

# *Midtown Monitor*

October 2015

## **Inside**

- Leave No Trace - Sierra Club Program
- Gallery and Theater Events
- Heat Pump Revolutions
- Womens Health Conference
- and much more...

 **First Unitarian Church of Omaha** 

Join Us for Sunday Services at 9:30 & 11:15  
Coffee and Social Hour Following Each Service

**Calendar of Events**

10/9 at 6pm TAG (Tolerant Atheist Group)  
Meeting and Film at 7pm

10/14 UU&You Class 7pm-8:30pm  
Learn about Unitarian Universalism

10/20 People's Film Fest  
10/27 at 7PM

Exploring Humanistic Perspectives in Literature  
with Ron Knapp

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MIDTOWN CROSSING



# 18th Omaha Women's Health & Wellness Conference - Oct. 30

The 18th annual Omaha Women's Health and Wellness Conference will be held Friday, Oct. 30, from 8 a.m. to 4:30 p.m. at the La Vista Conference Center, 12520 Westport Parkway.

The conference, which is open to the public, offers a day of new health insights, encouraging and empowering messages, health screenings, exhibits, and fun.

The conference -- "Stepping Stones to a Healthier You!" -- will feature three keynote presenters and six health education sessions from which to choose. It will kick off with a continental breakfast and a morning health fair hosted by Nebraska Medicine with more than 40 vendors offering health screenings, education, demonstrations, massage, consultation, and products available for purchase.

Registration deadline is Oct. 23. The cost of the conference is \$59, which includes lectures, exhibits, breakfast, lunch and refreshments. Continuing nursing education credit is available at an additional \$30.

Low cost screenings including lipid profile, glucose profile and complete blood count will be available for \$17, and a thyroid-stimulating hormone test will be available for \$7. Flu shots will be offered for \$20.

## Keynote speakers are:

Ally Dering-Anderson, Pharm.D., whose talk, "What Every Woman Should Know about Vitamins and Minerals," will offer useful and practical suggestions for multiple vitamins and address the most common questions as they relate to women's health. Dr. Dering-Anderson is a clinical assistant professor in the University of Nebraska Medical Center College of Pharmacy.

Rachel Bonnema, M.D., in her talk, "An Ounce of Prevention: Navigating the Healthcare Guidelines for Women," will give women insight into a number of changes in recommendations for health care prevention. She will share some of the most important preventive guidelines for women and what to discuss with a doctor. Dr. Bonnema is an associate professor in the UNMC Department of Internal Medicine.

The closing keynote presentation will feature an inspirational talk, "A Journey Through the Hearts," by Sarah Prenosil, two-time heart transplant recipient.

## Women will choose from these afternoon sessions:

· "Urinary Incontinence: Common is Not the Same as Inevitable," Elizabeth Hopkins, D.P.T., will teach women what they can do to reduce and prevent urinary leakage and urgency. Dr. Hopkins is a physical therapist at Nebraska Medicine.

· "Secrets to a Good Night's Sleep," Michael Summers, M.D., will share ways to improve sleep quality and address the most frequently encountered sleep disorders and how best to evaluate and treat them. Dr. Summers is an assistant professor in the UNMC Department of Internal Medicine Division of Pulmonary, Critical Care, Sleep & Allergy and medical director of the Nebraska Medicine Sleep Disorders Center.

· "It's a 'Gut Feeling,'" Rebecca Beaudoin, will focus on the role of nutrition, probiotics, immunity and the foods that make the grade. She is a dietitian and trained health coach with Hy-Vee.

· "Promoting Bone Health in Post-Menopausal Women," Nancy Waltman, Ph.D., will tell women how to keep bones healthy to prevent osteoporosis, specifically in post-menopausal women. Dr. Waltman is a professor in the UNMC College of Nursing Lincoln Division.

· "Wellness, Stress Management, and You: How's Your Amygdala Today?" Steven Wengel, M.D., will teach simple but effective strategies for managing stress. Dr. Wengel is chair and professor of the UNMC Department of Psychiatry.

· "All I Want is a Peanut Butter Sandwich," Sara May, M.D., will discuss the risks for developing a peanut allergy, management of peanut allergy and recent developments in prevention of peanut allergies. Dr. May is an assistant professor in the UNMC Department of Internal Medicine Division of Pulmonary, Critical Care, Sleep & Allergy.

The conference is hosted by the Olson Center for Women's Health, UNMC, Nebraska Medicine, University of Nebraska at Omaha and WELLCOM. Platinum plus sponsor is Essentials Natural Family Health. For more information and registration, call 402-559-6345 or go to <http://omahawomenshealthandwellness.org/agenda>.

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## Celebrate National Family History Month at Omaha Public Library

October is Family History Month in the United States and Omaha Public Library (OPL) has planned a series of events to help family researchers of all experience levels uncover their past. All events are free, but registration is required at [omahalibrary.org](http://omahalibrary.org) or by contacting the hosting location. For those who can't make it to a scheduled activity, there are still many opportunities to begin or continue researching family history using OPL's extensive genealogy resources, such as MyHeritage, Ancestry.com, and the Gilbert M. and Martha H. Hitchcock Omaha World-Herald Digital Archive. Visit [guides.omahalibrary.org/genealogy](http://guides.omahalibrary.org/genealogy) to learn more about OPL's genealogy department.

Genealogy Work Group: Join genealogy enthusiasts to work on your personal research and exchange genealogy tips with others. A genealogy instructor will be available to offer help. Find a schedule of work groups on [www.midtownmonitor.com](http://www.midtownmonitor.com)

## Restoration Exchange's Launches Old-Home Resource Page

Do you know of a business, organization or service that helps owners of older homes and buildings restore their property? Encourage them to sign up for Restoration Exchange Omaha's FREE online resource directory.

<http://www.restorationexchange.org/resources/online-resource-directory-signup/>

Restoration Exchange Omaha's goal is to provide a one-stop local online resource filled with products, services and resources to help in restoring older properties. The place to find local plumbers, masons, roofers, electricians, plasterers, woodworkers, window repairers, architects and others who have experience working on older homes and buildings. And a place with links to products and "how-to" guides for home and building owners as they work to restore their older property.

A review committee will convene on a regular basis in order to review new submittals and the ongoing performance of current listings.

Restoration Exchange receives calls daily for recommendations. We can't recommend people if we don't know about them. This is a great way for business to promote themselves for FREE by signing up. If you have used someone in the past who you have loved, please encourage them to sign-up for the online directory by sending them the above link.



### Alicia Armentrout's exhibit,

Dynamic Singularities, Subtle Dichotomies, images of the exotic, epically mundane taken in the oft overlooked areas of rural and urban Nebraska ditches and prairies, will be on display at Lauritzen Gardens, 100 Bancroft St, from September 29 through November 12, 2015.

A special opening will be held with the artist on Sunday, October 18, 2015 from 3 to 5 p.m.



Bright Ditch Weed by Alicia Armentrout

Come see our space, imagine what you could create here and help celebrate a year under new direction, by attending

### Adventure in Art's Open House!

**Sunday, October 18th from 3pm to 6pm**

Located at Adventure in Art, 6001 Maple Street, Omaha NE, use the east entrance. Parking is available east of the door and on the street.

## Notable Upcoming Events

### GROWL-O-WEEN SATURDAY, OCTOBER 24

10 a.m. - 1 p.m. Turner Park

Three Dog Bakery and Spaw is proud to present Omaha's 8th annual Growl-O-Ween: Halloween costume party for dogs and dog lovers, to benefit The Nebraska Humane Society.

10:00 - 10:30: Registration/Check in

10:30 - 11:30: Costume Judging & Games

11:45 - Noon: Finalists Announced & Prizes Awarded

Noon - 1:00: Trick-or-Treating

1:00 pm: Raffle Winners Announced

We do ask that all participants pre-register for the event so that we have a paw count--we'd hate to run out of treats! The suggested donation for the Nebraska Humane Society is \$10 per dog.

### Celebrate Fall at Joslyn Castle

There truly is something for everyone.

Purchase tickets and learn more at:

[www.joslyncastle.com/events](http://www.joslyncastle.com/events)

### Maria Volonte brings her Blue Tango Project to

the Joslyn Castle for a concert on Friday, October 16 at 7 pm. Tickets are now on sale! This is Maria's only scheduled Omaha show. Tickets are available now!

### Paranormal Investigative Team, Paracon, returns

to the Joslyn Castle on Halloween Night, October 31 and on Friday, November 13. The class on Halloween will feature light snacks and Paracon will share some of their spookiest stories and experiences with attendees. Registrations are open now

## SHURSON Publishing

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Please thank them for their support!**

### The Eclectic Book Review Club

in its 66th season, its fall series of reviews continues at the Omaha Field Club, 3615 Woolworth Avenue. A noon lunch will be followed by the 12:30 review.



Oct. 20 – Emily Getzchman from Omaha Public Library will review “All the Light We Cannot See” by Anthony Doerr.

Nov. 17 – Author Alex Kava will review her latest book “Silent Creed.”

The cost of the luncheon is \$13. For reservations, which must be made by the Monday prior to the event, please call Rita at 402-553-3147.



## Sierra Club Program

“Leave No Trace” with Rich Hawes

Thurs. Oct. 22, 7 p.m.

First United Methodist Church, 7020 Cass Street  
(Enter north door “Education” wing)

Leave No Trace is a set of outdoor ethics and principles that promotes conservation in the out-of-doors. The philosophy is simple: one should leave places as good or better than they found them, by minimizing their impacts on nature.

The Leave No Trace organization is international in scope and teaches people of all ages how to enjoy the outdoors responsibly. It is the most widely accepted outdoor ethics program used on public lands.

Speaker Rich Hawes is the State Advocate for Leave No Trace in Nebraska, and serves as a Leave No Trace Master Educator. He will be sharing the seven principles of Leave No Trace, and teaching how outdoor ethics apply to our activities and our environment.

Rich is a long time Scout volunteer, having served as a unit leader at all levels of Scouting, camp staff, and leader training staff, and he specializes in high adventure training and programming. Please join us for this fun evening of learning more about Leave No Trace. Sierra Club programs are free and open to the public.

## Recent Midtown Homes Sold

Find them online

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

"\$77,000 "	2107 S 61 St	3	1	1	1.5 Story	"1,912"
"\$80,000 "	5423 Poppleton	2	1	1	Ranch	925
"\$105,000 "	6211 Pierce St	2	2	0	1.5 Story	"1,135"
"\$110,000 "	1916 S 60 St	3	1	1	R Ranch	"1,450"
"\$110,000 "	832 S 54th St	3	1	1	1.5 Story	"1,328"
"\$114,900 "	4831 Pine St	2	1	1	1.5 Story	772
"\$115,000 "	5145 Woolworth	2	2	2	1 R Ranch	"1,932"
"\$119,900 "	6236 Pierce St	2	1	1	RRanch	775
"\$124,000 "	6167 Pine St	2	1	1	R Ranch	778
"\$124,000 "	6315 Poppleton	2	2	0	Ranch	"1,472"
"\$130,000 "	1604 S 58th St	3	2	2	R Ranch	"1,467"
"\$132,000 "	5611 Pacific St	2	1	2	Ranch	"1,118"
"\$135,000 "	319 S 69th St	2	2	1	R Ranch	"1,850"
"\$139,000 "	848 S 50 Ave	4	2	3	1.5 Story	"1,650"
"\$145,000 "	702 N 49 St	2	2	1	Ranch	"2,154"
"\$152,000 "	6933 Izard St	3	3	2	Ranch	"1,450"
"\$159,900 "	5601 Briggs St	3	2	1	1.5 Story	"1,560"
"\$160,000 "	884 N 68 St	3	2	2	Ranch	"1,122"
"\$174,000 "	5314 Western	3	2	1	1.5 Story	"2,309"
"\$182,500 "	4664 Pierce S	4	2	0	1.5 Story	"2,110"
"\$188,000 "	5135 Pacific St	3	3	4	Split Entry	"1,803"
"\$194,000 "	5604 Pierce St	4	3	1	1.5 Story	"2,761"
"\$196,000 "	1402 S 62 St	3	2	1	1.5 Story	"1,752"
"\$205,000 "	2006 N 51 S	4	2	1	1.5 Story	"2,036"
"\$217,500 "	802 S 68th St	3	2	2	1.5 Story	"2,344"
"\$220,000 "	312 S 49 Ave	4	2	2	1.5 Story	"1,754"
"\$300,000 "	5816 Webster	3	2	1	2 Story	"1,773"
"\$405,000 "	116 S 52nd St	4	3	2	2.5 Story	"3,160"

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

View Updates and Other Community Affairs  
/Calendar Listings  
Online at [www.midtownmonitor.com](http://www.midtownmonitor.com)

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Swanson Library 90th & W. Dodge Rd.

Thursdays 10 am - 3 pm

(Except holidays)

First Saturday of every month 10 am - 3 pm

(Except holidays)

# Heat Pump Revolutions

By David Holtzclaw of Transduction Technologies

In the summer, hot outside air leaks into your house, and in the winter, hot inside air house leaks out. Your air conditioner takes heat from inside the house and moves it outside. It does not cool, it removes heat, thus making the house cooler. Heat always moves from hot to cold.

A heat pump is a device designed to move heat opposite to the direction of natural heat flow, i.e. cold to hot. Like your refrigerator, heat pumps use electricity to move heat from a cool space to a warm space, making the cool space cooler and the warm space warmer. During the heating season, heat pumps move heat from the cool outdoors into your warm house and during the air conditioning season, heat pumps move heat from your cool house into the hot outdoors.

There are three basic types of heat pumps. Air-source heat pumps, which look and run like a normal air conditioner, are the most common in Omaha. They transfer heat from your house to the outside air. Ground-source heat pumps, also called geothermal systems, transfer heat between your house and the ground. Ductless, mini-split heat pumps, like what you find in hotel rooms, are air-sourced heat pumps that are extremely efficient and can provide sufficient heating and cooling for open areas like finished attics or basements.

Heat pumps are great during the summer season and “shoulder seasons” (late spring and early fall), where we need limited heating. However, as the outside air temperature drops, the heat transfer from the outdoor air to indoor air greatly decreases, meaning the heat pumps cannot pro-

vide sufficient heating for our harsh winters. Furthermore, the additional efficiency of heat pumps over air conditioners is by itself financially insufficient to justify a heat pump. These are the main reasons heat pumps have historically had very little residential market penetration in Omaha. However, this is rapidly changing.

Several new (and old) heat pump technologies that have existed in the commercial market are now readily available on the residential market. Technologies such as two-speed compressors, variable-speed motors on indoor and outdoor fans, variable flow refrigerant, scroll compressors, and desuperheaters have significantly increased heat pump efficiency and capabilities at a wider range of outdoor temperatures. Furthermore, federal tax incentives and OPPD rebates for heat pumps have made them even more financially attractive. However, before you buy, here are a few questions to ask yourself: 1) How long do you plan on living in your current house? If the answer is greater than 12 years, a geothermal system is your best choice, but do so before the federal tax incentive expires at the end of 2016; 2) Will you be comfortable? For natural gas furnaces, the supply air temperature is typically 120°F or higher, but for a heat pump system, it is 90°F, which feels cold against your 98°F skin; 3) Do you care about your environmental impact? As OPPD shifts to more renewables, a heat pump system will have less environmental impact than fuel based HVAC system (i.e. natural gas). Finally, make sure your heat pump is properly sized and installed for your house by requesting a manual J calculation and performance testing of the installed equipment.

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## Omaha Public Library Welcomes an Array of Authors in October

Several authors, each with a unique focus and perspective, will visit Omaha Public Library (OPL) in October. These free events provide opportunities to meet the authors and learn more about the inspiration behind their work. Books will be available for purchase and signing at most author discussions.

New York Times bestselling mystery author J.A. Jance will discuss and sign her new thriller (and 51st novel), *Dance of the Bones*, on Friday, October 2, 6 p.m. at Millard Branch, 13214 Westwood Ln., 402-444-4848. The author will talk about her life and writing career. A Q&A session will follow. Learn more about the author at [jajance.com](http://jajance.com).

Join us on Tuesday, October 20, 7 p.m. at Millard Branch to meet young adult fiction author Lauren Oliver. As part of Teen Read Week (October 18-24), Oliver will discuss her books and answer questions. The author has penned 10 books for younger readers, including *Vanishing Girls*, *Delirium*, and *Panic*, as well as one novel for adults, *Rooms*. Learn more about the author at [laurenoliverbooks.com](http://laurenoliverbooks.com).

Author and nature enthusiast T.A. Barron will present at N.P. Dodge Park Pavilion, 11001 John Pershing Dr., Thursday, October 22, at 2 p.m. Registration for this event is preferred. Following the presentation, participants are invited to explore the park with Barron. Known for the *Merlin*, *Heartlight*, and *Atlantis* sagas, Barron is the award-winning author of dozens of adventure fantasy books, and a passionate conservationist. Learn more about the author at [tabarron.com](http://tabarron.com).

Patrick Dobson, author of *Canoeing the Great Plains: A Missouri River Summer*, will speak at the Lewis and Clark National Historic Trail Visitor Center, 601 Riverfront Dr., on Saturday, October 24, at 2 p.m. In his book, Dobson recounts his journey as a novice canoeist on the Missouri River from Helena, Mont., to Kansas City, Mo.

Visit [omahalibrary.org](http://omahalibrary.org) for information about additional programs offered at Omaha Public Library's 12 metro locations.

# 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.  
October 2 to 30  
New works by Jacqueline Kluver and Larry Roots  
Opening reception, Friday, October 2, 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  
October 17 to November 17  
“Los Dias de Los Muertos”  
Opening reception October 17, 7 p.m.

## Connect Gallery

3901 Leavenworth St.  
402-991-8234 www.connectgallery.net  
Gallery hours: Wednesday to Saturday 11 a.m. to 5 p.m.  
October 7 to 31  
Retrospective of Stuart Bay’s work (1960s – 2015) —  
Assemblages, Collages and Video

## 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.  
October 9 to November 2  
“Herd” — Pastels by Joe Broghammer



The Patio Conversation by Joe Broghammer

## Omaha Community Playhouse

6915 Cass St. 402-553-0800 www.omahaplayhouse.com  
Howard Drew Theater  
Beertown— October 16 to November 15  
Part civic ceremony, part theatrical pageant, Beertown  
explores the dynamic and tenuous relationship between indi-  
viduals and their community. Beertown casts the audience as  
citizens of the eponymous imaginary town during its 20th  
Quinquennial Time Capsule Day Celebration. Audience  
members form a community, articulate that community’s  
identity and values, and defend the values they deem most  
important. Patrons are encouraged to bring a dessert to  
share.

## Hawks Mainstage Theater

Man of La Mancha—September 18 to October 18  
Imprisoned during the Spanish Inquisition, Miguel  
Cervantes is able to keep only one possession: a manuscript  
of a play he has written. Cervantes transports the prisoners  
to the world of Don Quixote as they become characters in  
his story, which celebrates the power of imagination.

## Shelterbelt Theatre

3225 California St. 402-341-2757  
www.shelterbelt.org  
The Singularity—October 2 to 25  
A futuristic comedy set in a lunatic world, The Singularity  
finds Astrid willing to try anything to have a baby, but she’s  
down to her last egg. She takes matters into her own hands  
and seeks an other-worldly solution.

## SNAP Productions

3225 California St. 402-341-2757  
www.snapproductions.com  
Next production in November.

## Blue Barn Theatre

614 S. 11th St.  
The Grown-Up—September 24 to October 18  
The play is a magical ride through time and space that serves  
as an extended metaphor for the power of imagination and  
storytelling. Through the life of protagonist Kai, it examines  
lifelong searches for lost family members, regret and medita-  
tions on the fleeting nature of our mortality.

## Rose Theater

2001 Farnam Street  
The Rose Teens ‘N’ Theater production of Treasure  
Island, coming to the Hitchcock stage October 8-11.  
Tickets are \$6 and may be calling The Rose Box Office at  
(402) 345-4849 Tickets for this production are not avail-  
able online. Teens may join us for FREE on October 8.



## **A.V. Sorensen Community Center** **4808 Cass St**

Recreation Center info: 444-5596

[www.cityofomaha.org/parks](http://www.cityofomaha.org/parks)

Saturday 8:30 am - 12 pm Mon - Thurs 8:30 am - 8:30 pm

Fri 8:30 am - 5:30 pm

### **Events for October 2015**

#### **Freaky Friday Halloween Party**

Friday, Oct. 23rd 6:00-9:00 pm Ages 6 - 12 Fee: \$3.00

#### **Tiny Tots Halloween Party**

Wed., Oct. 28th 10:30 a.m. Ages 6 and under FREE  
Ghosts, goblins, and goo, oh my! Kids, come on out to AVS for story time, crafts, games and treat-or-treat fun! Wear your costumes.

#### **Super Hero Dodgeball**

Thursday, Oct. 29th 6:00-8:00 pm Ages 6 - 14 FREE  
Dress up as your favorite super hero or villain. Prizes will be awarded to the winning team. Team check in starts at 5:30 pm.

#### **AV Kids Squad**

FREE After School Program! Everyday after school 4:00-6:00 pm. Hang out at AVS after school with your friends! Home work help and games.

#### **School's Out Fun!**

When school's out...FUN is in...at AVS  
9:00 a.m. - 3:00 p.m. Register early \$8/day  
Thurs., Oct. 22nd, Fri., Oct. 23rd Wed., Nov. 25th

#### **Parent & Tot Play Time**

Join us for a morning of fun and play.  
Every Tuesday & Thursday 10:00-12:00 pm  
Kids (6 and under) FREE Adults \$1.00

#### **NEW - Monthly Health Talks**

Second Friday of every month.  
September - May. Join us for a different health topic each month. Refreshments will be served. FREE



## **First Unitarian Church of Omaha**

3114 Harney Street All are welcome  
For more info visit. [www.firstuomaha.org](http://www.firstuomaha.org)

**The Tolerant Atheist Group** plans to start fall programming at its October 8 meeting by showing and discussing the first of four films about "The History of Free Thought in America". The series will continue on the second Thursday of each month through January. Doors open at 6:00 for BYODinner and conversation. Meeting at 7:00. Everyone is welcome.

### **Exploring Humanistic Perspectives in Literature :**

#### **I Am Woman** With Ron Knapp

Tuesday, Oct. 27 at 7pm in the Common Room.  
Beginning with the recorded song of Helen Reddy, the program will include readings from Ashley Montagu, Anne Sexton, Carl Sandburg, Alice Walker, Maya Angelou, among others, and two songs by Kyle Knapp. These session bring together Unitarian humanists, secular humanists and others interested in exploring literature. All are invited to attend.

### **People's Film Festival**

Tuesday, Oct. 20 at 7pm in the Common Room. All are welcome to this showing of *The Other Son*, about a Palestinian baby sent home from the hospital with a Jewish family and a Jewish boy sent home with the Palestinian family. Of course, when the mistake is discovered, all parties have to rethink their prejudices.

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## **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.

For more information, you may call 402-345-1533.

October 11, 18, 25, November 1

Philosophical ideas: Making Sense of the World  
Scott Jones, Senior pastor at First Central and lecturer in the philosophy department at Creighton University Building on popularity of last winter's adult education classes on ancient philosophy, Scott returns for a four week series on modern philosophy exploring the topics of doubting, truth and the role our minds play in shaping reality. These promise to be fun, engaging, and provocative discussions.

[www.firstcentral.org](http://www.firstcentral.org)

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Contact Matt:  
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### Fall Services

Aeration & Seeding, Perennial Cutbacks,  
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Planting, Natural Stone, Drainage, Walls & Patios,  
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Must be reliable, mostly work mornings

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## Advertising Rates for Business Directory...

Business card \$80 one time (larger example above)

1/2 business card size ad. \$45. one time or two for \$80., 3 for \$115.

1/4 bc size \$25. or two for \$45., 3 for \$63.

All advertising must be prepaid for entire schedule, ads run consecutive months.

Call 402-714-1016

Email: [midtownmonitor.omaha@gmail.com](mailto:midtownmonitor.omaha@gmail.com) to inquire about display advertising rates.



## Midtown Business Owners

You're invited to the

MBA Meeting October 28th, 2015

Speaker: Laurantzen Gardens

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

E-mail [contact@midtownbusinessassociation.org](mailto:contact@midtownbusinessassociation.org)  
or Peggy Case at [pcase@snbomaha.com](mailto: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

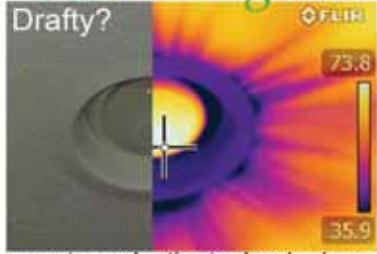
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To place your ad in the **Midtown Monitor**

[midtownmonitor.omaha@gmail.com](mailto:midtownmonitor.omaha@gmail.com)

or call

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