

Op/Ed

ThePilot
Gardner-Webb University

Box: 6165
Phone: 3533
E-mail: gwupilot@yahoo.com
www.gwupilot.com

editors-in-chief

Emily Killian
Sarah Olimb

sports editor

John Olson

style copy editor

Jennifer Menster

content copy editor

Erin Aldridge

design editor

Robert Brunson

photo editor

Scott Holstein

staff

Katie Main
Kaylin Bowers
Jacob Conley
Jared Smith
Lee Adams
Sean Hubbard

free-lancers

Merry Leigh Miller
Rachel Jones
Jess Snyder

advisor

Bob Carey

The Pilot is the official Gardner-Webb University student newspaper. It is produced by students under the supervision of the Department of Communication Studies.

Gardner-Webb fosters an atmosphere in which student journalists may report on matters of common interest and write critically about University issues, policies and programs without fear of reprisal. At the same time The Pilot adheres to high standards of integrity and journalistic responsibility.

The Pilot is produced using the Quark Publishing System provided through a generous grant from Quark, Inc.

Letters to the editor must be signed, but names can be withheld if requested by the author

Apathy takes over

Emily Killian
Pilot Co-Editor

Apathy. Good old apathy. A friend to many Gardner-Webb students—albeit a dangerous one. Yes, we're absorbed in our lives; we're busy people. But do we really think about how much our lives are touched by the things around us. The news, for example.

How many of you knew that an 11-year-old was raped about 30 minutes from GWU last Sunday? How many of you knew that Israel was thinking about exiling Yasser Arafat?

How many of you knew that there is a pneumonia outbreak among U.S. soldiers in Iraq? How many of you knew that only a handful of women and

minorities hold positions of power at GWU?

Instead of focusing on the important things of life and being compassionate to others, we are consumed with our own agendas, our own schedules, our own opinions. Notice the "our" above. I'm talking to myself too. I spent over 15 minutes today talking about why the grass clippings all over the quad get on my nerves. This afternoon, I skipped out on an optional field trip.

My good friend apathy visited—and I didn't care that a little girl who was raped; I didn't care that soldiers overseas were sick and hurting; I didn't care that the world was going on around me. I was too busy in my own world, being apathetic.

Emily

P.A. advises

My name is Vince Scroggins, and I am a Physicians Assistant at Boiling Springs Medical Associates.

Our office is the one next to the on-campus apartments on College Avenue.

I have been asked to begin writing a regular article for *The Pilot*. This is my first in a series of articles to come.

I've thought about what to use as a subject for this letter and decided that instead of getting in depth about one particular subject, I will just make some general comments on a few topics.

Since classes began this year, I have seen some students who tell me they feel tired throughout the day. Of course, the main reason for this is not getting adequate rest at night. Others feel overwhelmed and cannot concentrate.

One very noble, but misguided reason for this lack of sleep may be long hours of studying without adequate breaks or studying late into the night.

One of our first lectures in medical school was our director warning us about the pitfalls of marathon study sessions and cramming for exams. He also tried telling us how to study efficiently and effectively. I wish I had listened, but unfortunately I, and most of classmates, did not.

Right from the start, we were bombarded with an incredible workload. The first day we were assigned eight chapters from the pathophysiology book, most of the medical terminology book, two chapters from this and that book, etc. We also had three tests the first week. The workload just got worse. I immediately forgot all the advice our director had given us. I quickly found myself in a vicious cycle of studying well past midnight, losing sleep, couldn't concentrate, feeling like I had to study even longer, losing more sleep and so on.

After the first semester, I changed my study habits. I also made a point of giving myself time to relax at night and getting more sleep. As a result of these changes to my routine, I was able to concentrate and recall more information. My test scores improved, and I finally began to believe I would get through this difficult time.

Another common cause of sleep loss is partying. You're away from home for the first time and naturally going to celebrate your freedom. People do this in different ways. I won't go into the many dangers you could be exposing yourself to. In all probability, you already know about these things. I will be addressing many of these dangers in future articles.

There is a time for fun and a time to get serious. Learning which to do when sometimes is tricky. I guess what I am trying to say is don't lose sight of why you're here and be careful.

As I said earlier, I am not going to get too serious in my first articles. In future installments, I will be writing to you about specific medical conditions. Any suggestions you have for topics would be welcome, just tell your editors.

I hope all of you stay healthy and well, but if you need us, we are just next door.

Thanks,
Vince Scroggins, PA-C

COMMUNITY CALENDAR

9/1- 9/30	Old Soldiers' Stories- Charlotte Museum of History
9/1- 10/31	Corn Maze- Shelby
9/1-9/30	Robert Johnson Exhibit in Asheville
9/14-9/20	Constitution Week at Kings Mountain National Military Park
9/16	Pet First Aid at the Red Cross of Shelby
9/19 & 10/13	Infant and child CPR class at Shelby Red Cross
9/19	Downtown After Five in Asheville
9/20	Big Sweep-Broad River Greenway
9/20	Summer Nights Concert in Kings Mountain
9/20	Big Sweep at the Greenway
9/21	5th Annual Birthday Party for the Broad River Greenway
9/20	March of Dimes Walk America at Shelby City Park
9/22-9/26	Harvest Day at Chimney Rock Park
9/25-10/4	Cleveland County Fair- Shelby
9/26	Observatory Public Night-Williams Observatory (GWU)
10/4	Art in the Park- Blowing Rock
10/7	First Aid at Shelby Red Cross
10/7	Reenactment at Kings Mountain National Military Park
10/8	Adult CPR at Shelby Red Cross
10/12	Aldersgate UMC Faith and Fun Fest

Every Friday Evening - Queen City Ballroom Lessons
Every Tuesday & Thursday - Aerobics at the Shelby City Park

For more information on these events, email Webb 19 at web19tv@yahoo.com. To add a listing to the community calendar, send an email to gwupilot@yahoo.com.

What would you like to see in *The Pilot*?

How can we improve the newspaper?

If you have any suggestions, please contact us at gwupilot@yahoo.com.