Grand 14 Esplanade movie theater set to open in December at The Esplanade

By Allan Katz

The long-awaited grand opening of the state-of-the-art 14-screen movie theater at The Esplanade mall in Kenner has been set for December 13. The ribbon cutting will take place at 10:00 a.m. and the 14 theaters will be opened for business. The movie theater will be officially known as the Grand 14 Esplanade.

“We’re just as excited as we can be,” says Ron Krueger II, president and chief operating officer for Southern Theaters. “All of the top officials from Southern Theaters will be on hand, along with the mayor of Kenner and the city council. We think that this theater is going to redefine the movie-going experience.”

For those who come to experience the new theater and stay to see a movie there will be give-away prizes from the studios whose movies will be featured on the opening weekend, including “The Hobbit: The Desolation of Smaug” and “Tyler Perry’s A Madeas Christmas.”

Guests who attend opening weekend will also be able to enter a drawing for an all-expenses paid trip to Universal Studios in Orlando, Florida, including plane fare and will also receive a collector’s Grand Theatre Holiday Coupon book with many fantastic discount offers for guests into 2014. Guests are also encouraged to bring a new unwrapped toy for Toys for Tots opening weekend which will be exchanged for a free small popcorn coupon. Another big charitable event is still in the works as well.

Traffic signals to receive upgrade at The Esplanade mall

A project to upgrade the traffic control signals surrounding the entrances to The Esplanade mall is expected to begin in January 2014. An increase in traffic is anticipated at the mall intersection entrances due to the opening of the new Grand 14 Esplanade movie theater complex in mid December.

The firm of Urban Systems was retained by the city of Kenner to devise a plan to upgrade two traffic signals on West Esplanade near Williams Boulevard that will also include single-family homes that will face the existing single family homes on Roosevelt Boulevard. The first phase is expected to be completed within the next six months.

Kahn was not available for an interview but Stagni said Kahn is committed to a high-scale shopping mall and strip of residential housing.

The old Redwood site was the home of a high-density apartment complex originally built in 1976 that was wrecked by Hurricane Katrina in 2005 and was demolished by its owner, Howie Raymond, in 2007. The site has been vacant since then.

“I worked with Mr. Raymond on plans for the future development of this property and he agreed the highest and best use was not to have another high-density apartment complex on this key piece of vacant land,” said Stagni. “Mr. Raymond decided to sell the 15-acre tract to Mr. Kahn and Mr. Kahn has worked closely with my office, the city of Kenner and the neighbors to create what we are hopeful will be a high-scale shopping mall that will attract customers from Kenner and throughout the region. We are also pleased by Mr. Kahn’s plans for the old Redwood site.”

Muhleisen “Service of Remembrance” for loved ones to be held again at Pontchartrain Center

The fourteenth annual Christmas “Service of Remembrance” will be held at 7:00 p.m. on Thursday, December 12, 2013, in the Pontchartrain Center’s Belle Grove Plantation ballroom, located at Williams Boulevard at the lake. This is a free event sponsored by the family and staff of L. A. Muhleisen and Son Funeral Homes and Millet-Guidry Funeral Home.

The service honors the memory of lost loved ones in this community. In announcing this service, Edward Muhleisen, a fifth generation funeral director, said, “We know the holidays are not festive for everyone, especially those families who have experienced a recent death. This is why we encourage anyone who has experienced the loss of someone special to attend the service and pay tribute to their memory. Historically, those in attendance find this program to be comforting and meaningful. Some have said their
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Kenner’s Magical Christmas Village
Opening Night, Friday December 6
Vince Vance & The Valiants 5:30 to 8:30 p.m.
Navy Band of New Orleans Brass Quintet - Saturday, December 7 at 6:00 p.m.
Christmas Village Open Fridays, Saturdays & Sundays
5:30 p.m. to 8:30 p.m. • Open through December 22, 2013
Santa visits and photos! • Food & Entertainment
Dwaino the Clown every Fri & Sat
Laser Holidays in Kenner’s Planetarium
at 7pm on Saturday, December 7, 14, 21
Face painting, local dance groups, choirs and more!
Admission & parking are FREE • For more information call 468-7231

KENNER PARKS & RECREATION
Holiday Pajama Tea
December 8, 2013 * 10:00 a.m. - noon
Kenner Pavilion
Join us for a Holiday celebration for the whole family! Come in your holiday pajamas or favorite Christmas gear and enjoy tea, breakfast treats, activities and more.
Santa and Mrs. Claus will be there for pictures and story time.
Call 468-7268 for more information
Tickets $35 (admits 2), VIP Tickets $45

KENNER PLANETARIUM AND MEGADOME CINEMA
2020 Fourth Street • Kenner, LA 70062
Join us for an experience that is out of this world!
TWO SMALL PIECES OF GLASS
Saturdays - 11 a.m. • Running time: 25 minutes
Children and adults alike will surely find the holiday spirit in this spectacular laser-filled presentation of seasonal holiday music. Feel the excitement as Frosty, Rudolph and other holiday favorites are brought to life through a dazzling display of laser lights and music! Selections range from the classics of Nat King Cole to the modern melodies of Mariah Carey!

SATURN RING WORLD
Saturdays - 3 p.m. • Running time: 25 minutes
Learn about the two-story Cassini-Huygens spacecraft which continues to explore Saturn and its moons during its extended mission. See Saturn up-close and all around you inside our dome theater. Ring World is narrated by the Trek’s John Billingsley (Dr. Phlox on ENTERPRISE) and was produced by NASA’s jet propulsion Laboratory.

Closed Saturday, December 21 & 28 in conjunction with Christmas and New Year’s holidays.

Two Small Pieces of Glass
INTO THE DEEP
Saturdays - 12 p.m. & 2 p.m. • Running time: 32 minutes
Dive into the fascinating worlds of marine biology, underwater geology, and the history of deep-sea exploration. Journey to the ‘Lost City’ and the Nighth Titanic in the Atlantic, to the famed Galapagos ‘black smokers’, to the Challenger Deep, considered the lowest point of the Mariana Trench in the Pacific. Observe bioluminescent life forms as strange looking as they could be straight out of science fiction.

Laser Holidays
Saturdays - 1 p.m. • Running time: 40 minutes
Children and adults alike will surely find the holiday spirit in this spectacular laser-filled presentation of seasonal holiday music. Feel the excitement as Frosty, Rudolph and other holiday favorites are brought to life through a dazzling display of laser lights and music! Selections range from the classics of Nat King Cole to the modern melodies of Mariah Carey!

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Gulf Coast Plaza New Orleans presents holiday festive fun with elves serving hot cocoa, Gingerbread decoration station, and Santa Claus photo OPS!

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Saturday, December 21
Reservations required
Seatings @ 11AM - 1PM & 3PM - 5PM
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(13 & over are considered adults)
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Children's Buffet
Macaroni & Cheese
Peanut Butter & Jelly Cut Outs
Chicken Nuggets
French Fries
Fruit Salad
Cookies & Brownies

Adult Buffet
Pancakes & Sausage
Pasta Action Station
Assortments of Meat, Chicken, Seafood & Vegetables
Carrot Pudding
Cascading Cheese & Vegetable Platter

Gift Suggestion
Camelback Station
Enjoy our complimentary fresh fruit bar

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I really admire their humor is filled with love and is often related to funny things that happened when they were growing up. I’m talking about Becky Allen, Jodi Borello and Amanda Hebert. Whether you grew up in New Orleans, Kenner, Metairie, the West Bank, Chalmette or Grand Isle—or if you just moved here and are having fun learning about the local culture—the “Three Charnmrs” will give you something to laugh about in the comical Crescent City Holiday Christmas shows set for the Castle Theater in Riverton on December 6 and 7 and December 13 and 14. The Three Charmers reminisce about local holiday traditions and had presents. Also, there will be a hilarious New Year’s Eve countdown comedy show with music at The Castle Theater. Call 287-6700 for more information or check out Castle50.com.

On Fridays, Saturdays and Sundays up to December 22, the city’s Christmas Village, also in Riverton, will be open and free to the public from 5:30 p.m. until 9:30 p.m. Local groups will provide the music and Santa Claus will hold court, posing for photos and inviting little children to sit on his lap and tell him what they’re hoping he’ll bring him when he’s making his rounds Christmas Eve. And, there will be holiday laser shows on Saturday, December 7, and 14 with $2 discounted ticket prices at the Kenner Planetarium and the Mega-dome Cinema. On Friday, December 6, Vince Vance and the Villaints will perform at Christmas Village, followed on Saturday, December 7 by the Navy Band on military appreciation day.

Also in Riverton, the Kenner Parks and Recreation Department will host a holiday pajama breakfast tea party for the entire family on December 8 with Santa and Mrs. Claus. Call 465-7288 for ticket details.

We all know that the Kenner Food Bank has been almost overwhelmed by the sheer needs of families that are down on their luck. As a benefit for the Kenner Food Bank, Mayor Michael S. Yenni and his wife, Michelle, will join with Police Chief Steve Caraway and his wife, Karen, to host “Sipping with Santa” on December 3 at the Chateau Golf and Country Club from 6:00 to 9:00 p.m. There will be pictures, storytime and activities, too. For more information call 467-351.

The Kenner Police Department is collecting toys for Toys to Tots to be distributed on December 18. Contact the KPD Community Relations Division at 722-2294 or 722-2085 if you want to donate.

The Big Easy Storage is a year round drop off point for the Kenner Food Bank and is asking for extra special donations during the holiday season. Laketown Car Wash will also be collecting non-perishable food items for the Kenner Food Bank during the month of December, rewarding those who donate with car wash discounts.

As they have for the past five years, Larry and Karen Daigle will be working with the Divine Mercy Catholic Church to provide food and gifts for families who would otherwise be having a very bare Christmas. Last year, using donations from families and businesses across Kenner, the Daigles’ presented Christmas presents to all 100 children of the Rivertown area.

The Esplanade shopping mall is also hosting a “Holiday Gingerbread Tree” for the entire family with a children and adult buffet, and dessert and gingerbread decorating stations along with photos with Santa. Visit the special Gingerbread Tree reservations website at www.esplanadeonmainairport.com or call Jane Kelly at 463-7017 on weekdays.

The Esplanade shopping mall is also hosting Santa who hopes kids will join him for lessons on the art of gingerbread cookie decorating on December 7. We especially like another event at The Esplanade on December 7 when Santa will welcome children with special needs. The mall will dim the lights and turn off the escalators during this event to create the right warm ambiance. I know the parents will love this special occasion. On December 9 and 16, Santa will return to take holiday pictures with pets. There is a charge for these photos with many different priced packages being available.

On December 14, there will be a “Hispanic Holiday Celebration” hosted by Unidad Hispanoamericana at Macy’s Center Court. The event is free and open to the public. For more information, check out The Esplanade on Twitter at @ShopTheEsplanade or on Facebook at www.facebook.com/ShopTheEsplanade.

The city and businesses of Kenner offer many events this holiday season and lots of ways to give back to others. Why not start a new holiday tradition? ★

Allan Katz can be reached at allankatz@bellsouth.net.

By Allan Katz

December 2013 Vol. 22 No. 12

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By Jeff Crouere

MSNBC: How low can they go?

By Jeff Crouere

MSNBC, the network of far left media, has taken their extreme hatred to a new level. Last week, host Martin Bashir called former Alaska Governor Sarah Palin a “world class idiot” and “a resident”... For good measure, he claimed she possessed a “long deceased mind.”

What provoked Bashir? In a recent speech, Palin said “our free stuff today is being paid for by taking money from our children, and borrowing from China. When that note comes due and this isn’t racist, so try it. Try it anyway. This isn’t racist. But it’s going to be like slavery when that note is due.”

While this view may be controversial and even misguided, it did not merit such a malicious response from Bashir. Sadly, the host did not stop with nasty insults; he then related to his viewers the story of a long deceased slave master who committed horrific acts of brutality, including defeating on those he kept in bondage.

At that point, Bashir incredibly wished Palin would suffer such barbaric treatment. He read aloud a curse word for excrement and said that Palin “qualified” for a “dose” of such “discipline.” In effect, he wished that Palin would be kept in bondage and that an inhuman slave master would debase on her.

Immediately after calling for the torture and mistreatment of Sarah Palin, this broadcast should have been fired by his network bosses. Unfortunately, nothing happened to Bashir because he works for MSNBC, the same network that gives a prominent daily platform to Reverend Al Sharpton, who perverted the Tawana Brawley hoax.

What does it take to get fired by MSNBC? Back in 2007, this network fired shock jock Don Imus when he made racist comments about members of the Rutgers women’s basketball team. They did not tolerate his comments so they took decisive action. Sadly, today, the network somehow tolerates Bashir’s despicable remarks about people liberals love to hate, Sarah Palin.

Clearly, MSNBC has a problem with the type of programming it offers to the American people. This is the same network that was shamed into suspending the host of a weekly program, actor Alec Baldwin, for uttering anti-gay slurs and getting into fights with photographers. This is the same network that had to suspend Keith Olbermann for donating to Democrat candidates and suspended Ed Schultz for calling talk show host Laura Ingraham a “right-wing slut.”

Since MSNBC allows Bashir to remain on the air, it reflects poorly on the entire network. The decision reveals the type of liberal hate that permeates its management and on-air staff. If a similar comment had been made on CNN or Fox, the anchor would have been immediately fired. Obviously, MSNBC has much lower standards than its competition and must have to scrape the bottom of the broadcast barrel to find enough libelous broadcasts to fill their schedule.

This episode also exposes the double standard about treatment toward conservatives, especially Sarah Palin. No one would dare make a similar comment about Hillary Clinton or Michelle Obama or any prominent female leftist. In contrast, prominent members of MSNBC’s has much lower standards than its competition and must have to scrape the bottom of the broadcast barrel to find enough libelous broadcasts to fill their schedule.

This is the type of liberalism that permeates our network and media. Unless MSNBC comes to its senses and increases viewership, it would make sense for NBC to purge the network’s running the asylum known as MSNBC.

While free speech should be championed at all levels, hate speech should be condemned, especially if the broadcast airwaves are used for such verbal pollution. Unless MSNBC comes to its senses and increases viewership, it would make sense for NBC to purge the network’s running the asylum known as MSNBC.

Jeff Crouere is a native New Orleanian and his Louisiana-based television program, “Ringside Politics,” airs at 7:30 p.m. on Fridays and at 10:00 p.m. Sundays on PBS television station WLAE-TV Channel 32, and from 7:00 to 11:00 a.m., weekdays on radio station WWOZ 90.9 FM in New Orleans and the north shore. Crouere is a political analyst for WWOZ-FM A/B. Visit Crouere’s website at www.ringsidepolitics.com or email Crouere at jeff@ringsidepolitics.com.

From the Editor

There are lots of joyful, holiday Christmas events in Kenner.
Government

Many thanks to the military

By Michael S. Yenni – Kenner Mayor

If you missed this year’s Veterans Day celebration at Kenner Veterans Park, you missed a moving ceremony, a few surprises and a special announcement.

One of the surprises was seeing me arrive on a tank, along with Claude Todaro, chairman of the Kenner Naval Museum Commission. The tank actually belongs to one Carl Finley, who acted as our driver. What a thrill it was to get the feel of riding in a combat tank. That vehicle can go up to 50 miles per hour forward or backward—all quite a valuable asset during combat.

The second surprise was the addition of a torpedo to the exhibits at Kenner Veterans Park. The torpedo is on loan to the city and was put into like-new condition—including a coat of Kenner green paint—by some of the wizards in our Fleet Management Department.

What an exciting way to begin a special program dedicated to our veterans fighting around the world today; a way to thank all soldiers past and present for the ultimate gift of freedom.

As a lieutenant junior grade in the U.S. Naval Reserve, I couldn’t be more proud to serve alongside the brave men and women whose sacrifices provide all of us with the freedoms that separate the United States from so many other countries in the world.

I was also particularly proud to have state Department of Veterans Affairs Secretary Rodney Alexander, a former six-term state legislator, as our keynote speaker. Alexander presented a proclamation from Governor Jindal emphasizing the state’s commitment to its veterans. Other speakers included Henry Polydor, commander of Veterans of Foreign Wars Post 7742 and John Bazemore, a lay minister at Parkway Presbyterian Church and U.S. Navy veteran, who offered the invocation.

At the close of the ceremony, which included stirring music from the Navy Band New Orleans—combat Marine veteran Arthur Tudela made the exciting announcement that one of the traveling versions of the Vietnam Veterans Memorial Wall in Washington, D.C. — the Moving Wall—will be in Kenner for a week over Armed Forces Day from May 15-19, 2014.

Tudela, who was awarded two Purple Hearts, asked me some time ago if he could make some inquiries on behalf of the city. A traveling exhibit had visited East Jefferson only once and that was 20 years ago. The Moving Wall is a scaled-down version of the memorial, yet still includes all 58,236 names that visitors to the nation’s capital would see.

According to Tudela, the wall includes the names of 7 Kenner soldiers and 885 from throughout Louisiana. In addition, the wall includes the names of 1,300 prisoners of war and missing in action. Of that number, 24 are from Louisiana.

Each of the people listed on that wall, and all of our men and women in the military are genuine heroes. People like Specialist Williams Hernandez of Kenner, a member of the Louisiana Army National Guard since 2010, who recently received a Purple Heart when he was injured by a rocket-propelled grenade that struck his armored vehicle on May 26 in Afghanistan.

Hernandez and other members of the 108th Transportation Company were assigned to escort an equipment convoy. Hernandez suffered shrapnel injuries to his arm as well as a mild traumatic brain injury. Tragically, he could not help a Tickfaw native, Specialist Christopher Drake, who died in his arms.

Please join my wife Michelle and me in keeping the family of Specialist Drake, as well as all members of the U.S. military stationed throughout the world and fighting for our freedom, in our thoughts and prayers this holiday season. We also hope you will join us at the opening of the Christmas Village at Heritage Park in Rivertown on December 6 at 6:30 p.m. •

Mayor Yenni can be reached at 468-7290 or by email at kennermayor@kenner.la.us

Two local businesses accepting Kenner Food Bank donations for needy families

During the holidays the Kenner Food Bank will be the beneficiary of donations collected at two local businesses. Big Easy Storage and Laketown Car Wash are both accepting donations of non-perishable items for the Kenner Food Bank.

Big Easy Storage, located at 2291 West Napoleon Avenue in Kenner, is a drop off point throughout the year. “As a business that wants to give back, we are very proud to help the Kenner Food Bank by making it easier for people to drop off food for those who are needy. Especially at this time of year, it is heartwarming to see the generosity of Kenner residents,” said Sean Landry, manager of Big Easy Storage.

Donations are accepted at Big Easy’s office during their regular business hours which are weekdays from 9:00 a.m. until 6:00 p.m., Saturdays from 9:00 a.m. until 5:00 p.m. and from 10:00 a.m. until 5:00 p.m. on Sundays. The phone number for Big Easy Storage is 468-4874.

Laketown Car Wash is accepting unexpired can goods at its location at 3040 Williams Boulevard in Kenner. As an added bonus, donors will receive a one dollar discount per can donated, up to a total of five dollars, on a “Gold” car wash for donations made in the car wash lane during car wash hours on Monday through Friday from 8:30 a.m. until 5:00 p.m., on Saturdays from 8:00 a.m. until 5:00 p.m. and on Sundays from 8:00 a.m. until 1:00 p.m. in the month of December.

Bill Dares, one of the new owners of Laketown Car Wash said, “Our business wants to be involved in the community and realizes the need of the Kenner Food Bank so we are happy to give a benefit to those who are responding to those who need help, particularly during the holiday season.” Laketown Car Wash’s phone number is 447-2655.

Kenner Director of Community Development Arleeta Terrell said, “Many Kenner families are facing financial difficulties and do not have enough food to eat on a daily basis nor food to share with family during the holidays. When my office announced that we were taking names of families in need of food baskets for Thanksgiving, in a three day period we collected over 200 names from calls to our office. This demonstrates the great need there is in Kenner. Our poor and low income families are not having their basic nutritional needs met daily. Children are going to bed hungry. Any donation is greatly accepted.”

Anyone interested in setting up a food drive can contact the Kenner Food Bank at 468-7290 or 468-7598. Monetary donations are always welcome and are tax deductible, although a tax expert should be consulted.

Those who are looking for assistance from the food bank need to provide the city’s community development office with a completed program application and proof of total household income such as recent paycheck stubs or benefits statement, a valid driver’s license or identification card and documents to verify residency such as a utility bill. Also required are the names, ages and relationship of persons residing in the household. Applications can be picked up from the food bank.

The Kenner Food Bank is located at 315 Worth Street. Kenner’s phone number is 468-7294. •

Wendi Folse is the director of the city of Kenner Personnel Department and can be contacted at wfolse@kenner.la.us or 468-7207. Kenner’s Personnel Department is located at 1801 Williams Boulevard, Second Floor of Building C in Kenner.

Register children for KPD annual Doll and Toy Fund giveaway in December

The Kenner Police Department will hold their annual Doll and Toy Fund giveaway on Wednesday, December 18, 2013.

For the second year, the Kenner Police Department presents Christmas gifts to underprivileged children living in Kenner. The Doll and Toy Fund was designed to support such gift-giving and to help fulfill the Christmas wishes of deserving children.

To register underprivileged children living in Kenner contact the KPD Community Relations Division at 712-2294 or 712-2395 no later than Friday, December 13, 2013. •
Government

Keep your holiday season merry...and safe

By Steve Caraway – Kenner Police Chief

The holiday season is in full swing and so are plans with family and friends during this joyful time. While it can be very easy to get caught up in holiday plans and preparations, it’s important to prepare your home and to take special care yourself this time of year to ensure plans don’t go awry. Please keep these tips in mind to help safeguard yourself, your family and your home during the holiday season.

When shopping during this time of year, forget carrying around large amounts of cash. Instead, make gift purchases with checks or credit cards when possible. Don’t leave your items unattended and don’t flash your valuables around for others to see, which could make you a target. It’s also a good idea to periodically return to your vehicle to unload your purchases, reducing the risk of leaving items behind. Carrying too much at one time can also hinder your ability to react quickly to a situation. Make sure to put your purchases in the trunk of your vehicle and out of sight so thieves aren’t tempted to break into your vehicle. When parking at shopping centers, do so in areas that are properly lit and bring a shopping partner along with you for safety. Before you exit your vehicle, check the area to make sure it looks safe and keep your engine running until you’re ready to leave your vehicle in case you should need to flee the area quickly. It’s imperative that you always be aware of your surroundings.

In your home, avoid displaying gifts where they can easily be seen from a window or doorway. Leaving your surroundings.

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In your home, avoid displaying gifts where they can
easily be seen from a window or doorway. Leaving
gifts in plain view may attract unwanted attention. Also,
ever leave boxes from gifts or purchases, such as TV or
computer boxes, out on the curb for trash pickup, which
will clue others into valuable items located inside your
home.

If you’ll be leaving town for the holidays, ask a
trusted neighbor to keep an eye on your home. Having
someone pick up your mail and parking their vehicle in
your driveway from time to time will give the appear-
ance that someone is indeed home. You can also create
the illusion of someone being home by using timers on
lights, radios and TVs. Make a list of emergency contacts
to bring with you on your journey including state police
information for each state you’ll be traveling through. If
you’ll be flying during the holidays, use covered luggage
tags to conceal your address and consider using your of-

Kenner’s Fleet Management Department keeping aging vehicles on the road

By Ronnie Vitellaro – Kenner Fleet Management Director

I consider the workers in our Fleet Management Department more like magicians than anything else. After all, the job is to keep the city of Kenner’s aging fleet on the road and in safe operating condition.

Apparently, I’m not the only one who feels that way. When the city recently received the donation of a World War II-era torpedo for Veterans Park, Chief Administrative Officer Mike Quigley brought it to us to get it in shape to be displayed at the park. After all, Kenner has no munitions department.

The torpedo was gray and scratched up and not too impressive looking. Our mechanics took it apart and painted everything a bright, Kenner green, reassembling the torpedo so it could be proudly displayed during the Veterans Day ceremony last month.

Our department performs a different kind of magic on a daily basis on the 276 cars, trucks, riding lawn mowers and high-water vehicles that make up Kenner’s fleet. Because of the difficult financial situation facing Kenner and everyone else in the metro area and around the country, it’s not practical to expect new vehicles anytime soon.

Beginning in 2009, I hired some talented mechanics so we could take care of much of the maintenance in-house, saving both time and money. During the past fiscal year that ended on June 30, 2013, our department handled 135 oil and filter changes, 211 tire inspections and repairs and more than 1,000 other repair jobs when a part of the fleet broke down — or was about to.

In fact, in the seven years I have been head of the department we haven’t been able to add more than perhaps 12 vehicles. Of course, Mayor Michael S. Yenni has often said he would love to have all new equipment in the city, but staying within budget is always the first priority.

Our department handles preventive maintenance as well as repairs of all types to keep the vehicles running. No vehicle leaves before its time. That includes a 1998 car used by the Recreation Department that gets fairly light mileage and isn’t yet ready for the junk yard.

When a vehicle does finally die, we make sure any salvageable parts are used for other vehicles in the fleet first and then include that junked vehicle in a city auction to get as much back for the city as possible.

I am very grateful for the hard working employees I have in my department who continue to pull horsepower out of a hat and work their magic to keep the city’s fleet moving.

Ronnie Vitellaro, the city of Kenner’s Fleet Management Director, can be reached at 468-6004 or rvitella@kenner.la.us. Kenner’s Fleet Management offices are located at 1803 23rd Street in Kenner.
By Ken Trahan

The stage is set.
Regardless of the outcome of the game at Seattle against the Seahawks, the 2013 New Orleans Saints are positioned for a big, perhaps special season.

In 2009, the Saints started 13-0, parlaying an opportunistic, ball-hawking defense which forced 39 turnovers, including 26 interceptions, five of which went for touchdowns. They featured a prolific offense which had balance, featuring a solid running game to complement the elite passing of Drew Brees. The kicking game was solid as well.

In 2011, the Saints had many of the same elements, minus the turnovers. They lost a playoff game in the final seconds at San Francisco. To this day, I believe the Saints were the best team in the NFL that season and would have won it all had they survived that day at Candlestick Park.

Then came Bountygate.
Gregg Williams was unmasked and dismissed. Sean Payton was suspended for a year. Brees had a celebrated, elongated, difficult contract negotiation with the team which cost him valuable work with his teammates in the off-season. The defense was record-breaking for its shortcomings. Brees was less than, well, Brees. The leadership void was obvious.

The defense can give upyardage against the run. Garrett Hartley went through a rough patch of missing field goals.

The positives far outweigh the negatives.
Brees is back playing at an elite level, perhaps second overall in the running for Most Valuable Player honors to New Orleans Peyton Manning of Denver entering December. Pierre Thomas remains a consistent performer and producer and Darren Sproles is invaluable. Marques Colston, when healthy, is still good. Dito for Lance Moore. Kenny Stills is a very promising rookie with a bright future. The offensive line has improved after a rough start.

The kicking game is good overall. Hartley has been solid while Curtis Lofton is dependable. Kenny Vaccaro has moved to the slot to cover wide receivers, a tough task for a talented young player. Corey White has become exhibit A, a frequent target of opposing quarterbacks.

The running game, while improving, is still a work in progress. Mark Ingram had one game of well over 100 yards but that was clearly a result of great blocking and gaping holes. He still lacks the ability to see the hole, hit it hard and to make tacklers miss. The defense will have to up its game against the run.

The Saints have played inspired football from the get-go. They are the most consistent performers and producers and Darren Sproles is invaluable. Marques Colston, when healthy, is still good. Dito for Lance Moore. Kenny Stills is a very promising rookie with a bright future. The offensive line has improved after a rough start.

The most notable plus is the play of Jimmy Graham.
He is simply the best in the league at his position. Graham is a matchup nightmare, with size, speed and good hands. When he, Sproles, Colston, Moore and Stills are on the field together, something has to give for opposing defenses. Benjamin Watson and Josh Hill have been nice complimentary players at tight end, Robert Meachem has shown the ability to get down the field and make plays.

Of course, the big story is the defense.
Up front, the Saints are deep and talented, led by sure-fire Pro Bowler Cameron Jordan, who has emerged as an elite player in the league. Akiem Hicks is not far behind. The big man moves well and is good against the run and the pass and is still learning the game and improving. Junior Galette has great speed off the edge.

At linebacker, David Hawthorne has been solid while Curtis Lofton is dependable. Kenny Vaccaro has moved to the slot to cover wide receivers, a tough task for a talented young player. Corey White has become exhibit A, a frequent target of opposing quarterbacks.

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The Saints have played inspired football from the start. They are a motivated team, playing with a chip on their collective shoulders after the too harsh punishment levied by Commissioner Roger Goodell in 2012, effectively taking a year away from this team. They are very well coached.

The 2013 season could well come down to how the Saints fare against Carolina in their home-and-home division games.

The Panthers are a very good football team, physical and fast. They can run the football and shorten the game. Cam Newton has improved as the season has progressed. When he plays well, the Panthers are a load, very similar to San Francisco though Newton is playing better than Colin Kaepernick.

In my estimation, Seattle, New Orleans, Carolina and San Francisco are the only four teams with a real shot to make the Super Bowl from the NFC. The Saints have beaten the 49ers at home. The others are all on the schedule.

Clearly, a win at Seattle would go a long way toward establishing the confidence needed to propel New Orleans back to MetLife Stadium in New Jersey in February, a place where they suffered a loss to the New York Jets earlier this year.

Still, winning the NFC South Division is the first goal. Accomplishing that feat would leave the Saints as no worse than a second-seed, it would appear.

Then again, the Saints must not lose focus in a trip to St. Louis and at home against Tampa Bay. In 2011, the lowly Rams upset the Saints 31-21 at St. Louis, dominating the Saints and helping kill any chance the Saints had at winning their division.

Tampa Bay had the Saints on the ropes earlier this season before the Saints barely escaped, fortunate in the process.

This is the NFL. Every week is a challenge. You must be prepared to play. Anything less could well result in a loss. Those losses are few and far between for Payton’s Saints in 2013. With a break or two and by staying relatively healthy, the Saints are fully capable of winning the division, winning in the playoffs, reaching the NFC championship game and returning to the big game.

Based on the way this team has played thus far this year, anything less would be disappointing. ✫

Ken Trahan serves as sports director of WGSO 900 AM/WGSO.com and is president and general manager of www.SportsNola.com. Trahan is also the general manager and chairman of the board of the Saints Hall of Fame Museum in the Louisiana Superdome, and runs the Life Resources Sports Ministry.
A319. Spirit is an ultra-low cost carrier with service
completed the $300 million modernization
I would like to recap just a few.
Wingery Cafe, Ye Olde College Inn and Copeland's
Louis Armstrong New Orleans International Airport.
Donuts. New stores include Perlis Cajun Clothing,
year their $10 million investment of new restaurants
of the terminal and these new
courses, include Dooky Chase, Le Petit Bistro, Zata-
tions for electronics, better lighting and unique de-
sign aesthetics. In addition, our Master Concession-
airs for retail and food and beverage revealed this
ty year their $10 million investment of new restaurants
and stores featuring the New Orleans theme. These
restaurants, located in the terminal and on the con-
concourses, include Dooky Chase, Le Petit Bistro, Zata-
rain's Kitchen, Copeland's Gourmet Kitchen, Wow
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SILVER PACKAGE  - $16.95
Includes our Fast Wash & Dry, PLUS Triple Foam Polish; Tire Shine; Pre-Soak Cleaner; Soft Touch Tunnel Wash; Wheel Blast; High Pressure Rinse; High Velocity Dry; and Exterior Wipe Down.
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Through December 31, 2013
Kenner Police
 submit an anonymous tip directly to the Kenner Police Department about Criminal / Drug Activity, a Wanted Subject, or Other Types of Suspicious incidents in your Community
Go to www.kennerpd.com
IF YOU SEE SOMETHING SAY SOMETHING
Fall fixes not to nix

By Linda R. Martin

Fall is the time for fixing. Simple improvements can save money in utility bills as well as prevent costly repairs in the future.

Play it safe

Safety first: Start simple—look at entrances and exits in and around the home and consider how they may be affected by the change in seasons. Look at safety issues around moisture, temperature and light. Would motion-sensitive or timed lighting options be beneficial? Are there areas where debris collects and creates safety hazards? Identify issues and resolve them now to minimize risk of injury later.

Fall is an excellent time to clean gutters ensuring that water will not build up and overflow. Check the eaves and assess the roof. Change any burned out bulbs in outdoor areas.

Conserving energy

Fixing anything to do with climate control is like getting first pick of the best players—it’s money in the bank. Heat is typically one of the largest winter expenses, so minimize drafts. Check attic insulation levels and fill gaps. Windows and doors with cracked or broken glass or that are poorly sealed should be replaced. Weather stripping is inexpensive and easy to install along the top and sides of doors. Interior doors may benefit from “draft dodgers.”

Have your furnace or heat pump serviced, cleaned and in good order. Additionally, heating hot water and keeping it warm is a big energy draw. Ensure that the hot water heater is working well and the water is isolated if it is in a cold location.

Chimneys should be cleaned and ready for use. Employ a chimney sweep to check and clean them, and clean skylights, inspecting the flashing. When cleaning gutters, make sure water is directed efficiently away from the foundation. Survey the foundation for standing water or runoff.

Pest control: Offense or defense?

During cooler weather wildlife is attracted to warmth and shelter. Mice, rats, squirrels and other animals can damage insulation and wiring, create unclean living situations, contaminate food and keep people awake with their scampering. Inspect possible sources of entry and seal up places where animals could find access. Check rafters, gables and eaves, around windows and doors, foundations, attic vents and crawl spaces, and around holes for electrical, plumbing, cable and gas lines.

Defend any holes found by filling holes with steel wool or caulk. Cover larger holes with lath screen, metal, cement or hardware cloth.

Surefire storage

Check to ensure that the house is equipped with emergency supplies for seasonal storms, readily accessible when needed. Replace damaged and non-functional items and do not store near heat sources.

Making fall fixes is part of an annual cycle making sure that a home is in healthy working order. Preventive measures pay large dividends, so check your home now! •

Linda R. Martin, who is licensed in Louisiana, can be reached at 443-6869 or at her Gardner Realtors office located at 4190 Williams Boulevard in Kenner, LA. Gardner Realtors is a local independently owned and operated company. Visit the company website at www.gardnerrealtors.com.

Real Estate

Dr. James A. Crouch
is pleased to welcome
Dr. Nicole Russo
to his practice of
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Health

Anterior cruciate ligament tear: A common knee Injury

By Thomas R. Lyons, M.D.

Knee injuries represent a very common orthopedic complaint and tears of the anterior cruciate ligament (ACL) are frequent among the active, athletic population. The ACL functions to limit forward movement of the tibia (shin bone) on the femur (thigh bone). Patients with tears of the ACL typically report a noncontact type of injury. Patients often sustain the injury when landing from a jump or changing direction while running. A pop may be heard or felt and onset of pain and swelling usually occurs following injury. Athletes may be unable to return to play secondary to pain or a sense of looseness.

A careful physical examination with comparison to the normal knee is usually diagnostic for ACL injuries. Plain radiographs (X-rays) are commonly normal but may show evidence of a capsular avulsion injury. An MRI scan is useful to confirm the ACL tear as well as to evaluate possible injuries to other ligaments, articular cartilage and menisci. In many cases of ACL injury, an MRI scan will also show bone bruises to the front of the femur and the back of the tibia.

Treatment of an ACL tear is either operative or non-operative and depends on several variables including presence of other injuries, patient age, patient activity level and the ability of the patient to participate in a postoperative rehabilitation program. Older or more sedentary patients and those willing to forego certain activities and sports may be candidates for...
Yours, mine and ours

By Steven A. Watts

Louisiana is a community property state. This does not mean that every married person in the state is subject to the community regime. One may elect to reject the community regime for their marriage. This can be done by the execution of a marriage contract before marriage or if you’re married outside of Louisiana and subsequently establish your marital domicile in Louisiana, by executing a marriage contract within one year of your residency in the state. By either of these methods you may contractually elect to reject the community property laws in whole or in part. The default marital property regime in this state, however, is the community regime. That being said, there are many misconceptions and myths regarding the community property laws and how they may impact your affairs.

When you are married and acquire real estate in Louisiana, there is a presumption that the acquisition is made on behalf of the community. Therefore, even if only one spouse appears and executes the act of sale, the non-appearing spouse is still presumed to be a co-owner of the property with the appearing spouse. However, if the non-appearing spouse intervenes and makes a “double declaration” in the act of sale acknowledging that the real estate was acquired by his or her spouse as their separate property, using their own separate funds, then the intervening spouse cannot set aside the transaction based upon the falsity of that declaration. The intervening spouse’s signature will typically not be required for the subsequent sale or mortgaging of the acquired property. However, if the property being acquired is the family home, then most creditors will require the spouse who is “not on the title” to execute the mortgage so as to waive any rights to a homestead exemption under the federal bankruptcy laws.

Another misconception is that upon marriage, the property brought into the marriage by both spouses automatically becomes community property. The act of marriage in and of itself does not transform your separate property into community property. For example, real estate owned by a spouse before marriage, will remain that spouse’s separate property during marriage. If community funds are used to improve property during the course of the marriage, the community may be entitled to reimbursement for those improvements, but the property remains the separate property of the spouse who owned the real estate prior to marriage.

If, after you are married, you wish to depart from the community property regime you may elect a separate property regime. That being said, there are many misconceptions and myths regarding the community property laws and how they may impact your affairs.

For more legal information regarding the community property laws, contact Steven A. Watts at 504-836-0811 or swatts@amerititlela.com. He is an experienced Louisiana attorney to review your particular circumstances in this regard.

The entertainment section includes information about holiday fun offered at The Castle Theatre in Rivertown.

By Allan Katz

Three of the funniest ladies to ever deliver a punch line in New Orleans have brought their hilarious holiday show to The Castle Theatre.

Becky Allen, Jodi Borello and Amanda Hebert, collectively known as “The Three Charmers,” are local legends in New Orleans who have brought their hilarious holiday shows to The Castle Theatre for over 40 years and have not contractually agreed to have a different marital property regime by one of the methods referenced above, you are bound by the community property laws of this state. If, after you are married, you wish to depart from the community property regime, you must jointly petition a district court in this state and receive prior judicial approval before you may elect a separate property regime.

Obviously, it is important that one understands their property rights both inside and outside of marriage. If you are contemplating a divorce or considering estate planning matters, you should obtain the counsel and advice of an experienced Louisiana attorney to review your particular circumstances in this regard.

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The holidays are a time of celebration which often results in overeating and indulging in rich and delicious food and cocktails. This usually results in digestive discomforts including heartburn and bloating, obesity with accompanying cardiac effects and high cholesterol.

Avoid heartburn.

It’s important to avoid trigger foods or eat less of them. Many holiday foods such as fried turkey, gravy, rich desserts and coffee are common triggers for heartburn.

Don’t overeat. Large quantities of food may be a holiday tradition, but eating large meals can increase your risk for heartburn. Instead, eat smaller meals throughout the day. Wear loose fitting clothing. Tight fitting clothing can put extra pressure on the stomach leading to heartburn.

Do not lie down within two hours of eating. Holiday post-meal naps are a tradition in most families, but this may increase heartburn risk. Instead of lying down after mealtime, use this time for visiting with family or taking a walk together.

Stress and anxiety can boost heartburn risk. Plan ahead and relax this season instead of bustling and hustling. Use antacids to squelch the flame. If you have frequent heartburn (occurring more than twice a week) and your heartburn is not relieved by over-the-counter medications, you should see your doctor. Treatment options for persistent heartburn may include prescription medications or surgery.

Heartburn symptoms can sometimes be confused with heart attack symptoms. You should seek immediate medical attention if you experience severe chest pain, have difficulty breathing or have jaw or arm pain as these may be a sign of a heart attack.

Eat, drink and be merry, in moderation!

American Heart Association recommends eating no more than 250 to 300 milligrams (mg) of cholesterol a day. You should seek immediate medical attention if you experience severe chest pain, have difficulty breathing or have jaw or arm pain as these may be a sign of a heart attack.

Eat, drink and be merry, in moderation!

American Heart Association recommends eating no more than 250 to 300 milligrams (mg) of cholesterol a day. Good dietary and exercise habits throughout the holiday season can help keep your cholesterol at a healthy level.

Dr. Mirza Baig is a board certified family medicine physician and provides primary medical care to patients ranging from adolescents to adults. Dr. Baig completed medical school at Drexel College of Medical Sciences and is a graduate of the family medicine residency program at Louisiana State University University Medical Center in Lafayette, Louisiana. Dr. Baig has been on staff at Ochsner since 2012, is accepting new patients and accepts all major insurance plans. His office is located at 200 West Esplanade Avenue, Suite 210 in Kenner. To schedule an appointment, call 504-9500.

Bariatric patients become pregnant but still have health issues

By Allan Katz

Obstetricians and gynecology doctors are seeing more obese patients who have had bariatric surgery that have become pregnant because of their ovulation and infertility has improved. However, those patients present with problematic situations due to the nutritional status of both mother and baby, increased rate of Caesarean delivery rate, infection, bleeding and hospital stay.

Dr. Juancarlos Torres, a specialist in obstetrics and gynecology at the Ochsner Medical Center in Kenner, is one of those doctors who says that he is seeing more pregnant patients, retrospectively, after bariatric surgery.

“Some 66 percent of all adults in America are either overweight or obese,” says Dr. Torres. “The reality is that between 25 and 30 percent of women in their child-bearing years are either overweight or obese which is what we are seeing in our OB-GYN practice at Ochsner-Kenner, too. In those cases where patients who have had bariatric surgery get pregnant, I increasingly find it necessary to consult with their bariatric surgeons during pregnancy to maintain the health of the mother and the baby.”

Dr. Torres says that each case is different but the fact that bariatric surgery is being considered for relatively young women highlights the extent of the problem that overweight and obesity poses in everyday life in America where these women are more vulnerable to heart attacks and strokes.
Weather or not: This is the question

By Craig Goodwin

While growing up, I would always remember my grandmother being able to predict rain or a cold front approaching. I was more in amazement when the day started out clear and all of a sudden, I found myself drenched from the rain she predicted earlier that day. There has been a myth for many years that those of our older generation suffering from arthritis could predict actual weather changes as they approached. Although documented research varies in opinion, there seems to be some validity to this weather forecasting.

Dr. Robert Newlin Jamison, PhD, chief psychologist at the Pain Management Center at Brigham and Women’s Hospital in Boston, looked for an association between arthritis sufferers and the ability to predict weather changes and their symptoms. Among all people interviewed about their chronic pain, Dr. Jamison found that two-thirds said they were pretty sure that weather seems to affect their pain.

Pain Management Center at Brigham and Women’s Hospital in Boston, looked for an association between arthritis sufferers and the ability to predict weather changes and their symptoms. Among all people interviewed about their chronic pain, Dr. Jamison found that two-thirds said they were pretty sure that weather seems to affect their pain.

“With all my research trying to find a common theory on how those who suffer with arthritis and chronic pain symptoms are able to predict rain or an approaching storm, I found one common denominator: barometric pressure. Barometric pressure is the weight of the atmosphere that surrounds us. If you imagine the tissues surrounding the joints to be like a balloon, high barometric pressure that pushes against the body from the outside will keep tissues from expanding. But barometric pressure often drops before bad weather sets in. This lower air pressure pushes less against the body, allowing tissues to expand—and those expanded tissues can put pressure on the joint. It’s very microscopic and we can hardly notice, except that we have these sensations,” Jamison says.

James Funt, MD, associate professor of medicine and director of rheumatology at the School of Medicine’s University Specialty Clinics in South Carolina states, “Suppose you have an inflamed joint that is subject to swelling. If the barometric pressure is decreased then that would allow the inflamed tissue to swell more, simply because there is less atmospheric pressure holding the tissue back. If there are nerves in that tissue, then those nerves would be stimulated by that swelling and that would translate into pain.”

Belief may be possible. During weather changes, people with arthritis can take a few steps to help in preventing the severity of these symptoms. Dressing in layers to stay warm, sleeping under an electric blanket and using a moist heating pad can help. If you have arthritis in your hands, try using spandex gloves to help reduce swelling and keep moving. Exercising your painful joints before going outside may help loosen up your stiffness. The most important thing to remember is that the pain or swelling is temporary with these weather changes and your symptoms will subside.

Craig Goodwin, physical therapist, is president of Kenner Orthopedic and Sports Therapy located at 2031 Williams Boulevard in Kenner and at two other locations in Metairie and on the West Bank. Goodwin graduated from LSU Medical School Department of Allied Health Department of Physical Therapy in 1987. The professionals at Kenner Orthopedic and Sports Therapy can be contacted via email at kennerorthoth@gmail.com or by visiting www.orthosportstherapy.com.

Preparing to care for elderly parents

By Marie M. Clesi

As parents age, their adult children often assume greater responsibility for their care. Here are some ways your family can prepare to help your parents as gracefully as possible.

Begin the conversation early

It’s not always easy to raise the subject of elder care with an aging parent, but waiting until after the need becomes acute will only make important decisions more difficult. Elder care experts suggest holding a family meeting where parents and caregivers can openly and honestly discuss options regarding daily living needs, health care, financial security and legal rights. Opening these lines of communication early lets seniors know that their wishes are being heard and gives caregivers time to define and prepare for their new roles.

Collect key information

As you assume greater responsibility for your parents’ care, you’ll need access to important information about their health and finances. Begin to collect or make copies of documentation for your parents’ insurance policies (health, home, auto, life), Social Security benefits, Medicare coverage, housing (leases, mortgages), retirement and bank accounts. Also, ask your parents to help you compile a list of their doctors’ names, preferred health care facilities and current medications and conditions.

Review legal options

Well-constructed legal provisions can help ensure that your parents’ wishes regarding their property and care are followed, while giving you the power to step in if they become unable to make decisions for themselves. Make plans to discuss wills and powers of attorney and their legal provisions with your parents and a qualified attorney. Wills provide for the transfer of property when a person passes away. Living wills communicate end-of-life care wishes. Durable power of attorney gives you the ability to make medical, financial and legal decisions for your parents.

Find resources

Seniors may need access to a number of different resources, ranging from daily needs such as meals and personal care to quality-of-life issues such as social activities and transportation aid. The Department of Health and Human Services’ Administration on Aging offers an online ElderCare Locator that can connect you with senior services in your area.

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**Fireplace safety and maintenance very important**

*By Dan Dormady*

Fireplaces are infrequently used in our area. When they are used, however, we don’t want problems or surprises. It is important to practice fireplace safety and to keep your fireplace property maintained.

Fireplaces should not be used as furnaces. Use your fireplace for short-duration fires — no longer than five to six hours on average.

Keep the glass doors, if you have them, open to allow air to be drawn up to cool the chimney, but keep the screen closed to prevent sparks from jumping onto the carpeting or wood flooring as burning wood can pop, sending a dangerous shower of sparks onto the floor. To prevent this, always use a fireplace screen that is large enough to completely cover your fireplace opening. Hearth rugs, made from spark resistant materials, are also a good idea.

Never leave a fire unattended, especially when children are in the house. Adults, even if near, should never allow children to play near or with fire tools and equipment.

Before making a fire, open the glass doors, pull aside the screen curtains and place the kindling, newspaper and logs inside. Next, open the damper and crack open a window to prevent the room from becoming smoky. The air coming in from the window will go up the chimney. Check to make sure the smoke will go up the chimney properly by lighting a match, quickly blowing it out and watch the smoke to confirm it is going up and out.

After a fire is out, the ashes can remain hot enough to start a fire, sometimes up to three days, so always wait at least that long before removing the ashes. At that point, open the damper so that the air inside the chimney will be drawn up the chimney instead of into the room. Be sure to wear a dust mask and open a window in the same room as the fireplace to prevent negative air pressure. Use a shovel to scoop the ashes into a metal container. Store the container far from combustibles, combustible surfaces and wood floors. Never use a vacuum, a paper bag or flammable container to clean up ashes, because live coals may remain in those ashes.

It is very important to make sure that your chimney has not built up creosote over the previous burning season, i.e., black tar-like coating. This residue needs to be removed periodically, because it is highly flammable and can cause a chimney fire. Schedule a certified chimney sweep in the springtime when the wood burning season is over to inspect and clean the chimney. Have him show you how to check it yourself, too. The chimney should be checked at least once a year or after about 30 to 40 fires. A good chimney sweep can be helpful beyond just cleaning. With his experience and knowledge of chimney construction, a proficient sweep will be able to examine your chimney from foundation to cap, looking for areas that need repair. Some sweeps are able to do the repair work, while others will provide referrals.

Lastly, carbon monoxide detection, which is a by-product of combustion, should always be part of a homeowner’s safety plan. The reason carbon monoxide is so deadly is that you generally can’t see or smell it so rarely do its victims have any warning. With chimneys and fireplaces, carbon monoxide problems occur because of improper exhausting of fumes such as closed dampers or blocked chimneys. Such problems are almost entirely avoidable through regular professional chimney inspection and cleaning. Carbon monoxide detectors should be installed on each level of the home near the sleeping areas to warn against dangerous conditions.

**Financial tips from Santa Claus**

*By Guy Williams*

It’s Christmas season and even if there isn’t any snow in the forecast, we are looking to the big jolly man from the North Pole for some financial and planning tips for Christmas.

The first big tip is to make a list because we all know that Santa works from a list! After all, he has a whole lot of folks to think about and a lot of details to get right. Your list might be lengthy, too, so let’s begin with your own Santa Claus list. Who would you like to give presents to? What would they really like? OK, forget the Porsche and the trip to Jamaica. Instead think about what they would like that is within the realm of reasonable. Keep in mind your loved ones will not want you to be so extravagant that your bills in the new year will make you miserable. In many cases, what your family and friends really want is your undivided attention.

Spending time at home cooking together, going to a special church service or simply going to get coffee and beignets after the Christmas Eve service could be a treasured gift. Whatever gifts you plan to make or buy, work from a list. Plan your purchases and use any sort of leftover gift cards to buy this year’s presents. Also don’t forget reward points. This is a good time to use them. With a good list and good planning, there is no reason to enter the new year with a financial hangover.

Second, consider who has been naughty and who has been nice. Think back over the year. Who was there for you or who helped? When you have a list of the good people plan to spend time with them over the holidays. Invite them over or invite them to join you for some of the fun and unique Christmas events in our area, such as the bonfires on the levee, caroling in Jackson Square or the Christmas boat parades. Pack the hot chocolate and make some memories.

For the naughty folks, pray that they have a better year in 2014 and steer clear of them during the holidays. This is not the time to be negative. This can also include difficult relatives. They are still family but there is no need to spend a lot of time with difficult people. Plan to be busy elsewhere and for those necessary interactions, be kind, polite and brief.

Third, Santa travels on Christmas morning. Consider traveling on Christmas day. If money is tight but a trip is necessary to get the family together, look at the rates for Christmas day travel. Most folks really want to be home for Christmas Eve at the latest so the planes are full and the prices are high. It may be the only way to get home cheaply so it is worth the trip on Christmas day. The experience is unusual but it can be fun. Bring a big bag of candy canes and give one to everyone that you see. You will find that most people are a little nicer, even TSA. They were actually wearing Christmas elf hats last year in New Orleans! An additional benefit of traveling on Christmas day is that there is a normal sense of let down on the day after Christmas. If you or your relatives have just arrived, you can recreate the Christmas feel and have another day of Christmas.

Finally follow Santa’s example and take some time for yourself. After all those deliveries we often see Santa in his arm chair with a cup of coffee and a book or just talking with Mrs. Claus. Follow his example and take some time to reflect. Remember the good people and the good things in your life and be grateful.

So, consider taking a few lessons from Santa this year. Next year we will be back with some financial planning tips for the new year, but for now it’s time to create some memories. ★

Guy Williams is president and chief executive officer of Gulf Coast Bank and Trust Company. Their Kenner branch office is located at 3410 Williams Boulevard. Brian Behler, branch manager, can be contacted at 565-3961. Visit Gulf Coast Bank and Trust’s website at www.gulfbank.com.

**Banking**

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Holiday Events

Kenner couple brings the joy of Christmas to families who might otherwise do without

By Allan Katz

For the fifth year a Kenner couple is planning to play Santa Claus bringing Christmas gifts to Kenner families who are down on the their luck.

Karen and Larry Daigle last year played Santa to 10 Kenner families, including 31 children. Santa, played by Larry, brought meals and gifts for the families who were selected by the clergy and staff at Divine Mercy Catholic Church, which has recently moved to SaLentri Place.

“We started doing this five years ago because we knew so many families that had been impacted by the recession and were having trouble putting food on their tables, much less Christmas presents for their children,” says Karen Daigle. She is a 19-year employee of the Treasure Chest Gaming Casino. Her husband is retired. The Daigles deliver the Christmas goodies in their 1998 Ford F-150 truck that during the holiday season is known as “Da Who Dat Truck” and “Christmas on Wheels.”

The Daigles are able to provide Christmas cheer for families in need because of the generosity of their friends and several Kenner businesses.

“We hope to be able to help more than 10 families this year but it really depends on how much we’re able to raise in donations,” says Karen Daigle. “The families we’ve been able to help these last five years are really good people who are just down on their luck and hit hard by this recession that never seems to end.”

Crowne Plaza New Orleans Airport announces holiday “Gingerbread Tea”

The Crowne Plaza New Orleans Airport has announced the return of a tradition for the hotel in the third annual “Gingerbread Holiday Tea” in the hotel’s Grand Ballroom that will provide an afternoon of fun and holiday delights for families.

On Saturday December 21, 2013, the luxurious Grand Ballroom of the Crowne Plaza will be open for seating at 11:00 a.m. and again at 3:00 p.m. for reservations of groups from two to twenty guests. The whole family is invited. The pricing is $55 for adults. Children under 10 are $19 and children under two are free. The price includes a photo with Santa.

The event includes festive fun with Santa’s elves serving hot cocoa, gingerbread cakes and a decoration station for kids. The children’s buffet offers macaroni and cheese, peanut butter and jelly, chicken nuggets and fruit salad, while the adult buffet has fancy tea sandwiches, a pasta

Drive-thru “Holiday in the Park” at Lafreniere opens in December

Jefferson Parish will present the official lighting of “Holiday in the Park” on Friday, December 6, 2013, at Lafreniere Park in Metairie.

The lighting ceremony will begin at 5:45 p.m. at the Al Copeland Meadow Concert Stage. The United States Marine Corps Band will perform a holiday concert on stage beginning immediately after the lighting event.

The entire Holiday in the Park exhibit is constructed with 100 percent LED lights, making it energy efficient and environmentally friendly. Visitors will see for the first time many new lighted displays added to the elaborate decorations which complement more than 100 beautifully lighted displays generously donated by the Al Copeland Family.

Among the new displays, visitors will see a dancing lights display synchronized to music, an animated Ferris wheel that stands approximately 18 feet tall, a scene from the movie “Star Wars,” and a new nativity scene. Some of the traditional favorites include a cast of holiday characters, the Lombardi Trophy standing tall between two New Orleans Saints players, original creations including a “Splash on Penguin Island,” a “Cajun Holiday with Santa and Gator (Claus)” complete with his pirogue pulled by his team of alligators, a “Boiling Pot with Crawfish and Crabs,” “Snowman Island” featuring six jolly snowmen, the “Teddy Bear Factory” action station and a carved ham and a cascading fruit and vegetable display. A dessert station will serve plentiful scones, tarts, and other delights, and as a special treat, kids will be able to fill a bag of sweets from the “Candyland” station.

For reservations and details of the buffet visit the special Gingerbread Tea reservations website at www.crowneplazanairport.com/htm or call Jane Kelley at 463-7017 from 7:00 a.m. until 4:00 p.m. on weekdays.

The Crowne Plaza New Orleans Airport Hotel is located at 2829 Williams Boulevard at the corner of Veterans Highway and is locally owned and operated. For more information, visit www.crowneplazanairport.com.

Christmas events set for The Esplanade mall

The Esplanade mall is inviting local residents to participate in Christmas-themed activities and fun holiday events.

On Saturday, December 7, 2013, children are invited for breakfast and activities with Old St. Nick, including gingerbread cookie decorating. The event, free and open to the public, is scheduled for 8:30 a.m. until 10:30 a.m. and is held in the center court of The Esplanade.

“Caring Santa,” to be held Sunday, December 8, 2013 as an event that offers children with special needs the opportunity to meet Santa Claus in a soothing atmosphere. Lights will be dimmed and mall music and escalators will be turned off in order to reduce outside stimulus. Children will be given activities to complete while they wait in line. The event, scheduled from 8:00 a.m. to 9:30 a.m., and held in center court, is sponsored by AbilityPath.org. The cost varies based on the photo package purchased.

On Monday, December 9 and 16, 2013, from 9:00 p.m. until 10:00 p.m., shoppers are invited to bring furry friends to The Esplanade Center Court for their own special photo with Santa. Cost varies based on the photo package purchased.

There will be a “Hispanic Holiday Celebration,” hosted by Unidad Hispanoamericana, on Saturday, December 14, 2013, from 3:00 p.m. until 5:00 p.m. Slido, dance groups and more activities celebrating Hispanic holiday traditions are scheduled in Mary’s Center Court. The event is free and open to the public.

For more information follow The Esplanade on Twitter at @ShopTheEsplanade and like The Esplanade on Facebook at www.facebook.com/ShopTheEsplanade.

The Esplanade mall is located at 1401 West Esplanade Avenue in Kenner. 
Latin American News

How do we see tomorrow

By Rafael E. Saddy

As we move into 2014 businesses must plan to renovate, innovate and grow with new market trends. The dynamic times of today and how we plan for tomorrow will shape our future growth. In 2014 several market challenges exist such as slow population growth, market shift constraints, unemployment, increased insurance costs and expensive healthcare.

However, many opportunities will also be there including the $1.3 trillion market opportunity that Hispanics will represent in the U.S. It is going to be very crucial for businesses to consider the Hispanic market when creating overall strategy and market plans. Recognizing the Hispanic audience will make it easier to meet market goals in the existing difficult economy. It is important to be careful so our tactics target all markets to be successful.

The $1.3 trillion opportunity Hispanics present is an opportunity for companies and should be recognized. Companies should have total-market strategies to research plans, allocate budgets, consolidate strategies and execution to reach the Hispanic market. McDonald’s is known for understanding all its multicultural target markets allowing the company to have a more compelling vision of and approach to the entire marketplace. The company designs appropriate campaigns, packaging and products that resonate with all their multicultural consumers. By developing a deep understanding of commonalities and differences among Hispanics and mainstream consumers through research and insights, companies such as McDonald’s maximize the effectiveness of marketing campaigns and investments. When planning a campaign it may be indicated that the brand promise will resonate both with mainstream and Hispanic consumers. But, other instances may dictate that the best way to connect with the Hispanic consumer is to create brand new products, services or solutions.

The key to capitalizing on the $1.3 trillion Hispanic market opportunity in 2014 will be to build a total-market strategy, one that addresses both mainstream and multicultural audiences.

U.S. Hispanics are expected to represent the world’s ninth-largest economy. Study trends are showing that Hispanics are progressing in education, income and command of the English language. Second and third generations of Hispanic immigrants have greater English language skills and less of a connection to their country of origin culture.

Hispanic immigration waves and demographics change in the United States are changing the “melting pot” in profound ways. When an immigrant population reaches a critical mass in a community, it is no longer the melting pot that is transforming the community but the community transforming American society. For businesses to be successful it is important that they recognize all multicultural markets that exist.

Community announcements

December 11 – Kenner Business Development Committee meeting at 4:00 p.m. at the Kenner Pavilion with guest speaker Mayor Michael S. Yenni showing the latest Kenner 2030 Plan.

December 19 – Unidad Hispanoamericana presents “Hispanic Holiday” at The Explandale mall from 3:00 p.m. to 6:00 p.m. For information call 466-1483.

Kenner Hispanic Resource Center: The center offers various programs as well as access to information and referrals for all sorts of issues. For information call 469-2570.

Hablamos Claro – KPV76 has Hispanic TV programs every Wednesday at 9:00 p.m. and Sunday at 8:00 p.m. For more information and program schedule go to www.kennerchs.org and click on the KTV logo.

I leave you with this thought: “No matter how old you are now. You are never too young or too old for success or going after what you want.”

Rafael E. Saddy is a public relations officer for the Latin American Civic Association of Louisiana (LACAL). Email Saddy at lacal1234@bellsouth.net. Correspondence should be sent to P.O. Box 64888, Kenner, LA 70064-0288.

Automotive

Air your spare

By Scott Zimmerman

Most people understand the necessity of basic car care. Car owners know how important it is to change oil and rotate tires on a regular basis. But, most people never think about checking the air pressure in their spare tire.

A recent study completed by the Rubber Manufacturers Association (RMA) found that 71 percent of drivers do not check their air pressure in their spare tire. Also, a survey by sales engineers at Bridgestone Firestone North American Tire LLC found that only one tire in 74 spare tires was inflated properly and the average tire pressure was less than 50 percent of that recommended for the spare. A spare tire is usually needed for emergencies and by not checking the tire pressure it may not be usable when needed.

Tires normally lose one psi each month due to air permeation through the sidewall. Think of a tire as a balloon – after the air in a balloon will drop due to air leaking through the balloon’s surface. Air will dissipate through the tire’s sidewall in the same way. The change in seasons there is often a change in temperature and for every 10 degree Fahrenheit drop in ambient temperature a tire will lose one psi. It’s the air that carries the load of the vehicle, so less air pressure means less load carrying capacity.

Look for the correct inflation pressure for your vehicle’s original tires on a sticker inside the driver’s side door jamb, in the glove compartment or in the vehicle owner’s manual. Check the tire pressure with a good tire gauge when the tire is cold. Don’t take your tires, or your spare, for granted. Check tire inflation often for security; fuel economy and for peace of mind. When you need your spare, you want it to be ready to use.

Scott Zimmerman is the owner of Scotty’s Tire and Automotive, Inc., a family-owned and operated full-service tire and automotive shop, located at 4200 Williams Boulevard in Kenner. Store hours are 7:30 a.m.-5:00 p.m. on Monday through Friday. Scotty’s website is www.scottystireauto.com.

Government

Burmaster wins juvenile judge runoff election

On November 9, 2012, with a 5.9 percent voter turnout of 15,765 votes in Jefferson Parish, Barron C. Burmaster was elected to fill the term of a year and will be able to run for reelection next year.

Due to the retirement of Nancy Amato Konrad from the juvenile court in July, a primary election was held on October 19, 2013 with a field of four candidates. Burmaster will finish Konrad’s unexpired term of a year and will be able to run for reelection next year.

Garbage pickup altered for holidays

Kenner city officials announced that Ramelli Waste LLC, the garbage contractor for the city, will not collect garbage routes on Wednesday, December 25, 2013, and Wednesday, January 1, 2014, so its employees can be with their families on the Christmas and New Year’s Day holidays.

Residents who live along the routes normally collected on Wednesday should put their garbage containers curbside on Wednesday night. Pickups for both Wednesday and Thursday routes will be made on Thursday, December 26 and Thursday, January 2. Ramelli asks residents to contact them to accommodate requests for removal of large, bulky waste and to report any missed pick-up.

Kenner Mayor Michael S. Yenni said, “I wish all Kenner residents a Merry Christmas and happy new year and thank you in advance for your cooperation in this regard.”

For any questions regarding the garbage collection, call Ramelli Waste at 452-2030.
Dear Santa

By Ed Clancy

Notice: Spoiler alert. This column is for kids over ten only!

For at least two Christmas Eves, my youngest, Elizabeth, was around six or seven, slept under the Christmas tree. She insisted that she wanted to be there so she could make Santa ate his cookies and drank his milk, but I’m pretty sure she wanted to make sure it was really Santa and not her father pretending to be Santa. At any rate, this made it really difficult for Santa to unload his bag without waking up my daughter. It was especially difficult the year Santa brought her a bicycle as well as one for her older sister, Alex.

To make sure that Liz, (her preferred name), was fast asleep, Santa, (not my preferred name), waited until at least three in the morning to arrive. (FYI, I did not dress as Santa.)

I considered it one of the major accomplishments of my life that I was able to place every gift, big and small under the tree while my little cherub dreamed of sugar plums. Not once did I step on her little stomach or stub my toe on her head. However, wheeling those bikes over to the tree without a noise was a magic feat.

The next year she could not be talked out of sleeping under the tree. She was determined to surprise Santa in the act and this time the adventure had a new wrinkle. She made a giant sign out of white poster board and taped it up on the living room wall. The sign had various pictures she had drawn along with a list of what she wanted for Christmas. It was a very nice present for Santa, but he was not allowed to take it with him because at the bottom of the poster was a place for Santa to sign his name to prove that he had been there. That was an even bigger challenge for Santa than the bicycles because I had to make the signature look as much unlike mine as possible. When I was done placing the presents under the tree, I had to climb up on the couch and sign the huge affidavit. I decided to use a script I learned in grade school – calligraphy. That’s the kind of writing the monks used to copy the Bible. I finished writing “Santa Claus” in my best ancient lettering and retired for the evening with my baby girl none the wiser. So I thought, until many years later when she claimed she knew all the time it was my writing.

Now, allow me to describe another, perhaps more important, ritual between my daughters and me: The letter to Santa.

The night before each Christmas, no matter where we were, at home in Kenner or at Grandma’s in Texas, the girls would write their letters to Santa. If it was really close to midnight I would take the letters and say, “I’ll be back soon,” and then breathlessly run out to the car and drive away, off to the post office to make my postal delivery. Of course, I never actually went to the post office, except for one year in Texas when Liz insisted on going with me. When we got there I had to explain that, although it was closed, Santa’s elves would come by and pick up the mail. I even made a good show of putting the letters in the box while actually putting them in my pocket.

Not long ago, I was thrilled when I came across three of the letters written by Liz and one written by Alex, all of them decorated with drawings, good and awful. Get out your Kleenex, (Spelling will be exactly as it appears in the letters).

Dear Santa C.

Can I please have some of these things?
1. Pull-point. And 2. rain-box bright
3. and headed for my sister
4. don’t week up daddly
And if you have time can you PLEAS bring a real town car for my momeny and daddly
Turn over
for your kids 1. girl clothes 2. boy clothes 3. girl doll
4. boy train truck 5. girl Christmas tree 6. boy Christmas tree 7. and orniments [Ike ornaments?]

From Elizabeth age 6

For this next one Liz was probably seven. Her handwriting is better.
To Santa Clause,
How are you? I’m fine, hows Mrs.Clause? These following items I want for Christmas.

Moon shoes that you can jump with, a Polly Pocket pop up house & Starcastle teapot set. By by hows Comet and Cupid doing? Love, Elisabeth Clancy

This one from Liz is short and wonky but sincere and shows her knowledge of reindeer.

Dear Santa, where are you?
I had a time sitting on your lap. (He’s that right, lap.)
I can name all of your reindeer: Donner, Dancer, Prancer, Viraos, Comet, Cupid, Donney, Blitzen and Rudolph.

Here is what I want for Christmas. I love you Santa
Alexandra Clancy

Her list, Alex used drawings, really crude even for a five-year-old. The two girls consisted of a water baby, a TV, some type of animal, two earrings, a tuck bed and a Sainsy Snap shot.

And, finally, I found something that shows Liz is not one to leave things to chance. The following note was found tucked under her pillow.

Dear Tooth Fairie, I lost my tooth. I was carring it in a vagina and dropped it.

Elisabeth Clancy

The tooth fairy must have bought her excuse. Liz found a quarter there – yes, a quarter – the next morning.

For some reason I feel a little tired. It must be from deciphering all those letters. I’m going to bed now. Please don’t wack up Daddy. ☆

Ed Clancy can be reached via email at edclancy2@aol.com or at his blogsite, ed-clancy.blogspot.com

The story of Liz and Alex’s letters is an oldie but goodie. To this day I do not believe her.

Bariatric patients

“Bariatric patients use the smallest size runs of clothing available,” he said. “I think that as young women grow up in this country, increasing numbers of them are becoming aware of the health risks that go with weight gain and feel that it will be healthy to eat less, which is a good start.”

He said he is a product of his surgery. In his own children, women are aware of this problem and are exercising the self-discipline that is required, not to become overweight or obese. I think that as young women grow up in this country, increasing numbers of them are becoming aware of the health risks that go with weight gain and feel that it will be healthy to eat less, which is a good start. 

Dr. Torres went to medical school in his native Colombia and then spent four years in his residency at the University Medical Center main campus on Jefferson Highway before moving to Ochsner-Kenner. “I love it here,” he says. “The campus, the hospital, the staff.”

The Ochsner Medical Center main campus on Jefferson Highway is the largest and most comprehensive hospital in the greater New Orleans area. 

“In terms of training, rotations, and hospital-based experience, I feel very fortunate to be located at a wonderful hospital in a wonderful community,” he says. 

Dr. Torres can be reached at 484-8906. ☆
Government

Social Security announces 1.5 percent benefit increase for 2014

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 63 million Americans will increase 1.5 percent in 2014, the Social Security Administration announced recently. The 1.5 percent cost-of-living adjustment (COLA) will begin with benefits that more than 57 million Social Security beneficiaries receive in January 2014. Increased payments to more than eight million SSI beneficiaries will begin on December 31, 2013.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to $117,000 from $113,700. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2014 is available at www.medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more visit www.socialsecurity.gov/cola.

Kenner Police Department advises homeowners to beware

The Kenner Police Department issued a notice because they, the city of Kenner mayor’s office and the Better Business Bureau of Southwest Louisiana (BBB), are receiving calls regarding a mailing local consumers have received from HomeServe USA. The mailing informs recipients that “their property (its location) has appeared in review of records for Kenner and found that their exterior sewer/septic line is not covered with exterior sewer/septic line coverage.”

City officials are urging those Kenner residents who have received this letter, about exterior septic/sewer line insurance or any other offering alternate coverage, to talk to their homeowner’s insurance agents before responding.

The format of the letter has left some residents thinking the notice is from Kenner or Jefferson Parish officials. The letter, from HomeServe USA Repair Management Corp, does state that the insurance is optional and the company is not connected with local government.

“We frequently see these types of things,” said Marie Clesi, a local Kenner-based State Farm agent. “I would advise homeowners to contact their insurance agents to verify their coverage and to see if any action is needed.”

The Better Business Bureau of Southwest Louisiana has already published a warning on the Internet, saying that it has received a large number of calls, including people who thought the letter was...
Shopping center
for an upscale strip of single family homes just like those across the other side of Roosevelt Boulevard.

Enlist professional help

The emotional and administrative complexity of caring for an aging parent can overwhelm even the most conscientious caregiver. A professional geriatric care manager can help you assess your parents’ needs and design a care plan that addresses their wishes and abilities.

Traffic signals
to be completed by November 25. The cost of the $155,138 signal upgrade is being shared by Southern Theaters, the city of Kenner and Simon Group.

Muhleisen
Christmas doesn’t start until they have attended this program and others commented they could feel the presence of their loved ones during the service. Our hope is it will provide all in attendance with a source of strength and inspiration throughout the holiday season.

Each deceased one will be remembered and honored by name with a program interlaced with a delightful array of music.

The keynote speaker will be Edie Triche, who will relate the events immediately following the death of her son, Jeremy, and how she and her family have coped with the loss. Jeremy died a tragic death in August 2012 while on duty for the St. John the Baptist Parish Sheriff’s Office.

At the conclusion, participants will be present-ed with an “Angel of Remembrance” in memory of their loved one, which will be taken from the event’s Christmas tree.

“Come and enjoy this special program, as well as the warmth of people who care,” said Muhleisen. To register the name or names of those you would like to remember or to learn more about this holiday program, call L. A. Muhleisen and Son at 466-8577 or Millet-Guidry at 985-536-7700 by Friday, November 29, 2013. Reservations to attend are not required.

L. A. Muhleisen and Son and Millet-Guidry are family owned, independent funeral homes with locations in Kenner and LaPlace. “Our funeral homes are dedicated to providing personal service and offering programs beyond what would be expected,” said Muhleisen. ♥

Clesi
Enlist professional help

The emotional and administrative complexity of caring for an aging parent can overwhelm even the most conscientious caregiver. A professional geriatric care manager can help you assess your parents’ needs and design a care plan that addresses their wishes and abilities. ♥

Kenner Police
from their local government.

“You simply want to make sure we communicate with our residents when we know there is a concern. We want our residents to take precautions, particularly with the increasing number of scams via telemarketers and the Internet, and understand the proper protocol when they are suspicious of something. It’s better to be safe than sorry.” ♥

Century Title

Recipe Corner

Foodieforone’s Rum Cake is rich, moist and decadent, always the main attraction when presented at dinner parties and makes a beautiful presentation when baked the traditional way, in a bundt pan. However, for the holidays, let’s bake our delicious treat in loaf pans. One recipe will yield two large rum cake loaves. The dense, rum infused anytime treat is perfect for gift giving, wrapped tightly in plastic wrap and decorated with red or green wrap and tied with a ribbon! This is one gift that is sure to not be re gifted!

Cake Ingredients
1 box Duncan Hines Yellow Cake Mix, 1 box Vanilla Instant pudding and pie filling, 4 eggs, 1/2 cup Crisco Oil, 1/2 cup water, 1/2 cup dark rum, 1/2 cup chopped pecans

Combine first six ingredients and mix well. Generously sprinkle pecans on the bottom of greased loaf pans and add Crisco Oil. Mix 2 1/2 cups flour, 2 1/2 teaspoons baking powder, 2 teaspoons baking soda, 1/2 cup sugar and water for one minute. Remove from heat and add the rum. Pour into the prepared loaf pans and place on serving platter.

Glaze Ingredients
1/2 cup light corn syrup, 1/2 cup of sugar, 1/4 cup of water, 2 ounces dark rum

Boil sugar, water and rum for one minute. Remove from heat and add the rum. Pour the mixture over the cake cake. Allow to cool in the loaf pan.

The website foodieforone.com is a food blog dedicated to the enjoyment of food with gusto by Joy Fontenelle. Comments and questions are welcomed and can be sent to foodieforone@yahoo.com. For detailed recipe directions and step by step photos visit foodieforone.com
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