

## Tar Heel Citizen Times – April/May 2014

The Tar Heel Citizen Times is sent as an e-newsletter; for a copy of the April/May 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  
April/May 2014 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)

### Town Regulation Reminders

Please be aware of several Town of Chapel Hill regulations that may impact you and your roommates:

- No more than **four** unrelated people can reside in a single-family house or four unrelated people per side of a duplex.
- Be sure that 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

### **Sayonara!**

We hope you have a safe and fun summer filled with creative ideas, great opportunities, and new experiences. We at the *Tar Heel Citizen Times* have enjoyed working on the newsletter this year and bringing you information about living in Chapel Hill. If you have any suggestions or ideas about the newsletter, please contact us at [goodneighbor@townofchapelhill.org](mailto:goodneighbor@townofchapelhill.org)

And one thing before you leave... We hope to see you on Monday, August 18th when we will be visiting the neighborhoods that surround downtown and campus as a part of the Good Neighbor Initiative! The Good Neighbor Initiative is a partnership between the University, the Town, and community organizations to provide students living off-campus with information about being a good neighbor. Until then, be safe and healthy!

Aaron and Megan  
Your Tar Heel Citizen Times Editors

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yard.

- Roll your garbage bin out to the curb by 6 am and remove by 7 pm on trash collection days (check with your landlord or the Town's website for your trash collection day).
- Contact Public Works at 919-969-5100 to schedule a pick-up of furniture, appliances and other bulky items.
- Lock all doors and windows in your house and car, especially when out of town.

Also, if you live in the Northside or Pine Knolls neighborhoods be aware that a maximum of four cars are allowed to be parked on a lot (includes parking in the side and back yard). Owners of duplexes and triplexes may apply to the Planning Board for an exception to this regulation to allow up to six cars on a lot.

The Town has increased enforcement of these and other regulations. If a property is found to be in violation, the Town could seek formal action that could include fines of up to \$100 per day until the violation is corrected.

For more information, please visit the Town's Off-Campus Student Life Webpage: [www.townofchapelhill.org/offcampus](http://www.townofchapelhill.org/offcampus) or contact the Chapel Hill Planning Department at [ncd@townofchapelhill.org](mailto:ncd@townofchapelhill.org).

If you are a University student and have questions about your lease, you can contact Student Legal Services for assistance. For more information, visit: [www.unc.edu/student/orgs/sls/legal](http://www.unc.edu/student/orgs/sls/legal)



### Health Resources by Campus Health Services

Students suffering from alcohol related illness may call Campus Health at **919-966-2281** to make an acute care appointment.

If it is after hours, the above number will connect students to HealthLink which provides nurse advice.

Campus Health Services offers extensive hours: 8am-6pm M-F and 8am-5pm Saturday and Sunday for acute care visits.

## How many people can live in a house? No More than Four!

No more than four unrelated people can reside in a single-family house or four unrelated people per side of a duplex.  
Learn more about the life safety concerns for more than four at [www.townofchapelhill.org/offcampus](http://www.townofchapelhill.org/offcampus).

This house?



2 bedroom 2 bathroom =  
4 unrelated people

This house?



4 bedroom 3 bathroom =  
4 unrelated people

This house?



1 bedroom 1 bathroom =  
4 unrelated people

This house?



10 bedroom 12 bathroom =  
4 unrelated people

For more information, email [goodneighbor@townofchapelhill.org](mailto:goodneighbor@townofchapelhill.org) or call 919-969-5059.

Getting excited about the summer and your summer living plans? If you are staying in Chapel Hill, remember the rule of thumb: **No More Than Four!**

### Tenants' Rights and Responsibilities

Are you a renter? If so, would you like more information about your rights as a renter/tenant and your responsibilities? Then check out the "Declaration of Tenants Rights and Obligations" document!

To download a copy of the "Declaration of Tenants Rights and Obligations" document, click [here](#) or visit the Town's Off-Campus Student Life webpage at [www.townofchapelhill.org/offcampus](http://www.townofchapelhill.org/offcampus)

This document was developed by [Orange County Justice United](#), a community organization, with the purpose of providing a description of tenants' rights and responsibilities when renting residential property in Chapel Hill. These rights are granted through the governing NC Statutes and the local and federal Fair Housing Act. This document is not intended to provide legal advice.

If you are a student, and you have questions about your landlord or lease, you can contact Student Legal Services. More information about Student Legal Services can be found [here](#).

**Take Part in the Modernist House Tour in the Lake Forest**

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The provider can offer medical care as well as refer to a specialist for further conversations about alcohol use if desired and/or necessary.

If you need immediate attention, go to the UNC Emergency Department for care.

**Unpacking Tip:** Did you bring a new computer or TV to your off-campus home? Though cardboard can be recycled on the curb, displaying what new items you have in your home can be an invitation for a break-in. Take boxes for these items directly to a cardboard dumpster at University Mall or Carrboro Plaza.



### 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](http://townofchapelhill.org/transit)



### Healthy Heels

#### Dance your way to better health: Top 3 reasons to start DANCING!

Did you know that dancing is a fantastic activity that correlates to several health and wellness benefits? Interested? Read on...

#### Dancing helps you ace your finals!

According to a 1999 [study](#) published in the *American Journal of Dance Therapy*, college students who participated in dance movement intervention sessions reported significantly lower stress levels on a pre-test that measured levels of test anxiety. In addition to relieving stress, dancing [boosts your immune system](#) response, leaving you less susceptible to that [cold virus](#) the student next to you in Davis Library just sneezed onto your laptop. Now, you

### Neighborhood!

[Preservation Chapel Hill](#) is hosting a Modernist House Tour of the Lake Forest neighborhood on Saturday, April 12, 2014 from 1:00-5:00pm. Attend the tour and immerse yourself in Chapel Hill's beautiful Modernist architecture with a tour of six homes in the Lake Forest neighborhood.

Tickets are on sale now!

For more information, click [here!](#)

### 2<sup>nd</sup> Annual STUDENT MOVEOUT REUSE RODEO!

Before you head out of town bring your used but useful stuff to this SPECIAL COLLECTION

Check out this list and then bring your items to benefit our local non-profits!

Wednesday April 30 – Saturday May 3

9:00 a.m.-2:00 p.m.

At the Hargraves Center "lower lot" on Mitchell Lane, Chapel Hill

#### PTA Thrift Store and local schools:

- Clean clothing, belts, bags, shoes and accessories
- Working small appliances: toasters, microwaves, blenders, heaters
- Housewares: shelving, lamps, area rugs, dish sets, sheets
- Furniture in good condition

**Too big to move?** Call the PTA Thrift store to make a pick up appointment for large items and furniture **(919) 417-0553**

#### Back-to-school for kids at the Hargraves Center:

- Blank notebooks and binders
- Unused paper of all colors and types
- Lightly used book bags
- Calculators
- Pens, pencils, erasers, glue sticks and other unused school supplies

#### The Inter-Faith Council:

- Clean, reusable cloth bags
- Unopened cans and boxes of food
- Unopened personal care products (shampoo, lotion, feminine products)

#### Compass Center for Women and Families:

- Cell phones (with chargers if possible)

#### Electronics equipment such as computers, TV's and stereos:

- Will be triaged, donated or recycled.

If it is not on this list, do not bring it to the collection. Do not leave items here outside of collection hours.

**Our goals are to reduce move-out waste and support local re-users. Volunteers will help you unload.**

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can study for your finals in peace!

### **Dancing heals your body!**

As aerobic exercise, dancing has several [physiological benefits](#). Aerobic exercise is a great form of preventative healing since it reduces the risk of several conditions including high blood pressure, type II diabetes, and heart disease. Dancing, as a low to moderate intensity workout, can also help manage already acquired chronic conditions such as high blood pressure and [autoimmune diseases](#). Aerobic exercise also helps your heart pump blood more efficiently to all parts of your body and lowers the amount of 'bad' cholesterol building up in your arteries.

### **Dancing makes you happy and confident!**

A 2006 [study](#) published in *Body Image: An International Journal of Research* revealed that young female students who participated in 6 weeks of aerobic dance had improved body image perceptions in terms of "body attractiveness and physical self-worth" and reduced body image dissatisfaction in terms of "attractiveness, feeling fat, salience, strength, and fitness." In addition to boosting confidence, [studies](#) indicate that dancing leads to a release of endorphins, resulting in improved moods and happiness. In fact, [endorphins](#) "diminish the perception of pain" and have been proven to reduce stress levels, boost self-esteem, improve sleep, and ward off feelings of anxiety and depression.

### **How to DANCE off-campus**

1. Throw a dance party. Make sure to check with your neighbors first so they're aware of possible loud noise.
2. Cleaning your room? Close the door, turn up some music, and dance around as you vacuum!
3. Pop in a [dance workout DVD](#), and turn your living room into a dance studio.
4. Check out some dance classes at the [Carrboro Arts Center](#) or around the [town of Carrboro](#).

So, the next time you're feeling nervous about a test, looking for a moderately intense cardio workout, or feeling a little blue....I hope you dance.

Questions? (919) 968-2788 or email

[recycling@orangecountync.gov](mailto:recycling@orangecountync.gov)

THANKS PARDNER!

### **Upcoming Rosemary Imagined Meeting! Join Us!**



Join us for information, conversation and imagination at the Rosemary Imagined: First Community Review Meeting on Thursday, April 10!

The purpose of the Rosemary Imagined: First Community Review Meeting is to review the two draft concepts for Rosemary Street. These concepts are being drafted by the consulting team from KlingStubbins, a planning firm located in Raleigh, based upon the community input and feedback received during the Rosemary Imagined meetings held in the summer and fall of 2013.

Two drop-in meetings will be held on April 10 and will be at the following times:

- 11:30 a.m. to 1 p.m., with a brief overview presentation at 12:15 p.m.
- 6 to 8:00 p.m., with a brief overview presentation at 6:45 p.m.

Both meetings will be held in the Sky Lounge at Greenbridge, 601 Rosemary Street, Chapel Hill, NC 27516. The format of these two meetings will be identical; the purpose of holding two meetings is to provide multiple opportunities for participants to attend and provide their input.

During the meeting, we will gather community comment about the two draft concepts. The concepts will then be revised to develop one draft concept. A Second Community Review meeting will be held in late May or early June to receive community feedback about the revised draft concept.

Rosemary Imagined is an innovative community-led planning initiative that will refine our thinking of how Rosemary Street fits into the development and growth of downtown Chapel Hill. This goal of this effort is to develop a vision for the future of the



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Rosemary Street corridor that emphasizes the Town's focus on connections, choices, and community.

For more information about the Rosemary Imagined process, visit <http://rosemaryimaginedblog.com/>

For questions, contact Megan Wooley, housing and neighborhood services planner for the Town of Chapel Hill, and Meg McGurk, executive director for the Chapel Hill Downtown Partnership at [info@rosemaryimagined.com](mailto:info@rosemaryimagined.com). Megan can also be reached at 919-969-5059, and Meg can be reached at 919-967-9440.

### Have a "Zero-Waste" Moveout!

We hope you can make it to the Reuse Rodeo, but if not, you can still have a "zero-waste" move-out by following these tips!

- Reusable furniture and other household items in good condition can be offered for reuse at "Salvage Sheds" located at Solid Waste Convenience Centers which are located nearby at Eubanks Road (1 mile west of Hwy 86/Martin Luther King Jr. Blvd., Chapel Hill) and Ferguson Rd. (near intersection of Old Greensboro Highway, three miles west of Carrboro).
- Be sure to recycle all bottles, cans, jars, mixed paper, newspaper, magazines, and corrugated cardboard.
- All batteries, motor oil, antifreeze, televisions, computers, and other electronic devices there too. Look for all the designated areas for these materials.
- Clothing and household items in good condition can be donated to local charities and picked up can be arranged for large loads. Check out:
  - PTA Thrift Shop Village Plaza, S. Elliot Rd, Chapel Hill 919-942-6101
  - Club Nova Thrift Shop, 103-C West Main Street, Carrboro (919) 967-6985
- Furniture and appliances in good condition can be picked up by the Habitat for Humanity Hand-Me-Up store. Appliances must work and be less than 10 years old. Call (919) 403-8669 to schedule a collection.
- Donate unopened cans and boxes of non-perishable food items and unused personal care items to the Inter-Faith Council Food Party at 110 West Main Street in Carrboro between 9-5 weekdays.
- Styrofoam packing peanuts and bubble wrap should be brought to local packaging companies like Carolina packing or UPS packaging stores throughout the County. Packing materials should not be left at the recycling drop-off sites.

For more information, visit:

<http://www.co.orange.nc.us/recycling/a-z-recyclery.asp> or contact [Orange County Solid Waste Management](http://www.co.orange.nc.us/recycling/a-z-recyclery.asp) at (919) 968-2788 or email [recycling@co.orange.nc.us](mailto:recycling@co.orange.nc.us)

### Party Smart

Be sure to remember the following tips for hosting a successful social event off-campus:

- Respect your neighbors and landlord. Remember that you

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live in a residential community comprised of young children, working adults, and the elderly.

- Familiarize yourself with North Carolina law and Town of Chapel Hill ordinances, and your lease agreement to keep you and your party goers safe. For more information, visit [www.townofchapelhill.org/offcampus](http://www.townofchapelhill.org/offcampus)
- Contact your neighbors to let them know you'll be having guests over and ask if there is anything you can do as a host to make it easier for them. But keep in mind that informing your neighbors does not give you license to be a nuisance.
- Have at least two people at the event who are not drinking.
- Limit alcohol consumption (avoid kegs, "pj", and other common source containers), and serve non-alcoholic beverages to supplement any alcohol that your guests may bring. Additionally, provide food and use cans or clear plastic cups rather than glass bottles.
- Never promote or sponsor a function where you or your housemates may be interpreted as selling alcohol by selling drink tickets, selling empty cups, charging for "all you can drink," or hosting an event in conjunction with a local bar or alcohol distributor.
- Plan how people will be getting home. Remember Social Host Liability: you are liable for the actions of people who leave your party intoxicated. Take care of your guests!
- Ask your guests to respect your neighborhood as they leave - no yelling, vandalism, open containers, littering, etc. Clean up any mess your event creates, both inside and outside of your house. Take a moment to make sure your neighbors' property was unaffected by your party.

### ***Internship Opportunity***

#### **Positions with the Marian Cheek Jackson Center**

The Marian Cheek Jackson Center is currently accepting applications for two positions for the 2014-2015 year.

The Jackson Center is an oral history and organizing hub for civil rights education, youth development, and housing justice in Chapel Hill/Carrboro. The Jackson Center is a small organization that relies on passionate people. Both of these positions require managing multiple tasks and responsibilities in a small and rapidly growing organization, as well as a high level of collaboration with all staff members of the Center.

#### **Civic Literacy and Education Coordinator - Accepting applications until April 11**

The Civic Literacy and Education Coordinator will play an integral role in the Jackson Center's literacy and education efforts, specifically with youth, to increase understanding of the implications of history, policy, and media. This is an ideal position for an individual interested in youth development and civic engagement. This will include helping to develop and implement our schools outreach/civil rights history initiative for area schools,

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assisting with audio and media literacy trainings as a mentor with our *Fusion Youth Radio* program, and orchestrating our monthly community newspaper, *Northside News*. [Learn more.](#)

### **Community Action Coordinator - Accepting applications until April 30**

The VISTA staff member will play a major role in the Jackson Center's collaborative initiatives to combat poverty, primarily through housing and food justice work. This work will include helping sustain the food distribution program, Heavenly Groceries, and implementing our collaborative housing-related initiatives that will help low-income residents stay in their homes and preserve the diversity of the Northside and Pine Knolls neighborhoods. His or her role will be to organize residents of all backgrounds, to educate students neighbors, to mobilize neighborhood, town, and UNC resources to fight poverty, and to coordinate an increasing number of volunteers to support these efforts. [Learn more.](#)

For more information about these positions or the Jackson Center contact Elizabeth McCain at [Elizabeth@jacksoncenter.info](mailto:Elizabeth@jacksoncenter.info), call 919.960.1670, or visit our website at [jacksoncenter.info](http://jacksoncenter.info).

### **Blogger Intern with Chapel Hill Downtown Partnership**

Intern will assist agency with researching ideas, writing original blog content, and photographing events for

[www.downtownchapelhill.com](http://www.downtownchapelhill.com). Intern should possess good writing skills, have blog writing and social media experience. Must be comfortable with public speaking and representing our agency in the public realm. Must be knowledgeable of the Chapel Hill community; especially downtown and surrounding neighborhoods. Most importantly - intern should be enthusiastic about downtown Chapel Hill and open to exploring new businesses and meeting people. Internship is not office based, so intern must be self-motivated and self-directed. Please send writing samples or blog link, and resume with cover letter to Meg McGurk, [meg@downtownchapelhill.com](mailto:meg@downtownchapelhill.com).

### **Volunteer Opportunities**

**DURING FEBRUARY I SPENT**  
**35 HOURS** WATCHING BASKETBALL  
**10 HOURS** CELEBRATING DUKE'S LOSS  
**6 HOURS** ON TWITTER TRYING TO GET  
**#UNCRULES** TRENDING

**We're only asking for 4 hours per month.**

**Apply today to make change.**

**[www.townofchapelhill.org/advisoryboards](http://www.townofchapelhill.org/advisoryboards)**

**Facebook: [chapelhillgov](https://www.facebook.com/chapelhillgov)**

**Twitter: [@chapelhillgov](https://twitter.com/chapelhillgov)**



**Do you enjoy hanging out downtown? Are you energetic and like hanging out with fun people? Then check out these opportunities to volunteer at downtown events!**

The Town of Chapel Hill Parks and Recreation Department, in conjunction with the Chapel Hill Downtown Partnership needs volunteers for the upcoming events. Get Up and Dance (April 26<sup>th</sup>) and Summer Fest (June 21<sup>st</sup>). All events are free. Volunteers are needed to assist with set-up and break-down, information booth and event evaluations.

The Town of Chapel Hill Parks and Recreation Department, in conjunction with the Chapel Hill Downtown Partnership needs volunteers for the Live and Local Music and Art series. Each event is held every Friday of each month beginning Friday, April 25<sup>th</sup> through Friday, June 27<sup>th</sup>. Volunteers are needed to assist with set-up and break-down, information booth and event evaluations.

To volunteer for these events, click [here](#).