



What are the Phi Mu Sorority sisters up to?

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“A SINGLE DREAM IS MORE POWERFUL THAN A THOUSAND REALITIES.” - J.R.R. Tolkien

Weightlifter Kollin Cockrell to compete in Iceland tournament

Kirsten Howard
STAFF WRITER

Kollin Cockrell, sophomore, kinesiology, will be competing as the first ever LSUS Olympic weightlifter to visit Iceland in the Reykjavik International Games beginning Jan. 26.

During his last competition in Palm Springs, Calif., Cockrell attempted breaking the current national junior record of lifting 440 lbs. in the clean-and-jerk by lifting 442 lbs. At the competition Kyle C. Pierce, an associate professor in the department of kinesiology and health sciences and LSUS weightlifting coach, was asked to recommend a lifter to travel to the Iceland tournament and he said Cockrell “fit the bill.”

Cockrell gained much attention at the 2012 American Open Weightlifting Tournament in Palm Springs during late November when he attempted his second clean-and-jerk lift at 411 lbs. and jumped up to 442 lbs. for his third and final attempt in order to try and beat the national record.

“He is good, he is young, and he needs the international experience,” Pierce said when asked why he chose Cockrell as LSUS’s sole competitor. This will be Cock-

rell’s second time competing at a weightlifting tournament out of the country. He previously competed in Guatemala.

“I’m very nervous because it is my first time going out of the country by myself, so it will be an experience,” Cockrell said. I have a lot of people back in Salmon, Idaho that are counting on me. I’m very excited and I don’t want to let any of them down. I’m mostly going to have a good time and see what it is like.”

As the first LSUS weightlifter to compete in Iceland, Cockrell has many people in both Shreveport and his hometown expecting him to represent himself and the school well.

Cockrell said he is going into the competition “with a positive attitude.” He said he will try to visualize the lifting platform in preparation and just have fun.

“Before I compete, I usually say a prayer to protect me so I don’t get injured. I will do my best and prepare myself for the worst,” Cockrell said.

The tournament is being held at the Reykjavik Weightlifting Club in Reykjavik, Iceland the weekend of Jan. 26 to 28 with weigh-ins starting at 8 a.m. and the competi-

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Rocke Musgraves named NAIA Regional Coach of the Year

Montana Davis
STAFF WRITER

LSU Shreveport’s head baseball coach, Rocke Musgraves, was recently named NAIA’s “Regional Coach of the Year” for his impressive 2012 season. Coach Musgraves has been honored with the title not once but twice throughout his career with the Pilots.

The award was given after his presentation at the NAIA 2013 Rawlings- NAIA Hall of Fame & Awards Luncheon in Chicago, Jan. 4. Musgraves recalled the entire experience as the highlight of his coaching life. The 2012 season revamped Musgraves overall career record to 544-258, giving him his 500th college victory.

The 2012 Pilot baseball season proved to be one of the most momentous years in Musgraves’ career. He finished up last season with a 54-6 record and 3rd place in the NAIA World Series. Musgraves also steered the Pilots to the No. 1 spot in the NAIA Top 25 rankings, a first in LSUS baseball history. The team then wrapped up the season with one of the NAIA’s best winning percentages of all time.

He and the Pilot team also dominated

the Red River Athletic Conference tournament and were awarded their second consecutive RRAC season and tournament championship.

“My players, my coaches, my family, keep me very humble. I guess I just feel so fortunate to do what God has let me do that I just never want to take it for granted, ever,” Musgraves said, when asked how he keeps a modest approach while gaining so many honors.

Along with keeping himself humble, Musgraves makes sure that his team does the same. While he regularly checks grades and requires that the players finish a seasonal reading list, he also allows group prayer and has his players attend church together every now and then.

“My number one goal in this program is to try and develop the whole person. Develop the mind, the body, and the spirit,” Musgraves said about his duty to the players as not just a baseball coach, but as a mentor.

“And it’s something that I feel God has led me to do. I don’t feel that it is something Rocke does, I think it’s God inspiring me and it’s just kinda second nature.”

The players have even created their

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Pilots participate in healthy weight loss challenge

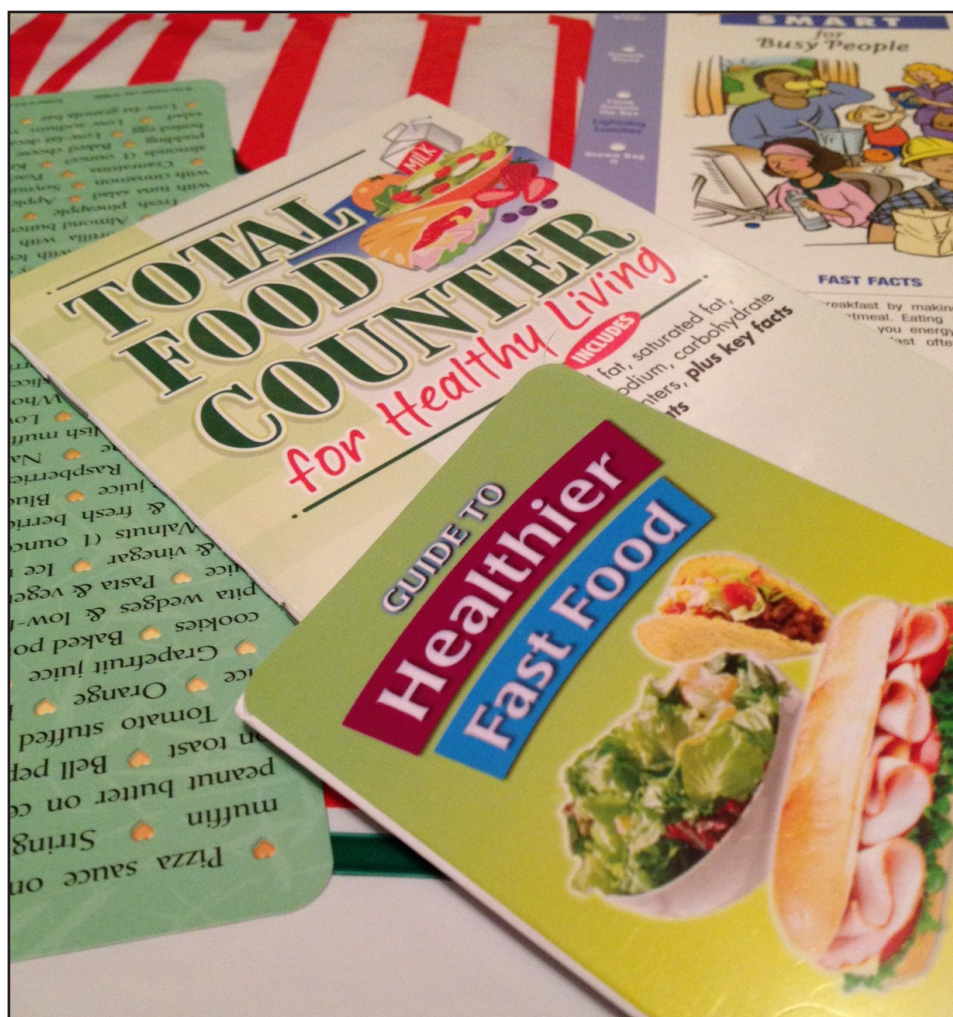


Photo by Mercedes Taylor

LSU Shreveport is offering its students a challenge: get in shape the healthy way!

Mercedes Taylor
STAFF WRITER

LSU Shreveport is welcoming back students with the Healthy Pilot Weight Loss Challenge, previously known as the Biggest Loser.

The program has been held for the past five years and is designed to promote nutrition and exercise for the busy college student.

“The program helps with more than just weight,” said Angel Martin, director of recreational sports. “It helps with benefiting students in other parts of their life.”

“I think it is very important to help motivate students to maintain a healthy lifestyle,” Jaisen Grey, junior, history, student and participant, remarked. “Angel helps me stay focused throughout the semester. With so much else going on it helps to have a dependable person when you need them.”

The program is held as a competition with designated weigh-ins every few weeks. The winner is determined by which participant lost the greatest percentage of body fat. Students participate by first signing up and then going to the weigh-in dates throughout the semester. At the end the winner of the competition is awarded a grand prize.

“I would recommend this to anyone who wanted to lose weight, learn healthy habits and possibly win a great prize at the end of the semester,” Grey said.

Not only does the program track weight, but students are also informed about proper nutrition along with exercise. Martin recommends MyFitnessPal.com, available online and as a downloadable app, to all students looking for a way to be more aware of nutrition and exercise. MyFitnessPal keeps track of calorie intake and exercise, a useful tool Martin suggests for the busy college student.

Students interested in taking the challenge can sign up by Jan. 25 to get started. A packet is provided full of information pertaining to exercise and nutrition. There will also be seminars held throughout the semester on nutrition and exercise. Martin’s advice to students is “move more and take control!” Martin’s office is always open to students seeking any advice outside of the program.

“Angel has made my experience amazing and she is always available to listen and motivate me. She always helped me with my running in her Couch to 5k program. She is a great person and a great help,” Grey said.



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Letters to the editor are encouraged. However, the staff reserves the right to edit letters for clarity, length, and content. Any letter submitted by a club or organization must be signed by all members of the group or by the group's president. Letters should be e-mailed or submitted to the *Almagest* office, BH 344, by 5 p.m. on the Friday preceding the Thursday publication date. Please type the letter and include your classification and major. *The Almagest* reserves the right not to publish submitted materials. Obscene, libelous and anonymous letters will not be printed.

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According to the Merriam-Webster Dictionary, a retraction is a public statement, either in print, or by verbal statement that is made to correct a previously made statement that was incorrect, invalid, or in error. The intent of a public retraction is to correct any incorrect information. *The Almagest* holds all rights if deemed necessary to retract such statements made, and shall, at will. Retraction notices should be made by e-mail or phone.



Are you ready for spring break yet?



Crystal Vandegriff

From the Editor's Desk

If you're reading this, I guess that means you either haven't had to pay for your books yet, you've successfully received medical attention for the heart attack you suffered once you saw the price or I've long been dead and the undead have finally become sentient enough to read archived newsprint.

Whatever the case may be: welcome back, Pilots! The spring 2013 semester is beginning and you know what that means: time to set your

alarms and wake up early, cursing the snooze button never letting you snooze quite long enough and the campus parking lot for never seeming big enough for you to get a good spot.

As we gripe, grumble and groan our way into a new semester of our college careers, we would do well to remember that spring is a time for new growth. Time to leave the past behind and begin anew; for some this will be new relationships, for others it will be striving to keep New Year's resolutions and for some it will be embarking on a new career or a new chapter of life.

Loyal *Almagest* readers will remember that last semester we bid adieu to two lovely members of our staff: Jenna Glorioso, executive editor, and Tommi McAteer, managing editor-print. Both put years of hard work and passion into the *Almagest* and we are all very thankful to have had them.

Now, with Jenna and Tommi off to bigger and better things, the *Almagest* is under new management: Julie Thomas, junior, public relations will be serving as social media editor; Alexandra

Meachum, junior, journalism will be serving as managing editor-print; and I, Crystal Vandegriff, junior, journalism, will be taking over as executive editor.

Julie is beginning her third semester writing for the *Almagest* and her first semester on staff. She also competes on LSUS's debate team. Alexandra has already written for the *Almagest* for three semesters and is beginning her first semester on staff. This is the beginning of my third semester of writing for the *Almagest* and my second semester on staff – I served as last year's social media editor.

As always, the *Almagest* is committed to bringing Pilots the best, most accurate and most important news about everything going on around our campus. We would also love to hear from you: comment on our website, send us an email at almagest@lsus.edu or give us a call.

To stay abreast of the latest Pilot news, follow us on twitter, like us on Facebook and keep almagestlsus.com bookmarked!

NEWS

Phi Mu works to build relationships, community



Photo by Ebonie Nelson

Phi Mu decorated the University Center steps with their decked out Greek letters.

Ebonie Nelson
STAFF WRITER

Many women join sororities for various reasons. It can be their home away from home, a network to develop during college or a way to be involved on campus. Being a part of the Phi Mu experience gives each member several opportunities to learn and grow outside the classroom.

"To me, Phi Mu brings a lifetime of friendship, different from a friendship formed in only a classroom setting. It is continual growth and determination of the average college woman," said Phi Mu Chapter President Leah Aiken, junior, psychology. "I believe that it gives women an opportunity for a support system and it challenges them to excel personally and scholastically."

The Epsilon Xi chapter of Phi Mu Fraternity arrived on LSU Shreveport campus in 1984. Phi Mu is a sorority built on the ideals of love, honor and truth. They believe in personal growth as well as outreach. The members respect diversity inside the chapter without losing focus of the common bond of sisterhood.

"The primary project that Phi Mu is involved in is Children's Miracle Network," said Dr. Linda Easley, director of field experiences and faculty advisor said. "They raise funds for the organization and those funds stay in our area." The Epsilon Xi chapter at

LSUS holds fundraising events like Hoop-a-Paluz and kickball tournaments for the Children's Miracle Network.

"Phi Mu is different because of our commitment to excellence. We strive to be the woman that God created us to be and we do it with an open heart. Phi Mu is more than friendship—it's a lifelong bond," Aiken said.

On a national scale, Phi Mu has a foundation dedicated to helping women with financial struggles. The Phi Mu Foundation offers scholarships to its members and even helped support the Phi Mu victims in the 2011 tornadoes at the University of Alabama.

Phi Mu was founded in 1852 at Wesleyan College in Macon, Georgia. It started as the Philomathean Society, a literary society, and is the second oldest secret society for women. Since the word "sorority" was not commonly used when Phi Mu was chartered, its proper name is Phi Mu Fraternity even though it's a woman organization.

Women interested in becoming a member of Phi Mu Fraternity can contact the Membership Director, Clarissa Williams, at williams41@lsus.edu or attend the open bidding events as mentioned on flyers around the school. They are on Feb. 4, 6, and 8.

PELICAN BRIEFS

University Center to host ping-pong tournament

LSU Shreveport students will have the opportunity to participate in a ping-pong tournament on Jan. 30 for a chance to win a gift card.

The tournament will be held in the UC Game Room from 11 a.m. to 12 p.m.

The event is free to students with a valid school ID. In order to participate, students must sign-up by 10 a.m. on the day of the tournament. The winner of the tournament will be rewarded with a \$25 gift card.

For more information on the tournament and other recreational sports and sporting facilities events, email Angel Martin at angel.martin@lsus.edu, visit www.lsus.edu/recreports, or call the University Center office at 318-797-5393.

Recreational sports to host healthy grocery trip

Angel Martin, director of recreational sports, will be hosting a healthy grocery shopping trip on Monday from 2:00 p.m. to 4 p.m.

Students will be given a tour around the Bert Kouns Walmart and instructed on how to shop for healthier foods while also remaining within their budget. The event is free to all LSU Shreveport students.

For more information, interested students can email Angel Martin at angel.martin@lsus.edu or stop by the University Center office.

COACH cont.

own hashtag on Twitter, #pilotfamily, showing a little more than just a bond amongst teammates.

"I believe Rocke reaches all his players. Regardless of their faith, nationality, upbringing, or beliefs, there are many different aspects that Coach Rocke uses to get his players to mesh together and become better people," said Brent Lavallee, assistant coach and former LSUS catcher. "[It's] hard to go

through a day without him teaching you something".

The Pilots' season will begin Feb. 1 in Hattiesburg, MS. Along with the NAIA title he has received back-to-back RRAC "Coach of the Year" for the seasons of 2011 and 2012. He has also been previously named "Louisiana Coach of the Year" by Louisiana Sports Writers and the "Turface Regional Coach of the Year" for the year 2011.

WEIGHT cont.

tion at 10 a.m. Cockrell will be competing in hope of a gold, silver, or bronze medal.

There are three competitors in his weight class, but both he and Pierce are confident that he is ready.

For more information on the Iceland Tournament, visit <http://rig.is/sports/olympic-weightlifting>.



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