

BACK TO THE NEST



UP photo by Brian Quijada

STARS director Rachel Hoover decorates "happy birthday" gifts for Lamar University's centennial Homecoming, Oct. 26, in the Communication Building.

Campus prepares for Homecoming festivities

Brian Quijada
UP photo editor

Homecoming is on its way at Lamar University and organizations are getting ready by decorating offices and doors to show their school spirit.

The Student Tutoring and Retention Services staff have decorated their offices for Homecoming since 2017.

"We all love to decorate, it's a lot of fun for us," Rachel Hoover, STARS director, said. "It builds our team. We learn a lot about each other, and it gives

us a break to be creative, and I think that's really important.

Amber Martinez, Orangefield senior, has been decorating with STARS since 2021 and likes the creative break.

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2023 HOMECOMING SCHEDULE

NOVEMBER 1

National Pan-Hellenic Council's Hump Day
7 p.m.
Setzer Student Center

NOVEMBER 2

Homecoming Giveaways
12:30-2 p.m.
Setzer Student Center

Project Chill
3:30-5:30 p.m.
Brooks Shivers Dining Hall Lawn

Outdoor Movie Night
7:30 p.m.
Brooks Shivers Dining Hall Lawn

NOVEMBER 3

Bonfire Pep Rally
6:30 p.m.
Spindletop-Gladys City Boomtown Museum

NOVEMBER 4

Big Red's Ride
Classic & Antique Car Show
10 a.m.-2 p.m.
Spindletop-Gladys City Boomtown Museum

Big Red's Boomtown Tailgate
10 a.m.-2:30 p.m.
E-3 Lot.

Free Art Events
Noon-4 p.m.
Dishman Art Museum

LU vs. TAMU-Commerce
Kickoff 3 p.m.
Provost Umphrey Stadium

'Thankful' event set for Nov. 14

E.J. McMillen
UP contributor

As the holiday season approaches, Lamar University's Dining Services is getting ready to host its annual "Thankful" event, Nov. 14, from 11 a.m. to 2 p.m. in Brooks-Shivers Dining Hall.

The event is a part of the larger "Joyful" campaign by Chartwells, who operate LU's dining services. The community-focused initiative is designed to promote gratitude

and give back to the community through various activities and offerings.

This is the third year Chartwells has hosted "Thankful." The event started as students returned to school after the COVID-19 pandemic.

The campaign aims to inspire engagement, foster a sense of appreciation, and spread positivity throughout the community, Bryce Sinclair, senior director of Lamar University

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UP photos by Brian Quijada

Annette Bonura prepares food in Brooks-Shivers Dining Hall.

SVA helps veterans college transition

Gage Gilliam
UP contributor

With many LU students enrolled who have served their country, the university's new Student Veteran Association was formed to assist those students with a smooth transition to campus life.

Jeanna Summy, SVA advi-

sor, said there has been overwhelming interest on campus.

"We started emailing and putting up fliers, and there was a big interest for veteran students, a lot of people wanted to know more about it," she said. "But, I guess the biggest surprise for me was that there was

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Voice of Students



Student Government Association president Jonah Smith.

UP photo by Maddie Sims

SGA's Smith focused on engagement

Maddie Sims
UP editor

Jonah Smith wants to give students a voice on campus. As Student Government Association president, Smith is in the perfect position to channel that voice.

The Port Neches senior assumed the presidency, June 1, after an election where he ran on a platform of advocating for better communication between students and administration.

"I would like to bring more student engagement to the university, whether that be through implementing a big event every semester, like a concert, or something fun that we could consistently do to keep students engaged on campus," he said.

Smith, along with the other SGA officers, has been working on different projects for the 2023-24 academic year.

"Our executive cabin is working on getting feminine product dispensers installed in all university bathrooms for our female students," he said. "We're also trying to implement a Cardinal Closet on campus where students can donate their old clothes. So, if students don't have clothes, they could go and get some, like the Cardinals Food Pantry."

Smith said SGA senators are planning on addressing the parking issue on campus, particular in the Nursing Building, he said. Additionally, they want to implement a textbook library in the College of Engi-

neering as a way for students to get textbooks for free. They also want students to have free accessibility to online resources and getting study material in Gray Library to make the study life of students easier and more convenient.

"What we've done so far, notably, is created a co-sponsorship, which is something that student organizations use to get funds from other student organizations," he said. "We've added an option for them to select volunteer travel expenses, so if they have a service project around the area, they could get transportation provided to them. We also added a tailgate option, if they want to get money to (set up a booth), they can. And

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QUOTE OF THE WEEK

“Every traveler has a home of his own, and he learns to appreciate it the more from his wandering.”

— Charles Dickens

NOTICE

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SVA from page 1

a lot of interest with staff and faculty veterans on campus. They were like, ‘Yes, we want to be a part of it.’”

Summy said the objective of the Student Veteran Association is to help veterans come back home comfortably and have a warm welcome to campus life.

“Our official mission is that it should be veterans, connecting with other veterans,” she said. “We know that they’re coming from different walks of life, some of them may have just been released to civilian life,” she said. “And some of them may already have families and they’re coming back to school.”

“We just want to help them integrate into university life, which is a pretty hard transition, even for a regular student.”

Hector Flores, LUPD chief and SVA coordinator, said that the organization’s goal is to support veterans.

“The club’s here to support veterans and their dependents, to provide

mentorship to people that have been through the process of going through college after leaving the military,” he said. “That’s the main point, just to provide a support group.”

Flores said that the association is here to not only support veteran students, but also help the ones that need assistance.

“I think the main need is veterans needing assistance or information with doing their GI Bill, Chapter 31, and be a support as far as getting the paperwork done, when you need to get things done so that you can get your classes covered — Hazelwood (Act), stuff like that,” he said.

Flores said the association allows veterans to come out of their shell and lets them socialize with other veteran students.

“I think the best way to put it is it allows the student that’s coming out of the military or their dependents that are coming to the university, to actually talk to somebody that’s been

through it,” he said.

Flores, a Marine Corps veteran, said when he got his doctorate he took advantage of the GI Bill Chapter 31 and Hazelwood Act.

“I know the ins and outs of all the different parts, so I can provide a, ‘Hey, don’t do that, do this,’ and you need to do it within a certain amount of time to help them get through the process,” Flores said. “That’s usually the biggest barrier veterans encounter is the process of getting it done or getting their paper working.”

Summy said that even though the SVA is targeted towards student veterans, the association is open to all students.

“I like to say for veterans, but also veteran supporters,” she said. “We do have dependents interested. If it’s a veteran, it’s open to the dependent. So, spouses of veterans or anybody on campus who is a veteran supporter.”

To join the SVA, search the club on LU Hub.



STARS staff decorate their office the Comm Building.

HOMEcoming from page 1

“It gives us a break from doing more mundane tasks and it gives us more school spirit and helps us connect with other students,” Martinez said.

Last year, STARS won first place for Homecoming office decorating and this year they hope to retain their title.

“It’s exciting when we win,” Martinez said. “We won last year and I helped decorate that, too, and this year we’ll hopefully win again.”

Lamar University’s Homecoming is Nov. 4. Scheduled events include such as antique car show and art exhibitions, as well as tailgating before the big game against Texas A&M-Commerce in Provost Umphrey Stadium.

UNIVERSITY PRESS

The student newspaper of Lamar University ©2023

Contributing Staff

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.....Der’Renee Matthews, Carlos Viloría,
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that’s just to promote student involvement and hopefully help them have more fun.

“We’ve created a Title IX committee as well, trying to advocate for issues such as sexual assault victims, because that’s something that’s always a big, big concern for students. We have a full functioning SGA, so it’s looking to be good in the future.”

Even though this is Smith’s first semester as president, it isn’t his first time in a leadership role. He started out as an orientation leader which opened a lot of

doors, he said.

“Afterwards, I became a student orientation coordinator, which is one step above,” he said. “That was my first supervising experience here, which really helped me with (SGA). Then I became a resident assistant with the housing department. I’ve been an officer of the National Honor Society for two years now.”

Smith is also a member of the LU tennis team.

“When I first came to Lamar, I was thinking, (SGA president) is the one thing I actually don’t want

to do. But after three years, I was looking back and thought, ‘I’ve been every single student you can think of — a commuter student, an on-campus student, a student athlete, a student leader, a student-student. I’ve been pretty much everything except for a transfer or an international student.’

“So, I thought I would be a great representative for the student body. And with all my leadership experience, I think that I could hopefully make a change.”

For more information, visit lamar.edu/sga.

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Lady Cards X-country race to SLC title

Press Release

The rain may have come down on the Southland Conference Championship meet, but none of that would have an effect on the Lamar University women's cross country team as they claimed their first conference championship since 2014, behind three top-10 finishes, winning with 45 points, a four point margin over second place New Orleans (49).

Nia Clatworthy led the team as she was crowned the individual champion of the meet.

The women opened things up with the 6k at 8:30 a.m. The second the gun fired to start the race the heavens opened up and the rain started falling. Unfazed by the weather, Clatworthy, a native of Porthcawl, Wales, found herself in the top four at the halfway mark at 11:47. But she would turn it up and increase her lead to three seconds, which was more than enough to give her the title as she crossed the line at 21:12.9. This set a new personal mark by almost 11 seconds in the 6k. "My plan was to go behind the leaders, see how they went and do what they do and then do my own thing," Clatworthy said. "Then with a mile-and-a-half to go, I felt good. So I just took it and backed my fitness and went from there."

Head coach Andrew Sweeney was named SLC Coach of



The Lamar University women's cross country team pose with the Southland Conference tournament trophy. The team won its first title since 2014.

Courtesy photo

the Year.

Clatworthy said the rain was a benefit.

"I definitely think it helps me because I'm Welsh and I'm used to it," she said. "I think it could've affected a lot of people, but it was good for me. I guess."

Sweeney said Clatworthy's title was a year in the making.

"She's one of the most hard-working athletes I've ever coached, and is truly a student of the sport," he said. "She can seem quiet and timid to those who don't know her, but those who do can see how intense of a competitor she is."

"Ever since her 10th place finish at this meet last fall, she's had the ambition of ris-

ing to the top of the conference this year, and podium finishes in the 5k indoors and 10k outdoors only validated what we knew she was capable of.

"Even with an injury limiting her training in the weeks leading up to the meet, she never doubted herself for a moment, and today she went out and made it happen. I'm happy that she now gets the hardware to match what I get to see on a daily basis at practice."

Clatworthy finished as one of two SLC first teamers for LU along with Cara Inch, who ran her race in fifth place at 21:56.8. LU's third top-10 finisher and lone SLC second teamer was Annabel Hobday,

who placed eighth at 22:13.1.

In addition, Clatworthy was tabbed as the Women's SLC Athlete of the Year while Inch was selected as the Women's SLC Newcomer of the Year.

Two more Cardinal runners would crack the top 20 with Ashto Rainey's (22:33.5) 13th place and Mykayla Mims' (22:44.4) 18th place finishes. Kylee Phillips (32nd; 23:59.9) and Natalee Bergeron (47th; 25:23.0) rounded out the meet for LU to seal their conference title.

"Our women spent the entire season visualizing this happening and came into the race with an extremely detailed race plan that they executed flawlessly," Sweeney

said. "I'm so proud of the way they trusted each other and stayed tough mentally when adverse conditions were thrown our way. We had injuries to key runners as well as illnesses, but they didn't come with excuses because they came in with a purpose. It's moments like these that make this job so special, and it's a privilege to get to be around these amazing ladies each day."

The men would later compete and would finish in seventh place with 176 points.

The Cardinals will turn their attention to the NCAA South Central regionals, which will take place in two weeks in Fayetteville, Ark.

Man-up offers guidance, support

Brian Quijada
UP photo editor

Transitioning from high school to university can be challenging for many young men. Maturity and responsibility does not come overnight, and some have to face these challenges alone with no guidance.

Man Up, a male development organization on campus, helps students adapt to university life and adulthood.

"Man Up is really there to help encourage the young men that are coming from high school to learn how to navigate the college lifestyle, to learn how to equip and acquire those skills that you may need during and after college," Trevon Sanchez, Man Up president, said. "It may be things like essential life tips, how to survive. If something happens on the side of the road, how do I fix my car if I have no assistance, or just professional environments, or really a wide range of things."

Man Up is primarily a minority organization but they accept males of any race and ethnicity.

"Man Up is an organization

created to help strengthen all males at Lamar University through a variety of workshops and character building tools," treasurer Ramond Stevens said.

The organization started in 2007. Sanchez said he joined the organization because he wants to leave a legacy.

"When I heard about Man Up, I was like, this is a great opportunity for me to get out of my room, because they're always hosting events," Sanchez said. "For my career field, networking is essential, and with Man Up, they have always focused heavily on just getting your name out there and putting you in positions to meet other people around campus."

Jalen Freeman, Dallas senior, said he joined Man Up to better himself as a football player and as a man.

"I play football, and that comes with leadership and other values that you learn to develop as a player and as a man," he said. "Some people don't have that type of mentor or really know the kinds of values that it really takes."

Man Up hosts workshops that teach subject such as mechanics, financial literacy, or



UP photo by Brian Quijada

Man Up president Trevon Sanchez said the group aims to support male students' transition to college.

how to start your own business. They also host fun events to interact with the community and get people to socialize, Sanchez said. They also mentor Beaumont ISD students to help them on the right path.

"We do peer mentorship on campus, but there's only so much you can do when you're around the same age group, so

we're really focused on Beaumont ISD," Sanchez said. "(We're) building relationships with kids in Beaumont, whether it's elementary or high school, and just being able to get to them to open their minds to going to college — just being a positive influence."

The organization has fo-

cused on community service this year, Sanchez said.

"(We are) just going out and doing stuff like feeding the homeless, or (supplying) backpacks for back-to-school drives," he said.

Man Up has more than 30 active members.

To join, visit Man Up's Instagram page @manuplamar.

THANKFUL from page 1

dining services, said.

"It aligns with one of Lamar's core values — 'Community,'" Sinclair said. "We want to create a sense of excitement and togetherness."

One of the main aspects of the event is its specialized menu, with traditional Thanksgiving dishes such as turkey, dressing, green bean casserole, mashed potatoes, and baked mac and cheese.

"Attendees will sit down at beautifully decorated tables with opportunities to share what they are thankful for," Jennifer Melnychuk, LU din-

ing's marketing manager, said. "We are trying to make the atmosphere as close to family life as possible."

Lamar Dining Services is going all out to make "Thankful" shine, Melnychuk said. Various activities will be spread out in the dining hall. The facility will be decorated with traditional Thanksgiving decorations to get everyone in the festive spirit.

The event will include the popular "Cookies for Good" activity. Students will be able to decorate two cookies. One cookie is to keep, and the other

will be donated to a local organization or charity.

"I love being able to decorate the cookies, especially since one of them gets donated to a good cause," Sidharth Patel, Cypress sophomore, said. "I like being able to share what I'm thankful for during the events, too. It's nice to have something fun like that in the dining hall."

Lamar Dining Services will also give away 150 free meal vouchers to the campus food pantry and two other university departments.

"We hope to see an uptick in students, faculty, and staff on

campus enjoying a sense of togetherness and great food," Sinclair said.

Lamar Dining's Instagram page is also hosting a giveaway contest.

"If you check out @LamarDining on Instagram, our pinned post gives anyone the opportunity to nominate someone to receive a \$100 gift card," Melnychuk said. "We will be doing the drawing during the event. Once the winner is selected, both the nominee and the original commenter will receive a gift card."

Lamar Dining Services has

an ongoing partnership with the Lamar University Nutrition and Dietetics Association, a collaboration that produces Teaching Kitchens showcasing different nutritional options for students looking to learn how to cook both at home and in the dorms.

"We're glad to see that LUNDA will once again be joining us at 'Thankful,'" Melnychuk said. "We hope that the collaboration serves to enhance the sense of community and togetherness."

For more information, visit dineoncampus.com/bigred.

CAMPUS VOICES

Finals are approaching and studying is on everyone's mind. What are your best tips for acing your exams?



P.J. Stidom
Cameron sophomore

Of course, study. Go over the material that you know you have done over these past few months here. Go through, be thorough, make sure you know what you're doing, and be prepared for the test.

thing, and just study, study, study. Some other people like to be with other people, but you should know by now what you do to study and what makes you study best. So just do that all day, every day.



Elizabeth Amieva
West Columbia freshman

My best tip is to watch over the lectures and take good notes. Take notes before class.

really hard sometimes, and it is very brutal. But drink lots of water. Make sure you're eating the right amounts. And avoid procrastination, even though it can be really hard. But, yeah, just make sure that you're taking breaks because they're very, very important. That's the No. 1 tip I would give people.



Sarah Smith
League City sophomore

With finals, you should always plan out every day. On what you want to study so you're not jam-packing and waiting until the last second to study, or otherwise you will be stressed out. Look at your final schedule ahead of time so you know when your tests are, and so that you can plan ahead and put your study schedule. And also, you don't always have to study by yourself. Mix it up, study with a few people from your class or a few friends or do a study session. It doesn't matter if y'all are

studying the same thing. Just be with other people so you're not by yourself half the time.



Bray Boyce
Houston junior

Honestly, sleep, because I know a lot of people on campus who don't go to sleep. So, actually sleep and study. Actually really look at your work before the finals, like the night before. Even right before you go, actually look at it.



Trey Tolar
Woodville sophomore

Don't sleep, don't sleep. Stay up for 48 hours, and then sleep and study.

to get a good understanding of it.



Joel Patton
Tomball freshman

Honestly, just study. If you study nothing can go wrong. Put it in Kahoot, put it in a Blooket. I'd be competitive when it comes to Blooket. Basically, study.



Courtland Carmouche
Beaumont junior

I would say to just hunker down and just study all day. Do whatever you need to do. Me personally, I just like to be in a room all by myself, have a few snacks or some-



Hannah Gillam
Orange sophomore

My best tip is to really study hard, but it's OK to take breaks. Finals are



Alejandro Herrera
Nederland junior

Well, for physics, I'd say, honestly, it would be more along the lines of just doing problems. If you do not have homework in class, you should just assign yourself homework, and start practicing on those problems. That way you can go ahead and get a good start on it. Maybe have studying sessions and just read through problems trying



Francisco Alegria
Freeport sophomore

Make sure you study and practice your example problems that you had for your lectures. That's my main one.

Compiled by
Carlos Vilaria

Congrats!

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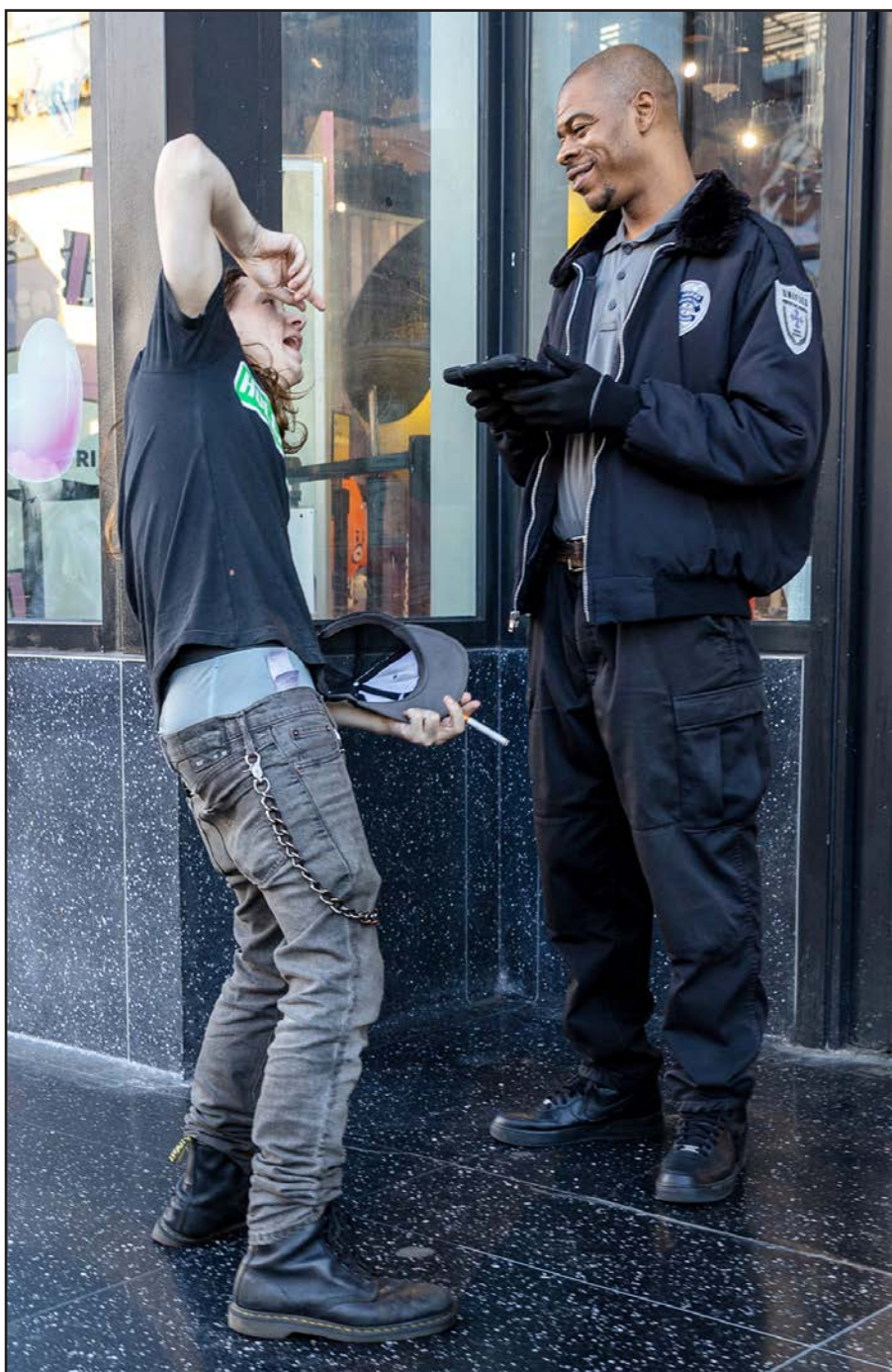
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WRITE ON.

Boulevard Angels



Photographer finds stories on Los Angeles sidewalks



Los Angeles, California is the second largest city in the United States with 3.8 million people. The cultural diversity in L.A. is huge, with different types of fashion, religion, races, genders and more.

Street photography has always been my favorite thing to shoot, going out to a populated area and capturing the emotions and moments that are going on around me. I usually shoot street photography in black and white, but L.A. is a colorful city and I wanted to capture that.

On Hollywood Boulevard, I noticed people hustling for money on the Walk of Fame, from selling rides inside of Lamborghinis to Spider-Man and Elsa taking pictures for some change. Artists were drawing portraits or making sculptures, and others were singing and playing instruments. One particular man offered to use stick-on letters to put tourists' names on one of the stars.

Walking the streets of Hollywood, one

notices how there's always something happening. It was street photography heaven. People move fast in L.A., so you have to time to be perfect in order to capture the moment.

The key with something like this is to know when to shoot and what moment to capture. I usually like getting off guard shots of people because that's what portrays the truth. If I go up to them and ask for a picture then the shot will lose its authenticity.

Going to the West coast as a Southern native, one can really see the difference in cultures. The lifestyle in California is calm but fast.

I love shooting the diversity and capturing the different ways of life.

Nowadays, most of what we see online is staged or posed. Street photography is about capturing raw emotion and moments. It is a pure artform. It's real life in all its beauty.



Photo story by Brian Quijada

GRADUATE RESEARCH CONFERENCE

CALL FOR PAPERS AND POSTERS



DEADLINE

1st DECEMBER

Lamar University's College of Graduate Studies will host its 2nd Graduate Research Conference on March 28 (9 am - 4 pm CST) and March 29 (9 am - 1 pm CST), 2024 at the Setzer Student Center, Lamar University, Beaumont, Texas. We invite you to propose your paper or poster by sending in an abstract as noted below. Conference sessions will be empaneled through a competitive process as will the poster sessions. Participants are welcome to submit to both the poster and paper sessions as long as the topics differ. A keynote speaker will present on March 28, with lunch provided that day.

SUBMISSION REQUIREMENTS

MORE INFORMATION HERE: <https://www.lamar.edu/graduate-studies>

Participants should be graduate students enrolled in an invited college or university (or grad faculty as noted in the special session above). Submissions should include the following:

1. Title of the poster or paper, first and last name of the participant, college and degree program in which you are enrolled, e-mail address, and telephone number at the top of the page. We will protect your information.
2. Abstract (up to 350 words) of the poster or paper, including its relation to the session topic. Because posters are a visual and interactive medium, please provide some information about how you will convey information visually. Indicate that the abstract is for a paper or poster.
3. The deadline for submissions is Dec. 1, 2023, and those who submit will be notified in Jan. 2024.

Send submissions to: RMLATIMER@LAMAR.edu (409) 880-7041
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'Fox Sisters' is spooktacular

Dominique Roman, left, C.J. Jeffcoat and Juliana McManus perform a seance in Lamar University department of theatre and dance's production of "The Incredible Fox Sisters."

Courtesy photo by Lynn Lane

REVIEW Maddie Sims UP editor

Two sisters arrive at the amphitheater, the crowd cheering their names. As they prepare to summon a deceased loved one for an audience volunteer, everyone waits with bated breath. Sharp raps which sound eerily like footsteps can be heard across the room, sending shivers down spines and intriguing the minds of those present.

Lamar University's department of theatre and dance presented "The Incredible Fox Sisters" through Oct. 29. Directed by Craig Johnson, the

play tells the story of two sisters who summon the dead spirits walking amongst us — and create the foundations of the Spiritualism movement along the way.

Just in time for Halloween, the play mixes scares with laughs as the audience encounters a series of characters from a humorous Quaker couple to James Fenimore Cooper.

The oldest sister, Leah Fox (C.J. Jeffcoat) is the first to discover the gift her sisters Margareta (Dominique Roman) and Kate (Juliana McManus) possess. As their mother grows ill and their father works to take care of them, Leah sup-

ports her younger sisters in their supernatural talent pushing them to expand past their hometown.

McManus's Kate is shy and a rule follower. She does what people tell her to without question and doesn't complain. Roman's Margareta (Maggie) is more uptight and stubborn. She doesn't give in so easily and is considered the black sheep of the family as a result.

Jeffcoat's Leah acts as a mother figure to her younger sisters and takes care of them as they tour the country. She is very uptight and while she cares deeply about both sisters, she also wants them to look

their best and to uphold their reputations.

Both sisters push their personal feelings aside in favor of those grieving and seeking closure. Resentment resides in them both, but Maggie and Kate handle it in different ways. Kate delves deeper into her talents and absorbs herself in the work, while Margareta pushes away everything about it.

The play has many spooky elements, such as fog which spreads across the stage whenever spirits are summoned and sound effects which add to the immersive experience. But, hidden beneath its eerie exte-

rior, there's a lot of humor and heart.

All of the characters feel like real people who lived a long time ago. The ensemble characters also play a big role in establishing the world within the story and how the general public felt about the Fox Sisters when they were alive.

Director Johnson ties everything together and gives the audience a great show about spirited siblings who actually existed and adds more than just elements of the dead into their story.

For more information on LUTD's upcoming shows, visit lamar.edu/lutdix.



LU
THEATRE
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Happy Homecoming, Cardinals!

Join us next weekend to celebrate our first dance production of the season.

FALL & RECOVERY

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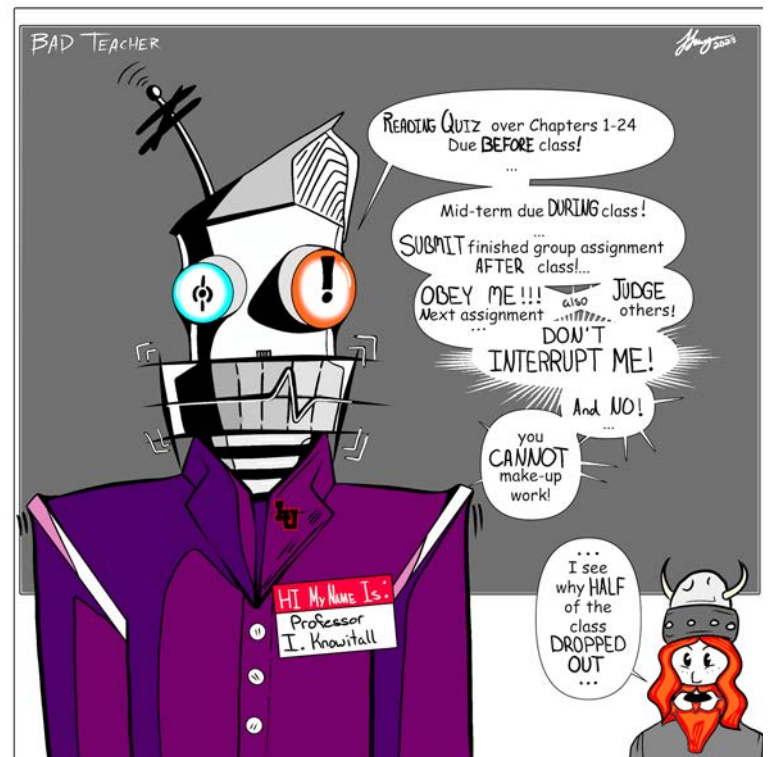
UNIVERSITY THEATRE

Between Dishman Art Studio and Jimmy Simmons
Music Building, SML King Jr. Parkway





Cartoon by Asia Lattimore



Cartoon by Jaden Sawyer

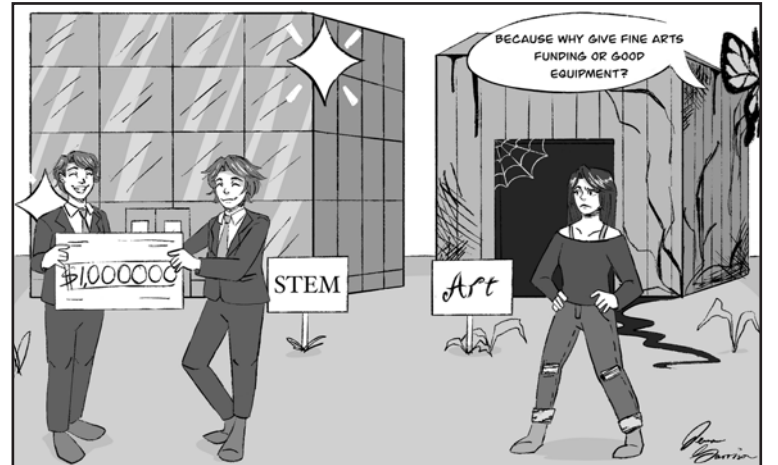
Opinionated arts

Students from Christopher Troutman's drawing class decided to try their hand at editorial cartooning. The trials of campus life from fund-

ing to teachers to homework seemed ripe for commentary, but the economy also deserved mention. And, of course, our feline overlords.



Cartoon by Kaylee Reed



Cartoon by Jenna Garrison



Cartoon by Taeyeon Kim

Join us at the Dishman Art Museum for Homecoming. No football, just fantastic art.

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Back-to-back

LU wraps up SLC regular season on Senior Night

Brian Quijada
UP photo editor

Lamar University's women's soccer team honored six players on senior night and defeated Southeastern Louisiana, 4-1, Oct. 27, at the Lamar University Soccer Complex.

The Lady Cardinals started off strong with senior Cariel Ellis scoring twice in the first five minutes. Ellis scored 27 seconds into the match assisted by Trinity Clark. Around four minutes later, Ellis scored again, this time assisted by Hollie Massey.

"I was just playing for my team, I saw it open and I just hit it," Ellis said. "I wanted to show out for senior night. I just wanted to be there for my team and keep a positive attitude through everything I do."

In the 32nd minute, Isela Ramirez hit a shot into the goal off the crossbar to make it 3-0. Ellis supplied the assist. The Lady Cardinals applied pressure throughout the first half, holding the Lions scoreless. With a minute left in the half, the Cardinals were awarded a free kick and Eva Karen provided an assist to Kaisa Juvonen who scored her first goal of the season with a header. The Cardinals went into half-time with a 4-0 lead.

"I think we just wanted it, I think we're a team of moments and we saw a big moment out there," head coach Nathan Kogut said. "We've got a team



Kaisa Juvonen heads the fourth goal in LU's 4-1 win over Southeastern Louisiana, Oct. 27, at the Lamar University Soccer Complex.

that's really, really good, and they were hungry today. It was nice to put a couple of good goals by, and it kind of allowed us to get through the emotion of senior day."

Southeastern Louisiana finally scored in the 66th minute off a corner kick, but the Lady Cardinals defense stayed strong throughout the end of the match, closing out the regular season with a 4-1 win.

The Cardinals finished the regular season 14-2-2 overall, going undefeated in Southland Conference play with a 9-0-1 record.

Lamar received the Southland Conference regular season trophy from the SLC commis-



UP photos by Brian Quijada

The Lady Cards raise the Southland Conference regular season trophy for the second consecutive year.

sioner Chris Grant. The Cardinals got to lift the trophy and celebrate in front of their fans

as they won their second-straight regular season championship.

The team will now turn its sights on retaining the Southland Conference tournament crown they won last year.

"It's about rest and recovery these next few days," Kogut said. "Give them the weekend off and we don't find out until Wednesday who we will play on Friday. It's about making sure we take care of us, because it really doesn't matter who we play at this point, we just have to be ready to roll on Friday afternoon."

Lamar received a bye in the first round and will face off against the winner of Northwestern State and Texas A&M-Corpus Christi, Nov. 3, in Corpus Christi.

Confident Cards head to Homecoming

Keagan Smith
UP sports editor

Homecoming week has arrived in Beaumont and there's no better way to conclude the week's festivities than with Lamar Cardinal football as they take on the Texas A&M-Commerce Lions this weekend.

The Cardinals look like a rejuvenated program having won four of their last five games, including three wins in Southland Conference play. The lone loss

in that span came last week when Lamar fell to nationally-ranked SLC rival Incarnate Word, 17-7.

If there's one lesson to be learned from the season thus far, it's that this LU squad can compete with anyone. While A&M-Commerce is just 1-3 in the Southland and 1-7 on the year, beating them still won't be a cakewalk.

Getting the offense rolling again will absolutely be priority number one for the Cardinals.

The unit totaled just 248 yards last week and scored just once with a trick play which worked flawlessly, but can't be consistently relied on.

Granted, some of Lamar's offensive woes could probably be attributed to the talent level they were playing against. Regardless, the O will need to get back on the same page before playing Commerce.

While the Lions' defensive stats may not pop off the page, they're a capable unit that plays

solid team defense. They allow an average of 20.5 points a game in conference play and have also averaged three sacks a game during that span.

That pass rush may be an issue for the Cardinals' offensive line. Injuries have prevented Lamar from finding a consistent group of starters up front, so they'll need to be on their A-game to open up running lanes and keep a clean pocket for quarterback Rob Coleman.

Making secure tackles will be another key to victory against Commerce. Lamar's defense struggled to bring ball carriers down on first contact against UIW, which ultimately cost them in the end. Hopefully, there will be a renewed focus on fundamentals throughout practice and come game time.

A benefit of better tackling is that it creates chances for a second defender to punch the ball out — and win the turnover battle, which will be another main goal for the Cardinals. Lamar's defense has forced a fumble or intercepted a pass in five of their eight games. They've also forced multiple turnovers in three of those five.

Those extra possessions are often the difference between winning and losing. Lamar needs to create some extra opportunities on that end of the

ball, especially if the offense takes a while to settle in and get things moving.

The Cardinals' defense is the team's strong suit, though, and they've already held their own against much better offenses than Commerce.

Their offense is run mainly via the rushing attack as their backfield trio averages 120.6 yards a game. At quarterback is Josh Magana, who has completed just under 60% of his passes for 1,053 yards, eight touchdowns and five interceptions on the year. Keith Miller leads the Lions with 253 receiving yards and four touchdowns.

Commerce has eclipsed 20 points just twice this season and scored 11, 7, and 13 points in their last three games. Another 41-point outburst as seen in their Southland opener isn't out of the question, but it remains unlikely.

For those keeping track of Lamar's playoff chances, the Cardinals will almost surely need to win all three of their remaining games — meaning this one is a must-win contest. Homecoming is just extra motivation on top of their playoff hopes.

Kickoff is scheduled for 3 p.m. Saturday at Provost Umphrey Stadium in Beaumont. The game will be live-streamed on ESPN+ and air via radio on 560 KLVI.



UP photo by Brian Quijada

Lamar quarterback Robert Coleman (5) runs escapes the University of Incarnate Word defense in Southland Conference action at Provost Umphrey Stadium, Oct. 28.



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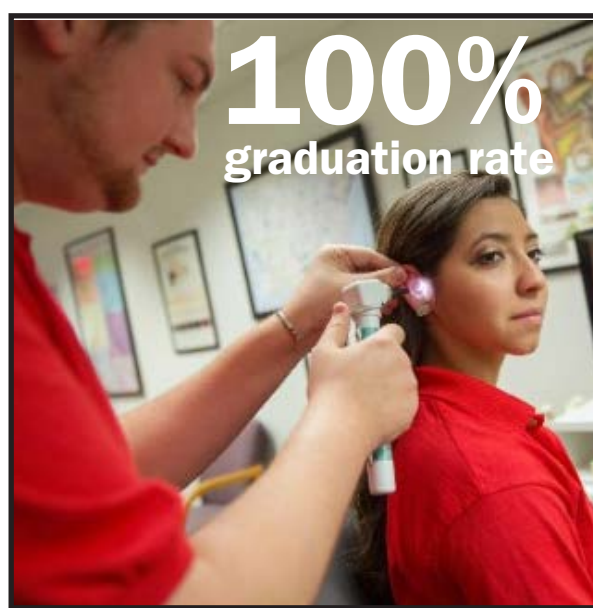
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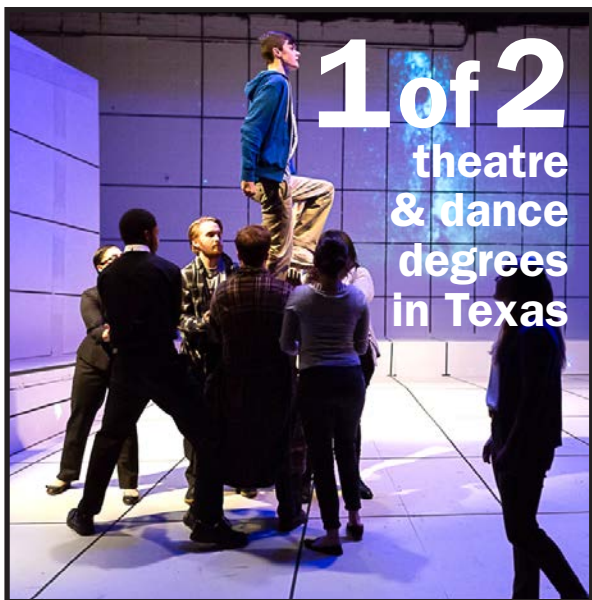
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