

THE VERMILLION

The University of Louisiana at Lafayette Student Newspaper 📍 September 18, 2025

Spreading campus awareness about National Suicide Prevention Month

Jenna Kimball
NEWS WRITER

During the month of September, the United States focuses on suicide prevention awareness.

At the University of Louisiana at Lafayette, there are multiple events and trainings that students can attend in addition to the general resources that are already available on campus.

The National Alliance of Mental Illness, or NAMI, is an organization on campus that strives to aid students with mental health challenges and provide needed support.



Graphic by Sadie Lynn Burrell

Asia Kelly, vice president of NAMI, said, “NAMI provides education, peer connection and advocacy for students. Their goals include reducing stigma around mental health through open dialogue, offering peer-led support groups and educational programs and advocating for better mental health policies and practices both on campus and in the community.”

“Overall, UL Lafayette and NAMI are working hand-in-hand to provide meaningful resources for students while continuing to strengthen awareness and support systems.”

NAMI hosts training sessions to teach students how to recognize warning signs in their peers and story-sharing events in which students can speak out about their own mental health challenges.

During the training sessions, those in attendance learn about QPR strategies. This stands for question, persuade and refer.

It teaches people to notice red flags that could lead to a potential suicide attempt and take the necessary actions to prevent it.

Though the whole month is officially known as Suicide Prevention Awareness month, the week of Sept. 7-13 is a week specifically set aside by NAMI for widespread recognition and awareness on the UL Lafayette campus.

UL Lafayette offers numerous resources to students in order to help them overcome any mental health

challenges that may come their way during their time in college.

Uwill is a program that allows students to access free counseling 24/7 over their phone or computer. They can meet with therapists for crisis support, psychiatric medication management or just simply to talk.

Bourgeois Hall also offers students a mindfulness studio. This is a quiet space in which people can relax and de-stress.

Lunel Bourdier, a senior majoring in theatre, said, “The school is doing a job, but there are elements that they’re not really tackling. I feel like if they do have these resources, they need to be a little more accessible, a little easier, because there’s so much confusion with the resources and how to attain those resources and who to properly go to.”

Dylan Sellers, a sophomore mathematics major, said, “I think the school could always be doing more to help the students, since suicide is such an ongoing problem in young people.”

“Something they could do in order to really show the students that they have someone to talk to always, is maybe have some of the counselors talk to the students during their English class or other main course. That way the students would be able to meet one of the people they could talk to and really put a name to a face.”

Programs offered through UL Lafayette can make a big difference in the lives of students struggling with

mental health battles, but the biggest impact can sometimes come from a person’s peers.

Kelly said, “The best ways students can help include learning warning signs and using QPR training strategies, encouraging peers to access university and NAMI resources, being present without judgement, normalizing conversations about mental health and taking care of their own well-being while supporting others.”

Lily Baca, mathematics major, said, “I mean, especially near difficult times like finals or different things like that, like I noticed a spike in... students wanting to commit suicide. So I feel like, especially during those times, there should be more people available to help students if they’re struggling.”

According to the Center for Disease Control and Prevention, or the CDC, over 49,000 people died by suicide in the year 2023. This is the equivalent of one death every 11 minutes.

Though suicide rates are higher in certain ethnic groups and races, suicidal thoughts and ideations do not discriminate.

As part of the Lafayette community, it is vital for students to prioritize their own mental health and check in on those that they love.

Mental health battles affect everyone differently, but the resources on and off campus are always available to any student who needs help.

What the University has in store for construction and improvements

Joann Seow
NEWS EDITOR

Since the demolition of Cajun Field in 2023 and the renovations on the west side of the new Cajun Field at Our Lady of Lourdes Stadium, the University of Louisiana at Lafayette has been consistently churning out new construction projects and upgrades to existing facilities and buildings on campus.

The other major constructions that have been in the works include renovations to Madison Hall and constructions of the new engineering building, health sciences campus and Our Lady of Wisdom Church and Catholic Student Center. These constructions began last semester, lasted the entire summer and are ongoing.

Looking at the progress of these construction works, according to Scott Hebert, director of facility management, the first phase of the renovations of Madison Hall are close to being done. The aim is to have the entire first floor of the C building done and ready for full occupancy. Currently, there is partial occupancy, with about two or three engineering laboratories being utilized for classes.

Hebert explained the second phase will be the completion of the second floor of the C building, while the third phase will include the complete renovation of the back building. The completion date of the entire project is set to be around December 2026.

Highlighting a challenge of the Madison Hall renovations, Hebert said, “You’re trying to renovate the building while you’re still occupying it, so it becomes a really interesting dynamic of [...], how to make that work.”

The other project for the College of Engineering is the construction of a new engineering building. Hebert shared that the groundwork has been laid out, and they hope to begin construction in March 2026. “The building’s lined up. We have the drawings. We know what we’re doing. It’s just a matter of locking

in the funding and solidifying a start date,” Hebert said.

Regarding the new health sciences campus, Hebert shared that it is still “at its beginnings.” Out of the 25 acres of land acquired, they have only begun working on the five acres of land on W. St. Mary Blvd. Currently, the two main buildings that have begun occupancy are James D. Moncus Hall, where nursing students have started attending classes, and the 601 building, which is mainly for faculty.

Looking at the construction of the new Our Lady of Wisdom Church and Catholic Student Center, the foundation has been completed, making way for the steel framing, which has begun and is anticipated to be completed on Oct. 17, 2025.

Mary Hernandez, executive director of advancement at Our Lady of Wisdom, shared that a big milestone will take place on Oct. 6, 2025. “That’s the day that, they call it the topping out ceremony, with the last piece of structural steel to be placed,” she said.

Following the completion of the steel framing, they will begin laying slab on deck, where they will be building the second and third floors.

Sharing an interesting fact about the bell tower, which will be a key feature of the new church, Hernandez said that its height is comparable to the Statue of Liberty, excluding the pedestal, falling just a few feet shorter.

This will make for an impressive new addition alongside older buildings on campus, with the Earl K. Long Gymnasium just beside it being built in 1939 and Angelle Hall diagonally across being built in 1965.

Our Lady of Wisdom is still actively seeking donations for the project. Their goal was to raise \$35 million, and they have since raised close to \$30 million. Hernandez said, “We’ve been told it’s the most money ever raised for a project in the Diocese of Lafayette so far. So we’re very, you know, blessed by all the support we’ve received.”

To make a donation, reach out

to the ministry or visit the website ragincajuncatholics.org.

Now, looking at future projects that the University can expect, the new Kinesiology, Hospitality Management and Athletic Administration Complex is in the works.

Hebert shared that this new building will be located on the east side of the football stadium, and it will be a replacement of the current Cox Communications Athletic Complex.

Some features of the new complex include hospitality management laboratories, kinesiology laboratories as well as the student athlete dining room, the Training Table.

This project is slated to start construction in December 2026. When the new complex is done, the current Cox Communications Athletic Complex will be demolished. Hebert mentioned that there have been several maintenance issues with the building. “It’s past its useful life. The building has roof problems, it’s got HVAC problems, there’s asbestos in it. It just, it really needs to come down,” he said.

According to Hebert, once demolished, the space that the Cox Complex now stands on will potentially open up as a space similar to Champions

Square at Caesars Superdome, where it can be used for various events like tailgating.

The other upcoming project is renovations to DeClouet Hall, which is now permanently closed. Hebert shared that, similar to the Madison Hall renovations, DeClouet Hall will undergo major changes.

Renovations will begin within the next few weeks, and is slated to last about a year, anticipating to be done before the Fall 2026 semester.

With regards to potential impacts of this project, Hebert said that the parking spots in front of DeClouet Hall along Hebrard Blvd. could be blocked for construction materials.

According to Hebert, sidewalks around that area may also be periodically blocked off, primarily the sidewalk that leads from Hebrard Blvd. to Martin Hall. However, they will work to ensure pedestrian access is not impeded.

The University is striving for change, which is necessary for growth. The Ragin’ Cajun community will need to keep an open mind and be adaptive to changes to the campus in the foreseeable future.



Photo by Remington Quibodeaux

Construction site of the new Our Lady of Wisdom Church

News

SGA PLANS

The Student Government Association’s Impact party has been planning all summer and is ready to start putting projects into action.

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Sports

QB INJURIES

Ragin’ Cajuns’ Walker Howard gets injured, marking four years in a row of the team’s quarterbacks getting hurt.

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Allons

“BASKING”

Writer Andrew Courville introduces the world to his Instagram lifestyle, “Basking,” which is about living in the sunlight and enjoying the little things.

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Beaucoup

FAVORITE GAMES

The Beaucoup section raves about their favorite games and what makes these games so special to them.

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2025-26 SGA school year plans

Nyria Mustiful
NEWS WRITER

As the school year begins, the Student Government Association (SGA) has already begun working on the initiatives and goals they advocated for during their campaign. For those who are unaware, the Impact party won the 2025 SGA elections, with all of their executive board candidates carrying the votes for their seats.

While students may have only recently learned of their plans, the executive board and other members of SGA actually began their work this past summer. Vice president Brendan Daigle, a junior majoring in computer science, expressed a level of excitement when asked how the executive board is feeling about the school year, which is in part due to president Onyeka Nwaezeapu's efforts. "I'm really hopeful for the year moving forward. Just over the summer, I can attest how much Onyeka has been working on getting our initiatives moving forward."

When it comes to Daigle's work, he has a similar energy. "I'm really looking forward to kicking things off with an amazing group of people. We just completed our Senate retreat, and we had a really dedicated group of people come out to help us."

Nwaezeapu, a senior majoring in biology, echoed Daigle's sentiments regarding this year's team. Nwaezeapu also elaborated further on the progress that SGA has made thus far. "We were able to email people, get introduced to people, sit down, have team meetings and really get acclimated with our position. We've already put out a lot of the things that we've been working on on

our social media, which people should follow."

Subsequently, Nwaezeapu also elaborated on newer projects that will be broadcast soon, such as a collaborative initiative with Saucier Wellness Center. This initiative involves SGA contributing funding to cover the remainder of students' medical bills at the clinic, should the bill exceed \$20 and they are unable to cover it.

During the first week of school, SGA also hosted two events to help welcome students back to campus and get students acquainted with the new leadership. The first event was on the first day of classes, Monday, Aug. 25, titled "Donut Drop-Off." Members of SGA drove around campus and held stations where they passed out Meche's donuts to students as they headed to their class. The second event was held on Thursday, Aug. 28, which was "Kooldown Kickback." Stationed at the Student Union Plaza, SGA leadership handed out free snowballs and socialized with students.

As mentioned earlier, Daigle is more focused on the internal workings of SGA and how the team will come together to push changes forward for students across campus. "I've been focusing more on the internal side of things, getting our Senate ready to move forward and pass legislation for the year." As far as his involvement in external affairs, Daigle said that he has been reaching out to deans to make sure that they are ready to assist the college representation in beginning college projects this upcoming year. Another thing Daigle has gotten a jump start on is the annual Sneaux Day.

Daigle has also been working on the SGA alumni mixer that happens every

fall, which is an opportunity for past and present SGA administrators to network with one another and exchange fellowship and advice. With so much planned for the upcoming school year, both Daigle and Nwaezeapu expressed feeling the pressure to live up to the work that their predecessors left behind.

Nwaezeapu commented that the previous administration did things that have had a lasting impact on campus. "For example, Cade got the drop date moved back. Granted, it's maybe just a few more days, but that means a lot for students who didn't have the opportunity the year before, and that's going to mean a lot for the students to come."

Chief of Staff Gabrielle St. Pierre, a junior majoring in civil engineering, also expressed a desire to continue the menstrual hygiene product distribution across campus that her predecessor, Brooke Davenport, started during her term last year. It was a general consensus that this year's leadership has some big shoes to fill. With that in mind, leadership has already begun to set ambitious goals for this semester alone. Some of those goals include potentially getting a mental health day excuse for students from classes and launching a campus meal swipe bank to support food insecure students. A pressing goal, in light of the new adjustment to the library's new operating hours, is to extend those hours, perhaps to their original times.

Daigle said, "SGA is working tirelessly to make sure that we're talking to the right people and getting that push back." SGA is also taking student complaints about the hours, urging them to use their voice by filling out the complaint form in SGA's Instagram biography and/or emailing either of the executive board representatives. They plan to take these concerns directly to the administration.

Another goal to highlight is a student service program in tandem with Transportation Services and the Housing department. SGA is developing a proposal for a program that will allow eligible students to work off a housing fine or an unpaid parking ticket by completing an equivalent level of campus service hours. The administration also stresses that, along with all of these goals, any student concern is a goal of theirs to accomplish during their term.

While they will continue to be ambitious and persistent in their pursuit of their vision, SGA is also aware there

may be many challenges they will face. Daigle noted that the magnitude of events is one of the biggest challenges he will face this year.

Nwaezeapu, on the other hand, feels that her challenge is more communication based. "I would say making sure that I am communicating effectively to faculty and department heads or just anyone that isn't a student, on behalf of the students and making sure that I'm saying things in their language that they can understand without misrepresenting our student body too."

Transparent communication is very high on the priority list of this year's SGA administration and one way they are ensuring that happens is through the UL SGA Instagram page. Daigle noted "Instagram is our primary resource. That's the main outlet. We have to get our word out. After every Monday meeting, we post the minutes and different legislation that we pass in that meeting. So really, students checking out is probably our most front-facing level of transparency we can provide."

St. Pierre also added, "I also think we've done a great job at communicating with all of the SGA members how to utilize these resources that SGA already provides, so that students, when they have questions, their SGA members that they may know will be more informed."

Another form of transparency being implemented, as well as a form of direct student body involvement, is the start of the Town Hall forum. "We're going to bring departments that have been in high question with students around us to come and speak about their plans that they're doing, or just here to answer any questions face to face with students," Nwaezeapu stated.

As far as what events students should look forward to from SGA this school year, events like Sneaux Day, Constitution Day and the Scholarship Expo are on the horizon. Also, freshman elections are coming up soon, so the administration encourages all freshmen to vote for their future representation.

Amongst many others, there are three things that this administration would like students to know they can expect from them: a tireless effort, transparency and representation.

The 2025-26 SGA administration is passionate about the work they will complete this year, their relentless pursuit for advocacy and the overall improvement of student life.



Photo by UL Communications
2025-26 SGA administration campaign photo

Police Reports

Compiled by Caitlyn Comeaux

Sept. 13

- At 12:15 a.m., officers were foot patrolling Bonin Hall and observed suspicious activity.

Sept. 12

- At 3:57 p.m., an officer was dispatched to the Cajundome in reference to a report of trespassing.

Sept. 11

- At 6:33 p.m., officers were dispatched to Legacy Park Apartments in reference to a verbal disturbance.
- At 8:48 a.m., a welfare check was called into dispatch at The Heritage Apartments.

Sept. 10

- At 9:10 p.m., officers were dispatched to Bonin Hall in reference to suspicious circumstances. An arrest was made.
- At 7:21 p.m., officers were dispatched to Lee Hall regarding a report of a suspicious male who appeared to give his dog a bath.








Sept. 8

- At 2:55 p.m., an individual came to the UL Police Department to report stolen AirPods Pros from an incident that occurred on Sept. 3.

Sept. 7

- At 6:46 p.m., officers were dispatched to Baker Hall in reference to an individual receiving threatening texts. No arrest was made.
- At 6:43 p.m., officers were dispatched to Legacy Park Apartments in reference to a battery that previously occurred. Multiple arrests were made.

Weather

Thursday 9/18	Friday 9/19	Saturday 9/20	Sunday 9/21	Monday 9/22	Tuesday 9/23	Wednesday 9/24
 High: 93 F Low: 71 F	 High: 92 F Low: 71 F	 High: 93 F Low: 72 F	 High: 92 F Low: 72 F	 High: 89 F Low: 71 F	 High: 92 F Low: 71 F	 High: 92 F Low: 70 F

Isabelle Brumley

BEAUCOUP EDITOR

- There is a potential tropical storm or hurricane developing in the Atlantic this week. The next named hurricane will be Gabrielle.
- Much of the central and eastern parts of the United States will experience temperatures 5-15 degrees above average.

- Japan experienced the strongest tornado ever recorded in its history after a devastating twister struck the Shizuoka region in central Japan.

WHERE'S ALLAN?



Last week's winner was **Laurie Guilbeau**, a senior general studies major with a concentration in humanities. She is from Lafayette Parish and is a member of both the philosophy club and the sociology club.

I have 10 minutes to get to my next class. Thankfully, these two buildings have an overpass. Where am I?

Last Issue's Answer:
Student Union
Book Store



Win a free sandwich from Roly Poly

The first UL student to recognize where The Vermilion's mascot, Allan the Alligator, was photographed on campus will win a free sandwich from Roly Poly on Coolidge Street in Lafayette. The first UL student to email the correct location of Allan to **TheVermilion@louisiana.edu** will receive the prize. The Vermilion will continue this contest each week until the end of the semester. Participants cannot win more than once a semester, and must be attentive to their emails.

A reminder on safety during an active threat on campus

Kayla Woods-Crane

MANAGING EDITOR

Over the past several weeks in the United States, there have been multiple gun related incidents on school campuses across varying levels of education. On Aug. 27, a shooter opened fire outside of a church at a Catholic school in Minnesota, killing two students and injuring 18 others. On Sept. 10, a Colorado high school student opened fire, critically wounding two students and killing himself.

On Sept. 11, several historically black colleges and universities were the targets of "terroristic threats," forcing them to go on lockdown. The list of schools included Southern University and A&M College.

Amid these national incidents, there has been a renewed interest in campus safety. Though they seem to dominate the news cycle, according to the Pew Research Center, deaths in mass shooting incidents are a small fraction of all gun murders nationwide each year.

On Sept. 4, the Louisiana Board of Regents sent an email to students that linked an updated educational video titled "Run, Hide, Fight." The video outlines how to respond during an active threat and describes the basic principles of Run, Hide, Fight (RHF).

"Students and faculty and staff members can apply the RHF principles in the event of an active threat to better protect themselves and others," the email stated.

Sergeant Lance Frederick, a public

information officer for the University of Louisiana at Lafayette's (ULPD) police department, said the main goals of ULPD during threats of violence towards the campus is to first, find the individual, see if there is validity to the threat, check their state of mind and get them the resources they need.

In the event of an active shooter on campus, Frederick stated the main goal would be to stop any violence that has taken place and address the shooter. Next, they would use the Emergency Notification System (ENS) to alert everyone of what is happening on campus. The ENS messaging system can call phone numbers, send text messages and emails.

Frederick explained that the intensity of the system is so law enforcement can make sure students are notified no matter what. Frederick also explained how the officers of ULPD go through extensive training to prepare for any active shooter event. These trainings happen in different buildings across campus to prepare for different situations.

Officers are trained in medical first aid, critical care, tourniquet use and CPR. They are also trained on how to use firearms during these scenarios. "We try to make it as realistic as possible. We use simulation rounds, which can be put into our service weapons, and it shoots a paint projectile. It doesn't feel good. And it adds to the, you know, the hype of it and the attitude adjustment," Frederick said.

Coordination with other law

enforcement departments is also a priority during training since, along with ULPD, the Lafayette Police Department and the Lafayette Parish Sheriff's Office are all within a mile radius of campus, and they would all respond to an active shooter event. Sometimes, the drama team from Lafayette High School comes to pretend to be a part of the active shooter training, all in an effort to give officers the most realistic training.

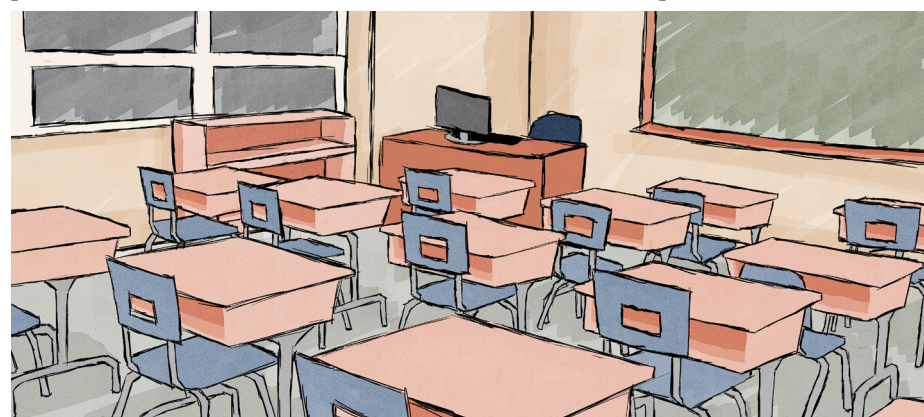
Overall, Frederick wants to remind students who might have a fear of an active shooter event, "Again..., make sure that ENS is updated. Do the 'Run, Hide, Fight,' know what to expect and that...if you see something, say something, to help us out on that end, but our officers are trained to deal with these situations."

Dr. Amy Brown, an associate professor of social psychology, explained that exposure to violence, and guns in particular, can exacerbate the likelihood

of aggression in people. Along with exposure to guns, when people are primed with imagery of guns and are provoked, then they tend to respond more aggressively.

Though she noted it was outside of her specific realm of knowledge, when asked how to cope with the fear of an active shooter event, Brown said, "We...need to find that psychological balance between brushing the problem off and being so anxious about it that, you know, it either... affects our mental health or leads us to want to respond aggressively to any perceived threat."

The University's campus is a designated weapons free zone. According to the University's website, "Firearms of any kinds, bullets or other ammunition, knives with blades longer than four inches, switchblades, arrows, oriental weapons, spear guns, BB guns, airsoft guns, water guns or any type of weapon projectile launchers" are not allowed on campus.



Graphic by Landon Fruge

Politics

Louisiana National Guard in D.C.

Gracie Cormier

NEWS WRITER

Last month, Gov. Jeff Landry pledged and sent 135 members of the Louisiana National Guard to assist in President Donald Trump's effort in Washington D.C. against the proclaimed "crime emergency."

Trump began this effort back in August. In his Presidential Memoranda about the move, he stated, "Citizens, tourists, and staff alike are unable to live peacefully in the Nation's capital, which is under siege from violent crime. It is a point of national disgrace that Washington, D.C., has a violent crime rate that is higher than some of the most dangerous places in the world."

Additionally, National Public Radio (NPR) gave an update to the situation as of Sept. 12, 2025: "National Guard troops will remain in Washington, D.C., despite the end of the 30-day emergency declared by President Trump that allowed him to take control of the police force in the capital." The end of the 30-day emergency would have been Sept. 11.

Multiple states offered their National Guard troops before Louisiana, including Mississippi, Ohio, South Carolina and West Virginia. Tennessee joined later.

Landry spoke of his decision on social media, stating, "We cannot allow our cities to be overcome by violence and lawlessness. I am proud to support this mission to return safety and sanity to Washington D.C. and cities all across our country, including right here in Louisiana."

Some concern regarding safety has been raised around the timing of the decision. Peak hurricane season in Louisiana is from August to October, and the Louisiana National Guard plays an integral role during floods and devastation.

In the past, the National Guard has been the first responder to affected areas, largely due to their proximity.

With the cuts made to FEMA earlier this year, the deployment to D.C. calls into question the efficiency during this season, should emergency measures need to be taken.

However, because there are roughly 11,500 members of the Louisiana

National Guard, the number being sent to D.C. may not have a large impact on response time and efficacy.

Jan Moller, the executive director of Invest in Louisiana, a Louisiana-centered think tank, said, "It's currently the height of hurricane season in Louisiana, and our National Guard soldiers are needed at home – not deployed as political props in a city where they aren't wanted."

Some Louisiana residents worry about the response. Taylor Soileau, a sophomore psychology major, shared her thoughts on the situation. She shared that she does not believe there is a real necessity, "He's insisting that cities are crime ridden and need the National Guard when they don't."

Of the Louisiana deployment, Soileau noted her concern. She said, "We need the National Guard here, especially during [this] time to help with hurricane season and the things going on in our own state. So, I think sending that many people away from your own state is negatively affecting the people that live there."

Other concerns have to deal with the action of sending the National Guard to D.C. as an attack on D.C.'s autonomy.

While Louisiana sent the National Guard to D.C., leaked Pentagon documents outline the Trump administration's plans to send 1,000 National Guard troops to Louisiana.

The planning documents involve allowing the military to act as they are in D.C., stepping in to supplement the law enforcement of cities such as Baton Rouge and New Orleans.

According to Reuters, a spokesperson for the Pentagon did not give a detailed response, but did say, "Leaked documents should not be interpreted as policy."



Graphic by Sadie Lynn Burrell

Health

Suicide prevention awareness

Reese Provost

NEWS WRITER

Every year, the month of September is nationally recognized as Suicide Prevention Awareness Month in the United States.

Suicide is a major cause of death amongst teens and young adults, and it is of the utmost importance to have conversation about such a topic.

According to the National Institute of Mental Health, suicide can be described as "when people harm themselves with the intent of ending their life, and they die as a result."

An attempted suicide has a similar definition, only differing in the fact that the person attempting the suicide did not die.

In 2023, suicide was the second leading cause of death in the age range of 10-34 years old, behind unintentional injury.

The reason for one's committing suicide cannot always be easily understood or solved. Every victim has an experience unique to them.

With that being said, typical propagation of suicidal thoughts comes from feelings of isolation, insignificance, hopelessness and lack of purpose in an individual.

Adverse Childhood Experiences (ACE) are described as "potentially traumatic events that occur in childhood (0-17 years)" according to the CDC. Examples of this could include experiencing or witnessing abuse or neglect in a familial or social setting. Children who experience ACEs are more prone to feelings of insignificance and hopelessness due to underdeveloped mental capacity and unbalanced family, peer or student-teacher dynamics.

On a psychological level, one's mental illness could also lead to the commitment of suicide.

Clinical mental disorders such as anxiety, stress disorders, depression and bipolar depression can arise in an individual if the aforementioned feelings or ACEs are left unchecked or untreated.

Although these disorders can be acquired externally, there are some that can be acquired genetically, such as schizophrenia and depression in some instances.

Suicidal thoughts can even sprout

from communal or societal stimuli, such as financial struggles, career insecurities or political unrest.

Dr. Kristy D. Fusilier, assistant director of the University of Louisiana Counseling and Testing Center and School Leaders Involved in Drinking and Drug Education (SLIDDE) coordinator, gave advice for one experiencing suicidal thoughts, stating, "It is important to not normalize suicidal thoughts. Seek help by reaching out to parents, friends, trusted adults, doctors, therapists, etc. at the first sign of difficulty in any area of one's life (individual, relationship, community and/or societal). Even before having suicidal thoughts. You are not alone."

Dr. Fusilier also gave a general list of direct and non-direct verbal warnings that people who are suicidal may display, including, but not limited to: "Expressing hopelessness about the future, have a recent severe loss, withdrawal from friends and/or social activities, increased use of alcohol and drugs."

Dr. Fusilier also urges students to be familiar with the available resources that can help spread awareness of suicide and help its prevention.

This includes the prerecorded and on-demand Question, Persuade, Refer Suicide Prevention Course, which can be accessed at qprtraining.com/setup using the code "UOLL" to access through UL Lafayette. Other resources include the UL Counseling and Testing Center, which "provides personal counseling, crisis intervention and short-term psychotherapy for individuals, couples, families and groups" and "offers an unlimited number of free sessions to University students, faculty and staff."

The Counseling and Testing Center has also partnered with Uwill, which offers students free access to teletherapy, mental health crisis support (available at 833-646-1526), medication management and wellness programming. This can be accessed at Uwill.com by using one's UL email address.

If a person or their loved one is troubled by suicidal thoughts, it is of the utmost importance that these troubles be addressed immediately and brought to a trusted individual.

Life is worth living, and no one has to live it alone.

THE VERMILION

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No. 3

INSTRUCTIONS

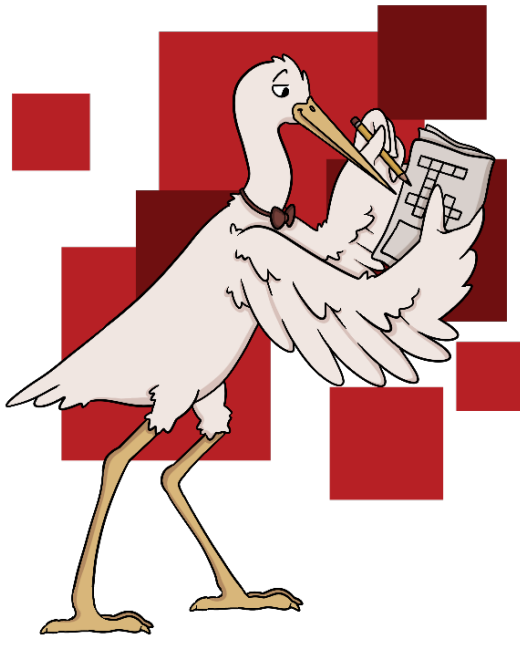
The answers can be found throughout the newspaper, so make sure to thoroughly read each story. Try to find all of them and see if you got them correct in the answers provided in the next issue's crossword search!

ACROSS

- The bell tower, which will be a key feature of the new Our Lady of Wisdom Church, will be comparable in height to the Statue of ____, falling just a few feet shorter.
- Who is the leader of the Texas Rangers' "Little Rascals" (last name)?
- Basking is defined in the ____ Dictionary as "to lie or sit enjoying the warmth especially of the sun."

DOWN

- What type of foot injury did Ben Wooldridge suffer?
- When you're not ready to face the workload college offers, you get stuck in a cycle of ____?
- What was the first name of the front-of-house manager of Bon Temps Grill?
- From SGA this school year, events like ____, Constitution Day and the Scholarship Expo are on the horizon (two words).



Scan the QR code for last week's answers

Cajun Candids Downtown Alive

Photos by Nicholas Cloyd



Sports

Red Hot Rangers chasing Astros, Mariners for the AL West crown

Charles Martin
SPORTS EDITOR

It has been an absolutely wild season for the entire American League West. From the Texas Rangers dealing with multiple injuries and slumps with its star players, to the Seattle Mariners seeing their catcher have a historic season at the plate.

Due to covering the race for both the AL West crown and final wildcard spot, there will not even be a mention of the Athletics having the two best rookies in the entire AL.

Starting with the current leader of the AL West, the Houston Astros have shocked many in baseball this season. With the losses of both Alex Bregman to Boston and Kyle Tucker to Chicago, many thought the juggernaut of south Texas had finally fallen.

Against the odds, the Astros took the West from both the Rangers, who started the season hot, and the Mariners.

Houston is, as usual, being led by longtime franchise favorite Jose Altuve, who they moved out to left field before the start of the season. His current batting average (BA) sits at .263, which

is relatively low for his career, but he is leading the team in home runs with 25. Altuve is also second in Runs Batted In (RBIs), knocking in 70 runs so far this season.

Younger players such as shortstop Jermery Peña and Cam Smith have been absolutely vital to the Astros success so far.

Peña has a BA of .300 with an OPS of .822, hitting 15 home runs with 54 RBIs. His contribution is not just at the plate either, as his WAR currently sits at an impressive 4.8.

The Astros have also had excellent pitching on the mound, most notably, their All-Star Hunter Brown. Brown's ERA in 28 starts is only 2.25 and the heat coming from the 6-foot-2-inch, 27-year-old has struck out 190 batters.

Traveling north to Seattle, the story of the Mariners is the story of the historic season from catcher Cal Raleigh. It has been a historic season that really came out of nowhere.

The past two seasons he finished with more than 30 home runs, but he has well surpassed that number this year.

The switch-hitting catcher is currently sitting at an insane 53 home runs, which

has set new records for both home runs by a catcher and switch hitter in a season. Along with the 53 bombs, Raleigh has also accounted for 113 RBIs.

Despite the MVP level numbers being put up by Raleigh, there are many fans and experts that believe he should not get the award due to his low batting average, being only .241.

Even with that debate going on, Raleigh is doing his best to lead this Mariners team into the playoffs, either as a division winner or a wildcard. They currently sit tied with the Astros at 80-68.

The team challenging both the Astros and the Mariners, seemingly coming from the dead, are the Rangers.

The Texas Rangers are, without a doubt, the hottest team in baseball at the moment, winning 15 of their last 19 games and coming off a series sweep of the Milwaukee Brewers, one of the top teams in the MLB.

The most shocking thing about this run is that none of their major stars have been involved in this.

Second baseman Marcus Semien has been out since Aug. 20 after fouling a ball off his foot that left it broken and with a torn ligament.

Rangers slugger Adolis García has been dealing with a right quad strain for the past few weeks, and the best player on the team, shortstop Corey Seager, has been out since Aug. 28 after undergoing an emergency appendectomy.

The biggest loss, though, was ace pitcher Nathan Eovaldi who was ruled out for the season in late August due to a right rotator cuff injury.

It was a disappointing end to his Cy Young caliber season, finishing the season with a 1.73 ERA in 130 innings pitched with a record of 11-3.

Yet, despite all of these injuries to key players, the Rangers seem to just keep going without losing any speed. The reason for this is a group of young

players that Rangers fans have taken to calling the "Little Rascals."

The "Rascals" are led by 29-year-old breakout star Michael Helman, who has been on fire at the plate since being called up from the minors on Aug. 22. His batting numbers of .292/.346/.646 are some of the best in the league.

He announced his presence in full during the opening game of the Rangers series against the Brewers when he hit the first grand slam for the Rangers all season, and then knocked in the fifth run of the Rangers 5-0 win on Sept. 8.

Helman is getting additional support from 24-year-old Cody Freeman, who has been a godsend for the Rangers' defense and rookie Alejandro Osuna whose speed has caused nothing but trouble for opposing pitchers.

This rocket boost from the youth has combined well with the remaining veterans on the team who have seemed to take their game to another level.

The leader of this veteran group is Jake Burger, a first baseman who was acquired from the Miami Marlins before the season to replace Nathaniel Lowe.

Burger has been solid all season, but since the beginning of August he has been on an absolute tear.

Burger has been slashing an insane line of .345/.387/.655 with five home runs and 14 RBIs, contributing greatly to the team's run.

Additional support is coming from veteran Cy Young winner Jacob deGrom, who has been pitching one of the best seasons of his career and was named the Rangers sole All-Star. In 28 starts, deGrom has a record of 12-7 with a great ERA of 2.82.

The Rangers now sit just two games back from not just the wildcard, but also the top of the AL West. Their red-hot run carried them through the Brewers and Mets, and the showdown for the West could very well be their final series against the Astros from Sept. 15-17.



Graphic by Caitlyn Comeaux

Since 2022, the Cajuns have had a quarterback injury every year

Jake Allelo
SPORTS WRITER

For the Ragin' Cajuns, their Aug. 30 kickoff game against the Rice Owls marked the beginning of the team's 124th season. The game also marked another unwelcome addition to a seemingly evergrowing Cajun tradition, as it became the fourth straight year with a quarterback being injured.

In the fourth quarter of the game, starting quarterback Walker Howard suffered an oblique injury, which will require Howard to receive surgery that will mark the end of his season. Howard is a Lafayette native and St. Thomas More alumnus. He is currently a redshirt junior and transferred from Ole Miss after two years of backup play.

In response to this injury, Daniel Beale, a three-star redshirt freshman and Catholic High School Baton Rouge alumnus, was promoted to starting quarterback for the Cajun's game against McNeese State University on Sept. 6.

Beale's backup is D'Wanye "Lunch" Winfield, a redshirt sophomore and Litcher High School alumnus.

Howard's injury is the newest development in what is now a long line of Cajun quarterbacks facing time away due to injury.

Since 2022, there have been six total quarterback injuries, three of which have been season-ending. In that time, the Cajuns had a 22-18 overall record.

On Nov. 16, 2024, starting quarterback Ben Wooldridge suffered a broken collarbone in the second quarter of the game against South Alabama University. South Alabama ended up winning that game 24-22, after stopping Fields' two-point conversion.

Following this injury, quarterback Chandler Fields stepped in as starter until Wooldridge ended his career with

the Cajuns at the New Mexico Bowl in a loss to Texas Christian University on Dec. 28, 2024.

During this time, Fields was the starting quarterback until he was injured in the Sun Belt Conference Championship game against Marshall University, where Beale would then be forced to lead the Cajuns offense in a 31-3 loss.

The Cajuns finished the 2024 season with a 10-4 overall record, being 7-1 in Sun Belt Conference play. Prior to Wooldridge's injury, they were 8-1 and had scored 317 points in those nine games.

After Wooldridge's injury, the Cajuns went 2-3 in their last five games and had scored a total of 116 points. In their final two games, the Cajuns did not score a touchdown.

A year prior, for the Sept. 16, 2023 game against the University of Alabama at Birmingham, Wooldridge suffered a lisfranc foot injury that required surgery, ending his season.

As a result, redshirt freshman Zeon Chriss filled in as the starter, where he led the team to victory 41-21. In their two games before the injury, the Cajuns were 1-1 and had scored 69 total points.

Over the course of the next five weeks, Chriss led the Cajuns to a 3-2 record, with 153 total points. On Nov. 4, in a 37-17 loss against Arkansas State, Chriss broke his fibula in the fourth quarter.

Fields would step in as the starter for the last four weeks of the season, including participating in the New Orleans Bowl against Jacksonville State, and lead the team to a 1-3 record with 138 total points.

The pattern of injuries began in the fifth week of the 2022 season, where Fields suffered an undisclosed "long term" upper-body injury.

This is where Wooldridge would

come into the picture and make his first career start as quarterback against South Alabama. Prior to this start the Cajuns were 2-2.

Wooldridge would also begin his history of facing injury and fighting back to a starter position in this season, as he suffered a torn ACL at practice before a Nov. 19 game against Florida State University.

Up to that point Wooldridge had gone 3-2 since stepping in. Finally, to complete the preview of the cycle to come, Fields stepped in as a starter for the remainder of the 2022 season. Ending with an overall record of 6-7.

In the time since Fields' first injury, the Ragin' Cajuns have always had a "next man up" mentality.

Along with that mentality, Beale has the full faith and backing of the team and coaches as they are confident in his development as a college-level quarterback.

In an interview with The Advocate, Head Coach Michael Desmoreaux said, "Daniel is going to go out there and run the show, and he's going to do a really good job."

The program is well aware that anything can happen on the field and seems always ready to put its nose down and get back to work.

The issues around these quarterbacks can best be described as this: an orchestra cannot always perform to the best of its ability when it is forced to use a completely different conductor at a moment's notice.

The quarterback helps direct the offense, and in the case of the Cajuns and quarterbacks all over the globe, every athlete is different, so you have to change on the fly.

Best of luck and health to our quarterbacks Beale and Winfield as they look to lead the Cajuns to victory, and wishing a speedy recovery to Howard.



Photo by Andre Broussard

Zeon Chriss (2), one of the three starting QBs during the 2023 season, playing against Georgia State Oct. 21, 2023

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Allons

Basking: A positive perspective

Andrew Courville
ALLONS WRITER

If you had told me a year ago that I'd be running an Instagram campaign right now, I wouldn't have believed you. Yet, here I am, writing my magnum opus about a lifestyle centered around an optimistic, philosophic perspective on social media and managing our day-to-day struggles.

To be honest, I dislike social media. I never had Snapchat, Instagram or TikTok growing up (thanks, Mom and Dad). I always believed that it has had net negative consequences for society.

A 2023 article released by the American Psychological Association, written by Kirsten Weir, cited research on numerous pros and cons of social media and its effects on teenagers. It's always occurred to me that the loss of personal communication, negative impacts on mental health and inappropriate content outweigh the benefits of mass communication, community and education.

I only downloaded Instagram this past April to have a social media presence for my campaign for the Student

Government election. I stopped using it again when I finished vlogging my experience travelling with the University of Louisiana at Lafayette Chamber Singers to compete in an international choral competition in Europe.

However, my miniature campaign didn't just happen like flipping on a light switch. In reality, my "movement" began as an inside joke with a friend. I think I'll always remember that simple post on my Instagram story on July 22 at approximately 6 p.m. while eating dinner in the Student Union.

We were merely looking out the window with the sun shining on our faces. We were basking. For the next few days, I continued to post on my story following the same theme. I'd be doing something enjoyable with my face pointed toward the nearest source of light. It was funny to me and a mockery of influencer culture. Nobody else understood it.

By the end of the week, I was joking on Instagram that I was the leader of a "movement" and "cultural revolution." However, I felt that the content would eventually become repetitive. I wanted to put something in my story to keep in

touch with friends. Yet, if "Basking" as a campaign was going to survive, it needed sturdier philosophical legs.

The obvious place to begin was the Cambridge Dictionary, which defines basking as "to lie or sit enjoying the warmth especially of the sun." I knew there was a philosophy to explore here. My manifesto was emerging.

We live in a fast-paced world. We're constantly bombarded by deadlines, broken by past mistakes and blighted by ambition. The burden of meeting expectations beckons overwhelming dread. If we accuse failure of being the sinister demon persistently plotting the destruction of success, our triumphs become overshadowed by regret that we didn't meet someone's standards.

In reality, our natural aspirations to eliminate hardship exceed our abilities to achieve it. Shortcomings are inevitable, and perfection is a moving goalpost. The most terrifying step toward learning how to Bask is understanding that making mistakes is part of what makes us beautiful people.

The world won't stop for our woe. The only thing we can control is our reaction to it. I also find immense value

in balancing work with play. If I'm going to schedule time for academics, a career, extracurriculars, friends and family, I can also clear out five minutes of my day to drown out all the noise and appreciate the good things in my life.

This logic redefined my perspective on how to live my life and the meaning of Basking. By late August, I was associating it with doing anything that I find enjoyable or beneficial for my well-being.

I love running, journalism, community service, musical theater and all manner of cuisines. As a political science major, keeping up with the news cycle and informing my friends feels more like entertainment than an obligation. I highly prioritize my Catholic faith, and it rejuvenates me, letting me know I always belong somewhere.

To me, Basking is all of these things. It's not just turning one's head toward the setting sun (although that's a fun part). The important thing is that it gives me peace and reminds me of what's good in my life right now, regardless of circumstances. No one is forcing me. There's nothing else to it. Basking is what it means to you.

The real surprise that's kept me motivated, though, is the interactions with others. Friends and family that I haven't seen in months continue to message me privately and comment on my posts. They ask what the purpose is, and I get to have a really funny conversation about how it all started. Students on campus who I don't know stop me at random to tell me that they love the concept.

Whether I'll become a cult leader with a devoted international following in the near future is unforeseen. It's purely for my own enjoyment. Putting it on social media is a fun way for me to interact with people I wouldn't usually be able to.

One meta-analysis published in April by Nadine Agyapong-Opoku, et al., found that social media impacts on young adults are wide-ranging, and external factors may influence whether social media negatively or positively contributes to one's well-being. Perhaps it's time I rethink my perspective on social media.

So, do you feel the call like a moth to a flame? The world will always welcome another Basker.



Photo by Ellie Schmidt
Andrew Courville Basking at Fuji Sushi House.

Which type of work should come first: Balancing school and my job

Ja'lyn Braud
ALLONS WRITER

Life is a delicate balance. We are constantly shifting from task to task, trying to make sure we are giving our best to everything and never wanting to sacrifice things we enjoy.

I feel that this is the epitome of society: grasping towards constant achievements, never wanting to do less.

Granted, it seems pretty valid; however, sometimes too much can lead to outcomes where, frankly, doing less could have provided a greater outcome.

When it comes to trying to manage the perfect balance, the most difficult aspect that the majority of us college students face is our relationship between school and work.

Whether it's part-time work at a coffee shop, a paid internship or a simple on-campus job, there are still a number of hours we all seek to achieve, a pay that we desperately hope for, with a schedule that seems to never allow for any of it.

It seems simple at first, especially if you worked during high school, that a job would be easy to keep up with, but truly, college expands the workloads of so many.

When you're not prepared, you get stuck in a cycle of suffering, trying to keep up in both parades.

Obviously, as college students, we all need some sort of income.

My first semester in college, I searched desperately for a job that would be able to be flexible with my school schedule.

As a first-year interior design major, we were constantly getting new projects, never knowing how long we'd be staying in the studio.

Luckily, I was able to find a job on campus, and though I am forever grateful for my position at Student Publications, there is still some trickiness with trying to balance it with school.

Every now and then, one of my forms of work exceeds the other—whether I get more homework compared to a typical

week or I take up more assignments for the newspaper than usual.

When this imbalance starts to occur, I slowly start to see all my work ethic shrivel away as stress begins to fill me.

In these moments, it's essential to collect your thoughts and realize that things will ultimately work out.

Personally, I tend to do the exact opposite and overdramatize my situation, feeling that my life is coming to a ruin.

It's easy to let your thoughts spiral when things aren't going perfectly in order, and this, my friends, is where we need to start being more intentional about how we're handling this balance.

Of course, our life consists of more than just college and our career; we have social lives, we have hobbies, extracurriculars, habits and routines in our day-to-day life.

It's when looking at these things as a whole that we must be willing to start making sacrifices.

They don't always need to be

permanent but not everything can stay all the time.

Sometimes, you have to accept the "B" on the assignment, you may have to say no to the brunch with your friends and sometimes you have to stay in on the weekends to study.

Though these ideas seem absurd at certain points in our lives, it's all a part of the initial balance.

When we put too much pressure on trying to do everything and doing it perfectly, we harm our health mentally and physically. Our bodies need rest; we weren't created to perform 24/7 and our minds weren't meant to carry so much pressure.

I'm not saying quit your job and I'm not saying to stop trying in class. Jobs play a crucial role in our lives individually and in society as a whole, along with education, which we seek earnestly for our future careers.

What I am saying is to give yourself a break. What you're doing is hard and I'm

proud of you for doing so but make sure you are allowing yourself to receive rest.

Be consistent in your routine, give your all on the tests, display a sense of grit in your work field, but most importantly, take care of yourself.

Last year, specifically, I bit off more than I could chew between work and school. Every night, I was getting no more than four hours of sleep, I wasn't eating three meals a day and I was mentally drained.

Striving for the 4.0 GPA while also trying to climb the ladder at work ultimately caused me to suffer incredibly. It's not easy to do both but it can be done as long as we take care of ourselves. We must be willing to say "No," so we can focus on our main priorities. It will suck in the moment but it will be worth it in the end.

Don't quit, you are capable of successfully managing all parts of your life, but achieving this balance might look different than what you imagined.



Graphic by Paige Stevens

Beaucoup

Favorite Games

The Beaucoup section writes about their most loved games. Below are their thoughts.



Graphic by Sadie Lynn Burrell

Ray Bardales

GRAPHIC DESIGNER

My favorite game right now is Red Dead Redemption 2. If perfection were a game, it would be Red Dead 2. I love how every chapter is different from the last, including the epilogue. I love how diverse the cast is and how you can go on special, one-on-one missions with most of them. I can tell how much love the developers put into this game.

Most of all, I love the city of Saint Denis.

I'm from New Orleans, so running around a literal copy of my home city as a cowboy is a DREAM for me. I'm in love with the missions of Saint Denis.

My favorite mission of all time is in Saint Denis, where Arthur helps smuggle a friend out of the city while said friend is dressed in full-on drag.

Overall, the main reason why I adore Red Dead 2 is the content in Saint Denis.

Izzy Lamb

GRAPHIC DESIGNER

One of my favorite games is a bit of a classic for people my age, Papa's Freezeria. I used to play it often when I was a kid and have recently gotten back into it. In the game, you play as a character running a milkshake restaurant alone, serving customers' orders in order to make it to the end of the week. Then, you get a paycheck and can spend it on cosmetic items like new outfits, furniture,

and decorations for the lobby of the restaurant.

I find that it is a good game to play while watching a YouTube video in the background with the game volume muted, but the background track is also really fun, with a light, fun beat in the background.

I'd definitely recommend the game to anyone around my age who grew up playing it on CoolMathGames, or really to anyone who likes time management games.

Landon Fruge

ALLONS WRITER

There are many games that I've played throughout my life, therefore making it somewhat difficult for me to choose a truly favorite game. As of right now though, there is one game in particular that has piqued my interest again recently with the release of chapters three and four: Deltarune.

There is a lot I could talk about Deltarune, but to sum it up, it has really intriguing characters and storylines

to me. An anthropomorphic TV with abandonment issues, a living being born of spam emails that spiraled himself down into insanity and wants to be free and a really cool old turtle dude.

Plus there is all the stuff that the story has been building up in the current chapters and through content outside the game with real websites and videos.

I should also mention another contender is Powerwash Simulator. I truly have no other reason than that it is a very relaxing and addicting game to play.

Vallen Power

LAYOUT DESIGNER

There are a lot of games I like playing whenever I have free time. I have a few favorites I consistently go back to, or am just always happy to play, like Minecraft, Cult of the Lamb, Stardew Valley and Dungeons and Dragons.

Though I'm aware that all of these games are very different from each other, depending on how you play them, they're my all-time favorites. However,

that doesn't mean that these are the only games I play.

I've been playing a lot of Peak recently, and it's become my favorite new game that I'm obsessing over at the moment. While it's a lot more fun in multiplayer, I still find joy and pride in getting past certain biomes and gaining achievements by myself. I still haven't beaten the game by myself yet, but it's definitely one I'd recommend. Mainly cause it can get pretty silly, and who doesn't love a silly game?

Food Review

Bon Temps Grill: A Cajun wonderland

Isabelle Brumley

BEAUCOUP EDITOR

Located at 1211 W. Pinhook Rd., Bon Temps Grill is a family-owned Cajun restaurant that is known for their good food and comfortable, laid-back atmosphere. They specialize in Cajun dishes, and some of their menu categories include seafood, sandwiches/po'boys, pasta and rice dishes, soups, salads and "from the grill," which contains several renditions of meat.

Their menu offers a diverse selection of classic Cajun dishes, including shrimp and grits, gumbo, étouffée, red beans and rice and crawfish and shrimp-themed dishes. Some of their most popular selections include, but are not limited to, shrimp and tasso, chicken alfredo, fried shrimp poboy, smoked Cuban sammie, Bon Temp shrimp tacos, blackened flounder and paneed chicken meuniere.

Opening in 2012, initially located on Verot School Rd., brothers Steven and Patrick O'Brien had a passion for food, especially Cajun cuisine, so they established Bon Temps Grill. In 2020, they moved to the current location on Pinhook, right in the middle of COVID.

According to Patrick, they relocated because they had outgrown their old location and also wanted to start hosting live music. Over the past 13 years, this

restaurant has become a staple in the Lafayette community.

The atmosphere of this restaurant was laid-back yet sociable. With the warm lighting and artwork, the establishment creates an inviting atmosphere that gets customers to relax and enjoy their meals. The entire place pays homage to Cajun culture with authentic artwork made by local artists. The staff themselves were very welcoming and always had a smile on their faces.

My colleague and I had the pleasure of visiting this restaurant on Friday, Sept. 12. As we walked in, the hostess greeted us and promptly sat us at a booth. A few minutes later, we were welcomed by our waitress, who handed us menus and a complimentary house toasted garlic bread. Looking at the menu, I could already tell that this place was right up my alley. Cajun galore, as I call it, was clearly the theme of this place.

The appetizer section of the menu featured some themed classic dishes, such as shrimp and grits, crab cakes and meat pies, as well as some of their own personal dishes, including alligator bang bang, seafood-stuffed mushrooms, ahi tuna and avocado tartar.

For our appetizer, we decided on the deep-fried Natchitoches meat pies served with a sweet chili sauce. The meat pies arrived soon after we ordered. They were

golden brown, crispy and full of flavor. The sweet chili sauce added a slight sweet and savory kick to the pies.

Our entrees, since we went during lunch, came from the lunch section of the menu. This section included cheaper, lunch-sized options of some of the dinner specials, such as red beans and rice, Bon Temps chicken sandwich, meatloaf poboy and chicken alfredo. I decided on the lunch crawfish étouffée served over rice, accompanied by a side of potato salad. My colleague chose the Bon Temps chicken sandwich with a side of potatoes.

The chicken sandwich consisted of a seasoned, grilled chicken breast dressed with Creole ranch, bacon, avocado, lettuce, onion and tomatoes.

Our food soon arrived, approximately 25 minutes later, and it looked phenomenal. My colleague stated that her chicken sandwich was well-seasoned and juicy. All of the veggies were fresh. My étouffée was also well-seasoned and had just the right amount of spice. Mixed with the potato salad, it gave it a perfectly balanced flavor—the richness of the étouffée paired well with the creaminess of the potato salad.

After we finished our meal, we decided to end off with dessert with their famous bananas foster bread pudding. It came out soaked in rum sauce and had a good balance with the ice cream and the warm

pudding. Everything in our meals tasted like authentic Cajun dishes.

I decided to interview the front-of-house manager, Brandon Arceneaux, after finishing our dessert. "I've been here for a little less than six months...it's awesome, if I am being honest, it's really uplifting just because it's a different dynamic than most restaurants...we are very family oriented, especially when it comes to the employees...we joke, we laugh, it's a good time back there."

"I've been in the industry for about 15 years, and this has to be the only place that doesn't really have as much judgment...you guys are my favorite aspect of working here."

"The variety of customers that I get in here is just mindblowing. I think customers should come here because one, you get the Cajun experience outside someone's kitchen, and two, we are genuine and hospitable."

The culture of this restaurant was apparent throughout my entire time here. Again and again, I always have the best experience at this authentic Cajun place, whether it be with the food or the employees.

If you would like to visit this restaurant, they are open Monday through Friday from 11 a.m. to 10 p.m., and Saturday through Sunday from 10:30 a.m. to 10 p.m..



Photos by Ellie Schmidt

(Left) Sign in front of Bon Temps; (Right) Bon Temps Chicken Sandwich



SOUNDING OFF

"Would you rather take an 8 a.m. or 8 p.m. class, and why?"



Zion Bell
MECHANICAL ENGINEERING JUNIOR

"I won't lie. Me...I'm not a morning person, but 8 p.m. class, that's crazy work. Like, that's crazy. So I'll have to say a.m., for sure."



Alivia Guillory
ENGINEERING TECHNOLOGY FRESHMAN

"8 a.m., 100%. You wouldn't catch me dead anywhere at the nighttime at this campus. I can only do mornings..."



Rebecca Romero
BUSINESS MANAGEMENT FRESHMAN

"Probably a 8 a.m. class. It's safer, also because..., I'd be getting out at a late time as a woman... that would not end up good."



Jada Barraza
HEALTH SERVICES ADMIN SENIOR

"8 a.m. You can get that out the way and like, your day free after that. 8 p.m., like, you're not gonna do anything at 8 p.m."



Hudson Moore
BIOLOGY SOPHOMORE

"8 a.m.... I don't know, I'd much rather, like, get up and get my day going than... have to stay up all night."



Gavin Jolivette
ENGINEERING TECHNOLOGY FRESHMAN

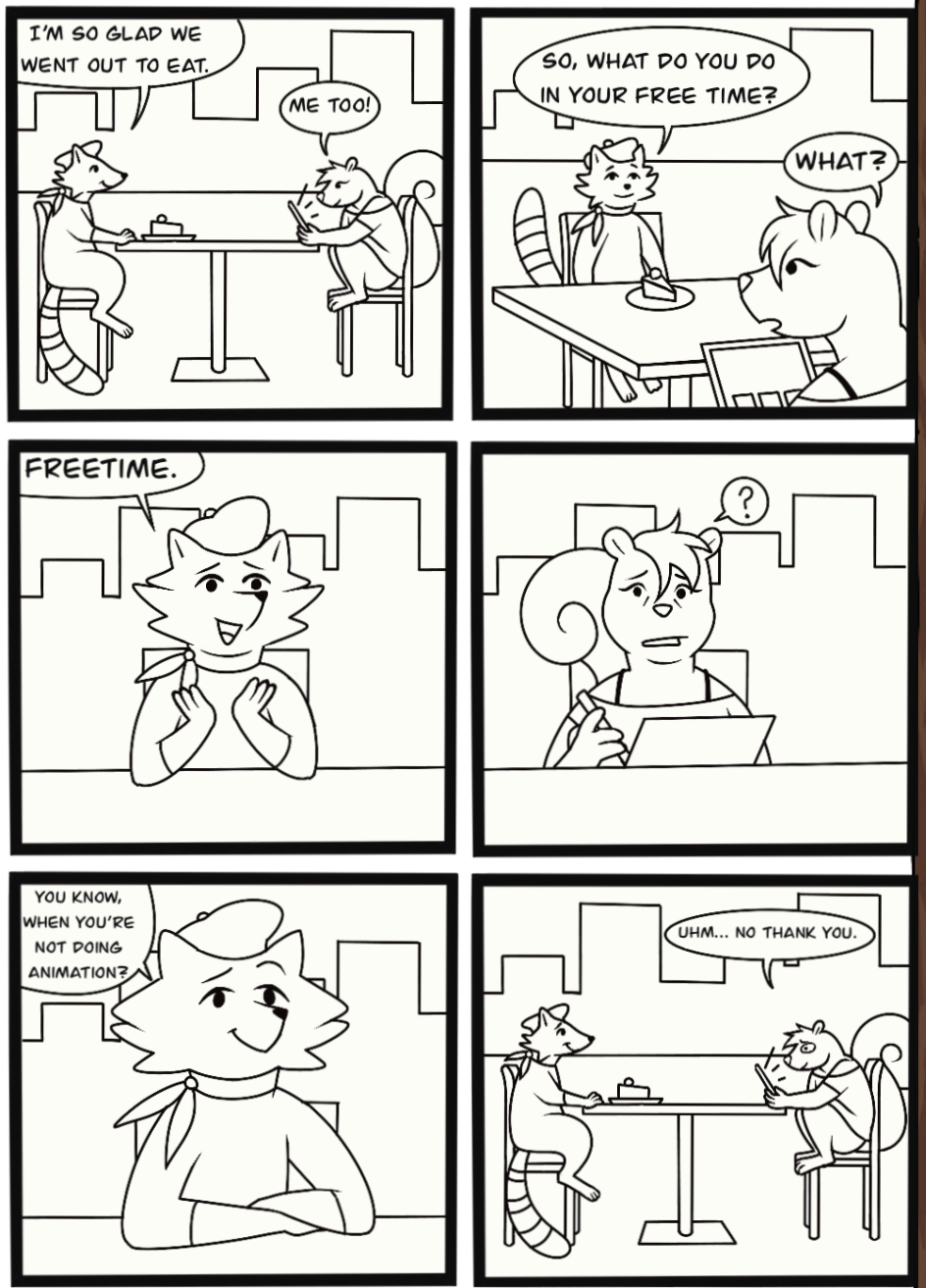
"8 a.m., so I can get it out of the way because by 8:00 p.m., you know, I want to be by myself, I want to have my own stuff..."

Sounding Off is a section devoted to the voice of students. Views expressed in Sounding Off do not reflect those of UL Lafayette administrators, faculty, staff or other students.

Photos and interviews by Kayla Woods-Crane and Alyus Dick.

COMIC

Lunch With Rena



Comic by Lauren Gerald

