

The West Georgian

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Running to Reach the Holy Trinity

Matthew Harvey

Editor-In-Chief

At twenty-eight years old, and just recently married, Liz Warner is in a time of transition. One that involves settling and slowing life down, but this is not something she wants.

Liz has always had the desire to step out of her comfort zone and try new things. It's who she is. She is an Atlanta native that moved across the country for school. After she was comfortable there she moved to Japan. Once she got comfortable in Japan she moved to France to get her masters. Now, after two years in France, she is ready for the next big step in her life. Liz wants to continue to travel, continue to meet new exciting people and most importantly, change the world.

Liz loves to run and travel and she is determined to make an impact on the world by combining the two of them. To make her impact on the world she started an international fundraising effort, Run to Reach. Her goal is to use Run to Reach as a tool to use the power of running to inspire and evoke change in the seven continents that Liz will be running in. On her run, Liz will be using Run to Reach as a platform to connect runners around the world and raise money for 20 different charities spread out through the seven continents.

"The idea was born in my head at a time of transition," said Liz. "I was finishing school and wasn't really enjoying the job I had here in Paris, and I also had just gotten married. There were all of these changes and I guess the overriding feeling was setting a new intention of not settling down but of hoping to live outside of my personal bubble, which I have always pushed myself to do."

Liz is continuing to push herself physically and mentally with Run to Reach. Her goal is to run 30 marathons in 30 countries by the age of 30. This may sound like a daunting task to the average person, but Liz sees it as a way to make a difference in the world.

"I knew that the only way I could personally achieve all of this was if I could somehow insert my two passions in life into this equation," said Liz. "Running marathons and traveling the world."

Liz has not always been a runner and never imagined that at the age of 28 that she would be striving for 30 marathons. In fact, her love of running was not discovered until she ran her first marathon in Japan. It was then that she developed a craving for the meditating effects that it had on her.

Preparing herself for the extreme amount of running and traveling that Liz is about to endure seems like a tough enough challenge, but Liz is more concerned about the mental wear and tear she will be going through.

Running long distances can be mentally draining for Liz and on top of that, she will be dealing with all of the administrative sides of Run to Reach.

"For me, it is almost more about mental endurance than physical and just making sure I am focused when I am running," said Liz. "I did two marathons back to back and physically it was fine but mentally it was kinda tough. After a certain point, you train your mind to forget that you're even running so I think that when you get to that point of training you have reached this kind of flow. That is when I feel very confident."

"The administrative aspect of this project is actually very time consuming so I am not even spending as much time on training as I would like," continued Liz. "I try to log in at least 60 miles a week in runs."

This journey is one that takes a lot of time, energy and support, but one Liz is passionate about. This next year and a half she will be dedicating her life towards her mission. She has a GoFundMe page to support her through her travels, this will allow her to run and connect with other full time. She also has a different site for Run to Reach in order for her to raise the money that she is donating to the charities. She decided to keep the two pages separated so those involved knew that their money was going to the right cause.

After Liz runs the 30 marathons she will continue working with Run to Reach in hopes that it will become a community for all who love running. This will provide her with the platform to make the long-lasting impact she is striving for.

"I am not sure as to where this will go, but I am open to anything that will come along the way," said Liz. "Now I think my immediate long term vision would be to have Run to Reach to become a community platform that would allow global runners to just connect with each other and unite through this shared interest of giving back and connecting locally with these places."



Photo Credits: Liz Warner



Photo Credits: Liz Warner



FinLit: Bringing Financial Literacy to UWG

Jasmine Dwamena
Contributing Writer

There is a new club on campus known as the Financial Literacy Fitness Club and they are here to help students learn to be responsible with their money while teaching them ways to increase their wealth.

Senior Katie Shaw, a nursing student, saw a need for financial literacy on the UWG campus and decided to start the Financial Literacy Fitness Club.

“The goal is to bring like-minded students together in a setting that promotes the importance of personal finance and improve financial literacy,” said Shaw.

The important thing to note about this club is it relates finance to fitness. This is interesting because the two ideas seem unrelated, but Shaw is proving that notion wrong.

“We are relating physical health to financial health,” said Shaw. “As most students may know, having financial struggles often leads to stress, which ultimately decreases physical health.”

The goal for students who come to college is to gain enough knowledge and have a solid foundation in any career path they choose. The choices made now greatly influence the future and sow the seeds for success. The trade-off for the life ahead, however, is usually sleepless nights, stress and a very low budget. Most students have part-time jobs, but only a few have jobs that pay well.

High school attempts to prepare students for college, but did little to enlighten them on money management. However, it is more than just saving money. Many students do not know the best way to budget.

The truth is, students can benefit from more practical, real-world skills when it comes to money management. Sadly many students do not know where to begin and continue to go through life trying to figure out how to just make more money instead of asking the right people the right questions.

Aside from improving financial literacy across campus, another one of Shaw’s goals is to boost holistic health. Holistic health is simply defined as the approach to a better life. By joining this club no one can say for sure it will improve one’s well-being, however, it can improve certain decisions students make. By just knowing how to spend wisely and budget correctly students can stress less which will improve overall physical health.

Other lessons and workshops from this club will answer questions they have regarding anything financial in a non-intimidating environment where students can learn from other students. Becoming financially secure is the goal for everyone whether it is to be rich or just comfortable and this club is a great way to get started.



Photo Credits: Katie Shaw

FRIED CHICKEN WEDNESDAY

Athea Hutchinson
Contributing Writer

Z6, one of the dining halls on campus, decided to separate themselves from the rest when they started Fried Chicken Wednesdays.

With golden fried chicken along numerous sides, Z6 dedicated one day out the week to soul food. This tradition began decades ago, and is one that will most likely continue, even as UWG progresses.

“Oh, Fried Chicken Wednesday has been around for a long time,” says Adolfo Velasquez, Production Manager of Z6.

It has been more than 20 years since the tradition of Fried Chicken Wednesday began at UWG and it has become one of the main attractions for those who come to visit the university. The full Z6 menu on Fried Chicken Wednesdays includes fried chicken, green beans, squash, macaroni and cheese, glazed ham, scalloped potatoes, cornbread and rolls.

Z6 starts serving chicken around lunch time, which starts at 2:30 p.m., and they close it down and open it back up for dinner at 4:30 p.m. The bulk of the students come around dinner time when they have just finished classes and are ready to eat.

“All chicken is ordered by Monday for prep on Tuesday,” says Velasquez.

Being that many of the students on campus come specifically on Wednesday to have a taste of the fried chicken, there are steps to making Wednesdays successful. Velasquez orders 800 pounds of chicken each time to ensure that they have enough.

The chicken is seasoned and marinated on Monday in preparation for frying on Wednesday. With hundreds of students coming to Z6 to eat, it may seem hard to actually calculate the correct amount of food to cook.

“I compare how many students come on Wednesday each week. I sometimes compare the numbers two weeks in advance,” says Velasquez.

The numbers are compared and calculated to ensure that they have

the correct amount of food for the students that come through there. One of the negative feedbacks that Z6 receives is that they run out of chicken.

“The students complain about us running out of chicken, but what they don’t understand is that we don’t run out, we just have to fry more and that takes a minute,” says Velasquez.

Overall, the positives of Fried Chicken Wednesdays outweigh the negatives.

“One thing I know for sure is that Fried Chicken Wednesday will always be around,” said Velasquez. “Most students look forward to Fried Chicken Wednesdays.”



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The Black Project Series: *B.E.A.T. Expo*

Imani Asberry
Contributing Writer

Models and Business, the Black Student Alliance and the Black Excellence Leadership Awards groups came together this year to hold the B.E.A.T. Expo, the second event in their Black Project series.

The Expo, presented as a fashion show, featured students from all different majors. The ladies responsible for helping coordinate this event are Camryn McGregor, Creative Director of the Black Project, Kennedy Shannon and Autumn Scrivens, two acting representatives of the BSA, Yakira Hamilton, BSA President, Monica Robinson and Victoria Charles, coordinators for the BELAS, and Models and Business President and host of the event, Tatianna Scavella.

“It’s specifically tying style into your career. Tying it into black history... we have so much,” said Tatianna Scavella, Models and Business President. “We are continuously trying to prove ourselves, but we have what it takes. We just have to use what we are given. We have creative, innovative styles already and so I just want people to explore it more.”

The event began with a speech about the importance of style and how having your own can make a difference, but also how it can shape your presence in the workplace. There was also talk about how to build that specific style and how to make it your own in inexpensive ways.

The B.E.A.T Expo of 2019 was the third time the event had been held at the UWG.

“Every year it’s different. The first year I was a part of it. It was so new. It was vibrant,” said Yakira Hamilton, BSA President. “It was something that the campus had never seen before, so we’re just trying to build on that. Next year we’re trying to get to different campuses. We’re trying to reach other individuals, not just the black community, but other minorities, students on campus and faculty as well.”

With the third time being the charm, this year’s show stood out much more than all the rest.

“From the past years, we had fashion shows and it was all based on entrepreneurs and just different brands, whereas this year we’re focusing more on business attire and how to bring fashion into the workplace,” said Camryn McGregor, Creative Director of the Black Project.

This year’s show has been revamped to give an overall different feel to the Black Project. What also made this year stand out from years prior was that the Black Project was coordinated by all females.

“We all come from different backgrounds as far as it comes to business and coordinating events,” said Victoria Charles, co-coordinator for BELAS. “It’s different ideas. It’s different women with the same vision.”



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thank u, next

Ariana Carter

Contributing Writer

Just when we thought there were “no tears left to cry,” fans were hit with powerful emotion again thanks to pop sensation Ariana Grande. Grande is now a *Dangerous Woman* and it is pretty clear she has no plans on stopping. A woman who speaks her mind when she wants to deserves to have all eyes on her and it is hard not to look away.

Ariana Grande’s much anticipated fifth studio album *thank u, next* dropped on Feb. 8, six months after her Grammy award-winning album, *Sweetener* was released. The past year has been a whirlwind for Grande. With the rise and fall of her engagement to comedian Pete Davidson and the sudden tragic death of her ex, rapper Mac Miller, it is easy to see that she is letting her music speak indefinitely through her.

Grande is not your average, cookie-cutter pop princess. Grande is here to serve pop hits but wants to do it on her own terms and will not let anyone stop her from doing just that. The five-time Grammy-nominated artist has somehow put together the perfect combination of upbeat tunes while serving an equal balance of ballads that will soon become classics simply because of the authenticity.

thank u, next opens with “imagine,” the second single off the album. “imagine” is an R&B influenced track that sets the mood for the entire album. This track is the one that shows off Grande’s astounding vocal range and the sultriness of her voice. As a listener, “imagine” is the track to immerse yourself in the thoughts of what a world of love and passion would feel like. The next track “needy” is a slow and steady track that provides listeners with possibly the most relatable lyrics out of the entire discography.

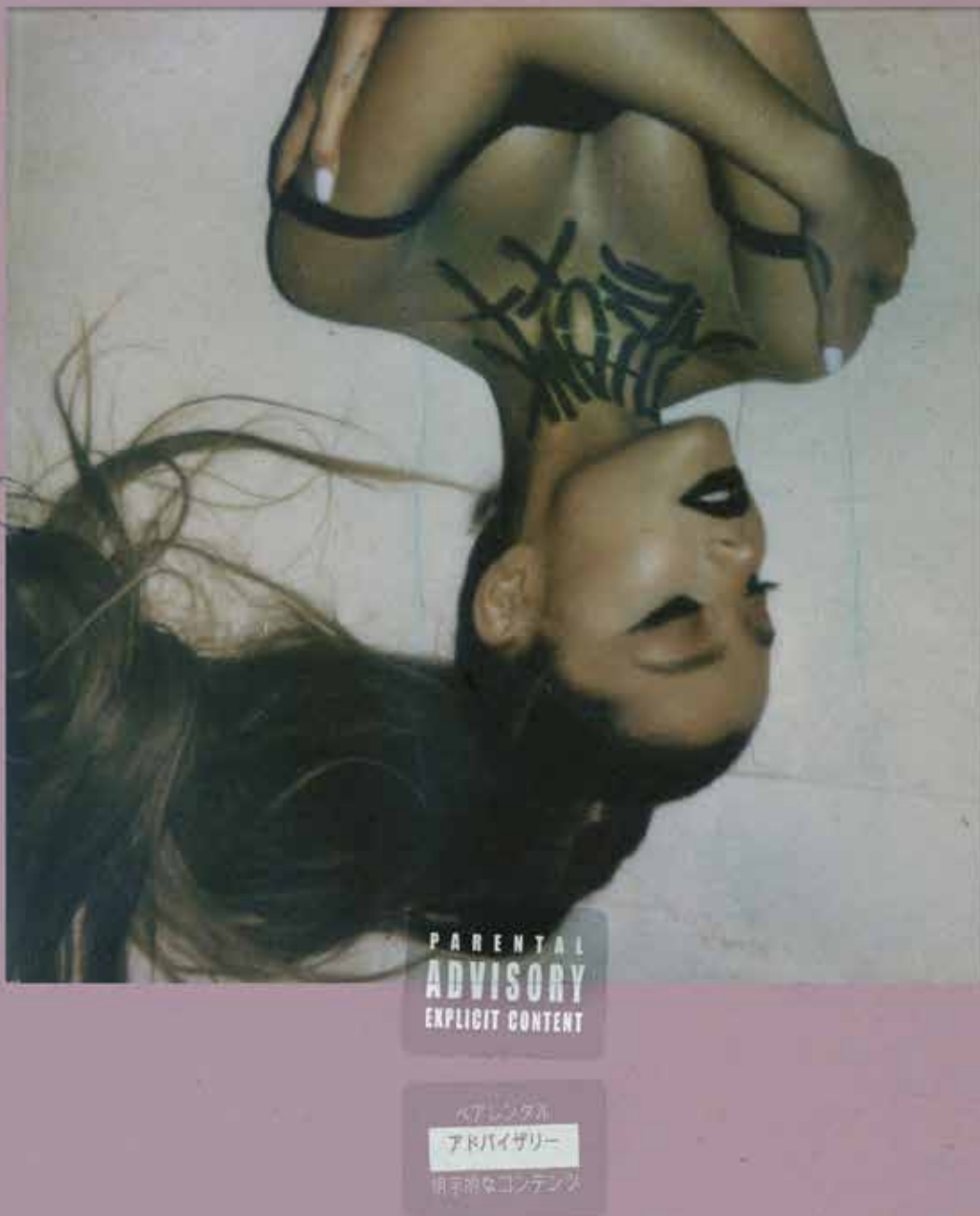
Tracks like “NASA” and “bloodline” are heavy in pop beats, but the

lyrical content is here to let the listener know that Grande is a grown woman with relationship problems.

The most surprising track on the album is “ghostin,” which is said to be about the late Mac Miller. The song starts out with an almost choppy melody but blends into a perfectly powerful, honest, emotional ballad. “ghostin” feels like a song ripped straight from the heart dedicated to both her exes, Pete and Mac.

As Grande sings, “we’ll get through this, we’ll get past this, I’m a girl with a whole lot of baggage,” it’s almost hard to hold back tears as the words repeat. The ability to combine the emotional distress of her last love and the loss of her ex-love into one song is the most vulnerable thing an artist can do.

What makes these songs and this album so great is the fact that there is nothing to hide behind. Grande has done enough hiding and is ready for her fans to know a different side of her. The album definitely sells itself and each track ties into the one before it. *thank u, next* is innovative and takes influence from different genres which makes it an experience.



TRAIL RUNNER RECOUNTS LIFE-OR-DEATH FIGHT WITH MOUNTAIN LION

P. SOLOMON BANDA

Associated Press

FORT COLLINS, Colo. (AP) — When a young mountain lion clamped its jaws onto Travis Kauffman’s wrist and clawed at his face, he screamed a “barbarian yell,” jammed his foot onto the animal’s neck and held it there until the cat quit thrashing and died.

After a couple of minutes, Kauffmann recalled Thursday, “it finally stopped moving and then the jaws opened and I was able to kind of scramble back up the hill and get the heck out of Dodge.”

Through it all, the 31-year-old trail runner said, the cat remained eerily silent.

It was the first time Kauffman publicly recounted the Feb. 4 ordeal that left him with 28 stitches and a reputation for toughness and bravery that overshadows his wiry frame.

“I will never be able to live up to the reputation,” said Kauffman, who stands 5-foot-10 (1.5-meters) and weighs about 155 pounds (70 kilograms). “The story is bigger than my puny form.”

Kauffman said he was running a trail in the mountains west of Fort Collins, Colorado, when he heard pine needles rustle behind him. He turned to see the mountain lion about 10 feet (3 meters) away.

“One of my worst fears was confirmed,” he said.

That cat lunged, and Kauffman raised his hands and screamed.

The animal locked its teeth onto his wrist and they tumbled off the side of the trail.

A wave of fear rolled over him, he said, and he worried that the animal’s full-grown mother would join the attack to defend her offspring. But no other cat appeared.

Fear then gave way to the fighting instinct, he said.

Kauffman grabbed a rock with his free hand and beat the cat on the back of the head. He also tried stabbing it with twigs, but nothing worked.

“I knew with two pretty good blows to the back of the head (and) it didn’t release, that I was probably going to have to do something a little more drastic,” he said. “I was able to kind of shift my weight and get a foot on its neck” until it succumbed.

Bleeding from his face and wrist, he jogged back down the trail, where he met other runners who got him to a hospital.

“I was just thankful that he had his eyes and his fingers and all his parts, and it didn’t look as bad as I maybe would have

thought that it could,” said his girlfriend, Annie Bierbower.

Colorado Parks and Wildlife officers retrieved the dead cat. They said their investigation and a necropsy confirmed Kauffman’s account.

“Travis is a pretty amazing young man,” said Ty Petersburg, a wildlife manager for the agency.

Kauffman was the 22nd person attacked by a mountain lion in Colorado since 1990, Parks and Wildlife said. Three of the attacks were fatal.

A necropsy report said the lion that attacked Kauffman was male, four or five months old, weighing 35 to 40 pounds (16 to 18 kilograms). The cat had limited fat, indicating it was hungry but not starving. It showed no sign of rabies or other diseases, the report said, but many of its organs had been scavenged by other animals before the body was recovered.

Adult male mountain lions average about 150 pounds, Parks and Wildlife said.

Petersburg said officers set up cameras and traps in the area for several days after the attack. They saw no large mountain lions but captured two young ones in good health. He said both are in a rehabilitation center, and the agency hopes to release them back into the wild.

Kauffman, an environmental consultant, described himself as an avid runner, cyclist and skier who has a pet cat at home. He said he doesn’t plan to retreat from the outdoors.

“I will go run those trails again,” he said, but added, “I will go with a buddy there.”

Associated Press writer Dan Elliott in Denver contributed to this report.

This story has been corrected to show Kauffman weighs about 155 pounds, not 150.

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