

# THE VERMILION

The University of Louisiana at Lafayette Student Newspaper February 10, 2021

## Students complain of motivation issues due, in part, to online classes

**Eliana Bartlett**  
NEWS WRITER

Since the beginning of the pandemic, students have found a lack of motivation in themselves and in their professors, which has led to unpredictable grades and frustration with an unwavering tuition.

In a survey conducted by OneClass, 85% of the respondents said that the pandemic had a negative effect on their grades. Surveyed students attributed their decreasing grades to mental health and online learning.

Many students have said online schooling has proven to be an intense adjustment.

“Being online and not being able to be in a classroom setting is really depressing, and I think that definitely takes a toll on every student, and that makes students less motivated,” said Grace Thibodeaux, a freshman secondary education major at the University of Louisiana at Lafayette.

Skylar Thames, a senior online student at UL Lafayette, said some professors seem more lenient in certain aspects after the pandemic.

“Last semester, I had a lot of professors

reopen quizzes for our class because a lot of students did not take it. Because I did mine, I got out of a lot of assignments. I’m also online, so I think that is more lenient as well,” Thames said.

Thames’s GPA has risen from 2.5 to 2.8 since the pandemic.

Thibodeaux attributes a lack of motivation in her learning to her professors.

“I’ve seen my math professor twice. She just assigns us something to read, watch, and a homework assignment. So, I am teaching myself. I didn’t know I went to DeVry University,” Thibodeaux said.

Thames believes that upholding her grades has become progressively more difficult since the pandemic initially started. According to a study conducted by Ithaka S+R, spring 2020 GPAs were higher than projected. This could be a result of an increase in the utilization of pass/fail options in universities. The pass/fail option is typically accessed by students that feel that their success in a certain class may be reflected by this opportunity rather than a numerical grading system.

Because of the increase in student autonomy and diminished reliance

on faculty-enhanced learning, certain students believe that tuition should be decreased.

“The tuition should be lower. I’ve noticed with so many professors — and, it doesn’t apply to all — but with the majority, because their classes are remote, they stopped caring too,” Thibodeaux said. “It’s like we are paying teachers to slack off.”

According to OneClass, success in mathematical subjects decreased about five to 10 percentage points between fall 2019 and fall 2020. The same study concluded that in grades three through eight, reading performances remained stable.

“I feel like math professors are so much more strict. They are so demanding, and for what?” Thibodeaux said.

In regards to whether or not she felt that she was absorbing different course materials, she responded, “Definitely not with math. The only reason that I even know what’s going on is because I already learned it in high school.”

“I am breezing by until I get a degree,” Thames said. “I don’t remember any statistics. I don’t remember economics. I don’t remember any math.”

## Students are passing on Ragin’ Cajuns store due to cost

**Lena Foster**  
NEWS WRITER

The Ragin’ Cajuns Store at the University of Louisiana at Lafayette and other retailers provide college students with products and resources that they need, but sometimes pricing plays a big role in a student’s decision on what best suits them financially.

Even though some students believe that the goods in the Ragin’ Cajuns Store are moderately priced, they tend to turn to cheaper options.

“Goods such as clothing are cheaper at other places. The school supply section is way too expensive. Most of the supplies in that section can be found at the dollar store for less than a dollar,” UL Lafayette junior Mo Miller-Becnel said.

According to Tim McFarland, the Ragin’ Cajuns Director of Online Store Operations, even with similar products, each store has its own set of vendors that differentiates from the other.

“It’s not exactly apples and apples. They use a vendor that we don’t have in our store,” McFarland said.

Popular companies like Nike and Adidas provide apparel to the Ragin’ Cajuns Store; however, those particular brands might not be available at other stores.

“It’s the variety of merchandise as well. Nike, Under Armour and Adidas, aren’t going to be in Walmart and Albertsons, but our prices are pretty comparable. It depends on the brand too,” Sarah Armentor, the Ragin’ Cajuns Store’s Assistant Manager said.

Some students look more towards the price of items rather than the brand names. They believe they can get the same product for a more reasonable price.

“The amount of money they ask for a shirt or fleece jacket is expensive for a student. I would rather shop at other stores such as Walmart or even online on Amazon and buy gear there,” Zahria Lloyd, a sophomore at UL Lafayette said.

However, unlike the Ragin’ Cajuns Store, some places resale the items they receive at the company’s original price or sometimes more.

“We establish our prices. We have a cost of doing business and it’s on top of that. Most of your retailers are doing Keystone which is double the cost-plus,” McFarland said. “We think we have good quality products at fair prices.”

According to Armentor, certain parts of the Ragin’ Cajuns Store’s Nike line would be sold in Academy at the same price as the Nike company. However, the Ragin’ Cajuns Store would mark-down the price in consideration for their students and their other expenses.

Despite the similarities, each business’s distinct products come with their specific price ranges, which causes fewer crossovers.

According to McFarland, they usually go through stores like Walmart and Academy to make sure that they don’t have the same vendors and products.

The staff of the Ragin’ Cajuns Store does not see many future changes in operation.

“I don’t think our formula would change. Our cost might change which would change the price, but that just means economics is raising the price of everything,” Armentor said.

However, some students seek change. “I believe students should have at least a 10% discount while visitors pay full price,” Lloyd said.



Graphic by Cole Broussard

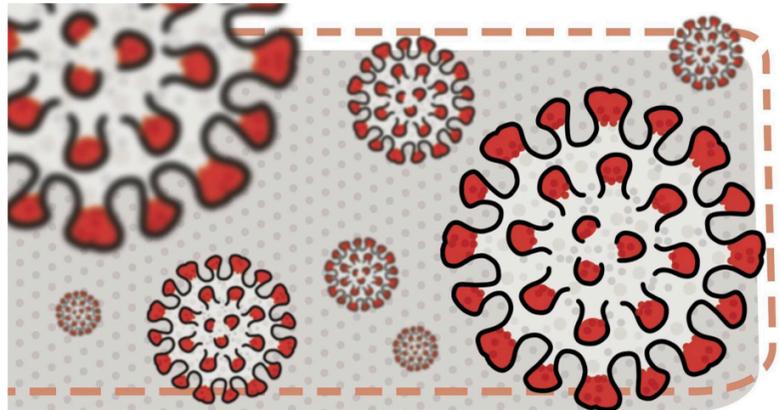
## 7 new COVID-19 cases last week, bringing UL total to 784

**David Reed**  
EDITOR-IN-CHIEF

There were seven new COVID-19 cases among students, faculty and staff at the University of Louisiana at Lafayette last week, according to the university’s COVID-19 dashboard on Monday, Feb. 8 at 6:07 p.m.

According to the dashboard as of Monday, the university has confirmed that 195 students and 131 faculty and staff members contracted the coronavirus, and 458 students have told the university they’ve tested positive. This means there have been a total of 784 cases among students, faculty and staff at UL Lafayette.

Confirmed positive tests include tests taken by Student Health Services and UL Lafayette Athletics, as well as tests submitted to the university’s human resources department by faculty, staff and student workers. Self-reported tests



Graphic by Cole Broussard

were taken by off-campus health care providers. Students in this category sent their results to the dean of students themselves, according to the dashboard.

Last week, one faculty or staff member tested positive, and six students reported

that they tested positive, according to the COVID-19 dashboard on Monday.

This is an ongoing story. Stay with the Vermilion for more updates.

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### News

#### PLACES TO PARK

Editor-in-Chief David Reed shares five places to park for free when parking on campus isn’t an option.

PAGE 2

### Sports

#### CAJUNS LEVEL UP

UL Lafayette will be a playable team in an upcoming EA Sports game, benefitting the football team greatly.

PAGE 3

### Sports

#### BASES LOADED

Summer Ellyson and Ciara Bryan were recognized for awards as the Cajuns prepare for the upcoming season.

PAGE 4

### Allons

#### RACE TO THE RIGHT

Today’s Republican Party could have extreme consequences on our political system, writes Columnist Christian Janes.

PAGE 5

# 5 places students can park for free near campus

**David Reed**  
EDITOR-IN-CHIEF

If you're a commuter student at the University of Louisiana at Lafayette, your only option for a parking spot on the main campus is Girard Tower, which, according to UL Lafayette's Parking Portal, costs \$325 in the fall and spring semesters.

But commuter students do have other options.

There are many parking spaces publicly available within walking distance from campus. Keep in mind that most of these spots are public, so there's no guarantee you'll be able to find a spot at most of these locations. And be sure to obey "no parking" signs.

Without further ado, here are five free parking spots on or near campus.

## Stevenson Street

Between Lamar Street and Gordon Street on Stevenson Street, one can find some public parking spots that are only a three minute walk away from campus, according to Google Maps.

In addition, these spots are only a six minute walk away from the Quad, according to Google Maps, and just four minutes away from Girard Hall, making the spot ideal for psychology majors.

However, parking here is extremely limited, so give yourself extra time to find another spot in case all the parking here is unavailable.

## Lamar Street

If Stevenson Street is full, Lamar Street is a good backup. One can potentially find spots on this road that are only a minute-long walk from campus, according to Google Maps, but it's likely you will need to park much further down the road.

In addition, KOK Wings & Things and the Acadian Superette are along Lamar Street if you want to grab a bite to eat before or after class.

## Girard Park Lane

If you have classes in J. L. Fletcher Hall or Angelle Hall, this is the spot for you.

Take a right off of East St. Mary Boulevard onto Girard Park Circle, then take the first left. You'll find several public parking spaces along the walking trail.

It takes five minutes to walk from Girard Park Lane to J. L. Fletcher following roads, according to Google Maps, but you can shave some time off if you cut through the park.

It's a five-minute walk from here to Angelle Hall, as well.

## Cajun Field

If you don't like parallel parking and don't mind taking the bus, this is the ideal option for you.

Students can park at Cajun Field, which is located at 2351 W Congress St., for free. Just be sure to register your vehicle online through Ulink first.

Buses make runs between Cajun Field and various locations on or around campus routinely between 7 a.m. and 10:15 p.m. Monday through Thursday. On Fridays, the buses run from 7 a.m. to 3 p.m.

You can call (337) 482-5305 between 7 a.m. and 7 p.m. Monday through Thursday and on Fridays from 7 a.m. to 8:15 p.m. to request a shuttle to campus as well.

## Stewart Street

This spot is pretty much a last resort, but there is a lot of parking available here. If you're not having any luck finding a place to park and don't want to take the bus or a shuttle, you should look on Stewart Street.

You can expect an eight-minute walk just to get to campus, according to Google Maps, and that doesn't even account for the time it takes to get from Hebrard Boulevard to class.

However, there are roughly 0.2 miles worth of parking spaces here between Lamar Street and Taft Street. And given the distance between this spot and campus, you'll likely find somewhere to park here.

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Lamar Street at the intersection of University Avenue on Thursday, Feb. 4 at 2 p.m.



Photos by David Reed / The Vermilion

Stewart Street on Saturday, Feb. 6 at 11:45 a.m.

## 2021-2022 SGA SENATE APPLICATIONS NOW OPEN!

**COLLEGE OF ARTS - 3 Senators, 1 President**  
**COLLEGE OF BUSINESS ADMINISTRATION - 4 Senators, 1 President**  
**COLLEGE OF EDUCATION - 4 Senators, 1 President**  
**COLLEGE OF ENGINEERING - 4 Senators, 1 President**  
**COLLEGE OF LIBERAL ARTS - 5 Senators, 1 President**  
**COLLEGE OF NURSING - 4 Senators, 1 President**  
**COLLEGE OF SCIENCES - 5 Senators, 1 President**  
**GRADUATE SCHOOL - 5 Senators, 1 President**  
**UNIVERSITY COLLEGE - 3 Senators, 1 President**

**Deadline: 2/26/21 at noon**

### THE VERMILION

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# Police Reports

Compiled by Morri Sampey

## Feb. 5

- At 7:19 p.m., a lime green, white and black Rs3000 bike was stolen.

## Feb. 4

- At 8 p.m., an officer responded to the main office of the University of Louisiana at Lafayette Police Department in reference to a suspicious circumstances complaint involving a white Kia Soul.

## Feb. 3

- At 5:22 p.m., a complainant from California reported online fraud involving the purchase of a dog on Jan. 28-30. A UL Lafayette email was used on the Zelle app.

# Administrators explain where SGA and UPC fees are going this semester

**Amelia Jennings**  
NEWS EDITOR

Because of COVID-19, the University Program Council (UPC) and the Student Government Association (SGA) have not been able to put on programs that they normally do, and students want to know where their fees are going.

Students spend \$7.50 on SGA, \$7.50 on SGA scholarships and an unspecified amount for UPC, according to the SGA fee transparency website.

"I don't actually know exactly what they're doing with it," Bria Cooper, a child and family studies major said. "Considering I don't know much about it, it seems like there's a lot of my money going into it."

In addition to this, a few students could not name anything that SGA does.

"No, I don't know what they do," Lajmi Islam, a junior biology major said.

Other students, such as Jalen Duplessis, a senior, also did not know the Fee Transparency part of the SGA website existed, and when shown the table for the breakdown of SGA expenditures, did not understand what they were looking at, and thought that it could be more clear.

One notable thing on the chart is the row labeled classified salaries, which Margarita Perez, the advisor for SGA, said referred to the salaries of actual employees of the University of Louisiana at Lafayette.

She also clarified that SGA student-workers are paid by being given money towards their tuition, and the fee that students pay is not included in paying them.

This semester, UPC won't be able to host Lagniappe Day, and SGA didn't pay for students to travel to conferences.

However, it appears that both organizations have found uses for at least some of the money that they get from students.

According to Perez, money is still being spent on programs, such as Welcome Week, and money that isn't spent will go into reserves for the future.

Perez said that SGA may use that money to fund larger programs in the coming semesters when the coronavirus is gone, and they may also increase funds for the SGA scholarship.

"I can't really speak for what they'll do, but those are some of the options," she said. "We don't lose the money. It goes into our reserve."

UPC has also found uses for its left-over money, including the expenses of homecoming court and other events.

"The money that was allotted for Lagniappe Day last year has just rolled over to this year," the Director of Student Engagement and Leadership Heidie Lindsey said. "And it's a good thing because it may cost us more to produce that event this year because of how we need to make it COVID friendly."

Extra costs to make events work with COVID-19 include offering events both virtually and in person.

"We've been having a lot of conversations right now on how we can preserve that tradition (Lagniappe Day) this spring, while also keeping it you know COVID friendly," Lindsey said.

# International programs see increase in students despite the coronavirus

**Katherine Hughes**  
CONTRIBUTING WRITER

Many organizations and functions at the University of Louisiana at Lafayette are experiencing differences due to the unfamiliarity of the COVID-19 pandemic. The international programs at UL Lafayette are prime examples of these changes, due to the inconsistencies of regulations.

Despite difficulties and unfamiliarities, the pandemic has increased the total number of international students from Fall 2020 to Spring 2021.

"While spring enrollment is usually lower than the fall, we can attribute this change to more United States embassies reopening and possibly more online students," Assistant Director of the Office of International Affairs Megan Miller said.

There was a much smaller increase in freshman international students. For the fall, there were a total of 66 new students, and for the spring of 2021, a total of 75.

Miller said that there is not a huge difference, but the fall numbers are extremely low.

"The stated statistics goes to show how COVID-19 has affected international students, not only in Lafayette, but all over the world," she said.

These restrictions have had deeper effects on our campus than what had appeared at first. Elham Hosseinzadehsabeti, an international Earth and Energy Sciences Ph.D. student, offered her own thoughts and feelings from the past two semesters.

As many other students experienced during this pandemic, Hosseinzadehsabeti described feeling immense loneliness and sometimes depression. For most students, their family lives in the U.S., but Hosseinzadehsabeti was not as fortunate.

"The fact that I was unable to visit my family and enjoy their emotional support for so long was painful and distracting. I, also, worried about them constantly," she said. "Sometimes to the point of taking me away from my work." Hosseinzadehsabeti does feel that this semester is better than the last. "I have taken the pandemic as an opportunity to complete my work in my home with more concentration." Despite unbelievable circumstances, she makes the best of her situation.

According to the Summer Study Abroad Moodle page, the program will be canceled this year.

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### SUBMISSIONS

All letters to the editor and guest editorials must include the author's full name and phone number and be no longer than 400 words in length. Submissions are edited for libel and vulgarity only. Editorial and columns reflect the author's opinion and not those of The Vermilion staff.

All advertisements must be submitted by the Friday before publication at [vermadvertising@gmail.com](mailto:vermadvertising@gmail.com).

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# Sports

## Senior Guard Cedric Russell awarded Sun Belt Conference Player of the Week



Photo via RaginCajuns.com

**Zachary Nagy**  
SPORTS WRITER

After a stellar weekend in San Marcos against Texas State, Ragin' Cajuns guard Cedric Russell earned Sun Belt Conference Men's Basketball Player of the Week.

Russell, the leading scorer for the Cajuns, averaged 22 points per game and four boards in the weekend sweep at Texas State, propelling the Ragin' Cajuns to first place in the Sun Belt Conference.

"It's an honor to be named Conference Player of the Week, but the job isn't over yet. We have much more we want to accomplish this season as a team," Russell said.

The senior from Alexandria hit nine three-pointers over the weekend, including a season-high six in Saturday's 74-73 win. Russell's three ball has been

lethal this season as he is averaging nearly 40% from beyond the arc.

When asked what he has done differently this season, Russell said, "I'm leaving it all on the floor this season. I don't want to look back on my senior season with any regret. I feel like my mental toughness and aggressiveness is what has grown a lot since last season."

The two-game series in San Marcos is just a small portion of what Russell has achieved this season for the Cajuns as he has seemingly improved in almost every statistical category. His points per game jumped from 14.4 points per game last season to 18 points per game this season. Not to mention he has upped his three-point percentage nearly 6% from last season to now.

Being the leader on this Cajun roster, Russell demands the ball in crunch time moments, something he has challenged

himself to do since he was in the fourth grade.

"I think I have always wanted the rock in my hands during those crucial moments," Russell said, when asked about his clutch buckets down the stretch at Texas State. "It's something that I've worked on my whole life. I've put in the work."

Russell continues to climb up the Ragin' Cajun leaderboards as he eclipsed the 1,000 point mark this season as well as moved into 29th place on the school's all-time scoring list. Russell also sits at third in school history with 238 career three-pointers made.

Being first in the conference, the Cajuns continue to dominate their opponent's night in and night out as they are currently riding a five-game win streak heading up to Jonesboro against Arkansas State. The depth of this year's

roster is what continues to play a pivotal role in each game as the Cajuns can seemingly go nine deep every night with production from the bench being a major asset.

"It feels good to have a deep roster," Russell said. "The roster change from last year to this year is crazy. Devin (Butts) off the bench is huge. He's a three-level scorer and gives us great minutes. Theo (Akwuba) is one of a kind," chuckled Russell. "He contests every shot and is huge in the paint. Jacobi's leadership is big too for us."

With less than a month to go until the conference tournament, all eyes will be on Cedric Russell to close the season as the Cajuns look to make a tournament run, something they have not achieved since 2014.

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## Ragin' Cajuns featured in new NCAA football video game as playable team

**Evan Hale**  
COLUMNIST

OPINION — Electronic Arts (EA) is bringing back their college football video game franchise and it will benefit schools like the University of Louisiana at Lafayette massively.

If you watch college football, you know that it is no secret that it is a popularity contest when it comes to recruiting players. The release of this game will help some smaller schools gain notoriety and favor.

Now, UL Lafayette isn't considered a small school, especially after being ranked as the 15th best college football team in the United States by the AP poll, but when it comes to recruiting high caliber players, we do not get the pick of the litter. Alabama, Louisiana State University (LSU) and Ohio State, those names that are big buzz names in the media get to pick from the best players each recruitment day.

UL Lafayette being in the NCAA game that will be released soon will show young and upcoming players that UL Lafayette has a football program ranked 15th. Seeing that, they may put UL Lafayette as a place they want to play when they are being recruited.

On top of UL Lafayette being ranked 15th and getting attention from that, they have also had several players get drafted to the NFL. I expect to see a few Cajuns drafted this coming draft and in the future.

Having the NCAA video game can help reach young football players across the country because most people do not know about the Cajuns. Most college



Photo illustration by David Reed / The Vermilion

football news known in Louisiana is LSU for obvious reasons.

But now it is time for the Cajuns to get some love and notoriety. Too many times I have been watching college football, and there is a kid that is absolutely killing it. I think to myself where is he from? Most of the time he's from Louisiana, but we do not have first dibs.

The 2020 Heisman Trophy winner Devonta Smith is from Louisiana, but picked Alabama because, I mean, it is Alabama. All jokes aside though, the university has a good football program. You do not get ranked 15th in the nation accidentally.

Having the video game to get our name out there will get us recruiting some big names which will increase attendance at games. Which in turn increases revenue for the school to make better facilities and staff for the athletes.

A lot of schools will have this benefit too. There is college football all around the nation, but no one knows every college football team by heart. Getting their names out there with the video game could break up a lot of these dynastic teams like Alabama and Ohio State who always have good teams.

Treading toward a more open college football season as opposed to the same

four or five teams playing for the national title will also bring more money to the NCAA. When that happens, maybe they could reconsider paying these athletes.

This return of the college football video game franchise has a ton of upside to it for everyone involved. Fans get the game they have been asking for back, schools essentially get free marketing and the NCAA can profit from it.

It is a win-win situation, so buckle up, because college football is about to get fun again.

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# Softball prepares for upcoming season; two senior players recognized for award

**Olivia Beauvais**  
SPORTS WRITER

Prior to the start of their season, two Louisiana Ragin' Cajuns Softball senior members, Summer Ellyson and Ciara Bryan, were recognized by the National Award Selection Committee.

After previously being honored by the USA Softball Player of the Year Watch List, Ellyson has made a return appearance. This hometown player from Lafayette is one of 50 players across the nation earning a spot on the initial list for this spring's award.

Bryan, a senior outfielder for the Ragin' Cajuns, was chosen to represent Louisiana on D1 Softball's Preseason All-America Team and was a first team selection.

After playing in the SEC league and transferring from Georgia in

November, she will make her debut as a Ragin' Cajun later this month. Like Ellyson, she is utilizing an extra year of eligibility granted by the NCAA in response to the COVID-19 pandemic.

With the announcement of the USA Today and ESPN Softball polls, Louisiana Ragin' Cajuns Softball were placed at No. 9 by the panel of voters for the preseason rankings. In 2020, Louisiana was ranked 18-6 and 2-1 in the Sun Belt conference.

The Ragin' Cajuns softball team will open their season on Feb. 12, with a two-day alternating schedule against Missouri State and Baylor located at Lamson Park in Lafayette.

The following weekend starts the UAB Green and Gold Classic in Birmingham. Louisiana will compete in a three-game weekend against Southeastern on Friday and Sunday with Jacksonville State on Saturday.

The Ragin' Cajuns will host a mid-week game against McNeese University on Feb. 24.

The LSU crossover will be a long weekend series hosted in both Lafayette and Baton Rouge. The Ragin' Cajuns will play Louisiana State University and Buffalo (DH) at Lamson Park, Oklahoma State and Louisiana State University at LSU, and will return to Lamson Park for another game against Oklahoma State.

The momentum from another three more regular season games against McNeese and Memphis will lead to the start of Sun Belt conference games.

Two back-to-back conference games will be held against Georgia Southern. Following that will be a regular season game against Texas (DH).

A three game series will be held in Arlington, Texas against UT Arlington. A Wednesday night home game against

Louisiana Tech will follow.

Another three-game weekend against South Alabama at home is scheduled for March 26 through March 28.

The Ragin' Cajuns will start their time on the road by traveling to Georgia for two conference games against Georgia State. Louisiana will then travel to Texas to compete against Sam Houston State then Houston.

A midweek game against Southeastern Louisiana is the only thing separating two three-game weekends against Troy and Texas State, both of which are conference games.

The following week, two sets of games against Alabama and Coastal Carolina precede a three-game series against ULM.

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Photo by James Mays / The Vermilion

UL Lafayette junior Raina O'Neal is greeted by her teammates at home plate after hitting a home run as the Ragin' Cajuns play against the California Golden Bears at Lamson Park on Feb. 11, 2019.

# Cajuns lose games against Arkansas State Wolves, five-win streak broken



Photo by James Mays / The Vermilion

UL Lafayette freshman Michael Thomas drives the ball down the court as the Ragin' Cajuns take on the McNeese State Cowboys at the Cajundome on Dec. 19, 2020.



Photo by James Mays / The Vermilion

UL Lafayette junior Brayan Au dribbles the ball towards the basket as the Ragin' Cajuns take on the McNeese State Cowboys at the Cajundome on Dec. 19, 2020. Arkansas State in the Cajundome Saturday, Jan. 23.

**Caleb Williams**  
SPORTS WRITER

The Cajuns' five-game win streak broke after their two-game loss to the Arkansas State Red Wolves. Although Louisiana beat Arkansas State twice back-to-back already this season, Arkansas came back with two wins of their own. The Cajuns's season record sits at 13-5 and 7-4 in the Sun Belt Conference.

During the first game, Cedric Russell, SBC's player of the week, got Louisiana on the scoreboard first with a three-pointer assisted by Mylik Wilson. After a series of scoring for the Cajuns, Wilson came in with an incredible steal followed by his own dunk increasing the Cajuns' lead 22-11.

Next we saw a series of missed opportunities from the Cajuns that cost them their wide lead. Near the end of the first half. Three turnovers, missed shots and three Red Wolves close the score gap to 38-36.

Russell fired up the second half with two three point shots within the first two minutes of the half, but the Cajuns followed up with more missed opportunities that cost them narrowing their lead. They had a series of fouls, missed free throws and a turnover before the first two minutes. Without surprise, the Red Wolves would take the lead 45-47 with a three-point shot by Markise Davis.

While the lead went back and forth for a few minutes, Marquis Eaton of Arkansas State showed out as he followed with a series of made three pointers, free throws and assists. Eaton solidifies Louisiana's win streak loss with a dunk assisted by Norchad Omier finalizing the score 95-87

For Louisiana, Dou Gueye had a career high game of 23 points and 14 rebounds with three personal fouls, Russell had 19 with four personal fouls, and Devin Butts had six points with three assists and one steal. The Cajuns had 15 turnovers in total.

For Arkansas State, Eaton also had a career high of 32 points and nine assists, Caleb Fields had 20 points, and Norchad Omier had nine rebounds.

The Cajuns failed to fix the problems they faced in their last game as they lost for a second time against Arkansas State. Louisiana and Arkansas State are 2-2 for the season. During the game against each other in the regular season, the Cajuns, who looked to cut down turnovers and play tighter defense, struggled to stop the Red Wolves from scoring three pointers and keeping up with the Red Wolves speed.

Arkansas State put numbers on the scoreboard first with a two point jumper from Norchad Omier. Cajuns then got on the board as well with a free throw attempt from Theo Akwumba. Arkansas State pushed the ball early as Omier came up with a dunk assisted by Marquis Eaton putting the score 1-4.

After a steal from Butts, who switched to a starting position this

game, Russell came up with a three-pointer assisted by Akwuba giving Louisiana the lead 9-7. The Cajuns, doing what worked, repeated steps as Butts made another steal assisting Russell for another three pointer. Here we saw Russell, Butts, Gueye, and Harper lose momentum after a series of misses and a turnover for a three-point shot by Felts of Arkansas State giving them the lead 14-16.

The Red Wolves would hold the lead for the rest of the half as they became hot from the three-point line as well as moving the ball around. The first half ends with Arkansas state in the lead 46-29.

Despite the Cajuns being unable to take the lead back in the second half, Russell came up with 18 points in the second half as well as Wilson with eight points and two assists.

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## OPINION

# UL Housing website is a confusing mess, questionable policies in place

Amelia Jennings  
NEWS EDITOR

OPINION — The University of Louisiana at Lafayette's housing website is unorganized, outdated and some of the policies are ridiculous.

Firstly, finding specific information about scholarships, and for which housing types scholarships apply to, on the main website is an issue. Based on the information available on the Housing and Meal Rates page, it might be assumed that scholarships apply for all types of housing, but this is not the case.

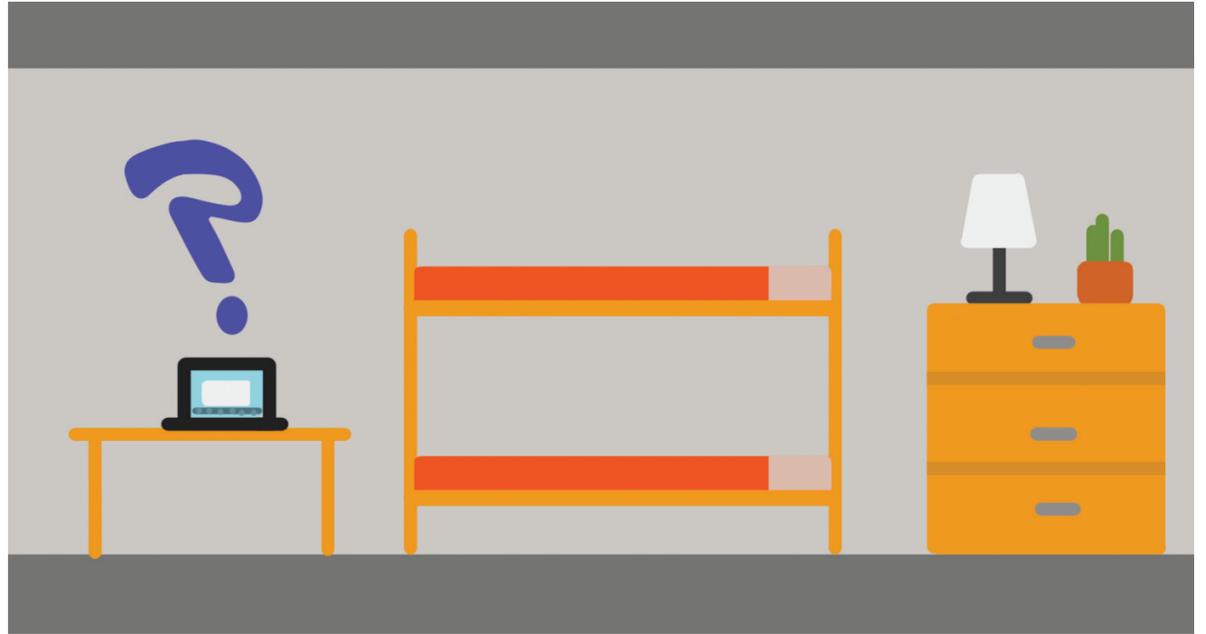
Scholarships only apply to those that live in the dorms, reportedly. Although I have heard from other students that the scholarships apply to students who live in Legacy Apartments as well; however, this is unverified.

Married student housing is a whole other can of worms. I was so excited initially because I thought I could live with my partner after we were married in those apartments on my scholarship, but that turned out not to be the case.

Finding information on married student housing is difficult, and you cannot apply until after you are married or after you have given birth, which may cause issues for some students.

Now, the registration website for housing is also bizarre. One of the first things I noticed is that, when selecting the country that you are from, you can select, among others, the United States of America, the United States America, the United States, the United Sates, the United Stes, the Un, the UL, the U.S.A, the U.S. or, my personal favorite, the United States.

Of course, students can also select other countries like the U.S.S.R, UG, LOCAL-COUNTRY, Yugoslavia and PP.



Graphic by Cole Broussard

After this mess, the website is normal until it comes to selecting a meal plan, where students must decide whether they would prefer to eat in the fall or spring semesters. Obviously I am jesting, but that is what the website implies given that you can only select a meal plan for one semester or the other.

This is what it reads on my application status page, grammatical errors included: "For Fall 2021 you have selected Cajun Select Fall 2021 For Spring 2022 you have selected Cajun Select Fall 2021."

Outside of registration, there is a tab called the Housing Storefront. This sounds interesting, but it has been "under construction" since at least the fall of

2019, when I was a freshman. Great. So useful.

Finally, some of the policies for housing are concerning. For example, not being notified of a new roommate and then being charged if your room is not clean enough for them.

"If one roommate should depart, the remaining student(s) may be assigned a new roommate with little or no notice," according to the website. "If the room/apartment unit is not cleaned in an acceptable manner prior to a new roommate's arrival, we reserve the right to have the apartment cleaned, and the cost will be billed to the current resident(s) of the unit."

There is also the possibility of getting bedbugs in your room. Luckily, the university gives some great advice for dealing with them.

"Pull bed away from wall or other furniture. Tuck sheets and blankets to avoid contact with the floors or walls," the website reads, "Vacuum mattresses frequently or permanently encase mattresses in a mattress bag."

Lastly, did you know that students can be evicted for self-harming or attempting suicide? Because that will help, again, according to the housing website.

Housing is insane, and the way they represent themselves does not help that image.

## OPINION

# The Republican Party of today, a shell of former self, in dire need of change

Christian Janes  
ALLONS EDITOR

OPINION — Not so long ago I wrote of an identity crisis that the Democratic Party is going through. I made it clear in that article that I believe Democrats have to reckon with themselves on how the party should continue. My feeling is that the party had to return to its progressive roots of the 1940s. Today, I would like to do something similar, but for the Republican Party.

I do not think it would be a stretch to say (but certainly controversial) that the Republican Party is deeply ill, ideologically speaking. The Republican Party makes the Democrats, who could not organize a one-car parade to save their lives, look like political savants.

Republicans en bloc, historically, were much more progressive than Democrats; the party was formed to literally break chains of human bondage, after all.

Representative Thaddeus Stevens, a Radical Republican from Pennsylvania, fought for most of his congressional career on ending slavery and committing the United States to the adoption of laws that would grant African Americans the full blessings of American citizenship. Theodore Roosevelt was the brash trust-busting, nature-conserving bully of a president we all know and love. Dwight Eisenhower warned against the military-industrial complex. Even Richard Nixon, whose presidency ended in such shame unrivaled until Donald Trump, signed into law an act creating the Environmental Protection Agency. Although there was always a conservative counter-faction within the party to oppose this progressive faction, that was never the dominant until about the 1960s when Sen. Barry Goldwater lurched the party rightward.

I would even go so far as to say that the Republican Party doesn't even have a conservative faction anymore either. Indeed, the party's adherence to specific ideology is so weak that I doubt it even has one, or if it does, it should be called



Graphic by Cole Broussard

"Trumpism," a hollow, vague reference to whatever Trump decides to believe on any given issue.

Trump's grip on the party is so iron tight that despite him inciting insurrection against his own country, only ten Republicans voted to approve the second impeachment against him. And those that did vote to approve impeachment articles suffered intense backlash within their own party. House Republican Conference Chair Liz Cheney, daughter of former Vice President Dick Cheney, was one of those who voted to hold a reckless and dangerous president accountable, yet was formally censured by the Wyoming Republican Party.

Worse than this new cult of personality aspect of the Republican Party is the rise in general acceptance in fascist and authoritarian principles that are antithetical to our democracy, specifically

the undermining of our elections — faith in which, I cannot stress enough, is absolutely critical to our democratic success. Republican politicians and citizens cheered on and on and on at Trump's repeated, baseless and dangerous attacks on the free and fairness of the 2020 election. Trump did not usher in this new Republican Party — it had been in the making for quite some time — and it will not snap back to normal now that he is gone. We cannot survive if that continues.

We do not live in an authoritarian regime now, but the seeds have been planted in large swaths of the American citizenry that such a system is not only okay but desperately needed. We do not live in such a system because of our institutions — the judiciary, our election officials (both state and local), the media, administrative bodies and investigative bodies — that have held firm against the

inward and outward assault against them. But they are not permanent. Indeed, they only remain because a majority of Americans continue to believe in the democratic system that they live under.

The Republican Party as it stands today is deeply ill and is infecting America's democracy with a patriotically disguised trojan horse of authoritarian policy. America's democracy will never work when one of its main parties openly supports insurrection, the deprivation of minorities the right to vote, enabling election-related falsehoods and draconian stances on immigration, abortion, contraception, labor and economic stimulus. America's democracy will only ever work when its policies benefit not those in power, but We the People to whom political sovereignty ultimately rests. The Republican Party used to believe in that, but that party is no more.

# Burn-out: What it means, strategies to recognize, prevent and conquer it

**Morri Sampey**  
MANAGING EDITOR

OPINION — We've just entered February, which means there are plenty of things to do and celebrate right around the corner. Valentine's Day, Mardi Gras and Easter might be the biggest events some are looking towards, but many are focusing on their looming midterms. Approaching the middle of the spring semester, many students are beginning to feel the effects of a difficult school year. In our current political and health climate especially, I believe burn-out will be more rampant than usual this semester.

Some people simply think of burn-out as a symptom of depression, but according to WHO, "Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed." It's included in the 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon, not a medical condition. Although the ICD-11 specifies that burn-out should only be used "in an occupational context," it has become a common phrase to describe what so many experience.

The ICD-11 offers three characteristics of burn-out: feelings of energy depletion or exhaustion, increased mental distance from one's job or feelings of negativism or cynicism related to one's job and reduced professional efficacy.

Burn-out is especially relevant to college students. College can open many doors for students, and some tend to take on more opportunities than they can handle at once. This, combined with classes, can cause students to overwork themselves, thus leading to burn-out.



Photo Illustration by David Reed and Amelia Jennings / The Vermilion

In 2017, the National College Health Association (NCHA) reported that over 30% of college students were afflicted with burn-out. Students aren't the only ones who experience burn-out. Police, nurses and teachers are also often reported to feel its effects.

The good news is that since so many people suffer from burn-out, there are plenty of online resources and tips on how to prevent, manage and cope with it.

There are many things to take into consideration when preventing burn-out, and the most important is your body. College students are often depicted in the media as staying up all night, either to party or study, and it's for good reason; however, those who don't get enough sleep are more susceptible to burn-out. Seven to nine hours is the recommended amount from the National Sleep Foundation.

Getting the proper amount of exercise also contributes to your overall mood, along with your eating habits. Making sure you eat properly and exercise for at least 30 minutes a day will improve your overall health and wellbeing.

When discussing preventatives to burn-out, a common thing people bring up is self-care. WHO defines self-care as "the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider."

Most people are simply referring to the practice of "treating yourself," or being kinder to yourself. Take some time to relax and do the things you actually enjoy doing. Take a nice, long bath or lounge on the couch with a good book. Whatever you're into, if you take a break from work to do it, you'll feel better about what you're working on.

If you feel like taking breaks is unproductive, let me reassure you that it isn't. Breaks allow your brain to relax and focus better when you return to it. It gives you time to process what you've already accomplished and what your next steps are.

Small rewards can also be beneficial. For instance, awarding yourself an incentive after accomplishing a large task will keep you feeling motivated while working on it, thus reducing the chances of feeling burnt out.

It's important to keep in mind that experiencing burn-out doesn't make anyone less of a good worker. Burn-out happens to the best of us; usually, it affects the most dedicated of us, since we tend to take on more duties than others would. If you're suffering from burn-out, focus on how to improve it rather than on what it says about you.

## Tips for students seeking apartments

**Amelia Jennings**  
NEWS EDITOR

OPINION — Apartment hunting can be one of the most daunting things for a college student. Will I be able to pay my bills? What will my roommates be like? And first and foremost, how do I find a good apartment to begin with?

Now, I am not an expert, but I have been looking into this for several months at this point, and this is what I have found:

First, have some sort of budget: Microsoft Excel comes with being a University of Louisiana at Lafayette student, and there are several templates that you can download that are specific to budgeting. The one I use is called Simple Budget Spreadsheet. You list your income and all of your expenses, including things like car insurance and groceries, and it tells you what you have leftover. This is how I have figured out the rent that I can afford with all of my added expenses. My suggestion is that you overestimate expenses and underestimate income to avoid going into the negative when you move in.

Now that you have your budget figured out, where should you start to look? Most websites have their pros and cons, and there is also the option of driving around Lafayette to see what is available.

Apartments.com and Zillow are two of the most mainstream options. They both allow you to sort by price and amount of beds, but Apartments.com is better if you are looking for student housing; Zillow is better if you are looking to rent a house or find something that might be less mainstream.

Something else to keep in mind is that if you are planning on getting married, student housing is not an option for you. However, if you do tie the knot during the semester, the university will let you out of your housing contract.

"Unfortunately, we do not have a fall only application," the UL Lafayette Housing Department wrote in an email. "However, if you complete the Academic Year fall 2020/spring 2021 contract and request a release for the spring semester (at the end of the fall semester) it will be approved since you will be married."

Other options include Facebook Marketplace and Craigslist. These are good options if you are looking to room with people who are already living in an existing household or trying to find a cheaper place to stay. Personally, I feel that Facebook shows more relevant listings that are more legitimate, but this is simply my own experience.

With any of these options, it is important to read the contract thoroughly, walk-through the room or apartment before you buy it, and be wary



Photo by Lena Foster / The Vermilion

The entrance to the Edge at Lafayette Apartments on North Bertrand Drive.

of scams, particularly on Facebook and Craigslist. These include "Hijacked Ads" and "Phantom Rentals".

"Some scammers hijack a real rental or

real estate listing by changing the email address or other contact information, and placing the modified ad on another site," the Federal Trade Commission Website

reads. "Other rip-off artists make up listings for places that aren't for rent or don't exist, and try to lure you in with the promise of low rent, or great amenities."



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