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Upcoming TIBBS-Sponsored Events

Monday, March 19, 5:30-8:00 pm in MHRC 0001
Career Panel/Networking Night for Graduate Students in the Sciences/Health Sciences
Join us for an evening focused on career options in various industries across the spectrum. The event will begin with an hour-long panel discussion followed by a networking reception. Registered participants will receive networking instructions and tips prior to the event. Co-sponsored by University Career Services, the Graduate School, and TIBBS.
Click here for more information and to register.

Wednesday, March 21st, at Noon in the MBRB Main Lobby
TIBBS Baked Potato Bar Social
In honor of St. Patrick's Day and your fellow student's Facebook request, we’re celebrating the Irish potato with a tasty potato bar! Smother Irish or sweet potatoes with the toppings of your choice. Bring your OneCard to be served, but no registration is necessary.

Tuesday, March 27th, Courtyard Marriott near the Friday Center
3rd Annual TIBBS Postdoc Bootcamp
Are you less than two years from graduation? Are you starting to think about where to do your postdoc? Are you in the middle of your postdoc search? Wherever you are in the process, the 3rd annual TIBBS Postdoc Bootcamp will put you on the path to success. You’ll learn the following:
• How to plan strategically for a postdoc that will get you on the right path to your preferred career,
• How to best apply for advertised and unadvertised positions, and
• How to effectively navigate your postdoc so you finish on your timeline, not someone else’s
Online registration and submission of your CV is required to attend the event.
Click here for more information and to register.

Coming next month...help us celebrate Graduate Student Appreciation Week at UNC on April 2 - 6!
Thinking about a postdoc? Get answers at the...

2012 TIBBS POSTDOC BOOTCAMP

**When?**
Tuesday, March 27th, 2012
8:30 to 4:30 pm

**Where?**
Courtyard Marriot near the Friday Ctr

**To register:**
Registration requires two steps. Go to TIBBS.unc.edu for a registration link and information about submitting your CV. Registration cap is 45.

**Agenda at a Glance**
- **Keynote address** by Joan Lakoski, PhD, Professor of Pharmacology, Dean of Postdocs, Vice Chancellor for Career Development, and recipient of Postdoc Advocate Award at Univ. of Pittsburg.
- **Postdoc Panel** Panelists from academia, industry, and teaching postdocs share their advice.
- **Faculty Panel** PIs answer your questions about how they interview, how they hire, and what makes a successful postdoc.
- **Workshops:**
  - Thinking strategically about your postdoc training
  - Crafting effective cover letters & CVs
  - Demystifying postdoctoral funding
- **Lunch provided**
- **PM networking reception**

Dr. Joan Lakoski
University of Pittsburg

Training Initiatives in Biological and Biomedical Sciences
April 20, 2012

Impact the Next Generation of Scientists...
Sign up to be an NC DNA Day Ambassador!

Sign up ➔ ncdnaday.org

What’s in it for me?

- **Outreach:** Visit a North Carolina high school science classroom on (or around) April 20, 2012.
- **Teaching Experience:** Present an engaging lesson related to genetics and genomics.*
- **Impact:** Share information about your own research and what it’s like to be a scientist. Inspire a future scientist!
- **FUN!** Seriously.

*Presentation and supporting materials will be provided for you along with a gas card to pay for your travel. For more info on available lessons, visit ncdnaday.org

“DNA Day is a wonderful opportunity to demystify the image of a scientist. We can show students that we are not crazy people walking around with wild hair and beakers containing colored bubbling liquid that is about to explode, but that we are people who truly want to make a difference to help society, and hopefully, encourage some of them to join the cause. I am honored to be a part of DNA Day.”

- Michael Johnson, UNC-Chapel Hill Graduate Student

Questions? Email us at ncdnaday@gmail.com

Sponsored by the Science, Training and Diversity Group
Office of Graduate Education - UNC School of Medicine
TIBBS Trivia Contest

Our Facebook-based trivia contest is back! The first two PhD students with correct responses will win a $10 Chamber Check that can be used like cash at local businesses! Five runners up will receive a delicious candy bar!

Here’s how to play:
1. Like us on Facebook
2. The trivia question will be posted on our wall a few minutes after distributing the TIBBS Times.
3. Email your answer to erin_hopper@unc.edu. Good luck!

Pioneering Postdoc Programs

Postdoctoral fellowships in the INSPIRE Program (IRACDA New Jersey/New York for Science Partnerships in Science & Education) are available beginning fall 2012. This program provides up to three years of salary support for INSPIRE Fellows. Fellows spend 70% of their time in laboratory research and 30% in teaching and career development activities. The research component involves mentored research with a faculty research mentor at Robert Wood Johnson Medical School or adjacent Rutgers University. The teaching component involves workshops in educational methods and classroom teaching with a teaching mentor at one of our partner minority-serving institutions in the New Jersey/New York City area. Monthly Career Development activities and an active Postdoctoral Association are additional components of the training program for INSPIRE postdoctoral Fellows.

The application deadline for 2012 is May 1st or until positions are filled. Applicants must be U.S. citizens or permanent residents with zero to two years of postdoctoral training at their time of appointment in the program. Applicants must demonstrate strong interests in both research and teaching. To obtain more information about the INSPIRE Program, application procedures, and research opportunities at RWJMS and Rutgers University, please visit the INSPIRE website at: http://rwjms.umdnj.edu/research/postdoc/inspire/.
What if YOU were denied the basic right of Education?

By Danielle Rogers

Vesall Nourani, a Baha'i living in Durham, graduated from UNC in 2008. Shortly after he got a job at RTI, married, and now spends his off hours working with youth in his neighborhood.

Meanwhile, Vesall’s cousin Sama Nourani is the same age as Vessall, same intellect, same goals, same affable nature, and the same religion—the Baha’i Faith, which advocates for unity between all peoples and faith traditions. But Sama lives in Iran, where Baha’is are systematically persecuted and denied access to higher education.

So Sama enrolled in the Baha’i Institute of Higher Education, an underground university where volunteer professors, including Baha’is and Muslims, teach Baha’i youth the same subjects taught at universities throughout the world.

In May of 2011, Iranian authorities raided BIHE homes and arrested professors and students, including Sama.

Today, as Vesall prepares to apply to grad schools, Sama languishes in prison.

In response to this travesty and the denial of the basic human right to education in general, a coalition of UNC students, faculty, and staff have joined the national campaign Education Under Fire. At UNC, there will be a public screening of a documentary also called Education Under Fire on Tuesday, March 27 at 7pm in the FedEx Global Education Center. Following the screening there will be short accounts of the situation in Iran from UNC community members who have direct connections to the BIHE, including drama lecturer Mark Perry. There will also be a discussion about what kind of peaceful response we the UNC community can have in order to help students in Iran and the BIHE members still in prison for the “crimes” of teaching and learning.

For more information please visit educationunderfire.com or to take part in the campaign, please contact Danielle Rogers.

Danielle J. Rogers is a first year graduate student in the Biological & Biomedical Sciences Program (BBSP)

Would you like to contribute to the TIBBS Times? Contact Erin Hopper with your ideas!
March 2012 Workshops and Events (page 1 of 7)

Center for Faculty Excellence Events

Tuesday, March 13, 2012
3:00 PM – 4:00 PM  Clinical Trial Investigator Series: Clinical Trial Protocol Development
Location: Bondurant Hall, Room 3074

Thursday, March 15, 2012
12:00 PM – 1:30 PM  Leading People Through Change
Location: Carroll Hall, Freedom Forum Conference Center

Tuesday, March 20, 2012
8:30 AM – 12:00 PM  New Principal Investigator Training: Setting Up a Lab
Location: Bondurant Hall, Room G074

Wednesday, March 21, 2012
12:00 PM – 1:00 PM  Teaching Portfolios
Location: Wilson Library, Room 318 (CFE Conference Room)

Thursday, March 22, 2012
12:30 PM – 1:30 PM  Redesigning and Planning your Next Course
Location: Wilson Library, Room 318 (CFE Conference Room)
12:45 PM – 4:30 PM  Successful Collaborative Projects
Location: Dey Hall, Toy Lounge

Friday, March 23, 2012
12:00 PM – 1:30 PM  Understanding the Culture of Your School or Department: The Written and Unwritten Rules
Location: Carroll Hall, Freedom Forum Conference Center

Tuesday, March 27, 2012
3:00 PM – 4:00 PM  Clinical Trial Investigator Series: Selecting Study Team and Delegation
Location: Bondurant Hall, Room 4074

Thursday, March 29, 2012
12:30 PM – 1:30 PM  Group Work: Developing Skills for Learning and for Life
Location: Wilson Library, Room 318 (CFE Conference Room)

March 2
Women In Science Seminar
11am – 1pm
Description  Speaker: Linda Birnbaum, Director of the NIEHS Seminar will be followed by a luncheon in which issues of women in science will be discussed; postdocs who are interested are welcome to attend. Details at www.ie.unc.edu/PDF/news_related/Seminar_Birnbaum_3-2-2012.pdf
March 2012 Workshops and Events (page 2 of 7)

March 8
Photoshop IV: Masks
Take your Photoshop skills to another level with this class on masks!
When 2012-03-08 from 12:00 PM to 01:00 PM
Where 67 MacNider
Register Now!
In this class you will learn the advanced skill of masking. Using layer masks you can nondestructively conceal parts of an image or an adjustment made to an image. With masks you can also isolate and manipulate specific parts of an image. Masks are convenient in that they can be edited repeatedly without permanently affecting the underlying image. Masks are a key component to creating photo collages.
Classes are held in 67 MacNider Hall, site of the Faculty Multimedia Development Lab, and last about an hour. They are open to SOM faculty and to staff and medical students working on faculty curriculum projects. Each class includes hands-on use of OIS equipment.
More information about this event…

March 13
Mouse Handling and Techniques
Location: Glaxo Research Building, room 148
Date: Tuesday, March 13, 2012
Time: 10:00 AM - 12:30 PM
Description 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 online orientation (http://cfx3.research.unc.edu/iacuc_reg/).
Sponsor: Office of Animal Care and Use

March 14
Career Path Webinar: “What industry can offer: Tips for putting your foot inside the door”(Bio Careers)
Wed, March 14, 1pm – 2pm
Register at https://www2.gotomeeting.com/register/674297138
Description This webinar will feature a real-life based example from the speaker who navigated through the tough industry job market in the pale economic scenario and will address how to set your foot inside the industrial doorway. Also, the talk will emphasize on other aspects which the prospective candidates need to keep in mind when they want to jump into industry: how to approach, how to apply and what to expect in the next steps. The speaker will also touch upon how the industry
March 2012 Workshops and Events (page 3 of 7)

is different from a career in academia. Saurabh Sen, PhD is a research scientist with domain expertise in membrane proteins (GPCRs) and CNS disorder (Parkinson’s disease). In his current position at Lucigen Corporation, he is working on ‘Brain GPCRs’ towards a thorough understanding of the molecular structural biology of the same. Saurabh was born and raised in India. He received his Masters degree in Biotechnology from Indian Institute of Technology (IIT), Bombay. Saurabh holds a PhD from the University of Helsinki, Finland and completed his postdoctoral research at Washington University School of Medicine at St. Louis and University of Alabama at Birmingham. His scientific background and research interests are based on the comprehensive understanding of the field of membrane proteins and GPCRs, the most sought after drug target of the pharmaceutical industry. Saurabh aims at helping the scientific community through innovation, scientific break-through and knowledge sharing.

March 14
Basic EndNote
3/14/2012 from 3:00pm to 4:00pm, HSL - 329
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. Register at http://www.hsl.unc.edu/Services/Classes/classregistration.cfm

UNC grad students are invited to the Womble Carlyle Law Firm on Wednesday, March 14th to hear about career opportunities as a patent agent in the Intellectual Property practice group. For more information and to register: http://reaction.wcsr.com/rs/vm.ashx?ct=24F76F1CD6E60AEDC1D089A5D128921BD8BE7BB3D38714DD4CF371647BF8D90DDD78031

2nd ANNUAL OLIVER SMITHIES NOBEL SYMPOSIUM:
The University of North Carolina at Chapel Hill welcomes Dr. Thomas Cech for the 2nd Annual Oliver Smithies Nobel Symposium on Wednesday, March 14, 2012. We are honored to feature 1989 Nobel Laureate in Chemistry, Dr. Thomas Cech (Distinguished Professor of Chemistry & Biochemistry, University of Colorado at Boulder and Investigator, Howard Hughes Medical Institute) as the keynote speaker.
Nobel Lecture featuring: THOMAS CECH, PHD “Crawling out of the RNA world: ribozymes, telomerase and other non-coding RNAs”
3:00 - 4:30 P.M. in MBRB Auditorium 2204
Learn more at: www.med.unc.edu/smithies-nobel-symposium

March 15
Rat Handling and Techniques
Prerequisites: Research Profile, Lab Worker Form, Animal Handler Form, and IACUC/DLAM on-line orientation (http://efx3.research.unc.edu/iacuc_reg/).
Location: Glaxo Research Building, room 148
Date: Thursday, March 15, 2012
Time: 10:00 AM - 12:30 PM
March 2012 Workshops and Events (page 4 of 7)

Description
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.

Register at http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=0A1A3455DE46734BDAD7DDF8ADF19DADE8FBBA6B

The North Carolina Biotechnology Center is hosting the fourth and final event in the industry careers workshop series. This event will focus specifically on product development in the AgBiotech industry, including agribusiness, plant science, animal health, and plant-based therapeutics - and the careers options for PhD scientists at each stage of development. Interested parties can register by sending an email, including their name and institutional affiliation, to rsvp@ncbiotech.org.

March 16th
2012 David E. Yoder Symposium
When 2012-03-16 from 08:45 AM to 05:15 PM
Where Extraordinary Ventures, 200 South Elliot Road, Chapel Hill, NC
Description of Session: By definition, routines are part of daily life and are the meaningful events, common chores, and the work associated with living. Routines are appropriate for embedding intervention because they provide a context in which the family is being a family first and a support to their child’s special needs second. Instead of scheduling the family activities around the child’s therapy sessions and at home lessons, in a routines based approach, the family activities become the child’s therapy and practice. This paradigm shift changes many of the roles and common practices for early interventionists. This workshop will present strategies that service providers can use to enhance the family role during the assessment process as a foundation for their active participation in assessment and intervention. Developing routines with the family that are flexible and dynamic and yet intentionally embed intervention to promote maximum child learning will be illustrated with video examples. The use of adult learning principles and problem solving practices will be discussed and modeled throughout the training to increase the familiarity of the participants’ knowledge and application of these theories to enhance the involvement of diverse caregivers. Finally, a model of consultation that focuses on the interaction between the caregiver and the child will be illustrated for use in routine based assessment and interventions.

More information about this event…

Introduction to Outlook 2010
Learn to manage email, schedules, tasks, contacts, and more with Microsoft Outlook.
When 2012-03-16 from 12:00 PM to 01:00 PM
Where 67 MacNider
Register Now!
You probably already know that you can use Microsoft Outlook to manage your email, but did you know that Outlook also includes tools to help you manage your schedule, tasks, contacts, and notes?
March 2012 Workshops and Events (page 5 of 7)

One of the major advantages to using Outlook is its integrated tool set, yet many people aren’t aware of all of Outlook’s capabilities. Take some time to get acquainted with some of the useful, integrated tools Outlook offers. Classes are held in 67 MacNider Hall, site of the Faculty Multimedia Development Lab, and last about an hour. They are open to SOM faculty and to staff and medical students working on faculty curriculum projects. Each class includes hands-on use of Multimedia Lab equipment.

More information about this event…

March 19th
Career Panel/Networking Night for Graduate Students in the Sciences/Health Sciences
Location: Blue Cross Blue Shield Auditorium (MHRC 0001)
Date: Monday, March 19, 2012
Time: 5:30 PM - 8:00 PM
Sponsor: University Career Services - Co-sponsored by UCS, The Graduate School, TIBBS
Description Join us for an evening focused on career options in various industries across the spectrum. The event will begin with an hour-long panel discussion followed by a networking reception. Registered participants will receive networking instructions and tips prior to the event. Co-sponsored by University Career Services, the Graduate School, and the Training Initiative in Biomedical and Biological Sciences.

March 20th
Identifying Funding Sources for Graduate Research and Study
Description We invite UNC-Chapel Hill graduate and professional students from all disciplines to attend one of these in-depth workshops on identifying funding sources for graduate research and study. The instructor will provide time-saving tips for conducting a funding search and an overview of resources available through the Graduate Funding Information Center. Each participant will have access to a computer for searching.
You will learn how to:
• Make the most effective use of the COS Pivot multidisciplinary funding opportunity database (how to search, important features, pros and cons)
• Set up customized funding alerts in COS Pivot and other funding email lists
• Search for funding using special resources for graduate students
• Identify internal funding opportunities at Carolina
• Find online and print proposal writing guides
Location: Davis Library, room 246
Date: Tuesday, March 20, 2012
Time: 9:00 AM - 10:30 AM
http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=28A26561848224E0CD_E129D6440E8D5B309706FA
March 2012 Workshops and Events (page 6 of 7)

March 21st
Identifying Funding Sources for Graduate Research and Study
Description We invite UNC-Chapel Hill graduate and professional students from all disciplines to attend one of these in-depth workshops on identifying funding sources for graduate research and study. The instructor will provide time-saving tips for conducting a funding search and an overview of resources available through the Graduate Funding Information Center. Each participant will have access to a computer for searching.
You will learn how to:
• Make the most effective use of the COS Pivot multidisciplinary funding opportunity database (how to search, important features, pros and cons)
• Set up customized funding alerts in COS Pivot and other funding email lists
• Search for funding using special resources for graduate students
• Identify internal funding opportunities at Carolina
• Find online and print proposal writing guides
Location: Health Sciences Library, room 307
Date: Wednesday, March 21, 2012
Time: 8:30 AM - 10:00 AM
http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=5F682793582E82CE686747C851B998DC1F86A55B

HAVEN Training for Students
Location: TBD
Date: 03/21/2012 - 3:00pm - 7:00pm
The HAVEN Program is a campus initiative to increase support for student survivors of interpersonal violence (stalking, abusive relationships, and sexual assault) and to further the university’s efforts to prevent interpersonal violence. The idea is to create multiple “safe spaces” around the campus for students to go for information, discussion, and referral. Faculty, staff, and students may attend a HAVEN training session and then receive a sign for their door which indicates that they are a safe space to go to discuss issues around sexual assault, abusive relationships, and stalking.
Register here: http://safe.unc.edu/get-involved/haven-register/

RefWorks training
3/21/2012 from 3:00pm to 4:00pm, HSL - 329
In this RefWorks class, participants will learn how to create an account, collaborate and share references with a group account, navigate the RefWorks interface, create citations in RefWorks, and organize references. Participants will also learn how to create bibliographies and in-line citations in documents using Write-N-Cite.
Register at http://www.hsl.unc.edu/Services/Classes/classregistration.cfm

March 27th
BIHE Documentary Screening
Held in the FedEx Global Education Center in Nelson Mandela Auditorium (room 1015). The documentary addresses the continued government-sanctioned persecution of specific groups in
March 2012 Workshops and Events (page 7 of 7)

Iran and the blatant disregard of Article 26 of the Universal Declaration of Human Rights, which guarantees education as an inalienable right of every human being (see article on p. 5 of this month's TIBBS Times newsletter for more details).

March 27th
3rd Annual TIBBS Postdoc Bootcamp
Location: Courtyard Marriott near the Friday Center
Date: Tuesday, March 27, 2012
Description Are you less than two years from graduation? Are you starting to think about where to do your postdoc? Are you in the middle of your postdoc search? Wherever you are in the process, the 3rd annual TIBBS Postdoc Bootcamp will put you on the path to success. You’ll learn the following:
• how to plan strategically for a postdoc that will get you on the right path to your preferred career,
• how to best apply for advertised and unadvertised positions, and
• how to effectively navigate your postdoc so you finish on your timeline, not someone else’s

Registration for this event is limited to 40 graduate students (due to space constraints) and requires two steps:

1. Register online here
2. Send a copy of your CV to Patrick Brandt at pdbrandt@email.unc.edu.

Your registration is not considered complete until I receive your CV. Registration will close after 40 completed registrations have been received. Your CV won’t be used to include or exclude you from the event; the purpose of submitting your CV is so that you can get feedback from UNC faculty on how you might be able to increase the impact of your CV. Faculty feedback will be returned to you as part of the Postdoc Bootcamp.

Register at http://cfx.research.unc.edu/res_classreg/browse_single.cfm?New=1&event=7E151BA6B3BA2D7D8B570DC27F41E0CD67B75522
Cheap Things to Do Around Campus in March (page 1 of 5)

Groupon
Groupon is a website that offers deals on things to do, services, and places to eat in your area.

Living Social
Offers one deal every day with discounts of up to 90% at local restaurants, bars, spas, theaters, and more.

Our Local Deals
Deals for the Greater Chapel Hill, Carrboro and Orange County Communities

MARCH EVENTS:

March Madness has struck! Follow NCAA basketball at ESPN or [http://www.ncaa.com/sports/basketball-men/d1](http://www.ncaa.com/sports/basketball-men/d1)

St. Patrick’s Day Celebrations at local Irish pubs:
[http://raleighdurham.about.com/od/holiday/tp/St-Patricks-Day-In-Raleigh-Durham-And-Chapel-Hill.htm](http://raleighdurham.about.com/od/holiday/tp/St-Patricks-Day-In-Raleigh-Durham-And-Chapel-Hill.htm)


Raleigh Festivals this Month:
[http://eventful.com/raleigh/events/categories/festivals_parades](http://eventful.com/raleigh/events/categories/festivals_parades)

Triangle Film Events this Month:
[http://eventful.com/raleigh/events/categories/movies_film/this-month](http://eventful.com/raleigh/events/categories/movies_film/this-month)

Thorough List of Local Events by Category:
[http://eventful.com/raleigh/events](http://eventful.com/raleigh/events)

LOCAL EVENTS CALENDARS

Chapel Hill Event Calendar:

Durham Event Calendar:

Carrboro Citizen:
[http://twitter.com/#!/CarrboroCitizen](http://twitter.com/#!/CarrboroCitizen)
[http://www.carrborocitizen.com](http://www.carrborocitizen.com)
Cheap Things to Do Around Campus in March (page 2 of 5)

Raleigh Carrboro Events
http://events.triangle.com/raleigh-nc/events/carrboro+events

Independent Weekly:
http://www.indyweek.com
http://twitter.com/#!/indyweek

ATHLETIC EVENTS:

Full UNC Athletic Schedule

UNC Campus Recreation Intramural Sports
http://campusrec.unc.edu/getting-involved

Runs:

For a complete list of local runs and races: http://runwellnc.com/

Beginners Fitness Bootcamp is hosting a Half Marathon and 5K Training Program beginning March 3rd through May 20th. All running levels are welcome. $75 fee includes personalized training, expert coaching and mentoring, a weekly run/walk in the Durham and Raleigh area, weekly fitness clinics, nutritional guidance, and a T-shirt. For more information, contact Liesl K. Jeffer at liesl_j@hotmail.com or 352.870.3448. The goal race is Diva Half Marathon and 5K http://www.runlikeadiva.com/Half_Marathon_Events/Divas_Half_Marathon_-_North_Myrtle_Beach.htm

Fleet Feet in Carrboro has weekly free Pub Runs, yoga, and 4, 10, ½ marathon, and marathon training workouts: http://www.fleetfeetcarrboro.com/

Some races in Chapel Hill:

ZTA 5K-March 17th
This Chapel Hill 5k supports multiple local community organizations. Fee: $15
http://www.setupevents.com/index.cfm?fuseaction=event_detail&eventID=2032

Kidney Kare 5K Run-March 17th
Run in Chapel Hill; proceeds from this event will support the kidney Education Outreach Program, the Patient Emergent Need Fund, and the Carolina Kidney Kids for Pediatric Nephrology. Fee: $25, $20 for students
Cheap Things to Do Around Campus in March (page 3 of 5)

Heels for Healing 5K-March 31st
Run on UNC Campus-funds go to BounceBack Kids and sponsored by the UNC Association of Nursing Students. For more information: http://www.bouncebackkids.org/5k

THE ARTS AND SCIENCE:

Carolina Performing Arts:
http://www.carolinaperformingarts.org/genres/all

Shows at Cat’s Cradle, Carrboro:
http://www.catscradle.com/schedule.html

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

UNC Ackland Art Gallery Calendar:

Morehead Planetarium
250 E. Franklin St, Chapel Hill

Museum of Life and Science, Durham
http://www.ncmls.org/visit
$12.95 adults, $10.95 seniors 65+, $9.95 children (3-12)

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.
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.
Cheap Things to Do Around Campus in March (page 4 of 5)

http://www.varsynfranklin.com/nowplaying.asp
https://twitter.com/#!/varsitytheatre

Carolina Union Activities Board:
Different activities organized by the CUAB. Free films are shown during the school year.
http://www.unc.edu/cuab/events.shtml

FOOD AND DRINK:
Comprehensive list of food and drink specials, bar events in the area:

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)
Root vegetables, arugula, plant starters, potatoes, lettuces, greens, meats, cheeses, and more available.

Pick your own fruits and vegetables:

www.pickyourown.com

The Stagger- Chapel Hill/Durham/Raleigh area drink specials.

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

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
Cheap Things to Do Around Campus in March (page 5 of 5)

First Fridays, Downtown Raleigh
Art, Food, Music for free in downtown Raleigh
http://www.godowntownraleigh.com/first-friday-raleigh

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

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

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

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

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

VOLUNTEER OPPORTUNITIES

UNC Hospitals Volunteer Information
http://www.unchealthcare.org/site/volunteers/adult_volunteers

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

Habitat for Humanity:

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

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