



Student Burnout: Here Comes the Crash

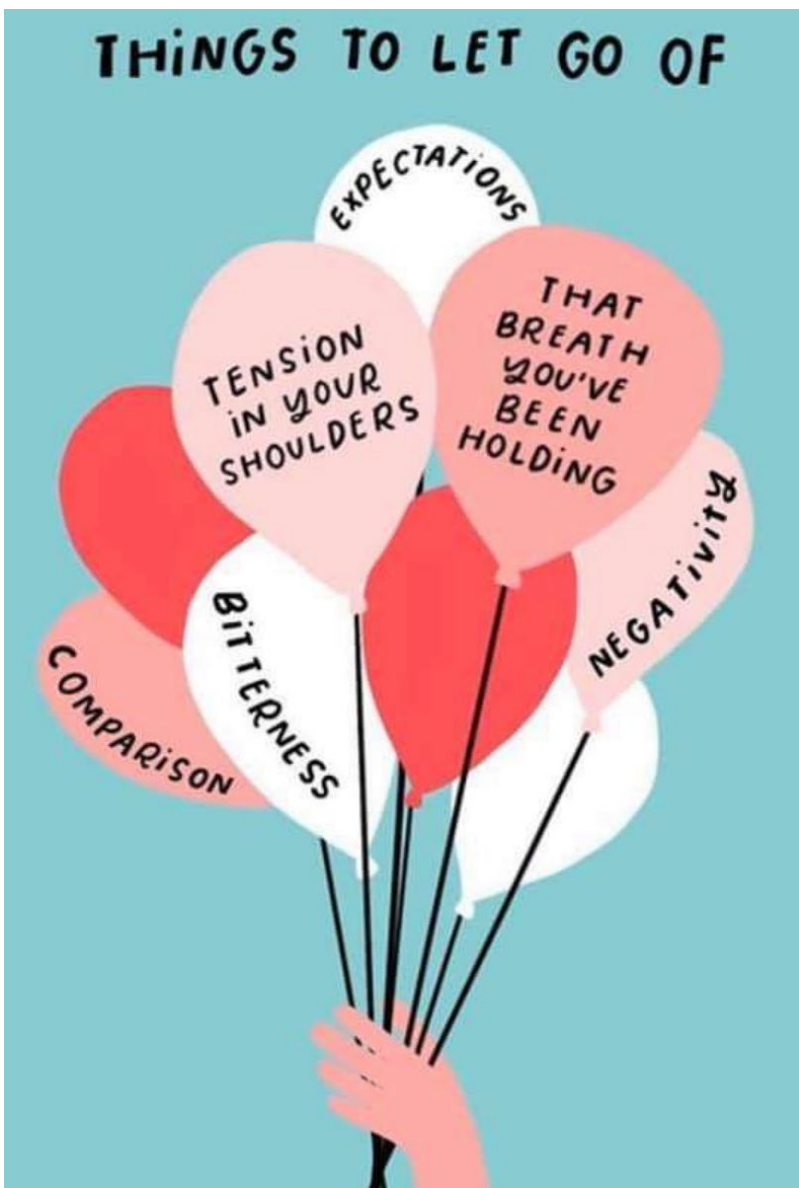


Photo Courtesy of UWG Counseling Center

By Mason Ayers

Contributing Writer

At the beginning of the semester, students are in full control. Acclimated to their new classes and professors, students find a sense of comfort. Grades are looking good and everything is just fine. Then, comes the crash. Out of left field, with no warning sign, the confidence and control turn into doubt and chaos. That false sense of comfort that the students felt has evaporated into thin air, as if it never even existed. Suddenly, confronted with their own thoughts, students have reached full burnout.

For some it's characterized as a breakdown, mid-term blues, finals week stress or hitting the semester wall. It comes at different times in the semester for different students, but burnout is the feeling of being overwhelmed by high stress, low motivation, large workload, exhaustion, lack of sleep and/or the inability to meet demands.

Burnout affects students in varying levels. If affected by burnout there may be some ways to cope. The UWG counseling center offers walk-in hours every weekday from 8 a.m. to 4 p.m. The services provided are confidential and

free. The counseling center is located at 123 Row Hall. "We've been really busy here," said Jeff Davis, UWG Clinical Coordinator. "From July 29, 2017, through July 29, 2018, we had 12,612 appointments scheduled. From July 29, 2018, through July 29, 2019, one year later, we had 14,177 appointments scheduled." This increase in appointments can be directly related to an increase in anxiety among college students. In 2019, 65.7% of students cited that they "felt overwhelming anxiety." This number is up from the 2014 mark of 54% and the 2009 mark of 49.1%. In 2019, 27.8% of students cited that anxiety affected their academic performance. This number is also up from the 21.8% and 18.5% marks of 2014 and 2009. Professionally diagnosed or treated anxiety, professionally diagnosed or treated panic attacks and the percentage of students that have "seriously considered suicide" are at a new high as well. These statistics were provided by the UWG counseling center via the American College Health Association. "We would like students to know that we know anxiety and depression are real challenges, and can

have significant impact on our lives," said Davis. "The counseling center is here to support students if they need us. We also want to emphasize that maintaining healthy eating and sleep can be very helpful as can getting involved in some kind of social activity."

General tips to avoid and/or cope with burnout include getting enough sleep. As cliché as it may sound, sleep is truly fundamental to good health. The college lifestyle often encourages unrealistic sleep patterns. It is not uncommon to hear students talk about their lack of sleep caused by overload. In fact, there are students who accept lack of sleep as a norm. However, good resting habits can recharge students making all the difference.

Time management is a frequently discussed issue for college students. However, making time to do everything is wearing many students out. Not spreading oneself too thin may help to reduce the feeling of being overwhelmed. Students are pulled in multiple directions but learning when and how to decline and prioritize certain tasks is important. UWG will be providing an Effective Time Management course beginning this May.

Good study habits can relieve stress for many students. Good study habits do not imply staying up all night going over every bit of information numerous times. It also does not mean neglecting to study at all. Don't shy away from asking for help either, professors may be more willing to help than some students give them credit for. Peers and tutoring services are available as well.

Studies conducted by the Oxford Happiness Inventory and Beck Depression Inventory of the American Psychology Association provide extensive research into the relation of study habits to stress, happiness and depression.

Don't underestimate the value of a good diet

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and exercise. Feeling good physically may help you feel better mentally. Not only is a healthy diet and exercise a stress reliever for some to get their mind off of things, but it can also serve as a base for greater overall health.

According to the Anxiety and Depression Association of America, "exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress. If your body feels better, so does your mind." "If students want some other self-help ideas, they can find them on our website's While You Wait page," said Davis. Take the warning signs seriously. When you feel these emotions beginning to stir up, don't ignore them. The problems students face should not be pushed aside. Students face real stress that they sometimes feel isn't worth addressing, but it is. Also, if a student feels that they need/want to speak with someone, they should not hesitate to contact the counseling center.

Episodes in Sexuality 2020

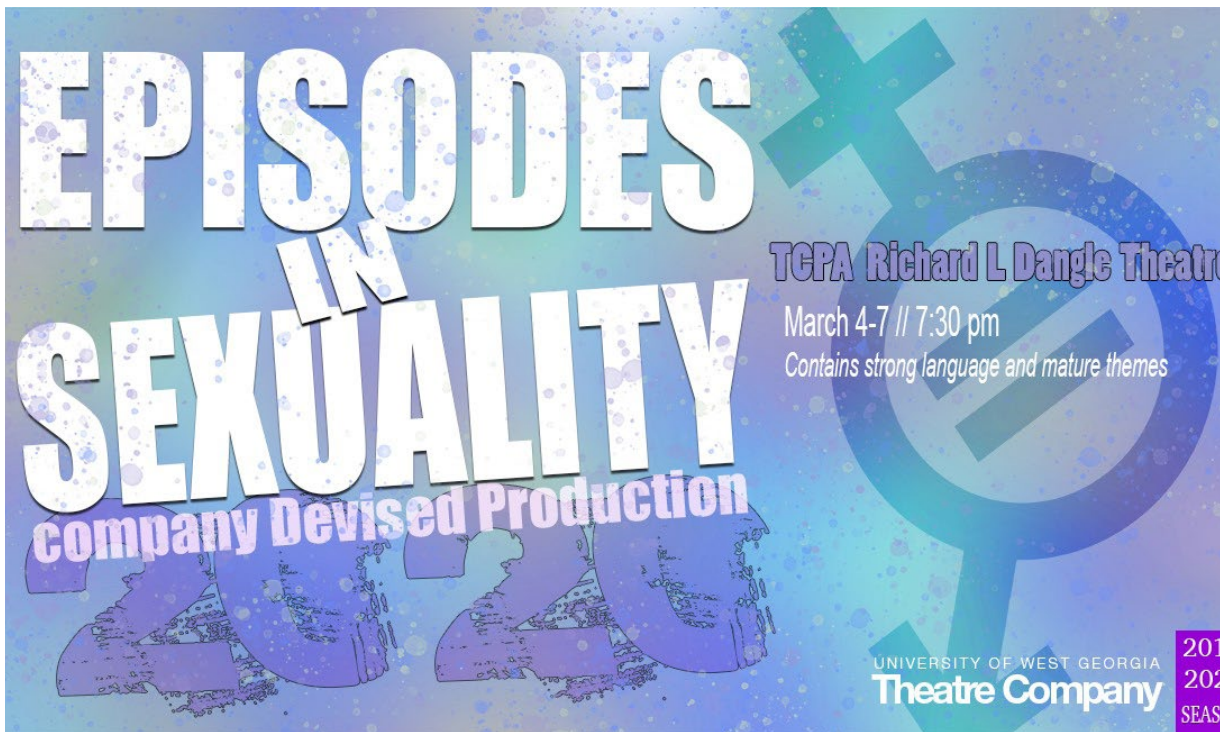


Image Courtesy of UWG Theatre Company

By Cynthia Harris

Contributing Writer

It's no secret that sexuality has everything to do with people discovering more about their bodies and feelings. By the time we reach young adulthood, we want to know for sure how we feel about people, especially in a romantic sense and how to survive in the world with those feelings. A lot of those times, this is very much easier said than done and experiences are the best teachers. After we have

either a positive or negative reaction to an experience, we make decisions because of them. But if we have something to relate to while making these decisions, then perhaps it could be a little easier to deal with the serious life situations we all have to deal with involving romance and sexuality. The University of West Georgia's "Episodes in Sexuality" series of plays is something that is meant to be relatable to these issues, making it a popular standout. This year's play "Episodes in Sexuality 2020"

marks the 28th time this special has been put on at UWG. Every year its theme changes to reflect the year of the production. This year, its mission was to display the issues of sexuality that the current generation of young adults deal with and the resolve they have to move past them. It also reflects the hardships of the world we live in today and how there has to be some way to rise above all the ugliness it has to throw at us.

This year was a little different as it had an all female cast and focused on harsh problems women

face dealing with their sexuality and others, the ways they manage to embrace themselves and deal with their feelings, flaws and all. This is relevant to the real world because as young women, it is always somewhat of an uphill battle trying to get out and be truly authentic in a world that is judgemental. This year, something that was also different was that the production was run by the audience. It was split up into different literal episodes that reflected different real-life issues that everybody in some form or fashion has encountered. It was not afraid to go dark, as some of the episodes tackled controversial topics, in which the actors had to play some very despicable characters. It was something a few of them admitted was very hard for them as it didn't align with their personal beliefs. but as it is always said, "the show must go on". Overall, "Episodes in Sexuality 2020" was a very good production. It stuck to having its own new themes as well as fresh creativity infused into it. It should be applauded for making women's issues its major theme to explore and displaying it beautifully.

G Herbo's 'PTSD' is a Masterpiece



By Joey Walraven

Contributing Writer

February was a busy month for hip-hop. On Feb. 14, rapper G Herbo, often referred to as Herb, announced that he would be releasing his upcoming album "PTSD" on Feb. 28. While the Chicago native is subject to hefty criticism on social media due to "rapping off beat," he ignored it all and channeled his

focus into creating an incredible body of work. Starting with the album cover, it is evident that Herb invested a lot of emotion into the album. The cover features him holding an American flag with bullet holes and blood, which explains the violence plagued environment he grew up in. Instead of posting the flag's 50 stars, there are faces of 50 people that he has lost in his short 25

years of life. He claims that he became numb to the losses and quietly developed post traumatic stress disorder (PTSD), which led to the album title. From the first track of the album titled "Intro," Herb set the tone with intense lyricism, delivery, and emotion. Using the sample from Jay-Z's classic song "Dynasty Intro," Herb had no choice but to deliver top-notch lyrics, and he did exactly that. Some of the stand-out songs are "Party in Heaven," featuring fellow Chicago native Lil Durk; "By Any Means," featuring 21 Savage and "Shooter," featuring Jacques.

Another interesting track from the album is "PTSD." The self-titled single features verses from Chance the Rapper, Lil Uzi Vert, and a posthumous hook from the late Juice WRLD. Each verse on the song describes traumatic experiences that each artist has experienced. Juice's hooks and bridges in the song creates a mood that expresses symptoms of PTSD. The song is an emotional track that ties

Herb's vision together. Herb was adamant about having Juice on the album because they were close friends prior to his death, as he is one of the many faces on the album cover. The album only had 14 songs, which makes it easier for the listener to invest themselves into the body of work. The songs are perfectly balanced on the tracklist and complement each other as the album progresses. Given the clever track placement and the ideal number of songs, "PTSD" is a project that wastes zero songs and takes the listener for an enjoyable ride.

Herb isn't stopping here. He launched the "PTSD Tour," which is a nationwide tour to promote and celebrate the album release. Most of the shows have been sold out because of the strength the album holds. After listening to the album, Herb has earned all of the success he is receiving. If you enjoy top-notch hip-hop music from all aspects, then "PTSD" is the album for you.

THE WEST GEORGIAN

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SPORTS

Josef Martinez Injury Paves Difficult Journey for Atlanta United



Photo Courtesy of Sports Illustrated

By Kyle Soto

Contributing Writer

Atlanta United has enjoyed great success in the club's first three years of existence. The story of 2017 was Atlanta United sending waves through American soccer and exemplifying how expansion teams should come into the league. Atlanta continued to build on its inaugural season in 2018 and achieved the pinnacle of American soccer by winning MLS Cup, an impressive feat for a second-year expansion side.

The transition from 2018 to 2019 was difficult for many to handle due to the departures of Miguel Almiron and Gerardo Martino, but the core group of players that had led Atlanta United to the top remained with the club. That trend ended prior to the 2020 season, and Atlanta United looks like a completely different team. That shouldn't be a surprise, though. Such is the nature of sport. Players and coaches come and go every season. In a world full of change and transition, constants are difficult to come by.

Atlanta United

does have a few constants, however: trophies, passionate fans coming out in the thousands on a regular basis, a strong connection between the fanbase and the club's front office, and Josef Martinez scoring goals.

The last one is intertwined with Atlanta United's success, and for the first time in its four-year history, Atlanta United cannot rely on the one constant that everyone thought would always be present. Josef is already an Atlanta sports icon and rightly so. The Venezuelan Viper has an astonishing record of 86 goals in 91 appearances for Atlanta United and has won a plethora of individual trophies for his efforts. There is even a mural of Josef in Atlanta, and many fans are calling for Atlanta United to build a statue of him. It goes further than just on the field in Atlanta. Josef is the face of the league and has commanded respect from everyone in MLS for his achievements. Off the field, Josef has expressed how happy he is in Atlanta on numerous occasions. He backed that sentiment by signing a five-year contract extension that will keep

him here through 2023.

Josef's stature and all he has achieved explains why news of his ACL injury during Atlanta United's league opener against Nashville SC sent shockwaves through the entire league. Atlanta United is poised to venture into truly uncharted territory for the first time. The roster overhaul and parting with players that had been with Atlanta from the beginning scared fans prior to the beginning of the season. But a season without Josef? Nobody ever would have thought that would happen so soon. There isn't a time table on Josef's return to action, and he has not yet undergone surgery. It's extremely likely that Atlanta United will play the entirety of this season without Josef stepping on the field again. The striker is a long term investment, and there is no chance that the front office will risk his long term health and value by rushing him back to the field.

The only one constant that Atlanta United could rely on is now gone under the worst of circumstances. How will Atlanta United cope with-

out its star player and all-time leading goal scorer? Replacing Josef's goals will be nearly impossible. Other players will need to step up and attempt to fill the void. Atlanta's two other designated players—Pity Martinez and Ezequiel Barco, who are coming off of disappointing seasons for their own reasons, will undoubtedly be looked at as the leaders of the attack in Josef's absence. Both players have the potential to make the jump to a club in Europe after this season, so now is the time to prove they can raise their game and help this Atlanta United team have a successful season.

At the other end of the field, the defense cannot concede goals. Of course, this is unavoidable in soccer. Mistakes are bound to happen. Atlanta will need to focus on reducing the amount of chances it gives its opponents because Josef won't be there to bail the rest of the team out. Other than that, there isn't much Atlanta United can do about this situation. Players may come in to fill the void, but the irreplaceable is just that: irreplaceable.



Photo Courtesy of Colton Lublink

UWG Women’s Basketball Drops GSC Opener

By Amber Bell
Contributing Writer

The UWG Wolves women’s basketball team opened up the first round of the Gulf Southern Conference Tournament against the Delta State Lady Statesmen in Cleveland, MS. The Wolves, winners in their last four contests, averaged 77.2 points per game this season landing them as the six seed in the tournament. Delta State, known for their consistent defense, went into the tournament as the number three seed and showed up determined to play.

The Wolves hung with the Lady Statesmen throughout the first half. UWG shot 38% from the field and 27% from behind the arc and defended well overall, holding Delta State to 38% from the field and only 17% from the three-point line. However, the Lady Statesmen led the Wolves 38-31 at the half.

After some costly turnovers to begin the second half for UWG, Delta State capitalized on the other end of the court. Offensively, the Lady Statesmen wasted no time putting up points as they outscored the Wolves 27-16 in the third quarter.

The Wolves struggled to shoot the ball consistently in the second half, giving Delta State a comfortable lead heading into the final quarter. Overall, the Wolves struggled to contain the Lady Statesmen in the second half and were outscored 46-31. Delta State converted on 32 of their 71 attempted shots while also shooting 83% from the free-throw line.

Delta State came out victorious by a 84-62 score. The Wolves ended the day shooting 35% from the field, 13% from the three-point line and 69% from the free throw line. Delta State has been known for their defense throughout the season and delivered that reputation, as they forced 18 turnovers, blocked seven shots and had 11 steals on the day. They recorded 18 points off miscues by the Wolves, which led them to keep adding to their lead throughout the second half. The Lady Statesmen led for roughly 30 minutes of the game.

The Wolves were offensively led by both Edley Drawhorn and Taylor Brown. Drawhorn, a senior from Virginia Beach came off a stellar performance against Shorter University scoring 21 points.

Against the Lady Statesmen, she shot 50% from the field while scoring 13 points and recording seven rebounds. Drawhorn was second on the team in scoring this year, posting 360 points and averaging 12.9 points per game.

Brown, a sophomore from Carrollton, was the leading scorer for the Wolves in the game. She contributed on both ends

of the court, shooting 42% from the field and converted on five of her seven free throw attempts. She collected four rebounds to go with her 15 points.

The team will have finished their season with an overall record of 18-11, while posting an 11-9 regular season conference record in its 10th season under head coach Scott Groninger.



Photo Courtesy of Colton Lublink

LIVING WEST

Media Day Showcases UWG's Excellency Once Again



Photo Courtesy of UWG Media Day

By Taylor Jackson

Contributing Writer

The University of West Georgia's 39th Annual Media Day was a success with Assistant Professor Kelly Williams planning it for the first time. Williams is no stranger to Media Day since she is an alumni of UWG, but this was something slightly different from what she was used to. Although there was much to be done, Williams felt no type of overwhelming fear since she has background in event planning. Even though many of the professionals were absent due to a sickness, the event still played out well. This year the planners had a late start on getting everything together, starting in late December, but they made it work. Everything was organized and the professionals that

did attend were offering summer internships to many of the students.

Media Day is not always about trying to find a job. It's about finding tips on what's going to make an individual successful. These professionals come because they want to help, mentor and get students on the right path. It has always proved to be one of the most helpful events the university has to offer, so when choosing someone to plan this event, it is necessary that they are fully aware of how important it is for the students. Williams will also be in charge of next year's Media Day. Williams along with some of the faculty and staff here at UWG are looking for ways to improve the event. No matter how good something goes, there is always room to make it better. "The only thing I would

say was really overwhelming with my position this year versus previous years was knowing whether something was precedent or not," Williams said. "I kept asking if things had to be done a certain way."

Media Day requires a lot of planning and getting people together at one time. There were many media professionals from fields such as broadcast, public relations, film and others that all came to be a part of this experience. Some of the professionals that attended had just finished a broadcast or blog before coming to help with the networking session, which shows how strongly they care about the well-being of the UWG students.

"After the event I received a lot of feedback from the students saying that there was not enough public relation professionals to choose from," said

Williams. "However, you must work with what you have. It is always good to get out of your comfort zone and network with other professionals to see what they like or what works for them to get tips on how to be better at your actual job." A lot of times individuals get so wound up on a specific job title or job description that they lose sight of the work that actually goes into that job. If being a public relation professional is the dream career for you, it is always good to get connected with professionals like journalists. "At some point in time the individuals that make up this university will be working on film projects and shows together in the future," said Williams. "The best advice to give is to play nice and get along with everyone even if you don't really feel that strongly about them."



Photo Courtesy of UWG Media Day

Bringing the Heat: DJ Gabby Speaks

By Ashley Moore

Contributing Writer

Leadership embraces initiative, confidence and dedication. Skills, knowledge and experiences gained through leadership are used to guide others. Leaders strive to pass the torch to other, subsequent leaders to help them become successful both personally and professionally. Sometimes the idea of leadership is just about leading by example.

Through her influence in mentoring others, Gabrielle Tigner radiates leadership in her daily life and radio career. Tigner, also known as Gabby Speaks, is the Program Director for The WOLF Internet Radio. The College Media Association recently awarded Tigner the 2019 Best DJ Personality Award, which was selected nationwide from over 150 universities. Every collegiate commercial, non-commercial and Internet radio station in the U.S. was eligible for this award.

Tigner is currently a sophomore at UWG, and she does not plan to let her success with The WOLF stop here. From stepping into The WOLF's doors for training to now, Tigner's plans for her radio career are ever changing. Tigner's interest in The WOLF began her freshman year at UWG, when she applied to the training program. However, Tigner did not know what she was getting herself into at the time.

"I noticed that it was a small station and is not recognized on a commercial level. I started UWG

as a marketing major, but when I realized that they had a radio station," said Tigner. "I sought to go after it, change my major, and concentrate into it."

The WOLF's work environment, operation and interaction with students influenced Tigner's decision to switch her major concentration.

"Being able to see it in person, at the remotes or the live events people would see them at, and to talk and have a great work culture motivated me to apply to The WOLF's training program," said Tigner.

Tigner decided to apply as the Assistant Program Director shortly after completing the program. She applied not knowing what radio programming consisted of, since Tigner just started college. Tigner knew that the job was not so much an identity within the radio station, but an opportunity to grow her knowledge and understanding of radio.

"Realizing that talents that have come before me are great, but trying to convince everyone not necessarily that I am better, but that I can be great too as a new member of the station," said Tigner. "You should seek the talents that are actually here, not just the ones who have graduated."

"I know my talents, and I know my background," continued Tigner. "That should push me far."

Tigner helped train other students how to do voice tracking, as an assistant. She then started doing more voice tracking herself, which led to

Tigner building her own brand. Tigner began sending out voice tracks to festivals, events, and awards outside of Carrollton.

"Voice tracking is pretty much when you hear people on air, but it is not a complete show," said Tigner. "I decided to partake in it myself, record it, and send it out to build more of my brand outside of UWG and Carrollton."

Tigner recently purchased her own domain, with plans to trademark her brand. She wants to ensure that her name is associated with anything she does.

"This year I really wanted to focus on building my brand. I think of everything as a business," said Tigner. "Every move I make, it is my copyright. Whatever I do belongs to me, and I want everything I do to be associated with me in a good way. All things that I do in light or in dark, it's definitely 'Gabby did that.'"

Tigner's leadership role and recent award are two of her greatest achievements at The WOLF.

"Becoming Program Director has allowed me to be the leader that I always strive to be wherever I am," said Tigner. "Winning 1st Place out of all collegiate on-air personalities has really been something."

Before receiving her recent award, Tigner learned how to speak in ways on-air that were appealing to different audiences. However, there was one thing she stumbled on each time.

"At the time, I

would be on-air for six hours, but within each hour I would talk for five minutes total," said Tigner. "The thing I struggled with the most was saying my own name."

Attaining leadership roles and awards are not the only greatest achievements Tigner has received. Her value as a member has given her the ability to connect with other students.

"Being a most valuable member, people always reach out to me and it is easy for them to speak to me," said Tigner. "That is really an achievement."

After graduation, Tigner plans to purchase The WOLF's studio. Tigner has already learned about the amount of money required to make the purchase.

"That is a donation that I do not mind doing, because I feel it's feasible in my future," said Tigner. "I have a feeling that I will be really successful not only as far as my voice, but also how I am practically as a business person and my interests."

Tigner wants to communicate with different majors on campus, even if they are not involved with The WOLF, to share her knowledge with students. Tigner intends to fulfill her purpose of showing leadership and initiative to others.

"I think of leadership as servant leadership, so if I am succeeding and not bringing others with me, then it serves no purpose," said Tigner. "Where you came from does not break you, but it helps build you."



Photo Courtesy of The Wolf Internet Radio

West Georgia Small Farm Conference Presented at West Georgia Technical College

By **Shelby Carroll**
Contributing Writer

The Cooperative Extension of Carroll and Haralson Counties, Carroll County Young Farmers, and Chestatee-Chattahoochee RC&D presented a two day conference for small farms at West Georgia Technical College (WGTC) Feb. 26-27. The West Georgia Small Farm Conference was held to give beginning producers the opportunity to learn from current experts and experienced farmers in the industry.

The conference took place in the Murphy Conference Room at WGTC with registration beginning at 8:30 a.m. on Feb. 26. Paula Burke from UGA Extension kickstarted the event at 10 a.m. with a welcome alongside Ryan Ayers, Chapter Advisor of the Carroll County Young Farmers Association and

Frank Riley, the Executive Director at Chestatee-Chattahoochee RC&D.

“I value the opportunity to work with beginning producers that are excited about the opportunity to feed our community, state and country,” Ayers said. While educating attendees on the importance of small farm production within the community, the event also served as an important networking opportunity.

“The community benefits economically by its citizens becoming more effective and productive. More critically, the community values the security and improved value of locally grown food,” Ayers continued. Following the welcome on the first day, the general session began at 10:30 a.m. and covered a program on soil with Stewart Proctor and NRCS Georgia. After this session, lunch began

at 11:30 a.m. and included updates from FSA, NRCS, and UGA Extension.

After, a breakout session was held covering three vital topics to success in farming. The first was the subject of honeybees and pollinators with Jennifer Berry from the UGA Honey Lab. The second was small ruminant production with Dr. Nicky Whitley from Fort Valley State University.

Lastly, Bryan Hager from Crager-Hager Farm ended the session with the topic of vegetable crop scheduling. Time was allotted for attendees checking into hotels for the night at 4 p.m. Dinner proceeded at 5:30 p.m., and the event ended the night with keynote speaker, Todd Anduze, the Area Director of the Small Business Development Center at UGA. Day two began with breakfast followed by the gen-

eral session at 8:30 a.m. which covered marketing your farm business with Todd Anduze. At 10 a.m. the breakout session for day two consisted of three more topics vital to farming success from experts at UGA Extension. Bob Westerfield began the session with a presentation on vegetable pests. Dr. Michael Mengak, also from UGA Extension, continued the session by presenting on nuisance animals. Lastly, Gary Hawkins concluded the session presenting on irrigation.

After lunch at 11:30 a.m. the conference ended with a tour to three local farms. The first stop was Brian Heatherington’s Fruit Tree and Vegetable Farm. The second was Bruce Cross’ Trillium Vineyards to see wine grapes. The final destination of this session was White Hawk Ranch to observe pastures and rotational grazing.

FEBRUARY 26 & 27, 2020

2020 WEST GEORGIA SMALL FARM CONFERENCE



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176 Murphy Campus Blvd
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Free event for the first 120 registrants!

Deadline for registration: February 17, 2020

**Keynote Speaker: Todd Anduze,
University of Georgia Small
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- Crop Scheduling
- Honeybees/Pollinators
- Marketing
- Vegetable Pests
- Nuisance Animals
- Irrigation
- Farm Tours
- Ag Agencies and Organizations

Participating Partners:

- Chestatee-Chattahoochee RC&D
- Carroll County Young Farmers
- University of Georgia Cooperative Extension Carroll and Haralson Counties



**Chestatee/Chattahoochee
RC&D Council, Inc.**



**UNIVERSITY OF GEORGIA
EXTENSION**

To register or recieve more information, call 770-836-8546

Image Courtesy of UGA Exstension

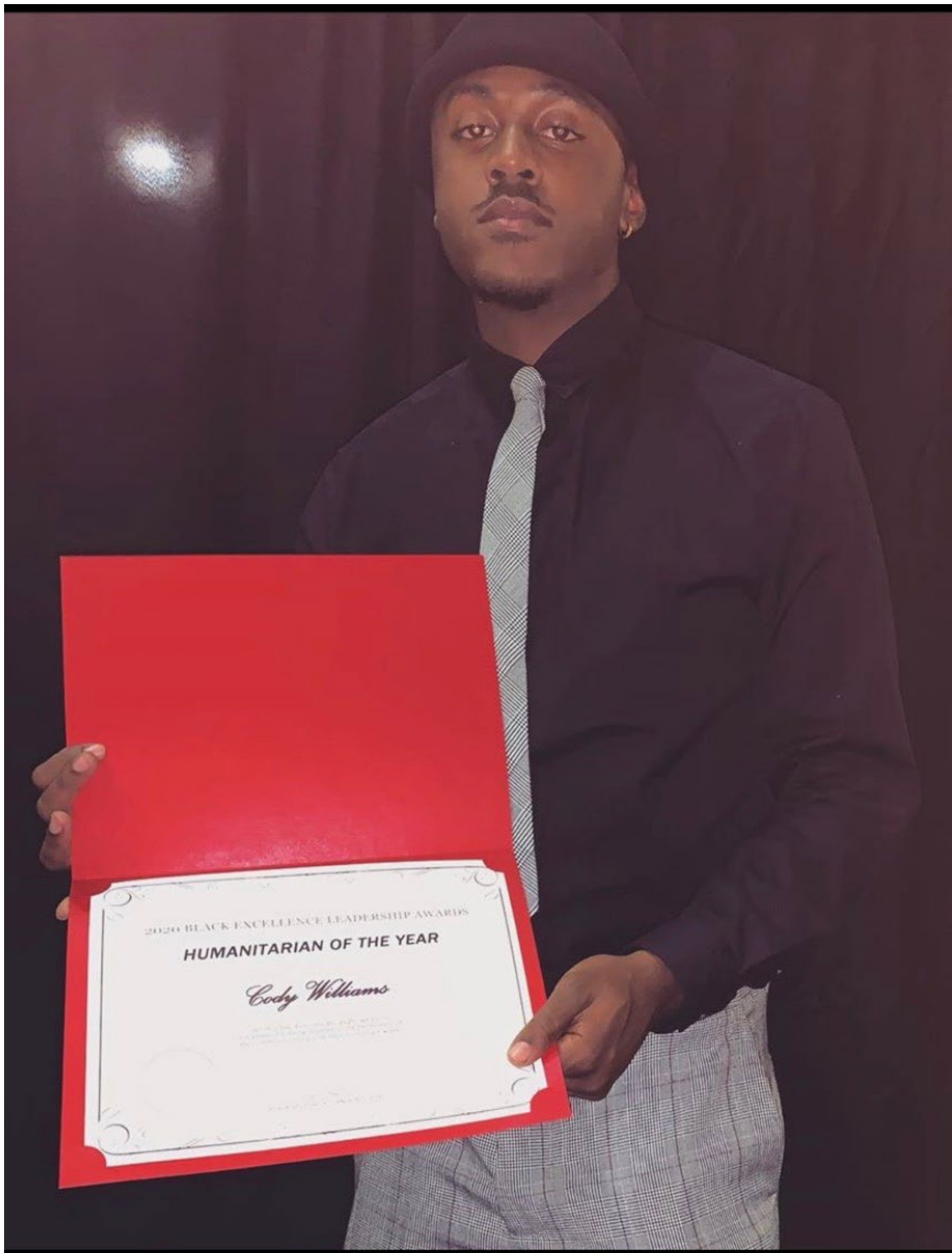


Photo Courtesy of Cody Williams

Humanitarian of the Year

By Joey Walraven
Contributing Writer

UWG senior, Cody Williams was the recipient of the “Humanitarian of the Year” at the annual Black Excellence Awards on Feb. 26. The award is given to whichever member has made the most impact on the community. Williams has been very active during his time at UWG. He is a member of the NAACP and is the former president of the Peace and Positivity Organization.

“When I heard my name, I felt very appreciative and empowered. Although it’s from the community,” said Williams. “I am not one to shy away from the fact that I like acknowledgment for my efforts and time. It’s off the clock and not for pay, it’s just the things you do for your community.”

Both memberships involved him going out in the community and doing good deeds such as cleaning communities, doing food drives and providing clothes for those in need. He truly enjoys his involvement in the community and believes it’s truly the person he is and that these good deeds are not just a phase to get by in school.

“As people get older, I think people recognize their destiny and people now realize this is mine. It’s not just doing extra-curricular activities or doing something to represent my fraternity,” Williams. “This is the man I think I was destined to be and the award it’s just another reminder that I’m on the right track.”

Williams thrives in taking initiative and fulfilling the leader role in most circumstances. He often helps

organize community events, which shows that this is his true passion. These small acts of kindness can go a long way with those helped, and that is one of his true motivations. “The award was just another reminder to keep myself motivated to keep working despite whether or not my involvement goes unheard or unseen,” said Williams. “The smallest events of kindness can totally change someone else’s energy and feelings about themselves.”

Despite winning the award, Williams wants to continue to inspire the community and his peers. While he contributes a lot to the community, he knows that not everyone shares his same passion. He is a person of notoriety around UWG and plans to use that platform as a way to get others

around campus involved with the community.

“I hope this can inspire people from afar to engage in the community. People see me as someone who is a regular, everyday guy and they see what I’m doing for a good cause,” said Williams. “They will feel more inclined to do projects in the community. I’ve done service on the campus for four years and I hope this recognition will compel others to do the same.”

Even though he is about to graduate, Williams’ impact is felt by the student body and will be passed down to students that come into the school and approach graduation. His legacy is truly inspirational, and he is making great strides amongst the involvement of UWG students in the community.