

TITLE VI

UNC faces complaint of anti-Palestinian discrimination

By Daneen Khan

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A senior staff attorney for Palestine Legal filed a Title VI complaint on April 5 against UNC urging the U.S. Department of Education's Office for Civil Rights to investigate the University's alleged discrimination against Palestinian students.

Zoha Khalili is the attorney who filed the complaint on behalf of the UNC chapter of Students for Justice in Palestine's faculty adviser Elyse Crystall and graduate student Kylie Broderick. Khalili was unavailable for comment and Crystall and Broderick did respond to The Daily Tar Heel's requests for comment by the time of publication.

"At UNC-Chapel Hill, the administration is not only ignoring Palestinian students and their allies, but is also actively creating a hostile learning environment," SJP said in an April 8 press release.

Title VI of the Civil Rights Act of 1964 rules it unlawful

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LOCAL LEGACY



DTH/HEATHER DIEHL

A customer waits for an order at Cliff's Meat Market on Monday.

Butcher caters to community

Cliff's has been open for more than 50 years

By Jackson Fromm

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It's hard for Cliff's Meat Market founder and former owner Cliff Collins to sit in peace at the local butcher shop without being recognized by a smiling customer.

The winks and hugs he receives from locals are not a rare occurrence for the well-known Collins — he said that he has known some of them since they were kids. And even if he doesn't know someone's name, he knows their face.

This familiarity with the community goes back to the origins of the shop, which is a blend of a butcher, grocery and convenience store that sits on the corner of Main and Greensboro Streets in Carrboro.

Collins worked as the manager of the meat market for a grocery store before he decided he wanted to start something of his own. And in 1972, he purchased the building from its previous owner, a transaction that started while Collins was slicing a ham for him.

On the first day of 1973, Cliff's Meat Market was in operation. Even all those years ago, Collins said that, as a local, everyone knew his name.

Fast forward 47 years to 2020, Collins sold the shop to longtime employee and current owner Gerardo "Tolo" Martinez.

Still, though, Collins said that he hangs around the shop just about "all day every day", keeping up with customers and their families.

This deep care for community is a feeling shared by Collins,

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From farm to TABLE

Efland farmer provides low-income families with produce

By Kaitlyn Church

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When Jim Sander planted his first vegetable

garden at Wildflower Lane in Efland over a decade ago, it consisted of a modest patch that he used for sustaining himself and gifting to friends.

As his plot and experience grew, he began to sell his harvests to various local businesses — Whole Foods Market, Weaver Street Market and restaurants.

Today, Wildflower Lane Farm occupies three-quarters of an acre and puts out over \$100,000 worth of organic produce annually —

or, it would if Sander took his produce to market.

He doesn't make a cent from his harvests anymore.

Sander found selling to markets increasingly unsatisfying because of the food waste created by rejected produce and the

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DTH/HANNAH ZINN

Jim Sander, a 73-year-old farmer, waters seedlings in the greenhouse at Wildflower Lane Farm in Efland, N.C., on March 31.

PHILANTHROPY

Local groups give back through food

By Morgan Brenner

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On Sunday evening, once every month, PORCH Executive Director Erin Riney and the organization's community coordinators and volunteers gather and package grocery items, including thousands of eggs and hundreds of gallons of milk.

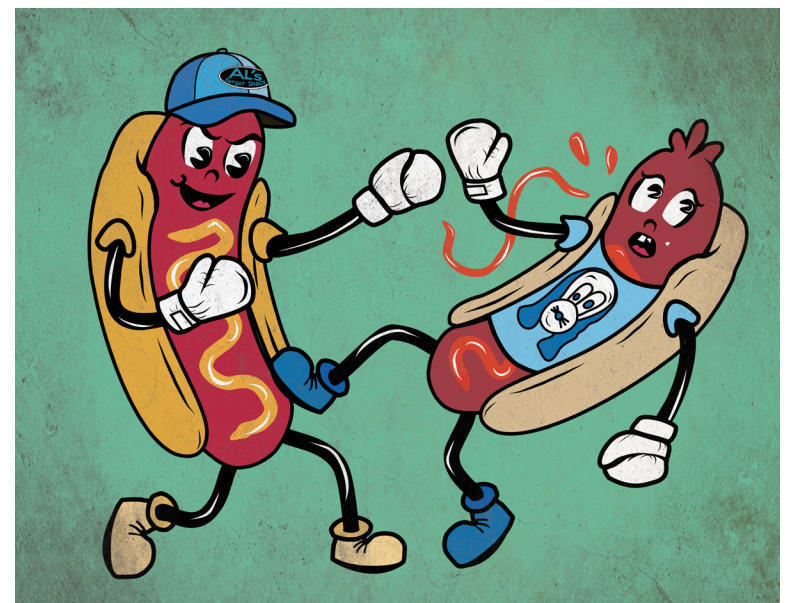
By Monday evening, these groceries are taken to a parking lot for pickup — come rain or shine — with over 400 cars and thousands of people who come monthly to pick up their supply of groceries.

PORCH is a national organization that got its start in Chapel Hill and Carrboro. What started as a grassroots community effort — neighbors leaving groceries on their front porches for pickup — transformed into a large and still expanding effort to target food insecurity in the Carrboro and Chapel Hill community, most specifically for families with children in school.

"People responded to the simplicity of it, and I think that also speaks to the fact that all you

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REVIEW



DTH DESIGN/MEGAN MACDONALD

A guide to local hot dogs

By Carson Elm-Picard
Multimedia Managing Editor

and Lucas Thomaе
Contributor

Chapel Hill, or the "Southern Part of Heaven," is known for many things. Academics, basketball, indie rock and much more. Some even call it the hot dog capital of the Carolinas.

By some, we mean us — the official Daily Tar Heel heavyweight hot dog champions and connoisseurs Carson Elm-Picard and Lucas Thomaе.

We teamed up to survey part of the ever-developing local hot dog scene to see who reigns supreme and who is left on the grill at the cookout. For our basis, we used the Carolina dog — a hot

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“ Food is symbolic of love when words are inadequate. ”

ALAN WOLFELT

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Local meat market serves community

Continued from Page 1

Martinez and manager and cashier Adrian Godinez.

The store's customers come from everywhere in the world, which Godinez said is his favorite thing about the shop. He frequently asks customers questions to learn little things about their cultures.

"All people eat, right? Some people are different than others," Godinez said. "That's why I like learning about most of the customers that come in here. I think that's a legacy that this place has."

Last Friday, Godinez went to the cash register when a woman approached with a leg of lamb — one of the many kinds of meat offered by the shop.

The most popular of their cuts, Martinez said, are the ribeye and chorizo, but the shop offers a whole lot more. The usual chicken, pork and beef but also, the exotic, as Godinez likes to say. Alligator, rabbit, pheasants, quail and beyond.

Aside from meats, Cliff's carries just about anything you would find in a grocery store. Produce, dried Hispanic peppers, cheese, even Advil and cigarettes. They were also one of the first carriers of the local-born Cackalacky sauce products.

Collins said that at one point he was selling to hundreds of local restaurants, such as the recently closed Franklin Street favorites Spanky's Restaurant and Bar and Linda's Bar and Grill.

Now those numbers are down to only a small portion of that — one of the impacts of the COVID-19 pandemic, he said.

Though Godinez said that it has been rough for them since COVID-19, they appreciate the customers who continue to come and show their support, some of the most loyal have been shopping there for 20 years.

Martinez said in the time he has been at the market, he has seen big companies like Costco Wholesale and Walmart take customers and "kill" small shops like Cliff's.

But small businesses like Cliff's can show their appreciation for loyal customers by doing things that corporate stores just can't.

"I like to talk to the customers and see what they want, like special cuts," Martinez said. "I do all the special cuts, and I like when somebody comes and asks me for new cuts."

Some of the more surprising requests come from the UNC medical departments. The schools of dentistry, orthopedics and more buy and use animal parts like jaws and skin to practice on, Godinez said. Tattoo artists also use skins to practice.

Cliff's Meat Market has a saying, Martinez said: "nothing is impossible." They try their best to accomplish what the people want, and when the people are happy, "we're happy."

X: @jacksonfromm29



DTH DESIGN/JESSICA BAUGH

Giving back through food

Continued from Page 1

have to do sometimes is ask," Riney said. "People want to help, you just have to ask them, and invite them to be a part of it."

Much of the community PORCH serves is Burmese. Over the past decade, the Triangle area has provided shelter for over 8,000 refugees from Myanmar.

Because of this, PORCH also purchases produce from Transplanting Traditions Community Farm, a cultural community garden that grows Southeast Asian vegetables to meet the needs of its community and help the University's low-income employees.

Volunteers feel a sense of pride in the produce they plant and harvest, garden program manager Claire Lorch said. This community aspect is necessary for the garden's commitment to providing food for the housekeepers and showing them that members of the UNC community care about them.

"There's something about working next to somebody with your hands in the dirt," Lorch said. "One, it's kind of an equalizer, so you could be working with even a professor, but your hands are in the dirt, so, it kind of puts you on equal footing."

The social justice component of food distribution is important to the Marian Cheek Jackson Center's Heavenly Groceries program, Cameron Myers Milne, an intern at the Center, said.

In collaboration with St. Joseph's AME Church, the program provides

groceries every Tuesday and Thursday for community members from 3-4:30 p.m.

"To me, that openness is the form of social justice," she said. "Because, you don't have to prove anything to anyone when you come in there. You're there for you. And the most that we can do is meet you with dignity and a smile and see that you get what you need."

Heavenly Groceries partners with both PORCH and the Inter-Faith Council for Social Service Community Kitchen, which provides hot meals twice a day during the week for lunch and dinner, with one meal at lunchtime on the weekends.

Kristin Lavergne, the community services director of IFC, she said IFC provides more than just food, it is also a space for community outreach and to celebrate goals and accomplishments, especially through the IFC leadership program, Activate!

IFC's program for leadership development, fighting food insecurity and offering services and resources for affordable housing are all ways the organization works to bridge gaps in the community, she said.

"Those programs will continue as long as they're needed, but we also want to create, while we're doing that, an environment where there's mutual respect, and that we value the power of the community, that we believe that they are the ones to lead us toward solutions," she said.

Editor's Note: Cameron Myers Milne is a former staffer of The Daily Tar Heel.

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FOOD INEQUALITY

Carolina Community Garden provides freshly grown produce

Engagement program to support lower-wage UNC employees

By Alyssa Acevedo

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The benefits of gardening are not limited to freshly-grown produce — it can also be a healing and healthy hobby.

At the Carolina Community Garden, an engagement program through the N.C. Botanical Garden, volunteers aim to connect with the outdoors while growing produce to distribute to lower-wage UNC employees, especially University housekeepers.

The initiative was founded in 2010 with the original goal of mitigating the detrimental effects of the 2008 recession. The CCG is located off of Cameron Avenue, near the Carolina Inn. Volunteers work in the garden from 3-5 p.m. on Sundays, Tuesdays and Wednesdays each week.

Arlene Medder, a University auxiliary services employee and a delegate to the UNC Employee Forum, said Task Force for a Better Workplace,



DTH/PARKER ALI

Cayenne peppers sit in the Carolina Community Garden on April 9.

a startup created by former UNC Chancellor James Moeser, first came up with the idea of giving fresh produce to lower-wage staff.

CCG staff, members from the Employee Forum and community members comprise the garden's advisory committee, which aids marketing and fundraising strategies.

Claire Lorch, who is the manager of the garden, said UNC housekeepers who are on the committee update the CCG on the state of the garden and how it could be improved.

Lorch said many of the

housekeepers at UNC are from Myanmar. For this reason, the garden grows food that is local to Myanmar and surrounding areas — such as winged beans and persimmons — to show housekeepers an additional level of support.

James Holman, a member of the CCG advisory committee and a delegate on the employee forum, said in a statement that the garden plays a pivotal role in supporting the livelihood of lower-wage staff members at UNC.

"The vegetables grown here

supplement the incomes of our staff, offering them a means to bridge the gap left by insufficient wages," Holman said. "The Carolina Community Garden stands as a testament to our commitment to the well-being of all members of the University community, especially those whose contributions are often undervalued and under-compensated."

Volunteers distribute their produce at least once a week for each housekeeping shift. While food is distributed at the garden, distribution also takes place at the Kennon Cheek/Rebecca Clark Building, which serves as the headquarters for housekeeping.

The produce is maintained through community volunteers, including students, faculty and staff members who help to build garden structures, plant seeds, clear beds and harvest produce. Working with the CCG does not require experience.

"Gardening offers the opportunity for people to get outdoors, put their

hands in the dirt and just really get down to that kind of core — just connecting with the earth. So I think that can be really beneficial to mental health and just stress relief," Rebecca Beechhold, assistant to the garden manager, said. "We're always stimulating our brain and we're being physically active, no matter what task we're doing."

Outside of volunteer work with the CCG, the garden hosts workshops and workdays to educate the community about gardening. It also accepts compost donations at compost bins, which are open at all times. The food scraps are added to the soil before planting seeds, Beechhold said.

"I think a lot of our lives are spent either looking at a screen or indoors, and so I think it's really beneficial to be able to be outside and just connect with the outdoors — connect with the other organisms, whether it's the plants or the insects or the animals out there," she said.

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FUNDRAISING

Students launch nonprofit to 'Stomp Out Hunger'

Greek life donates meals to local unhoused community

By Adele Morris

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When first-year student Tommy Mierzwa arrived on UNC's campus from New Jersey in the fall, he was caught off guard by Chapel Hill's large population of unhoused individuals.

In late January, Mierzwa launched his nonprofit, Stomp Out Hunger at NC, to combat food insecurity in the local unhoused community. The group is dedicated to collecting leftover food from Greek Life organizations and dropping it off at the Community Kitchen in Carrboro, a volunteer-based organization that provides hot meals.

"The origins of the group were pretty simple," UNC first-year Yianni Peroulas, Stomp Out Hunger's director of community outreach, said. "Tommy's idea was so great that it wasn't that hard to get people on board."

The group has donated more than 1,000 meals and raised more than \$1,400 for the Community Kitchen. Mierzwa, who serves as Stomp Out Hunger's founder and president of operations, said the Community Kitchen originally agreed to work with him over winter break when the nonprofit was still just an idea.

"They've been extremely grateful for it, and they've been all on board with the process from the beginning," he said.

Mierzwa first donated food from his own fraternity, Sigma Chi. Since then, Stomp Out Hunger has expanded to six other Greek life organizations. Sigma Chi, Alpha Delta Pi, Pi Beta Phi and Phi Mu are the current leading donors, each having given over 200 meals to the organization.

Cara Pozsonyi, head chef at the Pi Beta Phi sorority house, said the Stomp Out Hunger team has made donating leftover food "seamless."

On days when Pi Beta Phi has leftover food, Pozsonyi texts a Stomp Out Hunger representative what time the food will be available for pick-up. She and her staff then package the leftovers in disposable aluminum pans before labelling them with the type of dish, the expiration date and heating instructions if necessary.

Pozsonyi said they receive updates about how many meals are served and how much money is donated.

Along with food collection, Stomp Out Hunger began holding fundraisers every other Tuesday, beginning in February. At the first event, individuals on the Quad could "pie" organization members with whipped cream in exchange for a \$5 donation. The organization raised \$416.98 in five hours. Since then, Stomp Out Hunger has held other fundraisers on the Quad, selling ice cream, cookies and popsicles. They also benefited from a fraternity concert fundraiser earlier this month, receiving almost \$450.

"So many people aren't even interested in getting the ice cream or getting the pie," Sophia Cox, the organization's director of design, said. "Everyone's just really willing to help. It's a really good community on campus."

To keep momentum going, Cox said she wants to launch a weekly newsletter featuring the number of meals donated per week and any updates. Mierzwa and Peroulas both said they hope to keep building local enthusiasm around the organization.

Peroulas said the nonprofit wants to expand their efforts so that both students and community members can become involved in the initiative to support people in need around the Chapel Hill-Carrboro area.

X: @dailytarheel

SUSTAINABILITY

'Getting your hands dirty is a really good start'

UNC students compost on campus, call for more resources

By Maria Sullivan

Staff Writer

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At first glance, composting may seem tricky on a college campus.

But, students at UNC can dispose of their scraps in a variety of ways, including turning them into something meaningful at the University.

The community garden, located on Wilson Street off of West Cameron Avenue, accepts and composts food scraps collected by community members. Scraps can include fruits and vegetables, breads and grains, egg shells, coffee grounds and other natural items. The finished compost is then used to fertilize the garden, and the produce is given to on-campus employees who tend to make lower wages, almost every week.

"We just recently had our 14th birthday, and we've given away over 32 tons of food," Carolina Community Garden program manager Claire Lorch said. "We attribute a lot of our success to compost — the beautiful compost."

The residence halls also have sustainability officers who organize events aiming to promote greener living on campus. One of these events included a composting day, in which students on different floors competed to collect the most compost.

Carolina Dining Services has compost collection centers across campus, including central locations such as Chase and Lenoir Dining Halls and Alpine Bagel Cafe. Students who act as CDS "Green Guides" are stationed near composting bins to help ensure compost is properly sorted.

"When the Green Guides program goes on, the contamination in all of



DTH/LANDIS MANGUM

Carolina Dining Services offers compost collection at multiple locations across campus, including Alpine Bagel Cafe.

the bins goes down significantly," UNC senior and Green Guide volunteer Tatum Pryor said.

Sara Vandersip, a former CDS sustainability intern, said when students compost their food items in the dining halls, their waste is collected by the organization CompostNow, which takes the compostable material to an offsite industrial processing facility.

CDS also performs annual waste audits in an effort to better understand how to reduce contamination using compost and recycling bins as well as to work through what the most common falsely sorted items are.

Vandersip is also the co-director of CompostMates at Carolina, a food-scrap pickup service for UNC students who live off campus. The scraps are collected every other week on Saturdays and Sundays, and the waste is then donated to local community gardens, including Edible Campus, Carolina Community Garden and Giving Garden, to be composted.

Edible Campus is another University organization that collects

and generates compost with the help of volunteers. They offer workdays for students to come and try their hand at gardening and composting.

Pryor said even if students use the compost bins provided by their dorms, it is unlikely that they will carry the scraps from their room or around campus to be composted. She hopes that eventually, more bins will be available to students and a sustainability briefing will be provided for new students at orientation.

Ella Feathers, the co-director of the environmental affairs department of the Undergraduate Executive Branch, said she would like to see an increase of composting resources on campus, though funding is a challenge.

For now, students can continue to bring their scraps to the preexisting campus locations or donate their waste to organizations like Carolina Community Garden, CompostMates and Edible Campus.

"Getting your hands dirty is a really good start," Pryor said.

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CONSTRUCTION

Brainstorming, planning continues for Pit improvement

Students give feedback on proposed designs for school areas

By Darby McBride

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A common meeting space for clubs and student life since its creation in 1968, the Pit is well known by everyone on UNC's campus. However, the space suffers from poor drainage after rainstorms, which damages the health of the two oak trees that stand in the center.

Replacing the oak trees with new landscapes and fixing the drainage system is a priority for UNC Facilities Planning and Design department, who is partnering with Reed Hilderbrand Landscape Architects to reimagine the Pit in hopes of making the gathering space safer and more accessible for the community.

"We'll take a chance to look holistically at what we're doing and try to analyze and think about: Is the



DTH/SOPHIA GRAY

Students gather in the Frank Porter Graham Student Union to learn about a project to improve the Pit on Thursday.

Pit performing as well as it could? Are there ways to improve it? Are there strengths and weaknesses we can assess?" University Landscape Architect Daniel Widis said.

The project's managers presented preliminary designs to the campus community in the Student Union last Wednesday and Thursday in an

effort to gather community opinions on potential changes to the space.

There are three main designs: "Plaza," "Beach" and "Bridge," each focusing on a different design purpose.

The Plaza proposes the elimination of the submerged elements of the Pit and would add seating and a canopy of trees. The

Beach proposal includes a gently sloped section leading into the Pit while maintaining the sunken aspect of the current setup. The Bridge creates an elevated crosswalk through the middle, dividing the area into two smaller sections.

Each of the designs focuses on improving accessibility while simultaneously resolving the drainage issue.

UNC sophomore Andrew Forbes is an operations coordinator at the Student Union and frequently helps move equipment for events in the Pit. He said the proposal that included a bridge for accessibility seemed promising.

"Seeing the massive pool of water that forms every time it rains, as well as seeing some of the accessibility issues: If you were to want to go from Lenoir [Dining Hall] to the Student Stores and you're in a wheelchair, you'd have to go all the way around," he said.

KMA is a universal design consulting practice that focuses on accessibility and is part of the Reed Hilderbrand-led design

team. Josh Safdie, a principal at the practice, said the listening sessions hoped to solicit community reactions to the ideas created by university administrators.

Safdie said the project is a bit similar to "Mr. or Mrs. Potato Head," bringing together different pieces and aspects of various designs to make the most feasible plan.

"Then the design team can take those ideas back and try and bring them together into one team that captures as many of the strengths as we were able to find," he said.

Students at the forums expressed that they wanted to maintain the community-oriented aspect of the Pit, while also making it more accessible.

"I heard someone say the Pit is where every student walks by in a day," first-year student Ria Sharma said. "And so it is definitely the center of campus and I wouldn't want it to feel any different or disconnected from what UNC feels like right now."

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WELL-BEING

Mental Health Coalition represents student needs on campus

The group was brought back this semester after a 3-year hiatus

By Claire Harutunian

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After the UNC Mental Health Coalition was founded in 2019 and disbanded in 2021 due to leadership changes during the pandemic, Harini Somanchi and Neha Saggi brought the group back to life this January. The pair are both juniors and co-directors of the department of student wellness and safety in the Undergraduate Executive Branch.

The Mental Health Coalition aims to bring together student leader representatives from a variety of identity-based and mental health-focused organizations on campus. Somanchi said she and Saggi used a list of groups previously involved in the coalition and collaborated with UNC Student Wellness to find others.

"Our goal is to increase the visibility and awareness of mental health resources on campus and also streamline mental health efforts that a lot of different student groups are doing on campus," Somanchi said.

The coalition now has around 15 organizations represented, including leaders from the Carolina Covenant Student Advisory Council, the National Alliance on Mental Illness On Campus and the Minority Student Caucus.

Somanchi said the coalition had its first meeting as a new group in January, where representatives heard from UNC's Counseling and Psychological Services Director Avery Cook on myths surrounding CAPS and mental health resources at UNC.

Afterwards, UNC junior and Resilience Outreach Intern for Healthy Heels Emily Hernandez said members gave a lot of positive feedback.

"This was really helpful, I thought, because now they can communicate that kind of information to organizations and hopefully spread the word," Somanchi said.

Hernandez said the Mental Health Coalition is in the process of revising its application to become a registered student organization. The application was initially not approved by the Carolina Union because it did not make a clear distinction between the coalition and other mental health organizations on campus.

The coalition's leaders plans to host an information fair for the

organizations involved, similar to SmallFest, which Somanchi said will allow for increased visibility and awareness of resources on campus.

"We really wanted to prioritize diversity in the Mental Health Coalition because by having an actually representative group of representatives, we're able to learn about different issues on campus related to mental health

that we might not have known about," Somanchi said.

She said that the coalition will require all members to attend Mental Health First Aid training.

One of the main goals for next school year is to promote sustainability of the coalition. Somanchi said the coalition will be electing leadership to ensure it is an independent organization and is not solely reliant on student government involvement.

"It's a tricky balance between how much you can expect from student leaders, knowing that they are already leading their own student organization," Hernandez said.

In order to allow the representatives to streamline efforts, Saggi said they have a designated portion of meetings for representatives to discuss initiatives they are working on to allow them to seek support and collaboration.

"I think we can always learn a lot from one another," Hernandez said.

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DTH FILE/ANASTASIA GARCIA

Students walk on a path on Polk Place on March 6, 2023.

Multiple incidents cited in discrimination complaint

Continued from Page 1

for federally assisted programs like public universities to discriminate against students based on protected status, including race, sex and national origin.

The complaint cited three incidents of anti-Palestinian discrimination.

Breaking down the complaint

First, the complaint stated the University did not provide equal resources to Palestinian and Israeli students after the Oct. 7 Hamas-led attacks and Israel's war in Gaza that followed.

The complaint references an email from the Dean of Students Office extending mental health and academic support to students with birthplaces listed in or around Israel in UNC's records. Only Palestinian students with birthplaces listed in Israel received the message, the complaint said.

The complaint also mentioned a lack of UNC administrative attempts to connect with Palestinian students. After UNC's Arab Student Organization and Muslim Students Association requested a meeting with University administration, the two organizations met with leadership and UNC SJP on Oct. 17. They communicated concerns over an Oct.

13 campuswide email from former Chancellor Kevin Guskiewicz, which they believed framed the war as a "religious conflict."

In the complaint's second referenced incident, it alleges that UNC has been "silent" as Palestinian and pro-Palestinian students endure bullying and harassment.

"The university has also failed to take any apparent action to protect students who have faced doxing, harassment, and threats as a result of their actual or perceived Palestinian identity or affiliation," the complaint said.

The complaint referenced UNC religious studies professor Evyatar Marienberg, who shouted "Nazis" at students during a pro-Palestine demonstration on Oct. 12. Students and faculty reported Marienberg to UNC's Equal Opportunity and Compliance Office, but according to the complaint, their concerns were dismissed. The DTH was unable to verify this information at the time of publication.

The final incident examined UNC's Board of Trustees "racist crusade" against SJP, raising concerns about multiple comments made by trustee Marty Kotis. In emails obtained by The DTH to UNC administration and other trustees, Kotis communicated a need to translate Arabic speeches at

protests to ensure threats of violence were not communicated and raised concerns over protestors wearing masks at SJP rallies.

Comments from administration

Kotis also pushed for students who attended a November sit-in at South Building to receive academic sanctions, potentially leading up to expulsion.

In an interview with The DTH, Kotis said the comments in his emails refer to the violation of UNC System Policy 1300.8, which promotes free speech unless the activity is illegal or involves "material and substantial disruption." "My concern isn't really around any of the ideology behind this," he said. "It's simply in terms of what the group is doing when they're violating free speech."

Kotis said disruption of meetings, failure to leave and harassment can result in academic sanctions and potential criminal charges. He said the repeated incidents — including the occupation of South Building and interruptions at BOT private meals and a recent meeting — escalated the situation with SJP.

While people are free to discuss what they think should be occurring on campus, Kotis said they must do so in a way that does not harass, threaten or lead to violence against the community.

UNC Media Relations said in an email statement that the University has not been notified by the OCR about the complaint.

"We will cooperate fully with any requests for information from OCR and remain committed to promoting a safe and equitable environment to all members of the Carolina community that is free from harassment and discrimination," they said.

Proposed remedies and next steps

UNC law professor Erika Wilson said these types of complaints aren't new for the University.

A similar complaint was filed in December, resulting in an ongoing investigation into the discrimination of Jewish students.

Title VI complaints usually progress after investigators determine their validity and see if the alleged complaints violate the law, Wilson said. Usually, the investigator gives the parties a chance to reach an agreement and resolve the complaint and if unsuccessful, the OCR will determine whether the complaint is valid.

The OCR has not yet begun an official investigation. In a statement by a spokesperson, the OCR said its office will not comment on a pending case.

The complaint listed three remedies the OCR should require of the University. First, it stated UNC should ensure equal access to services for Palestinian students and establish a mechanism, such as an advisory committee, to voice their concerns.

UNC should also cease discriminatory investigations of Palestinian groups, individuals and allies, according to the document. It proposed anti-Palestinian and anti-Arab racism training to be instituted to prevent further investigations.

Finally, the complaint demanded that UNC issue a public statement explicitly condemning anti-Palestinian discrimination and apologize for its treatment of Palestinian students.

College campuses have historically been "crucial terrain" for a wide range of social and political movements, SJP said in the press release. For decades, students have held numerous events to protest key issues and inform the greater community on topics they are passionate about while encouraging their universities to institute change.

"The University has a duty to protect ALL of its students," SJP said in the press release. "The rights of every student at the university, no matter their national identity, must be upheld and protected."

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CONSTRUCTION

Rosemary Street reopens to traffic

The parking deck is set to become available later this year

By Caroline Horne
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East Rosemary Street reopened Monday after almost eight months of closure for traffic. While the street was open only to sidewalk pedestrians during the closure, cars are now able to access the street without detours to Columbia, Henderson, North and Franklin streets.

The street was initially closed on August 21 between North Columbia Street and Henderson Street due to construction of a parking deck, with the road block projected to last six months. The closure of the street allowed more room for construction crews to work with large building materials.

Alex Carrasquillo, the Town of Chapel Hill's community safety public information officer, said in an email that the Town was excited to reopen the street, and that the community's patience in the months of traffic pushed onto surrounding streets was appreciated.

Community members, especially those who live near East Rosemary Street, look forward to the influx of traffic on detour streets decreasing. Darcy Hall, a UNC student living on North Street, said the detour traffic created dangerous conditions.

"It's gotten way, way worse, especially around rush hour, sometimes traffic will be backed up," she said. "We've had some issues in my house with the cars coming down this road, they'll speed really fast."

The construction of the parking deck is part of a greater Town initiative called the East Rosemary Street Redevelopment Project, which will provide over 1,000 parking spaces to downtown Chapel Hill.

Though construction of the parking deck is not expected to be complete until this summer, the road will be available for all to use.

X: @dthcitystate

NEW RESTAURANTS

The Flying Pierogi soft-opens storefront

European-inspired food in Carrboro's South Green

By Grace Whittemore
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The Flying Pierogi Delicatessen recently opened a storefront in the South Green shopping center in Carrboro, filling the former Coronato's Pizza location.

The restaurant previously solely operated out of a food truck that traveled throughout the Chapel Hill-Carrboro area serving its European-inspired cuisine.

Jaysen Wilson, the co-owner of The Flying Pierogi, said the main reason for the transition into a brick-and-mortar restaurant space was the need for a commercial kitchen for the food truck to operate out of. The business, though, is looking forward to exploring other aspects of the new space, like the ability to offer beer and sell snacks from a deli case.

Wilson said he and his wife started the food truck in 2018 because they wanted to bring different cuisine to the area.

"We were trying to figure out what can we bring to Chapel Hill



DTH/JAKE HOGAN

Jaysen Wilson, the co-owner of The Flying Pierogi, stands inside of the new Carrboro storefront in the South Green shopping center on Monday.

that is of the Polish and German and New York/Chicago cuisine," he said. "And we landed on pierogies."

Gary Hill, a senior associate at Avison Young — which manages the South Green shopping center space — said the building The Flying Pierogi is moving into is a great space for restaurants and other businesses because it is easily accessible from a variety of Carrboro neighborhoods.

He said the center's location provides a great opportunity for attracting new customers because it sits off of Greensboro Street, which he said has almost 17,000 cars

traveling on it every day.

"We've been looking for this type of use (for the building) for a couple of years, and Jaysen has a great plan," Hill said.

Wilson said one of the best things about the new space was its full parking lot so customers can find parking more easily than they might if they visit a business in downtown Chapel Hill or Carrboro.

Alexis Besosa, a concierge at Carrboro Yoga Company — located directly beside The Flying

Pierogi's new storefront — said the businesses within the shopping center typically share some of the same clients and customers.

"I think for sure we will continue to, as we have in the past, support the businesses around us and hope that it's mutually beneficial," Besosa said.

She said clients who take classes at Carrboro Yoga Company will often stop by other businesses within the shopping center to grab a snack or drink before or after their yoga class and that this trend will likely continue with The Flying Pierogi.

While The Flying Pierogi has not had its official grand opening yet, Carrboro Yoga Company clients and the surrounding community can visit the storefront and order from their soft-open food menu, which currently includes pierogies with a variety of fillings, Polish kielbasas and hot dogs.

Wilson said, as the business approaches its as-of-yet unscheduled grand opening and is beginning to operate at full capacity, they will continue to create new and innovative dishes for the community to enjoy.

X: @dthcitystate

MOVING

New Purple Bowl location renovations underway

By Lucy Kraus
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Renovations are underway at The Purple Bowl's future location at 505 W. Franklin St.

The Purple Bowl CEO Paula Gilland said it has been exciting to be able to intentionally carve out a new space now that she and her son Taylor — the business's co-owners — have a better idea of what they want for The Purple Bowl.

"The first space we started in was a hot dog place, and we had to kind of make it into a vegan acai place," Gilland said. "And this place we're going to open is with all the things that are important to us: the community building, the third-space feelings that we have."

The Purple Bowl, a restaurant specializing in acai bowls, opened its current location at 306B W. Franklin St. in 2017. The business has been at the center of a debate over the future of the lot on Franklin Street since

the landowner Longfellow Real Estate Partners announced plans to demolish the building and construct a nine-story property with labs and office space.

Gilland said she found out in November 2022 that The Purple Bowl would potentially have to move, but that the business fought the relocation until the summer of 2023.

"It was just such a grind," she said. "We were running this place and trying to work with the Town to assess where they were at, because Longfellow's plans all hinged on the Town giving them permission to rezone this area."

The Purple Bowl signed a lease with a new landlord at 505 W. Franklin St. in the fall of 2023, after it became clear they would have no choice but to move, Gilland said.

"We were really discouraged," she said. "We felt like we had built a beautiful space here for our community."

Taylor Gilland said he thinks the new space



DTH/NATE SKVORETZ

The Purple Bowl sits on West Franklin Street on Oct. 18.

will be even better. The new location will have 14 customer parking spots dedicated to The Purple Bowl, he said, as well as an outdoor shuffleboard court. He said the new patio space will be about five times the size of the current one, at 2,000 square feet.

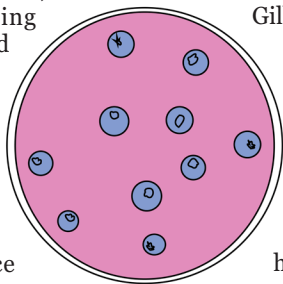
He said the business will try to incorporate a small stage for live music and plans to expand its menu.

"We feel like our customers want to be in fun spaces," Paula Gilland said. "And that's what we're going to try to build for them."

Gilland said she is excited to be moving into an old building, and said the new space will have more natural sunlight. The Purple Bowl also plans to incorporate a walk-up coffee window, and she said the business plans to expand its running group — which meets Wednesdays for a run followed by free coffee — at the new location.

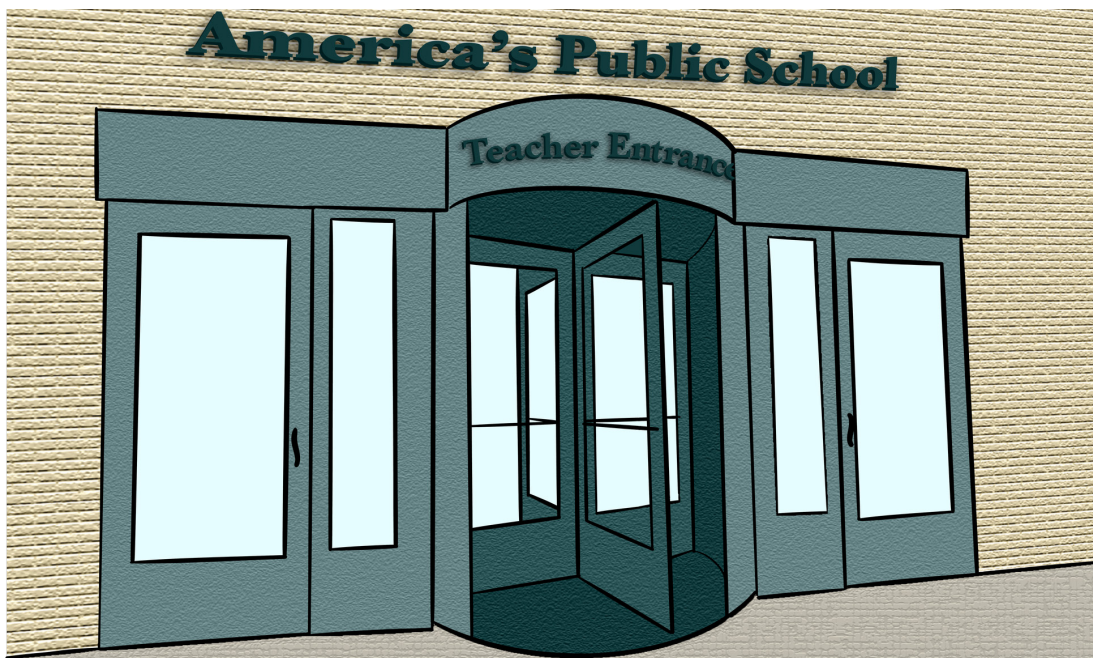
"We're seven years in operation now," Paula Gilland said. "So we kind of know what our community is looking for."

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EDUCATION



DTH DESIGN/GIULI HOFFMANN

Attrition rates increase as beginning teachers lack support

Low compensation, shortage of support causes the exodus

By Lucy Marques

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North Carolina's State of the Teaching Profession report, released earlier this month, shows statewide teacher attrition was 11.5 percent during the 2022-23 school year, an increase from 7.8 percent the year before. Beginning teachers — who are in their first three years of teaching — have an attrition rate of 15.1 percent.

Thomas Tomberlin, the senior director of educator preparation, performance and licensure for the N.C. Department of Public Instruction, said the number of teachers leaving the profession for personal reasons, including family responsibilities or career changes, increased.

Between 2017 and 2023, there was a 23 percent statewide increase in teachers entering the profession through alternative licensure routes.

Ruben Reyes, the associate superintendent for human resources for Cumberland County Schools, said there are fewer teachers coming into the profession from traditional education programs. According to the report, the district has one of the highest attrition rates in the state.

"When you have these individuals that are beginning teachers, they're not only trying to learn the pedagogy of teaching, they're also going back to school at the same time," he said. "So when you hear teacher stress and teacher burnout, those are things that contribute to that."

Courtney Currin is the executive director of human resources and the public information officer for Granville County Schools, which also has one of the highest attrition rates in the state.

Currin said licensing and professional development requirements can be a burden on beginning teachers. She said those requirements should be reevaluated with the understanding that more teachers are entering the profession from nontraditional routes.

As a smaller district, Currin said, GCS does not have enough instructional coaches to support beginning teachers. Many of the schools with high attrition rates are in rural counties, Tamika Walker Kelly, the president of the North Carolina Association of Educators, said.

"In our rural counties, especially in places where they have seen a decline in economic development, they are also struggling to recruit and retain high-quality educators," she said. "They are not able to offer the same sort of incentives, like a higher teacher supplement, than some other counties in the state."

Cumberland County Schools 2024 Teacher of the Year Steven Barbour said, in his opinion, the number one factor causing attrition is teacher pay.

He said that many of his friends who are not in the education profession can tolerate workplace issues because they know they are being compensated well.

"That's just simply not the case in education," he said. "And a lot of people, especially young teachers, don't see a future in it."

Bailey Cody, a beginning teacher in Alexander County Schools — which has one of the lower teacher attrition rates in the state — said the district incorporates monthly professional development for beginning teachers into their schedules, which has been helpful for her.

The N.C. Advanced Teaching Roles program, which identifies highly effective teachers and pays them a stipend to mentor beginning teachers, shows promise in addressing the lack of mentors that some districts struggle with, Tomberlin said.

Kelly said there are tangible things lawmakers can do to support teachers and reduce attrition, including establishing competitive pay, increasing classroom resources, mental health support and teacher assistants — but she said the legislature simply lacks the political will to implement them.

"The community at large should be alarmed by these numbers," she said. "And they should be calling on lawmakers more. We all want our students to have positive experiences and they cannot do this if they don't have educators in their classrooms."

X: @lucymarques_
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LOCAL POLITICS

Town council sees fewer proposals, meetings

Development slows in the area with no new projects heard

By Maddie Policastro

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So far this year, the Chapel Hill Town Council has only held three regular meetings. Multiple business meetings have changed to work sessions, and the council has not heard any new development project proposals since the start of 2024.

Meetings have largely focused on ongoing projects such as funding for the Rosemary Street Parking Deck and the North-South Bus Rapid Transit project.

Council member Theodore Nollert said the lack of new development proposals is likely due to high interest rates.

He said, right now, projects will likely not yield the returns that investors are looking for. Nollert said some aspects of the Town's rules make the development procedure slightly more expensive, compared to other areas.

But, he said a slowing rate of housing development can lead to a higher demand, which drives up rent and sale prices in the community.

Ernie Brown, the founder of EB Capital Partners, is currently leading the development of 30-40 townhomes and 36-50 apartments on Old Chapel Hill Road. He said developers often do not own the sites they are looking at for certain projects, and a long approval process can complicate development.

"We do have a situation of a little bit of a disconnect of sellers not fully understanding the time and financial commitment that it takes, not only putting a site under contract, but also going through the full process of getting titled so that your project could be viable," he said.

The proposal process has become less convoluted recently, which has been helpful for developers. Now, Brown said, developers submit an early-stage plan to Town staff and then create a presentation for both the Town's planning commission and town council.

Nollert said the Town currently has a reputation of pushing back on development and making approval processes long and uncertain.

To encourage more high-quality projects, the council is trying to be more proactive in explaining what projects they want by creating relevant designs and broadcasting them to developers, Nollert said.

"The clearer our messages and signals, the more types of builders will be willing to build here, and the more likely they will be to build here," he said.

Brown said this guidance has been beneficial, and that the Town's rewrite of its Land Use Management Ordinance is an important move in the right direction.

The Town's current LUMO was adopted in 2003 to outline regulations governing development, including the height of builds, stormwater infrastructure and street designs. Minor updates have been approved by the council over the years, but it has not been comprehensively updated for nearly 20 years.

Town Manager Chris Blue said the Town receives feedback about their development process being difficult, particularly for those unfamiliar with it. He said the Town hopes the LUMO rewrite will make the process smoother for developers.

"It needs to be simplified," he said. "That doesn't necessarily mean shortened. Doesn't necessarily mean that things will be easier for developers, but what it means is it can be more predictable and intuitive."

Blue also said this rewrite will help to fulfill the goals of the Town's Complete Communities Strategy. The plan includes creating more diverse housing, increasing access to public transit, developing more green spaces and creating more employment opportunities in the area.

Blue said the Town hopes to have a draft of the new LUMO completed by the end of the summer and approved by the council by the end of the year.

"The town council is working to ensure that when it grows, it grows in high-quality ways," Nollert said.

X: @mkpolicastro

FACILITIES

Organizations petition for public bathrooms in town

Chapel Hill downtown called a 'restroom desert'

By Jessica Hudnut

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Multiple community organizations submitted a petition to the Chapel Hill Town Council in early March to provide at least four public bathrooms in downtown Chapel Hill in well-traveled, centrally-located areas. The petition also asks that the bathrooms be well-lit, supplied with hygiene products and well-maintained.

The Inter-Faith Council for Social Service, NEXT Chapel Hill-Carrboro, the Community Empowerment Fund and Build U.P. at UNC partnered to write and submit the petition, which

was presented to the council by UNC master's student Juliet Alegria.

According to the petition, Chapel Hill and Carrboro are public restroom deserts. NEXT Board Member Allison De Marco said there are no downtown bathrooms available for use early in the morning or late in the evening.

An article written by Allison De Marco and fellow board member Molly De Marco states that the only centrally-located public bathroom available at all hours in Chapel Hill or Carrboro is located in the Carrboro Town Commons, which is about a mile from Franklin Street.

The public bathroom at Wallace Parking Deck is currently closed due to safety concerns, according to IFC Navigation Team Lead Crystell Ferguson. She said because the bathroom was



DTH FILE/PHILLIP LE
Cars drive down Franklin Street on Sept. 19, 2022. The only centrally-located public bathroom in the Chapel Hill-Carrboro area is in the Carrboro Town Commons, about a mile from Franklin Street.

located in an area that was not easily visible from walkways and streets, it was especially susceptible to illicit activities. There is now a portable toilet located outside the bathroom.

Ferguson said the lack of public bathrooms downtown leaves people who are experiencing homelessness especially vulnerable. She said people can be charged

with trespassing or indecent exposure for going to the bathroom in places where they are not permitted, and these charges then create more barriers preventing them from obtaining housing.

If people have nowhere to use the bathroom, Ferguson said, they will still use it somewhere.

"Nobody likes smelling urine or feces," she said. "Nobody wants to see it, so giving people clean and safe space to perform their natural bodily functions, that makes a more comfortable place for all of us to sit here, to go to work and live in."

Alegria thinks public restrooms are an investment for the entire community. She said they would especially benefit families with young children, older people, people with disabilities, transit operators, people experiencing homelessness

and people who menstruate. Town council members Theodore Nollert and Camille Berry both support the plan.

"We have a need for public restrooms that are available, accessible, safe and maintained well," Berry said.

A public restroom report was created by members of the community in 2019, but was never acted upon. The report included recommendations for types of bathrooms that could be implemented and how much they might cost, as well as qualities community members wanted to see in public bathrooms.

The petition was referred by the town council to the mayor and town manager. No further official action has been taken nor potential location been chosen.

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Lifestyle

The Daily Tar Heel

Farmer provides low-income families with produce

Continued from Page 1

arduous organic certification process that allowed him to sell at a higher price.

"I was running around a lot to make a little bit of money," he said. "And then one day I just said, 'Why don't I just take it easy and make no money? And have more fun out of it.'"

Several years ago, while walking through Carrboro, he saw a sign for TABLE, a nonprofit dedicated to delivering healthy food to children experiencing food insecurity in Orange County.

He walked in with an idea and walked out with a deal in the works: TABLE funds Wildflower Lane Farm, and Sander donates all of his produce to the organization.

Jennifer Adams, the interim program director at TABLE, said that nutrient-rich produce, such as that donated by Sander, is often expensive and inaccessible.

"Low-income people are often having to just take whatever they can get at the grocery store and food access programs like ours," she said. "What we do is we actually address that inequity by getting our kids access to that local food that they generally wouldn't have had access to."

In 2019, TABLE gave Sander \$4,500 for materials and seeds. And in return, he delivered \$45,000 worth of fresh produce. In 2023, TABLE contributed \$25,000 for a \$110,000 return.

Sander said he donates 95 percent of his produce to TABLE. The rest goes to PORCH, another nonprofit hunger relief organization in Hillsborough.

He said maintaining this model is only possible through volunteers, as well as through the low-cost principles of regenerative agriculture. These principles require a less intensive and more intentional approach to working the soil.

Among those working the farm is Abigail Bethune, Wildflower Lane Farm's sole employee. She works part-time, with her wages paid as part of Sander's deal with TABLE.

"I really do appreciate how small-scale it is," she said. "And because he doesn't use large

rototillers and tractors, it makes the work that much simpler and much more manageable."

Spring is Wildflower Lane Farm's busiest season. Sander's dogs, Rio and Maple, circle his feet as he tends the field, equipped only with a broadfork tiller and a drill-powered tiller. Volunteers come and go, tilling soil, moving compost and planting seedlings.

Flowering dogwood and Eastern redbud trees surround rows of lettuce, kale and chard seedlings, which make up Sander's cool weather crop. Volunteers started these from seeds in February in a nearby hoop house before transferring them to the fields at the beginning of spring.

Wildflower Lane Farm cycles crops out for the cold and hot seasons — leafy greens that thrive in the cold, and tomatoes, peppers and squash for harvest in the summer. Drip irrigation lines run between rows of plants, delivering water directly to their roots, conserving water and limiting labor.

In late March, some nearby plots were still covered by tarps. Beneath them, legumes that had been planted in the off-season withered and reincorporated into the soil.

Sander said that legumes, because of their unique ability to collect nitrogen in their roots, function as natural, soil-enriching fertilizers.

When spring rolls around, volunteers remove the tarps, till the plant remains into the soil and plant the next row of seedlings.

The result is leafier, more nutrient-dense produce going to hundreds of food-insecure families in a matter of days after harvest.

Sander said he hopes to duplicate this model around Orange County, and he has already begun mentoring a garden club in Hillsborough hoping to follow in his footsteps.

"It takes someone who really wants to make it happen, to make it happen," he said.

X: @ktrchurch

DIETARY ACCESS

Website tracks local vegan eatery options



DTH DESIGN/BRIDGET HIGHT

The site was started to document more options for the community

By Alexis Clifton

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Nestled in its own little corner of the internet is a regularly-updated website that lists all the vegan options at restaurants in the Carrboro area.

Run and created by Clare Curtis, who grew up in the area, the site is titled Carrboro Vegan Dining. And it's exactly that — it catalogs options from Japanese food and pizzerias to breakfast places and Thai restaurants.

When she started the website earlier this year, her goal was to make vegan dining in Carrboro more accessible.

"I just wanted to help people have more accessibility to finding vegan options," Curtis said. "Because I feel like a lot of times, some of the barriers are just not knowing what's available."

Curtis runs the website for free and became vegan about two years prior to starting it. To her, running the website without profit is

worthwhile and something she does in her spare time.

She said she wants to expand the reach of the website further into the Triangle in the future.

On her list is Grata Diner, a community-based restaurant that places heavy value on kindness and gratitude, according to their website.

Founded by Jay Radford, Grata Diner has served the Carrboro area since August of 2021.

Radford said he wants Grata Diner to be a place anyone can feel welcome, including those with dietary restrictions.

"We have a safe space for people to come and hang out and gather and spend some time together and enjoy good food," Radford said. "We try and keep it simple."

Simplicity is also a priority for the diner's ingredients. Radford said he has seen questionable contents on the lists of ingredients for many different vegan or vegetarian protein substitutes. He even said he has found some of the words impossible to pronounce.

"We try and offer healthy, nutritious meals where we can pronounce all the ingredients that we're serving you," Radford said.

Creating a menu with vegan customers in mind, he said, is part

of making dining accessible and inclusive at the restaurant.

According to Curtis, lots of the vegan options served at places on the website, like The Spotted Dog Restaurant & Bar, can be enjoyed by everyone.

"[The Spotted Dog is] a really great comfort food meal for anybody, even if you're not vegetarian or vegan," she said.

Emily Meekins, a sophomore at UNC, also recommended The Spotted Dog as a great place for finding options that are both plant-based and delicious for her vegan friends, and offer something other than options at the dining halls or on-campus restaurants.

"It's very limiting, especially when you're not just vegetarian, but like wholly vegan," she said. "So, somewhere like The Spotted Dog was a really nice break."

Ashlyn Fortney, a first-year student at UNC, is a vegetarian and works at Coco Bistro & Bar, a vegetarian-friendly restaurant in Chapel Hill.

Fortney also said it can be hard to find vegan or vegetarian options on campus.

"That's pretty difficult, especially for students because sometimes you're not cooking your own food," she said. "Just relying on the dining hall can be hard."

Restaurants like Grata Diner and people like Curtis are making plant-based dining more within-reach for students and residents alike.

Radford said he makes the costs at Grata Diner low, while still keeping portions relatively large, something he does with students in mind.

"We're not so much a restaurant, as people come into our home and eat, and we treat them as such," Radford said. "We cook simple dishes really fast for a very fair price."

As vegan and vegetarian dining continues to grow in the Carrboro area, Curtis will be keeping up with it all on her website so vegan dining can be easily within reach.

X: @dthlifestyle

Let us be frank: Two dudes review hot dogs

Continued from Page 1

dog typically topped with chili, coleslaw, onions and mustard.

Al's Burger Shack

Carson: To introduce the evening, the Carolina dog from Al's is a textbook example of the Southern staple.

A "Mr. G," Al's unique name for the dog, is everything you needed it to be.

The toasted bun adequately held the contents of an all-beef hot dog with an ergonomically-placed slice in the middle of the dog to ensure proper mouth-height clearance for toppings. This hot dog felt like a warm hug.

Carson's grade: B+

Lucas: Al's Mr. G has everything I want in a Carolina dog. The chili is hearty and sweet but not sloppy. The slaw is a finely chopped, nearly homogenous mixture that allows for it to be piled on top of the dog generously without becoming overwhelming.

Lucas' grade: A

Buns Burgers & Fries

Carson: The uninitiated hot dog connoisseur could potentially be skeptical of hot dogs from an establishment whose name features its direct competitor. However, Buns' dog was larger than any of the others we ate, and in my opinion, offered the most bang for your buck.

While it was my favorite, a Carolina dog traditionalist may knock points off Buns' hot dog because the ratio of coleslaw to onions leaned heavily in the onion's favor.

Carson's grade: A

Lucas: Buns' take on the Carolina dog is a pungent kick to the senses, which can be attributed to its chunkier slaw that includes red onion.

The bun is well toasted and the dog boasts an impressive circumference that, when combined with the chunky slaw and tangy mustard, creates a cacophony of flavors and textures upon first bite.

Lucas' grade: B+

Spotted Dog

Carson: The great thing about a hot dog is its aptitude for personalization. That is why we decided to expand our palates by ordering a vegan option.

The consistency of the vegan hot dog itself was indistinguishable from the chili, which made the experience far from enjoyable. While the chili and coleslaw were just fine, the vegan hot dog felt like a sad replacement for the real deal.

Carson's grade: C-

Lucas: There's a certain snap, crackle and/or pop that I expect when my teeth sink into a well-cooked hot dog, and unfortunately that element was missing from this vegan take on a Carolina dog.

It was well dressed with chunky slaw and chili, but I just couldn't get over the underwhelming dog.

Lucas' grade: C

Sup Dogs

Carson: We thought it only fitting

to end our journey at Sup Dogs, the last place you expect to be but somehow the place where you end up week after week.

The hot dog itself was wrapped in tight paper turned translucent by grease. The coleslaw was abundant and wetter than the previous hot dogs.

This is a drunk hot dog — the type of meal when the specifics don't matter.

A Sup Dog isn't a hero, but your regular guy who gets the job done. I respect it for that reason and can't think of a better end to our hot-dog-filled adventure.

Carson's grade: B

Lucas: I have to agree with Carson here. While I salute Sup Dogs for its commitment to satisfying late-night hot dog cravings, its Carolina dog didn't impress me much.

The slaw is very mayonnaise-y and the bun is untoasted and pillowy — like something you could find in any grocery store. I much prefer the standard Sup Dog, a more simple creation topped with

chili and Sups sauce.

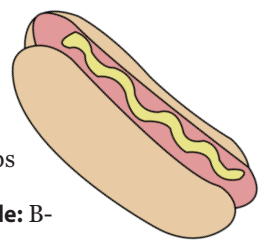
Lucas' grade: B-

We want to acknowledge that this list is not a definitive ranking, and is admittedly missing heavy hitters such as Sutton's Drug Store and Merritt's Grill. Unfortunately, we are mortal men restricted by budget limitations and mayonnaise tolerances.

Alas, be comforted by the knowledge that the real value in a hot dog taste test is not in crowning a champion, but the friendships curated along the way. Just as the Swedish pop supergroup ABBA once said: "The wiener takes it all."

Editor's Note: Lucas Thomae is a former editor at The DTH.

X: @carsonelmpicard,
@lucasthoma



DINING OPTIONS

On-campus students cook in residence halls

By Brooke Xu
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A dining meal swipe, according to Carolina Dining Services, can cost between approximately \$8 to \$16 at UNC, depending on the meal plan.

While meal plans are convenient, particularly for those in their first year at UNC, some find the price too high.

First-year Hawa Ahmed canceled her meal plan this spring semester after a dissatisfying experience with on-campus dining in the fall. Instead, she said she began cooking in her residence hall.

“Weekly groceries are like \$80 and I completely canceled my meal plan, so in terms of affordability, it works well with me,” she said.

Some students with dietary restrictions, like first-year Lahari Pokala, may also find that the dining hall offers limited options.

Pokala said her experience with vegetarian dining hall options has varied.

“I prefer to make my own vegetarian food and add my own spices,” she said.

Residence halls have kitchens that students who live on campus can utilize to cook their meals.

Kitchens vary depending on the building but typically include a sink, oven, stove and microwave. Additionally, UNC’s Residence Hall Association provides items like pots, pans and cooking utensils that students can check



DTH DESIGN/EASTON INMAN

out from the front desk of their residence hall.

First-year Maria Sanabria said her communal kitchen is not bad, but she finds it easier to use her own resources and appliances to cook in her room.

Pokala said she also finds it convenient to use appliances in her room, such as a blender, a microwave and a kettle to make different soups.

To fit cooking into a busy college schedule, Ahmed said she prepares her meals ahead of time.

“I go shopping on Friday evenings and then on Saturdays I spend the whole day cooking,” she

said. “Then I will put it in the fridge and heat it up.”

Many students said their go-to dishes were easier recipes that require few ingredients and less time to prepare.

“It depends if I have the groceries or if I’m in the mood, but if I just want a quick meal, I definitely gravitate toward ramen noodles — but amped up,” Sanabria said.

She said she adds extra toppings, like onion, a protein, eggs and green onion, to elevate her regular ramen.

Breakfast is an especially easy meal to prepare in a residence hall room without having to walk to the dining hall.

“I love overnight oats for breakfast,” Ahmed said. “Those are my go-to. Sometimes I make English muffins. Of course, I have cereal, and I have my milk in the

fridge. I also bought frozen fruits to make smoothies in the morning.”

Beyond flexibility and affordability, Sanabria said the act of cooking is enjoyable.

Pokala said making meals increases her community.

She said she enjoys cooking for her friends and trying new recipes with them.

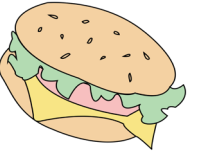
Cooking in communal kitchens can even be a way to meet new friends in residence halls, Sanabria said. The process of cooking can be fun, she said.

“It’s also very homey,” she said. “It makes you feel like you’re kind of at home, cooking the meals that you would eat at your house. So it’s just very comforting.”

X: @dthlifestyle

GUIDE

Late night eats on Franklin Street



By Nithya Indlamuri
Staff Writer
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Heavenly Buffaloes: Open until midnight from Monday to Thursday, until 3 a.m. on Friday and Saturday, and until 10 p.m. on Sunday.

Sup Dogs: Open until midnight on Sunday, Tuesday and Wednesday, until 2:30 a.m. on Monday and until 3 a.m. on Thursday, Friday and Saturday.

Raising Cane’s Chicken Fingers: Open until midnight from Sunday to Wednesday and stays open until 1 a.m. on Thursday through Saturday.

GrkYeero: Open until 4 a.m.

Cosmic Cantina: Open until 4 a.m.

I Love New York Pizza: Open until 12 a.m. on Tuesday and Wednesday, until 1 a.m. on Thursday to Saturday, and is closed on Sunday and Monday.

Time-Out: Open 24-hours.

City Bus Burritos and Tacos: Open until 2 a.m. on Tuesday, Wednesday, Thursday and Sunday and until 3 a.m. on Friday and Saturday.

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Editor’s picks

The lifestyle desk. Asking the real questions since 2023.

Where is the best restaurant to take your parents when they visit?

My family goes to Luna in Carrboro. It’s a fun twist on comfort food with lots of vegan options. The outdoor seating is perfect for fall and spring, so it’s great for move-in and graduation. I get the Vegan Chili-Braised Jackfruit Grain Bowl.

— Sarah Wooster, data editor

Where is the best place to go on a first date?

For a first date, go to Momo’s Master. It is super cute and casual and has extremely good pricing for a variety of food, from the signature dumplings to lamb sliders to my favorite: the honey bacon brussel sprouts! Also, it has great specialty drinks and is situated in a perfect little spot so you can go anywhere on Franklin Street after.

— Ashley Quincin, assistant university editor

Where is the best place to study on a week night or the weekend?

I’d say Lanza’s Cafe in Carrboro is great in the evening time! It’s quiet with a relaxed atmosphere to crank out those projects with a midnight deadline. For the weekends, Epilogue Books Chocolate Brews. You can people watch and surround yourself with hundreds of books. It doesn’t get much better than that.

— Liv Reilly, managing editor

What is the best place to celebrate with your friends on a week night?

I love sitting outside on the roof of Tru, whether studying or just hanging out.

— Lauren Rhodes, university editor

What cafe makes the best latte?

The best latte in Chapel Hill is a mocha from Epilogue Books Chocolate Brews. The chocolate stands apart from other local mochas, as it’s a specialty Mexican blend — giving the Epilogue mocha a unique flavor. It’s delicious both iced or hot!

— Alli Pardue, audience engagement editor

Who has the best post-game food without the crowd?

Would it really be the best if there wasn’t a crowd? I will always wait in the Cosmic Cantina line, no matter how long it is.

— Kennedy Cox, photo editor

REVIEW

A student's guide to Chapel Hill bar crawls

A map for the weary Tar Heels braving a college town weekend

By Hamsini Sivakumar
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On a Friday night in Chapel Hill, weary students, armed with only a legal ID and a liver ready for battle, face the last frontier — the bars surrounding Franklin and Rosemary Streets.

This land of opportunity may seem overwhelming. How do you know if the music will be good? If the drinks will be strong, but cheap? If the line is too long for you to keep waiting?

In order to judge the options, my friend Victoria and I visited seven bars in one night to tell you everything you need to know before you take that journey you may never remember.

This bar crawl guide is a choose-your-own-adventure for whatever you feel next Friday night.

There are a couple ways to start the night. I'd recommend easing in at a more laid-back bar that has another form of entertainment.

If you're interested in music, especially indie music, start at The Cave and work your way up Franklin.

The musicians are right in front of you and the bar's dark lighting and low ceilings made me feel like I was in a spy movie. Keep in mind that it is not that accessible, as you have to walk down a flight of narrow stairs, which is another reason to be reasonably sober when going. There's also not too much of a college crowd.

If you're interested in games, or you're with a large group of friends, start at The Gathering Place.



DTH DESIGN/ALAN HUNT

Board and card games require a bit more mental energy, so I would not recommend coming here after a couple drinks. It has a chill atmosphere with gaming-inspired decorations, but this location is also not very accessible.

From there, it all depends on how much you want to dance, which UNC junior Henry Thomas, who I met at Goodfellows Bar, said he is looking to do.

"I really like Goodfellows, I also love He's Not [Here] and [Pantana] Bob's occasionally. I think any

with good music or good social interaction is what I look for, period," Thomas said.

I would also recommend Goodfellows, which has karaoke on Tuesday and Wednesday nights. The line can get unreasonably long before you realize it, so try not to get there later than 11 p.m.

It's not easy to talk in Goodfellows, but it's still possible — if you're willing to shout. It has a great college crowd and everyone is extremely friendly — we even added two girls we met

there to our bar crawl for the rest of the night.

Following Thomas's directions, you could also try Pantana Bob's, which has more of an old-school bar vibe and a huge dance floor. The outdoor space is nice for warmer nights and it's a good bridge between Chapel Hill and Carrboro.

Finally, here are my late-night recommendations, when you're sobering up but not ready to go home.

First, He's Not Here is a classic. Not only is it a Chapel Hill staple, it is the rare bar that you can go to

at any time of the night. Don't be too drunk here, though, because while it's a very friendly place, it's also relatively clean and organized.

I met 2023 graduate Margaret Matthews at He's Not. Her version of a bar crawl is short and purposeful.

"I feel like the ideal order in my brain is: go pregame at your own house, go to He's Not, at least get one blue cup, go to Goodfellows and then drunk food at Sup Dogs," Matthews said.

A lesser-known gem I also think is great is Zog's Art Bar and Pool Hall, which has pool, arcade games and mystery drinks!

It's a great way to relax before you go home and a relatively quiet space. The decorations are also fun, eclectic and have a completely different vibe from any other bar nearby.

Adam Łucek, who I met at Zog's, said his ideal bars weren't as crowded, which is why he likes the art bar so much.

"What do I look for in a bar? Not too loud, chill vibes, I don't like wading through too many crowds of folks so, if it's a little bit more lowkey, that's kinda what I'm looking at," Łucek said.

So next Friday night, as you traverse the streets of Chapel Hill, consult this guide or mix-and-match to make the perfect night.

(And if you don't agree with my route, please don't be mad. I turned 21 a month ago — you can check my ID at the door.)

Editor's note: Henry Thomas and Adam Łucek are former staffers at The Daily Tar Heel.

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Opinion

The Daily Tar Heel

COLUMN

Southern hospitality is alive and well in Chapel Hill

By Madelyn Rowley

Columnist

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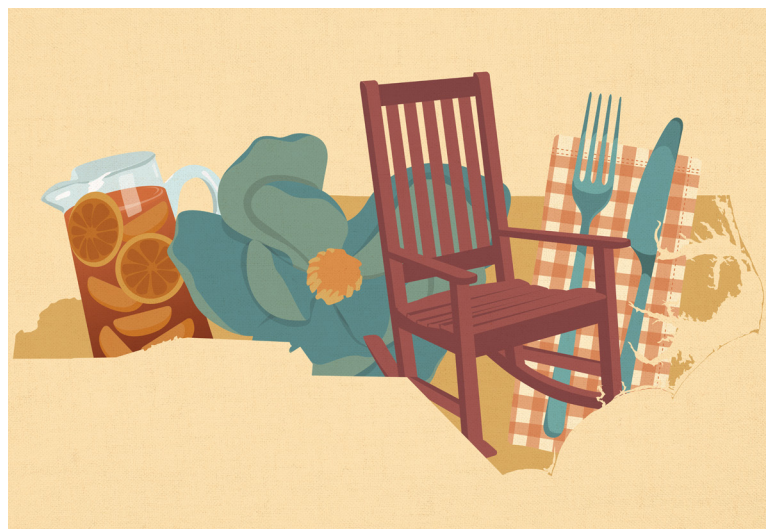
In March 2023, I flew from my hometown of Las Vegas to visit Chapel Hill for the first time.

Before then, I had never stepped foot in the South. At the Raleigh-Durham International Airport, I found myself at the baggage claim, locked into an engaging and insightful conversation with a middle-aged North Carolinian as we waited for our suitcases to emerge from the carousel.

Our dialogue must have continued for 20 minutes without a break, and touched on subjects I would never have considered bringing up in a first conversation: how her family was doing, how she felt about flying frequently, how long she had been in the area.

The entire time, I was taken aback with her clear willingness to interact so openly with a complete stranger — a college student nonetheless.

It didn't end there. The bus driver, the rental car cashier and the academic representatives at UNC were the next people I interacted with, and



DTH DESIGN/CARRIE-ANNE ROGERS

each of them were friendlier than the last. Scattered instances of “yes, ma’am,” and “yes, sir” trickled into conversations with people I passed on the street, accompanied with charming accents and pleasant salutations.

This is a phenomenon commonly known as “Southern hospitality,” the propensity that people in the South have to be both more willing

and more likely to engage with others than people in different areas of the country, and the warmth with which they do so. Before I moved here, I thought this was something invented for old-timey cowboys in Western films. Turns out, it's a real thing — and it's the thing that helped me learn to love Chapel Hill.

Southern hospitality is integral to

UNC culture. It is natural to interact with the community at large when they are so eager to engage. It's part of what makes this area so inviting. I'm confident that students here will leave a lasting and positive impression on anyone they encounter.

For those who have lived here their whole lives, this hospitality is standard and frequently overlooked. When I address this with my friends who are North Carolina natives, they dismiss the hospitality as being fake, saying, “they'll be nice to your face, but talk poorly about you behind your back.”

While I empathize with their point and disapprove of disingenuity as much as the next person, hospitality does not imply an absence of gossip, dislike for others or contention in a community. It simply draws appreciation to the manners and attitude that people in the South consistently utilize with everyone they meet, regardless of how they feel about you individually. Some view aspects of Southern hospitality as archaic, and I understand that. It's okay to push for progress and to change our expectations for social behavior. I believe loosening social pressures around outdated

methods of communication. But warmth, manners and small talk are traditional talents that I think shouldn't be pushed out of modern culture. There is space for conversational etiquette and progress to coexist.

Experiencing Southern hospitality in real life dramatically altered how I viewed my communication with others. We exist in a world that revolves around “connection,” but is revolted at the thought of conversational intimacy. The modern era of social media has terribly damaged our ability to casually chat.

My trips back home reveal parts of Southern culture that have ingrained themselves into my daily life. Not only am I more willing to engage with people I encounter, but sometimes, I even catch myself drawing out my vowels in my own replication of Southern twang.

All this to say, I love it here. In a world that so blatantly struggles with communication, trust a girl from 2,379 miles away when I say: you're doing something right, North Carolina.

X: @madelyn_rowley

EDITORIAL

Editorial Board rates Franklin Street restaurants

By the Editorial Board

opinion@dailytarheel.com

The best thing about Franklin Street is that there's a restaurant for everyone. From the Mexican cuisine at Cosmic Cantina and Que Chula Tacos & Tequila Bar to the burgers at Al's Burger Shack or Buns Burgers & Fries, The Daily Tar Heel Editorial Board has taken the liberty of rating some of the most popular and iconic restaurants in the heart of Chapel Hill based on taste, environment and price. And no, this is not an exhaustive list.

Sutton's Drug Store

Our rating: 10/10

We all love Sutton's. Not only is it a beloved Chapel Hill staple, but after its precarious state during the COVID-19 pandemic, we're all relieved and grateful that Sutton's remains on Franklin Street. Especially as it touts 101 years of business. We love how unique its menu is, and as one the cheapest options on Franklin, we are always down for some potato munchers, a cherry limeade or a BLT.

Supporting Sutton's supports the culture of UNC, so you can feel good about yourself while enjoying the incredible crinkle-cut fries.

Buns Burgers & Fries

Our rating: 9/10

Buns is Franklin Street's hidden gem. It not only has delicious food and milkshakes (Vanilla-Cheerwine shake on top), but it also has great vegetarian and pescatarian options, especially for a burger place. Buns gives you more fries than you know what to do with, and we appreciate the ability to create and customize our own sandwich or burger.

Bandido's Mexican Cafe

Our rating: 9.5/10

Bandido's chimichangas are great, and that's all we can really ask for. The portion sizes and prices are pretty good, and it's always incredibly lively in the restaurant. Wait times aren't too bad either, even if you are going with an abnormally large group, like half of The DTH Opinion desk. But we suggest going at an off time. We

believe its margarita pitchers should win Bandido's a Michelin star. Family-owned businesses are the foundation of this town, and this is one of, if not the best (shoutout Antoni Sustaita).

Spicy 9 Sushi Bar & Asian Restaurant

Our rating: 8/10

In terms of best value, Spicy 9 wins it all. The lunch special is only \$7 for a huge platter of three varieties of chicken and rice, and the student discount gets all UNC students 15 percent off. Plus, the buy one, get one free sushi rolls can't be beat. While we have tasted better sushi, Spicy 9 is a versatile option, and if you want something slightly more upscale that won't break the bank or require reservations weeks in advance, Spicy 9 is the way to go.

Al's Burger Shack

Our rating: 7.5/10

While Al's is arguably home to one of the better-tasting burgers on Franklin Street, it's losing points for the overpriced menu. The distance from campus on West Franklin

Street make it hard for younger UNC students to justify walking from campus. However, Al's fries and garlic aioli make us believe in love again — and that's got to count for something.

Cosmic Cantina

Our rating: 7/10

We all agree that Cosmic Cantina's food is not always gourmet standard — but its cheap prices and availability after 9 p.m. (a rarity in Chapel Hill beside the likes of I Love New York Pizza and Grk Yeero) makes it an establishment that can't be ignored. The best part? Cosmic doesn't judge you. It's seen us at our worst, the times we can barely remember. When the night is dark, cold and bleak, the warm neon glow of Cosmic's underground cantina welcomes you and wraps you in a warm, maybe stale tortilla — empowering you to find your way home.

Que Chula Craft Tacos & Tequila Bar

Our rating: 6/10

Que Chula is likely your most expensive option for Mexican food

on Franklin Street. We don't think the food is anything special and the space is often overcrowded, so the price doesn't necessarily have much to back it up. We applaud the staff for always creating a fun atmosphere and we enjoy the margaritas and street tacos, but we had to agree that the food falls short overall. Que Chula is a great place for birthday dinners and celebrations, but if you are in the mood to satiate your desire for Mexican food, look elsewhere.

Time-Out

Our rating: 5.5/10

There is nothing like shoveling down mac and cheese after a long night out. While it's not necessarily the best food or healthiest option here, it's always open and super reliable. We think we can all agree you aren't going here for the taste, but so what if the food is a little greasy? There's always going to be appeal in comfort food you can count on, no matter the time of night.

X: @dthopinion

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By Katie Littlejohn

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Walking through Chapel Hill with my dad is like visiting a graveyard of lost friends.

As an alumnus of the school, he knows the ins and outs of Franklin Street, the best restaurants, bars and hidden gems. But he also remembers the places that were beloved during his time here that are no longer around. Echoes of the memories made in some of his favorite places in college that are now closed reverberate through my ears each time we explore Franklin.

Today's small businesses of Franklin Street seem to be fading away as fast as they spring up, leaving behind store after store of empty space. Since the beginning of this semester, three restaurants on Franklin have closed their doors:

Linda's Bar and Grill; Dame's Chicken and Waffles; and Capriotti's.

Chapel Hill lost many businesses last year, including Top of The Hill's Distillery and Basecamp. Though not all of these are small businesses, they still join a long list of other Chapel Hill stores that have ceased operations recently, especially since the COVID-19 pandemic.

Going further back, there's the Rathskellar, familiarly known as “The Rat,” a Chapel Hill institution that opened in 1948. Despite The Daily Tar Heel publishing a 1992 article with the title “The Rat has always been there... and it always will be,” it closed in 2007.

Or there's Pepper's Pizza, a popular spot that closed in 2013 after serving Franklin Street for over 25 successful years.

According to CNBC, 60 percent of restaurants fail within a year of opening and nearly 80 percent will fail in five years. Staying open

and amassing a loyal customer base for 20, 30, 40 or 50 years is a rarity and an accomplishment.

At that point, it is not a problem of popularity that causes a restaurant to close, but a combination of external factors like recessions, pandemics or rising inflation and rent forcing them to close their doors.

Chapel Hill should prioritize restaurants that have survived as long as Linda's, The Rat or Pepper's Pizza did and provide them with the support needed to stay open. A program of grants could accomplish this, allocating funds toward restaurants that have been around for a certain amount of time, possibly 25 years or more.

In 2021, the Chapel Hill Town Council created a Downtown Small Business Relocation Grant Program, intended to support businesses being displaced by new development. Chapel Hill

businesses could apply for a grant to be used for space improvements, relocation costs, lease payments or down payment deposits.

A grant program similar to this, enacted through the town council and specifically geared at long-standing businesses, could assist our favorite restaurants through externality-induced issues and allow them to remain Chapel Hill staples.

One day in the future, when I bring my children back to this school, I do not want to walk Franklin Street and say “there's where Carolina Coffee Shop used to be, my friends and I loved that place” or “Here's where Sup Dogs was, I wish I'd gone more times before they closed.” I would rather take them inside, sit them down and let them taste what made my college experience so special.

X: @dthopinion

COLUMN

Don't let our definitive college restaurants fade away

Sports

The Daily Tar Heel

WELL-BEING

How Tar Heels stay healthy on and off the field

UNC football nutrition director works to meet students' personal needs

By Anna Page Lancaster

Staff Writer
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To Amber Rinestine, UNC athletics is a utopia — a place to see athletes evolve, find their potential and form relationships that last well into the future.

As North Carolina football's director of nutrition, she wants the players to feel like they are not just another number on the roster. With personalized care, nutritional plans and cooperation with the medical training staff, the UNC nutrition department works together to fuel success through the enjoyment and love of food.

Rinestine worked as UNC football's nutrition fellow before making the jump to the NFL level, where she spent time with the New York Jets and the Philadelphia Eagles.



DTH/LARA CROCHIK

UNC junior linebacker Power Echols (23) goes in for a tackle during the UNC football game against Syracuse on Oct. 7 in Kenan Stadium.

But in the pros, she felt like something was missing.

"My relationships with [NFL athletes] were just not the kind of relationships that I get here with our athletes," Rinestine said. "I don't think you see as big of an impact."

After Rinestine made her return to

UNC as director of nutrition in 2023, her impact was immediately felt. Rinestine's presence was especially welcomed by graduate offensive lineman Austin Blaske, who has to constantly monitor his blood sugar on the field due to his Type 1 diabetes.

Through brainstorming during

mealtimes, Rinestine and Blaske have tried new things to help keep his blood sugar where it needs to be. Blaske says that his blood sugar tends to go down during physical activity, and UNC's nutrition department has put him on a good regimen to make sure he is able to play through all the bumps in the road.

"They always want to make it better for me and make sure I'm always out there on a level playing field," Blaske said.

As a senior, linebacker Power Echols knows the UNC nutrition department well — both with and without Rinestine. Her aggressive organization and fired-up personality are the biggest changes since her arrival, and they help the team to know she will do what is best to help them succeed.

Senior wide receiver Nate McCollum said Rinestine makes him want to put in the work. Rinestine, with her 6 a.m. encouragement to come in and eat, helps him to not fall in the traps of being a "typical college athlete."

When McCollum dealt with a lower-body injury last season, he had to battle back while still maintaining his health. Rinestine helped him find that balance and stay healthy.

Rinestine's dedication to the development of the team does not end with meal preparation. Due to her time spent in the big league, she has connected UNC players with players she worked with in the NFL. This method of inspiration has helped Tar Heels buy into the kinds of methods Rinestine uses.

"I think it's really important to these guys, because [some] day, that's where they want to be," Rinestine said.

When Rinestine was first introduced to coach Mack Brown, he told her that there would not be a single player she did not like. Although she found that hard to believe at the time, she since realized it to be true.

It is safe to say Rinestine loves the team, and they love her too.

X: @aplancaster_

PODCASTS

This week on 'Hark the Pod'

By Shelby Swanson

Sports Editor
sports@dailytarheel.com

From the transfer portal to banana ball, hear all about it in this week's "Hark the Pod"! This episode is hosted by Sports Editor Shelby Swanson, who is joined by Senior Writer Grace Nugent and Assistant Sports Editors Daniel Wei and Gwen Peace.

Seth Trimble, UNC's dynamic guard, has entered the transfer portal. The sophomore played a pivotal role as the team's sixth man during the 2023-24 season, showcasing his skills with an impressive improvement in shooting. Despite his contributions, Trimble has decided to explore new opportunities at other schools. With the help of Wei, we discussed how Trimble's departure will impact the team's upcoming season, considering his contributions off the bench and on defense.

Switching gears to the diamond, the Savannah Bananas brought "banana ball," their unique brand of baseball, to Durham. Peace and Nugent caught the action firsthand and discussed their take on banana ball, as well as how the players and fans engaged with the game this past weekend.

Tune in to hear Peace and Nugent dive deeper into the Bananas' three-game series in Durham: the quirks of banana ball and its slightly altered baseball rules, spontaneous dancing, playful antics and extensive fan interaction.

To wrap up the episode, we discussed controversy surrounding Erin Matson's exclusion from Team USA's Olympic tryouts and UNC baseball's continuous power surge thanks to senior designated hitter Alberto Osuna.

LISTEN TO THE EPISODE:



ATHLETIC ROSTER

Erin Matson denied tryout for 2024 Olympic team

Many voice support, including UNC Board of Trustees, for the field hockey coach to be allowed the opportunity

By Maya Waid

Staff Writer
sports@dailytarheel.com

At the age of 24, Erin Matson already has an impressive resume.

As a player on UNC's field hockey team, she was a four-time national champion, three-time national player of the year and the career scoring leader in ACC and NCAA tournament history.

In her first season as the UNC field hockey head coach, Matson led North Carolina to ACC and NCAA titles — becoming the youngest championship-winning head coach in Division I history.

So, what's the next move for the most decorated player in UNC history?

With the 2024 Paris Olympics around the corner, it would seem like Matson would be preparing for the games with the rest of Team USA — a team she has been a part of since the age of 17.

However, in a statement released by Matson on Thursday, she said she was denied the opportunity to even tryout for the team, despite meeting all eligibility criteria outlined by USA Field Hockey bylaws.

According to a statement released by USA Field Hockey on Friday, there are two paths for athletes to earn a spot on the Team USA roster. The first is by an invite-only tryout that was held in early 2023. The second is through "ongoing observation" by the selection committee.

"Erin was invited by USA Field Hockey to tryout in early 2023, but turned down the opportunity, which established the main pool of candidates for potential selection," the statement said. "Subsequently, Erin has not played in national or international competitions necessary to be evaluated on an ongoing basis since the original selection of the centralized athlete pool in early 2023."

Matson did not address USA Field Hockey's claim that she turned down the 2023 tryout. Instead, she stated she requested a tryout in February 2024, but USA Field Hockey chose not to grant her that opportunity.

She said USA Field Hockey asked her to travel to Charlotte last week to discuss the 2026 World Cup and 2028 Los Angeles Olympic Games — which she declined because she felt it unfair to take away the



PHOTO COURTESY OF USA FIELD HOCKEY/MARK PALCZEWSKI

Then midfielder Erin Matson celebrates with her USA teammates during a game against England at Karen Shelton Stadium on April 24, 2022.

organization's focus from athletes who are training for the 2024 games.

Matson's inability to tryout for the team caused an uproar. UNC Board of Trustees chair John Preyer, trustee Jennifer Halsey Evans and UNC Athletic Director Bubba Cunningham all voiced their support.

The UNC Board of Trustees released a statement in support of Erin Matson being allowed the opportunity to try out for the U.S. Olympic Team at the trials in Charlotte on April 7.

"Why is U.S. Field Hockey denying the greatest American player in history a chance to compete for a spot on the Olympic team?" Preyer wrote in a statement.

Only last month, Matson was repping a Team USA jersey at the 2024 Indoor Pan American Cups in Calgary, Canada. She scored two goals as the United States finished first, and her efforts in a post-overtime shootout helped the team bring home the gold medal.

Matson's family also took to social media to express disappointment in the decision. Her father, Brian Matson, responded to USA Field Hockey and said, "Your decision to not offer a tryout was your choice, not a selection criteria issue."

Matson's father went on to say that no special exception was requested and the

TRYOUT DETAILS

- USA Field Hockey said Matson was invited to tryout in 2023 but turned down the opportunity.
- Matson said she requested a tryout in February 2024 but was not granted one.

decision to ban her from tryouts "was a choice not restricted by the language in your selection policy."

In her statement, Matson called for change in the system, saying that she believes USA Field Hockey "should be focused on naming the strongest possible roster in order to be successful on the world stage."

In the meantime, Matson will continue to focus on North Carolina and the last two spring season games in their schedule.

"My request wasn't to be an Olympian; my request was to allow me to try out," Matson wrote in her statement. "USA Field Hockey chose not to grant me that opportunity. Although it leaves my heart heavy, I have moved forward."

X: @mayawaid

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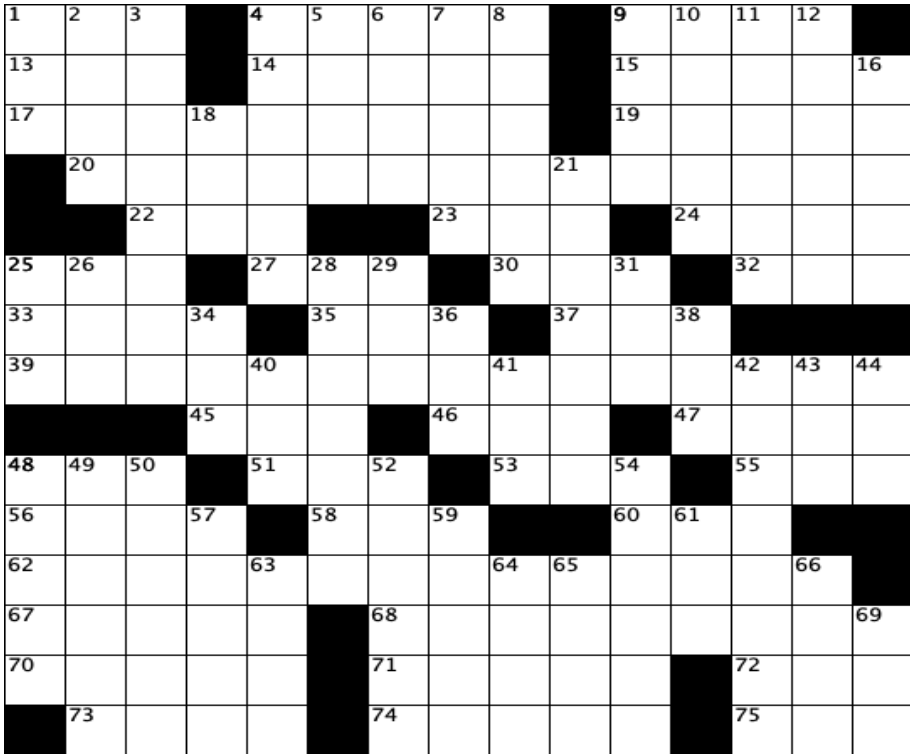


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Help Wanted

WAITSTAFF FOR GRAD PARTY Looking for waitstaff for a graduation party in Chapel Hill on May 4th, from 5-8pm. \$25/hr, experience preferred. Text Irina at (919) 949-7245 if interested.

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HERE TO SOLVE THE CROSSWORD?

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ACROSS:

1. Gore, Green, and Pacino
4. Word before 'castle' and 'cannon'
9. Disney World form of transportation
13. Sample a beverage
14. Bizarre, unsettling
15. Bond villain Goldfinger
17. Addressed with anger
19. Rubbish, horrible
20. Math value classified as continuous or discrete
22. Welsh river to ponder beside?
23. Airport statistic, abbr.
24. Spread falsehoods
25. "One for ____, and ____ for one!"
27. Completely uncooked
30. "Ratatouille" food critic
32. '90s music releases
33. Many a TikTok devotee
35. Greek letter 'r'
37. Get the gold
39. War decorations for Antwerp soldiers
45. Dessert with 3/14 approval
46. Tariff
47. Antagonistic prefix
48. Yap to the American actress Union?
51. I.e., dynamite
53. Asner and Sheeran, collectively
55. Cleaning mech
56. Prideful poems
58. River offshoot
60. 47-across antonym
62. "Burmese Days," "Animal Farm," and "1984"
67. "Endless Love" singer Ross
68. Secede, rebel against
70. Alternative to meters
71. Repent
72. New pronoun?
73. Bird's abode
74. Sheet material
75. BBC standard time

DOWN:

1. Former "Pokémon" protagonist
2. One preoccupied with 24-across
3. Lounged about
4. Word after 'cis' and 'trans'
5. The building block to many childhoods?
6. Genus of lily
7. Colander, strainer
8. Put to sleep
9. Iconic director and mime Jacques
10. Provincial, rustic
11. Kuwait's official language
12. Gave the wrong information
16. Concert musical concerning the Soviet Union
18. "____ takers?"
21. Pollen-count plant
25. Cash machine, abbr.
26. Actor Tommy ____ Jones
28. Football club with a cannon as its logo
29. "Do I know this person?"
31. Grease up
34. Take a snooze
36. Word after 'get,' 'step,' or 'bugger'
38. US military agency
40. Hot stories?
41. Hive inhabitant
42. Calling upon for help
43. Tony winner Hagen
44. MC necessity
48. "I can hardly wait!"
49. Running back Peterson
50. Take caution against
52. Ethnic, related to a clan
54. Orally
57. Delivers
59. Actor Pellow, featured in 16-down
61. Tiff, snit, spat
63. Ultimate
64. Ne, on the Periodic Table
65. DC Villain played by Tom Hardy
66. The root of teaching cellular biology?
69. Spicy or steamy

Last week's solution:



This week's crossword was created by Liam Furlong. Liam is a UNC junior majoring in comparative literature and education. He is from Wilmington, Delaware.

Title: "Raising the Steaks"

HOROSCOPES



Today's Birthday: 4/17/24

Grow financial prosperity this year. Diligent planning and implementation help you accomplish dreams. Summer brings a personal change. Autumn privacy inspires productive planning and preparation. Shift your collaboration for winter directions, for a springtime surge energizing your work and health. Make and savor extra gravy.

ARIES (MARCH 21 - APRIL 19)

Today is an 8 — Romantic plans could take an unexpected twist. Even with breakdowns, others are willing to help. Connect anew. Intuition boosts insight. Create something beautiful.

LEO (JULY 23 - AUG. 22)

Today is an 8 — Focus on a personal project. Changes affect your circumstances in unexpected ways. What you thought was stable now seems shaky. Prioritize practicalities.

SAGITTARIUS (NOV. 22 - DEC. 21)

Today is an 8 — Set your goals high and explore educational possibilities. Your curiosity keeps you nimble. Investigate your latest fascination. Research the back story. Write your discoveries.

TAURUS (APRIL 20 - MAY 20)

Today is an 8 — Work closely with your partner. You don't have to share everything, but listen. Avoid travel, expense or hassle. Invest in your family with love.

VIRGO (AUG. 23 - SEPT. 22)

Today is a 7 — Don't let circumstances get you down. Focus on rest, growth and development. Replenish your reserves. Your intuition seems strong and sensitive. Seek peace.

CAPRICORN (DEC. 22 - JAN. 19)

Today is a 9 — Collaborate for shared gain. Review family accounts. Financial surprises require adaptation. Shift and revise to suit new markets. Coordinate to save and conserve resources.

GEMINI (MAY 21 - JUNE 20)

Today is a 9 — Your persuasive arts and skills with communication can pass formidable barriers. Use gentle pressure rather than force. Charm and inform. Get the word out.

LIBRA (SEPT. 23 - OCT. 22)

Today is an 8 — A team effort comes together. Participate to advance a shared cause. Distractions abound. Help out and be richly rewarded. Together, you're more powerful.

AQUARIUS (JAN. 20 - FEB. 18)

Today is an 8 — Together, you're a formidable team. Collaborate to adapt to unforeseen circumstances. Get creative. Coordinate your response. Rely on each other. Express your gratitude.

CANCER (JUNE 21 - JULY 22)

Today is a 7 — Avoid risky business, and focus on generating stable income. Pay attention to your intuition. Postpone travel for now. You can find what you need.

SCORPIO (OCT. 23 - NOV. 21)

Today is a 9 — You're especially persuasive and creative. Navigate an unexpected professional situation. Come up with a solution that works for everyone. Your work is gaining attention.

PISCES (FEB. 19 - MARCH 20)

Today is a 7 — Take a walk to clear your mind. Fresh air and sunshine lighten your spirit. Prioritize your health, energy and work. Take special time for yourself.

SUDOKU

Last week's solution

5	3	6	1	9	8	7	4	2
1	2	4	3	7	5	6	9	8
7	9	8	6	2	4	3	1	5
8	6	7	2	5	1	9	3	4
9	4	5	8	6	3	1	2	7
3	1	2	9	4	7	5	8	6
4	7	1	5	8	9	2	6	3
6	8	3	7	1	2	4	5	9
2	5	9	4	3	6	8	7	1

		6	8		5			
				1				
5				2		1		8
	4		2					8
	7			3				1
	6				4			7
3		8		7		5		1
				4				
					2	3		

NIL ALTERNATIVES

Restaurants foster relationships with UNC athletes

Local business owners support players, provide safe space

By Emma Moon

Senior Writer
sports@dailytarheel.com

In The Purple Bowl's office space, a KIND Oats & Honey Granola bag sits with a taped name tag written in Sharpie.

The granola belongs to former UNC men's basketball forward Puff Johnson.

After Paula Gilland, CEO of The Purple Bowl, found that Johnson only eats a certain type of granola, she bought the KIND brand for the sixth man.

Following Johnson's transfer to Penn State, the labeled granola now rests on the top shelf in the office space waiting for when he might visit Chapel Hill.

Behind name, image and likeness deals that have encouraged high-profile athletes to consider business sponsorships, smaller restaurants in Chapel Hill have taken a different approach. Rather than choosing one team or a singular athlete to work with, restaurants like The Purple Bowl, Brandwein's Bagels and Lucha Tigre aim to build personal relationships

with athletes outside of strict NIL deals. Smaller businesses in Chapel Hill want to showcase their appreciation for players who are a "fabric of the UNC community," Gilland said.

During the first two weeks of the school year, Alex Brandwein — the owner and founder of Brandwein's Bagels and UNC alumnus — holds an annual Team Brandwein launch day event. To become a part of Team Brandwein, all UNC Division I athletes have to do is submit a simple application. Questions range from favorite memories at Brandwein's to their favorite bagel flavor and coffee order.

Then, for the entire day, members of Team Brandwein can collect their swag, indulge in bagel sandwiches and sign their names on the "Team Brandwein: We Support UNC Student Athletes" poster.

"It's a day to honor them and make sure they know how special they are and how much we appreciate them," Brandwein said.

Without holding players to strict expectations, over 200 athletes from various varsity teams are sponsored by Brandwein's.

While Brandwein wants to create these opportunities for athletes, he is also using the food and his business to build relationships with players across the community.



PHOTO COURTESY OF BRANDWEIN'S BAGELS
Members of the UNC women's lacrosse team pose outside Brandwein's Bagels during the Team Brandwein 2023/2024 Launch Day on Sept. 13.

"It's been really fun in the high moments when teams have won national championships to the low moments when maybe things didn't go our way," Brandwein said. "But they can come to us the next morning, and we're there for them. We got them."

Khoa Dinh, the owner of Lucha Tigre, does not offer any NIL deals. As a lifelong Tar Heel fan, he enjoys partnering with UNC nutritionists to fuel players before and after games.

"It's almost like a dream come true that I am able to provide these athletes meals," Dinh said.

This is also the case for Gilland at The Purple Bowl. She struggles with the idea of sponsoring one athlete or team in particular. She "could never choose just one." Instead, Gilland wants to create a "third space" for players away from the day-to-day stress of being a Division I athlete at UNC.

"[Athletes] bring some great gifts, but they're craving normalcy," Gilland

said. "And they're craving folks that ask them about their regular life."

Not only was The Purple Bowl menu created to serve athletes on strict diets, Gilland also created additional rules to make her restaurant comfortable for those looking for a break. Customers cannot take photos with the athletes. Gilland's employees cannot serve them as fans. Gilland simply wants athletes who visit her restaurant to engage in conversations with the people around them and unwind.

By creating a space for athletes, Gilland has made memories that will last a lifetime. She doesn't remember Final Fours or championship titles. Instead, she remembers making their meals, the times players have helped her during the lunch rush by cutting strawberries and the occasions she tested their athletic skills during pickleball matches. She loves meeting their grandparents, parents or significant others.

In a time where athletes' worlds are dominated by capitalizing on NIL, places like Brandwein's Bagels, Lucha Tigre and The Purple Bowl work to be the exception.

"It's more important than ever to think about as a community how we can help our athletes navigate this weird landscape," Gilland said.

X: @emmahmoon

BIG BATS

Offensive strength displayed in series of wins over Notre Dame

Tar Heels only DI team with three 40-home run hitters

By Brendan Lunga

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After UNC hit three home runs on Friday, head coach Scott Forbes was quick to joke with senior designated hitter Alberto Osuna. The power hitter, who notched 20 home runs in 2022, had just eight so far on the year.

"In case you hadn't noticed, bro, you're not fast," Forbes said to Osuna. "So I get you're hitting for a higher average, but get some good swings off."

Osuna took the message to



DTH/NATE SKVORETZ
UNC redshirt sophomore outfielder Casey Cook (16), junior outfielder Vance Honeycutt (7) and senior infielder Colby Wilkerson (3) celebrate during the game against Wagner on Feb. 17.

heart, smashing a 413-foot bomb off the top of the scoreboard in left field on Saturday. It was the fifth of seven home runs UNC would hit throughout the weekend series sweep of Notre Dame, displaying the power that has come to define this year's Tar Heel lineup. Osuna's home run was the 40th of his collegiate career, making UNC the only team in Division I with three 40-home run hitters: Osuna, senior first baseman Parks Harber and junior outfielder Vance Honeycutt.

In total, the Tar Heels are on pace to shatter last season's home run total of 87.

After UNC could produce just one run in a 2-1 loss to South Carolina on Tuesday, the Tar Heels emphasized slowing themselves down and jumping on the fastball

in practice on Thursday.

Fast forward to Saturday, and what pitch did Osuna find in an 0-2 count in the second inning? A fastball.

He didn't miss it.

"Coach [Jesse Wierzbicki] and I have worked a lot with it, cleaning up my swing, having less holes in it," Osuna said.

Harber got the series started with a two-run homer in the first inning of a 13-0 win on Friday. The Tar Heels scored seven of their 13 runs on Friday by way of the long ball.

Saturday was more of the same. Three more UNC batters homered for three runs in a 7-2 victory to clinch the series. After Osuna's solo shot hit the scoreboard in the second, Honeycutt outdid him five innings later, hitting a

towering 423-foot blast over the scoreboard into the Ehringhaus Residence Hall parking lot.

And on Sunday? UNC hit just one home run in a 10-3 win, but it was Honeycutt's second of the series and 49th of his career, putting him in a tie for second on the all-time UNC home runs list.

Six different Tar Heels hit a homer in the series, a reason why Honeycutt said this is 100 percent the most powerful lineup he's ever been a part of at UNC.

"Guys up and down the lineup who can do damage," Honeycutt said. "There's really not a free guy to pitch to, and whenever everyone starts rolling, it's going to be really fun to watch."

X: @brendan_lunga18

NUTRITION

'The best player I can be': A look into UNC baseball's diet

Bullpen snacks range from gum to sunflower seeds to applesauce

By Cade Shoemaker

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A handful of players could be seen blowing bubbles in UNC's dugout during each game of the Diamond Heels' sweep of Notre Dame this weekend.

As the games ran into later innings, players passed the time by indulging in the plethora of gum options supplied by team nutritionist Terri Jo Rucinski.

In the 1950s, Hall of Fame outfielders Stan Musial and Enos Slaughter were the first to cure their boredom by chewing seeds before big names like Reggie Jackson popularized it. Bubble gum's origins in America's pastime began as an alternative to chewing tobacco. The inception of Big League Chew by Rob Nelson in 1977 created a market in the sport.

"You can either be a bubble gum guy, or you can be a seed guy," UNC junior pitcher Shea Sprague concluded.

Sunflower seeds: an underdog

Unfortunately for the seed guys on the team, the turf that makes up the foul territory of Bryson Field inside Boshamer Stadium prevents any shells from being spat onto the field.

The workaround is spitting into a cup. For this reason, though, Sprague estimated that 70 percent of the team prefers bubble gum over its salty counterpart.

GoGo squeeZ game day

Game day snacks, meanwhile, extend far past the aforementioned chewing combo. Prior to and during each game, every Diamond Heel has a different preference for fueling up.

Outfielder Vance Honeycutt enjoys pre-game smoothies upon arrival at the facility. Out in the bullpen, pitcher Aidan Haugh mentioned how he and others are always grazing on Welch's fruit snacks or GoGo squeeZ applesauce pouches.

However, Sprague heeded a warning about how this mindless snacking has caught up to him on a few occasions.

"Those CLIF BARS can get a little bit heavy," Sprague said. "So you gotta pump the brakes on those. One of them is usually good for a game."

Osuna's offseason

Off the field, senior Alberto Osuna has had the strictest diet plan on the team. The designated hitter lost weight over the summer by committing to a chicken and rice meal plan while playing ball in Miami. He said trainer Ricardo Sosa put him on the diet.

"[He] told me what I needed to do, like cut out sugar completely," Osuna said. "I want to be the best player I can be, obviously, so I did it."

The hardest part of sticking to the plan was staying away from the sweet treats he would see in the grocery store. As a son of restaurant-owning parents, the power hitter had to do without their Mexican-style cooking — something he said helped out with his ability to stick to the diet plan. He only let himself go once he returned for fall scrimmages, sharing a low-calorie ice cream with his roommate.

Growing up, Osuna recalled more about the environment of his parent's restaurant than the food.



DTH/OLIVIA PAUL
UNC sophomore pitcher Matthew Matthijs (24) blows a bubble during the baseball game against VCU at Boshamer Stadium on Feb. 27.

"It honestly taught me a lot of discipline too," Osuna said. "Seeing how workers work, and learning how to work in that manner."

Ultimately, he is grateful for the soul-food cooking. The youngest of three, Osuna was not the only power hitter who was fed well in the family. His older brother Ramon

Osuna was drafted in the 2016 MLB Draft out of Walters State.

"It's been a true blessing because all three kids were pretty big kids," Osuna said. "So it's been a blessing that we have just been able to have that opportunity."

X: @cadeshoemaker23

SATURDAY, APRIL 20TH

CAROLINATM
SOFTBALL



1:00 PM
ANDERSON STADIUM

CAROLINATM
FOOTBALL



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