

# THE CURRENT SAUCE



02  
NEWS

The Current Sauce compiled a list of events happening this month. Check it out and stay tuned for more event announcements throughout the month.

FEBRUARY

03 - 05  
ARTS & LIVING

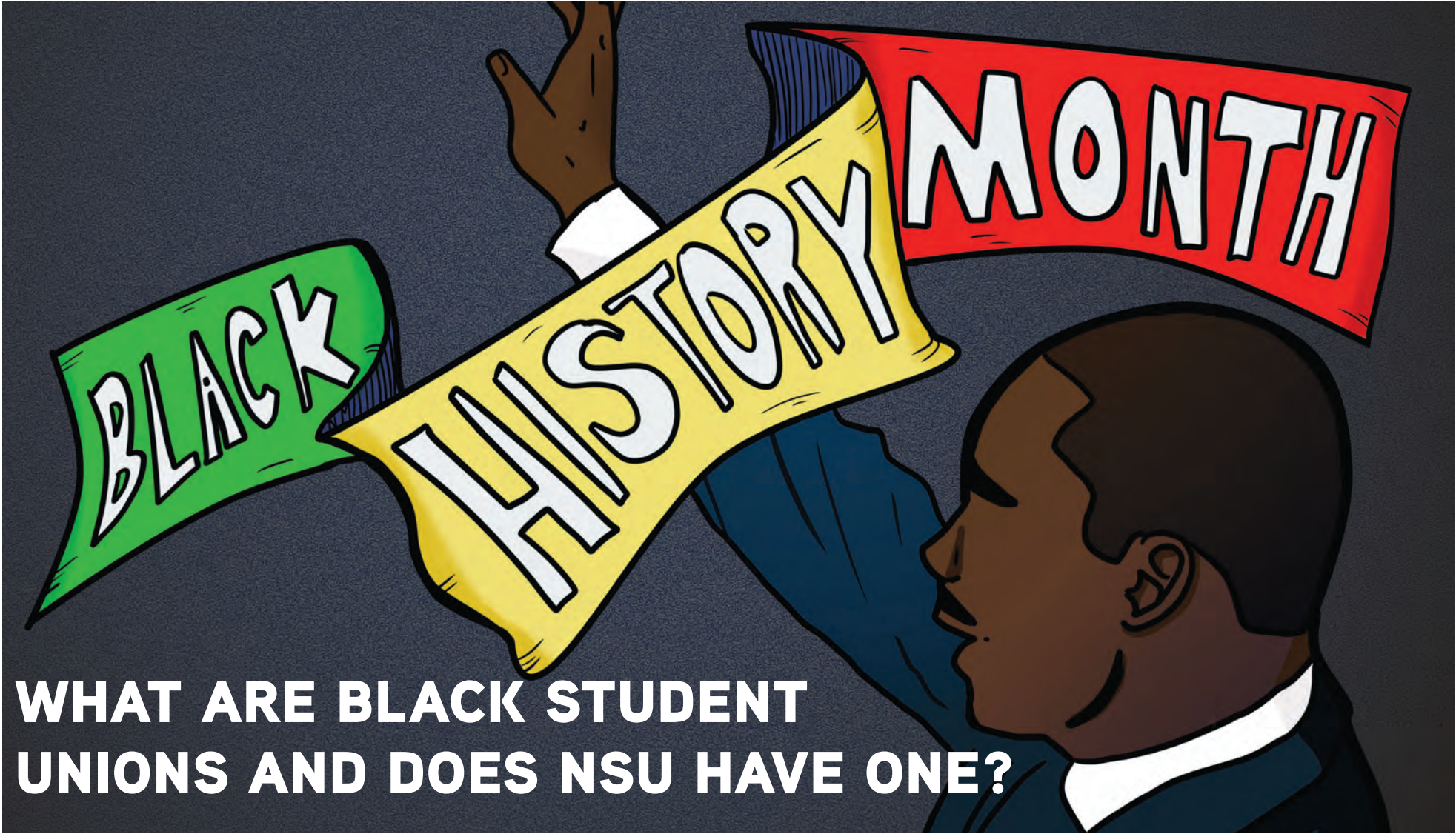
Need a movie recommendation? Read Haley Wiggins' review of "Django Unchained." Don't forget to learn more about Sha'Mya Lorden's businesses and how NPHC Fraternities at NSU give members a new home.

06 - 07  
SPORTS

In this set of stories, read about Black NSU athletes that have made an impact in Sports history, and learn more about NSU's coaching staff.

08  
VIEWPOINTS

Read our Black History Month column where we ask students about the importance of this month and more. And don't forget to read Destin's article about Louisiana's history of naming places after confederate generals.



## WHAT ARE BLACK STUDENT UNIONS AND DOES NSU HAVE ONE?

Illustration by Noah Melvin  
Throughout this month, the nation celebrates the achievements that African Americans and Black Americans have done to bring forth civil rights change.

BY LIA PORTILLO

Inclusivity is a quality that students across many universities yearn for, but during the 1960s inclusivity was something many Black students had to fight for. During the Black Campus Movement one of the driving organizations that helped college students in predominantly white institutions (PWI) feel included were Black Student Unions.

These organizations started as a way to bring more Black studies programs, more involvement on campus and are popular in PWIs to ensure resources for Black students, according to an article titled "The History of the Black Student Union." In Louisiana, institutions like Louisiana Tech University, Louisiana State University and its satellite campus in Shreveport (LSUS) and the University of Louisiana at Lafayette all have a Black Student Union.

"As a native of Dallas, Texas, I made the bold decision to pursue my education

out of state," Jadan Combs, Louisiana Tech University's Black Student Union president, said. "The initial challenges were daunting, but my introduction to the Black Student Union changed my perspective."

For Combs, her journey in the organization helped her submerge in the campus culture. With resources that gave her the leadership opportunities and mentorship she had no knowledge of until involving herself within the organization. She said that while there are other avenues to engage in a campus community, the importance of BSUs is that they provide students with an environment that is inclusive.

"The organization has made a profound impact on our members, providing them with a second home," Combs said. "We cultivate a welcoming atmosphere ensuring that our members feel embraced and ensuring their voices are heard."

At Northwestern State University of Louisiana, there is no official

Recognized Student Organization classified as a BSU. However, there is an unofficial group of student leaders that have started an organization that unites all the Black student organizations on campus.

Brittany Blackwell Broussard, NSU's Center for Inclusion and Diversity director of Culture and Climate, explained how while watching the Netflix show "Dear White People," she got the inspiration to attempt to unite all of the Black serving organizations on campus.

"We have so many Black student organizations and sometimes it seems like we overlap each other, and we are not unified in a lot of our programming for events, and it disperses attendance and no one really has great attendance at events," Broussard said.

The goal is that through this Black Student Organizations group, the different organizations that there are on campus can succeed and spread their culture, Broussard said.

"We want to unify and be able to be a stronger collective," Broussard said. "While we celebrate us and create a safe space for minority students."

NSU has a 27.17% Black or African American student population, according to the Diversity Data. However, even with this number the importance of spreading culture is important as Jasmine Wise, coordinator of Black Studies, explained.

"Culturally we are run by a majority European, Eurocentric viewpoint," Wise said. Which is why she believes learning more about culture can cultivate an inclusive atmosphere, and maybe through this current BSO network, students can attend these events that celebrate African American culture.





Photo by Jayda Gee  
NSU’s National Association of Black Journalists along with other organizations around campus meet to prepare events during Black History Month.

# NSU organizations and departments welcome February with a month full of events

BY NINA OVALLE

Northwestern State University of Louisiana organizations host numerous events throughout February to celebrate Black History Month.

Beginning Feb. 1, Black Male Alliance will begin a fundraising event called “Peaceful Givings.” Coree Nash, junior social work major and president of BMA, explained how the fundraising process will operate.

“Each member will try and sell each day on a calendar during the whole month of February and whoever buys a day just pays what the day is,” Nash said. “If you buy February 1 then you pay one dollar.”

On Feb. 6, the NSU National Association for the Advancement of Colored People in partnership with The Current Sauce will host a panel event “Use Your Voice” in the Student Union Ballroom at 6 p.m. To teach the audience the importance of the First Amendment.

On Feb. 15, BMA will host a Barbershop Talk titled “Why do Black Males Refuse to Go to the Doctor.” This event will take place at Platinum Kuts, located at 141 Caspari Street, at 5 p.m.

Helping Hands will host its 24th annual production of ‘Black History Program’ on Feb. 22 in the Magale Recital Hall.

Malaya White, president of the NSU National Association of Black Journalists association, shared that the National Association of Black Journalists will host a special segment of their podcast which will be available

to students on all streaming platforms.

“We will be having a specific Black History Month episode of our podcast ‘The Black Voice,’” White said.

Marley Livingston, president of African American Caucus, will host several events with her members including an open game night, table event and a community service event.

“For black history month, the African American Caucus is adopting a week, February 19-23, that will highlight black activities dealing with black mental health,” Livingston said.

AAC will also be collaborating with the NSU Center for Inclusion and Diversity for a showing of documentaries which highlight Black history. Brittany Broussard, Director of Culture and Climate for CID, shares that the documentary is called ‘The Order of Myths.’ More information will be shared in the coming weeks.

“This award-winning documentary from ‘Descendant’ director Margaret Brown explores the racially divided Mardi Gras traditions in Mobile, Alabama,” Broussard said.

CID will also be collaborating with the School of Social Science and Applied Programs and the Dear School of Creative and Performing Arts for the last event of the month.

Jazz and the Civil Rights Movement Lecture and Music Performance will take place on Feb. 29 in the Student Union Ballroom at 6 p.m. Featuring guest performer Galen Abdur-Razzaq, master flutist.

Broussard specified the presentation will display music which highlights various artists, their music, their influence on the evolution of jazz and their struggles.

“It illustrates how jazz became an advocacy for the Civil Rights Movement, with proceeds from jazz concerts used to finance major events

such as the Freedom Rides and the March on Washington in 1963,” Broussard said.

For more information about these events, please reach out to prospective organization or department leaders.

# RESUME WORKSHOP

By: Rachel Cunningham

Assistant Director, Career Services Coordinator

ATMAE Student Chapter @ NSU is organizing a resume workshop in preparation for Career Day. This workshop guides you in crafting a standout resume. Seize the opportunity to learn from seasoned professionals who excel in the field, ensuring you are well-prepared for your career journey.

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“Django Unchained”: A must watch Quentin Tarantino film

BY HALEY WIGGINS

Quentin Tarantino’s movie “Django Unchained” is a bold and intense story that revolves around revenge, liberation and the harsh depiction of slavery in America. Tarantino has always been one of my favorite directors because of his ability to make movies that completely captivate the audience. With films such as “Pulp Fiction,” “The Hateful Eight” and “Once Upon a Time in Hollywood,” Tarantino has made himself known as one of the all-time greats in the film industry.

Tarantino’s “Django Unchained” stands apart for me because it is powerful, comedic and action packed. The story revolves around a slave who is purchased and freed by a German bounty hunter named Dr. King Schultz. They work together as bounty hunters and Shultz agrees to help Django find his wife who was separated from him. In the search for Django’s wife, they find themselves in acquaintance with the notorious plantation owner, Calvin Candie.

While the content of the movie can be extreme and mature, it is worth the watch. I’ve seen Django four times, and it is a movie I come back to frequently. It is one of the few films that makes me cry, laugh and want to throw my remote at the tv screen out of pure anger all at the same time. There are a few iconic scenes that are hysterical

and quote worthy. There are also scenes that are very disturbing and upsetting, but they all have their own purpose.

Some of the action scenes are so insanely exaggerated that it is almost comical. Tarantino’s use of stylized violence is something that sets him apart from other filmmakers. Some violent scenes are empowering acts of revenge and justice that are essential to the main character’s development. Throughout the film, Django discovers himself as a free man instead of a slave. He becomes empowered and becomes comfortable with who he is.

The film can be seen as controversial in many ways, but the main topic of discussion is the use of racial slurs by white actors throughout the movie. Debating on whether the use of such language is ethical depends on the historical context and purpose of the words. I think that a movie of this nature would feel inaccurate if there were no slurs due to the way people spoke before the civil rights movement.

“Django Unchained” is not based on a true story or even historically accurate, but it does give insight into how cruel the world once was.

It’s a tough movie to watch and some parts of it broke my heart, but it’s too good not to share with others. I would also like to highlight the soundtrack,

which fits perfectly alongside the movie. There is a variety of music genres displayed in the soundtrack such as western, R&B and rap. The music was carefully chosen and adds a lot to the overall viewing experience.

The cinematic style and aesthetic choices pull the audience in while holding their attention for the duration of the film. The visual aspects of the movie are outstanding from the vibrant shots outside of the plantations, all the way to the grim shots of the insides.

This is always going to be a movie that I highly recommend for others to watch. It exposes the grotesque reality of slavery, sparks anger in the audience and still leaves us wanting more.

Content warnings: Violence & gore, mild nudity, strong profanity, strong use of racial slurs



NSU–Argus Award for Excellence in Creative Writing

\$500 PRIZE, FEATURED READING (1-3 WINNERS)



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**Eligibility:** Current NSU undergraduates, sophomore or above

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NAACP





ARTS & LIVING

# How Sha’Mya Lorden runs her own businesses while attending NSU

BY KADE ALFORD

“Psychology is all about understanding people, and in the business world, if you don’t understand people, you’ll never have a client,” Sha’Mya Lorden said.

Sha’Mya Lorden is a junior with a double major in psychology and addiction studies at Northwestern State University of Louisiana. On top of being a student, she is a 21-year-old African American entrepreneur with two different businesses. One of her businesses is Blissful Beats.

Using makeup as her art, Lorden creates beautiful masterpieces on her clients’ canvases. The other business Lorden runs is called Fresh Off the Press where within this business, she sells customized items from shirts, cups, jewelry and more.

“It was hard to get someone’s makeup done correctly if they had the same complexion as me,” Lorden said.

Growing up a cheerleader and dancer, Lorden was no stranger to the world of makeup. She soon realized how difficult it was to find a makeup artist for individuals with darker skin, and this became a driving force for her. She started watching makeup tutorials on social media, which led to her starting up Blissful Beats.

Before Blissful Beats became an actual business, Lorden was gaining clientele by doing other teammates’ makeup. This would expand into doing her neighbors’ makeup, to doing makeup for homecoming and prom and to even doing makeup for even a few weddings.

Lorden officially started Blissful Beats approximately seven years ago as a freshman in high school. Her favorite and most requested makeup style is a cut crease, a style of eyeshadow.

For her, making a profit is a goal, but furthering her brand is what gives her happiness. Lorden finds motivation in the joy she gets from her businesses. Alongside Blissful Beats, Lorden’s passion burns bright for her other business.

“My heart and my soul go into Fresh Off the Press,” Lorden said.

Fresh Off the Press sells a little bit of everything: shirts, beanies, keychains, mirrors and almost anything that can be customized. Lorden began Fresh Off the Press in 2018. It began as a hobby, making spirit shirts mainly for her own cheer and dance teams. Eventually, though, this grew into the successful business that it is today, she explained. Out of all that Fresh Off the Press has to offer, the most popular items are shirts.

“Anything can be on a shirt,” Lorden said. “Whether it be family reunion shirts, school team shirts, graduation shirts or birthday party shirts, I do them all.”

Something she specializes in is bulk orders of shirts. She has done many orders for groups around Natchitoches including the Social Work Department and the African American Caucus’ annual Wild ‘n Out night, which Lorden makes the shirts for every year.

While it may have started as just a fun hobby, the years of hard work and determination Lorden has dedicated to her business led Fresh Off the Press to be where it is today.

However, running a successful business does not come easily. Lorden said she has faced discrimination from clients simply because she is a young African American woman running her own business. This led her to remove her face from her company because of the discrimination she was receiving, at one point.

“One of the biggest challenges right now is learning how to manage and balance this brand, and I am a 21-year-old African American female,” Lorden said. “You see my work and you see my quality - this is still who I am at the end of the day.”

Recently, her business has been on the rise due to an increase in clients.

“When I promote my brand, I have business cards, I put out flyers, I’m very active on social media and I give student discounts because as a student I understand,” Lorden said.

Lorden has built businesses from the ground up, not only once, but twice. With this, Lorden understands the struggles and truly cares for small businesses. This is why she collaborates with other small businesses around campus.

“A few local businesses I’ve worked with are Truly Gifted, Sh’miracle Hairstyles, Icon Living and Lifestyle,” Lorden said. “It’s important to recognize the talent and entrepreneurship we have on campus because there is so much of it.”

With many NSU students showcasing their talents through small businesses, their goals don’t stop just in their own communities. These students have dreams of their business becoming something more.

“I want to be a huge brand, and I want to branch off from being a small business and a small entrepreneur - I



Photo Submitted by Sha’Mya Lorden  
Sha’Mya Lorden showcases her products at a pop-up shop from her business Fresh Off the Press.

just want to go to the next level,” Lorden said.

Lorden looks forward to when her brands grow. In the meantime, she is determined to begin those building blocks now.

“The goal is to get investors, supporters and people that believe in me and my brand as much as I do to help take me

to that next step,” Lorden said. “And I know it’s possible.”

Lorden’s makeup artwork can be viewed on her Instagram page, @blissful.beats, and the shop where you can find custom items is found @freshoff\_thepress.

## 2024 NSU–Argus Award for Excellence in Creative Writing



### Guest Judge, Emily Arnason Casey

Emily Arnason Casey’s first book, a collection of essays titled *Made Holy*, was published by the University of Georgia Press, Crux: The Georgia Series in Literary Nonfiction. Her essays have appeared in publications such as *Fourth Genre*, *About Place Journal*, *Hotel Amerika*, *The Normal School*, *Hunger Mountain*, and *American Literary Review*. She is particularly interested in the lyric imagination and experimental forms of the essay, as well as the themes of nature, place, rural landscapes, addiction/ recovery, domesticity, motherhood, race, and creating a more just world. A lecturer at the University of Vermont, she lives in a log cabin in rural Vermont with her family, which includes three children, countless chickens, one duck and a cat. She is currently obsessed with cold water swimming.



# NPHC Fraternities foster a place for students to build life-long relationships



Photo by Chris Reich  
(From Left to Right) Caiden Matthews, William Scharpon, Ebenezer Aggrey, William Roberson, Maurice Campbell II, Andrew Wesley, Dawn Stuckey, Jaylin Moore NPHC members from all the three active fraternities on campus.

BY MADELYN MURPHY

When students leave home for college, finding a sense of community is crucial to the success of students. They need supporters they can lean on when classes are getting stressful, and they need friends they can rely on for anything. Whether it is within the organization itself or the local community they provide service for, fraternities within Northwestern State University of Louisiana’s National Pan-Hellenic Council provide just that.

The NPHC brings a sense of unity between the Divine 9 historical Black fraternities and sororities: Alpha Phi Alpha Fraternity, Inc., Kappa Alpha Psi Fraternity, Inc., Omega Psi Phi Fraternity, Inc., Phi Beta Sigma Fraternity, Inc., Iota Phi Theta Fraternity, Inc., Alpha Kappa Alpha Sorority, Inc., Delta Sigma Theta Sorority, Inc., Zeta Phi Beta Sorority, Inc. and Sigma Gamma Rho Sorority, Inc. NSU doesn’t currently have active chapters for the Iota Phi Theta fraternity and Sigma Gamma Rho sorority - but all provide unity to their members.

“The importance of the NPHC is that, even though we are different organizations, we can still come together for the upliftment of the community,” Joshua Robertson said.

Robertson is a senior at NSU with a hospitality management and tourism major and a minor in culinary arts. Additionally, he is the corresponding secretary of NSU’s Alpha Phi Alpha fraternity. Robertson was motivated by Alpha Phi Alpha’s work uplifting the community, which led him to join.

“To tell the truth, I wasn’t going to go Greek coming into college,” Robertson said. “The thing that gravitated me to

Greek life was seeing the way Alpha was helping the campus and community along with some guys that I’m proud to call my brothers: Matt Nelson, Darrin Nixon and William Roberson.”

Within NSU’s Alpha Phi Alpha fraternity, brothers make lifelong friends. The communities that NPHC fraternities provide impact the

students that join.

“The NPHC can serve as a safe space for people of color and others who feel like they have no place or community on campus,” Phillip Parker said. “It provides support, family, bonds and opportunities that will last you for the rest of your life.

Parker, junior history major, is the Vice President of NSU’s Phi Beta Sigma fraternity. A niche community is a necessity for college students, and Parker found his place within his fraternity.

“Growing up, I never really felt like I had a support system or a place where I could truly be myself to my fullest,” Parker said. “I saw that, in the Phi Beta Sigma fraternity I could be myself as an individual while also having the support system I wanted growing up.”

Being a part of NPHC provides people of color with friends they can confide in and relate to, but also role models to look up to.

“The men that were leaders and influencers in their local communities is what led me to Kappa Alpha Psi,” Caiden Matthews said.

Matthews is a junior business administration major who is NSU’s NPHC 2024 President and Vice Polemarch for NSU’s Kappa Alpha Psi fraternity. He was inspired to join Kappa Alpha Psi by those who presented themselves as great role models through their leadership skills within the fraternity and community.

“I feel the NPHC frats are very important to society because our purpose and service to the world is to better society,” Matthews said.

Hosting community service events and volunteer work is a large factor of all the NPHC fraternities. They work to better their communities, society and world whether it is by hosting a study session with their brothers or hosting a clothing donation event.

“The NPHC is a vital part of Black history,” Matthews said. “We spread awareness through educational, economic and cultural service

activities, which are all important to the Black community.”

Each of these fraternities have events planned for Black History Month. Tune into their socials (@nsula\_nphc on Instagram) to keep an eye out for other upcoming events hosted by NSU’s NPHC fraternities and sororities.

SCAN ME!





# Black NSU alumni that made Hall of Fame history

BY KALLIE BOURGEOIS

Northwestern State University of Louisiana has produced many successful athletes who have gone on to become national, international and even heroic figures in their sport, but only three alumni that were inducted into the Louisiana Sports Hall of Fame (LSHOF) were black athletes.

According to the LSHOF inductee page, athletes Joe Delaney, Mark Duper and Lee Smith were amongst the 26 coaches, athletes and journalists that have graduated from NSU that hold the title of being inductees.

On Oct. 30, 1958, in Henderson, Texas, Joe Delaney was born. During his varsity career, he became an All-American star in football and track at Haughton High School in Haughton, Louisiana, as stated on the LSHOF.

In his time at NSU, Delaney set the career rushing record with 3,047 yards (5.0 average). He set the Demon records in the 100 (10.26) and 200 meters (20.6). Delaney also ran the second leg on NSU's 1981 National Collegiate Athletic Association champion 4x100 relay team. He then later became the NCAA I-AA All-American in both football and track.

After his record-breaking collegiate career, he was first drafted by the Kansas City Chiefs in 1981 and became American Football Conference Rookie of the Year as running back in 1981.



Photo by Lia Portillo  
NSU's Joe Delaney, Mark Duper and Lee Smith have all been inducted in the Louisiana Sports Hall of Fame.

He set four club records and his 1,121 yards rushing still ranks among the top 5 rookie totals in the history of the National Football League.

According to the original article by The New York Times over 40 years ago in 1983, at the age of only 24 and only after playing two years in the NFL, Chief's running back did not hesitate to try and help save a trio of drowning boys at Chennault Park in Monroe. While one of the boys made it to safety, the two others drowned as well as Delaney. Leaving behind his wife and three young daughters, Delaney also left his legacy behind with the new title of a selfless hero. He was later inducted into the LSHOF in 1996.

As stated by an article by NBC Sports, as he was heading for the water, Delaney's last words were, "I can't swim good, but I've got to save those kids."

According to the LSHOF, Mark Duper was born on Jan. 25, 1959, in Moreauville. He was known for his accomplishments on the track in his early years to his professional football career. During his high school career in 1976 and 1977, Duper earned a row of plaques for winning state Class B high school titles in the triple jump, long jump and 100 and 220 yard dashes.

As a NSU demon, Duper was a two-time NCAA Division I All-American as a sprinter running the anchor leg in the 1981 NCAA champion 4x100 meter relay team, alongside Delaney. He later earned the nickname of "Super Duper" at NSU due to his speed and agility.

In 1982, though he didn't play prep football, but was the second-round NFL Draft pick after two college seasons. During his time as a Miami Dolphin quarterback, he played in 146 regular-season games and caught 511 passes for 8,869 yards (17.7 career average) and 59 touchdowns. Duper caught at least 50 passes five times and went over the 1,000 yard mark in receiving four times. He finished with 1,306 yards in 1984 and 1,313 yards in 1986. Duper now owns the Dolphins' all-time mark for 100-yard receiving games with a total of 28, the single-season record with eight in 1986 and the single-game record for receiving yards with 217 against the New York Jets in 1985. For the eighth time in NFL history, Dolphins QB Dan Marion and Duper are tied among QB-WR scoring combinations with 55 touchdowns. Duper was a three-time Pro Bowl receiver with the Dolphins from 1982 to 1992, which led him to be inducted into

the Dolphins' Honor Roll during a 2003 Monday Night Football game. He was later inducted into the Sports Hall of Fame in 2005.

According to the LSHOF, Lee Smith was born on Dec. 4, 1957, in Shreveport. After graduating from Caster High School and playing for NSU's basketball team for 1 and a half years. Smith signed with the Chicago Cubs in 1980.

The hard-throwing 6-6 right-hander was known for his 478 career saves during his time in Major League Baseball. Smith still holds the MLB record for consecutive errorless games (546) by a pitcher.

He led the National League in saves in 1983, 1991 and 1992 and the American League in 1994, while holding the Cubs and Cardinals club records for saves. Smith's most remarkable seasons were from 1991 to 1993, when he had 47, 43 and 46 saves.

From 1980 to 1997, Smith pitched 18 seasons for eight different clubs including the Cubs, Red Sox, Cardinals, Yankees, Orioles, Angels, Reds and Expos. He later appeared in 1,022 games and had a career record of 71-92 and 3.03 ERA, with 486 walks and 1,251 strikeouts. In his career, Smith recorded over 30 saves 10 times.

Smith was named the National League Fireman of the Year by The Sporting News in 1991 and co-Fireman of the Year in 1983 and 1992, as well as the title of a seven-time All-star. In 2003, he was later inducted into the LSHOF from his record-breaking MLB career.

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SPORTS

# NSU Black coaches talk about the history of coaching jobs for minorities

BY CHRISTIAN ROBINSON

Diversity is something Northwestern State University of Louisiana prides itself in, with organizations such as some of the “Divine Nine” sororities and fraternities, the National Association of Black Journalists and even the coaching staff amongst the school’s athletics. Athletic departments such as football, basketball and women’s basketball all have Black coaches on their coaching staff to make up the best leaders the school can offer.

With that comes a larger picture of Black coaches around not only college, but also on a pro level when it comes to giving Black coaches opportunities.

In 1921, Fritz Pollard was the first Black male to be head coach of the Akron Pros in the National Football League in sports history.

Despite this we rarely see Black male and female coaches getting chances to coach any sport let alone in the collegiate and pro level. Even in modern times, like today, there are rules that are applied to give Black and minorities just interviews for head coaching jobs in the NFL.

“There was always this stigma in both basketball and football that guys with our color were not smart enough to be head coaches, they were just players and recruits,” NSU Basketball head coach Rick Cabrera said.

Cabrera talks about the rules being put in place making owners interview minorities along with how the ‘Rooney Rule’ is a good thing, because it helps bring awareness to something that needs to change.

The Rooney rule is an NFL rule quoted in NFL Football Operations.com that “Owners are required to interview up to two minority candidates for open head coaching jobs.” This rule was made in 2003 to give not only minorities but also Black candidates a chance to be head coaches.

“I like it because it brings awareness and shows the progressive changes that are being made,” Cabrera said.

NSU Football defensive line coach Chris Gistorb expressed how the Rooney rule is a double edge sword and does not spark complete change. However, it does show that change is becoming more prevalent in the sports coaching pool.

“I am kind of for it and against it and I know that sounds weird, but it is good because it gives minorities and Black people chances. But it also seems like the fact that a rule had to be put in place seems odd,” Gistorb said. “Also, it doesn’t seem to be perfect in my opinion. Owners just hire Black people to say they have and then fire them.”

This does not, however, stop Black coaches from coaching their student-athletes their goal of teaching players not only about sports but the real world. They tell their student athletes that an education and being a good person can not only get you far in life but help feed not only your family, but your community.

“I not only teach my Black athletes but all my players that education is important. I talk about the lives that can change and the position and chances that they are given. That is why I hammer them so hard on grades because I know what a college degree can do for them, especially the Black student-athletes,” Gistorb said.

Cabrera said that it’s not always easy to teach his men about discipline and to realize the message that he is being sent is a positive reinforcement and comes from experience and love.

“It’s not easy, and I will tell you why, it is because some not all the men I coach come from single mother households and it’s hard for them to hear someone that looks like them coming from a place of discipline and realize not the tone of what I say but what I am actually saying,” Cabrera said.

Women’s basketball assistant coach Addae Houston said how he hopes the lessons he teaches and the discipline he brings to these young women have a positive effect on them and the journey that they will go on after college.

Houston explained how he believes in the messages he brings and doesn’t always talk about race and just looks to make these women good people and respectful athletes.

“I always aim for improvement, not perfection,” Houston said.

Black coaches sometimes feel more like a ‘token’ for owners to pretend that change is happening. With some not getting the same benefits as others, coaches here at NSU remain confident in their jobs, not just coaching.

“I teach my men how to be men, I teach them that there is more than football. Of course, during the season, I want my players locked in and studying. But I also want to see the work in the classroom because I can tell you a degree can sometimes get you a hell of a lot further in life than football,” Gistorb said.

For these coaches, the most important thing they want to teach their players is that there’s more to life than sports. Sports don’t last forever, but having a degree, discipline and respect can go a long way to uplifting not only yourself but also the Black community.





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A FILM BY MARIUS ANDERSON [www.40belowmovie.com](http://www.40belowmovie.com)



VIEWPOINTS

What Black History Month means to NSU students

BY KEVIN THOMAS



Malaya White  
Senior  
Communications Major

Question:  
“What aspects of Black History Month do you feel are important for people to know?”

Answer:  
“It is important that people know about the invitation that black people have and have had in our culture. There are a lot of things that Black people should probably get their props for to this day that they don’t get props for and I think it’s important to inform people because it is an amazing history to learn about.”



Dwan Stuckey  
Senior  
Human and Exercise Science, Sports Medicine

Question:  
“Do you think it is more important for people to use the term African American or Black?”

Answer:  
“I feel like it is important for everybody. A lot of people have died for our rights, there has been so much segregation and everything else. Martin Luther King Jr. , Malcolm X and Rosa Parks have died for us to have rights. to vote, to walk and to even drink out of the same faucet. So I feel like it is okay to use both African American and Black should be used. It doesn’t mean anything, it’s not offending anybody, as long as it is used the right way.”



Amari Gaines  
Freshman  
Secondary Education.

Questions:  
“Which do you think is more correct: Black or African American?”

Answer:  
“I think that Black is more correct for me personally because African American is for people who were more established in the continent of Africa. Being that we have been in America for generations I feel as though Black is more appropriate. Because Africans are Africans and Black Americans are Black Americans.”



Iyciz Waites  
Freshman  
Nursing Major

Question:  
“Which do you think is more correct: Black or African American?”

Answer:  
“African American. Because I feel like when you just say Black it is more offensive to some people, whereas African American people say ‘your from Africa but you are born in America’. So that’s a better way to say it in my opinion.”



Andrew Slayter  
Sophomore  
Hospitality Management and Tourism

Question:  
“What aspects of Black History Month are most important for white people?”

Answer:  
“Education is what I feel is most important for white people when it comes to Black History Month.”



Photo Submitted by saintpo2007@yahoo.com is licensed under CC BY 2.0.  
The controversial statue “Uncle Jack,” resided in Natchitoches until many people spoke out against its racists symbolism and was then relocated at a museum at Louisiana State University.

Remnants of the Confederacy and why they need change

BY DESTIN LOPEZ

Louisiana has a rich history: from cajun and creole culture to the swamps and bayous. But it also carries the weight of a racist past: joining the confederacy and fighting to keep the right to own slaves. While slavery was abolished in 1865, Louisiana still honors the leaders of the confederacy by naming towns and parishes after them, continuing to let the public know that they chose the wrong side of history.

Change, while it will not be widely accepted, may be necessary to reflect that Louisiana has changed as a state and no longer holds the values it did in the past.

Jefferson Davis Parish is the name of the parish that I grew up in, but it wasn’t until I was older that I learned that Jefferson Davis was the president of the Confederate States of America. This fact made me wonder why we are honoring the leaders who fought for slavery, when there are many other great Louisianians to choose from. Jefferson Davis Parish is not the only place named after a racist leader.

Stonewall, a town south of Shreveport, is named after Stonewall Jackson, a general officer in the Confederacy. He was a prominent leader, and fought until death for the right to own slaves.

Beauregard Parish is named after Pierre Gustave Toutant (PG.T) Beauregard, a Confederate General, who fought in the Civil War, but after the war he started advocating for Black rights.

Jackson Parish is named after President Andrew Jackson, who owned many slaves and also signed the Indian Removal Act, which was a form of ethnic cleansing. This act displaced thousands of Native Americans from their homes and killed many of them.

There are many other examples of town and parish names named after Confederate leaders, even street names and buildings. Many other states have started their process of change by taking down Confederate statues. If the public does not want statutes up honoring racist leaders, why should we keep honoring them by letting our beautiful parishes and towns be named after them.

Changing the names of these towns and parishes will create a more inclusive state that celebrates diversity and does not highlight our racist past. It is not erasing history, but rather finding other ways to educate Louisiana residents on our past, while glorifying other residents who have made good history.

This change can be a chance to involve communities, by opening up dialogue and allowing the residents opportunities to suggest new names, and find new ways to educate about our past, such as museums and school books.

Louisiana should not have to live in its past any longer. Talk to your community leaders and elected officials, and try to foster a change.