

ROUNDABOUT

NC STATE STUDENT MEDIA

ORIENTATION 2023

THE ORIENTATION ISSUE



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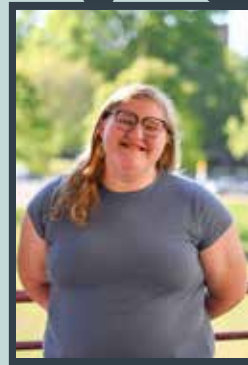
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THE COVER

Mr. Wuf howls at the start of the women's basketball game against Pitt inside Reynolds Coliseum on Feb. 26. The Wolfpack beat the Panthers 68-63.

Photo By Emily Peedin

Dear high school escapees and anthropomorphous chimpanzees,

Sure, Socrates was Greek, had a big beard and wore a toga, but I think he was pretty mean. One day Socrates was resting against a tree when this kid walked up to him and asked for advice.

"Oh great and wise Socrates," they pleaded, their voice slightly high-pitched from being in the presence of such a legendary philosopher, "what is the secret to success?"

Now, at this point Socrates was accustomed to having an adoring fan club, but this kid's syrupy sycophancy was particularly irritating. On top of that, historians agree that Socrates's number one pet peeve was getting interrupted during naptime. Outwardly serene but inwardly seething, Socrates decided to teach this kid a lesson, in more ways than one.

Ten minutes later, Socrates and the hapless youth were paddling around in a pond. Without warning, Socrates grabbed the kid's head and shoved them underwater. Caught off guard by the irate intellectual, the kid tried to get away, and a desperate struggle ensued. Mercifully, after a few moments they escaped from Socrates' grip and broke the surface, gasping for air.

"What did you desire most when I held you underwater?" asked Socrates.

"Air?" the kid sputtered, still shocked by their idol's apparent betrayal.

"Therein lies the secret to success. When you desire success as much as you desired air, you will get it," Socrates said in his most patronizing voice.

However cruelly this story depicts Socrates, it has a lesson that's especially relevant to NC State: here, you can achieve virtually anything if you have the will and the desire to make it happen. This magazine, your professors and the University at large offers oodles of opportunities, support and encouragement. Yet ultimately, the impetus is on you to get what you want out of your experience. Grab destiny by the head and pursue your loftiest ambitions in this new, liberating chapter of your life!

Speaking of pursuing lofty ambitions, this magazine is a testament to the power of talented, driven individuals working together to make things happen. The Olympic Committee can't stop our magnificent editors Emily, Audrey and Josh from knocking it out of the ballpark every time, nor can the World Wind Energy Association prevent our stalwart staffers from blowing me away. We will miss our inimitable adviser Martha Collins, whose sagacity far surpasses Socrates, as she goes into a very well-deserved retirement. Farewell also to the savvy business team general manager Tim Werner, who worked tirelessly with Zanna and other superstars to make this issue a record-breaking financial success. I am so grateful for all of them.

To the Wolfpack with love,

Bran Poster

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Redshirt junior cornerback Shyheim Battle (left) celebrates with redshirt sophomore safety Sean Brown (right) after Battle scored in the spring game at Carter-Finley Stadium on April 8. The Wolfpack's home opener will be against Notre Dame on Sept. 9.

Photo by Emily Peedin

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SECTION 1 —

Excursions and explorations from Talley Plaza to Moore Square

Tuffy's Travels

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Tuffy's Guide to Raleigh

By Eleina Roman

Raleigh, North Carolina. The land where fresh experiences breathe life, opportunities pop out at every corner and college students live their best lives! It's a magical place to be! As an incomer, it can be difficult to navigate your way through a new and tempting place like Raleigh. Think of this like you are Dora the Explorer trying to figure out the right road to take and I am your map who will be here to guide you in this daunting realm.

The first thing you need to keep in mind is that as a college student, you should expect your bank account to go bankrupt a few times during the year. It's probably wise to conserve your money the best you can, otherwise the only dinner you can afford will be a cup of noodles. If you want to show off your style for the new semester, Uptown Cheapskate on Avent Ferry is a great place to shop. It's a thrift store that offers a huge assortment of quality, but affordable clothing. I once bought four items and only paid \$20! The store is clean and neatly organized, with items color-coded and arranged by size. Plus, you know that one pair of jeans that you don't wear much anymore? You could sell those and your other used clothes there for extra money!



Uptown Cheapskate, a chain thrift store, sits minutes away from both of NC State's campuses on April 23. This specific location is found at 2161 Avent Ferry Road in Suite 200.

-
Photo by Emily Peedin



Two people enjoy a picnic in front of the Raleigh skyline at Dorothea Dix Park on April 23. According to their website, the park was named for the first mental health facility in North Carolina, Dorothea Dix Hospital.

-
Photo by Emily Peedin



A phone is opened with the TransLoc app displayed outside Talley Student Union on April 23. TransLoc is a transportation app used both by NC State and by the GoRaleigh bus system.

-
Photo Illustration by Emily Peedin

If you and your friends are trying to find something to do over the weekend, there are a lot of places here where you won't even have to spend a penny. Our campus is adjacent to numerous parks, for example. You can ride the carousel or take a stroll at Pullen Park if you're wanting to destress. Maybe you can have a picnic with your roommates at Dorothea Dix Park and gaze at all the beautiful sunflowers they have at the beginning of the fall semester. If you want to take aesthetic pictures to post on your Instagram or simply just appreciate the beauty of nature, you could walk to the Rose Garden just a few minutes away from D. H. Hill Library.

If you're not much of an outdoorsy person, maybe you and your friends could go downtown and visit the N.C. Museums of History and Natural Sciences. They're right next door to one another and are both free! I know you're probably reading this right now with a face of confusion, thinking museums are boring. However, don't knock it till you try it! When my friends and I visited, we were utterly surprised at how entertaining it was to see all the different exhibits they had. You could walk through "The Story of North Carolina" or trek across the connected sky bridge that leads to the museum of Natural Sciences. It was an experience within itself, like you were teleporting to a new world. Although, I must say that the most important thing I learned at these museums is how amazingly delicious the food is at the Daily Planet Cafe. I expected school cafeteria food, but instead was given Gordon Ramsey level cuisine.

Once in a while we deserve a treat. So, if you're looking to spoil yourself after finishing all your homework for the week, Village District is the perfect scene. The modish, chic air surrounding this shopping center will make you feel like a million bucks! Although, some of the things you find there could probably cost you about the same. Keep a close eye on that bank account! You can find many of your favorite shops like Sephora and Barnes & Noble, as well as locally-owned boutiques. Then, if you're feeling hungry after all that shopping, Village District is not short on restaurants, coffee shops and dessert places.

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Speaking of food, Raleigh offers a wide selection of cuisines. Right on North Campus, our famous Hillsborough Street is home to numerous restaurants. Most notable is Coco Bongo, everyone's favorite Mexican restaurant. There is an unspoken initiation here at State that says to become a real part of the Wolfpack, you have to eat at Coco Bongo at least once. If you're not up for Mexican, there are also other places to try! We have Mediterranean, Asian, American, Indian and so many more that can be found. Some Raleigh-goers are serious about their boba, so luckily, Hillsborough has both Cha House or Moge Tee. If you're ever craving a late night meal, make your way to Western Boulevard! Western is the fatherland of fast food. Bojangles, Popeyes, Cook Out, Taco Bell, McDonald's and Wendy's are all neighbors on Western. The lines may be long, but those Bo Chicken Sandwiches are worth it!



Passersby enjoy the sights, sounds and smells of the Village District on April 23. The shopping center opened in 1949 and is owned by the Regency Centers.

-
Photo by Emily Peedin

The best part of Raleigh and all its fetching places is that they are all just a short bus ride away. The TransLoc app will show you a list of buses, including our Wolfline, that can take you right where you need to go.

So, here we are. We have come to the end of our journey together. I am confident you can now find your way through. You have much of the knowledge you need to go forth in your adventure, here at the heart of Raleigh. Good luck, Wolfpack!



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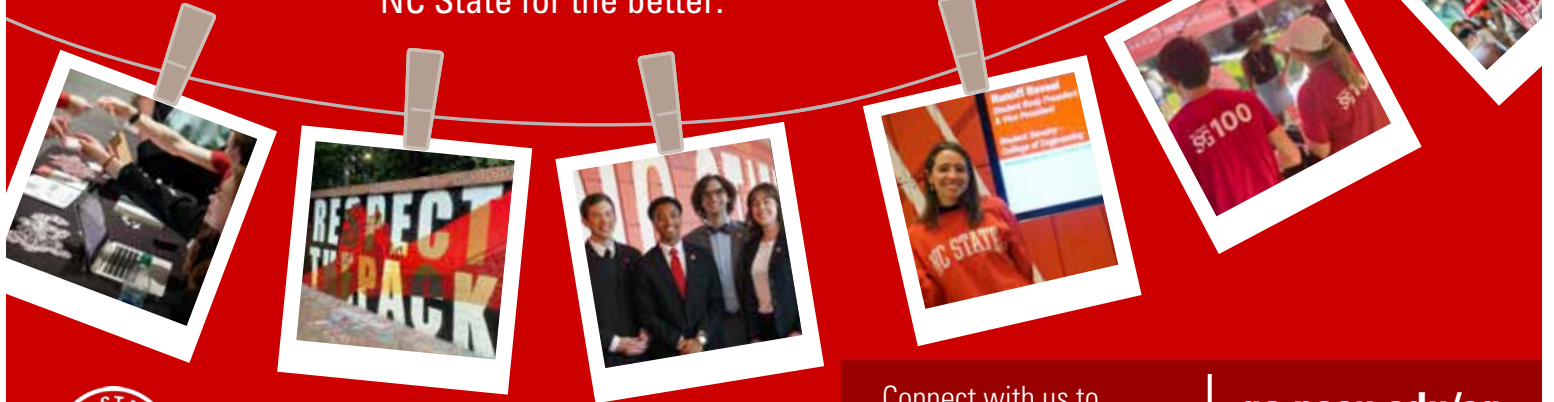
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The Ins and Outs of Centennial Campus

By Lindsey Sikorski

If you are joining NC State as a STEM major, chances are you will find yourself on Centennial Campus. This slice of Wolfpack territory houses major departments such as civil engineering, textile engineering, plant science and computer science, but there is more to Centennial than just academia. We've put together a few tidbits to help navigate this young, sprawling branch of campus.

-Study & Hangout

Hunt library is an obvious, but critical, resource. Take the time to explore this building and all it has to offer. Study rooms and charging stations abound, and you are sure to find a favorite nook to settle in for a study session (or maybe a quick nap). Watch the sun rise from the fifth floor auditorium for a little extra magic after an all-nighter.

The Corner is another social hub that is great for meeting a friend for lunch or hunkering down to tackle an assignment. The site is at the corner of Main Campus Drive and Research Drive, and houses repurposed shipping containers as its focal point. Events are also held here, such as "Conversation at the Corner," hosted by the NC State Innovation and Entrepreneurship Student Ambassadors program.

Finally, Centennial campus has beautiful outdoor spaces prime for sunny-day lounging, studying or socializing. In the warmer months, the main lawn is often populated with students playing Spikeball, reading in the shade or picnicking for lunch. Southwest of the main lawn, Lake Raleigh sparkles in the sun. Curving around the Northern bend of the campus, Centennial Parkway offers a scenic and safe place to run, walk or bike, and many open spaces have seating and even charging stations, allowing students to continue their studies in the fresh air.

Madeline Duchesne, a third-year studying mathematics education, takes note of what assignments she needs to complete at Hunt Library on Sunday, April 23, 2023. Hunt Library opened in January 2013 and is located on Centennial Campus.

-
Photo by Emily Peedin



Tower Hall, one of many Wolf Ridge apartment buildings, is located at 1900 Entrepreneur Drive on April 23. Tower Hall apartments come with a fully-furnished kitchen and living room, alongside individual bedrooms and shared bathrooms.

-
Photo by Emily Peedin



Mashfiq Rahman (far left) and Shahriar Chowdhury (left), graduates in mechanical engineering and Rafuel Shougat (far right), a PhD student in mechanical engineering, take a photo with Mr. Wuf at the Pack the Oval Party at the Oval on Sept. 15.

-
Photo by Natalie Folsom




-Living

Centennial Campus and the adjacent grounds offer multiple living options, including the Greens at Centennial, North Shore, Wolf Ridge Apartments, Western Manor and LakeShore Raleigh. Many of these properties are geared toward upperclassmen, graduate students and young professionals. Additionally, Centennial conveniently hosts additional amenities including the StateView Hotel, On the Oval food hall and an ever-changing roster of food trucks.

-Transit

Many new students worry about traveling between Main and Centennial campuses, but there are many options for getting to class or heading home. Several Wofline routes, including route 40, bus students between campuses, commuter parking, down Hillsborough Street and so on. For students who drive or carpool, Centennial houses several parking garages and perimeter parking. While permits can be tough to get, Park and Ride lots are free and make it easy to get to class via Wofline, bike or scooter.

Centennial Campus might feel isolated or distant at first, especially as a new student or non-STEM major. While it is a bit vast and takes a quick jaunt to reach, it's easy to find something for everyone once you are here. Even for students with no classes on Centennial, a change of scenery might be just what you need to reinvigorate your study schedule or just take a break from your everyday surroundings. When you familiarize yourself with the plethora of amenities and get comfortable navigating the grounds, it feels more like home.



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Top Five Study Spots on Campus

By Evie Shackles

When I first came to NC State, one of the things I was really excited about was finding my favorite places to study and hang out. I've done a lot of exploring, and I've compiled a list of some of the most popular study spots on campus. Whether you like bustling spaces full of people or peace and quiet, I hope this list helps you find your favorite places to work on campus.



Eleanor Meinhold, a first-year studying biological and agricultural engineering, writes on a whiteboard at Talley Student Union on April 28. Meinhold was studying for upcoming final exams.

Photo by Rachel Laminack

-Talley Student Union

Talley Student Union is a popular study spot and one of my favorites. Talley is right in the middle of campus, and it's a place where many students gather to hang out, eat and study. Many restaurants are located in Talley, making it a great place to go for lunch. There's even a Starbucks on the first floor. The way the floors in Talley are numbered can be very confusing. The first floor is only accessible from one door on one side of the building. The main floor is the second floor, which is accessible from many doors. My favorite thing about Talley is that there's nearly always something going on there. Student organizations often set up tables on the second floor, and sometimes events happen on the lawn outside. A downside to Talley is the level of noise and distractions. Some people work well in noisy places (like me). However, if you prefer peace and quiet, you might want to get some headphones or find another place to study.



Jada Page, a third-year studying applied education, works on homework at Hunt Library on April 23. Hunt Library opened in January 2013 and is located on Centennial Campus.

Photo by Emily Peedin

-Hunt Library

Yes, this is another library, and yes, it also starts with H. Hunt Library is located on Centennial Campus, and it is my favorite of NC State's libraries. While it doesn't have as many floors as Hill, it still boasts many rooms with different layouts and furnishing. My favorite thing about Hunt is the amount of windows that let in natural light. It even has a balcony on the top floor with a wide view of the campus. Like Hill Library, Hunt is a great place to study if you like the quiet. The only thing I don't like about Hunt is that it is far away from Main Campus, where most of my classes are. But if you have classes on Centennial or can spare some time to get over there, you should check it out.



Caldwell Hall sits on NC State's north campus on Feb. 18, 2020. Built in 1981, this building is home to studies in English, communication and political science.

Photo by Natalie Folsom

-Caldwell Lounge

If the weather is too wet or cold to hang out on the Court of North Carolina, I recommend checking out the nearby Caldwell Hall, which is home to the aptly named Caldwell Lounge. Caldwell Lounge has lots of tables and chairs including seats in front of the tall windows. The lounge also has a kitchen area with a microwave, making it a great place to have lunch. Caldwell Lounge is quieter than Talley, but louder than the libraries. Students often talk with each other, and there's also a piano anyone can play. I like to listen to people playing the piano, but some students might find it distracting. My downside for Caldwell Lounge is kind of nitpicky: I'm 5'4", and the tables are a little too high for my liking. That probably doesn't bother taller people, though.

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-D. H. Hill Library

Hill Library is a popular place to study on campus. Located next to the Brickyard and the Atrium, this building has nine stories full of different kinds of rooms for people to read and study in. As a library, Hill is a great place to study if you like the quiet. The first few floors of Hill have low levels of noise, but as you get higher, it gets quieter. The library is a fun place to explore because nearly every room has a different layout and different decor. I recommend exploring the rooms in Hill to see which ones speak to you. There is also a cafe, and you can reserve rooms for group project work or if you just need a quiet place to study. Hill doesn't have many downsides, but one thing I don't like as much about it is the lack of windows. It makes me feel kind of claustrophobic. Many people like it, though, so I recommend checking it out.



Laura Carter, Reese Cole, Emma Carpenter and Simon McNair, first-year students studying engineering, work together in D. H. Hill Library on April 28. The group met together to study for their upcoming finals.

Photo by Rachel Laminack

-The Court of North Carolina

This is the place for people who like to do their work outside. Located on Main Campus, The Court of North Carolina is a scenic, grassy field surrounded by old magnolia trees. The field is dotted with comfortable lawn chairs, and some students prefer to sit on the grassy slope. I personally like to sit in the trees on the edge of the field. The Court of North Carolina is a great place to study when the weather is nice. Of course, a downside to this study spot is that the weather isn't always nice.



The Court of North Carolina basks in the sunlight on April 23. At the top of the Court of North Carolina lies the 1911 Building, a space dedicated to the Class of 1911 who made an official promise not to haze new freshmen.

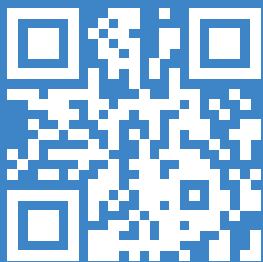
Photo by Emily Peedin

One of these places might become your new favorite study spot. I also recommend searching beyond the places in this list. Many of the buildings on campus have great little study places with their own unique flavors. It's like a treasure hunt; you never know what you might find. So, have fun exploring, and I hope you find your favorite places on campus just like I did.

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Dining Dens for Developing Scholars

By Max Nicely

NC State has a lot of things going for it. We have our own ice cream made in-house, we (hopefully still) have our own accordion guy and we have more dining options on campus than we have bricks. Here are my top five places to dine for first years, plus a little insider knowledge about GrubHub.



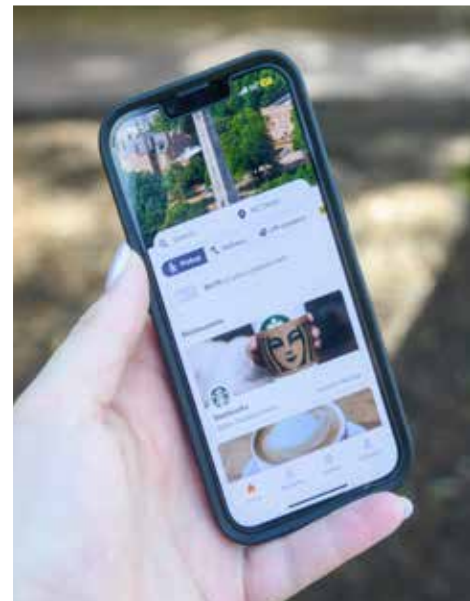
A few people enjoy an early lunch at Gravity Cafe on April 23. Gravity Cafe is one of many food options at On the Oval on Centennial Campus.

Photo by Emily Peedin



Fountain Dining Hall opens for breakfast on April 23. This dining hall is located at 2520 Sullivan Drive and is right next to Bragaw Hall.

Photo by Emily Peedin



A phone is opened with the GrubHub app displayed outside Talley Student Union on April 23. GrubHub is utilized by all campus restaurants for mobile pick-up orders.

Photo Illustration by Emily Peedin

Welcome to Case, North Campus' most central dining hall. Case has some flaws, but we can get past the fact that after 1:30 p.m., only student athletes are allowed to eat here. The real issue at hand is the historic injustice generations of State students have fostered through perpetuating the lie that this is the best dining hall. The fact is, if you want to eat anything other than tacos, burgers, and or chicken, Case isn't it. If you want vegetable options, Case isn't it. Case isn't a bad place to eat at, though. Those who work here are actual saints. Once I walked out with, like, ten chocolate chip cookies and one lunch lady stopped me and said, "You know there's a two cookie per person limit, right?" And I said, "Do you want one?" And she didn't, so I ended up keeping all ten cookies. I'm pretty sure I'm diabetic now because I crushed those cookies in one sitting. Case gets a solid 7/10, would recommend, but buyer beware.

Chick-Fil-A is an American icon. Honestly, this restaurant chain maintains the only semblance of patriotism I feel these days — but let's not get political. The truth is the Atrium's Chick-Fil-A isn't like other girls. It's quirky. It mostly sells chicken nuggets and two different sandwiches. The way this Chick-Fil-A works is honestly something out of a George Orwell book. People line up and whenever a 12 piece box of nuggets is ready, the next person in line takes it and that's that. No talking to people — no nothing. As you leave, you exit through a check out lane where you pay for your meal. Honestly, I would rate this place about 400 times higher if their menu wasn't so limited. Also, pro tip: it's impossible to quickly get food during rush hour, so be advised. Go during down times. 7.5/10.

First-years love to hate on Fountain Dining Hall. The truth is, though, this is NC State's largest dining hall, and they have the most options out of any dining venue on campus. Their meat tastes a bit like how I imagine the inside of black holes feel, but that's beside the point. It's honestly a culture of its own to go to Fountain around 8:00 p.m. during the dinner rush. You'll run into so many people you know during your first year. Plus, in the corner by their bathrooms, they have board games you can play with friends. Their dessert bar is never lacking. They have a section of their dining hall dedicated for students with common food allergies. And they're constantly rotating dishes. Fountain gets a lot of hate, not because it's bad, but because it's so good. The biggest stars have the most haters. Fountain is number three only because last semester, they held this event where if you wanted a free tote bag, they would have you write one thing you like about Fountain on this little chalkboard and pose for a photo holding the chalkboard. I did this. I wanted that tote, guys. Anyways, these photos ended up decorating Fountain's walls. You'll see them if you go there. The thing is, they didn't put my photo up. Am I too ugly? 7.9/10.

- **Case Dining Hall**
7/10

- **Chick-Fil-A**
7.5/10

- **Fountain Dining Hall**
7.9/10

Wait, what about On The Oval? There's a bunch of individual restaurants there. Are we just lumping them all together into one entry? Yes. Yes we are. On The Oval works a lot like the Atrium: you grab your food and pay for it on your way out. I made the difficult decision to lump all the restaurants in On The Oval together into one entry because, if we're being honest, On The Oval is just one mega restaurant pretending it's a bunch of different smaller restaurants. They're like seven dwarves stacked in a trench coat, masquerading as a fully functioning member of society. Don't let them fool you. You're better than that. Anyways, if you're on Centennial Campus this is like one of your only food options, so you're lucky the food here is actually top tier. 8.68/10.

- **On The Oval**
8.68/10

Clark is far and away the best dining hall NC State has to offer. You will never feel better about your choices than when you make the perilous trek to consume food here. Last semester, they served garlic sauce mussels. They were the best thing ever. I mean ever. I'm pretty sure I have hepatitis now because I ate so many of them. I would strongly recommend every new first-year eat exclusively here as much as humanly possible. It's a soulful culinary journey rivaled only by the most exclusive of three-Michelin star restaurants. ∞/10.

- **Clark Dining Hall**
∞/10

Look, no matter where you eat on campus, you can't go wrong. But where you can go wrong is in waiting all day in line for food. Speed it up! Download GrubHub! It's easy to use and you can pay for things with dining dollars. Simply log into the app with your student email and password, sign into your one-card with your Unity ID, select where you want to eat and opt to use dining dollars as your payment method! Easy as that! #NotSponsored.

- **Get it with Grub Hub**
TIP



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SECTION 2 —

The Debriefs

Indispensable
information that we
wish we knew when we
were first-years

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How to WolfXpress Yourself

By Katherine Wan

Despite the increasing reliance on digital files rather than physical copies, printing is still an ever-present chore for college students. Thankfully, NC State University has plenty of resources for students to print. For black-and-white printing on 8.5 inch by 11 inch sheet papers, there are standard printers located around campus that students can utilize using their Unity ID account to log into WolfPrint.

Printer locations and instructions can be found on oit.ncsu.edu/wolfprint/.

For students with more complex printing needs, Wolf Xpress provides printing services for students, employees and the general public. Wolf Xpress is a full service print shop that allows users to print business cards, stationery, posters, student projects, paperback books and more. Of course, Wolf Xpress provides black and white or color copies on a variety of different paper sizes as well.

Not only does Wolf Xpress provide printing services, they also provide design services for people who may need design assistance on their printing projects. Prices are affordable for students as well, making Wolf Xpress a convenient one-stop shop for all NC State students.

Teri Hellmann, the current manager of Wolf Xpress, wants to ensure that every student feels comfortable with printing at Wolf Xpress. “Students can walk in and print black and white copies right away,” said Hellmann. “Our website says projects can take 24 to 48 hours to complete, but it often takes less than a day for posters.”

Placing an order is convenient and accessible for all students. Students can place orders online through the Wolf Xpress Student Order form, or they can email wolf-xpress@ncsu.edu requesting a specific print type and number of copies. Files must be submitted or emailed as a PDF. Once the order goes through and has been completed, students can pick up their order and pay at the register. Payment can be made through card or a preloaded Wolfpack One Card using my.onecard.ncsu.edu.

In addition to individual student prints, Hellmann said, “We do a lot of work with student clubs.” Wolf Xpress can be a great resource for student clubs and organizations, whether to print copies, or durable and waterproof posters that can be reused on multiple occasions.

Starting Fall 2023, Wolf Xpress will be located in the bookstore on the first floor of Talley Student Union, instead of its old location between Port City Java and One Earth on the second floor. Despite the change in location, Wolf Xpress will continue to provide the same quality printing services as always.

Students can also get a job at Wolf Xpress with no experience necessary. According to Hellmann, the job requires tasks like printing, trimming, finishing work, coil-binding and more. She said, “It’s a fast-paced shop that is constantly moving, but [it] can be a fun and rewarding job.” Students can apply for a position through the Wolf Xpress website. For more information visit wolfxpress.ncsu.edu



A WolfPrint printer awaits future users inside Hunt Library on April 23. WolfPrint printers allow students to use their AllCampus dollars to pay to print documents.

-
Photo by Emily Peedin



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Mental Health Initiatives at NC State: The Work of Chazzlyn Jackson

By Nada Elraddaf

NC State has made tremendous strides in tackling mental wellness concerns among its student body, paving the way for a healthier and happier campus community. Mental health issues are prevalent among college students — more than 60% of college students met the criteria for at least one mental health problem in the 2020-2021 school year, according to the American Psychological Association (APA). These issues can have serious consequences, including decreased academic performance, increased risk of dropping out and even suicide. Addressing mental health issues is critical to ensuring that students are able to reach their full potential and succeed in their academic and personal lives.

One of the foremost heroes driving these efforts on campus is Chazzlyn Jackson, a graduate student and student leader who has been instrumental in shaping the University's approach to mental health. A number of initiatives have been implemented to help students navigate mental health challenges and access the resources they need to thrive, spearheaded by students like Jackson, who are passionate about driving change and raising awareness about mental health issues.

Jackson played a vital role in two working groups related to mental health at NC State. The first one, the Student Government Mental Health Intervention, was student-led and focused on creating interventions for mental health issues among students. Jackson chaired this group. The second group was the Student Mental Health Task Force, which was created by the university and had heavy administrative involvement, but still included student representation. Jackson was a graduate student representative on this task force.

Jackson's work as the chair of the Mental Health Task Force involved organizing and ensuring the completion of the department's responsibilities and making sure that the student voice and the student lens were utilized in approaching possible policy changes at the administrative level. Her main responsibility was to ensure that the department is aligned with the charge given by the student body president.

"He charged us to conduct research on mental health crises and suicide prevention measures implemented at other campuses,

current best practices according to scientific literature and to get a better understanding of the needs of students around mental health. And then we would then provide



Chazzlyn Jackson, a graduate student studying sociology and anthropology, consults formal documents while answering questions regarding Student Senate's Mental Task force at Talley Student Union on Wednesday, March 29, 2023.

Photo by Oscar Codes-Bodien

that research as recommendations to both student government and the University for future programming, outreach and advocacy," she explained.

Jackson organized the department's work into two phases: an extensive literature review and focus groups. The literature review aimed to familiarize the group with the subject matter and ensure that they fact-checked their research. The focus groups, on the other hand, were focused on directly hearing from students. These discussions gave the team a chance to hear first-hand the desires, needs and experiences of students regarding their mental health. Jackson was responsible for facilitating three of the four focus groups, and she made sure that the students were comfortable and that the sessions were conducted sensitively.

"We had four focus groups that consisted of students ranging from first year all the way to grad, and different programs — plenty of different programs. We had snacks and we had lo-fi going on in the background — like, it was just to really make sure that our students were just as comfortable as possible," she said.

Jackson's role also involved training members

of the department on how to conduct research, keeping them informed of developments in the mental health task force and appointing other members to the department. Currently, since there is no specialized committee, there are student government representatives working on the next step of implementation.

"Our outgoing Student Body President Mackenzie Heflin, he's on the committee that is creating the actual implementation process for the student mental health task force report. So they will be working over the summer, hopefully, and of course this fall, on actually implementing the recommendations from the Student Mental Health Task Force report."

Jackson herself is not returning to student government, but rather is focusing on graduate student life and experience as the newly elected Vice President of External Affairs for GSA graduate students. However, she is open to being tapped for further clarification or guidance throughout implementation.

Regarding the implementation process, the mental health intervention group made a specific recommendation in their report that a department should be created to carry out their recommendations. Jackson did not give specifics on who should make up this department, but preferred that it either be the vice president or the chief of staff who chairs it. She imagines herself visiting those meetings once those are created.

Jackson clarified that the recommendations made by both the University task force and the student government group are just that: recommendations. They are not requirements to be carried out. However, she is happy to see that many of their recommendations have already been in progress and that a lot of working groups are taking action to address the crisis. The mental health intervention group's recommendations have a unique student lens to them since they were strictly student-led and created.

The steering committee is what actually oversees the teams, evaluating and implementing the recommendations. They decide how to approach and progress each idea, which can be a complex process. Given the nature of the recommendations from both groups, the timeline and speed of application is an obstacle to figure out. Maybe, the committee looks into a recommendation and finds that it simply isn't feasible.

"Especially when we get into language of require, require, especially requirements with faculty, like, it's a whole different conversation," Jackson said.

It will be interesting to see how these recommendations are brought to life and what kind of impact they have on the campus community.

Clearly, Jackson has invested tons of her time and effort into this work, which isn't easy as a college student. But regardless of its perceived difficulty, Jackson was meant to be a community leader.

"It's always been a personal responsibility of mine to provide my service in the form of leadership. Connecting it back to my identity as a Black woman in America, I feel that there are dues to be made," she said. "If I have the resources and opportunity to lead and better serve, you know, marginalized communities that make up a broader community, then I'm going to do it, because that's, to me, that's just my personal responsibility.

"I'm a people person — I love working with people. And fortunately, that helps my job as an advocate and an activist, right? Like, my ability to connect with others to form those relationships for people to trust me," she continued. "People don't trust leaders. We know why. There's a repeated history and pattern of leadership letting us down or not being transparent. I want to change that narrative. And so when I had the ability to reestablish trust between marginalized communities, Black students, queer students, that to me means a lot. And that's motivation enough, because that gives our overall community hope that we can change for the better."

Beyond any change the University can put in place, there are some steps that students themselves can take to promote their own mental health. Proper time management is one of those things. It can make the difference between a stress-free semester and severe burnout, but can be so hard to figure out a system that works for you. What works for one person isn't going to work for everybody, based on everyone's unique hobbies, workload and limits. As Jackson emphasized, it will take time to figure out how you want to manage your time.

"First-year students have to get in the habit of really making sure they're enhancing their self-awareness skills, evaluating how they feel in all realms of being: emotionally,

mentally, spiritually, physically, financially," Jackson said. She went on to explain that it can be as simple of a process as the person wants, as long as they're checking in with themselves regularly. "Something to get them in the habit of being self aware and enhancing those skills, because those are transferable skills in any space that you walk in. And they're also lifetime skills."

I'll leave you with Jackson's departing words: "Something I like to say to my fellow peeps is go be great."

"The underlying meaning of that is just like for you to just lead with confidence and believe in yourself," she explained. "And greatness is also a spectrum. So like if you cooked yourself breakfast today, and that's how you were great, a high five claps, cheers to you. Like that's beautiful."

Jackson's insight on the state of mental health resources at NC State is invaluable. She is one of the many members of the Wolfpack who are here for you as you begin your journey into higher education, and as you step onto campus in the fall, be sure to stay aware of the mental health resources available to you.

The Roundabout team wishes you luck, health and greatness! GO BE GREAT!



Chazzlyn Jackson, a graduate student studying sociology and anthropology, converses during an interview regarding Student Senate's Mental Task force in Talley Student Union on Wednesday, March 29, 2023. "It's always been a personal responsibility of mine to provide my service in the form of leadership", stated Chazzlyn.

Photo by Oscar Codes-Bodien

What's the Kaboodle About Moodle?

A Brief Moodle Tutorial.

By Bran Poster

Moodle is the course management platform that NC State uses. Many of its features are intuitive, but it can be daunting to use, especially if you're a transfer student who's already accustomed to using another platform. A few professors don't use Moodle at all, but by and large it'll be your coursework destination.

When you enter Moodle, you'll see three tabs on the top left: Dashboard, My Courses, and Intelliboard. The Dashboard page has a timeline and calendar of your upcoming assignments, tests and other course events. This page can be really helpful, but it's wise not to rely entirely on it because some professors don't put assignments on there. I use Google Calendar to track my course events and it works beautifully. If you're more of a tactile person, a planner book

could work as well. If I'm not sure when something is due, first, I check the relevant professor's syllabus, and if that doesn't give me an answer, I reach out to the professor directly.

After clicking the My Courses tab, you'll see all of the courses you're currently enrolled in (surprise!). Each course has an individual page. Some professors organize their pages by week, some by textbook chapter, some by assignment. It really depends. Typically, important materials like syllabi, contact information and lecture recordings are located at the top of the page. If you don't know where to find something, reach out to your teacher: either they forgot to post it, or it's in a different place (such as a class Google Drive folder). Also, control F is your friend: if a course page is excessively dense, you can search

inside it by pressing control F on your keyboard. There is a search bar built inside Moodle, but it searches across all your course pages instead of just the one you're looking at, which can be confusing.

Submitting assignments on Moodle is relatively self-explanatory: drag and drop your work into the submission field, click "save changes" and you're done. Check the rubric, syllabus or the teacher yourself to see if they have a preferred file format (i.e. PDF). If you realize you made a mistake, you can go back and edit your submission before the due date. One thing you might encounter, though, is that for some assignments, your professor may make your work inaccessible to you after submitting (you'll have to confirm your submission again). In that case, double check that

everything looks good before you click the final submit button!

Once your course is over, you'll lose access to that course's Moodle page and all the materials on it. If there's something there that's valuable to you, make sure to save it somewhere else! Worst case scenario, you can contact the teacher to get those materials back.

At this point, you're probably wondering: what's the Intelliboard tab? Don't worry about the Intelliboard tab, you'll never use it as a student! Familiarize yourself with the Dashboard and My Courses, and you'll have mastered the Moodle Kaboodle.



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Parking Fury: NC State Edition

By Bran Poster

In my view, parking is undoubtedly the worst part of owning a car. And yet, whenever I browse my iPhone's App Store, I see a perplexing proliferation of parking games. There's "Parking Mania," "Parking King," "Parking Fury" and the unapologetically stereotyped "Russian Driver 3D." What is going on here? Why do so many people choose to simulate parking for fun, rather than play at conquering a castle or solving magical riddles? Alas, I digress: investigating these questions is not the point of this article. Rather than try to answer the unanswerable, I will share some tips, tricks and tragic cautionary tales that will help NC State motorists in the quest for parking perfection.

Hub for long-term parkers: ncsu.aimsparking.com

If you want to purchase a permit, appeal a ticket, find a towed or booted vehicle (goodness forbid!) or do any number of other NC State long-term parking related actions, ncsu.aimsparking.com is your destination. I think it's relatively self-explanatory, but there are step-by-step guides about navigating it on another website, transportation.ncsu.edu/parking, if necessary. If that still isn't enough, NC State Transportation has customer service phone assistance at 919-515-3424 from 7:30 a.m to 5:00 p.m. on weekdays.

Hub for short-term parkers: parkmobile.io

If you're a momentary motorist who needs to park your car temporarily, NC State has numerous designated visitor parking spaces that use ParkMobile for payment processing. Visitor parking spaces are listed at transportation.ncsu.edu/visitor-parking. ParkMobile can be accessed via the parkmobile.io website, the ParkMobile app, texting 77223 or calling 1-877-727-5301. Some parking spaces also have kiosks with QR codes you can use. Every pay lot is labeled as a zone, so make sure you see the sign for what zone you're in before you pay!

You must be registered for courses before you purchase a permit

Because there are a limited number of parking spaces, a limited number of parking permits are issued every semester. Students are granted priority for permits based on the number of completed credit hours they have: the more classes taken, the better chance of acquiring a permit. This makes sense because of the requirement for first-years to live on campus, which implies not needing a car. However, if you are a first-year who needs a car on campus, there is still a chance that you'll secure a permit!

When is parking free?

Parking is free on weekends, official university holidays and after 5:00 p.m. on weekdays in most lots. Pay close attention to signage so you know you're not in a permanently enforced lot. If you want to check in advance, the specific parking areas that are permanently enforced are also listed in the ordinance POL 07.60.01, under section 4.1. Thankfully those lots are largely outliers!



Cars sit outside of the employee parking lot near Reynolds Coliseum and Talley Student Union on April 23. Students are able to park in employee parking lots after 5:00 PM, unless reserved.

Photo by Emily Peedin



A sign for a paid parking lot sits on the corner of Hillsborough Street and Logan Court on April 23. Many students opt to pay for parking off campus on Hillsborough Street instead of purchasing a campus parking permit.

Photo by Emily Peedin



A Wolfline bus traveling on the Textiles route waits outside of D.H. Hill Library on April 23. The Wolfline bus system provides students with an alternative to paying for parking off campus, often taking them from their designated parking lots to other locations on campus.

Photo by Emily Peedin



A sign warning against parking sits outside Talley Student Union on April 23. This specific sign was located near the Technology Tower exit and Reynolds Coliseum.

Photo by Emily Peedin



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The Foodery of Dorm Life

By Audrey Javan

Living in a dorm isn't so much different from living at home, in some ways. You still have to share a bathroom with others, overhear music from across the building and, scariest of all, you must... feed yourself. But meal plans only provide finite resources—you think you're rolling in Dining Dollars until the end of the semester is looming and you're suddenly very aware of how much a sandwich at Port City Java costs. So what do true adults do when they can't get pre-paid food? Go to the grocery store.

There are several grocery stores around campus. It's as if they knew we were hungry. The Harris Teeter in Village District is a great option for anyone, packed to the brim with everything the chain is known for—tall aisles of snacks and noodles, a deli bar, a cheese bar, pre-packaged food, sushi, balloons and flower arrangements. What's more, they provide a discount to NC State students for 5% off groceries beginning every August and ending every May. Register at the customer service desk beside the entrance with a valid Wolfpack ID and save money for a whole academic year! Topping off at an around 20-minute walk away from North Campus One of the only other walkable options is the Hillsborough St. Target, which I frequented in my first year and now associate with Nerds Gummy Clusters and a thoroughly-picked over bread aisle. It's good for necessities—snacks, toiletries, Garfield shirts and the like—but it's a small Target on a busy street, so of course it doesn't have all the microwavable meal options one might want. Weigh your pros and cons and know your limits when shopping without a car. If you do have a car, spread your wings and fly however far a tank of gas will take you. My roommate and I are fond of a Target in Cary, in case you were curious.

Once you get to the grocery store, the question naturally becomes: what are you going to buy there? Of course, everyone will have their own tastes and preferences for the food they want to keep around, but there are some general tips to keep in mind no matter what, such as when buying perishable foods, make sure you're going to eat them! This goes for things like fruit and milk, both of which are good to have around, but can go bad very quickly if forgotten about. As long as you're sure you and your roommates and guests will finish it, go crazy. When it comes to meals, I always stick to microwavable things. Frozen dinners, instant noodles and microwave rice are classics for a reason! They're perfect for nights in, and lunches crammed between classes, and late night snacks after you underestimate yourself at the dining hall, all of which are regular situations you should probably prepare for.

Also keep in mind that dorm kitchens aren't always immediately accessible. This might impact how you plan meals and dishes. If you're on the fourth floor of a dorm and the kitchen is on the ground floor, do you really want to have to truck up and down the stairs to wash your cereal bowl in the morning? Maybe you do, but if you're not, then figuring out a way to consolidate your dishes trips is a good idea. In my dorm, we don't use many dishes besides the occasional Tupperware from our parents and a load of utensils (most of which are reused plastic forks from Noodles & Company) which we wash all at once when we reach an unsustainable low. Whatever system you figure out, do not let it be washing your dishes in the bathroom sink. Yeah, yeah, it's close to your room, but it clogs up the sink drain and leaves gross food debris around. Don't be one of those people.

wolfpack welcome week
WWW
wolfpack welcome week

AUGUST 17 - 26

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



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If you're someone who wants to chef up a storm in the dorm kitchen—pots, pans, Himalayan pink salt, boneless chicken thighs, the works—I applaud you. Be respectful of the communal kitchen and clean up after you cook and eat, of course, but by all means, cook to your heart's content. I've seen a group of residents make bread from scratch in our small kitchen, so if they can do that, you can surely make yourself a pot of macaroni and cheese. And if you want to cook something but don't have the cookware on hand, within reasonable bounds, there's no need to worry! My older brother once reheated barbari bread in the oven on a brick he found outside his dorm. I've seen people bake cookies on a sheet of aluminum foil in lieu of a baking sheet. Where there's a will, there's a way.

Feeding myself was one of the hardest things to manage when I moved into a dorm, and I don't think that's a unique experience at all. Not only because my

schedule was suddenly so erratic, but managing my funds—whether from my debit card or my ID card—and knowing when I needed or wanted what kind of food wasn't something that came very naturally. Off-campus living in houses and apartments will of course be different, with its own set of ups and downs. For example, you can cook and do the dishes so easily! But on the other hand, the grocery burden is heavier due to your increased cooking capacity. Either way, dorm or apartment, meal plan or not, we hope you all eat well this year within expected and experimental culinary bounds!

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Transfer Student Struggles

By Audrey Javan

If you're reading this article as a transfer student to NC State, then congratulations on your admission, before anything else! You are now a proud part of the 20% of the Wolfpack who have transferred here! Applying to college is hard to do once, and you've done it twice. Maybe even more than twice. And no matter how stressful the process may have been, you made it now. Transferring isn't quite like simply being admitted. You probably already got used to a different campus, different class requirements for the same degree, a different homework website, a different group of friends, a different everything — it can definitely be challenging to switch.

One of the most important tribulations that any transfer student might face are the different credit requirements. The programs at all colleges vary greatly from one another, which can cause some initial confusion. NC State requires two different fitness courses, for example, which is something many other colleges don't. Maybe your last institution accepted a 3 on an AP test, but NC State doesn't. Maybe a credit you earned at your last institution simply can't transfer and you have to retake a class. Juggling requirements and credits is enough of a headache without having these wrenches thrown into it. But as long as you have a good long talk with your advisor, or at least a soul-searching scour of that degree audit on your student portal, you'll probably find NC State to be a great fit for you and your degree goals.

If you have friends or even acquaintances who go here already, some of these problems can be worked out by simply asking them for help. For

example, when my friend transferred, it was easy for her to get support from me and my roommate. We answered questions that her orientation program didn't quite answer, such as how GrubHub ordering worked — specifically what to do when the app unexpectedly doesn't work (sign out and sign back in). Maybe this can help you with housing, too, if your Wolfpack buddy is ready to accept you into their lease with open arms. But even if you don't, there are many opportunities to make friends at NC State, just like any college campus. Hopefully, you'll get along with your roommate or suitemates, if you're living in a dorm. And of course, joining a club or student organization is a great way to make friends with new people! Making friends in class can be daunting, fleeting and sometimes near-impossible, but clubs are meant to bring a bunch of people with similar interests together to make connections. For example, I joined the English Club in my second semester, and now I'm in, like, five different group chats. It works.

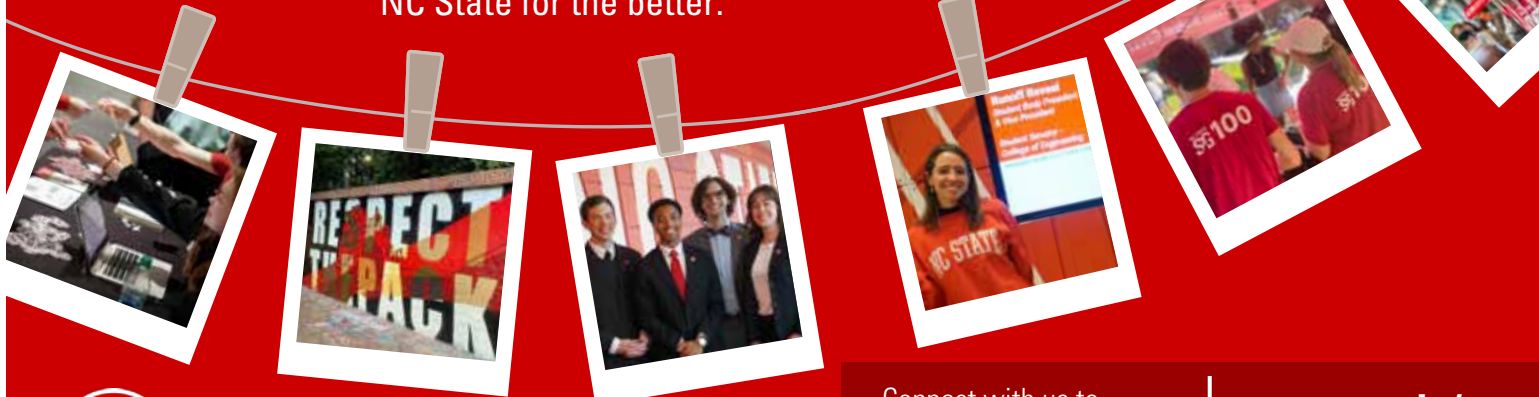
Besides clubs and assigned roommates, NC State does its best to provide opportunities for transfer students to get acquainted with campus. You should know about the required orientation by now, I expect, which will teach you a lot about the general workings of campus, such as where all the important buildings are and the legend of the seal on the ground floor of TalleyStudentUnion—don't step on it if you want to graduate on time! The Transfer Connections Village located in Wolf Village Apartments is also a great way to build a deep connection to your new campus and community. There, you can be surrounded by

fellow transfers who understand that shared unique experience, as well as get access to special events and guidance from Wolfpack partners. Next time the housing application deadline rolls around, consider applying for something like that. Of course, the NC State Transfer Student Services page is another resource for news relating to all things transfer, which can help you stay up-to-date.

Suddenly faced with thousands of strangers in a city you're not used to, it's easy to feel alone. The most important thing to realize is that you never are. Not only are there countless NC State students already here for you, but there are also so many other transfers that know just how you feel. No matter the reason you transferred — your degree program seemed better here than there, campus is a more favorable distance to your home, you have established friends here or you simply didn't like your last institution — us at Roundabout hope that NC State becomes home for you. No, we know it will! Even though it's an unfamiliar setting, we know you can take on the challenge and come out on top. You have a whole pack behind you now.

NC State Student Government

NC State Student Government serves as the official voice of the student body, devoted to **ethical** and **accountable** public service. Student Government works to **educate** future leaders, **empower** our students, and **transform** NC State for the better.



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fraternity and sorority life

On behalf of the Department of Fraternity and Sorority Life, welcome to the Wolfpack!

At NC State, we're over 50 fraternal organizations strong, empowering our nearly 3,000 members with amazing opportunities to engage in leadership roles, active social experiences, and community volunteering and fundraising. Our goal is to empower students to develop a deeper sense of purpose throughout their collegiate experience. As a member of a fraternity or sorority, you can:

belong - finding a support network can be challenging, yet vital to your success. Membership connects you to a community of peers and supportive alumni.

achieve - we set high academic expectations for our members and support their classroom experience. Our members are students first and foremost. It's no wonder more than 44% of members are on the Dean's List and have higher graduation rates than unaffiliated peers.

live - we value cooperation, teamwork, and civil discourse as members learn how to live and excel with these challenges as part of the brotherhood or sisterhood experience.

lead - we champion leadership opportunities and group efforts to develop members' individual potential and prepare them for success in their future career.

give - we prepare members to give of their time and treasure - preparing them for a lifetime of engagement and philanthropy in the communities they serve.

more than **50** organizations empowering nearly **3,000** members

"Being a part of Fraternity and Sorority Life has allowed me to join an inclusive organization. I have been able to make a lasting impact on the black community and have unique experiences that I may not have had otherwise."

- Breonda Snead, Zeta Phi Beta

"If you come to college wanting to be more than a student—a better person all around—a well-rounded scholar, active community member, strong leader, and friend, then Fraternity and Sorority Life on campus will do that for you."

- Hannah Cox, Kappa Delta

It goes without saying, fraternity and sorority life is a transformative experience, developing lifelong relationships and community partnerships to realize your potential. This isn't about four years in college, but a lifetime of philanthropy, civic engagement, cooperation, and leadership.

We hope you will pursue your potential at NC State and consider membership in one of our organizations. They're divided into four councils, based on collective interest. Take a moment to explore their unique qualities here and, for more information please visit our website at fsl.dasa.ncsu.edu.

A group of young men, some wearing baseball caps, are smiling and talking in an outdoor setting.

IFC

Interfraternity Council

number of organizations: 24
recruitment style: formal
(registration required)
58% have chapter housing
size: 5-119 members
average size: 58 members

Emphasis on scholarship, campus leadership and involvement, brotherhood, service and philanthropy, athletics, and leadership training, the IFC prides itself on continually producing successful leaders and men during the undergraduate years and beyond.

Formal recruitment will be over Labor Day weekend.

A diverse group of students is walking on a campus path, some looking towards the camera.

MGC

Multicultural Greek Council

number of organizations: 9
recruitment style: chapter led
11% have chapter housing
size: 2-22 members
average size: 12 members

Celebrates culture (Native American, Latin, Asian, South Asian, and multiculturalism), heritage and individuality while focusing on uplifting each member toward their personal potential. These fraternities and sororities foster diversity on campus, while providing a close-knit group of true friends to experience college and life alongside.

A group of seven diverse young people are sitting on a grassy lawn, smiling for the camera.

NPHC

National Pan-Hellenic Council

number of organizations: 8
recruitment style: chapter led
(sophomore status may be required)
13% have chapter housing
size: 5-22 members
average size: 9 members

The National Pan-Hellenic Council (NPHC) represents the historically African-American fraternities and sororities on campus. These organizations leverage their unique histories and national scope to contribute to the political, spiritual, social, economic and cultural life on campus.

Alpha Phi Alpha Fraternity, Inc.
Alpha Kappa Alpha Sorority, Inc.
Omega Psi Phi Fraternity, Inc.
Delta Sigma Theta Sorority, Inc.
Kappa Alpha Psi Fraternity, Inc.
Phi Beta Sigma Fraternity, Inc.
Zeta Phi Beta Sorority, Inc.
Sigma Gamma Rho Sorority, Inc.

A group of young women are smiling and looking at a laptop screen outdoors.

Panhellenic Association

number of organizations: 13
recruitment style: formal
(registration required)
92% have chapter housing
size: 15-164 members
average size: 125 members

Focus on empowering women, helping them reach their potential as scholars, as leaders in the community, and as change makers in the world. Finding a sisterhood at NC State transforms the collegiate experience.

Formal recruitment will take place during Labor Day weekend.

keep up with fraternity and sorority life, rush, recruitment and more at

fsl.dasa.ncsu.edu

The Tidbits

Nibbles and nuggets of
knowledge to satisfy your
Wolfpack trivia craving

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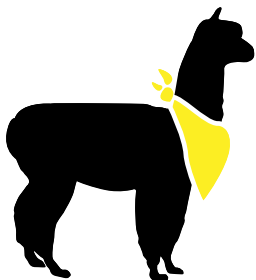
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3 of the Oldest Books in Hill Library, and 3 New Ones

By Quinn Gebeaux

Unlike ice cores, dungeons or piles of dirty laundry, Hill Library gets older the further you go up. Major renovations in 2007, 2010 and 2020 gave the bottom four floors of the library (starting at ground level, G) a visual and technological makeover. The most recent renovation introduced the Academic Success Center, a space for peer tutoring and collaboration. Other additions included a 360-degree visualization studio on the third floor, and a learning commons on the east wing of the first floor.

The upper floors, known as the stacks, have been wary of renovations. These floors, four through nine, house the majority of books in Hill Library, as well as study rooms and desks. Some anachronisms of the upper floors add charm, such as the pneumatic tubes, formerly used for sending book requests. On the other hand, some features do not add the same delight, such as the cramped bathrooms or the impossible-to-tilt-your-water-bottle-into water fountains. Still, the stacks are where many NC State students spend their time. So what kind of books does Hill Library keep here?

The Ladies' Diary (1817)

Compiled by Thomas Leybourn

QA43 . L69 V.1

The Ladies Diary began in 1704 as an almanac marketed towards women. By popular interest, the focus of the annual diary shifted towards riddles, rebuses and math puzzles, nearly all submitted by readers. The book on the 8th floor is a collection of over 100 years of these puzzles. Try this one below to get a taste:

"A lady being asked her age by an impertinent spark, made the following reply; if my age be multiplied by three, and two-sevenths of that product trebled, the square root of two-ninths of that will be four. Now tell my age or never see me more?"



Books both new and old wait in the stacks of D.H. Hill Library on May 2. According to the library's website, D.H. Hill Library holds over 780,000 books. Photo by Emily Peedin

The Works of Charles Churchill (1774)

Charles Churchill

PR3346.C8 1774

Here it is, the oldest book that you can find in the stacks. This book cannot be checked out, but you can pay it a visit on the 7th floor. If you do, you'll find no easy read. The S's are F's and there's something going on with sprites. "When, in difcourfing on each mimic elf / We praife and cenfure with an eye to felf."

Looking past all that, these poems are actually most often about satirizing the actors of the time, and Charles Churchill does not hold back. If you like insults and rhyming couplets, this is the book for you.



A student holds multiple volumes of "The Works of C. Churchill" by Charles Churchill in D.H. Hill Library on May 2. These volumes can be found on the seventh floor of D.H. Hill Library. Photo Illustration by Emily Peedin

A General View of Sweden (1790)

Jean-Pierre Catteau-Calleville

DL611.C37

Approximately 22% of NC Ftate undergraduate ftdy abroad, and why not in this fcenic Fcandinavian country? This book, housed on the 5th floor, will help your study prep.

Despite more spelling differences, A General View of Sweden is easier to read than the other books in this list and may be the most practical. The author, Catteau-Calleville, covers Swedish language, climate, history, constitution, natural riches and more. Some of these have changed, of course, but you hope the finer things haven't; "Though Sweden is covered with rocks, woods, and mountains, its inhabitants are mild and peaceful."

Side note on the f's: here, the "f" is not actually an "f" but "a long s". It doesn't mark a different sound, and it died out in the process of simplifying typefaces. However, we still use it for the integral sign in calculus.



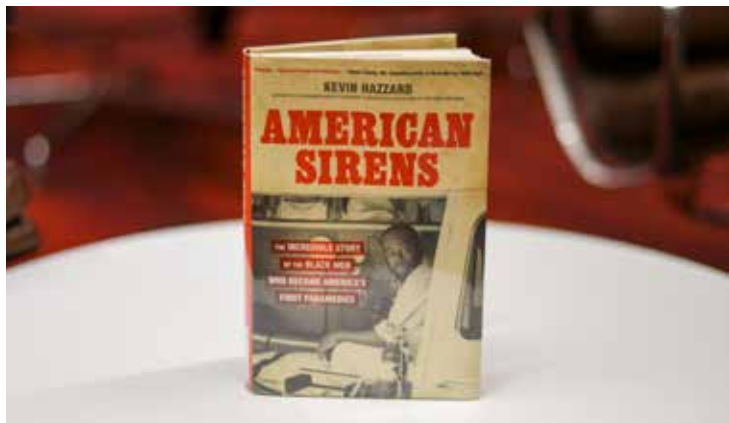
A student holds open a book entitled, "A general view of Sweden: containing, besides a geographical description of the country, an account of its constitution, religion, civil and criminal laws, population, natural riches, external and internal commerce, finances, money, weights, and measures: together with the manners and customs of its inhabitants, the present state of the arts and sciences in that kingdom, and the form of government established in 1772" by Jean-Pierre Catteau-Calleville in D.H. Hill Library on May 2. This book can be found on the fifth floor of D.H. Hill Library.

Photo Illustration by Emily Peedin



A student plucks "Less" by Andrew Sean Greer off a shelf in D.H. Hill Library on May 2. This book is located on the eighth floor of D.H. Hill Library.

-
Photo Illustration by Emily Peedin



"American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics" by Kevin Hazzard sits on a table in D.H. Hill Library on May 2. This book is located in the east wing of the first floor of D.H. Hill Library.

-
Photo Illustration by Emily Peedin

Before the Big Bang: The Origin of the Universe and What Lies Beyond (2022)

Dr. Laura Mersini-Houghton

QB981.M477 2022

Believe it or not, this book is only 216 pages, each the size of a postcard. In this short span, Dr. Laura Mersini-Houghton introduces cosmology, the study of the beginning of time. This field asks big questions of the universe and attempts to answer them with better and better models. Some of these models now include the existence of multiverses, similar worlds that operate adjacent to our own.

This book and other recent releases can be found in the learning commons, on the first floor of the east wing.

The Swimmers (2022)

Julie Otsuka

PS3615 .T88 S95 2022

The Swimmers is a one of a kind, hypnotic novel. The author, Julie Otsuka, begins with a collective of daily swimmers at a community pool. The group is forced to alter their daily ritual as a crack slowly forms at the base of the pool. Meanwhile, the narration switches from first-person plural to second-person and back (we to you). Overall, it makes you think about the people you run into everyday, but never become more than an acquaintance with.

American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics (2022)

Kevin Hazzard

RA645.6.P4 H39 2022

Before the late 1960s, the US had spotty emergency medical services and ambulances were little more than a taxi that could disregard traffic laws.

This changed thanks to Freedom House, the first civilian ambulance service, founded in Pittsburgh, 1967. Freedom House's ranks were primarily Black men, who pushed through discrimination in health care jobs to pioneer the role of paramedic. Freedom House first responders had advanced medical training and for the first time, autonomy that doctors respected.

Additionally, the ambulance that Freedom House helped design became the standard replicated nationwide. Before the modern ambulance, mortuaries provided ambulance services, as a hearse was often the only vehicle available that could fit a patient lying down! Despite all this, the efforts of Freedom House to improve and expand emergency care have largely been unacknowledged. American Sirens helps address this injustice.



The Way Around Roundabouts

By Audrey Javan

A depiction of a roundabout is seen in the "O" of Hillsborough in a mural off of Hillsborough Street on April 23. There are at least five roundabouts located on Hillsborough Street.

Photo by Emily Peedin

Roundabouts were supposedly created by the British, but don't let that fool you; they're British, yes, but they had a boom in the '60s, which means they were actually a great innovation! Not for music this time, but for traffic safety and efficiency. It's the best-of-both worlds sibling of rotaries and traffic circles, combining an intuitive lane design and an easy-flowing yield-at-entry pattern that keeps traffic moving and reduces accidents.

There are several roundabouts on campus (not including this publication), including four on the main stretch of Hillsborough Street, the furthest points being the one by my friend's apartment and the one my roommate uses to turn around so we can park outside Cha House. One of them is wildly bigger than the others, though: the intimidating multi-lane leader of the competitive everyday circles, overlooked by the Bell Tower. Back in 2010, in the early days of its construction, that roundabout saw a good few fender benders from roundabout newbies. Some people didn't know the proper lane to enter, or didn't yield to other drivers, or yielded too much and stopped in the middle of traffic. Driving through it today, even though I haven't seen a collision, there have been a couple harrowing sights. Most often, it's a car plowing from the center lane out immediately to turn, like someone merging off the highway through the rumble strip or turning right from a left turn lane. All equally frowned upon and, indeed, illegal. We have yelled at many a driver like this.

But please don't fear roundabouts! Even though there may be the occasional difficulty, the 2020 NCDOT's Traffic Safety Unit study showed that when roundabouts replace traditional intersections, the total crash rate decreases by 41%. Large traffic light intersections, especially ones on high-speed roads, can be dangerous, and slowing down traffic with organized yield-at-entry circles makes sure fewer people get hit. I've seen people run red lights, and I know someone who's driven over a roundabout, but I'm sure that the latter was harder to accomplish.

Roundabouting is easy if you keep in mind a few simple rules. Always yield to those already in the circle, and only enter when you have a clear opening. Think of it like a T-intersection where you wait at a stop sign until no one's coming. Roundabouts are often yields, so a full stop isn't necessary, but always be prepared to. This also means that once you're in the roundabout, you don't need to try to let anyone else in. You should still yield to pedestrians on the crosswalk, though. That never changes. However, these sorts of rules about yielding differ between the kinds of circles, so always pay attention to the signage around the road! Often, roundabouts have their own speed limits, but even when they don't, it's just like the rest of the road — go with the flow of traffic.

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Exiting the roundabout can be just as tricky as entering it, especially when you have to plan entry, as you do in multi-lane roundabouts. If there's a lane meant for immediate right turns, please use that to immediately turn right. If you find you're not in that lane and you need to be, don't panic, and just circle the roundabout until you reach the exit you need to leave from. I do U-turns in roundabouts all the time — it's part of their purpose! If you need to go around and around to reach your destination, feel free to do so. And if you're feeling fancy, use your turn signals! Most people don't, but it's technically encouraged or required or whatever, as much as it is for any other turn. Use your turn signals to let other drivers and pedestrians know when you intend to exit. There's no such thing as too much communication on the road.

Roundabouts will be encountered by those without cars as well, and I know that there are many on campus. People on the sidewalk should never try to run through the middle of the circle, even though it might get you from A to B faster. There are crosswalks around every roundabout for safe pedestrian crossing. Cyclists riding on the road operate like cars in the roundabout and should be treated as such (i.e. don't pass a cyclist in a roundabout). NC State respects all modes of transportation. That's why we have so many scooters abandoned in weird places, like flower beds and trees!

Roundabouts are becoming increasingly common in the US, even if the uptake may be slow. Luckily, you live in a place where it's easy to practice in all kinds of traffic circles before you find your town overrun with them. Get ahead of the curve, and start making those legal turns!



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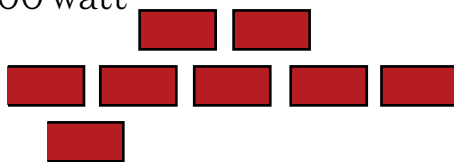
1. What was NC State's original name?



2. What is the oldest building on campus?



3. What is the name of NC State's 25,000 watt radio station?



4. What were the football team's original colors?



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Designed by Nimet Betul Karatas

To unlock answer key:



- 1. College of Agriculture & Mechanic Arts
- 2. Holladay Hall
- 3. WKNC
- 4. Pink & blue
- 5. Wolf Tracks
- 6. Howling Cow
- 7. JC Raulston Arboretum
- 8. Fountain, Clark, Case
- 9. 2: 1974 & 1983
- 10. Free Expression Tunnel, Krispy Kreme Challenge

9. How many NCAA championships has the NC State Wolfpack men's basketball won?



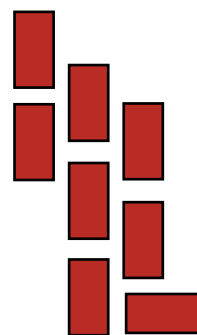
10. Name two traditions at NC State:



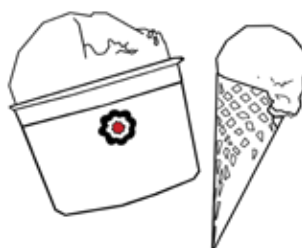
8. Name the three dining halls on campus:



7. What is the name of the eight-acre botanical garden off of West Campus?



5. What is the name of Chancellor Randy Woodson's ice cream flavor (Chancellor's Choice)?



6. What is the name of NC State's ice cream brand?

This Reno Reveal

is gonna be sweet



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NC STATE UNIVERSITY
Wellness and Recreation

Letter to the Class of 2027

By Nada Elraddaf

Dearest future friends,

My little brother Adam is going to be attending NC State as a first-year this fall. I have so many things I want to tell him about college life at NC State. I want to rant about how to properly email your professors, what bus routes to take and how to get involved on campus, but I know if I start, he'll either get overwhelmed or find me overbearing. So, when I had the opportunity to write something for this issue, I realized this would be the perfect opportunity to tell him — and every other incoming first-year — everything I wish I knew coming in. So allow me to address you all as my little siblings as I write this letter, welcoming you to life at NC State.

First of all, I am so proud of you. I know high school was a lot of work, especially since you achieved so much and were admitted into such a competitive institution. Your hard work has paid off and you're now taking your next step towards adult life. Make sure to take a moment to congratulate yourself, and please accept my warmest welcome to the Wolfpack!

I want you to accomplish everything you can during your time here. Now that I have a few years of experience under my belt, I can so clearly see all the opportunities I had to make the most of my time during my first semester.

Get out of your comfort zone and talk to as many people as you can. Let go of your preconceptions of people and how you think they will perceive you. This isn't high school anymore. We are all adults and no one cares if you have a pimple or if you have a random weird hobby. As a first-year, everyone is on the same page as you — chances are, anyone you go up to and talk to will be extremely grateful that you did. It's okay if you don't become friends with everyone you hang out with during your first semester. As you hang out with more and more people, you will find the people you are comfortable with. My only tip for making friends is to listen to what others have to say and ask them about themselves. People want to feel seen and understood, and people will become drawn to you if you are the one to provide them with that.

Explore different clubs and organizations! I'm sure you've heard this a million times, but please please do it. It might feel awkward to insert yourself into new situations, especially when different programs feel like they are already full or have an established community. Trust me when I say there is 100% a space for you somewhere on campus. Attend all the social events, auditions and introductory meetings.

The benefits of developing a relationship with a professor go way beyond just getting a recommendation letter. Getting to know a professor is an amazing way to feel like you belong on campus and in your department. Professors can help introduce you to different activities or opportunities on campus related to your major. After a few semesters, you might even get the chance to conduct research with them. It can be hard to approach a professor, especially when some classes are filled with 60-100 students, but it's absolutely worth it.

While focusing on academics should be your top priority, applying to scholarships and fellowships during your first year is extremely important as well. Not only are they good for the money, honors and opportunities, but they provide great practice for the essential skills necessary to take your professional and educational career further. A few years down the line, you will realize the amount of time and energy it takes to organize a resume, writing personal statements or cover letters, getting letters of recommendation, preparing for interviews and even just finding opportunities to apply to. It gets easier and easier with each application you submit and interview you attend, and getting a head start now means you'll have a bank of personal statements and stories to hone to perfection for your later university years.

I know I just dumped a lot on you right now; I hope you aren't overwhelmed. I know you have the ability to make the most of all these opportunities, all you need to do is reach for them. NC State is a huge institution and it can be easy to get lost in all the emails and opportunities. I'm here to point you in the right direction and make sure you are aware of just how much you can do during your time here. Go Pack!

Love,
Your Big Sister Nada

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