

squeeze in strength training and a bout of cardio, any time, any place.

► A pedometer is inexpensive, easy to use and gives

See **STOCKINGS**, C-2

KENNETH HARRISON/ THE TIMES-PICAYUNE WITH THINKSTOCK IMAGES

ARTSEEN



Critic Doug MacCash rates New Orleans art exhibits

This one is ☐ Wonderful ☒ **Worthwhile** ☐ Whatever



CHRIS GRANGER / THE TIMES-PICAYUNE

Tora Lopez's St. Claude Avenue billboard of artist Kirsha Kaechele thumbs a nose at the New Orleans art establishment.

NO KIRSHA KAECHELE?

St. Claude Avenue

As if there wasn't enough arty buzz during the opening of Prospect.2 New Orleans back on Oct. 22, word spread that a series of billboards had appeared along St. Claude Avenue featuring a svelte, strawberry blonde woman in a black party dress, surrounded by the red-circle-and-slash symbol familiar from no-smoking signs.

Many onlookers identified the woman as erstwhile New Orleans art provocateur and gallery owner Kirsha Kaechele, who became a star of the post-Hurricane Katrina art community before leaving New Orleans for a new life in Tasmania, an island state of Australia.

The enigmatic St. Claude billboards were art community lightning rods. Some onlookers interpreted

them as a taunt aimed at Kaechele, whose former off-the-beaten-path art space on North Villere Street — KK Projects — was located not far from the site of the St. Claude Avenue billboards. But as it turns out, the advertisements were a satiric stunt by a frequent Kaechele collaborator, artist Tora Lopez, who titled the billboards "Currently Untitled."

"This was a piece that I conceived of and executed," Lopez said in an email. "It was created in dialogue with Kaechele and with her participation."

Lopez is loath to explain the meaning of the billboards, because, she wrote, "offering interpretation of any kind would not only limit this work, but fundamentally change it. ..." She said that "Currently Untitled" is the first part of a series.

Lopez said that Kaechele did not pay for the project. At least one of the Kaechele billboards has been replaced: look for the (possibly) remaining two-sided billboard near Bartholomew Street.

But is it art, you ask?

Definitely. From Rene Magritte to Andy Warhol to Barbara Kruger to Shepard Fairey to the anonymous maker of the "Think that you might be wrong" New Orleans street art signs, artists have toyed with the power of advertising. In 2008, Kay Rosen, one of the official Prospect.1

artists, created a poetic St. Claude Avenue billboard that read "OHNOAH." Lopez's billboards seem to playfully thumb their noses at the New Orleans art establishment, slyly pay tribute to Kaechele and fall into a long artistic tradition to boot.

Call them giant polemical portraits. Call them personalized pop art. Call me anytime you see artwork that causes such a stir.

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Prospect.2 New Orleans, the international art exhibition that continues through Jan. 29, isn't the only game in town. A handful of other avant-garde installations have popped up around the Crescent City. Read more of Doug MacCash's art news at nola.com/arts. MacCash can be reached at dmaccash@timespicayune.com or 504.826.3481. Follow him at twitter.com/DougMacCashTP.

DON'T BLOW

10 tips for keeping your routine over the holidays

By Pam Leblanc
Cox Newspapers

The holidays are here, and you better clean the house before the relatives are supposed to keep up with an exercise routine. That's right, troops.

Did you know you start to lose fitness weeks if you quit exercising altogether? It's a lot tougher to recondition than workouts slide, too. Better to keep plugging if you shift to a lighter schedule, than to start from scratch.

The key is planning ahead. Here are 10 tips to sticking to a routine through the busy holiday season:

1. **Put a workout on your calendar** and stick to it.
2. **Exercise first thing in the morning** to avoid having to push it off your daily schedule.
3. **Make a date with a friend** to walk or jog. If you're accountable to someone, you're less likely to skip a workout. Besides, it's a great way to see people you want to see during the holidays.
4. **Make the kitchen your gym.** If you're cooking, remember that cans are a great weight. Grab a couple and hoist them over your head, or batter and popping cookies in and out of the oven.
5. **Break activity into shorter sessions.** If you don't have time for an hour swim practice, for example, do four 15-minute brisk walks.
6. **Make it a family activity.** Walk around the neighborhood to look at holiday lights.
7. **Turn sitting time into active time.** If you're watching your child's sport practice, sit on the bleachers during your child's sport practice instead. You're still within eye range.
8. **Turn daily tasks like cleaning into a workout.** When you vacuum, crank up Burl Ives and let it rip.
9. **If you are traveling** and staying at a hotel, ask if the hotel has a gym or indoor pool — then use it.
10. **Think of your exercise as a break** from the holiday stress.

WEATHER

The Times-Picayune

LIVING

NOLA.COM/LIVING COMPLETE LIFESTYLE COVERAGE

MONEY

See
C-6

The Fit Noel

*Stuff your stockings with
gifts that will keep you
healthy and bright all
year round*

If you still have a few stockings left to fill in the next two days, consider these last-minute ideas that are easy, convenient, good for you, and available in a wide range of prices.

► Nutrition bars, protein powders, and meal replacement packets (along with a shaker cup for mixing), to provide easy, portable nutrition for those on the run.

► An eco-friendly water bottle, along with water bottle add-ins (such as multivitamin packets) to add flavor and variety, without artificial sweeteners or colors is an idea.

► Coffee. This is one of those not-so-guilty indulgences that actually offers a multitude of health benefits, from a decreased risk of type 2 diabetes to improved athletic performance. Check out our local coffee shops for specialty holiday coffee blends and gift sets.

► Supplements. Whether it's omega-3's, calcium, or vitamin D, a well-chosen nutritional supplement can be a practical, good-for-you stocking stuffer, available in a wide range of prices. Some options to consider: Carbohydrate and electrolyte replacements for the endurance athlete include sports gels (such as Hammer Gel, GU Energy Gel, or Power-Bar Gel); Clif Shot Bloks (the margarita flavor has the most electrolytes); and Saltstick capsules.

► For those who need flexibility in their workout schedules, resistance bands and a jump rope make it easy to

pedometer

Olive oil spritzer

Nutrition bars



MOLLY KIMBALL

Eating Right

