



Be sure to eat  
your vegetables!  
Tips to keep you  
healthy this fall  
—Pg. 2

## LSUS Students Debate on the End of the World

Crystal Vandegriff  
SOCIAL MEDIA EDITOR

Should LSU Shreveport students be concerned with next semester since the world is supposed to end in 2012? That topic was the subject of last week’s Coffee House debate.

Students gathered Sept. 19 in the UC Port to hear evidence presented by Cody King, general business, junior, for the affirmative and Kathleen Ryland, speech communications, senior, for the negative argument.

“I think we’re really going to have fun with this debate,” Ryland said beforehand. “What I did [to prepare] was basically was what we generally do in IPDA, give myself half an hour, research the topic, and now I’m ready to just go in and talk about it.”

Ryland is a former president of the LSUS Debate Team.

“I was president last year,” she said. “This year I’m taking more of a back seat role and just supporting the new president.”

King is also on the debate team, and serves as SGA vice president.

“I’m just like the clutch debater,” King said of his position on the debate team. “I’m kind of like the comic relief guy...I’m the team spirit guy.”

King also spoke of his preparation for the debate.

“I prayed,” King said, smiling. “I spent a little time yesterday researching but mostly praying.”

Before the debate began, voting cards were handed out to the students in the audience. Trey Gibson, director of the debate team, then introduced the debaters. He also said that though this was a humorous debate, more serious debates would be taking place next month, including a debate about the presidential election.

After the introduction, King stepped up to the podium to deliver his affirmative argument.

“Before we start, I just want to say thank you Kate [Ryland] for being here, for being a better debater, being better dressed and all that good stuff,” King began.

King next introduced the resolution and laid out the criteria for the audience to judge the debaters on.

“The resolution is ‘Don’t worry about the spring semester, the world is going to end in 2012,’ the way we’re going to take this round is that the world as

See DEBATE, pg. 2

## LSUS Opens Office on BPCC Campus



Photo courtesy of Julie Lessiter  
Shreveport Chamber President Dick Bremmer, Interim Chancellor Dr. Paul Sisson, Associate Vice Chancellor for Academic Affairs Julie Lessiter, BPCC Chancellor Jim Henderson, BPCC Vice Chancellor for Academic Affairs Stan Wilkins, and Bossier City Chief Administrative Officer Cliff Oliver all participated in the ribbon cutting ceremony.

Alexandra Meachum  
STAFF WRITER

Dr. Paul Sisson, Interim Chancellor, and Julie Lessiter, Associate Vice Chancellor for Academic Affairs celebrated the opening of the new LSU Shreveport office located on the Bossier Parish Community College campus on Sept. 18.

LSUS faculty members from different departments will be working voluntarily as advisers to students on the campus.

“We have always had a relationship with BPCC but we are trying to strengthen our commitment in getting those students to our campus,” Lessiter said.

Students who transfer from other colleges sometimes have problems with credits transferring, causing them to repeat courses.

Sometimes this will deter students from attending, so the office is a tool for students to get direct information about what classes will transfer, Lessiter said.

“We will do everything we can to help those students be able to transfer here and graduate in two years after having met the requirements at BPCC,” she added.

The idea for the office was “batted around for a while” but now the LSUS Commitment Plan involves local community colleges to help bring students to the LSUS campus.

“We started talking with BPCC officials to really get it rolling, and they have been very receptive in the process,” Lessiter said.

The office was created without any expense to LSUS, with faculty volunteering their time and BPCC lending the office space, Lessiter said.

Trey Gibson, Communications instructor, volunteered to work in the new office. He said his inspiration comes from all the great things happening at LSUS and, as an LSUS graduate, he is a true believer in its mission.

“If the university needs me to express what is has to offer BPCC students then that’s where I’ll go,” Gibson said.

Establishing more connections between the local higher education institutions such as BPCC, SUSLA, Centenary, and LSUHSC-Shreveport is on the agenda for LSUS administrators and faculty.

Dr. Stephen Banks, biology professor, is also volunteering and has taken it a step further by suggesting a web page “that allows full iteration” between all the institutions.

“So a student, for example, at BPCC who

See OFFICE, pg. 2

## LSUS Weightlifters to Compete in Israel

Paureeka Lloyd  
STAFF WRITER



Photo by Paureeka Lloyd  
Corey Coehoorn, assistant coach, and Jared Fleming, kinesiology, junior, warm up with a quick strength exercise. Fleming will be participating in an international competition taking place in Israel this November.

LSU Shreveport students are traveling to Israel for a weightlifting competition in November. Five students on the 15-member team are participating in the international competition.

The students first qualified at the National University Championship that was held in Shreveport to represent the U.S.

“We raise money for everything, like our equipment and scholarships for the students,” said Kyle Pierce, associate professor, kinesiology/health science department.

Students are responsible for the fundraising individually or with a group.

“U.S. weightlifting isn’t funding this

trip. It’s also not an official LSU NAI sport,” said Pierce.

The trip will cost each student about \$3,000 for travel, hotel, food, and competition fees for the week.

There is no money won in weightlifting for students, because it is not considered a professional sport.

“Professional sport simply means you are being paid,” said Jared Fleming, kinesiology, junior. “I’m always training as hard as I can, because it’s all about training hard and training smart.”

Weightlifters have to eat to keep calorie levels high. They stay away from processed food, and focus on well-balanced meals.

“To be at international level, it’s be-

See WEIGHTLIFTING, pg. 2





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Students Urged to Take Precautions Against Disease

Rebecca Randklev  
STAFF WRITER

Every fall the drop in temperature brings coughing, sneezing and other symptoms to victims of the flu and upper respiratory infections. With flu season starting next month, students can take precautions to avoid falling ill.

Viral colds, gastrointestinal infections and strains of the flue are the most common illnesses contracted in the fall.

According to Catherine Meyers, director of the practical nursing program, some of the biggest contributing factors to the spike in student illnesses are lack of sleep, poor eating habits, stress and spending more time indoors with large groups of people as the weather gets cooler.

“All these things lead to a lessened immune response,” Meyers said.

According to LSUS Public Health Dr. Emmanuel Clottey and LSUS Public Health Dr. Jill Rush-Kolodzey students can prevent falling ill in a variety of ways.

“Take care of yourself both physically and emotionally,” Clottey and Rush-Kolodzey said. “Be physically active, even if it is just walking or taking the stairs.”

One of the biggest deterrents to contracting harmful bacteria is hand washing.

“You can probably prevent 80-percent of infections if you just wash your hands,” Meyers said.

Students can boost their immune system by eating nutrient rich foods. They should strive to eat two cups of fruit and two and a half cups of vegetables daily. Bodies also need plenty of rest to fight off bacterial infections.

“For our bodies, sleep is when our body rests and rebuilds itself,” Meyers said. When we cheat it out of a few hours of sleep, we basically cheat ourselves out of rebuilding those cells we used all day.”

Another way students can prevent the flu is by getting a flu shot. According to Meyers, the flu shot immunizes people against the most common viruses the Center for Disease Control found the year prior.

“If an individual truly has the ‘flu’ for which the vaccine strain has been prepared-it (the flu shot) is extremely effective,” Clottey and Rush-Kolodzey said.

Flu shots are currently available and since October marks the beginning of flu season, now is the best time to get one.

“Students who receive flu shots limit the ability of the virus to transmit to others and also decreases the number of sick days or class absences,” Clottey and Rush-Kolodzey said.

If students are running a fever or feel so ill that they cannot concentrate in class, they should stay home. Otherwise as long as they take preventive measures, such as covering their cough and sanitizing their desk area before leaving, they can come to class.

“Usually students in their twenties and thirties have very good immune systems and can bounce back from getting sick quickly,” Meyers said.

If students are having trouble breathing, thinking, notice a significant change in urination patterns, are having trouble keeping anything in their stomach or are running a high temperature they should seek medical attention.

Heather Brakefield, English, sophomore, said the colder weather usually makes her suffer from sinus related issues.

“When I can feel myself starting to get sick, I try to sleep more.”

Brakefield advises other students to get plenty of rest, stay organized and avoid stress in order to promote a healthy immune system.

According to Clottey and Rush-Kolodzey, students should strive to do everything in their ability to stay healthy and prevent illness.

“Because we do not have a clinic or health post on campus, it is important for us to put an emphasis on prevention,” they said.

WEIGHTLIFTING cont.

yond being in the gym,” said Fleming. “You have to eat right, sleep right. It’s really a job.”

Not everyone can stay on a strict diet.

“You can eat as much as you want, but at the end of the day you need to get

the right amount of nutrients,” said Fleming.

Individuals interested in donating to the students can either mail a check to LSUS’ weightlifting team, or go online to a student’s Go Fund Me account and make a donation there.



Photos by Paureeka Lloyd

Corey Coehoorn, assistant coach, and Jared Fleming, kinesiology, junior, complete a warm-up exercise using a weight.

Kyle Pierce, associate professor, kinesiology/health science department, is the staff adviser for the weightlifting club.

DEBATE cont.

you know it will end before January 1, 2013,” King said. “Today we’re going to weigh each round on badass-ness of evidence.”

King then went on to lay out his argument: Chuck Norris said the world would be plunged into darkness for one thousand years if Obama is re-elected, and Chuck Norris is never wrong; Iran developing nuclear missiles and beginning a nuclear war; super-volcanoes – including a giant super-volcano beneath Yellowstone National Park; and, finally, replacement referees

in the NFL.

Next, Ryland took the stage to offer her rebuttal and to explain her argument. Ryland argued that students should definitely worry about the spring semester since the world would not be ending.

Ryland’s points included: if the world is going to be plunged into darkness then that is a reason for students to be even more worried; Iran is not that close to having nuclear weapons; and that NASA, having done the research, did not believe the super-volcano was anywhere

near eruption. Ryland went on to state that the Mayan calendar said nothing about the end of the world, but was rather a cyclical calendar that would simply reset once it reached the end.

Finally, the audience was asked to vote, with King once again reminding the audience to vote on “badass-ness of evidence,” not necessarily facts.

After the vote was tallied, Gibson declared King the winner by a margin of 42 to 12, including one person who had voted for both debaters.

OFFICE cont.

is close to graduating with an associate’s degree can find out where they stand with respect to a baccalaureate degree at LSUS and/or what they need to enter a professional program at the medical school, eg.occupational therapy, physical therapy, X-Ray technology etc.” Banks said.

Jonathan Purcell, political science, junior, has been at LSUS for over a year now and said the new office could have helped him during his transfer from BPCC.

“I could have used that information then, instead I felt I was just winging it,”

Purcell said. “I like LSUS but I did not know a lot about it before I came, so I think the office will help paint a picture for students who want to transfer.”

The office will prevent situations like Purcell’s and give students a chance to speak with actual LSUS professors about particular programs and majors.

“Luckily we have great people working at LSUS who are willing to take time out of their lives to help out students from other campuses to be able to come here,” said Lessiter.



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