THE CURRENT SAUCE &

VOL. 126, NO. 2

THE STUDENT NEWSPAPER OF NORTHWESTERN STATE UNIVERSITY OF LOUISIANA

01-02 **NEWS**

Following a longtime leader's retirement, NSU's Counseling and Career Services hires a new counseling director. NSU the university after 10 years.

03-04 **ARTS & LIVING**

From freshly ground coffee to homemade desserts, read how this local business on Front Street combines southern hospitality with their family recipes. As the weather cools down, here's how NSU students embrace the fall wardrobe.

05 **SPORTS**

After the track and field teams' success over the past few years, NSU is receiving an upgrade to of the new project is moving along, and how coaches and

06-07 **VIEWPOINTS**

The Louisiana v. Callais could determine the future of Caddo, Natchitoches, Lafayette and East Baton Rouge Parishes voters. Read the breakdown of this case and what this means for Natchitoches residents. Lastly, read how you can stay safe this Halloween.

NSU redesigns university website after 10 years

By Heidi Gauthier **News Editor**

website for ten years, Northwestern State Luniversity of Louisiana ■ launched a redesigned website on Sept. 15.

Cole Gentry, NSU's chief marketing officer, shared that the idea of a website redesign first surfaced more than two years ago during the presidency of Marcus Jones. However, before the project took off, NSU underwent a change in president.

Current president James Genovese played a major role in moving the project forward. Gentry explained when Genovese spoke with faculty, staff, students and community members, he learned about the outdated website.

"He thought a new website would increase attention to our university and bring awareness to prospective students and their families about NSU," Gentry said. "While we managed and developed the new site, it was the idea and strong support from the president that made it possible."

Gentry believes that the changes will be impactful for the university. "I think when parents and students go to our website now, they are going to think 'wow, this is a really nice user experience, and I can really see my child at NSU'," Gentry said.

To bring this project to life, NSU partnered with Push10, a website agency specializing in nonprofits and educational institutions, to develop the new design and layout of the website.

fter using the same Amy Lee, director of marketing and branding, helped screen potential companies before Push10 was selected and has worked closely on the project since the beginning.

> "The new site is so user-friendly for incoming students and parents. It's designed exactly for that purpose. The search functions are much improved, the design and layout are fresh, and I think it will really set us apart from other universities," Lee said.

> Looking ahead, Gentry emphasized the importance of consistent updates to keep the website current.

> To help users navigate the new layout of the website, Gentry said that Push10 is currently developing a custom sitemap that will be called the A-Z directory. This site map will list all topics covered on the website and link to the page to find the information of the topic. The inspiration for this feature comes from the Ohio State University A-Z lists.

> Greg Granger, professor of history and academic advisor, discussed how the new website design is not a drastic change and does not affect him considerably.

> "It is very student-oriented both for recruitment and current student purposes," Granger said. "I do not think that the redesign would affect my teaching or research. It would be more relevant to my role as academic advisor."

> Granger hopes the update website attracts positive attention to the university and "aids current

and future students in making informed decisions."

Sharye Belcher, Potpourri Editor-in-Chief, shared how the new website update is a big adjustment for all of campus but makes it difficult for organizations that depend on the NSU website to deliver correct information.

Potpourri, NSU's yearbook, relies on the website to find contact information for faculty and staff in order to interview them on topics they are featuring.

A problem that students and faculty have been facing is coming across a "page not found" message when being directed to a specific link from their web provider. Belcher explained that she feels like the information was completely wiped from the website now that it has been updated.

"Usually, we just look up the faculty member, and it would take us straight to their page with all their contact information," Belcher said. "But now, we'll look up information about a topic, and the old information is not available anymore."

While the website redesign has brought both praise and constructive feedback to the NSU community, it will take a while for everyone to adapt to the new layout.



Illustration by Stephani Bradley Northwestern State University of Louisiana's previous web layout has been replaced with a newer version.







NEWS

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

Kallie Bourgeois Editor-in-Chief

Ella Dupuie Copy Editor

Heidi Gauthier News Editor

Isabel Juarez Rubio Arts & Living Editor

Phillip Voorhees Viewpoints Editor

Millicent Bryant Reporter

Chase McLaurin Reporter

Kayden Snell Reporter

Priya George Social Media Reporter

Lluvia Guillot Social Media Reporter

Lalaina Wood Photo Editor

Zoey Fitts Photographer

Madelyn Murphy Photographer

Katherine Rion Photographer

Stephani Bradley

Illustrator

Bryson Lewis
Public Relations Manager

Dakota Thomas Public Relations Assistant Manager

Bianca Capelli Graphic Designer

Diana Mercado-Garcia Layout Designer

Rosalie Rav

Layout Design Assistant

Valeria Mendieta Montoya Community Outreach Coordinator

Anastasia Dougla Audio Reporter

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!



NSU appoints new counseling director following longtime leader's retirement

By Heidi Gauthier News Editor



Photo submitted by Zachary Veuleman Zachary Veuleman was named Northwestern State University of Louisiana's new director of Counseling and Career Services.

orthwestern State University of Louisiana has appointed a new director of Counseling and Career Services, marking a significant transition following the retirement of former director Rebecca Boone.

Boone retired earlier this year after nearly three decades with NSU. During her 29 years, she oversaw both the clinical and administrative aspects of Counseling and Career Services. Boone will be remembered by many for the service she has provided to NSU students.

"She is one of the kindest individuals, she is always thinking of others," Yonna Pasch, director of student affairs, said. "She left behind very big shoes to fill."

Those shoes now belong to Zachary Veuleman, NSU's new director of Counseling and Career Services, who stepped into the role after serving as a counselor at NSU for the last two years. Before joining the university, he worked in community counseling, nonprofit services and private practice. This new position is a career goal for Veuleman.

Veuleman received his Bachelor of Arts in Psychology from Louisiana College, now Louisiana Christian University, and a Master of Arts in Counseling and Guidance with a Clinical Mental Health Counseling concentration from Louisiana Tech University before entering the workforce.

"I always wanted to work in higher education counseling," Veuleman said. "It took about 10 years after I got licensed, but I'm finally here doing what I hoped to do all along."

One of Veuleman's priorities is to modernize the center's paperwork system. Currently, much of the paperwork remains physical, and he hopes to make the whole process digital in the near future. He discussed that he would like to offer students the opportunity to do everything from the comfort of their own home, instead of having to go to the center to fill out paperwork.

Veuleman's vision includes expanding outreach and making Counseling and Career Services more visible to students.

"I am still surprised how many students do not even know we are here," Veuleman said. 66

"We want to collaborate with student groups, host engaging events and show students that mental health is just as important as physical health."

This semester, Counseling and Career Services hosted a social event in collaboration with the University Programming Council. Glow Goat Yoga was a program aimed at encouraging students to engage in activities that promote both their mental and physical well-being.

They also have a partnership with Natchitoches Regional Medical Center and Shalom Clinic for Children, where a psychiatrist visits NSU monthly to help students in need of psychiatric services.

Maggie Bossier, assistant director of Counseling and Career Services, has worked for the university for 14 years and has always been under Boone's leadership. She believes the transition will go smoothly despite the big change.

"Boone was very hands-on, cared deeply for everyone she worked with and always wanted things done just right," Bossier said. "Veuleman is bringing a new energy, and I believe that this transition will go smoothly."

For the new director, the priority is clear: building a culture where students feel comfortable reaching out. His peers also say that his youth may bring a fresh perspective.

"I think this transition is going to be great for our campus community," Pasch said. "He's relatable to students and eager to step into the classrooms and programs, not just staying behind closed doors."

Counseling and Career Services, located on the third floor of the Friedman Student Union, provides free and confidential services to students. Appointments can be scheduled through the NSU Counseling Services website

ARTS & LIVING

Where sweet meets southern: Cane River Kitchenware shares the taste of Natchitoches

By Isabel Juarez RubioArts and Living Editor

ane River Kitchenware has been serving the Natchitoches community with freshly ground coffee and desserts since 2006. Though most well-known for its sweet treats, visitors can also shop for unique kitchen gadgets and southern charm souvenirs, and locals can get involved in hands-on cooking classes.

The desserts are home-made recipes that Danielle Smith, co-owner of Cane River Kitchenware, has created for the last ten years. Every recipe, including dips, breads, cookies, jams, jellies and more, has been created and perfected for sale.

"I don't know how many hundreds of thousands of cookies I've eaten to try to figure out which recipe was going to be the one, but we eventually nail it down," Jesse Smith, co-owner of Cane River Kitchenware, said.

SweetD's Kitchen is known for a variety of food choices that often changes. Its menu includes sides, soups and desserts. It also serves personal food catering for events such as weddings, birthday parties, fundraisers or even family reunions.

SweetD's Kitchen is also home to SweetD's Bakery, where they make custom cakes, cookies and other desserts such as cheese-cakes, chocolate covered strawberries and cinnamon rolls.

66

"If our new cookies at SweetD's Bakery are really popular, we will bring them to Cane River Kitchenware on Front Street," Jesse Smith said.

99

Throughout the year Cane River Kitchenware displays different flavors of cupcakes and cookies, keeping some of their most famous flavors seasonal.

"Our Mardi Gras cookies are the absolute best-selling cookie of the year, and we've decided to keep it seasonal so that way people can have something to look forward to," Jesse Smith said.



Photos by Kallie Bourgeois Located on Front Street, Cane River Kitchenware offers a variety of homemade treats, kitchen gadgets and southern souvenirs to the Natchitoches community.







This magical cookie consists of royal icing on top of a king cake with a cream cheese mixture in the middle and has a spin-off of the snicker doodle batter, making it a loaded cookie that is unforgettable.

Cane River Kitchenware aims to not only make magic in cookies and cupcakes but also become a great date-night location for couples and locals interested in taking cooking classes. Attendees can expect to learn new and different recipes, as well as some classics that are often taught.

"Primarily, my wife and I teach the classes, but we also have guest chefs from all over that come in and teach," Jesse Smith said. "Because there is a limited number of seats for every class, we repeat the classes that people don't get an opportunity to come to, like our 'everything is better with bacon' class."

To find a schedule of the available classes and book your seat, you can visit the store in person or give them a call at (318) 238-3600. You can expect a full course of two hours at a price of \$60 per class as well as a 20 percent discount when you attend five classes or more.



"We have had countless people tell us that the food at the cooking class was the best they've ever had or that the cake we designed was the best they've ever tasted. For somebody who cooks for a living, and does it because they love it, telling us that we are the best that they've ever had is the ultimate compliment," Jesse Smith said.

Next time you're hungry, get yourself a nice treat and allow yourself to indulge in the hidden gems like Cane River Kitchenware that Natchitoches has to offer.

ARTS & LIVING

Campus layers up: NSU students show off their fall outfits



you can tell just by walking across campus. The air has begun to cool, the coffee lines are getting longer and everyone is pulling out their sweaters from the back of their closets.

If you spot someone in an oversized hoodie, leggings and UGG boots, you're not alone-that's pretty much the campus uniform this time of year. Already, students all around campus have begun layering, dressing in sweatshirts, pants and hats.

The warm, earthy colors aren't just in the trees-they're becoming part of students' attire. "I like the browns, the cream colors and maybe some reds," Katie Lagrange, a freshman vet tech major, said.

In the fall, thrifting is the secret weapon to dressing up or down. Half the fun of fall fashion at NSU is not only wearing the clothes, but bragging about the \$5 grandpa sweater you found at Goodwill.

Places like T J Maxx, Goodwill, Rolling Hills Ministries Thrift Store and even Walmart have everything from sweaters to leggings and baggy jeans, the perfect fall staples. "Anywhere that has a clearance rack," Celina Reddingers, a freshman English major, recommended.

If you're looking for items to add to your closet this fall, Factory Connection on 341 South Dr, has lots to offer-and lots of sales!

"I got a top from there and it was so cute," Madeline Boyer, a freshman social work major, said.

However, not all fall fashion is practical, and some clothing items have earned their spot in the "overrated" and "overused" category. The most common item that was deemed overrated was UGG boots. What do you think: Are UGG boots an overrated part of fall fashion?

"I own Fuggs-offbrand Uggs," Reddingers said. "I just don't get the hype."

all is slowly rolling in, and you can tell just by walking across campus. The air has begun to cool, the lines are getting longer If you are new to NSU this year, it can become easy to be influenced by what people are wearing. Dressing for cold weather can be limiting.



"If people start wearing sweaters, I'll copy them. I will feel influenced too," Boyer explained. It's all about finding the vibe on campus and adding your own twist to it. Dressing up for the fall can be a lot of fun, especially when you accessorize.

"

"I love sweaters, a good skirt and earrings," Lagrange, an avid jewelry wearer, said.

So, what will the vibe be this fall on campus? From rocking flannels from Goodwill to jewelry from Rolling Hills Ministries Thrift Store, there's something in Natchitoches for everyone's fall tastes. Even if it's just wearing your best sweatshirt and jeans combo, it'll be easy to pull off your fall Pinterest board.



Photos submitted by Kayden Snell, Diana Mercado-Garcia, Makenzie Honor and Bryson Lewis. Warm, earthy tones aren't just in the trees, NSU students are embracing the fall weather with their wardrobe choices.





Photo by Lalaina Wood

Construction begins on a long-awaited new track for Northwestern State University of Louisiana's track and field team.

NSU track and field earns \$1.7 million upgrade following program success

By Chase McLaurin Reporter

Northwestern State University of Louisiana is investing in a brand new \$1.7 million track for the track and field team.

evin Bostian, athletic director at NSU, explained that the track has not been updated since 2011. NSU aims to finish construction by mid-October.

"They need 18 rain-free days to get the whole thing done, so our goal is to have it done for the Southland Conference (SLC) cross country meet," Bostian said.

The old track is currently being torn up in preparation to put down a new Mondo track. "It's the top alignment-it's what most of the power schools like Louisiana State University, Arkansas State University and Tennessee State University have," Bostian said.

NSU is working to upgrade the track for the university from the recent success of the track team in the SLC. In the last three years alone the women's team has won five titles, with three indoor and two outdoor championships.

"We needed to upgrade the facility to get to a Division 1 standard, that's been my deal here for the last three years, to evolve the facilities. The track is the only

one we hadn't touched since I've been here and I came in February 2022," Bostian said. "We're working with the university president and Rodney Wilson, our chief financial officer, to file the funds to help get the new track

In addition to the Mondo track, NSU will be adding brand new Light-Emitting Diode lights to the venue, a feature that NSU's track has never had before. GEO Lightings, a company out of Baton Rouge, will be installing the lights.

The new track's design will also display a purple and white pattern that represents the school's colors.

"I'm Mike very thrilled," Heimerman, head track and field coach, said. "It's going to be breathtaking when they see the color scheme that we ended up going with for the track."

With the new track, NSU will be better equipped to host home track events.

"For our home track meets, we're going to try and move it up from three or four teams to between

10 and 15 teams. With the new track design and lights, we can start meets a little later, so teams that are four or five hours away aren't going to have to worry about waking up too early to make the trip," Heimerman said.

The new track will offer a much smoother and faster surface to help the athletes do their best. Sileena Farrell, senior sprinter, is currently practicing on grass until the track is complete but looks forward to getting the upgrade.

"I'm very excited for the track. It's a long time coming for us for sure, and it will also help prevent injuries," Farrell said.

With the construction of the track already underway, the Demons will soon be outfitted with a modern edition to campus, giving the team a better venue to practice and compete for NSU.





VIEWPOINTS

Natchitoches voters may be silenced due to the U.S. Supreme Court redistricting case

By Phillip Voorhees Viewpoints Editor

What do Caddo, Natchitoches. fayette and East Baton Rouge Parishes have in common? They are all part of Louisiana's 6th congressional district.

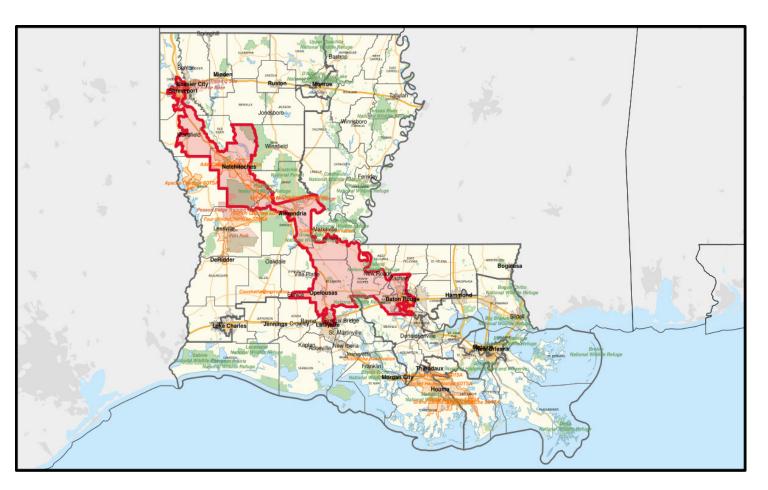
districts ongressional are sections of the state map that are strategically drawn to categorize voting communities. Each district elects its own representative to Congress.

These districts are intended to represent the interests of a certain geographic area. For example, Louisiana's 1st congressional district contains the southeasternmost part of the state. But even to someone with little political knowledge, District 6 looks weird. Why does our district snake up and down the state?

If you look at the demographics of Louisiana reported by the United States Census Bureau, a certain pattern emerges in District 6. The district contains communities spanning a wide geographic range, but the factor connecting these areas is evident: they all have a large Black population.

Every ten years, the U.S. conducts a census. The census collects demographic information from everyone living in the country, and congressional maps are drawn with this in mind. The census discovered that Louisiana has approximately one-third Black population.





Graphic by https://commons.wikimedia.org/wiki/File:Louisiana%27s_6th_congressional_district_%28since_2025%29_%28new_version%29.svg Louisiana v. Callais case could determine the future of Natchitoches voters.

The American Redistricting Project states, when a map was drawn in 2022 that gave Black voters a majority in only one out of six districts, there was a major problem.

According to the Democracy Docket, Black voters (who statistically lean more towards the Democrat party), "are 'cracked' across multiple districts and 'packed' into one district to ensure that they can only elect the candidate of their choice in one district, not two."

6. Now, there are two congressional districts with the majority Black population. Problem solved, right? But wait.

A group of non-Black voters in District 6 took issue with the new map, claiming that "Louisiana engaged in discrimination against them by drawing districts based on race and providing Black voters the opportunity to elect candidates of their choosing," according to the League of Women Voters.

An accusation of unfair racial gerrymandering is not to be taken lightly. The case Louisiana v. Callais will be heard by the U.S. Supreme Court on Oct. 15. What does this mean for voters in Louisiana?

In essence, our state is stuck between a rock and a hard place. The Voting Rights Act of 1965 supports the drawing of maps such as our District 6. Although it does not have a compact shape, it gives representation to Black voters who would otherwise have their votes overpowered.

On the other hand, the non-Black plaintiffs in the Louisiana v. Callais case argue that the 14th Amendment prohibits the drawing of congressional lines based on race.

Thus, a new map was drawn to Compare this to when somebody, create the serpentine District in an attempt to sound non-racist, claims that they "do not see race." This, of course, is problematic because it shows an insensitivity to the real disadvantages faced by Black Americans. The plaintiffs in this case are arguing that congressional districts should not see race, which threatens Black voters in our state.

> The National Association of Advanced Colored People Legal Defense Fund, speculates that the plaintiffs are not earnestly trying to abide by the 14th Amendment, but rather, "to once again undermine the political power of Black Louisianians."

> If the Supreme Court decides in favor of the plaintiffs on Oct. 15, there will be a precedent to weaken the Voting Rights Act of 1965.

Minority voters in Natchitoches would have less representation in Congress, which will have a lasting political impact.

So, what can we do? Unfortunately, Supreme Court decisions are only made by judges. However, we can raise awareness about these issues, keep ourselves informed and call our local representatives to urge them to seek solutions.

Natchitoches residents are represented by Congressman Cleo Fields. His Shreveport office can be contacted at (318) 761-7990 and his Baton Rouge of fice at (225) 952-1965. Congressional representatives should be made aware of the concerns of the people so that they may offer legislative solutions.

Every vote should Louimatter in siana, no matter where you live or what you vote for. Together, we can make state our better.

Fright night done right: Putting safety first on Halloween

By Millicent Bryant Reporter

Halloween one of the most exciting times on college campuses, especially at Northwestern State University of Louisiana. Students look forward to the pranks, frat parties, costumes, spooky movies and scary tales of the campus ghost, Isabella.

ecorated dorms, packed parties and nights with friends create unforgettable memories, and the best way to ensure those moments remain memorable is to put safety first.

The Eta Omicron chapter of Theta Chi throws its annual Θ Xtoberfest on Oct. 31. "We do a handful

of things to maintain safety. We keep track of all attendees by getting their student ID numbers, move furniture to prevent tripping and always request an officer for every party we throw," Connor Benoit, a junior electrical engineering major, said.

Staying safe on Halloween is a team effort. It's about looking out for your friends and making sure no one gets left behind. Getting home safely matters just as much as partying and having fun.

You should always think ahead when planning to drink, as responsible choices begin long before drinking.

Always make sure you have a designated driver or other safe form of transportation and never put yourself or your friends in danger by getting behind the wheel if under the influence. Planning ahead ensures that everyone can have a good night and get home safely.

influence," Angel Maradiaga, a fun and harmless, if you feel as senior hospitality management and tourism major, said. "It's just not worth it."

66

Little choices make a big difference when it comes to partying. "Some advice I would give would be to go with friends or people you know and never take a drink from someone you don't," Wesley Ḥarrell, NSU police captain, said.

"Don't drink or smoke under the Even when the night seems though something is off, it's important to not ignore it.

> "Pay attention to the reputation of the host of the Halloween parties you're attending and always trust your intuition," Benoit said.

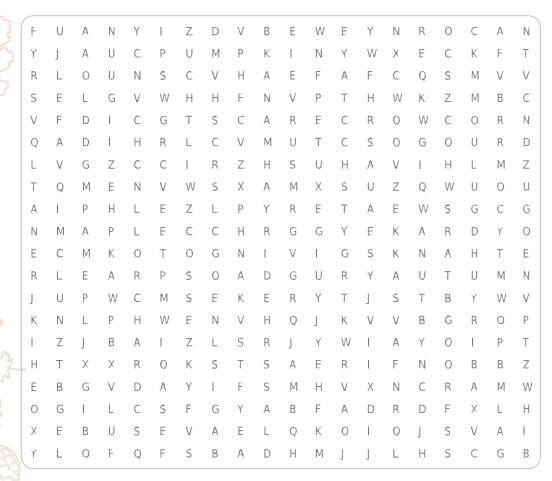
> Having fun and partying should never be a problem-it's part of the college experience. However, having fun still comes with responsibilities and the need for good decision-making. Planning ahead, looking out for your friends and trusting your intuition are all things students should keep in mind to make Halloween weekend safe and memorable.





Fall season

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.



Word Bank

- 1. Wind
- 2. Orchard
- 3. Apple
- 4. Hayride
- 5. Chilly
- 6. Rake
- 7. Gourd
- 8. Leaves
- 9. Maple 10. Harvest
- 11. Corn
- 12. Pumpkin
- 13. Cider
- 14. Crisp
- 15. Sweater
- 16. Autumn
- 17. Bonfire 18. Scarecrow
- 19. Acorn
- 20. Thanksgiving



Kallie Bourgeois Times Square Jesus – The Favors, FINNEAS, Ashe

Ella Dupuie I Put a Spell on You (In the Style of Hocus Pocus) - PattyCake

Heidi Gauthier Where You Lead (Theme from "Gilmore Girls") - The Cashburys

Isabel Juarez Rubio Feathered Indians - Tyler Childers

Phillip Voorhees On Your Own - Blur

Millicent Bryant Favorite Song - Toosii

Chase McLaurin Fancy - Drake

Kayden Snell Real Love Baby - Father John Misty

Priya George Stateside - PinkPantheress

Lluvia Guillot we fell in love in october - girl in red

Lalaina Wood Somebody's Watching Me -Rockwell

Zoev Fitts Landslide – Fleetwood Mac

Madelyn Murphy She's Always a Woman - Billy Joel

Katherine Rion **Betty - Taylor Swift**

Stephani Bradley Renee - SALES

Bryson Lewis WÁIT - Doechii

Dakota Thomas Golden Hour - JVKE

Bianca Capelli Watch Your Mouth - The Backseat Lovers

Diana Mercado-Garcia **Before October's Gone - Cimo**relli

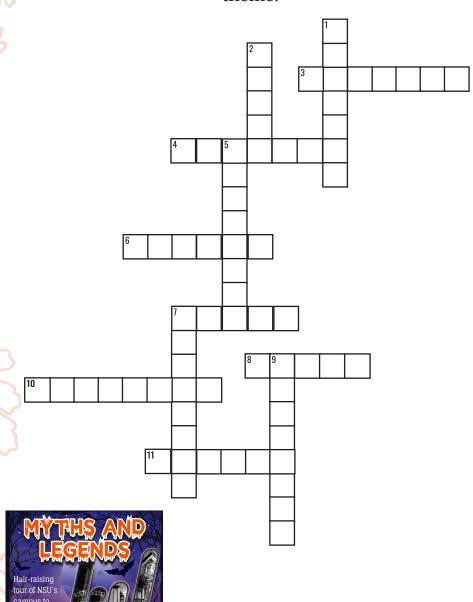
Rosalie Ray Amsterdam - Gregory Alan Isakov

Valeria Mendieta Montoya Ocean Drive - Duke Dumont

Anastasia Douglas Ghostbusters – Ray Parker Jr.

Halloween Crossword

Solve the clues in each Halloween theme.



Across

- Carved into jack-o'-lanterns for Halloween decorations
- Outfit worn to portray a different character for Halloween
- Eight-legged arachnid often used as a Halloween decoration
- 7. Sweet treats given out to trick-or-treaters on Halloween
- Often depicted flying on a broomstick and casting spells
- **10**. Mythical creature that tránsforms into a wolf under a full moon
- 11. Fictional undead creature often featured in horror films

Down

- 1. Describes a house or location believed to be inhabited by ghosts
- Spirit of a dead person that is believed to appear to the living
- 5. Internal framework of bones in the body, a common Halloween symbol
- 7. Large pot used by witches to brew potions and cast spells
- 9. Legendary NSU spirit said to roam the halls, especially around Halloween