"Delmajo Recycles" ensuring all campuses have a greener future

By Marion Freistadt

What started as a small initiative by the Faculty Senate has now grown into Delgado Recycles, a group of faculty and staff members dedicated to getting efficient recycling and other earth-friendly policies in operation at the school.

A recycling program at Delgado was given the go-ahead in November 2011, when interim chancellor Deborah Lea stated that she plans to make recycling a priority at the school. Delgado’s new chancellor, Monty Sullivan, also supports the program. With more people recycling their waste on campus, the outflow of garbage will decrease, and with it, waste removal costs at the school.

In fiscal year 2011-2012, the group was able to get a short-term contract from Allied Waste. The company collects paper (including shredded), cardboard, plastic (Types 1, 2, 5 and 7) and aluminum cans. Glass and styrofoam are not recycled. Material is collected as “single stream,” meaning that it does not need to be pre-sorted. All material can go in the same bin, both indoors and outdoors. Allied provided 4 totes (96 gallon outside bins, similar to residential recycling bins), at the City Park campus only, which the company emptied once a week. The totes were located outside buildings 4, 10, 2 and 22. Issues with non-recyclable garbage being put into recycle bins persist, and the group continues to educate the student body on the differences.

For fiscal year 2012-2013, Delgado has a contract with Allied Waste for five campuses: City Park, West Bank, East Jefferson, and Charity. This expanded contract includes several three and six-yard dumpsters, in addition to the totes, to be used solely for recycling, and pick-up day remains Tuesday. The contract is for one year, and is renewable up to three years.

To collect materials inside buildings, a grant application to the Delgado Foundation was submitted and approved, resulting in the purchase of 11 new bins. The blue, hexagonal bins are made from recycled plastic material and are now placed throughout City Park, West Bank, East Jefferson and Charity campuses.

In addition, Coca-Cola’s recycling division provided 50 bins used at Jazz Fest, which will be put into use once they are cleaned and labeled. It is the group’s goal to have recycling bins adjacent to every garbage can.

To move materials from internal collection locations to external collection locations, each bin is monitored by one or more area captains. These captains are responsible for recycling, and pick-up day remains Tuesday. The contract is for one year, and is renewable up to three years.

Faculty Senate organizations are encouraged to get involved with Delgado Recycles. More information can be found at dcc.edu/servicelearning/recycle or on Facebook under Recycling at Delgado.

For the fourteenth straight year, all of the stages, vendors, performers and a projected 150,000 music fans that make up the Voodoo Music and Arts Experience will come together in City Park on the last weekend of October (the 26–28), for a wide variety of acts including Green Day, Nas, Neil Young & Crazy Horse, Skrillex, Jack White, and many more local, national and international musicians. So, what keeps this festival so varied and interesting?

“I never chose between the Beatles and the Rolling Stones when people asked me which band I preferred, because you can't make choices like that with great music,” said Stephen Rehage, CEO of Rehage Entertainment. He started the festival in 1999 as a labor of love, and with a drive to create a contemporary music festival that truly represents his hometown of New Orleans. “I spent 90 percent of my teenage years with headphones on,” Rehage said, “I was completely immersed in music, I snuck into music clubs, and it was great when events like Lillolapalooza came through town.”

Voodoo is one of the last privately-run festivals in the country, and that kind of passion is necessary to keep it fresh. “Eight close friends who have been involved since the beginning are in charge of booking the acts,” Rehage said. “We don't look at sales or do that kind of research. It's more like, if you're having a backyard party, who would you want to play there?” This is no ordinary backyard party, though.

This year's festival takes place on five stages, which are put into four separate categories: Le Ritual (the Voodoo stage), Le Flambau (the Preservation Hall and the WWOZ/Bud Light stages), and Le Carnaval (Le Carnival stage). Voodoo is the main stage and will feature mainly big-name rock acts, and will see hip-hop artist Nas performing before Jack White, the kind of odd pairing that has become a Voodoo staple. The Red Bulletin stage will feature a wide array of electronic music from all over the world, including the Israeli group Borgore and the Parisian duo Justice. This stage will be headlined by Skrillex. Preservation Hall is a stage for local acts, with performances from Little Freddie King, the Treme Brass Band, and My Name is John Michael, among others. The WWOZ/Bud Light Stage has funk legend Bootsy Collins, reggae superstars Toots and the Maytals, and other party-goers. See VOODOO, page 5
National College Radio Day spotlights student-run stations

By Julie Tommeraas

"A nationwide movement...illuminating the cultural significance of student-run radio"—Time Magazine

National College Radio Day is a day set aside to bring awareness to the creative talent and fearless innovation that is indeed, college radio around the country. Delgado was one of the many stations that took part in the event held every year on Oct. 2.

Here at Delgado, the goal was to make the campus more aware of our radio station located in building 11, adjacent to the Student Life Center. Stickers and flyers were handed out around campus and the word that we have a radio station was spread.

Northwestern, Louisiana Tech, Tulane, Nicholls State, LSU, Southeastern University, University of Louisiana at Monroe; along with Delgado were among the Louisiana stations that participated in the event.

Another goal of the event was to raise $10,000 to be given to college radio stations. The fundraiser was passed through the release of a CD with various new, and unsigned artists, who are typically heard at college stations due to the freedom they have in choosing playlists.

Dolphin Radio 98.9 FM can be heard throughout the City Park campus, and online at dolphinradio.org.

The Race to Can Hunger brought food and funds to Second Harvest

By Khanh Nguyen

After a successful event in 2011, Delgado Community College held its second annual Race to Can Hunger this semester. Canned goods and cash were collected for the Second Harvest Food Bank. The event kicked off on Sept. 20 and 21 and the second leg was held on Sept. 27 and 28.

Hunger is a large problem in our community, and the number of those in need in south Louisiana became even more prevalent after Hurricane Isaac. The first collection in 2011, provided an estimated 6,000 pounds of food. Ashley Brown, a nursing student and donor to the cause said she "likes this charity work a lot. It is a way to teach myself and the young generations to give back to the community." Brown continued, "I take a big box home and will fill it by telling my relatives and neighbors about the canned food drive, they are willing to help too."

The event was created by Joshua Benitez, president of the City Park campus Student Government Association. This event was a part of his presidential run. "I want to show what I’m doing rather than just saying it," Benitez said. Seeing students in line to help those less fortunate is as inspiring as charity work like this that is able to make such a significant impact.

Campus Events

City Park

Charity

Pink Out Day

An effort to raise awareness and reduce the stigma of breast cancer through awareness.

Mon. Oct. 22
11 a.m. – 3 p.m.
Student Life Center

Pink Out Day

Oncology seminar educating students about the benefits of oncology nursing, local resources for patients and the advancements made in breast cancer research the treatment.

Fri. Oct. 26
1 p.m.-3 p.m.
7th floor auditorium

Slidell

Health Awareness Day

Wed Oct. 17
2 p.m.-5p.m.
320 Howze Beach Rd. I-10 Service Rd.

Covington

Phi Theta Kappa Information Session

Mon. Oct. 22
11 a.m.
After setbacks, WYES moves into its new home

By Megan Alleman

A new building in the back of Delgado’s City Park campus is turning heads. The building is the new WYES Digital Complex, and is Phase 1 of the WYES Center for Public Media. The 20,000 square foot space houses the new state of the art technical facility, studio, and technical staff. Fully funded, the project cost approximately $9.2 million dollars.

In August 2005, Hurricane Katrina destroyed much of the station and its equipment. Seven years later on Aug. 21, 2012 the WYES Digital Complex welcomed staff to their new offices. One week later, Hurricane Isaac hit New Orleans and delayed the technical transition due to flood damage in the new building. As of the first of October, the studio and entry floors have been repaired, and plans are being made for upcoming shows. Promotion Manager Aislinn Hinup said, “WYES looks forward to using its new studios for October’s live televised auctions and for its weekly tapings of “Steppin’ Out” and “Informed Sources.”

In April of 1957 WYES signed on the air as a community license public television broadcasting station for southeast Louisiana and the Mississippi Gulf Coast. WYES is the twelfth oldest public television station in the nation, and is locally owned and operated. WYES is one of the most utilized non-profit institutions in Louisiana and Mississippi.

Delgado holding events as part of nation-wide Breast Cancer Awareness Month

By Khanh Nguyen

It’s no coincidence if you start seeing people wearing pink these days, as October is Breast Cancer Awareness Month. In honor of helping raise awareness, Delgado is holding it’s annual Pink Out event on Oct. 22.

Everyone is encouraged to wear pink on this day, with the goal in mind for the whole month to be “raise awareness for breast cancer, educate women about diseases, and to show our support of for people who are undergoing breast cancer treatment, overcoming it, or are diagnosed with it.”

The first Pink Out event last October turned out well with lots of students, staff, and faculty dressing for the event. “It will be an event we would do every year,” Joshua Benitez, president of City Park’s Student Government Association said.

A Race For The Cure will be held on Saturday, Oct. 20 in City Park. For more information about the race, email Joshua Benitez at jbenit@dcc.edu.

Associated Press News Briefs

City

The Advocate marked the launch of its daily New Orleans edition, as the newspaper moves to fill in a pending void created by The Times-Picayune’s decision to publish three days a week. The goal is to distribute 10,000 copies across the greater New Orleans area, to 35 zip codes and 400 single copy locations. More than 50 people attended the launch at which officials introduced the seven former Times-Picayune reporters who have been hired to work in the new, New Orleans bureau.

State

The Legislature’s chief economist says Louisiana closed the last fiscal year with a surplus of $180 million. Greg Albrecht gave the news to the state income forecasting panel, at the Revenue Estimating Conference. Albrecht says the better-than-expected financial performance for the budget year that ended June 30 was largely tied to corporate tax collections, which were significantly higher than forecast. Opinions differ on how the money can be spent. Commissioner of Administration Paul Rainwater, the governor’s chief budget adviser, wants to use the money to fill a Medicaid shortfall. But House Appropriations Committee Chairman Jim Fannin says law requires the first draw on leftover cash must be used to repay withdrawals from the state’s “rainy day” fund.

National

Maria Ybarra’s trailer is one of two left on the property that for over two decades was home to Latino labor leader Cesar Chavez and farmworkers like Ybarra who made up his movement. Today, the foothills of the Tehachapi mountains continue to house the United Farm Workers of America headquarters and memorials to Chavez, though farmworkers no longer live there. During a campaign swing through California, President Barack Obama will designate 105 acres of the property as a national monument within the National Park system - a move that could help shore up support from Hispanic and progressive voters before the election. As head of the UFW, the Arizona-born Chavez staged a massive grape boycott and countless field strikes, and forced growers to sign contracts providing better pay and working conditions to the predominantly Latino farmworkers. He was credited with inspiring millions of other Latinos in their fight for more educational opportunities, better housing and more political power.

International

Iran’s cyber monitors often tout their fight against the West’s “soft war” of influence through the Web, but trying to block Google’s popular Gmail appeared to be a swipe too far. Complainants piled up — even from email-starved parliament members — and forced authorities to double down on their promises to create a parallel Web universe with Tehran as its center. The strong backlash and the unspecific pledges — and forced authorities to double down on their promises to create a parallel Web universe with Tehran as its center. The strong backlash and the unspecific pledges for an Iran-centric Internet alternative to the Silicon Valley powers and others highlight the two sides of the Islamic Republic’s ongoing battles with the Web. It’s spurred another technological mobilization that fits neatly into Iran’s self-crafted image as the Muslim world’s showcase for science, including sending satellites into orbit, claiming advances in cloning and stem cell research and facing down the West over its nuclear program.
“Bayou Militia” Airmen welcomed home from overseas

Complied By Dolphin Staff

BELLE CHASSE, La. – Airmen of the Louisiana National Guard’s 159th Fighter Wing were welcomed home by family and friends at the Naval Air Station, Joint Reserve Base, New Orleans in Belle Chasse, La., Oct. 11.

More than 230 Airmen from the 159th FW, based in New Orleans, returned from a deployment to the Middle East in support of Overseas Contingency Operations.

While deployed to the United Arab Emirates, they were part of the 380th Air Expeditionary Wing and carried out the mission of providing air superiority in support of national military objectives.

The entire 159th FW is comprised of 1,200 Airmen from the Louisiana Air National Guard who provide worldwide deployable aircraft and combat resources that are operated, maintained and supported by professional Guardmen dedicated to supporting both federal and state missions.

Delgado Circles of Excellence awards dinner to be held Oct. 23

Complied By Dolphin Staff

The Delgado Circles of Excellence Outstanding Alumni recognition dinner is scheduled for Tuesday, Oct. 23, 6:30 – 8:30 p.m., at Andrea’s Restaurant, 3100 19th St. in Metairie. Tickets are $50 per person. The celebration honors the community service contributions of Delgado Community College’s outstanding alumni and highlights the accomplishments of the 2012 Circles of Excellence Award winners.

Guest speaker for the evening will be James Hines, president of the Harvey Canal Industrial Association and a Circles of Excellence Award winner in 2008. Delgado Chancellor Dr. Monty Sullivan will be master of ceremonies.

2012 Delgado Circles of Excellence Award winners:

Pamela Albers
Gretna, LA
1994, General Studies
Social worker with New Orleans Family Justice Center

Anna Marie Eastburn
Slidell, LA
2006, Dietetics
Performance dietitian with University of Pittsburgh at John C. Stennis Space Center

Joseph Scott Morgan
Dahlonega, GA
1991, Criminal Justice
Assistant professor at North Georgia College and State University, author

Patrick M. Smith
Mandeville, LA
1999, Criminal Justice
Community relations deputy with Jefferson Parish Sheriff’s Office

Pearlina Thomas
New Orleans, LA
2008, Construction Management and Civil Engineering
Area manager with Louisiana Associated General Contractors

Joseph Webster
New Orleans, LA
2011, Fire Science Technology
Firefighter with New Orleans Fire Department, U.S. Army Reserve recruiter

For ticket information, contact Connie DeBlieux at (504) 671-5631 or cboudo@dcc.edu.

A wide array of animals converged on City Park campus to benefit the DCC Veterinary Technician program

A Delgado student took part in a petting zoo hosted by the Red Barn Farm Tour.

Top Left: An English Bulldog turned bumble bee paraded in front of judges for a doggie-costume contest.

Bottom Left: DCC Vet tech students offered dog grooming services at the 2012 Animal Expo.

Right: Local rescue organizations, pet stores, and the Red Barn Farm Tour set up on Delgado’s City Park campus on Oct. 13 for a city-wide animal expo.
Buying Time
Avoiding vehicle tows, fines, and insurance increases until you can re-legalize your transportation

By Chris Farrell

Life presents us with constant financial demands like the inescapable certainty, as with ‘death and taxes,’ of the need to keep-up with legal responsibilities.

College students often plan their budgets based on the loans and grants they receive each semester. Sometimes financial responsibilities are not met in a timely manner, and often times our money doesn’t seem to go very far. Situations arise wherein students are forced to wait until their next disbursement of financial aid in order to meet all of their prioritized responsibilities. The payment of some financial responsibilities cannot be delayed without penalties.

Automobile insurance is one of these demanding responsibilities.

If one does not pay their auto insurance premium on time and their auto insurance is cancelled, the vehicle can be towed. Obtaining a Statement of Non-Use from one’s insurance agent or the Office of Motor Vehicles (OMV), buys time and allows one to ‘dodge the bullets’ of tickets, tow, fines and insurance premium increases.

Temporarily taking one’s vehicle off the road until one is capable of maintaining their auto insurance allows them to avoid costly penalties which can include: the cost of a no-insurance ticket, the cost of suspended driver’s license and vehicle registration reinstatements, the requirement for one to carry for a period of one year without a lapse an SR-22 insurance binder on their insurance policy.

If one’s automobile insurance is approaching expiration and they do not have the money to keep their insurance policy current, then a Statement of Non-Use is recommended for the purpose of temporarily canceling auto insurance, without canceling their vehicle’s registration. The statement must be submitted to the OMV prior to, or within 30 days following the termination date of the insurance policy.

By obtaining a Statement of Non-Use, one still maintains the registration on their vehicle, but they will not be issued a citation for having let their insurance run out. This will also prevent having your registration and driver’s license suspended. You will not be required to carry the additional SR-22 binder on an insurance policy for an uninterrupted year and if the vehicle is parked off the public roadway, it will not be towed.

If you take this step, it is imperative that you park the vehicle off the road and do not drive it until such time as you have re-insured it. It is definitely not worth the risk to drive a vehicle that is not insured. If one happens to be pulled over by the police, their uninsured vehicle will be towed and you will not be able to pick it up from the towing yard until you can show a valid driver’s license, and proof of current registration and insurance. Also, after getting caught with no insurance you will be required to add an additional binder to your insurance policy: an SR-22 Binder.

With an SR-22 Binder attached to one’s insurance policy, the minute that you lapse on your insurance, the OMV is electronically notified by the computer system of the insurance agency and one’s vehicle’s registration and driver’s license are immediately suspended. They will receive their suspension and fines in the mail. Also, the cost of their insurance premium will go up when the cost of the SR-22 binder is added.

So, if your insurance is about to lapse and you won’t be able to pay your premium until your next financial aid arrives, look into a Statement of Non-Use, and put the ride off road until you can renew your insurance and keep it legal. Time is money, and if the situation dictates, buy yourself some time.

Missing element added to the periodic table

Scientists finally create element 113, ununtrium

By Jordan Dolese

After years of trying, scientists at Japan’s RIKEN Nishina Center for Accelerator-based Science have finally synthesized element 113 on the periodic table. The element, temporarily called “ununtrium” until Japan names it, cannot be naturally created on Earth, this forces it to be created inside a lab.

The team combined a zinc atom, an element with 30 protons, with a bismuth atom containing 83 protons, to result in the 113 proton particle. The super heavy element quickly decayed into smaller ones, but the team indeed confirmed that an atom with 113 protons was present. The group’s attempts in 2004 and 2005 weren’t successful because the decay chain pattern hadn’t been completely observed. “It feels like a great weight has been lifted from our shoulders,” stated Kosuke Morita, head of the research group.

According to Live Science, this discovery marks the first time that Japan has found a new element. For their next challenge, Morita and his team “look to the uncharted territory of element 119 and beyond.”

VOODOO, from page 1

friendly sounds that are right at home in the Big Easy. Le Carnival has in the past taken place in a circus tent made to feel like an intimate nightclub, and place in a circus tent made to feel like an intimate nightclub, and trace the origins back to New Orleans.” Voodoo began as a one-day event with a little over 5,000 attendees in 1999, and eventually evolved into the three-day musical marathon that it is now. This year, festival-goers will have the option of on-site camping for the first time in the event’s history. Since 2006, an average of 150,000 people have shown up for each weekend of the festival.

November 19, 2012

The Dolphin

Page 5
The 2012 New Orleans Film Festival wraps up after another year of growing popularity

By Seth Mattei

The 23rd annual New Orleans Film Festival, presented by the New Orleans Film Society, kicked off on Thursday, Oct. 11 with a Joy Theater showing of The Paperboy, directed by Lee Daniels (Precious, 2009) and starring Matthew McConaughey, Macy Gray, John Cusack and Nicole Kidman.

Jury Award Finalists It’s a Disaster (Oct.16), Francine (Oct.17), and Now, Forager (Oct.18) all had showings at the Prytania Theater. Liquid (Oct.18) all had showings at the Prytania Theater. Liquid Land, a documentary about New Orleans musician’s determination to remain in their hometown despite the occurrences of natural disasters, hit many locals close to home. This film played at the Zeitgeist Multi-Disciplinary Arts Center on Oct. 16. The Closing Night Feature was held at the Prytania Theater, with showings of The Sessions, directed by Ben Lewin and starring John Hawkes, Helen Hunt, and William H. Macy, (based on the true story of journalist and poet Mark O'Brien), as well as ThE Iceman, a non-fiction story about Richard “Iceman” Kuklinski, who led a double life as a contract killer for the mob, but was also a loyal family man. This film was directed by the Israeli native Arielle Vandenberg and stars Michael Shannon, Winona Ryder, James Franco, Chris Evans, Ray Liotta, and David Schwimmer.

According to the New Orleans Film Society, “This year’s New Orleans Film Festival concept is meant to depict Louisiana as a new frontier on the cinema landscape, a land bursting at the seams with innovation, creativity and vision.”

The festival marked a good time to see a wide variety of movies that don’t typically play in traditional theaters. About 1,250 films were submitted for this year’s event (reportedly 40 percent more than in 2011), so the film society had significantly more material to choose from than they have had in the past. Showing up for this event is a great acknowledgement of the thriving local movie industry, which, judging by the movies being shown at this festival, is gaining more national and international clout by the year.

NOCCA offers local students a creative and different option for high school

By Megan Alleman

The New Orleans Center for Creative Arts (NOCCA), was founded in 1973 to provide professional arts training to high school students. Students in New Orleans and the surrounding areas can learn and train here in their chosen artistic field. Students are given the opportunity to gain knowledge and training from professionals already working in these specific mediums. Artists like Anthony Mackie (The Hurt Locker) and Harry Connick, Jr. are a few graduates from NOCCA who have gone on to successful careers. The creative arts that are currently offered to NOCCA students are Classical Instrument, Creative Writing, Culinary Arts, Dance, Drama, Jazz, Media Arts, Musical Theatre, Theatre Design, Visual Arts, and Vocal Music.

In August of 2011, NOCCA added an Academic Studio and became an accredited full-day academic institute. Students will graduate from NOCCA with a high school degree from the state of Louisiana and will also be eligible for TOPS. During that first year, there was only a ninth grade class, but with each coming year, the school will add one grade level culminating in 2014, when the school will be a full ninth-twelfth grade institution. NOCCA is proud of the recognition it has received from both the local community and around the nation from professional artists and alumni. To apply to NOCCA, students must audition in their chosen arts discipline. Students have the option of attending NOCCA for a full-day, midday or as an after-school program. If the student is accepted, they enter into a Level 1 program. NOCCA freshman Level 1 Dancer Lauren Alleman said that being at NOCCA is not like any other school. There is a morning assembly and then students go to classes. Three days out of the week they are taught a foreign language, currently students can choose from Spanish or French. Unlike standard high schools, NOCCA’s programs are integrated studies; Math and Science are combined as well as English and Social Studies. In the afternoon, there are three hours dedicated to the student’s specific art. Alleman continued, “The days are long but I learn a lot and have an advantage that a lot of kids my age don’t have.”

A 1970’s style comes back for fall

By Khanh Nguyen

Once again, flared jeans have come back into style. The 1970’s style has hit many of the major stores, and has become one of the season’s hottest trends. Fashionistas like to challenge themselves with trends, so let’s bid adieu to the skinny jean.

Many stores are embracing different variations of flared jeans such as high-waisted, wide leg, or simply boot cut, allowing the consumer to pick and choose what style works best for them. The difference between these looks is achieved by changing two aspects of the design. The width of the flare, and the position on the leg where the flare begins creates the many different styles. A wide-leg jean flares out from the thigh to the ankle, while boot cut and high-waisted styles are form fitting to the knee and flare out down to the ankle.

There are several ways to dress up a pair of flared jeans, but first understanding “volume” is key. A simple rule is when you are wearing a flared bottom with lots of volume; it’s best to keep the top more fitted for contrast. If you are petite, a pair of high-waisted flared jeans with a fitted blouse is a good way to make your legs look longer than they are. For those with a more hourglass figure, classic wide-leg fit with a casual top will keep you looking slim in all the right places, but will still show off your curvy High heels are another great way to help balance the volume of the flare, by adding height and softening the width of the jean.

Trends come and go but your true love of fashion stays. Stay chic!

Green Day backs out of Voodoo Festival

By Jordan Dolese

Back in May, Green Day was announced as the first headliner for the 2012 Voodoo Music Festival. Suddenly, 19 days before their allotted two-hour time slot, the band announced they were canceling their performance. Following an outburst at the iHeartRadio Music Festival in Las Vegas just a few weeks ago, it was announced that lead singer Billie Joe Armstrong checked into a substance abuse program. The band’s set was reportedly cut 20 minutes short, infuriating the rocker enough to smash his guitar and flip off the crowd.

Green Day’s Voodoo performance was set to be the band’s first festival headlining performance of the year before they kicked off a full-fledged tour starting the second week of November. This would have been the band’s second appearance at Voodoo, having played the festival in 2004.

“Canceling shows is something we rarely do,” stated Tre Cool, the band’s drummer. “We never want to let our fans down, and we are grateful for all of you being understanding during this time.”
Full-court press, athletes trying their hand at rap
By Ashley Powers

When you hear the names Kevin Durant, Carlos Boozer and Lamar Odom you may think of basketball. Well these players want to add more to their resume - they want to rap! To make sure they fit the part, they are teaming up with some of the best in the game like Trina, Rick Ross, Snoop Dogg, Birdman and many more.

In the early 2000’s many singers were becoming actors and actresses, and vice versa, and many did a fair job at a career swap. I sure hope these ball players have what it takes to rock the microphone, and I’m kind of nervous for them honestly. Their job as basketball players doesn’t require them to do half the things musicians do, and every career does not work out for everyone.

Many have tried the rapping route, failed, and left us with blank and confused looks (Re: Shaq Diesel, Tony Parker, Kobe Bryant and Daniel Gibson). So, Kevin Durant, I sure hope you and your team know what you’re doing and whatever press you get while stepping into the music industry, I hope it’s good.

Being vegan: not only a diet, a way to live
By Julie Tommeraas

What if the things you ate could erase a blemish, or cure a headache you’ve been taking Tylenol for? Today, many believe that eliminating what you eat to a plant-based diet and ridding your body of toxins (that may have been consumed through meat) can actually save your life.

If there is a way to beat diseases by changing your diet and the way you live, why not give it a try? Vegans around the nation swear on the fact that having a plant-based diet and ridding your body of animal products derived from animals. Many benefits can come from simple produce and products that can be planted in your own backyard. Foods like spinach, pumpkin seeds, collard greens, and asparagus are rich in zinc and actually strengthen the immune system to ward off those winter sniffles. A better understanding of what each fruit and vegetable can give you can be found online at www.fruitsandveggiesmorerematters.org.

Vegetarian diets can be a garden.

Vegan bloggers, Kelli Doussan and Jennifer Caballero are two sisters who write daily on how to live vegan and they aspire to motivate fellow vegans through the adventures of their blogs on sproutnewroots.wordpress.com.

“I had no idea how much my stomach ached slightly, or badly until it didn’t anymore. That was my “normal” before I gave up dairy. Also, I don’t get sick as often! I usually catch at least 2 colds during the year. I think I was one of the only people at work to not catch any of the stomach aches slightly, or badly that you do not know; keep it simple and clean.

There are many positive health benefits for those who decide to go vegan. Headaches can be cured, blemishes and skin diseases may be non-existent, as well as an overall light feeling that many people in today’s generation wish for. Cutting out dairy and animal products from your diet can be a smart move. It’s a myth that humans need meat – why make your refrigerator a morgue, when it can be a garden.

Vegan dishes, like ones that contain meat, don’t have to be extravagant to be delicious. You can whip up a simple pizza with just a few staples: tomato paste, spinach, olives, and pepper on a whole wheat pita makes for one awesome vegan pizza.

It’s also a commonly believed myth that being vegan is expensive. The author of “How To Be Vegan on Four Dollars a Day” Ellen Jaffe Jones, will definitely prove that notion wrong. New Orleans is beginning to spread new opportunities for the vegan community. There are now two high-end organic grocery stores, (Whole Foods Magazine Street and The Fresh Market on St. Charles Avenue) that specialize in vegan dishes. We also have the recently opened New Orleans Food Co-op in The Healing Center on St. Claude Avenue. There are vegan options as well as vegan menu options at all the hot restaurants; from Naked Pizza catering to the Italian palate to Byblos whipping up some Greek dishes. For some, the excuse not to be vegan may soon start dwindling away.

Vh1 show cancelled after domestic violence incident
By Ashley Powers

When I heard the news that Evelyn Lozada of Basketball Wives would receive her own VH1 show with her soon-to-be husband Chad ‘Ocho-Cinco’ Johnson of the Miami Dolphins, I could hardly wait to get a sneak peek into their love life on the last season of Basketball Wives as we saw Chad work on becoming a one-woman man, and Evelyn fulfill her obligations as a mother, a fiancé, wedding planner, and friend. By following them on Twitter, I was able to keep-up with all the ins and outs they went through leading up to the special day, July 4, 2012: the day they said ‘I Do’. I was more than excited.

So, when I saw that VH1 cancelled the show due to domestic violence, I was beyond upset, but remain in disbelief. We have witnessed what happens when boundaries are over-stepped with Lozada, with loyalty being most important to her. Some who heard about the incident sighed with relief, believing it was about someone put the bottle throwing, table-cleaning, punching bully in her place.

For the first time since the domestic dispute, and the end of her 41-day marriage, Lozada opened-up about her feelings, saying that her fairy tale marriage came crashing down. After finding a condom receipt in Johnson’s car, she confronted him, and he claimed he bought them for a friend. She told Johnson if he wants to cheat, she is not going to stick with him. In a shocking and disturbing response, Johnson head-butted her, causing her to need six stitches in her forehead. Lozada pressed charges and filed for divorce the following day; saying it’s the hardest thing she will ever have to walk away from someone you love, but you have to walk away because you have to protect yourself.

As far as the aftermath goes for Johnson, he has been charged with domestic battery and was cut from the Dolphins a day after the incident took place. To make matters worse, in 2009, Johnson’s teammate and best friend Chris Henry, a former NFL player for the Cincinnati Bengals, and native of Belle Chase, Louisiana, was killed as a result of a domestic dispute with his fiancé at the time. Although Johnson’s actions did not take him to the grave, he suffered greatly, costing him his self-image, career and marriage. Lozada told Amy Robach of ABC, “He is simply a man that made a bad choice; he is a great guy that just needs some help, that some bad choice cost him everything and I hate that I am connected to that.”

n the words of Lozada, “You ain’t about that life.” She is absolutely right, and VH1 is not about that life either. In immediate response, VH1 pulled the plug on Ev & Ocho and brought back Atlanta royalty Ti and Tiny. A true couple, who is familiar with love, understands each other, and knows what they signed up for.

Movie review: The Words
By Brittany Jones

The Words is a suspenseful romance movie starring Bradley Cooper, Zoe Saldana, Dennis Quaid, and Jeremy Irons. How far will Rory Jenson go to become a successful writer? Played by Bradley Cooper, Jenson is an aspiring writer whose success comes after the publication of his best-selling book. The only problem is, Jenson is not the rightful owner of the words put in his piece. Jenson comes across a manuscript left by a deceased writer. The rightful owner of the words will soon confront him, and he is faced with the moral decision of what to do next.
Food trucks abound, bringing creative and affordable food to the streets

By Blake Newman and Erin Krall

Food trucks are taking New Orleans by storm, and every Tuesday there is a gathering that brings a number of these mobile restaurants to one place. From 5 p.m. to 8:30 p.m., O'Heria Castle Haley Blvd. is home to different food trucks at the same time in what's called a round up. A rotating number of trucks set up shop outside the Zeitgeist Multi-Disciplinary Arts Center and give diners a communal, outdoor dining experience.

A vast array of options can come from a small number of food trucks. On any given Tuesday at the Central City location, there is Korean barbecue coming from the same truck window as a pumpkin cake dessert; or Bulgogi chicken tacos next to someone else's beef brisket empanadas, next to a pork confit sandwich.

The ingredient quality, interesting flavors, and portion sizes are the same as at a traditional restaurant, and prices for each dish are under $10. Typically, the freedom of not having a set menu or location leads to wildly creative inventions, all with the casual atmosphere of plastic utensils, and neighbors enjoying dinner together standing on the sidewalk.

Typically, trucks have somewhat consistent locations and times where they serve so patrons can easily find them. Twitter is heavily utilized in this dining experience, with real-time updates of locations, and menu options sent out to potential diners. Many local bars regularly host food trucks out front, as it serves not only the bar patrons, but brings new people to the scene who are simply coming for dinner.

One of the more well-known food trucks currently rolling through the streets is Teacueux Loceaux. As the name suggests, they serve both traditional, and more modern takes on tacos. There is a regular schedule that loyal customers know, for example, Thursday nights at Dos Jefes Cigar Bar, Friday nights at The Kingpin, weekday afternoons at Howard and Carondelet etc. These regular locations, as well as spontaneous ones, make the hunt for a favorite meal a fun experience. Other popular trucks operating in New Orleans are Espanada Intifada, Rue Chow, Foodie Call, Crepes a la Cart, and La Cocinita.

Acquiring a food truck is no easy task. Every February the city gives out 100 permits for the year, and this is also the time vendors have the opportunity to renew their permits. These are the same permits used for food carts. There are many laws that vendors must follow including one that states they are not allowed to be within 600 feet of a school or restaurant. The vendors also cannot stay in the same location for more than 45 minutes. Currently, the New Orleans Food Truck Coalition is in talks with the City Council in hopes of getting these laws, (that came about in 1956) updated to better support local business growth.

The Zeitgeist Multi-Disciplinary Arts Center is located at 1618 O'Heria Castle Haley Blvd. To learn more about food trucks' efforts to gain more rights, and what trucks are operating, visit nolafoodtrucks.com

Fitness: Watch it and work it

You Tube and DVD’s offer affordable options for healthier living

By Julie Tommerman

It may sound strange to some that YouTube can be used beyond pure entertainment. However, many fitness gurus see YouTube as a platform to get their name out and brand out to a wide audience. As a former “Kitchen Nightmares” and decided “Kitchen Nightmares” and decided to see what Chef Ramsey had featured on a 2011 episode of the FOX reality show “Kitchen Nightmares”, and received a lashing, and then a makeover from the show’s host, Chef Gordon Ramsey.

Zeke, the original owner, opened the restaurant at 1517 Metairie Rd. in 2002. He passed away shortly after Hurricane Katrina, and new owners Darryl and Ellen Cortello took over.

I’ve passed Zeke’s many times on my way home and to work. I recently saw the episode of “Kitchen Nightmares” and decided to see what Chef Ramsey had changed since I last visited in 2008. On previous visits, the menu was complicated and lacked focus. Zeke’s new menu is simple, yet very Cajun. For an appetizer, I tried one of my favorite dishes - fried green tomatoes. This is by far the best version I’ve ever had. For my entree, I decided to try the blackened alligator. I was curious about this dish because Chef Ramsey re-did the original recipe on the show. I must admit, this is the first time I’ve ever eaten alligator, and it was done beautifully. The presentation was lovely and it tasted out of this world. The server was very attentive, and every course was timed perfectly. Overall, the revamped atmosphere at Zeke’s is very peaceful. The food is much better than I’d previously experienced, and the service remained amazing. I will definitely be back, and recommend it for New Orleanians looking for great interpretations of classic Louisiana dishes.

A former “Kitchen Nightmare” is revitalized

By Blake Newman

Zeke’s restaurant in Metairie was featured on a 2011 episode of the FOX reality show “Kitchen Nightmares”, and received a lashing, and then a makeover from the show’s host, Chef Gordon Ramsey.

Zeke, the original owner, opened the restaurant at 1517 Metairie Rd. in 2002. He passed away shortly after Hurricane Katrina, and new owners Darryl and Ellen Cortello took over.

I’ve passed Zeke’s many times on my way home and to work. I recently saw the episode of “Kitchen Nightmares” and decided to see what Chef Ramsey had changed since I last visited in 2008. On previous visits, the menu was complicated and lacked focus. Zeke’s new menu is simple, yet very Cajun. For an appetizer, I tried one of my favorite dishes - fried green tomatoes. This is by far the best version I’ve ever had. For my entree, I decided to try the blackened alligator. I was curious about this dish because Chef Ramsey re-did the original recipe on the show. I must admit, this is the first time I’ve ever eaten alligator, and it was done beautifully. The presentation was lovely and it tasted out of this world. The server was very attentive, and every course was timed perfectly. Overall, the revamped atmosphere at Zeke’s is very peaceful. The food is much better than I’d previously experienced, and the service remained amazing. I will definitely be back, and recommend it for New Orleanians looking for great interpretations of classic Louisiana dishes.

Food trucks abound, bringing creative and affordable food to the streets

By Blake Newman and Erin Krall

Food trucks are taking New Orleans by storm, and every Tuesday there is a gathering that brings a number of these mobile restaurants to one place. From 5 p.m. to 8:30 p.m., O’Heria Castle Haley Blvd. is home to different food trucks at the same time in what’s called a round up. A rotating number of trucks set up shop outside the Zeitgeist Multi-Disciplinary Arts Center and give diners a communal, outdoor dining experience.

A vast array of options can come from a small number of food trucks. On any given Tuesday at the Central City location, there is Korean barbecue coming from the same truck window as a pumpkin cake dessert; or Bulgogi chicken tacos next to someone else’s beef brisket empanadas, next to a pork confit sandwich.

The ingredient quality, interesting flavors, and portion sizes are the same as at a traditional restaurant, and prices for each dish are under $10. Typically, the freedom of not having a set menu or location leads to wildly creative inventions, all with the casual atmosphere of plastic utensils, and neighbors enjoying dinner together standing on the sidewalk.

Typically, trucks have somewhat consistent locations and times where they serve so patrons can easily find them. Twitter is heavily utilized in this dining experience, with real-time updates of locations, and menu options sent out to potential diners. Many local bars regularly host food trucks out front, as it serves not only the bar patrons, but brings new people to the scene who are simply coming for dinner.

One of the more well-known food trucks currently rolling through the streets is Teacueux Loceaux. As the name suggests, they serve both traditional, and more modern takes on tacos. There is a regular schedule that loyal customers know, for example, Thursday nights at Dos Jefes Cigar Bar, Friday nights at The Kingpin, weekday afternoons at Howard and Carondelet etc. These regular locations, as well as spontaneous ones, make the hunt for a favorite meal a fun experience. Other popular trucks operating in New Orleans are Espanada Intifada, Rue Chow, Foodie Call, Crepes a la Cart, and La Cocinita.

Acquiring a food truck is no easy task. Every February the city gives out 100 permits for the year, and this is also the time vendors have the opportunity to renew their permits. These are the same permits used for food carts. There are many laws that vendors must follow including one that states they are not allowed to be within 600 feet of a school or restaurant. The vendors also cannot stay in the same location for more than 45 minutes. Currently, the New Orleans Food Truck Coalition is in talks with the City Council in hopes of getting these laws, (that came about in 1956) updated to better support local business growth.

The Zeitgeist Multi-Disciplinary Arts Center is located at 1618 O’Heria Castle Haley Blvd. To learn more about food trucks' efforts to gain more rights, and what trucks are operating, visit nolafoodtrucks.com

Fitness: Watch it and work it

You Tube and DVD’s offer affordable options for healthier living

By Julie Tommerman

It may sound strange to some that YouTube can be used beyond pure entertainment. However, many fitness gurus see YouTube as a platform to get their name out and brand out to a wide audience. As a former “Kitchen Nightmares” and decided “Kitchen Nightmares” and decided to see what Chef Ramsey had featured on a 2011 episode of the FOX reality show “Kitchen Nightmares”, and received a lashing, and then a makeover from the show’s host, Chef Gordon Ramsey.

Zeke, the original owner, opened the restaurant at 1517 Metairie Rd. in 2002. He passed away shortly after Hurricane Katrina, and new owners Darryl and Ellen Cortello took over.

I’ve passed Zeke’s many times on my way home and to work. I recently saw the episode of “Kitchen Nightmares” and decided to see what Chef Ramsey had changed since I last visited in 2008. On previous visits, the menu was complicated and lacked focus. Zeke’s new menu is simple, yet very Cajun. For an appetizer, I tried one of my favorite dishes - fried green tomatoes. This is by far the best version I’ve ever had. For my entree, I decided to try the blackened alligator. I was curious about this dish because Chef Ramsey re-did the original recipe on the show. I must admit, this is the first time I’ve ever eaten alligator, and it was done beautifully. The presentation was lovely and it tasted out of this world. The server was very attentive, and every course was timed perfectly. Overall, the revamped atmosphere at Zeke’s is very peaceful. The food is much better than I’d previously experienced, and the service remained amazing. I will definitely be back, and recommend it for New Orleanians looking for great interpretations of classic Louisiana dishes.
La Dolce Vita

Mondays and Tuesdays

50% off any bottle of wine

$5 draft pitchers
abita or peroni beer

CAFE & PIZZERIA nonnamia
it’s all about love

Pizza • Pizza by the Slice • Salad
Pasta • Panini • and a Great Wine List

We Deliver: nonnamia.net
3125 Esplanade Ave. • (504) 948-1717 • Open 7 days: 11am – 10pm (until 11 pm on Fri & Sat)

Join us on facebook or twitter for special offers
Mitt Romney- nowhere to go but up

By Blake Newman

Mitt Romney has made it this far, but can he turn this election around? Romney has ideas that could benefit the country, but at the rate he is going he won’t beat Barack Obama. People who voted for, and continue to support Obama are becoming offended. This is the opposite of what Romney needs to win this election.

It could have been his “five point plan” that has gotten him this far, but it is his personality that is still undecided. Romney is too busy putting on a show, trying to knock Obama down and focus on channeling past presidents who were in similar situations. He should step up his game and discuss what got him elected governor of Massachusetts in the first place—his promise to bring real estate back up, to create more jobs, and to better the economy. It would be a bad idea to show his personality a bit either, since he always looks like he is faking it and rehearsed. He needs to show voters the real Mitt Romney so they can decide if he is a good fit for the job.

It is not just the jokes and blows toward Obama that is making Romney’s support suffer throughout these past months. Some of his comments leave voters having a hard time deciphering jokes from stupidity. Comments like, “Where did the water come from” during his visit to Louisiana after Hurricane Isaac make Romney look oblivious. There is not much time left for the Republican candidate to turn this around, but if he is able to make the necessary changes it might just work out in his favor. The jokes and blows toward Obama have got to stop in order for voters to see the real Romney.

Pit bulls: fact or fear?

By Blake Newman

The dog tore the little girl’s face off or the dog took the man’s hand. These are common stories that are heard about pit bulls. The question still remains are these dogs for a fact the most aggressive dog or is it fear?

Pit bulls have a reputation for being an aggressive breed for a reason. People train these dogs as fighting dogs. These fighting dogs are starved, beaten, and neglected to prepare for a fight. In order for the dog to get a taste for blood the dog is often starved and then fed a smaller animal. To make the dog stronger, owners will beat the dog with the end of a water hose or chain the animal to a tied tree. These dogs become aggressive because they no longer have the bond that animals form with their owners. This process could make a labrador an aggressive animal.

It is natural for a dog to become aggressive when another dog or unknown human is not properly introduced. This is not because the animal has aggressive tendencies, but because the dog is protecting it’s family and territory. I had two pit bulls and a labrador who were not aggressive animals, but when they felt threatened they became aggressive.

Stories are told regarding the breed and its aggressive nature, but the stories where the breed is often the victim are not heard nearly as much, for instance, about three years ago, there was a shooting involving two pit bulls who were shot dead in Jefferson Parish.

I have two completely opposite breeds of dogs and the one you would expect to be aggressive is the one who will jump in your lap. My pit bull and my chihuahua are complete opposite breeds and personalities. My chihuahua will chase you around the house trying to bite your toes, but my pit bull once introduced to a guest, will not leave their side.

One problem still remains and for the breeds that fall into the “aggressive” category, are the ones that will suffer. There are five dogs that are considered aggressive breeds, but to be frank, my pit bull has had one very hard life and is still the most trusting animal I have ever come across. It is not a dogs fault that they have been given this reputation, but the people who raise and breed the dog to become a monster that people fear.

Opinion Poll

What do you think are some reasons for the Saints disappointing start to the season?

“Everything thrown at them before the season, and lack of preseason practice.”
Jared Batiste
Architecture

“Being sloppy.”
Cade Taylor
Writing

“It takes a lot to learn a new defense.”
Jason Pitts
Louisiana Transfer Degree

“No Sean Payton.”
Andrew Vogelaar
Physical Therapy

“Players being suspended and the lack of a head coach and defensive coordinator.”
Darrell D.
Electronics Technician
What is your idea of perfect happiness?
Music, color, good food, loved ones and lots of dancing.

What is your greatest fear?
I fear for the safety of my three children, especially in the current technological climate of our world. It’s increasing difficult to protect them.

What historical figure do you most identify with?
I used to idolize Thomas Edison, but then learned much of what he “invented” was the result of collaboration for which he got credit. Maybe, Edwin Howard Armstrong, inventor of FM radio and the superheterodyne circuit. He was a genius, the victim of corporate intrigue, and a tragically flawed man.

What is your greatest extravagance?
Right now, a gym membership.

What is your current state of mind?
I’m in a place of peace and happiness. I haven’t always been here. I find that acceptance of the present moment is key to happiness.

What do you consider your greatest achievement?
Running a marathon. It was a powerful physical and spiritual journey.

What is your most treasured possession?
When I evacuate, I only care about my family pictures; however, on the average day it’s two things: Diet Coke and chocolate.

What do you consider the most overrated virtue?
Restraint. People seem so guarded to me. As I enter middle age, I have less of a filter. Openness and vulnerability allows opportunities of all kinds.

On what occasion do you lie?
There’s no easy answer to that. What is truth? I try to be genuine. If I say something different than my inner state, it would be to protect someone’s feelings.

What do you dislike about your appearance?
My thick and wavy hair, especially living in constant humidity. It’s a battle. I wasted that time this morning trying to style it. I just put it up in a knot a second ago.

What do you consider the most overrated virtue?
“Awesome.” I get excited easily.

If you could choose what to come back as, what would it be?
A woman, although I’d like to fly.

When and where were you happiest?
I am happiest when I feel the love of people around me. Also, dancing. I’m obsessed with music and create my own dance parties daily.

Where would you like to live?
Besides New Orleans, on a beach. I think Charleston is probably a nice place to live. The other half of me says New York City. The creative energy is inspiring there.

If you could change one thing about yourself, what would it be?
There are things I’d like to learn, to speak French or play a musical instrument.

What do you most value in your friends?
Being authentic and trusting.

Who are your favorite writers?
I like chic lit. Authors like Emily Giffin, who speak to female experiences. It’s escapism on my part. I also read philosophical or spiritual texts.

What is it that you most dislike?
The deadly combination of arrogance and stupidity.

How would you like to die?
With my family around me, ready to say goodbye.

What is your motto?
Embrace change. The quote I rely on: “There was that law of life, so cruel and so just, that one must grow or else pay more for remaining the same.” - Norman Mailer
CAFÉ NAVARRE
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 with 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  Sautéed 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

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

BURGERS
Bacon Cheddar Burger
Avocado Swiss Burger
Dirty Burger topped with debris roast & cheddar
Jalapeño Burger topped w/ mozzarella & jalapeños

SIDES: shoe string fries, sweet potato fries, chips

EGGS BENEDICTS
Eggs Benedict
Turkey Avocado Benedict
Spinach Artichoke Benedict
Sausage Jalapeño Benedict

BREAKFAST PLATES
2 Eggs  With potatoes or grits & toast or biscuit
Navarre Special  Scrumbled eggs with cheese, ham, potatoes, onion & tomato, served with grits or jalapeños & cheese & toast or biscuit
Health Plate  Scrambled egg whites served with avocado & tomato slices, grilled turkey & whole wheat toast
Combination 2 eggs w/ bacon, ham, or sausage & 3 small pancakes

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

BURGERS
Bacon Cheddar Burger
Avocado Swiss Burger
Dirty Burger topped with debris roast & cheddar
Jalapeño Burger topped w/ mozzarella & jalapeños

SIDES: shoe string fries, sweet potato fries, chips

EGGS BENEDICTS
Eggs Benedict
Turkey Avocado Benedict
Spinach Artichoke Benedict
Sausage Jalapeño Benedict

BREAKFAST PLATES
2 Eggs  With potatoes or grits & toast or biscuit
Navarre Special  Scrumbled eggs with cheese, ham, potatoes, onion & tomato, served with grits or jalapeños & cheese & toast or biscuit
Health Plate  Scrambled egg whites served with avocado & tomato slices, grilled turkey & whole wheat toast
Combination 2 eggs w/ bacon, ham, or sausage & 3 small pancakes

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

BURGERS
Bacon Cheddar Burger
Avocado Swiss Burger
Dirty Burger topped with debris roast & cheddar
Jalapeño Burger topped w/ mozzarella & jalapeños

SIDES: shoe string fries, sweet potato fries, chips

EGGS BENEDICTS
Eggs Benedict
Turkey Avocado Benedict
Spinach Artichoke Benedict
Sausage Jalapeño Benedict

BREAKFAST PLATES
2 Eggs  With potatoes or grits & toast or biscuit
Navarre Special  Scrumbled eggs with cheese, ham, potatoes, onion & tomato, served with grits or jalapeños & cheese & toast or biscuit
Health Plate  Scrambled egg whites served with avocado & tomato slices, grilled turkey & whole wheat toast
Combination 2 eggs w/ bacon, ham, or sausage & 3 small pancakes

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

BURGERS
Bacon Cheddar Burger
Avocado Swiss Burger
Dirty Burger topped with debris roast & cheddar
Jalapeño Burger topped w/ mozzarella & jalapeños

SIDES: shoe string fries, sweet potato fries, chips

EGGS BENEDICTS
Eggs Benedict
Turkey Avocado Benedict
Spinach Artichoke Benedict
Sausage Jalapeño Benedict

BREAKFAST PLATES
2 Eggs  With potatoes or grits & toast or biscuit
Navarre Special  Scrumbled eggs with cheese, ham, potatoes, onion & tomato, served with grits or jalapeños & cheese & toast or biscuit
Health Plate  Scrambled egg whites served with avocado & tomato slices, grilled turkey & whole wheat toast
Combination 2 eggs w/ bacon, ham, or sausage & 3 small pancakes

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 cheese & tomato
Southwest  Sausage, jalapeños, mozzarella & tomato
Veggie  Bell peppers, onion, tomato & mozzarella

***Student and Faculty get a 10% discount with ID

Update your riding status.

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, in all the comfort of our clean, comfortable coaches. Avoid driving concerns, parking nightmares and high gas prices and enjoy free onboard wi-fi and TVs!

“I go to LSU in Baton Rouge but I live in New Orleans. The LA Swift helps me get to school and save on gas!”

“I ride, my family and friends ride! BR to NO to BR!”

“If It weren’t for Swift I would be spending an arm and a leg to get back and forth to work. Love the price and most of all the comfortable reclining seats. Thanx Swift!”

LA Swift
Louisiana On The Move
A DOTD CONNECTION

www.facebook.com/LASwift
www.LaSwift.com

PARK & RIDE
Still Only $5