



3<sup>rd</sup> Quarter 2006

## Come on out to the Membership Party!



### **Saturday Sept. 30<sup>th</sup>** **Botanical Gardens Tent – City Park**

**11am-12noon**

This quarter's General Membership meeting will be held under the tent at City Park's Botanical Gardens. Come on out and enjoy food, music, and get the scoop on what's going on in our neighborhood! Here's your chance to get informed, join the association, and volunteer.

Held in conjunction with this month's Mid-City Art Market, this is a day you won't want to miss!

## Library Project to Launch on Carrollton Avenue

Geraldine Harris, the chief librarian for New Orleans announced that there will be a public library at 330 North Carrollton Ave. the spot where Major Video used to be located. The space will likely be ready December 06 or January 07.

Solinet (<http://www.solinet.net/>) is going to issue the grant that will fund much of this for three years. After the 3 year period, we hope to have a permanent building in which to move, or we'll have the funds to keep the location open. Funds are still needed to pay for the build-out and to make up the difference in the lease.

To donate, check out Mike and Bart's Site @ <http://boozocracy.org/> The site has raised just over \$1,000, well short of the needed \$1 million goal. Enjoy the site and please make a donation. Your help is needed both for library and for Mike and Bart's sake!

Heart of the City is the quarterly newsletter of the Mid-City Neighborhood Organization. If you have an event, story, or feature that you wish to share, please contact Natalie Lafont at 504-228-7325 or email us at [administration@MCNO.org](mailto:administration@MCNO.org)

# Faces Of Recovery

By: Natalie Lafont



Leilani Heno, Owner/President of X-Trainers  
Pictured with her "Live Life" board

Leilani Heno was in Dallas when Katrina hit. It wasn't long before she was aware of her severely damaged home and business. Like many of us, she was able to sneak in by boat and get a glimpse of how dramatically our lives were going to change. By the end of September, after being down in spirit, paralyzed in fear, and displaced in Covington she was able to gain access to her business in the American Can Company Building where there was a generator team. Getting back to work was just what she needed to get through her ordeal. Early on the American Can generator team got the place powered up; Leilani followed suit and got herself powered up. Now motivated, she began gutting the gym and got busy helping others in her own special way. She got plugged in to the Cork & Bottle Blog, everyday would give out Gatorades and bottled water from the gym, and offered showers to those in need. It wasn't before long when things started to look up and the gym was almost ready to reopen.

In the beginning of November, she started getting calls and emails, many from her previous clients needing exercise and activity. From mid November through January 15, Leilani and her sole trainer, Jessica Cambra, ran the gym. By January 15<sup>th</sup>, there was a waiting list and she needed more trainers. It brought much joy to her to help people

when there were hardly any other gyms open and she looked forward to hiring additional training staff.

Many are struggling with weight gain after the storm, and Leilani's says that weight gain/loss is not only about calories. Most of us are traumatized and our bodies have a way of physiologically holding on to the negative emotion and for about 70% of us the result is weight gain. Leilani suggests the following from her book: "Smothering the Soul the Connection between Mind and Spirit":

**Body:** Exercise at least 3 times/week & eat 5 small meals/day.

**Mind:** Spend 4 hours each week learning something new.

**Spirit:** Sit in silence (meditate) 20 minutes/day

Leilani's commitment to survive stems from having been through 2 house fires as a child. Through both fires, her family was ok but they had lost everything and had to start over again. As a child, Leilani learned that good things came as result of the fires. Her Mom and Dad grew closer, she embraced the assistance of neighbors, and learned how to cherish new memories and new photos as a result. Though the experiences were hard, she made it through and lived to see better days than she imagined ever. Post Katrina, Leilani turned into that 10 year old little girl again and held on tight to those house fire experiences. Instinctively, she got going, quick paced knowing that things would eventually get better and that good things would come of the disaster.

Taking control and making her life better post-K, Leilani is fulfilling a dream of activities themed by air, land, water, and fire. She has gone skydiving, spent 10 days in Greece, and went swimming with Dolphins. She maintains that the Fire adventure is in the works. She looks to the future with great enthusiasm. She's come a long way since her paralyzed state in September and has set on a journey to conquer fears and live life to its fullest clearly driven by the spirit of a 10 year old little girl. She's back living in New Orleans and is soon moving into her new home where she plans to complete her 2<sup>nd</sup> book. She steadily continues to grow business continuing to hire more trainers with her renewed commitment to open a 2<sup>nd</sup> location someday.

# ***Mid-city Mingling!***

**Saturday September 30<sup>th</sup>**

- **City Park Cleanup: 8am-12 noon**  
Park at the Casino and meet at the foot bridge. Bring gloves, rakes, weed-eaters
- **Mid-City Art Market 10am-4pm**  
City Park Botanical Gardens – Many artists, plant sale, food, entertainment!
- **Membership Party: 11am-12noon**  
**Botanical Gardens Tent**  
Agenda items will include:  
Neighborhood Recovery Plan  
Small Business Forum  
Lafitte Corridor project  
Keep up with latest in the neighborhood!

## **Monday Evenings**

Mid-City Recovery Committees meet from 6:30 - 8:00 PM at Grace Episcopal Church (3700 Canal Street). Please join us!

## **Bayou Coffee House Grand Re-opening**

Grand opening scheduled for Oct. 4<sup>th</sup>.  
Open for business Oct. 9<sup>th</sup>.

## **Sunday Evenings in**

### **October & November**

Sunset Series: Art, Food, & Music each Sunday evening (except Oct. 29) from 4:30-7:00pm  
For additional info log onto citypark.com

## **Saturday, November 4th**

The Economic Development Committee will be meeting in the Botanical Gardens. Save the date!

The MCNO President's note is not being included in this quarter's newsletter. Our president, Jim Taylor, suffered a stroke and has a lengthy recovery ahead. Jim's current condition shows promise for a full recovery. Please keep Jim and his family in your prayers.

## **Crime Notes**

The First District NOPD held their NONPAC meeting Tuesday, Sept. 19<sup>th</sup>.

Last week the district had 4 murders. Two were in the Iberville Housing Project. One of those murders resulted in an arrest. Arrested was Thomas Malone. An unknown male was murdered at 300 N. Derbigny, no suspects. Also there are no suspects in the fourth murder at Dumaine and N. Johnson.

Weed and Seed Program money should be received by the district within a few weeks. These monies will pay for overtime. Targeted zones will be 2 officers patrolling 24/7 in the Iberville Housing Project and officers placed at key school bus stops during before and after school travel times. Crimes last week consisted of 4 drug violations (4 arrests were made), 35 property crimes, 11 persons crimes (7 were solved). Capt. Colin stressed that crime is on the increase. Each of the past 4 weeks have realized an increase in crime. There were 1069 individuals arrested in the month of August. Also in August, the district had 4771 calls for service with an average response time of 5.5 minutes, the time from dispatch to arrival of police unit(s).

Of particular interest: last week a customer was robbed leaving Finn McCools (3500 Banks St.) and apparently the area bounded by Carrollton Ave. to Jeff. Davis and Canal St. to Conti are still hot spots for copper pipe theft and architectural house pieces for the past 3 weeks.

If you were a victim of stolen architectural pieces, the district is cracking down on those businesses that sell the pieces. Should you happen to find a piece that was stolen from your property at any business, let the owner know that you suspect that piece is a stolen item. The owner should place a HOLD tag on that item and not sell it until a full investigation has been completed by NOPD. Contact the district, 658-6010 immediately. Det. Ralph Ceasar has had success in returning stolen items to the owner and also fining and/or arresting business owners who are in violation.

Parc Esplanade, the apartment complex on Bayou St. John at Esplanade has seen an increase in foot traffic of suspicious young males in and around the parking lot. In the past few weeks, many autos have been broken into.

# Blightmares!

Photos from our neighborhood



4200 block of Banks



Banks street between Cortez and Jeff Davis



flooded and burned on Cleveland



Collapsed on Iberville near Carrollton

# More Blightmares!



200 block of N. Salcedo



Untouched since the storm, a haven for rodents

MCNO  
P.O. Box 791023  
New Orleans, LA 70179

Want to know more about the Mid-City Neighborhood Organization? Want to join? Want to get involved in community projects? For more information, please feel free to contact us at 486-MCNO. Ready to join? Just use the application below!

### MCNO Membership Application Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

Work Telephone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Fax \_\_\_\_\_

**Membership type:**

\_\_\_\_ Senior Citizen \$6 (1 card)

\_\_\_\_ Individual \$10 (1 card)

\_\_\_\_ Family \$15 (1 card)  
\$20 (2 cards)

\_\_\_\_ Business \$30 (2 cards)

**Neighborhood Affiliation:**

\_\_\_\_ resident homeowner

\_\_\_\_ rental resident

\_\_\_\_ business

\_\_\_\_ other \_\_\_\_\_

**Membership Status:**

\_\_\_\_ Renewal

\_\_\_\_ New

**Committees you would like to join:**

\_\_\_\_ Abandoned & Blighted Housing

\_\_\_\_ Membership

\_\_\_\_ Newsletter

\_\_\_\_ Crime Prevention

\_\_\_\_ Zoning

\_\_\_\_ Events

Mail with annual dues to MCNO, P.O. Box 791023, NOLA 70179