

the nicholls worth



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LETTER FROM THE EDITOR

EDITOR IN CHIEF

Jade Williams



Dear students,

Welcome back to another semester! Starting the spring semester is a little scary for me. It's my last semester here, and I am nowhere near ready to graduate.

The time for graduation will come extremely fast. With that being said, before I graduate, my goal this semester is to provide bigger, longer, harder-hitting news stories in the magazine for you guys to read.

The magazine at The Nicholls Worth has come a long way, and we still have more to plan, so you won't want to miss reading them.

In this issue, you can expect a story on the vaccine. This story is extremely investigative and you'll get an insight as to what some of our nursing students think of it. You'll also read about some students who have already received it, along with interesting facts from doctors and pharmacists.

We also have a feature on Black History Month with some of our student organizations on campus. For some fun entertainment pieces, we have designed a Valentine's Day comic, along with an article on date spots around Thibodaux.

The two entertainment stories are short and fun and are meant to give students a laugh or just some easy content to read between classes.

Magazines come out the first Thursday of every month, so make sure you pick one up at our local stands, which are placed in buildings all around campus.

To keep up with our daily news stories, follow The Nicholls Worth and KNSU on Facebook, Instagram, Twitter and Tiktok.

I am sure we all have a big semester ahead of us, so let's all try to make the best of it. Good luck, Colonels!

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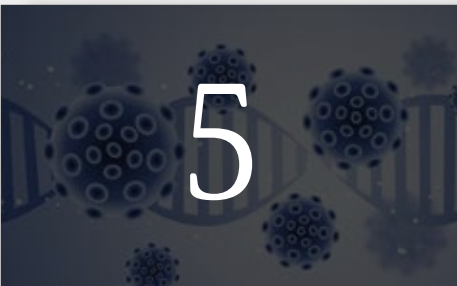


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LETTER FROM SGA PRESIDENT



Dear Colonels,

Happy New Year and welcome back to campus! As we embark on this new semester and this new year, I would like to take the time to thank everyone in the Nicholls community for continuing to abide by the COVID-19 safety guidelines set on campus. I would also like to congratulate our fall and winter graduates on receiving their degree. Because of our dedicated students, as well as our faculty and staff, Nicholls is a place where this type of dedication creates an environment where success and motivation fuels a collective purpose.

I am excited to work with students on a wide range of topics this semester. After all, the Student Government Association exists to serve YOU, the students. Last semester, we were able to pass a wide range of legislation in the senate that I signed, including putting in a new sidewalk over the dirt path near the cafeteria, passing a resolution to encourage administration to make Election Day a university holiday, a resolution to uphold fairness and equity for all student organizations on campus, providing funding for mental health initiatives for the Counseling Center and provide new equipment for several hands-on laboratories around campus, just to name a few.

This semester, we anticipate working on a lot of new initiatives, such as redoing the basketball court near the library, as well as the 'Nicholls Green New Deal,' aiming to curb excess waste by making recycling easier and more convenient on campus and to cut down on single-use plastics.

We are currently looking for dedicated students who want to make a difference to join the SGA Senate. We currently have the following positions available for the spring:

College of Sciences and Technologies – Four (4) seats available

College of Business – Two (2) seats available

College of Education and Behavioral Sciences – One (1) seat available College of Nursing – One (1) seat available

Chef John Folse Culinary Institute – One (1) seat available

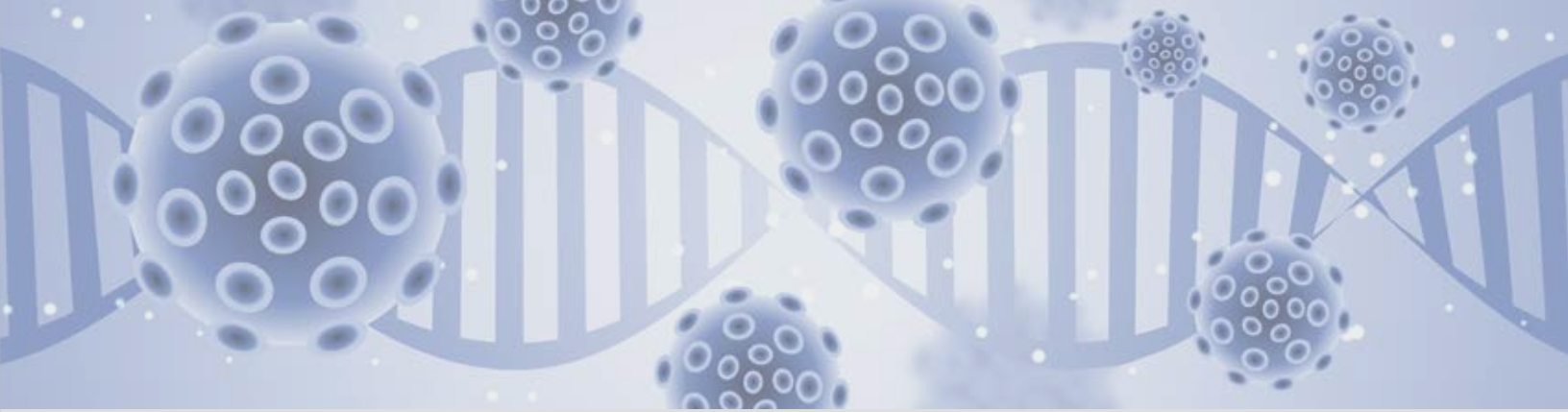
Senators at Large – One (1) seat available

To apply, please go to <http://www.nicholls.edu/sga/sga-application> or pick up a paper copy in the SGA Suite in the Student Union.

If there is anything you need, feel free to contact me or stop by my office in the SGA Suite in the Student Union.

With Colonel Pride,

Ethan Naquin
Student Body President, Student Government Association
Office: (985) 448-4557



the VACCINE

WRITTEN BY JADE WILLIAMS | DESIGNED BY ADDIE WETZEL | PHOTOS BY AVERY LANDRY



Last semester was an unusual semester for every student across the world due to COVID-19. It was different for daycares, elementary schools, high schools and most importantly, it was different for universities.

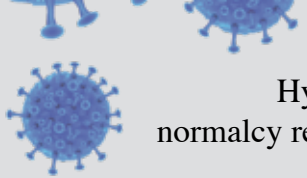
After being completely online for an entire semester at Nicholls State University, students were finally able to make their return last fall with a HyFlex schedule, meaning half Zoom and half in-person.

Health check-in stations were placed all across campus. Masks were pretty much worn throughout all hours of the day. Staying six feet apart from friends

and family was more important than ever before.

It was tough on everyone, no doubt. As students enter the spring semester, students can expect the same type of schedule.

Yet some major concerns for students remain: How long will these Zoom classes last? How long will the



HyFlex schedule remain? When can normalcy return to day-to-day life?

With the COVID-19 vaccine coming out in early December, Nicholls Communications Director Jerad David said he doesn't expect it to impact campus until the fall of 2021.

"As far as the broader campus getting vaccinated, I think we are a little ways off from that. What we're hearing is that it won't be any time in the spring semester, that it would likely be available by summer," David said.

Although the vaccine could be the answer to getting back to normal, David said it is still so new and many people have mixed opinions about the vaccine for that reason.

The Wall Street Journal reported that the first dose of the COVID-19 vaccine was given to a nurse in New York in early December. It was then announced that the vaccine would be given out in phases.

Phase one consisted of healthcare workers, and phase two consisted of people who are over the age of 70.

Since phase one consisted of healthcare workers, David said that many students at Nicholls who are nursing majors will receive the vaccine or will have the option to receive it this semester.

"Because we have nursing students and allied health students on our campus, you know those individuals go out and meet with clients and patients, so they fall in that one. So, we're actually working right now to identify how many students and faculty members there are that go out and are in that setting to get vac-

cines for them," David said.

David said they sent a sign up sheet to those students and faculty members who qualify for the vaccine.

After the sign up sheet was sent out, David announced through an email to the student body that the vaccine would officially be given to nursing and allied health students from Nicholls and Fletcher Technical Community College on Jan. 22.

The email stated that this vaccination event marks the first vaccine collaboration between four-year and two-year institutions in the state.

"Some of those individuals, if they work in the hospital now, then they may have already had access to the vaccine. So, some of them may have gotten it already," David said.

One of those students who has already received both doses of the vaccine is nursing student Grace Clement. She said getting the vaccine is a way to show other people how much you care about them.

"I just started working at Children's Hospital in New Orleans and was given the chance to get the COVID-19 vaccine. I signed up my first day of work and have completed both doses. My arm was slightly sore for a few days after, but those were the only side effects I experienced," Clement said. "With the vaccine, it's possible to see a light at the end of this tunnel we've been in for almost a year. I'm so excited that nursing students and staff can get the vaccine too."

Another student who received the vaccine is Student Government Association President Ethan Naquin.



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“Some of those individuals, if they work in the hospital now, then they may have already had access to the vaccine. So, some of them may have gotten it already,” David said.

Naquin said he received the vaccine from a hospital where he works. He said his experience with taking it went smoothly.

So far he has not experienced any side effects.

He said he understands why people have misconceptions about the vaccine and encourages people to visit the CDC website for more information.

After receiving his second dose, Naquin said he recommends getting the vaccine because like Clement, he thinks it will help get the world back to normal.

Ashley Casey, a pharmacist from New Orleans said the reason there are two doses of the vaccine is because the first time around, the immunity of it will only last for about six months.

Casey said the second dose is almost 95 percent effective.

“We know that there are some worries out there. Some people don’t like to get the flu shot because they think it either gives them the flu or they think it gives them the side effects of it,” Casey said.

However, Casey said the COVID-19 vaccine is far more advanced than the flu shot.

“Flu shot is only 40 to 60 percent effective. If you read anything about the COVID-19 vaccines, after you get the second dose, it has 95 percent efficiency. So that is amazing,” Casey said.

She also mentioned that the side effects are almost the same as getting any other vaccine.

“Sometimes they make your body feel crummy as your body starts to build the immune response. Sometimes that’s what makes you feel bad; however, that means the vaccine is working and your body is doing its job by building up that response to the disease,” Casey said.

According to the CDC, some of those side effects could be fever, chills, tiredness, etc. To help with those side effects, the CDC states that one should keep a washcloth over the irritated area, exercise the arm in which the shot was received and drink plenty of fluids.

David said the second dose should be ready for a person to take four weeks after getting the first dose.

He said the vaccine they take has to come from the same manufacturers and with that, there are a lot of variables to consider.

“One of the manufacturers, you have to keep the vial of vaccine a certain temperature, like it has to be frozen, so, we’re working through the whole schedule of ‘okay if we have 30 students sign up for it today, then they have to take only 30 doses of this medicine out to defrost cause it’s got to be defrosted.’ So, you don’t want to take too many out because there is a lot of factors,” David said.

According to Rajkumar Nathaniel, a professor from the biological sciences department, the two manufacturers that are FDA approved and are in the United States right now are Pfizer and Moderna.



Nathaniel stated that the COVID-19 vaccines developed by Pfizer and Moderna use genetic material that are enclosed in lipids.

He said these liposomes (lipids containing mRNA) are injected with the hope that they will enter cells, where cells will take the mRNA message and make proteins.

Nathaniel also compared the COVID-19 vaccine to the flu vaccine. He said there are two kinds of flu vaccines which are the nasal spray and the flu shot.

The nasal spray is a “live virus” that has been weakened enough to not cause disease. He said this vaccine strain of flu virus will infect cells in the respiratory tract but will not cause the disease.

The flu shot is an injection that introduces the “foreign proteins” into the body. He stated that the body’s immune system sees these flu proteins as “foreign” and mounts an immune response.

Nathaniel stated that these vaccines are used to treat other things as well such as polio, measles, mumps, etc.

With the COVID-19 vaccine being new, Nathaniel said both Pfizer and Moderna contain new technologies that have never been tried in human vaccines before, unlike the others.

“So compared to the flu vaccine, it blows it out of the water in terms of pretty much from what we know so far. And again it’s still early on, but it shows to be a very effective mode to keep this virus at bay,” Casey said.

Casey also said she hopes it will have an impact on education systems, like colleges and universities.

“I can’t even wrap my head around being in an almost

completely virtual learning environment because even though technology is awesome, I do feel like there is a... You can’t discredit how much more you learn or retain when you have in-person learning,” Casey said.

Casey said hopefully with the vaccine all that normalcy could come back.

“Plus the social components too. You may have kids, especially who are freshmen, who are going to a brand new place where they’ve never been. They don’t know anybody and now they can’t even really go out and meet people to start those relationships and have a good college experience,” Casey said.

Casey said that not only is college about meeting new people, but it is also traveling back home to families. She said college is about going places, but people may never know what they are bringing to and from places.

“This virus isn’t just about the physical health, it has had a mental impact all across,” Casey said.

David said until the vaccine is widely available for everyone to take, he encourages everyone to continue to get tested. David said the university received thousands of rapid tests from the state that the university hopes students will use.

These tests should give results within 15 minutes of taking them. David said this will be convenient and will help with the students who think they may have it because they can know the results before they even go to class.

The rapid tests will be placed at different locations around campus and are free of charge.

“Thing is about the rapid test, that it is literally a snapshot of that moment. We aren’t mandating anybody to get tested, but we are encouraging everyone if they can, go and get tested,” David said.



David said the National Guard is also continuing to give COVID-19 tests throughout the semester.

They are a separate test that students can receive Monday through Friday, 8 a.m. until 5 p.m. He said they do the PCR test, which is the one that takes a couple of days to get results.

With that being said, David said they have enough COVID-19 tests available for every student to get tested weekly. He hopes people will take advantage until this vaccine is available for everyone.

Until then, Casey said as the vaccines get more and more developed, she would like to see more studies done.

Emma Miester, nursing student from New Orleans, also wishes there were more studies done before get-

ting the vaccine.

“There have been rumors about the vaccine making younger people infertile and personally for me that’s the scariest thing,” Miester said. “For the people that have received the vaccine, I applaud them for their courageousness, but it’s something I personally can’t do until I know the long-term effects.”

Meister said as much as she would love to want to get the vaccine, she can’t openly condone it because there aren’t enough studies to know the long-term effects.

“We would love to have a little bit more. I think that’s what scares people sometimes, not knowing how long it will last, but we know at least it gives you protection for a good amount of time, at least six to twelve months,” Casey said.



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HEALTH BENEFITS OF COFFEE

WRITTEN AND DESIGNED BY JILLIAN LANDRY

Most college students can be seen drinking a caffeinated beverage to keep themselves awake to do homework, study for tests, focus in class, etc., but many may not know some of the mental and physical health benefits of caffeine, especially when it's in coffee.

According to the American Psychological Association, when caffeine is consumed, it binds to the adenosine receptors in one's brain, which allows more dopamine to freely flow, resulting in feelings of well-being, energy and alertness. It also speeds up reactions and allows one to sustain attention.

COFFEE LOWERS RISK OF DEPRESSION

Drinking coffee has been associated with people having a lessened risk of depression. Two studies were done to show this.

A study on women was done over a 25 year period, which showed when women drank at least four cups of coffee per day, they were 20 percent less likely to be depressed than those who drank less or none.

A study on men showed they had a 50 percent less risk of committing suicide when they drank two to three cups of coffee per day.

According to Cynthia Sass, a registered dietitian, coffee consumption has many health benefits. Coffee is linked to the emotions of pleasure, kindness, affection, happiness, etc., and it was not associated with negative emotions during the study.

COFFEE CAN HELP PREVENT COGNITIVE DECLINE

Compared to those who don't use caffeine, people who use caffeine have less of a cognitive

decline. Those who routinely drink coffee are less likely to suffer from dementia and Alzheimer's later in life.

Coffee can help one to remember things better. It can be helpful in managing tasks and keeping you focused on what you are doing. If one has a routine of drinking coffee, it can help them to have a better memory.

ANTIOXIDANTS ARE FOUND IN COFFEE

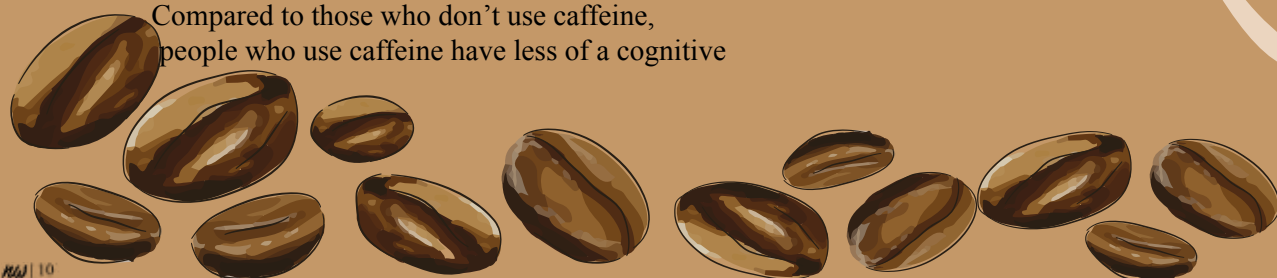
Sass also discussed the health benefits of the antioxidants in coffee. The coffee beans themselves, as well as the fruit they come from, are both rich in antioxidants. There was a study done that showed that many people get their antioxidant intake from coffee instead of other means.

65 percent of American adults say they drink coffee, and only every one in ten people eat the recommended amounts of fruits and vegetables.

Chlorogenic acid found in coffee is said to play a role in protecting against different chronic diseases, inflammation and obesity.

DRINKING COFFEE CAN HELP YOU WORKOUT BETTER

Coffee can also be used to boost one's workout.



When used in moderation, caffeine can help one to be able to push themselves harder in a workout. Coffee is also able to help increase calorie burning.

The boost to one's workout only works for people with a fast metabolism. According to Sass, research has been conducted, which shows that for those with a slow metabolism, caffeine can inhibit one's workout performance rather than help.

COFFEE HELPS REDUCE TYPE TWO DIABETES RISK

Due to most of its benefits, coffee also is able to aid in the reduction of a type 2 diabetes risk. Research has been done that recorded that for every extra cup of coffee one drinks, there is a six percent decrease in developing diabetes.

Coffee has also been associated with a lower risk of developing some cancers and Parkinson's disease.

NEGATIVE EFFECTS

Sass said coffee consumption can also have some downsides if one has a slow metabolism. It can increase your chances of having a heart attack, it can give you high blood pressure and it can lead to prediabetes.

HOW TO LIMIT CAFFEINE TO A HEALTHY INTAKE

Though coffee and the caffeine in it may have some health benefits, it still could cause an addiction. The APA has ways to use caffeine wisely so that one can limit his/her caffeine consumption to combat getting an addiction to it.

DELAY DRINKING YOUR MORNING COFFEE

After waking up, your body naturally starts producing energy boosters, so you do not need the caffeine boost that early. Waiting at least an hour to start drinking coffee can help with limiting your caffeine consumption.

ONLY DRINK WHEN NECESSARY

If you are not one who needs to drink coffee every day, limit your intake to only before long

periods of time where you need to stay awake and maintain focus, like long lecture classes.

DON'T CONSUME COFFEE LATE IN THE DAY

Consuming coffee up to six hours before going to sleep can interfere with how well you sleep that night. By watching the time before you drink coffee to make sure it isn't too close to when you are going to sleep, you can make sure you get enough sleep.

By ensuring you get enough sleep, you can reduce your dependency on needing caffeine to boost energy in the morning.

Sass advises when drinking coffee to not drink more than five 8-ounce cups of coffee (2.5 grande cups from Starbucks) and to avoid any artificial sweeteners or large amounts of sugar.

According to the APA, drinking more than five cups of coffee can lead to symptoms like anxiety, agitation, headache, rambling speech and excitement. It can also cause one to build up a tolerance to caffeine where one needs more caffeine for it to work.

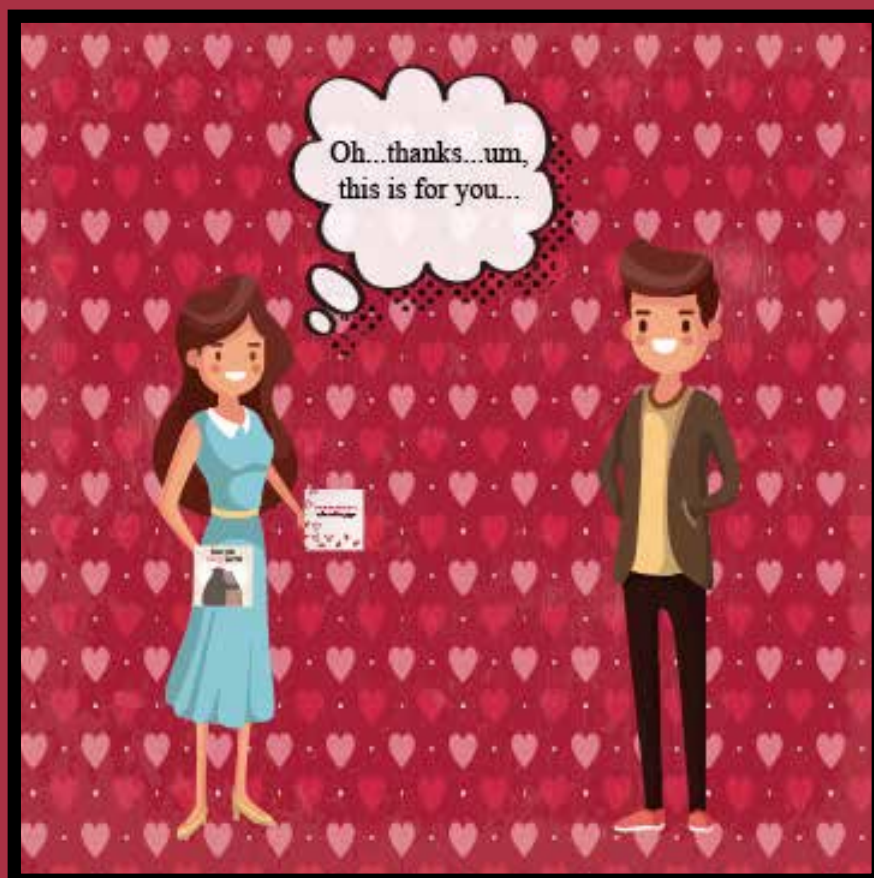
Sass also advises to not combine coffee with other stimulants.

According to the APA, in a 2015 study, it was shown that those who had a dose of caffeine equivalent to a double espresso about three hours before going to sleep, fell asleep 40 minutes later than they were trying to and woke up later than usual the next day.

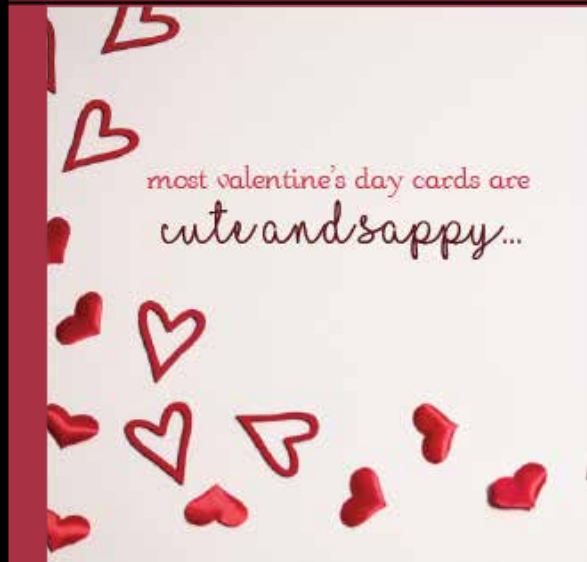
Coffee has a lot of interesting health facts that college students can benefit from, even more than the list here, so don't feel bad about drinking too much coffee.







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BLACK HISTORY MONTH

WRITTEN BY HANNAH GUILLOT | DESIGNED BY ADDIE WETZEL
PHOTOS BY MAGGIE BYCHURCH AND RYKER EMNACE

What began as National Negro History Week in February of 1926 has now morphed into the month-long, nationally-recognized celebration of African American history and culture, Black History Month.

The theme of Black History Month this year, as stated by the Association for the Study of African American Life and History's website, is, "Black Family: Representation, Identity and Diversity." Nicholls State University will be hosting many different events throughout the month of February in order to celebrate and recognize the month.

The timeline of black history at Nicholls State University began on Sept. 17, 1963, when the first seven African American students attended their first day of school at the university.

Alfred Delahaye's book, "Nicholls State University: The Elkins-Galliano Years," recounts the story of how, then Francis T. Nicholls State College, was the last institution in the state of Louisiana to have a tax-funded desegregation.

The first black students at the college faced pushback, beginning with the rejection of their applications. This was due to the fact that the doctrine with which the school was established stated that the college was, "for the education of white persons of the State of Louisiana."

Once the doctrine was rectified, the students were admitted to the college. Following this, the students faced several trials such as when white students, "hurled paper cups and racial epithets," at black students, when community members called bomb threats into the schools and even when a burning cross was put in the yard of Frederick Galliano, the president of the university at the time.

Enduring this, the first black students paved the way for future students, and the enrollment of black students increased to 47 the following semester in the spring of

1964. According to Nicholls' current demographic data, that number is now approximately 1800, with minorities making up about 28 percent of the school's demographics.

Also from "Nicholls State University: The Elkins-Galliano Years," Delahaye wrote that by 1970, there was a big push for an increase in the number of minority employees on college campuses. At the time, black employees only made up 3.6 percent of the total staff population. The following year, the first black faculty member, Ida A. Bush, was hired as an instructor.

Steven Kenney, chief diversity and inclusion officer at Nicholls, said Nicholls still has a ways to go when it comes to diversity on campus.

"When you look at diversity, equity and inclusion, we have some work to do as it relates to our faculty," Kenney said.

Kenney said there is certainly a smaller percentage of minorities in Nicholls current faculty, and that the minorities who are employed at the university tend to rank lower on the corporate ladder in comparison to the majority.

Kenney stressed that when looking at this data, it is important not to see these as weaknesses but as areas of opportunity for our school.

"Our students of color represent a small population of our student body, but we have to have an awareness of how we can expand our population of students of color," Kenney said. "What steps are we taking to make sure that we are reaching out to those minority populations to let them know that Nicholls is a place where you can come and feel included?"

Kenney said Black History Month is, "ensuring that there is not only awareness, but providing the education and insight into significant points in history as it relates to the African American community."

Kenney shared his experience growing up in New Orleans, which he compared to a gumbo of sorts, where everyone is able to work in harmony with one another.

"New Orleans, to me, has always been a very diverse city when it comes to people's backgrounds and ethnicities," Kenney said. "It wasn't until I went and lived in other places that I realized New Orleans was an anomaly."

He said Black History Month for him as a child was a reflection of the contributions that people of color have made. However, after leaving New Orleans, Black History Month has become more of an appreciation that can't be taken for granted.

"It's often easy for us to acknowledge something and then put it on a backburner so that it escapes our memory, but when you have a specific period of time to reflect and remember, it ensures that those memories never die," Kenney said. "We take February to acknowledge black history, but we should be celebrating the contributions of people of color year round."

As Chief Diversity and Inclusion Officer, Kenney said it's his job to help the campus learn and acknowledge the effort that needs to be made by every member of the Nicholls community to achieve equity and inclusion on campus.

"It's a task that you undertake everyday to make sure that you have different



“When you look at diversity, equity and inclusion, we have some work to do as it relates to our faculty,” Kenney said.

voices at the table,” Kenney said. “It takes all of us to get the work done.”

Farren Clark, assistant professor of speech and CROWN coordinator, said Black History Month is a time for us to reflect on the experiences and accomplishments of African Americans which have long been omitted, skewed and purposely forgotten due to the racist foundations of America.

“Our history does not begin with slavery, our history is the history of the world,” Clark said.

Clark detailed his experiences growing up black and how it affected his view of the world and himself.

“One of my earliest memories was watching television with my dad when I was five or six and saying, ‘Oh wow!’” Clark said. “I thought it was something like a game, or water sports, but my dad told me that people were being sprayed with high pressure hoses.”

He said he recalls how his dad struggled to find the words to explain to him that those people weren’t having fun.

“Growing up, you look forward to a lot of things in America: life, liberty, the pursuit of happiness, you’re told, ‘This is what America is,’ and as you live, you start to learn what America also is and has been,” Clark said.

He said when he thinks back to that moment, he thinks of the responsibility he has to share his knowledge and to continue gaining knowledge.

“I want to be an aid, not an obstacle, to someone to be educated, and someone’s voice to be truly heard and understood,” Clark said. “Ignorance is laziness oftentimes, and there’s a lot of willful ignorance.”

Clark talked about the importance of Sankofa, which is a symbol of the Akan tribe and also a word that translates to, “Go back and get it”, and what it means to him.

“We need to reclaim our past, and bring it to where we are now, because it has everything to do with our future,” Clark said.

Clark said one of the best things the Nicholls community can do to celebrate and encourage the black community, is to participate in the multiple events happening on campus during Black History Month.

“To willfully take part is one right that we have as Americans,” Clark said. “To take part in Black History Month will help connect you to people who you probably otherwise would not have connected to.”

Cydnee Mills, president of Nicholls’ National Association for the Advancement of Colored People, said that Black History Month is a way for the black community to express itself and tell the story of how it came to be where it is now.

“Black history, to me, is where we can showcase what makes us special,” Mills said. “It means a lot to a lot of people in different ways.”

Mills said that the black history that is taught in school isn’t quite adequate to what you experience growing up

as a black person. She said that it's important to share the ugly side of black history so there will be a fuller understanding.

"It's good to highlight the good and the bad," Mills said.

Mills said her role and responsibility on campus is to ensure that everyone is represented and heard. She said the mission of the Nicholls NAACP is to promote unity, diversity, education and political awareness.

"I can't speak for everyone, but I can help express my feelings and really just speak for everyone who may feel like their voice doesn't matter," Mills said.

Iriel Nunnery, president of the Black Women's Leadership Association at Nicholls, said that Black History Month is a month to celebrate all that black people have accomplished over the years, and how far they still have to go.

"This is not the end, we have so much farther to go," Nunnery said.

Nunnery said BWLA creates a sisterly space for black women on campus to come and learn how to become better leaders on and off-campus. Members go to social

networking events, have monthly professional development meetings, attend informational panels and get assistance with finding job opportunities along with résumé building.

"We are not limited to what we think we are limited to," Nunnery said. "BWLA creates a space for black women on campus to call their own."

Kayla Freemon, president of the Black Student Union, said that Black History Month is a month dedicated to educating others and to remember the growth that the black community has experienced.

"It's really just always been there being that we've celebrated it every year in school," Freemon said. "But now that I've gotten to college, it's more of 'How am I supposed to get involved?'"

Freemon said that for her, involvement looked like being on the Black History Month Committee, planning events to bring awareness of black history and figuring out how black history can be celebrated on campus.

"I felt responsible for being the change I wish to see on this campus," Freemon said. "We try to make sure that we educate those on campus about the culture as well as



“This is not the end, we have so much farther to go,” Nunnery said.

find ways to bring fun to the culture on campus.”

Freemon is also president of Sigma Gamma Rho and the National Pan-Hellenic Council on campus. She said that her position allows her to improve unity on campus.

“My sorority holds a lot of importance because it was founded at Butler University and, at the time, the founders had to deal with the Ku Klux Klan right next door while they were starting to think about and establish a group of women trying to come together,” Freemon said.

Freemon said they are here for the cause and for the fun.

“We try to make sure that we educate those on campus about the culture as well as find ways to bring fun to the culture on campus,” Freemon said.

Clark, Mills, Freemon and Nunnery all said that the best way for the Nicholls community to uplift its black community is to support it as well as to participate in the events scheduled on campus for Black History Month. The calendar of events can be found on the Nicholls Black History Month webpage at <https://www.nicholls.edu/black-history-month/>.



TOP THREE

DATE SPOTS IN THIBODAUX

WRITTEN BY JADE WILLIAMS | DESIGNED BY ADDIE WETZEL | PHOTOS BY JADE WILLIAMS



PJ's Coffee

This coffee place is cute and cozy and could be the perfect place for a date. Talking while drinking coffee could be an easy way to get to know someone. It is super casual. Since Valentine's Day is this month, it could be a cute idea to go hang out here.



Orange Leaf

Orange Leaf is another simple casual date spot. It's a small business with many frozen yogurt flavors. It is also very much affordable.



Peltier Park

Peltier Park is a nice wide-open area. Bring a blanket, pack some food in a basket and this place is perfect for a picnic. You can also walk your dog here or even ride bikes around the park for some extra fun.

Meet Your DEI COUNCIL



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THE SGA DIVERSITY, EQUITY, AND INCLUSION COUNCIL EXIST TO FOSTER COLLABORATION AMONGST STUDENT LEADERS, TACKLING ISSUES RELATED TO AWARENESS AND ACCEPTANCE ON THE CAMPUS OF NICHOLLS STATE UNIVERSITY. TO THIS END, THE COUNCIL AIMS TO EMPOWER ALL STUDENTS TO REACH THEIR FULLEST POTENTIAL. REACH OUT TO ANY MEMBER OF THE COUNCIL WITH CONCERNS OR QUESTION.

A COLONEL MEDIA GROUP PUBLICATION

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STUDENT PROGRAMMING ASSOCIATION

UPCOMING EVENTS

WELCOME BACK COLONELS!

FEB. 10 SPA IS IN LOVE WITH THE COLONELS

FEB. 11 BLACK HISTORY MONTH FILM ON
THE FIELD

FEB. 23 SPA SPIRIT TABLE

FEB. 24 NUG NIGHT

SPA MEETING EVERY
TUESDAY AT 4:30



NICHOLLS_SPA



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