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Back,
Angels!

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By Ell Shelp-Peck, Staff
Writer

The Meredith basketball team had a rough start to the season with many members of the team out with injuries and a small roster. Recently, however, the team has been on a winning streak that started on Dec. 15 with a win against Mary Baldwin. The team has since rallied to win more games, including wins against Salem, the other all-women's college in the conference, and William Peace, our down-the-road rival. All of the games, nine of which have been wins, have been hard-fought, and these victories have shown how the team plays as a single unit. Assistant Athletic Director Wendy Jones said that "Anyone who has followed the Meredith basketball team this season will notice right away the progression on the court. The small roster appears to be the only obstacle standing in the way of the team's success, and the players on the team are learning to manage that challenge."

Jones said that the team "remains patient on offense and trusts in [Coach] Quick's system." During games, Coach Quick is frequently heard telling the team to "slow down" and "take your time." Her coaching style is effective. When asked about her coaching system, LaQuanda Quick, Head Coach, explained that "patience is [her] number one strategy." She helps the team be a unified front through respect and accountability, admitting when she is wrong because she wants the team to understand that "it

Birth Control Coverage Protected in North Carolina

By Haley Ivey, Staff Writer

Every day it seems as though when women gain an inch in their race to equality, there are efforts to take them back a mile. President Trump has tried in various ways to dismantle the Affordable Care Act, and in his latest attempt to take away from the ACA, he is also taking away from American women—about 70,500 to be exact, according to federal health officials. The Trump administration is trying to restrict the ability of some women to get no-cost birth control and their argument lies solely in the objection of their employers based on religious or moral grounds.

Under the Obama Administration, a system of narrow exemptions, allowed, for example, churches or religiously affiliated organizations to choose to not cover birth control for their female employees. In return, the administration created accommodations or workarounds to ensure, in the event of these exemptions, that women would still be able to get birth control covered through third-party institutions. Under Trump's new rules, any nongovernmental workplace would be able to claim exemptions, which broadens the criteria to include not only churches/religious organizations but also small businesses and even Fortune-500 companies. The impacts of allow-

starts at the top." She said that they also "truly love and respect one another." This helps the team to play as one on the court and listen to one another better.

When asked who her MVP would be, Quick responded with Brittany Preston who sustained an injury that would normally end a player's season or career a few days before practices began. Quick said of Preston, "Since she has rejoined us, it has made a major difference. She does the little things [on the court] and 'this contribution is immeasurable.'" Preston, a senior this year, her season has been all but cut short; it will be her final season playing for Meredith basketball.

A small roster has been a challenge to the team, that they have overcome, Quick explained. "It definitely affected our season

ing nongovernmental companies to opt out of birth control coverage could lead to states bearing expenses from women seeking these contraceptives and, potentially, healthcare for unintended pregnancies.

Why is this relevant to college-age students? Because our students could potentially face major side effects from this rule. According to the Urban Institute, one in six women have faced some barrier in accessing birth control, including cost and insurance coverage. When faced with easier access to contraceptives, 63% of women report experiencing less stress, 56% say it's helped them hold down a job, 54% say it's provided them health benefits, 49% say it's helped them continue their education and 49% report more stable relationships with their partners. *Pregnant on Campus* states, "Less than one in ten students with children complete a bachelor's degree within six years of college entry."

Also, it is important to keep in mind that contraception is not only used for pregnancy prevention, but also for some medical conditions like endometriosis. A Guttmacher Institute study shows that 14% of women—1.5 million—rely on oral contraceptive pills for non-contraceptive reasons.

Fortunately for North Carolina women, on Jan. 14, U.S.

Judge Haywood Gilliam from California granted a request for a preliminary injunction for North Carolina, along with 12 other states and Washington D.C. Because of this, North Carolina women are safe from having their birth control coverage taken away, for now, but if Trump continues to push for exemptions based on religious and moral views, North Carolina women could become a part of the population of American women currently worried about how they will afford birth control.

California Attorney General Xavier Becerra said in a statement Jan. 20, "Today's court ruling stops another attempt by the Trump Administration to trample on women's access to basic reproductive care. It's 2019, yet the Trump Administration is still trying to roll back women's rights. Our coalition will continue to fight to ensure women have access to the reproductive healthcare they are guaranteed under the law." Becerra refers to a coalition consisting of attorney generals from Connecticut, Delaware, Hawaii, Illinois, Maryland, Minnesota, New York, North Carolina, Rhode Island, Vermont, Virginia, Washington State and Washington, D.C. Under Becerra, this coalition led to the injunction that blocked the Trump administration's new rules in those states.

early on. It is important to have 10 or more players for practice and sufficient substitutes for games. However, lack of players was something that was out of my control. I believe I have built a culture where this won't be a problem moving forward" Quick said. Quick has already begun recruitment efforts for future seasons. In the meantime, "We have learned to work around the issue for right now" she said.

The team has had a three-game winning streak, keeping their tournament hopes alive. They are 5-6 in conference and 4-4 for home games. Still, the team needs all the support it can get to turn these statistics into a winning season. With players such as Kimberly Schuh, averaging 20.1 points per game overall, and Kirstie King, who makes her free throws 56.1% of the time, the team is only getting stronger.

