartet of cheesecake-loving retirees

awake. The solution to the problem pits neighbor against

neighbor at the annual Shady Oaks Retirement Home

Talent Show where singing, dancing and hilarity ensue.

This ain't your grandma's Golden Girls! Contains adult

material and language.

SNAP Productions

3225 California St. 402-341-2757

www.snapproductions.com

Next production in August.

Blue Barn Theatre

614 S. 11th St.

402-345-1576 www.bluebarn.org

No productions until the fall.

View Updates and Other Community Affairs
/Calendar Listings
Online at www.midtownmonitor.com

A Look at Some Common Sleep Interruptions

By Michael Huckabee, Ph.D., professor and director of the University of Nebraska Medical Center Division of Physician Assistant Education. Dr. Huckabee has more than 30 years' experience as a physician assistant, mostly in rural Nebraska.

There's a variety of afflictions that can keep us from sleeping at night. Some have no clear explanation but many have solutions. Here are three for your consideration.

Night Cramps. The classic example is a sudden, intense pain in the calf, caused by a muscle spasm. While cramps can happen while awake, these grab your attention by jolting you awake from a dead sleep. They may occur once or year or less, but some people have several a night. One-third of the elderly have night cramps at least once every couple months.

Forty percent of pregnant women report leg cramps. Causes vary from dehydration, electrolyte imbalance, nerve or muscle disorders, medication side effects, or merely from working the muscles hard earlier in the day. Treatment usually is directed at the cause if it can be determined. It may be as simple as drinking plenty of water or stretching your legs before you go to bed. If your sleep is regularly interrupted, visit your clinician for help.

Restless legs. I wrestle this one myself. It's hard to understand unless you've had it, but it's an overwhelming urge to move your legs. Trying to stop it is like stifling a yawn, it doesn't work. My legs will tingle and burn with the urge, though some don't notice that. It only happens when I'm in bed, and pedaling my legs in the air helps most, to the dismay of my wife who would otherwise be asleep. The diagnosis is made when a person deals with these uncontrollable impulses, typically at night, and they improve with activity and worsen with rest.

Restless leg syndrome (RLS) varies from being mildly annoying for some to causing major sleep disruptions in others. While it's known as a neurologic disorder, the cause is unclear but likely has genetic ties as it runs in families. There are effective medications for more severe cases and your clinician should be consulted. Most of us with RLS also suffer from periodic limb movement disorder, which is when my leg or arm jerks during sleep. Yeah, my wife loves that one, too.

Sleep Paralysis. This can be scary. While fading off to sleep or waking up a person will experience a complete paralysis, unable to move or speak. With it occurring at that sensitive period when our consciousness is drifting between sleep and waking, people will at the same time experience a vivid nightmare or hallucination. Often the person reports seeing an intruder, feeling like they are being choked, or otherwise being accosted. Individuals may have other out-of-body experiences, and some believe it explains those who report being abducted by aliens or experiencing demonic attacks.

The paralysis typically lasts from seconds to minutes, though rarely it may persist longer. About 6 out of 100 people suffer from this, and first occurrences are between the ages of 25-40. The cause is unknown but it may be related to an imbalance or overlapping of the stages of sleep.

Stress, erratic sleep schedules, and some medications may cause sleep paralysis, and there is likely a genetic component. Despite it being a frightening experience, there are no serious health problems. A variety of treatments, from simple home exercises to prescription medications, have been shown to be effective.

If you deal with any of these or other sleep disturbances frequently enough that it leaves you tired, missing work, or interfering with your relationships, you deserve a clinical evaluation. While there may not be easy answers to why, there are likely recommendations for how to get your sleep back in order.

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You're invited to the

MBA Meeting July 22nd, 2015

Noon, UNMC private dining room, just \$10. for lunch.
Must make reservations by Friday prior to meeting.

E-mail contact@midtownbusinessassociation.org
or Peggy Case at pcase@snbomaha.com 402-449-0920

Luther Memorial Church 61st and Western

8:45 Traditional Worship and 11am The Spirit Alive Worship

10 am Christain Education for all ages

<http://lmlchurch.org> 402- 551-4488

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