Recycling at Delgado
Roadblocks include paper chase, costs

By Seth Mattei

At Delgado’s Feb. 2 Faculty Senate meeting, providing on-campus recycling was a major topic. “Being able to provide this service will be the school’s legacy for the year, if we can accomplish it,” said Faculty Senate President Bob Lawyer.

Procuring recycling receptacles on campus has been discussed at Faculty Senate meetings since September of last year when a recycling committee was formed by biology professor Marion Freistadt and math instructor Aimée Buckel. A resolution has since been signed saying that the Faculty Senate and the chancellor support on-campus recycling. The committee has had a plan since November, but are still waiting on a final decision from the college. “At the moment there is a hold-up on who will pay,” said Marion Freistadt, “but some of us feel very strongly about this and we are willing to put up some of our own money to make it happen.”

When asked what they thought of the importance of recycling and having the option available on campus, students responded positively.

“Recycling is important,” said nursing major Jessica Lockett, “We need it on campus.” Rachel Evola, an education major, said, “I’ve never recycled. My family has never had a bin, but I would start doing it if it was more prevalent.”

Getting this objective passed will take organization and participation from many individuals at Delgado. “This is a cultural change,” said Aimée Buckel, “So in order for it to happen, the majority will have to support it.”

Windmill of change
Wind power to clear pond algae

By Chelsey Tharp

Last semester Delgado’s “Save Our Pond” organizers held a raffle to raise money to purchase a windmill for the City Park campus. The windmill aerates oxygen into the pond, which slows down the growth of the algae and also helps the fish breathe.

The pond has over 150 koi and several turtles, but they aren’t visible due to the algae blooms. “The pumps we have just clog up with trash and that becomes really expensive when they need to be fixed,” said Fred Tuhro, who headed the windmill project. “Mainly anything a student drops on campus will end up in our pond within a week because of the wind direction. Litter is a big problem and it’s hard to control because no one really has the time to go out there and pick up litter every half hour. Maintenance and I will go out there when we can and pick up trash.”

The windmill is an addition to the pumps in keeping oxygen in the water, and it will help keep the algae growth down. This will benefit the pond in the long run. The windmill is placed in the ideal location on campus for the most possible wind.

The windmill, built Feb. 7, 2012, is 20 feet high, with a 5-6 foot spread and a 64-inch diameter head, pumps one-half cubic feet per minute of air. It shuts off at 28 miles per hour, as if it were taking a break. It has the potential to last for up to 25 years, according to Tuhro.

In the long run, the windmill will save money that would have to be spent on pump repairs and pond cleaning.

“There are a total of 11 pumps and it’s hard to just keep four working,” said Tuhro. “Each time they break, we pay $1000 to fix them.”

With the budget cuts, this was the way to go. “Hopefully, since the windmill is pumping oxygen into the pond, it beats the algae before it blooms in the spring, since algae likes the warmer weather,” Tuhro said.

When the windmill really gets pumping, there should be at least three feet of visibility in the ponds.

“Our next raffle will go towards to getting new benches for the campus,” says Tuhro. “We started out to save the pond, but it’s more about beautifying the campus. It’s been a really good partnership working with everyone, and I couldn’t have done it without everyone’s help.”

State retirement bills to be voted on in March session

By Seth Mattei

An onslaught of bills focused on stifling the retirement benefits for state employees, specifically members of the Teachers’ Retirement System of Louisiana (TRSL), will be introduced into the 2012 Regular Legislative Session.

There are 42 new bills that will affect TRSL members, of which five encompass major reforms within the state retirement system.

The House Bills were composed by Rep. J. Kevin Pearson, R-Slidell. The State Bills were composed by Sen. Barrow Peacock, R-Bossier City and Sen. Elbert Guillory, D-Opelousas.

HB35 and SB51 increase the retirement age to 67 or “the highest retirement age provided for by the Social Security Act, whichever is higher.”

Not only will TRSL workers have to work for more years in order to receive their pensions, more of their paychecks may go into their retirement funds, as HB56 and SB52 are geared toward higher employee contribution rates. That rate is currently eight percent, but these bills push them up to 11 percent, essentially a three-percent pay cut for everyone in the TRSL.

SB17 and SB26 show an even larger contribution rate from new employees (10 percent from those hired after Jan. 31, 2013), but only a 5.25 percent contribution from employers. To benefit the calculation process, the final average compensation (FAC) will change from a three-year to a five-year plan, thanks to HB35, SB42 and SB47.

“I am not inclined toward being an alarmist,” said Faculty Senate President and social sciences professor Bob Lawyer. “However, in the more than 30 years I have taught at Delgado, I cannot recall a time when this much legislation has appeared in one session directed at retirement.”
Deadline approaching
Applications for graduation due March 9

By Laura Richard

If you are planning to graduate from Delgado in May, you need to make sure that you have filled out and turned in your graduation application to your campus graduation coordinator. The deadline for applications is March 9. There is a $50 processing fee due in the form of a cashier’s check or money order when you turn in your application. Cash and personal checks are not accepted. Applications will not be processed until the graduation fee has been paid.

If you miss the deadline, you can still submit your graduation application by March 23, but there will be an additional $40 late fee attached to the application fee. All applications received after this date will be processed for the December 2012 graduation.

According to Delgado’s website, the application must be submitted to the Office of the Registrar on your campus. Also, all Business & Technology majors must report to the Business & Technology Division to complete the graduation application. Once submitted, your academic record will be evaluated.

If you owe any money to Delgado by graduation day, you will not receive your diploma until your debt is paid in full.

The application can be downloaded from Delgado’s website at http://www.dcc.edu/grad-info/app. Any questions regarding graduation can be sent to your campus graduation coordinator. City Park/West Bank students may contact Tonja Jones-Barthelemy at tjones1@dcc.edu and Charity School of Nursing students should e-mail Shannon West at sdwest@dcc.edu.

Commencement will be at Kiefer Lakefront Arena Monday, May 21 at 10 a.m.

Pre-graduation planning
Career Services offers advice, guidance

By Jordan Dolese

After graduation from Delgado, most students either pursue a bachelor’s degree or begin the rigorous search for a job. If you’re interested in knowing what full-time and part-time jobs are available after you graduate, Career Services is here to assist you.

They also offer assistance with internship searches, career inventories, and on and off-campus workstudy. They will work with you to help you compile your resume.

If you have any pending interviews, Career Services will help you sharpen your skills and make sure that you are confident walking into the interview room.

Having an individual career guidance counselor can help you focus on the task at hand: your future career.

If you aren’t sure how to begin the rigorous search for a job or pursue a bachelor’s degree or if you would like to make an appointment with him or any other counselor by contacting (504) 671-5141. You can go to www.collegecentral.com and begin searching for jobs and other opportunities posted exclusively for the Delgado network.

Once registered, you can create a resume and upload it to the website.

If you begin buffing your portfolio now, you can know what direction you’re headed in next.

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Dolphin radio rides the airwaves

By Blake Newman

Delgado Dolphin Radio is now broadcasting live in the Student Life Center and streaming online.

After trying for 12 years to get one started, Delgado has its “The D” up and running. One of the stumbling blocks was getting to put a radio station, and when the Bursar moved to Building 2, the old Bursar office in Building 11 (in charge of leading to the Student Life Center) has been transformed into Delgado’s radio station.

“The D” has news, sports, talk, and a variety of music playing throughout the day, according to the on-air daily schedule for “The D.” Live on-air DJs include DJ Ron Rich, DJ Bobby Cook, and DJ Max Beach in the radio station Monday through Thursday. When there are no live DJs, the station can switch its programming to the automation software, which allows it to broadcast 24/7.

Students are running the show at “The D.” There are now 23 students and faculty DJs volunteering at the radio station, with applications still coming in. DJ Ron Rich says, “The Dolphin D on 96.3 FM and 1610 AM is the hottest place to be.”

However, when a person thinks of a radio station, they think of DJs, not the people who are behind the DJs keeping the station running. “The D” has students that have volunteered to help keep operational positions. These students are in charge of the majority of the behind the scenes activities.

This semester has been a successful one so far, with faculty and students volunteering to do as much as possible to keep the radio station organized and running. Slots are filling up fast from applications coming in and interested students walking into the station.

“The D” is still looking for more people to fill open slots on-air as well as people to help the executives keep the station alive.

If you are interested in being involved with “The D,” contact DJ Ron Rich by e-mail at richa19476@dcc.edu.

The Bikinis: a musical beach party

By Kevin J. McCathen

The Beach Boys phenomenon is over, so make room for The Bikinis! Back together after 20 years, everyone’s favorite girl group of the ’60s is singing “Inseparable.” The Bikinis, also known as “The Jersey Girls,” go back to their heyday in the summer of 1964: the night these four inseparable friends got their name by winning the Belmar Beach Talent Contest wearing just bikinis.

The Bikinis is fun-filled with popular songs from the ’60s, such as “Yellow Polka Dot Bikini,” “Heat Wave,” “I Will Survive” and “It’s Raining Men.”

Shows are through March 11, Westwego Performing Arts Theater; March 16 at the Furrhmann Auditorium, and final show, March 18, Temple Theater.

March concerts

By Seth Mattei and Trey LeCompte

This month sees a wide array of concerts coming to the New Orleans area. No matter what your musical tastes may be, you are bound to find at least one satisfying night of entertainment in the list that follows.

Thursday March 1 and Friday March 2 feature a two-night pre-St. Paddy’s Day mash-up of like-minded folk-inspired punk rock at the House of Blues (225 Decatur St.). On March 1, Boston’s Irish punk band the Dropkick Murphys will headline a show featuring opening acts Frank Turner and the Mahones. On March 2, punky Irish folk rockers Flogging Molly will be headlining their annual Green 17 Tour featuring openers Joe Lewis & the Honeymooners and the Devil Makes Three. Both shows are 18+.

Legendary SoCal surf punks Agent Orange will play Checkpoint Charlie’s (501 Esplanade Ave.) on Friday March 2. 18+

Also on Friday March 2, country fans should go to the UNO Lakefront Arena (6801 Franklin Ave.) and check out Lady Antebellum, Darius Rucker and Thompson Square. Monday March 5 promises to see hardcore icon (and former singer of Black Flag) Henry Rollins doing a spoken word performance at the House of Blues as part of his Long March Tour. 18+.

On Thursday March 8, the reigning kings of funk, George Clinton & Parliament Funkadelic will rock the House of Blues. 18+

Hip hop fans will have a tough choice to make on Friday March 9. Snoop Dogg will be making a rare club appearance at the House of Blues (18+) while Trey Sonz and Big Sean will perform at the UNO Lakefront Arena.

On Friday March 9, alternative/heavyweights Built to Spill will play at One Eyed Jack’s (615 Toulouse St.) with Dampour Feathers as the supporting band. 18+.

On Saturday March 10, a benefit show at the House of Blues will feature performances by Kanye West, Rihanna, Sheryl Crow, Seal, Dr. John and more.

On Sunday March 11, country punks Lanco will play Tipitina’s Uptown (501 Napoleon Ave.) with William Elliot Whitmore opening. 18+

Indie rockers the Rees and Mary Chain will play the House of Blues on Monday March 12. 18+

On Wednesday March 14, British punk band the Business will perform at Sibarita (2227 St. Claude Ave.) on Tuesday March 13. 18+

On Thursday March 15, dubstep duo Zeds Dead will perform at the House of Blues. 18+

The Metal Alliance Tour see CONCERTS, page 11
FOOTBALL

Tony Dungy, who led the Indianapolis Colts to a Super Bowl victory in 2007, will be the headline speaker at this year’s LSU Football Coaches Clinic, which takes place on March 22-24 on the LSU campus. Dungy, who now serves as an analyst on NBC’s Football Night in America, retired from coaching following the 2008 season. He posted a career head coaching mark of 196-99-2 that included six years with the Tampa Bay Buccaneers and seven with the Colts. In 13 years as an NFL head coach, Dungy led his teams to 10 or more regular season victories 10 times, including a 14-2 mark in 2005 with the Colts.

BASEBALL

National League MVP Ryan Braun’s 50-game suspension was overturned by baseball arbitrator Shyam Das, the first time a baseball player successfully challenged a drug-related penalty in a grievance. The decision was announced by the Major League Baseball Players Association one day before the 28-year-old outfielder was due to report to spring training with the Milwaukee Brewers. Braun’s urine tested positive in October for elevated testosterone, and ESPN revealed the positive test in December. Braun has insisted that he did not violate baseball’s drug agreement.

BASKETBALL

The United States women’s basketball team will prepare for the London Olympics by playing a pair of exhibition games and a four-team tournament in Turkey before the Olympics begin on July 27. The U.S. qualified for the London Games by winning the 2010 world championship. The Americans will be looking to win their fifth straight gold medal. The Americans have announced 21 finalists for the team with the final roster expected to be set this spring.

SOCCER

Former FIFA official Amos Adamu has won his long legal battle against FIFA for poner’s job so well. His current demands to be paid more than Jahri Evans could put a halt to the hope that he will return to the Black & Gold. Because of this, if they want to keep him, the front office may choose to place the franchise tag on him rather than Nicks. Tracy Porter – Cornerback

After his amazing run with the Saints in 2009, Porter’s performance in the last two seasons has declined dramatically along with the rest of the Saints defense. So, should he stay or should he go? With the prospect of good talent at the cornerback position in the upcoming draft class, the decision could be a tough one. Did Porter cause himself to decline or was the decline because of the defensive coaching strategies? With the recent hire of Steve Spagnuolo as the new defensive coordinator, it makes us wonder if Porter’s performance would thrive under his leadership as it did during Greg Williams’ first year, or would it continue to flounder? The front office should try to work a deal with Porter to bring him back for at least one more season.

Robert Meachem – Wide Receiver

Meachem is constantly overshadowed on the Saints offense by the plethora of weapons available to Brees. His highest totals through his four NFL seasons were in the 2009 season, with 45 receptions for 722 yards. Last season, he had only 40 receptions for 620 yards. While he could potentially put up much higher numbers, the spread off ense the Saints employ will not allow him – not with other receivers like Colston, Lance Moore, Devery Henderson, and even tight end Jimmy Graham available. If the front office and Colston work out a deal, then we can be certain Meachem will not be wearing a Saints uniform during the 2012 season. However, if a deal with Colston can’t be reached, it is much more likely that we will see Meachem in Black & Gold again.

Other Saints 2012 free agents include defensive ends Jeff Charleston, Alex Brown and Turk McBride; linebackers Jo-Lonn Dunbar and Jonathon Casillas; defensive tackles Aubrayo Franklin and Shaun Rogers; quarterback Chase Daniel; and wide receiver Courtney Roby.

No matter what happens with this year’s free agency, fans in the Who Dat Nation would do well to remember that any time one family member leaves the Saints, it allows for us to welcome a new member into the family. Sometimes, our newest members don’t live up to the potential we hope for them. Other times, our new family members go well above and beyond anything we could have ever dreamed them capable of – like last year, when Darren Sproles was added to our family.

One thing will tell where this year’s free agency will bring us, and we can only hope that we are able to keep the most important members of our family intact.

Sports Briefs

Saints 2012 free agents

They are more than a sports team, they are family.

By Laura Richard

Every year at this time, the New Orleans Saints organization is faced with tough decisions. Free agency brings with it much anticipation, heartache and worry, and a lot of number crunching.

With a team like the Saints, everyone is considered family. Not only by the team and the organization, but by the fans. Every member of our team is like an extension of our family. We don’t want to lose any members of our family.

But the Saints are a business— an entertainment business—and as such, the organization needs to make sure that it does what it needs to do to succeed in the upcoming season.

Ultimately, whether we like it or not, we are going to lose some of our family.

This year, maybe more so than other years, we are threatened with the possible loss of major members of our family.

When free agency begins on March 13, who will the Saints front office have retained? Who will they allow to leave? Who will be given liberty to search the open market before the Saints make their move to keep them? Will they have used the franchise tag on someone by the March 5 deadline? If so, who, here’s a look at a few of the Saints 2012 free agents.

Drew Brees – Quarterback

There’s no question here. Brees is one of the best things that has ever happened to not only the New Orleans Saints franchise, but to the entire city and region. His stats from the 2011 season alone rank him as one of the best to ever grace the league. Without Brees, the Saints would have a tough road to be half the team they are now. With Brees on the field, the consistency and production outweigh his risk for injury. If the Saints can’t come to terms with him, they could choose to place the franchise tag on him rather than Nicks.

Corey Graham – Wide Receiver

The team needs Brees on the field. While Brees is on the field, the consistency and production outweigh his risk for injury. If the Saints can’t come to terms with him, they could choose to place the franchise tag on him rather than Nicks.

This year’s free agency will be a test for this team and the organization. Free agent Drew Brees has a record-breaking season in 2011 and is now in talks with the Saints to be re-signed to a long-term deal.
Top Foods that help BURN FAT

By Chelsey Tharp

After the excesses of Mardi Gras, we may need to trim down, and the following foods can help do that, year-round.

OATMEAL
Fiber-rich oatmeal is a perfect way to start your day and keeps you filling full for hours. But stay away from the ones with added sugar. Get the plain oatmeal and add some berries!

BERRIES
Raspberries have the most fiber. They are your best berry with 9 grams of fiber per cup. Blackberries come in second, with more than 7 grams.

TURKEY
This has the least amount of calories of any animal protein. It contains amino acid, which is what helps burn that fat.

ALMONDS, NUTS
A quick handful of almonds can fend off those hunger cravings. A Purdue University study showed that people who ate nuts felt full longer than those who ate rice cakes.

WHOLE GRAINS
People may say stay away from carbs, but your body needs those carbs to function properly every day. Whole grains are good carbs. Anything WHITE has the bad carbs you want to stay away from.

LOW-FAT YOGURT
Plain, low-fat yogurt is one of the best sources of calcium; another source that helps burn that fat, Greek yogurt is best. It has the lowest calories and carbs, and is high in calcium and protein.

EGGS
This is high in protein, which helps burn fat.

BEANS
Beans have a good source of fiber, protein and iron. All three of these sources help burn body fat.

Olive Oil
While cooking, instead of using butter, use olive oil. Olive oil contains fats that are good for you. Not only is olive oil good at burning fat, but it helps keep your cholesterol down.

TUNA
Tuna is the best fish you can eat. It's high in protein and has a good source of fiber. It's low in carbs and calories and is a great food for burning fat.

Keep in mind that while these foods can help you burn unwanted fat, you should combine healthy eating with an exercise regimen to achieve maximum results.

Exercises to burn 100 calories

By Chelsey Tharp

Looking to burn some quick calories?
This is an exercise that you can do in your own home. If you do this exercise five times through, you burn 500 calories in about 30 minutes.

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

20 Squats
- Stand with feet hip distance apart with your toes, knees and hips in a straight line.
- Slowly lower your body, as though you are sitting in a chair. Keep the weight in your heels, and slowly push your body back to starting position.
- When you come back up, do not lock your knees, keep a slight bent.

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

30 Crunches
- Lie down on the floor on your back and bend your knees, placing your hands behind your head or across your chest.
- Pull your belly button towards your spine, and flatten your lower back against the floor.
- Exhale as you come up and keep your neck straight, chin up and inhale as you come down slowly.

Simple and sweet

Enjoy a blueberry cheesecake at home

By Blake Newman

If you like cheesecake and don't want to spend the money on a store-bought one, try the following recipe. It's as easy as boiling water.

Ingredients:
Crust:
You can buy a premade graham cracker crust or make your own:
- 1 1/2 cups crushed cinnamon graham crackers
- 1/4 cup sugar
- 1/3 cup melted butter

Filling:
- 1 envelope unflavored gelatin
- 16 ounces cream cheese
- 1 teaspoon vanilla
- 1 teaspoon lemon juice
- 1/2 cup sugar
- 1 cup boiling water

Topping:
- 2 cups blueberries
- 1/3 cup sugar
- 1 teaspoon lemon juice

To create the crust:
In a large mixing bowl, mix the 1 1/2 cups crushed graham crackers with the 1/4 cup sugar. Stir well. Add 1/3 cup melted butter to the graham cracker and sugar mixture. Make sure to mix well to moisten the entire mixture. Put the mixture into a 9-inch, ungreased pie pan. Spread the crust around to make sure the bottom of the pan is fully covered. Press and pack the mixture into the prepared crust.

Refrigerate 3 hours before serving.

To create the topping:
Mix 1 teaspoon lemon juice, 1/3 cup sugar and 2 cups blueberries in a saucepan. Over medium heat, simmer until blueberries have popped and become a liquid. Once cooled, pour over the finished cheesecake and enjoy.

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Rebirth Grammy gives New Orleanians a reason to celebrate

By Seth Mattei

The Rebirth Brass Band, ambassadors of traditional New Orleans music, won a Grammy for the first time in their 30-year career. The band scooped up the prize for Best Regional Roots Music Album in honor of their 2011 release, “Rebirth of New Orleans,” during a non-televised portion of the Feb. 12 awards ceremony.

New Orleanians are proud of their native sons. A recently-uploaded YouTube video features ex-Rebirth member (and co-founder) Kermit Ruffins leading a slew of musicians and fans in a congratulatory homecoming jam as Rebirth members arrived at the Louis Armstrong International Airport following their eventful trip to Los Angeles.

When asked what they thought of this accomplishment, students and faculty at Delgado were proud of the local musicians, and New Orleans being in the limelight for something positive.

“I think it’s great [that they won a Grammy],” said Bob Dunn, an instructor of mass communications at Delgado.

“It’s high time.”

“This is great for the city,” said Pablo Romero-Estevas, a TV and film production major.

“It is always nice when a local artist gets recognition.”

MTV wants you!

Casting call for “MADE” held on campus

By Laura Richard

A casting call for MTV’s reality show “MADE” was held on Delgado’s City Park campus on February 15. Dozens of students participated with the hope of being chosen to star in an episode during this upcoming season.

“MADE” is a show that partners its participants with a personal coach who specializes in the field in which each participant wishes to excel. Shows through the past 11 seasons have highlighted high school students with dreams of becoming models, hockey players, rappers and hip hop dancers, among other things.

Recently, producers of “MADE” decided to help college students achieve their dreams. “We have adjusted it,” said Nathan Johnson, a producer of “MADE”. “It’s now going to be just college kids who have a goal that they want to achieve; that they can have a career with or help people with.”

“MADE” producers have been appearing on college campuses across the country holding casting calls to find the right people to highlight on the show. They are looking for students who appear to be between the ages of 18-26, who have a specific career goal in mind, but need help to make that goal a reality.

While in New Orleans, Johnson held casting calls at the University of New Orleans, Loyola University and Delgado.

Students from Delgado who attended had dreams ranging from singer to owning a recording studio to working with the public regarding education and prevention of animal abuse. Each of the students knew what they wanted to do, but had no idea where to start.

MTV’s “MADE” gives students that push they need to get where they want to be.

If you missed the local casting calls, but think you have what it takes to be “MADE”, you haven’t lost your chance. Producers are also accepting applications online.

For more information, visit http://www.mtv.com/shows/made/series.jhtml.

Some might call it a comeback

By Julie Tommeraas

Each year we see trends come and go and with that constant change, repetition is bound to happen. The 50s are making a comeback. Think of Sandra D in “Grease” or Lucy in, “I Love Lucy,” as well as Marilyn Monroe and Audrey Hepburn. These are all shows and actresses from this era that are great to reference when trying to bring back the 50s style in your own way. The key to this trend is to dazzle up your own wardrobe while using accessories to make it stand out. So sport your old skinny jeans from your closet, yet add more button down tops, midriff tie-up blouses and cardigans; just throw in a bow for some extra 50s flair.

Some other ideas are pins on a sweater vest, headscarves, bow for some extra 50s flair. Chunky platforms, penny loafers as well as canvas ballet lace-ups are another must-have to be 50s chic. Try changing up this look and sporting them with a high-knee sock and mini-skirt or short hot pants when the weather permits.

If you are looking to spend some cash on some new clothes that for sure see COMEBACK, page 7
Photo books are an artistic investment to discover

Two recent books show New Orleans and New York in a new light.

By Erin Krall

The old adage that “A picture is worth a thousand words…” is something to keep in mind while at the bookstore. Typically a small, out-of-the-way shelf at chain and independent stores alike, the photography section is often combined with art and architecture. While there are plenty of “how to” guides on self-taught photography to be found, this is also the section full of beautiful storytelling with minimal text.

Photo books tend to be large in size and pricier than the average novel. These heavy hard-covers can range anywhere from $40-$150 and up; however, there are plenty of subject matter to suit all tastes, just as with all forms of art and literature. The price paid for these art-filled pages is just as much an investment as an oil canvas for the wall. Two recently-published photo books showcase two different cities and their inhabitants in unique ways.

“New Orleans Walls: Still Standing,” compiles photos by Marie-Dominique Verdiere. Published in May 2011 by First Light LLC, this book is a beautiful and interesting look at the city we call home. New Orleans is full of unique and often breathtaking surfaces: walls and buildings old and new, crumbling, yet full of color, texture and history. Verdiere uses these surfaces as a backdrop for double-exposed photos of New Orleanians. The subjects of her photos are made ghost-like in front of the walls she has chosen. From well-known faces like Drew Brees, WWL anchor Angela Hill, musician John Boutte, and many other residents we may not know, the images combine us, as living breathing residents, to the silent structures we live alongside. Some images are accompanied by a brief story about the city as told by the subject.

At $34.95, “New Orleans Walls” is 176 pages, and available at Maple Street Book Shop, Octavia Books, Garden District Book Shop, the Ogden Museum, as well as online. One-third of the proceeds from the book go to the New Orleans Musician’s Clinic and the St. Bernard Project.

“New York in Color,” is 228 pages of vivid, moving, and interesting photographs taken over the last century in New York’s five boroughs. A true masterpiece of a collection, these images show a city that at any given time has beautiful moments large and small to be captured. Compiled by Bob Shumure “New York in Color” contains 200+ photographs by over 100 photographers. World-famous photographers’ work is shown alongside others who are not well-known. Subject matter is also juxtaposed side-by-side using old and new: Mulberry Street in 1900 next to a more modern look at Little Italy, for example. This format isn’t overdone, however, and the most powerful images tend to be the smallest in detail, the moments that can happen anywhere, in any decade. Unknown people going about their daily lives is oftentimes the most fascinating subject matter. There are also a small amount of known faces shown in the city as well. Bob Dylan on his album cover shoot for Freewheelin’, Frida Kahlo smoking on a rooftop, and legendary New York Times-man Gay Talese on Madison Avenue. In arguably the most photographed city in the world, this collection manages a surprise on every page. Published by Abrams in Oct. 2011, “New York in Color” is $50 at Maple Street Book Shop, as well as varying prices online.

Another world

Interview with the star, director of Disney project

By Jordan Dolese

“John Carter” is an upcoming Disney action film starring Taylor Kitsch and directed by Andrew Stanton. Based on the first volume of Edgar Rice Burroughs’ “Barsoom” series, it features a young protagonist who saves the planet of Barsoom and its people.

Andrew Stanton has previously directed “WALL-E” and “Finding Nemo,” but this is his first live-action attempt.

The Dolphin was given an exclusive opportunity to participate in a phone interview panel with Andrew Stanton and Taylor Kitsch. College students all across the country were dialed in and given an opportunity for their questions to be answered.

“John Carter” was released nationwide March 09, 2012 in standard format, 3D and IMAX 3D.

"John Carter” celebrates the centennial of Edgar Rice Burroughs’ protagonist in the 11-volume “Barsoom” series which debuted in 1912.

Photo by Julie Torniereais

Elements from the 50s in Bebe’s current window display; patterns, pops of color, and structured silhouettes.

John Carter was made for the drive-ins, it may be a good idea to invest in a cute full skirt for daytime and knee-length body hugging pencil-skirt for night outings. Pairing your 50s gear with skirts is a great way to make it more feminine and dressy. However, if you tend to be more casual and edgy, sporting your 50s looks in pants and shorts is pretty simple as well. You can do some high-waist Capri pants in a fun and funky color, or even patterned pants in houndstooth would take us all back in time. Either way, you are sure to be super foxy if you envision your 50s icon, steal her confidence along with her super-feminine 50s fashion, and go with it!
Editorials

Erika Explains It All

By Erika Canales

Dear Erika, a couple of months ago my ex-girlfriend broke up with me, saying it was because she was tired of going back and forth in the relationship. We’ve been off and on for the past four years. We have a 2-year-old son together so we really wanted to make it work for him. Things are good for a few weeks at a time and then we’re back to fighting. I just found out she is dating another guy. I am not happy with her choice or the fact that she is doing this period. I have made my feelings clear that I think we should be together not only for our child, but because I’m not ready to give up on us. I know I’ve made mistakes and probably taken her for granted at times. She says she is moving on and that I need to let her go for everyone’s own good. I know her and I know she will regret giving up on us. What can I do to make her see she is making a mistake? How can I get her to see she belongs with me so we can be a family again?

-Dedicated

Dear Dedicated, I do admire your devotion! To be honest, I think you do need to move on and let her go. I know it’s not what you want to hear, so I’ll give you a few reasons why you should. First and foremost, she is not ready to give us a chance. She is completely over you or she’s punishing you. If it’s the latter I’d advise you to forget about a romantic relationship with her immediately. You say she’s always happy when people have a baby they always want to make it work for the child, but I believe what’s best for everyone is not your ex. We all know guys can be hesitant to make the first move, and sometimes they need encouragement. We may think we are putting ourselves out there enough for them, but sometimes they simply don’t catch the bait. However, you two have obviously communicated online and through text, so this should have progressed by now. How many times has he bailed on you? If you have to think about it, it’s too many. Maybe he’s keeping you on the back burner for a reason. There could be other girls, or maybe he’s not who he says he is. In either case, it’s not your problem nor should you take it as a reflection on you.

You have better things to do than worry about this creep. Put down your smart phone and try communicating with a guy in the flesh!

Dear Erika, I cheated on my boyfriend of eight months and the guilt is killing me. I don’t know why I did and I don’t know how to tell him. I’ve been keeping it to myself for a couple of weeks and I don’t know how much longer I can keep this secret. The boy I cheated with is my ex from high school and I always end up going back to him regardless of who I am with. I feel like my boyfriend is a really nice guy who would never hurt me or do what I have done to him. My ex was definitely the type to do just this and it’s why we aren’t together, but I don’t know why I keep going back to him. Should I tell my boyfriend anything? I don’t know if he would forgive me or even try to work it out. How do I keep him without hurting him? Guilty in love.

Dear Guilty, if it’s killing you to have cheated on your boyfriend, imagine how he will feel. You say you don’t know why you cheated but I think you know why you did and why you keep going back to your ex. It is very, very hard to move on from someone you loved, but if that person didn’t appreciate you or want to be with you; you don’t have much of a choice. I take it your ex was unfaithful to you and clearly he still has no respect for monogamy. Obviously he has issues, but the only problems you will be able to solve are your own. It sounds like you are still in love with your ex, and you are with your current boyfriend because you know he won’t hurt you. It’s understandable, but now you’ve hurt him instead. There are three things you need to do. The first one is you need to learn to love yourself. Until you think more of yourself, you will continue carrying on with this self-destructive behavior. Secondly, you have to come clean. You may lose your boyfriend, but the truth always comes out and you don’t want it coming from someone else. If your boyfriend cares about you, he may want to work it out or not. Either way, do not steal his choices from him. Lastly, ditch your ex for good. If this guy really loved you, he would be with you, the right way. I think you already know that. You feel guilty, so I know you have a good heart; give it to someone who deserves it.

Christy White
Business
That’s crazy. People will lose their jobs and things will become more hectic, from unemployed workers to people not getting their mail on time.

Rebecca Manejo
Business
It’s going to take away a lot of jobs. People may lose their homes.

Tony G
Music Marketing
I wasn’t aware of it.

Jennifer Vernace
Radiology
I didn’t hear about that. It sucks. The economy is already bad.

Kelly Joiner
Nursing
I don’t think that’s a good idea. We need everything we can get around here, so why close a post office and get rid of jobs?
Janis, a 3-year-old bull mastiff, was put in that situation. I think that your best friend doesn't know that you have feelings for him in that way, because if he did, the situation would've been caught at hand in the beginning of the friendship. He probably thinks that you love him as a brother and nothing more or less. What I think you should do is sit down with your best friend and explain to him how you feel and your emotions towards him. It may be hard, but once you get everything off your chest, you will feel so much better and free. Don't allow the relationship that you both have to change. Keep up with the normal routine as far as hanging out. Since your best friend will now be in a relationship, this would give you a chance to find someone that fits you best. Don't let the relationship he's in cost the value of friendship that you both share. Don't be afraid, but be very open. Explain to him how much you like him more than a best friend without being aggressive. Once all the cards are laid out on the table, you guys will become so much closer.

Dear Kevin,

I've just got into my very first real relationship with the most amazing guy. He's smart, sexy, funny, and a hopeless romantic. I love everything about him, but there is one thing that bothers me. He doesn't like to wear cologne. Every time we get ready to go somewhere in public, he smells like outside air, grass, or lemon starch. His body odor is just an anonymous smell that you can't quit figure out what it is. When we cuddle and watch TV, I have to spray extra perfume on myself so I won't be turned off by his smell. How could I possibly convince him to wear some sort of fragrance on his body without him getting mad at me or something? Wants More

Dear Wants More,

First thing, I have never heard of a guy who doesn't like to wear cologne. I am the king of men's fragrance. I think I have over 30 bottles in the bathroom because I have a cologne obsession. Being that you are his girlfriend, you should sway him into wearing cologne. Whenever both of you are in the mall together, stop by the counter and test out some fragrances. You may need to start off buying him a bottle of something you think smells good and say, "Baby, I like this cologne and think it would smell so good on you." That would put a smile on his face and motivate him to make sure he smells good when he's around you. My aunt dated a guy once who never wore cologne because he was afraid it might break him out (LOL). I think that he's willing to make sure you are always satisfied and if that consists of him wearing cologne, he will do it.

If there is something you would like my opinion on or advice on, email askkevinj@gmail.com. You don't have to give your name or anything, just your story and I will respond quickly. Thanks, and can't wait to hear from you.
“Call of Duty: Modern Warfare 3” was the biggest entertainment launch of all time. It eclipsed $1 billion in sales just 17 days after release, an unprecedented feat. “Modern Warfare 3” is the eighth installment in the Call of Duty series. Infinity Ward, the developer behind the series, frequently releases downloadable content (DLC) post-release to provide extra in-game content for an additional charge.

In the past, the combined DLC released for a game usually equated to around $60. That’s equal to the amount that most gamers paid for the game itself. This year, Infinity Ward has taken a whole new approach to DLC for “Modern Warfare 3.” “Call of Duty: Elite” is both a free and subscription-based service that allows for stat tracking and social networking. With access from a computer, gaming console, or even cell phones (there is a free Elite application on the Android and iPhone market), Elite gives fans access to their game-profile from virtually anywhere. The subscription-based tier of the service, costing $49.99 annually, grants users access to DLC earlier than non-subscribers. Upon subscription to the service, all content released will be free of charge. The content will still be available at a later date for non-subscribers to download.

Subscribing to the service, however, will save you $10 in the long haul if you plan on downloading all of the content released. Elite Premium subscribers can also enlist in competition through the service, awarding winners with real-life or virtual prizes, such as hoodies, skateboard decks, and in-game experience points. Starting in January, Infinity Ward began releasing “content drops” to their paid Elite subscribers. Xbox 360 users will see the content before other consoles, due to Microsoft’s exclusivity deal to have DLC released on their console first. From January to September, these drops will occur monthly with content ranging from new game modes, Spec Ops missions, to mostly new multiplayer maps.

For the hardcore “Call of Duty” fan, Elite Premium really does have a lot to offer. The first two content drops (Xbox 360 has a third available), all new multiplayer maps, are available to download now on Xbox 360 and PlayStation 3 for paid subscribers to Elite.

Zombie-Apocalypse takes over TV this spring

By Chelsey Tharp

(Warning: Spoiler Alert)

From the first season, “The Walking Dead” left us with Rick Grimes and his friends and family. They had just escaped the exploding headquarters for the Center for Disease Control, after hearing there was no cure for the zombie plague. With no time to think and uncertain of where to go, they had to move quickly to stay alive.

The beginning of the second season started off strong. Rick’s plan was to head to Fort Benning to see who was left at the military base, but he drove into a jam on the Interstate, having to swirl around abandoned cars or some that were still occupied by corpses. The group decided to take advantage of the situation and searched for supplies, engine parts, food, water and clothes. But of course, in the midst of this scavenger hunt they noticed a herd of zombies, which brought more action and terror, scaring Sofia (Madison Lintz) into the woods.

There’s still that awkward tension between Rick’s wife, Lori (Sarah Wayne Callies), and Rick’s cop partner, Shane (Jon Bernthal) - back when they hooked up in the first season, thinking Rick was dead. Merle’s brother, Daryl (Norman Reedus), was really focused on finding Sofia. The search for the missing girl has led to Hershel’s farm, and the mysterious barn that we soon find out was filled with “Walkers.”

“The Walking Dead” returned to its midseason thriller on 2-12-12, and started right where it left off, when Rick had to shoot Sofia, who was one of the zombies in the barn. Rick feels guilty; Shane blames Hershel for keeping them in danger and Hershel blames Shane for getting his whole family killed, hoping for a cure. The others manage to keep it together to bury the dead, but only “the ones they love, and burn the rest.”

Hours go by when Rick and Glenn set out to find the missing Hershel, who they find at a bar sipping from a glass, grieving. Not too long after, walks a couple of strangers, Dave (Michael Raymond-James), and his sidekick, Tony. After the two guys forcefully request to be taken to the farm house, Rick senses there is something off about these two men. This encounter becomes a major conflict. It seems as though danger comes from all sides and not just the undead.

As the second season goes on, the show becomes more suspenseful and intense, leaving you wanting more. It’s extremely well-acted and the story is told well. “The Walking Dead” airs again Sunday March 4, on AMC at 8 p.m. with the last three episodes of Season Two. It’s the best show that has featured zombies in a long time. Who doesn’t want to watch a zombie-apocalypse; it’s bloody brilliant.

“Secret world:” a review

By Chelsey Tharp

“The Secret World of Arrietty” (2012) is based on Mary Norton’s fantasy novel “The Borrowers”. The animated film was directed by Hiromasa Yonebayashi, written by Hayao Miyazaki and Keiichi Niwa.

Arrietty (Brigitt Mendler), a tiny but adventurous “borrower,” lives with her parents Pod (Will Arnett) and Homily (Amy Poehler) underneath the floorboards of the homeowner and her housekeeper (Carol Burnett).

The tiny people must remain hidden from the “human beans” while on their scavenger hunt through the house to “borrow” supplies like tissue and sugar cubes from the home owners. Borrowers only take what they need.

Life changes for the borrowers when Arrietty is discovered by 12-year-old Shawn (David Henrie), whom she soon befriends.

“The Secret World of Arrietty” features handrawn animation that is full of imagination and color for the whole family to enjoy.

The world is full of secrets, and this is one you will not want to miss.
March 2, 2012 The Dolphin    Page 11

CONCERTS, from pg. 3

steps at the Hangar (1511 S Rendon St.) on Friday March 16 and features seven hard-hitting bands: DevilDriver, the Faceless, Dying Fetus, Job for a Cowboy, 3 Inches of Blood, Impending Doom and Wretched. 18+

The weekend of Saturday-Sunday March 17-18, BUKU Music & Art Project will be happening at Mardi Gras World (1380 Port of New Orleans Pl.), featuring a plethora of dubstep, hip hop and electronic music, including but not limited to Avicii, Wiz Khalifa, Diplo, Holy F***, Mord Fustang, Pictureplane, Nguzunguzu, Skrillex, Yelawolf, Big K.R.I.T., Big Gigantic, Sbtrkt, Sepalere and G-Eazy.

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HOROSCOPES

By Jordan Dolese

Aries: (March 21-April 19) Clearly think through your word choices so that you may not be misunderstood.

Taurus: (April 20-May 20) Check to make sure the ground is not hollow before you take another step.

Gemini: (May 21-June 20) A new sense of accomplishment is right around the corner.

Cancer: (June 21-July 22) Those that do us wrong are just waiting for our next move.

Leo: (July 23-Aug. 22) Your confidence is contagious and recognized by everyone around you.

Virgo: (Aug. 23-Sept. 22) People’s intentions may not always be clear; consider their track record.

Libra: (Sept. 23-Oct. 22) Don’t fight what you deep down know and stand for.

Scorpio: (Oct. 23-Nov. 21) There is no self-actualization without aspirations; focus on the goals that will take time to accomplish.

Sagittarius: (Nov. 22-Dec. 21) Others see you as a resilient leader, do not lead them astray.

Capricorn: (Dec. 22-Jan. 19) Don’t sweat temptation, it is merely a test of your will power.

Aquarius: (Jan. 20 - Feb. 18) Remain walking on egg shells when the situation is still just a little too tender.

Pisces: (Feb. 19-March 20) All good things must come to an end, but there are more good things waiting to begin.

Singers of United Lands will perform Friday March 9, 2012 - 8:30 p.m. at Holy Name of Jesus Church (next to Loyola University on St. Charles Avenue). Tickets are $10, $5 with student ID.

This year’s quartet features singers from Bolivia, Nambia, India and Poland.

The quartet will be on campus at Delgado Community College Music Department’s Recital Hour with a free performance sponsored by SGA Tuesday March 6, 12:30 p.m. in the Third Floor Band Room.

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Image courtesy Symphony Chorus of New Orleans

Delgado faculty, staff and students

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

Ask about our college graduate incentives.

Contact Mike Chosa, Fleet Manager, Lakeside Toyota

Call 504-831-0821 or email Mike_chosa@lakesidetoyota.com

Image courtesy Symphony Chorus of New Orleans
Study hard, but travel easy.

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

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

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

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

POBOYS
Roast Beef Debris style roast beef pobo with gravy
Cuban Pressed pohoy w/ roasted pork, ham, Swiss, mayo, mustard & pickles
Fuletta Pressed poboy with ham, salami, melted Swiss cheese & olive salad
Fried Shrimp 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

breakfast hours:
Mon-Fri 7am-11am Saturday & Sunday 7am-3pm

EGGS BENEFITS
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 & jalapenos & cheese & toast or biscuit
Health Plate
Scrambled egg whites served with avocado & tomato slices,
garlic bread & whole wheat toast
Combination
2 eggs w/ bacon, ham, or sausage & 3 small pancakes

Egg Sandwich
Bacon or avocado, 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

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 &
and dressing
California Cobb Grilled chicken, bacon, avocado, boiled egg, tomato
Spinach Greek diced tomato, black olive & feta cheese on spinach
Caesar Salad served with feta vinaigrette

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

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

CAFE NAVARRE
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800 Navarre Ave, NOLA 70124  (504)483-8828
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lunch hours: 7 days/week 10:30am-3pm

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Spinach Greek diced tomato, black olive & feta cheese on spinach
Caesar Salad served with feta vinaigrette

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

SANDWICHES (w/ chips)
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Cold or Grilled Ham Cold or Grilled Turkey
PANINI SANDWICHES (w/ chips)
Spinach Artichoke Sautéed spinach, artichoke, feta, tomato & mozzarella
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