

The Daily Tar Heel

Volume 124, Issue 4

dailytarheel.com

Friday, February 26, 2016

Sports cost athletes' mental health

Division I sports contribute to high rates of depression.

By Shweta Mishra
Staff Writer

UNC junior Stephanie Davis sustained her first of four concussions during a middle school soccer tournament in Charlotte when a midfielder slammed heads with her as they leaped for the ball.

She doesn't remember if she blacked out. Her ears were sensitive to sound and her eyes to light. Then she was led off-field and asked if she remembered the score of the game and where she was.

Now Davis asks those questions as she helps train athletes in UNC Football, Capital Area Soccer League in Raleigh, Garner Magnet High and UNC Women's Soccer. She has grown to love rehabilitating athletes even as she remains on the sidelines, shadowed by symptoms like depression.

Davis said in an email she is sure sports injuries like concussions can cause depression.

"Not only can brain injuries adjust neurotransmitter levels in your brain, the secondary effects of concussions can be very significant," she said.

She said concussion recovery can mean avoiding lights and noise and reducing exercise.

"When you consider D1 athletes — competitive, driven, strong hard-workers that want to be the best in everything they do — losing their reason, purpose and desire can be very depressing for them," Davis said.

Destinee Grove, a UNC junior and research assistant at the Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center, said in an email the link between brain injuries and depression should be explored.

"A brain injury alters the way a brain functions, leaving one susceptible to cognitive, motor and psycho-social deficits. How strong is that correlation?" Groves said. "More research needs to be done before we have a definitive answer."

A British Journal of Sports Medicine study published this month found 24 percent of athletes have depression — a rate similar to their peers in school and higher than the general population.

Study co-author Andrew Wolanin said the study is the most comprehensive to date, following 465 athletes across nine sports over three consecutive years.

He said risk factors for depression could be academic and psychological pressures common to all students, compounded by demanding schedules, performance pressures and injuries.

"It could be socioeconomic issues," he said. "The sample we had was predominately Caucasian. We didn't have any differences between racial groups, but there's a potential of that as well. There was a significant gender difference as well."

Wolanin said researchers are looking into why women's track and field fell on the higher end of the depression curve and men's lacrosse on

SEE DEPRESSION, PAGE 7

Shit happens at UNC



DTH/JULIA KLEIN

English professor Connie Eble holds up her notecard with "shit happens" written on it, the first known printed use of the phrase.

Professor credited with first use of 'shit happens'

By Erin Wygant
Senior Writer

A small index card from 1983 has made English professor Connie Eble famous.

Written on that card is the first known printed use of "shit happens," forever linking her name to the phrase.

"If you go on Wikipedia and look at 'shit happens,' you see my name," Eble said.

It started as a class assignment. Every semester, Eble asks her students to write down new catch phrases on

index cards that she collects and compiles into a list.

And on the list from 1983 is first alleged recorded use of "shit happens."

"A female student turned in 'shit happens,' and wrote this: 'When informed that he flunked the test, the guy replied, 'That shit happens.'"

Although that student remains anonymous, Eble has gained more recognition for coining the phrase than she'd like to take credit for.

"This gets brought up every so often," she said. "Will this

never die? I didn't come up with it — it just so happened that my list was the earliest citation. And now it's become sort of an urban myth."

Eble gives her lingo lists privately to academics — never posting publicly.

"I don't put it online because it's full of objectionable vocabulary that I'm sure North Carolina taxpayers would not appreciate."

Some of that vocabulary is found on the 2015 list, including "bang" and "bone," which allude to sex; "cross-

faded" and "wavy," which are about partying; and "weenie-shrinker" and "Carol!" which are terms used to express disappointment.

There is also a section dedicated to the most popular terms — "on fleek," "bae," "turnt up," "ratchet" and "yaas." She said this crass vocabulary is typical of slang. In most cases, she says the phrases are negative or passing harsh judgement.

"It's not usually uplifting."

SEE SHIT HAPPENS, PAGE 7

University houses with histories

The University owns 21 properties, some with historic value.

By Zac Lowell
Staff Writer

Likely unknown to most residents, UNC owns 21 properties dotted around the county. Some of these properties have histories stretching back decades — others simply have interesting stories.

For example, 620 Park Place is a well-known town fixture. The home was built by the University in the 1920s to house faculty returning from World War II. Since then, it has housed various individuals closely associated with the town and the University, including Francis Bradshaw, the dean of students from 1920-25, and Edwin Lanier, the mayor of Chapel Hill from 1949-54.

The home on Park Place is the last of its kind. In the 1970s, the University tore down the other Park Place homes in the neighborhood to build a parking lot, but after a battle between the Chapel Hill Preservation Society and the University in the 1980s, the house is still standing.

The current tenant, Fred Kiger, is a lecturer on the American Civil War for the UNC General Alumni Association. When he first noticed the house, he didn't get the impression he would ever be able to live there,

despite his interest.

"This place was a little bungalow that caught my eye many, many years ago, and I always immediately dismissed the possibility that someone might live there," Kiger said.

Kiger said he later met Bruce Runberg, then the associate vice chancellor for facilities services, at one of his lectures. Runberg said the house was owned by the University, and Kiger then contacted the property office.

Six years later, he was contacted about his interest in the property and by the summer of 2012, he was a tenant.

Kiger said being in the house reminds him of the mountains of North Carolina, where he grew up.

"Being raised in the foothills of North Carolina, not far from Pilot Mountain and Hanging Rock State Parks, I sit in my dining room and I look out those windows into these 93 acres of woods, and I feel like I am at home," he said.

Kiger said the feel and location of the house are perfect.

"I love being here, and feel quite proud and honored to have a chance to be a steward, if you will, looking after a place that has such fond memories and such longevity," he said.

A rural home

Another University property, 6627 Maynard Farm Road, echoes the wooded tranquility of Kiger's home about 10

SEE HOUSES, PAGE 7

Northside continues partnership

The initiative will celebrate its first anniversary in March.

By Brooke Fisher
Staff Writer

Northside has seen its share of gentrification in the past 30 years.

With houses below market price and the close proximity to campus and downtown Chapel Hill, developers moved in and started buying up properties at an alarming rate.

But not anymore.

The Northside Neighborhood Initiative is a partnership between the town of Chapel Hill, UNC, the nonprofit credit union Self-Help and the Jackson Center.

Announced in March 2015, the initiative will soon be a year old.

It aims to create a diverse neighborhood filled with families, students and the senior population, as well as honoring the rich history of Northside.

Focus on homeowners

In the past year, the initiative has put emphasis on keeping homes affordable for families. Self-Help is helming a land bank — a 'bank' made up of properties Self-Help bought in the community —

that will be open to potential homebuyers.

Hudson Vaughan, deputy director of the Jackson Center, said in an email that the land bank has been able to secure six homes that will be used to reach families that would otherwise be unable to live in Northside.

Sarah Viñas, Chapel Hill housing and community planner, said one house has already been bought by Habitat for Humanity.

"They're planning to build town homes and the town has supported that effort," Viñas said.

Both Viñas and Vaughan said another component of the initiative includes the Promise of Home Repair program.

The program helps to repair the homes of the elderly and disabled.

"We have completed extensive repairs of five homes of elderly, long-time neighbors who have given their lives in service to this community," Vaughn said.

A community effort

Vaughan said both students and long-time residents of Northside have come together through community events and forums.

"The Jackson Center has had over 250 students partner in efforts to preserve the future of Northside," he said.

At a recent community



DTH/EMMA TOBIN

A property in Northside is put up for rent. UNC senior Stephanie Katz said the neighborhood is a great place to live.

meeting that discussed the role of the land bank, Vaughan said neighborhood leaders were excited to have an impact on the neighborhood's future.

Kimberly Hoppin, a resident who has lived in the Northside neighborhood for more than 20 years, said she thinks the town's efforts are good, but the problem is complicated.

"I don't think the answer is simple," Hoppin said.

But Hoppin said she believed there was room in the neighborhood for both college students and families.

UNC senior Stephanie Katz said the Northside neighborhood is the perfect place for college students to live with its short commute to campus, but she recognized that college students aren't the only ones living

in Northside.

Moving forward

Viñas said the initiative is still working on collecting concrete data on the diversity in the neighborhood.

"We really need to know where things are," Viñas said, regarding the demographics of the community.

She said there has been a shift in the number of African Americans living in Northside.

Vaughan said the initiative will continue pursuing the community's vision for the neighborhood.

"(We will) continue to follow the direction of a great host of diverse neighbors who make this community special," he said.

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CAROLINA ATHLETICS WEEKEND EVENTS



BASEBALL

#10 CAROLINA VS. #12 OKLAHOMA ST.
FRIDAY, FEB. 26TH AT 3:00 P.M. - BOSHAMER STADIUM
FREE PEANUTS AND CRACKERJACKS FOR THE FIRST 400 STUDENTS

2 CAROLINA FEVER POINTS

WOMEN'S LACROSSE

#1 MARYLAND VS. #5 CAROLINA
SATURDAY, FEB. 27TH AT 1:00 P.M. - FETZER FIELD
FREE UNC BEANIES FOR THE FIRST 50 STUDENTS

3 CAROLINA FEVER POINTS

WOMEN'S BASKETBALL

CAROLINA VS. DUKE
SUNDAY, FEB. 28TH AT 3:00 P.M. - CARMICHAEL ARENA
RAMESES' BIRTHDAY BASH & UNC SUPERMAN TANKS
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JOHNNY CASH

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Distribution, 962-4115
One copy per person;

additional copies may be purchased
at The Daily Tar Heel for \$0.25 each.
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COMMUNITY CALENDAR

TODAY

Spring Book Sale Benefit: The Friends of the Orange County Public Library will have its spring book sale until Feb. 28. It will be at the Hillsborough main library location. The book sale will take place from 9:30 a.m. to 5:30 p.m. on Friday and Saturday. It will open Sunday from noon to 4 p.m.
Time: 9:30 a.m.
Location: 137 W. Margaret Lane, Hillsborough

PlayMakers: We Are Proud ... : PlayMakers Repertory Company will present its play, "We Are Proud to Present a Presentation About the Herero of Namibia, Formerly Known as South-west Africa, from the German Sudwe-

stafrika, Between the Years 1884-1915." It follows a cast as they prepare for a play and delve into ingrained racial prejudices.
Time: 7:30 p.m. to 9 p.m.
Location: 150 Country Club Road

SATURDAY

Edible Campus Planting Day: The Edible Campus team will get together to plant blueberries, persimmons, pomegranates and other edible landscaping. RSVP at ediblecampus.web.unc.edu/get-involved-2. This event is free and open to attend.
Time: 10 a.m. to noon
Location: The Pit

9th Annual Marathon Jam: The American Legion will host its

annual benefit to help the Fort Bragg Fisher House and support wounded soldiers and their families. Music will continue for at least 12 hours.
Time: 1 p.m.
Location: 1714 Legion Road

Famous Latin Sandwiches:

Southern Season will host a class teaching participants how to make Latin American food like traditional sandwiches.
Time: 4 p.m.
Location: 201 S. Estes Drive
To make a calendar submission, email calendar@dailytarheel.com. Please include the date of the event in the subject line, and attach a photo if you wish. Events will be published in the newspaper on either the day or the day before they take place.

POLICE LOG

• Someone broke into and entered Evans Jewelers at 300 S. Elliot Rd. at 10:40 p.m. Wednesday, according to Chapel Hill police reports.
The person damaged computer hardware, cable lines and telephone equipment, valued at \$1,700, reports state.

• Someone trespassed at Waffle House at 127 E. Franklin St. at 4:24 a.m. Thursday, according to Chapel Hill police reports.
The person harassed employees, reports state.

• Someone committed larceny at Han-Dee Hugo's at 1401 W. Main St. at 10:58 p.m. Wednesday, according to Carrboro police reports.
The person stole Frito-Lay chips and bean dip, valued at \$7.61, reports state.

• Someone reported a dog attack on the 100 block of Commons Way Drive at 7:25 p.m. Wednesday, according to Carrboro police reports.

CORRECTIONS

• The Daily Tar Heel reports any inaccurate information published as soon as the error is discovered.
• Editorial corrections will be printed on this page. Errors committed on the Opinion Page have corrections printed on that page. Corrections also are noted in the online versions of our stories.
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DTH/ALEX KORMANN

After the storm cleared, sunlight peeked through the clouds on Franklin Street Wednesday.

Fallen trees, power outages after storm

By Brooke Fisher
Staff Writer

Wednesday afternoon saw weather conditions ripe for tornadoes.

Tornado warnings went out across the county, alerting residents to a potential tornado touchdown.

Warnings are only issued if a tornado has been sighted or weather radars indicate a tornado will occur, according to the National Weather Service.

In Chapel Hill and Carrboro, no tornadoes touched down.

Chapel Hill Police Department spokesperson Lt. Joshua Mecimore said several trees were knocked down in parts of Chapel Hill due to the strong winds, though.

Downed trees blocked roadways in four locations, including Cobb Terrace, Kenmore near Shady Lawn, Fordham near Eastowne Drive and Homestead Road past Northern Park Drive.

Carrboro Police Captain Chris Atack said the wind knocked down a telephone pole, but there were no inju-

ries or building damage due to weather during the tornado warning.

Danielle Peoples, a communications consultant with Duke Energy, said there were about 553 outages across Orange County.

Chapel Hill Town Hall on Martin Luther King Jr. Boulevard lost power at 4 p.m. the night of the storm, canceling the town's night meetings. Apartment complexes on the road also lost power around the same time.

Peoples said some repair crews were delayed because of high winds.

"When wind gusts exceed 35 miles per hour, it is unsafe for us to extend our bucket trucks," Peoples said.

Atack said Carrboro police were prepared for accidents due to the weather.

"With the information we had over the last couple of days about potential severe weather, the police department, public works and the fire department put an operations plan together should there be damage," Atack said.

The tornado warning was

anceled around 4:45 p.m.

Hillsborough residents Kemp and Philip Chalmers said the tornado warning did not cause them any major problems.

"I was on the way to work when all the rain and stuff was coming down," Kemp Chalmers said.

"So besides making it take longer to get to work, I didn't have any problems."

Philip Chalmers said he hadn't heard of any instance when the town responded in an untimely manner to emergency situations.

Chapel Hill resident Martin Lehmann said he lost power in his house for a night.

He said his power was not restored until midnight.

The safest place to be during a tornado is in a basement and away from any windows that could be possibly broken by high winds or debris.

The town made helpful information and safety tips available on their website before the storms blew through Chapel Hill.

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Getting famous with friends, Bruce Springsteen



DTH/ALEX KORMANN

Caroline Ririe, Timmy Cooper and McKinley Pollock, members of a rock, alternative country band called Below the Line, share a laugh.

Student band, Below the Line, runs on loyalty, passion

By Peggy Mullin
Staff Writer

Friends tend to come and go, but for sophomores Timmy Cooper, McKinley Pollock and Caroline Ririe, a five-year friendship gives them an edge as musicians.

They form Below the Line, a rock, alternative country band from Winston-Salem.

Cooper, a vocalist and guitarist, said the band originally formed when he and Pollock, who performs vocals and plays stand-up bass, were in the same eighth grade class.

"We texted each other saying, 'Let's start a band,'" Cooper said. "We met in his room and just started playing."

Throughout high school, the membership of Below the Line changed several times until Caroline Ririe joined on fiddle and vocals to form what they call the core membership of the band.

In addition to the three sophomores, Below the Line's current lineup includes non-UNC students Ryan Ward on guitar and synth and Jefferson Bullock and

Anthony Thigpin on percussion.

Below the Line has written and released two full-length albums, both of which are available on Spotify. They also perform covers from a wide range of genres, including "99 Problems" by Jay Z, "Ignition (Remix)" by R. Kelly and, more recently, Bruce Springsteen's "Born to Run."

The video of their "Born to Run" cover, posted to their Facebook page on Feb. 15, received more than 9,000 views as of print.

Sean Kurz, a first-year business major, said the video is what won him over as a fan.

"I saw them play the Bruce Springsteen song, and I liked how they sounded," he said. "I liked their page to see what they continue putting out."

Below the Line broke through the Chapel Hill scene by playing at places like Local 506, He's Not Here and fraternity houses.

UNC-Charlotte sophomore Hunter Hodges attended Mount Tabor High School alongside Ririe and said Below the Line is well received by crowds wherever they play.

"I've heard the crowd gets hype to 'The

Devil Went Down to Georgia,'" Hodges said.

The band also performed for several thousand people alongside Echosmith and Civil Twilight at the Winston-Salem fairgrounds this past November.

Going forward, the group said they are taking February off from formal performances to focus on rebranding their image away from their high school identities and to begin working on their next release — a five-song EP that shifts to a modern style.

The band also plans to put out a video performance series, following the style of the Springsteen cover.

"Ideally, we'll film in classic Chapel Hill locations — the Old Well, Franklin Street. Pretty much wherever they'll let us in," Pollock said.

The band said they're excited for the future.

"We're all young, and we're still figuring this whole thing out," said Cooper. "But we're also excited for this break to be the start of the band moving forward."

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DPS, students react after storm hits NC

Students hunkered down in basements and hallways for safety.

By Aaron Redus
Staff Writer

Harsh winds, cold rain and dark clouds heralded the arrival of conditions favorable for a tornado in Orange County Wednesday afternoon.

While the University did not cancel classes, Department of Public Safety spokesperson Randy Young said measures were taken to ensure the safety of students on campus. Alert Carolina messages were sent out to inform students about the situation and to advise them to move indoors.

"Well, first of all, we had been monitoring the system for some time. We had been watching this, and obviously the media has been paying particular attention to it," Young said.

He said DPS was ready to respond when the storm moved closer to the University.

"In the event of a severe thunder storm warning, we issue a text message and a campus-wide email and there's a certain level of alert that goes out with that," he said.

He said Alert Carolina texts did not announce the cancellation of classes because doing so might place students in jeopardy.

"This is not something where we specifically mention in the warning that classes are canceled," Young said. "But we also don't want faculty or staff dismissing folks out into the severity of the storms."

He said he hopes students stayed in their classrooms or found another safe place indoors.

Virginia Callison, a senior Asian studies and economics major, said she was in the Undergraduate Library when she received the alert.

"The sirens started going off when I was sitting upstairs by the windows, and the librarians came on and said everyone has to go to the basement," she said. "So there was kind of this mass exodus to the basement."

She said most of the students were not concerned about the tornado.

"Lots of people were joking around, lots of people were still working — I was still working," she said.

For Adam Hall, a sophomore global studies major, finding a safe place was an issue. Adam, who lives in Parker Residence Hall, said he asked a group of employees to let him into Carmichael Residence Hall when he heard the sirens.

"They were kind of poking their head out of the back doors," Hall said. "So I walk up to them and I'm like 'Hey, can I come in? Because there's a tornado outside' and they're like 'Oh no, you can't come in here, just go around front.'"

Hall said he was unable to enter Carmichael because he didn't live there.

"I mean I kind of knew I wasn't in any immediate danger, but that kind of thing, it's like why do they put their job over the life of another human being?"

Young said DPS has not formally reviewed yesterday's events, but things seem to have gone well.

"I think by and large folks got to where they needed to be, which is hunkered down and safe, which is what we want to see happen," he said.

university@dailytarheel.com

Posters welcome refugees in Chapel Hill

Jewish Voice for Peace has been using these signs to confront racism to refugees.

By Matthew Lopez
Staff Writer

All around town, the image of a man sheltering a child in his coat has appeared.

The message is simple: "Refugees are welcome here."

A national organization called Jewish Voice for Peace claims responsibility.

Their mission is to confront Islamophobia and promote Palestinian solidarity with the Jewish community.

The organization opposes anti-Jewish, anti-Muslim and anti-Arab bigotry and oppression and has different chapters all over the country.

An estimated 20 million people in the world have been displaced by conflict or persecution, according to the United Nations.

North Carolina is one of several states whose governors have refused to accept Syrian refugees, citing security concerns.

There were 26 other governors who also made formal statements opposing admittance.

According to Noah Rubin-Blöse, a member of the Triangle chapter of Jewish Voice for Peace, the posters are a visible way to confront racism and to engage refugees in Chapel Hill.

"We seek to directly challenge the Israeli government and promote Jewish values of liberation," he said.

"It's powerful for people to take action, even if it's small action."

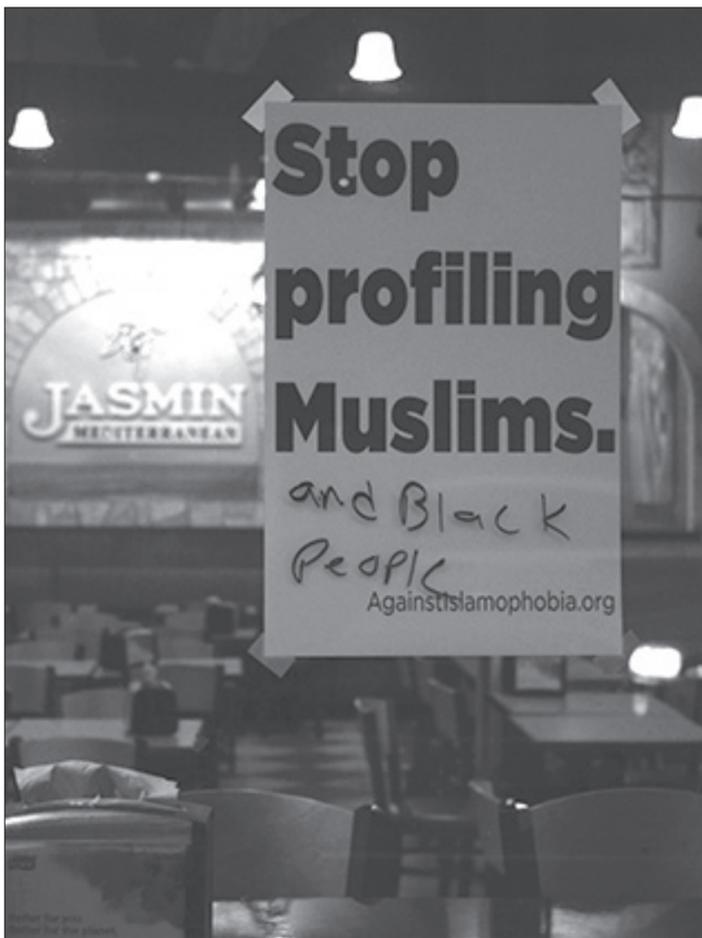
Borna Zarei, an employee at Jasmine Mediterranean Bistro on Franklin Street, said he agrees.

A refugee himself, Zarei said he was approached by Jewish Voice for Peace to hang one of these posters in Jasmine's front window.

"I sympathized with their cause," he said.

"They're trying to make the community a better place."

As a member of the Bahá'í faith, Zarei said he was unable to attend college in the theocratic Islamic Republic.



DTH/VERONICA BURKHART

Jasmine Mediterranean Bistro displays a sign in their window regarding racial profiling.

"The government is hard on Bahá'í and any other religion besides Muslim," he said.

He came to North Carolina three years ago and currently lives with family in Chapel Hill.

"Chapel Hill and Carrboro have been really open and welcoming," he said.

People on campus have also responded to the posters.

"I think it's a really well-designed poster," UNC first-year Liam Kelly said of one of the posters hanging in Bull's

Head Bookstore.

"I definitely agree with the statement, and I'm glad that businesses agree."

He also acknowledged the divided opinion of refugees.

"I think people should be more accepting of them because of our country's founding," he said.

"I think the drawing is sympathetic, and I hope they make people more willing to understand the problem."

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NC drug fatalities hit record levels

Prescription drugs and heroin use cause most overdoses.

By Sam Killenberg
Staff Writer

The drug epidemic is taking an increasingly fatal toll in North Carolina, according to a recent study by the Centers for Disease Control and Prevention.

The rate of deaths caused by drug overdose nearly doubled in the state over 12 years from 2002 to 2014.

Drug overdoses were responsible for 1,358 deaths in North Carolina in 2014, the CDC said in the study — eclipsing the number of deaths from car accidents and firearms in the state.

In 2002, the rate of fatal overdose was approximately 7.8 per 100,000 people. But by 2014, the rate increased to 13.7 deaths. All 100 counties in North Carolina have experienced an increase in the number of drug overdose deaths over the past 12 years.

Addiction to prescription opioids painkillers are the most common culprit, said Tessie Castillo, the advocacy and communications coordinator for the N.C. Harm Reduction Coalition.

North Carolina doctors prescribe painkillers at one of the highest rates in the nation, according to the CDC.

The problem is particularly prevalent in western North Carolina, where some counties recorded more than 20 deaths per 100,000 people — some of the highest rates in the country.

While the prescription drug problem has been on the

rise for a decade, Castillo said addicts without access to prescription drugs are now turning to heroin more frequently.

"Heroin use has been rising very rapidly in the last four or five years," she said.

"(Heroin-related deaths) have gone up 565 percent between 2010 and 2014 in North Carolina."

The N.C. Harm Reduction Coalition reported that heroin was responsible for 246 deaths in 2014.

College can be a particularly vulnerable time for students to develop drug addictions, Castillo said.

"Most people who start using drugs start as teenagers, and so by college their addictions are pretty bad," she said. "Some people start in college, as they move away from home and have more freedom to experiment."

UNC's Annual Campus Security Report for 2015 noted the number of total drug-related arrests and referrals has increased over each of the past three years. But alcohol-related arrests and referrals are still more common.

Marijuana is the most commonly used illegal drug on UNC's campus, said Randy Young, a spokesperson for the UNC Department of Public Safety.

But while heroin and cocaine use have not been as prevalent, he said they are being seen more frequently on campus.

"We know that it's out there, and it's been on the rise," Young said.

"It's something that we're keeping an eye on because we understand (the trend) nationwide."

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2016	UNC-Chapel Hill	Financial Aid Year 2015 - 2016
2015	UNC-Chapel Hill	Financial Aid Year 2014 - 2015

Listed above are the academic years in which you have applied for financial aid. You will only be able to select and view aid years which include a completed financial aid package. If the current aid year is not an active link, your application for need-based financial, if you have applied, has not yet been finalized. If you have applied by either submitting a Free Application for Federal Student Aid (FAFSA) or the College Board PROFILE, your application is currently pending. To verify that additional information has not been requested from the Office of Scholarships and Student Aid, please check the Financial Aid To-Do List. If no additional information is being requested by the Financial Aid Office, you will be notified by email when your financial aid award has been determined.

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Sports Friday

SCHEDULE

BASEBALL: UNC vs. Oklahoma State, 3 p.m.

Friday

SOFTBALL: UNC vs. Butler, 5 p.m. Friday

WOMEN'S TENNIS: UNC vs. Miami, 5 p.m. Friday

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Earning the true 'mark of a leader'

Molly Hendrick's intensity carries her past injury

By Ben Coley
Senior Writer

Attacker Molly Hendrick was having the game of her life.

The No. 2 North Carolina women's lacrosse team was in the midst of battling No. 10 Louisville in April. Hendrick sliced, slashed and shimmed her way through multiple Cardinal defenders.

She amassed a career-high five goals in a span that only lasted 16 minutes and 30 seconds. But the gleeful celebrations soon turned into grave concerns.

During a draw control in the second half, Hendrick secured the ball — continuing the intensity she exhibited all game. She was fouled, and then jumped into the air.

As Hendrick landed, her left leg turned awkwardly. Snap.

In an instant, Hendrick's fast-paced playing style was immobilized. Her demeanor twisted from aggression into powerful, intense pain.

'First in, last out'

Growing up in Lancaster, Pa., Hendrick craved competition.

Molly's mother, Mary Hendrick, said her daughter's competitive spirit wasn't passed through the gene pool.

It developed through a rivalry between Hendrick and

her little brother Will, who plays lacrosse at Mount Saint Mary's.

"There wasn't anything (Will) was going to do that (Molly) wasn't," Mary said. "When he wanted to play ice hockey, she did too. When he signed up for football, she did too."

Bridget Hendrick, Molly's older sister, recounted a game that fully demonstrated Hendrick's fiery nature.

Hendrick's team, Manheim Township High School, was playing Boyertown Area High School in the first round of the 2013 state playoffs in Pennsylvania.

The score stood at 12-12 with 28 seconds left. Hendrick then suffered a cramp and had to leave the game.

Unfazed by the injury, Hendrick immediately checked back in. She worked her way around the goalpost and scored the game-winning goal with 4.5 seconds on the clock.

It was Hendrick's seventh goal of the night.

"It was like nothing I've ever seen before," Bridget said. "She just plays with that much intensity, and she'll get the job done. She's the person with the 'first in, last out' mentality."

Nearly two years later, Hendrick entered the Louisville game with the same, fierce mentality. But this time around, she faced more than just a muscle cramp.

'You gotta let me have it'

Leading into the game against Louisville, Hendrick had become UNC's biggest offensive threat.

She led or tied for the most goals in seven of the first 12 games. The increased produc-

"(The trainer) had to pull my knee from out of my hands."

Molly Hendrick
UNC women's lacrosse player

tion came after Coach Jenny Levy moved Hendrick from midfielder to attacker.

"We felt like (Molly) could become one of our best scorers," Levy said. "She buys in, she plays with the team and she is willing to take physical risks on the field."

In the second half, Hendrick's fifth and final goal triggered a 9-0 run for the Tar Heels, who eventually won 18-5.

During that run, Hendrick suffered her injury on the draw control. After her leg was caught in the turf, she went to the ground clutching her left knee.

"I don't know why I grabbed (my knee), maybe like a protective sort of thing," Hendrick explained. "And the trainer was like, 'You gotta let me have it.' And I was like, 'No.' She had to pull my knee from out of my hands."

A couple days later, it was announced that she had suffered an ACL tear.

At the time of her injury, she led the team with 30 goals, 35 points, 37 draw controls, five free position goals and 64 shot attempts.

Hendrick's best game as a Tar Heel turned into one of her most painful moments as a player.

"It was really hard for me to go through that just because I thought we had a really good team," Hendrick said. "But I had to move on and start the journey of recovery."

During the rehab,



JEFFREY CAMARATI/UNC ATHLETIC COMMUNICATIONS

Junior attacker and midfielder Molly Hendrick (23) looks for an open pass during a home game.

Hendrick worked closely with strength and conditioning coach Erik Hernandez.

Hernandez said a typical day of rehab included movement and flexibility drills, acceleration development work and a strength workout. Some days, Hendrick would come back and do a second workout with more agility training in the sand, the field or the pool.

"I just kept thinking about what I wanted to get back to and what I wanted to do the next season," she said.

While sidelined, Hendrick still made her presence known.

The injury might have taken her ability to run, but it did little to stop her roaring cheers and relentless clapping. Anything to encourage her teammates.

Senior attacker Sammy Jo Tracy — who missed the 2014 season with a foot injury — knows how difficult it can be to cheer from the

sideline.

Tracy said she was proud of Hendrick for being positive despite her injury.

"(Molly) was an inspiration," Tracy said. "She made sure to pump everyone up. That can be really hard to do, especially when you want to be in the game."

'Confident in my knees'

Hernandez said Hendrick resumed lacrosse activities about eight months after her surgery, but she still practiced her shooting during that time. After nine and a half months, she was doing full practices throughout the week. Upon her return, Hendrick was named a team captain by her teammates.

"When you're hit with something that you don't anticipate, how you handle that and how you continue to be selfless is a really good mark of a leader," Levy said.

In the season opener

against James Madison, Hendrick reminded her teammates she can lead from the field as well as the sidelines. The junior torched the Dukes' defense by scoring four goals on just five shot attempts.

Hendrick has no regrets about her injury. She learned more about herself, her teammates and the game of lacrosse.

This Saturday, the Tar Heels face Maryland — which the team lost to in the 2015 national championship. But this time, the team will have a weapon it didn't have in Hendrick.

The junior attacker won't forget the two other characteristics that brought her here — unwavering passion and ferocious intensity.

"I want to make an impact as much as I can," Hendrick said. "I want to be a leader for everyone."

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Cavaliers hand UNC fourth straight loss

WOMEN'S BASKETBALL

VIRGINIA 72
NORTH CAROLINA 68

By Blake Richardson
Staff Writer

With just over two minutes to play, first-year guard Destinee Walker sank a jumper to put the North Carolina women's basketball team one point behind Virginia.

But the Tar Heels could not break ahead, ultimately falling 72-68 to the Cavaliers in Charlottesville, Va., on Thursday night.

North Carolina (14-16, 4-11 ACC) dominated at the start of the game, taking a 13-6 lead halfway through the first period. Although UVa. (16-13, 6-9 ACC) narrowed the gap, UNC maintained its lead.

That is until UNC went on a 4:38 scoring drought. As the Tar Heels struggled to score, the Cavaliers went on a 6-0 run to claim a 29-26 advantage at halftime.

The third quarter looked no better for North Carolina. At least, not at first — when UVa. pushed its lead to seven points with 6:25 left in the period.

With the game at risk of slipping away, Coach Sylvia Hatchell called a timeout to breathe new life into her team.

UNC went on a 12-3 run out of the timeout to reclaim a two-point lead with just over two minutes left in the third quarter.

UNC did not hold the lead for long, as UVa. rounded out the third quarter back on top. The Tar Heels encountered more trouble toward the start of the fourth period, when

UVa. capitalized on a three-point play to take a five-point lead.

But UNC did not relent. The Tar Heels went on a 7-0 run to cut the deficit to one point with about two minutes left.

The Cavaliers answered with six free throws by Mikayla Venson to put away UNC's comeback chance.

Quotable

"Talking on defense. Sometimes when we get tired ... we tend to not talk a lot, so coming out with energy and talking would probably be the big changes." — Walker on what needs to improve.

Notable

Erika Johnson replaced N'Dea Bryant in the start-

ing lineup, marking her first career start. Johnson went on to score UNC's first basket of the game but only made one free throw after that.

3 numbers that matter

21: UNC allowed the Cavaliers to convert 17 offensive rebounds into 21 second-chance points.

57.1: North Carolina shot 57.1 percent from the free throw line. Before Thursday, UNC was shooting 72.2 percent from the charity stripe on the season.

18: The Tar Heels turned the ball over 18 times. UVa.

scored 18 points off those turnovers.

What's next?

The Tar Heels host the

Duke Blue Devils in their final game of the regular season at 3 p.m. on Sunday at Carmichael Arena.

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Q&A with stress management specialist **William Frey**

William A. Frey currently works at UNC as an organization and professional development specialist and has been trained in a variety of stress management models.

His new book, "Ease into Freedom: Keys for Reducing Stress and Unlocking Your Potential," includes 53 easy-to-do tips for handling stress mindfully and skillfully. He will be reading from his book at Bull's Head Bookshop today. Staff writer Krupa Kaneria spoke to Frey about his stress tips, his time at UNC and his inspirations.

The Daily Tar Heel: How do you manage stress?

William A. Frey: I manage my stress by managing my time and my priorities, getting enough exercise and sleep, eating well and having good people around me. I do a daily sitting practice, which is different from meditation. A lot of time people think meditation means you have to empty your mind, but I just sit and I focus on my breath as a way of focusing my mind in a more mindful approach.

DTH: Why is it important to manage it?

"Stress management lets you have a choice in what you do..."

William Frey
Professional development specialist

WF: My stress management approach is from the employee's perspective. Managing stress can lead to engagement in the workplace, satisfaction in the workplace and knowing what your biases and intentions are. Stress management lets you have a choice in what you do, as opposed to being on automatic pilot, and that choice, to me, is very important.

DTH: You have studied stress management since the 1970s. What got you started in that field of study? Why did you become interested in stress management?

WF: I felt very comfortable with the topic of stress management. I felt like it called me, and I picked up the call. I felt like I was talking to an old buddy. I was just feeling very comfortable with it and became very curious between the link of what we actually

do and the science behind it.

DTH: What inspired you to write your book?

WF: The people who took the mindfulness stress reduction program that I organized actually inspired me to write this book. At the end of the program, they asked, "What next? What will inspire me to keep practicing?" It was in 2002 when I started sending them paragraphs called "Stress Tips." After several years, they asked, "Are you going to collect all of this into a book?" So I did.

DTH: How long did it take you to finish writing your book?

WF: I took the first 53 stress tips and pulled them into a book. The actual writing of the book took about six months.

DTH: If there was just one thing you would want your readers to take away from your book, what would it be and why?

WF: That they have the capacity for choice at all times, but it takes practice to exercise that choice — that freedom of ease.

BE LESS STRESSED

Time: Today at noon

Location: Bull's Head Bookshop

Info: on.fb.me/1KOQBpW

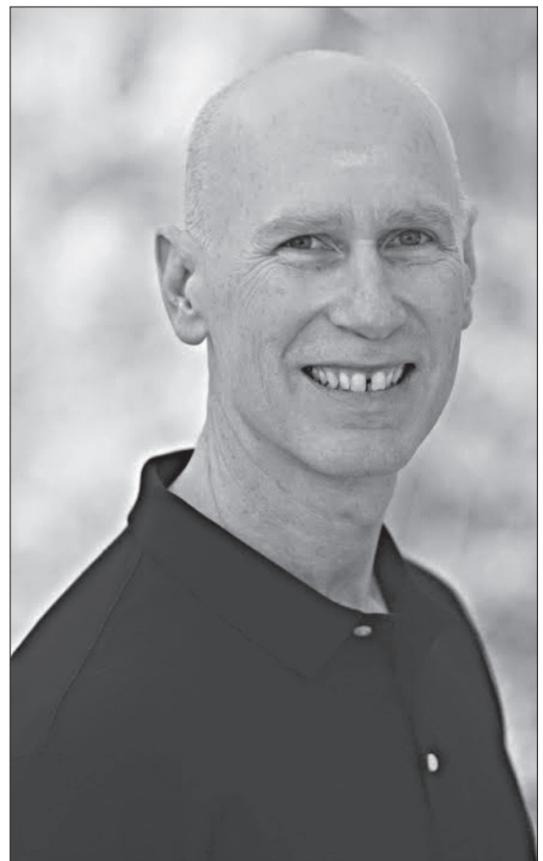
DTH: What has your time at UNC been like?

WF: This is my dream job — I get to help people develop professionally on the job and create a happier workforce and more productive workforce.

DTH: What do you think is the best way college students can manage their stress levels?

WF: There is a very practical thing to do: Learn how to follow your breath. Just feel the breath in your body, and that will help calm your system. From a more philosophical point of view, you should look at the bigger picture: that the stress you're going through now is not permanent. All things are impermanent. Whatever you're going through now will be over at some point, and you can look back on it and laugh.

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COURTESY OF WILLIAM FREY

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HOROSCOPES

If February 26th is Your Birthday...
Advance professionally this year. Social expansion pays. Reach a personal goal (after 3/8), before shared financial changes (after 3/23). Income grows over the next two years (after 9/9), with Jupiter in Libra. Partnership sparks newly (after 9/1), opening new personal options (after 9/16). Follow your dreams.

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 an 8 – Collaborations produce results. Work together. The more you do, the more you discover that needs to be done. Coordinate strategies and plans. Avoid silly arguments. Someone else gets through where you can't. Make promises.

Taurus (April 20-May 20)
Today is a 7 – Navigate chaos at work. A difficult situation is making you stronger. Don't take big risks now. Do what you know works. Take a traditional approach, with trusted methods. Support loved ones with upsetting circumstances.

Gemini (May 21-June 20)
Today is a 6 – Slow down and relax. Manage a starting without complaining. With an emotional response, let someone else speak for you. Upgrade your equipment if necessary. Someone's saying nice things about your game.

Cancer (June 21-July 22)
Today is a 5 – Finish a home project that has dragged out. Work on an improvement that provides more support. Explore clever ideas online. What you need doesn't need to be expensive. Repurpose something under-utilized. Enjoy the results.

Leo (July 23-Aug. 22)
Today is a 7 – Opportunities arise through communications, with Mercury sextile Uranus. You're spurred to action. Knowledge and expertise provides profits. Invest in newer technology (without touching savings). Outdoor diversions delight. Talk about what you'd love to see happen.

Virgo (Aug. 23-Sept. 22)
Today is an 8 – Financial conditions seem unsettled. Don't let a big change destroy your domestic tranquility. Wait to see what develops. Rely on the wisdom of your elders. Present your argument tactfully. Accept help from those with experience.

Libra (Sept. 23-Oct. 22)
Today is an 8 – Slow down to navigate surprises. Something doesn't go as planned. Use clever tactics. Shrewd decisions sidestep a controversy. Get help with details. Talk about dreams and intuition, with Mercury sextile Uranus. Share insights with family.

Scorpio (Oct. 23-Nov. 21)
Today is a 5 – Peace and quiet soothe your spirit. Process emotions. Avoid chaos and controversy. Consider and let go of something from the past. An amazing development requires a second opinion. Maintain a mystery. Neither borrow nor lend.

Sagittarius (Nov. 22-Dec. 21)
Today is an 8 – Provide leadership in a group controversy. Listen to all considerations. Offer advice only if asked. This is the test. You're especially clever, with Mercury sextile Uranus. Inventiveness, creativity and inspiration come easily. Create solutions.

Capricorn (Dec. 22-Jan. 19)
Today is a 6 – Brainstorm and reap creative abundance, with Mercury sextile Uranus. Communication opens unexpected doors. Share your knowledge and inspiration. Form a new creative partnership.

Pisces (Feb. 19-March 20)
Today is a 6 – Surprising news causes some confusion. Listen to intuition. Don't let a critic get you down. Talk with people you trust. Keep respectful. Collaborate. You're in the eye of the storm. Clean up later. Friends help.

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TEDxUNC brings bodies to spotlight

By Brinley Lowe
Staff Writer

TEDxUNC

Time: Noon to 6 p.m. Saturday
Location: Memorial Hall
Info: www.tedxunc.com

Saturday's TEDxUNC conference brings the topic of the human body to the student body. The conference, called "Bodies: Being Human," will take place in Memorial Hall from noon to 6 p.m. The event will have two sessions from noon to 2:30 p.m. and 4 to 6 p.m. as well as a breakout session in between. "We have all different types of topics ranging from things like disability, things like anti-slut shaming, things like the importance of physical touch," senior Olivia Nicolaus, one of the event's organizers, said. The speakers include comedy duo Krystyna Hutchinson and Corinne Fisher from the popular anti-slut shaming podcast "Guys We F****d." UNC senior Sarah McShane will give a talk on the similarities of birth and death, and UNC professor Stephanie Zerwas will discuss how social media affects body image. Los Angeles hairdresser Kyle Krieger will talk about his battle with addiction. Nicolaus said the breakout session will let attendees talk face-to-face with speakers. There will also be a 3-D printing center and virtual reality headsets. For the first time, TEDxUNC is offering first-come, first-serve admission, which will continue to be free. Nicolaus and her co-organizer senior Ashita Gona said TEDxUNC oversold tickets in past years, but several hundred seats were still left unfilled. "The capacity of Memorial (Hall) is about 1,400, and we wanted to make it as accessible as possible, and we always had several hundred open seats," Nicolaus said.

Senior Lindsey Terrell, in the marketing and publicity division of TEDxUNC, said representing the event as first-come, first-served has been a focus of marketing this year. Terrell said she thinks the change will bring more people to the event. "I think that putting it out there that it's totally first-come, first-served, entry is free — that will definitely get more people to come," Terrell said. Gona said coming very early to the event isn't necessary. "The doors open at 11:30. People can come a little bit before that or between 11:30 and 12 — that would be fine," Gona said. Gona and Terrell said they're expecting Memorial Hall to be mostly occupied but not at full capacity, based on the interest level they've seen. "We're expecting to not quite fill up, but we're shooting to fill up," Terrell said. Senior Maxim Blyakher said he will be attending about 75 percent of the event. "My roommate actually told me about it ... he's like, 'Hey, you want to go to TEDx?' and I was like, 'Why not?' But I have no idea what the topic is or anything," Blyakher said. Senior Tatiana Colon plans to attend part of the conference if she has time. "TEDx has been very popular on campus before throughout my entire time at Carolina, so I think it's definitely something that I would think about checking out."

university@dailytarheel.com

HOUSES

FROM PAGE 1

miles west of Carrboro. Former Carrboro ArtsCenter Executive Director Art Menius moved home to Orange County from Maryland in 2012. Menius said his wife asked him to find a house in the country with a screened-in porch. After a short search, he ended up finding a four acre property with, in fact, a screened-in porch. He contacted the University and from there, the process was easy. "They've been the most responsive landlord I've ever had," Menius said. Though the house was built in the late 1990s and has no historic value, Menius said the University acquired the house after former homeowners complained of noise coming from a nearby research animal storage facility. The University expanded the storage facility, called the Bingham Facility, and consolidated a number of dogs there in 2008.

Going back generations

Academic advisor Steve

Dobbins said in an email that his grandfather originally built the house at 218 Wilson St. in the 1930s. Dobbins' father sold the house to UNC in 2007 and Dobbins now lives there as a tenant. Dobbins said the University uses the nearby property for the Carolina Campus Community Garden. The Community Garden began in 2010 to provide fruit and vegetables to lower-wage University workers. University staff, faculty, students and community members work there together to grow produce and learn valuable skills in a collaborative environment. UNC Property Office Director Jeff Kidd said in an email UNC acquired properties in Orange County out of an interest in preparing for future needs of the University. Though leasing the homes is not restricted to tenants with a job or other connection to the University, their location close to campus makes them desirable to staff and faculty, Kidd said.

city@dailytarheel.com

DEPRESSION

FROM PAGE 1

the lower end. The study highlighted the need for community awareness of athletes' vulnerability as well as adequate treatment and prevention resources, he said. At UNC these resources include athletic trainers, sports psychologists, coaches and doctors, Davis said. "We are up-to-date on the latest research and possible preventative measures," she said. Allen O'Barr, director of UNC's Counseling and Psychological Services, said in an email he would like to provide students with more resources. "CAPS will occasionally do an outreach to groups of students, including athletes, about how to identify depression and anxiety in self and others," he said. "However, a more routine and comprehensive approach to education in this area would be great to have."

Mario Ciocca, director of Sports Medicine at UNC, said the University's two sports psychologists are trained for mental aspects of performance improvement and general one-on-one counseling. "The athletic department increased the time our sports psychologists are at UNC this past year, and one of the psychologists is present from Monday to Thursday; they also do team talks," he said. "This is helpful as a group session, but it also familiarizes our athletes with them and may make them feel more comfortable coming in if they need one-on-one counseling." Ciocca said trust within the athletic department plays an important role in mental health. "The athletes may have their best relationship with a coach or an athletic trainer and may confide in them," he said. "They can then get the athlete referred for treatment."

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SHIT HAPPENS

FROM PAGE 1

It's a lot of ways of saying nasty things and being judgemental. But when they get into the general population, they become less negative. They lose their shock value. In her 45 years of teaching, Eble has picked out favorites, like "the struggle bus." She said students help her with the meanings of the latest phrases. "My favorite recently is 'Netflix and chill.' Right away my students swore to me that it has sexual innuendos, but I still hear people from my generation use (the phrase) incorrectly. They think it means relaxing. But my students keep me informed." First-year Josh Deena took Eble's honors class, "English in the United States," in fall 2015. Since then, he's made a name for himself on Urban Dictionary, thanks to one of Eble's assignments. "She wanted us to try and get a word published on Urban Dictionary," Deena said. "It was around the time that people were getting angry at Starbucks for chang-

ing the design on their cups." Denna used his friends' outrage to create his entry, "Starbucksing," which means "waging a war on Christmas." "I just found it very amusing that people were getting so upset over a disposable cup," he said. "But I was surprised that it made it on the website." With new slang created every day, Eble said there's no way of knowing what's next. "Did you see the video where 'on fleek' came from? It was just something stupid, but it took off. Even these little video clips will get picked up, and you just don't know which one is gonna strike a fancy." Junior Rachel Bonesteel, who read Eble's book, "Slang and Sociability," in class, said she related to the book's discussion of college lingo. "I think it's really interesting because some of the things we were saying freshman year, like 'YOLO,' were a big thing then, but we don't say it now." There's no way of knowing what will catch on next — but it might already be on an index card in Eble's office.

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If you are a man or woman, 18-55 years old, living in the Raleigh-Durham-Chapel Hill area, and **smoke cigarettes or use an electronic nicotine delivery system (e-cigarette)**, please join an important study on smokers being conducted by the National Institute of Environmental Health Sciences (NIEHS).



What's Required?

- One visit to donate blood, urine, and saliva samples
- Samples will be collected at the NIEHS Clinical Research Unit in Research Triangle Park, North Carolina
- Volunteers will be compensated up to \$60

Who Can Participate?

- Healthy men and women aged 18-55
- Current cigarette smokers or users of nicotine-containing e-cigarettes (can be using both)

The definition of healthy for this study means that you feel well and can perform normal activities. If you have a chronic condition, such as high blood pressure, healthy can also mean that you are being treated and the condition is under control.

For more information about this study, call 919-316-4976

Lead Researcher

Stavros Garantziotis, M.D.
National Institute of Environmental Health Sciences
Research Triangle Park, North Carolina

games



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Level: 1 2 3 4

					6		
8			1				
			7	2	9		
4		2			1		
7		8	5				4
9						6	
	7	4	3				
		2			3		
1	4						

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9.

Solution to Thursday's puzzle

1	6	7	2	8	3	5	9	4
9	8	4	5	6	7	2	1	3
3	2	5	9	1	4	6	7	8
5	3	6	1	7	8	4	2	9
2	4	9	3	5	6	7	8	1
7	1	8	4	9	2	3	6	5
4	7	3	8	2	1	9	5	6
6	9	1	7	3	5	8	4	2
8	5	2	6	4	9	1	3	7

dailytarheel.com/classifieds

find a job • buy a couch • sell your car

Los Angeles Times Daily Crossword Puzzle

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Across

- 1 Publishing tasks
- 6 Jack letters
- 9 "Hotel Imperial" (1927) star
- 14 Best New Artist Grammy winner after Alicia
- 15 Tesoro de la Sierra Madre
- 16 Horse play
- 17 Kitchen drawer?
- 18 It can be cured
- 19 "Beats me"
- 20 Québec quiche, e.g.?
- 23 Start of a weekly cry
- 24 "Either thou, ... must go with him": Romeo
- 25 Ran into
- 26 Saying "It wasn't me" when, in fact, it was?
- 33 Digitize, in a way
- 35 Squawk
- 36 Greenwich Village sch.
- 37 Set apart, as funds
- 39 Layer
- 40 Eastwood's "Rawhide" role
- 42 Ref. book
- 43 Retail giant with stores in 23 U.S. states
- 45 Bit of power
- 46 "Wish we had built a bigger pyramid," e.g.?
- 51 Feel poorly
- 52 Source of bills
- 53 Stretcher, to Huck Finn
- 56 Greeting

Down

- 1 Pass
- 2 Modern kerchief cousin
- 3 How many O. Henry stories end
- 4 Writer Janowitz
- 5 Sunny day phenomenon
- 6 Angora fabric
- 7 Republic since 1979
- 8 Search high and low
- 9 Legendary Australian outlaw
- 10 Fairness
- 11 "Treasure Island" role
- 61 Sitar accompaniment
- 62 Citrus cooler
- 63 Sarge's superior
- 64 "Hamlet" courtier
- 65 Fix
- 66 Supports illegally
- 67 Mary's upstairs neighbor
- 68 Cooper creation
- 69 Performed, in the Bible
- castaway Ben
- 12 Step up?
- 13 Prefix with bar
- 21 George's lyrical brother
- 22 ___ alcohol: fusel oil ingredient
- 27 Bed-in for Peace participant
- 28 "Blowin' in the Wind" songwriter
- 29 Early spaceflight proponent Willy ___
- 30 Like petroglyphs
- 31 Nikita's no
- 32 Sudden blow
- 33 Word processing command
- 34 Blockage
- 38 Bolivian border lake
- 39 Shade of green
- 41 Botanical beard
- 44 Smuggler's unit
- 47 Wan
- 48 Caesar salad dressing ingredient
- 49 Acting guru Hagen
- 50 "Good for you"
- 54 OK components
- 55 Throw out
- 56 Load in a basket
- 57 River of Spain
- 58 Con man's target
- 59 Falco of "Nurse Jackie"
- 60 Silk Road desert
- 61 2015 A.L. East champ



The Daily Tar Heel

Established 1893, 122 years of editorial freedom

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A different tobacco road

I started smoking cigarettes this summer. This will come as a serious disappointment to my lungs, 5K time and my mother when she reads this column. Smoking compromises my physical health while simultaneously enhancing my social life, which is why I don't intend to quit soon.

One of the things I love about smoking is its ability to instantly disrupt social barriers we construct in public and private spaces. People smoking can always find something to discuss, whether they're the loathsome flagpole-people or my uncle and me discussing his life's career in journalism. But it's the informal, unplanned interactions I love the most.

Wednesday afternoon's tornadic winds crippled Duke Energy's ability to keep my house heated and my soy milk from spoiling. At 1:30 a.m., the howling wind called me outside to decompress with an American Spirit.

Three units down from my apartment unit, voices echoed over the parking lot that sits under our complex's 10-foot-tall decks. Those voices sounded friendly and beckoned this lonesome degenerate to offer a bummed cig.

An hour later, I had made numerous friends of neighbors who, until my seventh month of residence, I had never bothered to meet. One also writes for The Daily Tar Heel, and we created a great connection discussing her fantastic investigative reporting, a fading feature of this publication. I left with a phone number and the knowledge that my neighbors aren't just folks who happen to live near me.

What does any of this have to do with urbanism? Great neighborhoods create close social connections through intentional design. In urban environments, we come to know our neighbors by seeing each other at the grocery store, at the bus stop or in the stairwell. We learn to trust our communities and welcome people distinctly different from us.

I don't live in a great neighborhood. I live on a street so steep that it becomes impassable in snow. I live more than an hour's walk from the nearest grocery store, and before Wednesday night my neighbors might as well have been aliens. This reality is an unfortunate consequence of Chapel Hill's sprawled development and the physical and financial unattractiveness of on-campus housing, but it's not insurmountable.

The University and town can be more intentional in their policy to encourage off-campus living that is dense, doesn't gentrify and is walkable. It can stop trying to force mature adults to live in a system where check-ins with residential advisers is an expectation. It can provide alternative living situations like co-ops to students who are willing to work for their stay. Students shouldn't have only the choice of Corbusian towers (HoJo), luxury apartments (Shortbread) and single family homes (Northside).

It was great to meet my neighbors — I'm looking forward to more evenings with them on the porch. But living in a neighborhood should mean knowing your neighbors well enough not to have to break the ice with a cancer stick.

EDITORIAL CARTOON By Drew Sheneman, The Star Ledger

SHENEMAN



"ISN'T THIS COOL, JEB? NOW YOU AND I CAN HANG OUT AND PAINT EVERY DAY! I HOPE YOU LIKE PUPPIES."

VIEWPOINTS

THE ISSUE: Recently, the University of Texas was forced by the Texas legislature to allow concealed carry of firearms on campus. Here, two of The Daily Tar Heel's Editorial Board members debate the efficacy of allowing concealed carry on college campuses.

Liberalize gun laws on college campuses.

Just as public universities are obliged to respect the First Amendment rights of students and faculty, they should respect Second Amendment rights as well.

Concealed carry — possessing a concealed firearm on one's person — is already legal in North Carolina for citizens over 21 years of age who have a clean criminal record and a license, obtaining which requires the completion of safety and training courses. More than 570,000 people in North Carolina have concealed carry licenses. Statistically, almost every time a North Carolinian is in public,



Zach Rachuba
Editorial Board member

they likely see or interact with someone with a concealed firearm without ever knowing it.

Concealed carry deters would-be criminals from assailing their victims and allows responsible gun owners to effectively protect themselves. Unfortunately, there is an exception to N.C. concealed carry law that forbids carrying on college campuses.

The General Assembly should extend the right to effective self-defense to college campuses. North Carolina has already slightly relaxed its restrictions on gun rights on campus, allowing lawful gun owners to store their firearms in the locked trunk of their cars. The self-described conservatives in the state legislature should be true to their convictions and strengthen the ability of North Carolinians to exercise their constitutional rights.

Despite the apocalyptic warnings of anti-Second Amendment activists, none of the states that have legalized campus concealed carry have experienced any party gunfights, unintentional discharges in the middle of lectures or other serious issues stemming from lawful concealed carry.

Opponents of concealed carry on campus imagine colleges would turn into chaotic warzones, but concealed carry is not a free-for-all. It is unlikely more than a small percentage of the campus community would even opt to carry concealed. It is illegal for anyone to carry firearms under the influence of intoxicants, and publicly mishandling or brandishing one's weapon in anger is a serious felony. Many of the same arguments and fears wielded against concealed carry on college campuses, such as every petty dispute devolving into a shootout, were raised against legalizing concealed carry at all, only for these fears never to come to fruition. Indeed, the nationwide trend of liberalizing concealed carry laws over the last two decades has coincided with a precipitous decline in violent crime in the United States.

While opponents often cite that college campuses are generally safe and that thus concealed carry is unnecessary, this ignores the fact that many in the campus community must commute to and from campus and are effectively disarmed and unable to effectively protect themselves because they must leave their firearms at home. Discussion of gun rights on campuses often revolves around horrific, high-profile and (thankfully) rare mass shootings; and while concealed carry may allow the campus community to better protect itself in such an awful scenario, concealed carry would be more effective in allowing students to protect themselves against much more common crimes like assault or mugging.

Ultimately, there is no magical force field that prevents guns from being brought onto campus by ill-intentioned people. Campus police cannot be everywhere at all times, and responsible gun owners should be able to effectively protect themselves at universities — like they can anywhere else.

The debate is not about crime but about culture.

I could argue that more guns carried, particularly on campus, equals more crime and death, but the evidence does not support that argument in a satisfactory way.

First, Texas is not the first state to experiment with allowing the concealed carrying of weapons on campus. Colorado, Idaho, Kansas, Mississippi, Oregon, Utah and Wisconsin all have similar provisions on their books. The empirical data on gun control laws, particularly concealed carry "shall issue" laws, and their effect on crime rates is murky at best. The law as it stands in Texas



Chris Dahlie
Editorial Board member

will legally allow very few students to carry guns legally anyway due to the minimum age, required education and costs associated with these and the firearm itself. However, certainly faculty, staff and alumni are not so restricted by cost or age. In fact, based on the law as written, theoretically University of Texas could

see more guns carried by faculty, administration, staff and alumni on any game day than those carried by students.

But the effect on crime may be beside the point. The reasoning behind this law's passage is arguably not anything to do with crime. Depressingly, it most likely has more to do with the cynical political jockeying around guns and our rights to them that continues to fester in American culture. This positioning around guns for political points, now on Texan campuses in addition to those of other states, grinds on in its tedious and utterly predictable way.

This law is passed not to effect a change in reality, but to legitimize a particularly American-Western fantasy: that a lone good guy with a gun can take out the menacing bad guy stalking campus with a gun. Good vs. Evil, and with the death of the stalking killer on campus, past evils will also be conquered: Columbine, Sandy Hook, Virginia Tech and let us not forget the ghost of Charles Whitman, who in August of 1966, initiated the modern era of mass shootings from the iconic tower of the very campus in question. By passage of S.B. 11, the state of Texas in effect condones this fantasy, allowing those citizens that hold it precious to imagine themselves or their children rising up to the possible occasion of a mass shooting and becoming a hero without sanction from the state.

Of course, never mind the 2007 NYPD study that gives depressing data on the accuracy of trained police officers to hit their target even at close range, let alone under duress. Austin is telling Texans, "When evil comes to campus, YOU can be the ONE, like David in the shadow of Goliath, to take that one lucky perfect shot and lay evil low." Yet again, empirical data in aggregate, as opposed to anecdotal accounts, does not support this fantasy either.

Politically, if this situation ever happened, the Texas legislature could say they were in the right legitimating this hero and reap the political rewards of correctly empowering their campus citizens. Yet imagine another situation, one much more quotidian and realistic: A student who, feeling threatened on campus, rather than finding a safe space and calling campus security, shoots at a perceived assailant, misses and kills an innocent student. In S.B. 11, the Texas state legislature also legitimizes the conditions that could lead to this tragic potential outcome. Such a thing could happen anyway, but in voting to allow concealed carry on campus, if this kind of tragedy occurs, blood will also cover the legislature's hands.

QUOTE OF THE DAY

"The athletes may have their best relationship with a coach or an athletic trainer and may confide in them."

Mario Ciocca, on the relationship between an athlete and their coach

FEATURED ONLINE READER COMMENT

"As you get to know students, learning their pronouns and using them consistently is definitely plausible."

DKC, on learning students' preferred pronouns

LETTERS TO THE EDITOR

Mental health needs specific policies

TO THE EDITOR:

I'm writing to thank you for the piece in The Daily Tar Heel about mental health. It's telling how internalized the stigma of mental health is that many people, including me, don't think anything is wrong. With more publicity and awareness regarding mental health issues I'm hopeful that more people feel comfortable reaching out to get the help they need.

That said, I feel it's hard to bring up mental health to the administration for things such as addressing absences. With my correspondence with my teachers, I feel if my depression and anxiety were to get worse due to outside stressors and I miss a week, it would be up to interpretations as to whether I had a "legitimate" health issue. I would like to see mental health issues explicitly included in policies so as to help students feel what they're going through is valid and that UNC is willing to help.

Kieran Roush
First-year
Psychology

Peterson is an expert and deserves respect

TO THE EDITOR:

As chair of the Department of Maternal and Child Health, I want to strongly challenge the comments of Jaslina Paintal in her Feb. 22 column in The Daily Tar Heel about Dr. Herbert B. Peterson, Kenan Distinguished Professor and former chair of our department. As is evident by his role as director of the WHO Collaborating Center for Research Evidence for Sexual and Reproductive Health and his instrumental role in the founding of the Carolina Global Breastfeeding Institute, he is a globally recognized and respected authority on family planning and reproductive health. His long career boasts a history of engaged, high quality scholarship and diverse practice activities.

Dr. Peterson is the recipient of numerous national and international honors acknowledging his expertise and his dedication to the health of women and children globally. Because of his expertise and stature, Dr. Peterson is regularly asked to serve in leadership roles in many organizations within and outside the United States that support the health of women and families. To my knowledge, Ms. Paintal's comments are the first of this type in his illustrious career. To publicly impugn Dr. Peterson's competence on the basis of unfounded misperceptions is not only completely inappropriate, but unethical.

Prof. Carolyn T. Halpern
Chairperson
Department of Maternal
and Child Health

Kvetching board™

kvetch:

v.1 (Yiddish) to complain

Am I attending UNC-Seattle? If so, Bottom of Lenoir should start selling fish wrapped in newspaper.

I am too tired to kvetch.

ACC commentators: Memo: NCSU is NOT our rival. We are THEIR rival maybe, but yeah, stop it.

Why the hell are college baseball games at 2:30 in the afternoon? Don't they realize people have classes to attend?

To the frat star who talked shit throughout our intramural basketball game, I imagine playing you is a lot like playing against Grayson Allen except he doesn't suck at basketball.

If Campus Y leaders had a dime for each time they were hypocritical, they'd actually make a difference by their increased funding!!

People used to call North Carolina the Variety State due to the variety of things to do here — now they are just call it that because of the weather.

Donald Trump is still in the race ... just let that sink in for a little bit.

Is it Spring Break yet?

Is it post-finals summer break yet?

Why is a cappella still a thing? Instruments would not have been invented if just listening to voices was all that interesting.

Don't you hate when something is supposed to be "crowdsourced" but it turns out to just be you doing it all. Then afterward people complain about it?

Ask yourself a simple question: Have you ever seen Ted Cruz and the Zodiac Killer in the same room? Not saying he is the Zodiac Killer, but it is suspicious.

The tornado did not cancel my class. Come on UNC, we usually give you flak for not canceling on snow, but honestly slipping on ice sounds a hell a lot better than being sucked out my dorm window.

I refuse to believe in a capitalistic society that we still do not have a coffee delivery service. Get on "free market."

Has anyone ever won one of those Amazon gift cards for doing a survey? I do every single one I get in a email and have never won a cent.

Watching the results of the Republican Nevada caucus had me on my Rev. Jeremiah Wright: "God bless America? No, no, no! God damn America!"

Getting ready for the Chris Rock-hosted Oscars with the Birdman hand rub.

Can Kanye finish one album before he announces another one for the same year? Fix "Wolves," Kanye, fix it!

Hillary Clinton's childhood cat was named Isis; draw your own conclusions.

Send your one-to-two sentence entries to opinion@dailytarheel.com, subject line "kvetch."

SPEAK OUT

WRITING GUIDELINES

- Please type. Handwritten letters will not be accepted.
- Sign and date. No more than two people should sign letters.
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