

Ellis reelected SGA president



SGA president Ethan Ellis

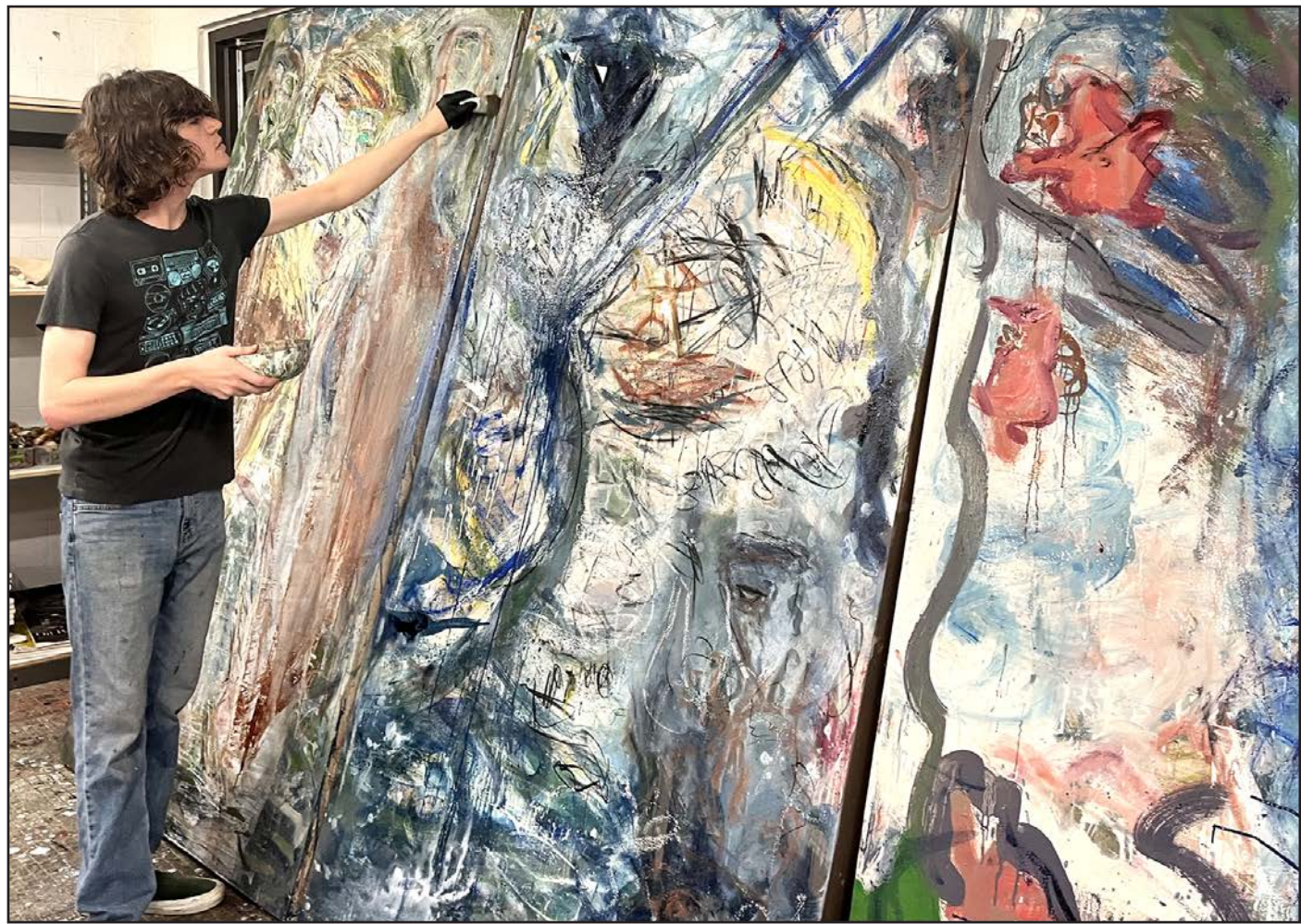
Aaron Saenz
UP staff writer

Lamar’s Student Government Association held their officer elections for the 2025-2026 academic year. Students were able to vote online through Self Service Banner, April 14-15. Ethan Ellis is re-elected SGA president and Anthony Oliver is elected Junior class senator. There are runoff elections for vice president, secretary and sophomore class senator. The runoff elections are ongoing at press time, ending April 21. Ellis’ re-election marks the first time

since the 2002-2003 academic year that an SGA president has won re-election. He said he plans to continue on what he built SGA into. “This election means we can continue some of our big ideas with student engagement, being more prepared in events and getting feedback from students of this year to see what we can implement,” he said. “It’s a testament of how much we’ve been able to highlight SGA. In the last elections, most positions weren’t contested, so having two to three people going for each position this year is enlightening.” Ellis said he is most excited to start

making extra resources available to students. “I’ve already been getting to work,” he said. “We’re trying to implement a few things, like making textbooks more affordable for students. I’ve already been planning meetings with the provost so we can go over ways we can make this happen. Hopefully, we can get that done before next year, but if not, in this next term we’ll be able to work on it some more. “We’re trying to get more engaging activities and create traditions, as well

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UP photo by Maria Rodriguez

Logan Comeaux works on a painting for “Palettes & Perspectives,” the senior thesis show on display May 2-17 in the Dishman Art Museum.

Artistic Swansongs

Dishman to host senior thesis show, May 2-17

Maria Rodriguez
UP contributor

The end of the semester is approaching, and it is a busy time for the art department as students are preparing to display their senior theses. Lamar University’s department of art & design will present “Palettes & Perspectives,” May 2-17 in the Dishman Art Museum. A closing reception will be held May 17 from noon to 3 p.m. “The title of the show brings together their varied conceptual interests in art with their varied approaches to creative activities,” art professor Prince V.

Thomas said in an email interview. Painting and sculpture major Logan Comeaux’s thesis is titled “An Abstract Experiment in Material Processes.” “I’ve been reading Norse mythology and using abstract style to depict that,” Comeaux said. “These are all figures and ideas from ‘The Odyssey.’” Mythology is not the only inspiration, Comeaux said, adding that he draws on Abstract Expressionist movement from the 1940s and 1950s. “It was a group of artists who all did non-objective work or abstracted, and they chose to reject reality,” he said. “They did not want to depict things that

were real because so much was going on with the war at the time, they didn’t feel comfortable depicting that. They wanted to reject it and tap into emotion without depicting actual things. And that’s where I started.” Comeaux said he chooses to depict his emotions implicitly in his thesis series. “So, for this series, the whole old story about leadership, about overcoming hardship, is the perfect example to use,” Comeaux said. “I’m using ideas and some shapes and images from

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OUR expo set for April 23-24

Riley Geis
UP contributor

Lamar University’s Office of Undergraduate Research will host its 12th annual exposition of research and creative activities, April 23-24, beginning at 8 a.m. in the Live Oak Ballroom of the Setzer Student Center. The expo will feature presentations by students from Lamar and other universities, as well as academic professionals. Cristian Bahrim, director of Office of Undergraduate Research, said the event will feature breakout sessions, where each student will present for 15 minutes. The sessions are available for anyone to view. “We have workshops, focused discussions on pieces that are in a variety of fields,” he said. “They are also posted online so that anyone can pick and choose and spend the time they consider appropriate.” Students are encouraged to attend the expo’s banquet, April 23, which will feature guest speaker Larry Touns, who worked for NASA’s international space station program and now works at the University of Houston. Students can register for the

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LU media earns 33 awards at statewide contest



Members of LU student media Brian Quijada, left, Kami Greene, Rayna Christy, Sydney Vo, Carlos Vilorio, Aaron Saenz and Maddie Sims pose with awards at the TIPA convention, April 12, in San Marcos.

UP staff

Lamar University’s student media picked up 33 awards at the Texas Intercollegiate Press Association convention in San Marcos, April 10-12, including being named best overall magazine for UPbeat magazine. University Press staff writer Rayna Christy was elected student body secretary for the statewide organization for 2025-26. “I’m very excited to represent not only the TIPA student body but also Lamar University’s student media,” Christy said. “I will be involved in planning next year’s convention, so I am open to any ideas from students about student media. This is an important time to let people know the

value of media on all levels, not just on campuses.” In on-site competition, UP sports editor Brian Quijada earned second place for Live News Photo, while photo editor Carlos Vilorio placed second in the Sports Action Photo category. UP staff writer and LUTV contributor Kami Greene earned honorable mention for on-site TV Announcing. On-site competitions involve students from schools across the state among the more than 430 attendees at the convention. “Live competition is one of the most important reasons to take students to TIPA,” Andy Coughlan, director of student publications, said. “The students get to rep-

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QUOTE OF THE WEEK

“In the life of the spirit there is no ending that is not a beginning.”

— Henrietta Szold

NOTICE

The University Press can be read online at www.lamaruniversitypress.com. For updates, follow us on Facebook, or on Instagram and X @uplamar.

OFFICIAL RELEASE

This is the university’s official statement on five current students whose visas have been revoked.

Lamar University is aware of recent developments involving the revocation of student visas. We understand that this may be causing uncertainty and concern among our international student community. Please know that the university is committed to supporting all students during this time. Our Office of International Education & Services

is actively monitoring the situation and working to provide guidance, resources, and assistance to students navigating visa-related challenges. We encourage students to reach out to our international student advisors with any questions or concerns.

— Samuel Jator, senior associate provost for undergraduate affairs

Due to FERPA laws, this is all of the information we can provide at this time

THESIS from page 1

those stories to depict that. But the goal is for each of the colors and motions to flow and you feel it, whether you see it and interpret it and go, ‘Oh, that’s what that is.’”

The world of paintings and sculptures meets in his project. “I’ve brought these paintings into a sculptural form because they’re not going to be put on the wall,” Comeaux said. “They’re going to be displayed back-to-back in a hexagon.”

Graphic design major Ciara Broussard’s thesis is titled, “Feminine Divine.”

“I’m basically exploring a woman’s role in Greek mythology, and in addition to that, women’s role in Tarot,” Broussard said.

Broussard said women are viewed as the enemy in past historical contexts, which she wants to deviate from.

“(I’m) approaching mythology and tarot from a female gaze using illustrations of women that I know and love — because that’s a big part of my thesis, too,” she said. “I’m reimagining these women as women from the department, and also, who I know personally.



Graphic design major Ciara Broussard works on a tarot card for her thesis titled, “Feminine Divine.”

UP photo by Maria Rodriguez

By coming to it from that perspective it comes from a very personal place, because you’re looking at women that I know and love and admire.”

Broussard said her work seeks to define womanhood.

“I think my work reflects on not just identity as a woman, but also my perception of womanhood as a whole,” she said. “(I’m) embracing myself, my feminine side, rather than rebuking it as I feel like society at times wants us to do.”

The artists participating in the semester-long projects produce a body of artwork exhibited at the Dishman, an oral defense, and a paper up to 20-pages long. It is an overwhelming but rewarding process,

Thomas said, adding that he gives the students sound advice.

“Work diligently every day, regularly consult with your committee, embrace mistakes, and trust your gut,” Thomas said.

“Palettes & Perspectives” also includes work by Tonene Ligon Carrierre, Seraphin De-Frater, Terick Guye, Bonnie A. Haney, Megan Hansen, Ashlee Haynes, Jade Kisner, Alicia A. Lawal, Kenzie Marriott, Brandon Morales and Eva A. Pulido.

The Dishman Art Museum is located on campus at 1030 E Lavaca St. Admission is free. For more visit, lamar.edu/dishman.

UNIVERSITY PRESS

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Editor

Maddie Sims

Sports Editor

Brian Quijada

Photo Editor

Carlos Vioria

Contributors

Aaron Saenz

Kami Greene

Reagan Rigby

Caraline Otte

Becca Wallage

Sidra Ganni

Rayna Christy

Dalia Osman

Maria Rodriguez

Waylon C. Brooks

Heather Harmon

Gehrig Thompson

Savanna

Peveto-Kreatschman

Gage Gilliam

Riley Geis

Marketing

Jill Stokes

Sydney Vo

Content Managers

Adam Nguyen

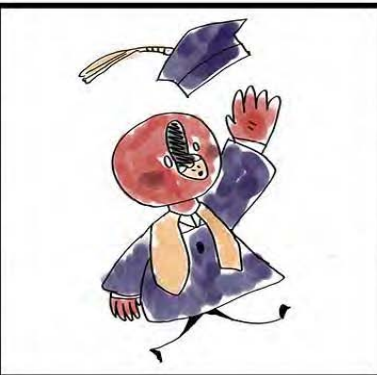
Gerrod Fuller

Advisors: Andy Coughlan and Stephan Malick

Member of Texas Intercollegiate Press Association
College Media Association

SCRABBLES by Dalia Osman

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Parting is such sweet sorrow

UP editors share final thoughts before graduation

It is hard to compile four years of experience working at the University Press in just one story, but journalists everywhere have been able to manage with a “-30-” column.

A -30- column is a journalist’s final piece before leaving their publication. The symbol -30- was used as the shorthand for “end” or “no more” in certain telegraph codes. When newspaper articles were written on typewriters, it was also used to indicate the end of a story. And there cannot be an end without a beginning.

My time at the UP started in the fall of 2021. I was a freshman with little to no journalism experience. My high school did not have a newspaper and I (very stupidly) never participated in yearbook, so the only form of knowledge I had was four years of UIL journalism contests.

I remember opening the doors of the UP office to find the editors at the time, Tim Cohrs and Olivia Malick, working at their computers. Other than us three, it was a ghost town.

The pandemic clearly hit the paper hard. The usual weekly editions were gone and the student newspaper was reduced to online publishing. I expected a full house of operations, but was not going to let a skeleton crew weigh me down. I wanted to help bring the newspaper back to its full potential.

Every day for months, I came in and wrote stories. My hard work showed, because after only three months, I got offered a paid position.

I remember while talking to our adviser, Andy Coughlan, and he told me I wasn’t good yet. However, if I kept working hard, I could be the editor one day. It set my sights high. Now I had a goal.

In the spring of 2022, I got to meet our future sports and photo edi-

tors, Keagan Smith and Brian Quijada. We were the official three musketeers running the show, but we made it work with what little we had.

This went on for about a year, and by the summer of 2023, the goal Andy indirectly gave me came into fruition. I was made the editor of the University Press.

It blew me away. Being told I have what it takes, then making it come true was an incredible feeling. As I transitioned from high school into college, I had such little self-esteem and didn’t think I could do anything of this caliber. Now I felt I could do anything I set my mind to.

From there, everything was looking up for our organization. Being able to print physically again seemed like such an unreachable feat, but we were finally able to start thinking bigger.

I remember discussing the vision for the newspaper in the fall of my junior year, looking at Andy like he had gone insane when he suggested publishing once every two weeks, compared to once every two or three months.

I thought it was impossible as we still only had a small staff. I never thought we would be able to pull it off. Somehow, it worked and our print editions looked better than ever.

Overall, my favorite memory of working at the UP happened last December. Andy and I just finished the last paper before the winter break. As I was getting ready to leave, he out of nowhere, thanked me for everything I’ve done for the newspaper.

While he wished I could have had more opportunities to make mistakes and not have had to go in as intensely and as blindly as I did, he said I’ve been able to do it in stride. I’ll never forget what he said after all of that. “You brought the paper back.”

Really? The weird girl with her nose in a book and was too shy for her own good brought back Lamar’s newspaper? It felt so weird to say out loud, but he was right.

In the past four years, the newspaper has changed a lot, and so have I. I would not be where I am today if it wasn’t for everyone at the University Press who encouraged me and helped along the way. I am truly grateful for all of the opportunities I received.

Now, I leave the paper in the hands of a young and eager staff who have, I hope, grown under my leadership. I’m leaving it behind better than I ever could have imagined.

-30-

When I joined the University Press in 2022, all I wanted to do was take pictures — I mean, that’s what I came to Lamar for. Ever since I was 16, I knew I wanted to be a sports photographer after shooting a couple of MLS and high school games. I thought that all I needed to become an NBA photographer was a bachelor’s degree in communication.

I love going to different stadiums and watching the LU games for free. Most importantly, I love interacting with the athletes, but them just using my pictures wasn’t enough. I wanted to get to know them — where they came from, how they got here. I wanted to ask the coaches questions after the game to know what exactly happened during the play.

I started off as a photographer for the LU athletics department during my freshman year. I enjoyed the job, but I felt like I wasn’t learning anything there. It wasn’t until I took UP adviser Andy Coughlan’s photojournalism class that I started to learn more about the art of photography.

That class has stuck with me to this day. I believe it changed my perspective on photography. I remember watching the Don McCullin documentary and seeing the deeper, emotional side of photography — the journalistic side.

In that class, I met Keagan Smith, UP sports editor at the time. I remember hearing him talk about the Houston Rockets with Andy, and I immediately knew we were going to become friends.

I remember talking to Keagan about being a sports photographer when he told me the UP was actually looking for one and I joined the UP as photo editor my sophomore year.

I had a tough time adjusting to the UP, as all I wanted to do was shoot sports, but Andy had other plans. I was shooting some of the most boring assignments, and Andy would have me

write stories — which I did not want to write at all. Not only that, he wouldn’t give me a break and always criticized my work. It got to the point where I didn’t know if I wanted to be a photographer anymore.

Towards the end of my sophomore year, Maddie Sims and I went to the Texas Intercollegiate Press Association convention in Fort Worth. I went there feeling overwhelmed, knowing I was competing against some of the biggest schools in Texas. By using all the critiques I’d had at the paper, I placed first in Live Sports Action Photo and received an Honorable Mention in Feature Photo. I went home with seven awards that day, but it still wasn’t enough. Something else was missing — I wanted to do more.

During my junior year, Keagan informed me he’d be graduating a semester early, meaning someone else would have to take over the sports editor position. I remember telling him it definitely wasn’t going to be me and that he should start looking elsewhere. But something changed in my mind, though. I thought to myself, “It wouldn’t hurt to try, right?” I started listening to the questions Keagan would ask the coaches and learning from him how to interview.

The first game I fully covered was senior night at women’s soccer, where they were presented with the Southland Conference regular season trophy. I remember being so nervous interviewing the athletes, especially the coach. But I loved the adrenaline — asking the player exactly what I wanted to know about the game — it was surreal.

That’s when I knew I wanted to become a sports journalist. After a year of rejecting stories that would require me to write more than 250 words, I started to seek out stories and began going to every game, trying to cover as much as I could.

Looking back, what started as a simple desire to take pictures turned into a journey of self-discovery and growth. I came to Lamar to be a photographer, but I found my voice as an all-round journalist.

The University Press challenged me in ways I never expected, pushing me out of my comfort zone and helping me discover a new passion. Now, I don’t just want to capture the game — I want to tell the whole story.

We are constantly told that college is more than just what we earn in the classroom. I am living proof of that.

From behind the lens to behind the notebook, I’ve found where I truly belong.

-30-

Commentary



Maddie Sims
UP editor

Commentary



Brian Quijada
UP sports editor

UPeditorial

Joining clubs, orgs, as important as classwork

At the university level, many students seem to focus on the dictionary definition of education, which states that education is the giving or receiving of systemic information, but says nothing about what else you can gain from your time at these institutions.

We all are receiving systemic information, no matter what major you pursue during your time enrolled. Students in highly competitive fields all have the same requirements fulfilled, a degree in their field and information gained. If we

wish to stand out from the crowd upon graduation, we need to build our résumés in ways other students might not.

Universities are filled to the brim with both professional and student-led organizations and opportunities. From honor societies to departmental organizations, there are options to not only boost to our résumés but also to get support and experience alongside colleagues. The networking and experiences we gain is worth our time and effort, especially when we enter the

workforce with a stronger skillset and more connections than some of our peers.

Our editor-in-chief and sports editor, Maddie Sims and Brian Quijada, are two examples of just how beneficial involvement can be, especially as they near their graduation date. Their résumés are stacked with Press Club and TIPA awards, published works, and professional memberships, so it is no surprise they stand out against the crowd thanks to the extra mile in involvement

they chose to take during their time at Lamar.

While college, on the basic level of coursework, is difficult, the benefits that come from the extra workload can be astronomical. So, sign up for a club, run for office, write for the paper— just take advantage of the endless opportunities.

We might be busy now, but our future selves will thank us for the time and effort in not only earning a degree but also for pushing ourselves to a top place in a highly competitive world.

Letters Policy

Individuals who wish to speak out on issues should send a letter fewer than 400 words in length to Letters to the Editor, P.O. Box 10055, Beaumont, TX 77710, or drop letters off at our office in the Communica-

tion Building. The writer’s name, address, telephone number and ID number must accompany each letter. Letters received without this information cannot be printed. Letters may be edited for length, grammar, style and pos-

sible libel.

Opinions expressed in letters are not necessarily those of the UP student management. Letters by the same writer on the same subject will not be published. Poetry and religious debates will not be published.

The opinions that appear in editorials are the official views of the University Press student management as determined by the UP Student Editorial Board. Opinions expressed elsewhere on this page are the views of the writers only and are not necessarily those of the University Press student management. Student opinions are not necessarily those of the university administration.

LUTD ‘Dance Unleashed’ set for May 3-4

Caraline Otte
UP contributor

Lamar’s department of theater & dance will present its annual faculty dance concert, “Dance Unleashed,” at 7:30 p.m., May 2 and 3, with a 2 p.m. May 3 in the University Theatre.

The concert will include ballet, tap, modern and jazz numbers. The choreography is created by LU faculty and special guest artists.

“We’re always looking to produce as diverse a concert as possible,” Amy Wright, assistant professor of dance, said. “This semester, we have aerial dance in the concert for the first time in several semesters, which is really exciting for us.”

Wright said this year’s production features a larger cast than usual, with all students working hard to make it a success.

“Our students are working really hard to learn not only how to dance and these particular dances, but all of the professionalism that goes along with the practice of dance at this

level,” she said. “They certainly bring that kind of dedication and diligence and self-respect into our process.”

The department likes to bring in special guest artists every year to showcase different backgrounds for the students, Wright said.

“This semester, our guest was Felicia B Avalos, and she is based in New York right now,” Wright said. “She does a lot of work in folklorico dance, tango and different cultural dances. She has set a work on our students that is about her family’s heritage and her father’s work as a migrant farmer.”

Dance department students attend rehearsals outside of their class, making for a packed schedule, Houston junior Darius Arceneaux said.

“We rehearse usually three to four hours a week for each dance,” Arceneaux said. “It’s definitely interesting to balance because our schedule is constantly changing and switching, but I feel like at this point, we’re all ready.”

Kaleigh Alfred, Rosenberg junior, is a member of the dance



Dancers rehearse for “Dance Unleashed,” LUTD’s spring concert in the Dance Annex.

UP photo by Caraline Otte

team on top of being a full-time student in the dance department.

“I have two rehearsals a week on top of my dance team schedule, and I’m gonna be so honest, it’s tiring, but it’s definitely worth it,” Alfred said. “Being on the stage and having our friends and family support us, it’s worth it. And our professors are very supportive.”

Alfred said she hopes the audience will be able to seek their

own meaning from the show.

“I think coming to this show with an open mind allows you to experience each number and put your own perspective on each one,” she said. “You can leave with whatever story in mind that you want to leave with.”

Wright said she wants the audience to think about their place in the world and how we function in communities.

“Something that’s really spe-

cial about the South, and special about this region, is people’s sense of community and people’s sense of closeness to each other,” Wright said. “I think that sharing the arts and creating in the arts is one of the ways that we’re able to experience those things.”

Tickets for the show are \$5 for children, \$7 for LU students, and \$15 for general admission. They are available online at lamar.edu/lutdtix.

‘Corndodger Snopes,’ KVLU legend, dies at 89

Maddie Sims
UP editor

Tanner T. Hunt, Jr. died, April 6. While he had a successful career as an attorney, he may be best known as Corndodger Snopes, as he hosted the Saturday radio show, “Saturday Night With the Folks” on 91.3 KVLU for more than 40 years.

Born in Port Arthur on March 3, 1936, Hunt was 89

years old.

Former KVLU program director, Byron Balentine, said he met Hunt while helping him produce the show.

“He was a very kind, witty and gentlemanly fellow and one of the best people I’ve ever known,” Balentine said. “When we would have a party at a restaurant or something like that, he would often pick up the bill for all the drinks without telling us — we’d find

out later. He did little things like that that were very nice, during times when we were fundraising and things like that.”

Balentine said Hunt was not a broadcaster, but he put the show together in a way which influenced KVLU’s other shows.

“When we started, we thought it was just going to be a bluegrass show, but from the very beginning, he mixed in all

different kinds of music,” Balentine said. “Pop, country, classical and opera sometimes, and he made it all fit together by some clever devices that we have since put into use in other shows on the station. It’s a trick that a lot of people can’t do.”

Station manager Jason Miller said he learned about bluegrass and folk music through Hunt.

“That was kind of his area of

expertise,” Miller said. “He was ‘the’ show host, when it came to singer-songwriters, bluegrass and folk music. He was one of the real legendary KVLU hosts over the years, and just kind of a staple of our Saturday night programming where we’re playing music besides classical and jazz. We’re all gonna miss him a whole lot.”

A memorial service will be held May 10 at 3 p.m. at the family home in Beaumont.



DIVISION OF STUDENT AFFAIRS

LAMAR UNIVERSITY

SEE YOUR OPPORTUNITIES!

WEDNESDAY 4/23

Red Zone Circuit Training

11:45 am - 12:30 pm

Upstairs at the Rec

THURSDAY 4/24

Cardinal Craze

12-3 pm • SSC Atrium

Zumba

5:30-6:15 pm

Rec Center Cycling Studio

FRIDAY 4/25

LU Cheer Team

Recruitment Clinic

4-6 pm • Rec Center

Register at lamar.edu/cheer

SATURDAY 4/26

Service Saturday:

YMCA Healthy Kids Day

9 am - 12 pm • SETX YMCA

6760 9th Ave • Port Arthur

MONDAY 4/28

The Big Event

Debrief & Interest Meeting

5-6 pm • SSC Trinity 227

TUESDAY 4/29

CAB Patio Night:

E-Sports Finals & Freeplay

7-9 pm • Setzer Student Center

WEDNESDAY 4/30

Denim Day

12-2 pm • SSC Atrium

Free Swimming Lessons

6:30-7 pm • Indoor Pool

THURSDAY 5/1

Blue Bell and Blue Bonnets

12-2 pm • The Quad

TOURNAMENT

SIGN-UP LINKS ON LUHUB

4/23-24 • Intramural 9-Ball Pool

SEE MORE CONNECTIONS ON LUHUB!





Final Exam Schedule – Spring 2025

Exam Date	Class Period	Time of Exam
Friday, May 9, 2025	M, W, F 8:00 a.m.	8:00 a.m. – 10:30 a.m.
	M, W, F 10:20 a.m.	11:00 a.m. – 1:30 p.m.
	F only 5:30 p.m.	5:00 p.m. – 7:30 p.m.
Monday, May 12, 2025	M, W, F 9:10 a.m.	8:00 a.m. – 10:30 a.m.
	M, W, F 11:30 a.m.	11:00 a.m. – 1:30 p.m.
	M, W 3:50 p.m.	2:00 p.m. – 4:30 p.m.
	M only 5:30 p.m.	5:00 p.m. – 7:30 p.m.
	M, W 7:05 p.m.	8:00 p.m. – 10:30 p.m.
Tuesday, May 13, 2025	T, R 9:35 a.m.	8:00 a.m. – 10:30 a.m.
	T, R 2:00 p.m.	11:00 a.m. – 1:30 p.m.
	T, R 3:50 p.m.	2:00 p.m. – 4:30 p.m.
	T only 5:30 p.m.	5:00 p.m. – 7:30 p.m.
	T, R 7:05 p.m.	8:00 p.m. – 10:30 p.m.
Wednesday, May 14, 2025	M, W 1:50 p.m.	11:00 a.m. – 1:30 p.m.
	M, W, F 12:40 p.m.	2:00 p.m. – 4:30 p.m.
	W only 5:30 p.m.	5:00 p.m. – 7:30 p.m.
	M, W 5:30 p.m.	5:00 p.m. – 7:30 p.m.
	M, W 8:40 p.m.	8:00 p.m. – 10:30 p.m.
Thursday, May 15, 2025	T, R 8:00 a.m.	8:00 a.m. – 10:30 a.m.
	T, R 11:10 a.m.	11:00 a.m. – 1:30 p.m.
	R only 5:30 p.m.	5:00 p.m. – 7:30 p.m.
	T, R 5:30 p.m.	5:00 p.m. – 7:30 p.m.
	T, R 8:40 p.m.	8:00 p.m. – 10:30 p.m.



UPbeat

SUMMER 2025 • A University Press Magazine

MOON DANCE

Troupe celebrates Lunar New Year

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INSIDE:

EMT SLEEP SHOWBIZ ALUM,

WOMEN'S SPORTS,

AND MORE

COMING SOON

Study abroad broadens horizons

Sidra Ganni
UP contributor

Studying abroad allows students to immerse themselves in different cultures, gain global perspectives and expand their academic horizons.

LU senior America Virgen had the opportunity to travel to Granada, Spain, for two weeks during the winter break.

America took three courses: International Marketing, International Strategic Management, and Spanish and Latin Economics. The classes were taught by professors at a local university, which allowed Virgen to experience a different educational system.

“In Spain, walking was a major part of daily life,” Virgen said. “Instead of driving everywhere, we would step outside and head straight to class by navigating the city by foot.”

Virgen is majoring in human resource management with a minor in business law, and the classes count toward her degrees at Lamar. Beyond academics, Virgen said she embraced the cultural immersion that came with studying abroad. From authentic Spanish dinners to exploring local customs, she found herself stepping out of her comfort zone and engaging with the Spanish way of life.

“The cultural immersion was amazing,” she said. “We had these authentic Spanish dinners that were just incredible. It was a completely different experience from what I was used to.”

Studying abroad in Spain

was not just about academics — it was about growth and new experiences, Virgen said. Having only traveled between the U.S. and Mexico before, she wanted to challenge herself by stepping into an unfamiliar culture.

“I chose Spain because it matched perfectly with my major, and I really wanted to immerse myself in a different culture,” she said. “I feel like it’s important for everyone to step out of their comfort zone. Some people are scared to travel alone or think studying abroad isn’t for them, but I truly believe this opportunity can be for anybody.”

Despite initial fears about making friends and adjusting in such a short time, Virgen said she quickly found her place.

“I was definitely scared at first, thinking I wouldn’t be able to make friends in just two weeks, but we spent so much time traveling together that I had a lot of one-on-one conversations, and we formed a little group,” she said. “That first day of traveling really solidified our friendships. I made lifelong friends, and I still talk to them today.”

Anh Pan, assistant director for study abroad and student exchange, works to provide students with resources and opportunities to make the program accessible.

“Studying abroad is incredibly beneficial and definitely a strong addition to your résumé,” Pan said. “It gives students a competitive edge over other applicants who haven’t had that experience. Our world is more interconnected than ever, and the job market is highly glob-



Courtesy photo

America Virgen stands in a cathedral during her winter study abroad trip to Granada, Spain.

alized. Having international experience through study abroad can help set students apart.”

Programs range from short-term faculty-led trips to semester exchanges, with destinations in multiple countries.

“Lamar offers two types of

study abroad programs: short-term faculty-led programs and semester exchange programs,” Pan said. “We have opportunities in Italy, the U.K., India, Germany and Spain, among others.”

One common concern among students is affordability, Pan said, but there are

many financial aid options such as the Benjamin Gilman Scholarship and others offered by various colleges within Lamar University.

“What many people don’t realize is that there are scholarships and grants available for study abroad,” Pan said. “There are also several ways to raise funds, like fundraising events, working and saving money, or using crowdfunding platforms like GoFundMe. If a student starts planning early, applies for scholarships, and takes advantage of different funding opportunities — whether it’s hosting a bake sale or seeking grants — they can cover the costs of their study abroad program.”

Virgen said her study abroad experience was something she would do again. She encourages other students to take advantage of the programs.

“I think everyone should do it at least once in their lives,” she said. “Studying abroad allows you to immerse yourself in different cultures, experience new things, and really grow as a person. If you’re scared to go alone, don’t be — I promise you will make friends and have an unforgettable experience.”

Virgen’s journey in Spain is a testament to the value of studying abroad. Through academic enrichment, cultural immersion and personal growth, Virgen said she gained more than just course credits — she gained memories, friendships, and a new outlook on the world.

For more information on Lamar’s study broad programs, visit lamar.edu/study-abroad.



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TIPA from page 1

licate a real-world environ-
ment with the fast turn-
arounds and strict deadlines.
The experience really helps
the students’ progression.”

TIPA also handed out
awards for work published
during the 2024 calendar
year. Quijada and Viloría
placed first in the General
News Photo category. UP edi-
tor Maddie Sims and staffers
Aaron Saenz and Hailey
Waobikeze shared first place
in the Headline Writing cate-
gory.

LUTV staffers Tre San-
chez, Javon Doyle and Errol
White shared first place for

Video Sportscast.

Second place awards went
to UP staffers Luis Lemmen
for In-Depth Reporting, E.J.
McMillen for General News
Photo and Luis Figueroa for
Environmental Portrait. Qui-
jada placed second in the
Sports Feature Photo and
Sports News Story categories,
and Sims placed second in
the Newspaper Design cate-
gory.

LUTV’s Isaac Duerksen
and Sanchez shared second
place for Video Documentary,
and LUTV’s Taylor Justice
earned second for General
News Video Story.

Third place awards went to
the UP staff for Overall
Newspaper Design and Over-
all Web Design.

UP staffers earning third-
place awards went to Aaron
Saenz for Newspaper Sports
Page Design, Josiah Boyd for
Breaking News, Quijada for
Sports News Story and Vilo-
ría for Sports Action Photo.
Justice placed third in the
Breaking News Photo for her
contribution to the UP.

Justice also placed third in
General News Video Story
and Video Feature Reporting.
Sanchez earned third for
Video Sports Reporting and

LUTV’s Stephanie Adeniji,
Willier Carrierre, Justice and
Sanchez shared third for In-
Depth Video News Reporting.

Honorable mentions went
to the UP staff in the Website
and Newspaper categories.
Honorable mentions went to
Sims for In-Depth Reporting
and Photo Illustration, Qui-
jada for Newspaper Sports
Page Design and Sports Game
Story, and Saenz for News-
paper Feature Page Design.

“The most exciting thing is
that the awards were spread
among 18 students, and that
doesn’t include the staff
awards that are dependent on

the who team,” Coughlan
said. “As we rebound from
COVID, we are building a
solid program that represents
the whole university.

“It is important to re-
member that student media
is not limited to communica-
tion majors. Anyone is wel-
come and encouraged to
write, take photos, make art,
make TV or create podcasts.”

TIPA is the oldest colle-
giate journalism organization
in the country, and currently
has 49 member schools rep-
resenting 59 campuses, both
four- and two-year institu-
tions.

Quality never goes out of style



91.3

KVLU

YOUR PUBLIC RADIO STATION

OUR from page 1

banquet on the OUR website.

Bahrim, who has organized
the event for six years, said the
expo attracts a variety of busi-
nesses each year.

“We are going to have com-
panies such as Entergy there,”
he said. “Some of the faculty
invited their own connections.
We are going to have represen-
tatives from hospitals — four
from St. Elizabeth and two
from Baptist. Students can get
eventually job opportunities or
maybe a summer internship
opportunity.”

Bahrim said the research
expo enriches academic prepa-
ration, and makes students feel
included in academic life, be-
cause they can contribute.

“If they go to any session,
they can ask questions and be
interactive with the speakers,”
he said. “After sessions, we are
going to have a couple of rooms
where students and presenters
can sit and talk. I think stu-
dents are going to feel that
their time invested is worth-
while.”

Bahrim said OUR’s expo is

open to all students, and he en-
courages them to consider en-
tering the next year.

“I think the presentations
are going to inspire them,” he
said. “This presentation adds
value to your résumé. Everyone
has to consider that there is
going to be a life after Lamar,
and their résumé will make
them stand out in a job search.
We don’t charge for registra-
tion, and everyone is welcome.”

For more information, visit
[lamar.edu/undergraduate-re-
search/conferences/expo](http://lamar.edu/undergraduate-research/conferences/expo).

SGA from page 1

creating study areas for stu-
dents. The library had a lot of
areas for people to study, and
with that being gone, it’s
created a need for areas to
study. We’re focused on hit-
ting the mark on that one
next semester.”

Gray Library is currently
undergoing renovations.


Ellis said he wants to expand
the culture of SGA in his sec-
ond term of office.

“We’re just trying to create
an atmosphere where we
have people informed about
what we can do, what routes
to go through, and just hav-
ing them prepared for taking
over in my absence,” he said.

“We just want to expand what
we’ve done this year, making
it better, getting feedback,
preparing, and just going all
out for this year.”

For more information, visit
lamarsga on Instagram.

Visit [lamaruniversity-
press.com](http://lamaruniversity-press.com) for updated re-
sults.




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Lady Cards fall to Huskies in SLC action

Aaron Saenz
UP staff writer

The Lamar softball team lost 9-4 against Houston Christian University, April 18, at the LU Softball Complex, losing the series 2-1.

The Lady Cardinals started strong, getting off to a 1-0 lead in the second inning after junior Kalie Amos hit an RBI to centerfield, bringing in freshman Sicily Windham for a run.

Lamar stayed hot in the third inning, scoring two runs. Freshman Cala Wilson hit an RBI on an error to bring junior Trinity Brandon home. Immediately after, freshman Ava Blakely hit a single to centerfield to score Brandon.

The fourth inning had more of the same action, with senior Jayne Sepulveda hitting an RBI to shortstop that brought in sophomore Makenzie Wright. This would be the last run of the Lady Cards’ afternoon.

After a scoreless fifth in-



Sabrina Jolin pitches against HCU at the Softball Complex.

Courtesy photo

ning, HCU caught fire in the sixth. The Huskies brought in three quick runs thanks to three different RBIs, cutting LU to a 4-3 advantage heading into the seventh.

The Huskies would tie the game in the seventh inning with an RBI by error, putting the game into extra innings.

After a scoreless eighth inning, HCU brought in five-straight runs. The first was a two-run homer to centerfield.

The Huskies brought in another score after a hit to right field. The Huskies final runs were thanks to another two-run homer, putting the score at 4-9. The Lady Cards would not get a run, ending

the game.

Head coach Amy Hooks said that one run would have made the difference, but there were other key factors in the loss.

“We had a leadoff triple and couldn’t score,” Hooks said. “We needed one run, so that could have been the difference. We could have had some better pitching and have made some more plays, so I think it was team effort all around. We just have to sharpen up all three phases, and that’s pitching, hitting and defense. I think if we’re sharp, we win that game.”

LU is now 27-22 overall and 14-10 in Southland Conference play where they sit in fifth place.

The Lady Cards are set to play their next game against Sam Houston, April 22, at the LU Softball Complex. Results were unavailable at press time.

For more information, visit lamarcardinals.com.

Track athletes compete in California meets

Press Release

AZUSA, Calif. — Emma Powell secured a top-10 finish as she and five other Lamar University athletes competed in a loaded 1,500-meter field, April 18, at the Bryan Clay Invitational hosted by Azusa Pacific.

The Cardinals set five personal bests, which also ranked in the top 10 best marks in program history.

Making her debut in the 1,500m, Powell, running in the women’s Open A group, won her heat at 4:27.02, which edged out Colorado’s Emma Hadley (4:27.39). which edged

out Colorado’s Emma Hadley (4:27.39). She finished 10th overall and earned the ninth-best mark. Ashton Rainey (145th) clocked in at 4:39.87, which bested her previous record by 10 seconds.

In the Invite group, Annabel Hobday (58th; 4:21.93) and Inca Padfield (108th; 4:26.28) currently have the fourth and seventh-best marks, respectively. Cara Inch (121st) finished her race at 4:30.25.

Finishing sixth in the fifth heat of the men’s 1,500m Invite group, Richardson was in the top 45 with his time of 3:43.27. This slides him to No. 4 all-time behind Francis Kasagule (3:40.89; 2010) and Samuel Staber (3:42.18-2014; 3:42.72-2015). Richardson is also the fourth Cardinal to appear in the top five best marks in the Southland Conference.

Saturday sees the Cardinals taking part in the Beach Invitational hosted by Long Beach State. Lloyd Sheppard-Brown is set to compete in the 1,500m, while Hobday, Padfield, Powell, and Luke Parker are scheduled to run in the 800m.

LONG BEACH, Calif. — Lloyd Sheppard-Brown won his first 1,500-meter race as Lamar University’s distance

runners competed at the Long Beach State Beach Invitational April 19. The Cardinals ended the day with four top-10 finishes, including three in the women’s 800m.

Competing in heat two, which had the seven fastest times, Sheppard-Brown crossed the line at 3:52.83. After 1,100m, the Cardiff, Wales native was in seventh place but ran the final 400m in 59.61 seconds to move up six spots and place ahead of LBSU’s Cameron Rhone (3:53.00) on his home track. This was Sheppard-Brown’s second victory of the outdoor season after winning the 10,000m in the Texas Re-

lays back in March.

Emma Powell and Inca Padfield each made their 800m debuts and were joined by Annabel Hobday in heat four. Powell (4th; 2:12.01) came within nearly three seconds of finishing third while Hobday (2:14.87) and Padfield (2:15.43) earned ninth and tenth place, respectively. In the men’s 800m, Luke Parker clocked in a titime of 1:54.72 to finish in 20th.

The Cardinals head back to Houston to compete in the J. Fred Duckett Invitational hosted by Rice. The meet will take place at Holloway Field April 26.

Calling ALL students

Fall 2025 edition



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Doodling & De-stressing

World Art Day event brings campus together

Gage Gilliam
UP contributor

Students, faculty and staff stepped away from their routines and picked up their crayons and tapped into their inner artist April 15.

Lamar University’s Gray Library held a banner coloring event in the Setzer Student Center Atrium to commemorate World Art Day. From noon to 2 p.m., members of the Cardinal community gathered around a long paper banner, adding doodles, affirmations and creative designs in a relaxed, come-and-go atmosphere.

The event, open to all stu-



UP photos by Gage Gilliam

Students stopped by Gray Library’s table in the Setzer Student Center, April 15, to color in a banner during World Art Day. The event aimed to help students de-stress as finals approach.

dents, faculty and staff, provided a refreshing moment of creativity and connection, Jeri Wolfe, Gray Library graduate

assistant, said.

“Some students like to thank us. It’s like, ‘Thank you for allowing me to step away from everything for a moment just to, like, draw something,’” Wolfe said.

The Port Arthur native said she has seen firsthand the impact small creative events can have.

“We’ve got some really cute doodles where they’ll sit the entire time and start drawing,” Wolfe said. “It’s just that they can take a break.”

In previous World Art Day events, the banner has been displayed inside the library. But with ongoing construction, the team looked for new ways to showcase the finished

work.

“We usually hang it up somewhere in the library,” Wolfe said. “But we’ll have to compromise where we put it this year.”

Wolfe said the library has several more events scheduled before the end of the semester.

“Soon, we have our ‘De-stress Before the Test’ event where you can grab a coloring sheet and some snacks, which is kind of art-related,” she said.

Ameona Carey, graphic design technology major at Lamar Institute of Technology, said the event offered a perfect outlet for self-expression.

“It’s the way I express my-

self,” Carey said. “I can use captivating images to bring a message that I’m trying to convey. A picture is a thousand words — a drawing, to me, is a thousand words.”

Campbell Fuller, Lumber-ton biology pre-med major with minors in chemistry and business, echoed Carey’s sentiment.

“I love a good de-stress event,” he said. “I’m a big art guy. I’m not formally trained in art, but (I take) any chance I get to do it for fun.”

Fuller emphasized the community aspect of the event.

“It’s cool to see all the different interests that students put on last year’s banner, then come together to do it for a new one,” he said. “Just a banner might not seem so important, but the act of having something to look back on and de-stressing together as a student body — that is important.”

Fuller said seeing events like the banner event helps create a sense of connection.

“I think having events going on in the Setzer Center, whether it’s this or anything else, is a good thing — just to see friendly faces and get to know people,” he said. “Like, I wouldn’t have seen you out here today if y’all weren’t doing this.”

As colorful sketches and affirming words filled the banner, the spirit of World Art Day was felt in every crayon stroke — reminding everyone that creativity, in any form, is a powerful way to connect, reflect and recharge.

The “De-stress Before the Test” event is scheduled for noon to 2 p.m., May 13 in the Setzer Student Center.



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