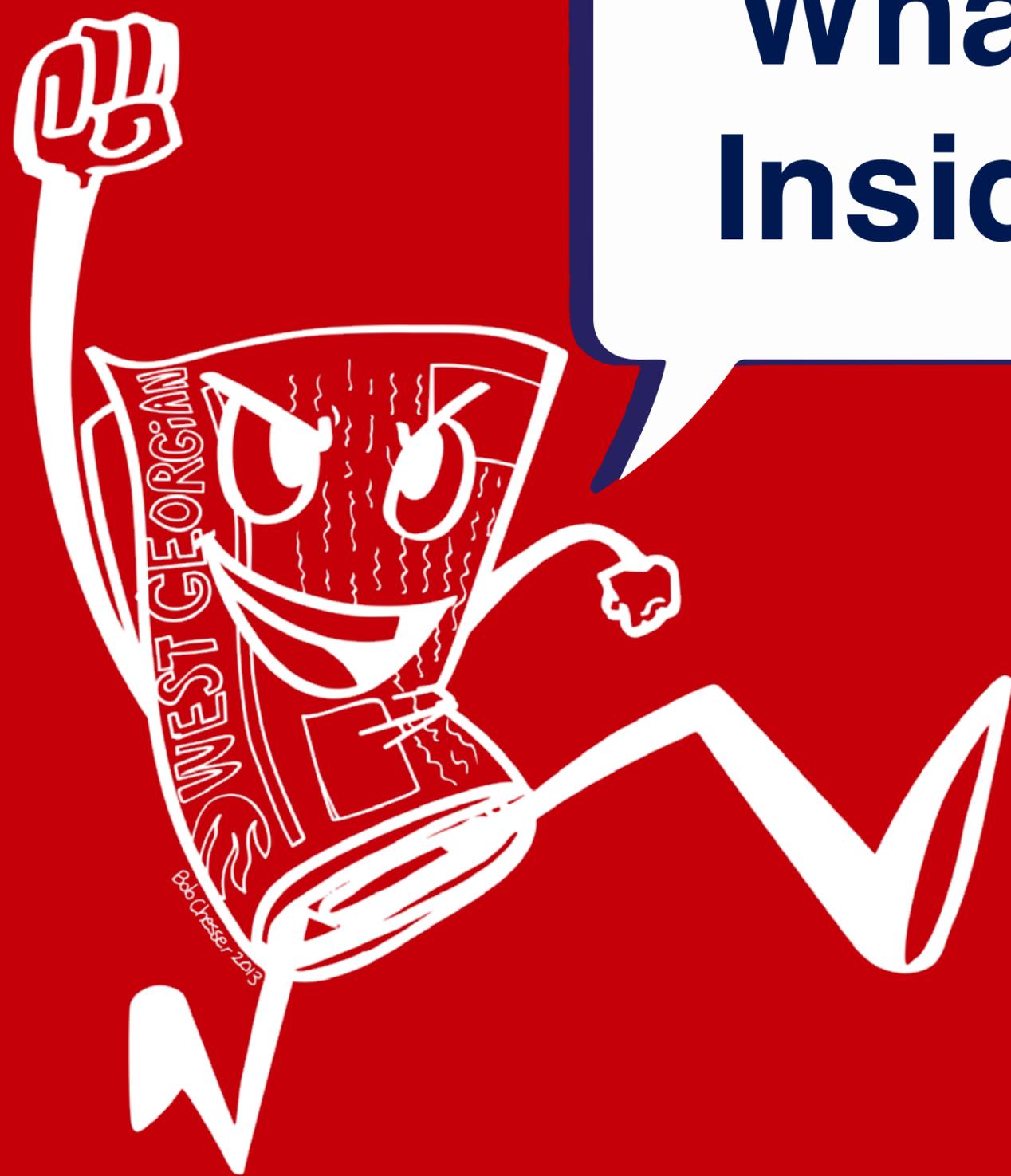


The West Georgian

Est. 1934



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A Healthy Addition to Campus: Twisted Bliss Smoothies

Jordan England
Contributing Writer

Twisted Bliss Smoothies is the latest addition to campus dining options for UWG students.

Located on the third floor of the UCC building, the smoothie shop has attracted more students to the Delights area of Market Fresh Deli & Delights. Twisted Bliss Smoothies opened on Aug. 15, 2018, and is open for business Monday through Friday from 8 a.m. to 5 p.m. With its convenient and central location, the smoothie shop has been a hit among students who have requested healthier dining options be added on campus.

Twisted Bliss Smoothies offers UWG students, faculty and staff a wide range of healthy and refreshing drink options. These include an assortment of tropical and all natural

fruit smoothies, frozen lemonade and iced teas that run in select flavors.

UWG Auxiliary Services conducts a yearly survey in partnership with the National Association of College & University Food Services that provides insight on what students wish to see added to campus dining options. The most recent survey, conducted in 2017, showed that the majority of students desired more options be added that would bring healthier food to campus.

“As a result of students’ requests for healthier options in the NACUFS survey, DineWest added Twisted Bliss Smoothies to Market Fresh Deli & Delights at the beginning of this semester,” said John Lyons, Director of UWG Campus Dining.

existing location very easily without contract negotiation delays that often occur when dealing with a national brand company.

“We compared prices to other smoothies available in our area and are proud to offer the best smoothie value in town,” continued Lyons. “The price range for a smoothie is \$3.49 to \$4.29 plus tax, unless a student makes the purchase with Dining Dollars, then there is no tax charged.”

Auxiliary Services and DineWest remain excited for how UWG students are continually showing interest in this new, healthy dining option.

“As soon as DineWest announced the upcoming addition of smoothies to Market Fresh Deli & Delights via social media this past summer, students responded with overwhelming excitement,” said Lyons.

Looking forward, DineWest and UWG Auxiliary Services will continue to collect the latest information from UWG student surveys in regard to food and drink preferences that they wish to see added to campus in the near future.

“DineWest is always looking for opportunities to meet the needs of our students,” said Lyons. “The upcoming Dining Survey gives us the feedback we need to make those decisions. Be on the lookout via UWG email for the latest Dining Survey sometime after Oct. 22.”

Twisted Bliss Smoothies was chosen for UWG over other smoothie chains because of its quick, non-problematic contract negotiation with US Foods. Also, its reasonable prices for smoothies was a major factor for DineWest when it considered the typical budgets of college students.

“Twisted Bliss Smoothies is a new offering available through our food supplier, US Foods,” said Lyons. “We were able to add this choice to an



Georgia Glamping In Style

Chelsea Newton
Contributing Writer

The Georgia Glamping Company recently opened on Lake Lanier and is giving customers outdoor experiences with a unique, and glamorous, take on camping.

The primary focus of glamping is to enjoy a “glamorous camping” experience at a pre-set campsite where nature and comfort meet. These sites are comprised of bell tents that include many amenities you would expect from a nice hotel room such as seating, a mini fridge, a heater, beds, cooking utensils, blankets and even lighting inside the tent. All you have to do is show up and enjoy your glamping adventure.

Georgia Glamping Company was created by Nathan and Rebeka Self, a couple who desired a creative vacation spot after spending a weekend in a hotel with noisy neighbors. The idea materialized and was officially launched as a family owned business in February of 2018.

“We talked about the idea of getting the family out of the fancy hotels, away from their technology and have them experience the

outdoors much like we did when we were kids,” said Rebekah Self, creator and owner of Georgia Glamping Company. “We dreamed of unique, one-of-a-kind getaways where people can explore on their own terms.”

Currently, the Glamping experience is based at Lake Lanier from early March until early November. Once this site closes for the winter season there will be occasional winter pop up spots located in Vogel State Park and Shoal Creek.

“Glamping with us is simple,” said Self. “We combine the need for modern comfort with a desire to be as close as possible to nature.”

Customers can select the number in their party so Georgia Glamping can prepare for proper sleeping arrangements. They can also opt to rent paddle boards, kayaks, giant Jenga games, a grill and even materials to make

s’mores and other fireside treats.

“We have carefully thought through all aspects and hope to provide a comfortable, memorable experience for you, your family and friends,” said Self. “After your stay is over, we come in and pack everything up.”

There are booking options for weekdays as well as weekends. In addition to booking, customers can also rent “Roxy the retro camper” even though the bell tents seem to be the most popular choice.

In its short time as a business, Georgia Glamping has experienced high levels of success and has often found itself fully booked for the past couple of months and one can only assume that this experience will continue to be popular with Georgians in the future.



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One - in - Four and Beyond: How UWG is Teaching its Men to Take a Stand Against Violence

Tiffany Maynard

Contributing Writer

According to the National Domestic Violence Hotline, about one in four college students will be victims of domestic violence. The One - in - Four and Beyond initiative seeks to change this statistic for the better by educating college men in Georgia on how to intervene in or prevent these violent situations from occurring. Ron King, Lead Health Educator at UWG, received a grant to bring this initiative to campus in 2014.

The initiative focuses on educating college men, but its facilitation is what makes it unique. The specially designed sessions are facilitated by Student Assistant Peer Educators, meaning, UWG students are the ones teaching the classes. These students are trained by the Georgia Department of Health, and will facilitate an eight-week program for students of all disciplines.

“Our goal is to help students adopt healthy behaviors centered around these topics,” said King. “And what better way to adopt healthy behaviors than to have your peers facilitate to help change this culture?”

The facilitators and attendees are made up of a diverse group of students as well,

but they do have one thing in common — they are all males.

“People always ask why it’s an all male initiative,” said King. “It’s important for them to know how to react in these situations.”

Men can be bystanders, perpetrators or victims in domestic violence issues. This initiative is taught from the perspective of a bystander, teaching men when and how to intervene.

“We have the four D’s of intervention,” said King. “Be direct, delegate roles, make good decisions and distract the perpetrator.”

King suggests to remember the victim’s wishes when intervening, as well as their rights as victims on a college campus.

“You can’t fight violence with violence,” said King. “[Their] power’s been taken away. If I try to retaliate and be angry for them, that’s another form of taking their power away. Give them choices. What do they want you to do?”

The sessions teach students how to think in this way when it comes to intervention. Knowledge is tested and noted with a pretest and post-test that participants will take between sessions. This not only logs the progress the individual is making,

but also shows the effectiveness of the program itself.

“This year the theme is The Hunting Ground,” said King. “They’re going to show clips from the movie to show what campus culture is like, and what the problems are.”

King says that he hopes this year’s program will not only educate men about domestic and sexual violence against women on campus, but about violence against men as well.

“I would love to find something to help the other side — men affected by partner violence,” said King. “As men, we have so much pride, so it can be a little harder. One misconception is that men think ‘It will never happen to me.’ It can, and it’s important that they know their resources.”

Intimate partner violence is a serious offense and can happen to anyone. UWG and the surrounding community has many resources for those affected by domestic violence. Contact 1-800- HAVEN for assistance throughout the state, or (678) 839 – 6452 to contact UWG’s 24 hour domestic violence helpline.

UWG INTRODUCES FINANCIAL COACHING

Kelli Billison

Contributing Writer

Money 101 is an initiative set out by UWG Financial Aid to educate and aid in financial literacy by offering presentations and workshops for classes and students.

Money 101 offers financial coaching that assists students in areas including budgeting concerns, student loan repayment and future planning. Financial coaching is a fairly new service introduced during the last spring semester by Kendall McCamy, an UWG financial aid advisor and his graduate student assistant, Erica Lee.

“This financial coaching initiative, as well as anything we do, is born out of seeing a need,” McCamy said. “We understand financial coaching is the best practice at other institutions, but we wouldn’t have considered it a valuable offering without recognizing on our own that those needs exist here.”

After having several financial aid

meetings with students, McCamy realized that students had interests concerning money other than solely financial aid. Soon a pattern emerged of students wanting to learn about budgeting better, credit and debit, scholarships and the overall ability to have a better relationship with money. Through that, financial coaching was born.

Although McCamy and Lee are not licensed professionals in finance, they dedicate their time to help students reach their goals and understand their value as a student through educational development.

“Part of the education piece is giving students a comfortable space to talk out these grey areas with, to find out how they can match their finances with their needs and their values,” said Lee.

The first free financial coaching meeting focuses on the specific goals a student wants to meet financially and breaks down

how he or she can get there. Each meeting is one-on-one and tailored specifically for the student.

“Most people have a tunnel vision when it comes to money and we try to break them out of that. We call it the big why,” McCamy said. “Why are the big whys behind taking charge financially and of your financial future.”

McCamy and Lee work to help students put these skills to use while building a healthy and positive relationship with money. These meetings are provided with the intention of giving students knowledge for them to apply to their future. With financial coaching students can build disciplines that connect to many aspects of life and will set the tone for their future.

WHY WEST: THEY CARE

Matthew Harvey

News Editor

Tiarra Murphy was born and raised in New Jersey, but currently in her senior year of college she has found herself in Carrollton, Georgia attending UWG.

Murphy moved to Georgia during her sophomore year of high school after her mother found a new job in Atlanta. She eventually moved to Fayetteville, Georgia where she attended Sandy Creek High School.

Murphy is working toward a degree in Psychology with minors in Gender and Sexuality Studies as well as Anthropology. Murphy is also the president of UWG’s chapter of Circle K International, an international collegiate service organization that promotes service, leadership and fellowship.

When looking at universities Murphy wanted to go somewhere that was unique.

She was looking for a diverse campus where she could meet new people, gain new experiences and ultimately grow as a person. She was able to find all of this and more at UWG.

“I loved the diversity. It was the main thing that I was looking for when attending a university. I didn’t want to go to a university that offered the same kind of environment I had already been in before,” said Murphy. “Having diversity is very important to me and being able to meet different people and have different experiences in a different town.”

Since arriving at UWG Murphy has gained more than she expected from the small campus in a small town.

“It has given me an amazing experience with it being an active college campus. The community is very connected

to West Georgia, and that is something I enjoy,” said Murphy.

Murphy is not just leaving UWG with a degree but with memories that will last forever. Through the university she has gained an experience she had long been searching for. Most importantly she has encountered people who have genuinely cared about her as a person and looking back that is her main reason for going west.

“Why West? Because a majority of the people here actually care about the students,” said Murphy. “It has given me a place to grow and experience new people and new things.”



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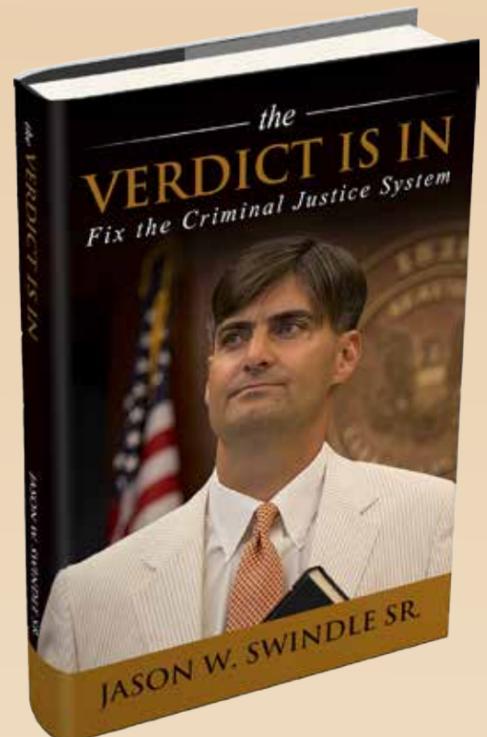
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“summer,”:

VIBING WITH JEREMY ZUCKER



Anne Holmes
Contributing Writer

Starting in the mid-2000s, Alternative R&B crashed the music scene as an up-and-coming subgenre ready to contribute to the mainstream music world. Now, artists like Lauv, Quinn XCII, Blackbear, Jon Bellion, and more have helped shape both contemporary and indie R&B music.

Artists like these influenced 21-year-old Jeremy Zucker, a rising Alternative R&B artist. Since releasing his new “summer,” EP, Zucker is on tour and will be coming to Vinyl in Atlanta on Oct. 22.

After signing with Republic Records in 2017, Zucker transitioned from an underground artist posting his tracks on Soundcloud to a household name receiving millions of listeners on Spotify and Apple Music. College students can relate to Zucker’s songs due to the chill, vibey beats and the messages of growing up, young love, and self-discovery that resonate easily with college-age students. Zucker recently graduated from Colorado College himself.

His new EP “summer,” features five new tracks: “comethru,” “selfish,” “thinking 2 much,” “desire,” and “firefly.” Each song delivers a message of how to navigate life through the eyes of a twenty-something.

The first track on the EP, “comethru,” features relaxing acoustic vibes and the human desire for connection. The pivotal lyric before the chorus, “It’s alright to not be fine on your own,” characterizes the song as an anthem for those entering adulthood, struggling to make peace with what living life independently is like. People need others to rely on, and that is what the song is about.

Although his songs tend to have positive, uplifting tones, “selfish” stands out for its lonely but attractive ambience. Its fresh beat juxtaposes the lyrics of trying to be noticed in a society of staying “low-key.”

“thinking 2 much” sounds equally as melancholy. The melody is hauntingly beautiful, but the chorus reassures listeners that life has a lot to offer. Zucker focuses on overthinking and encourages people to slow down and enjoy love and life.

uplifting story to the collection. The song comments on the aftermath of a breakup, noting the angsty moments of looking at pictures of an ex or using distractions to forget about the situation. He questions what people desire. While the song lacks a silver lining, the story is still relatable and encouraging in the sense that listeners are not alone in their heartbreak.

Last on the EP, Zucker delivers the silver lining behind the end of a relationship, singing, “Cause after dark, we see the brighter side.” In “firefly,” coming to terms and facing the reality of a twisted, toxic connection. At the end of the day, Zucker reveals that not every connection is a good one, even if it may seem good at first, but it is relatable in that everyone ultimately has that experience.

Through “summer,” Zucker addresses issues and situations that most young adults go through. He makes his listeners discover that they are not alone. Although not all of his songs are upbeat, listeners can find comfort in knowing that the ups and downs are normal.



#METOO MOVEMENT GAINS GROUND IN KAVANAUGH HEARING

Alyssa Martinez
Contributing Writer

The confirmation of Brett Kavanaugh to the Supreme Court has left many victims of sexual assault wondering if coming forward will change anything.

Kavanaugh was recently confirmed to the Supreme Court after Dr. Christine Ford accused him of sexually assaulting her while they were in high school. Dr. Ford struggled with the idea of coming forward, echoing what so many victims stated in their #MeToo stories.

“For a very long time, I was too afraid and ashamed to tell anyone the details,” said Dr. Ford.

Ford in her opening statement before the Senate Judiciary Committee on Sept. 27.

Even though Dr. Ford’s testimony did not stop Kavanaugh from being confirmed, it continued the national conversation about sexual assault.

Even if someone reporting their story does not have the outcome they hoped for it still adds to the conversation and gives others the strength to share their story. It can show someone that they have nothing to feel ashamed of and that they should be able to tell someone.

The #MeToo movement has shown no signs of slowing down as people continue to share their stories in what seems to be a chain reaction. People see others sharing their stories and are comforted in knowing that they are

not the only ones who have gone through similar situations.

From there they take whatever action that they are most comfortable with, whether that is sharing their story online, with someone they trust or keeping it to themselves. Seeing the other stories can be a form of relief for people who have been sexually assaulted.

Starting a conversation is the first of many steps in changing the system for the better. It is the first step in getting people to believe the victims and to take stories like this more seriously. The more people talk about stories like this, the more people can understand why they didn’t come forward sooner and start taking steps to help themselves.

Dr. Ford only felt comfortable talking to the Senate Judiciary Committee after talking to her husband and her therapist.

“I am here because I believe it is my civic duty to tell you what happened to me while Brett Kavanaugh and I were in high school,” said Dr. Ford.

Dr. Ford and the women who came out before her have only continued the conversation on sexual assault which is getting them closer to seeing the changes they want. Dr. Ford has shown others that instead of losing hope and giving up, people should continue to speak up and share their stories.

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UWG THEATRE COMPANY SPOOKS WITH EVIL DEAD: THE MUSICAL

Rebekah Brinkley

Contributing Writer

The UWG Theatre Company put on a week-long performance of *Evil Dead: The Musical* just in time for the Halloween season.

Evil Dead: The Musical is based upon the 1981 film *The Evil Dead* and adapted to feature various songs. UWG's production ran from Oct. 10 to 14 at roughly 100 minutes with a brief intermission and a few set changes. The show was filled with catchy songs that allowed the audience to interpret the scenes in refreshing and unique ways, several lines of humor that provided moments of comedic relief and a diverse range of costumes and effects that included elements of gore, fog and intense strobe lights.

The night began with an excerpt from the *Book of the Dead* before the audience was introduced to the five main characters of the first half of the show. The cast featured a diverse group of members who accompanied each other well on stage and each had distinct character attributes and appearances that made it easy to keep them all separate during the evening. There were a few hiccups during the show, such as wardrobe malfunctions, but the actors handled them well and did not skip a beat.

A few of the songs throughout the performance were a bit unusual and while some actors were able to captivate the audience with their voices, a few cast members struggled to hit the notes and stay on tune with the songs. The catchiest song of the night, "Do the Necronomicon," was sung in harmony and was the most enjoyable of the performance. It was also accompanied with a dance number that the cast clearly enjoyed as they allowed themselves to let loose and have fun on-stage.

Two prevalent themes of the show--gore and profanity--were present throughout the performance. The gore, while suggestive and gruesome, was clearly exaggerated by the actors and stage crew as the use of fake blood was apparent to the audience. A scene in which a character's intestines were shown falling out lacked a terrifying effect as the props looked more like sausages stuffed with cotton than bloody guts. Even when the head of a

character was chopped off, the scene was extremely toned down by placing the actors behind a big sheet-like screen to reduce a gruesome decapitation into nothing more than a shadow.

However, the evening did not lack in terms of profanity and sexual humor. From the beginning the audience was exposed to several lines of profanity which continued throughout the entire show. The sexual humor and references were also common and happened the most during the first half of the show before one particular character died taking a majority of the references with him.

After a brief intermission, the show opened back up with three new characters to replace the three who died in the first half. These new characters were more entertaining and exciting to watch. There was a new dynamic of actors performing and their chemistry was electrifying. Cierra Byrd and Saani Parham, who played Ed and Annie, were hilarious and fun to watch. They also worked well with Tyshawn Gooden who portrayed the show's main character, Ash.

The biggest stars of the entire night came rising from the ground at the end of the show. Right before the final set change, the show's band started appearing as an entire set lifted from below the front of the stage. The

audience went crazy as when they saw three masked men playing instruments. The face distorting masks the band wore signified to the audience that they had been consumed by the evil dead as well. This distraction allowed the stage crew to change the set dramatically for the final scenes.

Evil Dead: The Musical was the perfect show to start off the month of October. It contained that element of horror that people crave while keeping things light-hearted with humor. However, there were parts of the musical that lacked that realistic and excitement factor. While the show was interesting, it could have been better if they played up the gruesome and gore on a realistic level.

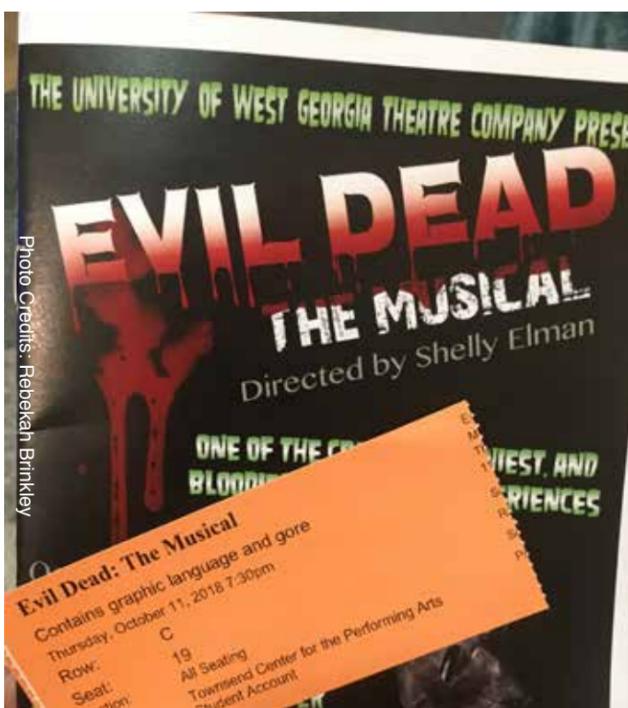


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FIRST MAN: A GIANT LEAP INTO OSCAR SEASON

Sahmir Short

Contributing Writer

The film *First Man*, directed by Damien Chazelle and starring Claire Foy and Ryan Gosling, follows Neil Armstrong on his journey to become the first man on the moon.

An impressive aspect of this film is how Chazelle and his team showcased Neil Armstrong on such a deep level. The husband, father and astronaut was a stoic man during his lifetime and he did not open himself up to the public very often. These reclusive and often silent tendencies made Gosling the perfect man for the role. Known for his intense facial acting Gosling carried a strong performance throughout the two hour and twenty-minute film with very little dialogue.

Claire Foy, who played Janet Armstrong, also brought forth a beautiful performance as she portrayed a very raw and truthful side of what it was like being an astronaut's wife.

On top of the wonderful acting, all the scenes occurring in space were shot in-screen, meaning that Chazelle used minimal CGI to construct the scenes.

This approach gave the scenes a genuine appearance. Chazelle did an amazing job at including the audience in the situation, making them feel the danger and mimicking what it is like to go to the moon. Because of Chazelle's choice, the film set itself apart from many other space odysseys and catered to the authenticity of Neil's biopic.

One critique of the film is

the vagueness surrounding the Armstrong family. Though the Armstrongs were known for their exclusivity, Chazelle had to show how NASA got to the moon and how that affected the Armstrongs individually and as a family while having to address tough questions all in two hours. While nothing felt rushed, certain aspects of the family's story felt incomplete because of the various issues that were being juggled.

Regardless, the film was intriguing from start to finish and the credit belongs to Chazelle, Gosling and Foy.

At the Regal Atlantic Station in Atlanta, Georgia, Chazelle held an advance showing where he and Gosling held a Q & A session.

"What grabbed me was just how much of Neil's story I didn't know," said Chazelle. "I grew up thinking I knew what you needed to know about the moon landing. Felt like there was not that much story to tell, or it was so much of a success story that there was no drama. What I was amazed by was how much of a literal failure that road was to the moon."

Gosling went on to describe how much help Armstrong's family was to him getting into character. Armstrong's sons and friends all talked about his life and gave Gosling as much information as he needed to portray the icon on the big screen.

When all is said and done, *First Man* is sure to be a shoe in for some Oscar nominations and other high-end awards.



TRYING SOMETHING NEW: FIRST-YEAR CROSS COUNTRY RUNNER COMMITS TO UWG

Justin Hodges

Sports Editor

The road traveled to becoming a collegiate athlete typically involves rigorous training and typically competing in a respective sport from adolescence. For Grovetown High School senior Carlos Rodriguez, a different path was taken.

On Oct. 10 Rodriguez announced his commitment to run cross country at UWG. The accomplishment of that alone is sublime, but what is so special about this commitment is truly incredible.

“This is my first year doing cross country,” said Rodriguez. “Right now I’m recruited as a walk-on, but the coaches said if I can get my time to around the 16 minute range that I’ll be able to earn a scholarship.”

Rodriguez lived in New York for 12 years before moving to Grovetown, Georgia during his seventh grade year. The adjustment to the disparate culture took some time, but it has preceded a substantial amount of success that was to come.

“My dad was in the military, so we came here with him,” said Rodriguez. “He was always moving around but it was always temporary until we came here. At first the area was different and I was worried about meeting people, but I wound up liking living here better than in New York.”

To conquer a sport as Rodriguez has and to achieve this level of success is purely remarkable. Simply discovering how good he was at running changed everything for Rodriguez, and persistence translated to expeditious improvement over a short period of time.

“My first cross country meet I finished eighth overall and my time was a lot faster than I expected it to be,” said Rodriguez. “The more meets I went to my time kept increasing, every time I was getting a new personal record. I realized that I’m good at this and it’s only my first year so I’m gonna keep improving. At West Georgia I think my time is gonna increase by a lot.”

The best opportunities regularly come as a result of hard work and dedication to bettering one’s self, even when the inspiration to do so comes from an entirely different outlet. For Rodriguez his exceptional running ability was brought to

fruition by his will to improve in another sport.

“I started running cross country in order to get in shape for basketball, which has always been my passion” said Rodriguez. “I wanted to get faster and be able to stay on the court longer without getting taken out so that I can be in the game whenever my coach needs me.”

UWG faithful can thank Cross Country Graduate Assistant Coach Cameron Gatt for being able to discover Rodriguez’s talent for running and helping him become better and eventually commit to the Wolves.

“I’ve been in touch with him since the beginning, he reached out to me about the walk-on offer and ever since then we’ve stayed in touch,” said Rodriguez. “He showed me and my mom around on the visit and was very supportive about everything. I feel like he just really cared about me as an athlete and it’s nice to know that the coaches are like that. I loved everything he had to say.”

After engaging in recruiting talks with Jacksonville State and briefly with East Tennessee State the decision to commit to UWG became easy for Rodriguez after his initial visit to campus.

“I went on my visit on Sept. 28 and it went great,” said Rodriguez. “I was originally supposed to visit Jacksonville the following week but I canceled it because I loved being at West Georgia.”

“I saw some of the classrooms aren’t that big and I really liked that,” continued Rodriguez. “Coach Gatt also was saying how there’s a mandatory study hall for cross country runners so my parents really liked that as well. Education means a lot to me.”

Trying something new allowed Rodriguez to discover an astounding proficiency within himself and led to an incredible opportunity for he and his family. He will only get better, and has a chance to become a true staple of UWG athletics down the road.



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