UNC Chapel Hill Marine Sciences Resource Map

This is a draft Resource Map for UNC Chapel Hill Marine Science Pod. These resources are to be given to new members of the department.

University/campus wide resources

- University Office for Diversity and Inclusion: https://diversity.unc.edu/
- UNC Office of Diversity and Inclusion Resource Portal: Interactive Resources Portal | University Office for Diversity and Inclusion (unc.edu)
- American Indian Center: https://americanindiancenter.unc.edu/
- Carolina Women’s Center: https://womenscenter.unc.edu/
- Carolina Latinx Center: https://clc.unc.edu/
- LGBTQ Center: https://lgbtq.unc.edu/
- Organizations on campus reaching out to students specifically
  - https://twitter.com/SACNAS_TARHEELS
  - https://bgpsa.web.unc.edu/
  - International Student and Scholar Services: https://isss.unc.edu/
  - Initiative for Minority Excellence: https://graddiversity.unc.edu/initiatives/initiative-for-minority-excellence/
  - Funding for diverse students (add note to website): https://gradschool.unc.edu/funding/gradschool/diversity.html
  - CAPS Multicultural Health Program: https://caps.unc.edu/services/multicultural-health-program

STEM online community resources

- Other online resources
  - https://ethicsandequitycenter.org/
  - https://www.aslo.org/resources-for-promoting-inclusion-and-equity-in-the-aquatic-sciences/
- Twitter resources
  - https://twitter.com/BlackinMarSci
  - https://twitter.com/LatinxMarineSCI
  - https://twitter.com/500QueerSci
  - https://twitter.com/LatinxinSTEM
  - https://twitter.com/BlackInMicro
  - https://twitter.com/biodiversifying
  - https://twitter.com/realscientists
  - https://twitter.com/BLACKandSTEM
  - https://twitter.com/VanguardSTEM
Community lifestyle resources
*indicate business available in Morehead City

- HairDressers / Barber shops
  - Arrow (general barber shop - all hair types)
  - In the Cut (barber shop - coily hair type)
  - Ceremony (salon - straight and wavy hair types)
  - To the Woods (salon - straight and wavy hair types)
  - Friendly (general barber shop - all hair types)
  - Midway (barber shop - coily hair type)

- Supermarkets
  - Harris teeter (southern general grocery store)*
  - Trader Joe’s
  - Wegmans
  - Food Lion*
  - Whole Foods
  - Lowe’s Foods (Carolina grocery store)*
  - Lidl*
  - Li Ming (Asian Market - Durham)
  - Super H Mart (Cary)
  - Weaver St Market (local co-op / grocery store)
  - Matsuya Oriental Market (Hubert, NC)*
  - Oriental Market (Jacksonvillet, NC)*
  - Mon Asian Market (New Bern, NC)*

- Coffee Shops (great for studying or working on group projects/ assignments)
  - Honeysuckle (relaxed coffee shop)
  - Grey Squirrel (good for meetings - only open in the morning)
  - Bread and Butter (good for studying)
  - Open Eye (good for studying)
  - Oasis (hippie-inspired)
  - Cha House (Asian-insipired tea house)
  - Yaya Tea (Asian)
  - Sweet Beans*
  - Calico Creek Coffee Shop*
  - Cru* (Beaufort)
  - Crystal Coast Coffee Roasters*

- Institutional restaurants
  - Chapel Hill
    - Franklin St is the main location for restaurants and bars on main campus in Chapel Hill
    - Time Out (southern food - open 24 hours)
    - Sutton’s Drug Store (diner style - it is a restaurant not a drug store!)
    - Topo (upscale American - super busy on game day)
    - Cosmic Cantina (Mexican-American takeout)
    - Vimala’s Curryblossom Cafe (Authentic indian)
    - Al’s Burger Shack (American - Burgers)
    - Carolina Coffee Shop (American - breakfast and lunch)
    - Luna’s (South American fusion)
    - Mama Dip’s Kitchen (traditional African American Southern food)
    - Food trucks - They are mostly in Carrboro and are awesome (authentic Latin / South American food)
    - Gourmet Kingdom (authentic Chinese food)
Morehead City
- Dank Burrito (americanized burritos, tacos, bowls- delicious and vegan options available)
- Yellowfin Pub (seafood, outside, and on the water, dog friendly)
- Ruddy Duck Tavern (American seafood)
- Full Circle Café (New American salads and wood-fired pizza, vegan options available)
- El's Drive-In (Institutional fast food since 1959, soooo good, cash only)
- Thai Sticky Rice (very good and affordable thai food)
- China Garden & Mongolian Grill
- Beaufort Grocery (Not a grocery store anymore, mostly popular for brunch)
- City Kitchen (great cocktails)
- Clawson's 1905 (seafood, steak, burgers, wings)
- Moonrakers (great cocktails, a little pricey, but the view is amazing- perfect place to take family when they visit)
- Black Sheep
- Aqua Restaurant (tapas, willing to make dietary adjustments)
- Mezcalito Beaufort (Mexican)
- No Name Pizza and Subs (yummy pizza etc, locally owned)
- Bahia (pricey, but delicious food)
- Island Grille (BOGO entrees year round on Mondays and Tuesdays)
- Idle Hour (burgers, great cocktails, right on the beach, dog friendly)
- Nami (sushi)
- Amos Mosquito’s (eclectic American seafood menu)
- Floyd’s 1921 (down home American)
- Grumpy’s (American Diner)
- 4 Corner’s Diner (American Diner)

Bars - Trivia and Karaoke are popular activities
- Lindas (bar food - great place to watch the game; trivia on Tuesdays and Wednesdays)
- Tru (wine bar + sandwiches, also great mocktails)
- He’s not here (classic Chapel Hill Bar; trivia on Tuesdays and karaoke on Sundays)
- Goodfellows (typically and undergrad bar - but good for dancing; trivia Tuesday; karaoke Tuesday and Wednesday)
- Steel String (brewery)
- Topo (great on game day)
- Dead Mule (dive bar)
- The Crunkleton (Cocktail and whiskey bar)

Morehead City/Beaufort/Atlantic Beach
- The Growlers Bar
- Crystal Coast Brewery (dog friendly)
- Idle Hour (also has food)
- AB Bottle (dog friendly)
- Promise Land (also has food)
- Arendell Room
- Tight Lines (also has food)
- Backstreet Pub
- Millwhistle Brewing
- Fishtown Brewing
- Social traditions
  - UNC Basketball is very popular and watching is a great way to bond with other students. Students typically watch at bars on Franklin St. UNC vs Duke games are a big deal!
  - UNC and Duke grad students often watch games together in Morehead City either at a bar or at someone’s house
- Resources for staff or faculty related to child/elder care and parental leave
  - https://hr.unc.edu/benefits/work-life/child-care/
- Travel Funds (Graduate School and department, professional societies)
- Internal department awards
- Social events to let new people get to know everyone and feel a part of the community (annual department retreat?)
- Informal research in progress meetings
- More frequent informal social gatherings
- How to get a rental?
  - Websites like Zillow, trulia, and craigslist in the triangle
    - Students live in Chapel Hill, Carrboro, sometimes Durham
  - Independent realtor websites or word of mouth in Morehead City
    - Students live in Beaufort, Morehead City, Atlantic Beach
- Libraries/bookstores
  - https://carteretcountync.libguides.com/mainpage/home
- DMV
  - The Official North Carolina DMV Website (ncdot.gov)
- Hospitals (both on and off campus)
  - https://www.carterethehealth.org/
  - https://www.beachcaremedical.com/
  - https://carolinasurgentandprimarycare.com/?utm_source=google&utm_medium=organic&utm_campaign=gmbResidency (how do you do it?)
- Avenues of Mental Health resources
  - Counseling and Psychological Services (unc.edu)
- Benefits - what are you getting with student health insurance?
- IM / club sports / Gyms
  - UNC Campus Recreation
  - Intramural Sports - UNC Campus Rec
  - https://www.sportscentermorehead.com/
  - Downtown Barre (yoga, barre, spin)
  - Morehead City Parks and Rec department offers gym services (~40/year)
- Outdoor recreation (parks/ lakes/ hiking)
  - Morehead City
    - Croatan Forest
    - Ft. Macon State Park
    - Core Banks (~$9/person; ~$30-40/kayak; ~$50/vehicle)
    - Atlantic Beach, NC (Pay-to-park during the summer)
    - Shackleford Banks (~$35 ferry)
- Transportation (parking/ bus system/ rental cars)
  - Chapel Hill Transit: https://www.townofchapelhill.org/government/departments-services/transit
• **Campus safety info**
  o safe.unc.edu

• **Transportation to IMS**

• **Churches, Synagogues, Temples, Mosques...**
  o Bogue Banks Baptist
  o Life Church Atlantic Beach
  o One Harbor Church (non denomentional)
  o Chua Tung Lam Temple (Buddhist temple in Wilmington, NC)
  o Masjid Al Huda (Islamic Center of Jacksonville)

• **Airports**
  o Raleigh-Durham (RDU)
  o New Bern (EWN)
  o Wilmington International (ILM)

**Resources lacking:**
• Resources focused on intersectional identities
• Eventually separate into separate documents for IMS and Chapel Hill
• Informal research in progress meetings
• More frequent informal social gatherings