Budget cut poses challenges for Delgado

Heightened enrollment numbers and tuition fees to act as buffer

By Seth Mattei

The Louisiana Community and Technical College System (LCTCS), which Delgado belongs to, will incur a cumulative mid-year budget reduction of 2.48 percent.

Transcripts from Delgado’s Jan. 17 convocation hearing state that “the college has elected to freeze all operating budget expenditures with the exception of essential instruction supplies, grant funding, student association and club accounts.” Faculty members are discussing how the cuts will affect their payroll, considering previous reductions in funding have left many of them without a raise for four or more years.

“This is an egregious cut,” said social sciences professor and president of the Faculty Senate Bob Lawyer, “Especially considering the progress the college has made in the past several years.” Delgado’s enrollment has increased by 54.7 percent since 2007 and there are now over 20,000 students. However, due to declining state funding, these students are attending crowded classes and conducting business in understaffed administration buildings.

Out of 21 separate entities belonging to LCTCS, Delgado is the largest, holding $89.9 million of the $295 million budget (30.4 percent). The school will lose $2.2 million of said funding this year. LCTCS will lose $7.3 million. “Every college in the system will have to make adjustments,” said Jan Jackson, Senior Vice President of Finance and Administration at LCTCS, “but increases in tuition costs and enrollment figures will help significantly in light of the budget cuts.”

National safe sex awareness event visits Delgado

Condom Casino makes safe sex education interactive and fun for students

By Erin Krall

P.J. Nunes and a friend “wanted to come up with an idea to make money, but also to make a positive impact.” And so, a year ago, Condom Casino was born, and has been traveling the country educating young people about safe sex ever since. The SGA sponsored the event at Delgado on February 2 in the City Park Student Life Center.

Students took part in the make-shift casino by acting in the role of dealer and playing a variety of casino games. Free chips were provided, and upon cashing out, students walked away with condoms instead of cash.

Even though everyone in the LCTCS system was cut 2.48 percent, the bigger budgets lost more money.

“Seize the day” is the motto of Condom Casino. Nunes and his friend wanted to do something that makes a difference, while also raising money. “We wanted to come up with an idea to make money, but also to make a positive impact.”

Every $100 spent at the casino goes to ONE® condoms. The company donates 50 percent of every purchase to support HIV/AIDS prevention and treatment efforts in Africa.

Nunes and his friend “wanted to come up with an idea to make money, but also to make a positive impact.”

“I’m just starting out, so the sky is the limit!”

Photo by Erin Krall

Photo by Erin Krall

Students take part in the casino games at a national safe sex event that took place at Delgado City Park campus on Feb. 2.
News
Briefs
CAMPUS
An exhibition by New Orleans artist Terrance Osborne will be on display at the Isaac Delgado Fine Arts Gallery on the City Park Campus Feb. 9 – 16. In 2007 and 2010 Osborne produced the official Congo Square posters for the Jazz and Heritage Festival. His “Porch Song; A Portrait of Trombone Shorty” is the official poster for the 2012 Jazz and Heritage Festival. The gallery is in Building 1, third floor, and is open Monday – Friday, 9 a.m. – 4 p.m.

LOCAL
New Orleans Mayor Mitch Landrieu and Police Superintendent Randal Napoleon have announced the formation of Police Community Ad-
visory Boards in each of the city’s eight police districts. The purpose of the boards is to develop and maintain a partnership between the community and the department’s leadership. The boards will be trained by the U.S. Department of Justice Community Relations Service on how to conduct community meetings, submitting recommendations and complaints to the NOPD and implementing action plans.

STATE
The Federal Emergency Man-
agement Agency is beginning a plan to waive debts for thousands of vic-
tims of Hurricane Katrina and other disasters. Officials said people are eligible for waivers if they earn less than $90,000 a year and a FEMA er-
or was responsible for the improper payment.

NATIONAL
Shoppers in San Francisco will have to pay 10 cents per bag. San Francisco already bans large grocery stores, boutiques and other retailers.

INTERNATIONAL
The European Union will impose harsher sanctions on Syria, a senior EU official said. Rebel soldiers are playing a bigger role in Syria’s Arab-Spring inspired uprising, turning it into a more militarized conflict and hurting the country ever much more quickly toward a civil war. The regime’s crackdown on dissent has left it almost completely isolated internationally. The U.S. closed its embassy in Damasco us and five European countries and six Arab Gulf nations have pulled their ambassadors out.

Registration
Getting into a class may be the hardest part
By Julie Tommeraas

Delgado has 19,931 students currently enrolled in the Spring 2012 Semester. With this number being so high, hundreds of students are falling through the cracks!

Have you ever found yourself insanely flustered right before a semester starts, toggling back and forth between the Delgado student handbook and the online classes available, trying to keep up with the classes you need in order to graduate or transfer? Perhaps you are one of those people who end up waiting in a four hour long line just to talk to an advisor for four minutes to quickly let them know what classes you randomly picked in order to fill credit hours. You might also be one of those students who is preparing to graduate and would love to avoid the line and schedule the classes you need online as you can, but oh wait, the server says you are not eligible to register on the web. It claims you have a hold, you do not have a hold but this doesn’t matter because the Delgado server tells you you are not eligible to register over the web. These are constant and repetitive annoyances the typical Delgado student deals with every new semester. How do we change this?

One way this can be avoided, is to find the advisor in your own particular area of study. If you are not sure about your exact major, this may be a little more difficult. However, if you know your major, get out there and make the extra effort to find out who the advisor is for your specific area of study. Meeting with your specific advisor opens the door to millions of opportunities, and will allow you to build a bond with that person. They will more than likely become interested in your progress and will be willing to help you all the way through your graduation process. If you don’t know what classes you need you may spend time and money in classes you didn’t need to take. The advisor will know what classes require a pre-requisite and which classes in the major are only offered for spring or fall semester. Find out what you need to do, ask questions, find the best teachers. Research is not just used for English class; it’s a tool you could use for guiding yourself towards success, and finding your advisor is a first step.

Transferring?
By John Esquivel

Many students think about transferring to a four-year col-
lege to pursue their bachelor’s degree after they have finished completing their associate’s degree. Here are some helpful pointers you may want to con-
sider when in the process of transferring to a four-year col-
lege. For example, let’s take a look at those wanting to trans-
fer to the University of New Orleans. First, you would want to contact the admissions office to set up an appointment to meet with one of the academic counselors. From there, they will help you along the way by telling you what classes you will have to take at the college, and inform you of which ones will transfer over. Then, they can answer any questions you may have pertaining to enroll-
ment. According to the Univer-

ity of New Orleans website (uno.edu), you should apply for admissions at least one sem-
ester in advance. Also, as with every college, you need to fill out an application as well as pay a small application fee.

Lastly, you must show the college your transcripts from your previous education and then wait for your applica-
tion to be processed. Once you get accepted, the counselors of

Driving lessons
By Laura Richard

A Delgado student drove his truck onto the neutral area in front of the City Park Campus campus around 10 a.m. Friday, Feb. 3.

The man, whose name was not released, was parking his Toyota Tundra and accidentally pressed the gas pedal instead of the brake pedal. His vehicle lurched forward into the neutral area, destroying a cement picnic bench and two young trees, before coming to a stop about two feet from another vehicle.

According to campus officials, the driver reported he was on antibiotics at the time. Friday’s driver managed a stroke of good luck in his accident. While his insurance will have to pay for the damage to his truck, to school property and for any of his medical treatment related to the accident, it could have been much worse. The area he drove through is one that is frequented by students between classes. “That’s the table where I usually sit,” said one student observing the accident scene.

The driver of a Toyota Tundra lost control of his vehicle and crashed through the neutral area in front of the Student Life Center on the morning of Feb. 3.
Stop the madness

By Julie Tommeraas

Mike Ainsworth had just walked his two children to the bus stop and while making his way back to his house, he noticed a nearby neighbor being carjacked. He tried to intervene, but the carjacker shot him and fled the scene, according to The Times Picayune article, “Good Samaritan shot to death.”

With this recent and disturbing carjacking crime that escalated to murder, it is imperative that we take measures to ensure our safety. Knowing how to prevent carjacking as well as what to do when precaution measures fail will make us safer as individuals wherever we may be.

PREVENTION:
1. Be Aware
Be alert when walking to your car. Have your keys ready to open your car; don’t fumble at your car looking for them. Hold your keys in your fist so you can use them as a weapon if you are surprised by an attacker. Before getting out of your car, look around and if someone looks suspicious, go around the block or call 911.

2. “Bump and Rob”
If you are driving on the Interstate alone at night and are bumped from behind, do not just pull over. This may very well be a planned-out scheme to steal your car and leave you stranded in the middle of nowhere, or to abduct you. If you do find yourself in this situation and you want to see if your car has damage or report the person who bumped you, wait for them to pull in front of you as you continue driving. When this has happened, jot down their license number, call it in to the police, or even drive to the nearest police station or fire station on your next exit.

3. Dangerous things happen in dangerous places
Park in well-lit areas that other drivers can report and wave through the back so that they can alert others and wave through the back so that other drivers can report this, but the driver will not be aware.

4. Always keep the windows of your car shut and doors locked whether in or out of the car.

5. Obstructing your view tricks
Carjackers have gotten really crafty over the years, and recently papers/receipts are being placed on back and front windshields, in order to get the driver to unlock the doors, and then get the paper off the windshield, allowing someone to steal the car and everything in it.

Follow the money!

By Blake Newman

When students pay a bill to Delgado an itemized list of fees is handed back to a student. At first glance it looks like a bunch of gibberish. Students may not realize where their money is going and how it is being used because the line for SGA is not detailed.

The City Park SGA (Student Government Association) gets $10 from every student enrolled at the campus. The money that students pay along with the budget that the SGA gets is divided into different departments. Student organizations get a portion of money set aside for events. This poses a problem for the budget that the SGA gets.

Student organizations are not asking for the money that is set aside for them. If a student organization wanted to hold an event, the money is there for them to use. However, the organization cannot walk into the SGA’s office and ask for money. The money is there for the students to use and needs to be used. The problem is student organizations are not asking for the money that is there for them. If the students don’t start using the money that is set aside for the organizations, the budget may get cut. Mike Teagle, president of the SGA, wants student organizations to come into the office with a request for money.

The SGA strives to make student organizations live easier by having money alive for them and it is in their best interest to use it.” states Teagle.

If a club wanted to show a film, the SGA could help fund the event. A student can’t just walk into the office and state that their club needs money for something, however. The organization needs to file the proper paperwork and present an invoice. The invoice should say exactly what the money is being used for. If the request is not pulled out of thin air, the SGA will look into it and the organization could get the money that is being requested.

Dotcom charged with copyright infringement

By Jordan Dolce

Kim Dotcom is the founder of Megaupload, a site that allowed for file storage and the viewing of content easy and accessible. If you’ve utilized the site’s offerings before, you’ve probably suspected that a portion of the material is copyrighted. Dotcom, born Kim Schmitz, was arrested on Jan. 20 with three others at his $30 million New Zealand mansion. He is charged with copyright infringement, money-laundering, and racketeering. According to the New Zealand Herald, American agents were cooperating with New Zealand officials on an investigation into Megaupload as early as August last year. The website has since been shut down by federal authorities.

To say this Dotcom was a connoisseur of the good life would be an understatement. At his mansion alone, police seized $6 million worth of luxury cars. He was in possession of a 1959 Cadillac, a Rolls-Royce Phantom, and 15 Mercedes-Benz. The New Zealand Herald noted his lap pool next to his master suite, filled with spring water and complete with a custom ladder worth $15,000. One room was adorned with seven 60-inch televisions, each included with its own Xbox 360 and Lazyboy.

A documentary from a trip to Monaco in 2006 features a quote from Dotcom stating, “Fast cars, hot girls, super yachts, and amazing parties. Decadence rules.” His estimated net worth is around $200 million, but his fortunes and lavish lifestyle may be in jeopardy.

According to the New York Times, he is in prison awaiting his hearing Feb. 22. He also faces possible extradition to stand trial here in the United States.
FOOTBALL
Ricky Williams is retiring from the NFL, telling the Baltimore Ravens he won't be back to fulfill the second year of a contract he signed in August. Playing as a backup to Ray Rice this year, the 34-year-old Williams ran for 444 yards and scored two touchdowns.

BASKETBALL
Paul Pierce passed Larry Bird for No. 2 on the Celtics' career scoring list, finishing with 15 points as Boston increased its winning streak to five straight with a 94-84 victory over the Charlotte Bobcats. Pierce needed nine points to tie Bird's total of 21,791.

BASEBALL
Police say former major league outfielder Danny Clubyam Jr. was shot and killed in his South Carolina hometown. Lancaster police say officers found the 37-year-old Clubyam in the front yard of his home around 2 a.m. February 7. Police say 36-year-old Derrick Lamont McElwain turned himself in later in the day and was charged with murder.

TENNIS
Former U.S. Open and Wimbledon champion Lleyton Hewitt has been selected to play Davis Cup singles and doubles against China this weekend, equaling an Australian record by making his 32nd appearance in the international competition. Hewitt will tie the mark set by Todd Woodbridge.

SOCCER
Harry Kourieh, who played for the U.S. soccer team that famously upset England at the 1950 World Cup, died at his home in St. Louis. He was 84.

SWIMMING
Michael Phelps is the latest athlete to use a hyperbaric chamber to aid his recovery from training. The 16-time Olympic medalist said Feb. 8 he had been sleeping at "8,000 feet every night" for almost a year. The 26-year-old swimmer noticed he bounces back from workouts better when he trained at altitude, so he's trying a device that simulates what Phelps is preparing for what he says will be his final Olympics this summer in London. He won a record eight gold medals in Beijing in 2008.

In 2008, this summer in London. He won a

Intramural sports
By Trey LeCompte

Delgado students with the talent and grades can try out for the two varsity sports at Delgado, basketball and baseball, but for many other students there is intramural sports. Intramural sports are sports teams that compete within the school. Delgado is a member of the Louisiana Collegiate Intramural-Recreational Sports Association. Intramural sports are free, voluntary, and open to all currently enrolled Delgado students with at least six credit hours, a valid Delgado ID, a professional attitude, and meet academic and judicial standards. The fall semester intramural sports are flag football and volleyball and the spring semester intramural sports are basketball and softball. Students can also play soccer or table tennis all year around. Students are allowed to put their own teams together or sign-up as a free agent and there will be free play and competitions to see what team is the strongest to maybe win an invitation to the state tournament. All intramural sports are usually played Monday through Thursday with basketball and volleyball being played in the gym on the Delgado City Park campus between the hours of 10 a.m. and 1 p.m., but the schedule can vary for any intramural sport depending on when students have the time to play and depending on the weather.

No. 1 Kentucky, "scary good"
By Aaron Smith

U. Kentucky via UWIRE

No. 1 Kentucky is clicking. That’s a scary sentence. The Cats are the nearly unanimous top-ranked team in the nation, have beaten everybody on their schedule except one team, and stand one shot from perfection (which actually is a good thing, as the “will they go undefeated?” chatter would be heating up right around now). And they’re just now starting to round into dominant form.

In the past two games, UK has converged on fully realizing its vast potential. The Cats eviscerated LSU on Saturday, then went platinum against Tennessee on Tuesday, 69-44.

Would this be what head coach John Calipari envisioned a few weeks ago when he said, once everything started coming together and the Cats started resolving their few glaring weaknesses, that UK could be “scary” good? “I would,” he said. But it wasn’t Anthony Davis, he of the 18 points, eight rebounds and seven turnovers, that Calipari said has been the primary reason for making his team go. It wasn’t Terrence Jones, he of the 11 points and six rebounds, whose physical play has taken UK up a notch. It wasn’t Michael Kidd-Gilchrist, he of a quiet 16 points and eight rebounds, either. Those three players all help immensely, sure. But they don’t get going without the player Calipari said was the crucial component to making the offense click. It was Marquis Teague, he of nine points, four assists and two turnovers. “The guy that has the ball, if he’s playing well, you’ve got a chance,” Calipari said. “If he’s not playing well, you have no chance.”

UK had more than a chance against Tennessee. It was the most guaranteed thing I had seen since watching 4 a.m. in- ferocirous promises (and wait- ing to hear more) on Saturday night. The Cats made their first shot of the game, then another, and then nine more to start the game. They didn’t miss until 11 minutes had elapsed. While the offense is slowly getting to the point where it can consistently manufacture points, the de- fense has been a constant shut- it-down entity.

UK held the Volunteers to 28.1 percent shooting, the Vol- unteers’ worst shooting night of the season. Other than Re- raldo Woolridge’s five straight 3-pointers in the first half (he had made one of seven attempts in SEC play before this game), Tennessee was getting rebuffed from every spot on the floor. The Volunteers finished with 44 points, their lowest scoring output of the year.

But for opponents playing UK, it was another night facing the same shredding defense. UK has held three straight opponents to 50 points or less for the first time since 1950-51. That’s a damn long time.

Between that opening stretch and the full-game de- fense, UK showed it’s not just the current No. 1 team in the nation. It also has, far and away, the highest ceiling. And the closer March comes, the closer UK comes to getting all the way to the top. “Coach Cal always says he doesn’t care about winning or losing, he just wants to get better as a team,” Davis said. “If we do that, we’ll be fine.”

Right now, the Cats are doing both. And they’re doing just a bit fine.

Photo by Trey LeCompte
Students sign up to play intramural sports with coordinator/coach Mervin Duque

Photo by Trey LeCompte

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The Dolphin

February 15, 2012

DELAGO COMMUNITY COLLEGE BASEBALL
2012 SCHEDULE

Day	Date	Opponent #/Innings	Site	Time

Thurs. 2/9	Bishop State (AL)
Fri. 2/10	Pensacola State (FL) 1/7
Sat. 2/11	Pensacola State (FL) 2/7
Sun. 2/12	Pensacola State (FL) 1/9
Fri. 2/24	Pensacola State (FL) 1/7
Sat. 2/25	Pensacola State (FL) 1/7
Sun. 2/26	Pensacola State (FL) 1/9
Wed. 2/29	Northwest Florida State 1/9
Thurs. 3/3	Keiser CC (MI) 1/7
Fri. 3/4	Holmes CC (MS) 1/7

Kirsch-Rooney 6:00 p.m.
Kirsch-Rooney 6:00 p.m.
Kirsch-Rooney 10:00 p.m.
Kirsch-Rooney 12:00 p.m.
Pensacola, FL 12:00 p.m.
Pensacola, FL 3:00 p.m.
Pensacola, FL 12:00 p.m.
South Alabama 4:00 p.m.
Goodman, MS 7:00 p.m.
Goodman, MS 6:00 p.m.

Kirsch-Rooney
Kirsch-Rooney
Kirsch-Rooney
Kirsch-Rooney
Pensacola, FL
Pensacola, FL
Pensacola, FL
South Alabama
Goodman, MS
Goodman, MS

Intramural sports are sports that compete within the school. Delgado is a member of the Louisiana Collegiate Intramural-Recreational Sports Association. Intramural sports are free, voluntary, and open to all currently enrolled Delgado students with at least six credit hours, a valid Delgado ID, a professional attitude, and meet academic and judicial standards. The fall semester intramural sports are flag football and volleyball and the spring semester intramural sports are basketball and softball. Students can also play soccer or table tennis all year around. Students are allowed to put their own teams together or sign-up as a free agent and there will be free play and competitions to see what team is the strongest to maybe win an invitation to the state tournament. All intramural sports are usually played Monday through Thursday with basketball and volleyball being played in the gym on the Delgado City Park campus between the hours of 10 a.m. and 1 p.m., but the schedule can vary for any intramural sport depending on when students have the time to play and depending on the weather.

Any Delgado student interested in playing intramural sports must sign-up with the Recreational Intramural Coordinator/Coach Mervin Duque. His office is located in Building 11, Room 103A, on the City Park campus. Students can also call him at 504-671-5650 or email him at mduque@dcc.edu.
Let’s get fit
It’s a new year, a new you

By Chelsey Tharp

Do you ever find yourself not going to the gym because you think you're just too busy, too tired, too fat, already skinny, it's the weekend or it's boring? Well, those are all just excuses! There is someone out there much busier than you, who is working out right now. And maybe going to the gym isn't always about getting skinny, maybe it's about becoming healthier. Just because you're skinny doesn't mean you are healthy. SO LET'S GET HEALTHY!

Taking care of your body should be your number one priority no matter what's going on in your life; even if you can only do something for 30 minutes a day, it's still better than NOTHING! Every day you will get one step closer to reaching your goal and farther from that unhealthy person you once were. Every ounce of sweat and every sacrifice that you make will be worth it in the end. Don't give up and give yourself a chance. THIS TAKES TIME!

We decide who we are and create our own lives, so let's make it a healthy one. Here is an exercise you can get started with at least 3 times a week. NO EXCUSES!

**5X30 Workout**

- **30 Mountain Climbers**
  *Place hands on floor, slightly wider than shoulder width. On forefeet, position one leg forward bent under body and extend other leg back.*
  *While holding upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under body. Repeat.

- **30 Bicycle Crunches**
  *Lie flat on the floor with your lower back pressed to the ground.*
  *With your hands gently holding your head, lift your knees to about a 45-degree angle.*
  *Slowly, at first, go through a bicycle pedal motion.*
  *Alternately touching your elbows to the opposite knees as you twist back and forth. Remember to exhale as you come up and inhale as you come down.*

- **30 Push Ups**
  *Place your toes and hands on the floor, making sure your back and arms are straight. Keep your hands slightly more than shoulder-width apart and tighten your abdominal muscles.*
  *Inhale as you lower yourself to the floor, stopping as your elbows reach a 90-degree bend. Keep your body from touching the floor.*
  *Exhale and push yourself away from the floor. Don’t lock your elbows, and don’t bend your back.*
  *Women, you can also lower your knees to floor for an easier push up. Then repeat.*

- **30 Jump Squats**
  *Stand with feet shoulder-width apart, arms at sides.*
  *Start by doing a regular squat and then jump up as explosively as you can; when you rise up, reach for the ceiling.*
  *When you land, lower your body back into the squat position to complete one rep. Then repeat.

- **30 Jumping Jacks**
  *Begin by standing with your feet together and arms at your side.*
  *Bend your knees and jump, moving your feet apart until they are wider than your shoulders. At the same time, raise your arms over your head. You should be on the balls of your feet.*
  *Keep your knees bent while you jump again, bringing your feet together and your arms to your side. Weight should be on heels at the end of movement. Then repeat.*

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Campus Events

The Delgado, City Park, campus will be having Free Tax Prep, in the Dolphin Station, building 2, Feb. 15-16 for 1 p.m. and Feb. 17 for 9 a.m. Students can schedule an appointment by calling 671-6563 or email single-stop@dcc.edu.

Family Fest will be held at the City Park campus Feb. 16 from 4 p.m. – 7 p.m., in the Student Lounge, second floor. Each Delgado student, faculty and staff may bring three guest at no cost. Each additional guest is $5. This is a family friendly event.

Learn how to line dance with the SGA on the Westbank campus, Feb. 17 from 12:30 p.m. – 3:30 p.m., building 1, room 130. Come celebrate Delgado’s 90th Anniversary and Black History Month – past, present and future with the SGA. This will be held on the Westbank campus, Feb. 23, from 10 a.m. – noon.

Girls just want to have a celebrity moment

By Julie Tommeraas

With Mardi Gras right around the corner, so are the carnival krewe balls, and like Cinderella, you may have nothing to wear. Guys can rent suits and women can rent formal wear too. There is a new company that specializes in renting out formal wear from the hottest designers over the internet. Renting a dress from Rent The Runway will make you feel like a famous Mardi Gras queen through the night.

Aside from the fact that this is a great way to wear something you would or could never actually buy, it is also a great way to be fresh and frugal. Membership to the website is completely free. The site is for all sizes; with most dresses ranging from 0 to 16. Each rental is much less than the dress’s actual retail price and each includes a back-up size at no additional cost to ensure it will fit. Customers can get a second dress style with their order for an additional $25. Rent the Runway provides customers with a pre-paid, pre-addressed package to return the dress, and the renter is only charged a $5 fee to protect against accidental spills and snags. Aren’t you in paradise right now?

The owners, Jennifer Hyman and Jennifer Carter Fleiss, have both been awarded Fashion International’s fourteenth annual rising stars, in retail last month. This is why they are able to offer high end, well known designers such as Bagley Mischka, Zac Posen, Vera Wang, Oscar de La Renta, just to name a few, for a really great price. Not only are all these dresses within your price range that you choose, the website is so descriptive and targeted to your particular style that it is almost as if you have your own personal stylist right there with you. It narrows down the dress selecting process by the date you need it, the type of event you are going to, body type, dress color, and of course, price. With all the great dresses this site has to offer, you’ll wonder if any great stylists are also backing this site. The answer is yes! Rachel Zoe, who styles A-list stars such as Demi Moore and Cameron Diaz, calls this site, “MAH-JOR”.

Who would have thought you would rent dresses out for super affordable prices? Renttherunway.com makes it possible to rent shoes, jewelry, jackets, and anything you could imagine to top off that special Cinderella night. Do keep in mind that the next day you will be taking this dress to the post office and mailing it off! Simple and easy.

Now if renting a dress and sending it back isn’t enough to envision your night of frills and thrills, no worries, there are other affordable options. Yvonne La Fleur is a famous dress designer here in New Orleans. She is the go-to local designer of gowns for the carnival balls. Her shop in the historic uptown neighborhood of New Orleans, La Fleur carries her line of gowns as well as other affordable gowns that won’t break the bank.

Community Events

Mardi Gras Season has officially started as of January 6. This annual event in New Orleans never gets old. Every year the Mardi Gras Krewe of Pegasus or parades come up with new themes and new floats. New Orleans rock band, Better Than Ezra has come up with a plan that will rock Mardi Gras. The Krewe of Rockus is a new event offering this year Feb. 16-18, which includes a three-day package of merriment with Better Than Ezra. For more information on the Road to Mardi Gras Tour or to purchase a travel package to the Krewe of Rockus three-day Mardi Gras event, visit kreweofrockus.com.

Riverwalk Marketplace announces the entertainment for the 26th annual Lundi Gras at Spanish Plaza with Rex, King of Carnival on Feb. 20. The free celebration will again include fireworks on the Mississippi River and musical entertainment.

By Seth Mattie & Troy LeCompte

Concerts abound for Mardi Gras weekend 2012

Cirque du Soleil will perform the Michael Jackson: Immortal show at 8 p.m. Wednesday, Feb. 15 and Thursday, Feb. 16 at the New Orleans Arena (1501 Girod St., New Orleans, LA 70113). This official theatrical production uses the music and vision of Michael Jackson to create a realistic concert experience.

The Funky Meters, featuring Art Neville and George Porter, Jr., will be rocking their signature brand of New Orleans funk at 10 p.m. Friday, Feb. 17 at Tipitina’s Uptown (501 Napoleon Ave., New Orleans, LA 70115). Ages 18+

Local power trio Better Than Ezra will be playing at 9 p.m. Saturday, Feb. 18 at the House of Blues (225 Decatur St, New Orleans, LA 70130). 18+

Lundi Gras (Monday, Feb. 20) is going to be a toss-up for New Orleans’ 2012 Rock & Roll Mardi Gras Marathon & Half Marathon moves a few days closer to the start of spring, Sun., March 4. The courses for both the half marathon and the marathon have been reconfigured as well, with a new starting line at the intersection of Poydras Street and St. Charles Avenue -- but with the same finish line in New Orleans City Park.

Runners in the half marathon share the same course as those running the full marathon for nearly all of the race’s first 13 miles – those running the full marathon will finish the race with a total of 26.2 miles.
Vietnamese community hosts Lunar New Year festival

By Erin Krall

The year of the dragon was brought in with a bang as the Vietnamese community of Village de l’Est, in New Orleans East, held its annual Tet Festival on Jan. 27-29. Held on the grounds of Mary Queen of Vietnam Church, the festival offered something for all ages. Children run around the area engaging in serious silly-string battles and light off small firecrackers while teenagers and adults alike play carnival games, watch live entertainment and eat many different traditional dishes.

The festival benefits the church, and multiple food stands sell pho, bahn mi sandwiches, duck eggs, spring rolls, noodle bowls, and many other dishes becoming more familiar to many New Orleanians as more Vietnamese restaurants spring up in different neighborhoods around town. Embracing the spirit of community, the festival also has a tent for Mexican food. A growing number of neighborhood residents are Hispanic, and were invited to add their culture into the mix as well.

Saturday night brought the highlight for many at the festival in the fireworks display and the performance of the Lion Dance. The Versailles Lions Dance Team practiced for months and awed festival-goers. The joyful spirit of the New Year abounds at this family-friendly festival, and is a true celebration all New Orleanians can be proud of.

Photo by Erin Krall

The Tet Festival is held annually at Mary Queen of Vietnam Church in Village de l’Est in New Orleans East.

Hit the road

Three travel tomes to inspire adventure

By Erin Krall

The winter months may not be when most New Orleanians think of as the ideal time to travel; with our mild climate, it’s often the most enjoyable times to stay in the city. However, the time is now for affordable airfare and hotels, and New Orleanians are traveling in most parts of the world.

And like in New Orleans, the definition of “winter” is moderate on many continents. Below are three of the most enjoyable to beyond the simplified “travel book” label, and will inspire adventure, or at the very least expose a new, far-away land, and have you laughing along the way.

The name “Mark Twain” surely conjures memories of a high-school English teacher assigning “The Adventures of Huckleberry Finn” or reading about Tom Sawyer. However, some of Twain’s least known works are travel memoirs from his life exploring the globe. The man really got around at a time when travel was certainly not easy and often times outright horrible. In “Following The Equator,” Twain journeys by boat around the South Pacific and its many islands. The book was published in 1897, at a time when Honolulu was still the capital of the Sandwich Islands, not yet Hawaii. His trademark wit and sarcasm is at its best on these tramps abroad, where subjects for his humor abound.

Both his fellow passengers onboard the steamier, as well as the countries he visits, make for entertaining stories and brief historical anecdotes from Australia, New Zealand, Fiji, and Tasmania. On being out to sea, which Twain refers to as “that pitiless ruffian,” he says, “It is easy to make plans in this world; even a cat can do it; and when one is out in those remote oceans, it is noticeable that a cat’s plans and a man’s are worth about the same. There is much the same shrinkage in both, in the matter of values.”

Another hilarious and brilliant American observer of the world is Bill Bryson. Regarded as one of the best in his field of writing, Bryson has published many books on a wide range of destinations, (the Appalachian Trail, Australia, Kenya), but in “Neither Here Nor There,” he takes us along to Europe. Nearly the entire continent is covered, as Bryson goes as far north as the upper tip of Norway, and as far east as Turkey. Visiting 14 countries in all, from commonly-written on Italy and France, to under-covered Bulgaria and Liechtenstein, there is humiliation and hilarity no matter the language or border crossing. The set-up of this mega-trek is Bryson retracing the same trip he underwent in 1973, with only an acquaintance from high school and a backpack. Nearly 20 years later, he remembers some cities fondly, while running into many new frustrations. Much beer and endless wonderment along the way. Be careful with this one on a plane, as you will surely be annoying your entire row with loud outbursts of laughter. On Denmark, Bryson muses, “I always wonder what they do with their old people in Copenhagen; they must put them in cellars or send them to Arizona—because everyone, without exception, is youthful, fresh-scrubbed, healthy, and immensely good-looking. You could cast a Pepsi commercial in Copenhagen in 15 seconds. And they all look so happy. In a corner of Europe where the inhabitants have the most blunted concept of pleasure (in Norway, three people and a bottle of beer is a party; in Sweden, the national sport is suicide), the Danes’ relaxed attitude to life is not so much refreshing as astonishing. Copenhagen is also the only city I’ve ever been in where office girls come out at lunchtime to sunbathe topless in the city parks. This alone earns it my vote for ‘European City of Culture’ for any year you care to mention.”

Finally, a writer who is much too little-known in this country, we journey with Dutchman Cees Nooteboom. Another life-long traveler, Nooteboom’s “Nomad’s Hotel, Travels in Time and Space,” compiles short stories spanning 1973-2002. This moving work takes a more philosophical look at why we embark on great journeys, as well as being a literal piece. Sometimes funny, but always honest, the introduction, as well as the opening and closing chapters, look at the act of movement in itself. The common accusation that people constantly on the move must be “running away from something,” (more specifically, themselves) is challenged when Nooteboom argues that in fact the very opposite is true. He points out that in reality, being on the move is a solitary act that requires one to be at perfect ease with one’s self. Can those who remain in one place be comfortable being alone with themselves the way a life-long traveler can? Touching down sporadically on three continents—Australia, Europe, and Africa, “Nomad’s Hotel” visits little known destinations like Mali, The Gambia, Iran, the Irish island of Aran and Southern Morocco (“I step outside and into the Bible”), as well as more lonely Planet-friendly Munich, Zurich, and Venice. Even in a place as over-exposed as sweet, sinking Venice, Nooteboom’s subtle and specific descriptions make you feel as if you are reading about Italy for the first time. He wonders, “Could it be, he thinks, that there are more madamons in Venice than living women? Does anyone actually know how many painted, sculpted, ivory-carved, silver-embossed Venetians there are? And just imagine...if they all rose up together, left their frames, niches, predellas, plinths, tapestries, cornices, to drive the Japanese, the Americans, the Germans from their gondolies, occupy the restaurants and finally, with their swords and shields, their purple cloaks and crowns, tridents and wings, demand payment for ten centuries of loyal service?”

Don’t be fooled by the lack of current date stamps on these books. These are gifts of emotional description about cities and transit from 10, 20, 100 years ago. Today we hear only of Iran as an enemy of the world; there are not stacks of travel love-letters to the Persian country currently piling up on shelves. But go back to 1975, when Nooteboom visits, and Isfahan, Iran, is a mystical place that average people the world over visit and become smitten with.

Mark Twain, Bill Bryson and Cees Nooteboom are but three of the many inspirational writers who perfectly record their many adventures. They all translate the many pleasures and many pains of travel to the page, and if we cannot immediately make it to a different continent, thank goodness we have their stories around to keep the inspiration alive.

Books by Mark Twain, Bill Bryson and Cees Nooteboom inspire adventure great and small.
Q: What do you think should be done to stop the killing in New Orleans?

Chanda Disilva
(Computer Network Technology)

There is nothing that can really be done. There is no recreation, the music and the drugs just get them going. Music in general gives them drugs just get them going.

Dear Erika, I just moved out of my house where I lived with my parents. I decided to move in with my best friend from high school, and we rent an apartment upstairs. I thought we were going to have a great time together. As in stay up late, party on the weekends, split house duties and pretty much pick up where we left off before college. Just my luck, my new roommate is never home and when she is, she just wants to sit in her room by herself. She is mostly interested in hanging out with her boyfriend and when she needs space, comes home and shuts me out. I’m just not used to living like this. I just want her to move out in the first place. What do you think about getting unreasonable? Should I say something to her or just move back home?

- Living with regret

Dear Living with regret, don’t make any rash decisions! Packing all your stuff back up is going to be a major pain. It’s normal to feel upset initially, but try not to take things personally. How long has your friend been dating this guy? If it’s early in the relationship, it all makes sense. Your friend is in the honeymoon phase; she’ll get past it. If it bothers you that much, I think you’ll come to a plan to draw her out of isolation. Text her early in the morning to invite her to lunch or schedule a shopping date for the weekend. You could even schedule a dinner once a week with each other. You two could shop for the food, prepare it together, and catch up while you dine. Creating that type of routine can strengthen your bond. Was there any other benefit to moving out besides hanging with your besty? Uptown is actually not a bad place to reside. If you are single, enjoy the freedom and hit up Charles for some fun. Seriously, this is an amazing city and it’s yours for the taking.

Dear Erika, my roommate is probably the most disgusting person I have ever met. He does not clean up after himself at all. My bathroom literally looks and smells like a canal after he gets done in there. He does not wipe down the microwave after he heats up food, or even bother washing his dishes. The guy doesn’t contribute with any groceries of his own or offer to do any other house work. His room reeks and I’m pretty sure he’s becoming a hoarder. He has a rough couple of months which has bought him a grace period but I’m just about done with him. I said I was tired and he had to leave before the end of the year. I have not seen him move out since then. I’ve mentioned that a coworker needs a place to stay and is interested in moving in. Every time I bring this up or anything to do with him leaving, he just brushes me off. I do not know how to get through to him. I am ready to walk into his room and throw everything into the street or trash.

-Frustrated

Dear Frustrated, sounds like you’ve had tough with your choice in a housemate. You mentioned he is becoming a hoarder. He’s probably the most disgusting person you’ve met. My roommate always disgusting to live with or did this behavior develop recently? I can understand your frustration and anyone would have kicked him to the curb by now. Is there anyone who is particularly close to him like a family or close friends in the area, see if they will consider letting him sleep on their couch until he finds a place. It’s possible he’s going to get on his feet and you alone or he just doesn’t know where to start. Maybe you should bring home some boxes and trash bags for him and offer to help pack. Don’t let him brush you off any longer, you will only get angrier and likely do something you will regret. Or you won’t, but you want to get your point across, not make him homeless and rid him of his possessions all in one day. Better luck with your new roommate.

Dear Erika, I am in desperate need of a roommate as soon as possible. I am a full-time student and I work two part-time jobs to try to make ends meet. I am afraid with my limited amount of time I will fall behind in my studies. I am single and completely responsible for myself, but I could really use a little help. A friend of my sister’s keeps pestering me about movement in, but I am not interested. She’s kind of a wild card and I really want someone dependable. Is it safe to search for roommates online? I don’t usually make it out to the community here and I am sure you’ll come across someone reliable. You may choose to post your own add to expedite things, just be clear about what you expect in the ad. People who fit the description and meet your standards can then contact you. Once you narrow your list of potentials down, you should meet them. If you want to be very cautious, meet on neutral territory, somewhere public and friendly. If you have never lived with someone new before, get everything out in the open and be honest about what you expect. You also have to be willing to compromise, grace accommodate their needs. If you are scared of rooming with Leighton Meester’s character from The Roommate, take a chance with the wild card and give her a detailed description of what living with you will be like.

Need advice? Email Erikaexplains@gmail.com

Most embarrassing moments

By Kevin J. McCathen

Hey Kevin! I grew up in the upper middle-class community here in New Orleans. I attended one of the top high schools and was very popular. I was cute, had very long natural hair, always kept my fashion game tight. When I walked in class, my friends would call me out on my outfit and tell me to always keep a clean territory, somewhere public and friendly. If you have never lived with someone new before, get everything out in the open and be honest about what you expect. You also have to be willing to compromise, grace accommodate their needs. If you are scared of rooming with Leighton Meester’s character from The Roommate, take a chance with the wild card and give her a detailed description of what living with you will be like.

Need advice? Email Erikaexplains@gmail.com

Shannon Williams
(Nursing)

The younger generation needs something to do. Parents need to be more involved with their children’s lives and give these kids guidance.
If you are a full-time student you need and be on your way. Available, getting the material the entire semester. However, don’t expect to loan them for the rental period of these. The reserve desk limits or two of your texts on reserve your teachers will put a copy 116, is here to help. Many of the books you need are in the library. The Delgado library, located in Building 10, Room 116, has a vast collection of resources text books. Check to see if make it difficult to buy your at the bookstore and Chimes at the beginning of any semester, scrambling to obtain books and materials for class can be difficult. Long lines at the bookstore and Chimes make it difficult to buy your text books. Check to see if the books you need are in the library. The Delgado library, located in Building 10, Room 116, is here to help. Many of your teachers will pass around one or two of your texts on reserve there. The reserve desk limits the rental period of these books due to high demand, so don’t expect to loan them for the entire semester. However, with services like copying available, getting the material necessary can be a breeze. You can copy exactly what you need and be on your way. If you are a full-time student (12+ hours), you have $12 of copying credit on your Delgado ID card. If you are not, black & white copies cost only 5 cents per page. This makes it lighter on your backpack and on your wallet.

According to the official Delgado website, the print collection includes approximately 22,000 books with an additional 87,000 books in Closed Stacks. There are over 380 print newspapers and journals readily available as well. Students can check out any book in circulation, but are subject to overdue fines if they are returned late. Many of these services, including copying, require a valid Delgado ID, so make sure to have yours on hand. The hours for the library are 8:00 A.M. to 8:00 P.M. Monday through Thursday, and 8:00 A.M. to 4:30 P.M. on Fridays. You can contact them by calling (504) 671-5317. They are closed on the weekends.

The library, located in Building 10, Room 116, has a vast collection of resources and services to help you survive the semester.
Star watch on campus

By Chelsey Tharp

Not only was "Contraband" filmed in New Orleans, but Delgado theatre major Kevin "Lucky" Johnson has a major speaking role in the movie. Johnson has been acting professionally since he was 11, with his first jobs in Rally commercials and public service announcements against child abuse. "That's where it started," says Johnson, "but I didn't really get back into it (acting) until high school, where I would do talent shows. Entertaining was what I loved to do; it is in my blood." "Contraband" is one of the big-name star movies shot in New Orleans, starring Mark Wahlberg, Kate Beckinsale and Ben Foster, now out in theaters.

Johnson has also been in movies that went straight to DVD, such as "Da Block Party" (2004) and "Black Saturday" (2005). But when Katrina hit, Johnson, an Uptown native, left and successfully hit the music scene for a while. Johnson successfully hit the music scene for a while. Johnson has a record deal, Big Face Music, which represents many Bounce music artists.

Johnson’s first major Hollywood South movie role was in "Contraband." He was in the movie set for 10 weeks in Panama. Johnson plays Tarki, a chief on the boat who is one of Mark Wahlberg’s sidekicks. In 2012, Johnson has had opportunities to play different roles, from a drug-dealer in "The Philly Kid" (2012) to a policewoman in "Treme" (HBO TV Series, Season 5), and in another movie, "Anchroquakes," set in the bayous of Louisiana, he is killing spiders.

Lucky Johnson, the upcoming play, "The Definition Of Bounce," playing March 9 and 10 at the L.B. Landry Auditorium, is based on Johnson's book of the same name. Johnson has written and produced several other plays, including "Catch Dat Beat" (2009) and "Catch Dat Beat II" (2010). "I will always stay hustling and grinding," says Lucky Johnson.

The Blend in Old Metairie

By Blake Newman

Whether you need a quick pick me up on your way to class or a quiet place to study in the evening, coffee shops have always been a favorite of students.

Royal Blend is close to Delgado on Old Metairie Road. If you plan on going by to grab a cup of coffee, the Glace is their most popular coffee no matter what season it is. It is a frozen coffee that has French Vanilla roasted in the beans and is sweetened to perfection. If you are not a fan of coffee there are other drinks. They have a selection of fresh brewed iced tea and about 20 flavors of hot tea.

If you need a quick bite to eat Royal Blend makes soup, salads, sandwiches, and a variety of pastries and sweets. The kitchen staff makes every salad and sandwich by order from fresh ingredients every day. The Old Metairie is Royal Blend’s signature sandwich. It is made up of their signature chicken salad, fresh bacon, avocado, lettuce, and tomato. The Hawaiian Shrimp is one of the items on their specialty menu. It is shrimp, artichoke hearts, and hearts of palm marinated in an herbal Italian dressing. It is paired with an avocado half and a tomato wedge. They also have gumbo and a soup of the day. If you go on a Wednesday you will get their speciality loaded baked potato soup with is topped with fresh bacon bits and shredded cheddar cheese. The friendly and knowledgeable staff will help you find a salad or sandwich suited for your taste palate.

If you can get there before 11 a.m., Monday through Friday and noon on the weekends, try their breakfast menu. They serve everything from eggs to waffles. If you can make it on a Sunday, try their Bananas Foster waffle, a Belgium waffle topped with the New Orleans classic Bananas Foster.

Everything is reasonably priced and if bring your student ID you will get a 10% discount. They are open 6:30 a.m. until 8 p.m., Monday through Saturday and closed at 6 p.m. on Sundays.

“The Lion King”

By Kevin McCathen

"The Lion King" is headlined back to New Orleans this year. The Broadway Across America, the most talked about production, has played in more than 60 North American cities making New Orleans their final premiere.

The show hits the city on March 14 at the Mahalia Jackson Theater of Performing Arts. This will be the second appearance here in New Orleans. Last year, the three-day show sold out completely! So many people were anxious to see the multiple Tony Award winning show that the tickets sold-out within a four day time frame.

The tickets for this year’s show went on sale Nov. 12, where the early morning ticket buyers stood in line for hours waiting patiently for the box office to open. The lucky first person in line received an autographed copy of Thomas Schumacher’s "How Does The Show Go On". Schumacher is the president and producer of this Disney Theatrical Production and the musical. As a gift, The first 100 customers received a free original copy of the Lion King musical’s Broadway cast recording.

The production will take place March 14 through April 15, with songs written by Grammy-Award winning singer Elton John. There are limited tickets and they are on sale right now. Get yours before you don’t want to miss out on the fun!

Sweet Mardi Gras Gras!

By Blake Newman

It is that time of year again, parades taking over the streets of New Orleans and king cakes in the kitchen. These purple, green, and gold pastries are filled with a colorful history.

Samuel Binnich is a cook at Royal Blend Coffee and Tea on Metairie Road. He has been making king cakes for the cafe since last year. Sam states “the dough is prepared the night before with flour, sugar, yeast, milk, butter, salt, and eggs and let it sit in the fridge to rise”. The cinnamon cakes are flattened out and have a special blend of seasonings, mainly cinnamon and nutmeg, spread in the center. The non-edible baby is placed randomly in the dough. After rolling the dough with the filling into a large cinnamon loaf it is rolling out to 30 inches and cut in half. After the cakes are shaped they bake in the oven for around 20 minutes. After the cake has cooled it is iced and topped with the sugar in the traditional Mardi Gras colors.

The king cake stands for Mardi Gras here in New Orleans and surrounding areas but, not many people know the history of this interesting pastry. The name “king cake” comes from the three kings in the Bible, Jan. 6 is the Twelfth Night or the Eve of Epiphany, the night before the celebration of the Magi’s visit to the infant Jesus. The tradition of the king cake is most popular from Jan. 6 through Fat Tuesday. The baby inside the king cake has a different meaning then the one that is most known. When a baby is received from a slice of the king cake, the person is then obligated to buy the next cake.

Before this tradition the baby was a bean taken from the Roman Empire. The person who got the bean in their slice of cake was the “king.” These traditions were brought to New Orleans by the French and Spanish and have been associated with our Mardi Gras for more than 300 years.
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ROAD, from page 7

“Traveling, too, is something you have to learn. It is a constant transaction with others in the course of which you are simultaneously alone. And therein lies the paradox: you journey alone in a world that is controlled by others. It is they who own the boarding house where you want a room...they who are more powerful because they can refuse a stamp or document. They speak in tongues you cannot comprehend, stand next to you on a ferry or sit next to you on the bus, they sell you food at the market and send you in the right or wrong direction, sometimes they are dangerous, but usually they are not, and all this has to be learned: what you should do, what you should not do, and what you should never do. You have to learn how to deal with their drunkenness and yours; you have to be able to recognize a gesture and a glance, for no matter how solitary a traveler you are you will always be surrounded by others; by their expressions, their overtures, their disdain, their expectations.”

-Cees Nooteboom

Black History Fact

Odis Boykin invented electronic control devices for guided missiles, IBM computers, and the control unit for a pacemaker.

Sudoku Puzzle

Answers

DELGAHO faculty, staff and students

Bring your Delgado ID for preferred pricing on new and used cars at Lakeside Toyota, 3701 N. Causeway Blvd., Metairie, LA 70002

Ask about our college graduate incentives.

Contact Mike Chosa, Fleet Manager, Lakeside Toyota

Call 504-831-0821 or email Mike_chosa@lakesidetoyota.com
Study hard, but travel easy.

You study hard all week so getting around to visit friends and family when you get a chance should be a breeze. And it is—with LA Swift! For the price of a meal at a fast-food restaurant we can get you to New Orleans, Baton Rouge and many places in between, all in the comfort of our clean, comfortable coaches. Avoid driving concerns, parking nightmares and high gas prices and enjoy free onboard wi-fi and TVs!

Five bucks gets you there in the clean comfort of an LASwift coach, five bucks gets you back.

Like us and tell us why and you could win a free ticket!

All LA SWIFT buses are wheelchair-accessible and bicycle friendly.

POBOYS
Roast Beef  Debris style roast beef po-boy with gravy
Cuban  Pressed po-boy w/ roasted pork, ham, Swiss, mayo, mustard & pickles
Fuletta  Pressed po-boy with ham, salami, melted Swiss cheese & olive salad
Fried Shrimp  Grilled turkey, debris roast beef, Swiss & gravy
Dirty Bird  Grilled turkey, debris roast beef, Swiss & gravy
Cold or Grilled Ham or Turkey
Hot Sausage Poboy

BURGERS
Bacon Cheddar Burger
Avocado Swiss Burger
Dirty Burger topped w/ cheddar and 2 eggs
Jalapeno Burger topped w/ jalapenos & jalapenos

EGGS BENEDICTS
Egg Benedict
Turkey-Avocado Benedict
Spinach Artichoke Benedict
Sausage-Jalapeno Benedict

BREAKFAST PLATES

2 Eggs
With potatoes or grits & toast or biscuit

Navarre Special
Scrambled eggs w/ cheese, ham, potatoes, onion & tomato, served with grits w/ jalapenos & cheese & toast or biscuit

Health Plate
Scrambled egg whites served w/ toast & tomato slices, grilled turkey & whole wheat toast

Combination
2 eggs w/ bacon, ham, or sausage & 3 small pancakes

Egg Sandwich
Bacon or sausage, egg & cheese

B.L.T.
Bacon, lettuce, tomato & mayo on toast

PANCAKES
Buttermilk
Chocolate Chip
Blueberry
Banana

OMELETTES
Mediterranean  Spinach, artichoke, feta, mozzarella & tomato
Three Cheese  Cheddar, American & mozzarella
Southern  Bacon, cheddar & tomato
American  Ham & American cheese
California  Turkey, avocado, Swiss & tomato
Southwest  Sausage, jalapenos, mozzarella & tomato
Veggie  Bell peppers, onion, tomato & mozzarella

STILL ONLY $5

1 Block from Delgado Playground
800 Navarre Ave, NOLA 70124  (504)483-8828
Covered patio seating. Free WiFi.

lunch hours: 7 days/week 10:30am-3pm

FRESH SALADS
Sesame Chicken Salad  Scoop of chicken salad on Romaine with bacon, almonds & Asian sesame ginger
Spinach Salad  with bacon, dried cranberries, red onion, boiled egg & ranch dressing
California Cobb  Grilled chicken, bacon, avocado, boiled egg, tomato & cheddar on Romaine with Honey Dijon
Mediterranean Greek  diced tomato, black olive & feta cheese on spinach served w/ feta vinaigrette
Caesar Salad

LUNCH COMBINATIONS
Combine any two items from the following list:
*Cup of soup of the day
*Small Caesar, Greek or Spinach salad
*1/2 sandwich on wheat berry (chicken salad, turkey or ham)

SANDWICHES (w/chips)
Triple Decker Club  Chicken Salad
Cold or Grilled Ham  Cold or Grilled Turkey

PANINI SANDWICHES (w/chips)
Spinach Artichoke  Sauteed spinach, artichoke, feta, tomato & mozzarella
Dijon Pork  Roasted pork, Swiss & Dijon mustard
Turkey & Avocado  Turkey, avocado, tomato & Swiss
Turkey & Bacon  Turkey, bacon, tomato & American
Club  Turkey, avocado, bacon, Swiss & honey Dijon

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BURGERS
Bacon Cheddar Burger
Avocado Swiss Burger
Dirty Burger topped w/ cheddar and 2 eggs
Jalapeno Burger topped w/ jalapenos & jalapenos

EGGS BENEDICTS
Egg Benedict
Turkey-Avocado Benedict
Spinach Artichoke Benedict
Sausage-Jalapeno Benedict

BREAKFAST PLATES

2 Eggs
With potatoes or grits & toast or biscuit

Navarre Special
Scrambled eggs w/ cheese, ham, potatoes, onion & tomato, served with grits w/ jalapenos & cheese & toast or biscuit

Health Plate
Scrambled egg whites served w/ toast & tomato slices, grilled turkey & whole wheat toast

Combination
2 eggs w/ bacon, ham, or sausage & 3 small pancakes

Egg Sandwich
Bacon or sausage, egg & cheese

B.L.T.
Bacon, lettuce, tomato & mayo on toast

PANCAKES
Buttermilk
Chocolate Chip
Blueberry
Banana

OMELETTES
Mediterranean  Spinach, artichoke, feta, mozzarella & tomato
Three Cheese  Cheddar, American & mozzarella
Southern  Bacon, cheddar & tomato
American  Ham & American cheese
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Turkey & Avocado  Turkey, avocado, tomato & Swiss
Turkey & Bacon  Turkey, bacon, tomato & American
Club  Turkey, avocado, bacon, Swiss & honey Dijon