Upcoming TIBBS-Sponsored Events

**Tuesday, June 7th, 5:30 to 6:30PM, Franklin Rm at Top of the Hill**
The Business Side of Venture Investing and Biotechnology
Join us to hear Mike Dial and Turner Jenkins talk about startups from an investor perspective, and learn about their career path in venture capital. Space is limited; please show up early. If you have any questions, email akant@email.unc.edu. Appetizers will be provided and a cash bar will be available. Co-sponsored with Carolina Kickstart

[Learn more about the event here](#)

**Wednesday, June 15th, 12:00, Two locations!**
MBRB lawn OR green space between Coker and Wilson Halls
**LocoPops on the Lawn**
Gather at either location to enjoy a cool, delicious LocoPop and catch up with your friends.

**TIBBS Teaching Certificate Series**
Late June through end of July 2011
Are you interested in improving your teaching skills? Do you want to teach at the undergraduate or graduate level? This summer TIBBS is offering a series of workshops and panel discussions to help life science graduate students learn how to:
- become an effective teacher,
- design a course
- manage a classroom
- involve undergraduates in research
- get a job at a primarily undergraduate teaching institution
More than 10 workshops, seminars, and panel discussions are planned and students who attend at least 6 events will earn a certificate.
Additional details will go out via the TIBBS listserv. [To add your name to the Teaching Certificate Series mailing list click here.](#)
Hot Heels Conquer the Palmetto200

Written by the Hot Heels Team

On April 8th, the Hot Heels team, consisting of current and former UNC graduate students, completed the 205 mile relay race in 30:58:58 hours. Hot Heels placed 26th out of 50 teams and averaged 9:04 minutes per mile.

The Palmetto200 is a unique, overnight running relay that covers 205 scenic miles from the Historic Columbia Speedway to Folly Beach, SC, just outside of Charleston (see the map on next page).

“It is amazing what you can do, when you have a team counting on you. I could not have run eight miles at four a.m. without the support from my Hot Heels!” said Cheryl Miller a graduate student in Microbiology and Immunology. Each runner ran three legs, which totaled between 12 to 24 miles.

The team of twelve was split between two vans that took alternating shifts. We all made sacrifices. One group traded a few extra hours of sleep in the hotel for having to run at the hottest times of day. The other group was spared from the sun, but not from the glare of street lamps. In between their 2nd and last shifts, they caught 2 hours of sleep in the only dark spot they could find at the exchange zone, the middle of a church playground next to a graveyard.

With so much running and so little sleep, our endurance was a true testament to the meaning of team spirit and friendship. As one runner, Brittany Mortensen said during the race, “When I started to
feel tired, I kept pushing myself because I knew my team was counting on me.”

But of course, one weekend away from lab did not mean we left behind our enthusiasm for science. We shared anticipation for upcoming post-doc interviews, tips on popular science podcasts to listen to, and ideal speakers we would like to invite for the Bassford Lecture. As we drove through the night in the thick South Carolina fog, we spoke deliriously about the evolution of DNA methylation and the possibilities and limits of deep sequencing technologies.

Few other experiences will give you the sense of total body accomplishment that you will share with a team of fellow scientists. Martha Clark, a graduate student in Steve Meshnick’s lab said, “The Palmetto 200 showed me a new side of myself - I was so worried that I wouldn’t be able to finish my last 9 mile leg, but not only did I do it – it felt AMAZING!”

On top of the runners’ successful feats, the organizers of the 2011 Palmetto 200 raised over $4,300 for charitable causes, including the Juvenile Diabetes Research Foundation International, the YMCA of Greater Charleston, and numerous church, school and civic organizations who helped organize the exchange zones. All of us who ran in the 2011 Palmetto 200 relay would like to thank UNC’s TIBBS for helping to support our exciting adventure!

More details on the race are available at http://www.palmetto200.com
Pioneering Postdoc Programs

Your postdoctoral training period is the ideal time to hone your skills and get needed experience that will make you the perfect candidate for the career of your choice.

There are many unique postdoc programs that train fellows in a variety of in demand skills and these training opportunities are often shorter and more structured than the traditional academic postdoc. They teach a specific skill set and can be a fast track to a “real job” afterwards. Each month in the TIBBS Times we’ll highlight a different fellowship opportunity.

UNC Office of Technology Transfer Internship

This month we highlight a part-time internship program available to UNC grad students who want to explore a career in tech transfer.

Potential OTD interns must satisfy the following requirements:
- Associated with UNC as either a student or post-doctoral fellow
- Strong technical or legal background
- Commit to 10 hours of work a week, at least five of which will be at OTD
- Commit to the entire 8- to 12-month program
- Have internship approved by current Principal Investigator

Currently, OTD acceptts three to four interns per year, with internships beginning in August. To apply for an internship, or to inquire further about the program visit the program website: http://otd.unc.edu/OTDInterns.php or contact Peter_Liao@unc.edu

To apply send a resume and cover letter to Dr. Liao before June 30th.

TIBBS Trivia Contest

If you are loyal TIBBS Times reader, you’ll realize that this month there is no “Where on Campus is That?” contest. Instead we are adding a little variety to the newsletter with a new type of contest...

If you’re one of the first ten PhD students to correctly identify the person pictured to the right you’ll get a free candy bar!

Here are two hints:
1.) A renowned neurophysiologist and bacteriologist, he won the Nobel Prize in Physiology or Medicine in 1932.
2.) In a 19th-century, reality-TV-kind-of-way, he traveled from England to Spain to discredit a scientist who claimed to have developed a vaccine for Asiatic cholera.

Email your guesses to pdb@unc.edu. Good luck!

Click here for answers to past contests
June 2011 Seminars (page 1 of 2)

June 3rd
Friday ID Conference: “HIV testing – results and demographic data mining”
IGHID co-sponsors a weekly conference series which features distinguished clinicians and scientists from UNC, local universities and other national and international institutions. The topics are varied and appeal to not only infectious disease specialists, but also professionals in epidemiology, public health, microbiology, biostatistics and other global health-related disciplines. The conference takes place every Friday (September through June) from 8:30-9:30 a.m. in 1131 Bioinformatics (first floor auditorium) on the UNC campus. Held in 1131 Bioinformatics from 8:30am-9:30am. For more information, please contact the conference coordinator, Kathy James.

June 7th
17th Annual Summer Public Health Research Videoconference on Minority Health Health Equity - Progress and Pitfalls. For more registration and more information: www.minority.unc.edu/institute/2011/ Sponsored by UNC Lineberger Comprehensive Cancer Center- NC Cancer Hospital. Held in Webcast and Tate-Turner-Kuralt Building Auditorium at 1:30pm.

“Health Equity: Progress and Pitfalls”
Presenters: Jeffrey A. Henderson, M.D., M.P.H., President and CEO, Black Hills Center for American Indian Health; Marilyn Aguirre-Molina, Ed.D., M.S., Professor of Public Health, City University of New York - School of Public Health; Director, CUNY Institute for Health Equity; Brian D. Smedley, Ph.D., Vice President and Director, Health Policy Institute, Joint Center for Political and Economic Studies; Barbara Pullen-Smith, M.P.H., Director, North Carolina Office of Minority Health and Health Disparities and Past President, National Association of State Offices of Minority Health (NASOMH), Moderator. For more information on this live, interactive broadcast via Internet webcast from the Tate-Turner-Kuralt Auditorium at the University of North Carolina School of Social Work, visit www.minority.unc.edu/institute/2011. 17th Annual Summer Public Health Research Institute and Videoconference on Minority Health. Held from 1:30pm to 4 p.m.

June 10th
Friday ID Conference: “Viral microManagement: “The interface between small RNA biology and virus infection”
Benjamin tenOever, PhD, is an associate professor of microbiology at the Mount Sinai School of Medicine. TenOever’s lab focuses on the study of cellular recognition to RNA virus infection, the host response to their replication, and the means by which these viruses pirate the cellular machinery to avoid these processes. The laboratory uses several techniques to study host-virus interactions including genetic manipulation of both host and pathogen to determine the effects on virus-induced cytokine signaling and viral fitness. The lab is presently working in recognition of viral infection, The role of the IKK-related kinases in the cellular antiviral response, The function of miRNA in the host response to virus infection, and the Viral antagonism of the IFN-I response. Sponsored by CFID, IGHID, SOM, CFAR. Held in 1141 Bioinformatics from 8:30am-9:30am
June 2011 Seminars (page 2 of 2)

Presented by Dr. Press, Rehabilitation Institute of Chicago. The guest lecture is in conjunction with
our Resident Research Presentations, which will follow. You are welcome to stay for any or all of the
presentations June 10, 2011 1:00-5:00 PM in G100 Bondurant Hall. Held in G100 Bondurant Hall
from 1pm – 2pm. For more information: http://www.med.unc.edu/phyrehab

June 17th
Friday ID Conference: “An integrated multimedia model of HIV testing and linkage to care”
Presented by Jason Leider, MD, PhD, the Albert Einstein College of Medicine and Yvette Calderon,
MD, the Albert Einstein College of Medicine. Sponsored by CFID, IGHID, SOM, CFAR. Held in
1131 Bioinformatics from 8:30am – 9:30am. For more information, please contact the conference
coordinator, Kathy James (k james@med.unc.edu).
Fridays on the Front Porch
Starting Friday, May 6 (5:00PM-9:00PM) & recurring almost every Friday through the summer at the Carolina Inn. This fun event features live bluegrass music, a southern picnic buffet, drink specials, and comfortable seating on the shady front porch and lawn. No reservations or cover charge required. For more information, the band schedule, and menu specials, click here: http://www.carolinainn.com/hotel-events/chapel-hill-event-calendar.php

June 6th
Dissertation Boot Camps: Session E: June 6-10, 2011
This summer, the Graduate School and the Writing Center will offer two writing “boot camps” to UNC graduate students who have completed most of their research and are now actively writing their dissertations. Participants must attend all five days of boot camp, arriving at 9 a.m. and remaining until 1 p.m. Each day will include a brief introduction to a writing strategy, several blocks of writing time, a short break, and a structured discussion with fellow writers during lunch. Boot campers will experiment with writing strategies, set personal writing goals, practice disciplined writing habits, and connect with other dissertation writers. Be prepared to turn off your cell phone and internet connection, set aside your research materials, and see what happens when you focus completely on writing.

Be aware that boot camp is NOT a step-by-step introduction to dissertation writing, a class, or a place to get advice about your particular academic discipline. If you have questions about whether attending boot camp is a good fit for you at this time, contact Dr. Kim Abels, Writing Center Director, at kabels@email.unc.edu. For questions regarding registration, contact Brian Rybarczyk, Director of Graduate and Professional Development, at brybar@email.unc.edu. To register: http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=1FE5BA59DF8426E036219647447DC10187D5D5E8

June 8th
Clinicaltrials.gov
This session will present an overview of clinicaltrials.gov. We will discuss different criteria for entering studies into clinicaltrials.gov and clarify who is responsible for registering/maintaining those studies and corresponding results within the registry. A review of data entry basics, error messages, record verification & updates will also be covered. Held in Bioinformatics 1131 from 2pm – 3pm. To register: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=22982&new=1

June 14th
Basic EndNote
This Basic EndNote class will touch on the fundamental functions of the EndNote software. Building your library, managing your sources, and inserting your citations into your documents will be the focus of what we will cover. This class is structured for new to beginning users. 7 seats available. Sponsored by Health Sciences Library. Held in HSL- 329 from 3pm – 4pm.
June 2011 Workshops and Events (page 2 of 4)

June 15th
The IACUC Rat Handling and Techniques class is a hands-on wet lab designed to teach students basic techniques in rat handling. Techniques taught include restraint, simple injections, bleeding techniques, anesthesia, and euthanasia. This course is mandatory for all Laboratory Animal Coordinators in laboratories working with live rats. All UNC rat handlers are welcome to attend. Alternatively, training and certification may be provided through a certified proficient Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM online orientation (http://cfx3.research.unc.edu/iacuc_reg/). Sponsored by Office of Animal Care and Use. Held in Glaxo 148 from 1:30pm – 3:30pm.

June 17th
Mandatory Breeding Policy Lecture
This course is mandatory for all Principal Investigators and mouse handlers with breeding colonies. The one hour lecture reviews the Institutional policy concerning cage population densities, housing, and breeding mice. Held in Bioinformatics 4137 from 11am-12pm. For more information: http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=5E759CB77B6E3091077F13B6A719F077E0ED89B To register: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=23052&new=1

June 21st
Identifying Funding Sources for Graduate Research and Study
Who: Currently enrolled Carolina graduate and professional students at all levels seeking fellowships, dissertation support, research grants, travel, and other awards.
What: Overview of funding fundamentals and instruction in getting the most out of our online databases and resources.
Why: Become informed about funding in general and opportunities in your discipline by creating a customized funding search and an on-going alert. Learn tools and resources to help you develop a funding search strategy leading to a short list of likely funders. Sponsored by the GrantSource Library. Held in David Library from 2:00pm – 3:30pm. To register: http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=8F3F217DC6E8348DD4BCCDAB9C0E2F2417C1CC80.

June 22nd
Good Clinical Practices Pt 1 of 2
Principal Investigators (PIs) and Clinical Research Coordinators are required by law to conduct clinical research studies per Federal Guidelines and per protocol. This workshop will provide a comprehensive overview of the principals of Good Clinical Practice as they apply to the conduct of clinical trials. The workshop is specifically targeted for those who actively work on clinical trials in a hands-on role as a clinical research coordinator or manager of research coordinators. The concepts in this workshop will focus on ethics and specifics of the regulations as related to clinical research, application of the regulations to practice, roles and responsibilities of key players and regulatory
June 2011 Workshops and Events (page 3 of 4)

reporting requirements. This class is Part 1 of 2. You must register for and attend Part 2 of 2 scheduled for June 28 to earn the 8-hour certificate. Sponsored by Office of Clinical Trials. Held in Bioinformatics 1131 from 1:00pm – 5:30pm. To register: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=23013&new=1

June 23rd
IRB Update
This will be an informational session presented by an IRB representative. Individuals will receive the latest updates/requirements from the IRB. Representatives will be available answer questions concerning application submissions, approvals, safety reporting, etc. Sponsored by Office of Clinical Trials. Held in Bioinformatics 1131 from 1pm – 2pm. To register: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=23075&new=1

June 27th
Mouse Handling and Techniques
The IACUC Mouse Handling and Techniques class is a hands-on wet lab designed to teach students basic techniques in mouse handling. Techniques taught include restraint, simple injections, bleeding techniques, anesthesia, and euthanasia. This course is mandatory for all Laboratory Animal Coordinators in laboratories working with live mice. All UNC mouse handlers are welcome to attend. Alternatively, training and certification may be provided through a certified proficient Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://cfx3.research.unc.edu/iacuc_reg/). Sponsored by Office of Animal Care and Use. Held in Glaxo 148 from 10:00am -12:30pm. This event is full. To click for waitlist: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=23048&new=1

June 28th
Good Clinical Practices Pt 2 of 2
Principal Investigators (PIs) and Clinical Research Coordinators are required by law to conduct clinical research studies per Federal Guidelines and per protocol. This workshop will provide a comprehensive overview of the principals of Good Clinical Practice as they apply to the conduct of clinical trials. The workshop is specifically targeted for those who actively work on clinical trials in a hands-on role as a clinical research coordinator or manager of research coordinators. The concepts in this workshop will focus on ethics and specifics of the regulations as related to clinical research, application of the regulations to practice, roles and responsibilities of key players and regulatory reporting requirements. This class is Part 2 of 2. You must register for and attend Part 1 of 2 scheduled for June 22 to earn the 8-hour certificate. Sponsored by the Office of Clinical Trials. Held in Bioinformatics 1131 from 1pm – 5pm. To register: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=23005&new=1
June 2011 Workshops and Events (page 4 of 4)

June 30th
Aseptic Techniques
The IACUC Aseptic Techniques class is a hands-on wet lab designed to teach students how to maintain a sterile field during survival rodent surgery. This course is mandatory for all Laboratory Animal Coordinators in laboratories performing sterile rodent surgery. All UNC rodent users who will be performing sterile survival surgeries are encouraged to attend. Alternatively, training and certification may be provided through a certified proficient Laboratory Animal Coordinator. Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://cfx3.research.unc.edu/iacuc_reg/). Sponsored by the Office of Animal Care Use. Held in Glaxo 148 from 10:00am-12:30pm. To register: http://cfx.research.unc.edu/res_classreg/reg_person_auth.cfm?event_id=23040&new=1

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PhD Comics by Jorge Cham, PhD

Cecilia!
I'm giving an important presentation in ten minutes.
Can you send me five slides that describe all the work you've ever done?
-Prof. Jones

The Golden Sap Ratio

\[
\frac{\text{Amount of work your Professor asks you to do at the last minute}}{\text{Amount that he/she will actually use}} = 5
\]

Thanks. The first one looks good, I'll just use that one.
-Prof. Jones

www.phdcomics.com
Cheap Things to Do Around Campus in June (page 1 of 5)

**Groupon**
Groupon is a website that offers deals on things to do, services, and places to eat in your area. [http://www.groupon.com/raleigh-durham/](http://www.groupon.com/raleigh-durham/)

**Living Social**
Offers one deal every day with discounts of up to 90% at local restaurants, bars, spas, theaters, and more. [http://livingsocial.com/deals](http://livingsocial.com/deals)

**Twongo**
Twongo was created from the Chinese term, Tuangou, which translates to team buying or group buying. Every day on Twongo features a deal at dining, shopping, spa, or entertainment venues. [http://www.twongo.com/raleigh-durham](http://www.twongo.com/raleigh-durham)

**ATHLETIC EVENTS:**

**Full UNC Athletic Schedule:**
Tennis, Baseball, Lacrosse, and Golf

**Carolina Railhawks Soccer Schedule:**
WakeMed Soccer Park, Cary. Tickets for as low as $10

**Carolina Performing Arts:**
[http://www.carolinaperformingarts.org.genres/all](http://www.carolinaperformingarts.org.genres/all)

**Shows at Cat’s Cradle, Carrboro:**

June 1st: **Okkervil River**: Doors: 8:00pm, Show: 9:00pm, $16 Advance, $18 Day of Show
June 2nd: **Matt and Kim**: Doors: 8:00pm, Show: 9:00pm, $25
June 3rd: **Nashville Pussy**: Doors: 8:00pm, Show: 9:00pm, $15 Advance, $18 Day of Show
June 4th: **Paul Thorn**: Doors: 7:00pm, Show: 8:00pm, $15
June 8th: Jet Life Tour ft **Curren$y**: 8:30pm, Show: 9:30pm, $16 Advance, $18 Day of Show
June 9th: **Sondre Lerche**: 7:00pm, Show: 8:00pm, $15
June 11th: **Brice Randall Bickford** Album Release Show: 7:00pm, Show: 8:00pm, FREE
June 12th: **Joe Purdy**: 7:00pm, Show: 8:00pm, $15 Advance, $17 Day of Show
June 14th: **Jonny (Norman Blake from Teenage Fanclub and Euros Childs from Gorky’s Zygotic Mynci)**: 7:00pm, Show: 8:00pm, $15
June 16th: **Dave Alvin and the Guilty Ones** and **Los Straitjackets**: 7:00pm, Show: 8:00pm: $17 Advance, $20 Day of Show
June 18th: Split 7-inch Release Party ft. **Jennyanykind** and **The Moaners**: Doors: 8:00pm, Show: 9:00pm, FREE
June 24th: **Ben Sollee**: 7:00pm, Show: 8:00pm: $15 Advance, $17 Day of Show
June 25th: Healin’ with a Feelin’ - A Night of Burnin’ Love -A Night to Benefit UNC Hospital Jaycee
Cheap Things to Do Around Campus in June (page 2 of 5)

Burn Center: 7:00pm, Show: 8:00pm, $15 Donation
June 27th: Dinosaur Jr, performing Bug in its entirety: Doors: 8:00pm, Show: 9:00pm, $25 Advance, $28 Day of Show
June 28th: Music from the film Winter’s Bone performed live featuring Marideth Sisco, Dennis Crider, Bo Brown, Van Colbert, Tedi May, and Linda Stoffel:

http://www.catscradle.com/schedule.html

UNC Music Department Performances and Events:
http://music.unc.edu/calendars/thecalendar

UNC Ackland Art Gallery Calendar:
http://www.ackland.org/visit/calendar.php
Current Exhibitions

Morehead Planetarium
250 E. Franklin St, Chapel Hill

DSI Comedy Theatre
Upcoming shows: http://www.dsicomedytheater.com/calendar/?year=2011&month=6

Carrboro Artcenter:
Craft workshops, dance classes, and live music

Carolina Theatre's “Retrofantasma” film series:
A monthly film series of double-features dedicated to bringing classic horror movies back to the big screen in 35mm! Created in 1998, RETROFANTASMA has developed a large dedicated audience of horror movie enthusiasts whose desire to see their favorite terror flicks is matched only by their willingness to cheer at the screen. Tickets: $7. June 3rd featuring Vincent Price in “Witchfinder General” and June 10th with William Shatner in “Visiting Hours” and Faye Dunaway in “Eyes of Laura Mars”.
http://festivals.carolinatheatre.org/retrofantasma/

Varsity Theatre on Franklin St.
The Varsity Theatre has been a landmark of Chapel Hill and Franklin Street for over 50 years. Since the Sorrell building was built in 1927, it has always housed a movie theater, starting with the original Carolina Theater and then the Village Theater before becoming home to the Varsity.
Upcoming: The Big Uneasy, Rango, Paul, and Arthur
http://www.varsityonfranklin.com/nowplaying.asp
https://twitter.com/#!/varsitytheatre

Area Movie Schedule:
Showtimes
Cheap Things to Do Around Campus in June (page 3 of 5)

Food & Drink:
Comprehensive list of food and drink specials, bar events in the area:

Pick your own fruit and vegetables at local farms:
Fresh local strawberries are sold until the end of May

The Stagger- Chapel Hill area drink specials.

Recession Tuesdays at ACME
Carrboro
All entrees $12.95 every Tuesday. Reservations highly recommended.

Tylers Taproom, Carrboro/Durham/Apex:
http://www.tylerstaproom.com/happenings

Rockfish Southpoint:
1/2 price bottles every Monday and Saturday
$2 all drafts and free glass for featured beer every Thursday at 6pm and free appetizers 9pm-11pm.
https://twitter.com/#!/RockfishNC

CH Bar Specials:
Frequently updated nightly bar specials in Chapel Hill
https://twitter.com/#!/CHBarSpecials

Chapel Hill Event Calendar’s:
http://events.triangle.com/search?city=Chapel+Hill&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days

Durham Event Calendar’s:
http://events.triangle.com/search?city=Durham&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days
http://www.durham-nc.com/visitors/event_cal.php

Carrboro Citizen:
http://twitter.com/#!/CarrboroCitizen
http://www.carrborocitizen.com

Independent Weekly:
http://www.indyweek.com
http://twitter.com/#!/indyweek
Cheap Things to Do Around Campus in June (page 4 of 5)

Carrboro Farmers’ Market
301 W. Main St., www.carrborofarmersmarket.com
Saturdays 7 a.m.-noon (year-round)
Wednesdays 3:30-6:30pm (starting April 13th)

Johnny’s of Carrboro
Live music and Food Truck schedule:
Johnny’s Monthly Event Calendar

Carolina Brewery:
http://www.carolinabrewery.com/carolina_brewery_news.html

**Fullsteam Brewery**, Durham

**Top of the Hill**, Chapel Hill

City Beverage, Durham
http://www.citybeverage-durham.com/

Broadstreet Cafe, Durham
http://www.thebroadstreetcafe.com/events.html

The Pig Restaurant, Chapel Hill
http://www.thepigrestaurant.com/menu.html

Bull City Homebrew:
http://www.brewmasterstore.com/

Fifth Season Gardening Co., Carrboro:
Gardening, Home, and Beer/Wine making supplies
http://www.fifthseasongardening.com/

**Eno River State Park Events**

Volunteer Opportunities:

United Way:
Requires creating an account. Once registered, search by zip code for nearby volunteer events.
http://volunteer.truist.com/triangle/user/login/?return_url=%2ftriangle%2fvolunteer%2fhome%2f&type=&__flash_message_=The+page+you+are+trying+to+reach+requires+you+to+log+in+or+register&__hs___flash_message_=ad9b4f32ce0331b664cebef21caae8fd2ab92f46
Cheap Things to Do Around Campus in June (page 5 of 5)

Habitat for Humanity:

Orange County:
http://www.orangehabitat.org/volunteer/

Durham:
http://durhamhabitat.org/volunteer/volunteer-worksites.html

WHEN TO TELL YOUR ADVISOR YOU'RE GOING ON VACATION

MONTHS BEFORE
They'll ignore you, but make sure you get it in writing for when they later forget.

TWO WEEKS NOTICE: A BAD IDEA
"You're leaving? Before you go, can you finish what you haven't done all year?"

THE AWKWARD PERIOD
If you haven't told him/her by now, you might as well wait until the night before.

THE NIGHT BEFORE
"Bye, I'm leaving. See you later please don't fire me!"

GET ON PLANE
VACATION!

THE VACATION MID-WAY POINT
If you get busted:

CONFESS
"Actually... I'm in another continent!"

DELAY
"Uh, yeah. I'll take me a few days..."

AFTER THE FACT
over-compensate by sending out a lot of e-mails.

... NEVER
Two weeks without talking to your advisor is not a vacation, it's normal.

Why do you look so relaxed?
... and tanned.

what, me?...