Upcoming TIBBS-sponsored events:

Fri./March 8 at 12 pm in Bondurant G030:
Tips and Tricks for using Microsoft Word to Format Your Dissertation

For most graduate students, the Ph.D. dissertation is the single largest document you have ever created, and learning to format and lay out a 200+ page document can suck up hours and even days of your precious time. Fortunately, there are a number of features and tricks in Microsoft Word that can make the task more manageable.

In order to get the most out of this workshop, please bring a laptop computer running MS Word. Dr. Patrick Brandt, Director of Science, Training, and Diversity, will lead the workshop. You can work along with Patrick on your own dissertation, or if you prefer, he will provide a practice file that you can use. [Register for this event.]

Wed./March 13: One-on-One Career Coaching Sessions with Dr. Denise Saunders

Confused about career options? Life’s got you down? Struggling in the lab or at home? Denise has been helping graduate students and postdocs at UNC, NIH, and NIH for years. She is available to help with concerns such as work-life balance, dealing with setbacks, mentor relationships, choosing a career path, depression, and changing labs.

Please email Erin Hopper (erin_hopper@unc.edu) to request a 45-minute appointment. [Register for this event.]

Thurs./March 21 at 2 pm in Genome Sciences Building GS100:
Peter Fiske: Put Your Science to WORK! Practical Advice and Proven Techniques to Land the Job of Your Dreams

Dr. Peter Fiske is the author of 22 technical articles and a former member of the technical staff of Lawrence Livermore National Laboratory. See the flyer on the next page for more information. Please join us for a reception in the courtyard after the presentation. [Register for this event.]

Fri./March 22 at 9:30 am in Bondurant G010:
WinS Panel Discussion Forks in the Road: Choosing Your Career Path

One degree. Many opportunities. Join the second WinS event of the year to explore the vast career opportunities that await you after completion of your PhD degree! Bring your questions to stimulate discussions among a diverse panel of representatives from various areas of industry, government, and academia.

Coffee and breakfast refreshments to be served. All genders are encouraged to attend, and we welcome grad students, faculty, postdocs, and staff. Seats are limited, so register now! [Register for this event.]

Thurs./March 28 at 4pm on the MBRB lawn: TIBBS Spring Egg Hunt

This event is a grad student favorite! Bring your running shoes and get ready to hunt for prize-filled eggs on the MBRB lawn. We’ll have loads of candy and fabulous prizes! No registration is necessary.

Saturday, March 30 at 10am on the MBRB Lawn: TIBBS Family Egg Hunt

Join us for a special egg hunt for kids! Bring your children, nieces/nephews, friends, grandkids, etc. for a great time and a visit from the amazing unicycling TIBBSter Bunny! Grad students, postdocs, faculty, staff, and families are all invited!
PRACTICAL ADVICE AND PROVEN TECHNIQUES TO LAND THE JOB OF YOUR DREAMS

Dr. Peter Fiske, CEO of PAX Mixer, Inc. and the author of Put Your Science to Work: The Take Charge Career Guide for Scientists

Young scientists in nearly every field are finding today’s job market a confusing and frustrating place. Learn about these topics:

• Current and future employment trends and your options
• An overview of effective career planning and job hunting
• The TRUE breadth of career opportunities for PhDs
• Sought-after skills and experience
• Developing a compelling CV, resume and cover letter, and more!

Please join us for a reception in the courtyard at 3 pm.
Register to attend at http://tinyurl.com/aowpxam
REGISTER FOR THE FIRST ANNUAL DNA DAY 5K ON May 18th!

Run to Support Science Outreach and Education in NC
9:00 AM on Saturday, May 18th 2013

$5.00 off Promo Code: Run4Fun

Register at http://ncdnaday.org/5K
or use the QR code below

SCIENCE FESTIVAL

Biosciences in Motion: Moving Research from Lab to Your Life
Learn more about the research going on here in NC
10:00 AM on Saturday, May 18th 2013

Carolina Student Union UNC Chapel Hill

http://ncdnaday.org/festival
How are you today? Seems like a simple question, with a simple answer. Good! Great! Grand! Fine. Only it is not so simple if you are lying because you are trying to put on a good face. Maybe you are a first-year student, a long way from home, missing friends and family. Or you are a fifth-year “All But Dissertation”, with a slew of failed projects and data leading nowhere. It does not matter. Mental health issues can strike anyone, anytime, anywhere. Whether it is anxiety, depression, bipolar disorder or schizophrenia, your mental health in graduate school is a serious concern.

A 2004 survey at the University of California, Berkley found that 46% of graduate students felt hopeless. A more recent 2008 survey reported that 15% of graduate students reported having depressive symptoms compared to 6.4% of the general population. A longitudinal study of nursing students demonstrated a correlation between length of time in education and depressive symptoms. And even the soldiers serving in our armed forces, who one would assume are the strongest among us, have seen a 54% rise in suicides since 2007, a total amount surpassing combat deaths of US forces in Afghanistan for 2012.

If you have mental health issues, YOU ARE NOT ALONE. I think everyone at some point in their graduate career has issues with depression, severe anxiety, and hopelessness. In some ways, it is the nature of graduate school. Academic pressures, limited financial means, and long work hours can all have an impact on the health of the graduate student. Though it is not easy to fit into a graduate student’s schedule, eating right, exercising regularly, and getting adequate sleep can help. In fact, just talking to someone can be the best medicine. Maybe that person is a therapist available here at campus health, your general practitioner, a therapist in private practice, or even just a friend. It could even be your PI. All you really need is someone willing to listen, as simply talking can be as effective as medication over the long term.

If you have a problem and do not think anyone is willing to listen, call 1-800-GRAD-HLP (472-3457), a helpline solely for graduate students run by the Kristin Brooks Center, a non-profit suicide prevention organization. Or if you are having suicidal thoughts, please call 1-800-SUICIDE (784-2433), a national suicide prevention hotline.

If you are a friend and see someone in need, reach out. Be willing to take the time to carefully listen and have an open, supportive conversation. If you find yourself in a situation and do not know what to do, you can call Counseling and Psychological Services (CAPS) here at UNC, either at 919-966-3658 during work hours (8-5, M-F) or at 919-966-2281 for urgent needs after hours or on weekends. CAPS offers free first-time walk-in appointments, and CAPS keeps all reports completely confidential. This can be a good initial on-campus resource; however, please be aware this CAPS resource will be limited to 6-8 visits.

For a more permanent solution, an available psychiatrist/psychologist/social worker/mental health counselor in private practice may be a better choice. Many of these offer payment using a sliding scale based on income (see list on p. 7) and accept graduate student health insurance. A fantastic additional resource available through CAPS is the graduate student counseling group, offering a group setting in which to talk about your problems.

And if medication is needed, psychiatrists on staff at UNC can help manage your medications, which may be available for $10 at the campus health pharmacy. Unfortunately, as a graduate student, you may not have a whole lot of extra money in your pocket, so take advantage of the free services UNC can offer or seek out one of the mental health workers who uses a sliding fee scale.

If you think you have a problem, do not ignore it. Ignoring it may lead you down a destructive path of coping mechanisms: excessive alcohol, drug use, or even self-injury. There is no shame in asking for help. Just like with your experiments, asking for help does not demean you. It only strengthens you and helps put you on a successful path. So do not be afraid to answer truthfully when someone asks how you are and say, “I am not doing okay. I think I need help.” Just taking that first step can be the most important decision you will ever make in graduate school.

About the author: Luke Roode is a graduate student in the Division of Molecular Pharmaceutics in the School of Pharmacy at the University of North Carolina at Chapel Hill. His research is focused on understanding the interplay between PRINT Nanoparticle properties and their resulting biodistribution.

Additional Resources are listed on page 7.
Her path to NIEHS: Dr. Mercedes Arana is a Biologist at the National Institute of Environmental Health Sciences (NIEHS). After completing her undergraduate degree at Florida State University, she was unsure if she wanted to go to graduate or medical school. She ended up working as a research associate with her bachelor's degree, but she reached a point in that career path where she knew her four-year degree would allow her to progress no further. This was when she decided it was time to apply to graduate school. She completed her PhD at the University of Miami in molecular biology and biochemistry and then landed a postdoc position at NIEHS in Research Triangle Park. She chose this position due to the opportunities at NIEHS and in RTP. After her postdoc ended she was offered a position in the same lab. She decided that she liked the stability a government job offered her, so she remained there and has now been at NIEHS for three years. She is a scientist working on a number of projects, helping others in the group or within NIEHS and taking care of day-to-day business in the lab. Now she is learning bioinformatics and gene expression analysis.

Incorporating science outreach: Dr. Arana is passionate about science outreach and her supervisor at NIEHS allows her to pursue this interest. He is flexible and allows her to participate in outreach activities. Not all PIs may be as understanding, so she recommends talking with your PI about your interests before joining the lab.

Postdoc opportunities at NIEHS: Very early in Dr. Arana’s postdoc at NIEHS, there was little educational support for trainees. Since then, NIEHS has developed a postdoctoral program that offers opportunities to do outreach, get teaching experience by guest lecturing at local universities, participate in committees, and more. Having this in place for postdocs allows them to explore career paths beyond the bench. It is important to ask about such opportunities when interviewing for postdoc positions because the postdoc experience needs to prepare you for what you ultimately want to do.

Advice on finding a postdoc: Writing to PIs to ask about available positions is often helpful. Some may require you to fill out an application, and others may require that you already have funding. It is important to speak with other members of the lab you are interested in joining and demonstrate your enthusiasm for their work. You may need to be flexible with your start date, as some may want you to start right away while others may want you to wait. The start date is not always negotiable, so be sure to have a backup plan.

If you are up to the challenge, Dr. Arana recommends learning something completely new in your postdoc rather than sticking with research similar to your graduate work. Dr. Arana has seen many postdocs come through her lab who were new to the field and quickly learned new techniques. Usually people in the lab will help you out and teach you. However, you need to be motivated to learn on your own and get things done. Stepping outside your comfort zone or doing something different will give you a larger skill set, and that will set you up for success in your career.

Staff Structure at NIEHS: Dr. Arana works under the head of the lab PI. Within the lab there are staff scientists, biologists, and postdoctoral fellows. The biologists and staff scientists may start projects and hand them off to postdocs. The PI leads the direction of the research.

Working environment at NIEHS: The culture in a lab setting like NIEHS is not very different from what you will find in academia. In both you may be assigned to lab chores, and you may share expensive equipment with other labs or access it in a core facility. One big difference is that NIEHS staff completes the glassware chores. Government funds are sometimes available to buy large equipment that a lab might use often. There is an online request system you can use to get media and plates. Generally, the atmosphere is more open, and PIs are more willing to collaborate with each other, perhaps because they don’t have to compete with each other for grant money. People are very friendly and willing to share equipment and materials.

Publishing at NIEHS: Publishing papers at NIEHS is not much different from how the process works in academia. However, you are required to have two internal reviewers of your manuscript before it is submitted.

Continued on page 7
The Carolina Biosciences Alumni Reunion and Symposia slated for May 16 - 17, 2013

The School of Medicine Office of Graduate Education (OGE) and the Biological Biomedical Sciences Program (BBSP) are sponsoring a campus wide reunion for biosciences graduate alumni on May 16 and 17, 2013. The 14 BBSP member PhD programs, including biosciences programs in the College of Arts and Sciences, School of Medicine, School of Pharmacy and School of Dentistry, are inviting alumni back for reunion activities on May 16.

On May 17th the OGE is sponsoring campus wide activities such as an alumni networking event for current biosciences graduate students, and a scientific symposium open to faculty, staff, students and alumni. There also will be an afternoon symposium open to the public focusing on personalized medicine.

In conjunction with the event the OGE is sponsoring an Art of Science competition open to any UNC staff, student or faculty member. Additionally, graduate students have organized a 5K run and a science symposium for alumni and members of the local community which will be held on Saturday May 18th.

We hope everyone in the UNC biosciences community can join us to celebrate graduate training at UNC, past and present. For more information about the Alumni Reunion event, to register to attend a session or to find out about the Art of Science Competition please visit our website at http://biosciencesreunion.web.unc.edu/. Questions and comments should be sent to Anna O’Connell at aboconnell@unc.edu.

The novelist Vladimir Nabokov is famously quoted as saying “there is no science without fancy and no art without fact”. There is no doubt that both science and art are creative processes. And nature is certainly beautiful. From the golden ratio seen in the head of a daisy to the intricate pattern formed by tracings of neuronal connections, scientists have a unique view of the world.

We would like to celebrate the intersection of art and science by asking the UNC community: What do you see when you look through the microscope? Who is the face of the disease you study? Do the cells you work on move in synchronicity? How does your tiny organism look when viewed larger than life? We challenge you to look at your research through a creative eye and capture the art of your science.

We are hosting this competition as part of the 2013 Carolina Biosciences Alumni Reunion and winners will have their artwork displayed at the Ackland Art Museum for a reception open to the public. The competition is open to all UNC students, staff and faculty. Deadline for entries is March 22, 2013. For information about the competition rules and the entry form please visit http://biosciencesreunion.web.unc.edu/art-of-science-competition/. Questions and comments should be sent to Anna O’Connell at aboconnell@unc.edu.
Qualifications for a biologist position: The skill level for the biologist position varies. You can apply for a position without a postdoc, and some positions require only a BA or BS degree. The specific degree requirements depend on the particular job.

The future of bioinformatics: NIEHS has a bioinformatics core that is staffed by contractors. Dr. Arana’s lab is incorporating some bioinformatics work into their research, and she is working closely with the core to learn microarray data analysis. This is a growing field, and developing skills in it will enhance your competitiveness for postdocs and jobs. Dr. Arana strongly encourages graduate students and postdocs to learn bioinformatics and programming skills.

Getting a job after a postdoc: The postdocs in Dr. Arana’s lab have gone on to secure a wide range of jobs including PI positions and positions in industry and government. Some postdocs outside of Dr. Arana’s group have become directors and managers at different companies and some have gone into postdoc support positions. It is important to realize that there are opportunities beyond being a PI and becoming an academic faculty member. Preparing for this variety of jobs requires a variety of experiences, making it advantageous to do a postdoc that is different from what you did as a grad student and that gives you a different set of skills. The ability to network and work as a team will also enhance your competitiveness.

Please understand that these are the views and opinion of Dr. Mercedes Arana and do not necessarily represent those of NIEHS.

About the author: Dana Walsh is a graduate student in the Curriculum in Toxicology at the University of North Carolina at Chapel Hill. Her research is focused on understanding the effects of air pollution on the airway microbiota and its role in modulating the immune response.

OPC Screening, Triage, Access & Referral (STAR) (919) 913-4100 or Toll Free: 1-800-233-6834 Freedom House (919) 732-1150
Click on the 2011 mental health resource directory at http://www.co.orange.nc.us/healthycarolinians/Publi-
cations.asp
Listed providers who have a sliding scale: Laura Gillom, Ph.D.; E. Scott Warren, Ph.D., LPC; Nicole Amundsen, MSW; Angela Annas, M.Ed., MSW; Elizabeth Anton, Psy. D.; Jennifer Baddour, LCSW; Elissa Baldwin, MSW; Ruth Bard Rampel, Ph.D.; Tyler Beach, MSW; Lauren Bradley, LCSW; Paul Brinich, MA, Ph.D.; Alice Carlton, MSW; Tiffany Castellanos, LCSW; Patricia Catanio, MSW; Linda Cherney, LPC; Anne Coleman, LCSW; Nancy Ciocci, LCSW; M. Avery Cook, LCSW; David Donlon, MSW; Nancy Durham, LCSW; Renee Flaim, LCSW; Bonnie Gilliom, MA, MS; Marilyn Grubbs, LPC; Michelle Johnson, LCSW; Michael Jokich, LCSW; Ellen Junker, LPC; Stephanie Anderson Ladd, LPC; Audrey Layden, MS; Irene Lazarus, Ph.D., LMFT; Miriam Lieberman, LPC; Lou Lipsitz, LCSW; Michael David Loven, Ph.D.; Sally Maslansky, MFTA; Elizabeth McElhinny Hayden, LCSW; Denise Mitchell, LCSW; Judith Tashner Morse, LCSW; Steevie Jane Parks, Ph.D; David Rademacher, MA; Margaret Rhee, LCSW; Carol Ross, MA; Melanie Roskin, LCSW; Barry Selman, LCSW; Donna Stanley, LCSW; Merideth Tomlinson, PhD; Joyce Tennison, LPC; Janet Urman, LCSW; Sibyl Wagner, LCSW; Ann Waldon, LCSW; Jay C. Williams, LCSW, Ph.D.
USA Self-Injury Help by S.A.F.E. (Self Abuse Finally Ends) Phone number: 1-800-DONT-CUT (1-800-366-8288)

References
cencemag.org/career_magazine/previous_issues/ar-
ticles/2012_10_05/caredit.a1200111 (accessed February 26, 2013).
chicagotribune.com/news/nationworld/la-na-nn-army-
secretary-mental-health-20130204-0,7550391.story
Pioneering Postdoc Programs

The Howard Hughes Program for Innovation in Undergraduate Science Education at Iowa State University invites applications for a Post-doctoral Science Teaching Fellow in the field of biology. This is a 2-year position beginning as early as 1 June 2013. The Fellow will develop inquiry-based labs on ecology and/or biodiversity for an introductory biology course in coordination with science faculty. Over the second year, the Fellow will link these lab-based active-learning topics with the associated lecture course.

The Fellow will join a large team of approximately 60 science faculty working on the HHMI project at Iowa State University. The overall project annually impacts approximately 8000 1st and 2nd-year science students in all our science departments. The program provides students the chance to experience the excitement of discovery and to develop their broader scientific skills. The Fellows will also have the opportunity to join a research group, providing additional opportunities for scholarship, publication, and professional development in biology. Our two most recent Fellows are now tenure-track faculty at liberal arts colleges.

Required qualifications are a Ph.D. in biology or life-sciences and a strong interest in developing excellence in science education scholarship. Success in this position requires excellent organizational and interpersonal communication skills as well as teaching experience. A recent annual report of the HHMI-ISU project can be found at www.bit.ly/WANTQo

For questions regarding this position, please contact Prof. Ogilvie at cogilvie@iastate.edu. To apply, send the following to cesmeestaff@iastate.edu:

1) a cover letter briefly summarizing qualifications,
2) curriculum vitae,
3) a statement of scholarly interests and expertise, and
4) arrange for three letters of reference to be sent to cesmeestaff@iastate.edu.

To ensure consideration, submit application by 15 March 2013. Review of applications will continue until a suitable candidate has been identified.

TIBBS Trivia Contest: Name That Scientist!

Let’s exercise our brains with some TIBBS trivia! The first UNC graduate student with a correct response will win a UNC water bottle! 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!
Click here to view seminars, workshops/events, and TIBBS events on our TIBBS calendar.

Cheap Things

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:

Things to Make Sure You Do in 2013-

Playmakers Theater presents “Vision Series- Cabaret”
This hugely popular series invites you to join us in the Paul Green Theatre for some delicious hors d'oeuvres and the chance to learn about a production in process. Meet the director and get a behind-the-scenes look at the design and vision for our shows. These events are free and begin at 6:30pm. For more information: http://www.playmakersrep.org/outreach/series.aspx?id=65844FCD-3978-45A7-BFCE-51110A65F278
http://www.playmakersrep.org/
Chapel Hill/Carrboro events:
http://chapelboro.com/Calendar/9470615

Playmaker’s Theater:
http://playmakersrep.org/

Raleigh Festivals this Month:
http://eventful.com/raleigh/events/categories/festivals_parades

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

Thorough List of Local Events by Category:
http://eventful.com/raleigh/events

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

ST. PATRICK’S DAY EVENTS:
St. Patrick’s Day Parade
Come see the largest parade in Raleigh! March 16th in downtown. For more information: http://www.raleighstpats.org/

WRAL events list: http://www.wral.com/entertainment/out_and_about/blogpost/10832854/

St. Patrick’s Day weekend events:
http://www.wral.com/lifestyles/goaskmom/blogpost/10851329/

EASTER EVENTS:
Children’s Egg Hunt Celebration
Saturday, March 23, 2013, 9:30am until 12 Noon, Hank Anderson Park in Carrboro
All skilled egg hunters ages 2 to 10 are invited to participate in the annual Community Egg Hunt on Saturday, March 23st from 9:30 to Noon. This free event, packed full of live entertainment, games, prizes, and a visit from the Easter Bunny will take place in Carrboro at Hank Anderson III Community Park, located on Highway 54, west of Carrboro past Carrboro Plaza, on the right. http://www.townofchapelhill.org/index.aspx?page=1980


WRAL listing of mall bunnies and egg hunts: http://www.wral.com/lifestyles/goaskmom/blogpost/7190712/

Easter Brunch at Carolina Inn: http://www.carolinainn.com/hotel-events/chapel-hill-event-calendar.php

LOCAL EVENTS CALENDARS
Chapel Hill Event Calendar:
http://events.triangle.com/search?city=Chapel+Hill&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days
http://www.visitchapelhill.org/calendar/events/index.php?year=2013&month=01&day=1
Durham Event Calendar:
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

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 Schedules available for every sport: http://www.goheels.com/

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

Runs:
For a complete list of local runs and races: http://runwellnc.com/
Fleet Feet in Carrboro has weekly free Pub Runs, yoga, and 4, 10, ½ marathon, and marathon training workouts: http://www.fleet-feetcarrboro.com/

Some races in Chapel Hill:
Run for the Oaks
The 2013 version of the Run for the Oaks will be the 31th annual running of this event. Over 780 runners signed up for this race in 2012. David Roche won the race in 15:17. Kimberlie Fowler Lee won the women’s title in a course-record 17:52. Brent Ferrell (14:51) holds the course mark for the men. The 5K race starts and finish on Person Street next to Moore Square at the City Market located at 214 East Martin Street in downtown Raleigh. For more information: http://www.active.com/running/raleigh-nc/run-for-the-oaks-2013

Heels for Healing 5K
The University of North Carolina’s Association of Nursing Students (UNC ANS) will be holding its second annual Heels for Healing 5K and kid’s fun run. The beneficiary of the race will be BounceBack Kids, a Triangle nonprofit organization that serves children with life-challenging medical conditions as well as their families and caregivers. Other proceeds from the event will support UNC nursing students who wish to attend state and national nursing conferences as well as other ANS needs. We are delighted to support our local community through BounceBack Kids as well as our nursing students here on campus. For more information: http://www.sportoften.com/events/eventDetails.cfm?pEventId=9754

THE ARTS AND SCIENCES
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.
http://www.varsionfranklin.com/nowplaying.asp
https://twitter.com/#!/varsitytheatre

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

Grand Opening of Mellow Mushroom- March 4th on Franklin Street
http://www.visitchapelhill.org/newsroom/item/new-restaurants-on-franklin-street

Wild Food and Herb Market- March 10th
http://www.visitchapelhill.org/newsroom/item/carrboros-wild-food-herb-market

Carolina Inn: http://www.carolinainn.com/

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)
These fruits and veggies are in season: Artichokes, Arugula, Asparagus, Avocados, Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Chives, Collards, Endive, Garlic, Grapefruit, Guavas, Kumquats, Leeks, Lemons, Limes, Mandarins, Mint, Onions, Oranges, Parsley, Parsnips, Potatoes, Radishes, Rhubarb, Rutabaga, Strawberries, Tangerines, Turnips, Spinach, Walnuts

Pick your own fruits and vegetables:
Check out these directories for local pick-your-own farms:
http://www.pickyourown.org/NCpiedmont.htm

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

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

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

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+login+or+register&__hs___flash_message__=ad9b4f32ce0331b664cebef21caae8fd2ab92f46

Habitat for Humanity:
Orange County:
http://www.orangehabitat.org/volunteer/

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

Orange County Animal Shelter:
http://www.co.orange.nc.us/animalservices/volunteers.asp