

Tar Heel Citizen Times – October 2013

*The Tar Heel Citizen Times is sent as an enewsletter;
for a copy of the enewsletter version of the Tar Heel Citizen Times for October 2013, please see below.*

The Tar Heel Citizen Times

Brought to you by The Town of Chapel Hill & The University of North Carolina at Chapel Hill
October 2013 Issue



Have questions? Reach out to us here:
goodneighbor@townofchapelhill.org

Find out more about living off campus here:
<http://offcampus.unc.edu>
<http://www.townofchapelhill.org/offcampus>

Don't know when to take your trash out? Need a residential parking permit? If you need answers to questions like these, you are living off campus. Whether you are a new or long term resident of a Chapel Hill neighborhood, you will find helpful information in the Tar Heel Citizen Times newsletter!

The Tar Heel Citizen Times provides news and information, and Town and University rules, all especially geared to students who are residents of neighborhoods. The newsletter also provides job and volunteer opportunities, so be sure to check out this month's edition and past issues at:

www.townofchapelhill.org/index.aspx?page=2021

Throwing a Party?

Remember these tips if you are throwing a party!

Notify your neighbors about the party. If they are informed, they are much more likely to feel respected, to be prepared, and to be willing to work with you.

Make a plan for parking and be sure that people know it.

Encourage people to walk, carpool, or take the bus to decrease congestion and the risk of impaired drivers.



Tar Heel Downtown!

Chapel Hill will be in the national spotlight on Thursday, Oct. 17, when the University North Carolina Football Team will take on the Miami Hurricanes in Kenan Stadium, an ESPN broadcast event with live, national coverage.

Downtown will be buzzing with activity before kickoff with the Tar Heel Downtown family-friendly event to take place from 4 to 7 p.m. event.

At the event, there will be live broadcasting of the Countdown to Kickoff Radio Show on Franklin Street. A stage will feature performances from the band Liquid Pleasure, Carolina Cheerleaders, and the Marching Tar Heels - with a special appearance by Rameses. Family-friendly activities will include bounce houses and face painting. Carolina giveaways will be

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Clean up after the party, and make sure there is no trash left outside, especially on your neighbors' lawns.

If you're having a band, contact the Chapel Hill Police Department at least one week in advance to apply for a permit which is required for exceptions to the Noise Ordinance. Contact: Flora Parrish at 919-968-2760

If you live in a neighborhood and friends are visiting, when they leave, remind them to be quiet and to treat your neighborhood with respect as they make their way home.

Notify Chapel Hill Parking Services at 919-932-2912, particularly in neighborhoods with residential permit restrictions; they can provide help about how/where to park.

Obey local and state laws and ordinances regarding alcohol.

Most importantly, keep the noise down!



Vote!

This year, elections are being held for the Chapel Hill/Carrboro School Board, Carrboro Mayor and Board of Alderman, Chapel Hill Mayor and Town Council, Hillsborough Mayor and Town Commissioners, and Mebane Town Council.

Early voting begins on October 17, and ends on Saturday, November 2. Election Day is Tuesday, November 5.

For early voting hours and other information, visit www.co.orange.nc.us/elect

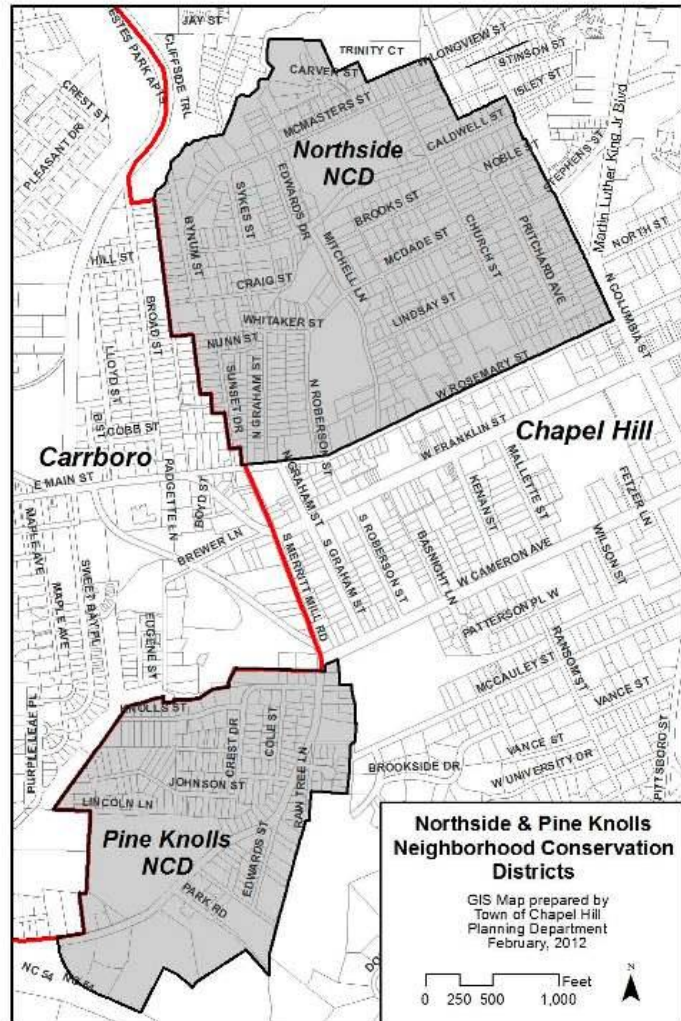


Need a ride? Hop on the bus!

The Chapel Hill Transit System is free for all users and has many stops on campus. Check out the real time bus schedules at townofchapelhill.org/transit

provided from the Rams Club and Carolina Athletics.

For more information, go to www.tarheeldowntown.com. Participants who use social media at Tar Heel Downtown are encouraged to tag their tweets #TarHeelDowntown



Front Yard Parking

For residents in the Northside and Pine Knolls neighborhoods, keep in mind the following information about parking:

- A maximum of four cars are allowed on a lot (includes parking in the side and back yard).
- Parking is only permitted in designated areas on a property (not on front-yards/grass).
- Violators could receive an immediate \$100 fine and could be fined \$100 per day if the violation is not addressed.

Unsure if you live in Northside or Pine Knolls? Check out this map! Or visit www.townofchapelhill.org/communityplan

For residents in other neighborhoods:

Make sure your parking areas are clearly defined by an all-weather surface or gravel, and that the parking area only takes up 40% of your front yard.

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Safety Tips for Walking at Night

If walking at night, be sure to follow these safety tips:

- Travel in groups of two or more whenever possible. If you go out together, return together.
- Remain in well-lit and populated areas; avoid short cuts through dark areas.
- Remain aware of your surroundings at all times.
- Avoid distractions such as earphones or overconsumption of alcohol that can leave you vulnerable.
- If you talk with a friend on your cell while walking, remember to remain alert of others.
- If something does not seem right, trust your instincts and leave the area.
- If you see something suspicious, or you need help, dial 911 immediately.

Safe Walk Programs

Safe Walk is a Student Government initiative to increase night time safety for UNC students. A male-female pair of DPS trained students will walk with you to your desired campus area destination, including limited off-campus locations. The service is free to students, staff and faculty and is offered Sunday through Thursday from 11pm-3am. For more info: <http://safewalk.unc.edu>

Safe Ride Buses

Safe Ride buses are a collaborative program between Student Government and Chapel Hill Transit. Three different routes are offered each Thursday, Friday and Saturday nights from 11pm-2:30am during the academic year, and each originates at the Varsity Theatre bus stop on Franklin St. and may run toward the Finley Forest/Meadowmont area on the G route, the Rock Haven/Smith Level Rd area on the J route, or the MLK/Chapel View area on the T route. For more info:

www.townofchapelhill.org/index.aspx?page=1586

HealthyHeels Column

Welcome to the new HealthyHeels Column written by UNC Student Wellness! Student Wellness is a department within Campus Health Services that is dedicated to creating a healthy, safe, and socially just community that fosters student well-being and success.

We look forward to providing you with wellness tips and advice on health topics ranging from mindful eating to strengthening personal relationships to exploring spirituality. Our department is staffed in-part by your peers, graduate students, who will be authoring this column. Have a wellness topic you would like to learn more about? Write to us and let us know: studentwellness@unc.edu.

Student Wellness' work is based on riskreduction to help UNC students create and maintain well-rounded lives. We strive to provide all students with the tools and resources they need to thrive at Carolina. Want to stay in touch with us between columns to learn about events and more wellness information?

Like us on [Facebook](#). Follow us on [Twitter](#). Check out our [HealthyHeels Blog](#). Or visit us [online](#)! Check back here next month for our first article!

thrive

Campus Health Services

Campus Health Services Info and Updates for off-campus students

At UNC Campus Health Services, we help students and post-docs thrive through expert, patient-centered and inclusive care.

Convenient Location: You can easily drive, bike or bus to Campus Health. We are located off Manning Drive just past the UNC Hospital Emergency Department and have 24 dedicated CHS parking spaces. You can also get dropped by a bus at the Health Sciences library or the Carolina Union for a quick walk to our door. For more info on how to find us, see campushealth.unc.edu/directions.

Range of Services: Campus Health offers various primary and specialty care services at affordable prices including an Allergy Clinic, Travel Clinic, Women's Health Clinic, Physical Therapy, and on-site Lab and Pharmacy. In addition, we offer on-site specialty clinics such as orthopedics and dermatology. Our services also include Counseling and Psychological Services, which provides walk-in first time visits, medication management, group and couples therapy, and more.

Keep in touch: Join us on [Facebook](#), [Twitter](#), [Wordpress](#), or join our listserv by emailing listmanager@listserv.unc.edu with "subscribe wellnestips" in the body of the email.

Job Opportunities

Preservation Chapel Hill Internship Opportunities

Preservation Chapel Hill provides internship opportunities for undergraduate and graduate students. Our internships experience includes:

- Professional setting doing real-world projects in Chapel Hill and the surrounding communities
- Field trips to historic sites, museums, archives, and organizations to learn more about the many aspects of public history
- Workshops on resume building, oral history techniques, architecture, and other topics
- Public presentations talking about their projects and experiences as an intern

Volunteer Opportunities

Get Involved! Volunteers Needed for Project Connect!



Volunteer at Project Connect, the one-day, one-stop center that provides services to those experiencing, or at risk of experiencing, homelessness. Project Connect will be held on Thursday, October 10th, from 9am to 3:30pm at the Hargraves Community Center, 219 N. Roberson Street, Chapel Hill.

For more information and to sign-up to volunteer, visit: www.phc-orange.org

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- College credit available according to the specifications of your university

We offer internships in the following categories: Historic Preservation, Marketing and Digital Technology, Educational Programming, Archives, and Museum Studies.

To Apply send an [internship application](#), cover letter, and resume to Brenda Heindl, Program Coordinator, brenda@preservationchapelhill.org. Please indicate which internship you are interested in and how it will advance your career and/or educational goals.

Further information and application may be found at our website, www.preservationchapelhill.org/internships. The deadline for Spring 2014 internship applications is November 1st.

Student Wellness - Communications Intern Needed

Student Wellness is seeking an Intern to work directly with the Health Communication Specialist on strategy and material development. Student Wellness recently re-structured and is now an independent entity under Campus Health Services. This recent change provides the opportunity for an Intern to work on several exciting potential projects, including material development, strategy development, brand awareness, and ongoing opportunities.

We are looking for a student who:

- Has experience in or is studying communications, marketing, PR, or other related field.
- Is creative and willing to contribute ideas.
- Works well independently.
- Is a strong writer.
- Is interested in promoting wellness on campus.
- Enjoys being part of a diverse and sociable team.

The internship will require 8-12 hours of commitment per week through the semester. A small stipend will be provided. Please submit a current resume and a paragraph about which projects listed above most interest you and your qualifications for performing them. Please submit resume and paragraph in one single pdf file attached to an email sent to studentwellness@unc.edu. Please subject the email "Comm Intern App." We will respond to applicants for interviewing only. Thank you for your interest.

Questions? Contact Sarah and Anneke at pcocvolunteers@gmail.com

The Community Empowerment Fund

The Community Empowerment Fund is a student-run nonprofit in Chapel Hill that offers savings opportunities, micro-loans, financial education and assertive support to individuals experiencing homelessness and low-income households.

We are an organization that believes in the power of relationships; CEF pairs members with two student volunteers who will work as long-term "Member Advocates." Member Advocates work alongside CEF members to serve as accountability partners, a liaison to local resources and as an overall supportive presence as they work towards reaching their goals.

We always need more advocates; we would love you to volunteer with us!

Visit our website at communityempowermentfund.org or email us at info@communityempowermentfund.org to find out more!

Volunteer with Preservation Chapel Hill!

Candlelight Cemetery Tour Guide- Be a part of the team that organizes and leads the annual Voices from the Grave candlelight cemetery tour scheduled for October 25 and 26th of 2013. Tour guide training begins in mid-October.

Historic Walking Tour Guide - **Do you enjoy local history? Do you enjoy sharing that history with others?** Become an historic walking tour guide in Chapel Hill or Carrboro. *Walk This Way!* is our walking tour series, encouraging residents and visitors to get out and explore the special places in Chapel Hill and Carrboro while learning about the people who built it. Tours are given monthly or by appointment for groups of 4 or more. Participate in community outreach and education. We can work with your schedule. Training is provided.

Holiday House Tour Volunteer - Participate in the annual Holiday House Tour by assisting visitors to homes on the tour, providing information about the tour, taking tickets, and providing directions. Homes are decorated for the holidays. Training will be provided for all tour guides. Tours are scheduled for Saturday, December 14th and Sunday, December 15th. Be a part of making this great community event a success!

Contact Brenda Heindl, Program Coordinator, by e-mail at brenda@preservationchapelhill.org or by phone at 919-942-7818.