

# THE CURRENT SAUCE

VOL. 125, NO. 12

THE STUDENT NEWSPAPER OF NORTHWESTERN STATE UNIVERSITY OF LOUISIANA

## 03-04 NEWS

In this edition, we explore the different forms of birth control they are, how can you access them and the health resources available in the area.

## 01-02, 05 ARTS & LIVING

Out of the five academic schools at NSU, four of the deans are women, so we decided to feature them. Fashion has always been a way to express yourself and women have been expressing the norms and adapted to the times through their clothing.

## 06 SPORTS

Every athlete looks up to other athletes to model their perseverance and drive, for this edition we asked NSU female athletes' who inspires them.

## 07 VIEWPOINTS

In this set of opinion articles, we look at how the role of women has changed through the years and the increase in numbers of women entering the workforce.

# Female academic deans exemplify leadership qualities and aim to inspire students

**N**orthwestern State University of Louisiana has several female figures in its colleges. Many of these women share their passion for their work, education and helping the next generation of college students.

Out of the five colleges at Northwestern State University of Louisiana, four women are the deans of those colleges. Through hard work and passion for higher education, these women lead the way to inspire and help the next generation of NSU students.

### Mary Edith Stacy: Dean of the College of Business and Technology

Stacy is the academic Dean of the College of Business and Technology at NSU. Nearing three years as a dean, she has become a role model of dedication, leadership and success.



Photo by NSU photographic services.

career at NSU at the young age of three. She attended the NSU Middle School Lab and attended NSU to get her bachelor's in accounting and her master's in sports studies. She attended Louisiana State University to get her doctorate in vocational education.

She has occupied various positions since starting at NSU in 1992 including coordinator of university scholarships in the office of financial aid, director of auxiliary services, director of enrollment management and is an assistant professor of business.

"When you get the call of leadership you take it and that's one thing you just have to do. When you get those opportunities at any stage in your life and it's essentially a call of leadership, you take it. You do it and you roll with it," Stacy said.

Growing up in a predominantly male household, Stacy learned the importance of leadership and how to apply it to her life. This has all led her to where she is today.

"You have to be you, whether you are a man or a woman, you need to be you. You need to be able to stand on your own two feet whatever and wherever that may be," Stacy said.

Success and leadership can look differ-

By Isabel Juarez Rubio  
Arts & Living Editor

ent for everyone, and it's important to know who one is and what you can accomplish.

### Francene J. Lemoine: Dean of the College of Arts and Sciences

Francene J. Lemoine is the Dean of the College of Arts and Sciences.

Lemoine has formed part of the faculty in the School of Biological and Physical Sciences since 2006. She was named dean in August 2021.

She attended the University of Louisiana at Lafayette and graduated with a Bachelor of Science in biology. She then

pursued her doctorate in cell and molecular biology in the College of Medicine in Houston. Following her doctorate, she did two post-doctoral fellowships in the University of North Carolina Chapel Hill and transitioned to Duke University Medical Center.

Her career at NSU started with being an assistant professor of biology. Growing up in Cottonport, Louisiana, a small town two hours south of Natchitoches, Lemoine never imagined she would be where she is today.

"I never thought about being a scientist or even a college professor. It wasn't anything that was on my radar to think that was something that I wanted," Lemoine said.

With her parents' support, Lemoine continued her studies and found a passion for biology.

"I was drawn to molecular biology, which



Photo by Chris Reich.

is the finest detail of understanding how cells and the body work. I spent most of my academic time interested in figuring out those sorts of things,” Lemoine said.

She explained that being a woman never limited her success or stopped her from achieving her dreams.

“I never really questioned or thought about a particular job being for men or women and I think that’s a testament to my parents who had three daughters and were very supportive to all of our particular dreams and goals,” Lemoine said. “I’m incredibly fortunate to



Photo by NSU photographic services.

work at a place that I think values a lot of different people. I’m proud to work at a place that is able to recognize and celebrate those things.”

**Neeru Deep: Interim Dean of the Gallaspy Family College of Education and Human Development**

Neeru Deep is the interim dean of the Gallaspy Family College of Education

and Human Development at NSU.

She has been part of the NSU staff since 2002 and served as the chair of the Department of Psychology this past year.

Deep has always had a passion for education; she earned a bachelor’s in liberal arts, a bachelor’s in education, a master’s degree in psychology and a master’s degree in education from Panjab University, India. She also earned her doctorate at NSU in education in adult learning and development.

“My dad used to tell us that if we wanted to improve the education, give education to the kids,” Deep said.

Growing up in India, Deep was influenced to further her education. “Education is the medium to improve everything. So I didn’t feel that being a woman in higher education was rare because I grew up in that area where a woman was the role model in higher education,” she said.

Growing up surrounded by people who valued higher education, Deep knows the importance of education and aims to encourage students to continue pursuing their careers.

“So my advice is if you are in college, keep working hard, if you are thinking about coming to college, you can do it. I am believing in you, just believe in yourself,” Deep said.

Deep’s ultimate advice is to have self-advocacy and to not let others tell you what you can or can’t do.

**Aimee Badeaux: Interim Dean of the College of Nursing and School of Allied Health**

Aimee Badeaux serves as the interim dean of the College of Nursing and School of Allied Health at NSU.

She joined the NSU staff in 2020 as an associate professor. Before that, she has been a practicing nurse anesthetist since 2007, and in 2009 she left her full-time practice to teach nurse anesthesia to students, according to her faculty profile.

Badeaux completed her Bachelor of Science in nursing at Louisiana State University Health Sciences Center. She earned her Master of Science in anesthesiology at Our Lady of the Lake College and her doctorate in curriculum and instruction at Louisiana State University.

She is also the first person in Louisiana to receive the Program Director of the Year award. The Program Director of the Year award was established in 1991 to recognize a Certified Registered Nurse Anesthetist (CRNA) who has made significant contributions as the program director to the educational process of resident nurse anesthesiologists, according to NSU Program director of the year.

Badeaux is also the inaugural program director of the first nurse anesthesia program in north Louisiana.

She is passionate about serving, leading and educating and was among the faculty to earn an Excellence in Teaching Award from NSU in 2022.

“Beyond her responsibilities as NSU’s nurse anesthesia program director, Badeaux is a practicing CRNA at several Louisiana clinics and medical centers. She also serves on AANA’s State Organization Development Committee, acts as the Team Onsite Reviewer for the Council on Accreditation of Nurse Anesthesia Educational Programs, and is an active member on both the Louisiana Association of Nurse Anesthetists and the Louisiana Council of Administrators of Nursing Education,” according to NSU Program director of the year.

With years of leadership, dedication and education, Stacy, Lemoine, Deep and Badeaux pave the way for many students to reach their goals and encourage students to achieve their dreams.



Photo by Chris Reich.

## 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!



# The impact of birth control methods and healthcare options for NSU students

By Victoria Rodrigue and Kallie Bourgeois  
News Editor / Copy Editor

As the legal and political landscape changes, there are many options for women's healthcare and birth control methods. Understanding all available options is essential for women to be able to make informed decisions about their reproductive and overall health.

Fonda Garner, licensed practical nurse and patient service coordinator for Natchitoches Regional Medical Center (NRMC) OB/GYN Associates, specializes in women's health care and ensures patients receive accurate information and education.

"It's so important for young women to have knowledge on all their options available. Things like pregnancy and STIs are something that can derail a student's education and career path," Garner said.

There are many forms of birth control, including barrier methods, hormonal methods, long-acting reversible contraceptives, sterilization and emergency contraceptives, according to the Centers for Disease Control and Prevention.

Barrier methods include male and female condoms and contraceptive sponges, which can be purchased over the counter at most drug stores, and diaphragm and cervical caps, which must be prescribed by a healthcare professional, according to Women's Health.

According to the Cleveland Clinic, all forms of hormonal methods of birth control must be prescribed by a health care professional. Oral contraceptives, commonly known as birth control pills, are taken daily and contain only progestin or progestin and estrogen. The contraceptive patch is a patch that is put on the skin weekly and releases



<https://www.flickr.com/photos/nateone/2713580189>. CAPTION: There are several different forms of birth control; one type of birth control is the oral contraceptive.

hormones into the bloodstream. The vaginal ring is a flexible and thin ring inserted into the vagina monthly that releases hormones into the bloodstream, according to the Mayo Clinic.

There are some hormonal methods that only require monthly or yearly maintenance. The injectable birth control is an injection of a hormone once every three months, which is done in a provider's office, according to the Cleveland Clinic. The implant is a thin rod that is inserted under the skin of the upper arm by a health care provider that lasts up to four years. The hormonal intrauterine device is a long-acting reversible contraceptive that a provider inserts into the uterus that lasts from three to 10 years.

According to the CDC, copper IUDs can be inserted up to five days of unprotected intercourse with no previous birth control

or failed birth control method. Emergency contraceptive pills are also available to take up to five days after unprotected intercourse and can be prescribed through either a health care provider or bought over the counter.

Avery Myers is a sophomore microbiology major at Northwestern State University of Louisiana who discovered that IUDs were the best method for her.

"So, I've done a lot of research on birth control, and knowing that your hormones are really affected by it, you kind of have to look at every single option and try out different things," Myers said. "The best for me was an IUD because there's no hormones in it, because mine would fluctuate a lot with other ones, but it really just depends on your body for whatever works best."

While the different forms of birth

control can be effective, there are potential risks involved that women should be aware of.

Bradie Villemarette, junior communication major, always warns women to be cautious of potential side effects of birth control, after she developed two Deep Vein Thrombosis, which occurs when a blood clot forms in one of the deep veins in the body, according to the Mayo Clinic.

After noticing a large bruise on her left leg and experiencing painful swelling, Villemarette was hospitalized in August 2020, where her health care professional team ruled birth control pills as the beginning of the blood clotting problems.

"I'm strictly prohibited from taking any form of birth control for life because of the hormones. The only birth control I'm allowed to have is a copper IUD,"

Villemarette said.

Villemarette received blood thinner shots twice daily for six months and now takes oral blood thinner daily, which she will have to take for the rest of her life.

“Though it cleared up my acne and helped with my period cramps, it ultimately almost cost me my life,” Villemarette said. “Recovery was very hard, and I actually had to re-learn how to walk because of swelling complications.”

According to the Cleveland Clinic, if used correctly, condoms are about 85% effective, diaphragm and cervical caps are about 84% effective and the contraceptive sponge is between 76% and 91% effective. The implant and copper or hormonal IUDs are 99.7% effective and low maintenance. Birth control pills and the vaginal ring are 91% effective, if used correctly.

There is also a variety of health-care options for women to access in the Natchitoches area. The Health Services Clinic is located on NSU’s main campus in the infirmary building and is available for all students to walk-in or schedule an appointment with a nurse.

The nurses at the health clinic can provide students a referral to providers at NRMC, including the walk-in clinic and the OB/GYN Associates center.

Jessica Nash, registered nurse and director of health services at NSU, explained that while health services cannot prescribe birth control, they can refer students to NRMC and provide educational material for students who have a health-related problem or emergency. They can also administer prescribed birth control shots to students in the infirmary.

“We can do a urine analysis for anything like STI testing, pregnancy testing and urinary tract infection testing,” Nash said. “From there we can refer the student to whichever health unit fits best for them.”

Though birth control differs from person to person and may be harmful or beneficial to someone, the stigma surrounding its use can still exist.

Ashley Woody, senior English major, explained that from living in New York, Georgia and Louisiana, there is more stigma surrounding birth control in the southern states.

“I feel like here, they are way

more judgmental, so much more strict, especially when it comes to birth control and abortion. And I was here when both were legal, including Plan B’s at Walmart, just the existence of it and the fact that we could go get those things were making other people uncomfortable at those stores. Versus places like New York, where these things are widely accepted. You could still have an abortion in New York City,” Woody said.

K.C. Thompson, sophomore communication major, shared his knowledge of birth control after having a lot of women in his family and in social circles. He explained that women use it as more of an internal form of protection if they decide they don’t want to have children at a certain time in their life or for other health benefits.

Thompson also addressed the disconnect of views of birth control in different generations.

“I think for our generation, it’s seen as very acceptable. It’s actually a very smart thing and it’s a tool. I feel like it’s a lot more moral because that life isn’t being, like, you know, it won’t come to fruition. It won’t be conceived,” Thompson said. “Some people would argue that it’s just as im-

moral as abortion, even though abortion is a lot more physical instead of like a chemical thing, whereas contraceptives are a chemical reaction.”

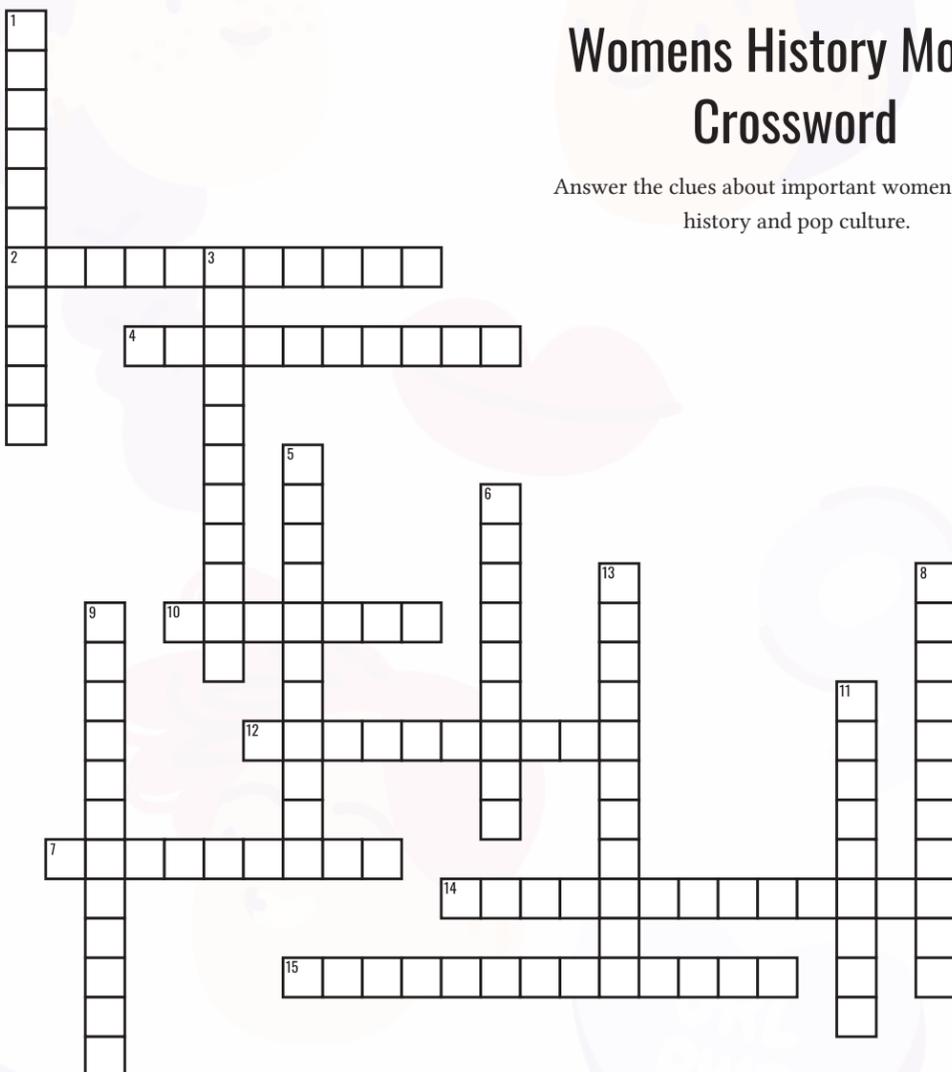
Consulting with a physician is important to ensure that medical history, symptoms and needs are all taken into consideration before prescribing hormonal birth control. For more information about contraception and birth control methods, visit the U.S. Department of Health and Human Services’ Office on Women’s Health.

Individuals seeking information about birth control or women’s health care should speak with a health care provider to help determine which option is best for them.



## Womens History Month Crossword

Answer the clues about important women throughout history and pop culture.



### Across

- 2. Director of the highest-grossing movie of 2023, *Barbie*.
- 4. Actress who is the only black woman to win the Academy Award for Best Actress.
- 7. Credited as the designer for the first U.S. flag.
- 10. Singer-songwriter who started in the group *Destiny’s Child* before moving on to a solo career, she holds the record for the most Grammy wins.
- 12. Actress and singer who became the first Hispanic woman to win an Oscar and have an EGOT.
- 14. Pioneering aviator known for being the first woman to fly solo across the Atlantic Ocean.
- 15. Women’s suffrage activist who played a pivotal role in securing the right to vote for women in the U.S.

### Down

- 1. “I Know Why the Caged Bird Sings” author and poet, renowned for her work in civil rights.
- 3. Comedian and original cast member of *Saturday Night Live* known for characters such as Roseanne Roseannadanna.
- 5. The current Editor-In-Chief of the Current Sauce.
- 6. Civil rights icon who refused to give up her seat.
- 8. Country music legend, sings the song “Jolene.”
- 9. Grammy-winning singer known for hits like “Bad Guys” and “Ocean Eyes.”
- 11. Last queen of Egypt, known for her famous relationship with Mark Antony.
- 13. Singer-songwriter with the most Album of The Year wins at the Grammys with four album wins.

Answer Key:  
Across: 2) Greta Gerwig, 4) Halle Berry, 7) Betsy Ross, 10) Beyonce, 12) Rita Moreno, 14) Amelia Earhart, 15) Susan B Anthony, Down: 1) Maya Angelou, 3) Gilda Radner, 5) Lia Portillo, 6) Rosa Parks, 8) Billie Eilish, 11) Cleopatra, 13) Taylor Swift.

# The evolution of women's fashion through the decades

By Rebecca Smith  
Reporter



Photo by Boston Public Library is licensed under CC BY 2.0. The 19th century marked a period of extravagant fashion characterized by voluminous skirts, intricate lace and constricting corsets.

As we celebrate Women's History Month, it's essential to recognize women's contributions to society, and how fashion played a role in reflecting women's identity and led social movements through the years. From corsets and crinolines to power suits and sustainable fashion, women use clothing to reflect their enduring strength and adaptability.

## The age of opulence

The 19th century marked a period of extravagant fashion characterized by voluminous skirts, intricate lace and constricting corsets. Women's fashion was a direct reflection of social status, with high-society women often donning lavish garments designed to display wealth.

However, this era also saw the beginnings of change when women started questioning the practicality and health implications of such restrictive clothing. According to the McNair Scholars Research Journal, this period laid the

foundation for future transformations of women's attire.

## The dawn of liberation

During the 1900s, there was a new era of liberation for women, both socially and sartorially. The suffrage movement and World War I significantly influenced women's fashion, leading to more practical and less restrictive attire.

The iconic flapper dresses of the 1920s, with their shorter hemlines and loose silhouettes, symbolized a newfound freedom and rebellion against traditional norms according to The Fashion Globe.

## The rise of individualism

Individualism and self-expression in women's fashion rose during the mid-20th century. The 1950s saw the emergence of iconic styles like the hourglass silhouette, popularized by figures like Marilyn Monroe.

However, it was the 1960s and 1970s that truly revolutionized women's fashion, with bold prints, mini skirts and the influence of the feminist movement. Women embraced a variety of styles, from the mod look of Twiggy to the bohemian vibes of the hippie movement according to CNN.

## Power dressing and diversity

The 1980s and 1990s were marked by the rise of power dressing, with women entering the workforce in unprecedented numbers. Structured suits, shoulder pads and bold colors became the uniform of the empowered, career-oriented women.

Simultaneously, fashion began to reflect a more diverse and inclusive society, with designers and movements celebrating a wide range of body types, ethnicities and cultural influences according to Techworm.

## Sustainability and digital revolution

In the 21st century, women's fashion has been heavily influenced by the principles of sustainability and the digital revolution. The democratization of fashion through social media platforms like Instagram has given rise to a new generation of influencers and designers who prioritize eco-friendly materials and ethical practices. Vintage and second-hand fashion have also gained popularity as consumers seek to make more environmentally conscious choices according to CNN.

It's important to acknowledge the role of fashion as both a mirror and a catalyst for societal change during Women's History Month. From the opulent dresses of the 19th century to the sustainable styles of today, women's fashion has continually evolved to reflect the spirit, resilience and creativity of women throughout history.

## Women's Inventions Word Search

Words are inventions made or conceptualized by women. Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

Z	V	C	O	F	F	E	E	F	I	L	T	E	R	Q	E	R	Z	O	L
T	F	I	R	E	E	S	C	A	P	E	M	L	Y	K	R	E	J	M	F
V	P	I	H	C	E	T	A	L	O	C	O	H	C	T	N	I	M	W	H
E	S	O	S	G	A	B	R	E	P	A	P	A	Q	E	V	R	K	G	C
B	A	R	B	I	E	N	O	I	T	C	I	F	E	C	N	E	I	C	S
W	X	G	R	V	U	I	Z	T	P	T	R	W	P	Z	E	G	A	J	L
I	M	P	R	D	M	U	I	R	A	U	Q	A	A	P	R	Y	A	C	C
N	A	S	V	M	P	U	D	T	D	R	N	Y	L	H	O	Y	P	J	Q
D	C	I	C	A	P	N	N	Y	B	V	Y	X	I	V	I	M	H	N	E
S	D	D	Y	P	A	R	E	H	T	O	M	E	H	C	E	S	G	I	R
H	L	G	N	I	T	A	E	H	L	A	R	T	N	E	C	K	Q	D	Y
I	S	E	B	O	L	G	W	I	O	L	G	G	K	A	L	T	I	K	L
E	M	D	G	D	H	A	I	R	B	R	U	S	H	N	I	R	I	D	O
L	B	O	O	I	C	X	J	F	U	Z	B	F	C	P	E	G	Z	N	P
D	Q	U	P	M	F	B	S	Y	C	P	T	W	S	L	B	N	T	J	O
W	Q	C	Q	Q	J	I	E	I	A	J	N	O	L	V	D	J	V	F	N
I	E	L	B	S	Y	M	W	E	I	U	N	A	T	X	U	G	J	X	O
P	A	C	X	H	N	B	D	P	R	W	C	U	H	F	B	R	M	P	M
E	P	L	F	Q	W	S	R	E	H	S	A	W	H	S	I	D	O	Q	Q
R	N	L	C	Q	V	N	D	M	H	Z	A	S	P	C	C	K	O	M	U

- Word Bank**
1. Aquarium
  2. Barbie
  3. Beer
  4. Caller ID
  5. Central Heating
  6. Chemotherapy
  7. Coffee Filter
  8. Dishwasher
  9. Fire Escape
  10. Globes
  11. Hairbrush
  12. Jerky
  13. Kevlar
  14. Mint Chocolate Chip
  15. Monopoly
  16. Paper Bags
  17. Q Tips
  18. Science Fiction
  19. Wifi
  20. Windshield Wiper

# Female athletes the Lady Demons look up to

By Kallie Bourgeois  
Copy Editor

Many athletes at Northwestern State University of Louisiana go on to leave a legacy of their own with much of their inspiration coming from those who paved the way before them. From opening up about mental health to the struggles of balancing motherhood and competing, many female athletes around the world motivate the next generation of young women.

## Madisen Skinner: Reigniting your passion

Olivia Bush, sophomore business major and right side for the Lady Demons volleyball team, is inspired by Madisen Skinner.

Skinner is a Katy, Texas native and was a former outside hitter for the University of Texas Longhorns where she earned several National Collegiate Athletic Association and American Volleyball Coaches Association honors and awards. Currently, Skinner is a member of the U.S.A. Women's National Team, where she made her senior national team debut at the 2024 Volleyball Nations League Week One against China.

"She is a phenomenal athlete on and off the court. She struggled with mental health for a while and lost her love for the game, but then she got it back," Bush said. "I relate to her because I've kind of reignited my love for volleyball after coming here and getting with this kind of group of girls and new teammates."

She explained that watching Skinner not only influenced her approach to the game, but also the impact volleyball has on the world of women's sports.

"She's recognized all over the world. Many people are starting to watch volleyball and they're breaking records of how many people are starting to watch volleyball. It's really powerful to see that girls' sports are important too," Bush said.

## Alyssa Brito: Walk of faith

Cameron Curtis, sophomore nursing major and outfielder for the Lady Demons softball team, shared that Alyssa Brito is her role model.

According to Ohio State University Athletics, Brito was a former utility player for the Sooners' softball team and

earned several accolades in her career. In 2023, she was named Unanimous National Fastpitch Coaches Association (NFCA) First Team All-American, NFCA All-Region First Team and Big 12 Championship All-Tournament Team.

Curtis explained that not only is Brito a talented athlete, but she also inspired her to be outspoken about her faith.

"My faith in walking with Christ is a large

part of who I am and I would encourage others to never be hesitant or vocal about that," said. "Brito was to win three national championships Oklahoma, but instead of taking the credit for wins, she gave the glory

**Photo by Chris Reich. Vernell Atamah, freshman nursing major and forward for the Lady Demon's basketball team, shared that Olympian gymnast Simon Biles inspires her.**

God and even prayed for Jada Coleman before her at-bat, which is something I feel like we don't see very often."

Curtis shared that Brito's approach to the game changed how she views challenges.

"She has influenced my approach to softball by just the simple understanding of everything that happens for a reason," Curtis said. "And as softball players, we're going to fail and it's just a matter of how we learn from that failure and how we respond and become better players and teammates."

## Simon Biles: Raising the bar

Vernell Atamah, freshman nursing major and forward for the Lady Demon's basketball team, shared that Simon Biles inspires her.

According to the Olympics' website, Biles started her gymnastics journey at only six years old in Columbus, Ohio. She made her debut as a U.S. Olympian

in 2016 in Rio de Janeiro, Brazil in 2016.

During her time as an Olympian, she earned seven gold, two silver and two bronze medals. She attended 30 World Championships, she earned 23 gold, four silver and three bronze medals. According to the Olympics' website, Biles now holds both the record number of World Championship gold medals and World Championship All-Around titles in the women's competition.

"She always proves that the standard can always be raised higher. I see this as inspiring because doing this helps me



**Photo by Katie Grace Rion. Olivia Bush, sophomore business major and right side for the Lady Demons volleyball team, is inspired by former University of Texas Longhorns outside hitter Madisen Skinner.**

raise my own game and overall performance. It also teaches me to never settle for anything other than greatness," Atamah said.

Biles encourages Atamah to aim high when it comes to her approach to basketball. "Even though she performs well, Simone is constantly looking for ways to make it even better. I strive to do the same thing on the court," she said.

Atamah believes that female athletes are constantly breaking barriers and proving to everyone that success in sports is achievable regardless of someone's race or gender.

"This confidence and motivation is building up inside young girls and encourages them to never give up on their dreams," Atamah said.

## Allyson Felix: Motherly triumph

Leah Thompson, senior biology and music business major and cross-country athlete, explained that Allyson Felix comes to mind when thinking of a female athlete that she looks up to.

Felix is a Los Angeles, California native and an Olympic track and field athlete who paved the way for female athletes with her record-breaking history and medals. According to Team U.S.A, Felix earned seven gold, three silver and a bronze medal in her specialty, the 100-, 200- and 400-meter sprints. She earned her final world championship title in Eugene, Oregon in 2022.

The Olympian also advocated for improvement in maternity protections for athletes, specifically Nike to revisit its policies. This revolutionary change led her to launch her very own brand of footwear, Saysh, designed to empower female athletes.

"I just read a lot about her story. She got married and had children while she's still running, and Nike tried to cut her endorsement deals by 70%, which is like a large part of her income," Thompson

said. "She's just a trailblazer for moms and athletes. I've always been inspired by her because she had her children, her child, she came back and won more gold medals."

Thompson praised Felix for her dedication as an Olympian. "Like you can just draw inspiration from just perseverance, you know, it doesn't matter what sort of adversity you face. You can just apply that to any challenges," she said.

Female athletes in their sport can inspire the next generation of young girls by showing them that they don't have to fit into one category of interest. Thompson shared from her own experience how she found a love for both her sport and music.

"I think you can inspire them to work hard. And female athletes, I think, can just inspire you girls to just not have to choose one thing," Thompson said. "Like if they like sports, then they should pursue that. And no matter what other interests they have, like they can, they can like music and still be an athlete. You don't have to choose just one thing."

Many of NSU's athletes look up to a variety of well-known names and faces around the world. Regardless if they're competing at the collegiate or national level, Bush, Curtis, Atamah and Thompson agreed that having a female figure to look up to is inspiring.

### NSU Home Game Athletics Schedule

3/7	Lady Demon Softball vs. Houston Christian - 4 p.m. Lady Demon Softball vs. Houston Christian - 6 p.m. Demon Baseball vs. UIW - 6:30 p.m.
3/8	Lady Demon Softball vs. Houston Christian - Noon Lady Demon Tennis vs. UTRGV - 1 p.m. Demon Baseball vs. UIW - 2 p.m.
3/9	Demon Baseball vs. UIW - 1 p.m.
3/10	Lady Demon Basketball vs. First Round SLC Tournament Lady Demon Tennis vs. Texas A&M-Corpus Christi - 11 a.m.
3/11	Lady Demon Softball vs. Baylor - 6 p.m. Demon Baseball vs. Grambling - 6 p.m.
3/12	Lady Demon Tennis vs. Rhode Island - 11 a.m. Demon Baseball vs. Mississippi Valley State - 6 p.m.
3/21	Lady Demon Softball vs. Southeastern Louisiana - 4 p.m. Lady Demon Softball vs. Southeastern Louisiana - 6 p.m.
3/22	Lady Demon Softball vs. Southeastern Louisiana - 12 p.m.
3/25	Lady Demon Softball vs. Louisiana Tech - 6 p.m. Demon Baseball vs. Centenary College Louisiana - 6 p.m.
3/29	Demon Baseball vs. Nicholls - 2 p.m.
3/30	Demon Baseball vs. Nicholls - 1 p.m.

# Are women in the workforce at an all-time high?

By Nina Ovalle  
Viewpoints Editor



Photo by Lalaina Wood.  
Junior biology major Samari Finney has aspirations of becoming a general dentist and obtaining a certification in welding.

Historically, women in the workforce have been limited by ridiculous social and cultural norms that obligated them into domestic and subservient job roles. However, decades of women's suffrage and the resilience of women have led us to a point that was once completely unimaginable.

Whether by choice or necessity, women continually create a space for themselves in the professional world and push the boundaries of old-fashioned, traditional gender roles.

The increase of women in the workforce we see today is not only a testament to positive social change but also serves as a symbol of resilience and outstanding progress.

When outdated boundaries once created barriers, women in the workforce rose above them throughout the 1960s and 1980s. According to the Bureau of Labor Statistics, an all-time high was reached in 1999 when 60% of the workforce was made up of women. Following this peak, we saw a decrease throughout the 2000s. However, the percentage of women in the workforce seems to be rising back to its former peak.

As of March 2024, women in the workforce are coming up to another peak of 57.5%, according to the Bureau of Labor Statistics. This is the highest percentage of women in the workforce since the years prior to the COVID-19 pandemic. It appears that women are picking up the momentum they once had.

According to CNN Business, prior to the COVID-19 pandemic, the percentage of women in the workforce was rising

faster compared to their male counterparts. Female-dominated industries, such as health care and caregiving, were among the fastest-growing industries. Educational attainment for women also rose substantially and women also made greater inroads into traditionally male-dominated fields such as construction, agriculture and repair and maintenance.

This principle seems to apply heavily to the industry of Science, Technology, Engineering and Math (STEM). Whereas women once held only a small 23.6% of the STEM workforce in 1999, according to the National Science Foundation, women in STEM are at an all-time high at 35% of the workforce, according to the NGC project. Additionally, 50% of degrees in science and engineering are earned by women with 24% in engineering, 21% in computer science and 24% in physics.

Basically, women in STEM are shattering glass ceilings, continuing to push the boundaries of expectation and kicking butt.

Notably, women in all career fields are becoming more likely to pursue higher levels of education. So, let's shine a spotlight on some other fields of incredible women shall we? According to the Bureau of Labor Statistics, from 1970 to 2020, the percentage of women ages 25 to 64 in the labor force who held a college degree more than quadrupled. In 2020, 47.2% of women ages 25 to 64 held a bachelor's degree and higher, compared with 11.2% in 1970.

While the data is encouraging, there is still room to grow. There are still glass ceilings yet to be shattered.

# Balancing gender roles: How the role of women has changed through the years

By Anja Moore  
Reporter

For the greater part of history, women have been oppressed and had unfair expectations. They were expected to be passive and gentle. Women were valued based on their appearance and not their actions. Fewer rights in the law and a lack of suffrage pushed women into a second-class margin, and only in the last 100 years has the view of women really changed, according to Harvard International Review.

Yet, there is still the question: how much has the view of women changed through generations, and how many of the conventions of the past still remain? The truth is that women are seen as more capable, but we are still judged by the unfair criteria of the past and expected to fulfill the passive roles that society has allocated for us.

Sixty-three percent of people say that changing gender roles has made it easier for women to lead satisfying lives, according to Pew Research Center. Some gender roles, which have been historically attributed to one gender, are becoming slowly more acceptable for the other to take on. For example, a stay-at-home father is no longer unheard of and a woman with a career is no longer a laughable concept.

Though positive changes have come to be, such as women now having jobs that were historically male, our worth seems to still be somewhat tied to our appearance. Women who are conventionally attractive are given prefer-

ential treatment in education and the workplace, a concept known as 'pretty privilege.' Some may think that this is an advantage for women who are seen as more attractive, but in reality, it is still an unfair view of women. According to Forbes magazine, "Research on pretty privilege underscores the need to recognize and value the diversity of human experiences beyond physical appearances."

Our professional worth should not be based on our appearance, but rather on our achievements, ability and expertise.

In addition to this, women are still expected to remain passive in situations where men do not have to be. In instances related to education and the workplace, men will often speak over women and expect them to accept it.

Although our expectations have expanded into the professional and scholarly realm, we are still weighed down by the conventions of the past. A woman can have a career, but she is also expected to come home and take care of her house and children. A stay-at-home mom is accepted, but a woman who chooses a career over children is looked down upon.

The truth is that while opportunities for women have been expanded, we still haven't left behind the oppressive conventions of the past. This leads to women being expected to fill too many roles at once, which is an unjust presumption.

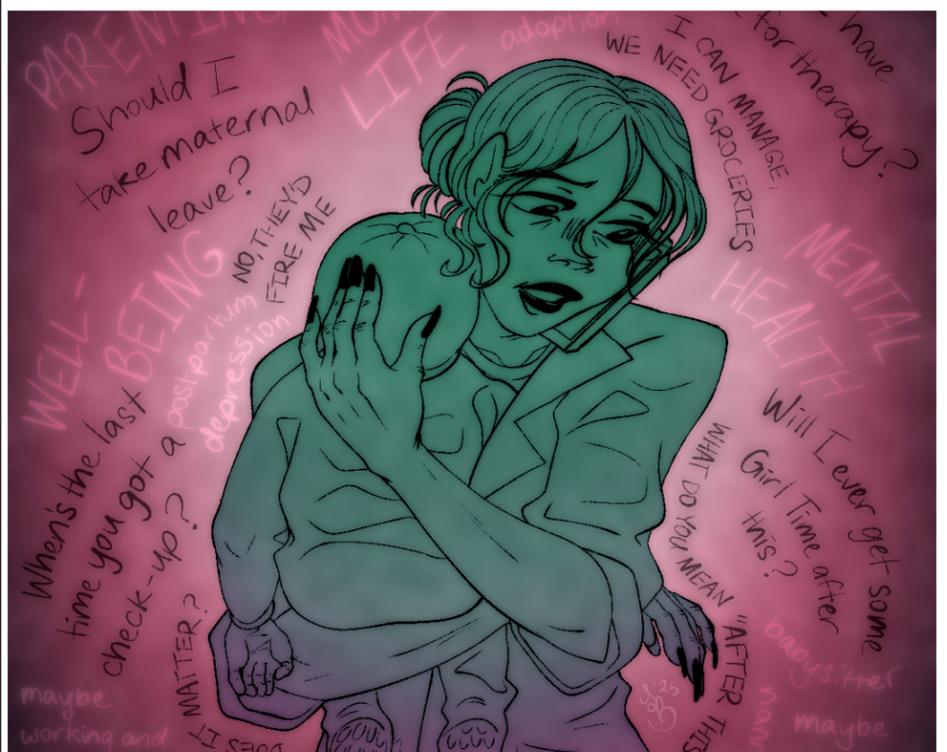


Illustration by Stephani Bradley

# Women of NSU

Photos by Madelyn Murphy



**Anna Dugas, STEM School Facilitator**



**Jennifer Enoch, Associate Professor of English**



**Jane Norman, Admin**



**Jennifer Shaw, Title IV-E Research Associate**



**Jie (Jessica) Zhang, Associate Professor and Dept. Head of New Media, Journalism, and Communication Arts**



**Jennifer Hill, Associate Professor of Chemistry**



**Karla Gonzalez, Adjunct Professor of Bass**



**From left to right: Eva Guy, Saniah Harris, Mae Wilson**



**Leslie Gruesbeck, Dept. Chair and Associate Professor of Art**



**Malena McLaren, Professor of Clarinet**



**Mary Smith, Shift Lead (left); Justine Garrett, Cashier (right)**



**Sherry Howard, Iberville Cashier**



**Susan Campbell, Interim Dept. Chair of Social Work**



**Yonna Pasch, Director of Student Affairs**



**Veronica M. Biscoe, Human Resource and Institutional Effectiveness Director**