



**Fine arts department presents Lindsay Family**

The Gardner-Webb University Department of Fine Arts will present a performance by The Lindsay Family on Thursday, Sept. 14, at 8 p.m., in Blanton Auditorium.

The family, which will appear in the HBA Family special, "The Music in Me" this fall, consists of Tyler, age 11, Ryan, 9, 6-year-old Christina, and their parents, Paul and Susan.

The performance will be free and open to the public.

**Quiz Bowl team in near future?**

Gardner-Webb has been invited to compete in the intercollegiate quiz bowl. Tryouts will be held for the five to seven-man team. More information will be available at a later date.

**On the OP/ED page:**

Two Pilot staff members debate the need for the SAT.

**Around campus:**

Charlotte Bobcats Arena is offering a chance for GWU students to gain marketing experience by working at the uptown arena.

Dr. Les Brown, a biology professor, says goodbye tonight at a 6 p.m. reception. Brown, who taught at GWU for 40 years, comments on his plans for retirement, while Dr. Thomas Jones comments on his long-time colleague.

**In Sports:**

The Gardner-Webb University football team rebounded from a slew of early turnovers to pick up an impressive win against Jacksonville, in the season opener for both teams.

The GWU Athletic Department will officially move to the Big South Conference on July 1, 2008. GWU athletic teams will continue to compete in the Atlantic Sun Conference for two more seasons. Big South Commissioner Kyle Kallander says GWU is good for the conference.

**Weekend Weather:**

**Sat., Sept. 9**  
84/60 Partly cloudy  
**Sun., Sept. 10**  
83/62 Mostly sunny

Source: NOAA

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## GWU alumna opens fitness business

Wants to give back to GWU and Shelby community



Pilot photo by Joseph Fluty

**Rose Fichera (GWU class of 2002) trains Christine Howell at her new business, Liberty Fitness, in Shelby NC.**

**By Rebecca Clark**  
Pilot staff writer

Rose Fichera has come a long way from the pepper and cucumber farm where she grew up in South Florida – and not just in miles.

The energetic 26-year-old Gardner Webb University alumna has accomplished what many only dream about, by opening her own business.

On Aug. 25, Fichera celebrated the grand opening of North Carolina's first Liberty Fitness, which is located in Cleveland Mall.

As a GWU graduate, Fichera has demonstrated just what students are capable of accomplishing and just how far they can go, often to places they might never have imagined.

In Fichera's case, the path to success has taken some unusual turns. She graduated from GWU in 2002 with a bachelor's degree in American Sign Language, and moved to Washington, D.C., shortly afterwards.

She spent some time working as an interpreter before deciding that her real dream was to open her own business. She said that after she moved back to Shelby, she looked around for something

without a lot of competition. "I looked into Liberty Fitness and thought it was a match," said Fichera. "I wanted to keep the business local, as I love Cleveland County."

Now, with the strong support of her fiancé, Josh Lening, also a GWU graduate, she is the proprietor of a fitness center.

Fichera said that Liberty Fitness is unique among fitness centers because it examines and addresses all aspects of women's health, including fitness, wellness and nutrition, giving them the opportunity to realize a healthier lifestyle.

Lory Morrison is an example of the club's success. Since joining in June, she has lost more than 40 pounds.

Besides the exercise equipment, with each workout accompanied by the guidance of a trainer, other club amenities include various classes, such as yoga, Pilates and a "clean but fun" version of XerTease. There are also a sauna, massages and showers.

Student discounts are available.

With many aspects of business to manage, there is a lot to learn. Fichera said that GWU has pre-

pared her for her business experience.

"I learned that if you don't know something, look into the correct resources that do know it," she said. "It's been interesting and overwhelming."

Fichera also plans to use GWU as a recruiting source. As there aren't many job openings for athletics in the area, she wants to provide those opportunities to students. Liberty Fitness will be offering a variety of internships, in particular for students who are studying physical or health sciences and can teach yoga or Pilates. There are also opportunities for business students interested in marketing experience.

Besides offering college students opportunities, Fichera has involved her members in giving back to the community. So far, they have collected school supplies for local schools; plan more education on healthy aging; support the Relay for Life; collect blankets for the homeless; and donate to the Angel Tree.

"The members are involved in everything," Fichera said. "If you support your community, your community will support you."

Liberty Fitness is located inside Cleveland Mall at 2001 E. Dixon Blvd. For more information about membership or internship positions, call the club number at 704-482-1080.

*"I wanted to keep the business local, as I love Cleveland County."*

## One Year Later

### Katrina evacuee says GWU is for him

**By Jack Naish**  
Pilot staff writer

It was only one year ago that Hurricane Katrina, one of the

deadliest and most costly storms in U.S. history, devastated the Gulf Coast from Louisiana to Mississippi and changed many lives.

After the disaster, Gardner-Webb University offered free tuition to students whose schools were shut down for extended periods of time by the hurricane.

Nathan Aymond, a University of New Orleans student who had evacuated the small town of Harvey, La., only days before Katrina made landfall, took advantage of that offer.

Aymond, now a sophomore English major, has decided to spend the rest of his undergradu-

ate career at GWU.

"When I came to Gardner-Webb, I only expected to stay for one semester and then go home to the University of New Orleans, but I fell in love with the people here," he said.

"The students are friendly and the teachers are patient and caring."

"I also love that small town atmosphere. New Orleans is so loud and congested, it's nice to get a break from that and have some peace and quiet."

Aymond is staying, but his family is returning to its home, beginning work on a lengthy remodeling project.

## Alcohol New policy a stiff one

**By Ciara Lilly**  
Pilot staff writer

The new alcohol policy should come as no surprise to any of the students here at Gardner-Webb University. For the past year, the Alcohol and Other Drug Committee has been working to arrange GWU policies, procedures and sanctions to mirror the school's values.

The old policy allowed the student to accumulate three alcohol offenses each year, along with a fine. At the end of the year, the offenses were erased from a student's record. Now offenses are cumulative, carrying over from one year to the next. When a student receives three alcohol or drug offenses, he or she will be suspended from the university.

The first offense will include a \$200 fine paid within five class days of notification; parental/guardian notification if under 21; a letter sent to the work-study supervisor, academic advisor and athletic coach; and an online alcohol/drug education course. It could also include a disciplinary warning and 12 hours of community service.

Students found on campus using or in possession of drugs will have the following first offense consequences: \$300 fine paid within five class days of notification; an online drug education course; disciplinary probation; and parental/guardian notification.

Students found distributing drugs face immediate expulsion from the university, among other sanctions.

The second offense for alcohol consumption will include a fine of up to \$300 payable within five days of notification; parental/guardian notification; a letter sent to the work-study supervisor, academic advisor and athletic coach (if applicable); assessment by the GWU Counseling Center; and follow up at the discretion of the counselor.

Students can be placed on disciplinary probation for one year; given 25 hours of community service; have a meeting with the director of Residence Life; and possible suspension of the housing contract.

The third offense results in automatic suspension from the university.

If you are caught with drug possession and/or use a second time, you are automatically suspended from the university.

The rules have changed dramatically. Consider carefully whether alcohol and drug use are worth putting your education in jeopardy.

