The Daily Dose

Work • Community • Life • Body • FREE TIME

the list

TV personalities

e 1993, The Harris Poll has Americans about their favorite sonalities, and for the fourth utive year Oprah Winfrey e list. In the 12 years that has conducted this survey, has always been one of the ee favorites. is the top 10 for 2005:

ah Winfrey
Stewart
d Letterman
Leno
O'Reilly
n Degeneres
an O'Brien
y Seinfeld
rge Lopez
n Allen

— Source: The Harris Poll

ood 2 know

uld you let car idle?

idea that it takes a lot of gas your car on and off is a com- isconception.
ur auto has been sitting out in d, the engine may require uel to warm up. But in most follow this rule from Robert r Jr., road-test editor at Car & magazine of the Automobile f New York. If you're waiting) seconds to a minute, leave it it's longer, turn it off."
g cars also spew pollutants e air. So you're not only los- s, you're hurting the planet.

— Jac Chebatoris, Newsweek

quick quiz

Olympic send-off

he Winter ics draw to a here's a test of nowledge of the

he USA hockey won gold in as we all know, that, the USSR olds in how straight ics?
which ics did adorable skater Dorothy
l win gold?
Where will the 2010 Winter be held?
Marie-Reine Le Gougne will be a notorious part of ic history. Why?
rue or false: In 1984, the ic Games were held in vo, Yugoslavia.

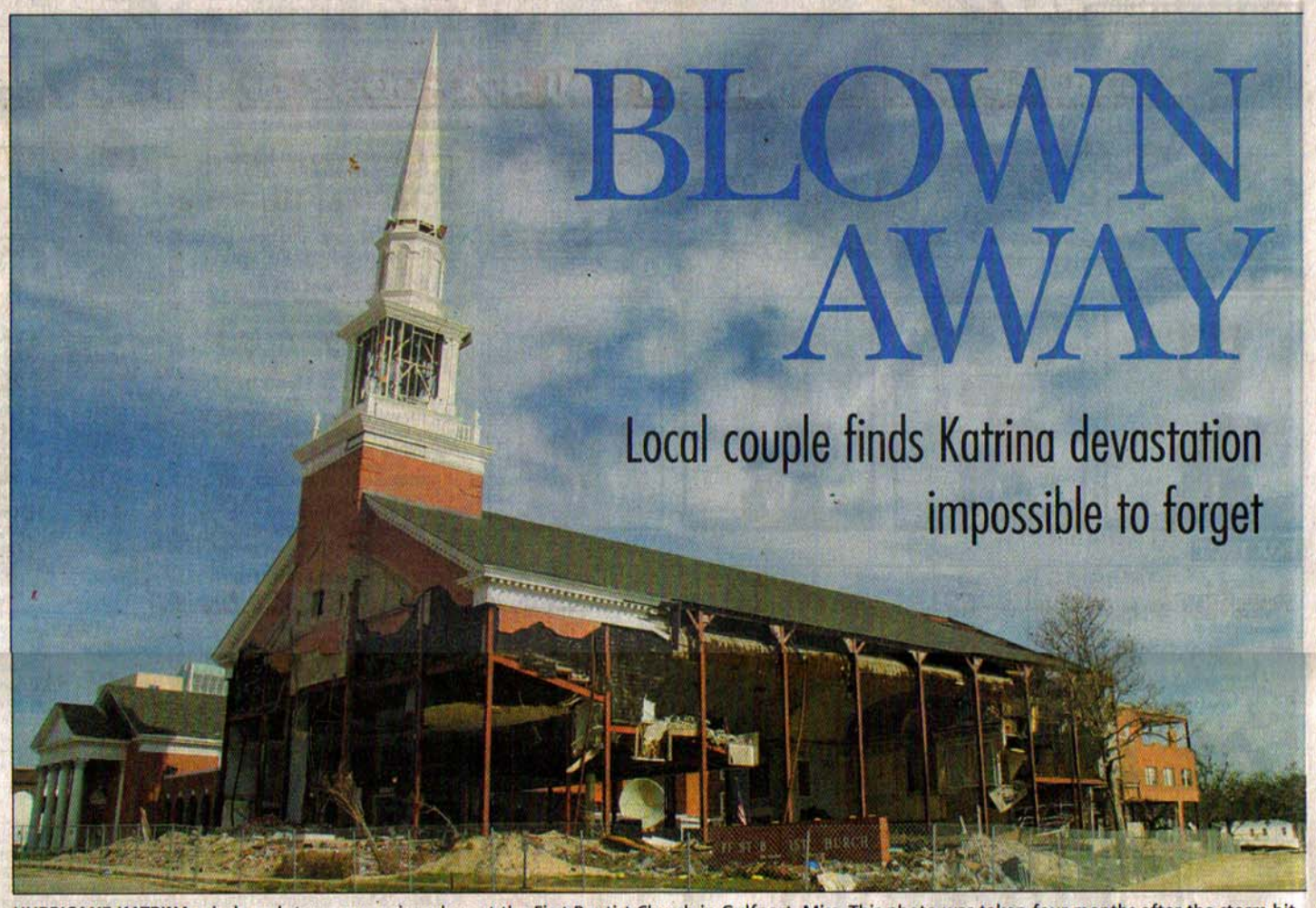
wers: 1. Four straight ics; **2.** 1976; **3.** Vancouver, Columbia; **4.** She was the judge in the middle of the figure skating controversy; .

— Jeff Elder, Knight Ridder Newspapers

travel journal

are your experiences through our ly "Travel Journal" feature. In it, rs talk about the places they've and the things they've done. l Journals appear on Fridays in The Dose.
submit a journal, answer the wing:
e did you go?
did you go?
much was your flight?
ing? Food? Fun?
did you pack that came in handy?
ou feel safe?
's a "must" do?
hing special?
words of advice?

lude your name, your address and ital photo. Send your journal to @syracuse.com



BLOWN AWAY

Local couple finds Katrina devastation impossible to forget

HURRICANE KATRINA winds and storm surge ripped apart the First Baptist Church in Gulfport, Miss. This photo was taken four months after the storm hit.

DAVID METRAUX said it was hard to find Gulf Coast buildings without spray-painted messages like this one in Slidell, La.

LEFT: This house in New Orleans East is just one of thousands that were gutted and abandoned after the city flooded. **RIGHT:** A crushed pickup truck in Slidell, La., sits near a destroyed building with a door and a washing machine hanging in midair.

DATED MESSAGES about live animals found on site littered reachable surfaces in many parts of New Orleans. Live animals or fresh droppings were signs that something survived Katrina and the floods that followed.

PHOTOS COURTESY OF DAVID METRAUX

MANY PARTS of the historic French Quarter in New Orleans went untouched by the storm. But constant military presence to enforce nightly curfews, like these humvees on Bourbon Street, were reminders of Katrina's scope.

By Emily Kulkus
Staff writer

David and Elizabeth Metraux know what it's like to lose everything.

The couple's Grenadier Village apartment and all of their belongings were destroyed by a fire April 22. Yet even the Metrauxes — who started over last spring from scratch — were unprepared for the destruction left behind by Hurricane Katrina when they visited the region Dec. 28 through Jan. 10.

Avid travelers, the Metrauxes planned to take a vacation after the holidays. After Katrina hit in August, they decided to drive to the Gulf Coast to see the area for themselves. Both David, 27, and Elizabeth, 21, are active with the Onondaga-Oswego Chapter of the Red Cross, but this would be a personal trip.

They drove 5,200 miles round-trip. The slept in their car among hundreds of tent-dwelling hurricane victims living in parking lots, took photos and talked to residents.

But mostly, they just soaked it in — the good, the bad and the heartbreaking. They returned with photos and tales of the devastation, the desertion, the uncertainty and the strength of the human spirit.

The Metrauxes share, in their own words, what it was like to visit and return from the hurricane-battered Gulf Coast.

in our words

David: I was a little apprehensive at first asking people to take photographs. But we talked to many residents and they were afraid that the national news had passed them by. They wanted us to document what we saw.

Elizabeth: We often explicitly asked if they minded if we took photographs. They really felt like the media had found something else.

David: It was like nothing had really changed. They were much farther behind in the rebuilding process than I thought. I think America had really unrealistic expectations about how fast they could recover.

Elizabeth: My first thought was that it's been four months and there's still overturned cars?

Egregious is what is. Part of you gets angry, but then you get logical. There's FEMA, the Red Cross, even Homeland Security got involved. I can only imagine the bureaucracy and the paperwork.

I hate to say I understand, but I do get why it can be so hard to get moving.

David: I was more surprised than angry or shocked by the level of destruction. It wasn't a block or two, there were dozens of square miles that were just gone.

Every house is abandoned. It wasn't creepy that the houses were empty. It was creepy that there was just abandoned neighborhood after neighborhood.

It would be like going on 690 from one end of Syracuse to the other, looking on both sides and having nothing there.

Elizabeth: We didn't have one negative confrontation on the entire trip.

There are military curfews set up and the military presence is everywhere, even on Bourbon Street.

David: I didn't want to come back (to Syracuse). There's a lot of work to be done there. There's a longing to stay and a curiosity of what's going to happen.

Elizabeth: New Orleans is on the cusp of just thriving and really taking off. They can make a decision to rebuild and be better, as the mayor has said, or do something else, like turn an entire neighborhood into a park.

What really impresses me, having served in post-tsunami India, is the remarkable capacity of humans to get up and keep going. I know a lot of it is because they have to, but it always just stuns me, at peoples' capacity to recover.

David: It's also shocking how you think you understand something that's going on from the news. But seeing it in person, it's much more vast. That's why I wanted to get the pictures out.

Even though the media moved on, they still have the same problems. Don't let the media be a barometer of how you think.

Elizabeth: It's funny when you see any area at its most raw state, there's something interesting about it that draws you back and that's really New Orleans.

We can't claim ignorance that we don't know what's going on.

FOR MORE PHOTOS OF THE METRAUXES' GULF COAST TRIP, VISIT WWW.DAVIDMETRAUX.COM