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Have a Sauce or a Loss? Submit here!



NSU seeks to bring first law school to North Louisiana

By **Bella Scamardo**
Reporter

Photo by **Shakiya Allen**
near future.

With no established law school in Northern Louisiana, the demand for one to be built has increased due to limited education opportunities. Northwestern State University of Louisiana has plans to establish a law school on campus to offer students of Northern Louisiana a chance at furthering their education in law.

In the state of Louisiana, there are four established law schools—Paul M. Herbert Law Center, Loyola University New Orleans College of Law, Southern University Law Center and Tulane University School of Law.

James T. Genovese, president of NSU, stated that over time, he decided to get involved with the idea of establishing a law school at NSU because he wants to see Northern Louisiana progress. "I've been involved with it for well over 18 months now. I want to see North Louisiana as developed as South Louisiana is," he said.

Geographically, the students of Northern Louisiana are heavily restricted when it comes to education access. Genovese pointed out that it is nearly impossible for students to attend law school within their budget or without having to travel to southern cities such as Baton Rouge and New Orleans.

"The kids north of I-10 are

very restricted to go to law school. We are denying all of the students north of I-10 the opportunity to go to law school, and that is a crying shame," Genovese stated.

In Baton Rouge, Paul M. Herbert Law Center of Louisiana State University has the highest bar passage rate in the state, with 89 percent of its students passing their first time taking the bar exam. The total enrollment at LSU Law stands strong at 656 students, 231 of which are first-year students. According to LSU Law's website, the average yearly cost of attendance is \$51,850.90 for Louisiana residents and \$67,290.90 for non-Louisiana residents.

Loyola University New Orleans College of Law has a total J.D. student enrollment of 639, 108 of which are first-generation college students. Estimated cost of attendance is \$56,894.00 for full-time students and \$43,148.00 for part-time students, according to Loyola's website.

NSU is already prepared and equipped to establish a law school on campus. "We've got the land, the building and the personnel to do it. We're properly and appropriately situated in North Louisiana to give these kids the opportunity to go to law school," Genovese said.

Genovese described the process in establishing a law school on NSU's campus as one that has many steps, one

of them being completing an application for approval. There are many factors and statistics that are included within the application.

"The application tells everything from the number of students you're going to have in the first year, the classes that you need, the teachers that you need, the facility that you need and the expenses involved," he stated.

Genovese is confident that he can run a successful law school at NSU because of his extensive history of working in law and being a judge. "I know what it takes to run a law school. I want to see it happen, not for me, but for North Louisiana," he added.

Genovese said that NSU has the approval from senators, representatives, judges and district attorneys throughout Northern Louisiana. The Board of Regents has not responded with their approval yet, which has caused a delay in establishing the long-awaited law school. At this time, there is not an estimated timeline for the establishment of the law school.

Kay Padilla recently graduated from the University of Louisiana at Lafayette with a political science degree in December 2025 and looks to attend law school in the next two to four years. She said that the addition of another

in-state school would alleviate some pressure on law schools and students alike.

"I think having another Louisiana law school would be a great idea. We need more in-state law schools. Especially for lower income individuals looking for non-private school tuition prices. My options are really only LSU or Southern, which are great schools but the number of new grads exceeds the number of available spots," she said. "Loyola and Tulane are also options but for a higher price."

As the prospective law school waits for approval, NSU students are still able to gain experience and skills through the Pre-Law and Paralegal Studies program. The program prepares students to transition into the legal field by offering hands-on experience. All courses are taught by attorneys and prepare students for real-world professional opportunities.

Rebecca Riall, Pre-Law and Paralegal Studies coordinator, described her roles at NSU. "I teach some of the pre-law and paralegal studies courses. I'm also the coordinator for the program and the pre-law advisor. If a student is interested in law school, I'm happy to talk to them about law school admissions and help them get started with the law school search," she said.

She stated that having a law school at NSU would help the students and help add prestige to the region. "Not only would it help the students looking for an education here in Louisiana at NSU, but it would help the city and the parish. It would bring more people in and we'll strive, and I think it would give Northwestern something else to distinguish it," Riall added.

Genovese is choosing not to quit because the students of Northern Louisiana and NSU are important to him. "I want to see this happen. We can do it better and cheaper here, and give them that education. We need to have a law school in North Louisiana that can accommodate students north of I-10," he said.



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Precautions NSU students and faculty can take during this allergy season



By Emma Bolduc
Reporter

One characteristic of being human is that everyone gets sick. Whether flu, strep or the distasteful lingering cold, this is the season in which these illnesses emerge with pestilent vigor.

According to John Hopkins Medicine, the most common types of illnesses in March are the common cold, flu, Respiratory Syncytial Virus (RSV) and acute bronchitis. It is important around this time to remain vigilant of what to do during the season of expedited allergies, from remaining professional with instructors to common accessible treatment options.

When one contracts these common seasonal illnesses, common symptoms that emerge, according to John Hopkins Medicine are, “runny nose, fatigue, chills, low-grade fever and dry and mucus-producing coughs.” But how does one get sick on a cellular level?

Joseph Straub, assistant



Burning Conversations

Burning Conversations is the official podcast for The Current Sauce.

professor of biology and microbiology, explained that bacteria is just one type of pathogen, but many bacteria release toxins into your tissues that cause damage.

“Both the presence of the bacteria and the toxins they release trigger an immune response by your body, and your immune response is why you end up feeling really bad,” Straub said.

One common misconception about getting sick is that people equate bacteria and a virus to the same thing.

“An infection happens when any pathogen invades your body and attacks your cells. A virus is a specific type of pathogen that cannot live on its own (like a bacterium can),” Straub added. “A virus is a tiny infectious particle (rogue genes wrapped in a protein coating) that must enter your cells to make more of itself. This replication process will kill your cells, and the resulting viruses invade more cells, on and on and on. Because of their small size, many viruses are easily airborne.”

The transmission of a particular type of sickness can also differentiate the likelihood of getting a virus. Straub explained that airborne viruses will naturally be quite contagious since they can spread through breathing.

“Viruses are naturally selected for contagiousness. A living host that can produce and spread more virus is more advantageous than a dead host,” Straub described.

“You saw this rapid evolution of COVID from being highly dangerous and highly transmissible to now being maximally transmissible and as dangerous as the flu.”

Certain groups of individuals are more at risk for these extreme adverse effects during allergy season. Ryann Duhe, a registered nurse at Manning Family Children’s LCMC Health, commented on this trend. “Groups like little kids, older adults with conditions such as COPD [Chronic Obstructive Pulmonary Disease] and populations with asthma can be at a greater risk to have symptoms triggered,” Duhe said.

Duhe offered some advice with regard to these populations at higher risk. “The best way [to avoid exacerbation of symptoms] is to watch the pollen levels in a given area [and] use prescriptions like inhalers,” Duhe added.

Additionally, even populations not at an exacerbated risk of contracting an illness should practice certain ritual habits like handwashing, or, when on the go, using hand sanitizer.

Jeriona Wilson, a junior criminal justice major, mentioned some tips passed down from her grandmother, including the common chicken noodle soup. Though it won’t fix sickness on its own, it’s a staple rooted in science.

When you have a fever, your immune system is signaling “to divert resources toward fighting the pathogen and can even induce a fever

to make the body an unfavorable place for bacteria to multiply,” Straub explained.

Sweating, as a byproduct of a fever, can dehydrate you, so soups or hydrating beverages can help to mitigate the severity of the dehydration. In addition, the warmth of chicken noodle soup can expedite the warming of your body, which helps slow the reproduction of bacteria in your body.

Once one gets sick, though, they must take the necessary steps to manage their personal and professional obligations. While the line of professionalism can get blurred in one’s delirium, or one’s acceptance of the fast-paced nature of the world can lead to further sickness, Wilson and Duhe have different approaches for navigating life while sick.

“I don’t ever miss class without sending an email to the professor, no matter if it’s virtual or in person. This allows them to, more often than not, show sympathy and give minor extensions if necessary, and is really just a show of respect to them,” Wilson advised.

Duhe took a different approach, describing what symptoms warrant staying at home, as well as different treatment methods for allergy-related symptoms. “Allergies should be treated at home when they interfere with daily life. A good over-the-counter allergy medicine

like Zyrtec can help,” Duhe said.

Duhe also urged students to seek professional help for long-lasting illnesses. “You should see a healthcare provider if symptoms are lasting longer than a couple of weeks or include symptoms like fever and body aches,” she said.

Regardless of the path that one takes to their health and wellness, students should remember that their health is important, and everyone deserves to give themselves the grace and the time to get better.

Photo by Zoey Fitts

Sneezing and congestion are very common in the spring, making prevention key for everyone.



Martha Genovese's full-circle journey from alumna to First Lady

By Isabel Juarez Rubio
Contributing Writer

When Martha Genovese first attended Northwestern State University of Louisiana in 1968, she had no idea that she would one day return as the university's first lady.

"It never crossed my mind that I would ever end up back here," she said. Like many students, Genovese did not know what she wanted to do when she started college. Ultimately, she decided to join the U.S. Air Force.

"My dad was a World War II veteran in the Army, and he told me, 'I can't have a daughter in the Army.' I said, 'Well, I'm not joining the Army—I'm joining the Air Force,'" she said. "I knew in my heart what I wanted to do, so my parents signed the papers for me on Sept. 26, 1969."

Her journey as a veteran

saw her traveling from base to base across the country, working in every health department.

"They put us in every department in a hospital—we delivered babies, we worked surgeries, orthopedics, we ran immunization clinics, urology, everything," Genovese said.

Her two younger brothers felt inspired by her path, choosing to follow in

her footsteps. All three of her siblings ultimately joined the Air Force, and at one point, all four served simultaneously—a story that earned them coverage in Air Force Times. Her oldest brother even served as a fighter pilot in Vietnam.

"That year was stressful for my parents, but they were very proud of their children for being in uniform. All four of us made it home," she recalled.

After her seven years of service, Genovese explored a variety of careers: business, real estate and newspaper work, all while living in Colorado.

When her father became

ill, she returned to her hometown of Opelousas, La, where a familiar face reentered her life: James T. "Jimmy" Genovese.

The two had known each other since they were teenagers. They shared friends, rode to school together and kept in touch over the years. When their paths crossed again, things simply fell into place. "We were friends for the longest time," she said. "We just knew we wanted to be together. We've been married for 37 years."

Their wedding was just as casual and heartfelt as their relationship: a courthouse ceremony in Panama City with their five children. "We picked up breakfast afterward and brought it back to the kids," she said, laughing.

Today, as the first lady of NSU, Genovese devotes much of her time to supporting programs that help students, especially those facing challenges many never see.

She volunteers with the Women's Resource Center, which provides baby items,

classes, counseling and support for expectant mothers and new parents. She also promotes NSULA Food Pantry, which offers weekly groceries to students who may struggle with food insecurity.

"It's a fabulous program," she said. "Some students can't go home on breaks, or some don't always have a place to eat. Every little thing helps."

Many days, you can find her in Iberville Dining Hall with President Genovese chatting with students and faculty. They make it a point to show up and connect with the NSU students and get involved with campus life.

"Everybody here has been so welcoming, and it's a breath of fresh air to see how nice the people are," she described.

Genovese said NSU's biggest strength is its size, big enough to offer endless opportunities, but small enough to feel at home. "You're not one student among 250 in a classroom," she said. "Here, your professors know you. They know your story. They want you to succeed."

When she's not

on-campus, Genovese enjoys reading, needlework and bass fishing at her family's camp on the Toledo Bend Reservoir.

For Genovese, success isn't measured in awards or titles. It's measured in happiness. "To me, being successful is doing something that makes you happy," she said. "And this place—these people—make us very happy."

Corrections from Vol. 126, No. 05

On page 3, the QR code for the L.J. Melder interview was unavailable.

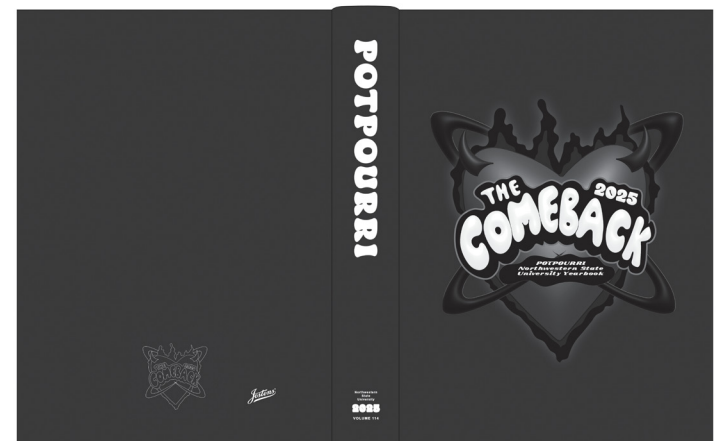
On page 5, we incorrectly identified Eddie Carran.

On page 8, we misspelled Harriet Tubman in the Black History Month crossword.

See a mistake in this edition? Email us at thecurrentsauce@gmail.com.



Photo by Isabel Juarez Rubio
Martha Genovese, Northwestern State University of Louisiana alumna and First Lady, reflects on her journey from student to campus leader.



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“The Invisible Man”: I didn’t see that coming



Graphic by isarisarive on Flickr

H.G. Wells' "The Invisible Man" gave birth to the concept of modern invisibility as we know it, inspiring a horror franchise.

By Ella Dupuie
Copy Editor

Have you ever wished that you could be invisible? A fly on the wall during secret conversations? A hidden observer, privy to all? What has evolved into a pop culture phenomenon, a well-known, beloved horror icon and a concept commonplace in 2026 originated with H.G. Wells' 1897 science fiction novel “The Invisible Man,” the first work to ask, “What would it truly be like to be invisible?”

“The Invisible Man” follows Griffin, a brilliant scientist struck by these very questions. Overcome with an intense desire to uncover the possibility of invisibility,

Griffin performs his experimental procedure upon himself, finding success as his body slips from the realm of visibility to invisibility, with deadly consequences that he could have never predicted.

The novel opens with a mysterious gentleman in the peak of winter, covered head to toe with a face obscured by bandages and rudely insistent on not being observed by the proprietors of the inn in which he has just arrived. The man locks himself away within his room in the pursuit of scientific experiments that his landlords have no hopes of understanding. When the overly-curious couple hears of robberies in their small village and forces themselves into his room, they discover

that beneath his bandages is nothing at all—they have been housing an invisible man.

Their guest, an imperceptible Griffin, attacks the village in a rage of insanity, stripping his clothes and rendering himself uncatchable. He goes on a manic rampage of the English countryside, stealing and tormenting all he sees as he obsessively tries to recreate his experiments.

Upon discovering a former university colleague named Kemp, Griffin terrorizes the doctor in an attempt to gain a trustworthy confidant, one that will aid him in his true goal: undoing his currently irreversible invisibility.

In performing his initial experiment, Griffin cursed himself to a life of horror—incapable of going in public without his bandaged face, and, most disastrously, afflicted with an unexplained form of insanity that corrupts the once-curious scientist and creates a monster.

Kemp attempts to break free of Griffin's tyranny, causing a brawl to ensue, in which the scared citizens of Kemp's town attack the invisible man within their midst. In the struggle, Griffin's reign of terror is unintentionally ended, the now-deceased scientist ending the novel by finally returning to visibility in death.

Shockingly accessible for a 21st-century audience, “The Invisible Man” proves why H.G. Wells is known as the father of science fiction. Not only does Wells provide a surprisingly modern story of scientific horror but also does so in a time when science fiction, as we know it, did not exist.

The story of Griffin's rise and fall is engaging and readable, providing almost wacky chaos through Griffin's insanity and the panic of those around him. Every chapter is unpredictable, switching perspectives to bystanders and introducing new plotlines in increasingly unexpected ways that make the novel feel increasingly new. Nothing about the text reads as dated or exclusive to the 19th century—it is writ-

ten so smartly that it could have been created today.

Wells' take on invisibility, while one of the original and most prominent examples, feels incredibly unique, bringing up questions and quandaries that very few ever consider about invisibility.

How can he keep himself warm at the peak of winter? Obviously, his undigested food will be visible to on-lookers; it isn't part of him. Clearly, a smart way to catch an invisible man is to litter the streets with glass and he'll be forced to walk on the shards and bleed, betraying his position. Certainly, locking every building in town to prevent him from stealing food will help him, but how will he eat?

These are all points that seem so obvious upon Wells' discussions of them and represent just a few of his genius considerations yet are likely things that none of us have ever considered about invisibility.

This novel gave birth to the concept of modern invisibility as we know it, going beyond the written word to inspire a horror franchise. I wholeheartedly recommend “The Invisible Man” (1931), which depicts Griffin's lunacy hilariously and earns a place within Universal Monsters Hall of Fame.

It is this novel that proves Wells' success in “The Time Machine” (1895) was no fluke, and it is the success of “The Invisible Man” that propels Wells toward “War of the Worlds” (1898) and solidifies him as the reigning father of science fiction.



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KNWD DJ LIST

Tuesday:

Strike Up the Band: Cale Arceneaux (11 a.m. - 12 p.m.)

Yapology: Kai Meyers, Elliot Castleberry, Mckayla Courtney (12 p.m. - 1 p.m.)

Exhibit A: Jasper Robinson (1 p.m. - 2 p.m.)

News 91.7: Cale Arceneaux, Cypress Sulsted, J'Niya Hill (3 p.m. - 4 p.m.)

Behind the Curtain: Carter Ball (6 p.m. - 7p.m.)

Wednesday:

Sideline Talk: Mackenzie Honor, Kobie McCormick, Kierra Nelson (12 p.m. - 1 p.m.)

Pitchforked: Lawson Richard (3 p.m. - 4 p.m.)

Live with Liv: Olivia Lubbert (4 p.m. - 5 p.m.)

Pink Hour: Peyton Longlois (9 p.m. - 10 p.m.)

Thursday:

Smell ya Later: Rannon Jett and Ayden Slack (12 p.m. - 1 p.m.)

Rolling 20's : Jeremy Wade (1 p.m. - 2 p.m.)

Power Glove Power Hour: Jude Latiolais (5 p.m. - 6 p.m.)

AyeelItsBryce: ON AIR : Bryson Lewis (6 p.m. - 7 p.m.)

Friday:

Schrodinger's Station: Elliot Castleberry (1 p.m. - 2 p.m.)

Dark Blue: Morgan Vaughan (3 p.m. - 4 p.m.)

Try Not To Laugh KNWD: Avis Vincent (5 p.m. - 6 p.m.)

Talk First Think Later: Torin Merchant, Olivia Lubbert, Chris James (6 p.m. - 7 p.m.)

Another Day Another Showtune: Jaime Perdue and Mckayla Courtney (7 p.m. - 8 p.m.)

Saturday:

Noise Complaint: Violet Hawkins (10 p.m. - 11 p.m.)





The evolution of NSU women's athletics under Title IX

By Heidi Gauthier
Sports Editor

The signing of Title IX in 1972 marked a huge step toward better opportunities for female athletes across the country, including female student-athletes at Northwestern State University of Louisiana.

The Department of Justice states that under Title IX, “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

Before the law’s passage, opportunities for women in collegiate athletics looked very different than they do now. At many universities, women’s teams were underfunded, under-promoted and often were not given the scholarship and competitive opportunities as the male teams.

“Before Title IX, girls were forced to study home economics in middle and high schools. Arbitrary quotas or outright bans on female applicants allowed institutions of higher education to reject women without cause,” National Women’s History Museum said. “Girl athletes ‘retired’ after high

school because there were no scholarships or sports teams open to them on campuses across the country. Textbooks propagated sexist gender norms, and schools discouraged girls from pursuing certain subjects.”

According to the National Women’s Law Center, “After Title IX, women’s participation in intercollegiate sports skyrocketed. Before Title IX, fewer than 32,000 women participated in college sports.”

Title IX is often verbalized as sex-based violence or discrimination. Due to this, collegiate athletic departments must provide equal opportunities for men and women’s sports. “Title IX does not necessarily mean equality like 50/50,” Kevin Bostian, NSU athletic director, said. “Athletic scholarships need to represent the student body percentage.”

Instead of mandating numbers of scholarships, Title IX requires proportionality, meaning that scholarships must reflect overall university enrollment. According to Congress.gov, “If 60% of an institution’s intercollegiate athletes are women, then the total amount of aid to women athletes should be approximately 60%.”

The proportionality

requirement influences football-playing institutions like NSU because of the large roster of football.

Bostian explained that football is the largest roster of sport on campus, with 63 scholarships. There is no comparable women’s sport with that size roster, so universities normally offer additional women’s programs to balance scholarship distribution.

“That’s why most institutions have more women’s sports than men’s sports—because of football,” Bostian said.

Today, NSU offers more women’s sports than men’s. Men’s teams offered by NSU are baseball, basketball, cross country, football and track and field. Women’s sports, on the other hand, include basketball, cross country, soccer, softball, tennis, track and field and volleyball.

NSU did not simply comply with Title IX—it played a key role in the law’s implementation in Louisiana. According to NSU Athletics, in 1975, “Northwestern became the first university in Louisiana to issue full athletic scholarships to women.”

The first group of scholarship recipients, primarily in women’s basketball, includ-

The history of female athletics at Northwestern State University of Louisiana shines a light on how much work has been put into pioneering women’s sports.

Illustration by Eddie Carran

ed Pat Nolen, Diane Pittman, Cathy Boozman, Paula Pierson, Linda Brown, Sue Mary Donawho, Carolyn Fogleman, Sandi Holloway, Toni Miller, Kathy Riser, Kathy White and Jackie Worthy.

Offering these scholarships to female student-athletes was a huge step toward expanding opportunities for women, just three years after Title IX became law.

Brittany Pajuloma, associate athletic director of sports medicine, serves as the Senior Woman Administrator (SWA) to ensure Title IX is implemented within NSU Athletics. The SWA position was created by the National Collegiate Athletic Associ-

ation to ensure that female athletes have representation in athletics leadership and decision-making.

One of her main responsibilities is direct communication with student-athletes to address concerns of equity and opportunity. “It is a little bit of a misnomer,” Pajuloma said. “I am not just here for women’s sports; I am the senior-most woman on staff and serving as a voice for our student-athletes.”

Title IX extends beyond equity, as it also protects against sex-based discrimination and harassment. Pajuloma helps student-athletes connect with NSU’s Title IX office and reinforces safe and equitable environments

for all student-athletes.

More than 50 years since it became law, Title IX continues to influence how NSU structures its athletic department. Title IX is a framework designed to ensure equal opportunities for women’s athletics.

From pioneering scholarships in 1975 to sponsoring more women’s teams than men’s today, NSU’s athletic history reflects growth and equality for women in collegiate athletics.

Photo by Zoey Fitts
Women are granted equal opportunity in collegiate sports, thanks to the 1972 federal civil rights law, Title IX.



At what point does explaining become mansplaining?

By **Bella Scamardo**
Reporter

Have you ever been talked to in a dismissive or condescending way by someone you know is less knowledgeable or experienced than you? Has someone ever explained a subject or issue to you assuming you were uneducated on it? This happens more often than most people think, especially because of the underlying prevalence of misogyny in society.

Being spoken down to is experienced by everyone regardless of gender identity. Misogyny, a type of sexism directed toward women, can perpetuate itself into other forms of oppression that cause harm. In general, misogyny is considered to be a consequence of patriarchy, wherein society is male-dominated and is fundamentally upheld by the oppression of women and other marginalized groups.

A common but sometimes overlooked example of misogyny that occurs in conversations and other forms of communication is “mansplaining.”

Mansplaining is a term used to describe the way that women are often treated dismissively in conversations with men. Writer and activist Rebecca Solnit described women’s subjugation to silence at the hands of men in her essay “Men Explain Things to Me,” which she wrote before mansplaining was considered a word. “The battle for women to be treated like human beings with rights to life, liberty, and the pursuit of involvement in cultural and political arenas continues, and it is sometimes a pretty grim battle,” Solnit said.

Solnit pointed out in an introduction to her essay that she was not trying to make generalized assump-

tions about men as a whole, rather that mansplaining is “not a universal flaw of the gender, just the intersection between overconfidence and cluelessness where some portion of that gender gets stuck.” Not all men mansplain, but mansplaining is something men often tend to do, whether purposefully or not.

When does explaining cross the line and become mansplaining? The difference lies in context and intent, according to Psychology Today. Crossing the line into being dismissive and condescending when speaking to someone is what sets mansplaining apart from just simply explaining. Therefore, this type of harmful communication often reflects a specific power dynamic in which one person has the power to silence the other.

“I wish people understood that misogyny doesn’t just hurt women, but also turns them against other women and limits the minds of younger generations of women. A man’s fear of being overpowered by a woman leads to generations of women being silenced,” Liz Bonnette, a senior production and design major, said.

Anja Moore, a sophomore English major, agreed that the prevalence of mansplaining negatively impacts how women perceive themselves. “I think women who believe mansplaining isn’t real are those who aren’t confident in the validity of their own knowledge,” Moore said.

Women have been silenced and pushed aside as a result of misogyny all throughout history. The idea that mansplaining is not a real issue is one that Bonnette does not agree with. “After not being taken seriously over and over again, after being talked over and



Photo by Madelyn Murphy

Women continue to experience mansplaining in classrooms and workplaces, where dismissive communication reflects deeper gendered power dynamics.

ignored for years and after being hated just because I was feminine, I find it hard to believe this isn’t a real issue,” Bonnette stated.

Mansplaining doesn’t just silence women, it also makes them feel discouraged and often leads to women being less confident in themselves.

“When someone speaks in a condescending way, it can feel frustrating and discouraging, especially when you know you’re capable or informed. It can make you feel like you have to prove yourself more than others just to be taken seriously,” Katie Rion, a junior English

major, said.

Rion added that mansplaining can slowly affect confidence and participation. “When your ideas are questioned or talked over repeatedly, it can make you hesitate before sharing your thoughts,” she said.

How can we fight back against this? It starts with acknowledging the problem and listening to women’s advice.

“I don’t necessarily think that this mindset is the fault of each individual man, but it is definitely something that each individual man could make an effort to unlearn. It starts with

giving women more space to speak and practicing active listening instead of waiting for your turn to talk,” Moore said.

When women’s insights are dismissed, the world is robbed of essential perspectives. During Women’s History Month, we reflect on the contributions that women make to society; however, it is essential to be aware of these issues year-round. It is everyone’s responsibility to uplift others and create welcoming spaces for all voices.



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What are NSU students' plans for Spring Break?

By Priya George
Social Media Reporter

Isabella Neal - *Freshman* - Nursing Major

“For spring break, I am spending time with family, and I’m going on a mini vacation to Florida.”

Elyssa Moore - *Freshman* - Biology Major

“For spring break, my friends and I are going to Broken Bow to go camping for about a week. Then, I’m celebrating Easter, of course.”

Matthew Scott Dersam - *Sophomore* - Musical Theatre Major

“I’m thinking about dipping my toes into gambling scene, I’m feeling quite lucky.”

Amariyanna Thompson - *Freshman* - Communication Major

“I’m not really a go-out type of person but I know I’m going to spend time with my mom and my family. We’re just going to go to Baton Rouge, probably go anywhere really. Just hang out and be together. That’s pretty much it.”

Joseph Resendez - *Freshman* - Nursing Major

“I’ll probably be going with my fraternity brothers to Miami, Florida, and we’re going to have a good time over there and handout.”

AJ Manasco - *Senior* - Electrical Engineering and Technology Major

“I’m probably doing nothing. Just chilling at my house.”

Wyatt Aguillard - *Senior* - Criminal Justice and Accounting Major

“I think for spring break, I’m probably going to try to get out of Natchitoches, maybe go to the beach somewhere. If not, honestly just stay inside and enjoy my time off school.”

PHOTO GALLERY

Music Bingo at Flying Heart Brewery and Pub

Photos by Zoey Fitts



