

# THE CURRENT SAUCE

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## TAYLOR SWIFT TRIBUTE CONCERT

TO BE PRESENTED AT NSU FEB. 15

BY DAVID WEST

The University Programming Council and The Dear School of Creative and Performing Arts at Northwestern State University will present a Taylor Swift Tribute concert featuring NSU alumna Sarah Jessica Rhodes on Thursday, Feb.15 at 6 p.m. in the A.A. Fredericks Auditorium. NSU students are admitted free with a current student I.D. Tickets for the general public are \$25 and are available at <https://www.eventbrite.com/e/twist-on-taylor-tickets-810202396177?aff=oddtcreator>.

Rhodes has been portraying Swift in her show “Twist on Taylor” for more than a decade and did her show in Las Vegas for the first time last year.

Fans call “Twist on Taylor” “the next best thing” when it comes to a Swift-themed concert. This live music experience includes a troupe of top-notch Las Vegas musicians and dancers. Hear all the hits, as well as some of your favorite deep cuts from all of Taylor’s eras. Whether you are a dedicated “Swiftie” or just a music-lover, you are sure to be entertained by this high-energy performance.

Rhodes is a singer, dancer, actor, MC and choreographer in Las Vegas has appeared in a number of Las Vegas shows including “Raiding the Rock Vault” as a dancer and singer; as a swing for the Green Fairy character in “Absinthe;” as Ginger Spice the “Spice Wannabe” Spice Girls revival at Excalibur’s Thunderland Showroom; and in her own band SJ & The Ruckus.



## GALENTINES DAY

FEATURING TWIST ON TAYLOR

### A TRIBUTE TO TAYLOR SWIFT

2.15.24  
6PM  
A.A. FRED’S



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Graphic Submitted by UPC.

ARTS & LIVING

# From long distance couple to husband and wife

BY MADELYN MURPHY

On all college campuses, there are individuals in long distance relationships. Whether the couple is an hour drive or an airplane flight apart from one another, there are obstacles that come with maintaining this type of relationship. However, this couple has found that overcoming the difficulties of a long-distance relationship strengthen their bond and their love for one another.

Micah and Rebekah Breaux are the couple who persevered the distance between them. Rebekah Breaux is a graduate from Northwestern State University of Louisiana. During her time at NSU, she obtained a bachelor's degree in early childhood education. In the meantime, Micah Breaux was working different jobs and attended Louisiana Delta Community College, with a major in secondary education with a concentration in social studies.

Their paths crossed in July 2021, about a year and a half before Rebekah's graduation, and they have taken the same route ever since.

"My church puts on an event like a church conference each year, and Rebekah came to it," said Micah Breaux. "On the last night of the conference, I walked up to her and that's how we met."

"He thought I was hot," Rebekah Breaux added.

With Rebekah Breaux being from Natchitoches and a student at NSU, it just so happened she was attending his church event.

Micah Breaux is from a small town in Louisiana called Oak Grove which, according to him, is in the middle of nowhere and about 3 ½ hours away from NSU. Based on the relationship these two have, it seems their meeting was not coincidental but meant to happen. After they met, they began talking and had many more conversations from there.

"After three months of just talking, we knew we wanted to be with each other because we had a lot of the same interests, same outlooks on life and the same life goals," Rebekah Breaux said. "Him majoring in education, too, is one of the things that got me interested because I was like, 'oh, he's smart.'"

The talks Micah and Rebekah Breaux had within the beginning of their relationship soon resulted in their first date.

"We went to Shreveport to go to Cane's, Baskin-Robbins, the mall and then to my grandparents' house for Micah to meet them," Rebekah Breaux said.

Even before the first date, the two knew they were meant for each other. Now, Micah and Rebekah Breaux make this trip to Shreveport once a year.

Although dating would mean committing to a long-distance relationship, the Breaux's knew their relationship was worth working for. With this, they pushed through the problems they faced due to the distance between Natchitoches and Oak Grove.

"The hardest thing was definitely the distance and the traveling," Micah Breaux said.

The three-and-a half-hour drive alone was difficult to deal with, especially when the Breaux's - like all long-distance couples - wanted to see each other every day. Even so, the weekends they did get to spend together were difficult.

"I wasn't the greatest with time management as it was, so having to get assignments done while he was visiting me at NSU made it really hard to balance our relationship with college life," Rebekah Breaux said. "Whenever he'd leave, I would be so upset because it would probably be two weeks before I saw him again."

Despite the physical distance and the troubling emotions that came with it, the two remained inseparable. They communicated every day and spent the summers together. About a year after the couple started dating, Micah Breaux decided to take their relationship a little further.

"It was July of 2022; He took me to the same place that we met and made me turn around with my eyes closed," Rebekah Breaux said. "When he said to turn back around, he was on one knee in the same church where we met for the first time."

The Breaux's went from long distance dating to engaged and

planning their marriage. Although they had the motivation from their future

marriage, the couple was still in a long-distance relationship. Being sure to balance and prioritize both their relationship along with work and schoolwork, Micah and Rebekah Breaux had a couple rituals.

"Every 2 weeks, we would see each other on the weekend," Micah Breaux said. "Having that set schedule where we knew we were for sure going to see each other helped out a lot."

In addition to this, Micah and Rebekah Breaux tried to call each other at 9 p.m. each night. They continued to do this even when they would run out of things to say to one another.

Within long distance relationships, planning when to communicate and coordinating visitations with one another is important. The Breaux's determination to stick to their rituals helped their relationship to prosper.

After being engaged for six months and just a couple weeks after Rebekah Breaux's graduation in December, the couple got married on Jan. 6, 2023. Although their long-distance relationship was difficult at the moment, it was worth pushing through. To Micah Breaux, being in a long-distance relationship seems to have strengthened their relationship.

"If we had lived about 15 minutes away from each other or so, I don't know if I would have appreciated marriage as much as I do," Micah Breaux said. "We've been married for over a year, but since we never got to see each other then, the feeling of getting to see her every day now is nice and hasn't worn off."

The distance between the couple when they were dating made moving in and living together even more special. Marriage was the reward for working through the difficulties of their long-distance relationship.

"The best part of marriage is just having someone that understands you all the time and has your back," Rebekah Breaux said. "There's this mutual feeling that your best friend is sleeping over with you every night."

Despite already being best friends, they have a way to keep their marriage feeling like a fun sleepover.

"Every other Friday night is designated date night; That's our night," Micah Breaux said. "We'll go out to eat somewhere or do something, and then we'll come home and play board games."

Not only is it the things they do together that keeps their marriage strong, but it is the personality traits that Micah and Rebekah Breaux value in each other.

"My husband is so funny; It is crazy how funny he is, and I think one of the things that keeps me rolling with him is he's very, very quick-witted," said Rebekah Breaux. "I was way too serious about

everything, and he helped me to just tone it down, calm down and not care as much about everything; That's what I love about him a lot."

Similar to what Rebekah Breaux said, Micha Breaux shares his admiration towards his wife.

"She's just very caring and that spills over into everything that she does; I appreciate that," he said. "And she is very organized and good about getting things done, so she helps me to be more organized and disciplined about things."

Both because he is a full-time student and needs these skills in general, Rebekah Breaux's help means a lot to Micah Breaux. It is important for both partners in a married couple to build each other up, whether by motivating their partner or even encouraging a more lighthearted attitude.

Like many couples, the Breaux's want nothing but happiness in their future.

"We just want a happy life," Micah Breaux said.

"If there's anything I could hope for, it's just a peaceful marriage and a peaceful household for when we have kids," Rebekah Breaux said. "And I hope to be an encouragement in our marriage for young couples to just make it through and not divorce after five, six or seven years."

Hoping to motivate and encourage other young couples, the Breaux's share words of advice.

"One big piece of advice that somebody gave me for any kind of relationship, especially long distance too, is to have open communication about everything; Don't leave any things out because you have to have brutally honest communication," Micah Breaux said.

Adding on to what Micah Breaux said, Rebekah Breaux provides a suggestion.

"Don't base your relationship with someone off of a Netflix movie or a Hallmark movie because those are sped up and so scripted; Real life is way more rewarding than just watching something, anyway," Rebekah Breaux said.

This couple knows how it is to go from long distance talking, dating and engagement to being married and spending every day with one another.

"If you're in a relationship and you want to get married to the person, then long distance is absolutely worth it and it will work out," Micah Breaux said.

Love is something to be cherished. Most of the time, it takes effort to keep something so valuable. When one finds their person just as the Breaux's found each other, they must overcome the hardships they face because the love and fun to be shared is worth it.

"I've got a really good one-A really, really good one," Rebekah Breaux said.

"She did," Micah Breaux joked.

Photo Submitted by The Killian Collective (killiancollective.com)  
Micah and Rebekah Breaux as newly weds.





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The Current Sauce is the official student-run newspaper for Northwestern State University. The content and stories within the paper may not necessarily reflect the views of administration, faculty and staff.

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Photo by Haley Wiggins  
Mariah Kador and Blake Chutz embark on a new journey as they approach the end of their undergraduate years.

College sweethearts navigate their last year at NSU and their forever after

BY LIA PORTILLO CANTARERO

Mariah Kador sits in NSU’s newsroom working on a radio edit for her video production class. She stares at her Mac opened to Adobe Audition and adjusts the audio levels of her project. Thirty minutes go by and Blake Chutz walks to Mariah with a bag of food for her, and she takes a break to eat with him. The rest of the afternoon they stay there until she finishes editing.

This moment is one that encapsulates their relationship. The two of them are always there for each other and can be found together almost every minute of the day.

“Mariah and I were working on a story, and Blake came along with us,” Naydu Daza Maya, Mariah’s NSU TV News Service partner, said. “Immediately when we got to the event, Blake set up the camara, grab the tripod and just started getting shots of the event.”

When the pair announced their engagement, friends and family poured love and congratulatory comments into their announcement post on Instagram.

But navigating their senior year of college and planning a wedding and their future at the same time has not been the easiest for them.

The two of them are 21 years old and they will have their wedding in September of 2024. Even at the age of 22, the pair is still marrying each other younger than Louisiana’s average age of marriage ranging from 26 to 28, according to an article in regain.us.

“Sometimes, I’m like what the heck, this ring means marriage,” Mariah said. “It feels normalish, but sometimes I’m like what the heck, especially because we know we want kids so it’s a little bit complicated.”

Mariah and Blake come from different backgrounds. Mariah’s parents got together at 14 and her parents married at 17. In contrast, Blake’s parents got together when he was younger and divorced when he was 14.

“Those differences you don’t think about,” Mariah said. She explains that since their relationship started in high school, they never thought the way they grew up and their own cultural differences would be a factor when planning their wedding.

So, for them having these blocks and joining their families together has been a difficult process.

“The differences that we had growing up have really been shown throughout this whole process and you don’t really notice until you’re put in a different environment,” Blake said.

Despite these differences, their commitment to each other and their love is the driving force to continue to plan their future together.

“I knew the time was coming,” Blake explained that he was going to propose to Mariah before the end of this year. “It was the next step in the relationship for us.”

Blake brought Mariah to the jeweler, and she picked the shape of the gem and designed the ring that she wanted, and from there he executed the proposal.

On Oct. 11, 2023, Blake proposed to Mariah with flowers spread on Natchitoches’s Second street park, and a sign propped up by an easel with the words “Will You Marry Me?” displayed on the canvas.

After four years of dating and eight of being friends with each other, they know they are meant for each other because of the friendship they started with. Mariah said that anytime she receives good news or is having a hard time with something Blake is the person she talks to first.

“What works for us is the fact that she is genuinely my best friend,” Mariah said. “Whenever you find someone like that like be there for them, no matter what.”

For them their foundation composed of trust, love and friendship has been the reason they have chosen to stay together.

“Just be – “Mariah started. “Best friends,” Blake finished.

Finding someone with that type of connection is something they stress shouldn’t be taken for granted. Whatever the next step of commitment is for that couple they encourage them to take it at whatever age they choose.

“If your foundation is solid, do it,” Mariah said. “If you have a strong solid foundation, and you have the support of the people that you care about the most, I say do it [get married].”

But despite how perfect the relationship may seem to be, it still takes time and effort to reinforce and not let challenges affect the relationship.

“Be open to your partner, be honest,” Blake said. “If you have problems in a relationship, it’s not you versus the other person. You just got to understand that there is a lot of give and take in a relationship, so you might be able to give 100 percent, but the other person might not be able to, so you have to help them get to that.”

And while the pair continues to prepare, choosing bridesmaids and groomsmen, they pick out their wedding venue and plan all the details, they focus on the future and on the happy moments that are to come.



SPORTS

# NSU student-athletes fall in love with their sport everyday

BY KALLIE BOURGEOIS

Passion can take on many forms, but for student-athletes at Northwestern State University of Louisiana, they fall in love everyday with being able to continue the sport they have done for years at the collegiate level.

Leah Thompson, senior biology and music major, who runs the mile for the track and field team, started running in eighth grade and has been in love with it ever since.

Her track career ultimately started when her dad forced her to try a sport. Thompson started running distance at a very young age, which led her to where she is now at NSU.

“From experience I knew for a long time I was able to run, so ever since I started, I’ve realized how much happiness it has given me,” Thompson said. “I really do think I root a lot of my identity in running, it’s a part of who I am. I know when I run, I’m more confident, that’s why I’m so grateful I get to do this every day.”

Even though running plays a big part in Thompson’s daily life, she uses her love for music as her creative outlet and as a stress reliever.

“Music has also been something I’ve been doing for a long time, I’ve been involved in theater, talent shows and singing in different places,” Thompson said. “So yes, music is my other passion. Music is a big outlet for me when I’m sad, I dive more into that when I have periods of frustration or sadness.”

Over the years, both running, and music have taught her so many valuable life lessons.

“Running has taught me perseverance and finishing something even when it’s hard and I think there’s a lot of times where I’ve applied that to life,” Thompson said. “Being in discomfort is a good thing, but running and exercise in general makes you happier and relieves your stress. The same thing goes for music, giving yourself a happy outlet and truly feeding your passions makes it easier to do the hard things and the work.”

Even though both of her passions give her the serotonin to keep going, the feeling of accomplishment is also why she’s been motivated.

“The sense of accomplishment when you break through some sort of mental block that you’ve been having or finally improve again after it feels like a long time of complacency, you keep coming back to it,” Thompson said. “You sort of get addicted to the hard work and the hard part of it, because it makes you feel so proud of yourself.”

With every student athlete, burnout plays a big role in their day-to-day life. Thompson explained that sticking to a routine and remembering why you started in the first place is key to success.

“At times it feels impossible, and you feel like you have so much on your plate, but if you utilize your time and get it done that’s also just as important,” Thompson said. “You’re going to have these moments of being done chasing goals, and it’s good to let go. Not placing importance on that goal and enjoying the process, because that will make you strive for success and to get better.”

Daniel Young, senior liberal arts major and outfielder for the baseball team, has been playing baseball for 14 years, but initially never wanted to play it.

When he lived in Pennsylvania, he would play video games all day, until one day his dad put him in basketball. At a young age, Young realized that he didn’t enjoy basketball nor wanted to understand it at the time. Therefore, his dad decided to put him in baseball.

“The first year I played baseball, I was absolutely scared of it and hated all of it,” Young said. “I didn’t have a choice because my dad signed me up for a second year. Then I thought, if he’s just going to keep me in it, I might as well get better at it.”

From learning to love baseball, Young has learned so much from playing a sport.

“Patience is the main thing baseball has taught me, but learning time management, when to be aggressive and when to keep going even when it’s tough, is probably what helps me in life,” Young said.

His relationship with baseball has drastically changed from when he first started out.

“Right now, baseball is my life, this is what I wake up to do every day. My dream is to be a major league player,” Young said. “Until something otherwise changes that, this is the lifestyle I want to live.”

Taylor Williams, senior business administration major and utility for the softball team, fell in love with softball ever since she was four years old.

“My dad signed me up for it when I was little, and I never stopped playing since,” Williams said. “Softball has given me some of my best friends, discipline, determination and changed the way I think about life. Softball is my entire life, it’s what I want to do in the future, and I wouldn’t have it any other way.”



Photo by Kallie Bourgeois  
Leah Thompson continues her passion for running on NSU’s track and field team.

Much like Thompson and Young, playing a sport has taught Williams almost everything she knows.

“Softball has taught me great work ethic, how to take on competition and how to be a leader and honestly a good person,” she said.

She also shares her love for the sport by coaching the next generation of younger softball players.

“I love working with kids outside of softball to help them be better,” Williams said. “That’s how I spend the majority of my free time outside of playing it myself.”

Williams explained that keeping both your mind and body healthy will help

accomplish whatever your goal is, especially at the collegiate level. “I would say my biggest advice is to keep a good mindset going into a game and take care of your physical health as well,” Williams said. “Then also just believing everything will work out in the end will impact how you move forward, and it will be some of the best times of your life.”

Thompson, Young and Williams all fell in love with their sport in different ways but are now athletes continuing to improve in the sport they love.



# To be a Valentine or not to be a Valentine?

BY KEVIN THOMAS

Photos taken by Jayda Gee

**Question:**  
“Are you in a relationship, or are you single? And do you believe that if you are dating someone should you/they still ask each other’s valentine’s?”



**Answer:**  
“I am in a relationship, and yes!”

Camryn Huff  
Freshman  
Nursing Major

**Question:**  
“Are you in a relationship, or are you single? And do you believe that if you are dating someone should you/they still ask each other’s valentine’s?”



**Answer:**  
“I am in a relationship. I asked my girlfriend this question the other day and I see what she means. She was like ‘yes because it’s the thought that goes into the question’ even though I think that we are already together, what’s the point? I thought that it was a given. But I am still going to ask her because that is what she likes. Do I understand, no, but it’s for her.”

Nicholas Kidd  
Senior  
Electronic Engineering Major

**Question:**  
“Are you in a relationship, or are you single? And do you believe that if you are dating someone should you/they still ask each other’s valentine’s?”



**Answer:**  
“Yes I am in a relationship (engaged), and yeah Blake asked me to be his Valentine a week ago with Starbucks. I wouldn’t be his Valentine unless he asked me.”

Mariah Kador  
Senior  
Communications Major

**Question:**  
“Are you in a relationship, or are you single? And do you believe that if you are dating someone should you/they still ask each other’s valentine’s?”



**Answer:**  
“Single. Yeah I feel like it would be a fun tradition to do.”

Erik Lopez  
Senior  
Biomedical Engineering

**Question:**  
“Are you in a relationship, or are you single? And do you believe that if you are dating someone should you/they still ask each other’s valentine’s?”



**Answer:**  
“No, I am not in a relationship. I think so because that is mandatory.”

Aeryn Doucet  
Freshman  
English Major

**Question:**  
“Are you in a relationship, or are you single? And do you believe that if you are dating someone should you/they still ask each other’s valentine’s?”



**Answer:**  
“I am single. Oh this is a good question, honestly I feel like the male should ask because at the end of the day it’s a matter of respect. No matter how much she pushes for it out of respect and being a gentleman I feel like the male should do it. But if she wants to do it, by all means let her be, but at the same time the male is supposed to do it.”

Zavian Davis  
Sophomore  
Radiology Major

# How Mardi Gras brings an air of Love to Louisiana

BY DESTIN LOPEZ

Once a year, the whole state of Louisiana comes together to celebrate with balls, parades, food and many more festivities. Beyond the beads, Mardi Gras brings communities together and spreads love in a way that is unique to Louisiana.

Mardi Gras, a French term for ‘Fat Tuesday’, may be known to people out of the state as just a festival to drink, but the origins of Mardi Gras date back to the 18th century, and it ties in Louisiana’s rich French history. While different parts of the states celebrate in different ways, it brings out the love for our state, culture, traditions and each other.

In South Louisiana, or more specifically Southwest Louisiana, when Mardi Gras starts on the Twelfth Night, along comes plans for parades, parties and chicken runs. Most towns in the parish work together so that the parades are on different days, so that residents can enjoy as much Mardi Gras as they want to.

On a parade day, all the floats line up early in the morning to get ready for the run, which is where the floats drive around the town and celebrate before lining up for the parade. This is also when the drinking and partying starts for most riders.

Floats are run by Krewes, which all have their own traditions, members and costumes. Members have loyalty and love towards their Krewe and spend weeks preparing for the Mardi Gras season by buying throws, outfits and drinks. Members also pay fees to help pay for the float, the parade entry fees and many other things. They do this so that their community can come together and celebrate Mardi Gras with a parade, music and fun.

The parade isn’t always floating though, it can also include horses, ATVs and four wheelers and sometimes even people walking and dancing on foot. Dance teams, bands and cheer squads often come to perform in their town’s parade route, as another way to spread love for their town and showcase their skills.

After the parade is usually when the chicken runs happen, which is where a chicken is released in a fenced off area, and whoever is first to catch it wins a prize. This event is usually meant for children, as a way for them to get involved in Mardi Gras since most parade floats are adults only because of the drinking and safety issues. Once the chicken is caught, it is then brought back to whoever’s farm it belongs to.

Mardi Gras balls are also another important part of the season and are popular across the state. For some Krewes, courts are picked out of the members, where they are honored at the ball and on the float. The balls are a chance for members of the Krewe to dress up, come together and dance and eat good food.

King Cake is my favorite part of Mardi Gras, and every Louisiana resident will have a different opinion on where to get the best king cake. Buried somewhere within the king cake is a small baby, and whoever gets the piece with the baby will have the chore of purchasing the king cake for the next get together. It is a fun tradition and way to bond over food. Mardi Gras is about coming together to spread joy.

Mardi Gras is also great for small businesses who sell king cakes, Mardi Gras costumes, throws for the parade and much more. It gives residents a way to show off their unique talents and make money during the season. Lots of tourists come to Louisiana, especially areas like New Orleans, to delve into Mardi Gras and learn what it is all about. This tourism helps the economy and shops in these towns and cities and introduces Mardi Gras and its traditions to people from other states.

At the core of Mardi Gras is the love for Louisiana, and people come together to celebrate that every year. Louisiana would be lackluster without its deep history and unique traditions. Next time you see that purple, green and gold, think about what your life would be without Mardi Gras.



Photo by Lia Portillo  
Fall in love with Mardi Gras through the green, purple and gold decoration.



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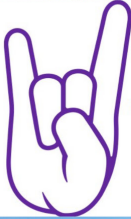
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*Master Flutist/Jazz Historian/Educator/Lecturer*



Learn how Jazz was an important part of the Civil Rights Movement. Galen will chronicle the music's role in the struggle for freedom, from the early days of jazz in New Orleans to the civil rights movement in the 1960s.

Galen will chronicle the music's role in the struggle for freedom, from the early days of jazz in New Orleans to the civil rights movement in the 1960s.



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**Martin Luther King Memorial  
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## 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.