

The Daily Tar Heel

EXAM

survival

GUIDE

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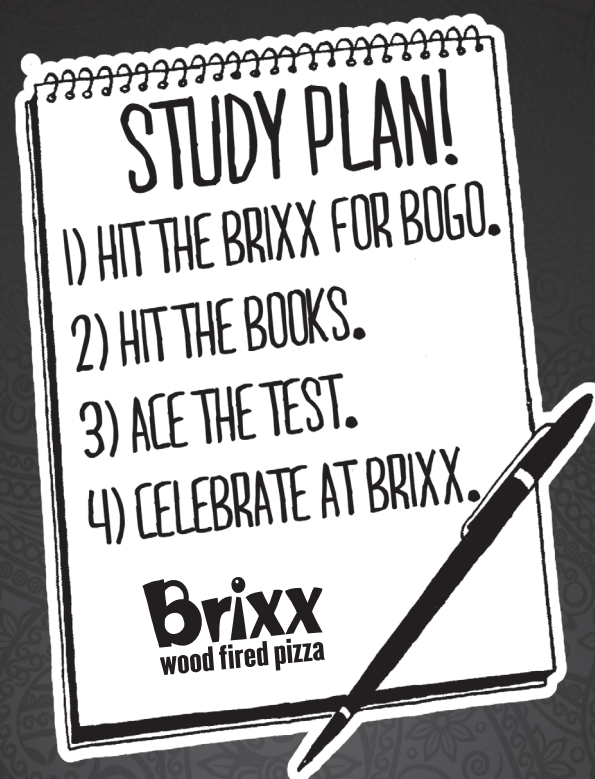
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Exams are coming, but so are animals

By Lauren Farrington
Staff Writer

Come Dec. 9, UNC students will be haunted by their poor exam grades of fall semesters past, and the campus will be plunged into darkness.

Luckily, there are heroes coming to save students from this miserable scene.

Therapy pets — cats, dogs, mini horses — are coming to UNC during exam week to help students de-stress.

On Dec. 8, two dogs and three cats will be at Park Library in Carroll, room 268, at alternating times from 12 p.m. to 5 p.m. And on Wednesday Dec. 14 two cats and one dog will be at Park Library from 2 p.m. to 5 p.m.

Students will be encouraged to pet the animals, play on the floor with them and hang out.

"I'm not really sure you need more than that," Stephanie Brown, director of Park Library, said.

If cats are normally known for a standoffish temperament, Archie and Cadi and Vivo, two Maine coon cats, are an anomaly.

"No cat in his right mind would want to be petted by perfect strangers," Brown said. "They just sit there and if the people end up not petting them for any reason, they're like, 'Pet me, why are you not petting me?'"

Whiskey, a certified therapy dog and a volunteer at UNC Hospitals, will also be returning to the library.

Brown said the feedback from students, faculty and staff has been fabulous.

"People who have graduated often will tweet and say, 'I wish I could come,' so I think even more people would come if they could," she said.

But the Park Library isn't the only place with animals. On Monday, Dec. 12, miniature horses will be visiting the Health Sciences Library from 12 p.m. to 2 p.m.

Stampede of Love, a non-profit in Raleigh that brings mini horses to schools, hospitals and events for therapy and children, will be hosting the event, bringing their father-son duo of Leo and Kiwi.

Leo is 14 years old and 27 inches tall. He was the first

mini horse Stampede of Love started their program with 12 years ago.

"We call him a grumpy old man now," Tara Needham, the owner of Stampede of Love, said. "Kiwi is the exact opposite — he's a nut job."

Needham said all animals are great stress relievers.

"They take you to the side and let you breathe and be happy and take your mind off of any situations you're facing," Needham said.

And the mini horses' uniqueness are a proven crowd pleaser in past visits to the Health Sciences Library.

"Last time, it was so funny, because students had no idea there was going to be horses there," Needham said. "All the texts started flying and saying 'you've got to come here and see this.'"

Junior Morgan Van Den Eynde has played with therapy puppies in the Union.

"It was a great stress reliever last year, and when I saw the flyer at my apartment, I got so excited," Van Den Eynde said, referring to the puppies visiting Shortbread Lofts on Dec. 14



PHOTO COURTESY OF TARA NEEDHAM

Therapy pets, including cats, dogs and mini horses, will be on campus to help with exam stress.

from 11 a.m. to 3 p.m.

Van Den Eynde said she wishes that these events educated students on the use of therapy animals in everyday

life.

"It'd be neat if they advertised a little more about animal therapy work while people played with the

animals," she said. "I work at an equine therapy center, and it's a mood lifter."

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Don't forget to find balance during finals

Sleeping, eating well and taking breaks are all important.

By Katie Rice
Senior Writer

All students are familiar with exam week stress, but few know how their stressed behaviors may be affecting their health or their potential performance on exams.

Allen O'Barr, director of Counseling and Psychological Services, said stress behaviors that would normally be concerning — like lack of sleep and affected health — are considered normal by most people during exam time.

It's when students overextend themselves during exams that they run into

trouble, he said.

"If you know you have these exams, then you save a certain amount of your energy and your attention and your vitality to address these exams that are coming up," he said.

Around finals, the staff at CAPS is reluctant to prescribe new medication to students who come in because the side effects of new medications could counteract their potential benefits to students, O'Barr said.

He said mindfulness practices like yoga can help students manage stress, but that they can take a while to become effective.

"The ideal is to have established a practice during non-stressful times, so when you get to stressful times you can bring everything up in your reserve to meet the stress,"

O'Barr said. "But if you haven't been doing some form of practice and you've got nothing to bring up the reserve, then you just white-knuckle it."

O'Barr said it's good for students to have periodic breaks during extreme stress and take time for themselves. And though some students can take this advice to extremes, like the Davis Library streaking tradition, it's good that they're taking a break, he said.

"They're sleep-deprived, they're like, 'Whatever, you're going to run across naked, I will too!'" he said. "It takes your mind for a little while off of the sort of tedium of the ongoing stress. It might not be something that I'd recommend or prescribe, but I think it's stress relief."

O'Barr recommends students get good sleep

and stick to a regular sleep schedule, eat well and exercise when they can.

Rachel Stratton, a sports dietitian at UNC, said the nerves and anxiety surrounding periods of high stress like final exams can change an individual's appetite, food choices and eating frequency.

"When I counsel athletes or students I recommend that they try to keep their food and feelings separate and that they manage their stress and their anxiety around studying and finals separately," she said.

Stratton said she coaches students not to use food as a coping mechanism, and to instead engage in relaxing activities like going for a run, taking a hot shower or calling family.

"If an individual

alters their eating habits drastically, whether that's consuming excessive amounts of calories or inadequate calories, that changes an individual's performance by increasing early onset fatigue or decreasing muscle recovery or having an impact on their immunity — overall poor performance," she said.

Additionally, she said it's important that students avoid consuming high amounts of caffeine around exams because of its negative effects on the body.

Molly Burke, a first-year health policy management major, said she's preparing for finals by getting a lot of sleep and making a plan with academic advising. She said she hasn't been eating as much because she's been busy

studying for finals, but she hasn't noticed a big change in her habits otherwise.

"I feel like I know what to expect for most of my classes, but I'm not going to say that I'm not stressed about them," she said.

Emily Meggs, a junior psychology major, said she felt she is getting better at dealing with finals stress, but has learned to take time for herself and relax.

"Whenever I get really stressed during finals, I'll take a few minutes and paint my nails or do my hair and just take a nice, hot shower for like 20 minutes and just kind of put the books down and get away from everything for a little bit so that I don't go insane," she said.

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What method of study do you use and why?

Compiled by staff writer
Brinley Lowe.

With many libraries on campus and countless study spots, UNC students all have to figure out how they study best. Some students hole up in the library while other students study in groups. While methods may be different, all students have to get ready to take their finals.

Ash Pike

First-year



"I use different resources ... It helps keep me focused because I'm not doing the same monotonous task over and over."

Corey John

Junior



"I actually like studying in noisy places like Starbucks, and then putting headphones in ... It kind of helps me."

Kaitlin Scott

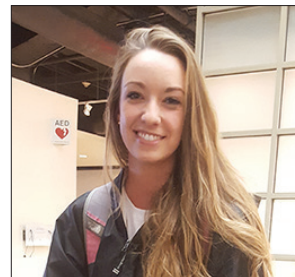
First-year



"I like reading through PowerPoints and going over my notes ... kind of making, like, study guides."

Marza Hill

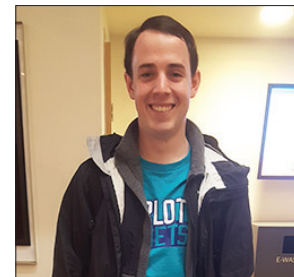
Junior



"Usually reading through the notes helps me get everything verbatim and talking through it with a friend helps you verbalize it."

Nat Ruark

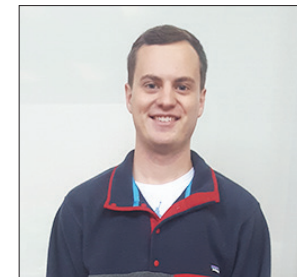
Sophomore



"I actually get more motivated to do my work when I'm with people ... I can hang out ... while at the same time getting stuff done."

Ryan Clinton

Sophomore



"I like to take notes on my computer in class and ... write them out by hand afterward, and then I read out loud to myself."



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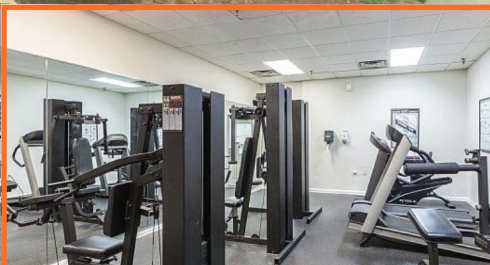
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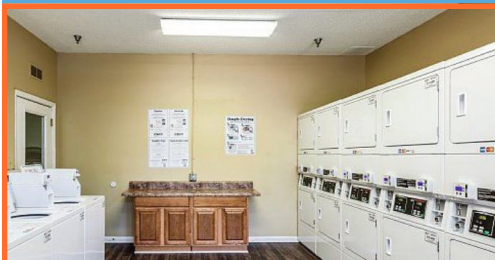


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Students prefer to study in Davis Library because it offers a wide variety of study spaces.

King of the Hill: Davis Library, home of dying

We're finding the best places to study on UNC's campus.

By Maria Mullis
Staff Writer

To set the scene: It's a towering building overlooking the Pit, Lenoir Dining Hall, the Frank Porter Graham Student Union and the Quad — all of the important UNC landmarks. It's one of the tallest buildings on campus, save for the Bell Tower and maybe a few dorms here and there. And it may be the location in which you are reading this Exam Survival Guide as you cry on its pages instead of studying for your impending BIOL 101 exam.

You may love it or hate it, but you can't deny its existence in struggling UNC student culture.

I'm looking at you, Davis Library — and I'm here to defend you as best study spot on campus.

Davis is here for those of us who can't get serious work done in the Undergraduate Library.

I love you, UL, but you

aren't nearly daunting enough for me.

I can openly admit I'm not dedicated enough to spend all day and night in the library, but Davis is basically a second home to those who do.

The only problem with Davis is that it's only open until 2 a.m.

But that's OK — in the fewer operational hours, I can still get more work done than I can at the UL.

Davis is the perfect balance of comfortable and uncomfortable.

If you feel like relaxing, Davis has two lounges on each of the upper floors.

However, if you feel like being studious — which is pretty much the whole purpose of this article — there are plenty of desks sure to keep you awake and focused.

Also, Davis has some of the best private study rooms.

During regular semester hours, you generally only need your One Card to access them.

They're first-come, first-serve, and although they are supposed to be reserved during exam season, you can still snag one easier than you can at the UL.

The seventh and eighth floors are my personal favorites.

You can't beat the scenery from eight floors up, especially on a beautiful fall day or right when it begins to snow.

The dreaded Finals Week is upon us.

So, no matter where you decide to study, things will be crowded.

Just know, if you're a library first-timer, please heed these rules:

- 1) Don't be loud.
- 2) Don't take anyone else's spot.
- 3) Be self-aware.

So, this is for you, Davis.

You've been there for me through exam cramming, in-between class work that I procrastinated, lots of Netflix-watching and short naps that I specifically reserved a study room for (sorry, everyone else).

You've been one of the best and worst things about UNC.

This senior will miss your marijuana-scented elevators, and most importantly, the view from the top.

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swerve@dailytarheel.com

Advice from a senior: exams will be OK

By Sarah Vassello
Swerve Director

Hi, first-years. It's me, Sarah Vassello. If you know who I am, hi. If you don't, I'm that girl that one internet commenter called angsty because I complain a lot about how I am always failing my classes.

I am a senior who hopes to graduate in May, so I've been down this exam road a time or two (or like 20). At least four of those times, my final has made or broken my entire grade. And, spoiler alert, it's all turned out fine and I've passed and we're all doing great.

As a senior who panics about her grades all of the time, I have a lot of advice for you, first-years.

Rule number one: **START STUDYING EARLY.** One first-year recently told me she was worried not having enough time to prepare. Cramming doesn't work because, often, you're so worried that you don't retain the information. Go out on LDOC, have fun, take a break, relieve some stress. Then get to work the next day.

Rule number two: Practice self-care. The same first-year said she was already feeling regret and guilt about her exams. Girl, same. Those feelings do not go away when you take exams, and that's just a fact. No matter how well you did, there's always going to be something that you wish you did better from your semester. What I've learned in four years is to lean into it. Embrace your stress and allow yourself to feel your guilt — and remember that for next semester. Celebrate an exam down by going on a run or take a shower or watch a (read: ONE) episode of "The Vampire Diaries."

Rule number three: Contribute to the class Google doc. That is literally one of the few ways that I can study — by creating the Google doc. Figure out what works for you, but trust me, just reading it is not as helpful as putting it all together yourself.

Rule number four: Spend time with friends. Again, find

what works for you — one of my friends (who graduated last year, despite the odds) had to lock himself away in Davis Library, which absolutely does not work for me. I like to surround myself with people who can hold me accountable for my shit.

Rule number five: Just know that this will all end one

day. Exams suck and they do destroy your life a little bit, but they do only last for three hours, max. When you leave, you are done forever and you hopefully never have to think about it ever again. That's the best gift that anyone can ever give you.

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UNC reacts to the word of the year

Each year, the Oxford Dictionaries names one word as the word of the year. This year's winner, "post-truth," has etched its name in history along with the likes of an emoji (2015), "vape" (2014) and "selfie" (2013). We asked UNC students their thoughts on the newest word of the year.

Compiled by staff writer Davis Rhodes.



Josiah Evans

Junior

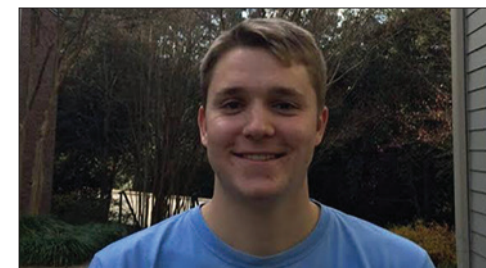
"It probably does embody the climate of the year — we tend to lean more on pathos..."



Teaj Patel

Junior

"What the heck does that mean? 'After truth,' maybe? I don't know what that means."



Dan Seebold

Junior

"It was a year where a lot of the news was emotionally charged..."



Mary Beth Browne and Shea Stanley

Sophomores

"I think it effectively captures the zeitgeist."

"It's really a more academic way to say: AHHHHH!"

What I, an over-preparer, learned in my first semester at UNC

By Allison Melrose
Staff Writer

Before I left home for my first semester of college, I read a book entitled “The Art of Mingling.” It’s exactly what you think; a book on how to function in society like a proper human adult.

One of the lines on the book’s website describes it as “a sure-fire system for overcoming fears and having a great time at any type of business or social gathering.”

So, I read the book. I learned the proper way to start a conversation, how to smile, when to shake hands

and the different opening lines for every mood. There was also a section entitled, “Fancy Footwork: Advanced Mingling Techniques,” and I read it — but decided sticking to the basics would probably be best.

In other words, I prepared. I over-prepared. Some might even say my obsession with preparedness was too much.

You might be shocked to hear this, but, well, college doesn’t quite work like that.

There’s no textbook answer for accidentally waking up your suitemates on the second day of move-in, and there’s not an answer for how to leave a party when the person you arrived

with is having way more fun than you are.

As with any good story though, there is one single moment where everything changed — the moment when I realized that you can never be prepared for everything.

I caught lice.

Don’t worry, I’m clean now, every last louse removed from my head through hours of miserable, meticulous horror, but the process was one that I never, ever want to repeat.

I’ll set the scene.

I was sitting on the fake hardwood floor of my dorm, head between my knees and hair dripping insecticide down

my neck. The computer was playing a tinny version of a Mumford & Sons song and my bed was stripped bare to the shiny plastic mattress.

My roommate was behind me, knees around my sides, legs radiating an uncomfortable heat against my body, and she was going through my hair, section by tiny section, methodically removing the nits that had adhered themselves to my hair.

After the first two hours spent in this lice removal position, I came to a realization.

There was nothing I could have done to prepare for this.

Could “The Art of Mingling” have prepared me for this?

The answer was a resounding no. Nothing could have prepared me for this. My overwhelming need to always be ready for anything had completely failed me, and it was time to do some life reevaluation.

I can’t say college, and my

subsequent battle with lice, has made me an entirely new person, but it has made me think about priorities.

Being ready for everything is impossible, and a book called “The Art of Mingling” gives no information on how to treat lice.

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King of the Hill: UNC Student Stores

We’re finding the best places to study on UNC’s campus.

By Callie Riek
Staff Writer

I hate the libraries during finals week.

Frankly, they make me want to throw up — that’s way too much stress to be crammed into a single space.

Instead, I want to talk about the unsung hero of on-campus study spaces: the Bull’s Head Bookshop.

I’ll admit, it’s not for everyone, especially during finals.

It can be loud, and people are always walking around and it’s a little distracting to constantly be surrounded by copies of “Harry Potter”.

But you don’t go to the bookstore because you’re looking for quiet, you go because you’ve spent the last three days in Davis, and you need to remember what human interaction is like.

Study spaces are limited in the bookstore, but the ones you can find are definitely worth the search.

The tables scattered by the windows have a few advantages — the first being that they’re actual tables.

For when you need a

writing surface, a place to put your coffee or something hard to bang your head against, they’re ideal.

There are also the benches on the outside balcony facing the student recreation center.

It took me an entire semester to find this spot, so it feels almost like a secret hideout.

It has a gorgeous view of campus and it’s always fun to drop stuff on your friends when they’re walking by.

But with it finally starting to get cold, studying outside may not be your best bet right now.

Which brings me to the crown jewel of Student Stores study spaces: the chairs in the children’s/young adult section.

Hear me out — these chairs are perfect.

They’re comfortable enough to make studying a little less terrible, but not so comfortable that you’re constantly fighting the urge to nap.

You may see some people there, but it’s not a very popular study spot, so I find myself alone more often than not.

When you need a study break, a good book is literally at your fingertips — literally.

If you’re ambitious and have long arms, you can grab



DTH/CALLIE RIEK

Many students spend hours in the library during exams. Sitting in the comfy chairs at Bull’s Head can be a nice break.

a book without even getting out of the chair.

And for those moments when you feel like the weight of finals is literally crushing you, chances are there’s going to be a staff member quietly restocking, or a child going through the hundreds of picture books on the bottom shelf.

These are just a few of the constant reminders that an entire world exists beyond this campus, and that world doesn’t necessarily care what grade you make in CHEM 102 (I mean, maybe someone does, but that kid reading

“When you need a study break, a good book is literally at your fingertips...”

Callie Riek
Swerve staff writer

“Calvin and Hobbes” in front of you sure doesn’t.) It puts things into perspective.

And if there’s one thing we need during finals, it’s perspective.

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 25 Words.....\$20/week 25 Words.....\$42.50/week
 Extra words...25¢/word/day Extra words...25¢/word/day
EXTRAS: Box: \$1/day • Bold: \$3/day

BR = Bedroom • BA = Bath • mo = month • hr = hour • wk = week • W/D = washer/dryer • OBO = or best offer • AC = air conditioning • w/ = with • LR = living room

To Place a Line Classified Ad Log Onto

www.dailytarheel.com/classifieds or Call 919-962-0252

Deadlines

Line Ads: Noon, one business day prior to publication
Display Classified Ads: 3pm, two business days prior to publication

Announcements

NOTICE TO ALL DTH CUSTOMERS

Deadlines are NOON one business day prior to publication for classified ads. We publish Monday thru Friday when classes are in session. A university holiday is a DTH holiday too (i.e. this affects deadlines). We reserve the right to reject, edit, or reclassify any ad. Please check your ad on the first run date, as we are only responsible for errors on the first day of the ad. Acceptance of ad copy or prepayment does not imply agreement to publish an ad. You may stop your ad at any time, but NO REFUNDS or credits for stopped ads will be provided. No advertising for housing or employment, in accordance with federal law, can state a preference based on sex, race, creed, color, religion, national origin, handicap, marital status.

The AIDS Course

AIDS: Principles, Practices, Politics
 Spring, Wednesday: 5:45-7:00pm
 One Credit • Pass Fail
 Enroll in Public Health 420
 Section 1 (Undergrad) or Section 2 (Graduate)
An hour of credit for a lifetime of knowledge!

Child Care Wanted

AFTERSCHOOL SITTER wanted for southwest Durham family. Monday and Friday afternoons, \$15/hr. Must have own car, excellent driving record and references. nicki.hastings@yahoo.com.

NEED PART-TIME NANNY to start Jan 2017 or earlier. Tues & Thur 9:00-5:00. Kids are ages 1 to 8 and love reading, art, and playing outside. \$15-\$18/hour. Call Jamie at 202-302-1141

Child Care Wanted

SITTER NEEDED Reliable, fun, energetic sitter needed in spring 2017. 2 days/ week 3-4:30pm. \$12/hour. Prefer someone with education/ science background, and interest in outdoor activities. Send resume & childcare references to srajan@live.unc.edu

OCCASIONAL BABYSITTER needed for 2 super sweet little boys, ages 1 and 3. Looking for 2-3 Tu/Th afternoons and 2-3 Fri/Sat evenings (~7-10 pm)/month. Must have experience with and compassion for toddlers! Email lindy@unc.edu.

For Rent

FAIR HOUSING

ALL REAL ESTATE AND RENTAL advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation, or discrimination." This newspaper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis in accordance with the law. To complain of discrimination, call the U. S. Department of Housing and Urban Development housing discrimination hotline: 1-800-669-9777.

REMODELED 3BR/2BA HOUSE with huge deck. 15 minute walk to campus, end of Cameron Avenue. 919-219-2891. Available Aug. 1.

1BD,1BA SHORTBREAD LOFTS DISCOUNTED Apartment available, January 1st. Top floor unit, high-end kitchen & appliances, big screen TV, fully furnished. 6-Month Lease Available \$695.00/month. Parking permit extra. For info call: 310-499-3006

Help Wanted

STONECROP Apartments. Walk to campus, downtown, affordable, 4BR/4BA. Rent includes all utilities, WiFi, W/D, huge kitchen, rec room, parking in garage, security entrance with elevator. Call 919-968-7226, office@millhouseproperties.com.

ATTRACTIVE FULLY EQUIPPED HOME 4BR/2.5BA. Home near Carboro Plaza on two private acres. \$1600/month. Email jay2coop@gmail.com or call 919-942-4027

Help Wanted

TEACHERS WANTED Harvest Learning Center is looking for a full-time infant room teacher and a toddler/preschool assistant. Experience preferred. Please send resumes to harvestdirectors@harvestlearningcenter.com.

SR. RESEARCH ASSOCIATE NEEDED

Manage mental health projects. Have MS or PhD in psychology, experience with NIH grants. Be organized, detail oriented with knowledge of methodology, and good interpersonal skills. FT/PT position with benefits, walk to UNC campus. Wages BOE. Resume to BB@TeleSage.co

MUSIC TEACHER: School of Rock Chapel Hill is now hiring instructors for drums, guitar, bass, keys, and vocals. Experience teaching & performing music and strong interpersonal skills required. Email resume and cover letter to chapelhill@schoolofrock.com.

Lost & Found

LUNCH BAG FOUND at bus stop near HSL 11/30/16. Text 828-216-5036

www.dailytarheel.com/classifieds

Help Wanted

Want to earn extra money??

We have positions available immediately, no experience necessary - you just need to be excited about coming to work and helping others! Various shifts available 1st, 2nd and 3rd. Entry-level pay starting up to \$11 per hour. Visit us at <https://rsiinc.applicantpro.com/jobs/>!

Travel/Vacation

BAHAMAS SPRING BREAK

\$189 for 5 DAYS. All prices include: Round trip luxury party cruise, accommodations on the island at your choice of 10 resorts. Appalachia Travel. www.BahamaSun.com, 800-867-5018.

Volunteering

HEALTHY VOLUNTEER STUDY

The US Environmental Protection Agency is seeking volunteers ages 18-40 to participate in a research study on the UNC Chapel Hill campus. You will complete 3 visits over 4-6 weeks. Compensation up to \$375 given for your time and travel. For more information on the study, contact our recruiters at 919-966-0604 Monday thru Friday.

HOROSCOPES



If December 8th is Your Birthday...

Shared ventures thrive this year. Build friendships, bonds and social networks. Shift directions in your studies or travels this spring, as home fires tempt. Adapt to changing news next autumn, before new destinations incite brilliant investigations.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)

Today is a 9 -- You're getting stronger today and tomorrow, empowered with high energy. Conditions are changing in your favor. Ignore rumors and gossip. Take charge for what you love.

Taurus (April 20-May 20)

Today is a 6 -- Slow down and think things over today and tomorrow. You're especially sensitive and intuitive. Minimize risks. You don't have to go along. Rest and pamper yourself.

Gemini (May 21-June 20)

Today is an 8 -- Hold meetings, social events and parties over the next two days. Develop strategies with teammates. Talk over any concerns. Others can see where you're blind.

Cancer (June 21-July 22)

Today is a 9 -- Professional opportunities become available over the next few days. Consider your decisions well. Others may demand quick action. Help them see the big picture.

Leo (July 23-Aug. 22)

Today is an 8 -- A thirst for exploration entices you from your comfort zone today and tomorrow. Don't rely on an unstable source. Make future plans. Take the brightest road.

Virgo (Aug. 23-Sept. 22)

Today is a 9 -- Collaborate on financial matters over the next few days. Negotiate for a win-win situation.

Libra (Sept. 23-Oct. 22)

Today is a 7 -- Be receptive. Listen to your partner and share your views today and tomorrow. Support each other with a challenge or controversy. Adjust to outside demands.

Scorpio (Oct. 23-Nov. 21)

Today is a 9 -- The excellent work you've been doing reflects well on you over the next two days. Don't push yourself too hard physically. Balance activity with peaceful rest.

Sagittarius (Nov. 22-Dec. 21)

Today is a 7 -- Love is the bottom line today and tomorrow. Avoid silly arguments. Talk about your enthusiasms and passions. Play games together. Get artistic. Set mood lighting.

Capricorn (Dec. 22-Jan. 19)

Today is a 7 -- Enjoy a two-day homebody phase. Clean, beautify and decorate your place. Gentle music and tea can soothe frayed tempers. Share your love generously.

Aquarius (Jan. 20-Feb. 18)

Today is a 7 -- Study or travel engages you today and tomorrow. Investigate and explore. Write down your discoveries. Document them with photos and video. Keep it simple.

Pisces (Feb. 19-March 20)

Today is a 9 -- Tap another source of revenue. The next two days are good for business. Your ideas are attracting attention. Market, buy and sell. Share thanks and appreciations.

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UNC Community SERVICE DIRECTORY

Religious Directory

Welcome!
 To the Chapel Hill
Christian Science Church
 Sunday Service
 10:30-11:30am
 1300 MLK Jr. Blvd.
 at Dixie Lane
 942-6456

Sundays 10:00 and 11:45
The Varsity Theatre

 a new church with a mission: to love Chapel Hill with the Heart of Jesus
lovechapelhill.com

UNC CHAPEL HILL
WESLEY CAMPUS MINISTRY
 A UNITED METHODIST COMMUNITY
Worship: Sunday Nights 7pm
 125 Chapman Hall
Free Dinner: Thursday Nights 6:15pm
 University UMC Basement
 For the latest details, connect with us:
www.facebook.com/groups/uncwesley
[@unc_wesley](http://www.uncwesley.org)

First Pentecostal Church
 Days Inn, 1312 Fordham Blvd.
 "Home of Old Time Religion"

Worship with us each Wednesday 7:30 PM
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 The First Pentecostal Church of Chapel Hill is an extension of the First Pentecostal Church of Durham.
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 Sunday 10:00 am & 6:30 pm, Tuesday 7:30 pm
 For more information call (919) 477-6555
 Johnny Godair, Pastor

Sundays at 10:30am
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5321 Ephesus Church Rd,
Durham, NC 27707
allgather.org
919.797.2884

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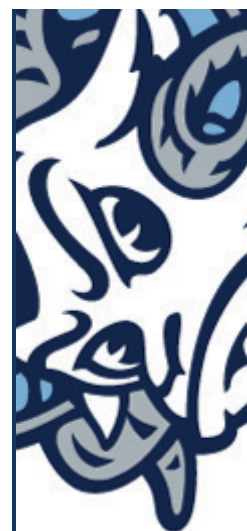
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