

LA REVUE

The Official Student Newsletter for Tulane University School of Public Health and Tropical Medicine Department of Health Policy and Management. By Students, For Everyone!

Sustainability and Local Food Culture

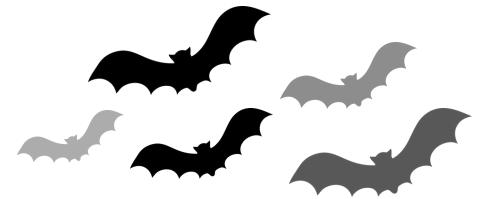
By: Isabel Zebrick

Sustainability is becoming a key pillar of the future of public health as any health system can only function as well as its society does. When looking at sustainability, many things go into what determines its success. Perhaps the first things that come to mind are resources, political momentum, opportunities for growth, and public support. For Louisiana, that also includes an emphasis on infrastructure and the environment. It's a tangled, interconnected web that has many moving parts. Over time, policy has shifted from single-focused agendas to viewing things holistically due to their complexity. One of many aspects of sustainability that must be considered is the food system.

Continue reading on page 6



Sweet Soulfood Restaurant on Broad St.



In this issue

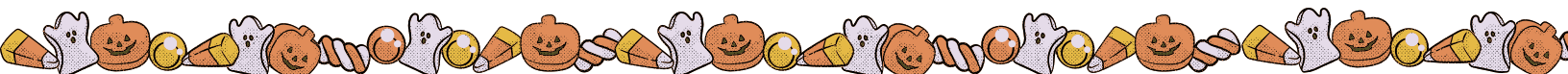
Opinion: Will LaToya Cantrell be Recalled?

Student Opinion on Changes to Campus Health

Spooky Things to do in NOLA

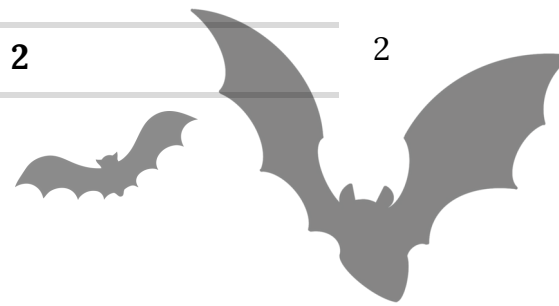
Book & Podcast of the Month

...And More



Faculty Spotlight:

Promotions and New Faculty



The Department of Health Policy and Management at Tulane University School of Public Health and Tropical Medicine is pleased to welcome three new faculty and recognize two faculty on their recent promotions.

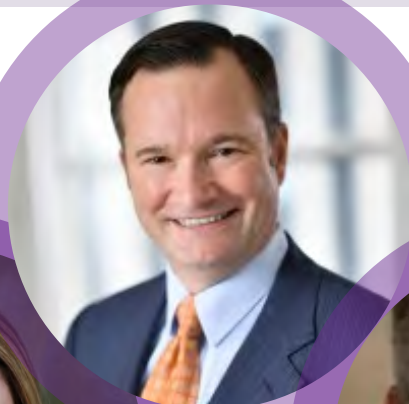
Richard Priore, ScD, MHA is a clinical associate professor and teaches healthcare financial management and quality management. Previously he served as an associate professor in the University of Minnesota's School of Public Health and most recently as a distinguished service professor in the Opus College of Business at the University of St. Thomas in St. Paul, Minnesota. He is board certified in healthcare management and a Fellow in the American College of Healthcare Executives (FACHE).

Tatiane Santos, PhD, MPH is an assistant professor who also holds a senior adjunct faculty appointment at the Colorado School of Public Health, and Adjunct Senior Fellow appointment at the University of Pennsylvania Leonard Davis Institute of Health Economics and Penn Center for Public Health Initiatives. Dr. Santos received her PhD in Health Services Research from Colorado SPH, and an MPH from Boston University School of Public Health. She completed a postdoctoral fellowship at the University of Pennsylvania's Leonard Davis Institute of Health Economics and The Wharton School.

David Washburn, ScD, MS joins the department as clinical associate professor and director of the MHA program. He received both graduate degrees from the Harvard T.H. Chan School of Public Health. His research interests include health access, health policy, health systems analysis, immigration and health, and health disparities. While assistant professor at Texas A&M School of Public Health, Dr. Washburn also served as Associate Director of the USA Center for Rural Public Health Preparedness, as Co-Director of the Program on Global Health Research, and as Lead of the Global Health Research Group.

In addition, HPM announced two promotions: Mollye Demosthenidy, JD, MHA, Associate Dean for Strategic Initiatives was promoted to Clinical Professor and Thomas (TJ) Stranova, ScD, MHA was promoted to Clinical Associate Professor.

By: Donna Kulawiak



Reflections on the Recall Cantrell Movement

By: Kyra Stanton

The recall movement targeting Mayor LaToya Cantrell that began back in August has started to gain some steam. Campaign organizers recently announced that they had secured 20% of the needed signatures to trigger the vote. With a deadline of February 2022 and around 43,000 more signatures needed, it is still unclear whether the campaign will be able to keep its traction.

The complaints that the recall movement has centered itself around are issues that I believe most New Orleans residents can sympathize with: an increase in crime in the city, unnecessary spending of taxpayer money, and poor upkeep of streets and traffic lights. In particular, the New Orleans City Council announced its intention to decrease the Mayor's pay in response to recent travel expenses. A trip to France earlier this year cost the city over \$43,000 for flights and other travel expenses. Although Mayor Cantrell initially resisted the idea of paying back this amount, she announced earlier this month her intention to fully cover those expenses. While citizens were rightfully angry over the perceived misuse of city funds, the Mayor painted the incident as a political distraction. Misuse of taxpayer dollars is a sensitive issue in the area, especially because New Orleans has consistently struggled to keep up the quality of its infrastructure. When doing research for this article though, I found it incredibly difficult to get a solid number on excessive spending from the Mayor's office as compared to previous officeholders.

Another complaint is the sharp increase in violent crime in the city, as New Orleans was given the title of 'Murder Capital of the US' earlier this year, after reaching 220 homicides by early October. The wave in crime is exacerbated by the New Orleans Police Department suffering an employment drain so bad that they are now technically considered 'partially dissolved.' Mayor Cantrell has been critiqued for seemingly not focusing enough on supporting police during this wave of crime, however, I would argue that in the recent political climate this is a touchy subject that requires a multi-pronged approach.

While those issues are important, the campaign's website lists issues that seem much vaguer. It seems that the organizers of the movement are passionate, but also scattered. For example, the campaign includes bullet points such as "CRIME, and just more excuses," and my personal favorite, "no Mardi Gras?" While certain complaints leveled are fair, many are the product of lingering frustration from the Covid-19 pandemic, which hit halfway through Mayor Cantrell's first term. Even more concerning, the campaign's website has no information elaborating on these points. It makes it easy to see why Mayor Cantrell has largely avoided talking about the recall effort. She has only mentioned it a few times, dismissing it as entirely politically motivated.



This certainly has truth to it, as a recent campaign finance report showed that \$30k of the \$57k total donations made to the recall campaign came from two individuals: Donald 'Boysie' Bollinger and Rick Farrell. Mr. Bollinger is the former Louisiana finance co-chair of Donald Trump's presidential campaigns, while Mr. Farrell is a prominent businessman in the area who co-owns Walk Ons with Drew Brees and is the CEO of Tricon Energy, Ltd. With both men being prominent donors to Republican campaigns and PACs, it is easy to see why Mayor Cantrell's office has continued to push the message that the recall effort is solely politically motivated.

However, Mayor Cantrell's refusal to engage with the campaign leaves questions unanswered and fails to provide the unified leadership voice that many New Orleans residents have been longing for. Although certain aspects of the recall campaign are certainly being exploited by political actors, many others are real concerns that residents have been complaining about for years. Dismissing all of these issues as fickle is irresponsible. The recall campaign is convoluted at best, but rooted in real issues. I personally believe that recalling Mayor Cantrell is not going to fix the problems highlighted by this movement. New Orleans is still reeling from the effects of the Covid-19 pandemic, and I find it difficult to believe that a sudden change in leadership will solve the longstanding, systemic issues that have plagued the city long before Mayor Cantrell's term. If I could suggest one thing to anyone considering adding their name to the signature list, it's this: make sure you do your research.



https://www.nolatoya.org/?gclid=CjwKCAjw79iaBhAJEiwAPYwoCAzcJx_8lmPKJa4tR6Jz9k34Cd-EuSEwoQ-xR2-K3pNESiilp75PLxoCVr4QAvD_BwE

Travers Mackel. "New Orleans Petition to Recall Mayor Reaches 10,000 Signatures." WDSU. October 11th, 2022. <https://www.wdsu.com/article/new-orleans-latoya-cantrell-recall-signatures/4141112>

Devin Bartolotta. "Are Republicans Behind the Effort to Recall Mayor LaToya Cantrell?" Eyewitness News (WWL). October 11th, 2022. <https://www.wvl.com/article/news/local/orleans/are-republicans-behind-the-effort-recall-mayor-latoya-cantrell/289-a7d6b669-c0ec-47ff-b10e-32d9501fc678>

Nicole Galinas. "The Big Uneasy: Public Safety in New Orleans Has Gone from Bad to Much Worse." City Journal. July 12th, 2022. <https://www.city-journal.org/violent-crime-surges-in-new-orleans>

Curt Sprang. "Records Show that Two People Contributed 30k of the 57k Total for Cantrell Recall Effort." WGNO. October 12th, 2022. <https://wgno.com/news/local/records-show-two-people-contributed-40k-of-the-57k-total-for-cantrell-recall-effort/>

Office of LaToya Cantrell, "Press Release: Recall Finance Report Reveals Group's Mega Donor's Trump Ties". October 11th, 2022. <https://mailchi.mp/latoyacantrell/recalldonors?e=efc5de76ba>



How to Celebrate Halloween in NOLA

By: Kyra Stanton, Daisy Ellis

There is potentially no better city in the United States to celebrate Halloween than New Orleans. From now through October 31 there is something to do every day in NOLA to get in the festive spirit. Check out some of the events and activities that you can participate in all over town!

Free

Nola Skeleton House: Located at 6000 St. Charles Ave, this house is a New Orleans staple. Each year they put out a huge display of punny, themed, skeletons!

Ghost Manor: Another fun house to check out, ghosts will fly every weekend that weather permits! Located at 2502 Magazine St.

Buckner Mansion: Located at 1420 Jackson Ave, this spooky house was featured in season three of American Horror Story.

\$

Creole Death and Mourning Tour: Check out a guided tour of the Gallier House, a Victorian home in the French Quarter, and learn about the history of mourning rituals in New Orleans. Tours run until November 14th. *Cost: \$16*

Village House Band Halloween Happy Hour: Music Box Village is a Bywater hangout with interactive sonic sculptures, installations, and special performances. Check out their Halloween lineup from 7-9 on October 28th, with a happy hour and Egyptian food! *Cost: \$15*

Halloween Drag Brunch: Also located at Music Box Village, this drag brunch will feature five spooky performers on Sunday, October 30th, at 11am. *Cost: \$15-20*

\$\$

The Mortuary Haunted Mansion: Located at the end of Canal Street and surrounded by over one million races in a square-mile radius, this is a 150-year old mansion has been a crematorium and a funeral parlor and is now New Orleans' number one haunted house attraction! *Cost: \$25*

New Orleans Nightmare: This haunted house in Jefferson features many different attractions, games, and phobias, and has been ranked as one of the 13 best haunted houses in America. Open until October 31st, you don't want to miss this truly terrifying experience. *Cost: \$25-30*

Brujeria Carnival: Starting October 27th, for four days, the New Orleans Sheraton Hotel is hosting over 30 workshops for dances like salsa, bachata, kizomba, and more. Live entertainment and social dancing rooms until 5am every night. *Cost: GA \$30*

\$\$\$

Brews and Boos: This Halloween celebration at City Park includes rides, beer, treats, and a costume contest. Check it out from 9:00-Midnight on October 28th and 29th. *Cost: \$35*

Top Taco: Although this event is not as halloween-themed as some other on this list, it's a fall festival you won't want to miss. Check out unlimited tacos, cocktails, and tequila tastings with live music on October 27th at LaFreniere Park from 6:00-11:00. *Cost: \$85, proceeds benefit PLEASE Foundation.*



Continued from cover:

Without a sustainable food system, everything else falls apart. Barren grocery store shelves and soaring food prices were visible indicators of how the food system could be impacted by supply chain issues, most recently from the global impact of covid and Russia's invasion of Ukraine.

Local sustainable food culture is in its infancy, but it is an area that has burgeoning research in the field. Despite tragedy, new opportunities arose in the wake of Katrina, creating space for new ideas and coalitions to form. Louisiana State University has created an institute that focuses on food security, sustainability, and environmental protection. The director of FOODii, or the Food Innovation Institute, mentioned Louisiana commodities specifically. "Dairy, sugar, rice, seafood and sweet potatoes" need more space in the state to grow, and are considered key crops for the future of our food system.

Local fishermen are now looking to protect their trade by factoring in sustainability. Farmers in South Louisiana are restoring traditional crop farming, such as sugarcane, and beginning regenerative and rotational farming practices that were in use hundreds of years ago. Crawfish are farmed in rice paddies, meeting specific harvest criteria for preservation and sustainability. These are all important and necessary practices that show signs of what is to come for Louisiana.

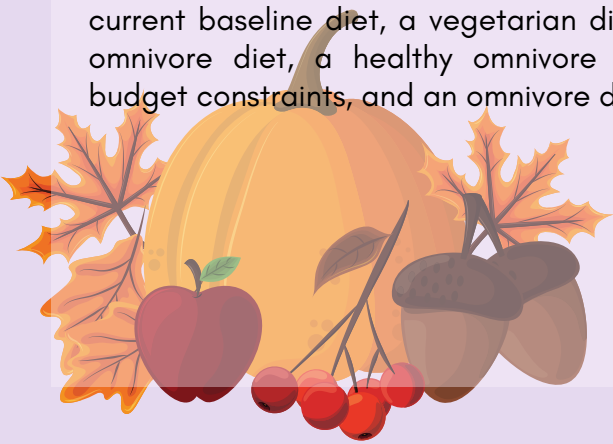
Beyond that and looking further into the future, the environmental impact of meat consumption should also be considered. Different models have assessed the impacts of diets that can reduce pollution and strain on the environment in society. A comparison was drawn between the current baseline diet, a vegetarian diet, a healthy omnivore diet, a healthy omnivore diet without budget constraints, and an omnivore diet that is

focused on minimizing environmental impact, also known as min-Btu. The min-Btu diet is a departure from the majority of the United States, but may be already an imaginable reality for Louisiana residents. It focuses on carbon-taxing products that create the most environmental consequences—such as red meat, corn, wheat, and other grains, to move people to purchase poultry, eggs, seafood, and rice. The min-Btu diet also has the lowest fossil fuel consumption of all the previously mentioned diets.

Science is also speeding forward to create plant-based meat substitutes that can mimic the flavor and feel of beef and pork. While it has not yet been created, it could be possible to create "meat analogous" proteins with culturally sensitive flavors, such as boudin and andouille. While the environmental impact of plant-based meat is still being determined, it is still accepted that the carbon emissions are less than those produced by meat.

Seeing what the city has to offer in this arena, there is an unfortunate dearth of restaurants focused specifically on vegan or vegetarian versions of Cajun and Creole cuisine despite more sustainable options becoming popular in recent years. I took it upon myself to visit Sweet Soulfood, a self-described purveyor of vegan NOLA cuisine as it seemed to have the widest variety of traditional, local fare. It was in an unassuming location, easy to miss while driving down Broad street, but worth the search with a 4.7 rating from 1,068 reviews.

There were several appetizing options and I have to admit that I wanted to try them all; however, I settled on the jambalaya, gumbo, mac and cheese, and bread pudding. Not only was it filling, but the flavor profile of each dish was also beyond my expectations. They used a plant-based sausage in the jambalaya and the gumbo, and the seasoning matched any local chef's repertoire. The mac and cheese was the real standout, using cashews as the base for the sauce. It may be hard to imagine, but it was creamy and could be served on any Thanksgiving table in the south to the most



voracious meat and animal-product loving eaters. Somehow, that became my mission. How can we ethically support and sustain our environment and traditions without harming or disrupting our culture?

Frustrated with the lack of culturally relevant and sustainable cuisine beyond one excellent establishment, I then embarked on a journey through my own personal heritage and history to create a vegan gumbo that I could serve to anyone in my family from any generation. So, I took out my grandma's recipe to see what I could do to transform the possibilities of our cuisine without drawing the ire of my ancestors.

Gumbo is Louisiana's most famous and official state dish, and represents the marriage between different cultures- blending African, Indigenous, Spanish, and French cuisine. It reflects the history and strife of the people who collided together to create something new, shaped by slavery, war, and the spice trade. The word itself comes from *ki ngombo*, meaning "okra" in the Central Bantu dialect. The ingredients and techniques speak to all of these cultures: okra from Africa, roux from France, rice, onions, celery, garlic, pork, and chicken through the Spanish, saffras, bellpeppers, tomatoes, gulf seafood from the Americas. An okra stew is a common dish in West Africa, and likely its roots started there as enslaved people were brought to Louisiana and reinvented their familiar dishes with what was on hand. Saffras, or filé as it's known here, is also used as a thickening agent in Choctaw cuisine. A French roux, which is made from flour and oil, also acts as a thickener. It's not unusual for a gumbo to have all three. The one I'm making does.

This local cuisine comes back into light as we look to solve the challenges created by the industrial and technical revolution by seeing how we used ingredients sustainably with the environment and the cultures around us. As we progress, indigenous medicine, nutrition, agriculture, sustainable practices, and culture are being recognized as critical factors for successful public health initiatives. I encourage all champions

and advocates of public health to take a deep dive into what sustainability looks like in their field, wherever they are. Don't be afraid of the challenge of complexity, but embrace and explore it. No one can go forward without looking back, reflecting on the wealth of knowledge behind us, and bringing what is important into the future with cultural sensitivity and environmental consideration. Look at how each facet of a culture affects one another and how it is all connected. Find the gumbo.



1. Kumareswaran, K., & Jayasinghe, G. Y. (2022). A systematic review on ensuring the global food security and covid-19 pandemic resilient food systems: towards accomplishing sustainable development goals targets. *Discover sustainability*, 3(1), 29. <https://doi.org/10.1007/s43621-022-00096-5>
2. Nasir, M. A., Nugroho, A. D., & Lakner, Z. (2022). Impact of the Russian-Ukrainian Conflict on Global Food Crops. *Foods (Basel, Switzerland)*, 11(19), 2979. <https://doi.org/10.3390/foods11192979>
3. Blanchard, T. (2021). The future of food is found at FOODii. Louisiana State University, College of Agriculture. <https://www.lsuagcenter.com/profiles/tblanchard/articles/page1636650420277>.
4. Louisiana is disappearing before our very eyes. (2020). Southern Foodways Alliance, Sustainable South Louisiana. southernfoodways.org/oral-history/sustainable-south-louisiana/.
5. Hitaj, Rehkamp, S., Canning, P., & Peters, C. J. (2019). Greenhouse Gas Emissions in the United States Food System: Current and Healthy Diet Scenarios. *Environmental Science & Technology*, 53(9), 5493-5503. <https://doi.org/10.1021/acs.est.8b06828>
6. Hayek, M., & Dutkiewicz, J. (2021). Yes, plant-based meat is better for the planet. *Vox*. <https://www.vox.com/22787178/beyond-impossible-plant-based-vegetarian-meat-climate-environmental-impact-sustainability>.
7. Vogt, J. (2009). Gumbo: The Mysterious History. *The Atlantic*. <https://www.theatlantic.com/health/archive/2009/12/gumbo-the-mysterious-history/32659/>

Végétalien gombo du créole et cajun: A Cozy Fall Favorite

Isabel Zebrick

Gumbo is one recipe that truly requires mise en place before it begins. The roux takes around 20 minutes of constant stirring and its process is halted by the addition of the vegetables so everything needs to be prepped on the front end. It's best to make during "gumbo weather" which arguably is at any time when the temperature drops below 60°F.

Ingredients:

1 pack bratwurst vegan sausage
1 pack spicy vegan sausage

1 cup flour
1 cup vegetable oil

2x 32 oz vegetable broth

In a small bowl:
½ cup parsley, chopped

In one large bowl:
2 onions, diced
4 stalks of celery, diced
4 green bell peppers, diced
~25 pods of okra, chopped

1 bay leaf
½ tsp of vegan Worcestershire
sauce
Pinch of Tony's

Cook 2 cups rice, following the
instructions on the package

To Serve:

Put filé, Tony's, and hot sauce
on the table for guests to season
as taste. Optional: French bread
and butter (makes it vegetarian)

Place the large bowl of chopped vegetables and the cup of flour next to a large soup pot (wider is better). Pour and heat the oil in the pot on medium-high heat. The temperature is ready when a pinch of flour sizzles. If the pinch of flour darkens right way, the oil is too hot and needs to be set to a lower temperature. Once the oil is ready, pour in the flour carefully and stir with a roux paddle, but a wooden spoon is acceptable. Constantly and slowly scrape the bottom of the pot to ensure all the flour cooks evenly for about 20 minutes. The color should be at least as dark as milk chocolate. If it starts to smoke and smells like it's burning, it's best to throw the roux out and start over. Even a few specks of burnt flour can ruin the entire flavor. It should have a warm, toasted smell.

Once it is at satisfaction, add the big bowl of vegetables to the roux and stir. Congratulations, the hard part is over. The vegetables should be cooked until they soften and the onions are translucent. Now would be a good time to start the rice, if you haven't already.

In a pan, put about 2 tablespoons of vegetable broth and the packages of vegan sausage. Cook on medium heat until the broth evaporates, turning the sausages periodically until they brown. Take the sausage out and slice it, in my family we slice the spicy sausage thinner than the plain sausage. Add the sausage, the rest of the broth, and the bay leaf to the pot with the vegetables. Let it simmer for at least another 20 minutes, and add Tony's and Worcestershire sauce to taste.

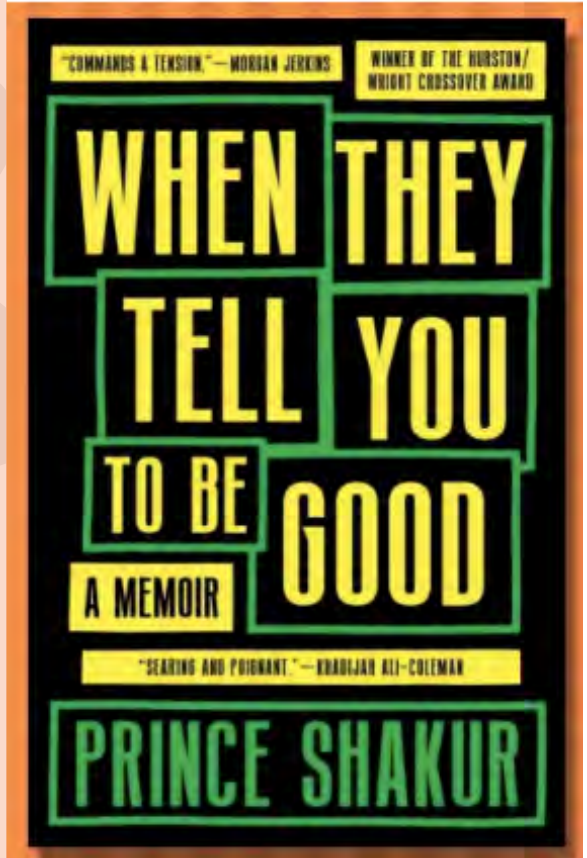
Put about a half cup of rice into a bowl and ladle the gumbo on top, garnish with parsley, Tony's, hot sauce, and filé. Dip French bread into it as you please. Complement with a pack of beer, a bottle of wine, or a non-alcoholic beverage of choice. Best enjoyed with others.

Book & Podcast of the Month

When They Tell You to Be Good Prince Shakur

"The magnetic debut book from the essayist and organizer Prince Shakur delves into his Black, queer identity, his family's immigration from Jamaica to the United States, and the long-lasting impacts of colonial and patriarchal violence through generations. Shakur pairs his own experience with familial homophobia with his broader recognition of social injustice in the U.S. to gradually unravel both forces. 'If America could not deliver me what I deserved as a young and curious Black person,' he writes, 'I deserved to try to find it where I could and not be overpowered by the kind of son or citizen I needed to be.'"

- Laura Zornosa, TIME Magazine
September 30th, 2022



Left, Right, and Center Hosted by Josh Barro and Rich Lowry

Left, Right & Center is KCRW's weekly civilized yet provocative confrontation over politics, policy, and pop culture. The podcast intends to cover differing points of view on controversial issues like gun violence, partisanism, and electoral issues.

Students Speak Up: Changes to Tulane Campus Health

Daisy Ellis

Earlier this semester, Tulane Campus Health announced by email that they have taken steps to improve the campus health experience for all students after receiving “deeply concerning feedback from students and parents regarding the provision of services at both the Student Health Center and the Counseling Center.” Apparently, this feedback included complaints regarding wait time, staffing, and the continuity of care. As a current graduate student who also attended Tulane for my bachelor's, I am sure these complaints were warranted and pleased to see that Tulane is taking action to improve access to healthcare for their community.

The student health center, especially the uptown location, has been plagued with inefficiency and poor communication. Especially for students who purchase TSHIP, the Tulane health insurance, referral requirements have often been vague and students receive little follow-up or continuation of care. I am one of several students I know who were hit with high out-of-network bills after using Tulane physician referrals to seek care, with no warning from the doctor's office. The scheduling issues are also rampant- prior to this update, the online portal was confusing and students would be shuttled around to various providers rather than being able to work with one person over time.

I am hopeful that these changes, which include hiring more providers for the psychiatric and counseling teams, hiring a director of counseling to streamline and coordinate the program, and increasing telehealth opportunities, will create an easier system or students to navigate. It seems that they are also putting greater emphasis on their new communications on the TRC, or Tulane Recovery Community, for students struggling with substance use. These changes are long awaited and I am glad to see that they demonstrate an emphasis on preventative and mental health care. Since Tulane is a university specializing in public health and medicine, I'm eager to see them taking better care of their own student body this year and moving forward.



Thank you to our October contributors!

Daisy Ellis
Kyra Stanton
Isabel Zebrick

Want to write for La Revue? Submit your story, photos, poetry, or research to hpm@tulane.edu.