a publication of
 March 16 ${ }^{\text {th }}, 2012$

## Carolina's

ANNUAL AMARDS
our $16^{\text {th }}$ annual awards issue chosen by YOU, the readers of the DTH

NCAA Brackets inside

## Favorite Triangle radio station Winner: Pulse 102.5 FM

This station of Top-40 hits is aimed at young women, and Carolina has many of those, so it is no wonder the Curtis Media-owned frequency moved up from the number three slot in last year's contest. Much Gaga to you.


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www.yogurtpump.com

## Also: WQDR 94.7, I00.7 The River



## Best CUAB event of the year Winner: Gingerbread Houses

This event held in the Great Hall last December as exams were getting underway was a yummy stress-break hit.

## Also: Dan Savage, Travis Porter Concert and Party




## Favorite local band Winner: Mipso Trio

The two-year-old band was profiled a year ago in DTH Diversions, which described it as a whimsical bluegrass threesome comprising Joseph Terrell on guitar and vocals, Jacob Sharp on mandolin and Wood Robinson on double bass. See them tomorrow night at the - ugh - Duke Coffee House in Dur-ham.

## Also: Mandolin Orange

## Best live local performance Winner: Mipso Trio's performance at Cat's Cradle

The popular band with UNC roots made its Cradle debut Jan. 14. The group returns to the Cradle for its CD release party performance on April 14.

> Also: Jeff Mangum, Memorial Hall Jan. 30

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## Quirkiest roommate habit Winner: Culturing yogurt under a lamp

In case you want to emulate, this comes from our friends at Wikipedia: Dairy yogurt is produced using a culture of Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus salivarius subsp. thermophilus bacteria. In addition, other lactobacilli and bifidobacteria are also sometimes added during or after culturing yogurt. The milk is first heated to about $80^{\circ} \mathrm{C}\left(176{ }^{\circ} \mathrm{F}\right)$ to kill any undesirable bacteria and to denature the milk proteins so that they set together rather than form curds. The milk is then cooled to about $45^{\circ} \mathrm{C}$ $\left(112{ }^{\circ} \mathrm{F}\right)$. The bacteria culture is added, and the temperature is maintained for 4 to 7 hours to allow fermentation.

Also: telling me every time she goes somewhere, keeps nail clippings, locks door to brush teeth, runs naked into suitemates' room at their request, popcorn for breakfast, leaving one sock in the bathroom for months, sleeps with a hairdryer to stay warm in winter, sexilation, wears a Snuggy the wrong way all day, sleeps with the covers over her neck so she doesn't get bitten by a vampire, waking up at 6 EVERY morning, hisses in her cave.

## Best place to catch a nap Winner: Graham Memorial

The building, completed in 1931, is named for Edward Kidder Graham, who served as Carolina's President from 1914 to 1918 . Originally the University's student union and a home to The Daily Tar Heel, this building was renovated between in 1998 to house the Johnston Center for Undergraduate Excellence.

## Also: The Undergrad Library - which explains why it does not make the "best place to study" list.




## Best professor Winner: Daniel Gitterman, Associate Professor of Public Policy

"I think it's great," Gitterman told CF. He teaches PLCY 101, a large seminar with about 250 first and second year students each semester. "I just really enjoy being part of their introduction to Carolina." Gitterman has received the Tanner Award for Excellence in Undergraduate Teaching and the John L. Sanders Award for Excellence in Undergraduate Teaching and Service at Carolina. His research interests include: the American welfare state and politics of social policy, and the political economy of globalization and labor standards. So take a class with this guy.

Also: Jeannie Loeb, Psychology; C.J. Skender; KenanFlagler Business

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## VEGETARIAN OPTIONS

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## Must-take class Winner: WMST IOI

An interdisciplinary exploration of the intersections of gender, race, class, and sexuality in American society and internationally. Topics include work; sexuality; gender relations, and images of women in literature, art, and science; and the history of feminist movements. Course readings are drawn from the humanities and the social sciences. Totally sounds like a must take.

Also: EDUC 441, Education in American Society; DRAM 135, Acting for non-majors (so you don't want to make a career of it, but you feel like it could be a plus for your social life. I think this is how Jon Hamm got started).

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## Favorite place to eat on campus Winner: Alpine Bagel

Maybe - maybe - the Wendy's coming to the Carolina Union building will displace Alpine someday as the clear \#1 pick in this category. But for now, just give me a Camper on an everything and I'm happy.

## Also: Chick-fil-A, Med Deli

## Favorite study spot Winner: Davis Library

You like the first floor. You like the second floor. You like the sixth and eighth floors. You like the lounges, the couches and the stacks. You really like Davis, opened in 1984 to honor filthy rich Texas oilman Walter Royal Davis, who was born in Elizabeth City.

Also: Graham Memorial,
Student Union


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## Best male to female ratio Winner: "This is really sexist and gross."

I think we agree. Or do we? CF can see it both ways, as we're sure can both major sexes of our readership.

## Also: Goodfellows, He's Not Here

## Favorite new hangout Winner: Sweet Frog

The newest addition to the frozen yogurt scene downtown has been open for about a minute yet easily rose to the top of this category. With a self-serve model paid for by the ounce and a ton of flavors, this place may stick where others have folded. Good views of Franklin Street and being open until midnight on the weekends can't hurt.

## Also: Pulse, The Thrill



## Best meal after midnight Winner: Qdoba

It looks like crossing the intimidating expanse of Columbia Street after midnight has finally been solved as Qdoba takes home this prize after being in the mix for years.

## Also: [B]Ski's, Cosmic Cantina

## Best place for a microbrew Winner: Carolina Brewery

The Carolina Brewery on West Franklin Street was actually the first microbrewery to open in Chapel Hill as a couple of piles of contaminated dirt slowed the Top of the Hill project around the same time. So here's to CB, which brews some tasty beers and has good food at decent prices. Also now down 15-501 on the way to Pittsboro for all you Chatham County types.

## Also: Top of the Hill, Milltown

## Best theme night <br> Winner: Country Night at East End Martini Bar

Finally the Scene is breaking out of the 80s or 90s nights. And East End is a full-service restaurant now. Good move.

## Also: Redneck Night at The Thrill (Were you just joking with us? Is this real?).

## Cleanest bar bathroom Winner: Top of the Hill

Does the extra alcohol content of the microbrews enhance the bathroom experience? Can no one nudge ToH out of this category, ever? What if some enterprising bar owner just made it their life's goal to win this category just once. We think ToH has won it every year it's been open and we've been asking the fine readers of CF.

Also: Kildare's, R\&R Grill






## Best bar staff Winner: Goodfellows

The vibe is cool, it's clean, the drink specials are popular, it's unpretentious and it's underground. And the bar staff is apparently smiling.

## Also: Top of the Hill, R\&R Grill

## Best place for a mixed drink Winner: Top of the Hill

Clearly, there is the beer. But ToH sports a fine variety of bourbons and whiskey brands and don't take your whole wallet and ring finger to pay for a shot.

## Also: R\&R Grill, Goodfellows

## Favorite place to people watch Winner: The Pit

The Pit at UNC is, without question, the center of campus society. It's the free speech zone where students talk with their friends, bask on its alternately shaded and sun-drenched steps, buy used books, class rings and lattes all while checking e-mail from wireless laptops, and being asked if they have a minute for the environment or 30 seconds to help stop hunger in a thirdworld nation.

It was also - nearly 50 years ago - the scene of a murder and, more recently, a violent vehicle attack that some labeled terrorism. That's quite a resume for an area that is, essentially, a three-foot-deep, brick-lined rectangle added to campus in the mid-1960s.

## Also: Starbucks downtown, Student Union




## Favorite Carolina sports moment Winner: Winning the 2009 Men's Basketball Championship

From the DTH, April 7, 2009
DETROIT - It all started when they decided to come back.
Four players declining the riches of the NBA motivated to make one more run at history. One more run at a national title. And everything that happened this season - the expectations the No. 1 rankings the blowout wins - pointed toward this one signature moment.

Senior Mike Copeland wildly flung the ball into the air. Players jumped up and down in jubilation amid a blizzard of confetti. Tyler Hansbrough hugged coach Roy Williams as explosions rang throughout Ford Field.

They did it.
Hmmmm, has a familiar ring to it.

## Also: 2010 Music City bowl win (Well, gonna be a while for another of those).

## Best PE class Winner: Walking

We hear the written exam is the killer. Bring back the swim test!

## Also: Beginning Jogging, Aerobics



Favorite intramural sport Winner: Soccer

Not only do you say you like it, according to Justin Ford, director of intramural sports, there were 447 indoor and outdoor intramural soccer teams this year totaling 4,225 participants. A total of 6,955 UNC students have so far participated in some intramural activity this school year. Soccer, as you may have guessed, is the number one sport.

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## THE BEST

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## Favorite female athlete Winner: Candace Wood

Candace is a $5-11$ junior from Charlotte playing for the women's basketball team, which experienced a rough year and was left out of the NCAA tournament. Daughter of Tar Heel men's great Al Wood, she missed her first two seasons with knee injuries, coming back last year to appear in 18 games. She has played more than expected this year because of injuries to teammates, turning into the team's leading 3 -point threat.

## Also: Rebecca Crabb, soccer; Chay Shegog, basketball

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## Best place to live Winner: Chapel Ridge

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## Also: Townhouse Apartments, Warehouse

WARNING!

Procrastinators: If You Still Have Neck and Back Pain Because You Have Been Hoping and Praying It Would Go Away, But it Won't Or The Treatment You Tried Didn't Work, READ THIS!

Dear Procrasuinator:
I know you've got ewough stuff going on in pour life right now that it's a real ehore dealing wibl your took pain. Your job-.your kids_-you bowne. Ahe yand work. even your car can be givingyeu enough problems bo drive you righ up the wall. And the presuure of tryine to find the time in your busy schedule to find oet what's been cassing your bock pain can be too to do all base thines when the pein gess to do all those things when the pain gots
bar yourant
Because here's the keg-your back herts becanee some-thing lis wroeg, Maste irs something smalt and maybe it losi. How are you to know'? And if you're jus trying wo cover up the poin with druge, thars not the minseet, becance
pain pills dort mally fis anything. They just cover op whar's really wrong while it juat gets wosse. is that what yee wan?

Do You Know That There Itave Hevn MOE Chasges In Treating Bark Pain in The Lant Few Years

Yep, that's riph, there are new ways to ger rid of back pain now that didmt ecisla few shot yearsages Some ate space-spe, File cold fluer theripy, and mon-vorpical spinal decompersion. And the wew Progrewsive Retabrim available
It MeakhSource Chiropractic, is petting ortatardint mestes.
Well, a friend of mine named Tom thoughe be fust had mornal" back pain too. it would le just had mornar hack pain tose it would just take some pain pills.wost a day just take some pain palk, wst a day
or twand and so bock at it like noething was woong. This went on for years. Then it huppesed. Tom jont woke up one day and could lurdly move. Hiic bock was killing hime And. his calfwas going numb and his figh felm like someone was puncting him. So we wents to his medical dostor, whe gave him pain pills and steroids. It didrit work this time at all.

He called ne. He came into HewitiSouve. We evarb-ined him, took some films and We evars-ined him, look soese films and
sound the preblem. Tom lad a lig dise Sound the problem. Tom had a Nig dise bulped dises. The had a problem-s BIC poblem.

My name is Dr. Wemess, DC_ and fortunately, we seethis all he time. We gave him modern Poogessive Rehab ${ }^{\text {ri }}$ and pot hims hack to his noemal self again. And the importast thing here is that we didet just cover up Mis problem, we suabilised the danaged discs so that he coolld now rally do the tiligs he warned to do.

Truth be iold, Tom didr't know he had wach a bad pooblem, a peoblem that mary people would have gotien surgery for. And surgory on the spise cas be daggeroas. Now we know thut Progessive Refabro wods freat for many, many people, bet you don't know that yet, do you?

## So HealihSource is Ofliering a

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## Best place to stock up on Carolina gear Winner: Johnny T-Shirt

It's very close - verrrry close - every year in this category, and there are a ton of places to get UNC gear, but JTS with its little store on Franklin Street remains the favorite of our readers. It also has everything on its website at johnnytshirt.com, and that has probably given it the edge. Here's counting down to April 2.

## Also: UNC Student Stores

## Best lunch bargain Winner: Sutton's

Does anyone even go to Sutton's for prescriptions? Would it not make better business sense to turn the pharmacy into a new counter for lunch business, what with the Walgreens popping up all over town? Because the only thing that should keep you away from a Sutton's best-lunch bargain is waiting in line - I mean, if you don't have time, like a busy student. Whatever. We're going.

## Also: Cosmic Cantina, Bandidos

## Best restaurant to impress a first date Winner: Top of the Hill

Top O really has it going on, what with the Back Bar, the Great Room, the patio, the great beers and mixed drinks and cleanest bathroom. But it also has the atmosphere just right for that first date. And no worries about busting the budget either - nothing on this menu your date could order just to send you to the ATM.

## Also: 4II West



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## Best burger Winner: Buns

Nobody has won this award twice in row, except Buns. There are many fine burger joints over which to argue based on our individual tastes, so we'll let the Yelpers say it: Hands down, best burger l've had in Chapel Hill; Ohhhhhh, I wish we had one of these in Raleigh; Juicy, complete burgers with old school fries; Great burgers and very friendly service ... overall a great experience.

And apparently they have something called a veggie burger, that people seem to like to eat.


## Also: Spanky's, Sutton's



## Best place to watch a game on TV Winner: Four Corners

No matter what the name is or who owns it, the bank of bar TVs viewable from the 2 -decker seating is a classic Chapel Hill venue for home and away game watching. Could not score the lower levels for less than half-a-thousand for Dook from the scalpers at the post office? Just slide into Four Cs and actually enjoy an adult beverage with your viewing. When is the Dean Dome gonna catch up with the Kenan Blue Zone anyway?

## Also: Kildare's, Top of the Hill



## Best restaurant for a healthy meal Winner: Med Deli

Jamil Kadoura emigrated from the Middle East to the United States and opened Mediterranean Deli in 1992 on West Franklin Street. It was relatively unknown to undergrads until he leased a spot in Lenoir a few years ago, and his fans followed the food downtown. They do a great catering job (CF has first-hand knowledge) and now have a banquet room for parties and events.

Also: Panera, Evos



## Favorite place for a frozen treat Winner: Yogurt Pump

So YoPo has always won this category as others have come and gone, but the competition was the closest ever this year because of the newcomer below. Still, the charm of YoPo's around-the-corner kitsch gives it a cooler edge to its new competitor, and its rotating mix of signature flavors is still as unique as it comes, including tasty treats as low as 10 calories per ounce. Oh yeah, in business here since 1982. Thirty years. 'Nuff said.

## Also: Sweet Frog



> Favorite place for a caffeine fix Winner: The Daily Grind Espresso Cafe

After years of clawing its way up the backs of the chains, the DG won this year's poll by being, well, just cooler than the others, let's face it. Located just off The Pit in the center of campus between Student Stores and the Undergrad, nobody whips up a better latte than the DG barristas.

Also: Caribou Coffee, Starbucks



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