



# NEWSLETTER



*Laissez Les Bon Temps Rouler!*

### CALENDAR OF EVENTS

**YOGA in the NOMA Sculpture Garden Saturday AM**  
*\*Advance Registration Required*  
[noma.org](http://noma.org)

01/28~ Sundance Film Fest **FILM**  
 02/03 in NOLA / Open Air  
[neworleansfilmsociety.org](http://neworleansfilmsociety.org)

Thru N.O. Pelicans   
 03/04 [nba.com/pelicans](http://nba.com/pelicans)

02/02 GROUNDHOG DAY

02/07 Super Bowl Sunday

02/14 VALENTINES DAY

02/16 MARDI GRAS DAY

02/17 Ash Wednesday

**THINGS TO DO IN NEW ORLEANS >**  
[neworleans.com](http://neworleans.com)

### Notary Services

**NEED A DOCUMENT NOTARIZED?**  
 There are three Law Offices located in the 1615 Poydras building who offer these services. Call ahead to make sure they are available.

**Kuchler Palk Weiner**  
 Located in suite 1300 - phone 592-0691

**Usry Weeks**  
 Located in suite 1250 - phone 592-4600

**deBlanc Law Firm, LLC**  
 Located in suite 910 - phone 304-7299

**Prime Fitness RX | 3rd Floor | Open 24 Hours a Day Every Day**  
 Voted best gym in the state by *Men's Fitness* and *Yelp!*

Through years of experience, courses, and certifications, PFRX has gained the expertise to make your exercise plan a prescription, formulated to suit your body: where it is now and where you want to go.

Safe and effective fitness for everyone—want personal training, but can't afford our expert one-on-one experience? PFRX also offers group training classes including: weight based training, Martial Arts inspired cardio, fast paced Yoga, core-focused interval training, dance-based cardio, Spin, and more!

Memberships | Corporate Wellness | Day & Week Passes | eGym Fitness App

[primefitnessrx.com](http://primefitnessrx.com) **PFRX** MORE THAN A GYM 504.267.0562

Seems like we just got through Christmas & now Mardi Gras is already upon us! The season officially began on the Feast of the Epiphany - or Twelfth Night. Sadly, no parades this year due to COVID-19. However, in true New Orleans style, the Mardi Gras spirit perseveres with what is being called YARDI GRAS ... NOLA residents are designing their houses to look like parade floats or just decorating to celebrate the season. This site has a nice compilation of pics - ENJOY!  
<https://www.fox8live.com/gallery/2021/01/22/photos-yardi-gras/>

**FLOATS IN THE OAKS**  
**THU FEB 4-SUN FEB 14**  
 This is a once in a lifetime opportunity for visitors to view iconic floats from various Mardi Gras krewes all in one place and it will give our region the opportunity to experience a part of Mardi Gras during this historic year. Advance Purchase ONLY. More on the event, ticket purchase, etc. > [neworleanscitypark.com/floats-in-the-oaks](http://neworleanscitypark.com/floats-in-the-oaks)

**Mardi Gras Day - Tue Feb 16th is a BUILDING HOLIDAY**  
 The building will be closed. Air conditioning can be ordered through the Genea Energy Management site at a cost of \$90.00 or \$95.00 per hour (as stated in your lease). To order air for your office — [www.1615poydras.com/tenant-services.html](http://www.1615poydras.com/tenant-services.html)

**Working After Hours**  
 Remember to sign-in and sign-out when you enter & exit the building outside of Normal Building hours - Monday thru Friday 7:00a-6:00p and on weekends. The building register is located at the Security Desk in the front lobby.

Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.

**HAND WASHING TIPS**  
 Whether you use soap & water or hand sanitizers, keeping your hands germ-free can help protect you against coronavirus, influenza and other infections. Regular handwashing is especially important at certain times. Always wash up:

- Before & after preparing or handling food
- Before eating
- After changing diapers
- After using the bathroom
- After sneezing, coughing, or blowing nose
- After touching an animal or animal waste
- After handling garbage
- Before & after treating a wound
- Before & after caring for a sick person

### ARTICHOKE BREAD

SUBMITTED BY: Christy Nichols, Property Management  
 "Mmm mm - Ya gonna LOVE this!"

**Ingredients:**

- 1 -14oz can artichoke hearts (drained & chopped)
- 2 -green onions (sliced)
- 2 -cloves garlic (chopped)
- 1 -4oz pkg cream cheese (room temperature)
- 1/4 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup mozzarella (grated)
- 1/4 cup Parmesan Cheese (grated)
- 1 loaf Italian bread (sliced in half lengthwise)

**Method:**

1. Mix the artichoke hearts, green onions, garlic, cream cheese, mayonnaise, sour cream, mozzarella and Parmesan cheese — reserve some of the cheese for topping.
2. Hollow 1/2 an inch out of the center of both halves of the bread.
3. Spread the mixture into the hole in the bread slices and top with the reserved cheese.
4. Bake in a preheated 350F oven covered in foil for 20 minutes.
5. Remove the foil and continue to bake until the cheese is melted and golden brown.