

New Orleans Guide

SPRING 2010

Welcome to the University of New Orleans International Student Exchange Programs!

The ISEP at the University of New Orleans would like to welcome all of you to the exciting and historic city of New Orleans. We know that you are going to be studying hard over the upcoming weeks, but we hope that while you are here you will also find time to relax and take advantage of all the fun and excitement in and around our city.



The history and culture of New Orleans is rather different from that of other cities in the United States. We are

known as the birthplace of jazz and we are famous for our food and our great public parties (like Mardi Gras and the Jazz & Heritage Festival). Like all American cities, we have shopping malls and fast food, but we hope that you will take some time to explore the things which make our city special.

This little guide should give you some ideas for things to do while you're here. You can always come to the ISEP office for more information.

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NEW ORLEANS ATTRACTIONS

French Quarter

The New Orleans French Quarter is one of the oldest neighborhoods in the United States. Originally laid out in 1721, today the Vieux Carré offers museums, historic homes and famous landmarks tucked away amongst quaint shops and world-renowned restaurants.

- 1. Jackson Square:** Relax in this historic park or purchase artwork displayed along the park's perimeter.
- 2. St. Louis Cathedral:** built in 1849, this is the 3rd church to stand on this site (the original structure was erected in 1722). *Open for viewing except during Mass.*
- 3. French Market Produce and Flea Market:** between N. Peters St. and French Market Place, near the river. Local and regional produce and specialty items, souvenirs, clothing, crafts, and thrift items.



- 4. Café du Monde (587-0833):** 800 Decatur Street, across from Jackson Square. Beignets (a kind of doughnut with powdered sugar) and café au lait (part coffee with chicory, part hot milk) served 24 hours a day, 7 days a week "en plein air."
- 5. Jean Lafitte National Park (589-2636):** 419 Decatur St. You can find a wealth of information here on the history and culture of the city. *Free French Quarter tours every morning at 9:30 for first 25 visitors to sign up.*
- 6. French Quarter Walking Tours with Friends of the Cabildo (523-3939):** Meet at 523 St. Ann St.. Two-hour tour conducted by licensed guides, concentrating on history and architecture. *Tours at 10 am & 1:30 pm Tues.-Sun. Adults \$12; students and seniors \$10.*

Nicknames for New Orleans

"The Crescent City" — The Mississippi river forms a crescent around the city.

"Paris of the Americas" — The city is cosmopolitan, with a French flair.

"The Big Easy" — The city is known for its laid-back attitude.

"NOLA" — Simply an abbreviation for New Orleans, Louisiana, "NOLA" easily rolls off the tongue.

Attractions, *continued*

Along the River

1. **Aquarium of the Americas** (581-4629): At the foot of Canal Street, this is one of the top rated aquariums in the United States.
2. **Entergy IMAX Theatre** (581-4629): at the Aquarium of the Americas. *Opens daily at 10 am with shows hourly.*
3. **The Streetcar:** Also known as a tram in Europe, this is a quaint way to wind your way through New Orleans' most scenic areas. With newly added routes, the Streetcar runs along the Riverfront as well as up Canal Street to Mid City. *Fare is \$1.50 one way.*
4. **Canal Street Ferry:** Board the ferry at the foot of Canal Street and cross to historic Algiers Point. This is a great way to see the N.O. skyline at night and catch a cool breeze off the river. Free for pedestrians. Toll for cars is \$1, charged on return only. Note: last ferry leaves Canal St. at midnight but does not return until the next day!



Shops

1. **Canal Place Shopping Centre** (522-9200): 365 Canal Street. Many world-class shops, including Saks Fifth Avenue and Gucci, a food court, movie theatre and the Southern Repertory Theatre. Open on a limited basis.
2. **Riverwalk:** Entrances at the foot of Canal Street (via Spanish Plaza) and along Convention Center Blvd., next to the Hilton Hotel. Indoor shopping, food court, and great views of the ship traffic on the Mississippi River.
3. **Royal Street Antique Stores:** Shop along Royal Street, in the French Quarter. Fine antiques, furniture, coins and vintage guns, rugs, silver, fine art galleries, and print shops.
4. **Warehouse District:** Fine art galleries, original furniture & crafts, the Children's Museum, National D-Day Museum, Ogden Museum of Southern Art, and Contemporary Arts Center are located between Magazine St. and Convention Center Boulevard, not far from Lee Circle. To get there from the French Quarter, take the Riverfront Streetcar and get off at Julia Street, or take the St. Charles streetcar and get down at Lee Circle.
5. **Magazine Street:** Lots of cool antique shops, boutiques, coffee shops, etc. Take the bus from Canal Street and get off at various areas for different shopping experiences.

Riverboats

1. **Natchez Steamboat** (586-8777): New Orleans' only authentic steam powered sternwheeler. Daily 2-hr harbor cruises depart from dock behind JAX Brewery at 11:30 am and 2:30 pm. Nightly Dinner & Jazz Cruise boards at 6 pm. cruises 7-9 pm.
2. **Creole Queen Paddlewheeler** (524-0814): Narrated tours to site of the Battle of New Orleans, 10:30 am & 2 pm. Nightly dinner & jazz cruise boards at 7 pm, cruises 8-10 pm. Departs from Canal Street dock behind Riverwalk.
3. **John James Audubon Riverboat** (586-8777): Excursions between the Aquarium of the Americas and Audubon Zoo with tickets sold at both locations. One way and round trip combination packages are available.

Plantations

1. **Laura, A Creole Plantation** (225) 265-7690: French Creole home built in 1804. Tour based on memoirs of Laura Locoul Gore, great-granddaughter of founders. Guided tours daily in English and French. *Open 9:30 am; last tour begins at 4:00 pm. *1 hour from New Orleans. Damaged by a recent fire, call before going.*
2. **Destrehan Plantation** (504) 764-9315: Built in 1787, this is the oldest documented plantation house left intact in the lower Mississippi Valley. *Open 9:30 am – 4 pm. *30 minutes from New Orleans (only 8 miles from New Orleans Airport).*
3. **San Francisco Plantation** (504) 535-2341: Built in 1856, outstanding example of mid-Nineteenth century architecture. *Open 10:00 am – 4:30 pm (Mar.-Oct.). *45 minutes from New Orleans.*



This list is meant to help you, but is by no means exhaustive. For an entertainment calendar and detailed listing of night clubs, restaurants and

other attractions, buy the Friday edition of The Times-Picayune, and refer to the Lagniappe insert. The Gambit Weekly, a free weekly publication available in local businesses and bars Sunday night or Monday morning, provides concert schedules, restaurant listings, and information about things to do in and around the city.

NEW ORLEANS RESTAURANTS

The restaurants listed in this guide are categorized according to locality with the exception of Breakfast/Brunch suggestions and are followed by a price indicator: **B (Budget)** - \$10 or less for dinner; **M (Moderate)** - \$10 - \$25 for dinner; and **E (Expensive)** - more than \$25 for dinner. **B = Breakfast; L = Lunch; D = Dinner.** This list is by no means exhaustive. You can check with ISEP staff for more suggestions.

- Acme Oyster & Seafood House** – 724 Iberville St., 522-5973 (*seafood, poboys; L&D daily*). B
- Antoine's** – 713 St. Louis, 581-4422 (*L&D; closed Sun., reservations recommended*). E
- Arnaud's** – 813 Bienville, 523-5433 (*Traditional Creole; L- M-Fri., D – daily; Sunday jazz brunch*). E
- Babylon Café**— 7724 Maple Street, 314-0010, (*Casual dining, Mediterranean food; excellent homemade pita bread, open for lunch and dinner*) B-M
- Bacco**— 310 Chartres, 522-2426 (*Italian food with local flare L and D daily*), M
- Bayona** – 430 Dauphine, 525-4455 (*Creole cottage w/ courtyard; closed Sunday; L&D M-Fri, D - Sat.*). E
- Begue's**— 300 Bourbon St, 553-2278 (*Unique take on local cuisine, reservations recommended, B,L, &D M-Fri*). E
- Bistro at Maison de Ville Hotel*** – 727 Toulouse, 528-9206 (*French; L - M-Sat, D - Daily*). E
- Bon Ton** – 401 Magazine, 524-3386 (*New Orleans' oldest Cajun restaurant; L&D M-Fri.*). M-E
- Brigtsen's**— 723 Dante St, 861-7610 (*A local favorite, reservations recommended, D T– Sat*). E
- Camellia Grill**— 626 S Carrollton Ave., 861-9311 (*Noted for its old time casual cuisine, such as huge omelets, cheeseburgers, and freezes. BLD Sun-Sat*) B
- Café Degas**—3127 Esplanade Avenue, 945-5635 (*French cuisine, L & D daily, brunch on weekends*) E
- Café du Monde**—800 Decatur, 525-4544 (*7 days/wk, 24 hours/day, café au lait & beignets*). B
- Café Maspero** – 601 Decatur, 523-6250 (*hot & cold sandwiches; L&D daily*). B
- Central Grocery** – 923 Decatur, 523-1620 (*originator of muffuletta sandwich; 7 days/wk until 5:30pm*). B
- Clover Grill**— 900 Bourbon Street, 598-1010 (*Open 24 hours, when you can't drink anymore unless you eat something*), B
- Columns Hotel** – 3811 St. Charles Ave., 899-9308 (*Sunday jazz brunch 11 am- 2 pm*). M
- Commander's Palace** – 1403 Washington Ave., 899-8221 (*courtyard dining; Sunday brunch*). E
- Cooter Brown's Tavern**— 509 South Carrollton Ave., 866-9104 (*Grill & Oyster Bar*)
- Country Flame**— 620 Iberville St, 522-1138 (*Mexican, Spanish, and Cuban specialties*) B
- Emeril's** – 800 Tchoupitoulas St., 528-9393 (*with chef Emeril Lagasse; L - M-F; D - M-Sat*). E
- Emeril's Delmonico**—1300 St. Charles Ave, 525-4937 (*Contemporary Creole, L M– Fri, D daily, Brunch Sunday*). E
- Felix's Restaurant & Oyster Bar** – 739 Iberville, 522-4440 (*seafood, oysters, poboys; L&D daily*). B
- Galatoire's** – 209 Bourbon, 525-2021 (*famous Creole restaurant; closed Mon., L&D daily*). E
- Gordon Biersch**— 200 Poydras, 552-2739, located near Harrah's Casino, (Known for its home brewed beer and patio seating; L & D daily) M
- Gumbo Shop** – 630 St. Peter, 525-1486 (*traditional New Orleans; L&D daily*). B
- GW Fins**— 808 Bienville St, 581-3467 (*Seafood, D daily*) M
- House of Blues** – 225 Decatur St., 529-2583 (*Open every day for regular meals. Known for the Sunday Gospel Brunch; 2 sittings; buy tickets in advance*). E
- Johnny's Po-Boys** – 511 St. Louis, 524-8129 (*self serve breakfast and lunch daily; hot meals, sandwiches*). B
- JuJu Bag Café** —5353 Franklin Ave., 872-0969 (*seafood, sandwiches*)
- Juan's Flying Burrito** – 12018 Magazine St. & 4724 S. Carrollton Ave. (www.juansflyingburrito.com) (*Creative Mexican, L & D daily*). M
- K-Paul's Louisiana Kitchen**—416 Chartres St, 524-7394 (*Great local food! D M-Sat, reservations recommended*). E
- Lakeview Harbor**— 911 Harrison Ave., 486-4887 (*Good Hamburgers*)
- Landry's Seafood House**— 8000 Lakeshore Dr., 283-1010 (*Great Seafood*). E
- La Madeleine French Bakery & Cafe**—547 St. Ann St., 568-0073 (*French & American breakfast; on Jackson Square, in the French Quarter; BLD daily*) B
- Lebanon's Café**— 1500 South Carrollton Ave., 862-6200 (*Casual Dining; Middle Eastern Food*)
- Louisiana Pizza Kitchen**—95 French Market Place, 522-9500 (*Gourmet pizzas L & D daily*). M
- Lola's Restaurant**—3312 Esplanade Avenue, 488-6946 (*Spanish cuisine, D daily*). M
- Lucy's Restaurant** – 701 Tchoupitoulas St., 523-8995 (*owned by "Retired Surfers"; L&D M-Sat*). B-M

Restaurants, Continued

Mandina's Restaurant—3800 Canal St., 482-9179 (*old-school New Orleans cuisine, great turtle soup, L&D daily*). www.mandinasrestaurant.com B-M

Merlin's Place— 5325 Franklin Ave., 284-3766 (Southern American, Cajun/Creole Cuisine)

Mona's Café and Deli— 1120 S Carrollton Ave, 861-8175 or 4123 Magazine Street ,894-9800 (*Middle Eastern Restaurant renowned for its house hummus. Provides casual dining and an outdoor seating option; L &D.*) B-M

Mother's - 401 Poydras (at Tchoupitoulas), 523-9656 (*casual, self service; traditional dishes; BLD daily*). B

Mr. B's Bistro – 201 Royal, 523-2078 (*contemporary creole cuisine; reservations recommended; L&D daily*). M-E

Mulate's/The Original Cajun Restaurant – 201 Julia St. (at Convention Center Blvd.), 522-1492 (*live Cajun music nightly; L&D daily*). M

Muriel's Jackson Square-801 Chartres St, 568-1885 (*Dedicated to using local ingredients, L W-Sun, D daily*). M

Napoleon House – 500 Chartres, 524-9752 (*muffulettas, salads, entrées; open 'till 1:00 a.m. Mon-Sat*) B-M

NOLA- 534 St. Louis, 522-6652 (*Emeril Lagasse's second restaurant*). M

Olivier's Creole Restaurant— 204 Decatur, 525-7734 (*Classic Creole, reservations recommended, L & D daily*). M

Palace Café – 605 Canal St., 523-1661 (*contemporary Creole; upscale casual dress; L&D daily*). M

Parkway Bakery & Tavern—538 Hagan Ave., 482-3047 (*arguably some of the best po-boys in town, L & D daily*). www.parkwaybakeryandtavernnola.com B

Peristyles— 1041 Dumaine, 593-9535 (*French, reservations recommended, L Fri, D T- Sat*). E

PJ'S Coffee— 6600 Franklin Ave (This is the closest coffee shop from the University)

Port of Call—838 Esplanade Av., 523-0120 (*aged beef, burgers & steaks, bar; L&D daily*). B-M

Praline connection – 542 Frenchmen St., 943-3934 (*soul food, traditional Louisiana; 7 days a week*). B

Ralph's On the Park— 900 City Park Ave, 488-1000 (*Local New Orleans Cuisine served overlooking City Park; Balcony seating available L &D daily reservations are recommended*) E

Red Bike Bakery & Café – 746 Tchoupitoulas St., 529-2453 (*in the Warehouse District*). B

Redfish Grill— 115 Bourbon St, 598-1200 (*Seafood, L & D daily*). M

Santa Fe Restaurant – 3201 Esplanade Avenue, 948-0077 (*Creative Tex-Mex, killer margaritas, L & D daily*). M

Samurai Sushi— 239 Decatur St, 525-9595 (*Sushi, L M-Fri, D daily*). M

Snug Harbor Jazz Bistro – 626 Frenchmen, 949-0696 (*burgers; 2 jazz performances nightly; D*). B-M

Superior Grill— 3636 Saint Charles Ave, 899-4200 (*Fabulous Mexican Dining; Happy Hour everyday 4:30-6:30. Open Sun-Sat 11-10*) B-M

Tomatillo's a Mexican Joint - 437 Esplanade Ave, 945-9997 (*open everyday from 11am to 10 pm, BLD*) B-M

Tujaque's – 823 Decatur, 525-8676 (*classic Creole cuisine since 1856; L&D daily*). M-E

Yo Mama's Bar and Grill— 727 St. Peter St, 522-1125 (*From grilled burgers to tuna and filet mignon, D and late night daily*). B

Zimmer's Seafood— 4915 Saint Anthony Ave., 282-7150 (*great seafood*)



ANDOUILLE AND CHICKEN JAMBALAYA ingredients

- 1/2 cup vegetable oil
- 3 cups chopped onions
- 1 cup chopped bell peppers
- 3 teaspoons salt
- 1 1/4 teaspoons cayenne
- 1 pound andouille, chorizo, or other smoked sausage cut crosswise into 1/4-inch slices
- 1 1/2 pounds boneless white and dark chicken meat, cut into 1 inch cubes
- 3 bay leaves
- 3 cups medium-grain white rice
- 6 cups water
- 1 cup chopped green onions

preparation instructions

Heat the oil in a large cast-iron Dutch oven over medium heat. Add the onions, bell peppers, 2 teaspoons of the salt and 1 teaspoon of the cayenne. Stirring often, brown the vegetables for about 20 minutes, or until they are caramelized and dark brown color. Scrape the bottom and sides of the pot to loosen any browned particles. Add the sausage and cook, stirring often for 10 to 15 minutes, scraping the bottom and sides of the pot to loosen any browned particles. Season the chicken with the remaining 1 teaspoon salt and remaining 1/4 teaspoon cayenne. Add the chicken and the bay leaves to the



pot. Brown the chicken for 8 to 10 minutes, scraping the bottom of the pot to loosen any browned particles. Add the rice and stir for 2 to 3 minutes to coat it evenly. Add the water, stir to combine, and cover. Cook over medium heat for 30 to 35 minutes, without removing cover or stirring, or until the rice is tender and the liquid has been absorbed. Remove the pot from the heat and let stand, covered for 2 to 3 minutes. Remove the bay leaves. Stir in the green onions and serve.

Yield: 10 to 12 servings

Another Emeril Favorite

SEAFOOD OKRA GUMBO

ingredients

- 1/4 cup vegetable oil
- 2 pounds small okra, caps and tips remove, sliced 1/4-inch thick
- 2 cups chopped onions
- 1 cup chopped celery
- 1 cup chopped green bell peppers
- 1/2 cup tomatoes, peeled, seeded and chopped
- Salt
- Cayenne
- 2 tablespoons chopped garlic
- 3 bay leaves
- 1/2 pound firm flesh fish, such as grouper, snapper, monkfish, etc., diced
- Essence
- 2 quarts fish stock
- 1/2 pound medium shrimp, peeled and deveined
- 1 pound peeled crawfish tails
- 1/2 pound fresh lump crabmeat, picked over for shells and cartilage
- File powder to taste
- 1/2 cup chopped green onions, green part only
- Dash of hot sauce
- 4 cups cooked long-grain white rice, warm

preparation instructions

In a large stock pot, over medium heat, add the oil. When the oil is hot, add the okra. Season the okra with salt and cayenne. Fry the okra, stirring constantly, for 10 to 12 minutes, or until most of the slime disappears. Add the onions, celery, peppers and tomatoes. Season with salt and cayenne. Continue cooking, stirring often for 18 to 20 minutes, or until the okra and other vegetables are soft and the slime has completely disappeared. Stir in the garlic and bay leaves. Season the diced fish with Essence. Add the fish to vegetables and cook for 2 minutes. Add the fish stock. Bring the liquid up to a boil and reduce to a simmer. Simmer for 15 minutes. Season the shrimp and crawfish with Essence. Add the seasoned seafood and crabmeat to the pan. Continue to simmer for 5 minutes. Stir in the green onions and hot sauce. Remove the bay leaves and serve over the gumbo. Yield: 6 to 8 servings



Ten Things to Do in New Orleans

1. Ride the ferry at the foot of Canal Street across the Mississippi River and back. It is free for pedestrians and gives you a new perspective of the city.
2. Go to the New Orleans Museum of Art in City Park; your UNO ID will get you a full-time student discount.
3. Take a ride on the streetcar (\$1.25 each way, or a transfer from the Elysian Fields bus) for a long, pleasant ride on one of the most beautiful streets in New Orleans.
4. Take a swamp tour and see the alligators up close.
5. Eat crawfish (they're best from February through May).
6. Go to the Audubon Zoo on Magazine Street, behind Audubon Park, or even the Aquarium of the Americas and the Insectarium... all part of the Audubon Institute.
7. Go to Preservation Hall to hear great old-time jazz (726 St. Peter St. in the French Quarter). It can be hot and crowded, but it is only \$5 to get in and the music is unbelievable!
8. Visit the Conti Wax Museum. It is spooky and strange and you can learn a little of the city's history (917 Conti St. in the French Quarter; \$5.50 admission with student I.D.)
9. Get a New Orleans public library card. The card is free when you show proof of address in New Orleans and you can check out books, videos, and CD's. The main branch of the library is found on Loyola Avenue. There is also a nice branch called the Latter Library on St. Charles Avenue.
10. Wear a costume when you go to Mardi Gras — it's even more fun when you are part of the show.

Sources of News and Information

1. Offbeat Magazine www.offbeat.com
2. Gambit Weekly www.bestofneworleans.com
3. Times Picayune Newspaper www.nola.com
4. City Hall www.cityofno.com
5. New Orleans Regional Transit Authority (RTA): www.norta.com
6. Louisiana Rebuilds web site: www.louisiana-rebuilds.info

NEW ORLEANS NIGHT LIFE

The night clubs listed in this guide are representative of the diversity of music offered in and near the French Quarter and the Warehouse/Arts District, with a few in Uptown and Mid-City. This list is by no means exhaustive, so please check the "Lagniappe" insert in Friday's *Times-Picayune* (our daily newspaper) and in the *Gambit Weekly*, which is distributed late Sunday and early Monday in cafés, coffee houses, and bars. You can also listen to WWOZ 90.7 FM for listings of music and art around town. As in any urban area, you should **BE CAUTIOUS** when traveling late at night and when unsure, check with ISEP staff regarding the locale in question.

JAZZ & R&B

DONNA'S BAR & GRILL—800 N. Rampart St., 596-6914
(brass band rebirth; music Thurs-Mon.)

HOUSE OF BLUES – 225 Decatur, 529-2583 (concert hall attached to full-service restaurant; some tickets sold in advance. so check beforehand; Sunday gospel brunch.)

PRESERVATION HALL – 726 St. Peter St., 522-2841 or 523-8939 (traditional Dixieland jazz 7 nights a week; \$5 tickets sold at door; ½ hour sets begin at 8:30 pm, end at midnight. No food or drinks served).

SNUG HARBOR JAZZ BISTRO – 626 Frenchmen, 949-0696 (At jazz performances nightly, 7 days/week, advance ticket purchase with credit card only or buy at door; dinner menu).

TIPITINA'S – 501 Napoleon Ave. (Uptown, at Tchoupitoulas St.), 895-8477 (live music nightly).

Progressive/Rock/Pop

CHECKPOINT CHARLIE – 501 Esplanade Ave., 947-0979
(between French Quarter and Faubourg Marigny).

HOWLIN' WOLF – 907 S. Peters St., 522-WOLF (in Warehouse District).

International/Folk

CAFÉ BRASIL – 2100 Chartres, 949-0851 (in Faubourg Marigny; jazz & Latin).

PIANO BAR

LAFITTE'S BLACKSMITH SHOP—941 Bourbon St., 523-0066 (live piano nightly; tavern dates back to 1772).

PAT O'BRIEN'S—718 St. Peter, 525-4823 (bar, piano bar, and courtyard. Famous for the Hurricane).

ZYDECO/CAJUN

MAPLE LEAF – 8316 Oak St., 866-9359 (Zydeco on Fridays once or twice a month; call in advance to check)

MICHAUL'S ON ST. CHARLES – 840 St. Charles Ave., 522-5517 (Cajun music; full menu).

MID-CITY LANES ROCK & BOWL – 4133 S. Carrollton Ave., 482-3133 (Call or check listings for schedule).

MULATE'S – 743 Convention Center Blvd., 529-1400 (Cajun music 7 nights a week; full menu).

TIPITINA'S – 501 Napoleon Ave. (Uptown, at Tchoupitoulas St.), 895-8477 (Cajun fais do-do Sun at 5pm).

Legal Drinking Age in New Orleans

Despite the rumors, the legal drinking age is 21, just like the rest of the U.S. Many bars do not allow entrance to people under the age of 21. Alcohol is not allowed in campus housing apartments or rooms where there are residents under the age of 21.

Drinking and Driving

Driving under the influence of alcohol is illegal in Louisiana and the punishment can be quite severe. People arrested for driving under the influence (DUI) or driving while intoxicated (DWI) are taken straight to jail. Anyone with a blood alcohol level of .10 or above will be charged with DUI.

Behavior in Public

Exposing private areas of the body can be illegal in the U.S. (believe it or not), so showing private parts of your body can get you in trouble. The most problematic is when men have to use the bathroom and use the street instead of finding a public restroom.

LOCAL DICTIONARY

red gravy – tomato sauce

lagniappe (“lan-yap”) – something extra. Locals use this constantly to refer to any bonus of any sort.

Creole vs. Cajun – Strictly defined, Creoles were the first generation born in New Orleans of immigrants from France, Spain, Haiti, or another country. More informally, Creole refers to mixed-race locals. Cajuns are the ethnic French who fled to Nova Scotia, and then migrated to southwest Louisiana. Cajuns left the Acadia region of France, and were called Acadians. Over a few hundred years, the term “Acadian” eventually turned into “Cajun.”

po-boys – Large sandwiches on a French loaf, often stuffed with fried shrimp, roast beef, or fried oysters. These were the only food that could be afforded by “poor boys” during the 1914 strike by city streetcar workers.

faubourg - neighborhood

neutral ground – what the rest of America calls the “median”, it is the divider in the middle of two sides of a street. The term neutral ground comes from Canal Street, which divided the French Quarter from the “American sector” in the 1800s.

dressed – refers to serving a sandwich with mayonnaise, lettuce, and tomato

shotgun house – A popular style of house with a single row of rooms arranged in a straight line. The name comes from the theory that one could shoot a bullet from the front door to the end of the house and not hit anything but the back wall in the last room. (Testing the theory is strongly discouraged by the New Orleans Police Department and NewOrleans.com.)

“for six” – “At six o’clock”

banquette (“bank-et”) – a sidewalk

snowball – a snowcone; shaved ice with flavored syrup

Papa Noel – The Cajun Santa Claus, who comes down the Mississippi River guided by large bonfires on the shores.

vieux carre (“voo car-ray”) – Means “old square”, term refers to the French Quarter.

“He made 30” – “He turned 30 years old”

Where y’at? – means “How are you?”

Momanem – “Momma and them” aka: your family (rhymes with homonym)

making groceries – buying groceries

fais do do – a community dance held in rural Cajun dancehalls. Literally means “go to sleep” in Cajun French because children would be put to sleep before the *fais do do*.

roux – The basic starting mix for gumbo, soups, and other Cajun dishes. Ingredients are 1 cup all-purpose flour and $\frac{3}{4}$ cup vegetable oil. Combine the oil and flour in a skillet over a medium flame and don’t stop stirring. The roux will congeal and brown. When it’s the shade of an old penny, remove it from the flame, and allow it to cool. There’s a common saying before making a meal or making any important plans: “First, make a roux.”

crawfish – These small freshwater crustaceans are a staple of Louisiana etouffee, pie, gumbo, jambalaya, and eaten out of the shell with corn and potatoes at a “crawfish boil.” Also called mudbugs.

mudbugs – crawfish

Who Dat?—the name of a chant of support by fans of the New Orleans Saints, an American football team

y’all— meaning ‘you all’. It is actually singular. The plural for ‘y’all’ would be ‘all y’all’.

zydeco - Spicy accordion-based music from the prairies of southern Louisiana. The music combines Cajun instruments with African-influenced rhythms from Creoles of color. A French Creole expression, *les haricots sont pas salés* (the beans aren’t salty), was in many of the early songs. Say *les haricots* over and over quickly, and you’ll end up saying “zydeco”.

Important Telephone Numbers & Locations

ISEP Office

ED 128
Phone 280-6388
Fax 280-1218

ISEP Director

Mary Hicks

ISEP Academic Advisor

Dr. John Hazlett 280-1136
MH 237

ISEP staff

Celine Ugolini, GA
Shweta Jha, Student Worker
Clare Denhollem, Student Worker

UNO Admissions

280-5538

Campus Police

280-6666

Pontchartrain Halls

280-6402

Privateer Place

282-5670

Office of International Students and Scholars (OISS)

280-6021

BA 159

Christie Thomas, Director
Suad Esmail, Assistant Director
Lindsey Bucher, Int'l Student Advisor

UNO Student Health Services

280-6387

Off-Campus Emergency

911

On-Campus Emergency

3-6666

VISIT THE CULTURAL TREASURES OF OLD NEW ORLEANS...

THE NEW ORLEANS MUSEUM OF ART (NOMA), www.noma.org 488-2631, located in City Park near Esplanade and Wisner Avenues, Tuesday—Sunday 10-5

THE NATIONAL WORLD WAR II MUSEUM: www.ddaymuseum.org. 527-6012 945 Magazine Street (in the warehouse district), every day 9-5

MUSEE CONTI WAX MUSEUM: 525-2605, 917 Conti St, every day: 10-5:30

THE PRESBYTERE: 568-6968, 751 Chartres St, Tues-Sun: 9-5
Construction on the Presbytere began in 1797, and the building was designed to match the Cabildo. Originally the residence of Capuchin monks, the building later became a courthouse (1847-1911). The beautiful mansard roof was added in 1847. Among the most popular exhibits in the Presbytere is "Mardi Gras in Louisiana".



THE HISTORIC NEW ORLEANS COLLECTION: 523-4662, 533 Royal St, Tues-Sat: 10-4:30

It takes seven buildings to hold this eclectic and wondrous array of treasures from New Orleans' colorful history.

PHARMACY MUSEUM: 565-8027, 514 Chartres St, Tues-Sun: 10-5

OLD U.S. MINT: 568-6968, 400 Esplanade Avenue, Tues-Sun: 9-5

Built in 1835, this beautiful museum is the only building in America to have served as both a U.S. and Confederate Mint. Located here is the stunning exhibit on New Orleans Jazz. Visitors can also find a wonderful exhibit of Newcomb pottery, the Historical Center with early French and Spanish records and more.

THE CABILDO: 568-6968, 701 Chartres St (At Jackson Sqaure) Tue– Sun: 9-5

Often mentioned as the second most important American building, just after Independence Hall, the Cabildo is the site of the Louisiana Purchase Transfer and is the flagship building of the complex. It was built in 1795-99 as the seat of the Spanish municipal government in New Orleans. Look for Napoleon's death mask on the second floor and a vast array of artifacts.

HERMANN-GRIMA HOUSE: 525-5661, 820 St. Louis St, Mon-Fri: 10-4 (last tour 3:30)

1850 HOUSE, PONTALBA BUILDING: 568-6968, 523 St. Ann St, Tues-Sun: 9-5

This wonderful residence faithfully reproduces the residence of a middle class New Orleans family in the 1800's. Here the visitor finds furnishings, clothing and art of the period. The home is part of the Pontalba buildings, thought by many to be the first apartment buildings in the U.S.

GALLIER HOUSE: 525-5661, 1118 Royal St, Mon-Sat: 10-4 (last tour 3:30)

BEAUREGARD-KEYES HOUSE: 523-7257, 1113 Chartres St, Mon-Sat: 10-3