

A few helpful hints make survival at UNC more manageable for rookies and veterans

By GUY LUCAS
Staff Writer

You say you're new on campus and haven't learned the ropes yet? Or maybe you've been here before but still don't have a clue. Either way, there are a few fundamentals to survival at UNC.

The main question any true-blue Tar Heel needs answered is, "How do I get tickets?" Football tickets are pretty easy. Individual tickets are distributed at the ticket office in Carmichael Auditorium beginning at 8:30 a.m. the Wednesday before each home game. Students need to bring their student ID and athletic pass. Groups of six tickets or fewer may be picked up this way.

To get blocks of 20 to 100 seats, a representative of the group wanting the block must sign up at the ticket office between 8:30 a.m. and noon Monday before each home game. All athletic passes for the block must be turned in when the group signs up. The blocks are randomly drawn and results are posted at 3 p.m. Monday in Carmichael Auditorium and the Student Union. The block tickets can be picked up on Tuesday between 8:30 a.m. and 3:30 p.m.

Tickets for basketball are a whole different story. There are those people who sleep in front of Carmichael — in the dead of winter. The lines often stretch three blocks long before 5 a.m. For the BIG games, you often don't get a ticket if you're in line after 4 a.m. Students need to bring their ID and athletic pass to get these tickets also. Tickets will be distributed on weekends only, starting at 8 a.m.

Tickets for all football and basketball games are distributed randomly, which means the last one to get a ticket has the same chance of getting a good seat as the first one.

Only after a Tar Heel gets his tickets does he think of eating. Places to eat on campus are the Commons

There are those people who sleep in front of Carmichael (for tickets) — in the dead of winter. . . . Only after a Tar Heel gets his tickets does he think of eating.

and Lenoir Hall. Lenoir serves cafeteria-style meals, and the Commons, downstairs from Lenoir, has fast food, pizza and a pastry shop.

Many students prefer cooking in their rooms, but this is becoming an increasingly endangered practice because a lot of cooking appliances have been banned by the administration. Students aren't supposed to use hot plates or other grease-heating appliances, including some popcorn poppers. Toaster ovens and hot pots are still okay. Residence hall kitchens are equipped with electric ranges, microwave ovens and refrigerators. The Student Consumer Action Union and the Residence Hall Association, located in Suite B of the Student Union, publish the Dorm Cooking Guide, which tells students how to cope with the regulations. It also contains some easy recipes for cooking with legal appliances or in the residence hall kitchen.

If you don't want to mess with the regulations,

but don't feel like having something at Lenoir, there are many places near campus to eat. The Franklin Street Gourmet, also published by SCAU, is a guide to restaurants and bars in Chapel Hill.

Getting around Chapel Hill can be a problem sometimes. If you're a freshman, get used to it. Freshmen are not allowed to have cars on campus. The only way freshmen can get parking permits is to apply for a hardship permit. Pat Mann, who is in charge of freshman permits, said hardship covered employment, military and medical reasons. Mann's office is in 04 Steele Building.

Freshmen will be hearing about the swimming test this week, which always causes some confusion. It is mandatory for graduation. It involves jumping or diving into the deep end of the pool in Woolen Gymnasium and swimming (any stroke), treading or floating for five minutes. For those who can't swim, there is a Survival Swimming course, which counts toward the Physical Education requirement.

The swimming test will be given again Nov. 8, March 21 and April 18 from 10 a.m.-12 p.m. and 1 p.m.-3 p.m. each day.

Students can be exempted from the test if they have a lifesaving certificate, a scuba diving certificate or any Red Cross certificates. People on the swimming team can also be exempted. Anyone qualifying for exemption needs to go by 205 Woolen Gym.

It's the beginning of the semester, so who wants to think about studying? You may not like it, but eventually everyone has to do it. But what if your dorm room is too loud, or too hot or both? Libraries are a favorite place to study. There are several libraries on campus, and with the exception of the Undergraduate Library, known widely as the place to get a date, they are pretty quiet. Another alternative is to find an empty classroom.

Student Health Services provides variety of care

By LINDA MONTANARI
Staff Writer

The University's Student Health Service offers many varied health-care services and is expanding them to better accommodate students' needs, said Sue Gray, director of Health Education.

Responses to a random SHS student survey last year were instrumental in deciding on the current available health-care services and procedures, Gray said.

"A lot of changes have been made by that," Gray said. "That's one of the reasons we have an appointment system. That's one of the reasons we have a cold-care system and an allergy clinic."

The various clinics of the SHS operate on an appointment basis, with each student choosing or being assigned to one main clinic and one primary doctor for the year, Gray said. Students have the option to change physicians at any time.

However, students with sudden illness or an emergency problem can still walk in and be treated, Gray said. Same-day appointments also are available, she said.

Three physicians and one family nurse practitioner work at each of the three main clinics, which cover general or easily treated symptoms, Gray said.

Several other clinics are available to students who need more specialized care, she said.

The sports medicine clinic, which is available to all students, provides bandages, swirl baths and equipment to be used after an injury. A satellite facility is in Fetzer Gym.

Pregnancy counseling and gynecological care can be obtained at the women's health clinic, and the mental health clinic offers counseling on matters such as stress management, roommate problems and academic failure.

At the allergy clinic, a full-time health-care professional is available to give students their injections without the student having to wait for an appointment with his regular health-care provider.

The cold-care center allows students to determine their own treatment requirements through step-by-step diagnosis instructions.

Students interested in learning how to develop healthier lifestyles may use the New Well resource library in the Health Education suite on the second floor. The Contraceptive Health Education Clinic, which makes private and group presentations on birth control, rape awareness and other aspects of sexual health, also is in the suite.

The Health Education staff holds outreach programs and group sessions on such topics as time management, massage, nutrition, smoking and alcohol abuse.

"We need to help the students get better at assessing their own problems," Gray said. "What we're gearing toward is better self-help — teaching the students how to stay healthy."

The cost of visits to the Student Health Service is incorporated into the student's activities fees at the beginning of each semester. Charges are issued for medications, involved laboratory work, bandages and a few other items but usually at reduced rates.

Patients requiring hospital stays can use SHS' 27-bed in-patient facility that operates like a small hospital on the third floor of the building that, Gray said.

Clinics 1, 2 and 3 are open Monday through Friday from 9 a.m. to 4:30 p.m. and from 9 a.m. to 12 p.m. on Saturday. Call Student Health Services at 966-2281 for information on the other clinics and the Health Education department.

We don't keep "bankers' hours"
Open Saturday 9-12

Kroger Plaza and Cole Park Plaza

The Village Bank

MEMBER FDIC

STUDENTS ONLY

ALL POSTERS 20%-50% OFF

ALL DRYMOUNTS \$2 OFF reg. price

VILLAGE FRAMER &

Snyder GALLERY

Expires Sept. 30
2 minutes from campus

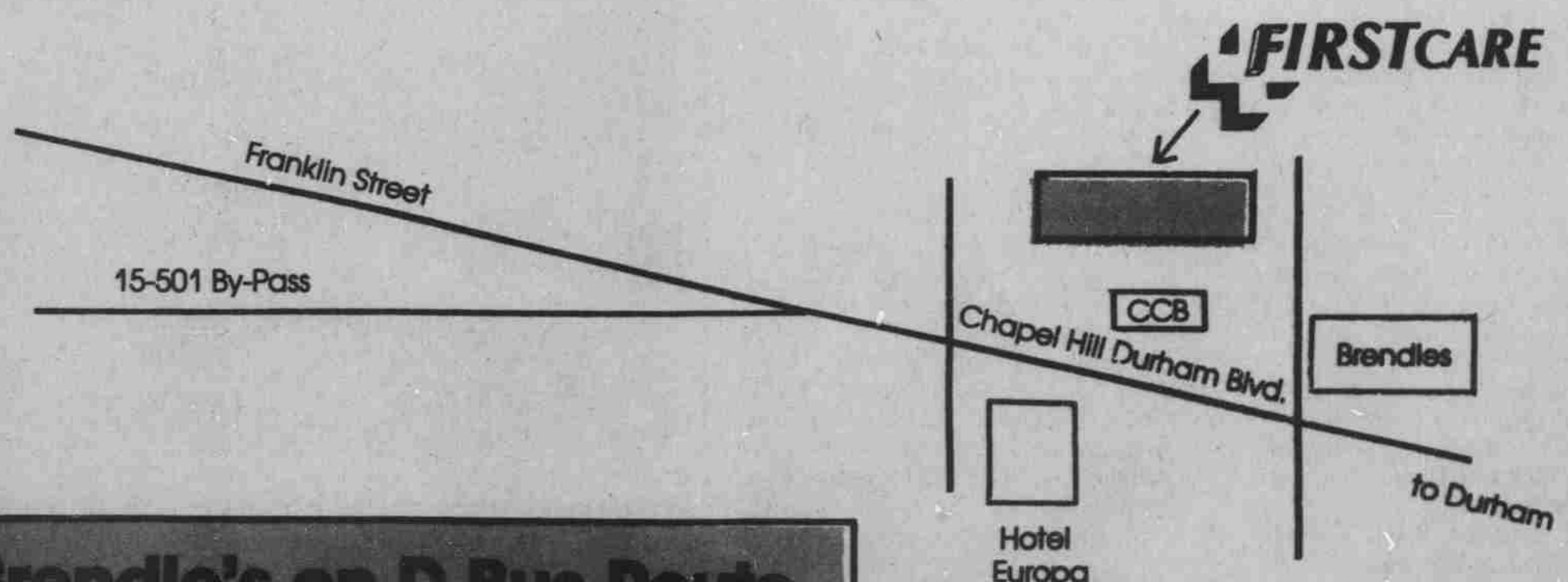
929-1272

FIRSTCARE

... the choice is yours!

- NO APPOINTMENT NECESSARY
- Open Every Day of the Year 9 a.m.-9 p.m.
- Ask About the NEW EASY PAYMENT PLAN for University Students, Faculty & Staff (No Payment at Time of Visit for Pre-registered Patients)
- X-ray and Lab on Site

1777 Chapel Hill — Durham Blvd.
Chapel Hill, NC 27514
942-8578



Next to Brendle's on D Bus Route