UP IN SMOKE

Smoking Changes throughout Louisiana

By Tyler Scheuermann

It’s been a battle for decades now…smoking. While some still argue over its health effects, the social aspect of the habit continues to be a hot topic. In Louisiana, smoking was banned from restaurants in 2007, eliminating smoking from places that mostly sell food. The only exception was in bars...something that could potentially change soon.

When the State Legislature reconvene in April, the topic will likely rise again, along with the debates. If some lawmakers get their way, a state-wide smoking ban would take effect. According to statistics published in last week’s Gambit Weekly, the move would affect nearly 734,000 smokers in the state. Such a ban would banish smoking from any general public place, such as restaurants, bars, hospitals, and public workplaces.

The United States allows its states to determine their own smoking laws, never issuing a national policy or laws governing the issue. States have often been criticized for allowing smoking in indoor places, especially hospitals and restaurants, where second-hand smoke could harm others. State lawmakers also have to consider the issue from a smoker’s standpoint as well, not to mention the millions of annual dollars in tobacco taxes.

Closer to home, local universities are making their own smoking changes. Nicholls State University in Thibodaux recently enacted a total ban on all tobacco products. Delgado Community College put in place a new smoking policy that moves smoking outposts at least 25 feet away from building entrances in specially dedicated smoking areas.

A survey conducted by Delgado’s MSCM 105 class reports that 53 percent of students, faculty, and staff of the 255 surveyed would support a tobacco-free campus here.

No matter what changes may come, it’s pretty certain that such a hot topic is far from extinguished.

NOCCA as The Academic Studio

By Ambria Washington

From opera star Jeanne Charbonnet to famous actor Wendell Pierce, the New Orleans Center for Creative Arts has always been a well-respected conservatory for its highly successful arts learning environment. Since 1973, NOCCA has provided professional and educational training in the arts to high school students across the state of Louisiana. NOCCA offers a wide range of art disciplines such as creative writing, dance, visual arts, culinary arts, media arts, music, and theatre. Dr. Robbie McHardy, the director of the Academic Studio, says that “NOCCA has a 37-year history of successfully training young artists to be future leaders in their field. Artists from as far away as Baton Rouge to Houma, Louisiana have come to NOCCA for training.”

In the fall of 2011, NOCCA will be launching the Academic Studio, which is a diploma-granting program designed to offer a full day of school of academic subjects and arts training. According to noccainstitute.com, students attending the Academic Studio will be attending school from 8:30 a.m.–6:30 p.m. Academic Studio classes and art classes will continue to take place at NOCCA’s riverfront campus in the Marigny and Bywater neighborhood. The school will only accept rising ninth graders as of this year. In the future they will add grades each year through 2014. The Academic Studio is not mandatory, but it is simply an option for students and their families; especially for those students who constantly travel to get to NOCCA. They have the option of staying at one institution for the rest of the day.

In order to be able to enroll in the Academic Studio, the applicant must complete an arts audition. If qualified, participants will then be placed into a lottery for admission if they choose. In prior years, students who attended NOCCA had to come on a half-day basis, either in the afternoon or after school. They were required to take academic subjects at one school and transfer to NOCCA for art classes. The Academic Studio will give students an option to be able to graduate from one institution with both academic and arts training.

Dr. Robbie McHardy also says that “since NOCCA does not look like a traditional high school, the Academic Studio will not be a traditional high school, but you can be sure that everything that is required in a high school education will be covered.” The Academic Studio will take a wide-range approach to learning arts, science, and humanities. It will also offer AP/IB-level classes, college courses, and the program designed to be fully TOPS-eligible. In the fall semester, mathematics and science will be taught in a two-hour block. In the spring semester English and social studies will be taught in the same block. Foreign languages and arts training will be offered and taught year-round in the afternoon.

NOCCA will continue to remain a tuition-free institution. Financial aid will be available for any expenses related to resources for courses. The Academic Studio’s academic curriculum is focused on not just teaching students facts and formulas, but also teaching ways to master specific skills that are needed in problem solving. Classes will be hands-on and focused around small-group learning by certified and trained teachers.

The overall goal for NOCCA’s Academic Studio is based on individualism, whether the student is gifted in academics or struggling to get by. Students will have a qualified, trained mentor throughout their four years at the academic studio that will guide their learning experience to becoming successful future artists.
CAMPUS BRIEF: The Delgado Alumni Association is offering a scholarship for full-time Delgado continuing students. The Scholarship is $2,000, split over the Fall and Spring Semesters. A full-time student is defined as taking 12 hours a semester (19 hours if enrolled in a limited admission, allied health/paramedic program). A committee comprised of alumni, faculty, staff and SGA representatives will select the winners. To download the application, go to the following link: http://www.dcc.edu/departments/alum/au/scholarship2011.pdf Applications and unofficial copies of transcript must be turned in by April 22, 2011, mailed or hand-delivered to: Delgado Community College Connie DeBlieux - Alumni Coordinator (671-3535) 615 City Park Ave - Bldg 17, Pool D New Orleans, LA 70119

LOCAL BRIEF: KENNER, La. (AP) — Additional airline service is coming into New Orleans later this year. The Louis Armstrong New Orleans International Airport says Delta Connection will begin daily nonstop service to Kansas City on June 6. Then, Southwest Airlines Co. will increase its service to two current destinations with three daily nonstop flights to Nashville, Tennessee, and Baltimore-Washington on Oct. 3.

STATE BRIEF: BATON ROUGE, La. (AP) — As the cost of college textbooks continues to rise, LSU students found a welcome alternative this semester. Now, they can rent pricey textbooks from the LSU Bookstore and save more than 50 percent. The Advocate reports the LSU Board of Supervisors formally approved LSU’s amended contract recently with Barnes & Noble, which operates the on-campus bookstore, to run the textbook rental program. The bookstore also is offering some “eTextbooks” that can be downloaded onto personal computers. LSU Chancellor Michael Martin says renting textbooks is becoming a growing trend nationally as the cost of buying books has continued to increase.

NATIONAL BRIEF: CRESCENT CITY, Calif. (AP) — Recovery crews say 50 vessels have been damaged, including 15 that sank, in a fishing-dependent Northern California city hit hard by the tsunami wave. Crescent City’s inner harbor, which provided haven for more than 100 boats, was virtually destroyed by the waves. California Department of Fish and Game spokesman Alicia Rotfelz says the local fishing industry has been devastated by the damage to the harbor. Rotfelz says surveying water and a wounded gator made an accurate damage count difficult to assess. Federal officials plan to send a team with sonar equipment to help locate the sunken boats.

INTERNATIONAL BRIEF: More U.S. military crews are being exposed to radiation as they press ahead with relief flights over Japan. And the Navy said that it’s sending more crews to operate off the country’s west coast rather than east coast. That’s to avoid hazards from the huge debris field left in the ocean by the recent tsunami and to be farther away from radiation leaking from troubled nuclear power reactors. The Navy said that 17 helicopter crews members had to be decontaminated after flying search and rescue missions. The Navy also said that more crews were exposed to very low levels of radiation and had to be decontaminated after delivering food, water and supplies for victims of the earthquake and tsunami.

**Rev. Al Sharpton speaks out on SUNO/UNO merger**

By The Associated Press

Frequently using the proposed consolidation of Southern University at New Orleans as an example, the Rev. Al Sharpton urged young black people last week to “make some black history” of their own.

Although the civil-rights leader’s “Chancellor’s Lecture Series” at Southern University was twice delayed, Sharpton called the timing “very opportune” because the event came one day after the Louisiana Board of Regents voted to recommend consolidating SUNO with the University of New Orleans. “At the end of the day, every generation will be judged by what they do about the challenges of their time,” Sharpton said. Education did not cause the country’s financial problems, Sharpton said. But budget cuts are being used as part of the excuse for “folding our colleges into each other; uprooting historically black colleges,” he said.

Not educating young, underprivileged citizens goes against what this country should stand for, he said. “Is it anti-black? No, it’s anti-American,” Sharpton said. “If your grandparents had enough (will) to open a black college ... then you should at least have enough as a “starting point” for consolidation legislation. Any merger would require two-thirds legislative support. Jindal has cited the colleges’ poor graduation rates and their proximity to each other. Southern University System President Ronald Mason Jr. has called the effort an attempt to undo the entire Southern System, including the main Baton Rouge campus.

“There are those who will say civil rights is a thing of the past like a fashion, like bell-bottoms,” Sharpton said. “Civil rights will not go out of fashion until it is achieved.”

This nation is not "post-racial" because Barack Obama is president, he said, because inequality still exists everywhere. “Even if you’re not responsible for being down, you’re responsible for getting up,” Sharpton said.

**Singer Nate Dogg dies at 41 of complications from strokes**;

**provided hooks for rap classics**

LOS ANGELES (AP) — Singer Nate Dogg, whose near monotone crooning anchored some of rap’s most seminal songs and helped define the sound of West coast hip-hop, has died at age 41.

Nate Dogg, whose real name was Nathaniel D. Hale, died last week of complications from multiple strokes, said Attorney Mark Geragos.

Nate Dogg wasn’t a rapper, but he was an integral figure in the genre: His deep voice wasn’t particularly melodic, but its tone — at times menacing, at times playful, yet always charming — provided just the right touch on hits including Warren G’s “Regulate,” 50 Cent’s “21 Questions,” Dr. Dre’s “The Next Episode” and countless others.

While Nate Dogg provided hooks for rappers from coast to coast, the Long Beach, Calif., native is best known for his contributions to the West Coast soundtrack provided by the likes of Snoop Dogg, Dr. Dre, Tha Dogg Pound and more. Nate Dogg was even part of a “supergroup” featuring Snoop Dogg and Warren G, called 213.

Nate Dogg, who had suffered at least two strokes since 2008, also put out his own solo projects but was best known for his collaborations with others.

Another building bites the dust

A bulldozer crane picks up some of the concrete rubble from Bldg. 9, damaged by Katrina and slated for demolition.

Page 2
Raising the bar
Theatre department raises money for scholarships

By D'Corian Jackson and Erika Canales

Delgado's Theatre Program held a costume sale as the Mardi Gras holiday approached in order to raise money for scholarships awarded to continuing and new theatre students. The sale raised almost $3,700, according to Tim Baker, head of Delgado's theatre department. Two $500 scholarships are awarded each semester. The theatre department's next production entitled, "The Mother-in-Law" will run April 8 - 17.

March 8 Mardi Gras and National Women's Day
First lady celebrates women in US and around world

By Darlene Superville

Washington (AP) — Michelle Obama says that while women are breaking barriers and excelling in careers their mothers and grandmothers believed were off-limits, more progress is needed to achieve true equality.

"American women still earn less than men and lag in math and science fields, while many foreign countries exclude female voices from government decision-making," said Mrs. Obama at a White House reception celebrating women. "We've come a long way, ladies. We as a nation benefit from every girl whose potential is fulfilled, from every woman whose talent is tapped. We benefit as a nation from their intelligence, from their hard work, from their creativity, from their leadership. And that's not just true here in America, time and again, we have seen that countries across the globe are more prosperous, they're more peaceful when women are more equal and have the rights and opportunities they deserve."

Mrs. Obama echoed comments made by Secretary of State Hillary Rodham Clinton, who implored the Middle Eastern countries of Egypt and Tunisia, which are undergoing a transition from autocracy to democracy, to let women make decisions, too. "The United States will stand firmly for the proposition that women must be included in whatever process goes forward," said Clinton, who was joined at the event by Mrs. Obama. "While we've made some important strides, all of you in this room know better than anyone else that this work is far from finished," she said. "We have so, so much more to do."

The events at State and the White House commemorated International Women's Day. The White House event also recognized March as Women's History Month in the U.S. At the State Department, Clinton also recognized 10 women for efforts ranging from promoting good governance in Cameroon to combating such scourges as sexual harassment in China, domestic abuse in Afghanistan and "honor killings" in Jordan.

5 DAY FORCAST

March 23 at 1 p.m.
Lee Thomas talks about Self-Esteem
Sponsored by The Irma Thomas Center for W.I.S.E Women
For more information visit, suno.edu
Free

March 26, 8 a.m. - 3 p.m.
Celebration of a Woman's Glory at SUNO
Baton Rouge native and actress, Lynn Whitfield and our own DCC Instructor, Melanie Defendall will speak
$10 for students, general admission, $20

National Women's History Month Facts:
The celebration can be dated back to Europe in 1911
International Women's Day was first celebrated on March 8
President Jimmy Carter declared the week of March 8, 1980 as the first National Women's History Week
In 1987, Congress expanded the week into a month (taken from LouisianaWeekly.com)
sports

NCAA looks at moving back women's 3-point line

By Andrew Baker
Minnesota Daily, University of Minnesota

The days of the two narrowly-spaced 3-point stripes at Williams Arena and other college basketball venues across the country could be coming to an end. The NCAA confirmed it may consider extending the women's 3-point line when its women's basketball rules committee meets in May. At that meeting, the committee will discuss data collected this year on players' shooting percentages from behind the men's and women's lines, according to NCAA spokesman Cameron Schuh. The NCAA asked coaches to record shooting percentages from behind both lines. The results showed the shooting percentages were not that different between the two lines. Schuh said there are no immediate plans to move the line back, but conceded it could be a possibility in the future.

The decision to look into 3-point shooting percentages came from coaches' feedback. "I think [coaches] probably wanted to see the data first," UConn women's basketball spokesman Patrick McMenna said, "but I think it's a lot like the men's game where they wouldn't mind seeing it moved back a little bit."

In 2008-09, the NCAA moved the men's line back a full foot, to 20 feet, 9 inches, just short of the international line. At that time the women's rules committee opted to keep the women's line at 19 feet, 9 inches, which is the same as the WNBA's stripe. In a 2007 article by ESPN's Andy Katz, Syracuse men's head coach Jim Boeheim and Florida coach Billy Donovan reacted favorably to the extension of the men's line, though both said that if the 3-point line was going to be extended, the free-throw lane should be widened as well. In the same article, Tennessee coach Bruce Pearl said he was against extending the line, and that he was skeptical of the idea that an extended 3-point line would open up space in the lane, saying, "It isn't broke, don't fix it."

Gophers women's basketball spokesman Michael Molde said he hasn't heard much talk about extending the line, but that a memo from the NCAA indicated about 60 percent of 3-pointers last year were attempted from beyond the men's line. "I think the NCAA is always thinking about ways that they can make the game better...but they're probably contemplating all sorts of other rule changes," Molde said.

Los Angeles, Calif. (AP) — Serena Williams told USA Today Today that she's "at the end of [her] rope" after several physical setbacks that have kept her off the court since July.

Shortly after her fourth Wimbledon title, Williams cut her foot on some broken glass at a restaurant — resulting in a pair of surgeries. Then last month, she suffered a pulmonary embolism and was hospitalized to remove a grapefruit-sized hemotoma from her stomach. During her time away, Williams has fallen to No. 11 in the rankings.

Minneapolis, Minn. (AP) — The NFL asked a federal judge recently to deny the players' union bid to release details in a $5 billion TV revenue dispute, saying information should be kept confidential because it is commercially sensitive.

Columbus, Ohio (AP) — The wife of head football coach Jim Tressel has scored an honor from Ohio State University for her work on behalf of the school and the community.

The university announced that Ellen Tressel will be presented with a Distinguished Service Award at its winter commencement.

Lisman, Miss. (AP) — Alcorn State University has named a seven-member committee to search for a new men's basketball coach.

Alcorn State announced men's basketball coach Larry Smith was named to a new job as director of athletic development. Smith went 12-78 in seven seasons. Alcorn State president M. Christopher Brown II says the search process for a new head coach will begin immediately.

2011 SANTATIONS AUDITIONS SET FOR APRIL 2ND

Compiled by Dolphin Staff

The New Orleans Saintsations cheerleaders announced today that preliminary auditions for the 2011 team will be held on Saturday April 2, 2011 at the Saints Indoor Practice Facility in Metairie, Louisiana.

According to Team Manager, Leslee Fitzmorris, "We are looking for dedicated young women who are physically fit, talented in dance and cheer, and are able to present themselves in a professional manner. Because the Santations are influential role models to the youth in our communities, we will select women that are committed to leading a healthy, productive lifestyle."

The Santations are one of the premier dance teams in the NFL. With an "All-American" image, the Santations have catapulted as America's favorite cheerleader team. In addition to performing at the Saints home games, the team makes hundreds of charity appearances a year. The Santations have traveled to Iraq and Afghanistan to visit our troops, to Mexico City and London to promote the NFL. They have appeared on the Bill O'Reilly show, Fox and Friends, the CBS Early Show, Dr. Phil, Inside Edition, the Today Show, and on national television commercials.

This highly recognized and respected group of women serve as goodwill ambassadors for the NFL and the New Orleans Saints Organization. Team members perform at many exciting events and make numerous personal appearances throughout the world. Additionally, the team supports community projects through the "Santations Inspiration Program". The primary focus of the 2011 program is to promote positive initiatives geared toward women and children.

Candidates must be 18 years of age by April 2, 2011. There are three stages to the audition process. During the preliminary audition, the candidate will be taught a brief dance routine and a technical routine to perform for dance judges. Advancing candidates proceed to the professional interview audition followed by a comprehensive football test. The final round of auditions will be held on April 7 and the 2011 team will be announced on April 8th. For more information or to download an audition packet, please visit www.santations.net or www.neworleanssaints.com.

By Tyler Scheuermann

Delgado swept a Doubleheader on last Friday afternoon in Day 2 of the 2011 Disney Spring Training Invitational in Orlando, FL to improve to 15-3 on the season.

Delgado carried an 11-0 lead into the third inning and never lost the lead en route to a 16-run win over the Hawks, who are currently ranked #1 in this week's Division II NCAA poll. Offensively, Daniel Brockhoff went 3-4 with 3 RBIs and a Chad Gough-Fortenberry who was 2-5 with 3RBIs. Brent Lionville pitched five innings, allowing three runs on three Heartland hits, while striking out five and walking four. Three of Heartland's four runs were unearned runs.

Delgado (15-3) will play Brookdale CC (New Jersey) in a 10 a.m. Doubleheader on Saturday, scoring at the ESPN Wide World of Sports Complex.
Kids and sports

Researcher prove active kids perform better in school

By D. Shedrick

In a recent study, found in Science Daily, young people are more successful students if they were physically-active and involved in sports. The analysis conducted by Lesley Cottrill, PH. D at West Virginia University observed a group of students, over a period of two years.

The participants were divided into four categories:

• Group one, active during entire study
• Group two, started active, but ended inactive
• Group three, inactive in the beginning, but active in the end
• Group four, no physical activity throughout the case study

Standardized test were given to each group and the kids who were active continuously had the best test scores. "If an individual is in good health emotionally and physically, that person can study more and retain more information," said Mike Ricca, manager of Delgado’s fitness center.

In addition to children being good students because they are active, they also learn life skills. Amateur Athletic Union (AAU), a national sports organization for young people’s coach Sidney Williams, Sr. said, "Kids in sports learn about fitness, respect, discipline and camaraderie. They also develop friendships that can last a lifetime." Williams has volunteered as a coach for 35 years and believes that the most important thing about sports activity is that you discover your talent and who you really are.

For a single parent, sports may represent a chance for the parent to get a break. Mother of two, Lakecha Alexander admits that initially she got her kids involved in sports to get them out of the house and from in front of the TV. Later, she realized the benefits of their involvement, "It strengthens their minds and their bodies."

Locally, the New Orleans Recreational Department (NORD) offers after school and summer activities for students, over a period of two years.

The Dolphin March 22, 2011

Senior Olympics

By Sean Paul

We have a choice as we get older to do what we can to stay in shape. Choosing to remain in great shape is one way of refusing to just grow old, and if you want to take it a step further, you can compete with others in your age class.

Here in the New Orleans area there is a non-profit organization called the Senior Olympics of Greater New Orleans, which is hosting an array of Olympic-style events for seniors 50 years and up. Some of the events include: swimming, golf, track and field, billiards, with many more events for all seniors. These events are open to the public, “If you are 49 years old and you will be turning 50 before Dec. 30, 2011, you can take part in any series of events during the Olympics now through April,” according to Senior Olympics coordinator Janey Perez. For more information, call (504) 559-9060 or visit their website at www.gnosose.net to fill out an entry form.

Little League teams playing basketball at the Treme Center.

Quotes from famous athletes

We didn’t lose the game; we just ran out of time
- Vince Lombardi

Each of us has a fire in our hearts for something. It’s our goal in life to find it and keep it lit.
- Mary Lou Retton

I’ve missed more than 9000 shots in my career. I’ve lost almost 100 games, 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.
- Michael Jordan

Don’t let what you can’t do interfere with what you can do.
- Author Unknown

Too many people go through life waiting for things to happen instead of making them happen.
- Gary Washington

Each of us has a fire in our hearts for something. It’s our goal in life to find it and keep it lit.
- Vine Lombardi

Don’t let what you can’t do interfere with what you can do.
- Author Unknown

Too many people go through life waiting for things to happen instead of making them happen.
- Gary Washington

Don’t let what you can’t do interfere with what you can do.
- Author Unknown

Too many people go through life waiting for things to happen instead of making them happen.
- Gary Washington
Jennifer Hudson spends time behind bars
Hudson preps for latest role

By D'Corian Jackson

Oscar-winning actress Jennifer Hudson has had some interesting roles throughout her film career: a jilted R&B singer in “Dreamgirls,” a personal assistant in “Sex and the City: The Movie,” and a caretaker in “The Secret Life of Bees.” Hudson is taking on her most pivotal role as she portrays Winnie Mandela. In the biopic entitled Winnie, Hudson plays the title role which covers Mandela’s marriage to South African president Nelson Mandela and her struggle against apartheid.

In order to prepare for her role, Hudson spent five days in a South African jail. The 29-year-old actress even went as far as to isolate herself on a South African prison set and even stayed away from her fiancé and son to shoot the dramatic scenes of the movie. Hudson stated that she almost drove herself insane by spending that time in jail. Although Winnie Mandela once spent 500 days in solitary confinement, Hudson told several news sources she wanted to “experience some of the hell that woman went through.”

Hudson shared her empathy with Winnie Mandela’s situation. “They snatched her out of her home and she had no idea what happened to her children. Imagine living like that? This was her life. This was real,” said Hudson. However, the real Winnie Mandela is not happy about the film. Several sources report that in a letter to the film’s creators, Mandela’s attorney wrote, “It is difficult to understand how a production bearing the name of an individual who has not been consulted at all could ever be appropriate or tell the full story of that individual’s life...”

The film, also starring Terence Howard as Winnie’s ex-husband and South African activist Nelson Mandela, is set to premiere in late 2011.

Video Game Review of Marvel vs. Capcom 3: Faith of two worlds

“Video Game Review”

By James Tolliver Jr.

For all you video game fans who have been waiting on the release of “Marvel vs. Capcom 3: Faith of Two Worlds,” your wait is over. The game hit the stores on March 8 and has all of your favorite characters from Marvel comics and the Capcom games you know and love.

In this version of the game, the characters from both Marvel and Capcom team up in groups of three to battle each other to see who will save the world from the evil Galactus. The game is packed with non-stop action from start to finish. For those gamers who are new to the Marvel vs Capcom game, there's a beginner's level so you won't get too overwhelmed when you first play it. To get cheat codes and special moves, you have to go online or just try different buttons to unlock them.

Overall, I think Marvel vs Capcom is one of the best fighting games to come out this year. When I started playing it, I couldn't stop.

This definitely is a game that you want to add to your collection of fighting games.
Social Aid and Pleasure

Zulu traditions 100 years strong

By D. Shedrick

Over 10,000 men in black tuxedos and women in floor-length gowns attended the Zulu Social Aid and Pleasure Club ball on its traditional Friday night before Fat Tuesday in the Convention Center. In addition to the king, the queen and their court, the main attraction was Frankie Beverly and Maze. This was Maze’s third appearance at the ball. The O’Jays also took the stage and performed as the opening act.

“Zulu is more than just a social club,” said Freddie Jones III, a 31-year member of the club. “Now we have over 600 members, a mentoring program for young men, we feed the hungry during Thanksgiving, we have a food drive for Christmas, our maids get scholarships for school, we have a TV show and this was our first year raffling off a Buick Regal on Lundi Gras.”

In 2009, Zulu celebrated its 100th year anniversary. Zulu kicked off Mardi Gras day with the first parade passing out their signature hand-painted coconuts while costumed in tribal garb. “The organization has come a long way from tramps to kings,” said Jones. The Tramps was the original name of the club before they were named Zulus.

Contemporary Burlesque

Irvin Mayfield’s Jazz Playhouse at the Royal Sonesta Hotel

By Ambria Washington

The crisp, clean, upscale atmosphere of the Mayfield’s Jazz Playhouse setting was so relaxing that I forgot all about the large crowd right outside on Bourbon Street. The Mayfield’s Jazz Playhouse is an exquisite contemporary lounge with dimmed lights and a vibrant bar. There was also a small menu that consisted of a variety of entrees and desserts to eat while enjoying the show. I ordered the beef sliders, which were mini burgers and I have to say, they were the best mini burgers I have ever tasted in the city.

There was also live music provided by Brown’s Band including Limzi Zaorski, a 1930’s vocalist who introduced each dancer as they approached the stage. The show featured Trixie Minx, who is a local burlesque star in the city, and three burlesque dancers. The sparkly dazed dancers entertained as they made their way onto the stage one at a time each portraying a different act. The dancers were decorated from head to toe. From a flapper girl to an exotic Latina dancer, each burlesque dancer confidently roamed the crowd and seductively stripped and teased each piece of clothing off one at a time from hair rollers to skin-tight panty hose. It was very entertaining.

Festival Checklist

Festival season is here. Roadfood, Old Algiers, French Quarter, Strawberry, Jazz, Greek, Essence and Satchmo festivals are just around the corner. Here are a few essentials needed for festival-goers:

What to bring:

- Wear old comfortable shoes
- Rain coats and boots
- Umbrella
- Sunglasses
- Hats
- Sunscreen
- Insulated soft cooler and ice
- Bottles opener
- Insect repellent
- What not to bring:

- Anything illegal
- Fireworks
- Cash money
- Folding chairs
- Garbage bags
- Back pack or fanny pack
- Weapons
- Cash money
- Wear old comfortable shoes
- Insulated soft cooler and ice
- Bottles opener
- Insect repellent
- What not to bring:

- Anything illegal
- Fireworks
- Cash money
- Folding chairs
- Garbage bags
- Back pack or fanny pack
- Weapons
OPINION POLL

Q: How do you feel about DCC becoming a tobacco-free campus?

Name: Sarah Ducote
Major: Nursing
A: I think it’s great because I don’t smoke and I’m studying to be a nurse. If it doesn’t become tobacco-free, they [students] should be respectful of those who don’t smoke and should be far away from the building so that people won’t have to walk through smoke to get to class.

FROM THE EDITOR

It is against French law to make anti-Semitic remarks. Fashion designer John Galliano found that out the hard way after being arrested for allegedly making anti-Semitic comments to a couple at a Paris cafe. In addition to the cafe incident, an amateur video surfaced showing Galliano saying that he loved Hitler. On both occasions, it was obvious that Galliano was drunk. Galliano faces further jail time and fines and he has been fired from Christian Dior where he was the top designer for over a decade.

Anti-racist law for the US

John Galliano, victim of prosecutor

Can religious beliefs affect relationships?

Religion is a very controversial subject, along with politics. They say you should never discuss it or you may have a great brawl on your hands. On the contrary, as it relates to relationships, is it an important topic to cover with someone whom you may be considering as a long-term mate?

Religion is a very controversial subject, along with politics. They say you should never discuss it or you may have a great brawl on your hands. On the contrary, as it relates to relationships, is it an important topic to cover with someone whom you may be considering as a long-term mate?

Having the same beliefs, morals and values could prove to be ideal when considering someone for marriage or a long-term relationship. It seems like it would be a lot easier and the relationship would have less bumps to overcome if both people shared the same ideas about religion or their faith. But what if, by some strange chance or fate, you find yourself falling for someone who is an atheist? Is it a deal breaker if your prospective love has no religion or belief at all?

Sure, they are kind, humble, honest, and exude all the qualities you would think a faith-filled person would possess but when asked what church they attend, they retreat and reluctantly say that they don’t attend any church because they don’t believe in a higher power. You’re a spiritual person and live by the basic principles of the bible so what do you do then? Do you hide behind a fake smile while your heart sinks inside? Do you become discouraged because the one flaw that is uncovered in this person is considered a big one in your eyes? Maybe you probe to see why this person came to this conclusion or you put it off until you can gather the right words to say.

Whatever the scenario, how should it be handled if you are a believer and the person you’re dating is not? Would you be able to build a life with someone who doesn’t have a fear of something greater existing or not being accountable to someone other than yourself? How will it affect the way you live your life on a daily basis?

Can an atheist and a believer have a successful relationship or is this a recipe for disaster?
Decorating on a student budget

By Jennifer Fuentes

We all want a warm and inviting abode that we can be proud to call home. Unfortunately, when you're living on a student budget, you don't exactly have the funds to shop at the Pottery Barn. The good news is that you don't have to. The bad news is that it's going to take a little creativity and patience. It can actually be a lot of fun seeing it all come together and you'll definitely be able to take pride in the process. This issue I'm going to give you some ideas on how to get what you need within a strict budget. You might ask, what makes me an expert? The truth is that I'm not an expert, but I AM a savvy student and after calculating my furnishings and décor, I have approximately $2,000 to spend on furnishings and I spent a mere $2,005 on all of it. Keep in mind that $1,000 of that $2,005 was for a mattress and box spring, but I bought it from my mom and dad. It was all about finding the best deal, at the best time, and at the right places. Now, I understand most students still won't have $1,000 to spend on furnishings up front, but neither did I. That's part of the process. I'm going to take you step by step, furnishing by furnishing, to help you get the best deal at the best time starting with the essentials.

BED - Truth is that you're going to spend more time on your bed than any other piece of furniture and you're probably useless without a good night sleep so you might as well increase your budget on this piece a little. And don't buy this second hand. There are many things that can go wrong with a used bed, some of which I need not mention. Now, I mentioned earlier that I spent $1,000 on the memory foam mattress and box spring, but I saved months and months for it and I only spent that much for two reasons. Number one is that it has a 20 year warranty, which means I'm going have this bed for at least 15 years (which means it costs me a mere $55.56 a month). And second, I did research for 3 months and saved $1,600 off the original cost of the name brand version without sacrificing the quality. The bed before this one I also got a great deal on and spent only $300 on the set including the frame. I went to 1-800-Mattress and would highly recommend going there too. They have student options and might have student discounts if you inquire. They have quality bedding and reasonable prices and delivery is included.

SOFA - Here is another large piece of furniture and depending on your lifestyle you might or might not spend a lot of time on the couch. After you weigh how much time you're going to spend using a couch, decide on your budget. It should be anywhere from $290 to $400. There is no reason to spend more than $400 on a good quality couch. Currently, I have a microfiber reclining couch I got off of Craigslist for $200. Craigslist is a website that you can use to find furniture, find and post jobs and many other things. If you go on Craigslist.com, pay attention to posts where there is a sense of urgency to get rid of stuff. Maybe they are moving at the last minute or selling the furniture as part of an ugly divorce. If they don't have anyone else showing interest, you can usually negotiate a better deal or sometimes they might even have some other knick-knacks or smaller pieces they might just give away for free that they are just trying to get rid of. One mistake that I made was that I purchased the couch without inspecting it thoroughly. It looked great, but the previous owners had 3 dogs. I realized only after it was at my place, those dogs must have lived on that couch because it smelled like a dog pound. Luckily, I was able to hire a professional with the right equipment to come and deep-clean the couch for $50 and within the 3 days it took to dry, the odor was out. It now looks and smells as good as new and I saved $500 but I purchased this couch new at the over-priced furniture store. My furniture philosophy is that of a new car versus a pre-owned vehicle. Once you drive it off the lot, the price is going to decrease dramatically. Same with furniture; once it leaves the manufacturer, it's going to cost you a heck of a lot less second hand. Take your time. Don't buy the first sofa you see that you kind of like because you need one. Hold out for the right one. It'll come along. Oh, and make sure to smell it first.

DINING/KITCHEN TABLE - With a dinning table you need to have one. It's something you can't live without. Depending on your needs and space, a cocktail table might do the trick. I personally don't have a lot of space or a lot of space I opted for a nice cocktail-style table. As much of a big fan of Craigslist.com I am, I didn't have the opportunity to get it from a furniture outlet. A furniture outlet is a great place to get discount furniture. Furniture is spent in a house time and patience. It can actually be good news is that you don't have to shop so I accumulate clothes like nobody's business. Therefore, I need a bigger dresser. In turn, I'm now looking for another dresser. Spending anywhere from $50- $250 on a dresser is reasonable. Now if you are the person that doesn't need a lot of dresser space, good for you. You can have a dresser and not have it. You can also have more than likely find a suitable dresser at the thrift store or garage sale. I've seen some nice ones made with real wood (which means it's quality and should last longer) at thrift stores for less than $100. Some of them may have some scratches, but that's nothing that some sandpaper and either paint or varnish can't fix. For something like this, DO NOT, NOT, NOT go to a big box store. In fact, I never recommend going to big box stores for important furniture pieces. There are many reasons for this. The quality is poor (mostly particle board and other flimsy materials), you will more likely have to assemble it yourself, and since you're going to buy it, you FFT it long as it's a horrible investment. This is in addition to the fact that you are most likely going to spend more money on other stuff that you think you need, but don't. I purchased my current dresser at the same furniture outlet that I purchased my current couch from. It was $225, but it was brand new and really didn't have any scratches, but that's better than the extra stools and the answer was no, BUT they did knock off $100 off the total price because of it. I'm thinking because it was slow and probably didn't have many, if any, sales for the day and they were trying to get something in for the day. I don't know for sure, but I have never gotten that kind of deal on a busy Saturday. I also read somewhere a while back that places like these do not usually quote that they strive to make, and that sometimes when they meet these sales goals the distributors will throw an extra bonus. So, I don't know for sure, but it certainly makes sense… and I got a great deal

DRESSER - Again, this is something that you need to evaluate how much space you need for clothes and storage. I have a small closet with hangers up all their clothes in the closet and a small dresser for under garments. I, on the other hand, have a lot of clothes to shop so I accumulate clothes like nobody's business. Therefore, I need a bigger dresser. In turn, I'm now looking for another dresser. Spending anywhere from $50- $250 on a dresser is reasonable. Now if you are the person that doesn't need a lot of dresser space, good for you. You can have a dresser and not have it. You can also have more than likely find a suitable dresser at the thrift store or garage sale. I've seen some nice ones made with real wood (which means it's quality and should last longer) at thrift stores for less than $100. Some of them may have some scratches, but that's nothing that some sandpaper and either paint or varnish can't fix. For something like this, DO NOT, NOT, NOT go to a big box store. In fact, I never recommend going to big box stores for important furniture pieces. There are many reasons for this. The quality is poor (mostly particle board and other flimsy materials), you will more likely have to assemble it yourself, and since you're going to buy it, you FFT it long as it's a horrible investment. This is in addition to the fact that you are most likely going to spend more money on other stuff that you think you need, but don't. I purchased my current dresser at the same furniture outlet that I purchased my current couch from. It was $225, but it was brand new and really didn't have any scratches, but that's better than the extra stools and the answer was no, BUT they did knock off $100 off the total price because of it. I'm thinking because it was slow and probably didn't have many, if any, sales for the day and they were trying to get something in for the day. I don't know for sure, but I have never gotten that kind of deal on a busy Saturday. I also read somewhere a while back that places like these do not usually quote that they strive to make, and that sometimes when they meet these sales goals the distributors will throw an extra bonus. So, I don't know for sure, but it certainly makes sense… and I got a great deal.

OTHER SMALLER PIECES - There are all of the other smaller pieces of furniture and odds and ends like chairs, coffee tables, end tables, night stands, shelves and book cases. There are many places you can find these and over the years I've found that every time I buy a small piece of furniture like these at a big box store it eventually falls apart because of the cheap quality of the materials used. I stopped trying to find used pieces on Craigslist, thrift stores and garage sales. I usually only have a premium leather chair worth $500 for $125 that I found off of Craigslist. The great thing with this chair is that if I ever get rid of it one day I can easily sell it for a little bit more than I paid for it and still give the buyer a great deal. Keep your eye open for TRULY good deals. I have end tables that I bought for $40 that can double as a coffee table when I put them together. I bought them from a used furniture store and I've had them for 6 years now and keep finding new ways to use them. Don't spend a whole piece of furniture to what it was sold for; use it in any way you can. If you need something that you can get you through your college years and can only spend $20, then go ahead and get the $20 book case and if you need it later you need to, but remember ONLY get the smaller things there. The bigger pieces mentioned earlier you really want to be patient and invest in. By putting in a little time and research, you'll spend around the same amount of money, if not less, and save yourself the energy of having to replace everything later.

I came up with a short list of great places locally where I've been able to get great deals. Any of these you can simply find online in the New Orleans area. If you have any questions or need advice on where places you have found great deals at and would like to make mention of, please feel free to email me at jenniferfuentess3@gmail.com

Sam's Club: 1-800-Mattress/ Goodwill/Bed Thrift/Rooms To Go Outlet/ Garage Sales/Craigslist

Rosa Dress for Less/ Marshall's/ TJ Max - These are great places for household extra like sheets, comforters, towels, rugs, or any home décor. They might be the same price (usually less) if you go to the big box store but you'll get better quality and there is no difference between a name (not usually good quality) and a brand name (quality that last well).

I would recommend always doing research on Craigslist. They also have a listing for local garage sales. Make sure you inspect whatever you're buying before you hand over the dough.

Next time, I'll be helping you get the most out of your dollar on shopping for necessities. We all need to pay for food and get groceries so I will be giving you some tips and tricks on how to save some cash for things we have to get so you can have more for the things you WANT to get. Happy shopping!
Small Suggestions For Big Changes

A few tips on how to improve your health

By Erica Canales

Our busy and conflicting schedules don’t always allow us to take care of ourselves the way we should. Balancing a full-time school schedule, work life, and family priorities can definitely take its toll. Every day, we may be neglecting our overall health. However, there are a few changes we can all make to see some improvements in our health, both physically and mentally. Here are a few examples of steps we can take to feel energized, happier, and healthier.

1. Exercise: It may sound trite but just 30 minutes of exercise a day can make a huge difference. According to www.mayoclinic.com, regular exercise can improve your mood, combat chronic disease and manage your weight. You don’t have to splurge on a gym membership or trainer if it’s not in your budget! You can burn calories using daily tasks. Simply taking the stairs instead of an escalator or elevator is one idea. You can take a brisk walk during your lunch break and also have a glass of water. Winter or summer, you will have to reapply!

2. Water: You should definitely be drinking it! www.mangosteen-natural-remedies.com tells us the brain consists of 93 percent water, blood consists of 83 percent, bone consists of 22 percent, and muscle consists of 75 percent water! Our bodies are actually very dependent on water. It is responsible for carrying nutrients and oxygen into cells, regulating our body temperature, and ridding toxins and waste from the body. Drinking water can cause weight loss by flushing the by-products of fat breakdown and suppressing your appetite. Water moisturizes your joints and muscles, making it possible to stay energized and preventing painful sprains and cramps while exercising. Remaining hydrated is also beneficial for your concentration. Your brain is mostly composed of water, so giving it the hydration it needs can help you remain aware and focused. Drinking water also helps keep your skin moisturized and increases its elasticity. Not drinking enough fluids can lead to dehydration. If you feel fatigued, thirsty, hungry, and experience a headache, you may be dehydrated. Try drinking water before you actually feel thirsty and also have a glass before a meal. It’s okay to indulge in a soda but remember, water is a great source of energy and has zero calories!

3. Sun screen: Every one, no matter your skin type or tone, should wear an SPF (Sun Protection Factor) daily. The sun is very powerful and even though you may not see it, its UVA (long wave) and UVB (short wave) rays are always out. Even if you are in a car or a room with lots of windows, UV rays can still penetrate and cause damage. The sun’s rays cause premature wrinkles and age spots. Sun screen is a good way to prevent those and protect your skin from other dangers like sunburns, cataracts, and skin cancer. Amanda Arthur, a skin care expert at Sephora says, “SPF, no matter how high, will wear off after two hours, so you don’t need to get one higher than 30 because you will have to reapply!” Everyone loves a tan, but it’s actually the result of UVA rays causing direct cell damage to your DNA. Once sun rays burn your skin, it produces more melanin or pigment to the skin to try to protect it. The sun is strongest between 10 a.m. to 4 p.m. If you cannot avoid peak hours, you can wear sun screen, a hat, sunglasses, or long-sleeved shirts. Children under six months may not wear sun screen and should be kept in the shade or protective clothing. Sun screens usually take about 30 minutes to absorb, so you should avoid sun exposure until the product is effective.

4. Sleep: We all feel a bit cranky when we are sleep deprived, and a lack of sleep can weaken our immune system. People who do not get adequate rest are more likely to get sick when exposed to a virus and their recovery time may also be slower. While you sleep, your immune system releases proteins called cytokines. They typically increase when your body suffers from an infection or stress, so your body needs sleep to fight off a sickness. According to businesswire.com, Jan Maurer, MD and Senior Medical Director of Health Dialog says, “Getting a sufficient amount of sleep is critical to health. When you can’t sleep, you can’t function and longer health issues can follow, including obesity and chronic disease.” Helpguide.org suggest adults get seven to nine hours of sleep at night. Teenagers need about 8.5 to 10 hours a night, while toddlers require 12 to 14 hours of sleep. If you feel sluggish in the afternoon, hit the snooze button too many times, or have trouble staying awake during lectures or meetings, you may be sleep deprived. Lack of chronic sleep and sleep deprivation can cause irritability, fatigue, impaired motor skills and an inability to cope with stress. You can achieve a better sleep cycle if you stick to a schedule. Try to go to bed and wake up around the same time every day. You should avoid stimulants like alcohol, nicotine, and caffeine at night. If possible avoid exercising and electronics before bed, because they both stimulate you, making it more difficult to fall asleep. Get comfortable and relax your thoughts to let your body know it’s time to wind down.

Exercise, water, sun protection and sleep—taking action in these four areas can be part of our overall self-care to improve our quality of life.
Same Story, Different Species

"Movie Review"

"I Am Number Four" falls into teen star-crossed love

By Erika Canales

You may have noticed that a certain formula has hit Hollywood lately. The formula consists of a handsome and mysterious boy who catches the eye of an ordinary girl. It’s a familiar romantic plot in movies targeted for a teen audience.

"I Am Number Four" stars Alex Pettyfer as an adolescent alien from the planet Lorien. Pettyfer plays John Smith, a new name given to him by his guardian Henri. John reveals that their planet was attacked by other extraterrestrials called Mogadorians, very tall beings cloaked in black with gills on their faces. In an effort to save some of Lorien’s race, nine gifted children were sent to Earth with their guardians. The Mogadorians embark on a quest to annihilate the children one by one and only in numeric order. Numbers 1, 2, and 3 have been killed causing Henri to relocate John to Paradise, Ohio after his identity is compromised in a Florida town. Henri instructs John to stay out of sight and stay home. This seems impossible for John, who can’t keep his picture from popping up on social networks. He encounters Sarah (Glee’s Diana Agron) while he awaits registration in the local high school and she is being scolded in the office. Agron plays a beautiful photographer who seems to shun interaction with her peers. We know immediately these two will fall for each other and encounter a few hiccups along the way. The chemistry between Pettyfer and Agron is hard to grasp; you find yourself questioning how or why they feel so strongly for each other.

John quickly becomes friends with Sam, who is kind and funny but subjected to bullying by the cool kid. The same cool kid is also Sarah’s ex-boyfriend, making John a new victim for a group of bored boys with superiority complexes. John would fit in just fine if he didn’t slip up occasionally, revealing powers like palms that light up in public or exceptional reflexes. "Number Four" also stars Teresa Palmer as Number Six, who spends much of the movie searching and blowing things up until she reveals herself to John. She appears to have more control of her abilities and isn’t afraid to fight Mogadorians. John reveals more powers and the movie breaks into a visually appealing fight scene.

Palmer should have more screen time. Timothy Olyphant is convincing as Henri. The real breakthrough star is Callan McAuliffe as Sam, whose comedic timing is perfect.

"I Am Number Four" is a Sci-Fi Action Thriller directed by D.J. Caruso based on a novel of the same name. It has grossed over $4.6 million since its Feb. 18 release. It’s hard to tell if there will be a sequel or not, but box office success is usually a good sign.

John Smith (Alex Pettyfer) discovers some of his powers or legacies as he learns what they are called.

By Erika Canales

Crossword Puzzle

Women's History

ACROSS:
1. Clara
2. Tubman
3. Goodall
4. Frank
5. Diana
6. Sandra
7. Sacajawea
8. Rankin
9. Hillary
10. Nightingale
11. Parks
12. Amelia

DOWNS:
1. Founded Red Cross
2. Conducted underground railroad
3. Dedicated her life to studying chimpanzees
4. Issued first women to congress
5. Founded modern nursing
6. Rights Movement
7. was the first woman to fly across the Atlantic Ocean

Answers:
1. Clara
2. Tubman
3. Goodall
4. Frank
5. Diana
6. Sandra
7. Sacajawea
8. Rankin
9. Hillary
10. Nightingale
11. Parks
12. Amelia

Dolphin Sink or Swim

Sink To
• Daylight savings time
• Damaged nukes in Japan
• State budget cuts

Swim To
• Festival season
• Lovely weather
• Spring fashion

Jen Kober from Lake Charles, LA. Kober has a reoccurring role on the HBO show, Treme.

Mohammed "MO" Amer, comedian from Houston, TX.
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