



Falling behind on your New Year's resolution? Learn to use the HPE fitness equipment. —Pg. 4

## LSUS begins search for school slogan

Jennifer Middleton  
STAFF WRITER

LSU Shreveport is about both diversity and unity. Bringing the two things together is part of the vision of the school, which wants to find a way to reflect that. Hence the university's current campaign to find the perfect slogan.

“Usually slogans go with campaigns,” said Brooke Rinaudo, director of media and public relations. “They usually have those things catered to what they need at the time and who their audience is. And of course that stuff kind of changes over time. We have never really had one before, so we’ve always just advertised about LSU Shreveport and encouraged different students to come here.”

Now the school needs a slogan, and they’re offering a choice of two prizes to the student who submits the winning entry to the slogan contest--the winner will receive their choice of a Samsung Galaxy Tab 2, or a Best Buy gift card.

“Now I think we are trying to be a little more forward-thinking with our approach as far as picking and choosing our audiences go,” Rinaudo said.

The audience, of course, is the student body, which is comprised of a very diverse mix of people.

“We have such a wide mixture,” Rinaudo said. “We have your regular students who are right out

See SLOGAN, pg. 3



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

## LSUS gets mental at conference

LSU Shreveport faculty members, students present at Seattle psychology conference

Kirsten Howard  
STAFF WRITER

LSU Shreveport psychology professors and students presented three ground-breaking projects at the National Association of School Psychologists Convention 2013 earlier this month.

Psychology professors Katherine Wickstrom, Michael Welch, and Kevin Jones, along with psychology students Shelly Gearheart, graduate student, psychology and Lauren McKinley, graduate student, psychology traveled to Seattle for the national conference to present their projects, to learn what other states are doing in the world of school psychology, and to network.

The LSUS attendees presented projects entitled “The Final Front Tier: Comprehensive Learning Supports,” “Show Thy Impact: Value-Added Assessment of School Psychological Services,” and “School of R.O.C.K.: Reading and Organization for Cool Kids.”

When asked why these specific presentation topics were chosen, Wickstrom, Welch, and Jones agreed the ideas for these three projects all came about differently.

The comprehensive learning supports project was the result of grant funding from the state Department of Education. This

project focuses on training educators in suicide prevention, crisis intervention, positive behavior support plans, and other practices that directly address barriers to teaching and learning.

The second project on value-added assessment stemmed from the collaboration of Wickstrom, Welch, and Jones over about a three-year period of time. It showcased the LSUS case study which established a model for measuring how effective the practices of school personnel are.

“This particular project defines our approach to school psychology and makes it relatively unique and progressive,” said Kevin Jones, associate professor of psychology.

The final project, “School of R.O.C.K.,” presented by student Lauren McKinley, came about because of a passion for the subject. McKinley said this study of the proactive approach to academic and behavioral concerns in schools had been briefly explored, but she wanted to delve into the subject of study more deeply.

“These projects represented a lot of work on our parts,” Jones said. “They are going to continue to grow and one of the benefits of visiting these conferences is taking stock in what we have done.”

Wickstrom and Welch agree there is a lot

of work left to do in order to expand on their case studies, but visiting the state, regional, and national conferences allows them to track their progress and show what LSUS is doing. However, the benefits of attending conferences go far beyond that.

“Networking was my favorite part of the conference,” said Gearheart.

As the National Association of School Psychology student leader, Gearheart was able to attend meetings, meet fellow students, and learn from them.

“I benefit the most from seeing my colleagues at work,” Jones said. “Shelly represented us so well, her leadership skills just emerged so gracefully. Katherine and Mike work their tails off at these conferences! They are both on two national boards where they are training school psychologists.”

LSUS faculty and students said attending the conference was a worthwhile experience and recommend them conferences to graduate and undergraduate students alike.

There are several opportunities for students to visit conferences in the near future. If you are interested in attending a psychological conference, please contact Michael Welch at michael.welch@lsus.edu.

## Rotaract club prepares to go Black Tie or Not

Julie Thomas  
SOCIAL MEDIA EDITOR

The Black Tie or Not Ball is an event hosted annually by the LSU Shreveport Rotaract Club. All proceeds will be donated to the Shreveport-Bossier Rescue mission. The social event is open to all, and will be held April 20 at Sam’s Town Hotel and Casino.

The Shreveport Rescue Mission’s funding has been cut in recent years creating hardship for the organization. This donation helps fund necessary expenses for operations and research.

The reasoning behind the name “Black Tie or Not” is to create awareness to the community that it is open to everyone. Although the event is entitled a ball, dress attire is not restrictive, so guests should feel free to dress according to their own preferences.

“I went to the ball last year and had an amazing night,” said Katie Minton, senior, education “I saw people dressed in everything from formal dresses to slacks and a button up.”

There have been many changes in preparation and execution since the ball last year because of new leadership in the Rotaract Club. This year the Black Tie or Not Ball has a theme, unlike previous years. The new theme is Americana.

Another new addition to the Black Tie or Not Ball is its seating arrangement. This year the event will have a reserve seating section costing \$60 a person, as well as a public seating section that’s cost the standard price of \$40 a person.

An array of music will be played but



Joe Valentine, president of the Rotaract Club

Photo courtesy of Joe Valentine

predominantly jazz for a more patriotic 1920s feel. More than 300 people attended last year’s event, which offered performances by singers, dancers, and musicians. The most financially successful night in the event’s history with mre than \$10,000 collected and this year the club plans to collect more.

“Multiple changes have been made this year in Rotaract and we hope to put on a bigger and better event and we are well on our

way,” said Rotaract President Joe Valentine, senior, financial analysis.

The ball will begin at 6 p.m. and will end as the clock strikes midnight. Tickets are still in production but are expected to go on sale in mid-March.

For more information, visit the event’s Facebook page or contact Valentine by email at valentinej58@lsus.edu.





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# Put your student i.d. to work, get involved!



**Crystal Vandegriff**

### From the Editor's Desk

Last Sunday, I did something that I've not done since I graduated high school: I attended a play. Two, to be exact.

I attended the Department of Communications' Black Box Workshop Production and was treated to seeing both William Inge's "People in the Wind" and Tennessee Williams's "Adam and Eve on a Ferry." Both plays were excellent—very well-acted with great costume design and props. I estimate that there were about 30 or 35 people there, almost full for the small Black Box Theatre. Afterwards, there were several minutes of applause.

Still, I couldn't help but think of all the peo-

ple that didn't know that this play was right there, under their noses. In my three years here, I had never set foot inside the theatre before. In fact, I had only known where it was located because I had taken classes across the hall.

Similarly, in my freshman seminar class, we had an assignment to visit at least three different club meetings over the course of the semester. I never did that assignment. I was too timid and still felt too far out of place on campus.

It wasn't until my involvement with the *Almagest* that I finally began to take note of the things going on around our campus and you know what? I had no idea of all the awesome things I had been missing out on!

Are you paying for an expensive monthly gym membership to keep in shape? There is an entire weight room and fitness facility located in the HPE building that is entirely free to students. Need a little more motivation to get you moving? Try one of the recreational sports groups like couch-to-5k, Zumba, kickboxing, or power yoga.

Do you like a little bit of free food with your literature? Check out the English club's regular Common Hour get-togethers, like the recent

"Tragedy and Tacos" and "Pizza and Poetry."

Do you want to get more involved with the community at large or want some volunteer work to put on your resume? Why not see what one of the Greek organizations can offer you? The fraternities and sororities around the campus often do a lot of volunteer work for the good of the community, such as Phi Mu hosting Monday's hoop-a-palooza to benefit the Children's Miracle Network.

If you're not ready to commit to an organization, at least be aware of the events happening on campus. For instance, the workshops put on by the Student Development and Counseling Center to help you become the best student you can be. Also, don't forget about all of the effort the Student Activities Board puts into bringing the ice cream truck to campus for free ice cream days.

The bottom line is, even though LSUS may not be the biggest school around, we have a lot of heart and those involved in the campus are doing the best they can to give us the best college experience we could possibly have. Why not show up and let them know how much you appreciate it?

## NEWS

# LSUS students learn while traveling abroad

**Eloise Watts**  
STAFF WRITER

LSU Shreveport offers a way to gain college credit while studying in a different country through the Modern Language Studies Abroad (MLSA) program. It is designed for Spanish teachers, graduate students, and undergraduates.

A few of our own students have the privilege of partaking in the program this summer.

"I am a Spanish Education major and I found out about this opportunity in one of my classes," said Maddie Webb, sophomore, Spanish education. "I am hoping to become fluent in the language after taking the course for a month."

MLSA has one of the best records concerning student services, academic programs, and prices. Students may take classes at such prestigious universities as the Universidad Complutense de Madrid, the Universidad de Costa Rica, and the Universita di Firenze, all with award-winning faculty and scholars.

"I chose to go to Costa Rica because I am paying for it myself and it was a great price," Webb said.

More than 2,000 universities have sent students to these programs and more than 20,000 university students and high school teachers in the U.S. have participated in the programs. Though there has been an increase in study abroad programs MLSA has been able to stick with what students regard as reasonable prices.

"I heard about this opportunity in class and went home on a Wednesday night this semester and decided I wanted to go to Spain for two weeks," said Kirsten Howard, sophomore, mass communications.

Students stay with a family in their country of choice and attend school for two-, three-, or four- week sessions. MLSA offers trips to France, Costa Rica, Spain and Italy.

"I am a little nervous about this experience but mainly excited," Webb said. "I have always wanted to do something like this."



Far left, Maddie Webb, sophomore, Spanish education. Left, Kirsten Howard, sophomore, mass communications.

Photos by Eloise Watts



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# Diakos selected for recognition

Montana Davis  
STAFF WRITER

LSU Shreveport’s student Jenna Diakos was selected to the 2012-13 Capital One Academic All-American Women’s Basketball Team College Division.

Diakos fit the requirements set by the College Sports Information Directors of America, the 2nd oldest management association in all of intercollegiate athletics.

Diakos has been chosen to play on the third team in the entire division.

She is a junior at LSUS and plays forward for the team. Her major is in community health and she has an impressive overall GPA of 4.0.

“Jenna not only is a good player but she is an outstanding student. She is always studying on trips as well as at home and that sets her apart from a lot of athletes,” said Coach Ronnie Howells, head coach for the LSUS women’s basketball team. “She just has a knack for being around the ball. She also has a soft touch on her shot and has several post moves that helps her offensively.”

The Capital One Academic All-American basketball teams are made up of student athletes who are varsity starters or key reserves, maintain a cumulative GPA of 3.30 on a scale of 4.0, have reached sophomore athletic and academic standings and are nominated by their sports information directors.

Along with being selected for the Academic All-American team, Diakos has also earned the title of Red River Athletic Conference Women’s Basketball Player of the Week, for her performance in games played Jan. 14 through Jan. 20

CoSIDA members nominate and vote for the selec-

tion of Academic All-American athletes in 12 sports for all divisions, including NCAA division I, II and III, NAIA, Canadian and two-year institutions.

CoSIDA’s Academic All-American program is regarded as the premier awards program in intercollegiate athletics for honoring combined academic and athletic excellence.

Though Diakos has an outstanding GPA and talent on the court, her teammates say she is just a fun, humble girl from Ragley, LA.

A favorite team memory is how Diakos usually ends up spilling something on her jacket or shirt when she eats. Coach Spyhalski has jokingly put a napkin bib on her on occasion.

University students and faculty have encouraged and cheered for Diakos throughout her basketball career.



Photo courtesy of Bianca Stakes  
Jenna Diakos, junior, community health

## PELICAN BRIEF

### Join Rec Sports to take a trail-walking excursion

LSU Shreveport Recreational Sports invites students to go on a scenic walking excursion along the Red River.

The walk will take place from 2 to 4 p.m. March 4.

Walkers will meet at the Stoner Boat Launch and then determine as a group how far they will walk.

Students interested need to sign-up no later than 12 p.m. on March 4 in person at the UC Office or online at [www.lsus.edu/recsports](http://www.lsus.edu/recsports).

**SLOGAN cont.**—of high school and starting college, and then you have your local commuting students who don’t want to move away, and they want to stay close to home because they either have families or work that’s got them at the point where they have to stay right here in Shreveport. And then we have those college students who’ve decided later in life to go back to school. So we have a very big mix of students and we tend to find ourselves catering to a wide variety of audiences and not just one type of student.”

LSUS plans to capture that spirit of diversity with the new slogan.

“We need to reflect who we are as a university,” Rinaudo said. “Not only are we fun and exciting, but we are very good in our education standards.”

The new slogan should reflect the school’s vision—people from all walks of life coming together for the common goal of earning a degree.

“It doesn’t matter how old or how young you are, or where you are in life,” Rinaudo said. “You can still come to LSU Shreveport and get a quality education.”

# LSUS students get hands-on fitness equipment how-to



Photo by Ebonie Nelson  
Angel Martin, director of recreational sports, above, demonstrates using the gym fitness equipment.

Ebonie Nelson  
STAFF WRITER

Working out and staying fit creates a healthy lifestyle. Health and fitness go hand-in-hand and the tools that help you stay fit. Falls into the category of fitness equipment.

Free weights, treadmills and bicycles are a few examples of fitness equipment. The equipment comes in a variety of types and sizes.

The LSU Shreveport weight room houses a variety of equipment, each one having a particular use, but they all have the same agenda: to tone and shape the body.

“The main concept is to not do anything that you don’t understand how to do it appropriately and be in control,” said Angel Martin, director of recreational sports.

If you are an amateur at working out and using fitness equipment, Angel Martin has a few things to keep in mind: First, always warm up before starting your session.

It’s recommended that you do about five to ten minutes to get your heart rate up and eliminate pulled muscles. Some great machines to warm up on are the rower, treadmill, and elliptical.

With the rowing machine, you are working all the main muscles by pulling and pushing, which helps to get the blood flowing.

When using the bicycle, make sure it is level with your hip bone and keep your knees at a five degree bend to the pedal. Also strap your feet down on the pedal to prevent using the wrong muscles and possible injuries. Cardio exercise

is another good warm up, about 20-30 minutes on the treadmill or track will serve its purpose.

Some things to keep in mind: you should never work the same muscle group two days in a row, allow yourself at least 48 hours in between workouts. Variety is the key to exercising.

Simple ways to add variety to your workout include changing the order you perform each exercise, doing different types of exercises for a muscle group, or adding in some training emphasizing different training.

The upper body exercises and equipment include: lat pull down, low rows, chest press, bicep curls, triceps press, and lateral raises. Some of these machines are located in the weight room on campus in the HPE building.

The lower body exercises include: leg press, forward lunges, quadriceps extension, hamstring curl, and calf raises.

“When doing both upper and lower body exercises, you never want to, lock out, anything you do,” Martin said, referring to arms and legs. “Try to do machines when learning, then transition over to free weights.”

For strength training, more weight and less repetition is recommended, whereas, if your goal is to get lean, it requires less weight and more repetition.

Regardless of your training goals, you should choose exercises that promote overall balance and compliment your other activities.

For additional information or assistance with the machines in the weight room, contact Angel Martin at 318-797-5393 or [angel.martin@lsus.edu](mailto:angel.martin@lsus.edu).



Photos by Jenna Glorioso  
Above, Sonya Parker, freshman, criminal justice, listens to Angel Martin about how to properly use a treadmill. Right, Brady McCoy, freshman, kinesiology and physical activity, does a few reps.





# Stage lights shine in the Black Box Theatre again



The LSU Shreveport Department of Communications sponsored a Black Box Workshop Series Production Feb. 21 to 24. The production consisted of two plays, never before performed in the Shreveport area: William Inge's "People in the Wind" and Tennessee Williams's "Adam and Eve on a Ferry." The cast included LSUS students, alumni, and other Shreveport-area actors. The productions were directed by Don McCoy, an LSUS alumnus.

The production took place at 7:30 p.m. on Thursday, Friday, and Saturday and at 2 p.m. on Sunday. "People in the Wind" was performed first, followed by "Adam and Eve on a Ferry" after a 10-minute intermission to change the stage props.

Left, local actor Brittany Matthews and LSUS alumnus Nicholas Sewell during rehearsals for "People in the Wind." Below, local actor Joshua Porter and Kimi McVay, junior, psychology, during a rehearsal for "Adam and Even on a Ferry."

Photos by Jenna Glorioso



Left, D.H. Lawrence, portrayed by local actor Joshua Porter “fixes” the hair of Ariadne Peabody, portrayed by LSUS alumna Audra Caitlyn Moss, an LSUS alumna. Below, LSUS alumna Sandy McCoy Gaudin, Kimi McVay, junior, psychology, local actor Nash Crow, local actor Cara Derrick, local actor Delia Caldwell, local actor Brittany Matthews, and local actor Cory Olson rehearse for the production of “People in the Wind.”

