

Go on the road in the Tar Heel state

ON THE ROAD AGAIN

SPEND YOUR SPRING BREAK EXPERIENCING NORTH CAROLINA

Spring Break, which begins at 5 p.m. March 7, is only 25 days away. If you haven't booked your flight to Cancun, consider saving the cash for textbooks and spend your break on the road in the Tar Heel state. Here are a few suggestions to get you started planning an adventure:

BOONE

Distance from Chapel Hill: 163 miles, or about three hours

The home of Appalachian State University is also the home-base for outdoor adventure.

Visit Blowing Rock for short scenic walks, mind-blowing views or longer hikes. Also check out Grandfather Mountain (2050 Blowing Rock Highway, Linville) for the famous Mile High Swinging Bridge.

Before you go, load up on sweets by the pound at the Mast General Store at 630 W. King St.

GREENSBORO

Distance from Chapel Hill: 52 miles, or about one hour

During the day, shop at one of many boutiques and art galleries on Elm Street in downtown Greensboro. And when night falls, the street lights up with an eclectic nightclub and bar scene. And if you're short on cash, stop at Yum, Yum, which specializes in hot dogs and ice cream.

Check out Triad Stage's performance of John Patrick Shanley's Pulitzer Prize-winning play "Doubt: A Parable," showing all week.

LIZARD LICK

Distance from Chapel Hill: 50 miles, or about one hour

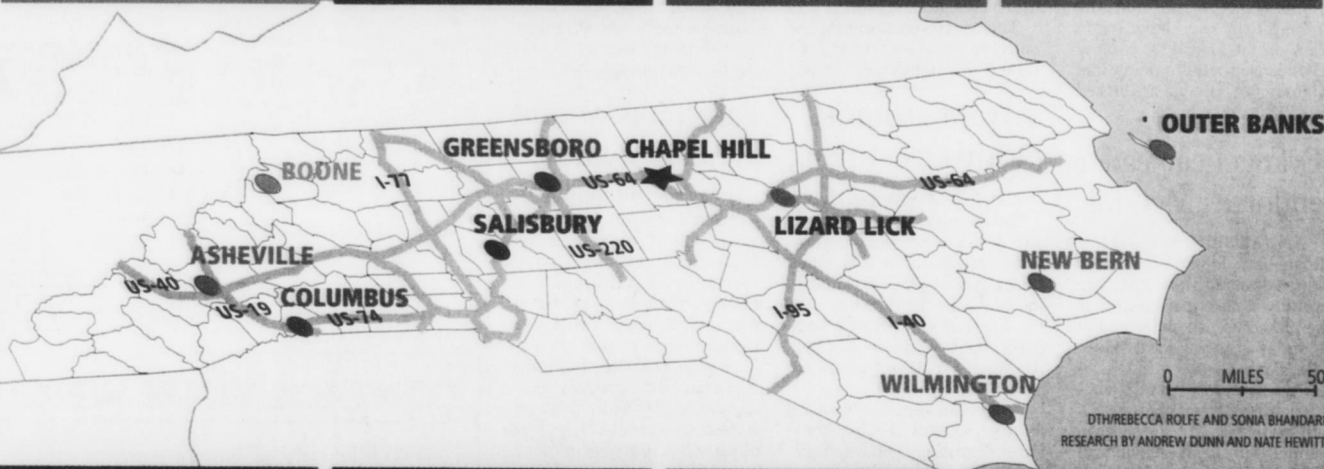
If you want a taste of rural North Carolina, this piece of unincorporated Wake County is about as small-town as you can get. The first stoplight was installed in a ceremonial event in 1997. Check out the Deep Bar & Tackle Shop and scope out teammates for the annual June hog roller competition in nearby Spivey's Corner.

Be sure to check out the Lizard Lick Grand Ole Opry and the World's Smallest Television Station.

THE OUTER BANKS

Distance from Chapel Hill: 228 miles, or about four hours

Instead of flying to your Spring Break destination this year, go to the sight where mankind first took flight. At the Dare County Regional Airport Museum, located at 410 Airport Road in Manteo, look at models of aircraft that played a part in the history of American aviation. Be sure also to gander at one of five lighthouses that grace the islands, including the 208-foot-tall Cape Hatteras Lighthouse, which is the tallest brick beacon in the world.



DTH/REBECCA ROLFE AND SONIA BHANDARI
RESEARCH BY ANDREW DUNN AND NATE HEWITT

ASHEVILLE

Distance from Chapel Hill: 221 miles, or three and a half hours

Asheville's Shining Rock Ledge boasts five peaks that reach more than 6,000 feet. But Cold Mountain — made famous by the 2003 film of the same name — is the tallest peak at 6,030 feet. Seeing Jude Law make the 10.6 mile journey up the mountain just doesn't measure up to the real thing. And when scoping the scene downtown, check out the 250-member Asheville Drum Circle, made famous for its tribal beats.

COLUMBUS

Distance from Chapel Hill: 235 miles, or about four hours

This little foothills town of fewer than 1,000 won't have the crowds, but can provide connoisseurs a pleasant evening during the 2008 Vintage Barrel Tasting at Green Creek Winery. The two-day event features western North Carolina wines, live music and hors d'oeuvres.

Time: 5 p.m. to 7 p.m.
Date: March 14-15
Address: 413 Gilbert Road
Admission: \$25 per person

SALISBURY

Distance from Chapel Hill: 100 miles, or one hour and 40 minutes

History buffs will love touring the only Confederate prison that was located in North Carolina, established Nov. 2, 1861, and its adjacent national cemetery. The site also lays claim to hosting the first baseball game played in the South in 1862. Check out salisburyprison.org for information. And take a train ride at the N.C. Transportation Museum, with exhibits of antique locomotives, rail cars and automobiles. Admission is free.

WILMINGTON

Distance from Chapel Hill: 160 miles, or two hours and 30 minutes

It might be too frigid for a dip at the beach, but you still can take a waterfront stroll and visit one of many seaside venues and museums in downtown Wilmington. Chow down on a hot dog at the Trolley Stop or fresh sushi at Nikki's, and see what's on tap at the Front Street Brewery. And be sure to pass by Karen's Cafe, part of the set for the CW's "One Tree Hill." Maybe if the writers' strike is over by then you can get a spot as an extra.

NEW BERN

Distance from Chapel Hill: 157 miles, or about three hours

Main attraction: Tryon Palace Historic Sites and Gardens, the restored home of British Royal Governor William Tryon, built in 1770. The site also features frequent shows and special exhibitions. 610 Pollock St. (252) 514-4900. Guided tours start at \$8. Also see the birthplace of Pepsi and its original store at 256 Middle St. and the Firemen's Museum at 408 Hancock St., which features the antique fire engines used in a 1922 fire.

A little planning ahead can help make your dream Spring Break possible — without breaking the bank along the way.

BY ALLISON MILLER
SENIOR WRITER

Spring Break, whether it promises white, sandy beaches or just not having to wake up for that 8 a.m. class, is less than a month away.

But week-long vacations to Cancun or the Bahamas can be expensive. These money saving tips can help you make the most of what you have.

Book your trip early

If you thought you could wait until March to worry about making

reservations, you thought wrong. The best hotels and airfare go fast, so if you haven't already booked your flight and room this year, you should do so in the next week to get the best deals, said Mike Paquette, manager of STA Travel on Franklin Street.

Eat locally

No matter where you travel this year, if you're going to eat out, go local. "Their best option always is to go to the local restaurants and ven-

dors," Paquette says. After all, why eat at chain restaurants such as T.G.I. Friday's when you can experience local fare and culture for less?

He also recommends that students shop at open air markets in exotic places such as Jamaica.

Jonathan Gutiérrez, a senior who plans to go to the Bahamas during Spring Break, said he's going to buy easy-to-prepare items like sandwiches and cereal to save some cash.

"(We'll) try to get food in big quantities and try to just be able to make it on our own so we don't have

to go out all the time," he said.

Do some research

Find out if it is cheaper to fly or drive to your destination, and shop around for the best rates on hotels or airfare. Be willing to compromise.

Check into discounts for students, AAA members or anything else you might qualify for.

Erin Washburn, who graduated in 2007, went on a cruise to Mexico and Central America last year and in lieu of flying, she and her friends carpoled to Miami to

get to the ship.

"The cruise we went on was one of the cheapest we could find," Washburn said. "We had a great time."

Party for less

Paquette also recommends that students heading to "party-friendly" destinations buy party passes in advance to get a discount.

Gutiérrez said he plans to save money by not drinking at clubs and instead buying drinks from a store.

Share rooms and cars

Be ready to give up some personal space this year. Save money and bond with your friends by splitting gas and hotel bills.

Freshman Roni Sims is going to Myrtle Beach for the first weekend of Spring Break.

"I'm carpooling down there with a bunch of my friends," she said. "We're all pooling together to share a room."

Contact the Features Editor at features@unc.edu.

Students embark on aid trips

2 groups will volunteer during break

BY RACHEL KUROWSKI
STAFF WRITER

While her roommates travel to Europe and the Bahamas, junior Michelle Lakeman will spend her Spring Break sleeping in a tent in rural Mississippi.

She said she's already had the "typical Spring Break experience" and is looking for something life-changing this year.

A nursing major, Lakeman is one of 23 aspiring health professionals from UNC heading south to help Hurricane Katrina victims get health care service.

The nursing school is one of several of the University's medical departments that will be lending their expertise during the break from classes.

The nursing students, accompanied by several UNC faculty, will work alongside health professionals in Pearlington, Miss., which still is recovering from the 2005 disaster.

"I was attracted to the idea of

everyone working together — UNC students and professors and people of the community — to help bring back what Mississippi had lost during the hurricane," Lakeman said.

This is the third year a group of public health and nursing majors will go to the region.

"It was an amazing experience," said Natosha Anderson, who went on the trip last year. "The devastation that remains two years after Katrina is heart-breaking, but the communities are incredibly strong and united. It was inspiring to work alongside communities that are striving to serve one another."

The trip costs \$100 for each participant, which covers all meals, housing in the tents and a chartered bus ride to Mississippi. They'll be the start of a new wave of help to the region.

Cheryll Lesneski, a professor in the School of Public Health and a faculty advisor for the trip, said

"Trips like these leave you with the awesome feeling that you are making a difference."

LAUREN HOLLOWELL, BIOLOGY MAJOR TRAVELING TO THE DOMINICAN REPUBLIC

that many aid volunteers will be leaving in March.

The UNC volunteers will be going door-to-door to 40 families who have been identified as still needing health care assistance, such as Medicaid.

The experiences have changed people's lives.

"This trip has been a life-transforming experience for some students who ... had not really been exposed to people who have to cope with the loss of homes, jobs and health insurance," said Sonda Oppewal, a professor in the School of Nursing.

The Pre-Dental Honor Society also is sending students out to do something other than sunbathing this March.

Fifteen members will work with dentists in Monte Cristi, Dominican Republic, to edu-

cate orphans about oral hygiene through a program with Orphan Outreach.

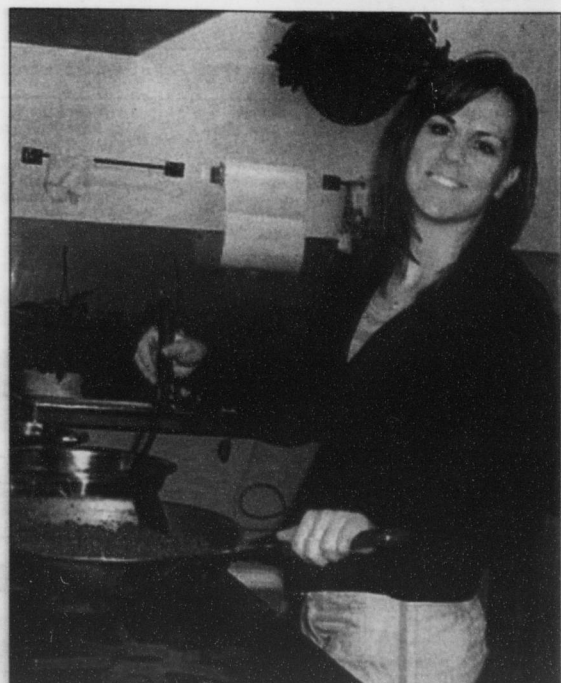
Senior biology major Chelsea Marcuard taught English through the same volunteer organization last Spring Break and wants more UNC students to have similar experiences.

"I felt that we all made a definite impact last Spring Break, which was apparent in the way the kids' faces lit up when they saw us," she said.

The desire to make an impact is why junior Lauren Hollowell, a biology major and aspiring dentist, is going on the trip.

"Trips like these leave you with the awesome feeling that you are making a difference."

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COURTESY OF COLLEEN LINDSTRAND

UNC alumna Colleen Lindstrand worked at a Jacksonville, Fla., soup kitchen with a group from Newman Catholic Student Center last year.