Welcome to the School of Social Work and to Chapel Hill! Getting to know a new town can be a little difficult at first, especially if you’re busy becoming a graduate student at the same time. To help you get oriented, we have put together this list of places, services, and facts about UNC Chapel Hill and the surrounding area. We hope you find it useful.

This “Things We Wish We’d Known” is a yearly production of the School of Social Work Student Services Unit with help from the Social Work Student Organization (SoWoSO), although its first edition was authored by the School of Social Work Women’s Caucus in 1988. In addition to helping with this manual, SoWoSO assists with other orientation activities and organizes student gatherings throughout the year. If you have any questions, or if there is anything we can do to help you get settled, feel free to let us know.

Sharon H. Thomas, MSW
Director of Recruitment, Admissions & Financial Aid
The officers of SoWoSO for 2009-2010 are listed below. Many leadership positions remain OPEN at this time for incoming students to ensure that we truly are a representative student organization.

### SOWOSO Leadership Team

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<th>Position</th>
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<td>Tri-Chairs</td>
<td>Darshan Mundada (<a href="mailto:dpm@email.unc.edu">dpm@email.unc.edu</a>)</td>
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<td></td>
<td>Rebecca Graves (<a href="mailto:rebeccag@email.unc.edu">rebeccag@email.unc.edu</a>)</td>
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<td>Leah Oster-Katz (<a href="mailto:leahok@email.unc.edu">leahok@email.unc.edu</a>)</td>
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<tr>
<td>Secretary</td>
<td>OPEN</td>
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<tr>
<td>Treasurer</td>
<td>Mary Shannon Thomas (<a href="mailto:thomasms@email.unc.edu">thomasms@email.unc.edu</a>)</td>
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<td>Listserv Manager</td>
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<td>Social Justice Caucus</td>
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<tr>
<td>International Caucus</td>
<td>Kelly Cadilla (<a href="mailto:cadilla@email.unc.edu">cadilla@email.unc.edu</a>)</td>
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<td>Co-Director</td>
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<tr>
<td>SHAC Clinic Social Work Coordinators:</td>
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<td></td>
<td>Abby Cannon (<a href="mailto:accannon@email.unc.edu">accannon@email.unc.edu</a>)</td>
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<tr>
<td></td>
<td>Meredith Costa (<a href="mailto:mcosta@email.unc.edu">mcosta@email.unc.edu</a>)</td>
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<tr>
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<td>Helen Dombalis (<a href="mailto:helen.dombalis@gmail.com">helen.dombalis@gmail.com</a>)</td>
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<tr>
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<td>Lucy Willms (<a href="mailto:lucywillms@gmail.com">lucywillms@gmail.com</a>)</td>
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SOWOSO is an organization for students, run by students! This organization can be whatever students make of it! We welcome all new ideas our goal is to foster a sense of community at the School of Social Work. We encourage students to participate in caucus activities and the planning committees that shape social work education at UNC.
Used Book Stores

- The area code for all Carrboro, Chapel Hill and Durham numbers is 919
- NC Tax Free Weekend is August 7-9, 2009
  To see all items that are tax free visit http://www.dor.state.nc.us/taxes/sales/salestax_holiday.html
- The Bookshop
  400 W. Franklin St., Chapel Hill 942-5178
- Nice Price Books (Books, records, tapes, magazines, CD’s, videos)
  100 Boyd St., Carrboro 929-6222
  811 Broad St., Durham 416-1066
  3106 Hillsborough St., Raleigh 829-0230
- The Book Market (Mostly used paperbacks)
  200 N. Greensboro St., Carrboro 929-7264
  (Carr Mill Mall)
- Internationalist Books
  405 W. Franklin St, Chapel Hill 942-1740
- Skylight Exchange (Books, records, CDs – Also a coffee house, w/live music Fri. & Sat.,
  open mike nights on Mon. & Wed.)
  405 1/2 W. Rosemary St., Chapel Hill 933-5550

Consignment & Thrift Shops

- PTA Thrift Shops (Clothing, housewares, books, furniture.)
  103 S. Elliot Rd., Chapel Hill 942-6101
  115 W. Main St., Carrboro 942-6565
- Baby Bear (Children’s clothing up to size 14, books, baby supplies, maternity clothes.)
  3409 University Dr., Durham 493-0854
- Thrift World
  2000 Chapel Hill Rd., Durham 490-1556

Used Furniture Stores

- The Trading Post
  106 S. Greensboro St., Carrboro 942-2017
- Trosa Furniture and Frame Shop
  301 S. Duke St. 682-1495
- Furniture
  http://raleigh.craigslist.org/fua/

Find textbooks online at:
Half.com
Amazon.com
BestBookBuy.com

Social Work textbooks are found in the Health Sciences bookstore, although it may be cheaper to check the options online first!

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  http://raleigh.craigslist.org/fua/

Also, check the Village Advocate, a bi-weekly want-ad paper, for used furniture and yard sales. This paper can be found in local restaurants and stores, as well as inside the S/W/F editions of the Chapel Hill News.
Health Food Stores & Food Co-ops

- **Eastern Market**
  505 W. Rosemary St.
  Chapel Hill 968-1703
  (Oriental food and produce)

- **Whole Foods Market - Wellspring**
  621 Broad St.
  Village Plaza, 81 S. Elliott Rd
  Durham 286-2290
  Chapel Hill 968-1983
  (Gourmet and health food--pretty expensive)

- **Durham Food Co-op**
  1101 W. Chapel Hill St.
  Durham 490-0929
  (Good selection and prices)

- **Weaver St. Market**
  101 E. Weaver St.
  Carrboro 929-0010
  (Organic, alternative health foods)

- **Carrboro Farmer's Market**
  [March-December: Saturdays 7am-12noon; April 8th-October 21st: Wednesdays 3:30-6:30pm]
  off W. Main St.
  Carrboro 280-3326
  [May 7th-August 27th: Thursdays 3:30pm-6:30pm]
  Southern Village
  Chapel Hill 280-3326

Grocery Stores

- **Food Lion**
  Carrboro Plaza
  Carrboro 932-1589
  Willow Creek Shopping Center
  Carrboro 942-0916
  Timberlyne Shopping Center
  Chapel Hill 929-0458

- **Fresh Market**
  1200 Raleigh St.
  Chapel Hill 932-7501

- **Harris-Teeter**
  1800 Airport Rd.
  Chapel Hill 968-0110
  Carr Mill Mall
  Carrboro 942-8564
  Meadowmont Village
  Chapel Hill 932-5020
  University Mall
  Chapel Hill 933-5700

- **Trader Joes**
  1800 E. Franklin St.
  Chapel Hill 918-7871

- **Kroger**
  For those addicted to “Krogering” - there are 3+ in Durham. One is off of 15-501 (same center as DSW and Petsmart), another is off Hwy 54 (past I-40 about 6 miles from school) and the other is off of the I-85 bypass.

Drug Stores & Pharmacies

- **CVS (Revco) Drug Stores**
  Rams Plaza
  Chapel Hill 942-0169
  15-501 North
  Chapel Hill 929-5664
  Carr Mill Village
  Carrboro 929-2181

- **Rite Aid Pharmacy**
  Eastgate Mall
  Chapel Hill 929-1178
  Willow Creek Shopping Center
  Carrboro 942-0933
  Timberlyne Shopping Center
  Chapel Hill 929-0174
  Glen Lennox
  Chapel Hill 968-3777

- **Kerr Drug Stores**
  University Mall (incl. Pharmacy)
  Chapel Hill 942-8738

- **Sutton's Drug Store**
  159 E. Franklin St.
  Chapel Hill 942-5161

Student Health also runs a pharmacy where medications are somewhat less expensive than at regular pharmacies. Student Health is located in the James Taylor building, near UNC Hospitals. The phone number for the Student Health Services pharmacy is 966-6554.
Malls

- **Carr Mill Mall**  (Smallish and kind of expensive)
  Corner of Main and N. Greensboro Streets, Carrboro

- **Northgate Mall**  (Big and crowded)
  off I-85, Gregson Street exit, Durham

- **Village Plaza**  (Health food store, bank, thrift shop, movie theater...)
  Elliot Rd. and Franklin St., Chapel Hill

- **University Mall**  (Average sized – DMV license plate office, post office, Rose’s discount store, Southern Season & a cool store called Cameron’s)
  15-501 and Estes Dr., Chapel Hill

- **Eastgate Mall**  (Bagels, Trader Joes, the Loop— very good pizza place...)
  Estes Dr. and Franklin St., Chapel Hill

- **Carrboro Plaza**  (DMV office, laundry, ABC store, Food Lion, Dollar Store, TCBY...)
  off of Hwy 54 bypass in Carrboro – past Jones Ferry exit.

- **New Hope Commons**  (Best-Buy, Old Navy, Office Max & other unnamed chain retailers...)
  off of 15-501 just past I-40 into Durham

- **The Streets at Southpoint**  (Big with lots of stores such as GAP, Macy’s, & Belk)
  off I-40 East towards Durham. Also has a movie theater and tons of restaurants.

Child Care

- **Child Care Services Association (CCSA)** provides information about accredited child-care resources and agencies for Durham, Orange and Wake counties. Information about child care scholarships and financial assistance is available on their website http://www.childcareservices.org/
  1829 E. Franklin St., Bldg. 1000  Chapel Hill  967-3272
  1201 South Briggs Ave., Suite 200  Durham  403-6950

- **UNC Work / Life Manager** coordinates child and elder care programs at UNC Chapel Hill for employees and students. Contact Aimee Krans (aimee_krans@unc.edu, or 962-6008) for more information.

Housing

For information on roommates or housing with other Social Work students, the School of Social Work Admissions Office in the Student Services Suite (# 370) has a notebook with different listings. Contact Linda Wilson at lwilson@unc.edu to put your name in the notebook or to find out more about the social work students already listed.

Contact the Department of University Housing at 1-800-UNC-5502, for information on residence hall assignments or email odumvillage@unc.edu for student family housing information.

The Village Advocate and Chapel Hill News (www.chapelhill.com) also have a lot of listings for both roommates and apartments/houses. Craigslist has ads for roommates and housing at http://raleigh.craigslist.org/ The UNC student Newspaper, the Daily Tar Heel posts housing options at http://www.heelshousing.com The Daily Tar Heel also has an online housing guide, found at http://www.dailytarheel.com/news/print_edition/daily_tar_heel_housing_guide%252C_2009-1.1321472

The GPSF (graduate-professional student org.) listserv aims to provide incoming grad students with info about moving to the area. It is full of good listings, and is a great resource for finding housing and roommates. Job listings, child care options and other community information are also posted on here. To get onto the listserv go to: www.unc.edu/gpsf.
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THINGS TO DO AROUND THE AREA

If you want to know what's happening in the area on any given week, your best bet is to look at a copy of The Independent, a free weekly newspaper you can find at most newsstands. They list concerts, movies, clubs, special events, etc. But just to give you an idea of some of the things available, the next few pages offer a partial, somewhat subjective list of some things to do in and around Chapel Hill.

MUSIC

UNC, Duke, NC State and NC Central University sponsor a lot of different concerts—keep your eye on The Independent, the UNC Gazette, the Daily Tar Heel, and listen to NPR's "Cultural Calendar" (91.5 FM).

Clubs and/or restaurants with music in Chapel Hill include:

- Cat's Cradle 300 E Main St., Carrboro
  The place to see your favorite band! Dark, crowded, lots of loud music, and tons of fun!!

- The Cave 452 1/2 W. Franklin St.
  Darker, smokier, but fewer undergraduates.

- Local 506 506 W. Franklin St.
  A wide variety of bands tour through here all week long.

- Tyler’s Restaurant and Taproom 102 E. Main St., Carrboro
  Smoke free pub and grill. Music generally on weekends. Good place to play pool.

- Skylight Exchange 405 1/2 W. Rosemary St.
  Lots of different music, food (vegetarian too!), and used books. No alcohol, no cover.

- The Carrboro ARTSCENTER 300-G E Main St., Carrboro
  Drama, music, improv, and art & dance classes.

- The Union Cabaret UNC Student Union
  Music, plays, art exhibitions- all student run.

UNC's theater group, Company Carolina (357-2382), produces plays throughout the fall and spring and performances are on campus. Check out their website at http://www.unc.edu/company/ Duke University, NC Central University, and the ARTSCENTER also provide several productions during the year. Manbites Dog Theater of Durham (682-4974) offers an alternative theater experience. For a cheap, fun, local experience, try the Chapel Hill High School Cultural Arts Center.
Life Outside the School of Social Work...

There are several **MOVIE THEATERS** in the area, each offering a different atmosphere and film line-up.

- **The Varsity** (123 E. Franklin) is likely to offer foreign or 'artsy' films.
- **The Lumina** (Southern Village) - Mainstream films, stadium seating and summertime outdoor showings.
- **Carolina Theatre** – this theater, located in Durham (309 W. Morgan St.) has great independent films and is host to the Jewish Film Festival and the Gay & Lesbian Film Festival.
- **Timberlyne Theater** has ten screens (Timberlyne Shopping Center on Weaver Dairy Road).
- **The Chelsea Theater** (Timberlyne Shopping Center) offers small, unusual, independent, artsy films.
- **The Wynnsong** movie theater is located at 1807 Martin Luther King Parkway, Durham, NC.
- **Blue Ridge Theaters** (600 Blue Ridge Rd., Raleigh) offers mainstream films (that were already out) at much cheaper rates.
- **Southpoint Cinemas** (8030 Renaissance Parkway, Durham) it’s just a 10-15 minute drive from campus and it’s at the mall!
- **The Campus also offers a series of films ongoing throughout the year.** Tickets are free for students with a UNC One Card. Schedules are available in August and January at the Student Union. Call 962-1449 for more information.
- **The Lumina** does an outdoor movie season during the summer, from May through October. They are shown on the Village Green and start at dusk. Bring a blanket, food, and enjoy!

**MUSEUMS**

- **NC Museum of Art** 2110 Blue Ridge Road. Raleigh 839-6262
  Good collection of art, free admission, and interesting film series. They also have a recently renovated restaurant with good food and an interesting menu.

- **NC Museum of History** 5 E. Edenton St. Raleigh 807-7900
  Free to public, it is possible to volunteer there, their website is www.ncmuseumofhistory.org.

- **NC Museum of Natural Sciences** 11 W. Jones St. Raleigh 733-7450
  Free (except special exhibits), dinosaurs and whale bones, website: www.naturalsciences.org

- **NC Museum of Life and Science** 433 Murray Ave. Durham 220-5429
  Dinosaurs, fossils, moon rock, etc. (especially nice for kids) $10.85 for adults, $8.85 for seniors (age 65 and older), $7.85 for children (ages 3-12), and free for children under 3.

- **Ackland Art Museum**
  Free admission

- **Morehead Planetarium**
  250 E. Franklin St
  $6 adults, $5 students, seniors and kids
BEACHES

North Carolina has some beautiful beaches, and everybody has their personal favorite. For example, Hatteras, on the Outer Banks, was voted "Best Beach on the South East coast" by Outside magazine.

Some other beaches that are especially popular include:

◊ Near Wilmington:
  Wrightsville Beach
  Carolina Beach
  Topsail Beach
  Fort Fisher Beach

◊ Near Morehead City:
  Emerald Isle
  Bear Island
  Salter Path
  Atlantic Beach

◊ On the Outer Banks:
  Ocracoke
  Hatteras
  Nag's Head

There are also some LAKES and RIVERS near us...
  * Jordan Lake with a small swimming and picnic area, camping, and an observation deck for bird watching is only 15 minutes South of Chapel Hill
  * University Lake – which has facilities for fishing, and boating – is in Chapel Hill.
  * Haw River – @ 15 miles South on 15-501. Good rafting, canoeing and home of the annual Haw River Festival.

MOUNTAINS

If we're going to talk about Carolina beaches, we have to mention the mountains as well. The Blue Ridge Mountains are beautiful and well worth a trip to see. Just drive along the Blue Ridge Parkway or out to Boone or Asheville, especially in the spring or fall and do some hiking. Hiking guides can be found at the Trail Shop on Franklin Street.

Cherokee, NC provides interesting learning about one of NC's famous Native American tribes. Enjoy white water rafting on the Nantahala.

Also, we have lots of graduates out in the mountains as a result of our program at UNC-Asheville. A contact from the alumni list might help you get information on a particular area.
10+ OTHER THINGS TO DO...

1. **UNC Sporting Events**
   
   Go to a UNC game! Some games only require that you bring your student ID, others require that you apply through the online lottery.

2. **Weaver Street Market**
   Chapel Hill  929-0010
   Great local market and café that sells hot and cold foods, groceries, coffee and other drinks, and a bakery with tons of yummy breads, cakes and other pastries. Outdoor events during warm weather.

3. **Ninth Street**
   Durham
   An interesting part of Durham, with lots of restaurants, bars, and shops.

4. **The Durham Bulls**
   Durham  687-6500
   Old-fashioned, minor league baseball. Bring a cushion if your going to sit in the bleachers. It is a nicely kept ball park that is surrounded by many restaurants and the tobacco trail.

5. **Pottery**
   from Asheboro to Sanford
   This area is famous for its pottery, and there are about 26 potters located between Asheboro and Sanford. Not exactly inexpensive, but worth a trip.

   If you want to indulge in a spot of pottery painting, try the Community Clay Studio on 200 Plant Road in Chapel Hill or call 968-2793. They offer a variety of classes to both children and adults.

6. **Walks/Arboretums/Trails**
   There are several great places to go, including Duke Forest, NC State Arboretum, Duke Gardens, the Tobacco Trail, Umstead State park (Raleigh), Eno River, the UNC botanical gardens, etc.

7. **The State Fair**
   Raleigh  Annually in October
   If you've never been to a real state fair, with quilts, rides, pig races, and lots of food, you really should go. Check out the website at http://www.ncstatefair.org/

8. **The Zoo**
   Asheboro  336-879-7000
   Don't laugh--this is a great zoo, with over 700 animals from Africa living in outdoor natural habitats and an excellent free-flight aviary. It's about a 3-hour walk through the entire zoo--you may want to try it during the cooler spring and fall weather.

9. **Brightleaf Square**
   Downtown Durham
   An old tobacco warehouse that's been converted into an elegant shopping center with shops and great restaurants. During the spring and summer they have outdoor performances in the courtyard.

10. **Check out the Orange County Arts Commission.**
    Go to http://artsorange.org/calendar.html for multiple online event calendars. The website will keep you informed about the latest cultural events around the Triangle.

11. **Farmer's Market**
    Carrboro and Raleigh
    Spring & Summer in both places, open every day in Raleigh, and Wed., Thurs. & Sat. in Carrboro.

12. **Bowling alley**
    Durham (off 15-501)  489-9154
    Check out http://www.amf.com/durhamlanes/centerHomepage.htm for rates & events!
On behalf of the Black Student Caucus, we welcome you to UNC!

This section was included to give African Americans and others needed information about services and entertainment that are available in the area. Upon polling African American Students, these are the “Things We Wish We’d Known”…

*Area Codes are all (919) unless otherwise noted.

**RADIO STATIONS**
- 103.9 – Gospel
- 97.5 & 102.1 – a mix of R & B and Hip-Hop
- 97.1, 104 and 107.1 (FOXY)

**AFRICAN-AMERICAN HAIRCARE—Beauty shops:**
- Raffles—There are several of these chain salons in the area. Walk-ins are welcome.
- Delaine’s House of Beauty—111 W Graham St., Carrboro 932-5405
- In-flight—located at 323 W Main St., Durham 688-0057
- Mary’s Hairstyling at 122-B Fidelity St., Carrboro 968-6711
- Styles of Elegance—Main St., Carrboro 933-1710
- Serenity Full Service Salon—1221 University Dr., Durham 493-2849
- Elegant Hair Designs—260 Wrightsboro Rd., Fayetteville (910)904-0185 (Rochelle does locks and relaxers.)

**AFRICAN-AMERICAN HAIRCARE—Barber shops:**
- Cut Above—111 N Merritt Mill Rd., Chapel Hill. 933-2883
- Midway Barber Shop—707 E. Rosemary St., Carrboro. 942-6338
- Plaza Barber Shop—3125 Fayetteville St., Durham 688-3839
- Precision Styles Barber Shop—1201 University Drive, Durham 489-5631

**CHURCHES**
- First Baptist Church—106 N. Roberson St. (just off Franklin St.), Chapel Hill, 942-2509
- White Rock Holy Church—932 White Rock Road, Chapel Hill, 933-0593
- White Rock Baptist Church—3400 Fayetteville St., Durham 688-8136
- St. Joseph’s CME Church—510 W Rosemary Rd, Chapel Hill., 929-1116
- Holy Cross Catholic Church—2438 S. Alston Ave., 957-2900
- Ebenezer Baptist Church—2200 S Alston Ave., Durham 596-2131
- St. Paul’s AME Church—corner of Franklin St. and 103 Merritt Mill Rd., Carrboro 967-3961
- St. Titus’ Episcopal Church—400 Moline St., Durham, 682-5504
- First Calvary Baptist Church of Durham, temporarily located at 2000 Chapel Hill Rd., Suite 32 at the Lakewood Shopping Center Plaza until January 2010, Durham 489-4184
- Abiding Savior Lutheran Church—1625 S. Alston Ave, Durham, NC 682-7497
- Southside Church of Christ—800 Elmira Ave., Durham 688-3535
- First Baptist Church—302 Moore St., Fayetteville (910)483-6505
- World Overcomers Christian Church-2933 S. Miami Blvd., Lincoln Park West, Suites 101-106, Durham 497-WOCC

**NIGHTLIFE**
- Stevie’s—in Durham, caters to older crowd. The Black Graduate Alliance has many parties here.
- Talk of the Town is in Durham and plays a lot of jazz. 682-7747
- Player’s—a Chapel Hill bar w/ a dance floor. They play some R & B and Hip Hop on Thurs. nights. 929-0101
- Blue Chips Lounge—Durham Hilton-Fridays & Saturdays - usually a professional, African-American crowd.
- Billiards N’ Things—Rosemary St., Chapel Hill—In the Bank of America Bldg.
- Treehouse—hip-hop bar and dance club

**OTHER PLACES OF INTEREST**
- The Know Bookstore, 2520 Fayetteville St., Durham 682-7223
- US Flea Market Mall-504 N. McPherson Church Rd., Fayetteville (910) 868-5011
(Black bookstore in the center of the Market)
- Mama Dip’s Country Kitchen, 485 W Rosemary St., Chapel Hill 942-5837
- Dillard’s Bar-b-que, 3921 Fayetteville Street, Durham 544-1567
- Pantana Bob’s (25 cent wings on Tuesday’s!), 300 W. Rosemary St., Chapel Hill 942-7575
The Diversity Caucus recommends...

There are numerous local, state, and national groups to be involved in. Also, there are a wide variety of activities to choose from, places to eat or go out to, and things to do. Here is just a short list the Diversity Caucus recommends...

GROUPS
◊ National Association of Asian-American Professionals (NAAAP)  
  Get on their mailing list to receive info about events in the area!  
◊ Jewish Student Center (Hillel) 942-4057  
◊ El Centro Latino (932-4652) - www.elcentrolatino.org  
◊ Kiran (Domestic Violence, crisis services for S. Asian women in NC) - www.kiraninc.org  
◊ The International Caucus contact Kelly Cadilla at cadilla@email.unc.edu

FOOD & RESTAURANTS
◊ Allen and Son Barbecue  
  6203 Millhouse Rd, Chapel Hill  942-7576  
  Southern Barbecue
◊ Carrburrito's Taquería  
  711 W. Rosemary St., Carrboro  933-8226  
  Fast burritos, tacos and tostadas
◊ Fiesta Grill  
  3307 Hwy 47 West, Carrboro  928-9002  
  Amazing Mexican food, huge portions!
◊ Lime and Basil  
  200 W. Franklin St, Chapel Hill  967-5055  
  Great Pho and other Vietnamese dishes
◊ Armadillo Grill  
  120 E. Main St., Carrboro  929-4669  
  Tex-mex
◊ Cosmic Cantina  
  128 E. Franklin St. Chapel Hill  960-3955  
  Great food—healthy and cheap!
◊ El Rodeo Mexican  
  1502 E. Franklin St. #1, Chapel Hill  929-6566  
  Jazz & Japanese (sushi, tempura, etc.)
◊ Akai Hana  
  206 W. Main St., Carrboro  942-6848  
  Amazing Mexican food, huge portions!
◊ Kurama Sushi & Noodle Express  
  105 N. Columbia St, Chapel Hill  968-4747  
  Good sushi place, pricey, but a good lunch
◊ The Sitar Palace  
  3117 Shannon Rd, Durham  490-1326  
  The best Indian restaurant in the area, good range of spiciness, from mild to HOT!!! The drive is worth it!
◊ Sushi Yoshi  
  116 Old Durham Rd., Chapel Hill  933-1773  
  Good sushi place, pricey, but a good lunch
◊ Spartacus Restaurant  
  4139 Chapel Hill Blvd, Durham  489-2848  
  Offers small, unusual, independent films
◊ Taverna Nikos  
  1301 E. Franklin St., Chapel Hill  967-6622  
  905 W. Main St. (Brightleaf Sq.), Durham  682-0043  
  108D Factory Shops Rd., Morrisville  467-8080  
  1104 Broad St., Durham  416-4922

For movies, check out these theaters...
◊ The Chelsea Theater  
  1129 Weaver Dairy Rd, Chapel Hill  968-3005
◊ Wynnsong 10 Cinemas  
  1800 Martin Luther King Blvd, Durham  489-9020
◊ Southpoint Cinemas  
  8030 Renaissance Parkway, Durham  226-2000

Also, be sure to watch the local papers (usually the Independent and the Chapel Hill Herald) for local cultural events.
**The Mission:**
The Gay, Lesbian, Bisexual, Transgender, Intersex & Queer Caucus serves to promote a better understanding of the issues related to sexual orientation relevant to the community in general and to social workers in particular. It seeks to identify available resources and also to be a resource for students and faculty.

**UNC Resources:**

◊ **LGBTQ Center**
The Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Center works to foster a safe inclusive environment for UNC-Chapel Hill students of all sexualities, gender identities and gender expressions. [http://lgbt.unc.edu/](http://lgbt.unc.edu/)

◊ **Health Sciences Lesbian, Gay, Bisexual, Transgender, Queer Alliance**
The Health Sciences LGBTQ Alliance is an association of students, faculty, and staff from the schools of the health sciences (Dentistry, Medicine, Nursing, Pharmacy, Public Health, and Social Work) working to promote the health and well-being of people in LGBTQ communities. The Alliance works to increase the training and exposure of Health Sciences students to the concerns of LGBTQ people by sponsoring speakers, panels, and conferences at the schools of the health sciences and UNC-Chapel Hill. [http://studentorgs.unc.edu/hslgbtqa/](http://studentorgs.unc.edu/hslgbtqa/)

◊ **Q Group**
Q Group is a confidential peer support and discussion group that meets weekly to discuss all things quintessentially queer, questioning, and quixotic. Q Group is open to undergraduate, graduate, and professional students. If you are interested in receiving more information or participating in Q Group, contact Terri Phoenix at tphoenix@email.unc.edu or at 843-5376. You can also stop by Student Academic Services Building (SASB) North, Suite 3226 for drop-in support hours every Thursday between 3-5pm. Q Group is sponsored by the Lesbian, Gay, Bisexual, Transgender, and Queer Center.

**Community Resources:**

◊ **Equality NC**
Equality NC is a statewide group dedicated to securing equal rights and justice for lesbian, gay, bisexual and transgender (LGBT) people. [http://equalitync.org/](http://equalitync.org/)

◊ **Triangle Transsexual Support**
Triangle Transsexual Support (TTS) is a support group for transgender and transsexual individuals, parents, spouses, significant others, and allies that meets monthly in the Triangle region of North Carolina. Although we focus on the transsexual and all of the issues that transsexuals face on a daily basis, we welcome anyone who is transgender, including those who are questioning their gender identity or otherwise don't adhere to the societal norms of gender. [http://www.triangletrans.org](http://www.triangletrans.org)

**Bars, Bookstores, Clubs:**

◊ **Internationalist Bookstore**
405 W. Franklin St, Chapel Hill
(919) 942-1740
Independent/coop bookstore with a wide range of books and bumperstickers. Plan time to browse the shelves because you'll be there a while.

◊ **White Rabbit Books and Things**
309 W. Martin St., Raleigh
(919) 856-1429
NC's gay & lesbian "a little bit of everything" chain store. Mostly books and t-shirts. [http://www.whiterabbitbooks.com/](http://www.whiterabbitbooks.com/)

◊ **VisArt Video**
Three stores in Chapel Hill & 1 in Carrboro - (919) 932-1945
Large foreign and gay film sections -- you won't find these at Blockbuster.

◊ **Legends Dance Club**
330 W. Hargett St., Raleigh
(919) 831-8888
Crowded on the weekends; the Triangle's most popular gay club.

◊ **Visions**
711 Rigsbee Ave., Durham
(919) 688-3002
Local lesbian bar/club. Usually has good lesbian musicians/bands on Friday nights.
Food and Drink

**ON CAMPUS**

- There are 5 a-la-carte food places nearby. The Fed-Ex Building (Global Café) next door to the School of Social Work, and the School of Public Health (Atrium Café) both have coffee, drinks, snacks, breakfast foods, and some sandwiches, wraps and salads. Also, the Health Sciences library across the street has a coffee bar and limited food items and the 2nd floor of the Med School (McNider Bldg) has a cafeteria. Also, the Health Sciences bookstore has food and drinks.
- Lenoir Dining Hall
  By Davis Library
  Typical and atypical institutional food, has a salad bar and several fast-food stands where you can buy Chick-fil-A, Subway, Burger King, Jamba Juice Smoothies, sushi, pizza, and sandwich wraps. Prices are about the same as off-campus. It's also a good place to study and eat at the same time.

**ON & AROUND FRANKLIN ST. (and not too expensive)**

- 3 Cups 227 S. Elliott Rd. 968-8993
  Inexpensive Chinese food.
- 35 Chinese 143 W Franklin St. 968-3488
- Asia Cafe 118 E. Franklin St. 929-0168
- Ben & Jerry's Ice cream 102 W. Franklin St. 967-9068
- Bruegger’s Bagel Bakery 1800 E. Franklin St. 929-5524
  Great bagels and bagel sandwiches.
- Café Driade 1215-A E. Franklin St. 942-2333
  Coffee, etc. Great atmosphere – back patio looks out onto the woods.
  Carolina Coffee Shop 138 E. Franklin St. 942-6875
  Sandwiches, waffles, specials. A Carolina tradition. A fun bar at night!
- Jack Sprat Cafe 161 E. Franklin St. 933-3575
  Good atmosphere and yummy scones.
- Franklin Street Pizza & Pasta 163 E. Franklin St. 933-5277
  Great pizza and salads (and a little quicker than Pepper's).
- Hunam 790 Airport Rd. 967-6133
  Eat in or take out Chinese food. (In Franklin Centre)
- Linda's Bar & Grill 203 E. Franklin St. 929-6663
- Mediterranean Deli 410 W. Franklin St 967-2666
  Excellent Mediterranean food. Eat in or take out.
- Pepper's Pizza 127 E. Franklin St. 967-7766
  Fabulously fun place to hang out – funky employees. A fresh variety of pizza toppings.
- The Yogurt Pump 106 W. Franklin St. 942-7867
  Delicious, healthy, and cheap! Check out their daily flavors at http://www.yogurtpump.com/
- The Ram's Head Rathskellar 157 1/2 E. Franklin St. 942-5158
  Italian food, sandwiches, steaks. Great atmosphere. Easy to get lost in the numerous rooms.
- Bandido's 159 1/2 E. Franklin St. 967-5048
  Yummy Mexican food in a relaxed atmosphere.
... on and around Franklin Street, and not too expensive!

- **Spotted Dog Restaurant and Bar** 111 E. Main St., Carrboro 933-1117
  A bit more expensive. Great food w/lots of vegetarian/vegan options & deserts from Mad Hatter Bakery (lesbian-owned too!).
- **Spanky’s** 101 E. Franklin St. 929-5098
  Very good salads, sandwiches and entrees.
- **Subway** (take-out only) 132 E. Franklin St. 967-5400
- **Sutton’s Drugstore** 159 E. Franklin St. 942-5161
  An old-fashioned soda fountain with sandwiches, grinders, etc.
- **Ye Olde Waffle Shop** 173 E. Franklin St. 929-9192
- **Yogurt Pump** 106 W. Franklin St. 942-7867
  Great frozen yogurt with flavors like Ghirardelli Chocolate, Kahlua, and peanut butter! Yum!

**OTHER INTERESTING RESTAURANTS (and sometimes more expensive, noted with a *)**

- **Armadillo Grill** 120 E. Main St, Carrboro 929-4669
- **Carrburritos Taqueria** 711 W. Rosemary St., Carrboro 933-8226
  Great Tex-mex food made w/ lots of fresh ingredients in a colorful atmosphere. Small space, but some patio tables.
- **Crook's Corner** 610 W. Franklin St. 929-7643
  Written up in *Gourmet* magazine. Offers the best "nouvelle Southern" food imaginable.
- **El Rodeo** 1404 East Franklin Street 929-6566
  Mexican Restaurant-- eat in or take out.
- **Elmo's Diner** Carr Mill Mall, Carrboro 929-2909
  Serves breakfast all day, plus sandwiches, burgers, etc. (not a greasy spoon)
- **Foster’s Market** 750 Airport Rd. 967-3663
  Fabulous food, coffee, and atmosphere. Both indoor seating and an outdoor café area.
- **Flying Burrito** 746 Airport Rd. 967-7744
  Good Mexican food and good atmosphere.
- **Four Eleven West** 411 West Franklin Street 967-2782
  Italian cafe that has fresh seasonal pasta, wood burning pizza oven, cappuccino bar, and much more.
- **Mama Dip’s Country Kitchen** 408 W. Rosemary St. 942-5837
  Good home-cooking—catfish, barbecue, corn bread, etc.
- **The Lantern** 423 W. Franklin St. 969-8846
  Asian-inspired atmosphere and dishes.
- **Top of the Hill** 100 E. Franklin St. 929-8676
  Nice atmosphere above Franklin St with house-brewed beers.
- **Carolina Brewery** 460 West Franklin St. 942-1800
  Micro-brewed beers made in house and great food.
- **West End Wine Bar** 450 West Franklin St. 967-7599
- **Weaver Street Market** 101 E. Weaver St., Carrboro 929-0010
SERVICES OFFERED BY UNC

**Student Health Services**

Student Health Services offers comprehensive health care for all students who have paid the student health fee. Services offered include general medicine, women's medicine, mental health services, massage therapy, sports medicine, health education, and a wellness resource center (offering groups on weight control, stress reduction, etc.) There is also a pharmacy, with prices somewhat lower than those you'll find in town. (Prices for contraceptives are much lower.) Sometimes it takes a while to get an appointment, especially later on in the semester—so if you need to see a doctor for a non-emergency visit, plan ahead a few weeks.

**Athletic Facilities**

UNC athletic facilities include pools, weight rooms, racquet ball, hand ball, and squash courts, basketball courts, aerobic classes, a bowling alley and more. The Student Rec Center (SRC) is located off Fetzer Gym, it has a weight room, cardio machines, classes and more! All facilities are available to students who have paid their activities fee—you must show your ONE CARD. As students we also have access to the Outdoor Education Center (frisbee golf, ropes course, beach volleyball, etc.) Hours vary from term to term, so call to find out when facilities are available. Facilities are also available to dependents of students for a (reasonable) fee.

**Counseling and Wellness Services (CWS)**

CAPS is located on the third floor of the James A. Taylor Student Health Services Building. The staff is available to help UNC-Chapel Hill students solve personal, social, academic, and career problems by providing individual evaluation, counseling, psychotherapy, and career counseling. They help students who are dealing with everyday problems related to college life, as well as students with more serious psychological concerns. All services are confidential.

**Student Legal Services**

Located in Suite 3407 of the Carolina Union, Student Legal Services is available to all students who have paid their student fees. Three licensed attorneys are available to advise you on legal problems and may represent you in court for expungement proceedings, landlord/tenant problems, minor consumer problems (under $1500), minor property damage claims (under $1500), uncontested divorce, simple will preparation, and other limited areas. All services provided are free to students.

**UNC Writing Center**

This is a program to help students with study and reading skills through individual instruction. The Center is located in the North Suite of the SASB Building in room 0127. If your first paper or exam wasn't as impressive to your instructor as it was to you, this is the place to go. They will help you develop your reading skills to get through the mounds of information required for class, and hone your study skills to meet the demands of graduate education.

**Student Union**

The Student Union has lots of useful services that are worth knowing about. They have a great film series usually free to students, and one guest lecturer each semester. Pick up film schedules at the main desk. They offer information about some upcoming fine arts events such as musical, dance, and drama presentations. They also have ping pong and pool tables in the basement, drink and snack machines, and free phones for local calls.
Institute for Research in Social Science 962-3061

The IRSS offers many diverse services to support the research and training of social science faculty and, as resources permit, graduate students. IRSS maintains a large archive of survey and census data and has computer software for data analysis of all sorts. It has useful information for some classes.

School of Social Work 962-1225

The School of Social Work provides a computer lab with a laser printer for its students, as well as a Learning Resource Center (LRC) where students can sit and study. Readings for classes are usually put on reserve in the LRC and found on the tables or nearby shelves. Also in the LRC is a resource area sponsored by the LGBT caucus. Across the hall there is also a student lounge with a soda machine, a refrigerator, and 2 microwaves. The computer lab, the LRC and the lounge are all located on the 5th floor of the School of Social Work. Printing is 5 cents a page in the computer lab and your ONE CARD is swiped to pay for this. Money can be added to your ONE CARD at www.onecard.unc.edu. Every semester full-time students will find $40 of printing money on their one card. You can use this printing money in the Public Health building next door, the third floor of the Health Sciences Library, Davis Library and the Undergraduate Library.

Computer Rooms...

Across campus there are several computer rooms with both IBMs and Macs available for free student use. Last year computer rooms were located in Davis Library, the Undergraduate Library, Venable Hall, Greenlaw Hall, the Law School Library, the Health Sciences Library, the School of Public Health, and various residence halls throughout campus. Students may use these computers for as long as they need to unless others are waiting, in which case they are limited to two hours. Most rooms have a technician to answer questions, and some have laser printers. A free e-mail account (ONYEN) will be assigned to you at the beginning of the school year.

For more information about lab locations and their hours, contact the Academic Technology & Networks at 962-4404 between 8:00 a.m. and 5 p.m. on Monday through Friday. For help using computers and programs, visit ATN IT Response Center in the basement of Wilson Library (Suite 300), or call them at 962-HELP. Walk-ins are welcome Monday through Friday between 7.30am and 5 pm, and calls are accepted 24/7.

Also, the Ram Shop at the Student Stores sells a wide range of software, hardware, supplies, and accessories at reduced rates to university-affiliated individuals.

Grade Access...

Grades online:  http://studentcentral.unc.edu. (use ONYEN)
For student records:  (919) 962-0495

Call the Office of the University Registrar at 919-962-3954 if you have questions about the new grade reporting services, or if you will continue to need a printed copy of your term grades.
Financial Aid

Financial aid is hard to come by, but there are some things you can do to increase your chances of getting an award:

1. Make sure you meet all the deadlines for FAFSA (Free Application for Federal Student Aid) forms.
2. Talk to the people in charge of loans in the Office of Scholarships and Student Aid (300 Vance Hall, 919-962-8396 or 919-966-3790, 8-5pm). Find out what they recommend. Aesha Green (aesha_greene@unc.edu) is the financial aid advisor assigned to social work students. She is a wonderful resource for the School and she is extremely helpful. Also, this office has a small library with reference books about special scholarships. It may be worth spending some time looking through these. If you think there is something about your financial situation not adequately explained by the FAFSA form, submit a narrative to the Office of Scholarships and Student Aid explaining what that is and why you need financial aid. Request that this narrative be placed in your file, so that it can be read when your file is reviewed and financial aid decisions made.
3. The School of Social Work usually has research and office assistantships available, and the job descriptions are available online in August. The School also awards several scholarships during the academic year for new and continuing students that range from $500-$4,000. If you have any questions or concerns about financial aid at the School of Social Work, see the Director of Recruitment, Admissions, and Financial Aid Sharon Holmes Thomas or Student Services Manager Linda Wilson in the Student Services suite on third floor of the Tate-Turner-Kuralt Building.
4. Please be advised that the University expects you to pay tuition at the beginning of each semester that you are enrolled. They will give a few days grace to people expecting loans or stipends but will cancel your registration once that date has passed.
5. Check their website: http://studentaid.unc.edu for links to financial aid sources.

Employment

If you decide you want a part-time job, there are several places you can look. The libraries, the hospital, and local employers often hire students. Part-time jobs are often posted on the bulletin board on the stairs between the 2nd and 3rd floors of Vance Hall. Newspapers such as the Daily Tar Heel, run ads. Shops on Franklin St. have ads at the start of semesters.

In addition, the School of Social Work has jobs for people to work in the Computer Lab, monitoring the building after hours, Program Assistants, Research Assistants, etc. See Linda Wilson– Room 370C if interested. If you work as a research or program assistant at UNC, the amount you earn may be deducted from your financial aid package, so keep this in mind when you look for work, and talk to people at the Office of Scholarships and Student Aid before making any final decisions.

Career Services & Job Hunting

As students finish their degrees and begin to look for jobs, there are several resources available to help in this sometimes exhausting process. University Career Services is currently located in Nash Hall on Pittsboro St. and one of our graduates works there and helps students with resumes and career advice for social workers. Call 962-6507 for an appointment, or email: ucs@unc.edu. Her name is Jacqueelyn Gist.

The School of Social Work sponsors a Career Day / Job Fair every April. In-state and out-of-state agencies are invited to come and recruit Social Work students. There are also job books at the front desk of the school where current job openings are kept for both in-state and out-of-state positions. Students may also use the job bank at the local chapter of NASW, another good reason to join.
RESIDENCY

If you are an out-of-state student, trying to get residency is difficult, but worth the effort. There certainly is a major difference in tuition rates for residents and out-of-state students. Be prepared to be rejected (sometimes even if you've been here for years), but don't sweat it—just keep appealing the decision and hang in there.

Under North Carolina General Statute Chapter 116.143.1, to qualify for in-state tuition an applicant (legal resident) must demonstrate a preponderance of evidence:

- that he/she established and maintained a domicile in North Carolina at least twelve months before the first day of classes,
- with the intent to make North Carolina a permanent home indefinitely, and
- that he/she was not in North Carolina solely to attend college.

You should start building your case from day one. If you have any questions about residency status, you may contact Shalonda Arnold at the Graduate School (Bynum Hall), at 919-962-6617 or sgarnold@email.unc.edu. Below are suggestions for students who plan to apply for in-state residency status. In no way will following them guarantee in-state residency. These things must be done 12 months prior to applying for in-state status.

1. Go to the county courthouse and file for personal property tax. The first $300 of resale value of your belongings is tax free. You must file for this tax if you own a car. It may be done automatically when you register your car, so ask when you are doing that.
2. Obtain a North Carolina driver's license. The office is at Carrboro Plaza, and the fee is $10.
3. License and register your car in North Carolina. Tags can be obtained at the license plate office which is at two locations: In Chapel Hill at University Mall on Willow Dr. (929-0204) and in Durham at the Executive Park behind KFC on Hwy 54-55 (919-544-6607). Drivers licenses are available at the DMV office in Carrboro Plaza. Call 929-4161 for info.
4. Register to vote – register at the Chapel Hill library on Estes Drive. Also vote, if possible and keep the proof.
5. Establish local checking and savings accounts. Transfer credit cards, various types of insurance, etc. to N.C.
6. Go to the Student & Academic Services Building (SASB) and fill out address change forms so that your local address is listed as your official permanent address.
7. Having family members live in North Carolina is advantageous.
8. Join professional organizations (NC Chapters) such as NASW.
10. Join a church/religious organization in N.C.
11. Try not to leave N.C. for holidays more than 3-4 days.
12. Have a part-time job in N.C. (preferably outside of school) and pay N.C. taxes.
RESIDENCY INFORMATION CONTINUED

◊ NC Residency for Tuition Purposes website:
  http://gradschool.unc.edu/student/residency/
◊ UNC-CH Residence Status Committee: Kimberly Rempson, Vice-Chair of Residency, 919-962-5540
◊ The Graduate School NC Residence Classifier: Shalonda Arnold, 919-962-6617
◊ The Graduate School has a workshop periodically about residency and you should attend.
◊ Familiarize yourself with the online residency application form located at http://gradschool.unc.edu/student/residency/#onlineapp.
◊ You will be able to apply for residency from the day you have been physically present in N.C. for twelve months continuously.

WHEN FILLING OUT THE APPLICATION:

◊ Put down even the smallest things that you can think of which may be advantageous to you.
◊ Provide supporting documents.
  ◇ If you could not do some of the things listed 1 thru 12 above, give them reasons in detail with supporting documents. Keep copies of all documents.
  ◇ Write about why you want to make North Carolina your home indefinitely.

APPEALS:

1. As soon as you receive a letter of denial, call the contact person and discuss your case in detail.
2. Review your case thoroughly and organize your argument.
3. If applicable, take your spouse with you. (Need a signed release of information letter.)
4. Provide additional supporting documents if you have them.
5. There will be three staff members asking questions in a regular conference room. Don’t get too nervous. The staff members have been conducting these hearings for several hours on that day, so be sure to thank them for their time.
PARKING AND TRANSPORTATION

Parking is nearly impossible on campus—there are a few spots on the streets, and obtaining a permit to park in a lot is expensive, time consuming, and doesn't guarantee you a parking place (it's more like a "license to hunt"). However, don't despair; there are still a couple of options:

1. You can **RIDE A BIKE**!!! - There are several bike trails within Chapel Hill and from Carrboro to Chapel Hill. Be eco-friendly while enjoying the beautiful scenery!!!

2. You can try the **Chapel Hill Transit system**. The bus is reliable and recently became FARE FREE so you can travel around Chapel Hill and Carrboro at no cost. Schedules can be picked up at the main desk in the Student Union, on buses, at the library and other locations on campus or you can call the company at 968-2769. The Department of Transportation and Parking is located in the Security Services bldg on Morrison Drive, off Manning Dr. (962-3951). They also handle parking permits, if you want to give that a try.

3. You can **park-&-ride** from the 54 Lot (Friday Center) or the Friday Center Express, University Mall or Slugs Restaurant and take a bus in to school. For students commuting from out of town, you can park at Carrboro Plaza for free and take the express bus to campus. F and P lots are also convenient parking for commuters (buses run regularly from the lot to various parts of campus). The 54 Center lot is what students from Durham, Cary, Raleigh, etc use. The bus runs every 10 minutes and will drop you off at the SSW.

4. At 12pm, you may be able to find **parking** on one of several side streets near campus. Try Cameron Ave. or McCauley St.

5. You can **park in a city lot**. There are 3 lots on Rosemary St., and they charge 35 cents per half hour. One parking garage on Rosemary has an all-day special rate of $5.00.

As always, take safety precautions and be alert to danger, particularly when traveling alone or at night. Point-to-Point offers **free shuttle service** around campus and to a few stops on Franklin Street for disabled persons. This service is available from 7pm to 3am. Their number is 962-7867. University Police (962-8100) offers escort services when Point-to-Point is not running.

**MILEAGE FROM CHAPEL HILL TO . . .**

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<th>City</th>
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<td>Atlanta, GA</td>
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<td>151</td>
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<tr>
<td>Winston-Salem, NC</td>
<td>74</td>
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</tbody>
</table>

In case of bad weather . . . .

The University **NEVER** closes (unless hell freezes over, and maybe not even then). During snowy/icy weather your best bet is to check your email and see if your professor will be having class. If the answer is yes and you feel that you cannot get to class, use your own judgment about coming to class. No one expects you to risk life and limb.
SUPPORT SERVICES AT UNC...

At one time or another almost every graduate student needs a little extra emotional support or advice. Here are some places you might consider:

◊ **Counseling and Wellness Services (CWS)** 966-3658 (AFTER 4:30 PM CALL 966-2281 for crisis)
This service is part of Student Health Services. All students are offered sessions as needed with the counselor/therapist of their choice as part of their student health package. Group work is also available. Services are confidential.

◊ **University Career Services** 962-6507 www.unc.edu/depts/career
Located on the 2nd floor of Granville Towers South. Services include individual career advising; internship information; workshops on job-seeking skills; resume mailing service to employers; on-campus interviewing; job-vacancy notebooks and occupational and employer information.

◊ **Center for Healthy Student Behaviors** 962-9355
http://studenthealth.unc.edu/chsb/fitness_nutrition/services.html

◊ **Helpline (Northside Clinic)** 929-0471 (AFTER 5 PM CALL 929-0479)
A confidential phone service which provides support and referrals.

◊ **Office of Disability Services** 962-8300(Voice/TDD)
email: disabilityservices@unc.edu
For full info, visit:    http://disabilityservices.unc.edu OR http://www.newstudents.unc.edu/topics/academics/disability.html

◊ **Campus Y** 962-2333
The mission of the Campus Y is “the pursuit of social justice through the cultivation of pluralism.” The “Y” sponsors the Race Relations Week and Human Rights Week.

◊ **Carolina Hispanic Association** 962-5299
email: chispa@email.unc.edu www.unc.edu/student/orgs/chispa

◊ **Sonja Haynes Stone Black Cultural Center** 962-9001
email: shsbccc@email.unc.edu www.unc.edu/depts/bcc/

◊ **Carolina Indian Circle (Minority Affairs)** 962-6962 (c/o Minority Affairs)
email: cic@email.unc.edu www.unc.edu/student/orgs/cic

◊ **Queer Network for Change**
email: lgbtq@unc.edu lgbt.unc.edu
Support and programs for bisexual, gay, lesbian, and transgender students.

◊ **SoWoSO (Social Work Student Organization)**
Meets the 1st Monday of the month at the School of Social Work at 12:15pm. SoWoSO provides a link to the administration, plans social activities and service projects. See page 3 for current officers and their e-mail addresses. **First-year students are greatly encouraged to get involved!** It does not take a lot of time, is an excellent way to voice your opinions and suggestions for the program, and is a great way to get to know other students. **SoWoSO definitely makes a difference - it is because of SoWoSO that first year students now only have to take 4 classes rather than 5.**

◊ **Talk** to second-year students, faculty, the Self-Care Caucus and advisors. You’ll find people accessible and open to listening to your concerns.

◊ Contact campus or community **religious or spiritual organizations.**

◊ There are lots of **support groups** in the local community, including church clergy. Check local papers for listings and descriptions.

⇒ **Check out this list of student groups///**
http://carolinaunion.unc.edu/activities_orgs/index.html

⇒ **For information about being a new student., go to...**
newstudents.unc.edu
**TIME MANAGEMENT**

Graduate school is definitely not just a "harder" version of undergraduate school. There is more work involved than anyone could ever realistically expect you to get done (especially if you are like most students and work several hours a week and/or have a family with the added responsibilities of children). So, exactly how does one survive graduate school and retain any amount of sanity that they once had? The key here is time management - and believe me, you will be an expert in it when you survive your first semester of graduate school.

1. **GET ORGANIZED** - Most people find that they have small amounts of time here and there between commitments. Learning to take advantage of this time will help a great deal in being able to do everything you need to do.
   - Find a work/study area that has few distractions and is comfortable for you. Ask family, roommates, and significant others to help you with this.
   - Become a list maker. List all that you need to do during the week, including readings, written assignments, & projects.
   - Prioritize your list by due date and time needed for completion.
   - Use your calendar to assign certain work assignments to certain blocks of time in your schedule. Be realistic about this so you do not get frustrated. DON'T FORGET TO TAKE A BREAK EVERY HOUR OR SO.
   - Have only materials for the task at hand in your working area. Remember - avoid distraction!
   - Organize any other materials so you can find them without having to search through piles of stuff. Sometimes individual piles for each task works, but this still requires organization.
   - Be sure to stick to your original goal. Avoid tempting offers to interrupt study, and even the temptation of working on some of your more appealing assignments.
   - If the assignment takes longer than you expected & you can't finish it at that time, be sure to set a time to complete it.
   - Check off each assignment as you finish it, and reassign your priorities if needed. Before closing shop for the day (night) check your list of things to do for tomorrow and get organized for tomorrow. A notepad or diary is handy for jotting down bits of information that you may need later. This won't get misplaced as scraps of paper will.

2. **OVERCOMMITMENT** - Everyone needs an outlet, something to be involved in that is in no way related to school. But it is all too easy to overcommit yourself and therefore not do a good job at anything you attempt to do. An appointment book is an essential item to make sure that this does not happen.

3. **PROCRASTINATION** - Procrastination gets the best of all of us at one time or another. The above suggestions are meant to help with this, but if there are still areas in which you are prone to procrastinate, here are some tips.
   - Pick an area that procrastination plagues you & set a goal to overcome it by working towards small, achievable goals.
   - Set priorities.
   - Give yourself reasonable deadlines.
   - Work on difficult assignments first and get them out of the way. The others won't seem so hard then.
   - If you are a perfectionist, don't let it paralyze you. You have to start somewhere, so just do it, then revise it. Get a classmate to proof it for you and give you feedback if you can.

4. **STRESS** - Stress is any disruptive influence, physical or psychological, in a person's life. Stress is anything that pushes us, keys us up or causes our bodies to tense up. Stress is a part of life, but we need to learn to recognize signs of stress and how to deal with them. Some signs of stress are: tense muscles, sore neck, shoulders, and back; insomnia, fatigue, boredom, depression, listlessness, dullness and lack of interest; eating or drinking too much; cramps, diarrhea, constipation; palpitations; phobias; restlessness. Some stress can be avoided by getting and staying organized. Study groups also help with the amount of reading that is required. Each member of the group is assigned a section to read and outline, then the group gets together to exchange outlines. If you use some of these principles of organization, you'll have no problem handling graduate school.

This material taken from the Orientation Handbook of the National Catholic School of Social Service, compiled and edited by Anne E. Schneiders and Peter J. Delany.
# Places of worship

**Baha’I**

- **Baha’I Faith** 307 Westbrook Dr., Carrboro  929-3331

**Buddhism**

- **Kadampa Center (Buddhist)** 5412 Etta Burke Ct., Raleigh  859-3433
- **Chapel Hill Zen Center** [http://www.intrex.net/chzg/](http://www.intrex.net/chzg/)

**Christianity**

- **The Church of Jesus Christ of Latter-Day Saints** 1050 Airport Rd., Chapel Hill  967-0986
- **The University United Methodist Church** 150 E. Franklin St., Chapel Hill  929-7191
- **Community Church of Chapel Hill– Unitarian Universalist** 106 Purefoy Rd., Chapel Hill  942-2050
- **Eno River Unitarian Universalist Fellowship** 4907 Garrett Rd, Durham  489-4485
- **Chapel of the Cross, Episcopal** 304 E. Franklin St, Chapel Hill  929-2193
- **Newman Catholic Center** 218 Pittsboro St., Chapel Hill  929-3730
- **Chapel Hill Friends Meeting** 531 Raleigh Road, Chapel Hill  929-5377
- **Olin T. Binkley Memorial Baptist** 1712 Willow Dr., Chapel Hill  942-4964
- **First Baptist Church** 106 N. Roberson St., Chapel Hill  942-2509

**Hinduism**

- **Hindu Society of NC (Temple)** 309 Aviation Parkway, Morrisville  466-0414

**Islam**

- **Ar-Razzaq Islamic Center** 1009 West Chapel Hill St., Durham  493-1230
- **Muhammad’s Mosque Num. 34** 304 S. Driver St., Durham  957-4850

**Judaism**

- **Beth-El Conservative and Orthodox Synagogue** 1004 Watts St, Durham  682-1238
- **Beth Meyer Synagogue** 504 Newton Road, Raleigh  848-1420
- **Durham-Chapel Hill Jewish Federation** [http://shalomdch.org](http://shalomdch.org)
- **Judeo Reform Congregation** 1933 W. Cornwallis, Durham  493-3845
- **North Carolina Hillel** 210 W. Cameron Avenue, Chapel Hill  942-4057
- **Chapel Hill Kehillah** 1200 Mason Farm Rd. Chapel Hill  942-8914

*Another good resource for other Jewish resources: [http://www.hjnc.org/resources/links.html](http://www.hjnc.org/resources/links.html)*

Also, the Muslim Students’ Association, SANGAM (South Asian Awareness Network), Carolina Indian Circle, and the Minority Affairs department are available for further information and more up to date resources.
The International Caucus (formally known as the International Social Work Exchange Program or ISWEP)

In 1989 the International Social Work Exchange Program was formed to provide a forum for social work students, faculty, human service workers and other interested individuals to stimulate and nurture their interests in global connections. ISWEP sponsors monthly discussions that focus on specific international social welfare activities and issues. These meetings offer participants an opportunity to share different ideas and experiences relating to international topics and to gain fresh perspectives on social welfare issues across the globe. This group also serves as the International Program Unit for the state chapter of the NASW-NC. In 2008 ISWEP became known as the International Caucus.

Social Work Summer School Abroad Program

The UNC-CH School of Social Work offers summer school abroad programs to various host countries. The summer school course provides students, faculty, and practitioners an opportunity to experience and understand the cultural context of social welfare issues and human and health interventions by directly communicating with practitioners and observing programs in the selected country. Participants learn firsthand about the selected country’s political and cultural history, its traditions, and the current economic, social and political structure. Special attention is given to the social development and changes occurring in the health care system, the education system, women’s issues, and economic and social justice issues in the host country.

The summer school abroad programs include meetings with local practitioners and service recipients, visits with local and national governmental and non-governmental agencies, and interaction with representatives from a wide variety of areas of the country visited. On occasion, host family stays have been arranged. Lectures and discussions supplement the experience, allowing an opportunity for reflection, analysis and collective learning. Students earn graduate course credit and professionals earn a certificate of completed hours. In recent years, the courses have gone to Cuba, Costa Rica, Honduras, Romania, the Netherlands, China, South Africa, Scotland and Wales.
The School of Social Work at The University of North Carolina at Chapel Hill, established in 1920, offers MSW and Ph.D. degrees. Students in the fully accredited master's program prepare for careers in strengthening families and communities through public and non-profit settings. Students in the Ph.D. program prepare for research and teaching roles. The School's curriculum recognizes the uniqueness of the region served, with special concerns for disadvantaged, vulnerable, and oppressed individuals, families, and communities.