ACTIVE MOVING FORWARD
establishes UWG paper

A NEW ORGANIZATION on campus provides an alternative to traditional counseling for UWG students. Actively Moving Forward (AMF) is a student-led organization dedicated to helping UWG students. Actively Moving Forward (AMF) is a student-led organization designed to help students who are feeling or a memory of someone.

AMF was there for me when I lost my mom a year ago,” said Anna Carrandi, a Criminal Justice major. “I struggled with the loss of my mom for a while, and grieving alone made me feel isolated. When I attended my first AMF meeting, I immediately felt welcomed, and I was surrounded by other students who were experiencing the same emotions I was feeling. I felt like they understood what I was going through.”

“AMF is 100 percent student-led, and that is why we are not the typical support group or therapy session,” said Carrandi. “The idea is for students and counselors to build a relationship . . .”

Carrandi said there are about 10 active members in the chapter so far. She is working daily to increase awareness about the new chapter as much as she can.

“Our chapter meets for one hour, twice a month,” said Carrandi. “During our meetings, we have snacks and participants in fun activities, like games or arts and crafts, and at some point in our meetings we will talk and share what we are feeling in a memory of someone.

Nationally, AMF has over 50 collegiate chapters, and each chapter has a dedicated faculty advisor available to assist and guide the organization. Since AMF is solely for students, advisors take a hands-off approach and are not in charge of recruitment or community service projects.

“AMF is 100 percent student-led, and that is why we are not the typical

Classroom functionality coming for Biology Building
Daniel Forte

The Dimensions of Biology is going to experience a more efficient classroom with the building’s upcoming renovations. The classrooms will have a new layout and will allow students to adopt a more “modern” style of teaching.

The building, constructed in the early ’80s, is dated and run down. It was originally built for chemistry. Roughly half the classrooms have chemistry equipment permanently built into them, and the classrooms are also set up for lecture-style teaching. However, the Department of Biology prefers a progressive methods of teaching requiring a teaching environment which builds bridges.

Dr. Chris Tabi, chair of the Department of Biology, is overseeing the renovation and welcomes the changes the building hopes to set up the department for the future. He and the rest of the department took forward to having classrooms after the renovations.

A flipped classroom, as far as aesthetics and layout, is not much different than a traditional classroom. In a traditional classroom, the focal point is the teaching method at the front of the room, whereas a flipped classroom is a project; or, as is common in the biology building, a chalkboard. However, a flipped classroom does not necessarily have a traditional front and back. Flipped classrooms are made not for application and problem solving, not lecturing.

This “modern” way of teaching requires students to do the learning outside of the classroom before coming to class; students come to the flipped classroom already prepared. They read the textbook chapters or online lectures, and then apply it in class. Essentially, the homework and classroom aspects of a traditional classroom are “flipped,” hence the name.

“We are not set up for that,” said Tabi. “We are set up for ‘I teach you, you take notes, you go home and apply what I taught you in school.” Tabi and his colleagues are excited about the modern amenities of newly designed classrooms. They will no longer use chalkboards or whiteboards, they are noisy, and require large glass panels affixed to a classroom wall. These last longer and are easier to clean than chalkboards and whiteboards. The flipped classrooms would likely have six to eight round tables for student discussions, as well as retractable computer monitors to be raised when needed.

Another way AMF is unlike traditional methods of therapy is how it participates in community service initiatives. The main goal of AMF is to raise awareness about grief for young adults.

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Maria Sharapova fails drug test – future tennis career hangs in balance

Molly Stassfort
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PROFESSIONAL TENNIS PLAYER Maria Sharapova shocked the tennis world when she announced she failed a drug test at the 2016 Australian Open. Sharapova made the announcement on March 7 during a press conference in Los Angeles, Ca.

Meldonium, a medication Sharapova claimed she has taken for 10 years, was recently added to the International Tennis Federation’s (ITF) banned drug list in January.

Sharapova said a doctor prescribed the medication in 2006 for issues including magnesium deficiency, early signs of diabetes, multiple infections, viruses and irregular results on her EKG.

Meldonium is generally used to treat angina and heart attacks. It increases oxygen to the blood, which may increase a person’s endurance, and, in the case of an athlete, his or her performance.

Later that day, Nike announced it had suspended its contract with the five-time Grand Slam Champion.

“We are saddened and surprised by the news about Maria Sharapova,” Nike made in a statement. “We have decided to suspend our relationship with Maria while the investigation continues.”

Swiss watch brand TAG Hauer also cut ties with Sharapova following her announcement, as well as German luxury car company Porsche.

According to “Forbes” magazine, Sharapova has been the highest paid female athlete in the world for the past 11 years.

“I’d like to play again and hope to have the chance to do so,” Sharapova wrote on March 9 in an open letter to her fans.

No decision has been made by the ITF about Sharapova’s future in tennis, but she has already been banned from competing.

Caleb Lopes juggles family, school and baseball

2

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May increase a person’s endurance, increases oxygen to the blood, which helps her EKG.

Caleb Lopes juggles family, school and baseball

“I attribute my success to give credit where credit is due. Caleb Lopes is an integral part of Lopes’ life, not only on the field but off. His blazing start to hit right handed this year. Lopes said while he once batted on both sides of the plate, when he committed to bat right-handed, his game ascended. Batting right-handed comes naturally for him, which allowed him to exhibit his power on the field. And when leading a family and a baseball team, Lopes is also thriving in the classroom. This is a testament to his will to win in every facet of life. His willingness to lead by example and be accountable for those around him makes him the man for the job. He mentioned it is not always easy, but he does not see his responsibilities as a heavy work load, he views them as opportunities and gifts he must steward well.

Lopes remembers to prioritize and take it one day at a time. These principles have shaped him into a man, and, if he can sustain his athletic, academic, he may advance to the next level in the near future. “I want people to say, ‘He is a winner, he plays hard and he loves baseball.’ Lopes said, referring to his individual goals. “Maybe one day I can make it to the major league; that is my ultimate goal. Eventually, I want to get drafted. I want to have a great year so people will say, ‘He is someone I want to watch one day.’
Fitbit steps up to the game of fitness

Erin McSwain
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Two years of the UWG physics faculty are working on a new project that uses Einstein@Home, a volunteer project that allows computer time to process data, to detect pulsations from rotating neutron stars.

A clever tactic, Fitbit created challenges through their app. This gives users a chance to have a competition with their friends to see who finishes first. Women's Health & Fitness.

The company's CEO, James Park, says that the Fitbit app is more understandable and fun. "My Fitbit app sends me a notification when I am at a certain step goal," said University of West Georgia student Erin Davis. "It really pushes me to step up my game and make more steps than your friends."

When the rise in its popularity, Fitbit has created many more people interested in the fitness world. Many people have now heard of Fitbit or even have a Fitbit device.

The Fitbit team distinguished themselves by creating not only another pedometer, but one that has an accompanying app. The Fitbit app is set up similar to a game, for some users, it has become a mission to make the daily 10,000 steps, to burn as many calories as possible or to climb the most steps.

Erin McSwain, a student at the University of West Georgia, said that she has a friend who wears a Fitbit. "I thought about an Apple Watch, but I was never on a team like this before."

"My Fitbit app sends me a notification when I am close to reaching my step goal," said University of West Georgia student Edward Davis. "I thought about an Apple Watch, but I was never on a team like this before."

"Fitbit has helped me live a healthier lifestyle," said Davis. "It is really helping me get more steps and make more moves to keep the lead in front of my friends."

The food and water log features are helpful tools in tracking activity and calorie intake to help users make better food choices.

With the rise in its popularity, Fitbit has created more interest in the fitness world. Many people have now heard of Fitbit or even have a Fitbit device.

"I would encourage anyone to get a Fitbit," said Davis. "Fitbit has helped me live a healthier lifestyle. It would be interesting to see a school hold a competition where anyone with a Fitbit could join and compete against one another."
Award-winning author discusses racist childhood in new book

By Cassidy Chreene

Jim Grimsley will be speaking about his memoir at UWG

Photo Credit: Algonquin Books of Chapel Hill

I was taught to believe in white superiority in small ways, by people who were acting like a "sorry baby." When white adults were lazy, they were acting like a "lazy adult." This way of thinking embedded itself in Grimsley's young mind until he reached middle school and started noticing black people were not much different than him.

While most literary works of the post-war civil era focus on the struggles of African-Americans, Grimsley offers a different perspective. What is particularly riveting about this book is that Grimsley does not blame his relatives for teaching him hatred.

"I was taught to believe in white superiority in small ways, by people who believed themselves to be superior. I think she deserves a more authentic portrayal. Nina wasn't accepted or respected by many people in her life, but unfortunately, she's being attacked when she's not responsible for any of the writing of the lies," said Latifah. According to the "Huffington Post," actresses Queen Latifah and Paula Patton also supported Saldana. Latifah said Saldana is "a great actress" and that she is "looking forward to [the movie]." Patton agreed with Latifah’s criticism of Saldana’s acting ability. Patton also wanted viewers to "give Saldana a shot and try to enjoy and stop judging."
New name, new sound to start tour for Glass Mansions

Cassidy Chreene
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When a new name and new music to share, Glass Mansions, a female-fronted, electro-rock DIY band from South Carolina, kicked off their 10th self-booked and self-funded tour on March 3. Formerly known as Death of Paris, the band is scheduled to play at the Alley Cat Restaurant & Bar in Carrollton, Ga., on Friday, March 25.

The band, comprised of lead vocalist Jayna Doyle, keyboardist Blake Arambula, lead guitarist Patrick Breadley and drummer Johnny Gornati, changed their name after the tragic attack in Paris on Nov. 13, 2015. Even with six years of history under the name, the members agreed it was the best decision for them moving forward.

“We did not want to keep talking about it and bringing attention to a terrorist attack, and being honest about that with our fans and family has brought us closer with them because they understand where we stand as artists and what we want to stand for,” said Doyle.

Along with the new name comes a new sound, heard in the single “ Matches,” which premiered on SoundCloud and PureVolume on March 1. The band hopes releasing the song so close to the start of the tour will entice fans to come out and hear the new music live.

“We chose ‘Matches’ because it’s high energy and a lot of fun to play so we’re excited to finally be putting our name to a song again,” said Doyle. “We hope it gets people excited about our shows and hearing our new stuff live.”

The song continues the band’s practice of passionate and powerful lyrics, but veers away from the traditional definitions of “pop” or “rock” sounds, which led to some scrutiny from those who listened to the song prior to its official release.

“We let a few people listen to it, and a couple of people said ‘the song is too pop to be rock’ or ‘it’s too rock to be pop,’ and a few told us not to even release it,” said Doyle. “But we would not write and record music just to not share it with our fans, so we stuck with our guns and released it. There is a definite change in style from their first EP “Gossip” released in September 2013, where songs were a bit lighter and more similar to other female-fronted pop bands, but the new single demonstrates the band’s growth and the development of their own sound. This new sound will hopefully continue onto their untitled EP set to release later this summer.

Dyke and Arambula are tasked with organizing the band’s tours; from booking venues to reaching out to local musicians who might be interested in joining them for a show, the band chooses to handle every- thing itself and proudly considers itself a “DIY” band.

To kick off their 10th tour, Doyle and Arambula scheduled a few of their past favorite cities.

“We decided to start with four shows in cities we love playing, so we hit up Myrtle Beach, Charleston, Columbia and Greenville,” said Doyle. “It was a really great send off for the tour.”

The tour will continue hitting highlights of Southeastern cities including Nashville, Tenn., Louisville, Ky. and Austin, Texas, but the group will also venture further into the Midwest than they have in past tours with shows planned for Chicago, Ill., and Indianapolis, Ind.

Having played at the Alley Cat on two previous tours, as well as participating in The WOLF Internet Radio’s annual WOLFstock concert in 2014, Glass Mansions is no stranger to Carrollton.

“We are playing some cities for the first time and are really excited to meet new people and see the differ- ent cities, and of course we’re excited coming back to places like Carrollton where we’ve started to build a fan base,” said Doyle. “We hope to be inspired by these places so when we get back from tour we can write some more music.”

Photo Credit: Travis Likle
Criminal Defense Attorney

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Fix the Criminal Justice System
by
Jason W. Swindle Sr.
Release date October 31, softback available early November
Campus carry threatens to impede the learning environment

Michelle Michael
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It is in relation to gun laws, America is a laughing stock in the global arena. The international community is completely baffled by America’s decision to hold onto its guns despite the staggering number of gun-related deaths. America still does not understand why it should take control over its guns. In contrast, it continues to dig the hole deeper by advocating the allowance of guns on campus.

Eight states already allow students to carry concealed guns on public college campuses, and Georgia is now rooting for the same. House Bill 859, nicknamed the “campus carry bill” would allow Georgia to join these states and currently stands in the Senate awaiting a decision.

Supporters of campus carry believe allowing guns will make campus safer and stop mass shootings, but armed, 20-some things could end in disaster. Even students at Umpqua Community College in Oregon, one of the eight states permitting campus carry, could not stop the mass shooting in October 2015 which cost the lives of 10 souls. Despite some students at Umpqua carrying weapons, they did not come forward to stop the shooting spree.

According to Thomas Mackel, chief of police at UWG, some Umpqua students feared for their own life if they were to interact themselves into the situation, both from the shooter and from police if they were to arrive on scene and not know who the original perpetrator was.

Students will continuously face stress, depression and, many times, abuse of drugs and alcohol. They will encounter the everyday motions of life. Only now, with access to guns.

In addition to regular gun laws, which require a person to be 21 and over and have a gun license to carry firearms, the bill has also restricted places carrying guns is allowed. They would not be permitted at sorority and fraternity houses or athletic events.

Campus carry will jeopardize the whole education system. The faculty and staff need to remain on high alert; no more flunking grades or healthy, yet heated, arguments, because it may cost lives. At the rate this bill is being promoted, grading at gunpoint could become the next big trend. Universities should forget about hiring qualified faculty, fear of life takes precedence over pay, and they may flee to states where being shot during their office hours is not a concern.

Forget about shooting others. The possibility of self-harm and accidents are a big threat, too. According to the Center for Disease Control and Prevention, during 2001 to 2013, out of all the gun-related deaths, three out of five were suicides, just shy of 60 percent of total gun-related deaths. Homicides followed at almost 40 percent. Passing the campus carry bill does not only put others at risk but also the gun carriers, who have easy access to the weapon. In this microwave generation, where everything needs to be done under two minutes, a gun in the hand of a suicidal student could result in decisions made faster than a Facebook post – no second thoughts, no rationalizing, just execution.

Passing the campus carry bill would further incapacitate the already lagging education system of America. Mass shootings will remain the same regardless of carrying firearms; a minor verbal dispute may lead to gun fights sooner than imaginable; the number of new faculty, staff and students coming to campus carry states may decrease; emotional distress and easy access to guns will increase successful suicide rates; faculty will have to alter teaching methods to appease all students and not aggravate any. Thus, the entire higher education system in the state of Georgia will go haywire.
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