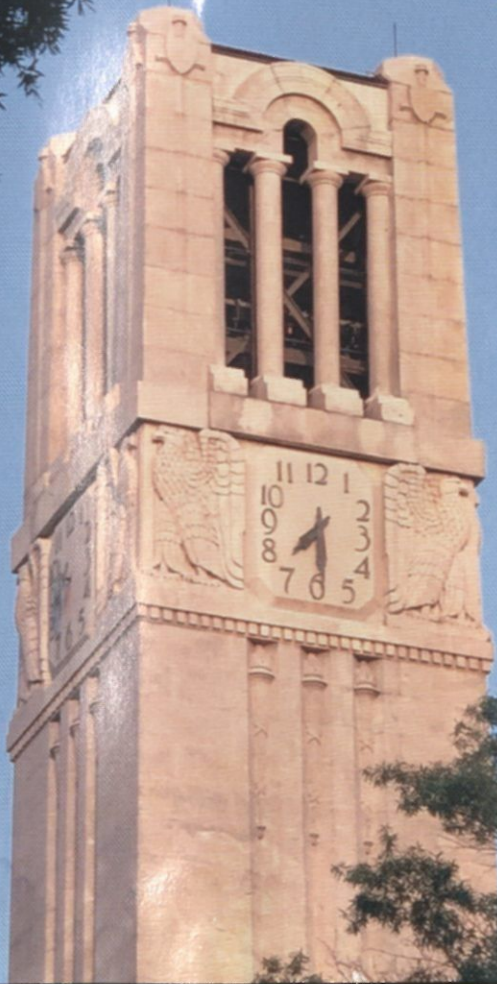


# ROUNDABOUT

NC STATE STUDENT MEDIA

SUMMER 2022

## THE ORIENTATION ISSUE



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**NC STATE**  
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Media

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# WELCOME FRESHMEN

WOLF  
PACK

As you begin this new chapter in your life, we encourage you to apply yourself and engage your mind fully. Go for it! Pursue knowledge and academic training in your field of study. College can be one of the best experiences of your life; lasting friendships are developed and your future path is chosen. While here you will no doubt be exposed to various philosophies. College is also a time when many consider the spiritual aspect of their lives. We are a group of faculty and staff who are united in our discovery and experience that Jesus Christ provides intellectually and spiritually satisfying answers to life's most important questions. Interested? Talk with us or go to [cfsn-ncsu.org](http://cfsn-ncsu.org), [EveryStudent.com](http://EveryStudent.com) or [MeetTheProf.com](http://MeetTheProf.com).

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**We Welcome YOU!**



# EDITOR'S NOTE

## ABOUT US

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The newest NC State Student Media outlet, Roundabout, is a general interest magazine that covers student life, arts, achievements and culture.

## MAGAZINE STAFF

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Editor-in-Chief	Bran Poster
Design Editor	Campbell Briggs
Adviser	Martha Collins

## THE COVER

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The iconic Belltower takes on the pinkish hue of the setting sun.

Photo by Bran Poster

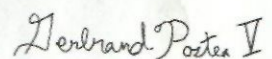
Dear new students, proud parents, and marooned aliens,

Wolfpack welcome and congratulations to you from Roundabout! You no doubt have already been showered with adulation by friends and family overjoyed by your acceptance into NC State, but the significance of this achievement cannot be overstated. College is an opportunity unlike any other in your life. My staff and I will try to give you the knowledge we wish we had when we started this journey.

NC State is an enormous place, which means it's full of opportunities, but it's also easy to get lost. It's crucial, especially if you're introverted like me, to find a squad. Join a club (more on this later!), get to know your dorm neighbors, walk up to a random person in a dining hall and say: "Hey, have I seen you around Turlington?" A great place to start is my own abode, Roundabout. We're open to all majors, the only prerequisite is writing, photography or design ability. If you'd like more advice or information, email me at [roundabout-editor@ncsu.edu](mailto:roundabout-editor@ncsu.edu).

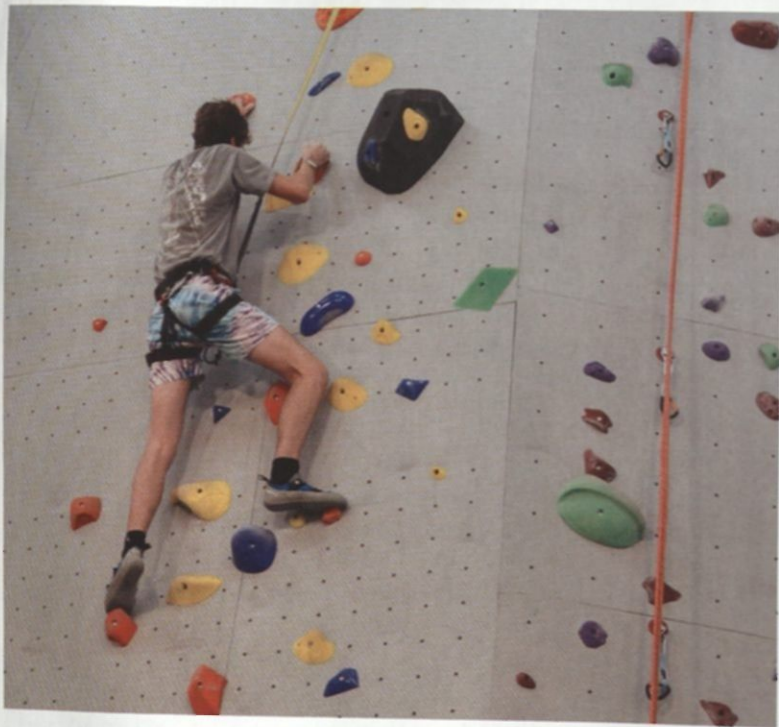
As y'all might imagine, a magazine like Roundabout could not exist without the support of countless individuals. Firstly, I would like to give my wholehearted thanks to the legendary Campbell Briggs, our design editor. Campbell's creative acumen, personable demeanor and dedication to beauty is beyond outstanding. People like him are extremely rare, and whoever he goes on to work with next will be immensely blessed. Secondly, kudos to Martha Collins, our adviser par excellence. Martha is the glue that holds Roundabout together, and I look forward to continuing to collaborate with her during my tenure. Further thanks to Zanna, Tim and Abi over in the Student Media Business Office, who truly made this magazine a financial success. Thanks to Ray, the photography mentor, whose feedback while I was photography editor was sorely needed. And yet more thanks to the Director of Student Media, Patrick, our beneficent leader. And finally, last but not least, thanks to all the writers and photographers who filled this magazine with their craft. Together, you have shown incoming freshmen the camaraderie, industriousness and inclusive spirit that defines NC State.

To the Wolfpack with love,

  
Gerbrand (Bran) Poster  
Editor-in-Chief



# CONTENTS



Jacob Kinney, a senior in statistics, climbs on the WellRec rock wall on Sept. 16 in Carmichael Gym.

Photo by Natalie Folsom

Read more about Carmichael Gym in our article on page 34.

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SECTION 1 —

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you should be this  
time of year.

# Out and About

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# Welcome to Raleigh!

A Travel Guide by Emma Carter

Raleigh is an incredible city with so much to offer, but where should you start? Here are a couple of local day trips that showcase some of the things to do in the City of Oaks, all within a couple miles of campus.

## Close to Campus

### Food

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#### Player's Retreat

An NC State classic, Player's Retreat is Raleigh's oldest bar! If you find yourself without a ticket to the next big game, Player's will definitely have it on one of their many TVs. Full of NC State sports memorabilia and with a kitchen serving up some of the best wings I've ever had (shoutout to that special PR sauce), there's something for everyone to enjoy at this spot down Hillsborough. And when the Wolfpack wins, it's not a far run to the Belltower, either!

### Coffee & Tea

---

#### Global Village

Smack in the middle of Hillsborough Street facing campus sits Global Village, an inviting coffee shop with a comfortable feel. Especially good is their cinnamon bun and chai—and being so close to the academic parts of campus, it is a perfect spot to go if you're in need of a switch up in your study space.

### Hang Out

---

#### Pantana's Pool Hall

Looking to clean up your pool skills? Pantana's is the place to go. With good music, darts, and (of course) billiard tables, it's a great place to spend a night with your buddies. Don't let the building fool you — even though there's no sign, there's tons to love inside.

### Shopping

---

#### Nice Price Books

Nice Price is one of Raleigh's best used bookstores — not only do they have tons of cool used books, they also sell new and used records, CDs, cassettes, VHS tapes, Blu-rays and DVDs, zines, handmade coasters from Liz Kelly Pottery, t-shirts, and turntables. The vibe of the shop is equally as funky — it's absolutely not a spot to miss when checking out all the other cool places on Hillsborough Street.



## Outskirts

### Food

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#### NC Seafood Restaurant at the State Farmers Market

In North Carolina, local food is hard to beat. If you love seafood, the restaurant at the State Farmers Market is pretty unmatched. My favorite is the fried shrimp — one platter is more than enough to split with someone else (and it comes with hushpuppies)!

### ABOVE

---

The Raleigh skyline is plainly visible from Dorothea Dix park.

Photo by Bran Poster

### Hang Out

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#### Dorothea Dix Park

If you're new to city life and find yourself missing the green countryside, look no further than Dorothea Dix. An enormous park situated right next to downtown on what used to be hospital grounds, Dix Park has tons of trails and community spaces as well as a significant offering of public events, like Falling for Local in the autumn, Dreamville Festival in the spring, and tons of other smaller events in between. Especially not to be missed are its beautiful sunflower fields in the spring and summer!



## Coffee & Tea

---

### Idle Hour

A five minute drive from main campus, Idle Hour is a little coffee shop on Oberlin Road that serves some of the best coffee in Raleigh. While you're there, definitely try out the Vietnamese drip—it's heavenly.

## Shopping

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### Quail Ridge Books

Raleigh's largest independent bookstore, Quail Ridge, is in North Hills just across Lassiter Mill Road from Target. At two stories, they definitely have the next book on your list. They have everything from cookbooks to fiction to essays to poetry to design, and even have a pretty extensive selection of magazines!

## Downtown

### Food

---

#### Beasley's Chicken + Honey

Centrally located in downtown Raleigh, Beasley's is a local gem. Its famous fried chicken is a favorite for many locals, making it a great place to go to have a celebratory dinner without totally breaking the bank.

### Coffee & Tea

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#### Morning Times

A cute, two story coffee shop located on Hargett Street, Morning Times is another great place to go to study when you need a break from the routine of campus. With tons of seating upstairs overlooking one of downtown's central streets, writing papers gets a little bit easier.

### Hang Out

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#### Raleigh Union Station

Even if you aren't looking to hop on a train, Raleigh Union Station is a beautifully airy building perfect for studying, taking a break, or people watching. They have tons of seating and huge windows that overlook the Warehouse District and (of course) the railroad.

### Shopping

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#### Black Friday Market

Just a block away from Morning Times is Black Friday Market, a department-store style shop that features all kinds of locally crafted wares. With support from the Black Dollar Corp, Black Friday Market makes it even easier to support local Black businesses.



This orange staircase greets visitors upon entry into Union Station

Photo by Campbell Briggs

While many of these places may seem far afield if you don't have a car on campus, getting downtown isn't as hard as it seems. One of the most popular modes of transportation is Lime scooters, which are placed around campus, for a modest fare. The City of Raleigh also has a bike-share program, Citrix Cycle, which has three docking stations on Hillsborough Street, adjacent to campus. Or, if it's a nice day and you want some exercise, some of the downtown spots aren't a bad walk from campus: it's about two miles from Talley Student Union to Raleigh Union Station. Also, the GoRaleigh city-wide bus system has four routes serving campus, an easy-to-use app and \$1.25 ride fares. Plus, once you're downtown you can use the R-line, a free downtown circulator, to loop around the whole area. If you have mobility concerns about the buses, there's also GoRaleigh Access, which provides inexpensive rides for qualifying passengers, so everyone can explore the city with ease. Of course, there's no shortage of rideshare drivers in the area, either. This list only scratches the surface — there's always something new to discover. Happy exploring!



# The College “lowkey grateful I kept this” Packing List

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NC STATE UNIVERSITY

# DEPARTMENT OF MUSIC

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## YOU CAN MAKE MUSIC AT NC STATE.

We know music is important to you. That's why Department of Music ensembles are **open to all students**. You can keep making music and find your campus community too, by connecting with fellow student musicians and our faculty. Visit [music.dasa.ncsu.edu/ensembles](http://music.dasa.ncsu.edu/ensembles) to learn how.



*Jazz Ensembles*



*Orchestras*



*Athletic Bands*







*Concert Bands*



*Choirs*

Ensemble auditions are held the first week of classes, except Marching Band auditions (including drumline and color guard) which take place during the summer. Visit [music.dasa.ncsu.edu/auditions](http://music.dasa.ncsu.edu/auditions) for specific requirements and dates.

Learn more at [music.dasa.ncsu.edu](http://music.dasa.ncsu.edu)

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# GETTING INVOLVED, SHOWING GRATITUDE

By Bran Poster

As I was twisting my brain studying for an exam the other day, bemoaning my fate, I was struck by the irony of my situation. Here I was, wishing I could be doing anything other than preparing for this test, while at the same time, millions around the world were wishing to be in my shoes. Poverty, war, social injustice and other human maladies prevent untold numbers of children from getting an education, let alone an education at NC State. I can show gratitude for my position, not by agonizing over whether I have earned it or lamenting the unfairness of the world, but by taking advantage of life's blessings to the fullest. There are more than 700 organizations (700!!) that students can join at NC State. That means more than 700 opportunities life has given us. Below I've sampled five of them. If this magazine had more pages, I would include the rest: let their absence motivate you to discover them all. Student involvement fairs, open houses, and [getinvolved.ncsu.edu](http://getinvolved.ncsu.edu) are all great places to look.

## English Club

Do you know how to read and write? Congratulations, you have met the qualifications for joining English Club! English Club is a writers workshop that meets every week on Tuesdays at 6 p.m. Submit your writing for friendly and constructive peer critique, and peruse the works of others. Some English Club members have gone on to become published authors. Email: [crherbst@ncsu.edu](mailto:crherbst@ncsu.edu)

## Student Media

There are few places on our campus that offer as much experiential variety as Student Media. It is the smorgasbord of NC State, featuring a 20,000 watt radio station (WKNC), two newspapers (Technician and Nubian Message), a literary magazine (Windhover), the yearbook (Agromeck), a business office, a photography staff and of course the legendary Roundabout Magazine. You could become a writer, a graphic designer, an ad salesperson, a DJ and more. No prior experience required. For more info visit [ncsu.edu/sma](http://ncsu.edu/sma), or email [roundabout-editor@ncsu.edu](mailto:roundabout-editor@ncsu.edu).





2021-2022 SolarPack directors Chris Ford and Ben Nichols present SolarPack's latest solar car to Chancellor Woodson.

Photo courtesy of the NC State College of Engineering

## SolarPack

If you would like to be a vehicle for positive change, what better way to do it than to help create vehicles that are positive change. Enter SolarPack, NC State's solar-electric car team. SolarPack differs from other solar teams by focusing on driver comfort and accessibility, implementing features such as soundproofing, power steering and automatic windows. They have eight different subteams, including a business team for non-engineers, and are open to all majors and experience levels. Last year they attended the Formula Sun Grand Prix and earned 4th place in the multi-occupant vehicle category. Email: [solarpacknc@ncsu.edu](mailto:solarpacknc@ncsu.edu)

## National Parks Club

Are you a nemophilist? Ok, let me simplify, do you like trees? Hiking and paddling, birdwatching and camping, National Parks Club is the place to do it with like-minded peers. Email: [nationalparksclub@ncsu.edu](mailto:nationalparksclub@ncsu.edu)

## Student Government

For better or for worse, kindergarten is over, and now you have a say in your own education. Student Government is the voice of the student body, endowed with real responsibility and changemaking power. Both elected and non-elected roles are available within this vast and vital organization. Email: [studentgovernment@ncsu.edu](mailto:studentgovernment@ncsu.edu)



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**DID YOU KNOW THAT AS A STUDENT AT NC STATE, YOU HAVE ACCESS TO  
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# We're Happy You're Here.

Welcome to NC State.

Flexible student jobs available. Scan for more information.



## What to Know Fall 2022

All you need for your visit is your Wolfpack One Card. Download the WellRec app to register for group fitness classes, intramural sports and special events.

### Fitness

- F45 Training
- Group Fitness
- Personal Training

### Outdoor Adventures

- Equipment Rentals
- Climbing Center and Bouldering Area
- Outdoor Adventures Trips

### Sports

- Intramural Sports
- Club Sports
- Special Events

### ThriveWell

- Wellness Challenges
- Wellness Coaching
- Workshops and Education Sessions

## Wellness and Recreation Center and Carmichael Gym Hours

Monday - Thursday: 6:00 a.m. - 11:00 p.m.

Saturday: 9:00 a.m. - 7:00 p.m.

Friday: 6:00 a.m. - 9:00 p.m.

Sunday: 9:00 a.m. - 11:00 p.m.



# COVID-19 Policies

by Campbell Briggs

## Welcome

Welcome to NC State! Before you join us on campus, we felt it would be helpful for you to know university policies regarding COVID-19. Please note that some of these may change after this magazine has been published. For the most up to date details on these policies, please visit [ncsu.edu/coronavirus](https://ncsu.edu/coronavirus).

## Mask Policy

As of March 7, you are no longer required to wear a mask in indoor settings around campus. However, in clinical settings and on public transport, masks are still required. It's a good idea to carry one around in case you want to hop on the Wolfline.

## Vaccinations

You are not required to get a vaccination against COVID-19, but it is a good idea to get one. Most of us live and study in close proximity to one another here on campus, and a vaccine can help prevent the spread of the virus and mitigate its symptoms if you get it. If you need one, vaccines are available at Student Health at no cost to you. You can make an appointment in the HealthyPACK portal.

## Getting Tested

Free testing is available to faculty and students in the NC State community at various locations on campus. For a current list of testing locations, head over to [ncsu.edu/coronavirus](https://ncsu.edu/coronavirus).

NC STATE

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NC STATE

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NCStateHES



The Department of Health and Exercise Studies offers five minor programs and the opportunity to commit to physical fitness through our Take 8 at State initiative.



# HEY STATE STUDENTS!

## IF YOU LIKE...

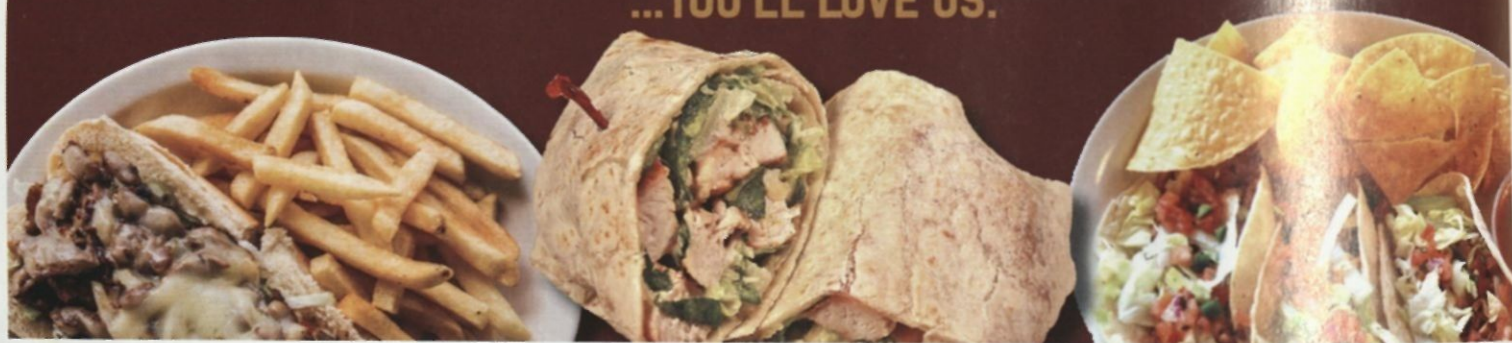
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SECTION 2 —

Campus Life,  
Top Tips,  
& Helpful Hints.

# Overlooks

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- 30. Care For Your Mind
- 34. Carmichael Gym
- 39. Top Tips to Win as a  
Wolfpack Sports Fan



# CALLING ALL ALTERNATIVE MUSIC FANS



## Be a WKNC DJ.

Two interest meetings for fall.  
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More information at [wknc.org/interest](http://wknc.org/interest).

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We work with you to create a work plan that complements your class schedule.

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Enjoy flexible shifts, room to advance and annual pay increases, plus we offer direct deposit so you get paid quickly. Positions start at \$10/hour!

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Student WolfTrails members receive 6 free (virtual) daily parking passes per semester for the Varsity lot for commuting flexibility!

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# NC State

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---



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# HEAVLIN-REID 2022-2023: We Read Their



# Campaign Platform so You Don't Have to

Article by Doug Richardson



It might be self-evident to say, but engaging with our leaders is important both on and off campus. In the much-remembered words of the great Athenian statesman Pericles, "Just because you do not take an interest in politics doesn't mean politics won't take an interest in you." Student Government at NC State has a great deal of changemaking power and should not be ignored. However, it's also true that us students are busy people who often lack the time to interact with their leadership as much as they should. Mackenzie Heavlin was reelected as student body president this year, along with vice president Timothy Reid. To make our busy lives easier, I've read their entire 21-point Campaign Platform and will tell you what I believe are the most important and exciting planks.

### **Flexible Attendance + Wellness Days**

Rest and recuperation are important, both for our mental and physical health. Heavlin and Reid plan to lobby for more flexible university attendance policies, as well as the implementation of new "wellness day" breaks that supplement Fall and Spring Break. If this new system can give students some extra self-care time while being balanced with existing curricula, I'm all for it!

### **Student Feedback on Wolfline Routes**

Since the pandemic is fading away (thank goodness), the Wolfline bus service is becoming more active and new routes are needed. Heavlin and Reid would like the primary users of the Wolfline, us students, to have a hand in the planning of these new routes. They plan to create a Student Transportation Feedback Form to gather this input.

### **Reinstating Diversity Education Week**

Diversity Education Week was an important initiative that aspired to make NC State a more inclusive and welcoming place for everyone through work-shops, guest speakers and more. However, it was discontinued in the 2019-2020 academic year due to the Pandemic. Heavlin and Reid plan to bring back Diversity Education Week, new and improved.

### **Mid-Semester Course Evaluations**

If you don't already know, at the end of every academic year you can give feedback on all your classes and professors. This is an important way for the university to learn and grow, but often students are so busy with final exams at the end of the year that they don't do course evaluations. Implementing course evaluations in the middle of the semester, when students are freer, would be much more convenient.

### **Renovating Witherspoon Student Center**

I know you're a freshman, so you probably haven't been inside Witherspoon Student Center, but as soon as you arrive I guarantee you'll start to realize how integral it is to campus life. It houses a movie theater, the African American Cultural Center, Student Media, Military and Veterans Services and more. However, once you've waited five minutes for the elevator (and this is a three story building!) you'll also start to realize that renovation is needed. Making Witherspoon the best building it can be will greatly help the campus.

### **PREVIOUS**

2022-2023 Student Body President McKenzy Heavlin and Vice President Timothy Reid pose for a photo. Photo courtesy of the NC State Division of Academic and Student Affairs



# Wolfpack Welcome Week

**AUGUST 18 - 27**

Download the full Welcome Week schedule on the **NC State Guides App.**



[go.ncsu.edu/NCStateWWW](http://go.ncsu.edu/NCStateWWW) • [#NCStateWWW](https://twitter.com/NCStateWWW)





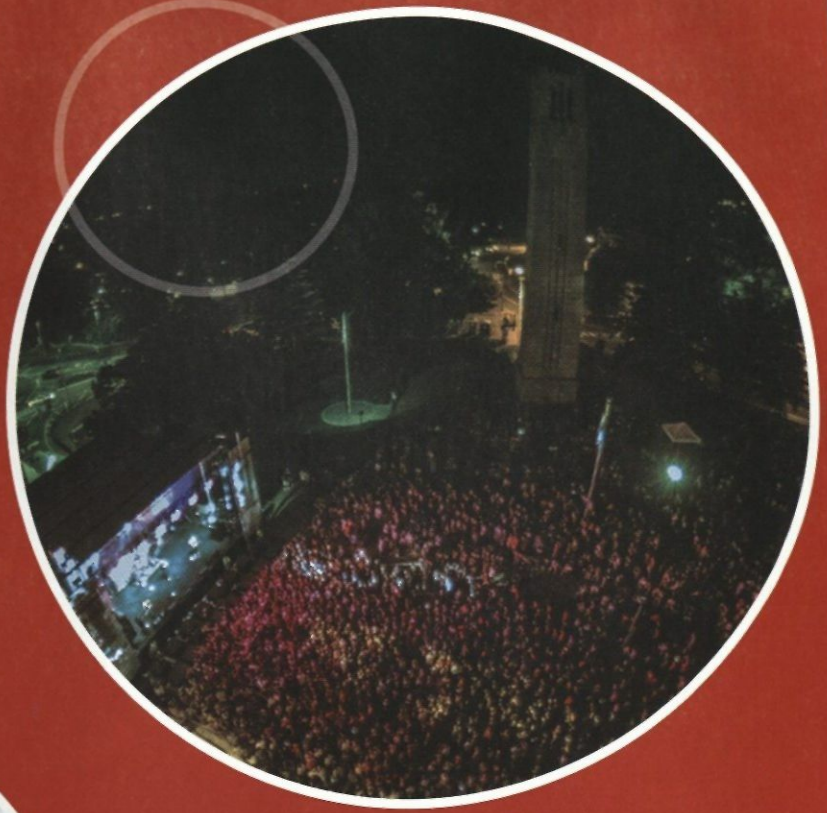
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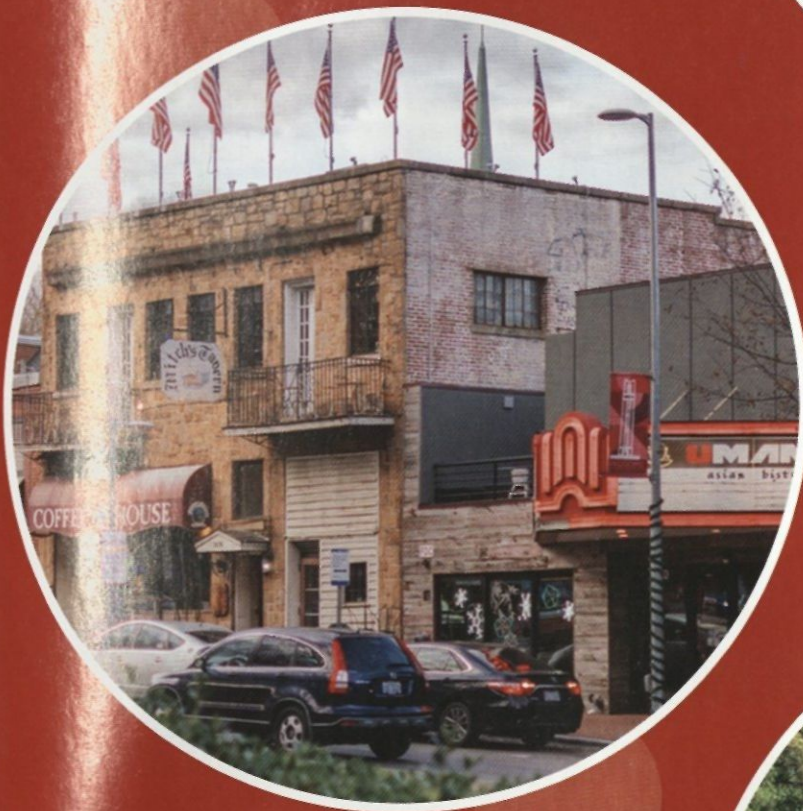




We're the center of celebrations and experiences for generations of the Wolfpack faithful, all within walking distance of NC State University. Hillsborough Street is home to over 200 diverse organizations, including restaurants, arts venues, stores & more.



Throughout the year, Hillsborough Street is the backdrop to several community events, including Movies in the Garden, Packapalooza, Red & White Week, and Krispy Kreme Challenge, just to name a few!



Before getting to campus, make sure you're all set! Visit [HillsboroughStreet.org](http://HillsboroughStreet.org), follow @LiveItUpRaleigh on your favorite social media platforms and snag a digital gift card from the **Hillsborough Street Dollars program** - one card usable at multiple participating businesses.





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# CARE FOR YOUR MIND

Article + Interview  
by Isabel Shade



The Counseling Center is an excellent resource for mental health tools and support. They are involved in the community in numerous ways, facilitating outreach programs, workshops with student organizations, academic counseling, postvention and more. If you aren't ready to make an appointment, visit one of their many drop-in spaces, listed each semester on the Prevention Services website, where you can speak with someone with no pressure of commitment. If you do decide to make an appointment, a triage counselor will meet with you first to determine what services will best suit your needs, such as:

## Individual Therapy

which is goal oriented, solution focused, and time limited. The average number of sessions students use is 4-5.

The Student Health Center also works to support students with their mental health. Primary care appointments to address anxiety and depression are available, during which your physician may prescribe medication and can also connect you to other resources on or off-campus.

## Psychiatry

for those who need medication management. The first two appointments are complimentary, and subsequent appointments will be charged but may be reimbursed by your insurance.

## Crisis Support

which is available 24/7. No appointment necessary—simply call the Counseling Center to be connected to an on-call clinician.

## Group Therapy

which lasts a full semester and sometimes longer. There are a variety of groups available, from support groups, identity-based groups, and interpersonal processing (Understanding Self and Others) groups. (Lists of groups can be found on the Counseling Center website each semester)

## Group Workshops

which meet once a week for three weeks, and focus on psychoeducation.

### OPPOSITE

On the second floor of Student Health, looking towards the Counseling Center.

Photo courtesy of the Counseling Center



Monica Osburn, Executive Director of the Counseling Center, answered a few questions for this issue of Roundabout. (Answers lightly edited for brevity)



Monica Osburn, Executive Director of the NC State Counseling Center and Prevention Services, poses for a photo.

Photo courtesy of the NC State Division of Academic and Student Affairs

**ROUNDAABOUT:** I think in general our awareness around mental health has been increasing, especially around things like anxiety and depression, but what are some additional uses for counseling? If you have students thinking therapy or similar intervention is only for people who are depressed, for instance, what other concerns can the Counseling Center address that those students may not realize?

**MONICA OSBURN:** The top things that students come to us for are of course anxiety and depression. Also stress and relationship issues are the other two big ones. Family dynamics, family concerns, partner relationships, any type of domestic violence. We also have experts in addictive behaviors, so not only just alcohol and drugs but also gaming. [We have an] entire treatment team focused on eating disorder behavior. Even adjustment, adjusting to and from the pandemic. Also, oppression and how racism impacts students is another big one. Identity issues, whether that be from an LGBTQ+ framework or cultural identity, and we also cover a lot of additional mental health concerns whether that's bipolar disorder or schizophrenia. It really is anything under the mental health condition umbrella as well as normal developmental adjustment.

**RA:** Like you said there are clearly a wide range of services. Some are more short term like the workshops; some can last a semester or more. Individual therapy is listed on the website as being short term, so does that mean that students are limited in how much individual therapy they can receive? Are there options for students who need long term care?

**MO:** Yes and yes. So our short term model is the limit is 12 sessions an academic year; it's not a hard cap, meaning you don't get to twelve and then we just say, 'Sorry you have to go'. At that point we really want the clinician to be thinking about, "Ok, what are the needs of the student? Can those services be received in a different capacity?" So maybe at that point if they haven't participated in a group, they shift to group counseling. Maybe what's happening is more complex trauma that needs longer term care, and we really should refer them off campus so they can be with the same clinician for a longer period, so we'll then help them get connected. It's all done on a very individualized basis; each student is different—their needs are different—so we need to treat it as such.

**RA:** Finally, do you have advice for students who are nervous to take their first step with the counseling center?

**MO:** I think the best advice I could give there is really think about how long you've suffered in silence and chosen not to get help and not felt well because of it, and allow yourself to know that you deserve to feel better and to get help, and hopefully that will be enough to overcome some of the fear. A way to do that is get to know folks at the counseling center. So maybe attend an outreach program or a workshop, or something that might feel a little less scary and see how it goes. Use one of the drop-in spaces so you can really see that we're pretty typical people, and sometimes that takes the worry out of it if you can have a conversation with a counselor and understand the process before you jump in.



NC STATE

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# CARMICHAEL GYM

## Notes from a Workout Slacker

by Bran Poster

I'm a busy scholar, but I still have plenty of time to come up with excuses to skip workouts. Yes, I'm the guy who'd rather have the six pack of donuts than the six pack. However, the architects of Carmichael gym, intentionally or not, figured out a way to circumvent my typical sedentariness. You see, I would seldom go to a conventional, run-of-the-mill, sweat and suffer gym, but a gym with a sauna? Now that is my kind of exercise experience! Carmichael doesn't just have a sauna though: it has so much more. Here are three things that I believe truly make Carmichael transcend the typical gym.

### Indoor Rock Climbing

I can't get a foothold on differential calculus, but I can safely clamber my way up a multistory high sheet of indented plastic. Climb away from your math homework on the Carmichael Gym indoor rock climbing wall. Equipment can be borrowed, although you should definitely bring your own socks. If you're a first-time climber, you'll have to fill out a form before you participate. For \$10, student newbies can also register for a climbing basics training clinic. Also note that the rockwall is only available for certain hours of the day, visit [wellrec.dasa.ncsu.edu/outdoor-adventures/climbing-wall](http://wellrec.dasa.ncsu.edu/outdoor-adventures/climbing-wall) to find out when it would be best to come.

### Squash Courts

Remember when squash was just a vegetable? It's a sport too, and thankfully it doesn't taste as bad. It's like tennis or badminton but more complex, gym staff would be happy to give you more specific details (note that you can work for the gym yourself! Numerous student employment opportunities are available). Carmichael Gym has multiple squash courts, well-maintained and tailored to your squashing needs.

### Aquatic Center

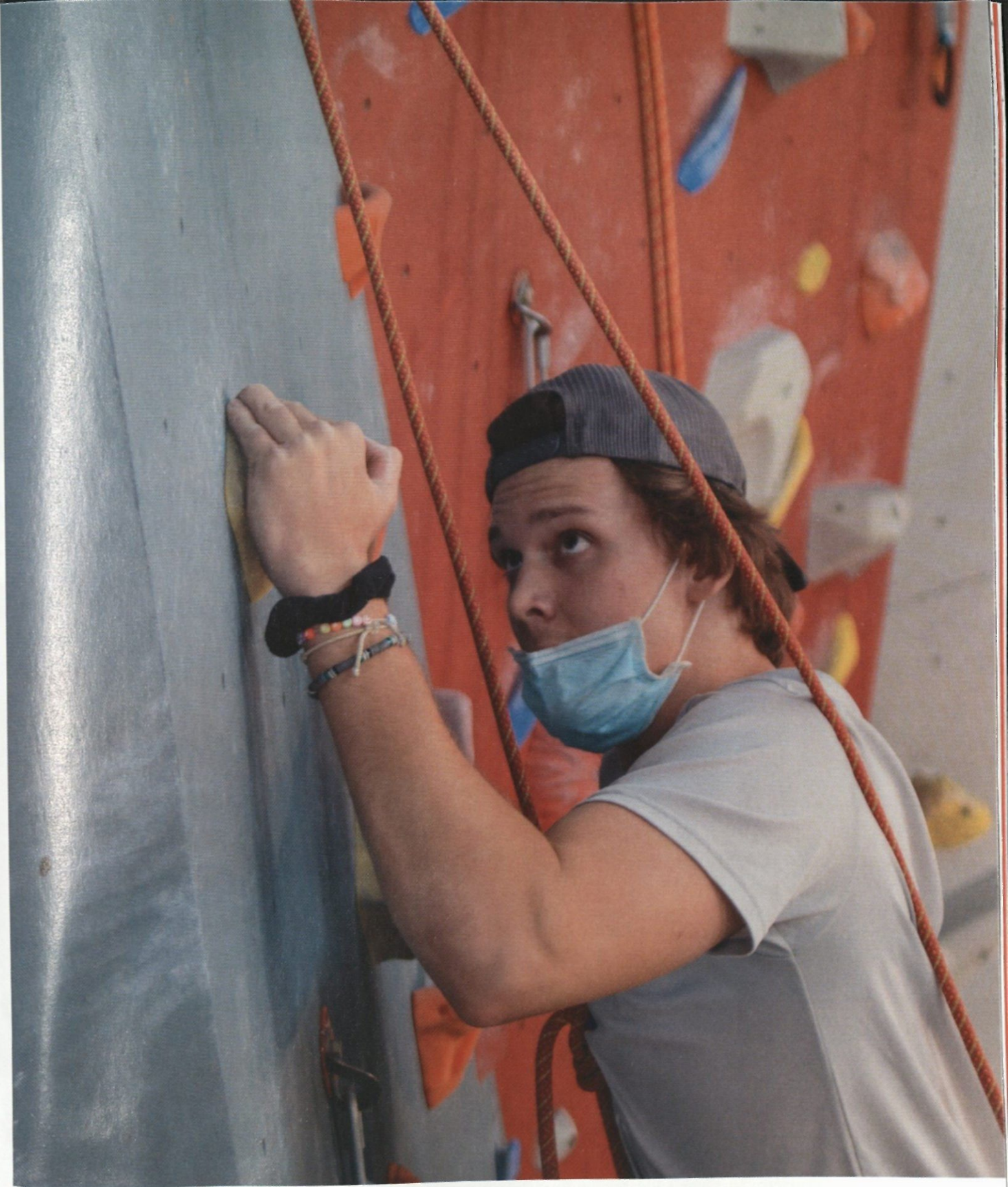
I say "aquatic center" because "pool" doesn't really cut it. Carmichael Gym's aquatic center has a 25-yard standard pool, a 50-meter Olympic pool, a dive well, a sun deck, and even more things that I invite you to discover on your own. Towels can be borrowed at the help desk, but wear your own swimsuit. This applies to the sauna as well.

#### OPPOSITE

Derek Sutterby, a freshman majoring in business, rock-climbs at Carmichael Gymnasium.

Photo by Emily Peedin







# GET READY TO DINE!



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Your meal plan is packed great features to help you get the food you love. Learn how it works at [dining.ncsu.edu/how-to-pay](http://dining.ncsu.edu/how-to-pay)



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Monitor your account during the semester, add more Dining Dollars if you run out, or add funds to your All Campus account by visiting [go.ncsu.edu/manage-account](http://go.ncsu.edu/manage-account)



## ALLERGENS + NUTRITION INFORMATION

Our award-winning nutrition team is here to make sure you have a safe and satisfying experience when you eat with the Pack. Learn all about it at [dining.ncsu.edu/nutrition](http://dining.ncsu.edu/nutrition)



## GRUBHUB

Download Grubhub this summer and link it to your dining account. Learn how to do it step-by-step at [dining.ncsu.edu/grubhub](http://dining.ncsu.edu/grubhub)



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SECTION 3 —

# The Itinerary

Tick it off your list.

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## CONTENTS

- 
- 45. NC State's Brightest Traditions
- 49. Food at NC State and Where To Get It



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# NC STATE'S BRIGHTEST TRADITIONS

by Emma Carter

**Welcome to the best University on Earth.**

**I mean it.**

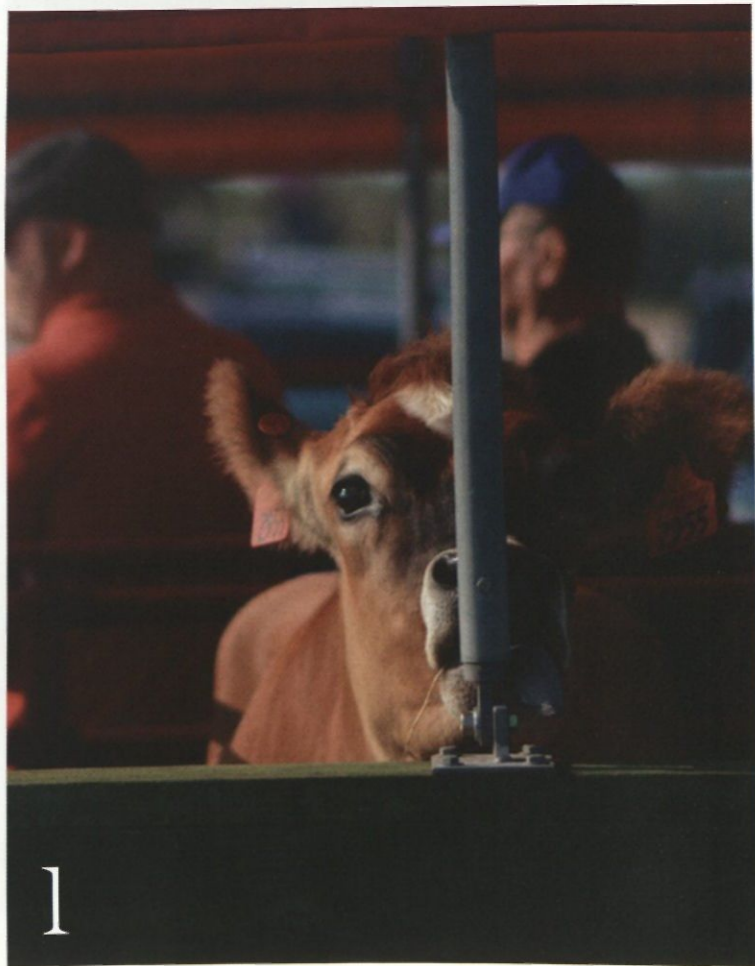
There are so many special NC State traditions that make this place as awesome as it is — it can be tricky to know where to start. The first thing you should do in your journey to join the Wolfpack is download the Brick app — there, you'll find a list of NC State traditions to complete before you graduate. (Bonus — if you complete 40 of the 60 listed traditions in your time on campus, you'll receive a Traditions Keeper medal to wear at graduation!) Here are a few of my favorites:

## 1. Howling Cow Ice Cream

Arguably one of the easiest traditions to complete, snag a scoop of NC State's very own Howling Cow ice cream from Talley. My favorite flavor is Java Chip, but you absolutely can't go wrong with Wolf Tracks.

Howling Cow ice cream is made from several different breeds of cow, including Jersey cows like the one pictured here.

Photo by Amrita Malur





## 2. NC State Fair

One of the best things about going to school in the state capital is proximity to the State Fair every fall. There truly is nothing finer than funnel cakes and award-winning gourds! My favorite thing to do each year is to explore the gardening section, where award-winning flowers, houseplants and bonsai trees are on display!

## 3. Art2Wear

One of the biggest student-run fashion shows in the southeast, Art2Wear is the culmination of a semester of hard work from the College of Design's Art + Design students. Every year the show has a different theme, but the complexity and beauty of student work is consistently stunning. The show usually happens around LDOC in the spring semester.



### ABOVE

The view from the height of the ferris wheel shows the State Fair illuminating the night.

Photo by Campbell Briggs

### LEFT

A model poses at the end of the runway during Art2Wear 2022.

Photo courtesy of NC State College of Design



## 4. First Friday

In downtown Raleigh, the first Friday of every month is cause for celebration of the city's artists, chefs and musicians! Local restaurants, museums and galleries stay open late for locals to enjoy the scene. The College of Design also hosts a free art gallery, the Fish Market, at 133 Fayetteville Street, displaying student work.



Fish Market Gallery full of student work on a First Friday evening.

Photo by Campbell Briggs

There are so many more traditions along with these to complete on the Brick. It's never too soon to get started on your Traditions Keeper medal! Go Pack!



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# Food at NC State and Where to Get It

by Walter Sterling

I've failed exams, not because I failed to study, but because I've failed to eat. Human beings are like snowmobiles: they need fuel to run. How can someone focus on multiple choice questions when the only choice their stomach has is to gurgle? A single frittata could help you more on a test than a whole stack of flashcards. So, incoming freshmen, I am here to help you discover where to succeed in the eating department. Let's start with the places you can go to get food.

## Dining Halls

Hearty, whole food that fills the stomach and sometimes the soul. That is the essence of what you will find at NC State's dining halls. Fountain is located by Bragaw residence hall, and Clark is right next to the Quad Commons. Case is unsurprisingly inside Case Athletic Center, which is across from Dail Softball Stadium. You can pay via card swipes if you have a flex meal plan (more on that later) or with dining dollars, which is a special currency provided by meal plans that can be used for on-campus dining.



Nikolay Frick, a doctoral graduate student in material sciences, has empanadas from Ma kus Empanadas during lunch in the Atrium.

Photo by Natalie Bodenstine

## The Atrium

Once you're done studying at D. H. Hill library, you might be hungry. Thankfully, the Atrium food hall is right beside it. It features Brickyard pizza, Delirious Wraps and Salads, SmoothieU (which also sells yogurt), Union 51 Burgers, Makus Empanadas, Sushi with Gusto, and Chick-fil-a. Chick-fil-a and Sushi with Gusto do walk-ins, for the rest order through Grubhub.



## Talley Student Union

If you don't have the time to wait at Starbucks, there are a multitude of tasty options inside Talley Student Union. Grab sandwiches and wraps at Jason's Deli, order Mexican food from Los Lobos, get burgers from Tuffy's Diner, pizza from Ruckus Fast Fired – the options are endless. If you're in the mood to try different food One Earth World Cuisine has some surprises in store. Order through Grubhub

## The Oval

If you're an engineer who will probably be frequenting Centennial Campus, or just a hungry explorer, the Oval food court is a great place for grub. It has four restaurants: Cold Fusion (Sandwiches and Salads), Newton's Grill (Burgers and Fries), Flashpoint Global (Multicultural) and Gravity Cafe, which is open all day on Saturday. Order through Grubhub.

## Off-Campus

Got some extra cash and need a special treat? Drop by Hillsborough Street or Mission Valley to celebrate. Gym Tacos is excellent, but they're always busy. I challenge you to make an upperclassman friend who has some restaurant recommendations of their own.

## Note on Meal Plans

If you're a freshman living on campus, you'll automatically be enrolled in the Flex 500 meal plan. You'll get an all-access pass to the dining halls, 500 dining dollars to spend at on-campus locales, and two dining hall guest passes per semester. If you think you'll need more food, you can choose to upgrade to the Flex 800 plan before September 12th, which gives 300 more dining dollars and one more guest pass per semester. I suggest you visit [dining.ncsu.edu/meal-plan-options](http://dining.ncsu.edu/meal-plan-options) if you need more info.

# FIRST-YEAR RESIDENTIAL PERMIT LOTTERY

Lottery Opens: June 1, 2022 @ 10:00 AM

Lottery Closes: July 29, 2022 @ 3:00 PM

Lottery Drawing Date: August 1, 2022 @ 12:00 PM

- This applies to the Resident Storage (RS) Permit Only.
- Eligible residence halls include: Alexander, Bagwell, Becton, Berry, Bowen, Bragaw, Carroll, Gold, Lee, Metcalf, North, Owen, Sullivan, Syme, Tucker, Turlington, Watauga, Welch, Wolf Ridge, or Wood.
- Will have 3 business days, once notified you have been selected, to purchase the permit.

For more information visit [transportation.ncsu.edu/student-parking-fall](http://transportation.ncsu.edu/student-parking-fall)



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