

# Carolina Dining Services to specialize in variety

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Staff Writer

It is noon on the first day of classes. You've just gotten out of psych and econ and you're starving. Whether you decide you want a hamburger, lasagna, tacos or a ham and swiss, you can get it at Lenoir Dining Hall. According to a pamphlet put out

by Carolina Dining Services, there are five dining halls and six snack bars open up to 17 hours a day across campus during the school year. The main dining hall, Lenoir, located in the middle of campus next to the Pit, serves breakfast, lunch and dinner. Lenoir features daily entrees, Mexican and Italian Bars, a salad bar,

a deli sandwich shop called The Cutting Board, and a Make Your Own Yogurt Bar.

The lower level of Lenoir houses three dining shops. H.B. Quick's serves hamburgers, fried chicken and other fast food items. Broadway Pizza features homemade pizzas and a salad bar, and will deliver pizza during the evening hours. Sweet Sensations, a dessert shop, sells cakes, cookies, ice cream and frozen yogurt.

South Campus has its own main cafeteria, Chase Hall. Chase features most of the same items as Lenoir, including a main entree line, deli, salad bar and ethnic food bars.

Carolina Dining Services also operates six convenience stores, located all over campus. These stores sell snacks, grocery items and school

supplies. You can pay with cash or a meal card.

Besides serving meals, Carolina Dining Services is working with the Wellness Resource Center in Student Health Services to make available two kinds of handouts about food and nutrition. One, the "Good, Better, Best" series, comes in small hand leaflets and covers topics such as calcium deficiency. The other series, nutritional news interviews, covers topics such as ways to lower sugar and salt intake, popcorn as a low-calorie snack and which herbs go best with which foods. The information is geared to be fun and educational at the same time.

All dorm residents are required to buy a \$100 meal plan each semester. The Carolina Meal Plan works with a computerized meal card. The initial

amount you deposit is recorded on the card, and every time you use your card the amount you spend is deducted. Carolina Dining Services advises you to make your deposit by mail before coming to UNC. As long as you pay within a week before the first day of classes, you will be able to pick up your card at Lenoir during Registration.

You can buy a meal plan for more than \$100 per semester, and the bigger the plan you buy, the more bonus dollars you will get. Bonus dollars are added to the amount you purchase in varying degrees, starting at two percent for deposits over \$200 and going up to seven percent for deposits above \$700. Thus, a \$775 deposit will buy you \$829 worth of meals, a \$615 deposit will buy you \$652 worth of meals, and a \$250 deposit will buy you \$255 worth of meals.

There are a couple of other rules people with meal cards should know about. Any unused money on your card after the \$100 minimum will automatically be carried over into the spring. Also, if at the end of the spring semester you still have money left-over (again, over the \$100 minimum), you can get a full refund as long as you apply sometime before commencement.

If you lose your meal card, contact the dining service immediately and they will invalidate the card. The replacement fee for lost cards is \$10 for the first time and \$15 every time after that.

Carolina Dining Services is operated by the Marriott Corp., which took it over from ARA Inc. in June.

## Student Health cares for UNC

From staff reports

The Student Health Service, well-blended into the woods next to Kenan Stadium, offers health care for students enrolled for the current semester. The service operates on an appointment basis, and same-day appointments are available for extremely ill students.

Services provided are the clinical medicine staff of nine doctors and three nurse practitioners to take care of most health needs; the sports medicine clinic, which provides physical therapy and treatment for many injuries; the mental health staff to help students discuss stress, loneliness and other problems through crisis intervention, individual therapy and stress management; and women's health, staffed by a gynecologist and two nurse practitioners provide pregnancy tests and routine care. Student Health also includes the cold care center, a do-it-yourself service, which allows students to save time by determining if their illnesses require the care of a doctor; the allergy clinic, which administers vaccines; and the pharmacy, which fills prescriptions written by SHS doctors and sells over-the-counter drugs.

Services not covered by the student health fee will be directly billed to students through the cashier's office in Bynum Hall.

The center's nurse's desk is staffed at all times, including weekends, most holidays and semester breaks. Major injuries or illnesses will be referred to the N.C. Memorial Hospital.

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