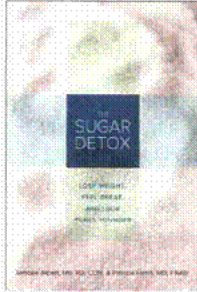
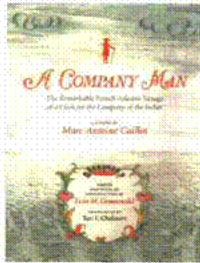


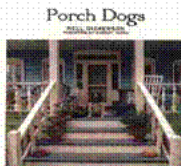
## READ+SPIN



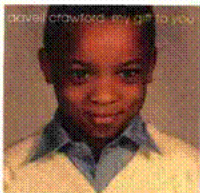
**HEALTH** You might find it funny that a New Orleanian would write a book about cutting back on sugar, but that's what dermatologist and Tulane University clinical associate professor Patricia Farris has done with *The Sugar Detox*. Farris and co-author Brooke Alpert, celebrity nutritionist and founder of B Nutritious, make the case for the health benefits that come from cutting back on sugar consumption, which they say is at an "all-time high." The book includes how to do a "3-Day Sugar Fix" as well as recipes, dining out tips and a skin-care regimen.



**MEMOIR** Published by The Historic New Orleans Collection, *A Company Man* is the memoir of Marc-Antoine Caillot's journey from Paris to Louisiana in 1729. It is fun to read Caillot's account of New Orleans at the time, when the "town" only had 14 streets. Once you finish the book, you can see the original French manuscript at the Williams Research Center at The Historic New Orleans Collection.



**PHOTOGRAPHY** Memphis-based photographer Nell Dickerson ventured across the South taking photos of dogs on their porches, docks and shop stoops for her book *Porch Dogs*. While the concept is simple, the book is entertaining because the dogs seem to match their environments. From the Welsh Corgi/Australian Shepherd mix in New Orleans to a West Highland White Terrier in Natchez, Miss., the book is a snapshot of life in the South and might make a good gift for a Southern dog lover.



**JAZZ** Known as the "Piano Prince of New Orleans," Davell Crawford has released *My Gift To You*, his first album in 13 years. The album serves as an ode to Louisiana – quite literally, as the last track is called "Ode to Louisiana" – with songs dedicated to the South, such as "Southern Woman (Aint' Nothin' Like A)" and "Creole Man." Crawford also puts his own flair on covers of Billy Joel's "The River of Dreams" and James Taylor's "Fire and Rain." ❖

– HALEY ADAMS

Please send submissions for consideration, attention: Lauren LaBorde, 110 Veterans Memorial Blvd., Suite 123, Metairie, LA 70005.

