



## UWG NAMES ALUMNA CHIEF WELLNESS OFFICER

**AMANDA CLAY**  
*Health Correspondent*

Photo Courtesy of Bridgette Steward

programs and services that enhance the UWG student and employee experience. This includes improving programs such as counseling and disability services. They are also responsible for coordinating between on and off-campus resources.

Under President Brendon Kelly's new strategic plan 'Becoming,' the university is working to implement a holistic, whole-person view for students. The university bases the framework of its wellness program on the National Wellness Institute's Six Dimension Model. The six dimensions are emotional, occupational, physical, social, intellectual and spiritual. Part of the holistic model involves making sure that all departments at the university are working together.

"The Integrative Wellness Framework was called for in UWG's Strategic Plan and outlines our collective approach to embedding wellness into organizational plans, policies, practices, work plans, and decision-making," said Steward. "Working collaboratively across divisions and departments and in the community can substantially positively impact how our students, faculty, staff and community members live, work, learn and play."

Steward says that part of improving university wellness is to regularly assess and identify

To continue with the University of West Georgia's mission of creating and maintaining a system-wide culture of wellness, UWG has named former Health and Community Wellness Program Coordinator, Bridgette Steward, as the new Chief Wellness Officer (CWO).

As an '03 graduate school alumna of UWG, Stewart has worn many hats during her time employed at the university. In addition to her previous role as Coordinator of the Health and Community Wellness Program, she has served as Founding Director of the Wolf Wellness Lab. Steward says she has always wanted to serve in a capacity that helps people meet their wellness goals.

"My undergraduate degree is in Sports Medicine from Berry College in Rome, GA," said Steward. "I have always had a passion for helping people live up to their full potential and achieve their goals in health and wellness. I chose that specific major because I knew I wanted to teach and work in higher education."

The role of the Chief Wellness Officer (CWO) involves constructing, executing and maintaining leadership for UWG. Including wellness initiatives,

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any gaps and redundancies in services and resources.

"Institutions have made and continue to make significant investments in wellness support but often struggle to evaluate their effectiveness," said Steward. "CWOs have ownership and influence over these investments and their resource distribution. They are expected to conduct rigorous assessments to make informed decisions on what the college or university should keep doing, what it should start doing, and what it should stop doing."

Steward says that she hopes to improve mental health resources and outlets for students during her time as CWO. She also has plans to develop a comprehensive campus-wide food insecurity program, in addition to collaborating with the Center for Economic Education and Financial Literacy to educate both students and employees on financial wellness practices.

"We want you to leave UWG better than you found it, both professionally and personally," said Steward. "Becoming is about what we grow to be. Wellness is about growth in all areas of your life. It is about finding your sense of purpose."



# LIVING WEST



UWG’s Blackwell Prize writer Amina Gautier shared harrowing short stories of loss with the Newnan and Carrollton communities over her two week visit.

Gautier is an Associate Professor of English at the University of Miami and has picked up steam as a renowned short story author with over 140 stories and three collections.

In 2018, Gautier became the first African American woman to achieve the PEN/Malamud Award founded in 1988. She also received the Chicago Public Library Foundation’s 21st Century Award prior to the PEN/Malamud award.

All three of Gautier’s published short story collections have also achieved many awards including the Elixir Press Award in Fiction, the Phillis Wheatley Award, the Hurston/Wright Award and many other highly distinguished awards.

“Ten years before I published my first book, I spent 2000 to 2010 just writing short stories and creating a portfolio,” says Gautier. “Until I had a whole portfolio and then spent ten years submitting those stories to the different literary journals and contests that I respected. Just building up a name for myself.”

The Blackwell Prize in Writing is chosen from nominated individuals and given to a writer each year who is recognized for their printed writing and ability to engage an audience on the public stage.

This year the collection

distributed was “The Loss of All Lost Things”, stories which circle themes of loss in varying capacities and perspectives.

“I get most of my ideas from life,” says Gautier. “From images that I see or think about or characters that I come up with. Most of the time, I will do what I call ‘Macgyvering’ where I take different things that are on my mind or different things that I’ve seen. And just sit there until I create a story out of them.”

In Gautier’s talk at Newnan Campus on Mar. 15, Gautier explained that she has never had writer’s block because even though she pauses work for a story to think about it, she will switch gears to work on another simultaneously. This is a style that is not universal for all writers but that has worked well for Gautier.

“The first advice for anyone who wants to write is read, read, read, read,” says Gautier. “I know people get tired of people saying that, but read, read, read, read, read.”

Gautier also suggests that aspiring and even seasoned writers be able to know the difference between editing and revising. Among writers, editing usually connotes cutting and tightening a work whereas revising encourages expanding and adding.

“[When editing] you don’t think about adding, you only think about subtracting,” says Gautier. “And for a third piece [of advice]: Don’t forget that your characters are based on real human beings,”

Photo: Janette Emmerick, *The West Georgian*

says Gautier. “Obviously they aren’t *real* people. But sometimes writers forget they are based on people and tend to treat them as a means to an end rather than giving them humanity and complexity.”

Gautier also focuses heavily on the human lives of her characters as shown in her stories, in which she expresses that she only has two happy stories out of her 140.

“One more piece of advice,” says Gautier. “Keep in mind that literature and film are two different disciplines. What works on the screen may not necessarily work on the page. It means that when you do have characters move around in fiction, their movement has to count. If you’re going to describe the minutiae—the little movements that a character is doing—then it’s going to have to mean something or imply something about their emotional or psychological state.”

With the recognition comes a \$10,000 honorarium and a residence in Gray Cottage in Newnan, GA where the writer is invited to stay for two weeks. In that time, they balance their vacation with several presentations at organized local events in the Newnan and Carrollton areas including community, high school and university events.

“This [nomination] makes the award even more prestigious,” says Gautier. “It’s really nice to win [through being chosen] because it means that people know your work or think highly enough of it to recommend or nominate you.”

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# LIVING WEST



## CARROLLTON CITY POLICE IS CELEBRATING KAY PARSON FOR 44 YEARS OF DEDICATED SERVICE

**BRITTANY MERSFELDER**  
*News Editor*

Photo Courtesy of Carrollton City Police Department

Kay Parsons is celebrating 44 years of hard work at the Carrollton City Police station. She never expected to stay in a small town for such a long time, or even stay at the same job for an extended amount of time.

Parsons got her position at the police station by mere coincidence.

“I was a victim of a bunch of thefts,” said Parsons. “There was a girl who had her hair cut like me, she was portraying herself as me. She was doing all kinds of crimes around Carrollton. I spent a lot of time at the police station trying to get all of that resolved. Then someone popped in and said ‘you spend so much time around here, why don’t you put in an application’?”

In 1978, police stations in the area did not have 9-1-1 but instead used CB radios. Parsons was a dedicated radio operator but the job was stressful.

“I was talking to a girl

and I could hear her husband throwing knives at her,” said Parsons. “It hit the wall beside her. She was screaming, needing help and I am trying to get her calmed down so she could tell me where she was. You could hear the knives just hitting the wall around her.

“The most stressful [call] that I ever got around is when police officers were in a chase or they were in danger themselves,” continued Parsons. “I was in a lot of situations where the officers were in danger. There were shots fired or hostage situations. Those were much more stressful to me because I was personally invested in these guys that I work with.”

Her radio operator job was stressful at times. There were times that broke up the intensity with laughter; times that Parsons remembers well.

“One time an office got in a chase with a cow in downtown Carroll-

ton,” said Parsons. “They had to chase a cow down. Somehow there was a cow in downtown Carrollton.”

Parsons current position is Executive Assistant to the Office of the Chief of Police where she files paperwork, pays bills for the station, pulls videos from the on-body cameras for those who want or need them and correspondence for the Chief of Police.

“I’m like a resource person,” said Parsons. “I do yearly reports, I have an annual report that I am working on.”

She is thankful for her many years with the station.

“I just have to say [I love] the diversity of what I have been around,” said Parsons.

“One thing will morph into something else and then morph into something else. I just have the best group of people that you could hope to work with. This is a fabulous group of people. I have had a dream job since day one.”



OPINION

OPINION: RUSSIA STRATEGICALLY TARGETS UKRAINE CIVILIANS  
ALEX AMOS

Contributing Writer

Russian President Vladimir Putin’s thirst for war has expanded to the innocent people of Ukraine. After several devastating attacks in Ukraine, it is clear that Putin is targeting civilians in the war. According to a CNN article, there have been nearly 600 deaths and over 1,000 casualties, hitting Ukrainian civilians overwhelmingly hard by Russia’s strong forces.

Putin has launched several strategic strikes within the war that have targeted innocent people. Russian forces have been erupting in an onslaught of military strikes since the invasion’s beginning on Feb. 24. Because of these vicious attacks, the citizens of Kyiv have faced tremendous pain and loss. Earlier this month, an evacuation route in a Kyiv suburb was attacked by Russian forces, leaving a family dead in the street along with other casualties from the strike.

“They continue to ruin our infrastructure, our life, which we have built, and our parents, and grandparents, many generations of Ukrainians. We repeat every day -- close the skies over Ukraine,” said Ukrainian President Volodymyr Zelenskyy in a Facebook broadcast on March 6.

Russians carried out another attack on March 13 in Mariu-

pol, killing approximately 2,200 civilians, according to CNN. The city has also lost plenty of its resources trapping its citizens with barely any chance of survival. Russians have also surrounded the city’s borders and threatened to kill those trying to evacuate. With this devastating attack, Putin’s tyranny of Ukrainian civilians has reached its highest peak since the beginning of the war.

The attack on Mariupol was a strategic way to kill civilians of Ukraine. Earlier in the war, Ukrainians tried to flee their borders but were stopped by Russian forces. Ukrainian leaders announced that Mariupol would be the next gateway for evacuation. Mariupol was soon attacked after the evacuation effort began. Children and mothers lost their lives during the assault.

Putin has proven to be an incredibly untrustworthy head of power with an array of questionable actions. Putin is not only attacking Russian civilians but he is also detaining three Americans. The captives were caught from the start of the war and have been held for several weeks according to CNN and NPR.

Trevor Reed, a former U.S. Marine, has suffered the most physical ailments out of the three. Reed is reportedly showing signs of tuberculosis, such as coughing up blood and maintaining a fever of over 100 degrees. Russian authorities have been accused of not treating Reed’s

symptoms and confining him to solitude. Americans have urged for the captives’ freedom to no avail. Many Americans, including Reed’s parents have begun protesting Russia for his release.

Putin has also shown carelessness with the lives of his citizens. He ordered the arrest of all anti-war protesters in Russia. Drove of Russian citizens have been mercilessly arrested after loudly protesting the war against Ukraine. If Putin cannot be trusted with the safety of his own people then he certainly cannot be trusted to maintain the lives of Ukrainian civilians.

Putin’s attack on Ukrainian civilians continues with no signs of ceasing anytime soon. Many people have shared their condolences for Ukraine with some helping to protest the war and others helping to aid the disparities. NATO has also responded to the war by supplying Ukraine with resources according to a recent NPR news article. The organization has also called on Russia for a ceasefire. Ukraine citizens are doing their best to stay on their feet.



Photo Courtesy of Associated Press

EDENS ZERO IS NOT A FAIRYTALE REMAKE

ALEX AMOS  
Contributing Writer

Most anime and manga fans have a favorite and least favorite series. For many, the anime “Fairy Tail” is in the least favorite category for several reasons ranging from story building to lack of environment designs. When “Edens Zero” announced its release onto Netflix in 2020, hoards of people passed it off as a remake of “Fairy Tail” for a couple of reasons. The same creator, Hiro Mashima, made both anime, “Edens Zero” and “Fairy Tail”, so many assumed that the anime were connected somehow. Another reason spectators thought “Edens Zero” was a remake was the character designs shown throughout the series. Many characters resemble “Fairy Tail’s” familiar faces, such as Happy, Natsu and Lucy. Despite being written off as a remake, “Edens Zero” managed to recover all credibility as soon as it was released.

The plot opens with a lonely human boy named Shiki living in a world created and run by robots.

Shiki’s story kicks off with a tragedy within the first episode of the series with Shiki losing his father, the Demon King, at an early age. Shiki also loses his family of robots after being deceived into leaving his planet. After years of devotion to Shiki, the robot race had finally reached a point beyond repairs. The robots damaged themselves over time by caring for Shiki, ultimately making a hefty sacrifice for his happiness.

Finally, the robots decide to trick Shiki into leaving his planet by pretending to be evil so he does not have to watch them erode into rust. Eventually, the plan works and Shiki leaves with Rebecca, a newly introduced character who saves Shiki and befriends him. From then on Shiki embarks on an adventure to find more friends to add to his crew.

One of the reasons “Edens Zero” has become so popular is because of the tremendous amount of quality and time put into the show. One of the most significant accomplishments critics enjoy is the world-building spread through each episode. Each world revealed during the show has its own unique background, design and characteristics. Every small detail breathed more life into the anime, making it stand further apart from its predecessor, “Fairy Tail”. Fans enjoyed the layout of the plot and



Image Courtesy of Netflix

how the directors handled it. The characters run the narrative themselves by naturally allowing the story to unfold through their eyes.

The characters in “Edens Zero” also give the show a fresh breath of air. Each character joins Shiki’s quest on their own mission and with their own goals of accomplishment. For example, the character Weisz, initially joined the crew to build his wealth. As the show progresses Weisz becomes more selfless and willing to save people other than himself. Weisz’s development happens naturally as the plot moves forward. The audience gets the chance to see him take down some of his mental barriers.

“Edens Zero” has a fantastic storyline, exciting new environments and fun characters. Even though many anime fans choose to pass the show off as a simple “Fairy Tail” remake, the show still holds up as its own stand alone project, making the show ultimately underrated.



# ENTERTAINMENT



## INVENTING ANNA

Inspired by the true story of a total fake

**THE REAL ANNA DELVEY**  
**'INVENTING ANNA'**  
**REVIEW**  
**TAYLOR BLESSETT**  
*Contributing Writer*

Image Courtesy of Netflix

Netflix’s original show “Inventing Anna” is a captivating show that captures the indictment and personality of Anna Delvey. The show follows her actions that led to her cunning Wall Street’s biggest banks and frauding almost billions of dollars out of establishments. The show also focuses on the journalist Vivian Kent that brings Anna’s story to the forefront, racing to restore her reputation using Anna’s story.

Anna is in her 20s and is trying to make connections with New York’s finest and most wealthy suitors. What makes Anna Delvey different from any other person climbing the social ladder is that Anna is strictly business. She uses the trope of having a very wealthy father and a trust fund that she gets to collect at a certain age. Anna carries herself in a certain manner well enough that she gets people to believe her story and invest in her; Anna is not all bad.

Anna develops connections with people that initially starts off with buying them until ultimately

turns into her needing them.

Anna develops friendships with multiple people that she ends up using and discarding in the end. The most famous of her friendships is Rachel Williams, who at first admires Anna because of her lavish lifestyle. Anna buys Rachel the most expensive items, offers trips and dines her at the most popular restaurants until everything turns upside down when Anna takes her on a trip to Morocco. Rachel ends up paying for the entire trip with Anna promising to pay her pay from her alleged trust fund.

On the other hand, Vivian Kent persuades Anna to talk about the events in hopes that it restores her career. Kent knows that Anna’s only interest is fame so in exchange for Anna’s story, Vivan promises to make Anna famous.

Although Anna’s story is truly the story of the millennium, it also points out the major system flaws in our own economy. For instance, Anna came from Germany from a lower mid-

dle-class family. Anna understands at a younger age how powerful a person’s persona and appearance is and just how far those elements could take someone, especially in America.

“Inventing Anna” cites in every episode, “This whole story is true. Except for the parts that are totally made up”. Not only is this adding to the contradicting elements of Anna’s own life but it also adds to the nature of Anna’s true character. Anna believes that in her mind, her actions are not of fraud or scam but simply her achieving a bigger dream- a dream that never happened. This biggest contradiction focuses on Anna agreeing with Kent, the journalist, seeking to achieve fame through her case while Kent restores her reputation in the media.

“Inventing Anna” is an interesting show that, aside from showing the parts of Anna’s life, also allows the audience to think about Anna’s how her own potential could have been much greater than an indictment.



ENTERTAINMENT



“Starkeisha” is a meticulously planned whirlwind from the mastermind director Mo McRae starring Dom Chanel. The short film, which premiered on Hulu March 7, packs eight dreamy, frightening and ethereal scenes into half an hour. At its core, the film is a peek into the fantastical world of a black woman’s subconscious mind.

Audiences first meet Starkeisha when she goes by her middle name, Mary. She’s spending the morning getting ready for a job interview and tries on different outfits as well as different personalities. She’s dreamt of starting her own business for a while but notes that this corporate position will be easier. As she’s headed out the door, destiny has other plans. She slips, falls and hits her head, sending her deep into her subconscious mind.

Starkeisha is met by the self-proclaimed “real-her” in a mirrored box and an omni-present voice. The unseen voice encourages her attempts to make it out of the box, while her alter ego says she should just stop trying. Just as Starkeisha thinks she’s trapped in the box forever she’s transported to a desert landscape and is surrounded by dancers. She is still frantically trying to find

her way back to reality but the unseen voice reassures her this is where she is supposed to be. Starkeisha begins to believe this when the scene changes again and she’s met with a group of women under a beautiful night sky. The women meditate, talk and comfort each other.

The next transition is nowhere near as comfortable as the previous scene. Starkeisha reunites with her alter ego in an old office space. The alter ego degrades Starkeisha and blames her for the derailment of her plans to go to the interview, claiming this is not the first time she has caused her own failure

The alter ego encourages her to take the job at this company, claiming “you can’t fail or be hurt if you don’t even try”. She steps into a mirror where she sees her future play out at the company she is to interview. She is burnt out, distressed and unhappy. Upon realizing this isn’t what she wants, she physically fights the alter ego until she wins and comes out of the other side of the mirror.

Finally, Starkeisha meets the unseen voice. It is an older, comforting woman who encourages her to use her magic in the real world just as she has in her subconscious. Starkeisha is then brought

back to the real world where she left off on the phone with her friend. Her friend is frantically driving to Starkeisha to make sure she is alright and addresses her as Mary. Starkeisha stays calm and claims she will not be going to the interview and that her middle name is Mary. She also says she will be going by her first name from now on.

The film wraps up in a monologue of commentary about the injustices surrounding black people and how they are taught not to believe in themselves. The monologue goes on to talk about how that can change today as Sharkeisha removes her wig in the mirror, the first step of her taking back control of her life. In the next scene, she has successfully started her own business.

Black women must adapt to please white society and that deeply extends into the corporate world. This film represents black women taking back that space for themselves and breaking the narrow expectations that have been held for so long. Audiences may relate to the feeling of having an alter ego telling them that they can’t achieve their dreams. Sometimes, you have to get rid of your past self to make room for something new.

Image Courtesy of Hulu



SPORTS



Photo Courtesy of UWG Athletics

UWG Football has begun spring practice and is training for the regular season coming up in August. Coming off of an NCAA Division II tournament appearance last season, the Wolves are looking to make it back and go all the way.

The Wolves started their spring season on Feb. 23, where they practiced only with helmets. They also had both of their full-padded Saturday scrimmages on March 5 and March 12. So far the UWG football team has been practicing and training hard.

“I’m excited to be with this group of guys this year,” said Marzavion Dix, 2021 All-Conference de-

fensive lineman. “I see the competitive fire in their eyes everytime we step on the field together so I have a good feeling about what we can do next year.”

UWG lost to Valdosta State in the second round of the NCAA playoffs last year. Head Coach David Dean has been around the game of football for quite a while and believes his team will be ready come August.

“Coach Dean has been coaching for a long time and even coached at Valdosta State,” said Dix. “As a coach, he expects us to leave it all on the field. I feel like he definitely instilled that in us which carried on to spring practice.”

UWG had two practices on Monday, March 14 and Tuesday, March 15 before their Spring Game on Wednesday. Dix along with the rest of his teammates are looking forward to the Spring Game as they will be playing at home.

“I can’t wait until the Spring Game,” said Dix. “I’m looking forward to seeing how both our defense and offense play against each other and how our practices translate over to the game.”

The Spring Game originally scheduled for March 16 was postponed due to inclement weather and will be rescheduled for a later date this semester.