

Tar Heel Citizen Times – March 2014

The Tar Heel Citizen Times is sent as an e-newsletter; for a copy of the March 2014 issue, 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

March 2014 Issue



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

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

Academic Support Services

As the end of the school year draws near and the deadline for final papers and exams are in sight, don't get worried or stressed. There are plenty of resources on campus to help with academic counseling and support. Check out the following:

The Center for Student Success and Academic Counseling (SASB North, Room 2203): Dedicated to promoting academic excellence and to

Anyone, anywhere, can compost... honest!

Many people think of recycling as the natural thing to do to be green, but anyone, anywhere can take it to the next level and compost at home. Even if you live in a tiny apartment, you can compost indoors with worms! Limited cash flow? You don't need a pricey manufactured container (though Orange County Solid Waste does sell Earth Machines for \$50 at their office, 1207 Eubanks Rd, cash or check only please), you can reuse materials to construct your own compost pile.

Myths abound around composting: it smells; it attracts rodents and other undesirable critters; it's too hard!

Debunk the myths, get your green on and learn how easy it is to compost by attending a composting class, led by seasoned composting expert, Muriel Williman with Orange County Solid Waste Management.

If you are merely compost curious, visit the compost demonstration sites at the Carolina Campus Community Garden (200 Wilson Street) Chapel Hill Community Center (120 South Estes Drive) or at the Orange County Solid Waste Administration Office (1207 Eubanks Road).

Classes will be held on the following dates:

- 1) **Saturday, March 8, 10:00-11:30 a.m.** at the Community Center Learning Garden on Estes Drive, Chapel Hill
- 2) **Wednesday, March 19, 3:00-4:30 p.m.** at the Carolina Campus Community Garden, Wilson St. in Chapel Hill. Register with Paula

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assisting students in achieving their academic goals while enrolled at Carolina. For more information, call 919-966-2143 or visit <http://cssac.unc.edu/>

The Learning Center (SASB North, lower level, Room 118): Helps students learn more efficiently and perform better in their course work. Services include Academic Counseling; Reading Program; Tutoring in Math and Sciences; Drop-in Peer Tutoring; Test Prep for GRE, GMAT, LSAT, MCAT; Workshops; and Success Programs for students with LD/ADHD. For more information, call 919-962-3782 or visit <http://learningcenter.unc.edu/>

The Writing Center (SASB North lower level, Room 0127): Offers 50 minute face-to-face sessions and online tutoring system that allows you to submit writing and receive feedback via the web. Free English as a Second Language (ESL) services for UNC undergraduate, graduate, and exchange students, postdoctoral and visiting scholars, staff, and faculty. For more information, call 919-962-7710 or visit <http://writingcenter.unc.edu/>

Good luck with finishing up the school year!



Check Your Deck!

Now that spring is on its way, many people will be tempted to hang out with their friends outside, often on the decks of their homes. Before you take a trip outside, be sure to Check Your Deck!

Split or decaying wood:

- Check several different areas of the deck to be sure that the wood is still sound.
- Pay special attention to any areas that tend to remain damp, are regularly exposed to water, or are in contact with fasteners.
- Use a tool like a screwdriver to penetrate the wood surface. If you can easily penetrate ¼ to ½ inch, break off a sliver of wood without splinters, or if the wood is soft and spongy, then decay may be present.
- Look for small holes in the wood

Cook: 919-843-8524 or email ncbgregistrar@unc.edu
3) **Saturday, March 22, 10:00-11:30 a.m.** at the Solid Waste Administrative Office, 1207 Eubanks Rd, Chapel Hill 27516

These three composting classes are **FREE**. Children are welcome if accompanied by an adult. These classes demonstrate the basics of indoor composting using worms AND outdoor composting using a variety of containers and recipes. Anyone can compost, anywhere... Honest!

4) **Worm Bin Make and Take** at the Scrap Exchange, 923 Franklin St., Durham 27701

Date: Sunday, March 16

Time: 2:00-4:00p.m.

Cost: \$35

Ages: Ages: 13+ (kids welcome if accompanied by an adult)
Register: 919-213-1278 email events@scrapexchange.org or register online: <https://scrapwormbin.eventbrite.com>

In this hands-on workshop, participants make their own tidy and efficient **indoor composting bin** specifically designed for composting in apartments, classrooms, or other indoor spaces. The workshop includes everything you need to construct and take home your own bin, including worms! Learn all you need to know to recycle your food waste, care for your worms, harvest the compost, and feed your plants.

Public school teachers get \$10 off! And, since worm bins make great gifts, so each attendee can make and take two worm bins for only \$20 more.

Whatever your level, you can take nature's lead and learn how to recycle your kitchen scraps into rich compost for your potted plants or outdoor landscapes. Even if you don't have a garden, compost dispersed does no harm. Questions about composting, recycling, reuse or other waste reduction activity? Contact Muriel at (919) 968-2788 or recycling@orangecountync.gov

HealthyHeels Column: Women's History Month Brought to you by Student Wellness



Have you ever heard of Chipeta? What about Frances Oldham Kelsey? Or Roxcy O'Neal Bolton? If none of these names ring a bell it's because most people were never taught about these historical figures.

Each of these people was someone who made significant contributions to their field, and they were all women!

March marks the beginning of Women's History Month. In the 1970s, due to the absence of information about women in history, an education task force in Northern California initiated a 'Women's History Week' during the week of March 8th which subsequently became International Women's Day. Once news of their week and celebrations spread, other cities and states began to take notice and also celebrate Women's History Week.

In 1980, the week became official when President Carter issued a Presidential Proclamation memorializing the week of March 8th as Women's History Week. Official recognition was an important step to start getting records of women in history into textbooks, and curriculums taught in classrooms.

which may indicate insects.

Railings and banisters should be secure. Push on them to make sure there is no give.

Stairs: Check any railings or handrails to be sure they are firmly held in place.

Cleaning and Maintenance:

- Clean away any leaves and debris since these can be slippery and prone to mildew.
- If mildew is present or the deck coating has worn away, make time to clean and apply a new waterproofing coating.

For more information, check out the North American Deck and Railing Association's Consumer Checklist at http://www.nadra.org/DSM_checklist2012.pdf

Campus Health Corner - Women's Health Clinic



Campus Health Services offers a women's health clinic located on the third floor of CHS.

- Care is provided by a board-certified OB/GYN physician and two certified nurse practitioners - all of whom are experts in the health care needs of women.
- Services for the clinic include comprehensive well woman's care and preventative services as well as problem visits. These visits include contraception, well-woman's exams, pap smears, STI testing, pregnancy services and more.
- The student health fee covers most services. There may be additional charges for labs, procedures, treatments and pregnancy (OB) care.

To schedule an appointment call 919.966.2281 or visit the web portal. To learn more, visit <http://campushealth.unc.edu/women>

Recognizing that a week was not enough to continue recognition of women in history, states began to lobby for a Women's History Month. In 1986, Congress declared March as National Women's History Month. Celebrations still focus on March 8th as International Women's Day, but the entire month is dedicated to teaching and learning about women who have made important and vital contributions to history, but have been forgotten.

You may be asking- This is the Student Wellness column, so what does this have to do with Wellness?

Lots actually! Two of the holistic dimensions of Wellness are *cultural* and *academic*. Learning doesn't stop when you leave school, or have to happen just in the classroom. The great thing about learning outside of school is you can expand your knowledge on a whole range of topics you might not otherwise have been exposed to!

Participating in history months highlight areas of learning you may never have heard of, and stretching you academic mind is always a way to improve your general wellness.

So this March, get outside of your box and broaden your cultural and academic sides of wellness. Make an effort to learn something new about women in history. There will be many local events and exhibits celebrating the month, so be sure to check back at the [Student Wellness calendar](#), [Carolina Women's Center](#), or your local paper to see what's happening near you!

Sources: <http://www.nwhp.org/whm/history.php>
The *Student Wellness* mission is to create a healthy, safe, and socially just community that fosters student well-being and success.

The Hillsborough-North Streets Neighborhood: A UNC Tradition



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Volunteers Needed for Town of Chapel Hill Events

[The Town of Chapel Hill](http://www.townofchapelhill.org) needs volunteers for its upcoming Easter Egg Hunt and UNC Science Expo. The hunt is a free event on April 5 and includes live entertainment, games, prizes and a visit from the Easter Bunny. The Town of Chapel Hill will also sponsor a street fair April 12 to teach sustainable living as part of the North Carolina Science Festival and UNC Science Expo. Volunteers are needed for both events to be responsible for set up, games and more. For more information, contact Amanda Fletcher at aletcher@townofchapelhill.org.

Ward-Kyser House

One of the oldest areas of Chapel Hill is the Hillsborough-North Streets Neighborhood. Hillsborough Street was the original main road traveling north-south through Chapel Hill, and many of the buildings date back to the mid-1800s, including the Old Tavern, the Ward-Kyser House, and the Sparrow Dairy. These buildings feature beautiful front porches, stone foundations, and towering chimneys.

Much of the neighborhood was constructed by residents with close ties to UNC. Vernon Kyser was a Pharmacology Professor, Erwin Danziger owned a popular coffee shop and brought German refugees to Chapel Hill during World War II, and Kay Kyser helped improve health care in North Carolina. Many of the homes are built in a conservative style that reflects the frugality of the professors who lived in them. The homes are also built close together, reflecting the desire to be in close proximity to the University. There are a few larger lots that remain from a time when the neighborhood was considered much more rural, including the Sparrow Dairy where cows still grazed until the 1980s.



Sparrow Dairy

The neighborhood also reflects significant stages in the African-American history of Chapel Hill. The Ward-Kyser House is believed to have been a stop on the Underground Railroad, and the Old Tavern on Hillsborough Street marked the boundary between the white neighborhoods up the hill and the African-American neighborhoods down the hill.



The Old Tavern

Chapel Hill has three locally designated historic districts and four nationally recognized historic districts, but unfortunately the boundaries of these districts are not the same. The Hillsborough-North Streets Neighborhood is recognized locally but is not included on the national designation. The Preservation Society of Chapel Hill has received a grant to resurvey all the historic districts in Chapel Hill, and one of the goals of this project is to include this neighborhood on the National Register of Historic Places with the rest of the Franklin-Rosemary Historic District.

Internship Opportunities

Internship Opportunities at Preservation Chapel Hill

Preservation Chapel Hill has the following internship opportunities available. For more information about Preservation Chapel Hill, visit www.preservationchapelhill.org/

Historic Preservation Internship

Teaches basic historic preservation methods including how to photo-document historic structures and cultural landscapes, the process of developing protective covenants on endangered properties, and the process of nominating sites and structures to the National Register of Historic Places.

Projects include:

- Research properties that are candidates for preservation initiatives
- Prepare research, preservation, and planning documents for historic properties
- Planning, marketing, and sponsorships for preservation events
- Horace Williams House Historic Structure Report
- Website development and research for Preservation Plaque Program
- Research content for Holiday House Tour guidebook

Oral History Internship

Oral histories are an important component to developing a sense of place in the context of the memories of those who participated in an event or experienced a particular space or area. Interns will help further the research of local historic structures through the memories of individuals connected to those places.

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Projects include:

- Interviews to learn more about Horace Williams' housekeeper, Clelue Johnson
- Interviews with individuals who lived in the Horace Williams House between 1940-1973
- Interviews with family members of Horace Williams
- Interviews with family members associated with the Hogan Rogers House

Archives Internship

PCH's archival collection allows interns the opportunity to establish systems of archiving organizational records; preservation-related research materials; catalog book collections; and digitize collections.

Projects include:

- Digitizing media and photographs
- Categorizing and archiving materials

Educational Programming Internship

Educational programming is one of the most important programs PCH provides to the community. Programs educate the public about historic preservation, foster sense of place, and introduce young people to history in a fun way.

Projects include:

- Translating existing materials into Spanish or other languages
- Leading field trip programs and guided tours
- Working with the Program Coordinator to expand education programming offered

Museum Studies / Art History Internship

PCH hosts twelve new exhibits each year. This internship provides the opportunity to work with our Art Committee to learn about gallery management, art installation, and developing gallery guides for the changing art exhibitions on display at the Horace Williams House.

Projects include:

- Implementing and installing the August Back to School exhibition
- Develop proposal and conduct research for the December exhibit
- Working with artists and the PCH Art Committee to develop monthly gallery guides

Marketing and Digital Technology Internship

Nonprofit organizations are only as successful as their marketing strategies. This internship is an opportunity to develop creative new ways to use technology to reach new audiences, expand the public's understanding of historic preservation, and market Preservation Chapel Hill and its programs.

Projects include:

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- Developing social media content and contests
- PCH special event marketing

To apply send an [internship application](#), cover letter, and resume to Cassandra Bennett, Program Coordinator, cassandra@preservationchapelhill.org.

In your cover letter, indicate how the internship you are applying for will advance your career and/or educational goals. Preservation Chapel Hill also offers applicants the opportunity to design a unique internship experience based on your skills and goals. If you wish to do this, please email Cassandra before applying.