

THE CURRENT SAUCE

VOL. 125, NO. 16		THE STUDENT NEWSPAPER OF NORTHWESTERN STATE UNIVERSITY OF LOUISIANA	
01 - 02 NEWS	03 ARTS & LIVING	04 SPORTS	05-07 VIEWPOINTS
Fall 2025 will mark new beginnings for NSU's Natchitoches campus with new buildings opening and new classes to be offered. This summer though, Freshman Connection will experience a new change as construction changes up the normal routine.	Moving away from your family means learning how to live with people you're not related to. Here is a list of tips we recommend everyone reads to be a good roommate.	Division 1 athletes are at the top of collegiate sports. Although many opportunities present themselves so do challenges.	Is it ever too late to join an organization? No, read our viewpoints story to learn why. College is a time to explore your newfound freedom, but that freedom isn't always what we imagine. Lastly, hear from our editor on how she decided to write her own story.

Innovating NSU: Fall 2025 promises new look to the Natchitoches campus

By Heidi Gauthier
Reporter

Northwestern State University of Louisiana is focused on prioritizing innovation and progress. Students and faculty can expect an upgraded student and academic experience for the 2025-2026 academic year.

These changes include advancements in student life, infrastructure improvements and new programs aimed at fostering student engagement and academic success.

Madysen Morgan, a junior business administration major, will be the president of the Student Government Association this fall and is eager to see the campus evolve.

“I think that NSU is the hidden gem of Louisiana, and I hope that all of the changes on campus will showcase that,” Morgan said.

The most notable change next academic year is the opening of the 73,000 square foot infrastructure of Robert Alost Hall.

Dale Wohletz, physical plant director, oversees all of campus construction and ensures that the long-awaited Alost Hall will be in operation for the fall semester.

“The winter weather caused a delay for the exterior construction for the Alost Hall building, but we’re making progress now. The building is set to be finished this summer,” Wohletz said.

Greg Handel, executive vice president and provost of academic affairs, discussed plans to develop a better environment at NSU.

“Alost Hall includes high-tech, state of the art nursing simulation labs, multi-purpose gathering areas and clinical



Photo by Lalaina Wood.
A newly built athletic field house will be one of the many exciting differences at NSU in the upcoming semester.

field experience areas for psychology and social work. It will also have a grab-and-go snack bar,” Handel said. “The building is very versatile.”

In addition to existing projects, a variety of new construction is in the plan to expand the campus infrastructure. NSU’s plan of continuous development ad-

dresses current needs and anticipates future needs, ensuring that the campus retains its vibrant environment.

Innovation Park is a forthcoming project involving the Natchitoches community, NSU and the Louisiana School for Math, Science, and the Arts.

According to NSU’s website, Innovation Park will be located in front of University Parkway and adjacent to NSU and LSM-SA. The park will take up over 12 acres of land and will provide a 10,450 square feet The New Family Makerspace, an 11,350 square feet Business Development Center and an 8,000 square feet Conference Center.

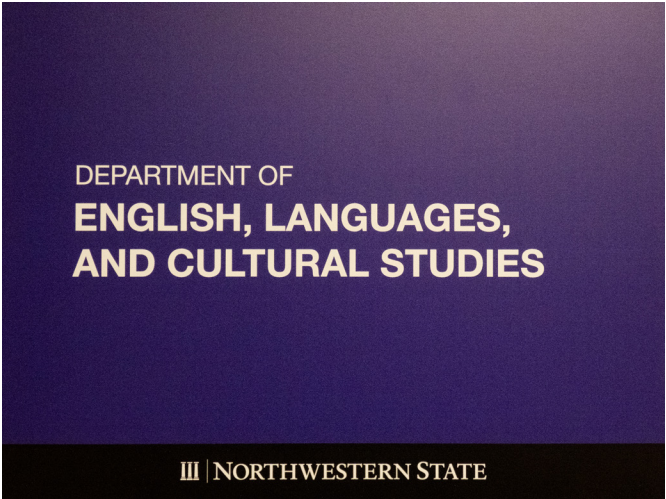


Photo by Lalaina Wood. Next school year, new classes will be offered in departments such as the Department of English, Languages, and Cultural Studies.

Photo by Lalaina Wood. Currently under construction, Alost Hall is one of the newest additions to campus.



“Innovation Park is a shared project with LSMSA and Northwestern to have a space to collaborate. It is intended to be an innovative and incubation center for small business and entrepreneurs to get ideas and advice. This is a driver for economic development for Northwestern, LSMSA and the City of Natchitoches,” Handel said.

Other construction is underway to enhance and expand the campus.

“Iberville is also set to get a facelift this summer. When students return to campus full time this fall, there will be a fresh-

ly updated dining hall,” Handel said.

Wohletz explained that the David and Sherry Morgan Athletic Facility is underway and is predicted to be in operation by December 2025. This building will become a weight training faculty for Demon athletes.

Jason Pugh, NSU Athletic Director wrote, Groundbreaking of David and Sherry Morgan Health Performance Center a ‘milestone’ for NSU Athletics, which stated, “The annex that will be located in the Donald G. Kelly Athletic Complex will include a new 11,600 square foot weight room with space for more than 100 stu-

dent-athletes, a 25-foot artificial turf pad, a new nutrition center, a student-athlete lounge and offices for the strength and conditioning staff.”

In addition to all of the new construction, NSU is also introducing new classes and programs to foster a better academic environment.

Rebecca Majeski, associate professor of English, discussed a new class that will be offered next semester.

The English, Languages, and Cultural Studies department is excited to introduce a new literary magazine class,

designed to provide students with an in-depth understanding of the entire process of creating a literary magazine.

“I am hoping that campus will have a different culture with Alost Hall being in use. I am excited about being in a new space. It will feel like a refresh, introducing more positive energy,” stated Majeski.

With these important changes and projects happening, NSU aims to offer a new environment for its students, faculty and the Natchitoches community.

Freshman Connection relocates due to construction

By Victoria Rodrigue
News Editor



Photo by Chris Reich. The A.A. Fredericks Auditorium, which can hold 2,000 people, will be closed due to construction this summer. Freshman Connection will now be held in Magale Recital Hall.

As Northwestern State University of Louisiana undergoes renovations in buildings such as Iberville Dining Hall and A.A. Fredericks Auditorium, Freshman Connection will look different this summer.

Both Freshman Connection and Parent Connection programs are traditionally held in A.A. Fredericks. Due to construction, Freshman Connection will now be held in Magale Recital Hall, and Parent

Connection will be held in the TV Studio in Kyser Hall.

These shifts are part of the broader campus renovations aimed at improving facilities across the university. Mary-Katherine Maggio, director of first-year experience and student engagement, said the changes are necessary and offer a unique opportunity for growth and adaptation.

“Even though we’ve had to shift some of

our plans, I’m excited about these changes because in the future it’s going to tremendously improve our programming and offer us many more benefits when we’re using these sites,” Maggio said.

Brooke Straight, a junior communication major and second-year freshman connector, explained that the change in venue comes with some logistical challenges, especially because A.A. Fredericks has a seating capacity of 2,000, while Magale Hall holds only 400 people. As a result, the smaller venue will require adjustments in planning and execution.

“It’s a little different because it’s not as big of a venue, so it takes different practicing methods and we had to plan accordingly,” Straight said.

The relocation of these programs also shifts how services are provided to incoming students. Traditionally, dining arrangements for the Freshman Connection sessions include students attending the two-day session having lunch and dinner at Iberville dining hall, and lunch

at the one-day session.

However, due to the ongoing construction, students will instead be served meals at Vic’s, a popular dining option located in the Student Union.

Thomas Perryman, sophomore history major and first-year freshman connector, believes the new location enhances their overall experience on campus.

“It’s a smaller space, but it makes the atmosphere cozier and puts more people together,” Perryman said. “Students could leave from Vic’s and go to the ES-ports lounge or student union, it’s just closer to everything.”

Despite the challenges, both students and staff are embracing the opportunity to make the most of the changes and improve the overall Freshman Connection experience for incoming students at NSU.



Photo by Madelyn Murphy. This staircase is typically packed with students when freshmen connection rolls around. This time, it will be under construction and events must take place elsewhere.

The Current Sauce Staff

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.

Send story ideas to:
thecurrentsauce@gmail.com

Lia Portillo-
Editor-in-Chief

Kallie Bourgeois-
Copy Editor

Victoria Rodrigue-
News Editor

Isabel Juarez Rubio-
Arts & Living Editor

Nina Ovalle-
Viewpoints Editor

Madelyn Murphy-
Photo Editor

Bryson Lewis-
Public Relations Manager

Dakota Thomas-
Public Relations Assistant

Juliana Nobles-
Design Editor

Hayley Keeler-
Assistant Designer

Lalaina Wood-
Photographer

Tyra Jones-
Photographer

Katie Grace Rion-
Photographer

Stephani Bradley-
Illustrator

Rebecca Smith-
Reporter

Heidi Gauthier-
Reporter

Anja Moore-
Reporter

Kendall Fuller-
Community Outreach

Anastasia Douglas-
Podcast Anchor

DOSE OF SAUCE Newsletter Sign up

Join The Current Sauce's weekly newsletter: Dose of Sauce. Each Friday at 1 p.m., the newsletter will feature the stories posted in the past week and highlight photos and things happening around campus. Use the link below to sign up or use the link on our Instagram bio!



Roommate Living: How to keep the peace

By Isabel Juarez Rubio
Arts & Living Editor



Photo by Lia Portillo.
Cleaning up after yourself at your dorm or apartment is important to be respectful of your roommate and your shared space.

Living with a roommate in college can be an experience, whether that be positive or negative, which is why it's essential to know how to live peacefully with one another.

Your first year as a college student can have a lot of challenges, so don't let your roomie be one of them. Use these tips to help you establish some rules.

1. Communication is key: In the first few weeks of the semester, you should get to know each other. You should be open to discussing schedules, study habits, preferences regarding noise levels, guests and shared spaces. Also, bonding time is essential, so make sure to spend time with your roommates outside of your living spaces. This can help establish a stronger relationship and help you be more comfortable with each other.

Jacee Smith, a junior nursing major at Northwestern State University of Louisiana, explained, "I would say that communication is key with living with other people, making sure that everybody is comfortable in their own home. And if you live on campus, you're paying, so obviously you want to be comfortable in a home you are paying for."

2. Respect personal space: Respecting each other as well as each other's personal spaces is also key in maintaining peaceful living. Establishing boundaries is also important; communicate what things you are willing to share. If you want to borrow something, always ask first. These may seem small and even tedious things to do, but in doing so, you are preventing misunderstandings in the future.

3. Cleanliness standards: Agree

on a cleaning schedule for shared areas like bathrooms, kitchen and living room. Decide who's going to take out the trash or who's going to buy cleaning supplies. Keeping your home or dorm clean is a shared responsibility, so be clear about your expectations. And please clean your dorms, you're in college now.

Natalie Matthews, a sophomore early childhood education major, shared that discussing boundaries with her roommates has been helpful for peaceful living.

"In the past, we've had issues with keeping the house clean just because sometimes people don't want to contribute to maintaining the house or we've also had a little bit of trouble with sleeping schedules and people being in the house when we are trying to sleep," she said. "But in the end, it hasn't all been that bad. I've made some really good friends in the process of finding and getting roommates."

4. Guest policies: Discuss who you want to have over and how often, including how late they can stay and if they can stay overnight. If you stay on campus, make sure to check your university's policies on overnight guests. If you share a room, be mindful of who you bring and if your roommates feel comfortable with them. Always ask before bringing someone over, and make sure you are respecting your roommates' boundaries. Don't invite strangers you just met into your home, whether on or off campus; college is a time to meet new people, but you have to be safe, so knowing who you invite is crucial to your well-being and the well-being of others who may be affected by your decision.

5. Shared expenses: If you are splitting bills, rent or groceries, make

sure it is being dealt with in a mature and fair way. You should establish deadlines for payments and keep track of expenses. Make sure to have an agreement with your landlord on what responsibilities you have. If you are staying on campus, make sure to split costs with other necessary household items.

"Living off campus, I think, is usually cheaper. I've never lived on campus, so I'm not sure how it is," Naydu Daza Maya, a graduate student studying sports administration, said. "I think that living off campus gives you a lot of opportunities to live independently since you usually have a whole house or room to yourself."

6. Handle conflicts maturely: Even with setting boundaries, disagreements are inevitable. College life can be stressful and can be reflected in the way you live. When conflicts arise, address them calmly and respectfully. Focus on finding a solution and avoid passive-aggressive behavior.

If you live on campus and are having roommate problems, make sure to contact housing staff or residential assistants and let them know of any issues you are having that can't be solved. This includes any problems you are having with your dorm room or issues with the people you are living with. Be familiar with your campus and know who you can contact in case you are having trouble. Make sure you have that information on hand.

Most importantly, remember to be kind and understanding toward each other. Having a good roommate can make all the difference, be that kind roommate.

Entering the world of college sports is a high-stakes transition for many student-athletes. For those navigating this transition, the expectations are even higher when there is potential for student-athletes to be offered to play at the highest level of competition.

The National College Athletic Association (NCAA) separates universities around the nation into different divisions that have their own set of rules, resources and talent.

According to the Next College Student Athlete (NCSA), the NCAA has three division levels: Division 1 (D1), Division 2 (D2) and Division 3 (D3). There are 352 D1 schools, 313 D2 schools and 434 D3 schools across the country.

Student-athletes at Northwestern State University of Louisiana compete in D1. “Division 1 is the highest level of college sports competition in the United States and includes many of the largest and most well-known universities and athletic programs,” the NCSA article states.

D1 schools have the largest athletic budget and provide more scholarships compared to other divisions. Some of the best student-athletes strive for D1 colleges, but there are many challenges and opportunities that come with living the D1 life.

In fact, Preston Hickey, redshirt junior general studies major, shared his experience first hand only knowing the transition to D1 life right out of high school.

“When you reach college football, everyone is a good player and everyone is big and strong. Something that I felt that helped my transition was my work ethic,” Hickey said.

His work ethic helped him stand out from other new recruits in the division. Hickey shared that he started working out with his dad at 4:15 a.m. in middle school. This dedication gave him the opportunity to stand out from other players in the weight room and on and off the field.

Hickey has always been a motivated person, whether in or out of season. “It does not vary. It is a constant application of my motivation, which is being the best

Navigating Division 1 life as a student-athlete

By Kallie Bourgeois
Copy Editor

every day,” he said.

Hickey would say that competing at the highest level is an advantage. He explained that NSU offers various resources for student-athletes and has the best coaches to help them achieve success.

“Coach Smelser, our strength coach, trains the players on the team to have the best physical edge we need to play at the high level,” Hickey said.

Although he isn’t aware of any differences from other divisions in football, he is blessed and happy to be at NSU. Hickey explained that the relationships he has developed with coaches, players and the community has stood out to him. “My favorite part

about playing in Division I football is the simple answer of ‘I love playing football and at the Division I level it’s the highest level of competition,’” he said.

Paige Baumgartner, junior business administration major and forward for the Lady Demons soccer team, experienced transferring from a D1 college to junior college to playing D1 again at NSU.

Baumgartner believes that D1 athletes have more of an advantage because of the resources that are provided. However, the competitive environment

stands out to her on the field compared to her time at a junior college.

“The level is more competitive and

higher, which makes me more competitive,” she said. “But at the end of the day, I’m here to win a championship.”

The adjustment to D1 life was a familiar challenge to Baumgartner, but she believes organization helps athletes navigate their time on and off the field at the new level.

“It’s a change of pace. Just manage your time and learn how to use your time wisely. The biggest struggle for me was going from high school to D1 at first and then from D1 to Juco,” Baumgartner said.

Much like Baumgartner, Brynn Daniel, freshman communication major, also had a change of pace when leaving her D2 school before transferring to NSU to be a softball utility player.

“I was committed to Pitt State with the Fullers and then they came here and I mean the competition is definitely harder and more intense,” Daniel said. “The pitching is faster, there’s more spinning, everyone is better and quicker.”

Daniel would argue that some D2 teams should be in D1. Being from Oklahoma, there are only three D1 schools that have softball programs, and fewer opportunities for recruiting.

“Then coming down here, there’s like 12 or 15 D1 schools just in Louisiana and in Texas there are so many too,” she said. “It just depends on where you are, where you’re being recruited.”

Getting to play at the highest level of competition has been a nostalgic experience for Daniel. She grew up watching big schools like Mississippi State University and Baylor University. Now, she will get to go head-to-head with these big schools next season.

“I’m obviously proud to be able to say that I play D1 softball, that’s pretty cool. It’s just a really fun experience,” she said.

Daniel added that becoming a Lady Demon allows her family to watch her play through ESPN+, which is an opportunity that is not offered to D2 athletes.

Although the challenges are apparent in D1 life, the opportunities that student-athletes get make competing at this level rewarding.

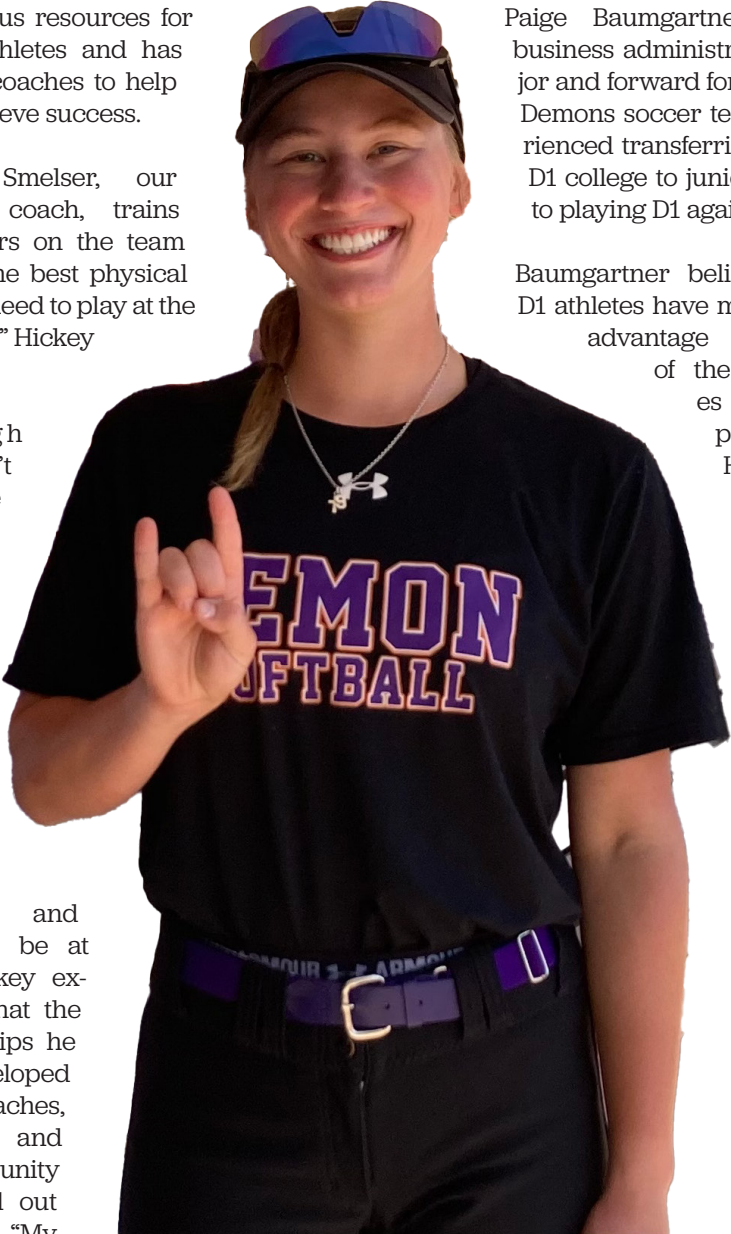


Photo by Kallie Bourgeois.
Brynn Daniel, freshman communication major, shared her experience as a softball utility player in both Division 1 and 2 at her previous colleges.



Photo by Lalaina Wood.
The Demon football team plays at the highest level of competition in Division 1.



Photo by Katie Grace Rion.
The Lady Demons soccer team takes on fierce competition in their division.

Photo Gallery: Events of the Year



Photo by Madelyn Murphy. Students sing and watch with excitement to see performers at Demon Fest 2025.

By Katie Grace Rion. The University Programming Council and the College Panhellenic Council held a Galentine’s event for students to attend and celebrate.



By Tyra Jones. Homecoming celebrations kickoff with various students and alumni tailgating before the game.



Photo by Lalaina Wood. NSU continues the Inferno Run tradition by introducing the class of 2028 at the first home football game of the season.



Photo by Madelyn Murphy. NSU Department of Theatre and Dance’s production of “RoosevElvis” presents a comedic yet substantive and profound story.



By Lalaina Wood. Student Support Services more commonly known as TRiO hosts events for first-generation students throughout the year.

The pros and cons of college freedom

By Anja Moore
Reporter

When beginning college, the drastic life change becomes a popular concern for parents and friends of college freshmen. Some may worry that students will take their newly-gained freedom too far and make bad decisions. Although the transition from high school to college is not an easy one, the truth is that the freedom gained during your first year of college is quickly cancelled out by the stress of adult life. Students are dealing with newly living on their own, roommate conflicts and the stress of making new friends. They

might also be dealing with living in a new city, which is another layer of added stress. Phillip Voorhees, freshman music major, attended high school at the Louisiana School for Math, Science, and the Arts here in Natchitoches. He believes that LSMSA helped him transition into college, but notes the differences. “If I wanted to go anywhere, I had to make a leave request on their digital app that would specify exactly where I would be and when,” Voorhees said. “That was frustrating and a little suffocating. In college, no one is breathing

down my neck like that, but at the same time, I’m responsible for my own safety.” Safety should be a huge concern for newly independent students. Seven percent of college students in America are victims of violent crime per year, as opposed to two percent of Americans in general, according to the Federal Office of Justice Programs. Some students are more careful than others. Ruben Kho, freshman nursing major, who entered college at seventeen years old, acknowledged his caution as a new freshman. “I definitely was careful with my new freedom,” Kho said. “I wasn’t too sure how dangerous college can be.” Along with safety concerns, students admit to being overwhelmed with making their own decisions. Cale Arceneaux, sophomore history major, remembered how he came to miss life before college. “I grew up very independent, but for the first time, this was true independence,” Arceneaux said. “However, after a few months and into the following year, I came to miss the autonomy of my house-

hold. However free I actually am here is quickly humbled by the need for routine, which I suggest is beneficial as well.” It doesn’t matter how much independence is gained when someone moves to college; life will quickly fall through if this new freedom isn’t balanced by routine and responsibility. Submitted photo from Cale Arceneaux. “I grew up very independent, but for the first time, this was true independence,” Cale Arceneaux, a sophomore history major, said.



Is it ever too late to get involved?

By Nina Ovalle
Viewpoints Editor

Must college students get plugged in with Recognized Student Organizations (RSOs) in their freshman year? Will it be too late if you join in your second or third year?

Similar to many other universities, Northwestern State University of Louisiana offers a wide variety of RSOs, which give students the opportunity to “get plugged in” on campus. This essentially means that students are involved on campus.

Events at NSU, like Freshman Connection or N-Side View Day, often put RSOs on display for prospective and incoming students, while pushing the idea that students should get plugged in as soon as possible (i.e., during their freshman year).

Personally, I think that getting involved as soon as possible makes the transition of adapting to college life much easier. RSOs give ample opportunities to connect with your college community and meet new friends. This type of social engagement is crucial to the college experience.

This does not go to say that it’s “too late” to join RSOs in your later college years, but sometimes it can feel more difficult since many organizations have formed groups or “cliques” as the years went by. While it is completely natural for people to form groups in this way, it can be intimidating to those of us who struggle to put ourselves out there or just have a little anxiety when it comes to socializing.



Photo by Nina Ovalle.
Nina Ovalle, senior at NSU, started the Environmental Catalyst Organization in her third year at NSU.

Therefore, joining RSOs during your freshman year can make this transition feel a little bit easier. Torin Merchant, freshman music education major, shared a similar philosophy when it comes to joining RSOs.

“I think it’s better to get involved as soon as you can. Freshman year is the perfect time to start because everyone’s trying to make friends and figure things out, so it’s less intimidating,” Merchant said.

Merchant got involved during her first year at NSU with KNWD, the student-run radio station, but she feels there’s always time to get involved later as well.



Photo by Rachel Marsh.
Paula Fontenot, senior at NSU, joined the HMT Ambassadors after her first year.

“It’s never too late to get involved. It might feel a little more intimidating later on, but there are always opportunities to meet new people and try new things,” Merchant said. “What matters is that you go for it when you’re ready, and honestly, it can still make a big difference no matter when you start.”

There is never a need to join an RSO as soon as possible, no matter how it may seem so. NSU offers many opportunities to get plugged in besides just at the start of your first semester.

“People’s interests and schedules change, so it’s great when clubs are welcoming no matter when you show up,” Merchant said. “RSOs can seriously shape your college experience in the best way, and there’s something out there for everyone if you’re willing to try it out.”

Paula Fontenot, senior hospitality management and tourism major, took a year before joining Tau Beta Sigma and the Hospitality Management and Tourism ambassadors.

“I would encourage people to at least look into things they would be interested in once they first arrive on campus and go from there,” Fontenot said.

Although she doesn’t regret waiting, Fontenot shared that she feels that she missed having the full experience by waiting a year.

“I think that it is so important to feel included or involved in something,” Fontenot said. “Waiting is fine, it is never too late to join anything, whether it is your first or last semester, you should be able

an open mind and ready to socialize.”

Ella Robinson, sophomore business administration major, had a similar plan to Pritchard’s original idea.

“I was waiting to see how busy I would be with class and work to see if I would be stressed out by adding extra activities and I’m glad I waited. There is no way I would have time for that right now,” Robinson said.

Robinson found that joining RSOs was not in her best interest, and she only realized this by taking her time to adjust rather than rushing into anything. Audrey Gorum, freshman vocal performance major, is taking the time to adjust as well.

“Taking my time to pick organizations that I am interested in is very beneficial to me because I don’t think it would be good to pick something you’re not having fun being involved in,” Gorum said.

Gorum doesn’t feel rushed to get plugged in. “I feel like there is never a specific time that you have to get involved on campus,” Gorum said. “You can always take your time going to informationals and deciding what you think is best.”

Taking time to assess proved beneficial for Robinson and Gorum, while getting plugged in was more beneficial to Pritchard. When or if you should join an RSO truly is based on individual experience.

Joining RSOs can be a great way to meet people and feel connected, or maybe it would add a bit too much to your plate. Do not feel pressured to get plugged in as soon as possible or, vice versa, don’t feel pressured to take your time.

Whenever you feel like you are ready, that’s the time. In the end, it’s all about what’s best for your college experience.

to do what you want and still feel included.”

Avery Pritchard, freshman English major, has gotten involved in several RSOs during her first year at NSU, including Alpha Beta Alpha, NSU’s library fraternity and Argus, NSU’s Art and Literary magazine.

“I don’t think freshman year is too early, nor do I think sophomore year is too late. I think it depends on what you think you’re capable of,” Pritchard said.

Pritchard shared that joining RSOs during her freshman year helped push her out of her comfort zone and ultimately was best for her college experience.

“I came into the fall semester thinking that I wouldn’t join an organization because I wanted to give myself time to adjust. ABA was then pitched to me and the rest is history,” Pritchard said. “I don’t think there is a perfect time to join an organization, so long as you go into it with



Photo by Coree Nash.
Torin Merchant (right), a freshman at NSU, got involved with KNWD during her second semester at NSU.

Letter from the Editor: Write your story

By Lia Portillo
Editor-in-Chief



Photo by Isabel Juarez Rubio.
To The Current Sauce, thank you for being my home away from home. Without this publication, I wouldn't have found my passion.

I stepped onto the campus of Northwestern State University of Louisiana on a random day in March of 2021 to tour the school. After four long hours of driving, I had finally made it to the tour I never thought would happen. Seeing the beauty of the campus, the trees and walking path on Jefferson Street and the pops of purple everywhere made me excited to be there.

I remember applying to NSU because I got a random email from recruiting at the beginning of my senior year of high school. Not knowing anything about the school – only the promise that the application fee was waived that month – I applied.

Months later, I was inside the Student Services building, meeting everyone who would change my life. Matthew Craig, who was a recruiter at the time but is now our student media coordinator, gave me the tour that ultimately made me choose NSU.

I knew I wanted to choose communication as my major, so Matt took me to Kyser Hall to meet the then interim department head of the New Media, Journalism, and Communication Arts department. He asked me why I wanted to be a journalist, and I echoed the same response I gave him that day and still stand with today: “I want to give a voice to those who normally don’t get one.”

He replied, “Well, what stories do you want to tell here?”

For the past four years, I have worked so hard to answer that question. What stories do you write, what stories can you write? What story will I write for myself here?

I came to NSU by myself, and the first

year was hard. It was my second time leaving a place I called home, and this time I was completely alone. Every day I would question myself if I had made the right decision.

College is the time to find your passion and learn who you are. I’m not saying that college is for everyone, but rather that if you take ownership of your own story, you can create the best four years of your life.

Throughout this edition, you learn of pivotal tips, perspectives and maybe new opportunities happening to make your college experience better. Some of this advice may be repeated to you every day once you’re here, like “get involved,” and while it may be tiring to hear, it does make a difference.

One of the first organizations I joined in my freshman year was this publication. That first Friday meeting, I sat inside Kyser 225, sitting at the table with a notebook out, listening to my then Editor-in-Chief, Brianna Corley. I remembered being so excited to be there and soaking up every word that Brianna said. My notebook was filled with foreign topics like the Associated Press Style and notes on how to write with good grammar.

Every meeting, I would take out my notepad and write down whatever the lesson was that day, and every day, I started to think of new ideas for stories we could write or questions I had, but I never spoke up. Until one day, I finally raised my hand and pitched – very dramatically in front of everyone – a story to honor Hispanic Heritage Month, and gave my reasoning as to why we should diversify our stories. I remember fidgeting with my hands and hearing my voice crack because it was my first time speaking during a meeting, and Brianna replied, “I think that’s perfect, Lia.”

This very long recalling of this memory is to tell you that’s how I found my voice. It was a moment of growth, and the reason I fell in love with The Current Sauce: For the first time in a while, I felt like my voice mattered and that I had a place in student media. But this can only happen when you decide to be actively involved and find your place.

For the past four years, I’ve had the pleasure of connecting with many people because of The Current Sauce. I’ve written about topics that I never thought I would write about. Naturally, it has presented some challenges, but with every story I have written, I have grown as a journalist and student.

As you enter your college years, don’t be afraid to find your passion and a place at NSU. In doing so, I have been able to gain meaningful friendships, learn from talented mentors and create wonderful memories.

This is bittersweet as it is the last letter I’ll ever write for The Current Sauce, so naturally I have to leave a few thank you’s to those who have made my college experience the best one I could have asked for.

To Matt Craig, thank you for believing in me and giving that tour that changed everything. I’m going to miss sitting on your couch in your office and complaining to you about whatever is going on in my life. Thank you for letting me be your student worker for the past three years and for guiding me to be the leader that I am. Keep learning Spanish though.

To the New Media, Journalism, and Communication Arts department thank you for giving me the most amazing professors and mentors I could have asked for. Each of you have listened to me talk forever and have given me advice that I’m super thankful for. I will carry each lesson you have given me as I enter the big girl world. Whether one about AP Style, how to write a story or lectures on why we should prioritize our mental health. All of those classes and meetings led to my personal growth.

To the staff of my first year as editor (2023-2024), thank you for being my biggest supporters. Most of you were older than me, yet you let me lead you with no conflict at all. Without that support and confidence in me, my first year

would have been a disaster and even though many of you have graduated since then I am happy to have been able to work with y’all.

To my staff this year (2024-2025), you have truly made me a better leader. This year was like a restart for me, having the pressure to improve from my first year, and all of you made that possible. Thank you for allowing me to teach you grammar, AP Style, interviewing skills and photography tips. Thank you for coming to our staff events and getting to know one another. This year was unforgettable and because of you, I will miss the sauciest staff ever.

To Kallie Bourgeois, my first freshman hire. I knew about you way before I hired you and I was so excited to have someone who had already had experience in high school join us. Your hard work and dedication does not go unnoticed. I have loved seeing you step into leadership roles this past year and am excited to see where you take The Current Sauce next year. I’m here if you need me, and I’m so proud of you.

To The Current Sauce, thank you for being my home away from home. Without this publication, I wouldn’t have found my passion. Thank you for giving me opportunities I never thought possible. There are so many stories that still need to be told and stories that have yet to happen to be reported on. My hope is that The Current Sauce continues to be a beacon of journalism for NSU. I know we still have a way to go, but the need for news and people to report on it will never go away. Student journalism taught me how to connect with communities and its vitalness on college campuses is needed now more than ever. So my hope is that emerging student journalists continue to strive for this and join The Current Sauce to leave their legacy.

But if you’re just here for the college advice, this is your moment to learn who you are. When you graduate and think of your time at NSU, I hope you smile because you wrote the best story you could. So I’ll leave you with a question, like I do during my Friday meetings:

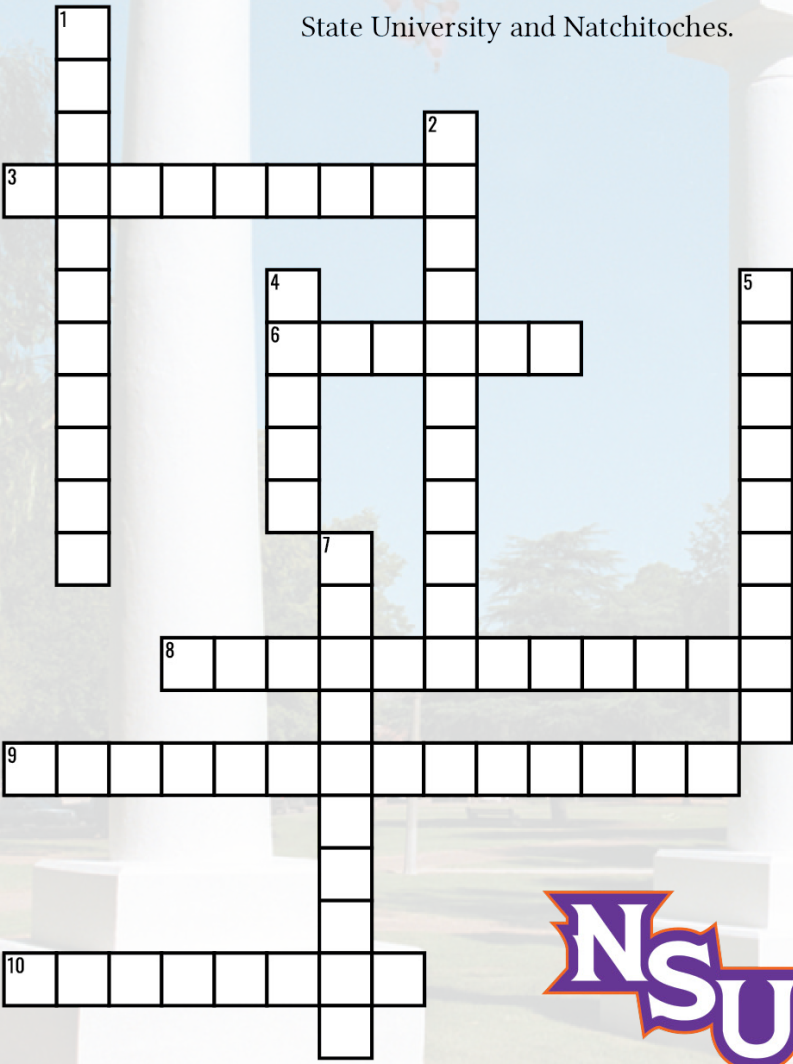
What will be your story?



Photo by Haley Wiggins.
To my staff this year (2024-2025), you have truly made me a better leader.

NSU and Natchitoches Crossword

Answer the clues each themed after Northwestern State University and Natchitoches.



Across

- 3. NSU’s yearbook since 1909.
- 6. Natchitoches in 1927 started being called the City of _____.
- 8. NSU’s newspaper since 1914.
- 9. The iconic 1989 film that was filmed in Natchitoches starring stars including Dolly Parton.
- 10. This French maiden spirit is said to currently reside in the Old Women’s Gymnasium next to Varnado Hall.

Down

- 1. The city in Texas known to be the “sister city” of Natchitoches.
- 2. The mascot for NSU, who was formally introduced in the 1923 is _____.
- 4. NSU ‘s new hall named for the president of NSU from 1986 to 1996.
- 5. Natchitoches is the heart of the _____ Creole community, a unique culture with French and African heritage.
- 7. The oldest part of NSU’s campus, is the longest continuously occupied site in Louisiana for higher education.

Answer Key:
Across: 3) Potpourri, 6) Lights, 8) Current Sauce, 9) Steel Magnolias, 10) Isabella.
Down: 1) Natchitoches, 2) Vic the Demon, 4) Alost, 5) Steel Magnolias, 7) Normal Hill.

PURPLE
MEDIA
NETWORK



NORTHWESTEN STATE B I N G O

Burning Conversations



Picture with the rock	Attended a Demon Days event	Stuck in an elevator	Went to Cafe Demon	Attended the wrong class
Picture with Vic	Used GrubHub at Chick-fil-a	Went to a football game	Stayed in Watson Library until midnight	Heard the God Siren
Parked in a faculty parking lot	Played ping pong in the Student Union	Free Space	Got stopped by an organization at a tabeling event	Photo by the columns
Got your ID sticker for events	Got a sweet treat from Iberville	Called an RA	Took a class at the WRAC	Walked near Chaplin Lake
Realized you forgot something at home	Watched a volleyball game	Tailgated with Greek Life	Woke up from a fire alarm	Used the 1st floor Kyser vending machines