

Kirsten Howard works to revamp SGA

Hannah Sprawls
EXECUTIVE EDITOR

The Fall 2014 semester at LSU Shreveport is full of new things: a new chancellor, new colors, new mascot, and new sports programs are only the tip of the iceberg. Accompanying this long list of changes is new Student Government Association (SGA) President Kirsten Howard.

Howard took office at the end of the Spring 2014 semester after a month long election process that resulted in a run off between Howard and her opponent, Matt Kay.

Though some are surprised that Kirsten Howard won office with only one year of SGA involvement under her belt, others have full confidence in her ability to move SGA forward.

“[Kirsten] definitely has a go getter type of personality and is a person that will make sure all obligations are complete, and all the work needed is completed in the appropriate amount of time,” said SGA Vice President Garrett Jones.

Howard echoed similar sentiments, saying: “When you really care about your campus and you care about being able to make changes and have a voice that’s important, you can do anything.”

Since taking office, Howard has been busy revamping the SGA and trying to answer the question on the tip of many students’ tongues: what does SGA actually do?

“SGA is the big influencer on campus. We have over 4,000 students and a large faculty and staff and sometimes there’s a bit of a disconnect between those two groups... SGA acts as the liaison,” said Howard.

Though SGA is not an event-oriented organization, Howard says she and the SGA officers are open to assisting other organizations in the planning and execution of their events. Currently, their only sponsored group event is the Undie Run: a joint effort with SAB that takes place in the spring. The clothes donated during the event are given to The Salvation Army. This past year’s Undie Run garnered 12 boxes of clothing for the cause. Howard hopes to further increase the turnout this coming spring.

SGA meetings are public, and students are encouraged to come. Attending these meetings is a good way for



Photo by Chris Rebouche

Kirsten Howard, SGA President

students to stay informed about campus policy, events, and issues. Additionally, students can stay up to speed by contacting the officers and senators.

The main goal of SGA is to influence policy on campus. The Icee machine in the port, the phone charging stations, and the TVs in the port are all SGA accomplishments.

Right now, SGA is collaborating with United Way: a non-profit organization that works to improve communities. Their goal is to build a modern style gazebo to serve as a student hangout on campus, along with other aesthetic enhancements. The idea is still in the early stages of planning. Other SGA projects include: extending the hours the UC is open, creating an LSUS app, and an LSUS “charge it” card.

“I would love for students to actually come see how a meeting is run and what type of things we talk about in those

meetings... Our voices do count and do have a say so on what happens around this campus,” said Jones.

SGA is, above all, an organization of students, for students. If you’re interested and concerned about your campus and its policies, you should definitely consider attending the meetings and staying informed. Meetings are held every Monday during Common Hour at eleven in the UC Webster Room.

“If you want your voice to be heard without having to yell, come give us a visit or think about running for Senator when the next elections come around,” said Jones.

There are plenty of new additions to the campus this semester, including to the SGA. Only time will tell what these changes might bring to LSUS.

Consistent exercise linked to higher grades

Katherine Lejeune
STAFF WRITER

The demands of being a college student can be high and stressful. With packed schedules filled with classes, study hours, employment, extra-curricular commitments, and social obligations, finding time to work out only seems like an added stressor.

However, making a small commitment to devote a few hours a week to exercising can actually be more rewarding than stressful.

Exercising a few hours a week proves to increase focus and concentration, as well as supports the boosts of your mood and relief of stress. Exercising helps establish a better sleeping pattern, which can improve your overall attitude on the day.

Technically speaking, the hippocampus is a part of the brain that controls all memory recall and retention. The hippocampus begins to shrink in an individual’s early 20s, hence getting older means remembering less. In an article from the New York Times, a study that was conducted that proved exercising weekly can not only decrease the shrinkage of the hippocampus, but also aid regrowth over time.

The average cost of a gym membership in Shreveport-Bossier is \$30.43 per month. A typical college student can do a lot of things with \$30.43, not to mention the cost of time in being able to drive to the gym.

LSUS offers fitness classes to LSUS and LSUHSC students on campus for free. They range from “Cardio Pump” to a more relaxed “Pilates” and “Yoga”. LSUS even offers “Kickboxing” and a “Couch-to-5K” class. The scheduled

FALL 2014 LSU Shreveport Rec Sports Weekly Fitness Class Schedule			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CARDIO PUMP 5:00 – 5:45 p.m.	*Sept. 30 – Nov. 25 COUCH-TO-5K 12:30 – 1:00 p.m. *UC Mall Flagpole	KICKBOXING 4:30 – 5:15 p.m.	*Sept. 30 – Nov. 25 COUCH-TO-5K 12:30 – 1:00 p.m. *UC Mall Flagpole
HARD CORE ABS 5:45 – 6:15 p.m.	BASIC MAT PILATES 6:30 – 7:30 p.m.	BODY SCULPT 5:15 – 6:00 p.m.	TOTAL CIRCUIT 6:30 – 7:30 p.m. *HPE Gym Racquetball Court 1

Graphic Courtesy of Katherine Lejeune

Weekly fitness schedule for LSUS rec sports

classes are offered on various days of the week for students with chaotic schedules. All classes are located in the HPE Building Dance Studio unless otherwise noted. For more information on the classes visit the lsus.edu website and download the 2014 Weekly Fitness Schedule under the Student Life page in the Recreational section.

Everyone has upcoming tests on loads of information,

with work, extra-curricular activities, and other obligations, how is it even possible to think about exercising? But by participating in any type of exercise, one is lowering stress levels and also improving ability to recall information. It seems like this would be a beneficial thing to partake in. So the next time you find yourself stressed out about that quiz, consider what damage you would be doing by giving exercise a try.



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College bookstores on the decline

An Almagest at LSUS Editorial

Corey Drummond
PRINT EDITOR

College bookstores in the U.S. decline or stagnate in the face of higher enrollment. Despite more students attending higher education institutions, bookstores on campuses refuse to make money.

The LSUS Bookstore is an institutional bookstore and is a part of the National Association of College Stores (NACS), a college store-buying group known as ConnectOne, and the Southwest College Bookstore Association.

According to the NACS, since 2003, student enrollment across the country has grown steadily,

its of campus bookstores.

Eventually, they found a way to adapt.

According to the NACS, the most success in school bookstore's stems from the adoption of a new policy allowing students to use financial aid to pay for books.

Billions of dollars are available to students through state-funded grants, scholarships, and student loans; money that traditional bookstores do not have access to. By the time students can use that money outside of tuition, school has already begun and books have been required.

Campus bookstores have used this opportunity to mine this resource, and to great effect.

"Students' ability to use financial aid in the bookstore has led to a mild growth in sales over the last year," said David Dinkins, assistant director of the LSUS Bookstore.

The policy has helped out students in many ways, and has proved to be a smart addition to the campus.

"I should point out that the ability to use financial aid has been of material benefit to many students as well. Those who like to buy their books early typically benefit the most," Dinkins said. "In the past, I would receive dozens of calls each semester from students who wanted to get a head start on their classes but couldn't buy their books before classes started, since financial aid was disbursed on the first day of class! Now students are able to buy books directly with their financial aid 2-3 weeks before the beginning of classes."

Book rentals in college bookstores have improved sales, but not by much. NACS data reports an increase of only twenty dollars per student since the addition of book rentals. In university bookstores, like LSUS, sales only increased by as much as seven dollars. Bookstore rentals only equaled to two percent of a bookstore's revenue in a 2011-2012 study.

The split between new and used textbooks have grown in recent years. Used book sales have not shown to make an impact to the income of college bookstores, mostly due to problems with reusing the same books in subsequent years.

In the 2013 College Store Industry Financial Report, new books sales were 2.5 times the sales of used book sales. Unit sales showed a ratio of 1.7 to 1 in favor of new books. Problems come from faculty having to agree to use the same book year after year, and the sales of new textbooks needs to be significant enough to allow the books to return to market. Some students don't resell their books back to campus bookstores.

The LSUS Bookstore, however, isn't required to make a significant profit. Since the university owns it, the Bookstore isn't pushed to make a large return in profits to stakeholders. According to Dinkins, any money that is made is given back to the LSUS.

With an increase in student enrollment, college bookstores need to adapt to an increase in digital media to remain in business. Financial aid sales are floating bookstores through a potential financial crisis.



Photo by Corey Drummond

The LSUS Bookstore is institutional, meaning it is owned by the university

and now has surpassed twenty-one million students. Meanwhile, in college bookstore sales, bookstores have remained the same despite the growing number of students.

After peaking in 2006 with \$10.5 billion, the market has sat between \$9.79 and \$10.45 billion. College bookstores failed adapt to the growing number of ways to purchase books. Cheaper, alternative bookstores, online orders, and book streaming on mobile devices dipped into the prof-

Many allow students to use their financial aid money as credit, or through special vouchers, to transfer those funds directly to the bookstore.

Since 2012, about thirty percent of a college bookstore's revenue comes from student's financial aid money. Overall, this money adds up to two billion per year. Bookstores adopting this policy have shown a significant growth in sales.

The LSUS Bookstore implemented the financial aid policy in August 2013.

No easy fix for LSUS parking problems

An Almagest at LSUS Editorial

Corey Drummond
PRINT EDITOR

Student parking at LSU Shreveport has been a problem for a few years. In the busiest hours between ten and twelve, spaces are scarce. Students who arrive during these hours are sometimes even forced to park in a different lot than the building they are going to.

It's a small problem to deal with in the grand scheme of the world. With so much going on, why complain about a lack of parking spaces and

the wasted time circling lots waiting for a space to become available. Right now, for students, these things are important.

The stress for many comes from the ticking clock of class schedules, rushing them to find a space so they won't be late. Online courses are an immediate way of dealing with this problem. Taking more classes online negates the push to get to campus at a specific time, allowing more flexibility with a schedule.

For students not taking online courses, where should extra parking spaces come from?

Some students cry out that extra parking spaces for students should be taken from faculty parking. Maybe we could expand the parking lots a bit further. It isn't so easy to just claim spaces for another group of people or simply build a longer, wider lot.

There are budgets to consider and regulations to follow. Major decisions about funds and permits must be made. It takes time, money, and effort for something as simple as more parking spaces. For now, it is a problem we can deal with.



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