

## Tar Heel Citizen Times – November/December 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 November/December 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*

November/December 2013 Issue



*Have questions? Reach out to us here:*  
[goodneighbor@townofchapelhill.org](mailto: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](http://www.townofchapelhill.org/index.aspx?page=2021)

### Keep your place safe while you are away!

- Close your blinds on all windows and doors.
- Don't leave boxes on the curb that advertise the "good stuff" inside in your home.
- Unplug all appliances and electronics

### From Historic Home to Student Housing: A Success Story



The Mason-Lloyd-Wiley House at 412 West Cameron Avenue is a significant historic structure now used as student housing in the Cameron-McCauley Historic District. Built on the eve of Civil War, the house was the first brick home in Chapel Hill and is now one of

to prevent fire-related catastrophes.

- **Hide your valuables**, such as flat screen TVs, expensive computers, or jewelry, out of the line of sight from all windows.
- **Or take your valuables with you.**
- **Let your neighbors know that you'll be gone**; have them keep an eye on the place and pick up any mail delivered to your door.
- **Set one or two lights in your home on a timer**; doing so will make the place look like someone is home.
- **Double-check that all doors and windows are locked.**
- **Operation Identification and Take Pictures:**
- **Mark your valuable property** with your driver's license number or an owner applied number; do not use a social security number.
- **Take pictures of items you cannot mark**, such as jewelry.
- **Record and keep a copy of serial numbers** in a safe place, such as a safety deposit box, in case the computer (where your list is stored) is stolen.



### 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.

Election Day is Tuesday, November 5.

For early voting hours and other information, visit [www.co.orange.nc.us/elect](http://www.co.orange.nc.us/elect)

### **Have bulky items you've been meaning to get rid of?**

Call the Town of Chapel Hill's Public Works Department at 919-969-5100 to schedule the collection of appliances, electronics, furniture, mattresses, bookshelves, grills, lawnmowers, and other bulky items before the items are placed by the curb.

the few remaining historic brick homes. Built in the Greek Revival style, the two-story house features twelve-over-twelve sash windows, jack arches, and several outbuildings, including a guest house, garage, well house, and smoke house.

Thomas F. Lloyd purchased the home in 1885. Lloyd founded the neighboring town of Lloydville, later known as Venable and now Carrboro. He opened the Alberta Cotton Mill there, bringing new growth and economy to the area. While he lived in the house, he was the richest man in Orange County.

In the fall of 2012, the house, which had been vacant for a year, found new residents, eight students. All students are proud to call the Mason-Lloyd-Wiley house their new home. The house, despite being rented to students, must retain its historic appearance from the outside, and any changes to the interior, major or minor must be cleared first. "Sometimes we look around and we can't believe our luck," one resident commented.

By Charlotte Fryar, UNC Class of 2014, Preservation Chapel Hill Intern Fall 2012

### Leaf Collection



Are the leaves piling up in your yard? Not a problem! The Town of Chapel Hill will collect and remove all leaves that are raked to the curb in piles.

*Helpful tips:*

- Rake your leaves as early in the season as practical.
- No brush, limbs, or debris are allowed in the leaf piles.
- Do not place your leaves in the street where they might interfere with traffic or drainage.
- Do not block sidewalks, fire hydrants, or cover water meters.

Leaf collection will occur three times between mid-October and mid-February.

Each week, the Town will post updates online and will show the approximate area to be covered during the coming week. These updates can be found at:

<http://www.townofchapelhill.org/index.aspx?page=689>

### In a pinch and need some legal advice?

University students may need sound legal advice for many reasons such as:

- Reviews of rental leases before signing
- Help with resolving an auto accident
- Ensuring a service provider (mechanic, plumber, towing) provides appropriate service
- Identity theft issues
- Negotiating jury duty

## Tar Heel Citizen Times – November/December 2013

These items are collected upon request for fee. The fee is \$15 for up to three items and \$5 for each additional item. Fees may be paid by mail, by phone or in person at the Public Works Department located at 6850 Millhouse Rd. Chapel Hill, NC, 27516.

Payment by cash, credit card, or check (payable to "Town of Chapel Hill") is accepted.

- Resolving a speeding or alcohol related citation
- And many other issues

Luckily, there are several great resources that provide legal help such as:

- **Student Legal Services:** Located in the Student Union and staffed by three licensed attorneys, SLS staff are available by appointment for free confidential consultations on just about any legal situation. For more information, visit: <http://www.unc.edu/student/orgs/sls/legal>
- **Legal Aid of NC:** A statewide, non-profit law firm that provides free legal services in civil matters to low-income people. For more information, see: <http://www.legalaidnc.org/>
- **Chapel Hill Police Department:** The Town's Police Department practices community-based policing and values their partnerships with citizens and community organizations. For more information, visit: <http://www.townofchapelhill.org/index.aspx?page=76>

Be informed; know your rights and responsibilities; and use the above resources for preventative planning wherever possible.

### HealthyHeels Column: The Importance of Sleep *Brought to you by Student Wellness*



With all kinds of student organizations to join, social events to attend, new people to meet, languages to learn, papers to write, and projects/problems sets/lab reports to complete, every college student wishes for more hours in a day. Sometimes, they get those extra hours by forgoing sleep. Sometimes, they even brag about how little sleep they've gotten. **Given the culture surrounding sleep, I know that getting people to prioritize sleep is going to be hard.** But the research is clear: getting enough sleep has wide-ranging benefits in areas that are especially important to college students, like memory, focus, and stress. So get the courage to remove obstacles to sleep (annoying roommate, barking dog, etc.) by first understanding all the ways that sleep is important.

[We know that when sleep-deprived, our attention, focus, motivation to learn, creativity, ability to think abstractly, and vigilance are all decreased.](#) This makes it harder to receive and properly process incoming information, and makes it more likely that we make sloppy errors in our work. In addition, our neurons don't function properly, and we are less able to recall previously learned information. Can't learn new things? Can't remember old things? Lack of sleep takes its toll on the student's brain. In addition to negatively affecting memory both before and after learning, inadequate sleep impairs judgment, mood, motivation, and how we perceive events. [Over time, poor sleep has been linked to obesity, diabetes, and depression. Lack of sleep can also lead to weight gain.](#) New research has even suggested that not getting enough sleep [makes us appear unattractive and sad.](#)

Getting good sleep is about developing good habits, or "Sleep Hygiene." Harvard Medical School has a Division of Sleep Medicine website which I highly recommend if you are interested in learning more about sleep. [They have listed 12 tips for improving sleep which are amazing. Read them now. Seriously.](#)

## Tar Heel Citizen Times – November/December 2013

If you are still having issues with sleep, feel free to walk in to UNC [Counseling and Psychological Services](#) in the Campus Health building. They are a great resource for helping students get better sleep, and they are familiar with meeting students with sleep issues as they are common amongst college students.

### Internship Opportunities

#### **Communication and Marketing Intern with Habitat for Humanity**

Habitat for Humanity of Orange County (HHOC) is a non-profit organization that offers the opportunity for low-income Orange County families to purchase affordable homes.

We are seeking a part-time Communication and Marketing Intern to assist in the execution of marketing efforts to strategically increase the organization's social, digital, and print presence in order to further our mission of providing quality affordable housing. This is a great opportunity for students looking to have hands-on experience and make a positive impact with a top non-profit brand. The Intern is a part of the Development Team, and will report to the Associate Director of Development.

He/she will be expected to work 15-20 hours per week from the Habitat for Humanity office, with schedule to be negotiated. The internship will continue through the semester, with an opportunity for it to extend through the academic year. The stipend will be \$500 per month.

#### Roles and Responsibilities:

- Create and implement a social/new media communication plan. Strengthen and expand the organization's virtual presence by developing, scheduling, and evaluating new media efforts.
- Assist with the writing and production of newsletters, e-communications, solicitations, and other informational and promotional materials as needed.
- Assist with the re-design of the HHOC website, including drafting web-friendly language.
- Develop marketing materials including, but not limited to, brochures, pamphlets, and fliers.
- Prepare press releases for all media-worthy events and distribute as appropriate.
- Assist with the promotion of builds and special events.
- Assist with direct mail campaigns, including drafting, editing, coordinating printing and mailing.
- Photograph and assist with events as needed.
- Research ways in which HHOC can reach new audiences as requested.
- Serve as a member of the organization's collaborative fundraising team.
- Complete other assignments as directed by the Associate Director of Development.
- Qualifications and Requirements:

### Volunteer Opportunities

#### **Volunteer with Preservation Chapel Hill!**

As a volunteer for Preservation Chapel Hill, you will gain knowledge and experience in historic preservation. You will be an active participant in community development and know that you are contributing to the success of historic preservation in our community.

**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. 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!

**Marketing and Communications Assistant:** Help Preservation Chapel Hill prepare and distribute mailings and flyers connected to membership, marketing, and fundraising efforts. Assist by entering data of the membership and e-mail communication.

**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.

**Researcher: Are you a local history buff? Help by doing research about local history.** Research architecture, family records, deeds, and archival materials for projects related to historic houses in and around Chapel Hill and Carrboro. Help Preservation Chapel Hill by assisting in reports, educational tours, and outreach. Learn more about the history of Orange County!

Volunteer hours are dependent on the position. Volunteer opportunities will be available Tuesday - Friday; 10:00 a.m. - 4:00 p.m. Weekend and evening work will depend on the appointed position and availability for special events.

Contact Brenda Heindl, Program Coordinator, by e-mail at [brenda@preservationchapelhill.org](mailto:brenda@preservationchapelhill.org) or by phone at 919-942-7818.

## Tar Heel Citizen Times – November/December 2013

- Knowledge of and commitment to Habitat for Humanity's mission.
- High level of maturity and organization.
- Junior or Senior currently enrolled in an accredited college or university.
- Strong writing, editing, and communication skills with attention to detail.
- Ability to work in a fast-paced environment.
- Can work independently and manage multiple deadlines.
- Graphic design skills and/or web design experience preferred, but not required.
- Proficiency in Microsoft Office Suite, Facebook, Twitter, and Google+.
- Proficiency in Adobe Creative Suite and Wordpress a plus.
- Previous internship experience is preferred.
- A U.S. citizen, national, or lawful permanent resident.

### 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
- 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, Museum Studies

To Apply: Send an [internship application](#), cover letter, and resume to Brenda Heindl, Program Coordinator, [brenda@preservationchapelhill.org](mailto: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 here:

[www.preservationchapelhill.org/internships](http://www.preservationchapelhill.org/internships)

The deadline for Spring 2014 internship applications is November 15th.