

Get involved with the DTH this year

The DTH allows students to get to know UNC's campus and classmates.

You're at UNC — now what? A new campus as big as this one can seem daunting at first, but one easy way to make it seem smaller is by joining an organization on campus.

The Daily Tar Heel, which has been around since 1893, is one way for students to get to know their campus — and their fellow classmates.

The DTH always welcomes new writers, whether or not they have experience writing for newspapers from high school.

"We take our teaching mission seriously," says Erica Perel, newsroom adviser.

"You don't have to have experience in journalism to work here. We try to teach you on the job and in training sessions."

The DTH is also a great way to engage with the school and surrounding community.

"It's just a fun place to work,"

said Steven Norton, editor-in-chief for the 2011-12 school year.

"We get to learn the news before everybody else and learn a lot about the University, about the town, how it works and how all of it comes together to shape our UNC experience."

New staff members typically sign up to write one story a week, which their desk editors will assign to them.

As students get more involved, they have opportunities to gain more responsibility in the newsroom, with several paid positions available to qualified staffers.

If journalism is not part of your career goals or future plans, that's okay, too. There are plenty of life skills students can gain by joining the staff.

The newspaper helps students hone their skills in critical thinking and clear communication.

"You're constantly being asked to improve your writing quality and to explore different things," said Andy Thomason, editor-in-

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Andy Thomason,
2012-13 editor-in-chief of The Daily Tar Heel

chief for the 2012-13 school year.

"If you're a shy person, it helps you learn how to talk to people," he said.

It is not hard to find a niche at the DTH, either.

There are opportunities to write about the University, sports, local arts or state and local news, just to name a few.

For students who might not love the idea of signing up to write papers, there are opportunities to get involved with the paper's photography, copy editing, design and graphics desks.

Applications can be found online at the beginning of the semester and at FallFest.

For more information, visit www.dailytarheel.com.

Campus programs make safety a priority

Organizations such as SafeWalk help students travel safely at night.

By Megan Cassella
Staff Writer

Amid applying for housing, registering for classes and navigating campus, there is one thing new students always seem to forget about: safety.

But while it may be an afterthought for new students, safety program advisers keep students' welfare at the forefront of their minds.

Calvin Lewis Jr., a junior peace, war and defense major, is the program manager and a walker for SafeWalk, which helps students travel safely at night.

"We generally encourage students who don't feel comfortable or don't feel safe to walk with us," Lewis said.

"We've had students tell us in the past that they started using SafeWalk because an ex assaulted them, because sometimes they're too tired to be alert on the way home."

"We've had people use SafeWalk just because they want someone to talk to."

Acquiring a SafeWalk is relatively easy, as pairs of walkers typically wait outside of Davis

"We've had people use SafeWalk just because they want someone to talk to."

Calvin Lewis Jr.,
SafeWalk program manager

Library and the Undergraduate Library starting at 11 p.m. until 3 a.m. They accompany students as they walk anywhere on campus or the surrounding area.

A pair of SafeWalkers, one boy and one girl, will walk with students as far as Harris Teeter in Carrboro or the Baity Hill apartments near UNC Hospitals.

Requests for walkers can also be placed online, at <http://safe-walk.unc.edu> or through a dispatcher at (919) 962-SAFE.

But for students traveling farther off campus, the Chapel Hill Transit system is more helpful.

"Chapel Hill Transit does two things for you," said Director Stephen Spade.

"We have routes that circulate on campus, like the U and the RU, which allow you to move from the dorm areas up through the classroom areas. And we also operate throughout the community in Carrboro and Chapel Hill."

Most routes operate from about 6 a.m. until 10 p.m. or 11 p.m., Spade said. But special routes also cater to off-campus students in certain areas of town who want to use the transit system on Friday

and Saturday nights.

"Those start at about 11 at night and run later into the evening, until 2 or 3 in the morning," he said.

But while physical health and safety is important, mental health cannot be forgotten.

Counseling and Wellness Services provides high-quality and confidential wellness promotion and psychological services to students on campus.

CWS offers a wide range of services — everything from therapy and psychological assessment to couples' counseling.

"You just have to walk in for an initial appointment any day between 9 a.m. and noon or 1 p.m. and 4 p.m.," said Avery Cook, clinical coordinator and social worker with CWS.

"You'll have a brief meeting with one of our therapists, where we'll assess your needs and help you get connected with the next step," she said.

"Just feel free to come in and see us."

Contact the University Editor at university@dailytarheel.com.

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