**Times-Picayune begins three day a week publication schedule**

By Erin Krall

New Orleanians awoke on Monday morning to something new, after 175 years of the same. A 40-page, square paper entitled “The Black & Gold Extra” landed on front porches, and filled news stands in lieu of a Times-Picayune.

This week marks the beginning of the media experiment implemented by the owners of the Times-Picayune, the Newhouse family, when it moved the paper from daily publication to thrice-weekly printings beginning Oct. 1. After specific public outcry over the loss of Saints football analysis on Mondays, the announcement was made there would be a small Saints edition published at the start of every week.

The city did not take the news of a digitally-focused, non-daily newspaper lightly. Railies and second-lines were held, scathing editorial was written, yard signs planted, funds were raised and jobs were lost. Citizens of prominence, and those whose names are not known, spoke out, screamed out, in hopes the decision-makers would hear, “We love our paper, our tradition, our news.” Watchdogs will be hard to come by in a gutted newsroom, with new priorities now listed as “content-providing”.

Both the way in which the transition was announced, and the fact that only 40-60 percent of Orleans Parish has broadband Internet access, made for an even more bitter pill to swallow. News of the change was broke by The New York Times, and many Picayune staffers learned they could soon be out of a job via Twitter.

On Sept. 28, while many staff members were in the midst of their last day on the job, a journalism symposium was being hosted by the Oxford American in the French Quarter. The magazine had the date set months in advance, and could not have known such ominous timing. Panel member Nathaniel Rich, author and contributor to the Oxford American, pointed out, “It shows in the website (nola.com) that they are not spending money on it. They say they want that to be the focus, but it’s a template, it’s garbage, they’re not investing in it. By firing staff they’re not investing in what they’re promising.”

A tough question was raised by Alex Rawls—what does the paper really owe people? Something hard to ponder when such emotion is involved on the part of so many—Rawls is a reporter and the editor of MySpiltMilk.com, a local music and culture website. While admitting the move is painful because we as citizens “did our part by reading and buying the paper,” Rawls pointed out that we would not expect such consideration from other businesses—using a restaurant raising menu prices without patrons consideration, as an example. The panel agreed that a newspaper is a public trust and “makes a business of freedom of speech,” so is therefore set apart, and held accountable to its public.

Rich continued to point to blatant rebuffs towards the outraged citizenry by saying “the paper’s owners, and therefore the paper is losing interest in the community, so we are seeing the people feel the same.”

He noted that many newspapers, of cities large and small, can be made great, or less than so, by their relationship with their readers. “By moving to mostly digital, they are ignoring a high percentage of the population without internet access. That’s the response to our community,” Rich said.

Rawls closed the discussion by saying that “the future will come down to journalists themselves. There have always been hacks, and there have always been great reporters. There will always be hacks, and there will continue to be great reporters.”

DashThirtyDash, a non-profit organization collecting funds for laid-off employees of the Times-Picayune can be contacted at www.dashthirtydash.org/

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**Delgado’s chaotic transition to Banner system**

By Seth Mattei

Since its implementation at the start of registration, LoLA (Log on Louisiana) has been a major topic of conversation around Delgado campuses, and that talk has been mostly negative.

LoLA is used by students for registration purposes, among other necessary school-related actions. Faculty members use LoLA for a variety of tasks, from filling out time-sheets to logging grades, even checking on tax deductions and healthcare plans. LoLA is a portal into the Banner computer system that now runs Delgado, and the rest of the colleges in the Louisiana Community and Technical College System (LCTCS). The fact that it is a popular system on many college and university campuses around the country may be why the LCTCS chose to impose it onto its member schools.

At the Sept. 13 Faculty Senate meeting, Banner was the main topic of discussion as members of the faculty were experiencing problems that affected their income and benefits, problems that they were not warned about prior to the switch. Some faculty members found that their insurance had been canceled, or their 403B retirement contract had to be re-drawn.

“This is the toughest switch I have seen,” said Social Sciences professor and President of the Faculty Senate, Bob Lawyer. “More thought could have been given to the implementation of this system, including student enrollment and human resources.”

Delgado is by far the largest school within the LCTCS, and the second-largest college statewide (behind LSU) with around 20,000 students. Baton Rouge Community College (BRCC) is next in line with around 10,000 students.

Those numbers may have fallen this semester for the first time since Hurricane Katrina, in part due to Banner and the confusion surrounding this past registration period. So far, enrollment at Delgado is at just over 18,000 students.

“I have seen chaotic registrations,” Lawyer said, “and this is about as chaotic as it has been.” The loss of over 1,000 students would mean a significant loss of revenue (hundreds of thousands of dollars) for the school. It was noted at the meeting that schools switching to Banner typically lose students in the first year.

Optimism still remains about Delgado’s future with the new system. “I personally haven’t experienced any problems so far,” said Lawyer. “But the issues being addressed are far from minor. I hope that we somehow manage to handle these deficiencies and have a system that works well for the college.”
The Shepherd’s Center provides benefits for both ESL students and seniors

Students practice English while organizing activities with senior citizens

By Jordan Dolese

ESL students (English as a Second Language) have an opportunity this semester to broaden their language skills while helping others in the community. Lauren Jedlan’s Intermediate Conversation II class is once again working with senior citizens at the Uptown Shepherd’s Center on various activities and exercises.

This service learning partnership goes back to 2007 when Occupation Therapy Assistant students began working with the center. Activities may vary from sing-a-longs and knitting to Tai Chi and poetry. Each student usually works with one individual, allowing them to develop a relationship with that particular participant. This is valuable experience and practice for the students to speak English in a real life conversational setting.

While the students strengthen their vocabulary and conversation skills, the seniors are in turn socializing and stimulating themselves mentally and physically. One student from a previous semester wrote, “The service learning project was very helpful for me. I’ve improved my conversation skills and learned about the culture a lot.”

Jedlan noted, “The students said they liked the idea of going to the [Uptown Shepherd’s] center after the semester ends! They found it very rewarding.”

The center is located at 921 Carrolton Ave., and activity hours are Monday through Friday from 9 a.m. to 2:30 p.m. Weekly activities include exercise, Tai Chi, computer classes, quilting, poetry, arts and crafts, French, Spanish, bingo, movies, photography, knitting, music and more. If you are interested in volunteering or doing your service learning with the Shepherd’s Center, please contact Sylvia Warren at (504) 314-0300.

Non-profit recruits at Delgado for child mentorship program

By Julie Tommeraas

Volunteers of America, in association with Mentoring Children of Promise, stopped by Delgado on Sept. 19. An overwhelming amount of students signed up to be a mentor of a child associated with Children of Promise. The purpose of the program is to build self-esteem and maintain stability through a positive relationship with a caring adult volunteer and the child mentee.

Reverend Parker, the Site Coordinator for public housing of four different facilities in the New Orleans area, was able to come to Delgado and personally recruit new mentors. He had at least twenty people signed up by noon on the day of the event. Parker spoke about the background of Mentoring Children of Promise noting that it originally started as a foundation for children of incarcerated parents, and is now open to all children ages 4-18 who need a positive role model in their lives. As for being a mentor, a one-year commitment is requested, and spending at least eight hours a month with your mentee is preferred. Parker is responsible for the pairing of mentors with a child, as well as planning outings and fun activities for participants to do. In the past, participants have gone to movies, taken trips to the zoo, and visited museums.

Mentors can apply at anytime, and are truly needed, as there are about 300 mentee’s in need of volunteer mentors. If interested in applying, please contact Program Manager, Sherlyn Hughes, at (504) 836-8700, or email her at shughes@voagno.org. The website for Mentoring Children of Promise through Volunteers of America is www.voagno.org.

Campus Events

City Park

Bone Marrow Drive

Oct 10

West Bank

Louisiana Transfer Degree Informational Workshop,

Oct 9

Larocca Hall, Room 129

1:30 p.m.-5:30 p.m.

Slidell

Louisiana Transfer Degree Informational Workshop

Oct 10

Room 108

2 p.m.

Covington

Louisiana Transfer Degree Informational Workshop

Oct 11

Room 265

12:30 p.m.
A department made with love

Delgado’s Culinary Department utilizes both real world experience and community service

By Blake Newman

“Go to any well-known restaurant in the city, and there is a very good chance that the Executive Chef or the Executive Sous Chef is a graduate from here,” said Vance Roux, Department Head of the Culinary program at Delgado.

To enter the program, in addition to the typical application process, students need a letter of reference and an individual interview with department faculty. If a student is accepted into the program, they must work at a restaurant approved by the department, and they will also need to purchase a uniform and tool-kit for sale at the campus bookstore.

The Culinary Department is in the unique position to be able to give back to the community. Students are required to log eight hours of community service at a culinary related non-profit. One such organization is Prostart, which is a part of the National Restaurant Association Educational Foundation (NRAEF). Prostart provides high school students with restaurant skills for the real world.

The faculty at work inside Delgado’s culinary program enjoy teaching their students, and posses a passion for the art of cooking. According to Roux, “The entire department lives to teach culinary.” Roux met a former department director in 1994, and was asked to teach a class on campus. He started teaching one part-time class, and 19 years later is the head of the department.

City Park campus to host DCC Animal Expo Oct. 13

Compiled by Dolphin staff

The Delgado Community College Office of Institutional Advancement presents the fifth annual Animal Expo on Saturday, Oct. 13, 11 a.m.–3 p.m., at Delgado’s City Park campus to benefit Delgado’s Veterinary Technology program.

Admission is free and open to the public for this family-focused event. Friendly, well-behaved and leashed dogs that are up-to-date on all immunizations are also welcome. For the safety of all animals, dogs must remain on a leash the entire time, and please do not bring cats or exotic animals as guests.

One of the highlights of the Animal Expo will be the Delgado Doggie Day Spa, where you can purchase baths, “pawticles” and ear cleaning for your pooch, all expertly provided by Delgado’s Associate of Applied Science degree program in Veterinary Technology. Proceeds from the Doggie Day Spa will support Delgado’s Veterinary Technology students. A search and rescue demonstration presented by Louisiana Task Force 1 is scheduled for 1:30 p.m.

Participants will not want to miss the opportunity to meet Tia Torres from the Animal Planet television network’s “Pit Bulls and Parolees” at 1 p.m. A favorite activity every year is the K9 Halloween costume contest at 2:30 p.m., hosted by Anne Cutler from WGNO-TV’s “News with a Twist.” Enter your costumed canine for just $5, and your staff and compete to win great prizes! You can also have professional photos taken with your pet by Scott Stuntz and printed on the spot.

The crowd-pleasing Red Barn Farm Tour with farm animals and exhibits returns this year. Other Animal Expo offerings not to miss include:

- Meeting adoptable animals from regional rescue groups
- Meeting area veterinarians and dog trainers
- Shopping with a variety of animal-related vendors
- Enjoying food for two- and four-legged guests
- Music by the Delgado Jazz Ensemble

Delgado is partnering with the following sponsors for this event, The Brown Foundation, Louisiana Veterinary Referral Center, VCA Animal Hospitals – Causeway/Airline, Greyhound Pests of America – LA and MS, South Paws Veterinary Surgical Specialists, Lakeview Veterinary Hospital and Jefferson Parish Animal Shelter, St. Tammany Humane Society and Southeast Veterinary Specialists.

For more information about Delgado’s Animal Expo, contact Lee Goffney at (504) 671-5640 or lgoffney@dccc.edu.

Associated Press News Briefs

City

A federal judge is set to hear a request for her to approve a court-supervised agreement to clean up the troubled New Orleans Police Department. U.S. District Judge Susie Morgan scheduled a fairness hearing on a federal consent decree signed by the Justice Department and the city. The changes spelled out in the 124-page agreement are some of the most sweeping police reforms ever negotiated by the federal government.

State

Public school teachers seeking to recall Gov. Bobby Jindal and House Speaker Chuck Kleckley said that they failed in their efforts to oust the Republican leaders. Anglie Bonvillain and Brenda Romero, the twoCalciasie Parish teachers leading the recall campaigns, told The Associated Press in an email that they didn’t get enough people to sign petitions to force a recall election. The hurdle to recall a governor is 950,000-plus signatures, while the benchmark for forcing a new election in Kleckley’s district was estimated to be about 13,000 verified signatures.

National

The U.S. economy is showing signs of finally bottoming out: Americans are on the move again after record numbers had stayed put, more young adults are leaving their parents’ homes, once-sharp declines in births are leveling off and poverty is slowing. New 2011 census data being released offer glimmers of hope in an economic recovery that technically began in mid-2009. The annual survey, supplemented with unpublished government figures as of March 2012, covers a year in which unemployment fell modestly from 9.6 percent to 8.5 percent. The jobless rate remains high at 8.1 percent.

International

Germany has launched a war crimes investigation against an 87-year-old Philadelphia man it accuses of serving as an SS guard at the Auschwitz death camp. The Associated Press has learned, following years of failed U.S. Justice Department efforts to have the man stripped of his American citizenship and deported. Johann “Hans” Breyer, a retired toolmaker, admits he was a guard at Auschwitz during World War II, but told the AP he was stationed outside the facility and had nothing to do with the wholesale slaughter of some 1.5 million Jews and others behind the gates.
New Orleans is not only globally known for its authentic cuisine, musical talent and Hollywood South – we are also becoming a center of fashion. Following a successful fashion week in 2011, the NOLA Fashion Council will host the 2012 New Orleans Fashion Week from Oct. 13-20. Educational workshops and a fashion market will take place alongside runway shows and presentations.

NOLA Fashion Week will host runway shows from both established and emerging fashion designers, as well as featuring retailers and boutiques. The council’s ambition is to link young designers, photographers, and stylists with trade insiders.

**FASHION WEEK 2012 RUNWAY SCHEDULE:**

All presentations and runway shows will be held at The Saratoga, 212 Loyola Ave., unless otherwise noted.

**SUNDAY, OCT. 14**

Construct Spring/Summer ’13 Collection, 4 p.m. at Cellar Door, 916 Lafayette St.

Amanda deLeon Spring/Summer ’13 Collection, 5 p.m. at Cellar Door, 916 Lafayette St.

**TUESDAY, OCT. 16**

Libellule Spring/Summer ’13 Collection, 7 p.m.

Izavel Spring/Summer ’13 Collection, 8 p.m.

**WEDNESDAY, OCT. 17**

Mesdresses, Spring/Summer ’13 Collection, 7 p.m.

Loretta Jane Spring/Summer ’13 Collection, 8 p.m.

**THURSDAY, OCT. 18**

Iacono Spring/Summer ’13 Collection, 6:30 p.m.

Kallen Forster Spring/Summer ’13 Collection, 7:30 p.m.

dope. Spring/Summer ’13 Collection, 8:30 p.m.

Jolie & Elizabeth Spring/Summer ’13 Collection, 9:30 p.m.

**FRIDAY, OCT. 19**

Haute Chocolate Spring/Summer ’13 Collection, 6:30 p.m.

Brennan Manuel Spring/Summer ’13 Collection, 7:30 p.m.

Fair Fit Presentation, 8:30 p.m.

Andrea Loest Spring/Summer ’13 Collection, 9:30 p.m.

**SATURDAY, OCT. 20**

Tallulah’s Designs Spring/Summer ’13 Collection, 5 p.m. at Union Lofts Rooftop, 334 Carondelet St.

For a full list of designers, events, and venues visit: www.nola-fashionweek.com

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Love to save money on gas and parking? Love to visit friends & family? Then “Like” LA Swift on Facebook! We give away a free ride voucher, worth $5, each week to a lucky fan!
Art For Art’s Sake set to highlight mass exhibit openings

By Megan Alleman

Art For Art’s Sake is taking over the 300-600 blocks of Julia Street in the Warehouse District this Saturday night, Oct. 6 from 6 p.m.–9 p.m. The free celebration, put on by the Contemporary Arts Center (CAC), takes place every year on the first Saturday in October, and features a multitude of exhibit openings.

Art For Art’s Sake first started in 1979, and the fundraiser has grown heavily since its inception. The purpose of the event is to promote the artists of the New Orleans area and their work. There will be several types of classical and contemporary artwork on display and for sale. Mediums vary from photography to sculpture and more.

In addition to the Julia Street galleries, several shops and galleries along Magazine Street will also be hosting openings, and will remain open past normal business hours for the event.

Following the celebration, there will be an exhibit opening at the CAC with a $10 admission. This event will run from 6 p.m.–midnight. Members of the CAC will be admitted free of charge.

Come out and support the arts, and have a relaxing evening enjoying free galleries, music and food. For more information visit the CAC’s website at www.cacno.org.

The buzz on gaming: what to expect for the rest of 2012

By Jordan Delese

The final quarter of the video game season is quickly approaching, just waiting to unleash a plethora of blockbuster titles upon us. Last year, "Call of Duty: Modern Warfare 3" broke records as the fastest-selling entertainment product ever, reaching $1 billion in only 16 days. The next installment in the series, "Call of Duty: Black Ops II", is slated for release on Nov. 13. Another highly anticipated first-person shooter, being released on Nov. 6 is "Halo 4". This will be the first installment in an entirely new trilogy from developer 343 Industries.

Basketball junkies won’t have to wait long to get their fix as “NBA 2K13” was released Oct. 2. Unfortunately, the only other sports title worth mentioning is “WWE ‘13” (Oct. 30), if you’re still into wrestling.

Racing game fans will have their hands full once “Forza Horizon” (Oct. 23) and “Need for Speed: Most Wanted” (Oct. 30) become available. The Forza series offers unrivaled realism in physics and graphics, while the Need for Speed series is known more for their arcade-style approach and is easier to pick up and play right off the bat.

Whether you’re a fan of shooters, platform games, or even Michael Jackson, there is sure to be at least one title this holiday season that has the capability to extract hours and hours of productivity from your daily life.

Upcoming release dates and titles

- Oct. 7: Pokémon Black 2 and Pokémon White
- Oct. 9: Dishonored, Fable: The Journey, Just Dance 4, N.O.M.E: Enemy Unknown
- Oct. 16: 007 Legends, Doom 3: BFG Edition
- Oct. 21: Michael Jackson: The Experience, Skylanders: Giants
- Oct. 23: Forza Horizon, Medal of Honor: Warfighter
- Nov. 6: Halo 4
- Nov. 13: Call of Duty: Black Ops II
- Nov. 18: FIFA 13
- Nov. 20: Hitman: Absolution
- Dec. 4: Far Cry 3
- Dec. 12: Hawken

POBOYS

POBOYS
Roast Beef - Debris style roast beef poboy with gravy
Cuban - Pressed poboys with roasted pork, ham, Swiss, mayo, mustard & pickles
Feulette - Pressed poboy 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

BURGERS

Cold or Grilled Ham or Turkey
Hot Grilled Ham or Turkey

POBOYS

POBOYS
Roast Beef - Debris style roast beef poboy with gravy
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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 Grilled Ham or Turkey

Sides: shoe string fries, sweet potato fries, chips
breakfast hours:
Mon-Fri 7am-11am Saturday & Sunday 7am-3pm

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A lack of coaching is killing the Saints

By Seth Mattei

The Saints look like an entirely different team than they did three years ago, when they were a well-oiled machine that couldn’t seem to stop winning games; now they look virtually un-coached.

Part of the problem can be seen in the overblown portrait of Coach Sean Payton glaring over the team at their practice facility. It’s as if they have resigned themselves to the notion that without Payton, they’re nothing. On the other hand, Offensive Line Coach Aaron Kromer looks like he is asleep at the wheel as Payton’s current replacement. At least Joe Vitt, the actual interim head coach, seems like he will be able to have more command over the team. Unfortunately, Vitt is suspended until week eight, nearly halfway through the NFL’s regular season.

Defense is another major factor. Steve Spagnuolo received so much media hype during the off-season that it is now almost unbearable to watch his coaching bring no results. This team went from being Super Bowl champs to an embarrassment in just three short years.

The situation is not completely hopeless, though. The Saints have started out each game looking like pros, but by halftime, they seem to lose focus and give the opposition control over the game. The complaints are typical: the offense (particularly Brees) needs to stop turning the ball over, and the defense has got to stop leaving gaps for explosive offensive plays to happen. We have very talented players that know how to win games; let’s put them to work.

Running back Darren Sproles and tight end Jimmy Graham make better play completions than Reggie Bush or Jeremy Shockey (the Super Bowl champions that they replaced) ever did.

The bounty scandal was unprecedented, and the changes that it led to are enough to take the wind out of any team’s sails, but it also begs the team to show the public what makes them so special, and they haven’t done that yet. Aaron Kromer needs to stop this “Everything will be fine” approach, toughen up, and actually coach these guys.

 Associated Press Sports Briefs

Basketball

The 2012 WNBA season would have been a challenge for the Phoenix Mercury no matter what. With the London Olympics coming right in the middle of the regular season, the league took a month hiatus and the Mercury have two national team members on their roster. But what the Mercury didn’t expect was that both of their Olympians — perennial WNBA all-stars — would be sidelined with injuries. Others also went down during the year, and with a make-shift lineup the Mercury lost a franchise-record 60 first-place votes for the first time this season. The Tigers had a second straight sketchy performance, this time against Towson, and dropped a spot for the second consecutive week. LSU won 38-22 at home against the FCS opponent Saturday night and is ranked No. 4 in the new media poll. Oregon remained No. 2 and Florida State moved past LSU to No. 3.

Football

The greatest receiver in football history, Jerry Rice is helping the NFL and Xbox 360 fight childhood obesity through a program that hopes to encourage 1 million youngsters to become more active. The “60 Million Minutes Challenge” asks kids of all ages to pledge to be active for 60 minutes every day. It’s part of the NFL’s PLAY 60 program. More than 1,500 PLAY 60 youth events have been organized and the league has built more than 100 youth fitness zones. “To reverse the trend of childhood obesity, we need to continue to educate kids and parents about the importance of 60 minutes of daily activity,” Rice said.

Baseball

David Ortiz has been through a lot in nearly a decade with the Red Sox. He’s earned two World Series rings and owns the club record for homers in a season. He suffered through a monumental September collapse last year, and has been sidelined with a strained right Achilles as the team faded out of the playoff picture this season under first-year manager Bobby Valentine. This winter, like the last one, he will be a free agent. And though a return to Boston is quite possible, you never know. “It’s just been hard,” said Ortiz, who has not played in a game the last two months. He expressed disappointment the past two years of not receiving a multiyear deal, but repeated what he’s said often about that topic. “All I want is respect,” he said. “That’s all I’ve ever said.

Soccer

UEFA President Michel Platini has held talks with English football officials about staging key 2020 European Championship matches at Wembley Stadium. Platini has proposed scattering matches across as many as 12 European countries, rather than selecting a single host nation in 2020. Platini came up with the radical plan for Euro 2012 after Turkey emerged as the only formal bidder. But if Istanbul’s 2020 Olympics bid wins next September, Turkey won’t be allowed to stage the Euros in the same year as well.

Hockey

The Seattle City Council is expected to approve a deal that would help build an arena to bring NBA and NHL teams to the city. Members of the council have indicated they’re ready to sign off on investor Chris Hansen’s plan to build a $490 million arena near the Seahawks and Mariners stadiums in the SoDo area, south of downtown. The plan calls for $200 million in public investment. Changes in the plan still must be approved by the King County Council, and it must pass an environmental review. But, Hansen says city approval will allow him to start looking for a team that would replace the Sonics. After four decades in Seattle, the Sonics were moved to Oklahoma City in 2008 and became the Thunder.

The University of New Orleans

is opening its doors on Saturday, October 20, 2012 from 10 AM – 2 PM.

Bring your family and friends to learn more about what makes the University of New Orleans

Louisiana’s premiere urban university!

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• Academic browse
• Campus tours
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Alabama unanimous No. 1 in AP Top 25

NEW YORK (AP) -- Alabama is a unanimous No. 1 and LSU slipped another spot in The Associated Press college football poll. The Crimson Tide received all 60 first-place votes for the first time this season. The Tigers had a second straight sketchy performance, this time against Towson, and dropped a spot for the second consecutive week. LSU won 38-22 at home against the FCS opponent Saturday night and is ranked No. 4 in the new media poll. Oregon remained No. 2 and Florida State moved past LSU to No. 3.
Dear Erika, I am obsessed with what other people think about me. I can’t do a single thing without worrying about some repercussion. I have a huge fear of being judged. It always feels like everyone is watching me and waiting for me to screw up. I think that everyone is better than me, I know it’s a terrible way to think but I can’t help it. I feel like my insecurities are getting out of control. I don’t want to keep myself from living my life but I don’t know what to do to get out there. How do I get over my fears?

-Eyes Open

Dear Eyes Open, great song, eh? I think the best thing for you to do is get out there ASAP. It is one thing to be a wallflower or bit reserved at times, however it is a whole different story to hold yourself back completely. I have always actually been very shy, but I realized that sitting back watching everyone live is no way to spend a life. You see, if you let one thing hold you back, you become comfortable in the shadows and eventually, you will keep yourself there, safe and sound. It is perfectly natural to go into flight vs. flight mode but you have to control your fears and not let them consume you. The truth is most of the time people are much too occupied with their own lives to really pay attention to yours. You have to learn to believe in yourself and also love yourself. As trite as it sounds, make him understand that it’s your best interest to make the move.

-Unexpected love

Dear Unexpected love, normally I am a big fan of the truth and I would say put all of the cards on the table for Mark. However, this really isn’t just your secret to tell. Let me explain, you see once you come clean, Mark will have lost his girlfriend and now his best friend. I think you should speak to Steven and let him know Mark deserves to know the truth. And as much as I want to believe you are going to tell him the truth because he deserves it, I suspect you want to do it simply to claim Steven. Not a good idea my friend! Steven may have been acting coldly because he felt guilty and then wished the whole thing would have never happened. Has he approached you saying he feels the same way? Has he ever given you any indication that he wants more than what your situation currently is? Could it be that it was just about the sex? Ask yourself these questions before you destroy a friendship or make a fool of yourself. Your realization of love could be a fleeting moment of passion Steven regrets.

-Elena

Dear Elena, I cheated on my boyfriend with his best friend while he was away on a family vacation. I have been attracted to Steven for a while now, but I fought the attraction because I have been with Mark* almost a year now. He is really sweet but just doesn’t meet my needs like Steven did. When Mark came back home, Steven started to act really cold towards me and he’s now started to act like nothing ever happened. I guess I should be happy about that, but honestly I don’t want to let it go. I think a relationship with Steven could really work. We just click so much better. Should I tell Mark the truth myself or give Steven a chance to?

-Great job

Dear Great job, I am really proud of you! You have to control your fears and not let them consume you. You have to stop selling yourself short! Don’t be afraid to take a risk, speak up and put yourself out there! Pay close attention to those lovely song lyrics; but you’ve got something they don’t, yeah you’ve got something they don’t, keep your eyes open.

-Great job

Dear Great job, it’s okay to doubt yourself. I am concerned about healthcare, middle class taxes and jobs.”

David Williams, Computer Technology

“Things need to get done, first of all. Overseas combat should not happen, unless it is absolutely necessary. The president needs to be a president; I don’t need to see footage of him playing golf. I’m waiting on the Israel talk.”

Oscar Enamorado Accounting

“Financial aid, medical benefits. I would rather Obama than Romney, because Obama is at least looking out for the middle class.”

Whitney Shorts Criminal Justice

“Financial aid, mainly; but also healthcare and taxes.”

Naomi Leblanc Chemistry

“Cutting of federal funding for student aid always concerns me, and we need a move from federal responsibility to local governments being responsible. My biggest issue is the loss of any public issue because of divisive politics.”

David Teagle Mass Communications/Public Speaking

October 5, 2012

Erika Canales

ERIKA Explains it ALL

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