

Illuminating Campus

Cardinal Lights event kicks off holiday season

Carlos Vilorio
UP photo editor

Lamar University hosted the fourth-annual Cardinal Lights celebration, Nov. 19, at the Wayne A. Reaud Building Courtyard. Sponsored by ExxonMobil, the event marks the beginning of the holiday season.

The tradition features thousands of lights illuminating several campus buildings, including those along Jimmy Simmons Boulevard, Jim Gilligan Way, Rolfe Christopher Drive, and Spindletop Gladys-City Boomtown Museum. ExxonMobil representatives Josh Williams and Jose Diaz presented a \$50,000 donation to support STEM education.

Tiffany Goodman and her family were chosen to flip the switch to illuminate the lights, which was followed by a fireworks display.

The assembled crowd were treated to Christmas music, chili, hot cocoa, and holiday cookies.

Jenny Lu, Silsbee junior, said the community event is a great way to start the holiday season.

“A lot of people came out,”



UP photo by Carlos Vilorio
Children and attendees gather around the lighted tree, top, during Cardinal Lights, Nov. 19, in the Wayne A. Reaud Building Courtyard. ExxonMobil made a \$50,000 donation, right, during event.

she said. “Lamar did a great job along with ExxonMobil. We brought a lot of friends. It was a great event for friends to get together and just have fun.”

Children had the chance to take photos with Santa Claus and the Grinch at the Welcome Center. Additional ac-

tivities included inflatable castles, a Santa’s Workshop, and an ice-skating rink.

Freddie Titus, vice president for student engagement, said Cardinal Lights gives a chance for members of the Southeast Texas community

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UP photo by Brian Godina

Center helps career prep

Reagan Rigby
UP contributor

Lamar University’s Center for Career and Professional Development offers students career counseling, resume assistance, job and internship listings, interview preparation, networking advice, career assessments and graduate school advising.

Director Haley Tyson said she recommends students utilize the Career Center early in their college education.

“Getting comfortable communicating with employers, and networking, are critical to students so they can be prepared whenever they’re transitioning to a professional career or to graduate school,” she said. “We also do career exploration, so for students that don’t know exactly what they want to do with their major, we can talk about the different types of career options that you can have.”

Along with career transition preparation, the Career Center staff also helps students look at their

chosen career’s long-term needs. Student Magda Soto said the Career Center has been an important resource.

“I now know how crucial it is to have a career goal, so that by graduation, I can be ready to enter the workforce with confidence and purpose, and ready to make a contribution to my field,” she said.

Career and Professional Development offers various forms of career aid, Career Consultant Nicole

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Panel talks balancing athletics, academics

Luis Lemmen
UP contributor

“The idea persists that student-athletes have a free pass when it comes to academics and don’t put in as much effort as their non-athlete peers,” LU track senior Chloe Rodriguez said. “In reality, the rigorous schedule of practices, travel and competition requires student athletes to develop superior time-management skills.”

Eight Lamar college athletes dispelled preconceptions and provided insights into their everyday lives for faculty and staff at the panel discussion “Flip the Script,” Nov. 19, in the Galloway Business Building Auditorium.

“I live in Lumberton and wake up around 5 a.m. everyday,” softball senior Kalyn Xayaseng said. “We have weights in the morning and sometimes community services after that. Then I have class from 9:35 to 12:35. I rush over to the field, eat lunch and get treatment. After treatment, I have to rush back to my class. After class, I go to practice. When I get home, I eat dinner, walk my dog and do homework. That’s how I balance academics.”

Junior sprinter Keasia Hall said that with practice, away games and travel, faculty support is essential for student athletes to succeed.

“There are professors who understand the many challenges that we face as student athletes and provide us with the help we need,” she said. “I have a personal experi-

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UP photo by Maddie Sims
Volunteer Victor Almazan, Dayton freshman, puts up decorations for the Gladys City’s “Boomtown City in Lights” event, Nov. 20.

Boomtown lighting set for Dec. 5

Maddie Sims
UP editor

Spindletop Gladys-City Boomtown Museum will host its Boomtown City in Lights event, Dec. 5, from 5 to 8 p.m. There will be live music, free hot chocolate and cider, blacksmithing demonstrations, and a showing of “The Polar Express” at 6:30 p.m.

Museum director Jeanna Summy said she and the staff are decorating the museum from the inside out to represent the holiday season.

“We have red and white lights on the outside of all of our buildings,” she said. “But we’ve also decorated with garlands, Christmas trees and different decorations. It’s a very cute little town that people can walk around and enjoy.”

Event attendees are encouraged to dress in

See **BOOMTOWN**, page 7

QUOTE OF THE WEEK

“You can tell a lot about a person by the way they handle three things: a rainy day, lost luggage and tangled Christmas tree lights.”
— Maya Angelou

NOTICE

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Kyles-Burton said, and one of the most beneficial resources is career guidance.

“Career guidance is about ensuring students have the resources they need to navigate their career paths confidently,” Kyles-Burton said. “Just like driving a car — if you get a flat tire, you either know how to change it or call for help — it’s the same with your career. You just need the right tools to make informed decisions along the way.”

The Career Center has had many students succeed through their program, Tyson said.

“I have students that are knocking on my door or my

window at six o’clock at night saying, ‘I got into medical school,’” Tyson said. “I’ve seen international students who have come in crying because they had employment opportunities provided to them in the United States.”

Kyles-Burton said the Career Center employees enjoy seeing students succeed in whatever they set their sights on.

“Watching students light up with pride in their own growth — whether it’s mastering a conversation, confidently making eye contact, or landing a position with their dream company or gaining acceptance into medical, law, PT,



UP photo by Reagan Rigby

Nicole Kyles-Burton, left, talks with Magda Soto and Micah Hampton in LU's Career Center for Professional Development.

nursing or other graduate programs — often brings literal tears of joy to our office,” she said.

There are multiple resources so students can stay up to date on Career Center events and activities, and easily make virtual appointments, including “Handshake.”

“That’s our job search database,” Tyson said. “Our website, lamar.edu/careers, has a lot of amazing resources on there, too. We also have the

‘Job Search Academy’ that’s a partnership with (the job site) ‘Indeed,’ and you can access that resource on our website.”

Tyson said the Center launched its Parker Dewey resource this year which offers an opportunity for students to look into micro-internships.

“Some students may not be able to commit to a full-time internship for an entire year,” Tyson said. “The Parker Dewey resource gives opportunities that could be project-based. They could be virtual

with shorter time frames for students.”

Overall, the Center for Career and Professional Development is a resource that helps students achieve their career goals and succeed in their professional lives.

“Every day is a success story in our office,” Kyles-Burton said. “We celebrate every achievement, no matter how big or small. Each step towards their goal is a win and we experience so much success here.”

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Women’s first responder veteran wall unveiled

Becca Wallage
UP contributor

A wall of images commemorating women veterans and first responders was unveiled Nov. 14 on the second floor of the Maes Building. The wall honors past and present women who have served.

The installation was the brainchild of Margot Gage, associate professor of sociology, who said it is satisfying to see the wall find a permanent home.

“There’s no words. It’s priceless. It’s a beautiful thing,” she said.

The project began seven years ago because Gage wanted her two daughters to know women can hold any profession. As a sociology professor, Gage said she asked her students to draw a firefighter, veteran and astronaut, and it was rare that any student drew a female in those scenarios.

“So, then I was like, ‘How can we figure out how to raise awareness about that,’” Gage said. “That’s one of my jobs as a professor, to raise awareness and to teach. So, this is a teach-



UP photo by Becca Wallage

Honorees stand in front of a wall of honor for women veterans and first responders, Nov. 14, in the Maes Building.

able moment for people that she served, too.”

The Maes Building wall is the first permanent exhibit on campus honoring women who are serving and have served.

“I think a lot of times, we do not always get the credit that we deserve for all the amazing things that we do, especially when it comes down to serving our country, serving our community and being the first on the scene during the time of disaster and other things — it is

amazing,” Wilma Jackson, LU Director of Strategic Initiatives and Community Relations, said. “It is a great opportunity to just celebrate our women’s accomplishments and the amazing things that they’ve done to make this place a better world.”

The 21 women displayed on the wall have proven that women can do anything, Gage said, adding that Faye Woodsmall, the first female police officer in Beaumont in 1976,

paved the path for these women.

“She’s had it so hard — she didn’t have a locker room when she started,” Gage said. “Just imagine if you didn’t have your own bathroom, or things like that. She had to wear a man’s uniform.”

Other female officers, such as BPD’s Haley Morrow, use their social media to provide awareness for women first responders.

“I use my platform on social

media and as a public information officer to, hopefully, inspire other people to know that they can do it, too,” Morrow said. “I’m just one single person that tries to make a difference every single day, and you can be, too.”

Morrow said she believes it is not just photos on a wall. It is symbolic to all women in law enforcement.

“We bring a different aspect to the table,” she said. “Especially dealing with victims of sexual assault, children who have been abused. That’s something that female officers have a little bit more compassion about.”

“I’m so honored to be a part of the wall. But to me, it’s more important that it’s representing something more than myself and representing more so the other women who are on the front lines.”

Jackson said she is happy Lamar University is recognizing these women.

“We were just really happy to have a place, a home,” Jackson said. “To find a home for these portraits to be up to celebrate these amazing women.”

Pulse submission deadline set for Dec. 15

Becca Wallage
UP contributor

Lamar University’s Pulse Literary Magazine is accepting submissions of formal poetry, free verse poetry, short fiction, scholarly essays, modern language literary translations and cover art.

The deadline for submissions is Dec. 15. A \$100 cash prize is available for each

category.

Submissions may include any theme, prose editor Claudia Cooper said.

“It’s just whatever connects with people, what we think there might be a theme that stands out, something that makes it literary versus just nonfiction,” she said. “There is not a criteria, because we accept a lot of things. It’s just what stands out to us.”

Submissions are open to all majors. Each student has the opportunity to receive feedback, correct their work and resubmit.

“It’s a call for every single student, ‘Hey, this is an easy opportunity to get published, to get your work out there, your name out there, and to potentially get some money,’” Cooper said.

Pulse is a student-run literary magazine that has pub-

lished yearly since 1959.

“The magazine was started by students and is still run by students,” Dave Oliphant, alumni and donor, said. “That’s very unusual. Usually the institution runs it, and so many (publications) die because the institution loses interest in it. But with students, they don’t lose interest and they support it.”

Oliphant was included in the first edition and said

being accepted led to his career as an English professor.





“(Pulse) means the world to me,” Oliphant said. “I credit Lamar and Pulse with my career, and I never would have imagined all the things that it affected in my life.”

For more, visit lamar.edu/english and click on the publications link, or check out Pulse Literary Magazine of Lamar University on Facebook.

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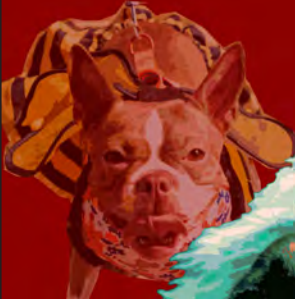
SEE THE FULL SCHEDULE

lamar.edu/setzer

Lamar University is committed to providing all students attending events an accessible, positive experience. To request disability-related accommodations, contact the Disability Resource Center at 409-880-8347 or drcc@lamar.edu.

Final Exam Schedule – Fall 2024

Exam Date	Class Period	Time of Exam
Wednesday, December 4, 2024	Finals Exam Prep Day (No finals before 5:00 pm)	
	W only	5:30 p.m. – 7:30 p.m.
	M, W	5:30 p.m. – 7:30 p.m.
	M, W	8:40 p.m. – 10:30 p.m.
Thursday, December 5, 2024	T, R	8:00 a.m. – 10:30 a.m.
	T, R	11:10 a.m. – 1:30 p.m.
	R only	5:30 p.m. – 7:30 p.m.
	T, R	5:30 p.m. – 7:30 p.m.
Friday, December 6, 2024	T, R	8:40 p.m. – 10:30 p.m.
	M, W, F	6:50 a.m. – 8:00 a.m. – 10:30 a.m.
	M, W, F	9:10 a.m. – 1:30 p.m.
	M, W, F	12:40 p.m. – 2:00 p.m. – 4:30 p.m.
Saturday, December 7, 2024	F only	5:30 p.m. – 7:30 p.m.
	S only	9:00 a.m. – 8:00 a.m. – 10:30 a.m.
Monday, December 9, 2024	M, W, F	8:00 a.m. – 10:30 a.m.
	M, W, F	10:20 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.
Tuesday, December 10, 2024	M, W	7:05 p.m. – 8:00 p.m. – 10:30 p.m.
	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.
Wednesday, December 11, 2024	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.
	M, W, F	11:30 a.m. – 8:00 a.m. – 10:30 a.m.
	M, W	1:50 p.m. – 11:00 a.m. – 1:30 p.m.



UPbeat

WINTER 2024 • A UNIVERSITY PRESS MAGAZINE

ITS A DOG'S LIFE

Canine costumes on display. Page 12

OUT NOW

INSIDE: DOGS MUSEUM, MENTAL HEALTH, GATOR INTERN, AND MORE

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UP photo by Carlos Viloría

to see the campus.

“One of the things that’s great about this event tonight is the Lamar community, plus the community at large, all celebrating together,” he said. “It’s a great start to the Christmas season. It’s a really great start to this Thanksgiving season as well, but it’s a great way to send people home for the Thanksgiving holiday with a celebratory moment here on our university campus.”

Grayson Dalby, Asheville, N.C. freshman, attended with some friends.

“We’re having a good time,” he said. “I would tell my friends to go to any one of the events here. It’s always a good place for people to gather — it’s great.”

Kids ice skate, left, at the Welcome Center during Cardinal Lights, Nov 19. Attendees were provided with chili, below left, and student elves gave out wristbands, below, during the annual event.



UP photo by Brian Godina



UP photo by Brian Godina

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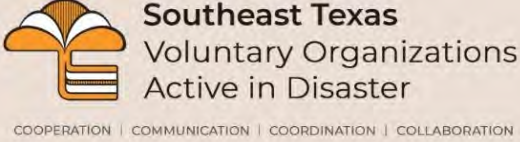
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NOVEMBER 21 AT 12:45 P.M.-2:05 P.M. SCIENCE AND TECHNOLOGY BUILDING

PRESENTER: ANNA M. JILLA, AUD, PHD

PROJECT INVESTIGATORS: KELSEY SPENCER, BS; LAURA COCO, AUD, PHD;
NICK HUNTINGTON-KLEIN, PHD; CONNIE HOWARD, AUD;
HEATHER READING, AUD; LINDSEY SANFORD, BS; DENILSON CALDERON, BS

THE FOLLOWING BROWN BAG LECTURE WILL BE ON JANUARY 23, 2025
SCIENCE AND TECHNOLOGY BUILDING ROOM 203 FROM 12:45 P.M.-2:05 P.M.
FEATURING THE ENGAGEMENT CLUSTER - SPEAKERS/TOPICS TBD

“CHARACTERIZING DISPERSION
OF AUDIOLOGISTS IN TEXAS: A
STUDY OF WORKFORCE
SUFFICIENCY FOR PUBLIC
HEALTH IN RURAL AND
BORDER COMMUNITIES”

Shop for your student

It's hard to know what to buy for the picky college student in your life. Fear not, the University Press staff is here to help. From high-priced vinyl to dollar-store tissues, here are suggestions to fit any budget.

If the boy you are shopping for is into music, nothing says I love music more than a vinyl copy of their favorite artist's album. Sadly, if Lana Del Rey happens to be their favorite, you will need to spend \$1,400 on the limited edition, "LUST FOR LIFE" HEART-SHAPED RECORD. Then again, you could be cheap and get them the CD version for \$13 instead. It really depends how much you care about them.... LF

What better gift to give your average college student this holiday season than a nice shiny PARKING PASS. No more avoiding LUPD or parking behind the tennis courts even though you have class in the nursing building. With a nice black pass hanging from their rear-view mirror, students will be able to park with confidence, knowing that when class is over, they won't have a parking ticket the size of a CVS receipt. KG

As the weather gets colder and summer feels like a distant memory, a COZY BLANKET is the perfect holiday gift. It may seem like an underrated choice at first, but no one thinks they're silly when they're freezing and the blanket is keeping them warm. After surviving the brutal stress of finals, nothing feels better than relaxing with a soft blanket draped over you, whether you're catching up on sleep or scrolling through your phone. There a variety to choose from, whether it's classic LU red one, a striped blue design, or a festive Grinch, the options are endless. CV

The country is at odds with each other. Everyone is divided by race, age, gender and political affiliation, but there is one thing that can bring us together. It is LEGO's recent release of the "BATMAN: ANIMATED SERIES GOTHAM CITY" set. Retailing for \$299.99 it contains 4,210 pieces. It comes with four minifigures — Batman, Joker, Catwoman and Harley Quinn. The set can be hung on the wall, making

it the perfect wall décor for anyone who is properly cultured. Throughout the masterpiece of the LEGO, you can see the important landmarks of Gotham City — Wayne Manor, Ace Chemicals and the Arkham Botanical Gardens. A true fan knows how important these locations are. This set is the perfect Christmas gift for the crimefighter that lives inside all of us. "I'm LEGO." AS

Stand out from the boring masses the next time you at the airport. BEIS LUGGAGE is the perfect gift for the person who wants to travel in style. Worried about too much weight? No matter. Beis Luggage's built-in weight detector lets you know when your suitcase is about to burst like a Christmas turkey. Let us face it, holiday travelers pack more just-in-case items than Santa's sleigh. The convenience does not stop there. The adjustable strap ensures that travelers can comfortably carry their luggage no matter their height or preference. Meanwhile, the padded handle provides extra comfort, making those long treks through the airport a breeze. These features allow for effortless navigation, ensuring a stress-free travel experience. If that were not enough, the creator of this luggage brand is "Pretty Little Liars" star Shay Mitchell. The creator's fame brings a unique touch of celebrity allure, making Beis Luggage not just a functional choice but also a trendy statement. Fans of "Pretty Little Liars" are drawn to the luggage as it reflects the stylish and savvy persona of its creator creating an feeling of exclusivity and desirability. Sure, it's not cheap, but then you're worth it. PP

Many college students tend to eat ramen noodles and McDonald's because they are far from home, so what better gift than a HOME-COOKED MEAL for the holidays. It is perfect for every student no matter gender or race. Being far from home can be overwhelming and even the strongest among us gets a little homesick around the holidays. From homemade mac-n-cheese to a beef stew, a home cooked meal could be just what a student needs. Just remember, food is the universal love language. BQ

Tired of being too weak to lift your books? The answer is a multifunctional home gym. This machine offers all of the benefits of the gym without the unnecessary hassle of having to drive five miles there and back. And you can use it any time you please. And there is no need to worry about sneaky subscription payments. Sure it's a hefty one-time payment of \$599, but fitness and convenience has its price. CC

The end of the semester is fast approaching with students stressing over finals. Classes for the spring are also filling up — "but I really need to get that Psych class to graduate!" It's hard to keep emotions at bay, so a pack of PAPER TISSUES is just the gift for your emotional academic. Whether they're exhausted from pulling all-nighters, failing a class, or elated to be done early for the holidays, a good cry session has never been easier. MS

It isn't uncommon to see college students with an energy drink or coffee in their hands in the morning — and also in the afternoon — and probably at night, too. With an abundance of assignments and not enough hours in the day, help your student stay awake and productive with CAFFEINE. If you can't give them extra time to put on the clock, think about getting them a Red Bull, a Monster, maybe an Alani, or better yet, all of the above. A Starbucks gift card wouldn't hurt either, to be honest. RC

"This boy doesn't even know the difference between there, their, and they're," Sabrina Carpenter sings in "Slim Pickins." The boy is not the only one to not know the difference. Or your and you're. Or two, to, and too. The list goes on. Sure its college, but a DICTIONARY will come in handy for students who just need a reminder of which version of these words is which. MR

Panda Express or Starbucks sound great in theory, but they're about as useful as a syllabus at the beginning of a semester. Why? Because the restaurants on campus don't take their own gift cards. Dining dollars, on the other hand, are the golden eggs in a Cardinal's nest. With these, students can sip their overpriced caramel macchiatos in peace or devour waffle fries without a single thought of their non-existent budget. JS

Tired of not being able to carry enough stuff? With WOLFPAK you can carry anything you want. These tactical backpacks allow you to stuff so much in the different pockets. Customize your bag however you want with hundreds of patches to choose from. There's a bag for everyone with backpacks ranging from 9L to 45L, and 19 different collections. With WOLFPak you are never average, always a wolf. And, you can match your dog with the wolfpup collection of collars, leashes and patches. (Dog not included.) BW

Brutal wars, hostile election campaigns, and chaos around the globe — this year, more than ever, it's easy to get the notion that people are simply awful creatures. But author RUTGER BREGMAN, in "HUMANKIND: A HOPEFUL HISTORY," would say otherwise. Humans are inherently good, he argues. Challenging the cynical narratives we often hear in history, politics and media, Bregman states that humanity's natural tendency is not toward cruelty but toward kindness, cooperation and solidarity. Think of the small moments: a fellow student lending a hand, a professor understanding a late submission, or the overwhelming solidarity after disasters like Hurricanes Helene and Milton. These snapshots, Bregman argues, reveal our true nature. So, why do so many terrible things happen in the world? Bregman posits that power corrupts, not people. Systems and hierarchies, rather than individual nature, often bring out negative behaviors. Bregman delves into the evolution of our species with clear and engaging writing, proposing that it was driven by the principle of "survival of the friendliest." A must read in dark times — and the perfect gift for misanthropic friends. LL

Compiled by UP staffers Maddie Sims, Luis Lemmen, Jill Stokes, Maria Rodriguez, Brian Quijada, Luis Figueroa, Charles Campbell, Aaron Saenz, Kami Greene and Rayna Christy.



LU awarded NCAA \$100,000 grant

Press Release

Lamar University is a recipient of a NCAA Accelerating Academic Success Program grant of \$100,000 to boost student-athlete academic achievement for 2024-2025.

The NCAA announced LU is one of 17 schools that received the Division I grant for the 2024-25 academic year.

“Our focus is on the overall experience for the student-athlete, with the primary goal for them to be champions in the classroom,” vice president and director of athletics Jeff O’Malley said. “This grant illustrates our commitment to invest in and expand support for student-athletes as they

pursue their academic goals and take their next steps in life.”

The AASP program supports school efforts to meet the requirements of the Division I Academic Performance Program. A selection committee composed of representatives from past AASP NCAA member colleges and universities reviews the grant applications and awards the funding annually.

To be eligible for AASP grants, schools must be identified as having limited resources based on research data and must either be in the Football Championship Subdivision (FCS) or not sponsor football. Schools can request

up to \$100,000 and are required to match at least 20% of the awarded amount.

“This funding opportunity allows the Athletics Council the chance to better support the efforts of Lamar University Athletics in enhancing the overall success and well-being of each student athlete. We aim to empower student-athletes as the driving force behind these initiatives,” Ginger Gummelt, council chair and faculty athletics representative, said.

The Athletics Council is charged with advising the President of Lamar University and the Director of Athletics on matters related to intercollegiate athletics. The Council

serves as an advocate for student-athletes to promote academic achievement, well-being, and a positive student-athlete experience to become contributing members within their communities.

“This is always an exciting time of the year — to congratulate and highlight our Accelerating Academic Success Program recipients,” Felicia Martin, NCAA senior vice president of inclusion, education and community engagement, said in a press release. “Each campus recipient is intentional with their application by clearly stating a commitment to invest in and to evolve services to support student athletes’ educational experience

and their academic success.”

The AASP grant was established in 2012, awards more than \$1 million annually to Division I schools that meet qualifications for the support of academic initiatives to help increase the graduation rates of student-athletes.

The grants are an example of how the NCAA and its member schools invest in academic support and success of student-athletes.

Division I student-athletes are graduating at record rates, according to 2023 Graduation Success Rate data. The overall single-cohort graduation rate is at 91%, which is the highest rate recorded according to the NCAA.

PANEL from page 1

ence with a professor who allowed me to do an exam early. Some of them provide extra tutoring and additional academic resources.”

Track senior Patrick Wolf is from Denmark and said coming from another country adds an extra burden. In 2022, international student athletes made up 13 % of Division I athletes, according to the NCAA.

Wolf said cultural differences, language barriers and being far from home can be “intimidating” for international athletes.

“It’s a lot,” he said. “My whole support network that I’ve known all my life is back home, many hours away. It’s a seven-hour time difference and if I need them, they’re not always right there.”

A 2023 NCAA Student-Athlete Health and Wellness

Study found that 28% of student-athletes feel overwhelmed. Glennis Woolridge, track junior, said she feels constant pressure to perform both in academics and athletics.

“It’s important with this mental struggle that universities provide good access for student athletes,” she said. “And I believe Lamar does.”

Lamar University offers counseling for all students in the Student Health Center and recently introduced TimelyCare, a free online support service that is available 24/7.


“It’s a continuous education process,” Lamar athletics director Jeff O’Malley said. “Make resources available, keep your doors open and get them help if they need it. It’s really important for everybody to understand the time

demands on our student athletes and how much effort they put into their school work and in being an athlete.

They take both very seriously — and it’s good to get that message out.”

For more on student ath-

lete’s mental health, visit lamaruniversitypress.com/2024/11/athletics-books-balls-and-breakdowns.



UP photo by Luis Lemmen

LU student athletes talk about balancing sports and athletics during the “Flip the Switch” panel discussion, Nov. 19.

THE DISHMAN ART MUSEUM PRESENTS

SENIOR THESIS EXHIBITION: VISIONS UNVEILED

Bachelor of Fine Arts

Exhibition Dates:

December 6 - 14th

Museum Hours:

Mon-Fri 9am-4pm / Sat 12pm-4pm

Closing Reception:

12 DEC

4 PM - 7 PM

Tickets for CAB formal available Dec. 9

Rayna Christy
UP contributor

The Cardinals Activities Board will host a Winter Gala, 7-11 p.m., Jan. 25, in the Live Oak Ballroom located in the Setzer Student Center.

Tickets for the event are limited, and 275 free tickets will be available at 6 p.m., Dec. 9, on LUHub and are available on a first come-first serve basis.

“This event is far more formal than any other event that CAB usually hosts,” Hayden Jackson, student engagement coordinator, said. “Our students realized that many students want an event where they can dress up and still have fun.”

CAB will host a competition for the best-dressed attendees of the night. “Each student will have the opportunity to win our best-dressed competition,” Jackson said. “Un-

like most award races, such as the Homecoming Court, where you must be nominated, every student will automatically be entered into the competition simply by attending.”

Students will also have the opportunity to participate in a red carpet and paparazzi experience, as well as refreshments and a night of dancing.

“Upon arrival, students will be greeted by the paparazzi as they walk down the red carpet,” Jackson said. “They will pause in front of the backdrop to get their official photo for the competition. They will then enter the ballroom, where they can mingle with other guests and enjoy refreshments.

“There will be excellent locations for photo opportunities, and we hope to have a 360-degree camera. Once the guests have had the opportunity to eat, the dancing will begin.”

Jackson said the gala was the initiative of the CAB student staff.

“When it was suggested by our senior nursing major, Blair Eugene, it was met with instant approval and excitement,” he said. “It was an idea that lit up the students’ eyes, and you could see the excitement it brought to each one of them.”

Graduate student Dickmu Fanwi Patience, a CAB event officer, said planning is going smoothly.

“The ideas we have in mind are just amazing,” Patience said. “I just cannot wait for us to bring those ideas to reality.”

Jackson said CAB the student staff have crafted the marketing strategy, designed the layout of the event and the space.

“All of the decor was envisioned and put together by the students,” he said. “They have risen to the challenge of creating this event, and I am very excited to see it all come together.”



UP photos by Maddie Sims
Volunteers Lanae Childress, left, Victor Almazan put up decorations for the Gladys City’s “Boomtown City in Lights” event, Nov. 20.

BOOMTOWN from page 1

their pajamas, a common tradition while watching “The Polar Express,” and to bring their own folding chairs.

“We love Christmas, and (LU) President (Jaime) Taylor also loves Christmas, so he wanted the movie to be playing out here,” Summy said. “We really want to draw the community to come out. We love when the students are out here participating and enjoying it. I know it’s during finals, so it might be a good way to blow off some steam and just relax.”

This is Summy’s first “Boomtown in Lights” as museum director.

“I just love all the Christmas lights and the plump Christmas tree in our saloon,” she said. “It’s got the tinsel on it, so it’s very old fashioned and nostalgic.”

For more, visit lamar.edu/events. For information on future Boomtown events, visit lamar.edu/spindletop.





Spindletop Boomtown Museum

BOOMTOWN CITY IN LIGHTS

The Polar Express

05 December 2024

Outdoor Showing at 6:30pm

5550 Jimmy Simmons Blvd
Beaumont, Texas
spindletop.org

Boomtown City in Lights
5:00pm-8:00pm; Live
Christmas Music at 5:30pm

BEING THE BLACK SHEEP

Holiday gatherings can lead to feelings of isolation

The holidays are a time for good food and laughter surrounded by family and friends. But while the uncles and cousins are engaged in conversation, there’s always someone who is surprisingly quiet. They’re currently scrolling on their phone with a faraway look in their eyes, as family members celebrate the “good

Commentary



Maddie Sims
UP editor

news” that Trump is president again. They disagree with a fiery passion, but having an opinion that is even slightly different is social suicide. A “black sheep” is a family member who is isolated from the rest, someone who is ostracized for believing or doing things differently. Historically, the term refers to the recessive gene for black wool in sheep. As black wool cannot be dyed, it was worth less, making black sheep less desirable to farmers. In many cases, the black sheep of the family are children who have a partner their family does not approve of. In some of these cases, it’s because they identify as LGBTQ+. Or they may have left the family’s practiced religion or political beliefs. Elizabeth Dorrance Hall has published research about these

strained family relationships, preferring to call black sheep “marginalized family members.” Most people rely on family connections for a sense of identity and a place in the world, according to her research. However, as ironic as it is, it is human nature to alienate members different from the pack. In 2018, she composed a study with 30 participants who self-identified in online surveys as marginalized family members in an attempt to label their turning point events. These turning points are considered events which make a family member feel more or less marginalized, including weddings, births and funerals. Hall believed the type of event would play a primary role in feelings of marginalization. Her results show the way in which families communicate at these

events plays a larger part in family members feeling marginalized than the event itself. Family members who feel they are outside of the family norm are more likely to feel isolated and dread holiday gatherings. When this happens in a group of friends, it is easier for someone to distance themselves. With families, however, there is a pressure to maintain ties, according to a post from Psychology Today. However, the difficulty in keeping the relationship increases as alienated children age and add spouses/partners into the picture. In these situations, the family is likely to blame the other person for “corrupting” their children, and they refuse to consider their child has changed. I am the black sheep of my family, but do not make my

opinions heard. In the last few years, holiday gatherings have been a root cause of anxiety. But the idea of being shunned causes me to keep my mouth shut and dissociate until the topic changes or it’s time for a game of cards. While being the black sheep is a stressful experience, Hall found a consistent feeling of resilience amongst the participants. It was so strong, in fact, she wrote a second paper focused on the ways alienated family members deal with feelings of loneliness, stress and isolation. The most common coping strategy is to seek support from people outside of their family. Knowing there are other people struggling with feelings of isolation is reassuring and comforting. It is a burden, but not one I have to face alone. That’s what friends are for.

University offers options to relieve finals stress

Maria Rodriguez
UP contributor


The busiest and most stressful season has arrived with finals right around the corner. Lamar has provided several ways for students to reduce stress. Gray Library will host “Destress Before the Test,” 2-6 p.m., Dec. 5. Students will receive a coloring sheet and refreshments to take students’ minds of their studies. “‘Destress Before the Test’ is an event we started a couple of years ago,” Elizabeth Sanders, interim department of Gray Li-

brary’s research engagement and learning, said. “The first one was in fall of 2022 and the purpose is to let students know that they are supported. Finals week is very stressful for a lot of different reasons.” The library will provide was-sail, a spiced drink, as part of the event while students color. “It can be very easy to forget to eat or drink if you’re in the middle of an intense study session,” Sanders said. “So, it’s something that they can bring with them. The coloring helps the mind to relax for even just a minute.” Students with test anxiety

can contact the Student Health Center for help. “They can go to our website and make an appointment themselves through their portal,” Shawn R. Gray, associate vice president of student affairs, said. “Or you could walk in and make an appointment. We make it very easy for students.” The Psychology Clinic has flexible hours where students can get help with test anxiety. “The services are provided by third-year graduate students under supervision and services are completely free of charge,” Melanie F. Webb, psychology

clinic director, said. “The clinic is less restricted in the amount of sessions as we are not accepting payment or filing claims on insurance like most other clinics.” Gray said there are also measures students can take to make their studies less stressful. “The main thing is plan, start early and take your time,” Gray said. “When I say plan, I mean plan down to hours and minutes, not just days. Set yourself up for success.” Physical activity can also help students to relax during finals. Deep breathing exercises, taking walks outside and exer-

cise are good ways to relieve stress, Webb said. Sanders said “Destress Before the Test” has proven to be beneficial. “When we first tried it, we didn’t know if people would really like it, or how much feedback we would get,” she said. “But every time we have this event, everyone who comes up to us are grateful to have that moment.” For more, visit the Health Center in the Sheila Umphrey Recreational Sports Center. The Psychology Clinic is located at 200 Social and Behavioral Sciences Building.



COLLEGE OF FINE ARTS & COMMUNICATION
LAMAR UNIVERSITY
Department of Theatre & Dance

TICKETS



DEPARTMENT OF THEATRE & DANCE
2024-2025 SEASON

the self destruction of
emma james

WRITTEN & DIRECTED BY
KATE BRENNAN
FEB 13 - 15 - 7:30 PM
FEB 16 - 2:00 PM

as you
like it



DIRECTED BY ALAN
BRINCKS
APRIL 10- 12 - 7:30 PM
APRIL 13 - 2:00 PM

dance
unleashed



FACULTY DANCE
CONCERT
MAY 2 - 7:30 PM
MAY 3 - 2:00 PM |
7:30 PM

Cards beat OLLU in basketball action

The Lamar University men’s basketball team beat Our Lady of the Lake University, 88-54, Nov. 30, at the Neches Federal Credit Union Arena at the Montagne Center.

The Cardinals shot 54.5% (36-66) from the field, 38% (8-21) from three, and 53% (8-15) from the free-throw line. Lamar saw five players finish in double-figures against the Saints.

LU guard Ja’Sean Jackson led the team with 18 points, five rebounds, five assists and three steals. Cardinal guard Cody Pennebaker ended with 14 points, five assists and four rebounds. LU forward Errol White finished with 12 points and five rebounds.

Lamar guard Alexis Marmolejos and forward Adam Hamilton both ended with 10 points each.

Lamar are now 2-5 overall and are set to play their first Southland Conference game of the season against Texas A&M-Corpus Christi, Dec. 5, in the Dugan Wellness Center in Corpus Christi at 7 p.m.

Lady Cards beaten by CSU in NOLA tournament

The Lamar University women’s basketball team lost to Cleveland State University, 79-52, Nov. 30, on the final day of the Big Easy Classic at the Alario Center in New Orleans, Louisiana.

The Lady Cardinals shot 36.8% (21-57) from the field, seven percent from the three with only one made, and 69% (9-13) from the free-throw line.

Lamar forward Akasha Davis led the Lady Cards with 15 points and five rebounds. Kamryn Wilson finished with eight points while NJ Weems added seven.

R’Mani Taylor dished out four assists to lead the Cardinals while T’Aaliyah Miner brought down a team-high six rebounds.

The Lady Cards are now 2-3 overall and will host St. Thomas, Dec. 4, in the Neches Federal Credit Union Arena at the Montagne Center, at 7 p.m.

BACK TO BACK



Cards record 2-straight winning seasons for first time since 1967

Brian Quijada
UP sports editor

After beating rival school McNeese State on the road, 26-24, Nov. 23, the Lamar University football team has capped off their second-straight winning season. Lamar ended the season 7-5 overall and 4-3 in Southland Conference play, where they finished in 3rd place.

Last season the Cardinals ended 6-5 overall and 5-2 in SLC play, also finishing in 3rd place.

Despite playing an extra game this season, the Cards lost one more game



UP photos by Carlos Vilorio
Head coach Pete Rossomando has led the Cardinals to back-to-back winning seasons, the first time LU has achieved that feat since 1967.

than last season in SLC play, but won an extra game overall.

Earlier in the season, Lamar beat 20th-ranked Weber State which saw the Cards ranked No. 22 in the STATS Perform Top 25 poll.

“We had some real highs, obviously, where we beat a ranked team and we were ranked in the top 25 for three weeks,” head coach Pete Rossomando said. “That’s something that’s never happened around here, and I think that’s something that we can look back on as an accomplishment.

“But I think, more importantly, each week we went out with the preparation to win the game and we practiced well. I think our guys were physically tough as far as getting out there and practicing and giving everything they had each and every week, and that was really our goal.”

When Rossomando first arrived at Lamar, the Cardinals had only won a total of five games in three years. The last time Lamar had back-to-back winning seasons was 1966-1967.

Now, the Cardinals have established a winning culture and Rossomando said they are intent on not allowing anymore losing seasons.

“We went out last year and had our first winning season in a while,” Rossomando said. “I think the expectations grew as far as what people expected from our football team, and I think that’s great. I told our seniors last week that they’ve changed the narrative of Lamar football. It’s not, “How many games are they going to

lose?” It’s, “Hey man, can we win a championship?”

Lamar played away at rival school McNeese State for the last game of the season. The Cardinals got off to a 17-0 lead midway through the first half but McNeese managed to catch up in the final quarter. The Cowboys squeezed in two touchdowns to take the late lead making the game 24-20.

The Cardinals kept fighting until LU quarterback Jakolby Longino completed a 20-yard pass to receiver Kyn-don Fuselier on the final play of the game to win the second-straight “Battle of the Border.”

Lamar finished with 404 yards of total offense including 247 on the ground.

Following the thrilling victory against McNeese, eight Cardinals were named to the 2024 All-Southland Conference second teams.

The Cardinals receiving honors were running back Khalan Griffin, tight end Devyn Gibbs, wide receiver Kyndon Fuselier and offensive linemen Elias Ripley, Jevale Roberson and Kortez Winslow on offense. Defensive lineman Caleb Williams and defensive back Kristian Pugh were honored on the other side of the ball.

Since Rossomando’s arrival, the Cardinals have had 15 all-conference selections with one more Cardinal being named this season compared to last. Four Cardinals repeated their selections with Griffin, Ripley, Roberson

See FOOTBALL, page 10

LU to upgrade Vincent-Beck Stadium

Press Release

Following approval from the Texas State University System Board of Regents, Lamar University will be constructing a new state-of-art building at Vincent-Beck Stadium, the result of an gift from Teri and Glen Morgan. Groundbreaking on the Teri and Glen Morgan Baseball Complex is set to begin in February.

“Teri and I first met at the baseball stadium many years ago and we are honored to be able to make this donation to the Lamar baseball program,” Glen Morgan said. “Teri and I have always wanted to commemorate that time by making improve-

ments to the facility. We are impressed with the strides that Lamar University has made recently and its commitment to building winning programs.

“The entire university has been on a tremendous upswing over the course of the past two years, and baseball has been huge part of that under the direction of head coach Will Davis. We look forward to the future and to the continued success of Lamar Athletics.”

The new 8,500-square feet building will consist of a new locker room, coaches offices, training room, film room, lounge and equip-



UP file photo by Carlos Vilorio
The Lamar baseball team celebrate a walk-off win by Tanner Wilson against McNeese State, April 7.

See BASEBALL, page 10

TALH seeks sponsors for golf fundraiser

Waylon Brooks
UP contributor

The Texas Academy for Leadership in the Humanities will host a four-man scramble golf tournament, Feb. 22, 2025, at Sunset Grove Country Club in Orange to fund-raise for student activities within the program.

TALH is a program for juniors and seniors in high school to finish those last two years, while also starting their college careers at Lamar. The students unenroll from their previous high school and solely take courses at Lamar.

“Texas Academy is a fantastic opportunity for students

to not only advance their education and take college courses, but also interact with students who share those same ambitions,” Beaumont sophomore and TAHL student body historian Judson Ripper said.

Although the Texas Academy is publicly funded, most of these funds go to the scholarship that allows students to attend LU, so the academy raises funds for student activities.

“We do this to provide funds for anything that the student body wants to do,” Orange sophomore and TAHL student body president Madison McGuire said. “That would include anything from prom and holiday parties to as simple as refilling water in our water dispenser.”

The Academy forgoes a Homecoming dance, so their only dance and formal event is a prom. Also, for holiday parties, desserts and drinks are often outsourced to the students.

“Our goal right now is to raise \$10,000,” Lumberton sophomore and student body treasurer Will Naas said. “This would be amazing, as it would increase our budget drastically moving into next year, and be able to cover all the funds and expenses that we have already allocated for

this year and next year.”

The academy is seeking sponsors for their golf tournament to cover expenses, such as renting the course.

“We’ve got a tier system,” Ripper said. “We’ve got some lower-level tiers, such as hole sponsorships and friends of TA, which provide some benefits, and are mostly for small business and family members to help out our tournament.”

The higher tier sponsors will get more benefits, including entering a team in the tournament. The higher tier sponsor is the title sponsor, which will be present in the logo and all the branding for the event.

Naas said that sponsors should support the academy’s golf tournament as it benefits high-achieving students that are the future of southeast Texas.

“You’re giving directly back to a local school district that doesn’t have the same name base that some of the public high schools in the area,” McGuire said. “So, you’re putting it back into a group of students who’s actively working for this.”

Registration is still yet to open for the event, and priority will be given to sponsors.

For sponsorship information, email texasacademy@lamar.edu.

FOOTBALL from page 1

and Williams winning back-to-back awards.

Although the Cardinals accomplished many things this season, Coach Rossomando said he is not satisfied as the main goal is to win a SLC championship.

“That’s always the main goal,” he said. “You want to win a conference championship and have a chance to play in the postseason. I think if we’d still won a couple of those games, we would have had a chance in the postseason.”

Despite not winning a conference championship, Rossomando said the Cardinals have learned a lot of things from the season.

“Number one, you just can’t take anything for granted,” he said. “I think you gotta come out each and every week and you gotta play your best game. We played against Texas State, Mississippi Valley and Texas Southern, and I thought we didn’t play our best football in those games.

“I think a lot of that has to do with maybe some complacency and trying to

feel like you’ve arrived rather than continuing to work on your journey. If I were to say what our players and our team learned the most, it is that there’s no complacency — you can’t have complacency in your program.”

Now LU sets its eyes on recruitment and making the team better during the off-season, just as they have been in the last two years. Rossomando said it’s about giving Lamar football fans what they’ve always wanted — a winning culture.

“I just want to say that we appreciate our fans, our students,” he said. “They really came out this year, more so than they ever have before. Continue to set the expectations high. They should want a great product on the field each and every week that they can come cheer for and feel really proud of.

“So we want to make sure that we continue to enhance the experience for our fans and our students that keep coming out to games, and getting all the things they want, which is wins.”

BASEBALL from page 1

ment room. A hall of fame celebrating Lamar’s baseball history will be located in the lobby. The project is expected to be completed for the 2026 season.

The Cardinals are coming off one of the best seasons in program history. Big Red had the second-most regular season wins (44) in the country last year, posted the best single-season winning percentage in school history, won the Southland Conference regular season title — their first since 2004 — and senior pitcher Brooks Caple was named SLC Pitcher of the Year, an All-American and was a ninth-round draft selection of the Chicago Cubs.

“We are very excited to announce this new facility and very thankful for the overwhelming generosity of Teri and

Glen Morgan,” Director of Athletics Jeff O’Malley said. “The impressive part about this new facility is that it will provide for all facets of the baseball program within the same building, with the locker room, coaches offices, training room and team meeting rooms all under the same roof.

“Head coach Will Davis has done an excellent job of building on our rich baseball tradition at Lamar. Now, due to the generosity of Teri and Glen Morgan, we are able to provide our coaches and student-athletes the resources they need to continue being successful on the field and in the classroom.”

Over the course of the past three seasons, Lamar has recorded the fifth most wins of all NCAA Division I programs in the state of Texas.



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