

the nicholls worth



In this Issue:

Student Entrepreneurs
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Top Five Female Artists

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LETTER FROM THE EDITOR

Dear students,

We are almost halfway through the semester. Before we know it, midterms will be here in the blink of an eye.

This semester is going by so fast, and if you're like me, motivation has been hard to find. I have tons of assignments that I need to get done. Am I the only one who feels as if there isn't enough time in a day?

There is so much to do, and my procrastination is taking over. If this semester is causing me stress, then I know it is causing you stress. Just remember that when you're feeling stressed, it is always important to take a break.

For me, writing and working on this magazine was my destresser for the month. I love reading, writing and editing, so if you like those things or anything else, take a minute to do them.

When brainstorming ideas for this magazine, my team and I really wanted to do a theme where the entire magazine would be based off of one topic. We decided that since it is coming out in March, it would be a Women's History Month theme.

My writers and I have prepared stories on leadership roles with some of the female administration members on campus, a feature on female coaches at Nicholls State University and a story on female student entrepreneurs.

For some entertainment, our entertainment section editor wrote a short and easy article that highlights some of the top female artists.

This magazine was fun to create, and I can't wait for you all to read it. For more campus news and updates, follow The Nicholls Worth and KNSU on Facebook, Instagram, Twitter and TikTok.

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STUDENT ENTREPRENEURS

WRITTEN BY JILLIAN LANDRY | DESIGNED BY ADDIE WETZEL | PHOTOS BY MAGGIE BYCHURCH

March is Women's History Month, which was declared to highlight the contributions of women in history, as well as society today.

At Nicholls State University, there are women on campus who own and run their own businesses. Some of those women are Clare Ward, Emily Beck and Emma Miester.

Ward, a culinary senior from Atlanta, owns a pasta business called Clare's Cooking Co. in her hometown. She got started with it when she went back home at the beginning of the COVID-19 pandemic. Her business focuses on Italian meals.

"My base menu is two kinds of pasta, which are fettuccini and cheese ravioli, four sauces and brownies. Then, every week I do a newsletter and I feature a different region of Italy, and I have two or three specials from that region that I sell," Ward said.

Ward said she was supposed to do her first internship over the summer, but because of COVID, it had fallen through. She said she needed a way to make money, and since no one was hiring, she decided she would make her own pasta business.

"I worked in a pasta shop starting when I was 16, and I

just have a real passion for it and I was like there's like no one in my area that's selling that and I was like I'm going to do that," Ward said.

Ward said she started selling to some of her neighbors. Her business took off due to word-of-mouth advertising as well as some of her own advertising.

Ward said she delivered the food on Saturday, Sunday and Monday. She said over winter break it was a little different because she was also doing holiday orders, like spinach dip, pimento cheese and cookie platters.

Ward ran her business while she was in Atlanta, then ran it again through the winter holidays. She doesn't run it here because her kitchen is too small to roll out pasta. She said she will probably run it again in the summer.

After she graduates, she said she will still run it, but not as large.

"I probably will run it maybe not as large because I do want to get another job, just to get experience and save up. I want to go study in Italy in a few years, so yeah



“I worked in a pasta shop starting when I was 16, and I just have a real passion for it and I was like there’s like no one in my area that’s selling that and I was like I’m going to do that,”

- Clare Ward, Clare’s Cooking Co.

I’ll continue it,” Ward said.

Beck, a marketing sophomore from Donaldsonville, also started her business once the COVID-19 pandemic began. She has a face product business called The Nines to help with acne. She said with having to wear masks, it was making her acne worse.

“I always struggled with acne, but whenever that started basically it just got worse, and to keep busy we would do like me and my sister would do like a bunch of DIY experiments and all to have something to do during quarantine. We found the natural products and ingredients we were using was helping our faces clear up,” Beck said.

Beck said along with her dad, they decided to take the face products to another level.

“We thought this was something that could help many people because I knew not just me but like my friends were struggling as well,” Beck said.

Beck said they had found a place in Texas where there were botanical scientists who would take what they wanted in the product and create a formula for it. She said there were several months of testing the products and then they came up with the name, The Nines.

“I don’t know if you’ve heard like your parents say dress to the nines, you know, the best. So, I thought that would be a cool name because I feel like it’s the best, because if people hear that they’ll be like I should give

that a try,” Beck said.

Beck said around Christmas, they were finalizing everything and getting the product out on the market. She said the business has helped her get first-hand experience learning about the business world.

Beck said she would want her company to become something bigger, and something that she could continue for the rest of her life. She would like it to become a big name company like some of the other skincare companies.

Miester, a nursing junior from New Orleans, has her own vinyl monogramming business, Charming Creations by Emma. She said she started her business about a year and a half ago, and she would make cups, car decals or whatever someone would ask her to make.

“I always liked collecting cups when I was younger, and you know having cute things...One day, I just went to Hobby Lobby and purchased a vinyl machine and just started, because I was tired of paying for my own vinyl,” Miester said.

Miester said it started out as a hobby, then to make money she decided it would be a good business.

Ward said her favorite thing about her business is being able to connect with people during this time.

“It’s so hard to meet people and to connect with people and it’s really awesome to have people buying from you

every week and becoming part of their family rituals, traditions kind of things,” Ward said.

Ward said she loves being able to provide really good unique meals for families. She said her demographic is mainly young families, and she thinks it is fun to be able to provide them with good food at a reasonable cost.

Ward said she has about 65 to 70 customers and a little over half return every week.

Miester said recently she has been making baby onesies and has enjoyed making gender reveals and pregnancy announcements.

“Just to see people’s faces when they get excited when they show their loved one that they are pregnant and stuff like that has been really fun,” Miester said.

Ward said some challenges for her when starting her business were time management and problem-solving. She said it was hard to not have a supervisor or another chef telling her what she needed to do and when to do it. She said when she started she was also balancing her classes with it.

Ward also said that without having a supervisor or a chef, she had to figure out what to do on her own when something would not work right. She said she would try more recipes and different things until something worked.

For time management, Ward said she would organize her week by what she had to do.

“I really just made myself sit down and organize my

week and I’m going to do administrative stuff this week or this day. I’m going to do my newsletter this day. I’m going to answer emails from this time to this time, going to order my food on this day and like all that kind of stuff,” Ward said.

She said she put order due dates, so if people wanted their food on a certain day, they would have to order by a certain day and time. She said she put in place ways that she could stay organized and that it helped so much that she is organized for her classes too.

Beck said there were a lot of things that were hard for her as well because she had never done anything like this before.

“I had my dad as a mentor because he has been in the business world for so long, and just trying to get it out there and getting it more known was kind of rough at first, but learning all kind of things along the way has helped,” Beck said.

She said she looked up different techniques and contacted some influencers. She said there were other places that had contacted her too. Beck said once they got the name out there, they ran advertisements, created a website and different social media platforms to also help get the products’ name out there.

Miester said it was hard to get her name out there with her business because there are so many businesses, especially with Etsy. She said her mom worked at a school and that helped her out because if they needed something they would contact her for it.

“I created a Facebook page and that really helped, and I was able to see how many views I got per week and



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“I don’t know if you’ve heard like your parents say dress to the nines, you know, the best. So, I thought that would be a cool name because I feel like it’s the best, because if people hear that they’ll be like I should give that a try,”

- Emily Beck, *The Nines*.



I got a few people to leave reviews which helped, so I think that helped a little bit,” Miester said.

Ward said it was difficult at first to balance school and starting her business. At the time, Nicholls had just transitioned to online classes and everyone was getting used to Zoom classes. She said she took the time she had outside of classes and nannying to get stuff done for the business.

“I forced myself to stay on track and like divvied up my week just so that I would get stuff done, make sure I got a nap in there somewhere but yeah and then once the semester finished, I talked to my like one of my advisors, chefs, and was like I need to do an internship but I am doing this but like I can’t do an internship, can I do this as an internship,” Ward said.

She said she was able to work with the head of the culinary department to get it approved as her internship. She said during the fall semester since she wasn’t running the business in Thibodaux, she rebranded. Ward said she made business cards, reorganized her newsletter and made flyers so that when she got back she would have everything organized.

Ward said she figured out what specials she would have each week so that she could email them ahead of time so she could have orders for them when she got back for Thanksgiving.

“Then, for over break, it was also my second internship, they allowed me to do it, and for my final paper, usually

they would be like what did you learn and give me three places you would like to work at, but instead they had me write out a how to open up a cooking business that they can use for future students who want to do that as an internship or something or another,” Ward said.

She said she enjoyed writing the paper because she was able to talk about what she did good and wrong so that others would know what they should do.

Beck said her school schedule is flexible so she was able to have her classes be on Tuesdays and Thursdays so that she is free to work on business stuff the other days.

“Most of my stuff that I have to do for my company is online, so I am able to just work on that when I have the free time,” Beck said.

Miester said during breaks she is able to do more with her business, but it is hard with her classes to also have the business.

“I wasn’t taking many hours, that was more of what I was doing for my income so I would do it about four hours a day and do school the rest. I was able to balance it until I got into the nursing program,” Miester said.

Miester said she would make a schedule of what she would do every day, booking out times for school and the business.

Ward said she would send out a newsletter each week

“I always liked collecting cups when I was younger, and you know having cute things...One day, I just went to Hobby Lobby and purchased a vinyl machine and just started, because I was tired of paying for my own vinyl,”
Emma Miester, Charming Creations.

for her business. She said her newsletters would give an introduction to the region where the food is from, the specials, a wine pairing, serving suggestions, a base menu, testimonials and anything else she chose to put on it that week.

Ward said people would either email her or order from her Google form.

She said she is thinking about starting a blog related to her business and sending it to her customers.

“Some of them are like I love getting your newsletters each week because it is like traveling to the place. It is like a little travel guide because I always start out with like ‘Hi friends, this week we’re visiting blah blah blah region. This is northeast of whatever region we visited last week’ and then I try to tell them some of the sites and like what it’s like and what’s the food like,” Ward said.

Beck said she has a website that people can order off of called theninesbotanicals.com. She said it is the easiest

way to order, and everything is listed on there. She also said the products are on Amazon.

“Everything is shipped from our hometown in Donaldsonville, so it is really quick. You get it really quick when you order. When we get an order in, we get together, we package it and get everything together and send it off,” Beck said.

Miester said people can order from her by emailing her, texting her or going on her business’s Facebook page Charming Creations by Emma and messaging her on there too.

In this month of highlighting women’s contributions, these are just some female-owned businesses one can support.



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WOMEN *of the* UNIVERSITY

WRITTEN BY HALEY LANDRY | PHOTOS BY RYKER EMNACE | DESIGNED BY ADDIE WETZEL

Commemorating Women's History Month 2021 with speaking to successful women on campus.

March is known to be Women's History Month. In these four short weeks out of the year, an opportunity is provided to honor and give thanks to all of those brave women who pioneered before us, as well as those who still prevail to this day, for an equal stand in society.

Although many things with women's rights have changed, it is important to celebrate Women's History Month with a brief understanding of the movement's history.

It was as late as the year 1920 before women were able to obtain an impression over the government of the United States of America, as the 19th Amendment granted them the right to vote.

As for the March holiday itself, women's history was generally unheard of in the K-12 curriculum, as well as the general public, as recently as the 1970s.

According to the National Women's History Alliance, the Education Task Force of the Sonoma County (Cal

ifornia) Commission on the Status of Women took to changing this by initiating a "Women's History Week" in Santa Rosa, California, in 1978.

The article stated that March 8 later became the focal point of the celebration, being marked as International Women's Day. From here, a flare in popularity occurred, leading to the increased activities during this designated week, as well as the steady increase in schools interest-ed.

The article also said that the finale of each Women's History Week was celebrated with a parade and a program held in the center of downtown Santa Rosa.

Before long, Women's History Week became a nation-wide event. Then, in 1980, President Jimmy Carter issued the first Presidential Proclamation, marking the week of March 8, 1980 as National Women's History Week.

According to womenshistory.org, this changed in 1987,

when Congress passed what's known as the Public Law 100-9, officially mandating March as National Women's History Month.

Today, this national holiday speaks volumes to women across the country, with no barriers regarding age or race. As these powerful women persist to break down the thresholds of a formerly restrictive male-dominated society, roles of leadership are no longer such a rare occurrence.

This is particularly true for modern-day universities, where one's influence is incredibly essential for the sake of another's intellectual growth.

In regards to Nicholls State University, there are several women on the administration team who try to encourage a vision for many students to admire and work towards.

Provost & Vice President for Academic Affairs and Dean of the College of Nursing Sue Westbrook said her passion for nursing and her desire to contribute to raising the level of healthcare in this area, her origin, was always strong.

"Early on, when I chose my career, I chose to go to a university baccalaureate nursing program. And, in those days, that was unusual because most of the nurses that finished school back when I graduated from high school really went to diploma programs like Baptist and Charity Hospital, for nursing," Westbrook said.

Westbrook said that though her family was of modest income, she knew that sending her away to school would create a slight burden to their financial situation.

She received nothing but support from them.

"I went to Northwestern in Natchitoches, which in those days was far away because the roads were just not like they are today. They didn't have the interstate, highways, and such," Westbrook said.

She explained that having her baccalaureate degree really opened doors for her.

Westbrook recently made a video with Student Affairs to promote the Woman of Achievement Award. In the video, she mentioned the person who impacted her work ethic the most was her mother.

Westbrook explained that her mother played a big factor in the fact that she worked a lot when she was younger, before the Women's Liberation Movement.

She stated that she perceived her mother as a great role model in this way.

"She would always tell us to not take ourselves too seriously and to do the best job you can, no matter how big the job or how small the job was. To just do your best. And, I just really embrace that advice, and just had that strong work ethic," Westbrook said.

In terms of her career, Westbrook mentioned that she started out as a staff nurse, working in the labor and delivery department at Baptist Hospital in New Orleans. From there, she'd gotten into nursing education in Texas, and then Louisiana, here at Nicholls.

"Once I came to Nicholls, I really never left. I would

**"Even my dad, actually, who told me growing up to never let anyone tell you that you can't do something just because you're a girl. From knee-high to a grasshopper, that was certainly a sentiment. So, he's served as a great inspiration to me in many ways,"
Caruso said.**



work as a faculty in the hospital in the summer months because I had those months off. I would work at Terrebonne General or Thibodaux Regional, or sometimes at Memorial Medical Center to keep my skills,” Westbrook said.

She said that her leadership went from being a faculty member in nursing to being a charter faculty in the Bachelor of Science and Nursing Program.

“So, that gave me some leadership skills, being a course coordinator, and I went on from there to being Director of our Nursing Continuing Education Program. We provided professional development for the registered nurses in our region so that they could meet re-licensure requirements,” Westbrook said.

Westbrook stated that she really enjoyed doing this while gaining more leadership skills.

She explained that one day she was asked to be the department head for nursing, and just went through the ranks from department head to dean of nursing.

“And, then, here I am, vice president for academic affairs and provost here at Nicholls State,” Westbrook said.

She explained that she was sought out for her skills, and she believes it was mainly because she had such a strong sense of responsibility for getting the job done.

“Never in my wildest dreams did I think I’d become a vice president of academic affairs here at Nicholls State. I was certainly humbled and honored to be asked to do that in an interim position,” Westbrook said.

Westbrook further elaborated that when she did the interim position, she realized that she possessed some skills that she could offer, and she decided to apply for the permanent position.

“I just have to say that I feel very blessed that there have been doors opened for me, and I think that there’s a lot of truth to be said about ‘when doors open, you should go through them’,” Westbrook said.

She said that though everybody has fears, we have to face them and walk through them.

Westbrook explained that she went through a period of questioning whether or not she had the proper skills to continue.

“We question ourselves, of course, but when push comes to shove, you manage to walk the walk and talk the talk. I have acquired the confidence along the way. But, like everybody else, I had certain insecurities and fears, but I didn’t let that stop me,” Westbrook said.

She said that she also feels very blessed in the fact that she’s had such a great career so far.

“Nicholls has been very good to me, and I hope that

it will be said that I've been good to Nicholls. It's just been a good partnership," Westbrook said.

In terms of the greatest barrier she's had to face in her career, Westbrook said that COVID-19 was very challenging to face.

"It wasn't anything that any of us could foresee. When I applied for the position, it was business as usual, everything was normal. Then, when COVID struck, it was just challenging on so many levels," Westbrook said. She explained the need to do everything they could to keep students, faculty and staff safe. This forced them to rethink the way that everything was done, from the academic calendar to the way in which classes were offered.

"There were a lot of challenging things with that, because with COVID we didn't have a crystal ball to say what was gonna be next month," Westbrook said.

Westbrook acknowledged University President Jay Clune as being a very helpful guide through the entire process.

As for a bit of advice for the future generations of women who are hoping to take on similar career paths, Westbrook said that when the door opens, to walk through it.

"I would tell them to face their fears and insecurities. We all have them, but they can be conquered," Westbrook said.

Vice President for Student Affairs Michele Caruso was next in giving her inspirational journey.

With an undergraduate degree from the University of New Orleans and her doctorate from Mississippi State

University, Caruso explained that she came here straight from Mississippi State.

"I graduated in May and started my job here at Nicholls in that June as Director of the Counseling Center, and immediately fell in love with Nicholls, immediately fell in love with this area down here and immediately fell in love with the administrative aspect of the job," Caruso said.

She explained that this led her to set her path, and her sights on advancing through administration at Nicholls, which she felt very blessed to be able to become director of student services, then dean of student services and then in the last several years, dean of students, associated vice president.

"Now, I'm very blessed to be vice president. This is the capstone of my journey, the ultimate for me, where I wanted to end up," Caruso said.

In addition, Caruso emphasized that she would not be in the position that she is today, without the mentorship of the many women on Nicholls' campus, and even off campus during her graduate career, and those in her personal life.

"Especially here at Nicholls, I've just had some phenomenal mentors. Women who knew how important it was to make sure that we were supporting each other's journeys, that they were doing succession planning, making sure that they were preparing the next generation of men and women to come up behind them, to make sure that we were continuing to advance the university, and doing everything that we needed to be doing to make sure that our students have had the experiences that they deserved and that they needed," Caruso said.

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Caruso mentioned that working towards these goals was a combination of working hard and the idea of things falling into place.

“You absolutely have to work for it. It’s not an easy job. You’re dealing with people’s lives everyday. Some of the most impressionable aspects of their lives in a traditional college age, and we have a lot of non-traditional first-generation students as well, who have unique experiences,” Caruso said.

She further explained that because of this, hard work is required to make sure that one is staying focused and up to date on everything. Caruso also stressed that one needs to be willing to put in the energy, the hours and the effort.

“This isn’t a nine to five job, working in higher ed, especially in Student Affairs, dealing with crises, special needs and things like that,” Caruso said.

She expressed that it definitely was not easy, and that there were different challenges along the way, new things to learn, etc. Regardless, Caruso said that at the same time, she believes that a lot of things fall into place.



“Things have certainly fallen into place for me being blessed with the many opportunities, the many mentors that I had and people that trusted me and gave me opportunities and such. I think that for most people, it’s always that combination of: you put in the hard work, but you also kind of need to be in the right place at the right time. That’s where networking is so important too, so people know what you’re capable of and know what you have to bring to the table for whatever the role may be,” Caruso said.

In turn, when discussing the significant barriers in her role of leadership, Caruso also mentioned the COVID-19 pandemic.

She explained that last February, going into March, they asked her to take the interim vice president job, then lockdown immediately followed.

“My whole experience in this level of administration as vice president has been in a pandemic. We had no precedent for the challenges, we had no frame of reference. So, we were literally having to figure out everything along the way, in terms of consulting colleagues, looking at the research, talking to students about what their daily experience was and taking things from there, so it was a huge challenge,” Caruso said.

On the subject of the women who served as inspirations to Caruso, she emphasized that there have been several professional women here at Nicholls, and that they know who they are.

“If I had to name only one, it would be Dr. Joanne Ferriot, the former vice president for student affairs. She retired around 2002 or 2003, and we’ve kept touch, and she’s continued to be a mentor and inspiration for me,” Caruso said.

In regard to her personal life, Caruso said that she’d name her grandmother as another.

“Even my dad, actually, who told me growing up to never let anyone tell you that you can’t do something just because you’re a girl. From knee-high to a grass-hopper, that was certainly a sentiment. So, he’s served as a great inspiration to me in many ways,” Caruso said.

“There were a lot of challenging things with that, because with covid we didn’t have a crystal ball to say what was gonna be next month,” Westbrook said.



Her advice to the future generation of women who are looking to take on a similar role, is to be willing to take risks, even if they are calculated risks, and build relationships.

“It doesn’t have to be high-profile relationships. Just building relationships, collaborations with people. In the end, that contributes a lot to working your way up through the ranks anywhere, really,” Caruso said.

She said that it’s important for people to generally trust you, and you’ll want people to know that you’re genuine, that you care about them and what their experiences are.

“The importance of building those relationships cannot be underestimated,” Caruso said.

Lastly, she emphasized the act of stepping out of one’s comfort zone as being the key to success.



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Confidence IN THE GAME

Story by Jade Williams | Designed by Jillian Landry | Photos by Avery Landry, Maggie Bychurch and Ryker Emnace

Women's History Month is a time where we highlight women's contributions in history. From actresses to celebrities to influencers, there are several people to highlight.

Recently, there have been many notable women in sports, like Becky Hammon, who became the first woman to act as head coach in a National Basketball Association game. In December 2020, San Antonio Spurs' Head Coach Gregg Popovich was ejected from the game after confronting an official, allowing for Hammon to take over as head coach for that game.

In 2015, Jennifer Welter became the first woman to coach in the National Football League. She was an intern assistant coach for the Arizona Cardinals' line-backer coach.

A season later, the 2016-2017 season, Kathryn Smith became the first woman to hold a full-time coaching position in the NFL as the Special Teams Quality Control Coach for the Buffalo Bills.

Between 2014-2016, Amelie Mauresmo was the tennis

coach for a male tennis player, Andy Murray. In numerous articles, Murray is quoted talking about how he got a lot of criticism for hiring her as his coach because she was a woman.

After being hired by the San Francisco Giants in January 2020, Alyssa Nakken became the first female coach in Major League Baseball.

As of June 2020, Freya Coombe remained the only female head coach in the National Women's Soccer League.

These are just a few famous female coaches. Nicholls State University has several female coaches on campus.

Nicholls has the Interim Soccer Coach Alexsis Cable, Volleyball Head Coach Kallie Noble, Women's Basketball Coach DoBee Plaisance and Head Cross Country and Track and Field Coach Stefanie Sleakis.

The coaches here at Nicholls said they try to represent female empowerment on the field and on the court in several ways.

Babe Didrikson Zaharias

became the first woman to qualify and play in a men's PGA Tour Event.

1938

Wilma Rudolph

became the first woman with 3 gold medals at the olympics. She competed in track at the Rome Olympics.

1960

Billie Jean King

had a "Battle of the Sexes" tennis match with Bobby Riggs in which she won. Riggs had previously said he could beat any woman because they could not play as well.

1973

1979

Ann Meyers Drysdale

became the first woman to sign an NBA contract with the Indiana Pacers.

Nancy Lieberman

became the first woman to play in a men's professional basketball game as a member of the Springfield Fame. In 2010, she also became the first woman to coach a men's professional basketball team.

1986

The Nicholls Communications Department sent out an email in November that announced Cable as the new Interim Soccer Coach. Cable is from Dallas where she graduated with her undergraduate degree from University of North Texas in 2017 and then graduated with her masters from Northwestern State University in 2019.

Cable said since she has taken the job, her experience here has been great and that everyone has been extremely supportive of her.

Cable comes from a championship background. Cable won the conference championship four times, and she made the NCAA Round 64 Tournament.

Cable said when it comes to inspiring her team specifically, she uses her past experiences to motivate them. She said it gives them a sense of what she is talking about.

“I rely on my experience a lot with them, I rely on my age. I mean, I am only 25, so I rely on my close age gap with my team that they know I am still connected to them. They don’t think I am just some old school person that’s new here who doesn’t know what’s going on,” Cable said.

Cable said it also helps knowing that she has earned the athletes trust.

“I am so open and honest and transparent with what’s going on. Especially during the whole coaching transition and the whole coaching changes, the hurricanes and covid and quarantine and everything like that,” Cable said.

Cable said she has built relationships with those players and that the most important thing on the field is confidence.

“We literally just had a team meeting about this a couple days ago about how would you feel if you were the starter and maybe I’m the bench player and I’m talking mess behind your back of why she’s on the field in front of me, why is she getting all the playing time. That’s not going to make you believe in confidence,” Cable said.

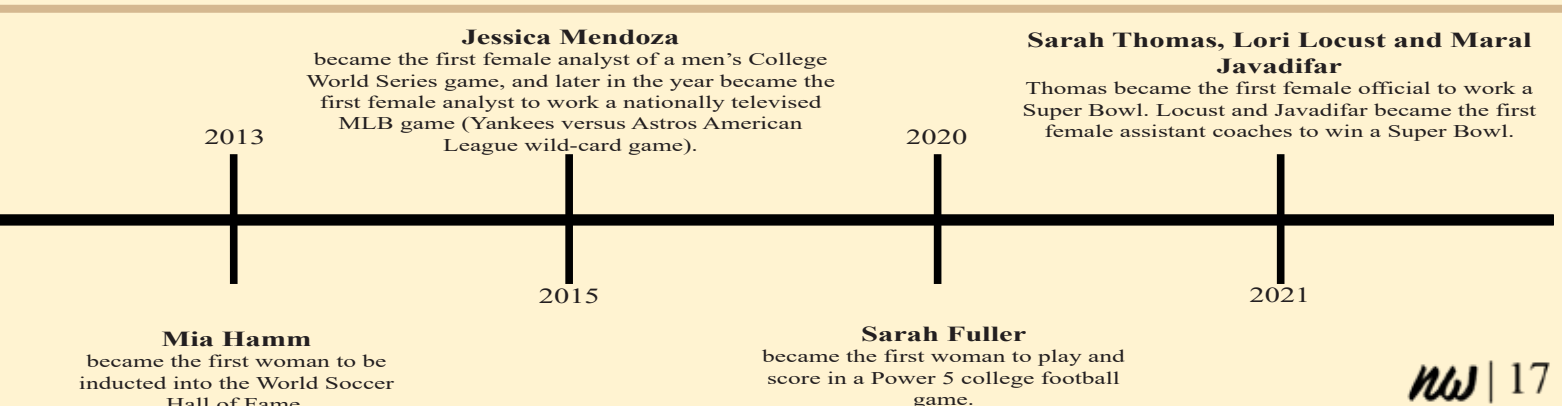
Cable said a long discussion was how can they build teammates up and root for them to have their utmost success that they can have and still be in the right mindset.

“So, I think female empowerment is literally just confidence. Confidence from maybe what your teammates help you build, maybe it’s confidence on the field from you trying something new and it working and I think confidence coming from your coaching staff,” Cable said.

Slekis, who came to coach for Nicholls in August of 2017, said her favorite part of her job as a female college coach is the relationships they get to build with student-athletes, alumni and community members.

She said she is passionate about helping student-athletes navigate their college years and continue to develop the skills that will serve them in their adult lives. At the current stage of her life, Sleakis draws her biggest inspiration from moms who are pursuing their highest passions as well as balancing an active life in the lives of children.

As a runner and a coach, Sleakis said there are several professional runners that inspire her. She said she is fortunate enough to have been paired with a mentor through the coaches association USTFCCA, Yvonne Wade, the Head Track & Field/Cross Country Coach at UNLV who is a mom and has established a long and successful career in college coaching.





Slekis said it has been inspiring to learn more details about Wade's story and be able to get her advice as she is in an earlier phase of her career and motherhood.

Slekis said that as a female coach in a male dominated career, she tries to be an example everyday of how women can be empowered to pursue their passions even in career fields that haven't been traditionally supportive of women.

She said her team talks about being confident in life just like in competition. She said by maximizing the opportunities someone has, proving they can handle the job and then stepping up to make a change so that space becomes better for the women coming up behind.

Noble said she loves inspiring her team of young women in different ways.

"My assistant and I, we both really lead by example and each day we show up, we're present, we're available for them whether that be on the court or off the court," Noble said. "Just being present in their lives with what they want to share with us and you know just providing

guidance you know in areas that they seek guidance for. They are away from their families, away from their moms and those figures, so I hope we inspire them each day."

Noble said they try to inspire them through sending positive messages through text or locker notes.

"I do what I do. I just think it's I enjoy mentoring this age group of 18 to 22 year old females and just being able to help guide them through this time in their life and help them develop into young women, to become integral parts of society when they leave college," Noble said.

Noble said as a female coach, she doesn't see much separation between male and female sports on the field. She said several years ago, there was an obvious division between the two, but believes there are more equal opportunities today.

"I think our culture as a whole has become more accepting of females doing different roles, I don't think that there is such a division in what males and females do," Noble said.

"We literally just had a team meeting about this a couple days ago about how would you feel if you were the starter and maybe I'm the bench player and I'm talking mess behind your back of why she's on the field in front of me, why is she getting all the playing time. That's not going to make you believe in confidence."

-Alexsis Cable, Interim Head Soccer Coach



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Female

Women

March

Top Five: FEMALE ARTISTS

WRITTEN BY ALEXIA CASTELLON | DESIGNED BY ADDIE WETZEL

Lizzo

Lizzo has always been an artist that promotes positivity and self-love. From her uplifting lyrics to her undeniable confidence, she is a woman that empowers the rest. Every time Lizzo comes on, you know it's time to get up, dance and embrace that confidence boost.

2020 was Lizzo's year. She had eight Grammy nominations making her the artist with the most nominations ever and won three Grammys. Not only did she set a groundbreaking record, but she was also Time's Top Entertainer of the Year.

Lady Gaga

Lady Gaga has been one of the top performers since day one. She has been an artist that has never been afraid to break the molds and go out of her way to deliver. Apart from being a unique performer, she has used her fame to remind us all how important it is to never let go of our dreams, to reach for the sky and follow the stars.

For those who did not know, when Gaga was in school she had people telling her she would never make it in the music industry... nowadays she is an icon.





Dua Lipa



Dua Lipa's music simply shouts "feel good." It's Friday night and you're getting ready to go out with your squad and what's blasting your speakers? "Levitating."

She broke records when her self-titled album debuted in 2017, with songs like "New Rules" and "IDGAF" playing on every radio across the globe. Landing the "Best New Artist" Grammy Award back in 2018 and the AMA for "Favorite Song -- Pop/Rock" in 2020.

Katy Perry



Every time we think about Katy Perry we think of fireworks and showtime. She has always been one of those artists who not only knows how to put on a show, but how to make it a remarkable one. I mean... who can forget the sharks at the Super Bowl in 2015 right?

She has gifted us with a song for every possible mood. From "Last Friday Night" to "The One That Got Away" and "Never Really Over" we will always be able to relate to her lyrics. Her songs will stay stuck in our heads for days and they never really get old.

Billie Eilish



Billie Eilish has been a showstopper since she rose to fame at the age of 13 with the song "Ocean Eyes." Ever since then she has made it her personal quest to redefine the word "weird" in a good way, turning all eyes to her with her unique music videos.

In 2020, she was the first female performer to bring home the four big prizes at the Grammys. Not only has she proven to be an outstanding artist, but she has gone out of her way to make a statement when it comes to beauty standards. While everybody else in pop culture dresses up to please others, she sticks to the oversized non-girly outfits that make her feel comfortable.





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MAR. 15- MAR. 19	COLONEL CLOVER HUNT
MAR. 17	SPA GOES GREEN
MAR. 22	SPA MEET AND GREET
MAR. 24	SPA SPIRIT TABLE
MAR. 28	FESTIVAL OF COLORS FUN RUN
MAR. 30	SPA SELU T-SHIRT GIVEAWAY

SPA MEETING EVERY
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