

THE CURRENT SAUCE



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Election 2024: What NSU students need to know before voting

BY NINA OVALLE

As the upcoming 2024 presidential election draws near, all voters must register prior to the election by the given deadlines.

The registration deadline to vote in person at the local election office or by mail is Oct. 7. If voters are registering online, the deadline is Oct. 15. Louisiana voters can visit the [Louisiana Secretary of State website](#) or the [GeauxVote app](#) to register online.

To register to vote, Louisiana voters must be a U.S. citizen and at least 17 years old. To vote, they must be 18 years old, not be under an order of imprisonment for conviction of a felony, not be under a judgment of full interdiction for mental incompetence or partial interdiction with suspension of voting rights, reside in the state and parish in which they seek to register and be registered at least 20 days prior to an election, according to the [Louisiana Secretary of State website](#).

Kathrin Holden, Natchitoches parish registrar of voters, explained that Louisiana voters' only requirement prior to voting on Election Day is registration.

"Voters just need to register, then once they register and get ready to vote, they need to make sure that they have their identification and they need to know their polling place," Holden said.

At polling locations in Natchitoches parish, in-person voters must have a Louisiana driver's license or state identification in hand. United States passports and other forms of identification will not be accepted.

Students attending Northwestern State University of Louisiana are able to register to vote in Natchitoches parish. If a student lives 4 hours away from their hometown or wherever they're registered to vote, then changing their registration might be an easier option to participate in elections, which is why Holden recommends changing the voter's voting location.

Holden explained that students wishing to change their voter registration to Natchitoches can do so [online](#).

David Stamey, Natchitoches clerk of court, explained students from other

parishes may already be registered in their home parish, so he suggested students changing voting locations should refer to [geauxvote.com](#).

Stamey assured that his office is open to those who need help with the voting process.

"Very little is more important to us than all citizens getting involved in the election process," Stamey said. "We will work hard to get students, especially first-time voters, informed of this process. From getting registered, to voting by mail, to early voting and the Election

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line to request an absentee ballot must be received by Nov. 1 by 4:30 p.m. CDT, and to return a ballot by mail or in-person, ballots must be received by Nov. 4 by 4:30 p.m. CST, according to the [Louisiana Secretary of State website](#).

Ronnie Williams, mayor of Natchitoches, encouraged all students to vote in whichever way they can. He urged participation in elections is a crucial aspect of one's civic duty.

"At the end of the Constitutional Convention of 1787, Benjamin Franklin said, 'It's

It is that sense of accountability which allows voters to elect candidates whose campaigns align with their ideals. With this, a voter must be prepared prior to voting.

"When voters take the time to research candidates and issues, they can make more informed decisions about the candidate or issues they choose to support and being an informed, active voter is crucial to effecting positive change," Williams said.

Each vote is capable of impacting the world for the better, Williams added.

"The future of our democracy demands we all do our part to be good stewards with a lifelong commitment to civic engagement and an unrelenting devotion to voting," he said.

For more information from the Secretary of State on voting in the presidential election, visit <https://www.sos.la.gov/ElectionsAndVoting/RegisterToVote/FrequentlyAskedQuestions/Pages/default.aspx?OwnershipName=RegisterToVote&faqid=0&PF=1>.



Photo by Jayda Gee. St. Anthony Catholic Church, located on 5th Street in Natchitoches, serves as a designated voter registration site, welcoming the community during Election Day.

Day process, we want to help you."

Students, and all voters, also have the option for early voting. Early voting will start on Oct. 18 and will run until Oct. 29.

"On Election Day, there are going to be other polling places, but if they come and early vote, that's gonna be in our office," Holden said.

The Registrar of Voters office is located at 200 Church St, Natchitoches, LA 71457.

Voters who wish to participate in absentee-ballot voting have the option to visit the office as well. As defined by [vote.org](#), absentee voting is conducted by a mail-in ballot before Election Day. The dead-

a republic, if you can Vkeep it," Williams recalled the quote. "America is yet a great experiment, and it takes all Americans to continue to sustain our democracy. One such way is by voting."

Williams stressed that voting is a form of empowerment to those who participate in the process, as it allows them representation among elected officials.

"Your vote is your directive to those who represent you. It gives you a voice in shaping the policies that affect your community, your state, our country and the world around us," Williams said. "Elected officials, like myself, also understand that the voting process ensures accountability."



Photo by Jayda Gee. Voting locations for Natchitoches parish can be found at <https://np-clerkofcourt.org/polling-locations/>

A legacy to remember, Ed Evans

BY ISABEL JUAREZ RUBIO

Edward “Ed” Evans was a character that could not go unnoticed; he is remembered for his work ethic, mentorship and commitment to his family.

Unfortunately, Ed Evans died on Sept. 3, 2024, at the age of 72 from a brief illness. Ed Evans was the head athletic trainer, and the National Collegiate Athletics Association banned substance coordinator at Northwestern State University of Louisiana.

Through numerous accomplishments such as forming a part of and helping NSU’s Athletic Department and over two decades as NSU’s head athletic trainer, he left an impactful legacy which will be carried on by students, colleagues and family.

“Your dad really had this natural teacher to him,” Christina “Chris” Evans, wife of Ed Evans, said while talking to her children.

Ed Evans’ essence and passion for his job could be seen from miles away. He was a devoted teacher, mentor, father, grandfather and husband.

Chris Evans and Ed Evans moved to Natchitoches, La in 1979. This is where Ed Evans obtained his master’s degree to become an athletic trainer.

However, their story did not start there. Ed Evans and Chris Evans met through mutual friends. At the time, Ed Evans was in the Navy as a hospital corpsman and physical occupational therapy technician. Chris Evans was friends with other Navy members and attended a friend’s cousin’s wedding. It wasn’t until the party after the wedding when the two officially met. They got married nine months after that.

Chris Evans and Ed Evans were married for 49 years and two months before his death, and they are parents to three children: Jonathan Evans, David Evans and Timothy Evans.

All three children were born and raised in Natchitoches, where they got to witness their dad’s success and growth.

“Growing up, we were all born here, and we went to the grade schools of NSU,” Timothy Evans said. “So, most of us remember dad as an athletic trainer, and so we’d just walk from whatever school we were at because it was pretty close to where his office was when he was the head trainer.”

“

Growing up, he was always kind of an authority figure. But if you knew him, he was kind of a big softie



Photo submitted by Chris Evans. Enjoying a family day in StoryBrew Coffee Cafe with middle son, David Evans and his two daughters, Abby and Maya and their Colombian daughter Adriana Zambrano.

Chris Evans explained that Ed Evans was never an academic person. He struggled getting his master’s degree but was able to persevere.

“He just learned how to kind of get it done and then being an athletic trainer all of that is just hands on basically,” Chris Evans said. “He had a natural ability for teaching.”

Originally, Ed Evans dreamt of becoming a physical education coach, which he was able to accomplish for some years at Natchitoches Central High School.

“He was going to be a P.E. football coach, and, instead, when we were at George Southern, he was asked to be the athletic trainer there,” Chris Evans said.

That was what inspired Ed Evans to want to get his masters, Chris Evans explained.

“I did have to help him with his grammar and phrasing on his writing,” Chris Evans laughed as she remembered.

Ed Evans was very family-oriented, so

his life was much more than just his professional life. Although he was very dedicated to his job, Ed always made sure to make time for his loved ones.

“He was always home for dinner,” recalled Chris Evans.

Ed Evans also made sure to plan family vacations, especially road trips.

“In my mind, I always sort of thought of him as the road warrior; he could just get in the car and go,” Jonathan Evans said.

The family admitted that they once made it as far as Maine along with visiting California, Colorado, Washington D.C. and many other states.

The Evans’ said some of their most treasured memories with Ed were the ones they made on vacations.

“Growing up, he was always kind of an authority figure. But if you knew him, he was kind of a big softie,” Timothy Evans said.

While being a father was his first priority, he always cared for the athletes he tended to.

“He was doing two jobs at once and trying to be a parent and also trying to do this really important job and make sure the athletes were getting the care they needed and also making sure that his students were doing the job they were supposed to do,” Jonathan Evans said. “It was a lot to take in.”

Kristina Overholt, an assistant director of sports medicine at NSU who worked closely with Ed Evans, said, “he was a big mentor to people.”

Ed Evans mentorship is going to be carried by all students and people he was able to teach and guide.

“My favorite thing was when we would have test days and we would give tests to the students he would either bring in McDonald’s breakfast or his wife’s brownies and he would bring them to us. Test days were the best days,” Overholt said.

Ed Evans had the ability to turn a test day into a happy memory. Ed Evans’ charisma was displayed in actions like these, which is just one of the many traits which will forever be remembered about him.

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NSU track and field athlete aspires to make it to the Olympics

BY CHRISTIAN ROBINSON

People see the Olympics as the pinnacle of worldwide sports which they dream to compete in, but certain athletes at Northwestern State University of Louisiana are working to pursue that dream into reality.

Mikkel Johansson, junior strategic communications major and sprinter for Demon's track and field team from Aalborg, Denmark, looks to make it to the Olympic stage after competing in the 100-meter dash and 200-meter dash in the Danish Championships in Hvidovre, Denmark this past summer.

"If you are serious about the sport, that should be the end goal. It is a dream of mine to represent my country and be on the grand stage with other world athletes," Johansson said.

He shared what influence competing at such a high level for his country will have on his mindset.

"I don't think there is pressure to represent a country," Johansson said. "I look at it as a pleasure and an honor to be the representative of my home country and to be considered one of the best in my sport."

Making the Olympic team for one's country is not an easy task, as it takes hard work and dedication. Mike Heimerman, head track and field coach, believes Johansson is progressing to a higher level,

and he has high hopes for the athlete's future.

"Mikkel has come here to NSU under coach Adam Pennington, and he has made leaps and bounds since being here and is well on his way to making it," Heimerman said.

Adam Pennington, associate head track and field coach, explained the benefit of Johansson's lack of major competition in his home country of Denmark.

"Since there aren't a lot of representatives in his country, I believe if he keeps progressing and improving and if we keep coaching him then he will make it," Pennington said. "I believe he will be able to compete in the Olympics."

Johansson believes his objective is attainable if he puts the right work in to make the rankings to qualify.

"It's something I work my entire year for, so I am ready to get out there and perform," Johansson said. "I have to make sure I am earning ranking points and my body in top shape ready to compete and hopefully one day make the Olympics."

Johansson's dream is shared amongst the NSU coaching staff and athletes, as his ultimate goal is not only to make the Olympics one day, but also to be seen as one of the best on the track.



Photos by Lalaina Wood. Track and field athlete, Mikkel Johansson, has begun training for the upcoming season. He hopes to continue improving this season and keep working towards his goal of competing in the Olympics.



"I believe he will be able to compete in the Olympics," Adam Pennington, associate head track and field coach, said

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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!

<https://lp.constantcontactpages.com/sl/EsULucF/currentsauce>

Are Natchitoches restaurants budget-friendly for college students?

BY VICTORIA RODRIGUE



Photo by Lia Portillo. Natchitoches has staple restaurants that bring flavor and unity to the community.

Natchitoches is home to many favorite restaurants including Peggy's Homemade Pizza, Mayeaux's Steak & Seafood and Pioneer Pub. These restaurants are important to the community, as they are cultural gathering places for residents, and they support the local economy.

Luckily for on-campus students at Northwestern State University of Louisiana, they reside in a charming small town with history and allure. Natchitoches has staple restaurants that bring flavor and unity to the community.

But does Natchitoches have enough variety of restaurants?

Aside from the fast food chains known across the country, it's hard to find a good spot to grab a bite to eat which is tailored toward college students. Many places in downtown Natchitoches are close to campus but aimed to attract tourists at local events and festivals.

Downtown Natchitoches' newest riverfront restaurant, Patio Cantina and Grill, was an exciting new addition for the community that opened in late July 2024. Its patio view of Cane River and elegant interior attracts customers while the services and high quality dishes keep them satisfied.

Patio Cantina and Grill is perfect for a

lunch to impress or a special dinner night out, but regular dining there is not in the price range of an average college student. The addition of this new restaurant was exciting and important for the Natchitoches economy, but it wasn't targeted toward the NSU student population.

Restaurants with larger dining areas, such as Flying Heart Brewing & Pub, offer plenty of space for large parties such as student organizations. With its family-friendly environment, it's perfect for students of all ages, and they even offer discounts for NSU students on Thursday nights. They also host events like trivia nights which attracts the community to gather for a fun time.

Similarly to this, Mama's Oyster House hosts events like karaoke nights on Wednesdays, but the smaller dining area can create a crowded environment. A wider selection of restaurants that offer larger dining areas and fun, community building events can be appreciated by NSU students. This could also provide more job opportunities for students. Most restaurants in Natchitoches are proud to hire students and support them through their time at NSU.

Is it time for Natchitoches to bring larger, college student budget-friendly restaurants into its community? I think so, it's time for something new.

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 Tuesday, 11/19 6:00pm

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Julia Castle

Our special guest speaker for this event, Ms. Julia Castle, currently works as the Vice President and Community Manager of a Chase Bank in Opelousas, Louisiana. Therefore, she has an abundance of experience in the world of finance!

Thursday, October 3rd - Cane River Room - Starting at 5:30 pm

STAFF'S FAVORITE HALLOWEEN MOVIES

- CHRISTIAN - ORIGINAL SAW
- KALLIE - DISNEY'S GIRL VS. MONSTERS
- MADLYN - IT
- CODY - BEETLEJUICE (1988)
- ISA - BOOK OF LIFE
- LALAINA - HOCUS POCUS
- JAYDA - FEAR STREET
- TYRA - THE ADAMS FAMILY
- HAYLEY - HALLOWEENTOWN
- MARIA - THE CRAFT
- KATIE - SCREAM VI
- CHRIS JAMES - CHUCKY
- COREE - FRIDAY THE 13TH
- NINA - NIGHTMARE BEFORE CHRISTMAS
- DAKOTA - THE CONJURING
- VICTORIA - CORPSE BRIDE
- LIA - JEEPERS CREEPERS

OUR FALL PLAYLIST

- TYRA - SWEATER WEATHER BY THE NEIGHBORHOOD
- JAYDA - DUVET BY BOA
- KATIE - ROSLYN BY BON IVER
- HAYLEY - ALL TOO WELL (10 MIN VERSION) BY TAYLOR SWIFT
- MARIA - SEPTEMBER BY EARTH, WIND, AND FIRE
- MADISON - SWEET TEA BY SNOH AALEGRA
- VICTORIA - WHEN THE SUN HITS BY SLOW DRIVE
- CHRISTIAN - WEIGHTLESS BY ALL TIME LOW
- LALAINA - JUNA BY CLAIRO
- JULIANA - WHAT ONCE WAS BY HER'S
- SACHIRI - HEATHER BY CONAN GRAY
- STEPHANI - CHARLIE BROWN THEME SONG BY VINCE GUARALDI
- ISABEL - SAN LUCAS BY KEVIN KAARL
- MADLYN - NEW PERSPECTIVE BY NOAH KAHAN
- KALLIE - WE FELL IN LOVE IN OCTOBER BY GIRL IN RED
- LIA - HOME BY GOOD NEIGHBORS

OUR SPOTIFY PLAYLIST:

The 67th Miss Northwestern Lady of the Bracelet Scholarship Pageant

Photos by Madelyn Murphy



The 2025 Miss Northwestern Lady of the Bracelet contestants await the announcement of the winners.



Jesse Foshee is a sophomore elementary education major who competed in the Miss LOB pageant "Simply Me."



Nicole Curry is a junior psychology major who competed in the Miss LOB pageant with the community service initiative "Juvenile Justice."



Madison Bruce is a junior secondary education major who competed in the Miss LOB pageant "EnRICHed."



Lauryn Vernon is a junior biology major who competed in the Miss LOB pageant with the community service initiative "Set Apart."



Nilah Pollard is a junior social work major who competed in the Miss LOB pageant "Success in School: Mental Health Awareness Matters."



President James Genovese welcomes Jesse Foshee as the 2025 Miss Northwestern Lady of Bracelet.



The 66th Miss Northwestern Lady of the Bracelet does her last walk across the stage.