Delgado welcomes Chancellor Monty Sullivan

College system recruits one of its own

By Seth Mattei

Student and faculty leaders are enthusiastically welcoming Chancellor Monty Sullivan, anticipating stability following a search to fill the position that had gone on since the end of last year. Dr. Sullivan was the Executive Vice President of the Louisiana Community and Technical College System (LCTCS), the organization in charge of Delgado, before being selected for the position of Delgado’s chancellor.

Before working for the LCTCS, Dr. Sullivan, a graduate of Louisiana Tech University, was Vice Chancellor for Academic Services and Research in the Virginia Community College System (VCCS), Director of the Center for Rural Development at Louisiana Tech, Director of Continuing Education at Louisiana State University in Eunice, and Coordinator of the Mobile Automated Learning Lab (MALL) at Grambling State University.

“I think he will be fantastic,” said David Teagle, president of the Student Government Association. “Dr. Sullivan is passionate and political-minded. He knows how Louisiana politics work.”

The new leadership was also discussed at the April 12 Faculty Senate meeting, held the day after Sullivan’s new job post went public.

“I sent him an email congratulating him,” said Faculty Senate President Bob Simon. “We welcome Dr. Sullivan with open arms. If he does well, we do well.”

Dr. May, president of the LCTCS said, “I want somebody that I feel comfortable working with and hopefully that happens.”

Speaking to students on Monday April 2, Dr. Sullivan placed emphasis on the importance of passion in the academic world, student and community engagement, and improving Delgado’s image. He also expressed interest in working with students, faculty, staff and the community at large to make Delgado “the premier two-year college in the country.”

Delgado is currently the fastest growing college in the New Orleans area, with close to 30,000 students, yet it still faces near-constant state budget cuts and a lack of resources for students and instructors.

“Delgado should not just be the institution of second chance, it should be the institution of first choice,” said Dr. Sullivan.

Dr. Sullivan also mentioned Delgado’s “lack of presence in the media.” David Teagle drove that point home by saying, “We need a chancellor that can lead us to the attention of the national media and I think he [Sullivan] is the guy to do that.”

Go away rain, I'm getting a job!

By Chelsey Tharp

At this year’s job fair, 400 students attended at Delgado’s City Park campus. That is only half the amount of people who showed up for last year’s fair. Although the numbers differ from last year, the fair was still a good turn out with all the rain that day. Students did come well dressed and prepared with resumes in hand.

“There were no fitted caps and shorts, which a lot of employers complained about at the last Job Fair,” says Brian Simon. “We actually had some students use the clothes that we have in our career closet like sport coats, shirts, ties and slacks, just in case people don’t have it when they go to interviews.”

These days, a resume is like a first hand view of who you are. A number of companies came back and had interviews set up on campus with students they met and received resumes from at the Job Fair. Local companies like Harrah’s Casino and Hotel Monteleone invited students back that same day for interviews.

“We try to get a diverse group of companies for each major, even if you aren’t getting a job, students can see what it takes to get to upper levels of their field,” says Simon. “I do assist students who need help finding a job. They take two steps and I take one,” says Simon. Brian says that to find a job in your field you must know how to present yourself in a professional way, dress for success and have a clean resume. Your future is waiting for you to make a decision today, a decision to take the first step in achieving your goals.

Save our benches

By Chelsey Tharp

At the end of March, the Campus Beautification Committee (CBC) and Fred Tuhr, marketing instructor, held a beautification project raffle to raise money for new benches to be installed at Delgado’s three campuses: City Park, West Bank and Northshore. The SGA and the CBC will be working with the carpentry and welding departments on Airline Drive to create benches for the three campuses.

“We had a great raffle this semester,” says Fred Tuhr, who headed the project. “On Wednesday, we raised $1115.30 and on Thursday, $1183.70 for a grand total of $2299.”

A prize was awarded to a student of $1200 on Friday, March 30. The remaining $1099 will be spent on beautifying the campuses.

“The SGA and CBC will buy the cement, nuts and bolts, rebar and “Trex” lumber, while the carpentry and welding departments will construct and repair the existing benches, this is also a Service Learning Project,” says Tuhr.

To add on to Delgado’s already beautiful campus, The Horticulture Department will be planting more iris, oleanders and roses on the City Park campus. The Louisiana Wild Life and Fisheries Department will visit the campus to treat the pond with barley bales to decrease the algae growth. Delgado’s Wet Land class is also going to plant a water garden in the pond, with the help from Aquatic Gardens.

For Delgado, things are on the rise, with the new benches saving the CBC $50 to 70 percent overall in cost of the benches since they’re building them in-house. The construction will begin in the beginning of April.

Old benches on campus will be replaced with new ones.
La. National Guard soldiers welcomed home from overseas

Compiled from staff reports

The Louisiana National Guard welcomed home members of the 926th Engineer Company from a year-long deployment to Afghanistan at the Baton Rouge Metropolitan Airport on April 14. Governor Bobby Jindal said, “It is truly an honor to welcome back home these brave men and women. We will be forever grateful for the service to our nation. We must also keep in our thoughts the soldiers who are still fighting overseas in defense of our freedom and pray for their safe return.”

Based out of Baker, Louisiana, the 926th mobilized with approximately 100 soldiers to Afghanistan in support of Operation Enduring Freedom to conduct mobility, counter-mobility and survivability operations. The 926th MAC conducted mobilization training at Fort McCoy, Wisconsin, before deploying overseas.

“It’s a great day when our troops return home to their families and friends. The 926th has performed superbly in support of our nation and they can be commended for a job well done,” said Brig. Gen. Glenn H. Curtis, the adjutant general of the Louisiana National Guard. “We are proud of their accomplishments and know that all Louisiana’s should be proud of their service.”

During this deployment, the 926th served as the lead element for route clearance under the 1249th Engineer Battalion/7th Engineer Battalion in Khowst/Paktya Provinces. In that time, they cleared 29,500 miles of road, found 72 IEDs, conducted 624 route clearance missions and were awarded 22 Purple Hearts.

In July 2002, then designated as A Company, 769th Engineer Battalion, the company deployed to Baghram, Afghanistan, in support of Operation Enduring Freedom. The 926th has participated in Emergency Operations and Recovery Operations for the State of Louisiana including Hurricane’s Katrina, Rita, Gustav, and Ike. The 926th also provided support to Task Force Gator in assisting the NOPD, as well as Operation Deepwater Horizon oil spill response.

City Park welcomes new SGA officers

By Blake Newman

The City Park Campus Student Government Association is ready to start a new semester with new office staff. David Teagle, the current SGA president of City Park, will be stepping down at the end of the semester. Joshua Benitez will be taking over the position of president and all the duties that go along with it.

Since there were not enough applicants that met the requirements, the SGA president, Joshua Benitez appointed his fellow office members. As mentioned previously, Dwight Mackey will take the office of Vice President of Policy. Recently Joshua has picked the Vice President of Social Affairs and the Executive Secretary of Records. Edward Leon will be the Vice President of Social Affairs. The Executive Secretary of Records will be Blake Deason.
Media Party Day raises awareness of student opportunities

By Erin Krall

Delgado’s three media outlets hosted a party on April 12 to spread awareness of the school's opportunities in print journalism, and radio and TV broadcast. The Dolphin newspaper, DTV, and The D-Dolphin radio, hosted activities in the Student Life center as part of the Public Relations Issues and Strategies class' service learning project. Students played Pictionary alongside the newspaper staff, and got in front of the DTV cameras to try their hand at broadcasting. DJ's from The Big D radio gave students tongue-twisting scripts to read, and the day included a raffle for door prizes with gift certificates and T-shirts. Prior to the event, an email survey was designed and sent out by the PR class to gauge students knowledge and opinion of Delgado’s media. In an effort to build a bigger base of student participants, and improve student-run media on campus, students have to be aware of what is available to them.

“If we can get more students to volunteer and participate with the student media, it can be entirely student-run,” D-Radio Office Manager Blake Newman said.

Students have a chance to visit with friends at Crawfest 2012.

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NHL

- A judge refused to throw out child sexual-abuse charges against Jerry Sandusky but will allow defense lawyers for the retired Penn State assistant football coach to ask again to have the case dismissed as more evidence is turned over by prosecutors. Sandusky, 68, is charged with more than 50 criminal counts that allege he sexually abused 10 boys over 15 years, both on the Penn State campus and elsewhere. He has denied the allegations.

SOCCER

- Barcelona striker David Villa says his recovery from leg surgery is on schedule, meaning he may return to help Spain defend its European Championship title later this year. Villa is not expected to return to the field until next month. Villa says his recovery from surgery is on schedule, saying he will be ready to return before next month.

Olympic bodies.

Representing the world’s 204 national Olympic committees, took over after resigning amid political infighting. Sheik Ahmad Al Fahad Al Sabah of Kuwait, head of the Olympic Council of Asia, was voted in as president of the global body of national Olympic committees, taking over after the retiring president stepped down amid political infighting. The organization’s name has been somewhat tarnished in light of this scandal, with penalties being handed down to players, coaches, and anyone else involved in the bounty scandal.
The first round of the 2012 NFL draft kicks off Thurs., April 26. The second and third rounds will be Fri., April 27 and rounds 4-7 will take place on Sat., April 28. There are many athletes coming out this year to join the NFL, which should make for a very interesting rookie class.

Now that Peyton Manning signed with the Denver Broncos in the offseason to be their new starting quarterback, the Indianapolis Colts are most likely looking to select quarterback Andrew Luck from Stanford with the first overall pick in the draft. Luck is the top prospect in the draft, but is followed really close by Baylor’s Robert Griffin III, who is projected to be the second overall pick.

Christian Ponder upright this year. The Cleveland Browns have the fourth pick in the draft and could select the top running back Trent Richardson, who will give them an every down back who can do it all and help take some of the pressure off their QB Colt McCoy.

Rounding out the top five draft picks Morris Claiborne Cornerback from LSU could be selected by the Tampa Bay Buccaneers and give them much-needed help in their secondary, where they were ranked 21st in pass defense last year.

The rest of the first round is projected as followed:

Round 1
- Atl. Falcons (1) - Mark Ingram, Alabama RB
- Carolina Panthers (2) - Mike Jenkins, Georgia CB
- Cleveland Browns (3) - Greg Robinson, Auburn OT
- San Francisco 49ers (4) - Miles Austin, Southern Methodist WR
- Philadelphia Eagles (5) - Michael Floyd, Arizona WR

A proud sponsor of “Live With Rebekah,” on Dolphin Radio, www.dolphin.org online, 96.3 FM and 1610 AM, every Friday, 8 - 10 a.m. and Saturday from 10 a.m. - 1 p.m.
Upcoming Events

The annual Roast of the Town fundraiser, sponsored by the Delgado Community College Foundation, will take place on Friday, April 20, 2012, at the Harrah’s New Orleans Theatre, 8 Canal Place, New Orleans, La. The evening will include a reception and silent auction beginning at 7 p.m., followed by dinner. Proceeds from the event will benefit scholarships and programs at Delgado. For more information, or to purchase table packages/tickets, contact Nita Hutter at nhutte@dcc.edu or call 504-671-5631.

Delgado Community College’s Charity School of Nursing invites prospective, current, and pre-nursing students and their families to an Open House at the School of Nursing, 450 S. Claiborne Ave., from 8 a.m. – 2 p.m. on Sat., April 21. The event is free and open to the public. Children, caregivers, and activities will be provided. Register in advance at mydelgadoevent.org For more information, contact Carol Leefe at (504) 572-1324 or cleefe@dcc.edu.

SAVE THE DATE: Mental Health Awareness Fair and Community Forum will be Thursday, April 26, from 11 a.m. - 2 p.m. on the Delgado, City Park Campus in the Student Life Center. The event will be on the second floor in the Lat Pochatrinair Room.

The annual Grad Fest survey, if you have not already completed your Grad Fest Survey online, please do so before Graduation Fest. Deadline to complete this survey is midnight April 22 through your DCC email account. Grad Fest will be held April 24 from 10 a.m. - 6 p.m. at 1638 Clio St. The festival takes place inside and outside the club from noon to midnight, closing the street to traffic for the entire day.

Started by Greg Rodrigue and Daniel “D-Ray” Ray, members of the local ska/punk band Fatter Turner, Chinquapin Records is part of Community’s roster, which is more rooted in punk and ska. Although Caddywhompus is Community’s most important ideals are, D-Ray said, “This is all-inclusive. Nobody should feel an exclusive vibe from anything we do. Having attended a slew of shows for all ages when we were kids inspired me to get involved and do this. Other than musical taste, anyone can relate to what we do.”

SAFETY TIP: The event is free and open to the public. For more information, contact Brent Hanegan at 504-671-6377 or bhaneg@dcc.edu.

Literary rock ‘n’ roll: Jazz Fest artists on the shelves

By Erin Kraul

Bruce Springsteen, the Foo Fighters, and The Eagles are three big acts at this year’s Jazz and Heritage Festival who currently have books on the shelves that delve deep into both their lives and careers. For a more intimate look at the people, and the music, three books take fans backstage and beyond.

Bruce Springsteen
On Tour 1968-2005 combines photos, extensive narration, show flyers, and timelines and descriptions of every show Bruce Springsteen performed over three decades. This large hardcover by David Marsh is authorized by the band and is a complete and visually-stunning look at “The Boss” from the beginning of his Orson area, forming of the E Street Band, and their lives together. The history of one of America’s most beloved groups is put together in an artistic way that is rare in music biographies. David Marsh is one of the most respected music critics in the business, and he presents this 324-page collage of New Jersey rock and roll in a manner befitting a legendary band that is still on the road today.

The name Dave Grohl has been synonymous with rock and roll for 26 years and counting. As a member of the now-legendary trio Nirvana, Grohl has made his mark more recently in Queens of the Stone Age and the Foo Fighters among other projects. This Is a Cali: The Life and Times of Dave Grohl looks at the life of the man who continues to play the role of drummer, guitarist and vocalist for his own bands, and for others both in the studio and on the road. The book by Paul Brannigan stems from 15 years of interviews with Grohl and his colleagues, and includes a discography and multiple pages of photos. This 388-page biography is a comprehensive look at a figure that has been a constant in the last two generations of rock music.

From the forming of the band, to break-ups, solo forays, and now reunions, To the Limit: The Untold Story of the Eagles, covers the long history of the California group. In this unsanctioned biography, Marc Elliot looks at both the success and the troubles that plagued the band from the 1970’s until today. With a complicated career, and massive success, To the Limit has the subject matter that makes any book a page-turner. All books are available at Barnes & Noble, as well as online.

Fifth annual block party takes over the Big Top

By Seth Mattei

Since 2008, Community Records has been a major driving force for punk, ska and other forms of independent music in the New Orleans area, putting on shows for all ages whenever possible and releasing quality music with a wide array of artists from all over the country. On April 21, Community Records and sibling label Chinquapin Records sponsored by WTUL 91.5 fm and LasPCA to provide a petting zoo/booth to dunk members of bands on Sat., April 21. The event is free and open to the public. Children, caregivers, and activities will be provided. Register in advance at mydelgadoevent.org For more information, contact Carol Leefe at (504) 572-1324 or cleefe@dcc.edu.

The event is free and open to the public. For more information, contact Brent Hanegan at 504-671-6377 or bhaneg@dcc.edu.

The crowd enjoys the music outside the Big Top at last year’s Block Party. Attendance has increased every year since the festival’s inception, with approximately 1,000 people in 2011. LASPCA to provide a petting zoo/booth to dunk members of bands on Sat., April 21. The event is free and open to the public. Children, caregivers, and activities will be provided. Register in advance at mydelgadoevent.org For more information, contact Brent Hanegan at 504-671-6377 or bhaneg@dcc.edu.

BY THE NUMBERS:
92 people were interviewed.
Each participant is interviewed for two hours.
45 interviews have been transcribed.
30 interviews have been transcribed.
24 interviews have been digitized.
22 interviews have been transcribed.
22 interviews have been digitized.
3 interviews are still being transcribed.
2 interviews are still being digitized.
1 interview is still being transcribed.
1 interview is still being digitized.

THE FINAL WORD:
We are in the final stages of transcribing and digitizing the interviews. We are hoping to have all interviews transcribed and digitized by the end of the year.

For more information, or to purchase table packages/tickets, contact Nita Hutter at nhutte@dcc.edu or call 504-671-5631.

Photo by Erin Kraul

Bruce Springsteen On Tour 1968-2005 is one of the many books about artists performing at this year’s Jazz and Heritage Festival.

The event is free and open to the public. For more information, contact Brent Hanegan at 504-671-6377 or bhaneg@dcc.edu.

Photo by Seth Mattei

Safety play their aggressive brand of melodic hardcore at the Big Top on March 29.
Be sure to catch them at Block Party 2012!
By Arielle Buxton

Garage Pizza & more

Don't be fooled by the name. Garage Pizza is not literally made in the home of someone's compact garage, but it is indeed a name you can't forget.

Garage Pizza reopened back in October 2011, quietly nestled across from Warren Easton High School in the space of a local bar called Chickie Wah Wah at 2828 Canal St. A bar that many locals have called their favorite always included bar food as one of their ways to satisfy guests. This is not the first time that locals have heard of the restaurant. With other previous locations around the city, Karen Bolds(owner) made her way to the tavern after the leave of Taceaux Loceaux, her way to the tavern after the leave of Taceaux Loceaux, mexican taco truck.

The cuisine at Garage Pizza is first, affordable but offers very diverse options. Not only can you get a slice of the city's most delicious pizzas, there are a variety of vegetarian dishes as well. For first time customers and vegetarians, this will become your new local perk. There's so many things to choose from and is prepared fresh, just for you right on the spot.

For starters, pick your choice of either feta or spinach rolls served with homemade marinara for under $6. There are other starters to choose from with this one being a popular choice for loyal customers. Vegetarian dishes from the veggie plate, tofu bowl, baked polenta, soba noodles and more all are great dishes for healthy eaters. All the many pasta entrees to choose are quite much to list, but the crawfish pasta is dee-li-cious! It is made with fresh crawfish tails, onions and a homemade crawfish sauce. Speaking of crawfish sauce, let's talk pizza!

Have you ever seen a pizza so big? One of Garage Pizza's most infamous creations is the Hummer pizza. This pizza is 20 inches! Of course there's regular pizza sizes as options, but anyone would be amazed that they can really order a 20-inch pizza. Imagine the slices on that thing! The pizzas here are really good. There's a Corvette Crawfish pizza that's made with onions, tomatoes, crawfish tails and homemade crawfish sauce. Or the Garage Specialty pizza made with argula, shrimp, cheeses, artichoke, sun-dried tomatoes and homemade sun-dried tomato sauce. Try it and I promise you’ll be running back for more.

Garage Pizza offers a great menu at great prices. There are many different pizza combinations, salads, calzones, appetizers, sandwiches and pastas. The location is not that far away from Delgado's City Park campus, you can ride your bike there and arrive in 5-10 minutes. Delivery and catering are also available.

For an appetizer, we tried the Grilled Chicken Nachos. The chips were topped with beans, cheese, sour cream, pickled jalapenos and Pica de Gallis and chicken. It was the typical nachos, better than Taco Bell but, Applebee's could make the same thing, also. The entree arrived about four minutes after our appetizer got to the table. I ordered the chicken fajitas and my friend tried the shredded beef chimichanga. The chicken was slightly seasoned and extremely over-cooked. The guacamole had a brown tint to it, like it had been sitting out too long. The chimichanga was supposed to be shredded beef and ended up tasting like shredded chicken. I am not sure whether the server or kitchen ordered or prepared the wrong dish for me but I was not pleased with the chicken. The rice tasted like it was Spanish Rice-a-Roni, and the beans were from a can.

After not finishing our entrees we decided to skip dessert and pay our bill.

The food was not so bad, but the service needed improvement. Although I would recommend to anyone that trying the food at Carreta’s

By Blake Newman

Carreta’s Grill Review

Carreta’s Grill Review

2320 Veterans Memorial Blvd
Metairie, LA 70002
Cuisine: Mexican

A friend told me that Carreta’s Grill was one of the best Mexican food restaurants in the city, so I decided to go there and see if she was right. The food seemed a little pricey and the menu slightly confusing. Unlike most restaurants, they had the name of the dish to the left of the description instead of over it. While waiting 30 minutes for our drinks, we planned out our entire meal.

For an appetizer, we tried the Grilled Chicken Nachos. The chips were topped with beans, cheese, sour cream, pickled jalapenos and Pica de Gallis and chicken. It was the typical nachos, better than Taco Bell but, Applebee’s could make the same thing, also. The entree arrived about four minutes after our appetizer got to the table. I ordered the chicken fajitas and my friend tried the shredded beef chimichanga. The chicken was slightly seasoned and extremely over-cooked. The guacamole had a brown tint to it, like it had been sitting out too long. The chimichanga was supposed to be shredded beef and ended up tasting like shredded chicken. I am not sure whether the server or kitchen ordered or prepared the wrong dish for me but I was not pleased with the chicken. The rice tasted like it was Spanish Rice-a-Roni, and the beans were from a can.

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The food was not so bad, but the service needed improvement. Although I would recommend to anyone that trying the food at Carreta’s

By Julie Tommeraes

Festival fashion

Spring is here and it’s festival time! Whether you are hitting the city’s hottest spring fests or preparing for a girl’s night out, there’s something amazing out there for you to flaunt that body. If you’re on a mission to look your absolute best while styling your favorite outfit up the street, remember that color is key. Since spring is here why not splash the hot pink or a neon yellow. There are so many options for a cute outfit using one or two pieces with colors that pop and pairing them with a neutral color like white. White jeans are always a big thing in the spring. White just always looks so clean, crisp and cool if you plan on soaking up the sun at an outdoor concert or event.

Fun, printed shirts, bold, gold accessories and pencil skirts are all spring must-haves. So, if you want to feel as hot as the sun, stick with these tips and trends and you will be trailblazing your way down to next fall!

By Arielle Buxton

Synoposis : “Think Like A Man”

Based on actor/comedian, Steve Harvey’s best-selling book, Act Like A Lady, Think Like A Man, director Tim Story takes the #1 New York Times bestseller to Hollywood. With so much success all over the nation, this book has the women really wanting to know, how do you think like a man? Just like in the book, the movie takes you through the lives of men with relationship problems and questions that women have about their men. Steve Harvey used the book as a guide for women to follow to better understand what makes men tick.

In a recent interview with CBS This Morning, Harvey quoted, “There’s a 90-day rule. The 90-day rule is that a woman should wait 90 days before giving a man the full package.” He said that he wrote the book for his 4 daughters and that everything in the book is based on his true life and wants them to be wiser as young adults.

The movie follows four men whose love lives become unbalanced when their ladies get a hold of the book. Harvey encourages the ladies to stand up for themselves and beat the men at their own games. But, things get twisted when the men find out about the book and they start playing the game too. With a full cast of a-list celebrities like Taraji P. Henson, Michael Ealy, Gabrielle Union, Meagan Good and Kevin Hart, get ready for some good advice and good laughs throughout the entire movie. Tim Story says on BlackTreeMedia that, “We think we’ve delivered a good message to the audience we’re catering to which are people that are dating. So it’s one of those movies where if it resonates with people and they really enjoy themselves and feel good, then we’ve done our job.” See the movie this Friday, May 20.

Fun, printed shirts, bold, gold accessories and pencil skirts are all spring must-haves. So, if you want to feel as hot as the sun, stick with these tips and trends and you will be trailblazing your way down to next fall!
said, “That’s none of your business. I don’t feel like I can just relax around him. I don’t know if this is normal at all. Could this be the honeymoon phase of the relationship? Should I come clean with him?"

-Walking on Egg Shells Dear Miss Egg Shells,

The honeymoon part of a relationship is supposed to be the very best part! If this is new and he is so great, why can’t you seem to relax or be honest with him? It’s totally fine to want to make someone happy but you are an adult; not a child or pet. You can make your own decisions and you should make the ones that make you happy.

If Mr. Wonderful can’t control his temper now, that’s definitely a no-go so early on. Sounds like you are smitten and kin of awestruck by him but don’t let that cloud your judgment. Trust your gut and ask yourself why you can’t unwind around him. Do not ignore any red flags! Be confident in yourself and be honest about what you want from the relationship. If this guy can’t compromise or try to please you as you say, then he’s simply not the one for you. I know, I know but a girl has to learn to stand on her own two feet nowadays!

Dear Erika,

No matter what I do, I can’t snap out of the funk I am in. I’ve been pretty down for a week and I was actually starting to consider some type of therapy to help me. I know how to explain how I feel but I’m just really unsatisfied. I have been turning away from my friends, my family, coworkers, and guys I was dating. I just don’t find it all so frustrating and interesting seems like a waste of time. I don’t think I’m a threat to myself or anything to those extremes but I know I’m not okay right now. I have tried channeling my energy into school work or even my part-time job. I’ve tried not thinking about my misery, but that only makes it worse. I feel so stuck, uncertain and alone. What should my next move be? Do I just ride this out or seek some type of help?

-Stocked in the Doldrums

My Dear Doldrums,

Chin up! It’s perfectly normal to feel down every now and then. I encourage you to get help in anyway you see fit. If that means seeking therapy through a counselor, parent, shopping, or friends, do so immediately. Never be afraid to ask for help, whether you are frustrated, miserable, or just plain tired. If you feel awkward reaching out to someone you know or talking to people in general, how did you feel after writing this email? If you are relieved, I encourage you to take your frustration out on paper. Sometimes writing what you feel helps you get to the root of the problem. What is making you so sad? What can you do about your life if you could? If it’s specific to a person or situation, analyze it and talk it through with someone you trust. There are always alternatives and options to every obstacle. It’s great to focus your energy into school, but don’t exile yourself from everyone in your life. Creating that distance may cause you to feel more melancholy. I am a firm believer in positive thinking because I believe that our thoughts become us. Seek your happiness and believe in it!

Dear Erika,

My best friend is sucking the life out of me. He is an emotional wreck and his moods shift from day to day. One day he is depressed about his ex-girlfriend dumping him, the next day he is ready to hit the club and enjoy the single life. Then he’ll spiral back down into despair over complications at his job. Before I knew it, he’s all ready to rage all weekend long and he forgets to study for a test and the vicious cycle continues. I feel like he’s dragging me along for the ride! How do I tell him to leave out of his chaotic emotional sphere?

-Emotion Rollercoaster Dear Rollercoaster, take a bit of your time. It sounds like he’s having a rough time. On the other hand, so are you. I have a name for this. They call it burnout. You and your friend are energy vampires and you must create an emotional barrier from them before they drain you dry! Just kidding, but seriously for self-preservation purposes, protect your chi, chakras, life energy, or what have you. Tell your friend you feel like he’s been a bit toxic lately. There’s a good chance no one has been honest with him about his emotional spiral. He probably needs a friend to hold a mirror up to him and help him see who he become. If he still doesn’t try to find a happy medium, strive to find your own. Above all, you must care for yourself. Do not make it your mission to save someone who is only on the poor guy! It can be a self destructive thing to do by blaming yourself for what is a problem in another’s life.

ASK KEVIN

By Kevin J. McCathen

Dear Kevin J.

My mom just recently got into a relationship after being single for six years. The guy she met is a firefighter and she is head over heels for him. I have been observing him and trying to get to know him to see what kind of guy he is. Every time I try to spark up a conversation with him or just make small talk, he seems like he doesn’t care and doesn’t talk to me.

For example, I asked him where was he taking my mom out to eat one night and he said, “That’s none of your business kid.” Like wtf! This is my mom and she is every bit of my business. I think he’s a total a-hole and my mom doesn’t deserve a guy like him. So, until he’s ready to show some respect towards me, I am going to be rude and disrespectful to him just as he is doing to me. Am I right, or am I wrong for this?

Sincerely, A Concerned Son

Dear Concerned Son,

I know exactly how you feel about the fact that your Mom is back on the dating scene and is dating a guy who she may or may not get very serious with. My Mom is dating a guy right now and he’s the coolest guy ever to me. We hang out, talk on the phone and even cook sometimes. He’s like one of my guy friends. One thing that I have realized is that in order for a man to maintain a relationship with a woman is that he must also make a relationship with her children. Some men feel like they don’t have to because they are only dating the mom, and not her kids but that is totally wrong. My advice to you would be NOT to be disrespectful towards him because maybe that’s what he’s expecting from you. Be the bigger man and move ahead from his pettiness. One day when you and your mom are alone, talk to her and tell her that you would like to get to know more about him and ask her if she can ask him to arrange a date and time when the both of you can sit down and talk. Have a real man-to-man conversation without all the hostility.

It’s great that you’re protective of your mom and she fits this. For the most part of the end of the day, she is a grown woman and can maintain her own. So sit down and have a talk with your mom about the situation and let me know about the outcome. Best wishes and hope everything works out for the good.

Dear Kevin J,

I have a friend who always harasses this guy that she likes but he has no interest in her. She buys him lunch, walks him to class, gives him little love notes and etc... The guy has asked me to talk to her and tell her to back off him because it’s becoming a little creepy. Her feelings are very soft and I think that she would be very hurt if I told her that. It’s very clear that this guy has no interest in her. How can I tell her to leave him alone and move on with her life without being mean or too vulgar? Help a girl out, please.

Sincerely, A Good Friend

Hey Good Friend,

Don’t take this the wrong way, but your friend is truly a stalker. The things she’s doing to get this guy’s attention makes me wonder why you see them as a little desperate. No guy wants a girl who throws herself at him (well, not all guys). How can she be so blinded by the fact that he doesn’t give a lick about her or the cute little things she does? I’m glad my friends aren’t like that, but here’s what you do: Sit down with her and explain to her about how he’s being mean and lessening her any attention. How he’s not appreciating the things she’s doing.

Convince her to back away for a while to see if she will notice him and if he doesn’t, that she needs to leave him completely alone, which she will eventually do, hopefully. Be a good friend and have a sincere heart when breaking it down to her. If she doesn’t understand and continues, let her be, and know that she will see. I hope your pep talk works and keep me posted (crossed fingers).
Q: What are your thoughts about Tom Benson buying the Hornets?

Kerry Williams
Major Engineering.

It was a good idea because we needed local ownership.

Matthew Sweeney
Service Learning Coordinator.

I have mixed emotions. I’m glad Benson bought them, but I remember him trying to sell the Saints to San Antonio.

Steven Nguyen
Computer Information Technician Major.

It is a good idea for the city. I like that they sold it to someone who is committed to keeping the team here in the city.

Chris Vicknair
Physical Therapy Major.

I have mixed feelings about Benson buying the Hornets because he did try selling the Saints. But Benson buying the Hornets will bring more stability and be better for the city.

The most embarrassing moments were:

- Louisana holding the world record for imprisonment per capita.
- RSD schools losing their charters.
- Controversy over Google and internet security.
- Hollywood South’s roster of movies made in Louisiana.

CORRECTIONS AND CLARIFICATIONS

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A couple of months ago, my mom and I were in Target picking out some things for the guest bedroom in our house because my grandparents were coming to town for vacation. While my mom shopped around for different lamps, I saw this really cute girl in the baby section looking at clothes. I mean she was absolutely beautiful. I felt that my swagger game was on point so I should stop by. I walked over to the baby section looking through the clothes like I was about to buy something, but I was really looking at my future girlfriend (hopefully). When we got a little closer to each other, I saw she had a big belly. I was thinking in my head, “Oh snap, this chick is expecting a baby.” I wanted to make small talk so I said to her, “I bet your baby would look so cute in any of these outfits.” She gave me this evil look and said, “I’m not pregnant dude. This is for my cousin’s baby shower.” I felt so stupid that I wanted to punch myself in the head. I apologized and walked back over to where my mom was. As I walked away, I heard her call me a bad word. But that was really embarrassing, man. Nothing tops that!

Male, 18 years old, Accounting Major

This past weekend, I celebrated my 21st birthday with my friends at this club called the Hookah Bar. I had heard that it’s the best night club in New Orleans so I wanted to see what all the big buzz was about. My friends and I got a VIP section and Hookah while enjoying the music over cocktails. After having a plethora of cocktails, I started feeling a little buzz so I made my way to the dance floor to dance the feeling off. While dancing, my friends were throwing me more and more drinks and I couldn’t resist. The photographer from the club came over to ask if we wanted to pose for a picture. Being the divas that we are, we wanted to take a picture to post it all over Facebook. After the photographer took our picture, he walked over to show us the preview of the picture and I threw up all over him. I don’t know how that happened but it did. He jumped back screaming and ran away trying to make my way into the bathroom. Everybody in the club was looking at me and the DJ even broadcasted it across the club. I was ready to leave and go home after that and so were my friends. I felt bad that I threw up on the photographer, but glad that I didn’t vomit on his camera because it looked very expensive. Looks like I won’t be going to the Hookah Bar for a while.

Female, 21 years old, Engineer Major

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Beat the sun!

By Arielle Buxton

Who needs sunscreen? We all do, according to the American Academy of Dermatology. Sunscreen is important because it is exactly what it sounds like. A screen of SPF and Broad-spectrum protection against sunburns, skin cancer and early aging. Many people go out in the sun, forgetting the terrible effects the sun can have on your skin without protection. It’s festival time and people are getting ready to flood the streets to dance and party like they don’t feel a thing. Before you head out, remember that there’s a few things you can do to stay in the shade.

Research from the American Academy of Dermatology (AAD) states that more than 3.5 million skin cancers are diagnosed in over 2 million people annually; that is a lot of people that get skin cancer for not protecting their skin properly. That’s why you don’t want to be the one getting diagnosed next. These are five tips that you can use to keep healthy, glowing skin this summer.

Tip 1: SPF matters
The amount of SPF you use determines how much protection you have from the sun. Choose a lotion with an SPF over 30 and use enough to cover all the main parts of your body being exposed to the sun. Put this on first thing before going out for the day, and re-apply the most exposed areas.

Tip 2: Stay hydrated
Yes, water! Drinking water works wonders for your skin, your body and your mind. It refreshes you and keeps you healthy and happy. A good skin care routine would be to not only wash your face with water but drink about eight glasses each day to help unclog those pores, release bad oils and produce a healthy flow of cell growth.

Tip 3: Wear protective clothing
Keep your skin covered with clothes and protect your face by wearing a hat when you go out. You can get sunburned easily, especially on the face and scalp.

Tip 4: Give yourself a facial every now and then
It works. A simple at-home facial includes a skin cleansing with a cleanser that is fit for your skin type. An exfoliation with a cleanser that is fit for your skin type and a really good moisturizer to keep your skin hydrated. Facials rejuvenate, refresh and open your skin to a better balance. It is important to get them every two weeks to a month.

Tip 5: Seek shade
If you’re out at the festivals, find a tree with some good shade to block the sun’s rays. It might be hot, but it feels cooler and its much safer to hide under a tree than to be directly under the sun getting burned. Now, may your skin glow with health, not sunburn!

Don’t miss New Orleans Navy Week

By Arielle Buxton

Since 2005, there’s 148 Navy weeks being held in 62 different cities to show patronage to the American way of life and the remembrance of the Bicentennial War of 1812. In 2012, the Navy Week program will travel around to 15 cities including New Orleans.

The week-long event started Monday, April 16, but won’t end until April 23. There is still time to make your way down to hone in and have some fun with our Navy.

A gathering of ships will spread on the East Bank from Erato Street to Poland Avenue. There will be an airshow and welcoming other countries from around the world for joining the U.S. Navy for this celebration. Ships in each port will be open to the public where people can actually see the inside of the ships and interact with sailors.

Avenue. There will be an airshow and welcoming other countries from around the world for joining the U.S. Navy for this celebration. Ships in each port will be open to the public where people can actually see the inside of the ships and interact with sailors.

12 reasons to workout

By Chelsey Tharp

1.) It makes you feel better and confident.
2.) If you want a great butt.
3.) If you want rock hard abs.
4.) If you want to look good.
5.) It helps lift you mood.
6.) Prepares you for the upcoming Swimsuit season.
7.) It improves your heart health.
8.) It boosts your metabolism.
9.) A fit body is a healthy body.
10.) Exercising helps release stress.
11.) It creates a stronger body.
12.) Working out now will be best for you in the long run.

Movies to watch for this season.....

By Chelsey Tharp

<table>
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<tr>
<th>Movie</th>
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<td>Safe</td>
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<td>Dark Shadows</td>
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<td>Battleship</td>
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<td>Men in Black 3</td>
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<td>Snow White and the Huntsman</td>
<td>June 1</td>
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<td>Prometheus</td>
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<td>Abraham Lincoln: Vampire</td>
<td>Hunter (June 22)</td>
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<td>G.I. Joe: Retaliation</td>
<td>June 29</td>
</tr>
<tr>
<td>Dark Knight Rises</td>
<td>July 20</td>
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**WACKY FACTS**

A snail can sleep for three years.

No word in the English language rhymes with Month, Orange, Silver or Purple.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

An ostrich's eye is bigger than its brain.

A shrimp's heart is in their head.

A cockroach can survive days without its head.

In the course of an average lifetime, you will, while sleeping, eat 70 assorted insects and 10 spiders.

Babies are born without knee caps. They don't appear until 2-6 years of age.

No piece of paper can be folded in half more than 7 times.

Cat's urine glows under a black light.

Source: [http://www.infobarrel.com/75_Amazing_Wacky_Facts](http://www.infobarrel.com/75_Amazing_Wacky_Facts)
CAFE 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 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 or rye bread (chicken salad or turkey or ham)

SANDWICHES (w/chips)

Triple Decker Club  Turkey, avocado, bacon, tomato & Swiss
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

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

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

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

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

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POBOYS

Roast Beef  Debris style roast beef poboy with gravy
Cuban  Pressed poboy w/ roasted pork, ham, Swiss, mayo, mustard & pickles
Fajeta  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
Jalapeno Burger topped w/mozzarella & jalapenos
Sides: shoe string fries, sweet potato fries, chips

breakfast hours:

Mon-Fri 7am-11am  Saturday & Sunday 7am-3pm

EGGS BENEDICTS

Eggs Benedict
Turkey Avocado Benedict
Spinach Artichoke Benedict
Sausage Jalapeno Benedict

BREAKFAST PLATES

2 Eggs
With potatoes or grits & toast or biscuit

Navarre Special
Scrambled eggs with cheese, ham, potatoes, onion & tomato, served with grits with jalapenos & 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

Breakfast Sandwiches
Bacon or sausage, egg & cheese
B.L.T.  Bacon, lettuce, tomato & mayo on toast

PANCAKES

Buttermilk Chocolate Chip Blueberry Banana

OMELETTES

Mediterranean
Spinach, artichoke, feta, mozzarella & tomato

Three Cheese
Cheddar, American & mozzarella

Southern
Bacon, cheddar & tomato

American
Ham & American cheese

California
Turkey, avocado, Swiss cheese & tomato

Southwest
Sausage, jalapenos, mozzarella & tomato

Veggie
Bell peppers, onion, tomato & mozzarella

Now Serving Pizza for Dinner
Sun-Thurs : 5 pm-10 pm
Fri & Sat : 5 pm-10:30 pm

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