

How to survive at Carolina

By LYNN PEITHMAN
DTH Staff Writer

Waiting in line

Get used to it ... it's a fact of Carolina life. But make the best of it and start a conversation with the person in front of you.

Your roommate

I have heard the perfect roommate described as "someone who doesn't get angry when you come in late and trip over a chair, someone with the patience of mother, the loyalty of a Saint Bernard and the talents (minus the puritanism) of Ann Landers."

To help make things go easier with your roommate, here are some suggestions:

- As soon as possible, take time to lay down some mutual ground rules. Some topics you may like to discuss:
 - which bed is whose
 - splitting space
 - drinks (not just Coca-Cola); decide if it is all right if you drink alcoholic beverages in your room.
 - atmosphere in your room: study/quiet, social rowdy.
 - visitors: your roommate just may mind if you, Jane, have friend Dick over for the night — the entire night.
 - Basically, be considerate. If the walls ever start to crowd in on you, do not blame your roommate. Take a walk instead.

Food for thought: on Franklin Street

There are several good places just on Franklin Street. All are within walking distance from campus.

- **Biscuit Towne:** Biscuit Towne, near Granville Towers, specializes in biscuits and ribs. It is one of a few places in town open 24 hours a day.

- **Blimpie's:** Blimpie's is in the heart of Franklin Street and has good sandwiches of all kinds — on submarine, rye or pita bread. Delivery to dorms for 50 cents extra is available after 6 p.m.

- **Carolina Coffee Shop:** Another good Franklin Street restaurant, with a touch of class and classical music. The food is basically good burgers and other sandwiches and dishes. Breakfast with pancakes and fresh fruit is their specialty.

- **Four Corners:** Four Corners has large photographs of past Carolina basketball players on the walls. Hamburgers, quiche and salads are served in a contemporary atmosphere.

- **Golden Dragon:** A small Chinese restaurant near the middle of Franklin Street, this place offers good food for moderate prices. Most food is take out, but there are a few tables inside. It seems to have a regular clientele.

- **Hardee's:** This is the char-broiled, fast-food hamburger place, also open 24 hours a day. It is on Franklin Street near Granville Towers.

- **Harrison's:** To get to Harrison's, you descend a flight of stairs to a cool, dark garden atmosphere. Quiche, salads, ribs, sandwiches and casseroles are the standard fare.

- **Hector's:** A convenient stop on the way from downtown to campus, Hector's has Greek sandwiches (the grilled cheese is popular) and fast food. It is open until 2:30 a.m. Monday through Thursday and until 3 a.m. on Friday and Saturday.

- **Looking Glass:** In University Square, this is another place in town open 24 hours, and it has good hamburgers. It also offers all kinds of sandwiches, a salad bar and breakfast in the atmosphere of large glass windows and lush hanging baskets. The Looking Glass opens a patio for dining during the warm seasons.

- **Papagayo Mexican Restaurant:** A classy Mexican restaurant and bar. On a warm evening, try dining on the outside patio under white lights.

- **The Porch:** A favorite of Tar Heels for years, this restaurant has a simple charm and delicious, home-style cooking.

- **The Ramshead Rathskeller:** Another Chapel Hill tradition, the Rat, as it is fondly called, has been open since 1957. It offers steak, sandwiches, lasagne and spectacular apple pie. It is located off an alley off Franklin Street.

- **Sadlack's:** A New Jersey-style delicatessen in a pristine atmosphere, it has a large selection of special sandwiches, salads, subs and heroes. Delivery service after 6 p.m. is 50 cents extra.

- **Spanky's:** This place has a warm, oaken candlelit charm. The food — nice-sized hamburgers and other yummy dishes — is good, too.

- **Swenson's:** Though a chain ice-cream store and restaurant, it makes much of its ice-cream right there. One of the best flavors is Cookies and Cream: vanilla and crunched-up Oreo cookies.

- **Subway:** This takeout place has great hoagie sandwiches, of which there are all kinds. Sandwiches come in plastic bags.

- **White Horse Ltd.:** This one is not within walking distance from campus, but it is worth it to find other transportation.

Both food and atmosphere are excellent — up to par with other White Horse restaurants in Charlotte, Matthews and Rock Hill. Try the yummy Nitty Gritty Grinder or one of their spuds with cold Sangria in the nautical atmosphere among rich oak and brass.

These by far are not the only good restaurants in town. There are several on Rosemary Street, a block north of Franklin Street, and throughout Chapel Hill.

Night life

If there's not something going on in your dorm on the one next door, there are plenty of clubs or bars in town. Also, many restaurants turn into drinking establishments during late evenings.

- **The Bacchae:** This is a flashy disco that caters more to dancers than to drinkers. There's a pinball machine room, too. The cover varies, and membership is not required.

- **The Cat's Cradle:** A laid-back bar specializing in live music — rock 'n' roll and bluegrass — and imported beer. There is usually a cover charge. Cat's Cradle is on Rosemary Street.

- **Crazy Zack's:** Zack's in Chapel Hill is similar to the ones in Raleigh and Ocean Drive, S.C. It is not just a beach club; other music is played, too. It has weekly specials, but is not within walking distance from campus. It is on Airport Road.

- **Henderson Street Bar:** This is a "good ole boy" bar, with a long bar at which to sit, and country music always plays on the jukebox. It is, of course, on Henderson Street.

- **He's Not Here:** He's Not Here, with

a '60s flair, usually has a good mix of people. Upstairs, the indoor bar has several pinball machines and electronic games. Downstairs, there is a grassy yard to sit on and drink your choice from a wide selection of imported and domestic beer. It is off Franklin Street, behind the Pizza Hut.

- **Kirkpatrick's:** Kirk's is another basic bar, with a few pinball machines. It is on Rosemark Street.

- **Linda's:** Linda's is your basic drinking bar with a few pinball machines and a television. It is behind Spanky's.

- **Purdy's:** On Franklin Street, this one is a private club — admission if you are a member or a guest of one. This is a disco that has a little higher class — complete with a lit dance floor. It features weekly specials.

- **The Station:** The Station, in Carrboro, features a variety of new wave and rock 'n' roll bands. Tuesday night is for clogging and square dancing. There is usually a cover charge.

- **Troll's:** A dark, down-home drinking joint, Troll's has good prices on beer. Country music usually plays on the jukebox. Troll's is on Rosemary Street.

Finding your way around:

Use that map of the campus. It really helps. So what if you look like a freshman? It is better than getting lost.

Remember: The Old Well is North, South Building is South, Old East dorm is east and Old West dorm is west. Then take Astronomy 31, learn the constellations and if you get lost at night, you can find your way home with the help of the stars and the previously mentioned landmarks.

If you get lost during the day, just ask an upperclassman ... then hope he is telling you the truth.

Your best friends

- **General College adviser:** One of your first best friends here is this person, a good resource, especially when you need information on classes, majors and requirements. Listen to your advisers. They are there to help you — take advantage of it. This could also be a good contact and reference later.

- **Teaching assistants and professors:** Same as category above ... get to know these people and take advantage of their office hours (those are there for a purpose — most TAs and professors do not enjoy twiddling their thumbs when no students come by to see them). The worst that could happen is that they might learn your name. They are also great for contacts and references later. And since many undergraduate classes are very large — 100 people plus — office hours give you a chance to get to know your instructor.

- **Resident assistant:** These people are there to help you with your problems or just to talk to. If you don't have a problem, stop by and say hello to this friendly person (being friendly is a requirement for the job). Besides, they sometimes get lonely in that room all by themselves.

Same as above for your orientation counselor — their jobs don't necessarily end after Orientation Week.

Quiet places ... where to study

- **Undergraduate Library:** Once upon a time, the Undergraduate Library was listed in some magazine as one of the Top 10 "pickup" places in the country. It is not known how true this really is, but it is a friendly place. If you need a minimal amount of noise to study, which some people do, this is not a good place. A quieter place within the Undergraduate Library is the Honors Reading Room downstairs.

- **Wilson (graduate) Library:** This is more like a real library — it is large and usually very quiet, and there is plenty of room in the stacks with few people around you.

- **Elsewhere:** When it is warm, many people prefer to study outside, in the sun or on the grass in the quads. But, beware of flying frisbees.

There are several departmental libraries that are good, quiet, study rooms. And if it is not too loud in your dorm, your own room may suffice.

Transporting yourself

The cheapest and easiest, if not the quickest, way to get yourself around campus is on foot. You may think at first that the UNC campus is too much to handle, but it does not take long to get used to walking. But you may need a good pair of waterproof shoes for those rainy days when the dust from the latest construction project turns to slippery mud.

A bicycle is a good way to get to class, but make sure you have a reliable lock. Bicycles have a way of disappearing. Also, register your bike with the Chapel Hill Police Department — it may help in finding your bike in case it does get stolen. A bicycle registration clinic is scheduled for 1 p.m. to 5 p.m. Wednesday and Thursday and Sept. 1 and 2 in the Pit. The Police Department is in the modern building on Airport Road.

Freshmen aren't allowed to have cars on campus; but, if you want to go home, try finding an upperclassman with a car who is going your way. If worse comes to worst, try placing an ad in *The Daily Tar Heel* classifieds. Or, you can ride the bus. Call the Trailways bus station on Franklin Street (near Fowler's grocery store) at 942-3356 for their bus schedules.

To get to the outer limits of Chapel Hill, you can use the town's bus system. Call Chapel Hill Transit at 942-5174.

Homesick, lonely, but not alone

By BETH BURRELL
News Editor

Pulling out of the Ehringhaus Dormitory parking lot, I heard my mother's plaintive voice: "Frank, do you think little Buzz will be all right?"

Little Buzz is my almost-18, almost-6-foot freshman brother, who, I hope, by now can take care of himself.

But, as most students find out, leaving home is never easy. For incoming freshmen, it is not just returning to school for the fall semester, but coming to Chapel Hill for the first time.

Sherry Stuckey from the University Counseling Center in Nash Hall has some suggestions for those who may find adjusting to their new environment painful.

"One of the most difficult problems is the feeling of being 'stripped' of your identity," Stuckey said. Until students get involved and do things they have enjoyed doing before, they find it difficult to grasp that one's identity is not lost with the changing environment.

Stuckey also stressed the importance of talking out feelings of homesickness with roommates, orientation counselors or resident assistants. Not only can these people be good listeners, but they can also help in meeting people and getting involved—not an easy thing to do in an unfamiliar environment.

Dr. Myron Liptzin of the Mental Health Division of the Student Health Service, said he felt leaving home as a freshman "represents a great opportunity — it furthers the process of becoming independent, of defining yourself as a person apart from your family."

"Some people find the atmosphere here so different, they become paranoid early in the semester and wonder if they'll seem odd compared to the rest because they drink or they don't drink, they're sexually active or they're sexually inactive."

The sudden panic many may feel can take unlimited forms—feeling over your head academically, questioning whether you and your roommate will get along or feeling pushed to get involved and fit in.

"It may be the most trying experience, but potentially it is the most valued learning experience," Liptzin said.

His general advice to freshmen is to "back off and take distance from the situation—don't get paranoid and sucked into feeling helpless or hopeless. Use friends, counselors, roommates to talk over what you're feeling. There's no shame in realizing that this is not the place for you."

He also encourages students to feel free to come to the Mental Health Division to discuss their feelings and gain guidance or counseling.

Encouraging freshmen to go home every weekend can prove counterproductive, said Louise Spieler, an RA on 3rd floor Avery. From her own homesickness as a freshman and her own feelings of uncomfortableness at Carolina until after fall break, Spieler realized it was necessary to give the school a chance.

The longing for home, high school friends and parents is quite natural and is a feeling that subsides gradually, not overnight, Spieler said. "I think it is important for those homesick to realize many more feel the same way and that it helps to talk about it with your RAs or OCs who have been through the same thing."

"As important is realizing the lost feeling associated with homesickness goes away with time, after getting used to the new environment. Don't expect it to go away in a day—it's a gradual process," she said.

As an RA, Spieler said she felt the most helpful thing she could do would be to "calm some of the fears freshmen have and let them know it's OK to feel this way, because most people do."

"Freshmen going home for a visit and not returning happens infrequently, even though it has happened," Spieler said. Those who do leave usually leave at the end of the semester, after they've given the school a chance and still feel unhappy.

Spieler finds when freshmen go home for Labor Day weekend and see that home is still there and their lives have not changed that drastically, they return to school reassured and more comfortable.

In many cases, freshmen miss their girlfriends or

boyfriends more than parents, said Billy Leland, an RA from second floor Mangum.

But those who have parents (particularly mothers) who are keeping in constant contact, either by writing or by calling everyday, face an extra strain.

"You don't need to be continually reminded of the presence of home," Leland said. Apparently, some mothers have a more difficult time letting go than their sons or daughters do.

Like Spieler, Leland encourages freshmen to get involved and to somehow find their niche at Carolina — realizing it can be a lengthy and sometimes uneasy process.

Steve Martel, a freshman from Baltimore, found it difficult to leave friends at home and at first felt cut off by being unable to go home as often as in-state students. But Martel, realizing there is little he can do about his situation, has accepted it, "although it takes a while to get used to it," he said.

On the other hand, Betsy Wright, a freshman from Charlotte, has not accepted her new environment as calmly. "I think the worst feeling about missing home is knowing you are one of thousands who feel the same way. I feel out of touch, out of place with reality in the midst of so many people. Coming to school is the most different situation we've encountered up until now," she said.

Wright's roommate, Lori Williams, also from Charlotte, said she would probably talk to Betsy first, and then her orientation counselor if she began to feel homesick.

"I'm not yet, but ask me again in a week and you might get a different answer," Williams said.

But, as counselor Stuckey and RAs Spieler and Leland recommend, getting out and discovering new interests or finding new friends with your old interests can make an incredible difference in feeling at home.

"Adjusting without high school friends and feeling like you have to start all over again can be difficult, but the important thing to realize is what an exciting place Carolina is and to get out and become a part of it," Spieler said.

Recycle your Aluminum Cans bring them to Poor Richard's—get a free t-shirt Proceeds go to UNC Band

Kroger Plaza 929-5850

Open 6 Days a Week

10% off on all Day Packs thru September 15

"You Haven't Been to Chapel Hill til You've Been to Poor Richard's"

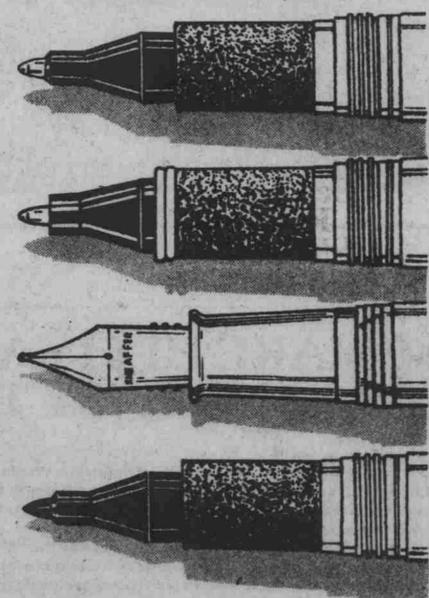
POOR RICHARD'S

WHAT'S HAPPENING AT POOR RICHARD'S?
 * Tents * Hawaii shirts * Rugby Shirts
 * Trunks * Warmups * Bandannas * Hats
 * Army, Navy Perma Press Sport Shirts * V-neck T shirts
 * Terry Cloth Shirts * Wrangler Bib jumpers * Belts
 * Sleeping Bags * Berets * Daypacks * Lab Coats
 * arrivals daily of surplus and recycled goods *
 * Webb Belts-Great Colors *

Something for everyone!



NoNonsense®
 A choice of four tips is NoNonsense®



If you want a real pen, you want NoNonsense®. It has simple lines. It's rugged and refillable. You can choose from four writing systems: rolling ball pen, ballpoint, fountain pen or marker. So sensible it could last your lifetime!

8 cheerful colors to choose from!

\$1.98

Sign it with a Sheaffer

THERE'S MORE AT YOUR

STUDENT STORES

