



LSUS students get off the couch to get into shape! —Pg. 2

Red River Radio becomes battle site for “Baggage”

Elizabeth Stroud
STAFF WRITER

Fans of the Travel Channel’s popular reality television show, “Baggage Battles”, were in for a treat last Wednesday; LSU Shreveport gained some national exposure when our very own Red River Radio station was featured in the episode. “Baggage Battles” is a reality show that collects lost baggage and personal items that go unclaimed from airports, and auctions the content. Sometimes items are obscure and valuable. Kermit Poling, general manager of Red River Radio Network, said the producers of the show contacted him over Christmas break to get information on an unclaimed microphone. Poling and his colleague ended up meeting the show’s producers and hosts late one Sunday afternoon over the break, filming for three and a half hours. The only hiccup in the process was with the producers of the show almost being too impressed with the new Red River Studios. “At first they thought the new facility was too new and beautiful and wanted to see the old studios! I quickly talked them out of that,” Poling said. Poling also said that while it is a reality show, he knew what he would be asked about, and had time to do adequate research for the segment. He also said they taped the same segment multiple times, from different angles, adding close-up

See RADIO, pg. 2



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

Pilots create circle of excellence

Ebonie Nelson
STAFF WRITER

The Omicron Delta Kappa Society is the national leadership honor society for college students, faculty, staff, administrators, and alumni that recognize and encourage superior scholarship, leadership, and exemplary character. The society recognizes achievement in the five major phases of campus life: scholarship; athletics; campus or community service; social and religious activities, and campus government; journalism, speech, and the mass media; creative and performing arts. Membership selection takes place once a year during



Stephen Banks, professor of biological sciences and Omicron Delta Kappa Society faculty secretary. “Student membership candidates must rank in the upper 35 percent of their school or college and must show leadership in at least

one of the five phases of campus life,” said Stephen Banks, professor of biological sciences, ODK secretary. Becoming a member of the society offers a chance to be awarded a scholarship. Awards are given on local and national levels. The National Foundation Scholarship is awarded every year in August. The 20 winners are awarded a stipend of at least \$1,000 each. According to Banks, the society believes that intelligent development in campus citizenship requires the freedom to engage in activities carried on by students with a friendly counsel of faculty members. “I never look at any application until the whole committee is together,” Banks said. “Member selection shall be free of bias so that all qualified will be considered for membership. The fee for lifetime membership into Omicron Delta Kappa is a onetime payment. The fees cover the cost of programs and events hosted by the circle. The LSU Shreveport circle was chartered May 22, 1983. It currently has 20-30 members. Students receive nominations from the organization announcing they have met the minimum requirements for the society. From there they can fill out an application which will be reviewed by the committee for all future action. “I’ve heard so much about this organization, I hope I have fulfilled the basic qualifications to receive an invite,” said Qualessia Richardson, senior, biochemistry. The Pilot’s Circle host events such as Honor’s Day and forums on campus about community and national issues. Omicron Delta Kappa was founded December 3, 1914 at Washington and Lee University, Lexington, Virginia, by 15 student and



Photos by Ebonie Nelson Members of the Pilot’s Circle receive membership pins such as this one, worn by Stephen Banks.

faculty leaders. The founders developed the idea that leadership of remarkable quality and versatility in college should be recognized. Representatives in college life should cooperate in different endeavors, and outstanding students, faculty, and administrators should meet on mutual interest, understanding, and helpfulness. ODK was the first college honor society of a national field to give recognition and honor for creditable leadership and service. For more information contact the faculty secretary of the Pilot’s Circle at LSUS to learn more about the selection process 318-797-5220 or stephen.banks@lsus.edu.

LSUS chooses slogan, updates image

Morgan Marshall
STAFF WRITER

After a month of competition, LSU Shreveport selected a new slogan: “A legacy of excellence, a tradition of success.” The winning slogan was submitted by marketing student Phillip Wilhelm. Last month, the university challenged students to come up with a slogan that would become the first official school slogan, with a chance of winning a Samsun Galaxy Tab 2 or a Best Buy gift card if their submission was chosen. Submissions for the slogan campaign were being accepted from students and faculty members throughout February. The submitted potential slogans were narrowed down by Dr. John Vassar and Brooke Rinaudo, director of media and public relations. The final list was presented to the students of the publicity, media, and campaign class, who voted on the new LSUS slogan. Baryshnikov Chambers, senior, mass communications PR, is one of the students who voted on the slogan. He spoke of LSUS’s efforts to get students involved with the

school’s changing image. “So far, all we have done for the slogan campaign is spread the word about the campaign by passing out and posting flyers, created by Brooke,” Chambers said. “The flyers challenge the students to create the next, new LSUS slogan with the chance of winning one of the two prizes.” In addition to a new slogan being chosen, changes have also been made to the LSUS website, such as the addition of news stories and photo updates. Some students seem ready for a change, because of the new face being created for LSUS, and are anticipating a new slogan to go with it. The new slogan and updated image for LSUS is in an effort to help draw more students in to grow the LSUS student population. Dillon Benoit, senior, history, is looking forward to the new LSUS. “I think it’s a good step forward,” Benoit said. “I like the idea of changing our approach of recruiting people to the school. By changing the slogan, we are establishing our own identity as created by the students themselves.” Benoit further spoke about why he felt a

new slogan was so important to LSUS. “The slogan has a lot to do with image. Think of a great company, such as Coca Cola or Burger King; they have created a slogan,” Benoit said. “By using that slogan, people are able to remember them by associating that slogan with that company. LSUS creating a slogan offers a catchy, new way to remember the school and what we’re all about.” Submissions for the slogan idea were voted on Tuesday and the winner was announced today. Still, some students might have found themselves wishing they had a little more time to come up with their own slogan. “I thought about submitting an idea, but I didn’t have the time to get it in,” Benoit said. Despite not getting his idea in, Benoit still expressed his appreciation for the idea of LSUS updating its image. “Although I didn’t get my idea in on time, I still think the new slogan will change the direction in how we present ourselves to future students,” Benoit said. “It’s a pretty big step for our college, because not only are students choosing a new slogan for LSUS, they are also choosing the future course of direction for LSUS. That’s really amazing.”





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# International athletes choose LSU Shreveport

Kirsten Howard  
STAFF WRITER

Japanese weightlifters are in LSU Shreveport for the fifth consecutive year for training in the USA Weightlifting Center for High Performance and Development.

Ten Japanese students came from different universities in Japan to train with the LSUS lifters. The athletes arrived Feb. 10 and returning home March 3.

For their three-week stay, they were generously housed by LSUS lifters. For local lifters, it was not their first time hosting a foreign competitor.

LSUS weightlifter Jonathon Hutchinson, molecular and cellular biology, junior, with roommates Mike Asbate, kinesiology, senior, and Collin Fossum, psychology, junior, hosted Japanese lifter Toshi Hiro, 20, for the entire three weeks.

“It was a novel experience in the sense that Japanese is an alien language for me and my roommates,” Hutchinson said. “The majority of communication came through translation on the iPhone.”

Communication was one of the major struggles between the LSUS and Japanese weightlifters, but that obstacle was overcome thanks to the help of technology.

Other than the communication barrier, the LSUS lifters who hosted the foreign

students agreed that there were many benefits from the time spent with their Japanese friends.

“It was an amazing learning experience,” said Ryan Cook, sophomore, psychology. “I learned a lot from Yutaka and I think he learned a lot from me over his stay. Culturally, the Japanese are very different from us.”

For Cook this was his second year in a row hosting a Japanese Lifter. Yutaka Hariki, 22, from Rikkyo University in Ikebukuro, Tokyo, stayed with Cook and roommates Phillip Wilhelm, sophomore, marketing, and Kollin Cockrell, sophomore, kinesiology.

Cook noted that Hariki was extremely clean doing laundry every night, as opposed to the average American, who launders once or twice a week. Every evening they would get \$2.50 in quarters and walk to the laundry facility at their apartment complex to do laundry together.

Wilhelm, Cockrell, and Cook all agree getting to know Yutaka “was a fun experience, one that we would volunteer for again next year.”

Those who hosted lifters this year suggest fellow lifters to do the same next year.

“Given the opportunity, I would definitely encourage hosting a foreign exchange student,” Hutchinson concluded. “It is a necessary learning experience.”

## PELICAN BRIEF

### LSUS to host second annual poetry contest

The LSU Shreveport English Club and Write On announce they are accepting entries for its second annual poetry competition.

LSUS alumna Katie Bickham, won the Missouri Review’s 2012 Jeffrey E. Smith Editor’s Prize for poetry and will be judging the submissions.

It is open to all LSUS students and entries are due no later than March 15.

Students will be judged on only one poem of their choice. Poems cannot be over 40 lines, and can be any theme.

For more information contact Dr. Elisabeth Liebert by email at [eliebert@lsus.edu](mailto:eliebert@lsus.edu) or by phone at 318-797-5287.

**RADIO cont.** \_\_\_\_\_  
shots where they worked.

While no LSUS students are featured on the show, Poling believes that the experience was a positive and helpful one for the school, and surrounding area along with the Red River Radio Network.

There was only one exterior shot showing the campus, but Poling describes it as “beautiful.”

“I was glad that, rather than show a scene out in a swamp in the middle of nowhere, we appeared as classy, modern and knowledgeable,” Poling said. “Definitely one of the more positive reality TV show views of our area.”

The episode featuring Red River Studios aired at 8 p.m. last Wednesday on the Travel Channel.

# LSU Shreveport students go from Couch-to-5k

Ashley Harris  
STAFF WRITER

With bikini season rushing at us, many people want to get their bodies ready for the summer, but just can’t seem to get off the couch in order to do it. LSU Shreveport has provided an easy way to help those who want to exercise, but lack the motivation.

The Couch-to-5k is a training program to help people transition from the couch to running three miles with the help from the director of recreational events, Angel Martin.

The first training session began at 12:30pm, Feb 26 and will continue every Tues. and Thurs. until May 2.

Martin started the run by informing the participants of what to expect throughout the duration of the program.

She gave many tips on how to become a successful runner, some of which included: running on the balls of your feet; relax your body while running; running against the wind on windy days; and the most important tip—remember to breathe.

The workout was broken up into intervals where participants jogged for 60 seconds, and walked for 60 seconds.

Martin informed the beginners, to allow their body to recover after training and to allow their heart rates to gradually go down after running. She gave handouts with a running plan and advice on what workout clothes are best as the seasons change.

With these 30 minute sessions, students will gradually train to run a 5k in as little as two months.



Photos by Ashley Harris

Above, Angel Martin, director of recreational sports, provides participants with some helpful tips to remember while running. Right, participants follow Angel Martin for a jog around campus.



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