Weeks of college can be tough, it is said that although the first couple of incoming Tar Heels seniors offered their advice to the first time, some rising juniors and prepares to step onto campus for the first time, says Cameron Bailey, a rising senior at UNC. Bailey, a rising senior at UNC, said the best thing about in-person orientation was the strong connection they built with other students in their group. "I am still friends with some of the people, like the people I really connected with, in my orientation group," Bailey said. "I genuinely consider them my friends and it is enjoyable and great. We see each other on campus or we catch up, go out to dinner." As queer first-generation college students from rural hometowns, Bailey and Smith said they both found a home at UNC and felt welcomed by the NSFP staff at orientation. "I felt very included, and this was something I had never experienced before," Smith said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you." Yasmine Hernandez, a rising junior majoring in psychology and information studies, said the best thing about in-person orientation was that it was engaging and interactive. "I felt very included, and this was something I had never experienced before," Hernandez said. "You know that they are going to have your back when something happens, and you know they are going to love you and accept you."
How to register for classes at UNC

By Allie Kelly
2022-2023 Managing Editor
university@dailytarheel.com

This fall, first-years and transfer students will sit in UNC classrooms and study in University Libraries for the first time. Students will choose classes that interest them, and begin working toward their chosen majors and minors.

Following new student orientation, new students will register for their fall semester courses. Academic Advising will be available during the orientation period to help students understand course placements, registration and credits.

New students can view their registration appointment in the Student Center of their ConnectCarolina portal. To enroll, students should place courses into their ConnectCarolina shopping cart and click enroll on selected sources during their appointment period. Students will have the opportunity to waitlist up to four credit hours during wave 3 of fall registration. In spring 2022, UNC enacted changes to its undergraduate class enrollment process.

The changes aim to improve teaching, learning and research at the University. These are the first structural changes to the registration process to be implemented since ConnectCarolina’s 2009 rollout. Students will now register in two waves, and can register for up to 12 credit hours in the first wave and for up to 17 credit hours in the second wave. Waitlists will open during the second registration wave.

Students will have the opportunity to waitlist up to four credit hours during wave 3 of fall registration. In spring 2022, UNC enacted changes to its undergraduate class enrollment process.

The changes aim to improve teaching, learning and research at the University. These are the first structural changes to the registration process to be implemented since ConnectCarolina’s 2009 rollout. Students will now register in two waves, and can register for up to 12 credit hours in the first wave and for up to 17 credit hours in the second-wave. Waitlists will open during the second registration wave.

Sam Johnson, a former student assistant in the Office of the University Registrar, told The Daily Tar Heel that the new registration system will better support out-of-state students at the national and international level.

“We think that we have been able to kind of more judiciously help the Honors program, while also maintaining the core hope of making the process more accessible and equitable overall,” he said.

Students are assigned a registration appointment day based on earned credit hours and a time based on their terms in residence.

Honor Carolina students will register during the 7 a.m. time slot on their registration day. Following approval by Faculty Council in spring 2019, the University will launch its new IDEAS in Action curriculum this fall.

The curriculum, focused on undergraduate studies, introduces new courses to help students discover common themes between different fields of study. Triple-I courses, for example, will bring together three professors from different departments within the University to teach a select topic from various perspectives.

Li-ling Hsiao, associate professor and associate dean for first-year curricula in the College of Arts & Sciences, told the DTH that the IDEAS in Action curriculum will offer UNC students a more broad education.

“It pays attention to a more holistic view and how you connect what you do in the classroom to your life,” Hsiao said. “It develops a student’s abilities instead of just building knowledge. We want the students to be equipped before they go into the world.”

The curriculum will also support first-year seminars, first-year launch and first-year thriving programs.

Students will focus on academic areas like interpretive analysis, creative expression, ethical and civic values, global understanding and engagement, power, difference and inequality, and more—all as part of their general education curriculum.

Faculty members will also be able to propose and develop their own courses for the curriculum. The IDEAS in Action Curriculum will first apply to students beginning their degree in fall 2022, and it is a four-year program.

Twitter: @alliemkelly
What support is available at Carolina?

University resources for the LGBTQ+ community

Support and help initiatives are available throughout Carolina

By Madi Kirkman
Summer 2022
university.dailyytarheel.com

The LGBTQ+ Center is a resource for students and allies on campus, offering support and advocacy for the LGBTQ+ community. It provides programming and community building, as well as academic assistance. The center also offers programming and opportunities for new students to transition into the campus community. In addition to its initial support, the center offers resources and programs for academic assistance.

The center focuses on three areas: identity, belonging, and social support. It works to foster a sense of empowerment and belonging for members of all sexual orientations, gender identities, and gender expressions. The center is historically connected to the UNC-Chapel Hill community, offering resources and support for queer students. It also offers a year-round peer support group for students who identify as transgender, gender-nonconforming, or questioning their gender.

Steve Ayers, the center's director, said, "We are well-known, and we are well-liked." He emphasized that the center's mission is to support students and create a welcoming environment on campus.

During the first few weeks of school, new students can drop into the center to familiarize themselves with resources and services. This is especially important for students who are transitioning to college life, as the transition can be challenging.

The LGBTQ+ Center is one of several resources available on campus to support LGBTQ+ students. UNC offers a variety of programming and resources, including the Student Wellness and Campus Recreation Center, which provides access to gym facilities and resources for students. The center also offers resources for students who are struggling with mental health issues, such as depression and anxiety.

For incoming students, transitioning to college life is an exciting and stressful time. It's important to know that there are resources available to support your well-being. The LGBTQ+ Center and other resources on campus can provide the support and guidance you need to succeed.
Identity-based resources on UNC campus

The Sonja Haynes Stone Center pictured on Sunday, Feb. 9, 2020.

Students have access to many multicultural organizations at UNC

By Haydha Dreevarajan and Allie Kelly

2021-2022 Editorial Board

By Haydha Dreevarajan and Allie Kelly

The Daily Tar Heel has compiled a list of University offices as a brief refresher on the resources supporting underrepresented communities on campus.

UNC’s Accessibility Resources & Services

UNC’s Accessibility Resources & Services aims to meet the needs of students with disabilities and medical conditions, coordinating accommodations related to academic and residential life, dining and campus activities. Students and applicants can submit accommodation requests through a form on the ARS website. The ARS office is located at the Student and Academic Services Building North (SASB), Suite 2126. Drop-in hours are currently offered on Zoom, and students can coordinate in-person meetings by reaching out to ars@unc.edu. The ARS Testing Center will be open with a limited capacity this semester.

American Indian Center

Established in 2006, the center aims to bring together American Indian cultures with research, service and education at the University. The AIC was born out of efforts in the early 2000s to address the lack of an organized program focused on American Indians or American Indian studies at UNC. The AIC is located at 205 Wilson St., and has offices, a student resource lounge and conference room.

“I was a student here, both for undergrad and graduate school,” Jesalyn Keziah, community engagement program officer, said. “So I can say also from that experience, AIC is a really amazing resource for students on campus, for all of our Native staff and faculty, and also for everyone else to really learn about Native cultures and engage with Native happenings here on campus.”

Asian American Center

The Asian American Center opened to the public last fall in a new space at 215 W. Cameron Ave. The AACC was established in 2020 after years of alumni and student-driven advocacy. The center aims to empower Asian American community members and promote an understanding of Asian American identities and cultures through education, organizing and advocacy. The center also has an AAC Fellows Program for researchers, artists and leaders engaged in work with Asian American communities.

“I hope incoming students will come check us out and know that we are a resource and a welcoming home for everyone who wants to learn more about Asian America and share their own experiences,” Director Josmell Pérez said.

The Carolina Latinos Resource Center

The Carolina Latinos Resource Center offers programming, resources and opportunities to explore Latinx cultures and histories through engagement, scholarship, public service and cultural awareness. The Carolina Latinx Center was launched in 2019 in Abernathy Hall, a decade after the Carolina Latina/o Collaborative was established. The center also has a student lounge in Abernathy Hall, called “La Sala.” The center also has a resource guide linked on their website for students which highlights Latinx-centered classes, programs and organizations.

“For our student, I think that we invite them and welcome them to come and learn, and even just sit and have a conversation,” Director Jesomil Pérez said.

The Carolina Women’s Resource Center

The Carolina Women’s Resource Center supports military-connected students. The center offers scholarships, grants and loans, and a community for military and military family members on campus. Program Director MaDana Bivens said in a statement that the center welcomes not only veterans, but also dependents, spouses and ROTC students.

The CRVC is located at 211 Black Hall St. and is also offering online resources.

The Carolina Women’s Center

The Carolina Women’s Center aims to further intersectional gender equity at UNC. Resources include HAVEN training, support for survivors of gender-based violence and family and parenting information. Established in 1997, the CWC promotes leadership and community engagement. Gender violence service coordinators provide confidential advocacy for all students and faculty impacted by gender-based violence and harassment before or during their time at UNC.

The center is located in the Sonja Haynes Stone Center for Black Culture and History Suite 101.

The Sonja Haynes Stone Center for Black Culture and History

The Sonja Haynes Stone Center for Black Culture and History — carrying the namesake of a beloved former faculty member — supports open dialogue and critical examination of African-American and African diaspora cultures.

The center was first formed in 1988, initially known as the Black Cultural Center. After years of work and activism on the part of students and other community members to establish a free-standing center, the Stone Center space opened in 2004. The Stone Center provides study space and space to just relax; the SC library is open weekdays from 8 a.m.-5 p.m., and students, staff and faculty can pass time on the veranda and other seating areas in the SC building. Senior Program Manager Sherrif Drennmeh said in an email that the Center is located at 150 South Rd.

The Carolina Latinx Center

The Carolina Latinx Center offers students the opportunity to explore Latinx cultures and histories through engagement, scholarship, public service and cultural awareness. The Carolina Latinx Center was launched in 2019 in Abernathy Hall, a decade after the Carolina Latina/o Collaborative was established. The center also has a student lounge in Abernathy Hall, called “La Sala.” The center also has a resource guide linked on their website for students which highlights Latinx-centered classes, programs and organizations.

“For our student, I think that we invite them and welcome them to come and learn, and even just sit and have a conversation,” Director Jesomil Pérez said.

The Carolina Latinos Resource Center

The Carolina Latinos Resource Center offers programming, resources and opportunities to explore Latinx cultures and histories through engagement, scholarship, public service and cultural awareness. The Carolina Latinx Center was launched in 2019 in Abernathy Hall, a decade after the Carolina Latina/o Collaborative was established. The center also has a student lounge in Abernathy Hall, called “La Sala.” The center also has a resource guide linked on their website for students which highlights Latinx-centered classes, programs and organizations.

“For our student, I think that we invite them and welcome them to come and learn, and even just sit and have a conversation,” Director Jesomil Pérez said.

The Carolina Women’s Resource Center supports military-connected students. The center offers scholarships, grants and loans, and a community for military and military family members on campus. Program Director MaDana Bivens said in a statement that the center welcomes not only veterans, but also dependents, spouses and ROTC students.

The CRVC is located at 211 Black Hall St. and is also offering online resources.

The Carolina Women’s Center aims to further intersectional gender equity at UNC. Resources include HAVEN training, support for survivors of gender-based violence and family and parenting information. Established in 1997, the CWC promotes leadership and community engagement. Gender violence service coordinators provide confidential advocacy for all students and faculty impacted by gender-based violence and harassment before or during their time at UNC.

The center is located in the Sonja Haynes Stone Center for Black Culture and History Suite 101.

The Sonja Haynes Stone Center for Black Culture and History — carrying the namesake of a beloved former faculty member — supports open dialogue and critical examination of African-American and African diaspora cultures.

The center was first formed in 1988, initially known as the Black Cultural Center. After years of work and activism on the part of students and other community members to establish a free-standing center, the Stone Center space opened in 2004. The Stone Center provides study space and space to just relax; the SC library is open weekdays from 8 a.m.-5 p.m., and students, staff and faculty can pass time on the veranda and other seating areas in the SC building. Senior Program Manager Sherrif Drennmeh said in an email that the Center is located at 150 South Rd.

The Carolina Latinx Center offers students the opportunity to explore Latinx cultures and histories through engagement, scholarship, public service and cultural awareness. The Carolina Latinx Center was launched in 2019 in Abernathy Hall, a decade after the Carolina Latina/o Collaborative was established. The center also has a student lounge in Abernathy Hall, called “La Sala.” The center also has a resource guide linked on their website for students which highlights Latinx-centered classes, programs and organizations.

“For our student, I think that we invite them and welcome them to come and learn, and even just sit and have a conversation,” Director Jesomil Pérez said.
Building campus connection through art

Students can explore opportunities through Arts Everywhere

By Lauren Fichten
Staff Writer
university@dailytarheel.com

When rising senior Eric Leinweber was a first-year at UNC, he found himself overwhelmed by the amount of arts opportunities on campus. Prior to attending UNC, he spent years training as a dancer and wanted to continue it in college. But with the University’s wide variety of dance groups, he struggled to decide which organization would be the best fit for him.

Seeking a community that would expose him to people of varying cultures and backgrounds, Leinweber eventually settled on Blank Canvus, UNC’s largest student-run dance company. Now the president, he said that he has met some of his greatest friends through the company.

“There’s a whole lot more to Blank Canvas outside of the dance room,” Leinweber said.

He became one out of hundreds of students who have found a place within UNC’s thriving arts community. Whether they decide to incorporate art in their formal education through majors like dramatic art and music or would rather engage in the arts as a hobby, UNC supports student of all skill levels interested in the arts.

UNC offers over a hundred student organizations for theater, comedy, film, music, dance and creative writing, among other art forms. Groups include STV, a student-run television station, the Carolina Ukulele Ensemble and Flying Silk—UNC’s only classical Chinese dance group.

Seanna Chen, a rising senior in Flying Silk, auditioned for the troupe after encouragement from her cousin, who was a member at the time. Despite initially having no intentions of doing anything dance-related in college and having no prior dance experience, Chen will be a co-captain of the group for the 2022-2023 school year.

“It was a really great opportunity for me to learn more about my culture while doing something new,” she said.

Though several student groups center on performance art, many others, like Student-Made UNC—an online shop selling handmade art—showcase art made by students. Senior Delilah Eby is the founder and owner of knitwear company Delilah Designs. What began as a pandemic hobby evolved into a business for Eby, who sells her designs through Student-Made.

She said that being surrounded by so many creative people is inspiring. “I’d say that it is very easy to make friends because I think that people who are interested in arts and love creating are generally similar-minded people,” Eby said.

There are also opportunities on campus for students who want to consume art rather than create it. Students can attend performances by UNC’s professional theatre company in residence, Playmakers Repertory Company, view art at the Ackland Art Museum and attend various events and exhibitions hosted by Arts Everywhere — an initiative that seeks to make the arts a fundamental aspect of University culture.

Arts Everywhere supports student projects, holds a monthly concert series and provides artists with supplies and spaces to create. Kathryn Wagner, associate director of Arts Everywhere, said that joining a student arts organization can provide an opportunity to connect with like-minded students and build a network of friends.

“Going there to kind of blow off steam and doodle or get creative and kind of help you de-stress is a great opportunity,” Wagner said.

In April, Arts Everywhere launched the Students at Carolina Arts Network or “SCAN” — a platform containing resources and information regarding arts opportunities and organizations for student involvement.

The website offers a comprehensive guide for all things arts-related on campus, ranging from a list of reservable spaces to detailed information about student organizations and internship opportunities.

“Figuring out as a first-year what kind of community you want to be exposed to and then going from there—you really have no open field when it comes to the arts,” Leinweber said.

Twitter: @dailytarheeltod

The Bhangra Elite strive to promote and educate the UNC dance community on Punjabi culture through high-energy and traditional dance.

The Poetry Fox creates custom poetry for a student for Arts Everywhere day in front of Davis Library on Friday, April 8, 2022.

Members of UNC’s Flying Silk, a Chinese dance group, pose for a portrait in the Coker Arboretum on Friday, April 15, 2022.
Campus Health Services and other transportation resources are available to students to explore the surrounding area. For students who are walking around campus and exploring the community, there is Calendly or SafeWalk services by calling 911. A walk through the organization’s program operated by the UNC Department of Public Safety. In the meantime, Rees suggests that students plan their routes ahead, use greenways for safer traveling, ensure their bikes are in good condition, and, when driving, use the roads safely. Overall, Rees encouraged that students take advantage of the campus and around the community.

For short trips, nothing beats a bike, he said. For students who are walking home at night, SafeWalk is a program that provides a free walk with fellow UNC students who are trained by the N.C. Department of Public Safety. The Purple Bowl offers a variety of vegetarian and vegan options.

Don’t have a car? Chapel Hill and Carrboro have transportation options.

By Eliza Benbow

Additional transit options include public transit like Chapel Hill Transit, said that Chapel Hill Transit also offers service levels and bus operators. The program’s website.

Cosmic Cantina

Kurama has a lunch special from 11 a.m. to 2 p.m. every day, the restaurant serves chimney, burritos and other Mexican food. UNC rising junior Sydney Wible said that Chapel Hill Transit offers a variety of options for students looking to grab a bite to eat close to campus. Other options include TDI Deli, Hibachi & Company and Cholanad, which also has a limited selection available at the bottom of Leonis Dining Hall.

said the restaurant is casual and cozy. His favorite menu item is the deluxe chicken chihangas.

“It’s really clutch that they’re open as late as they are, and it’s really quality food too,” he said.

Kurma Sushi and Noodle Express

Kurma offers made-to-order sushi and noodle dishes at an affordable price. Customers can choose different portions of menu items and mix-and-match dishes. Kurma has a lunch special from opening to 3 p.m. every day. The special includes a bowl of miso soup, garden salad, a plate of assorted nigiri sushi (inari, crabstick, tamago, shrimp and salmon), a California roll and a small side of seaweed salad.

How to navigate local transit as a Carolina student

The Chapel Hill and Carrboro community is connected by over 20 bus routes operated by Chapel Hill Transit during weekdays. There are nine routes that run on weekends. Chapel Hill Transit also operates routes with campus with such as the U and RU, which circulate campus every 30 to 45 minutes on weekdays. The Point-to-Point, or P2P, is a shuttle service that provides point-to-point rides to off-campus residents.

Additionally, Chapel Hill Transit has a late night bus, Safe Ride, that operates three routes on Thursday, Friday and Saturday nights while the University is in session, according to the program’s website.

Lauryn Walker, a rising sophomore majoring in biology and neuroscience, said she has become more comfortable using the buses for efficient and reliable transportation from her dorm on South Campus and in the surrounding community.

“I think when you first get to school you don’t really know how to use it, so you mostly rely on walking, but as I got more comfortable, I started taking the bus more often,” she said.

Jeffrey Sullivan, community outreach manager for Chapel Hill Transit, said that bus schedules and routes are made easily accessible through the NextBus and TransLoc apps.

However, real-time tracking on both systems must continue to be down for about the next 10 weeks while their equipment is upgraded to 4G networks, Sullivan said. Both Walker and Sullivan said Google Maps is a helpful resource for estimating bus arrival times while en route to the week ended.

Chapel Hill Transit also offers service updates on its Twitter.

Sullivan said Chapel Hill Transit is currently functioning with around 30 fewer operators than they need to provide their full services. He asked that riders be patient with reduced service levels and bus operators. Despite the difficulties faced by public transport in Chapel Hill, Walker has enjoyed her riding experience riding the bus on campus and in the community.

“I really do like the buses on campus,” she said. “And I think that we have a really efficient system.”

Environmentally conscious transportation

Along with public transit like the bus systems, Chapel Hill and Carrboro encourage walking and biking as efficient and environmentally conscious modes of transportation. Chapel Hill and Carrboro take great pains and great care to try to create a safe and walkable environment for the community,” Sullivan said.

John Rees, president of the Bicycle Alliance of Chapel Hill, believes that biking is ideal for students’ communities, but also said that neither Chapel Hill nor Carrboro are completely safe for bikers.

“Bicyclists need to do more, and I think both towns, to a certain extent, are aware of that,” he said. “They just need a lot more support from the citizens of the towns.”

Sullivan said that Chapel Hill Transit is working to encourage a stronger reliance on biking and walking in Carrboro, and the first step is making it safe enough for people to want to leave their cars behind.

In the meantime, Rees suggests that students plan their routes ahead, use greenways for safer traveling, ensure their bikes are in good condition and, when driving on roads, emulate driving etiquette to remain predictable.

“Overall, Rees encouraged that students bike to campus and around the community.

“For short trips, nothing beats a bike,” he said. For students who are walking

The Purple Bowl

The Purple Bowl is the place to go for a light meal, breakfast or post-workout snack. The family-owned eatery offers compete-across bowls, coffee and avocado toast, with vegetarian options.

CEO Paula Gilland said the most popular items are the build-your-own acai bowl and the iced lavender latte.

“I personally recommend to build your own bowl,” she said. “That way you can kind of create whatever you want.”

I Love New York Pizza

Located at 106 W. Franklin St., I Love New York Pizza serves specialty pizzas, calzones, stromboli and salads. Pizza can be customized and ordered whole or by the slice.

UNC rising junior Sydney Wible said her favorite order is cheese pizza with garlic knots. She refers to I Love New York Pizza as “my Heart,” as the restaurant sign depicts a heart in place of the word “Love.”

“I feel like I’m at ‘Heart’ is to be a UNC student,” Wible said.

Franklin Street offers a variety of options for students looking to grab a bite to eat close to campus. Other options include TDI Deli, Hibachi & Company and Cholanad, which also has a limited selection available at the bottom of Leonis.

To explore more options, the Chapel Hill Downtown Partnership offers a full list of open establishments with seating and ordering options.

Cosmic Cantina

For students who are walking around campus and exploring the community, “It’s really clutch that they’re open as late as they are, and it’s really quality food too,” he said.

Kurma Sushi and Noodle Express

Kurma offers made-to-order sushi and noodle dishes at an affordable price. Customers can choose different portions of menu items and mix-and-match dishes. Kurma has a lunch special from opening to 3 p.m. every day. The special includes a bowl of miso soup, garden salad, a plate of assorted nigiri sushi (inari, crabstick, tamago, shrimp and salmon), a California roll and a small side of seaweed salad.

I Love New York Pizza

Located at 106 W. Franklin St., I Love New York Pizza serves specialty pizzas, calzones, stromboli and salads. Pizza can be customized and ordered whole or by the slice.

UNC rising junior Sydney Wible said her favorite order is cheese pizza with garlic knots. She refers to I Love New York Pizza as “my Heart,” as the restaurant sign depicts a heart in place of the word “Love.”

“I feel like I’m at ‘Heart’ is to be a UNC student,” Wible said.

Franklin Street offers a variety of options for students looking to grab a bite to eat close to campus. Other options include TDI Deli, Hibachi & Company and Cholanad, which also has a limited selection available at the bottom of Leonis.

To explore more options, the Chapel Hill Downtown Partnership offers a full list of open establishments with seating and ordering options.

Cosmic Cantina

For students who are walking around campus and exploring the community, “It’s really clutch that they’re open as late as they are, and it’s really quality food too,” he said.

Kurma Sushi and Noodle Express

Kurma offers made-to-order sushi and noodle dishes at an affordable price. Customers can choose different portions of menu items and mix-and-match dishes. Kurma has a lunch special from opening to 3 p.m. every day. The special includes a bowl of miso soup, garden salad, a plate of assorted nigiri sushi (inari, crabstick, tamago, shrimp and salmon), a California roll and a small side of seaweed salad.

I Love New York Pizza

Located at 106 W. Franklin St., I Love New York Pizza serves specialty pizzas, calzones, stromboli and salads. Pizza can be customized and ordered whole or by the slice.

UNC rising junior Sydney Wible said her favorite order is cheese pizza with garlic knots. She refers to I Love New York Pizza as “my Heart,” as the restaurant sign depicts a heart in place of the word “Love.”

“I feel like I’m at ‘Heart’ is to be a UNC student,” Wible said.

Franklin Street offers a variety of options for students looking to grab a bite to eat close to campus. Other options include TDI Deli, Hibachi & Company and Cholanad, which also has a limited selection available at the bottom of Leonis.

To explore more options, the Chapel Hill Downtown Partnership offers a full list of open establishments with seating and ordering options.

Cosmic Cantina

For students who are walking around campus and exploring the community, “It’s really clutch that they’re open as late as they are, and it’s really quality food too,” he said.

Kurma Sushi and Noodle Express

Kurma offers made-to-order sushi and noodle dishes at an affordable price. Customers can choose different portions of menu items and mix-and-match dishes. Kurma has a lunch special from opening to 3 p.m. every day. The special includes a bowl of miso soup, garden salad, a plate of assorted nigiri sushi (inari, crabstick, tamago, shrimp and salmon), a California roll and a small side of seaweed salad.

I Love New York Pizza

Located at 106 W. Franklin St., I Love New York Pizza serves specialty pizzas, calzones, stromboli and salads. Pizza can be customized and ordered whole or by the slice.

UNC rising junior Sydney Wible said her favorite order is cheese pizza with garlic knots. She refers to I Love New York Pizza as “my Heart,” as the restaurant sign depicts a heart in place of the word “Love.”

“I feel like I’m at ‘Heart’ is to be a UNC student,” Wible said.

Franklin Street offers a variety of options for students looking to grab a bite to eat close to campus. Other options include TDI Deli, Hibachi & Company and Cholanad, which also has a limited selection available at the bottom of Leonis.

To explore more options, the Chapel Hill Downtown Partnership offers a full list of open establishments with seating and ordering options.

Cosmic Cantina

For students who are walking around campus and exploring the community, “It’s really clutch that they’re open as late as they are, and it’s really quality food too,” he said.

Kurma Sushi and Noodle Express

Kurma offers made-to-order sushi and noodle dishes at an affordable price. Customers can choose different portions of menu items and mix-and-match dishes. Kurma has a lunch special from opening to 3 p.m. every day. The special includes a bowl of miso soup, garden salad, a plate of assorted nigiri sushi (inari, crabstick, tamago, shrimp and salmon), a California roll and a small side of seaweed salad.

I Love New York Pizza

Located at 106 W. Franklin St., I Love New York Pizza serves specialty pizzas, calzones, stromboli and salads. Pizza can be customized and ordered whole or by the slice.

UNC rising junior Sydney Wible said her favorite order is cheese pizza with garlic knots. She refers to I Love New York Pizza as “my Heart,” as the restaurant sign depicts a heart in place of the word “Love.”

“I feel like I’m at ‘Heart’ is to be a UNC student,” Wible said.

Franklin Street offers a variety of options for students looking to grab a bite to eat close to campus. Other options include TDI Deli, Hibachi & Company and Cholanad, which also has a limited selection available at the bottom of Leonis.

To explore more options, the Chapel Hill Downtown Partnership offers a full list of open establishments with seating and ordering options.
Summer 2022

Byrd explained that their experience at orientation influenced their decision to later become an orientation leader. “I came in and had a great experience at orientation and knew wanted to give that experience to other people, specifically other first-generation college students like me,” Byrd said.

Smith, who was also an orientation leader and a program coordinator, now serves as the family programming fellow for NSFSP. He said he is excited orientation is in-person this year but recognized that there are some disadvantages that come with it. “Coming back in person, I think there has to be the recognition that there is some inequity baked into that — it is not a fair experience for all people,” Smith said. “We are slowly shifting back to these in-person things, it makes our community-building more effective, it makes you have more opportunities that helped of belonging on campus as opposed to learning things virtually.”

For the classes of 2024 and 2025, orientation was moved online due to the pandemic. “It is very difficult to build virtual community,” Smith said. “Especially with orientation, that is the biggest thing we want to do — to make sure that people feel comfortable in a space that they are going to spend so much time in.”

Stone Watson, a rising senior and orientation fellow with NSFSP, was an orientation leader in 2020 and 2021, when the program was virtual. Watson said that the incoming students who had virtual orientation did not have the same opportunity to build strong relationships that he had as a first-year in 2019. “I created some friends in my orientation coming in as a first-year student, so they didn’t really get that experience,” Watson said. UNC rising sophomore Shavalee Patel’s orientation was on Zoom last summer. “She said that, although she enjoyed being able to attend orientation from her bed, it was harder to connect with other students in her group. "Her advice to incoming first-years is to be ready to make friends and pay attention to the information about registration. "Make the most out of that experience because I feel like I personally didn’t make the most out of mine because it was on Zoom,” Patel said. “I was just on my phone for part of it.”

Byrd emphasized that orientation is where new students’ community at the University begins. According to Jenn Mallen, director of NSFSP, the orientation team is excited to see new students on campus. “While we were incredibly proud of the virtual programming we provided to students and families, nothing beats the in-person experience,” Mallen said in an email statement. “Attending New Student Orientation in person provides our students and families the opportunity to gain a more concrete feel for the campus and to better connect with faculty, staff and current students.”
From sprinting to Franklin Street after a special men’s basketball game against Duke in the Final Four on April 2, 2022.

For some students, this rush traces back to at least the 1950s, but was first documented in its entirety in 1961, when UNC played against Virginia in the Final Four and claimed a 13-point victory.

Since then, crowds have become so big that the Town restricts parking even when the weather didn’t permit it.

Some students even got up early to be ready when it’s the night of a men’s basketball game against Duke.

If UNC defeats its blue-blooded rivals, students from across Chapel Hill will dash toward the intersection of Franklin and Columbia streets to celebrate together.

“When there’s a Duke basketball game, you don’t do anything else during the whole day,” rising junior Kayla Nesbitt said.

“Some students, this rush to Franklin Street after a win can stretch more than a mile, especially if they are starting all the way from the dorms on South Campus.”

The long-standing tradition of rushing traces back at least to the 1950s, but was first documented in its entirety in 1961, when UNC played against Virginia in the Final Four and claimed a 13-point victory.

Since then, crowds have become so big that the Town restricts parking and closes some streets ahead of UNC-Duke and some NCAA basketball games in anticipation of a potential rush.

So if you happen to see a mattress on fire amidst a crowd on Franklin Street late at night in the middle of basketball season, do not be alarmed. That means Duke has lost, and North Carolina has won the biggest rivalry in college basketball.

Beyond sports, there are other traditions UNC students hold for the very first day of classes and finals.

On the first day of class, students flock to McCorkle Place to take a drink from the Old Well. This practice is based on the belief that if a student drinks from the well on the first day of the semester, they will have good luck in their classes and achieve a perfect 4.0 GPA.

A long line will always form due to the number of students trying to get a sip. Some students even got up early in the morning to beat the line before everyone else, like UNC class of 2022 graduate Chris Rosario. He said this was his favorite tradition, even when the weather didn’t permit it.

“My sophomore year, it was raining all night, and there were people huddling under the Old Well itself,” Rosario said. “That was a great time.”

While this Old Well custom takes place at the beginning of the semester, another well-known tradition happens right at the end. During finals, on the night before the first day of exams, groups of exhausted students will take their clothes off in unison and streak through Davis Library, cheered on by hundreds of classmates.

Participants gather on the eighth floor of the library, ditch their clothing and begin the dash when the clock strikes midnight. They run down the stairs of each floor all the way to the first floor, where they continue outside through the main doors and make a run for the next destination — the Undergraduate Library — before circling back to Davis to retrieve their clothes.

“You have to get seats an hour before it starts,” Nesbitt said.

“Every year, people huddling under the Old Well itself,” Rosario said. “That was a great time.”

While this Old Well custom takes place at the beginning of the semester, another well-known tradition happens right at the end. During finals, on the night before the first day of exams, groups of exhausted students will take their clothes off in unison and streak through Davis Library, cheered on by hundreds of classmates.

Participants gather on the eighth floor of the library, ditch their clothing and begin the dash when the clock strikes midnight. They run down the stairs of each floor all the way to the first floor, where they continue outside through the main doors and make a run for the next destination — the Undergraduate Library — before circling back to Davis to retrieve their clothes.

“You have to get seats an hour before it starts,” Nesbitt said.

“Every year, people huddling under the Old Well itself,” Rosario said. “That was a great time.”

While this Old Well custom takes place at the beginning of the semester, another well-known tradition happens right at the end. During finals, on the night before the first day of exams, groups of exhausted students will take their clothes off in unison and streak through Davis Library, cheered on by hundreds of classmates.

Participants gather on the eighth floor of the library, ditch their clothing and begin the dash when the clock strikes midnight. They run down the stairs of each floor all the way to the first floor, where they continue outside through the main doors and make a run for the next destination — the Undergraduate Library — before circling back to Davis to retrieve their clothes.

“You have to get seats an hour before it starts,” Nesbitt said.

“Every year, people huddling under the Old Well itself,” Rosario said. “That was a great time.”

While this Old Well custom takes place at the beginning of the semester, another well-known tradition happens right at the end. During finals, on the night before the first day of exams, groups of exhausted students will take their clothes off in unison and streak through Davis Library, cheered on by hundreds of classmates.

Participants gather on the eighth floor of the library, ditch their clothing and begin the dash when the clock strikes midnight. They run down the stairs of each floor all the way to the first floor, where they continue outside through the main doors and make a run for the next destination — the Undergraduate Library — before circling back to Davis to retrieve their clothes.

“You have to get seats an hour before it starts,” Nesbitt said.

“Every year, people huddling under the Old Well itself,” Rosario said. “That was a great time.”

While this Old Well custom takes place at the beginning of the semester, another well-known tradition happens right at the end. During finals, on the night before the first day of exams, groups of exhausted students will take their clothes off in unison and streak through Davis Library, cheered on by hundreds of classmates.

Participants gather on the eighth floor of the library, ditch their clothing and begin the dash when the clock strikes midnight. They run down the stairs of each floor all the way to the first floor, where they continue outside through the main doors and make a run for the next destination — the Undergraduate Library — before circling back to Davis to retrieve their clothes.
Frank Bruni reflects on UNC experience

New York Times columnist and bestselling author Frank Bruni addressed UNC graduates at the May 8 commencement ceremony in Kenan Stadium. Bruni was originally scheduled to speak at the spring 2020 commencement, but the ceremony was postponed due to COVID-19.

A UNC class of 1986 alum, Bruni has since served as a columnist, White House correspondent, Rome bureau chief, and the chief restaurant critic for The Times.

As he returned to speak to spring graduates, 2022-2023 Managing Editor Allie Kelly sat down with Bruni to talk about his experience at the University.

This interview has been edited for brevity and clarity.

THE DAILY TAR HEEL: What are some of your favorite memories of UNC?

BRUNI: I just remember very late nights at The Daily Tar Heel — sometimes midnight, one in the morning — and wonderful conversations with my fellow journalists there. I don’t know about now, but then, (DTH) was part newspaper, part its own sort of combined fraternity sorority social club. It definitely felt like a band of people kind of marching through the college years together, as much as it did a journalism enterprise. I remember just runs through campus and walking through campus, and never losing sight of what an enchanted environment the campus and Chapel Hill seemed. Those aren’t discreet individual-event memories, but those are some of the things that are always in my mind.

Q&A

DTH: Do you have any advice or thoughts to incoming first-years or current students?

BRUNI: College is such an extraordinary chapter of life in terms of what you can get out of it. And a school like UNC has, in its scale and in its caliber — it’s a cornucopia of opportunities and lessons and all of that. You’ve got four years to kind of harvest the best of a college. And I think most people, the first semester begins, they’re sort of borne along by the tide of that, and everything goes by in an exhilarating rush. I bet a lot of people sitting at commencement have a long list of things they meant to do, or would have done if they had kind of been more ordered in their thoughts. So I would say to incoming students — take a moment’s pause, survey the entire landscape of possibility and make a kind of college version of a bucket list of things you want to make sure to do, courses you want to make sure to take, professors you want to make sure to interact with before your four years are over, because they will go by in a flash.

DTH: Are there any like specific kind of college bucket list items that you’re really glad that you were a part of?

BRUNI: So many years have gone by that it’s hard. It’s hard to remember. I just remember feeling like I did not put that much intention into my course selection. I never regretted being an English major. And I almost had enough courses to be an American Studies double major. Why was that? Why didn’t I take a few more and do that? I wished I’d taken more history courses. I wish I had worked harder than I did at the Italian courses because I think it can be a really gift to be fluent or near-fluent in another language. I don’t have that many social items on my bucket list. But I’m so retroactively aware of what a privilege it is to have those four years dedicated to learning and not to worrying about a mortgage payment or kids or kids’ school schedule if you do have kids and all that. I wish I had kind of burrowed deeper into the academic possibilities and grown my brain a little larger than I did.

DTH: Do you have any advice or thoughts to incoming first-years or current students?

BRUNI: It’s a special privilege for me to do the commencement this year because when I was asked in 2020, I had no knowledge that I would be returning to Chapel Hill, living in Chapel Hill. And I hadn’t really formulated that plan. I’m still in my first year as a newcomer, or a returnee, to Chapel Hill. There’s something, especially delightful, and that I feel especially grateful about getting to near the end of my first year in Chapel Hill, my first year back in what was a former home and what is my new home. It feels like a nice way to mark it to be at that ceremony. And to be at the University that brought me to Chapel Hill in the first place — there’s something sweetly entirely full circle about that.

Twitter: @alliemkelly

UNC alumnus and author Frank Bruni spoke at the 2022 spring commencement on Sunday, May 8.
A guide to dorm room essentials at UNC

Incoming students should be strategic about what they bring
By Layna Hong
Staff Writer
university@dailytarheel.com

When rising junior Winter Earnhardt moved into Koury Residence Hall last fall, she made the mistake of overpacking.

"I was the throw pillow person who brought way too many," she said.

"I very quickly learned that I didn't need all of it."

Current UNC students shared their favorite dorm room items, essentials and packing tips as the class of 2026 prepares to move into their residence halls.

What to bring

Earnhardt said she did research on what to pack via online videos of UNC dorm rooms, while Alexis Cameron, a class of 2022 graduate, consulted various essential packing lists to compile her belongings.

During her first year at UNC, Cameron lived in Stacy Residence Hall, a first-year dorm on North Campus.

"I think the location was really cool and I didn't have to walk that much to get class," she said. "It was still pretty social. I made a lot of friends my first year."

Ahead of her first year, Cameron said that she tried not to buy too much before moving in because she wanted to see what her roommate had.

"Don't buy a bunch of stuff before because then you're just going to have to move it in, your parents are going to be annoyed because you got so many boxes," Cameron said. "And you're just going to have to move it out at the end of the year."

Beside the basic necessities, she recommended that incoming students invest in a mattress topper for the dorm beds and a broom for cleaning the floor.

Cameron continued living on campus in her sophomore and junior year. She said that having a TV and a futon enhanced her dorm experience — even though they may not be necessities.

"Having friends over, it just makes for a better social experience," Cameron said. "And it was a great place to take naps."

In order to have a better experience in her dorm, Earnhardt was grateful that both she and her roommate brought lamps and fairy string lights.

"The lights in the dorm are like fluorescent, really bright lights," she said. "That was really hard, especially when we were trying to wind down at night."

What to leave

For students planning to live on South Campus, rising senior Caroline Bowserox suggested leaving behind most formal or uncomfortable wardrobe items.

Bowserox, who lived in Hinton James Residence Hall, didn't believe it when people said that she was just going to wear T-shirts and shorts until the first day of class.

"I had a class all the way in Hanes Art (Center) at 9 a.m. and my roommate and I walked there and it was so sweaty," she said. "I was wearing a really cute outfit. It was just pointless."

Earnhardt also said that she brought a whole rack of shoes and only ended up wearing the same few pairs.

Twitter: @dailytarheel

RSI provides living options and related supports to people of all ages with intellectual and developmental disabilities. We promote quality of life by maximizing self-determination, development of independent living skills, community involvement, meaningful social roles, and successful, responsible behavior. RSI’s vision is to help children and adults to live lives characterized by happiness, dignity, health, and the highest possible degree of social responsibility and productivity.

We are hiring students, entry level and experienced individuals!

STUDENT BENEFITS

• Gain experience related to your major
• Great for Psychology, Sociology, Nursing, Pre-Med, and other Human Services majors/degrees
• Paid Internship opportunities
• Entry-level, paid training

$500 Hiring Bonus!! Positions available immediately! Start ASAP!

Our entry level jobs are a great way to gain hands-on health care and human services experience! We provide the training and have various shifts available—daytime, evening, overnights... We even pay employees to sleep!

For more information or to apply, visit https://rsinc.applicantpro.com/jobs/

RSI Residential Services, Inc
A Tradition of New Possibilities

Established in 1974

DISCOVER THE PHILOSOPHY POLITICS AND ECONOMICS PROGRAM!

Want to understand the complex world in which we live? Consider UNC's five-course minor in Philosophy, Politics and Economics (ppe.unc.edu). It lets you satisfy Gen. Ed. requirements with courses that together add up to more than the sum of their parts.

The PPE Program also sponsors a robust range of extracurricular events, open to all, including:

• semester-long reading groups
• salons that focus on a singular, contemporary topic
• intensive topical weekend seminars (e.g., on poverty, the opioid crisis, and the COVID-19 pandemic)
• a suite of early evening talks

Feel free to drop us an email at ppeprogram@unc.edu if you have questions.

TO LEARN MORE Join us in Caldwell Hall on August 18 at 6:00, for a General Information Session. There will be pizza!

For details: https://ppe.unc.edu/event/ppe-general-information-meeting/
An overview of a few of the student organizations at Carolina

Find your unique community on campus

The University offers hundreds of organizations that students can join based on their major, professional aspirations or other interests.

The Carolina Indian Circle helps give Native American Indian students a sense of community and ensures that Native American heritage is valued at UNC through research, curriculum, cultural events and faculty representation, according to its description. AJ Hunt-Briggs, a recent UNC graduate, was the president of the CIC for the 2021-2022 school year. "The Carolina Indian Circle is a home away from home for Native students," Hunt-Briggs said. "It is the only place that we can be around other Native students and be the majority and just feel that support as people who understand our experiences without even necessarily having to talk about it."

They said the organization offers them a close-knit community, allowing them to be around people who share similar experiences and offering a great support network. "We all know how difficult it is to be Native," Hunt-Briggs said. "And then just being it around other people who don’t make it hard to just exist for a little bit is so great to have at a PWI."

Hunt-Briggs said the CIC has taught them communication skills and has also improved their self-confidence. "I think that I’ve just become more confident in my ability to be a leader and effect change when I have an amazing group of support," they said.

Phi Delta Epsilon

Phi Delta Epsilon is an international medical fraternity at UNC that focuses on research and professionalism. Rising senior Pierce Whiteman, the vice president of finance for Phi Delta Epsilon, said when he was a first-year, he was not involved with the organization and felt lost on his journey of pursuing medicine. "But then once I joined, I was able to see how many different paths there are and there’s not one set path," Whiteman said. "And so I’ve learned about a lot of opportunities I’ve become involved in outside as well."

Whiteman said Phi Delta Epsilon has a welcoming environment and includes people from many different walks of life. He said he has also made good friends in the organization and has gained self-confidence he didn’t previously have.

The organization’s events include panels with medical students and medical school deans. Whiteman said the fraternity also has events with Kaplan, which offers MCAT prep courses. "I’ve learned a lot of things that I know now from those opportunities that I wouldn’t have gotten outside of that," he said.

Mi Pueblo

Mi Pueblo is a club that provides support for students and brings awareness of Latinx issues to UNC. It values and promotes tolerance, community, multiculturalism and support. The organization is Latinx-based but welcomes anyone to join, according to its description.

Erika Munguia is a co-president of Mi Pueblo. She said she encourages everyone to join, whether students identify as Latinx or Hispanic, or just want to learn more about the culture.

Munguia said joining new clubs will allow students to meet more people, develop friendships and find stability at UNC. "Just go for it," she said. "I think obviously it’s scary at first, but I think if you don’t put yourself out there, then you’re never going to know if you would have met someone that literally would have become your best friend."

Munguia said stepping into a leadership role in Mi Pueblo really helped her grow as a professional by teaching her communication and decision-making skills. "It truly feels like family, and I think there’s no better way to put it," she said. "Because you find your people, you find the people that you connect with, and then I think you kind of just grow together, which is something that we are really passionate about."

Learning more about student groups

For more information, students can visit Heel Life, an online platform that includes a list of campus organizations, as well as information about events and membership.

Additionally, each year after convocation, the Carolina Union hosts FallFest, an event to welcome new students to campus and orient them to the various organizations and opportunities available at UNC. Last year, the University adapted it to be SmallFest, a week-long event for students to participate in while adhering to COVID-19 safety protocols.

Information for the upcoming FallFest 2022 has not yet been released, but will be made available on fallfest.unc.edu or by following the hashtag #UNCFallFest.
A brief overview of The Daily Tar Heel

UNCs student-run newspaper has been in publication for 129 years

By Praveena Somasundaram
2021-2022 Editor-in-Chief
university@dailytarheel.com

If you’ve ever visited UNC, you’ve probably seen the bright blue Daily Tar Heel boxes around campus. Week after week, new print papers are put in these boxes—papers that are made entirely by students covering news across UNC, Orange County, and the state of North Carolina.

For more than 100 years, The DTH has been the newspaper of record at the University. If you’re a new UNC student or community member, here’s a rundown of who we are and what we do.

About the DTH

The DTH is the student-run newspaper at UNC. Now in its 129th year, the publication is completely independent from the University, and setting the standard for innovative community, training young journalists pursuing news of the University in independent from the University, year, the publication is completely newspaper at UNC. Now in its 129th.

The DTH’s mission includes pursuing news of the University community, training young journalists and setting the standard for innovative and accurate journalism. The paper aims to be a trusted source of news for UNC students, faculty, staff, Orange County community members and beyond. All reporting decisions are made by student reporters and editors.

Beyond University news, the DTH covers sports and city and state news. Currently, we print a paper every Wednesday that is available in the blue boxes on and around campus. The DTH publishes online content every day of the week except Friday and Saturday, unless there is breaking news.

The DTH also has an editorial board comprised of board members, the opinion editor and assistant editor, and the editor-in-chief. Editorial board content does not represent the views of the DTH or its staff.

The newsroom is a part of the DTH Media Corp., which is a 501(c)3 nonprofit organization. In addition, it has an in-house, student-powered marketing agency, the 1893 Brand Studio and a student advertising sales team that coordinates print and digital ads.

What to expect from DTH coverage

DTH coverage intends to serve as a timely and reliable resource for readers. Reporting ranges from stories that are completed in 24 to 48 hours to enterprise projects that can take weeks to months long. DTH staff covers meetings year-round of various bodies of governance at the University and beyond, including the UNC Faculty Executive Committee, Board of Governors and Board of Trustees, as well as the Chapel Hill and Carrboro town councils. Meeting coverage is usually live tweeted—which can be found on the newsroom’s primary Twitter account @dailytarheel—and full stories are posted on the website shortly after.

The publication works to keep the community informed of evolving news and aims to help answer questions that readers have.

During events such as student body president races and town hall-style town hall-style events, the newsroom’s voting guides and candidate profiles to help community members learn more about how to participate and who the candidates are.

In August 2020, the DTH launched Elevate, a section of its website and print paper dedicated to stories that celebrate and uplift underrepresented communities.

The paper also focuses on service journalism, such as how to register for classes, game previews and analyses for sports, features on new businesses in town and more.

The DTH posts its coverage across a variety of platforms, including Twitter, Facebook, Instagram and newsletters. In the event of breaking news, articles are posted as soon as possible on these platforms.

To contact the newsroom

The flagship newsroom in Chapel Hill, the DTH welcomes and appreciates community engagement and feedback. Any community member can submit a story tip or ask a question using a form on the website or by emailing dth@dailytarheel.com. Op-eds and letters to the editor can be submitted to opinion@dailytarheel.com, and Elevate also accepts op-eds and letters at elevate@dailytarheel.com.

With another school year fast approaching, The DTH is committed to producing excellent journalism and serving its community.

Twitter: @praveenasoma

Summer 2022

What to know about joining the newsroom

A guide on the DTH’s offerings and how to be part of the paper

By Praveena Somasundaram
2021-2022 Editor-in-Chief
university@dailytarheel.com

By the time most of you read this, I will be working in a newsroom hundreds of miles away from Chapel Hill, but I belong to The Daily Tar Heel that I own.

If you’re an aspiring journalist or interested in the news, I encourage you to try out The DTH. It could be a game-changer.

A guide on the DTH’s offerings and how to be part of the paper

By Praveena Somasundaram
2021-2022 Editor-in-Chief
university@dailytarheel.com

By the time most of you read this, I will be working in a newsroom hundreds of miles away from Chapel Hill, but I belong to The Daily Tar Heel that I own.

If you’re an aspiring journalist or interested in the news, I encourage you to try out The DTH. It could be a game-changer.

Editors and staffers gather in The Daily Tar Heel office on Franklin Street on Oct. 30, 2019.

Students and other community members can sign up for the DTH’s daily email newsletter. DTH at a Glance, and other Orange County and sports-focused newsletter online under the “subscribe” tab.

A guide on the DTH’s offerings and how to be part of the paper

By Praveena Somasundaram
2021-2022 Editor-in-Chief
university@dailytarheel.com

By the time most of you read this, I will be working in a newsroom hundreds of miles away from Chapel Hill, but I belong to The Daily Tar Heel that I own.

If you’re an aspiring journalist or interested in the news, I encourage you to try out The DTH. It could be a game-changer.
College can be a challenging, stressful experience. Here’s a look at resources for UNC students to help them prioritize their mental health and well-being while at the University.

Counseling and Psychological Services

UNC Counseling and Psychological Services, or CAPS, offers free mental health resources for students.

Avery Cook, the interim director of CAPS, said students want to know how accessible mental health resources are for students at any time.

“We have CAPS availability 24/7, which means if a student calls CAPS at any time — day, night, weekend, holidays, whatever — they can talk to someone right then, Cook said. “So, at three in the morning on a Tuesday, if someone is feeling anxious or feeling homesick or worried about adjusting, they can call our number and get one right then.”

CAPS is available by phone 24/7 at (919) 968-3658. Cook added that CAPS has walk-in hours from 9 a.m. to 4 p.m. Monday through Friday with no cut-off time — as long as you get in line before 4 p.m., you will be seen that day.

“We always want students to know that they always have access to support and whatever it is that they may be dealing with, Cook said. “We’ll help them get connected with whatever would be helpful and getting them sort of back on track.”

Elizabeth Christensen is a psychologist at CAPS who specializes in individual and group therapy and is the co-coordinator of CAPS group therapy.

She said they usually run around 20 to 25 different groups per semester, ranging from support groups, grief groups, and more. A lot of students come to campus and they look around and they say ‘Oh my god, all these high achievers, they’ve got it together, they know what they’re doing,’” she said. “When, in reality, they might be struggling underneath.”

If CAPS counselors feel as though a student would benefit from more regular, long-term treatment, there are in-house referral coordinators that will give students the names of mental health providers in the community and assist with insurance and transportation issues.

CAPS services also include a Multicultural Health Program, academic interventions and medication management.

More information about CAPS can be found on the website Heels Care Network.

In February, UNC launched the Heels Care Network, which includes a variety of mental health and support resources for students and the community.

The initiative was a product of feedback from a Mental Health Summit the University held in November.

One of the Heels Care Network’s features is a 24/7 live chatroom, where students can chat anonymously with a fellow student about something that’s bothering them or that they might need advice on.

Gabriella Montes, a rising sophomore at UNC, had a few words of advice for incoming first-years.

“I think the best thing is when incoming freshmen first come on campus, they should really try to get out of their comfort zone because coming into college at your first year you can feel kind of lonely and isolating, and also overwhelming, because there are so many people,” Montes said.

Montes also said that keeping in touch with old friends and family is helpful to not becoming isolated, but to remember to not hold yourself back when meeting new people.

“Surround yourself with people who make you feel like you’re 100 percent you and people who feel like a home away from home,” Montes said.

Additional resources and initiatives

During recent semesters, the University has implemented wellness days into the academic calendar to give students additional breaks to rest and recharge.

Twitter: @dailytarheel

Here are some warning signs and places to turn to support others

By Valerie Cleis

Senior Writer

uncities@dailytarheel.com

Editor’s Note: This article was originally published on Jan. 7, 2022.

Content warning: This article contains mention of suicide and self-harm.

Avery Cook, the interim director of Counseling and Psychological Services, sat down to talk about how to help a friend, peer, family member or anyone else who might be in danger of harming themselves.

She said the main thing CAPS encourages folks to look out for are big changes in behavior that seem concerning. For example, someone who is typically active and is suddenly sleeping all day, or somebody who is usually pretty engaged to abruptly become withdrawn.

“So when you notice sort of a change in how someone is behaving or functioning, that becomes a really good time just to check in and sort of ask about the things that you’re noticing and express some care and concern,” Cook said. “That could be a really great way of opening up a conversation.”

Alcohol and other drug prevention/mental health awareness and stigma reduction coordinator at UNC, said in an email statement that individuals typically experience early warning signs and symptoms of a mental health challenge prior to experiencing a crisis.

A mental health crisis entails a severe reaction to a mental health challenge, which can include things such as medical emergencies, suicidal thoughts and behaviors, severe effects of alcohol or drug use, or a change in a person’s behavior, she said.

Freeman said a number of factors influence a mental health crisis, such as untreated anxiety or depression.

“It could also include things like traumatic experiences, racial trauma, ongoing stress and even exacerbated medical conditions,” she said.

In terms of anxiety and depression, Jonathan Abramowitz, a professor in the Department of Psychology and Neuroscience at UNC, said in an email that the signs an individual may experience can differ.

“Some of the signs and symptoms of depression include ‘feeling sad most of the day on most days’,” she said. “There could also be a loss of interest in things the person usually enjoys, feelings of worthlessness, hopelessness, trouble concentrating, changes in eating, sleeping and thoughts of self harm, he wrote.”

Abramowitz said that all anxiety and depression can be experienced in the same time.

“But signs of clinically severe anxiety include feeling restless, wound up, or on edge, having trouble concentrating or your mind blank, problems controlling racing thoughts and worries, increased muscle tension and trouble with sleep and restlessness,” he wrote. “When approaching an individual who is displaying some concerning behavioral changes, Cook said the best thing is to document the situation from a open and non-judgmental point of view and in a way that does not put any concern without any sort of shaming or blaming.”

Cook added that in these conversations it is best to point out the specific behavioral changes instead of discussing around them, ask open questions, to be as validating as possible and to be open to whatever they have to say.

“Gosh, I noticed you’ve been sleeping more and I haven’t seen you out as much, or you haven’t come to dinner with us, and you usually do and I’m wondering if everything’s okay.” Cook said. “I’ve missed seeing you on the weekends when we’re hung out, and I’m wondering if things were okay, or you’ve seemed a little bit more sad. I noticed you crying in our room the other night and just wondered if there was anything you want to talk about.”

When someone says they are thinking about harming themselves or sound like they are considering it, it’s usually best to take action, Abramowitz said.

Start by asking questions to find out if the person is in danger of acting on their thoughts and feelings. For example: how are you coping with what’s happening in your life? Do you ever feel like just giving up? Are you thinking about hurting yourself or suicide? Have you ever thought about suicide before, or tried to harm yourself before? Have you thought about how or when you’d do it? Do you have access to weapons or things that can be used to harm yourself?

That being said, Cook said that the biggest thing CAPS wants people to know is that when having these conversations, it doesn’t mean the person bringing the conversation up has the responsibility of helping the other person to get better since that is a job for professionals.

“So we never want students to feel responsible for anyone else’s health or safety,” Cook said. “We want them to just know the resources so they can then get the student connected to what the best thing is.”

Some ways a student can do this is by offering to walk the other student to CAPS, to call CAPS together, speaking with a community director or to connect to whatever feels most comfortable, Cook said.

The UNC School of Social Work offers free access to Mental Health First Aid, a free eight-hour training program available through the University faculty and staff that students can be taken in the span of one or two days, according to UNC School of Social Work website.

Freeman said Mental Health First Aid helps individuals recognize the signs and symptoms of mental health challenges that may impact adults, evaluate the impact of early intervention and many other course objectives.

“The MHFA program helps to destigmatize seeking mental health support,” Freeman said. “The earlier folks are connected to treatment the better the outcome for that individual.”

It is an imminent danger, like if the person is about to or has taken any action to harm themselves, CAPS encourages folks to call 911, Cook said.

If you or someone you know is thinking about suicide, the National Suicide Prevention Lifeline, 1-800-273-8255, is available 24/7. It is free and confidential.

UNC students who need assistance during this time may contact Counseling and Psychological Services, the Office of the Dean of Students or Student Wellness. CAPS can be reached 24/7 by phone at 919-968-3658. University employees can reach out to the Employee Assistance Program.

Peer supporters from the student-run organization Peer2Peer, which offers mental health resources for graduate and undergraduate students, can be reached through its online form. Students can choose to remain anonymous.

Twitter: @dailytarheel
FAMILY INFORMATION

Caring for first-year students from afar

DTH FILE/IRA WILDER

Patty Masa poses for a portrait with her son, first-year Gavin Masa, during the parent rally behind the Old Well organized by the UNC-CH Parents Helping Parents Facebook group.

For rising UNC sophomore Luisa Peñaflor, daily photos of her cat and phone calls from her parents kept her grounded when she started college. Julia Contreras, Peñaflor’s mother, said that she would text pictures of the cat every day to Peñaflor to assure her that everything was taken care of at home and she could focus on her schoolwork.

Along with photos of her cat, the family created a phone call schedule to talk with Peñaflor.

“Keep it consistent,” Peñaflor said. “Have a lot of communication between how much is too much. I know some parents calling twice a day might be too much for some people, while for some it might be too little.”

Adjusting to life at UNC

Though caring for a student from a distance looks different for each family, psychology and neuroscience professor Andrea Hussong also suggested creating a communication schedule depending on what times work best for everyone.

In addition, Hussong suggested that parents develop an emotional radar to determine if communication needs to be increased. She said that some students might experience adjustment issues as they begin college or might need more support due to mental health concerns.

“If you’re getting feedback from your child or you’re getting feedback from their friends that things are not going so well, then I think stepping up communication is absolutely appropriate,” Hussong said. “Not to come in and save the day, but to help them.”

Incoming first-years and parents of UNC students have faced new challenges due to the pandemic. The COVID-19 experience has presented skewed ways of learning and life, Hussong said, but many students have been able to develop valuable experiences and skills.

“They have the skills that they need to go forward,” she said. “And the parents’ job at this point is to support them in using those skills and in having a growth mindset with their kids, and when it doesn’t work out — what they can take away.”

Every communication schedule and family situation will look different, but Contreras advises first-year students’ guardians to always pick up the phone.

“Feel proud of your kids,” she said. “Don’t be sad — it’s the course of life. They have to go out and study and get their own life and if they call you, be there. Never say you’re too busy or anything. Be there whatever time they call, no matter what.”

University resources for parents and guardians

The University offers a variety of programs, meetings and events that serve as resources to aid in the process of caring for students from a distance, according to UNC Media Relations.

New Student & Family Programs is available to any parent, guardian or family member of a UNC undergraduate student who is interested in having extended communication with the University.

The NSFP has created the Carolina Family Handbook, which can be found on its website and provides information about campus resources ranging from University Libraries to dining halls.

Families can stay up to date with campus and University news by signing up for UNC Family Experience. This resource includes personalized newsletters, email alerts, deadline information and more.

The Carolina Parents Council serves as a leadership body for UNC families to represent the needs of students and families, according to its description. The council works to create positive and efficient communication between the UNC and University families.

Families also have the opportunity to participate in the Carolina Family Weekend. It is an annual event for family members to see the Tar Heel experience first-hand. This fall, the celebration will be held Friday, Oct. 7 through Sunday, Oct. 9 and will include a meeting with University leadership, on and off-campus festivities and a football watch party. The weekend will kick off with a meeting hosted by the Carolina Parents Council.

A more detailed schedule will be released in early July and registration for the event will open in late summer.
A look at three of UNC's fall sports teams

Football, women's soccer and field hockey deserve attention next season

By PJ Marles
2022-2023 Director of Enterprise sports@dailytarheel.com

This fall, Tar Heel sports fans will be treated to exciting new games for in the stadiums and fields across UNC's campus.

Whether it's a team on the rise after a down year or an old juggernaut storming back for another huge season, this year's fall sports will give students and fans alike moments of cheering, tears and endless energy.

Football

Through the soaring highs and deep lows that UNC football has grappled with over the last three seasons, two elements remained constant — coach Mack Brown on the Kenan Stadium sidelines and all-time great UNC quarterback Sam Howell setting the standard.

With Howell now wearing a Washington Commanders jersey, one of the many options for quarterback — junior Jacolby Criss and redshirt sophomore Drake Maye. Both signal callers are former 247Sports four-star recruits who showed promise both in practice and on the field last season, and the competition for the start will likely continue up to the beginning of the season.

The defense is being revamped, too. After a loss to South Carolina in the Duke's Mayo Bowl, out of the season.

And then, for the first time in program history, the Tar Heels lost in the first round, falling to South Carolina 1-0, in Dorrance Field.

The Tar Heels will be doing whatever is within their power to avoid that same fate this coming season.

This includes seeing players like Ally Scangelo, Talia Dell'Pepita and Julia Doneo get fully healthy after sustaining injuries last season, as well as returning four and five leading point-scorers. Among the returners is sophomore forward Emily Murphy, who also missed time last season with injury, but still led the team.

UNC is also bringing in the No. 3 recruiting class in the nation per TopDrawerSoccer, headlined by Dell'Pepita's sister, Tori Dell'Pepita, and U-20 U.S. Women's Youth National Team defender Sydney Cheesman.

With a strong returning roster and some dynamic younger talent coming to town, this season could be a turnaround for the Tar Heels.

Field hockey

Another titanic Tar Heel team that fell short of its usual expectations was field hockey.

It wasn't a bad season at all — the Tar Heels won 13 matches and another ACC title, defeating Virginia 1-0 in the conference tournament final. But for a team that had won the last three NCAA titles, that wasn't enough. They wouldn't get a shot at the four-peat, though, falling to Northwestern in a crushing 2-0 first-round defeat in the NCAA Tournament.

Even with that tough loss, UNC fans have a lot to be excited about this coming season, not least of which is the final season in the career of UNC field hockey's undisputed greatest player of all time — graduate forward Erin Matson.

Matson was as good as ever last season, scoring 27 goals in 37 games and leading the Tar Heels in every meaningful offensive statistic. The Tar Heels struggled on defense, though, conceding 30 goals on the year — more than any in the last 10 years.

It will be interesting to see how head coach Karen Shelton rejuvenates the team around Matson this coming season, especially given the departure of three of the team's top scorers in Hannah Griggs, Cassie Summert and Jva Sudraunas.

It will be a challenge, but this isn't a team that's ever shied away from adversity.

UNC's campus.

Another titanic Tar Heel team that looked as indomitable as they had in any time past, but it was a good season anyway.

Even with that tough loss, UNC fans have a lot to be excited about this coming season, not least of which is the final season in the career of UNC field hockey's undisputed greatest player of all time — graduate forward Erin Matson.

Matson was as good as ever last season, scoring 27 goals in 37 games and leading the Tar Heels in every meaningful offensive statistic. The Tar Heels struggled on defense, though, conceding 30 goals on the year — more than any in the last 10 years.

It will be interesting to see how head coach Karen Shelton rejuvenates the team around Matson this coming season, especially given the departure of three of the team's top scorers in Hannah Griggs, Cassie Summert and Jva Sudraunas.

It will be a challenge, but this isn't a team that's ever shied away from adversity.

Football

There are a designated student entrance at Kenan Stadium, where students must show both their ticket and One Card to attend the game.

Most men's basketball home games use the same lottery system, except for the Duke game, which uses the Carolina Fever Online Ticket Office.

For football games, student tickets for football and men's basketball are allocated through a lottery system run through the Carolina Fever Online Ticket Office.

For football games, students will receive an email about 10 days prior to game day notifying them that the lottery has opened. Students will have 24 hours to enter the lottery before it closes.

There are a designated student entrance at Kenan Stadium, where students must show both their ticket and One Card to attend the game.

Most men's basketball home games use the same lottery system, save for a few select games that are open to all students on a first-come, first-served basis.

Tickets for the Duke game prioritize graduating students, and lottery winners receive one only student ticket.

Tickets won through the lottery are not eligible for resale, although they can be transferred to another full-time UNC student through the online ticket portal.

Guest passes for football and men's basketball, which include one free student ticket and up to five guest tickets, can also be purchased online through the portal. Guest passes are not allowed access to student sections.

For men's basketball games with a lottery ticket distribution, ticket winners will be randomly assigned an entry phase.

Those with Phase 1 tickets are allowed entry into the Dean E. Smith Center 90 minutes before tip-off, Phase 2 tickets allow entry an hour before and Phase 3 tickets allow entry 30 minutes prior. Priority granted by Phase 1 and Phase 2 tickets is only valid during that phase's designated time period. If a student misses their time window, they cannot cut the current phase line.

Certain sections of the basketball arena are designated for student seating. All seating is first-come, first-served.

What all student Tar Heel fans need to know

A guide to all things Carolina Athletics for incoming students

By Lucas Thomae
2022-2023 Director of Enterprise sports@dailytarheel.com

UNC students have a plethora of men's and women's athletic teams to cheer for, with 28 varsity sports programs that have won nearly 50 NCAA Division I team championships.

Students can get in free to any Carolina Athletics for incoming students.

There is a designated student entrance at Kenan Stadium, where students must show both their ticket and One Card to attend the game.

Most men's basketball home games use the same lottery system, except for the Duke game, which uses the Carolina Fever Online Ticket Office.

For football games, students will receive an email about 10 days prior to game day notifying them that the lottery has opened. Students will have 24 hours to enter the lottery before it closes.

There are a designated student entrance at Kenan Stadium, where students must show both their ticket and One Card to attend the game.

Most men's basketball home games use the same lottery system, save for a few select games that are open to all students on a first-come, first-served basis.

Tickets for the Duke game prioritize graduating students, and lottery winners receive one only student ticket.

Tickets won through the lottery are not eligible for resale, although they can be transferred to another full-time UNC student through the online ticket portal.

Guest passes for football and men's basketball, which include one free student ticket and up to five guest tickets, can also be purchased online through the portal. Guest passes are not allowed access to student sections.

For men's basketball games with a lottery ticket distribution, ticket winners will be randomly assigned an entry phase.

Those with Phase 1 tickets are allowed entry into the Dean E. Smith Center 90 minutes before tip-off, Phase 2 tickets allow entry an hour before and Phase 3 tickets allow entry 30 minutes prior. Priority granted by Phase 1 and Phase 2 tickets is only valid during that phase's designated time period. If a student misses their time window, they cannot cut the current phase line.

Certain sections of the basketball arena are designated for student seating. All seating is first-come, first-served.

Carolina Fever

Carolina Fever is a free program available to all UNC students that offers rewards for attending sports events. Students are awarded points for attending certain events which are denoted on a schedule released monthly by Carolina Fever.

Fever events can be worth anywhere from one to three points.

To earn full points at a Fever event, students must scan their One Card before and after each event.

The top 200 point-getters are guaranteed one student ticket to each home football game, and the top 150 are guaranteed two tickets to each home men's basketball game, except for the Duke game, for which they will get one ticket. At the end of the school year, students can redeem their fever points for prizes ranging from stickers to T-shirts.

Points can be earned from the start of the school year up to the last home men's basketball game.
Free shipping on allllll the college things.

Start your 6-month trial. amazon.com/joinstudent

prime student