



Who's taking the lead among LSUS students? Find out:  
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Soccer team hosts final fundraiser

Iris MacLean  
STAFF WRITER

Fried chicken was on the menu Thursday when the LSU Shreveport soccer teams appealed to the community in their ongoing effort to save the soccer program. The program is struggling to raise \$70,000 by May 1. The chicken fundraiser was held at Raising Cane's on Youree Drive from 4 to 9 p.m. Cane's donated 10 percent of every purchase to the program. "We did have a good turnout, however we don't know how much money we were able to raise from it yet," said Nathan Gurinsky, junior, general business. The team has raised about \$6,000 of the \$70,000 so far, not including the fundraisers. In addition to fundraisers and donations, they are selling shirts that say "Save Our Soccer" for \$10. The shirts will generate \$3,000 in profit if all are sold. "At this point the future isn't looking great unless there's some huge donor or the school does something," Gurinsky said. "We could really use a big donation from someone in the community."

The teams held previous fundraisers at Buffalo Wild Wings, Newks, and Red Mango. While they enjoyed a good turnout at all of these, Gurinsky said it is difficult to raise large sums of money through a percentage of a restaurant's sales. The program held another

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GOT SOMETHING THE STUDENT BODY NEEDS TO HEAR ABOUT? GET YOUR MESSAGE OUT BY EMAILING US AT ALMAGEST@LSUS.EDU

Semester change @ccelerates

Ebonie Nelson  
STAFF WRITER

Students looking to speed up their college career or graduate a little earlier need look no further than the @ccelerated program at LSU Shreveport. The @ccelerated program allows students to take their classes as eight-week courses instead of the traditional 16-week courses. Two sets of eight-week courses will be offered consecutively during each 16-week semester. The program is designed to help reduce student course loads while increasing the number of hours accumulated in a semester. The program debuts in the fall, when 10 percent of courses will be available in the new format. This gives the university a chance to receive feedback from faculty and students about their experiences. If positive feedback is received, then the program will be expanded campus-wide. With the exception of science labs and some education classes, all classes will be set for eight weeks. LSUS is no stranger to offering eight-week courses. "Remember this would be about the same as if students were taking summer classes," said Dr. John Vassar, interim provost and vice-chancellor for academic affairs. The @ccelerated program is designed to offer students advantages such as early



Interim Provost Dr. John Vassar

Photo by Ebonie Nelson

graduation, finishing a double major within four years, and transferring into LSUS. This @ccelerated format is not like the quarter system. Although both systems offer courses over a compressed period of time, the @ccelerated format is different from the quarter system in several ways. First, the quarter system offers courses over a ten-week period, while the @ccelerated format is only eight weeks. Second, once a quarter has begun, students must stick with

their courses for the length of the ten-week quarter. In the @ccelerated model, students can drop a class in term A and then pick up a new one in term B. As of right now, the program will not affect financial aid, student loans, or Pell Grants. "I'm looking forward to taking some eight-week classes, but I hope we don't have to stay in there all day," said Eugene Matthews, junior, psychology. Instructors are required to give students

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Rotoract club gets a little black tie

Montana Davis  
STAFF WRITER

LSU Shreveport's Rotoract Club hosted the 6th Annual Black Tie or Not Ball, its most profitable fundraiser. The dinner-and-a-show enjoyed a nice turn-out and the club donated all proceeds to a local charity. "It was great seeing everyone having a good time and raising money for such a wonderful cause, the Shreveport-Bossier Rescue Mission," said Rotoract Club Secretary Emily Sherman, accounting. "The food, as always, was wonderful, and our DJ kept the crowd dancing and singing karaoke for hours. Thanks to all of our donors, we had a great turn out with our auction and dollar raffle." The Black Tie or Not Ball was held Friday at Sam's Town. Festivities started early at 6 p.m. and didn't stop until midnight. The Rotoract Club chose an old-timey, Americana feel for this year's theme. Patriotic decorations and red, white and blue lights filled the ballroom. Red roses in royal blue bottles and red carnations in vases were all placed atop mirrors at every table. Each centerpiece was handmade by Rotoract members. Men wore patriotic-themed bow ties while women opted for gowns in red, white or blue. "The ball was beautiful, as always," said



Photo courtesy of Jenna Glorioso

Jenna Glorioso, senior, mass communications/theater, and LSUS alumna Audra Moss, French/criminal justice, provided entertainment for the evening.

Emma Ashley, LSUS alumna and former Rotoract president. Joe Valentine and Emily Sherman were acclaimed by popular vote "Uncle Sam & Lady Liberty," the equivalent of ball king and queen. Money raised through ticket sales, a silent auction and raffle tickets went to the

Shreveport-Bossier Rescue Mission. A portion also went toward two \$250 scholarships for Rotoract members, one man and one woman. The 50/50 Reverse Raffle raised more than \$2,000. Half of the raffle money went to the Rescue Mission, with the other half given to lucky raffle winner Beau Hebert.

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# Don't throw your money away, learn!



**Crystal Vandegriff**

**From the Editor's Desk**

Tuition has gone up again. With more budget cuts from the state, it was inevitable. While students scramble to save money to pay for tuition or fill out more and more scholarship applications, I can't help but feel that some of them are wasting their hard-earned money.

LSU Shreveport offers a fantastic education. That is absolutely not in question. What is in question is how much can students really learn if they do not put in any effort.

In putting together this newspaper with my fellow staffers, I get a lot of stories from students coming across my desk. Most students continually improve each week, however, some students

cannot be bothered to put forth the effort to even make an attempt.

Of course, I understand busy schedules and even procrastination. Unfortunately, that does not excuse pure laziness. Tuition is incredibly expensive—why bother paying for classes if you don't even attempt to learn anything?

Aside from lectures and general education, one of the major purposes of college is to begin networking. Having a good network of connections is important in any career field.

Luckily for LSUS students, most of the professors here at the university have spent many years working in their chosen field. This opens up a great opportunity for good references and even more networking possibilities.

However, professors notice when students are not putting forth a good effort. They take note when students can't be bothered to complete assignments or follow directions.

Do you really think that professors will be inclined to give good references to lazy students?

Perhaps you don't put forth much effort because you are afraid of failure. That's understandable. College can seem like a scary place.

But, rather than putting forth no effort and failing anyway, wouldn't it be better to speak with your professor about academic difficulties you may be facing?

Having once been students themselves, professors generally understand when students are having a difficult time with a particular subject. Ask them to help you learn more about it, to answer what questions you may have. It is what they get paid for, after all.

If you would feel more comfortable asking for help from someone closer in age to your peer group, why not form a study group or ask for help from a tutor? Tutoring services offered through the university include the University Writing Center, the math lab, the science lab, and the foreign language lab.

If it's a personal problem you're dealing with and it's affecting your grades or your ability to participate in class, visit the Student Development and Counseling Center. Trained faculty members and interns there are ready to help students facing difficulties for free.

You are paying LSUS to help you learn about your chosen field, put in the effort.

## NEWS

### LSUS offers students organization opportunities

**Mercedes Taylor**  
STAFF WRITER

Students have the ability to create new clubs or organizations here at LSU Shreveport.

Requirements are few. Students must fill out the necessary paperwork, find a faculty member to volunteer as advisor, create a constitution, and include a minimum of seven students in the group.

Angel Martin, director of student activities and recreational sports said there are benefits for students to creating or being in a student organization.

"It's a way for students to join in common interests, by bringing together like-minded people," Martin said.

The process of creating a student organization can be as short as one to two days. After all the required documents are in order the organization can immediately start planning and taking part in activities such as Fall Fest, Spring Fling and Week of Welcome.

"Creating or joining a student organization can bring more than a way to socialize," Martin said. "It can bring networking and professional benefits that can help students with their future goals."

If students are interested in learning more about creating their own organization they can contact Angel Martin by email at [angel.martin@lsus.edu](mailto:angel.martin@lsus.edu) or by phone at 318-797-5393. Students can also visit the LSUS website at [lsus.edu/studentorganization](http://lsus.edu/studentorganization) for more information as well.



Photo by Mercedes Taylor  
Angel Martin, director of student activities and recreational sports

**SOCCER cont.**

fundraiser Sunday at Painting With a Twist. Gurinsky noted that this was the last fundraiser before the deadline. The teams are making a last-ditch effort to get the word out to the community to donate and buy shirts.

"If anyone would like to support the LSUS soccer program (they) can do so by purchasing one of our S.O.S. shirts for only ten dollars," he

said.

With just a little over a week left to come up with the money, the team still isn't giving up or losing morale. They are hopeful that even if they fall short, the school will see how much work they did to save their program and how much people want to see the soccer teams stay.

Gurinsky may be contacted at 210-836-4388

or [gurinskyn89@lsus.edu](mailto:gurinskyn89@lsus.edu) with questions, comments, or to buy shirts.

The teams also are on Facebook at [www.facebook.com/groups/savellussoccer](http://www.facebook.com/groups/savellussoccer), where there is contact information, a link to the donation website, and updates.

**CHANGE cont.**

the same amount of seat time that was given in sixteen-week semester. Monday, Wednesday, Friday classes will be roughly one hour and 40 minutes; Tuesday and Thursday classes will be a little over two hours and 20 minutes.

This new approach promises to offer students equal or greater flexibility to take classes in

ways that best fit their schedules.

The university is still offering spring break and the standard holidays. Spring break is scheduled for one week between the two eight-week terms.

"The main concern is that LSUS maintains quality education no matter how it's delivered,"

Vassar said.

Students may enroll in the eight-week courses while registering for fall classes. For more information or FAQs about the @ccelerator program, check the LSUS website.

**BALL cont.**

Other LSUS clubs helped make the ball possible this year. The LSUS Accounting Club sold tickets, collected money and helped with the

financial organization aspect of the fundraiser. Many members of the Greek societies also helped gather volunteers and sell tickets.

For more information about the Rotoract club or the Black Tie or Not Ball, contact Joe Valentine at [valentinej58@lsus.edu](mailto:valentinej58@lsus.edu).



VOLUME LXII, ISSUE 12

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# LSUS invites students to de-stress

**Julie Thomas**  
SOCIAL MEDIA EDITOR

Perfectionism is an obsession that often surfaces in college students, leading to a great deal of stress in their lives. To address this problem, LSU Shreveport’s Student Development and Counseling Center hosted a workshop to address manners of coping with perfectionism.

Millions of people in the United States are perfectionists, claiming all or one of the following characteristics: High standards, frustration when those standards are not met, blaming themselves for failure, setting unrealistic goals, never being satisfied with a job, and tending to procrastinate.

“Procrastination ultimately causes more stress, because perfectionists feel as if they cannot do the work the exact way they want it done, so then it is put off continuously and eventually the work is due and is still incomplete to the perfectionist’s high expectations,” Shaw said.

During the workshop, four distinct types of stress were established and discussed. Time stress, anticipation stress, situational stress, and encounter stress are the most common among students. Time stress occurs when you concentrate excessively on all the activities you feel need to be done.

According to Shaw, the best way to prevent time stress is by time management. Shaw also said that when you have time stress, finding the time of day in which you are most alert and working during that time is most effective for productivity.

Anticipation stress is stress that concerns the future. When obsessing over future events that have yet to happen becomes a routine, anticipation stress has become a habit. Meditation has been linked to remedying anticipation stress as well as strict focus on the present instead of the future.

Situational stress is the practice of worrying over situations in which you have no control. This type of stress can occur suddenly and cause embarrassment. When a teacher calls on you and you shuts down and become embarrassed or nervous, you may be suffering from situational stress.



Graduate student Piper Shaw

Photo by Julie Thomas

The final type of stress discussed was encounter stress which revolves around the interactions between people. When you suffer from encounter stress, you may become stressed from interacting with a certain type of personality. To avoid encounter stress, you must determine which type of personality causes you stress and stay away from those individuals.

“I have noticed that when I am around my sister, who is always very bubbly, that I feel angered towards her and more stressed out than before,” said Jamie Goodwin, junior, criminal justice. “I never thought those feelings were related to stress or even encounter stress.”

Piper wrapped up the session by telling the group that small changes are the first step to achieving a stress-free life-style.

The next and final stress management workshop is scheduled for April 24. For more information regarding this workshop or future workshops, contact the Student Development and Counseling Center.

## PELICAN BRIEFS

### Final exam preparation workshop for students

The Student Development and Counseling Center is offering students an academic workshop to help them prepare for final exams.

Creating an effective study plan and caring for yourself while prepping for finals are two of the subjects covered. The workshop will be held during Common Hour May 1 in Admin 215.

For more information, contact Paula Atkins, director of student development, at 318-797-5365.

### Black box productions by comm. department

The LSU Shreveport communications department is sponsoring a Black Box Workshop Series Production.

The production will consist of three one-act plays: *A Matter of Husbands* by Ferenc Molnar, *Armed Robbery for Dummies* by Paul R. Roman, and *The Fat Man’s Wife* by Tennessee Williams.

All three plays are directed by LSUS alumnus Don McCoy and will star actors currently enrolled at LSUS, LSUS alumni, and other regional actors.

The plays will be presented this Thursday through Saturday at 7 p.m. and Sunday at 2 p.m.

### LSUS invites students to take late-night break

Free waffles will be on the menu during UC Late Night, when students are invited to study and mingle with other students, from 9 to 10:30 p.m. April 30 in the UC Port.

The event is hosted by the Student Activities Board and is free to LSUS students.

For more information, contact Student Activities at 318-797-5393.

### Recreational sports hosts grocery bingo

At 5 p.m. May 2, the student activities board will host its annual grocery bingo.

For this event, the student activities board chooses a list of grocery items that will serve as the prizes. There are usually 3 to 4 items per bag, ranging from soft drinks to macaroni and cheese.

The number of participants that choose to attend usually ranges from fifty to seventy-five people. The event is held in the UC Lobby.

The event is free to all LSU Shreveport students who have a valid student ID.

For more information, contact the student activities department at 318-797-5393.

### 4-on-4 flag football arrives at LSUS

Starting May 1, LSU Shreveport kicks off the spring semester 4-on-4 flag football tournament.

During the fall, LSUS has a 7-on-7 league, which generally has a good turnout. Due to popular demand, Angel Martin, director of recreational sports, introduced the spring 4-on-4 tournament.

Since there aren’t many other intramural leagues that take place during the spring, student activities and recreational sports decided to have a shorter tournament instead. Last year, roughly 6 teams participated with a total of around 50 students.

“It gives the students a great break,” Martin said. “It also serves as a physical outlet during dead week.”

The winning team receives four \$10 gift cards to Raising Cane’s. Members that are interested in joining need to just go by the UC Office, or sign-up at [www.lsus.edu/recsports](http://www.lsus.edu/recsports), no later than 4 p.m. April 30.



Heather McCutcheon and Kelly Boss pose with Pete the Pilot at a basketball game.

Photo courtesy of Kelly Boss

# Tennis team seeking more players

**Eloise Watts**  
STAFF WRITER

Playing on a college tennis team with only five members can be difficult to accomplish, especially since member turn out for LSU Shreveport women’s tennis remains low.

The team started out the season with seven players, but only five committed to staying.

“Tennis has been a fun transitional sport for me after soccer season,” said Kelly Boss, senior, marketing. “It’s challenging but it has been fun to learn.”

The LSUS tennis team is still fairly new to the school and a coaching change has already occurred. The team wasn’t able to play in many matches this year because of budget cuts as well as a shrinking team. Other teams weren’t interested in traveling to Shreveport to play a small team of five.

“I enjoyed this year’s tennis season but I do wish more matches had been scheduled for the weekends so that my parents and friends could have been able to come and watch,” said Heather McCutchen, junior, education.

The team enjoys practicing and being able to spend time together. They agree it would have been more fun if a few more players had joined, but they are willing to do what

they need to in order to help recruit more members in the future.

Coach Dragona Colic spent four years at Northwestern in Natchitoches playing tennis, using those skills to coach the LSUS team. The players also have enjoyed having her as their coach.

“Dragona has taught me everything I know about tennis,” Boss said. “She has really helped me to improve my tennis skills in a short time span. It has been nice having a coach who is able to hold authority over us and help give us advice and friendship when we need it.”

Recruiting players for the tennis team will be the top priority for next year’s season, with one player graduating and one transferring.

“This is my second year to play tennis at LSUS and I’ve loved it,” McCutchen said. “I hope to continue playing through my senior year.”

Those interested in joining the LSUS tennis team may contact McDowell at 318-798-4107.

“Tennis has been a great experience for me during my college career,” Boss said. “I would highly recommend it to anyone who is interested.”



# LSUS recognizes leadership in students, professors

**Kirsten Howard**  
STAFF WRITER

The LSU Shreveport Student Leadership Awards recognized exceptional students at the 2012-13 announcement ceremony held last Wednesday in the UC Ballroom.

To welcome attendees, Angel Martin, director of student activities and recreational sports, said a few words.

Martin spoke about how on-campus organizations bring students closer together and, the overall effort has added up to more than 1,700 community service hours this school year.

“We are not just a campus community, but a family,” Martin said.

Following the welcome speech, Lauren Wood, assistant director of student activities and recreational sports, came forth to announce recipients of the Greek awards.

Leah Aiken, psychology, junior, from the Phi Mu fraternity was announced as the Outstanding Greek Woman of the Year, and Outstanding Greek Man of the Year was chosen to be Tau Kappa Epsilon’s Cody King, junior, finance. The final Greek award for Outstanding Greek Organization of the Year, was given to the Tau Kappa Epsilon fraternity.

SOC Vice President, Chris Demirdjian, presented the Student Organization Council Awards for Outstanding Community Service and Outstanding Campus Service. Recipient of the Outstanding Community Service award was the Phi Mu fraternity and the Outstanding Campus Service award for the 2012-13 school year went to the LSUS Marketing Club.

SOC President, Shadi Darzeidan, presented the second half of the SOC Awards. The Outstanding Advisor of the Year Award went to Felice Williams, assistant professor of management and marketing. President of the Kappa Alpha Psi Fraternity, Ambrose Campbell, was then announced as the Outstanding Student of the Year. The final SOC Award for Outstanding Student Organization of the Year went to Alpha Epsilon Delta.

The Student Government Association Awards were the final group of leadership awards to be presented during this year’s acknowledgement of students and faculty.

Once again, Angel Martin took to the microphone to announce the Appreciation of Service Awards given to the

three leaders of SGA this year. SGA Secretary, Nadia Williams, senior, psychology, SGA Vice President, Cody King, and SGA President, Casey Thomas, senior, psychology all received these awards for their endless hours of service in the SGA.

SGA Vice President Cody King awarded SGA Senator of the Year to senator Shrein Darzeidan.

The final, coveted award for SGA Professor of the Year was announced by SGA President, Casey Thomas. For the first time, two professor of the year awards were presented.

The College of Arts and Sciences professor of the year for 2012-13 was Cheryl White, assistant professor of history and social sciences. The College of Business, Education, and Human Development professor of the year was Rhonda Failey, associate professor of professional practice.

In closing, Dr. Randy Butterbaugh, vice chancellor of student affairs, spoke about the how important leadership is at LSUS.

“LSUS is all about leadership and giving leadership opportunities to students. These leadership roles provide students with transferrable skills for life after college” Butterbaugh said.



Vice Chancellor of Student Affairs Dr. Randy Butterbaugh offered closing remarks about the importance of leadership at LSU Shreveport



Photos by Jenna Glorioso

Above, Casey Thomas, senior, psychology, presents Dr. Cheryl White, assistant professor of history and social sciences, with the College of Arts and Sciences professor of the year award. Below, Angel Martin, director of student activities and recreational sports, begins the ceremony.



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