Chief of Delgado campus police urges students to be wary in areas surrounding City Park campus, in light of the area’s recent spike in crime

By Gabriela Amador
Staff Writer

"Anybody can be a victim, including me," says Ronald Doucette Sr, Director of Campus Police at Delgado. During the last two weeks of February, two students were carjacked in separate incidents. One of the victims was a male, and one was a female; both made the decision to park off-campus. According to Campus Police reports, each crime occurred Feb. 27th and 28th between 8:30 pm - 8:50 pm. The first incident took place on the 800 block of Navarre St. As the victim was getting out of his car, a 2004 Toyota Highlander, he was approached by an unknown black male, approximately 6 feet tall, muscular build, wearing a dark, hooded sweatshirt. The victim says that the perpetrator forced him to the ground. The second incident occurred Feb. 28th on the intersection of N. Anthony and Conti Streets. The victim told the responding officer that she was putting her belongings in the back seat of her vehicle when a black male, wearing a black hooded sweatshirt and a black mask over his face, approached her, placed a gun to her side and told her to drop her keys and purse. She followed his demands, and the perpetrator picked up the keys and purse, entered her vehicle and fled the scene. The suspect then fled down N. Anthony and disappeared. Fortunately, neither student was injured. Both incidents are being investigated by NOPD. "Nobody is immune to it; you have to pre-plan," said Chief Doucette, as he advised members of the Dolphin news staff on how to prepare for these dangerous occurrences. Students should think in advance of situations to which they must respond quickly. There are a lot of steps students can take as consumers, and members of society, to protect themselves in dangerous situations, such as carrying a whistle, having a phone on-hand, and having 911 on speed dial. Mr. Doucette warned students, especially females, not to allow strangers to lead them away from campus. "This is where the fighting, screaming and yelling begin, but do not let them take you away," he says. Doucette provided further steps that students can take to avoid dangerous situations. "If you’re already running, just keep running. If you want to defend yourself, carry a key in your hand, whether it’s in your pocket or on your side. A key can do a lot of damage," he said.

Doucette remained adamant about the danger inherent in students parking away from campus. "We live in a major urban city, and our college happens to sit in the middle of it," he explained. “He maintained that the best way for students to stay safe is to travel in groups, rather than alone, especially away from campus. Chief Doucette encourages students to get in touch with the campus police department any time they feel concerned about their safety. "Call us anytime, we are doing to protect them," he said. "We want students to find out what we are doing to protect them.” For emergency incidents call (504) 671-6111, and for non-emergencies call (504) 671-6112.

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There is an open field at the Audubon Zoo, surrounded by the park’s exciting collection of exotic animals. This is where the crowd gathered, on March 2nd and 3rd, to celebrate the tenth anniversary of Soul Fest. With the cool breeze blowing and the smell of authentic soul food being prepared by locally-owned restaurants and caterers, this event attracts visitors of all ages.

Soul Fest has evolved into one of New Orleans’ biggest celebrations of African-American history. The two-day, family-oriented festival featured live musical performances by local jazz, R&B, and Gospel artists, including New Orleans’ own Grammy Award Nominee Luke James!

This particular fest goes beyond just great food and great music; it also highlights the achievements and heritage of African-Americans, while promoting healthy living via a health fair offering free screenings. Kids enjoyed hands-on activities at the kids cultural tent and, not to mention, tasty treats such as cotton candy, sweet potato pies, pralines and chocolate-covered bananas. The Soul Fest began in 2003, recently presenting very talented artists, such as trumpet extraordinaire Irvin Mayfield, Yolanda Adams, a Gospel great, The Hot 8 Brass Band, Rebirth Brass Band, and a number of different New Orleans Mardi Gras Indian Big Chiefs.

Local artisans got a chance to showcase their original handmade crafts, such as jewelry, art, and stationary frames as well, which were available for purchase. Soul Fest 2013 entertainment was presented by AARP and sponsored in part by The Bardell Company and Amerigroup. Local artisans got a chance to showcase their original handmade crafts, such as jewelry, art, and stationary frames as well, which were available for purchase. Soul Fest 2013 entertainment was presented by AARP and sponsored in part by The Bardell Company and Amerigroup. Local artisans got a chance to showcase their original handmade crafts, such as jewelry, art, and stationary frames as well, which were available for purchase. Soul Fest 2013 entertainment was presented by AARP and sponsored in part by The Bardell Company and Amerigroup.
AIDS Memorial Quilt Exhibit at Delgado is March 20-26

Sections of the internationally celebrated AIDS Memorial Quilt – the 54-ton, handmade tapestry that stands as a memorial to more than 94,000 individuals lost to AIDS – will be on view from March 20 through March 26 at the Delgado Community College Student Life Center, Lac Ponchartrain room (second floor). The event is sponsored by the Delgado Community College Student Government Association (SGA).

Established in 1987, the NAMES Project Foundation is the international organization that is the custodian of the AIDS Memorial Quilt, which began with a single 3 x 6 foot panel created in San Francisco in 1987. Today the quilt is composed of more than 48,000 individual 3 x 6 foot panels, each one commemorating the life of someone who has died of AIDS. These panels come from every state in the nation, every corner of the globe and they have been sewn by hundreds of thousands of friends, lovers and family members into this epic memorial, the largest piece of ongoing community art in the world.

“We are thrilled to have the chance to share the AIDS Memorial Quilt with your community,” said Julie Rhoad, executive director of the NAMES Project Foundation. “These handmade blocks, created by friends and family, tell the stories of individuals who have lost their lives to AIDS. We bring you their stories in the hope of inspiring compassion, healing and personal responsibility. We thank the Delgado Community College SGA for hosting this event and we invite you all out to see what wonderful art we have created together as a nation.”

The exhibit will present information about HIV/AIDS and will include 10 sections of the AIDS Memorial Quilt. Several of the sections memorialize the deceased loved ones of Delgado faculty, staff and students.

“One of the missions for the SGA is to bring to our students educational opportunities and knowledge,” said Edward Leon, vice president of social affairs, City Park Campus SGA. “The SGA feels that the symbolic meaning of the quilt is one of importance, which we hope will enrich the lives of our students and the general public. We feel that this exhibit will highlight the ongoing fight against HIV/AIDS, and it is an opportunity for Delgado students to see firsthand the reality of this fight.”

More than 100 Delgado faculty and staff have volunteered to assist with the exhibit. Area organizations involved with the display include, besides the Delgado SGA, St. John #5 Faith Church, LSU HOP Clinic, PFLAG, Planned Parenthood, Bell Reve New Orleans, Project Lazarus and Delta AETC. Sections are continuously on display across the country in schools, churches, community centers, businesses, corporations and a variety of other institutional settings all in the hope of making the realities of HIV and AIDS real, human and immediate. To date, more than 15 million people have seen the AIDS Memorial Quilt at tens of thousands of displays throughout the world. Exhibit times are March 20 - 22, 9 a.m. - 4 p.m.; March 23 - 24, 10 a.m. - 3 p.m.; March 25, 9 a.m. - 4 p.m.; and March 26, 9 a.m. - 3 p.m. The exhibit will be open to the general public.

There is no admission fee. For more information on the upcoming display, please call 504-671-6000. For more information on the NAMES Project and the AIDS Memorial Quilt, please visit aidsquilt.org or call the national headquarters at (404) 688-5500.

Check out Delgado’s TV Production Department

By Lynn Robertson

There is a Digital Television Production Department here at Delgado Community College. We are currently housed in the Performance and Media Arts Area but we are in curriculum revision and will become the Digital Television, Film and Mass Media Department to better reflect what our students are learning.

see TV PRODUCTION, page 7
Technology students raise awareness about human trafficking through creative service-learning projects

By Seth Mattei
Staff Writer

For the Fall 2012 semester, Delgado Computer Information Technology instructor Freda Leonard, and Administrative Office Technology instructor Tracie King, led five classes in various service-learning projects, with the intent of raising awareness about an issue that became increasingly prevalent in the wake of the Super Bowl coming to New Orleans: human trafficking.

Students taking classes in PowerPoint, Photoshop and InDesign were assigned to go to seminars focused on human trafficking, awareness, and create digital promotional items, such as posters, newsletters and spreadsheets, in their respective media. This was the final project of the semester for all five classes. King gave her students an open format. “I told my Photoshop class, ‘You can come up with any kind of advertisement.’ The end results were mostly poster-type documents, but one student took it a step further and made a series of 30-second movies.”

“I set up a link in the Flex lab that was used as extra credit to get donations for Eden House,” said Leonard. According to its website, “Eden House is a two-year residential program for women who have been commercially or sexually exploited.” Leonard says that the facility is trying to house 12 women, and several classes were able to contribute donations for them.

One of the Eden House assistants that the students and teachers spoke with became a victim of human trafficking at 12 years old, and was working the streets as a prostitute at 13, according to King. “She gave a testimonial of a whole life of abuse, drug addiction and being human trafficked,” King said. “She finally got to a rehab center and got out of that. Now, her mission is to help other people get out of it.”

The community partner that contacted Leonard and King about the project did so as a community service outreach project for her church’s women’s group. “She wanted to work with our students, so that this age group would get the message,” said King. Leonard and King attended, and assigned their students last semester to attend various seminars on human trafficking, presented by local Catholic charity organizations, at the Community Book Center and the New Orleans Public Library. Students’ projects were also put on display at the Community Methodist Church, during a one-day seminar. “We were pulled into this bigger project to raise awareness about human trafficking at the Super Bowl,” said King. “That was a goal for a lot of organizations throughout the city.”

Judging by various articles and viewers’ comments posted on nola.com around the time of the Super Bowl, there is a blurry line as to where consensual sex work ends, and human trafficking begins. Another interesting document is a 2011 newsletter published by the Global Alliance Against Traffic in Women (GAATW), entitled “What’s the Cost of A Rumour?” It makes the argument that local law enforcements’ projections of the percentage of prostitutes that are victims of human trafficking is greatly exaggerated. The document states, in part: “Trafficking in persons is a very serious human rights violation that is defined by three elements: The movement of a person, with deception or coercion, into a situation of forced labor, servitude, or slavery-like practice. Trafficking is not the same thing as sex work. While some persons are trafficked into prostitution, not all (or even most) sex workers are trafficked.” These arguments deserve to be taken into consideration, but other aspects exist as well. “People disappear, and we don’t know why,” said Freda Leonard, reflecting on the abundance of missing person cases in the US. Less than a week after Leonard made this statement, it was reported that a second grade teacher, 26-year-old Terrilynn Monette, was missing. Ms. Monette was last seen at Parlay’s, a bar on Harrison Ave., just blocks away from Delgado’s City Park Campus. “There is one more step that I want to take,” said King, about the students’ service-learning work. “I would like to have some of these projects printed out and posted around campus, so that people who didn’t interact with us in class can be made aware, as well.”
Sports Briefs

Baseball

(AP) Yankees general manager Brian Cashman says he doesn't know if injured captain Derek Jeter will be available to play for New York on opening day. The shortstop received an anti-inflammatory injection in his surgically repaired left ankle and missed his second straight spring game. "At this stage, I just don't know, so all I can do is acknowledge it's a possibility," Cashman said when asked if Jeter would be ready for opening day. Cashman says he doesn't know when Jeter would resume playing in spring games. The shortstop was removed from the lineup against Philadelphia on Tuesday for "precautionary" reasons because his ankle felt stiff.

Basketball

(AP) President Barack Obama is picking Indiana to go to the Final Four in the NCAA men's basketball tournament. ESPN revealed that Obama picked the Hoosiers to win it all in his 2013 bracket. He predicted Ohio State and Florida would round out the Final Four. But he said "I think this is Indiana's year." Obama has made an annual tradition of giving his bracket predictions to ESPN but only correctly picked the winner once North Carolina in 2009. He says he thinks he can do better in his second term. This time, Obama repeatedly advanced teams from the Big Ten. But he said "I think this is Indiana's year." Obama filled out the bracket at the White House, before departing on a trip to the Middle East.

Tennis

(AP) After a year of closed-door meetings with tennis players seeking a greater say in the sport and a larger slice of Grand Slam revenues, the U.S. Open is making big changes. New York's Grand Slam tournament will increase its annual prize money to $50 million by 2017 -- roughly double what it was last year -- and permanently schedule the men's semifinals on Friday and men's final on Sunday starting in 2015.

Track & Field

(AP) Tel Aviv has cancelled a marathon race because of a forecast of hot weather. This comes after a runner died of heat stroke in a half-marathon during a heat wave. A statement from city hall says the decision follows recommendations by health officials. Michael Michalevitch, a 29-year-old soldier, died. Four others collapsed and were removed from the lineup in spring games. The shortstop when Jeter would resume playing in 2014.

Intramural Sports

College life can be stressful at times, with projects, essays, exams and other obligations. Some students' stress reliever is eating, and many develop eating disorders. Others listen to music, go for a walk, or find room to breathe in other ways. If you like sports, there is a solution. Sign up for Intramural Sports in Building 11 Room 105A.

Intramural sports are for students to participate in and compete against each other here at school. The difference between intramural sports and varsity athletics is that varsity teams compete with other schools, and the athletes have scholarships; all students are welcome to join the intramural sports community. During the Spring semester, they play basketball, softball and soccer. In the Fall semester, they play volleyball, flag football and soccer. During the summer, they play whatever students are interested in. "I encourage students to join and participate in sports, since it's proven that engaging in athletic activities helps with their overall college experience," said Merwin Duque, the Intramural Sports coach. There are no try-outs, because no one is turned down for lack of ability. Competition takes place in state intramural tournaments every semester. So, next time students feel pressured, just know that playing sports is always an option for blowing off steam, and you have the opportunity of engaging with other students and colleagues in the process.

Delgado 2013 Baseball Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Site</th>
<th>Time</th>
<th>Opponent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday- 3/29</td>
<td>Meridian MS</td>
<td>1:00 p.m.</td>
<td>Meridian CC (MS)</td>
</tr>
<tr>
<td>Saturday- 3/30</td>
<td>Meridian MS</td>
<td>1:00 p.m.</td>
<td>Meridian CC (MS)</td>
</tr>
<tr>
<td>Saturday- 4/6</td>
<td>LSU-Eunice (LA)</td>
<td>3:00 p.m.</td>
<td>LSU-Eunice (LA)</td>
</tr>
<tr>
<td>Sunday- 4/7</td>
<td>LSU-Eunice (LA)</td>
<td>1:00 p.m.</td>
<td>LSU-Eunice (LA)</td>
</tr>
<tr>
<td>Wednesday- 4/10</td>
<td>Spring Hill College JV (AL)</td>
<td>1:00 p.m.</td>
<td>Spring Hill College JV (AL)</td>
</tr>
<tr>
<td>Saturday- 4/13</td>
<td>LSU-Eunice (LA)</td>
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<td>LSU-Eunice (LA)</td>
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<tr>
<td>Sunday- 4/14</td>
<td>LSU-Eunice (LA)</td>
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<td>LSU-Eunice (LA)</td>
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<tr>
<td>Wednesday- 4/17</td>
<td>Faulkner State (AL)</td>
<td>3:00 p.m.</td>
<td>Faulkner State (AL)</td>
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<td>Saturday- 4/20</td>
<td>Baton Rouge CC (LA)</td>
<td>1:00 p.m.</td>
<td>Baton Rouge CC (LA)</td>
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<tr>
<td>Sunday- 4/21</td>
<td>Baton Rouge CC (LA)</td>
<td>1:00 p.m.</td>
<td>Baton Rouge CC (LA)</td>
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<tr>
<td>Tuesday- 4/23</td>
<td>Faulkner State (AL)</td>
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<td>Faulkner State (AL)</td>
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<td>Saturday- 4/27</td>
<td>Meridian CC (MS)</td>
<td>1:00 p.m.</td>
<td>Meridian CC (MS)</td>
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<tr>
<td>Sunday- 4/28</td>
<td>Meridian CC (MS)</td>
<td>1:00 p.m.</td>
<td>Meridian CC (MS)</td>
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<tr>
<td>5/10-5/12</td>
<td>Miss-Lou Conference Playoffs</td>
<td>1:00 p.m.</td>
<td>Miss-Lou Conference Playoffs</td>
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<tr>
<td>5/17-5/19</td>
<td>South Central District Regional</td>
<td>1:00 p.m.</td>
<td>South Central District Regional</td>
</tr>
<tr>
<td>5/24-6/4</td>
<td>Junior College World Series</td>
<td>1:00 p.m.</td>
<td>Junior College World Series</td>
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Students who participate in Delgado's Intramural Sports program playing volleyball in the gym, located in Building 22.
Playstation 4 revealed...Kind of

By Kamel Benyahia
Staff Writer

I have been a loyal Sony Playstation gamer since the original Playstation, so, needless to say, I am a bit excited about the upcoming Playstation 4. Sony released a lot of information about the system in a two hour event that took place February 20th. During this event, Sony gave its audience several reasons to be excited for the future of gaming.

The conference began with a layout of the goals Sony wanted to achieve with the new system, which boiled down to more social networking, designed with gamers in mind, and being able to extend a gaming session beyond the living room. After a long speech about what Sony was trying to accomplish with the new system, they got into the details that gamers were interested in: the hardware specifications and the games.

Even though the actual console wasn’t revealed, Sony still exhibited the hardware that will be inside of it. The new hardware features an x86 processor, and features 8 GB of GDDR5 memory. This means powerful gaming, for those of us that don’t understand techno babble. One of the features that really stood out was being able to play a game after a small initial download, while the rest of the game downloaded in the background. This means no more waiting all night for a new game that you bought on the Playstation Store to download. The lead console designer, Mark Cerny, is a game developer and brought a game developer’s knowledge to the construction of the new console, which is why so many third party developers were already committed to the PS4 platform. This console was designed to make it easier for developers to utilize the full capabilities of the console.

The Dualshock controllers have been a staple of Sony’s since the original Playstation. The iconic controller has maintained general shape throughout each console generation, and the biggest physical change has been the addition of analog sticks. This generation is getting a new Dualshock 4 controller that looks bigger than its predecessor. It features new concave style analog sticks, a touchpad in the middle, a speaker, headphone jack, and the new Share and Option buttons that have replaced Start and Select. Sony also offered a glimpse of its motion control technology, featuring a new project from Little Big Planet creators, Media Molecule. Media Molecule presented a 3-D sculpting program that could be manipulated using two Move controllers as tools for shaping and creating anything. They demoed this by showing several mini-projects made by the team that culminated in a musical performance. The people holding the Move controllers were controlling the characters on screen almost as if they were on marionette strings.

Sony went out of their way to ensure social networking played a major role in its next console. One of the best features is the “Share” button located on the new Dualshock 4 controller. This button allows you to record games and share them with your friends online. You will also have the ability to cross-chat, and even look in on a friend while he/she is playing. I can already hear my friends backstage driving on my favorite racing games. Sony took this a step further by allowing friends to remotely help each other out through the network. I like the idea behind this, because if you have a friend or family member that is having a tough time getting through a level. Instead of going over to their house to help them, you can actually take over their Playstation from your Playstation and help them out that way. The first game, Knack, looked to be an original title meant to display the PS4’s graphical abilities. It has a light-hearted look at first glance, but once the tanks and aircraft show up, you know this is going to be heavy with action. The reason I say this game looks like it is meant to display the PS4’s graphical prowess is the fact that the main character has lots of parts that move simultaneously, which is taxing on any graphical processor, but it certainly looked good on the PS4.

Killzone Shadowfall made its debut with a gorgeous live demo. I have to be honest, I have not really followed the Killzone series, even though it is one of Playstation’s powerhouse titles. Everything in this game looks stunning. The particle effects were particularly impressive after the explosion took place during the demo. The plumes of smoke and burning ashes trickled across the screen with amazing detail that added to the hectic atmosphere of the war-zone. The lighting effects were also breathtaking especially during the flight scenes. Driveclub was easily my favorite preview of the night, since I am a racing junkie. The visuals were so detailed at first that I thought I might be seeing my first shot of Gran Turismo 6, but I was wrong. Evolution studios has had this game in the works for the better part of a decade, focusing on bringing a new perspective to modern racing games. They are attempting to give the player a first person perspective of the experience of getting into your own supercar. Everything from how the door opens, to how it sounds, and how it looks is viewed by the gamer is this generating a lot of buzz, but unfortunately we did not get to see what the actual console looks like. This was kind of strange, since they made such a big deal about the reveal. Electronics Entertainment Expo should have an actual console to look at, with the device coming out this year. In the meantime, treat yourself to some eye candy and watch the new game previews on Youtube.com.
**Delgado Theatre Dept.'s production of Beckett’s Endgame was well-acted and refreshingly off-beat**

By Seth Mattei  
Staff Writer

I’m not going to mince words. Endgame was a weird play. The production wasn’t perfect, but the acting was skillful and entertaining, the set looked quite creepy, and the dialogue hit some pretty resonant, thought-provoking notes.

Saturday, March 2 was the first time I ever witnessed anything written by Samuel Beckett. The devices used to tell the story were impossibly simple, but the themes were huge. Thoughts of life and death, love and loss, companionship, as well as the effects of redundancy and hopelessness, were all expressed throughout the narrative. There are four characters in Endgame: Clav, Hamm, Nagg and Nell, played by Miles Hendler, Tony Coco, Matt Shurley and Laura Zimmerman. The four actors executed the characters skillfully and convincingly. Clav is Hamm’s servant. Having a bad leg, and being unable to sit, Clav performs menial tasks, and fetches amenities for Hamm, who is blind, and cannot stand. Nagg and Nell are Hamm’s parents, and live next to him in two trashcans that offer the couple close enough proximity to converse, but not to kiss. They try kissing at one point in the play, but after what is portrayed as a painful stretch, they fail to reach each other. It is Nell who speaks the plays definitive line: “Nothing is funnier than unhappiness.”

Before the play started, there was a video preface of sorts, arranged by Delgado film and television graduate Daniel Nicholas, featuring music by Tom Waits, as well as footage of nuclear explosions, wartime educational videos and stanley Kubrick’s classic film, Dr. Strangelove. Setting the tone just before the start of the one-act play was a quote from Albert Einstein: “I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones.”

The play’s director, Kris LaMorte, maintained it was important to stay true to Beckett’s vision of the set, but he also gave the actors “total free range of our characters,” according to Tony Coco. The simple set consisted of a wall featuring two windows near the top, and the stage protruding out from the wall. “It was designed to look like a skull,” said LaMorte. Covering the wall, like some post-apocalyptic wallpaper, was newspaper. This was LaMorte’s idea, and the set was constructed by Tom Dawson, who also provided the lighting. The production was about 90 minutes long, and took place in Delgado’s theater, located on the third floor of Building 1, on the City Park campus.

My only real complaint about the play is that the characters’ repetitive actions, along with the singular scenery, made the story feel like a perpetual yawn at times. Endgame is a minimalist story by nature, and its purpose is to make the audience think. If you want a story that keeps you on the edge of your seat, I suggest you look elsewhere.

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**Pulled Pork Recipe**

By Lee Jin Danielson  
Staff Writer

School is in session again, and life is busy. I understand, especially for all the parent’s out there. I really understand. Which is why I am giving you all a delicious and easy recipe for pulled pork sandwiches that makes enough food to feed many mouths, but also can be dinner for almost the whole week. Yum! One of the things that makes this recipe so perfect for a person who has school, or work, or kids, or all the above, is the ability to just throw all the ingredients in a crock pot and let them cook for 8-10 hours. You will need the following...

**Ingredients:**

1 medium onion, chopped  
1/2 cup ketchup  
1/3 cup apple cider vinegar  
1/4 cup packed brown sugar  
1/4 cup tomato paste  
2 tablespoons sweet paprika (recipe can do without if unable to find)  
2 tablespoons Worcestershire sauce  
2 tablespoons yellow mustard  
1 1/2 teaspoons salt  
1 1/4 teaspoons ground black pepper  
1 can of Barq’s Root Beer  
(spoon some of the sauce when it’s finished cooking into meat, as much as you like. Or, if you would like it to have a ton of juice, you can just return all the meat back into the cooker and let it’s okay that the pork is still in the crock pot, even if it’s finished cooking. Your cooker should just go to the warm setting, which will keep the pork warm, and not overcook it, but you should check to make sure your cooker does the same).  
4-5 pound boneless pork shoulder or pork butt (recipe can do up to 7 pounds without having to change any of the ingredients amounts)  
BBQ Sauce (I use Sweet Baby Ray’s Barbecue Sauce, I think it tastes the best with pulled pork, but you can use whatever kind you like)  
Sandwich Buns  
Estimated Prep Time: 30 Minutes  
Estimated Cook Time: 8-10 hours

**Directions:**

1. Using a 4 1/2 to 6 quart slow cooker/crock pot (I use a 6 quart, so if you use something smaller, you may or may not be able to put 7 pounds of meat in it). throw in ingredients, chopped onion, ketchup, apple cider vinegar, packed brown sugar, tomato paste, sweet paprika, Worcestershire sauce, yellow mustard, salt, and ground black pepper, stir until combined. Add pork to sauce mixture and use a spoon to coat well. (I usually cut the fat from the bottom of the pork. You don’t have to; I just like doing it because I don’t like all that fat coming off into the sauce when it’s finished cooking.) Then, take the can of Barq’s Root Beer and pour a little more than half of it over the pork.  
2. Cover slow cooker/crock pot with lid and cook pork on low for 8-10 hours, or until pork is very tender (If you set the timer for 8 hours, but know you will be gone for 9, it’s okay the pork is still in the crock pot, even if it’s finished cooking. Your cooker should just go to the warm setting, which will keep the pork warm, and not overcook it, but you should check to make sure your cooker does the same).  
3. Using tongs (or whatever you would like to use), remove meat from cooker and transfer to a large bowl.  
4. Using 2 forks, separate the pork until shredded. Optional: add whatever other dressings you would like, and ENJOY!!
OPINION

POLL

Q: Do smartphones, tablets and other wireless devices help you with your studies, or do you find that they are distractions?

“I think they can be a help. Books and apps with the capacity to educate can be downloaded on these devices.”

Daisha Emilien, Early Childhood Education

“They do both. It depends on how the individual uses them.”

Tyrone James, Nuclear Medicine Technology

“They are equally distracting and helpful; it depends on the person.”

Francisco Castro, Automotive Technician

“They are good for looking up information quickly, but can be distracting.”

Alex Cino, Television

“A little bit of both. I’m pretty dependent on it.”

Tayler Brantmeyer, Broadcast Journalism/Pharmacy Technician

“Both. With the smart phones, you get a text or a call, and it distracts you from doing your work. But, wireless devices are also easier to carry to do your work.”

Candace Wheeler, RN

“They help. It doesn’t have to distract you. You can just turn it off.”

Chris Hovius, Civil Engineering

“They are helpful: emails, Blackboard, and LOLA in your palm, easy.”

-Doug Collins, Civil Construction Technology

THE DOLPHIN

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Letters to the editor should be typed, double-spaced, and not longer than 400 words. Guest columns and articles should be no longer than 700 words. The Dolphin reserves the right to edit any letter without notification to the author. All submissions must include full name and phone number. Submissions can be reprinted in The Dolphin, 615 City Park Ave., New Orleans, LA 70119 or brought to the Dolphin office in CP11 Room 104. Monday through Friday. The office phone number is (504)-671-6005, and the e-mail address is thedolphin29@gmail.com.
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