

**JULY**  
 -31 The Talented Tenth: African American Artists of the Harlem Renaissance, the WPA & Beyond @ Stella Jones Gallery, Place St. Charles  
 11 "Celebrity Autobiography"  
 21-22 Place St. Charles 10th Annual Healthy Lifestyles Expo @ Place St. Charles

**AUGUST**  
 1- thru Sept. 27, "Melting Lines" Artist: Murielle White @ Stella Jones Gallery, Place St. Charles  
 5-8 Satchmo Summer Festival www.frenchquarterfestivals.org  
 13-15 Louisiana Tailgate & Barbecue Festival Morial Convention Center, Hall J www.louisianatailgate.com  
 14 Royal Street's Dirty Linen Night 500 to 1000 blocks of Royal Street

**SEPTEMBER**  
 1-6 Southern Decadence southerndecadence.net  
 18 Bywater Art Market @ Markey Park  
 10-12 4th Annual New Orleans Seafood Festival @ Fulton Square neworleansseafoodfestival.com

Flu shots as soon as available in September

**PLACE ST. CHARLES RETAIL/FOOD MERCHANTS**

|                          |          |
|--------------------------|----------|
| AT&T Mobility            | 581-2900 |
| Classic Shine            | 427-5829 |
| The Clip Joint           | 522-9258 |
| Cypress Cafe & Catering  | 450-9814 |
| G. Bass                  | 582-1180 |
| Hotsy's                  | 473-4904 |
| JP Morgan Chase          | 623-8413 |
| Koboshi                  | 412-8003 |
| Lee's Dynasty            | 258-7975 |
| Mrs. Fields Cookies      | 582-1190 |
| New Orleans Cigar Co     | 524-9631 |
| Papa's Pizza             | 812-2527 |
| Pierre's Jewelry Designs | 522-7181 |
| Purple Cactus (The)      | 595-8887 |
| Rick's Grille            | 595-8887 |
| S & K Gifts              | 582-1194 |
| St. Charles Noodle       | 287-8546 |
| State Farm               | 522-9560 |
| Steve's Diner            | 522-8198 |
| Sir Gyro                 | 250-2171 |
| Stella Jones Gallery     | 568-9050 |
| Tailor's Cleaners        | 528-7141 |
| Tango                    | 527-0071 |
| Terrazu                  | 287-0877 |
| Top Line Hair & Nails    | 588-2622 |
| UPS Store                | 523-3293 |
| KKND, WDWV, WMTI, KMEZ   | 581-7002 |

**BUILDING SERVICES**

201 St. Charles Management 524-4444



# Place St. Charles

**Chris Nolan, CLU, CPCU**

504-522-9560  
Suite 224 • Place St. Charles

**JPMorganChase**

201 St. Charles Avenue #110  
Place St. Charles

**KOBOSHI RESTAURANT**  
Sushi & Hibachi

MONDAY THROUGH FRIDAY  
11AM - 2PM

(504) 412-8003

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**UPS**  
Packaging & Shipping

Monday - Friday 9am-5:00pm

504-523-3293

201 St. Charles Avenue  
1st Floor Lobby

**S&K Gifts**

Cards, Balloons & Gifts  
Panty-hose, Drinks, Fruit Juice,  
Fresh Fruit, Candy, lottery tickets

582-1194

7:00 a.m.-5:30 p.m., Mon.-Fri.

2nd Floor  
201 Place St. Charles

**terrazu**

monday - friday  
6:45am-5pm

good coffee & delicious food  
catering & delivery  
perfect meeting location

201 Place St. Charles  
1st Floor Lobby

**Tango**  
ARGENTINEAN GRILL

Dine In or try Tango's Summer  
Take-out Special - \$5.99  
Free Delivery in Place St. Charles

504-527-0071  
201 St. Charles Ave., 2nd Floor

**ST CHARLES NOODLE**

Noodle dishes, salads, soups, and noodle-less  
dishes featuring lemon grass beef, grilled  
pork, grilled chicken and grilled shrimp...  
all with the freshest ingredients.

504-473-8049  
Balcony Cafés of Place St. Charles  
201 St Charles Ave • 2nd Floor

581-2900  
201 St. Charles Ave., Suite 101  
Place St. Charles

**New Orleans Cigar Company**

Wall to Wall  
Premium Cigars

504-524-9631  
1-800-695-7405

201 St. Charles Avenue  
Place St. Charles

**Mrs. Fields**  
Cookie Gift Ideas

C.B.D. Delivery 9am-2pm  
We cater meetings & parties.  
Cookies, Brownies, Muffins,  
and Bagels.

582-1190

522-8198  
Place St. Charles' Balcony Cafés

**PURPLE CACTUS**

TEX MEX TASTE EXPLOSION  
AND CUBAN SPECIALTIES

11:00 - 2:30 (MON-FRI)  
504-595-8887

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**GEORGE BASS**

Gentlemen's  
Clothing

504-582-1180

201 St. Charles Ave., Suite 103  
Place St. Charles

**Rick's Grille**

GRILLED MEALS TO ORDER  
SEAFOOD SPECIALTIES

504-595-8887

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**SIR GYRO**

MEDITERRANEAN AT ITS BEST!  
504-250-2171

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**CLASSIC SHINE**

Your shoes will  
look like new again!

Located on the 1st Floor  
Place St. Charles

**Tailor's CLEANERS**

Monday - Friday from  
7:30am-5:30pm  
Ask about free pick-up  
& delivery within building.

504-528-7141.  
201 St. Charles Avenue  
Place St. Charles • First Floor

**TOPLINE**  
Hair & Nails

588-2622

201 St. Charles Avenue  
Place St. Charles • First Floor

**Lee's Dynasty**

Monday thru Friday  
Combo Meals Start at \$6.25

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**Papa's Pizza**

Enjoy a Delicious Slice  
Today or try our Hot  
Lunch Specials!

582-1182

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**THE Clip Joint**

Same great cut.  
Same great service.

Monday-Friday • 9am-6pm

552-9258  
Place St. Charles  
201 St. Charles Ave • 1st Floor

**HOTSY'S**  
Charbroiled Steak Burgers  
Stuffed Potatoes  
Grilled Chicken

Monday thru Friday  
473-4904

Balcony Cafés of Place St. Charles  
201 St. Charles Ave • 2nd Floor

**Pierre's**  
FOR DIAMONDS

All work  
done on  
premises!

DIAMOND EARRINGS  
DIAMOND ENGAGEMENT RINGS  
FINE DIAMOND & GEM STONE JEWELRY

522-7181  
Place St. Charles • 1st Floor

# In Place

www.placestcharles.com

201 ST. CHARLES AVENUE

July & August 2010

**PLACE ST. CHARLES 10TH ANNUAL Healthy Lifestyles EXPO**

**FREE HEALTH SCREENINGS**  
Blood Pressure  
Cholesterol  
Body Fat

**The Balcony Cafés**  
Easy on your wallet  
& your waistline

As the premier office building in the city, Place St. Charles caters to the busy lifestyles of New Orleans' professionals. With this in mind, Place St. Charles will host its **10th annual Healthy Lifestyle Expo on Wednesday, July 21 and Thursday, July 22 from 11a.m.-3p.m.** If you've been too busy or forgotten to schedule your annual check-up, this is your chance to have the doctor come to you - for FREE! The expo offers an array of health, wellness and lifestyle providers offering everything from cholesterol and blood pressure tests to glucose and BMI screenings.

Booths will provide information on diet and exercise, spa treatments, rehabilitation treatments, outdoor sports, chiropractic services, quality of life for cancer patients, and much more. It's an opportunity to speak to knowledgeable representatives on an array of health related topics... All during your lunch hour and at no cost to you.

**Ochsner Health System** is everywhere you are! **Ochsner Health System** nurses will be on hand to administer cholesterol and blood pressure tests. Each patient's test results will be individually reviewed with follow up recommendations offered. Ochsner Health Center-New Orleans on St. Charles Avenue offers primary care and family medicine services. Full-service ER and other hospital services are available at Ochsner Baptist Medical Center on Napoleon Avenue. Ochsner Baptist Medical Center, formerly Baptist Hospital, has a deep-rooted history in Uptown New Orleans. Though severely damaged by Hurricane Katrina, Ochsner Baptist continues to provide the community with the same quality medical services they have for the last 80 years. Services continue to be added to Ochsner Baptist, now including a full-service imaging center, private medical/surgical beds, a 12 bed Intensive Care Unit, and two cardiac catheterization labs.

**Manager's CORNER**

**A happy summer to everyone!**

A whirlwind of new projects are underway at Place St. Charles.

The new energy management system/HVAC upgrade began June 1. This system will monitor and control all common areas, lights, and every piece of HVAC equipment throughout the building. It is the most modern system available and will take approximately six months to complete.

The number of cameras that monitor the common areas have been doubled with new equipment added for monitoring.

Continued on page 2

Manager's Corner, continued from page 1

The contract for seal coating the 3rd and 4th levels of the parking garage should begin the Fourth of July weekend.

**Bathroom Upgrades** – The “test” bathroom on the 14th floor has been completed and critiqued by ownership, and the upgrade program on selected multi-tenant floors will begin in mid-July.

**Parking Garage Entry Sign** – Completed and looks fabulous! Very concise and makes the garage entrance much easier to identify.

**Second Floor HVAC/Heating Unit** – A new unit has been ordered to replace the one that serves

the 1st and 2nd floors. This unit will also contain an additional heating unit to heat the 1st and 2nd floors during brutal winters like this past season.

**Parking Garage Sweeper** – The new garage scrubber/vacuum was delivered last week. This will allow us to remove water after heavy rains and basically keep the garage in a cleaner condition.

I know this is a big undertaking with all these projects underway at one time. We apologize for any inconvenience you may experience in our quest to make Place St. Charles the best place to office in New Orleans! We appreciate your patience and understanding.

Healthy Lifestyles Expo, continued from page 1

**Elmwood Fitness Center** is more than just a health club. Because one workout plan doesn't work for everyone, Elmwood offers the largest variety of fitness programming in the area. The weight rooms house 6 lines of weight equipment, and each of the more than 80 pieces of cardio equipment has a built-in television screen. Try a group fitness class – Elmwood offers more than 100 each week. Take advantage of the 20 lap lanes and get your workout in the water. Strike up a game of racquetball or join a pilates class. The member consultants meet with every new member, so don't worry if you're not quite sure where to start. Elmwood will guide you to the programs and services that fit you best. Join today!

**Touro Infirmiry** will provide BMI (Body Mass Index) screenings where height and weight are taken into account and compared with ideals to be used as an educational tool. Nutritionists will be available to discuss healthy eating. Touro will also have consultants on hand to discuss joint replacement, concentrating on hip and knee pain. They will also have cancer-screening kits available for take home use. Please visit their table for all other services provided by Touro Hospital.

**Shoemaker Chiropractic** provides leading edge chiropractic care and physical rehabilitation for athletes of all levels including the New Orleans Ballet Association and the Big Easy Roller Girls. After thorough spinal evaluation, Shoemaker Chiropractic offers advanced non-surgical treatment protocols including Surface EMG, Advanced (Non Surgical) Spinal Rejuvenation, Low Level (Cold) Laser Treatment, Spinal Pelvic Stabilizers and Computer Programmed Decompression Treatment.

**The New Orleans Jewish Community Center** is a state-of-the-art fitness center and pool, a pillar of New Orleans early childhood education, a fun-filled summer day camp and so much more. It is a place for adults to take an exercise class, an art class or dance class. A place for children and teens to experience learning through enrichment classes, sports leagues, family activities and summer camps. The JCC is a Jewish place, built on Jewish values, where everyone is welcomed.

**Spa Atlantis** conveniently located at 740 Gravier Street, directly across the street from Place St. Charles, offers its customers a high quality spa experience focused on service, serenity, and relaxation. Spa Atlantis guarantees its customers will receive premier care and unique, exceptional products for in service, home use or as gifts to others – all just steps away!

**Susan G. Komen for the Cure Our Vision: A world without Breast Cancer.** Breast cancer is the number one health concern for women. Susan G. Komen for the Cure recognizes there is an urgent need to save lives and end this disease forever. With a 25-year history of patient advocacy, building awareness and raising funds for research and community programs related to breast health and breast cancer, Komen for the Cure has changed the way people think about and seek help for this disease that was once shameful even to mention.

**Making Strides Against Breast Cancer** is the American Cancer Society's nationwide series of family-friendly, non-competitive 5K walks to raise money to fight breast cancer. Now in its 17th year nationally and 12th year locally, Making Strides Against Breast Cancer, has raised more than \$400 million to help fight breast cancer through research, education and outreach programs on local and national levels. At the 2009 Making Strides Against Breast Cancer event in New Orleans, over \$260,000 was raised by nearly 7,000 participants and in 2008, 6,000 walkers raised \$200,000. This year's event will take place October 10, 2010 at City Park's Roosevelt Mall (outside of Tad Gormley Stadium). Register at the Healthy Lifestyles Expo and be a part of it!

**Varsity Sports** of Mandeville, Baton Rouge and New Orleans, is participating again this year! If you are a runner, walker or would like to know more about fitness in general, be sure to visit with the Varsity Sports Team. Providing the utmost care for those wanting comfortable athletic footwear via custom foot assessments and biomechanical analysis, the highly trained staff of life-long runners, as well as medical professionals, at this footwear hub take the time to “fit your feet.” [www.varsityrunning.com](http://www.varsityrunning.com)

**Donate Life Louisiana** is a non-profit organization providing education and public awareness activities about organ donation. Stop by their table to see what they are doing to increase donor registrations and foster informed family acceptance of the process.

Place St. Charles, in an ongoing commitment to improving the overall health and fitness of its' tenants and the community at large, invites you to take advantage of this wonderful opportunity at the **10th Annual Healthy Lifestyle Expo**, Wednesday, July 21 and Thursday, July 22 from 11 a.m. until 3 p.m., around the first floor fountain at 201 St. Charles Avenue. For information, call (504)524-4444. This event is FREE and open to the public.

# Stella Jones

GALLERY

June-July 31

“The Talented Tenth: African American Artists of the Harlem Renaissance, the W.P.A. and Beyond”



The WPA, Works Progress Administration, was initiated by President Franklin Delano Roosevelt and funded by the federal government from the mid 1930s to mid 1940s. The arts division of the WPA had more than 5,000 artists of all ethnicities and medias all across the United States. The Harlem Renaissance was the period from the 1920s to the 1940s which flourished in the newly formed Black community of Harlem. It was an expression of culture in art, music, poetry, dance and life.

August-September 27

“Melting Lines”

Artist: Murielle White, Type of art: abstracts on paper

The Opening Reception will be on White Linen Night, August 7, 2010 and the artist will be present.

M-F 12-6, Sat 12-5, or by appointment, 504.568.9050, [www.stellajonesgallery.com](http://www.stellajonesgallery.com)

# Hurricane

BUSINESS PLAN

The 2010 Hurricane Season in the Atlantic Ocean began on June 1 and will end on November 30, 2010. For this year, the experts are predicting a busier-than-usual hurricane season. Once you have your family plan in place, it is important to take steps to protect your business.

Business continuity planning must account for all hazards (both man-made and natural disasters). Plan in advance to manage any emergency situation. Assess the situation, use common sense and available resources to take care of yourself, your co-workers and your business's recovery. Carefully evaluate internal and external operations to determine which staff members, materials, procedures and equipment are absolutely necessary to keep the business operating.

A solid business emergency plan only works if everyone on your team is aware of the plan and the actions they need to take. Most importantly, practice the plan. Detail how you will be in contact with employees, customers and others during and after a disaster. As well as planning for an emergency, you can also take steps to protect your company and secure your physical assets. Insurance policies vary, meet with your provider to review current coverage. Prepare for extended outages during and after a disaster. Just as important as your business plan, is your facility's plan.

## Hurricane procedures for Place St. Charles:

- Place St. Charles is NOT A SHELTER.
- Upon lock down, all elevator service will stop.
- Notification will be made for closure of the garage to transient and contract parkers. The roll down gates at the entrance and the exits to the garage will be lowered and locked. Tenants will be unable to retrieve vehicles remaining until management reopens the building and garage.
- Notification will be made as to the time frame for lock down of the building. Upon lock down, all entrance doors on the first and second floors will be locked.
- If there is a mandatory evacuation ordered for the city of New Orleans, the mandatory evacuation notice will serve as the announcement of the closure of Place St. Charles, without further notice from the management office. The garage will be closed and the building will be locked down immediately.

Once the building is evacuated, the management office's main number (504)524-4444, will be switched by the phone carrier before the call reaches the 504 area code to a designated phone number outside the 504 area code. This number will be answered during normal business hours by management office personnel. In addition, daily updates will be posted on the web site, [www.placestcharles.com](http://www.placestcharles.com), as needed to apprise tenants of the situation at the building.

# Healthy

## FAVORITES

Two delicious restaurants, Terrazu and Tango, plus The Balcony Cafés of Place St. Charles, make it easy to choose healthy and nutritious meals while at work or play. Here is a selection of healthy favorites ...

• **CYPRESS CAFE & CATERING** – Always fresh and healthy, try the delicious salads, soups and seasonal fresh fruit.

• **HOTSY'S BURGER** – As the name implies, they do burgers well here and if you keep your “dressing” to lettuce, tomato, onion and pickles, the steak burger and the turkey burger are excellent choices. Another fun alternative is the baked potato with broccoli and mushrooms.

• **KOBOSHI** – How can you go wrong with steamed vegetables or edamame? They're very low in fat and full of protein. When ordering sushi (6 pieces of sushi for just \$4.29 – what a deal!) ask for the low sodium soy sauce. Check out their baked salmon and grilled to order items.

• **LEE'S DYNASTY** – The stir fry *Shrimp & Veggies* and *Spicy Chicken & Veggies* are the top picks for satisfying lunch entrees. Remember there are only 87 calories in a cup of white rice and only 2% fat. *Egg Drop Soup* and *Hot & Sour Soup* are both delicious and filling.

• **MRS. FIELD'S** – If you need something sweet for dessert, Mrs. Fields serves low-fat frozen yogurt that will satisfy any sweet tooth.

• **PAPA'S PIZZA** - It's hard to say healthy and pizza in the same sentence but when mindful of portion size, a slice of *Veggie Pizza*, *Tomato Basil Pizza* or plain *Cheese Pizza* is a fine midday selection. Like all good pizza joints, they have a good salad bar too.

• **THE PURPLE CACTUS** – There's a lot more to Mexican Food than you might expect. Made from scratch with fresh ingredients, there are several healthy choices on this menu. The favorites here are the *Grilled Veggie Salad* or the *Cancun Seafood Salad*. *Fish Tacos*, *Black Bean Burrito* and *Veggie Whole Wheat Quesedilla* are also all healthy lunch choices.

• **RICK'S GRILLE** - Enjoy freshly sautéed mushrooms, tomatoes, onions and green peppers but hold the cheese for a leaner lunch. Or taste Rick's mouth-watering *Grilled Chicken Breast* sautéed with onions and other vegetables of your choice.

• **SIR GYRO'S** - Sir Gyros' super healthy, flavorful, Mediterranean salad topped with marinated skinless chicken is an obvious choice. Or substitute a gyro if you prefer. The homemade hummus can't be beat and is very low in cholesterol, is a good source of vitamin B6, manganese and protein.

• **ST. CHARLES NOODLE** – Decidedly Asian in influence, the grilled shrimp salad, grilled pork, chicken or shrimp vermicelli bowls, spring rolls, or tofu dishes offer unlimited healthy choices. They also have a wonderful selection of clear soups.

• **STEVE'S DINER** – This friendly, traditional diner serves up food that is anything but. Gourmet style deli sandwiches are their specialty and since they're made with premium meats and whole grain breads, it is easy to build a healthy sandwich here. Go for a made to order salad or the daily *Hot Veggie Plate*.

• **TANGO** – Tango Argentinean Grill is a wonderful place to sit and enjoy a healthy and flavorful lentil soup with a superb salad or try the lite seafood paella. Try the take-out the daily lunch special for only \$5.99!

• **TERRAZU** – Terrazu's menu is packed with light, fresh sandwiches and salads such as the *Mandarin Chicken Salad* made with diced chicken breast, avocado, honey roasted peanuts, mandarin orange and diced red pepper over a bed of baby mixed greens with a side of sesame ginger dressing.

DINING OUT AT PLACE ST. CHARLES CAN BE EASY, HEALTHY, AND DELICIOUS... IF YOU ORDER RIGHT.

• Always look for fresh, seasonal grilled items... from veggies to seafood, this is a choice low in calories and saturated fat.

• Order dressing and sauce on the side.

• Beware of liquid calories! Juices, smoothies, specialty coffees and sodas can easily pack on 350+ calories to a previously low cal meal.

Practice mindful eating and you will avoid being 10 pounds+ this fall!

THE HEALTHY CHOICES