



## THE RUNDOWN ON THE NEW 5-DAY COVID-19 QUARANTINE AND ISOLATION AT UWG

AMANDA CLAY

Health Correspondent

Photo Courtesy of UWG Bookstore

Here is what University of West Georgia students need to know about the new 5-day quarantine and isolation guidelines. The Georgia Department of Public Health (DPH) recently shortened the isolation and quarantine guidelines by 5 days following the CDC's recommendations released in December. These guidelines apply to all students, faculty and staff at UWG.

The differences between isolation and quarantine are important to differentiate to understand the guidelines. Quarantine applies to individuals who have been exposed to COVID-19, while isolation refers to individuals who have tested positive for the virus.

Individuals who have tested positive for COVID-19, regardless of vaccination status, should now isolate for 5 days, according to the new guidelines. Following the isolation, the infected individual can return to normal activities while wearing a mask for another five days if their symptoms are resolving or they are without fever for 24 hours.

For a COVID-19 exposure, these new guidelines differ for unvaccinated and vaccinated

individuals. Fully vaccinated individuals who have become vaccinated within the past six months (or last two months with the J&J vaccine) do not need to quarantine at home. Instead, the DPH encourages mask wearing for a full 10 days and testing on day five.

Unvaccinated individuals and individuals who became vaccinated more than six months ago (or the last two months with the J&J) should quarantine at home for five days, followed by five days of mask wearing. Testing on day five is recommended.

The CDC cites research demonstrating that most COVID-19 transmissions occur early on in the course of illness as a factor for the updated guidelines.

Dr. Eric Heine, Medical Director of Health Services at the University of West Georgia, said that even with this research, there are limitations and it is important for individuals to wear their mask for the full five days.

"There are several studies that the CDC used to come to these recommendations, but they also cite that there are limitations

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to the evidence from these studies," said Dr. Heine. "Even the CDC recognizes that there can be ongoing viral transmission after five days, which is why they state that it is very important that (a) individuals' symptoms must be improving and that (b) they wear a "well-fitting mask" for another five days while around other people."

It is important that individuals be fever free without the use of fever-reducing medications to end the isolation to end the quarantine, according to Dr. Heine. Individuals who did not exhibit fever from the start of the infection can use the improvement of other symptoms to gauge progress.

"...The DPH recommends that the other symptoms (such as cough/congestion, body aches, etc.) should be improved before qualifying for the five-day option," said Dr. Heine.

"Loss of taste/smell, however, can last weeks to months."

COVID-19 vaccinations and tests are provided free of charge to all students, faculty and staff at the UWG Health Center.

# LIVING WEST

## WALK IT OUT: EXERCISE IS MEDICINE WELLNESS WALKS GETS UWG MOVING

**TAYLOR BLESSETT**  
*Contributing Writer*

Every Thursday, students, faculty and staff of UWG can join the Exercise is Medicine (EIM) Wellness Walks that are held at the University Community Center (UCC). For 30 minutes, these one-mile walks are highly encouraged to incorporate physical and social wellness and are appropriate for all fitness levels.

Chrissy Knoll, the Exercise is Medicine on-Campus Coordinator and faculty member in the Health and Community Wellness Degree Program started off the wellness walks as a class project for the students under the Health and Community Wellness program. This class project then became an all-inclusive, collective event that is meant to get

students and faculty engaged and active during the day while they are on campus. EIM Wellness walks are an easy way to avoid potential diseases, tiredness and midday slump.

“As part of the Exercise is Medicine on-Campus program, one of the things that we are required to do is offer opportunities for physical activity”, says Knoll. “A wellness walk is a really good way to do that and enables us to reach a wide audience, a lot of the campus community and it was a program and a service that we thought we could offer everyone on campus.”

The EIM walks allows participants to meet up with their favorite colleagues, professors or even classmates, while also meeting new faces and networking.

“My goal is to make this an event that people look forward to each week and to say, ‘Alright, I get to go outside and meet up with different people on campus and be social while I am active,’” says Knoll. “The main goal is to provide exercise but also have people

get the chance to network. With the walk, people can have the social and physical wellness of the walks.”

Exercising can be a challenge while doing it by yourself and the EIM walks make it easier by allowing participants to be social while they walk. Being socially active keeps the mind distracted, allowing participants to forget all about their day-to-day stresses and are actively present in their workouts being just as important as physical wellness.

“We encourage people to find something that allows them to be active during the day,” says Knoll. “The message that we would like to send with the wellness walks is to move throughout the day. Get up and try to incorporate activity and with the wellness walks, it gives everyone a really quick and easy way to do just that.”

In case of weather restrictions, participants can stay updated by texting @uwgwe to 81010 to stay current with location updates and weather inclinations; an indoor alternative is also available for those walkers that would still like to get active.

## UWG POSTPONES STUDY ABROAD TRIP TO AUSTRIA

**ANSLEY BUTLER**  
*Contributing Writer*

The UWG summer 2022 study abroad trip to Vienna, Austria has been postponed due to the ongoing COVID-19 outbreak.

The cancellation affects credit hours and graduation plans for many students. UWG’s German department is offering classes over the summer in replace of the trip to accommodate students’ needs. The trip was planned to help students gain cultural awareness of the culture and improve language skills.

“All decisions are made with the students’ health and

safety in mind, it is our number one priority,” says Dr. Anne Gaquere, the Director of Education Abroad for UWG. “It is hard to predict how the situation will evolve and we constantly have to look at data and trends.”

Since 2020, The University of West Georgia’s Office of Education Abroad has been faced with program cancellations.

Universities are trying their best to adapt to these occurrences in order to help students meet their needs. The Office of Education Abroad at The University of West Georgia implemented new ideas to allow students to still be involved, including virtual study abroad options. This includes virtual tours and communicating to partners from overseas.

“These partnerships are continuing for the benefit of all,” says Dr. Gaquere.

Although this may not be the ideal image of study abroad, the ability to acquire a knowledge of new cultures and ways of thinking is still able to be offered to the students. Fortunately, some study abroad programs remain. UWG is still tentatively offering trips for 2022 including South Korea, Italy, London and France through the UWG Richards College of Business.

Students are required to follow procedures before entering European countries. Some countries mandate up-to-date vaccinations while others require a quarantine for unvaccinated visitors. In addition, all students must produce a negative test before entering the country.

Dr. Gaquere feels optimistic about the future of study abroad programs and hopes the program can return in 2023.



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# LIVING WEST



## UREC HOSTS SUPER SMASH BROS TOURNAMENT EVERY MONDAY IN FEBRUARY

**JANNETTE EMMERICK**

*Feature Editor*

Photo Courtesy of University Recreation Marketing Department

UWG offers weekly video game tournaments in the Campus Center, including “Super Smash Bros” tournaments for the month of February. Students interested in playing “Super Smash Bros” or meeting other gaming students are invited to the Game Room located in the Campus Center on the first floor every Monday for the month of February, 5-8 p.m.

“We’ve been doing esports with UREC for about a year now,” says Kelli Breed, a Program Assistant for Esports. “We provide events for students to participate in tournaments with multiple different games.”

UREC previously hosted a “Rocket League” tournament in the month of January.

In Rocket League, players drive cars on a soccer field and must score the giant soccer ball in the enemy goal. The game is immensely popular and easy to enjoy and learn for amateur gamers and non-gamers.

“We were able to use the Esports Arena during the semester, which has 10 PCs in the back [of the Game Room] but they are pretty much state of the art PCs,” says Breed. “It’s really fun to be able to see everyone at a speed where there is no lag. It’s a great setup for all of them.”

The Esports Arena allows students to play with less delays and the quality

computers allow for ideal graphics thanks to the Local Area Network (LAN).

For the next set of tournaments, UREC will host the Super Smash Bros League, with Nintendo’s popular game “Super Smash Bros Ultimate” because of its approachability for both experienced and inexperienced players.

In “Super Smash Bros Ultimate”, players choose a character from other video game franchises including “Pokemon”, “Legend of Zelda” and “Super Mario” among many others and fight against other players in a platform arena. “Smash Bros” holds a similar reputation to “Rocket League” in that the game allows anyone from any background and most any age to play and enjoy.

“[Video games] are something shared that can bring us all together,” says Breed. “You don’t have to be good at Smash to know how to play Smash, you just ‘smash’ the buttons, it’s in the name.”

After the Smash Tournament in February, they plan to host tournaments for the racing game Mario Kart and the NBA game 2k22. Come April, UREC plans to host an Esports showcase where students are invited to drop by the Game Room and just play and see what will be offered throughout the remainder of the semester.

“We’re open to all students,” says Kelli, “We try to be beginner friendly but we also host tournaments where there are actual tournament rules that you would find in a tournament with a prize of cash.”

UREC offers gamers and even non-gamers the opportunity to connect and find communities with common interests.

“There’s basically three pillars of esports on campus, there’s us, the university recreation portion,” says Kelli. “The second pillar is the Esports Club and they work under us. They go ahead and compete through their own teams and we don’t control what they do but they work with us. The third pillar would be the Varsity Team.”

UWG has a few Varsity Esports teams put together by students, including a League of Legends Varsity team. There’s four main “Super Smash Bros” teams. All the Varsity teams are coached by Joseph Lee, the university’s inaugural E-sports coach.

Whether students are wanting to compete in Esports or simply make some friends, UWG provides a platform to connect and compete in the Campus Center’s Game Room.

Students can attend as many Monday tournaments as they want for the chance to compete in the final championship on Feb. 28.



# LIVING WEST



## THE TRUE VALUES OF GREEK LIFE

**DOUGLAS SALTER**  
*Contributing Writer*

Photo: Douglas Salter, *The West Georgian*  
Greek Unity is a big factor among

The members of Greek Life see their organization as something bigger themselves. Organizations are founded on values and friendship that stretch a lifetime. Students develop leadership skills, social identities and build connections through active members and alumni which may lead to future opportunities in their careers.

“My fraternity brothers have really helped me balance my life by studying together,” said IFC Member Diego Alfonso. “I make sure that I space out my schoolwork and social life so there is a fine balance between the two. I enjoy being held accountable for my actions so having a support system behind me making sure I finish my assignments and am doing well mentally is the greatest advantage.”

In the Carrollton community some Greek Life organizations volunteer to help the city. Greek Organizations have cleaned the Greenbelt walking trail, volunteered at local reach out events and even have helped with different organizations based in Carrollton for a better cause.

Greek Life partners with charities and volunteers in the community including St. Jude Children’s Hospital, The Starkey Hearing Foundation and The Make-A-Wish Foundation. Organizations raise money for donations to their philanthropies including spirit nights at restaurants and pieing for charity events where anyone can donate money to pie members. Some have even held tournaments with different games such as cornhole.

Greek Life as organizations love to come together as a community. Organizations will partner for philanthropy events and school events, such as the Alpha Gamma Delta Lip Jam dance competition. Fraternities team up to dress up and dance to raise money to donate to their designated philanthropy. All 26 organizations compete in “Greek Week”, a competition-based event that includes penny wars, family feud, scavenger hunts and banners.. Fraternities and sororities from different councils join together to compete and win money for their philanthropies.

Greek Life engages the college experience with good values, pure relationships and building a better community.

## CHIP ON THE OLD BLOCK: CHIP’S BURGER BAR COMING TO CARROLLTON

**ALANNA KING**  
*Contributing Writer*

Chip’s Burger Bar has a new home at 301 Adamson Square. The Carrollton staple restaurants, Plates and Uncorked, sold its coveted spot on the square after 14 long years. While Carrollton residents say goodbye to its beloved restaurant, Chip’s Burger Bar will offer a brand-new concept to Carrollton.

“The name for Chip’s Burger Bar is named after my dad, Chad ‘Chip’ Rowell, a nickname given to him some years back as I was growing up and it kind of just stuck,” said Molly Rowell, a member of the management team for Chip’s

The Chip’s team has been hard at work during the past two months bringing the restaurant to life, according to Rowell.

“On the first floor it is a fast casual dining experience, where customers order from a counter, they grab a seat and a food runner will bring their food out to them,” said Rowel. “For the second level we will have a full-service bar

with sit-down service. There will be crafted cocktails and games.

“We did a complete redesign on the main level as well as the bar up-stairs,” continued Rowell. “A focus we had is keeping some of the historic feels, such as exposed brick, as much as possible throughout the space.”

While the process has not been without challenges, Rowell remains optimistic. “The biggest obstacle that we are running [into] so far is the overall set up of how the restaurant is going to run,” said Rowell. “It does help that our team already has so much experience under their belt and we are able to make decisions and have discussions together about overcoming these obstacles whether that be with the point-of-sale system, the layout, or the menu options.”

Rowell is the most excited about the menu, centered on high-quality burgers, that is unique to Carrollton’s dining scene.

“We have some amazing protein options for the burgers as well as really awesome shareable[s] and sides,” said Rowell. “Along with our crafted cocktails we will have multiple craft beers to choose from as well as hand-spun alcoholic milkshakes.”



As for her inspiration for the restaurant, Rowell points to her love of food and downtown Carrollton, as well as her dining experiences around Atlanta.

“We are frequent at restaurants with some similar concepts in the Atlanta area, so basically we took everything we loved and decided to make something unique and our own for Carrollton,” said Rowell.

The restaurant has some exciting times that lay ahead, with a menu release due in February and a grand opening in March. Chip’s is now hiring employees to be a part of the team. While customers patiently wait to get a taste of Chip’s, they can see updates on their Facebook and Instagram pages at Chip’s Carrollton.

“Our goal is to have great experiences for customers while also bringing a menu that is a bit different from what we have in downtown Carrollton,” said Molly Rowell, a member of the management team for Chip’s.



EDITORIAL



WHAT IS CRITICAL RACE THEORY?

ALEX AMOS  
Contributing Writer

Critical Race Theory (CRT) has gained popularity and traction because of recent controversy of new legislation HB8 and HB11. The bills have spread across the United States and several variations of the bill are on the way. Multiple states are discussing whether or not CRT should remain in schools and the gravity of social media has led many people to make their own general interpretations for the definition of CRT. These generalizations have led to the spread of misinformation. Critical race theory focuses on a systematic approach to racism rather than an individual one. It challenges the societal standards of race and allows people to view a larger picture beyond themselves. According to Purdue University’s research, “Critical Race Theory (CRT) is a theoretical and interpretive mode that examines the appearance of race and racism across dominant cultural modes of expression.” Critical race theory was created in the 1970s by a group of tenets that promoted anti-racism. The scholars invited different non-legal influences to share their ideas

at conferences across America. They welcomed ideas from Malcolm X and Martin Luther King Jr. Later in the 1970s, two Harvard professors of law, Alan David Freeman and Derrick Bell, supported the theory by publishing two articles. These articles cemented them as proponents of critical race theory. The student population at the time accepted and found the theory to be interesting. Bell’s students took the theory and expanded upon it. “The color-blind law theory has never been the law,” said Freeman in his essay, Legitimizing Racial Discrimination Through Antidiscrimination Law: A Critical Review of Supreme Court Doctrine. “The Supreme Court has, in fact, explicitly upheld the use of racial classification on a number of locations.” “The quest for the symbolic manifestation of new rights and the search for new legal theories have often failed to prompt an assessment of the economic and political conditions that influence the progress and outcome of any social reform improvement,” said Bell. Two of Bell’s students, Mari Matsuda and Kimberlé Cren-

Photo Courtesy of the Associated Press

shaw, hosted the first conference titled New Developments in Critical Race Theory, in July of 1989 in Wisconsin. The conference was held at the University of Wisconsin-Madison. It was a well-planned workshop that discussed the “intersection of critical theory and race, racism and the law.” “The problem is a system that reproduces bad outcomes,” said Matsuda for The New York Times in “Critical Race Theory: A Brief History”. “It is both humane and inclusive to say, ‘We have done things that have hurt all of us, and we need to find a way out.’” Today, there are several uses for critical race theory. It can break down the mistreatment of people of color (POC) and ultimately POC has the resources and the technology to build a better society with CRT. “For me,” said Matsuda. “critical race theory is a method that takes the lived experience of racism seriously, using history and social reality to explain how racism operates in American law and culture, toward the end of eliminating the harmful effects of racism and bringing about a just and healthy world for all.”

RECESSION PREDICTION: POSSIBLE RECESSION BY END OF 2022

BRITTANY MERSFELDER  
News Editor



Photo Courtesy of The Associated Press

It is only the beginning of February and signs of an oncoming recession are prominent. Stocks have been plummeting since the end of December only to extensively crash in the last two weeks. The United States is long overdue for a recession, meaning what is coming has been brewing for years. Inflation is at an all-time high compared to just two years ago, prior to the Biden administration. These same signs happened in the 2008-2009 recession under the Obama administration. According to Bloomberg, the rate of inflation is approximately 7%, double the rate from 2008 which hit 3.84%. The current rate of inflation exceeds the rate from 1982 in the 12-month span, which was .5% a month back then. One cause of inflation would be related to the COVID-19 relief unemployment many received in ear-

ly 2020 through March of 2021. Another related cause is the many stimulus checks that were sent as well as what is known as the “Great Resignation” where many have quit their jobs. This leaves many jobs open to fill and businesses are hiring in every department of their company. Select states such as New York and California have fixed their unemployment issues however many other states are still experiencing the effects of the “Great Resignation.” This mass quitting has caused a rift in the economy, mimicking that of 2008. This expectation of a potential war outbreak can immediately create the start of a recession in the event it does happen. At the moment, there is potential for war to break out overseas; Russia is moving its army around the border of Ukraine and is expected to invade after the winter Olympics in

China. This has made prices of oil increase as reported by the U.S. Energy Information Administration. The stock market has steadily been crashing over the past two weeks, this includes cryptocurrency. Crypto has a huge effect on our economy and around the world; when it crashes, everything will follow suit. Bitcoin is the major Cryptocurrency around the world and has dropped drastically in the last two months. Once the Bitcoin stock began to crash, NASDAQ followed not too far behind. The Federal Reserve has begun tightening on policies in the realm of stocks and bonds. This makes for stocks to crash harder for longer periods of time due to the policy change. Prices on everyday items have already begun their rise, making the average American household suffer in the wake. The price of a gallon of milk last year



# SPORTS



**WOLVES BASEBALL  
SCORE 51 RUNS  
IN SEASON-OPENING  
SERIES**  
**TREVOR GONZALES**  
*Contributing Writer*

The UWG Wolves Baseball team kicked off the 2022 season with a three-game sweep over the Kentucky State Thoroughbreds. The Wolves outscored the Thoroughbreds 51-4 for their series wins at Gary Woodfin Cole Field.

**Series Opener:**

The season opening series began on Feb. 5 with a doubleheader with newcomer Jackson Hodnick on the mound pitching. The St. Johns River State College transfer was solid, throwing for four innings while only allowing four hits and two walks with seven strikeouts. Outfielder Edgar Cruz had the first RBI of the season with an RBI single in the second inning.

The Wolves would add two more runs in the third inning after a fielder’s choice RBI by Jonathan Logsdon followed up by an RBI single by Senior transfer Fuzzy Furr. Junior Ronny Piepmeier relieved Hodnick in the fifth inning; pitching two innings and giving up one hit, one run and four strikeouts.

The Wolves would score five runs in the fifth inning. Furr had another RBI with a double and shortstop Sam Ledher had a bases-clearing three-RBI double to cap off the fifth. The offensive explosion continued as six more runs were scored in the bottom of the sixth. Freshman pitcher Andrew Smith came into the game to pitch the final inning, allowing no hits and a strikeout giving the Wolves a 1-0 start in their first game.

**Game Two:**

Game two of the doubleheader started shortly after the conclusion of game one. Another transfer pitcher made his debut on the mound as former Tennessee Tech and Cleveland State Community College ace Jonathan Hickman took the mound. The Ringgold, Georgia pitcher was

phenomenal for the Wolves, pitching five innings, allowing only three hits with one run and seven strikeouts.

Anthony Calabro, another transfer from JUCO South Georgia State, brought in the first run of the game with an RBI single driving in Brody Wortham. Fuzzy Furr then hit the first home run of the season for UWG with a solo shot in the second inning to quickly take a 2-0 lead. Entering the top of the third with a 2-0 lead, UWG would blow the doors open scoring six runs in the third and another nine runs in the fourth giving the Wolves a 17-1 lead over the reeling Thoroughbreds. The game would be called at the end of the top of the fifth.

**Game Three:**

Another breezy, cold day of baseball was on tap on Feb. 6 as the Wolves broke out their Sunday red uniforms. The first familiar face UWG fans got to see from last year’s team was pitcher Robert Coleman. Coleman was on the mound for his first start of the season. Coleman pitched four solid innings, allowing only one hit with no earned runs and six walks.

“I think my first outing went really well, besides all the walks. The umpire showed that it was going to be a tight zone early so I was able to adjust early. Instead of working side to side like normal, I had to work my stuff from the top of the zone to the bottom,” said Coleman after his outing. Three pitchers each threw an inning of relief with Jenson Barker, Brycen Jones, and Garrett Mishoe making their first appearances of the year.

Sunday’s offensive output began immediately as the Wolves scored seven runs in the bottom of the first inning. Sam Ledher had an RBI double to kick things off as Brody Wortham and Anthony Calabro scored. UWG led 7-0 and did not score in the second inning.

Calabro would hit his first

**Photo Courtesy of Brian Carmichael**  
home run of the year with a two-run shot to right-center field in the third, “It felt great honestly, trying to work up the middle and I got a pitch middle-away and I was able to hit it hard enough with enough backspin to knock it out of here,” said Calabro.

The most notable moment was preseason All-American first baseman Brody Wortham who hit a grand slam to cap off the third.

“I had a few hits Saturday and that helped me with my confidence Sunday,” said Wortham. “I saw the first hit fall and after that, I had all the confidence in the world. Saw a few backside hits and there was one I was able to turn on and knock it out of the park.”

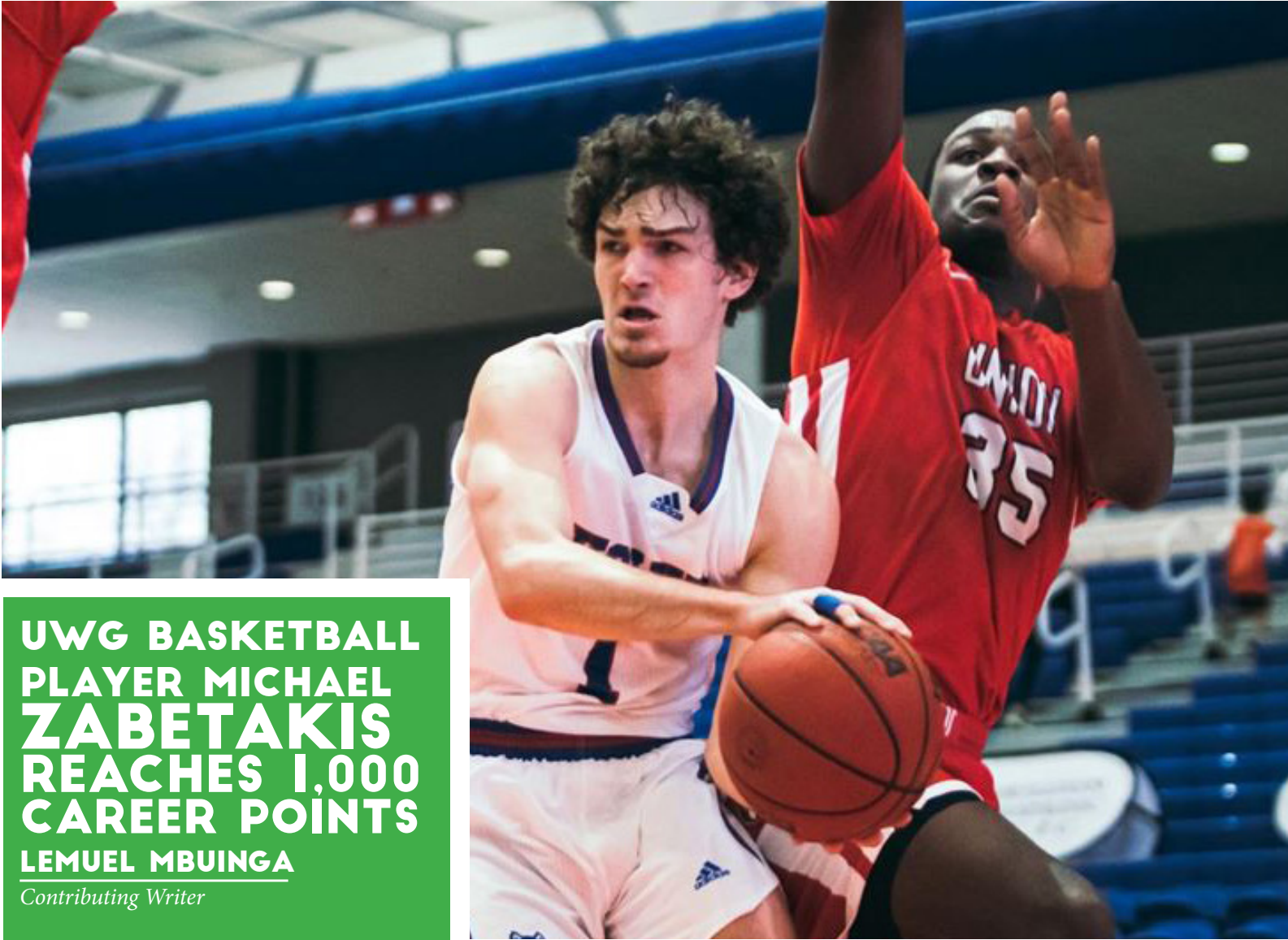
The Wolves scored two more runs in the fourth, giving them a 17-0 lead. The UWG pitching shut down the Thoroughbreds as they did not score a run until the top of the fifth inning off of reliever Jenson Barker. Jackson Webb’s three-run home run in the sixth gave the Wolves an extremely comfortable and impressive 20-2 lead. Garrett Mishoe closed out the game pitching the final inning and striking out two batters.

“It feels great. One to nine we are unbelievable hitting,” said Wortham [When asked about the 51 run outburst to start the season]. We’re probably deeper hitting this year than we’ve ever been since I’ve been here. I know all our guys can swing it and I have all the confidence in the world in my guys.”

The Wolves are on the road to a three-day Florida swing on February 11, 12, and 13 against Lynn, Palm Beach Atlantic, and Nova Southeastern before returning for a home contest against Augusta on February 15. With the number of runs this team scored in the first three games, this team is entertaining and has a chance to make some noise in the Gulf South Conference.



SPORTS



**UWG BASKETBALL  
PLAYER MICHAEL  
ZABETAKIS  
REACHES 1,000  
CAREER POINTS**  
**LEMUEL MBUINGA**  
*Contributing Writer*

Photo Courtesy of UWG Athletics

He’s a bad man! Michael Zabetakis of the UWG men’s basketball squad has been having a memorable career. He scored his 1,000 point against Mississippi College on Jan. 29, hitting a milestone that only three players in UWG history have reached.

The 6’5 senior guard out of Cumming, Georgia never thought this is where he would be in college basketball.

As a firstyear player back in 2018, Zabetakis played alongside Marquill Smith, who was one of the top players in the Gulf South Conference. Smith was named Gulf South Conference player of the year and averaged 27 points a game.

“When I came here, I didn’t think I would

reach that 1,000 point mark,” said Zabetakis. “I just kind of wanted to do my part and be a regular guy but I passed that. My goals were way less advantageous when I first came here.”

Last season, Zabetakis was honored with the Gulf South Conference Commissioner’s Trophy. Adding a scoring record to his resume shows how dedicated he is to basketball. These awards don’t come by coincidence but through hard work and commitment. With the help of his teammates, he can play the game with poise and confidence, something he does not take for granted.

“Outside of practice every day, I put up extra shots to try to get better,” said Zabetakis. “That

helps me to be more consistent in the games because I’m putting in extra work. When it comes to the games, I don’t have to try to force things or take bad shots because I have good teammates around me that can put me in positions to score.

“My experience here has been great,” continued Zabetakis. “I just like the campus life here and being able to represent the school in some way. I’m glad I chose to come here because I really enjoyed getting to know my teammates.”

There’s no question that Zabetakis worked hard to receive those two awards. He has proven to be one of the best players in the conference. Like they always say; success doesn’t happen overnight.