



It's Fine to Be Nervous

By Mason Ayers

Contributing Writer

Seeking counsel from a mental health professional can be a nerve-racking task for many college students. Even admitting the potential need for help could be difficult enough. Counseling may not be for everyone, but if a person is considering visiting a counselor, they should know that being nervous is natural and normal.

"I would say almost everyone is nervous about seeking help from a counselor for the first time," said Jeff Davis, Licensed Professional Counselor and Clinical Coordinator of the Counseling Center. "I certainly was, and I have always had some anxiety when I've decided to meet with a new counselor. That is perfectly normal.

"Also, it's important to know that going to see a counselor is not a major commitment," continued Davis. "Many people may meet with a counselor only one or two times and get what they

need from it. You always have the ability to choose what you will or won't do going forward and can change your mind if you decide it isn't for you."

With anxiety and depression reaching new highs amongst college students according to the American College Health Association (ACHA), counseling may be more important than ever.

According to the ACHA undergraduate students are especially experiencing a spike in reported anxiety, depression, as well as, feelings of hopelessness and loneliness. These feelings and experiences aren't the same for everyone. They exist on a spectrum. There is no "one size fits all" when it comes to mental health. There are general societal factors that play a role in the development of one's mental health. However, those factors affect each individual's experiences in a way that is uniquely their own.

"Each student's situation is different," said Davis. "So general tips can be a little difficult, but here

are some. The first thing is to make sure you are taking care of your basic needs. When we feel overwhelmed, sometimes we lose sight of making sure we get enough sleep, eat well, exercise, and maintain social connections. The balance is important, and it can really help to restore all of us.

"Also, sometimes we get overwhelmed when we try to do everything perfectly," continued Davis. "It can help to remind ourselves to do our best in balancing things and accept that we may not be able to do our absolute best at everything we do." The pressure of being a college student can be intense.

Some students are weighing school along with countless other responsibilities. Some students are unsure of their path, and some students are only attending college to fulfill the requirements and/or expectations of others. These stressors don't even take into account the many social, societal, biological, environmental and economic factors out-

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side of school. These factors, and more, for young adults may weigh heavily. With all the constant potential stressors thrown at college students, it is clear to see why they could become overwhelmed. It is not uncommon to feel nervous, but if a student feels like they could benefit from counseling, then the counseling center is a phone call away.



Photo Courtesy of Futurity



Photo Courtesy of SF Chronicle Datebook

The Weeknd Releases *After Hours*

By **Shelby Carroll**
Contributing Writer

The Canadian singer Abel Tesfaye, better known as The Weeknd, officially introduced his fourth studio album *After Hours* on March 20. The album was formally released by The Weeknd's very own Canadian record label XO alongside the American record label owned by Universal Music Group, Republic Records. *After Hours* holds the title as The Weeknd's fourth number-one album and holds the biggest first week sales of any album for 2020 so far.

After Hours presents itself as the first studio album since The Weeknd's release of *Starboy* in 2016. It follows

the release of his 2018 EP *My Dear Melancholy*. The standard release edition of *After Hours* does not feature any other artists. However, the deluxe edition features guest appearances from the band Chromatics and artists such as Lil Uzi Vert, alongside additional remixed tracks. The deluxe edition has since been updated to include three new bonus tracks.

The aesthetic of *After Hours* presents an early-era Abel, full of whispered confessions alongside a glamorous and brilliant '80s vibe. The album's sounds consist of warped dub-step and abstractly bent Chicago drill, but also bolsters staccato trap textures with whistling sirens and slightly

muted drum 'n' bass. His rhythms evoke a balladry of R&B that promote a search for pleasure that is both thrilling and alive.

The Weeknd sent Apple Music the impactful following statement in regards to *After Hours*, "You can find love, fear, friends, enemies, violence, dancing, sex, demons, angels, loneliness, and togetherness all in the *After Hours* of the night."

While the majority of the album uses the feel of a smoky atmosphere with fragile falsettos to target an emotional journey, there are also a few notably bright and radiant moments. "Blinding Lights" is the second single of the album and was boosted by a glitzy Mercedes-Benz commercial promoting the Mercedes-Benz EQC electric SUV. The song was also used as promotion for the Super Bowl LIV and will be featured as the theme song for *WrestleMania 36*. "Blinding Lights" has been a major success for the album

and has peaked at number one in twenty-seven countries around the world. Producers Max Martin and Oscar Holter are also accredited in its production.

The Weeknd consistently promotes a very mesmerizing and psychedelic feel within his musical and artistic expression. Every album he has released has proven to be universally intriguing and continuously ensures his name at the top of the charts. With every release The Weekend evolves and reinvents himself, leaving fans absolutely hooked on the havoc.

He knows how to perfectly balance his musical personalities, navigating upbeat pop culture sounds while also sharing an often relatable sad persona of remorse and self-reflection that delves into a beautiful state of vulnerability. It is this fluidity and his undeniably angelic vocals that have fans always craving more.

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‘Tiger King’ Review



Photo Courtesy of Netflix

By **Haleigh Stone**

Contributing Writer

Leading in the number one spot on Netflix’s top-rated shows in the United States is a limited series documentary called “Tiger King: Murder, Mayhem, and Madness.” This series follows the war that is being waged over the private ownership of large exotic cats in America. The sad reality that most breeds of big cats face extinction in the wild although all these same breeds have double the amount of big cats in private ownership or zoos throughout America.

This documentary follows the strange life of both big cat owners versus big cat rescuers. The main star of the true crime series is Joseph Maldonado-Passage aka Joe Exotic, the owner of Joe Exotic’s Greater Wynnewood Exotic Animal Park. Joe Exotic is known for having the largest number of big cats in captivity in America. With over 50 species of animals and 200 plus big cats Joe Exotic’s Zoo attracts people from far in wide who are in search of having one on one time with big cat cubs.

The documentary focuses on Joe Exotic’s war with Carole Baskin, the leader of Big Cat Animal Rescue. Carole Baskin along with the help of her husband Howard Baskin are working to pass an animal rights bill called Big Cat Public

Safety Act. This act would prevent people from owning big cats such as in their backyards and would work towards lowering the number of big cats in captivity. Carole Baskin attempts to take Joe Exotic’s Zoo down and ignites a fire between the two of them. Both parties wage war by sneaking onto each other’s turf, sending hate mail online, and eventually escalates to a plot for murder for hire.

Throughout the series it is evident that not only are the big cat owners at fault, but the rescuers are not much better than they are. Over the course of the series, viewers receive an inside look at what it takes to not only contain but provide for these huge beasts. Viewers are also able to see how quickly things can go wrong with wild animals and why the captivity of these big cats is the real crime of the documentary.

This documentary scores a 10/10 for staying true to the true crime nature of the documentary series. It is evident that camera crews filming have no intervention and allow the drama to unfold letting viewers choose who the real villain is. This documentary is filled with drugs, big cats murder violence and guns so it is not for those of the faint heart. Once you start this documentary you will not want to stop.

The Story of Quantum C

By **Kyle Soto**

Contributing Writer

Cam Maples — better known by his stage name, Quantum C, is a rapper aspiring to make it big in the music industry. Hailing from Peachtree City, GA, Quantum C has released three projects in under a year since commencing his rap journey.

His first venture into the rap game came somewhat unexpectedly when Maples and some friends spontaneously decided to write, record, and upload a rap song to SoundCloud. What initially began as an entertaining experience with friends saw Maples receive positive feedback for his contribution to the song. Using that feedback, Maples made another song, received more interaction, and decided to produce his first project, the Mad Nrg EP.

Using cheap equipment and lacking the connections to find help to mix and master the EP, Maples used his previous musical experience to bridge the gap. Maples participated in marching band throughout middle and high school, an experience that ultimately provided him with a springboard to pursue his musical aspirations.

Largely drawing influence from DaBaby,

Maples released Pre-Czn, his first album. However, Maples would later break away from that mold and imprint his own style and flow on his newest album, Quantum-Czn. “On the Pre-Czn album I tried to do a DaBaby flow because that’s what was popping then,” Maples said. “[Quantum-Czn] was much more doing what I felt sounded the best.” Like most artists do, Maples continued to draw influence from the artists that inspire him the most, including Post Malone, Roddy Rich, and the late Juice Wrld.

“[Juice Wrld] was not all about rap,” Maples said. “It was rap, but he wasn’t in your face spitting really fast bars. It was a vibe, and that’s how I want my music to be. I want to be able to mix it up.” Maples shares those same sentiments for Roddy Rich’s ability to jump around a beat and mix up his style. Post Malone is on another tier for Maples. The top tier, in fact. He cited the superstar as his music favorite artist of all time. “I’ve watched so many interviews... and I just love his personality, how he handles himself,” Maples said. “[Post Malone] is an inspiration to me because he’s a white guy out here doing it.”

Maples has firsthand experience when it comes to race playing a factor in how others perceive him and his music. He participated in Coast 2 Coast Live, a competition that sees local, underground artists perform and compete for a chance to travel to Miami for a chance to make a big name for themselves at the Coast 2 Coast Live World Championship.

Seeing so many other aspiring rappers competing for the same goal was a challenge for Maples, and being the only white performer made it even harder. The crowd cheered for Maples after his performance, and he was greeted with a wave of handshakes, high fives, and praise. He thought he secured a spot in the top five, but he was left out to dry after the judges never called his name.

“That was probably the most challenging experience,” Maples said. “I recognized that I have a lot harder [of] a road than I think I do.” Maples knew the journey wouldn’t be a walk in the park, but that hasn’t deterred him. Some of the most challenging days were near the beginning of his journey when he dropped out of Columbus State University to pursue a rap career full time. Leaving his friends

and fraternal brotherhood behind to focus on producing music while working 40 hours a week at Chick-fil-A was a challenging experience, especially for an extremely sociable person, but one that shines his dedication to his craft.

Maples had a plan for his career from the beginning. He initially wanted to give himself a year to see how far he could go with his music, and with so many moving parts in the current coronavirus climate, the future is nebulous. For now, Maples is still 100% behind the Quantum C project and still has aspirations for a successful career in rap.

Maples now attends school at Full Sail University, a school with specialized majors in music and entertainment, among other fields. He’s also writing a book, The Quantum Experiment, about his journey into the music industry. Quantum C plans on releasing one more album, taking a look at what he’s accomplished to that point, and then making a calculated decision on what his next steps should be. “This experience is unforgettable even if it doesn’t take me to the next level,” Maples said. “It’s definitely going to be the best year of my life.”

NASCAR Runs Virtual Races due to COVID-19



By Damani Smith

Contributing Writer

With NASCAR having 36 scheduled races in the Cup Series annually, the season is already busy with teams traveling on a week to week basis. Race teams had made it to Atlanta Motor Speedway in Hampton, GA, before being told the race would be postponed and rescheduled at a later date due to the recent Coronavirus outbreak, which has caused a worldwide plague. NASCAR also cancelled the next five races, which were scheduled to take place at Homestead-Miami Speedway, Texas Motor Speedway, Bristol Motor Speedway, Richmond Raceway and Talladega Superspeedway. Since there will be no racing until mid-May, drivers decided to race on a virtual racing platform called iRacing and put on a show on FOX broadcast networks.

With nothing happening whatsoever during the weekend of the sched-

uled race at Atlanta Motor Speedway, NASCAR threw together a 100-lap race on "virtual" Homestead-Miami Speedway with 35 of NASCAR's stars on Sunday, March 22. Every driver in the NASCAR Cup Series was guaranteed a spot into the main event, while drivers in the lower series had to grab one of the few spots left in the last-chance qualifier. Four drivers made it in through the last chance qualifier, including NASCAR Truck Series regular Ty Majeski and NASCAR Xfinity Series competitor, Anthony Alfredo. Both are drivers who frequently utilize iRacing to become better real-life drivers, as iRacing is frequently used to give drivers extra practice when they cannot make it on the real track.

The race started with NASCAR Cup Series underdogs Garrett Smithley and Timmy Hill starting on the front row. Smithley led the most laps and was frequently challenged

by retired NASCAR Cup Series star, Dale Earnhardt Jr. and this year's Daytona 500 winner, Denny Hamlin. Towards the end of the race, Earnhardt Jr. and Hamlin would be the drivers battling for the win in the virtual showdown. Hamlin nudged Earnhardt Jr. coming off the final corner and won the race. He and several drivers who decided not to participate in the event decided to donate \$5,000 to those who are being affected by COVID-19, which is a win for more than just Hamlin.

The following Sunday, March 29, the second virtual race was held at "virtual" Texas Motor Speedway. This week, Majeski and Alfredo once again made it through the last chance qualifier, with NASCAR Xfinity Series driver Alex Labbe also making it in. Labbe had not attempted the prior week's race so this was his first event. This race also had semi-retired NASCAR Cup Series star, Greg Biffle competing.

Photo Courtesy of iRacing.com

This event started smoothly, but an accident occurred on the backstretch with the caution not being thrown out, which many fans and drivers found odd. However, the yellow flag was thrown out eventually, being that this was most likely a glitch in the system. Ultimately, the race finished with few problems, but a memorable finish.

NASCAR Cup Series underdogs Ryan Preece and Timmy Hill battled until coming to the checkered flag, with Hill ultimately winning. Hill is known for driving cars with used equipment and finishes last in real NASCAR races, so this was a huge deal for him, proving he could possibly be a winning racer if the right opportunity arises in the real world. Every weekend there will be a virtual race on one of the FOX networks. Anybody can enjoy them, especially those who are hardcore gamers.



Photo Courtesy of iRacing.com

Depression After Graduation: A Contemporary Look

By **Terrion Newton**

Editor-in-Chief

University students from several generations used to be exposed to the narration that obtaining a college degree will drastically decrease chances of rejection with job searching. However, that narration has nearly become extinct, as young college graduates become more aware of the real-life struggles that come after earning a degree. If not all, most college graduates know that they must be aggressive and proactive when selling themselves to potential employers. Recent UWG graduate, Jaymie Boyd, discusses the dark side of life after getting that golden degree.

She recounts the many moments she felt hopeless and became more doubtful about finding a job that she actually loved doing. Even after she landed a job, Boyd still knows that she has not yet reached her highest potential with being in a career field that she fully enjoys. Those worries still remain in the back of her mind. "I started experiencing depression around August," Boyd said.

"Everyone kept asking me what I was going to do- I had anxiety from getting my bachelor's because I knew I also needed to get my master's

sometime down the line." Boyd's depression slowly grew not only because she could not find a job she wanted, but also because she lacked the funds, she needed to do basic things for herself. After months of searching for positions that were related to her degree, Boyd started to realize she needed to settle momentarily for the next best thing.

"I applied to work for Target, a hostess position at a restaurant, and even a thrift shop," Boyd said. "The thrift shop later told me they could only pay me minimum wage, even though I had previous retail experience. There were even several of my family members who would tell me that they could help me get jobs, but they never followed through with it." Boyd would soon learn that her journey of being unemployed would be extended for another few months. Her depression became worse as she continued to seemingly fail at creating her ideal post grad situation.

"My mother, especially, played a major role in my depression," Boyd said. "She kept harassing me about finding something, and it also hurt me because I wasn't contributing anything financially to the household. "It made me feel like a

burden," Boyd continued. "She always hinted at me that I needed to try harder, even though there was no such thing as trying harder, because I was at my peak with trying. I was so down.

I tried not to show my family my emotions, so I just kept it all in." Not only was Boyd facing the challenges of answering to her immediate family every single day, but she also had to deal with being the "odd one out" among her group of friends. Recent college graduates find it hard to cope with unemployment not only because their bank accounts suffer, but because they start to feel that huge, loud label of laziness and failure creeping up on them.

Most times, that label is completely false. After almost a year had passed, Boyd found a job that actually centered on her bachelor's degree. "It came out of nowhere," Boyd said. "Surprisingly, a person I only knew for a short amount of time helped me get it, I was super happy!" Boyd majored in psychology and is currently working in the field of child psychology. Even though she is ecstatic to be able to work in an occupation that is close to her "dream", Boyd admits that she still has

another journey to tackle. "Now that I am actually working, my new concern is finding an occupation I want to do long term," Boyd said. "I am currently working in occupational therapy, but I want to be in clinical therapy instead."

In order to obtain a specific clinical therapy job, Boyd has to return to school and earn a master's degree. "I think my professors and advisors could have been a bit more realistic with me about the struggles of finding a job," Boyd said. "It should be talked about way more."

Even though Boyd endured her fair share of post grad depression, she heavily promotes the idea that all students going through similar situations as her to stay consistent in their work. "You cannot give up, you have to keep going," Boyd said. "Show up to potential jobs, introduce yourself. Ask a lot of questions, make them notice you!"

Boyd does not wish for anyone to change their mind on attending college because of its inevitable challenges. However, she does want individuals to be aware of the problems they could face afterwards and take the necessary steps to minimize hardships.

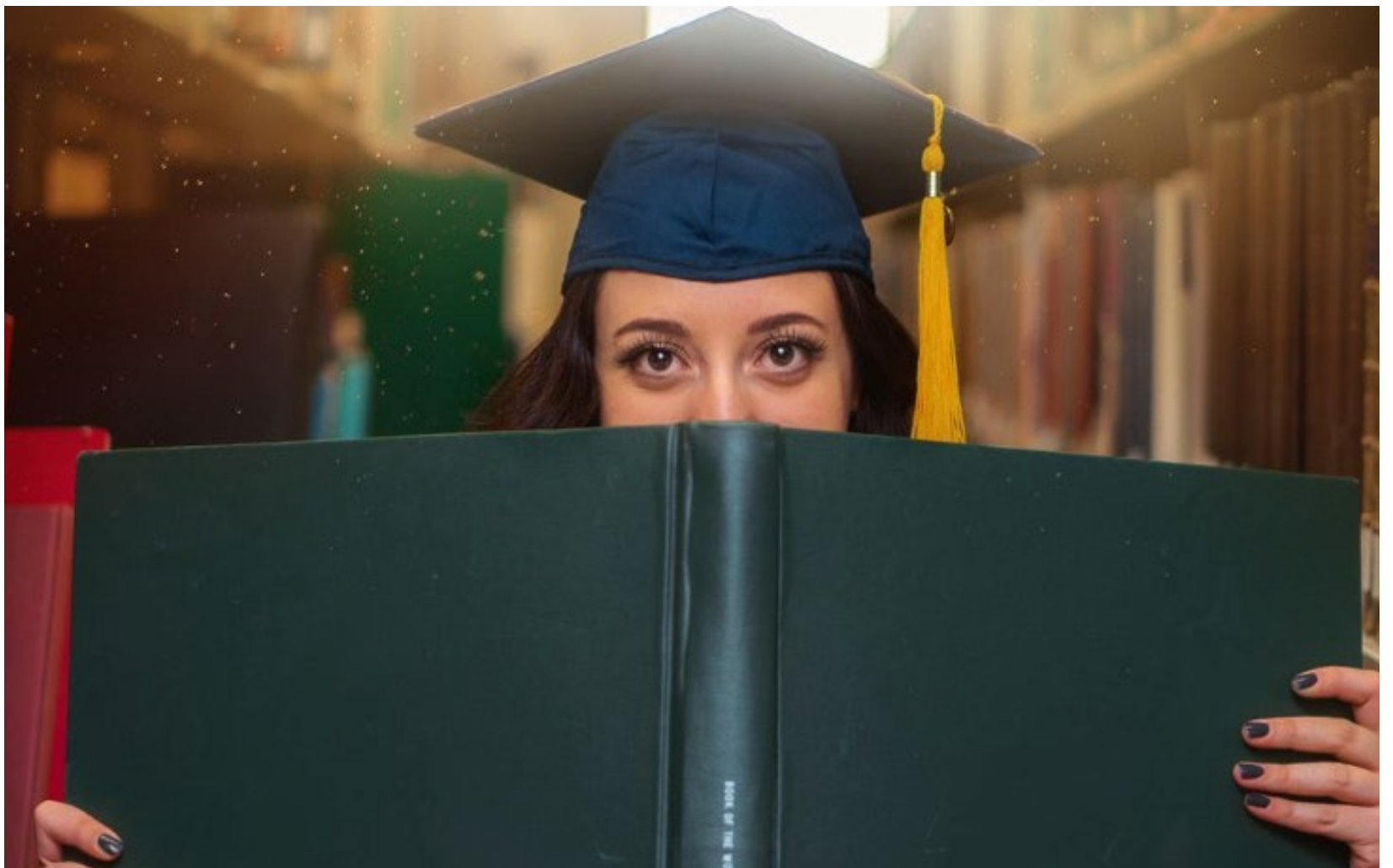


Photo Courtesy of The Tampest

The Struggles of UWG Faculty Since School Cancellation



Photo Courtesy of Nassis & Associates

By Paige Scott
Contributing Writer

With the University West Georgia transitioning to online base classes for the rest of the spring semester, a lot of faculty and students are not used to these types of classes. One of the facilities on campus that is really taking a big hit from the COVID-19 virus is the Bursar's office.

The workload for the office has doubled because of the cancellation of the rest of the semester. They are having to deal with refunding students

that lived on campus and also had meal plans as well, determining the right amount students should get from this semester.

"This is a crucial time for us. We are dealing with the COVID-19 that affected the spring semester," says Tommy Jenkins, Associate of the Bursar's office. "I want students to know even though the spring semester was cancelled we are working diligently to make sure the upcoming summer semester will have no problems."

With all the calls and emails that the office has been receiving during

the past two weeks because of the COVID-19 virus, the Bursar's office has been a hectic environment.

"We are trying to work as hard as we can so students can get their money back for the spring semester, but we are dealing with every student that lived on campus and had a meal plan," says Jenkins. "We are making sure every student gets what they are rightfully owned back from the school."

On top of everything else the bursar's now has to begin adjustments with the university's recent decision to move all sum-

mer courses strictly online. "Right now we are working very hard to make sure the summer semester is intact so that students can feel comfortable registering for classes and knowing they will be able to complete them," says Jenkins.

"Even though the University systems of Georgia have cancelled face-to-face classes for the May and summer semester we are making sure all the classes can be moved to online class. The Bursar's office is working to make sure students are not getting the short end of the stick."



Photo Courtesy of Reeves Young