

**CAPS**  
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resources available to them, they will want to use them," she said.

If CAPS wants to continue offering walk-in services, it will require more employees to handle the sheer number of students coming in, O'Barr said.

"We don't turn anybody away from that first meeting where we sit down and make sure they're okay, but we do have to refer out right now based on our capacity," O'Barr said.

Referring out is a process in which counselors give students a list of mental health providers in the community and recommend they choose a counselor away from campus. O'Barr said CAPS refers out about 30 percent of the students who come in.

"It's not a turning away as much as it is seeing a person and saying, 'Based on what your needs are as a client and based on what we're able to provide, you're going to get better services in the community,'" he said.

Hunt said most complaints she hears about CAPS come from students who need long-term care. If students needing long-term care are referred out after six to eight weeks, they have to find another counselor — which Hunt said can be a stressful process.

"It takes a lot of courage and energy to actually go to CAPS and go through those doors, especially with the stigma surrounding reaching out for mental health issues,"

Hunt said.

O'Barr said having more employees would not only fix the issue of walk-in service, but it would also make the referral process smoother and easier to facilitate. Hunt said improving the referral process would help keep students engaged with mental health care.

"I think having a way to bridge the gap between these referrals and the students, whether that be helping them to make these calls or having some sort of online system where they can schedule their first appointment, I think would really make sure people continue their care," Hunt said.

O'Barr said being at capacity sometimes affects the experience CAPS provides for walk-in clients.

"I think that there were a few times last semester when the number of people that came in on one single day was so extreme that we weren't able to spend as much time as we would have liked to with each one of those people," O'Barr said.

He said CAPS wants to provide more outreach and education to the students. That's something Rethink is working on, too.

"If we had better discussions about mental health and a better understanding of how mental health is a spectrum and you don't have to be all the way at the crisis end before you get some help, then I think in general, Carolina would be a better place," Hunt said.

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**ZIKA**  
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and West Nile virus and its transmission by mosquitoes.

Dr. Steve Meshnick, professor and associate chairperson of the UNC Department of Epidemiology, said the specific mosquito that is currently transmitting the virus is known as *Aedes aegypti* and is present, but not virus carrying, in Florida.

Cohen said Zika virus is not deadly, and four out of five people infected do not show symptoms. When symptoms do arise, they are generally mild and include fever, headache, rashes, joint pain and red eyes.

There is no vaccine for Zika virus, and it could take a year or more before one can be developed, Cohen said.

**Effects of the virus**

The current outbreak differs from those beginning in 2007, given its larger reach and more serious medical complications, Lazear said.

One such complication associated to Zika virus infection is Guillain-Barré syndrome, an autoimmune disease that can ultimately result in paralysis, Lazear said. While the association between Zika virus and Guillain-Barré is still being investigated, at this point it seems to be a pretty solid connection, she said.

The most alarming complication possibly connected to the Zika virus epidemic is microcephaly, a birth defect that impacts brain development, Lazear said.

"The spike in (microcephaly)

cases has happened following the emergence of Zika virus in Brazil, and the greatest number of cases is concentrated in the same areas where the outbreak was the greatest," Lazear said.

Cohen said cases of microcephaly have increased by about 20 times in northern Brazil, where Zika virus has been most prevalent. Any virus that affects reproductive health is a serious concern, he said.

More research is currently underway to try and prove this connection, Cohen said.

**Possible spread to U.S.**

Lazear, Cohen and Meshnick all said the potential spread of the virus depends on mosquitoes and their interaction with patients infected with Zika in Latin America.

"That is a public health concern across the South," Cohen said. "Everywhere there is *Aedes* mosquitoes, there's concern."

Lazear said because the southern-most states have *Aedes* mosquitoes, it is certainly possible for the Zika virus outbreak to spread nationally, but various factors make it unlikely. These include the use of window screens, air conditioning, indoor lifestyles and colder winters.

Simple measures such as wearing long sleeves and using mosquito repellent can greatly reduce the chances of being bitten by a mosquito — a carrier of the virus.

"We are not immune from this, but I think it's unlikely that there would be a large-scale outbreak here," she said.

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**VIGIL**  
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over a bus seat," said Farris Barakat, brother of Deah.

Dr. Mohammad Abu-Salha, father of Yusor and Razan, concurred, saying he has seen the evidence but cannot discuss the facts of an open investigation.

But the discussion of the police investigation paled in comparison to the praise given to the lives of Deah, Yusor and Razan. The Day of Light focused on the lives and accomplishments of the deceased.

On the day of their deaths, Deah was 23, Yusor was 21 and Razan was 19. Deah was a second-year student at the UNC School of Dentistry, and Yusor planned to enter the dental school in the fall of 2015. Deah and Yusor were newlyweds as well, and were married for six weeks before the end of their lives. Both were graduates of N.C. State. Razan was a sophomore at N.C. State.

Together, Deah and Yusor went to Turkey twice to help provide dental care to Syrian refugees. They were also involved in the construction of an interfaith home for Habitat for Humanity and providing food for the homeless in Durham.

Dr. Mohammad Abu-Salha said they did it for the sake of God and faith — nothing else.

The hour-long vigil included a traditional call to prayer followed by guest speakers including the imam of the Islamic Association of Raleigh, Mohamed AbuTaleb, N.C. State Chancellor Randy Woodson, UNC Chancellor Carol Folt and Muslim Student

*"... I am grateful that they have walked this earth with us."*

**Carol Folt**  
UNC-Chapel Hill chancellor

Association of N.C. State President Mahmoud Tohmaz.

"I have learned so much from them and their families," Folt said. "And I think I can say from the deepest part of my heart, I am grateful that they have walked this earth with us."

Uniform from all the speakers at the vigil was a call for religious tolerance and an end to bigotry. Dr. Mohammad Abu-Salha spoke of the growth of xenophobia towards the "Muslim way of life."

"America has a rainbow of ways of life. There is an Irish way of life, a black American way of life, a Native Indian way of life, an Indian-American way of life, a Jewish way of life and a Muslim way of life," he said.

Dr. Mohammad Abu-Salha asked the audience to pray for his family, and to help his family by going to [www.ourthree-winners.org](http://www.ourthree-winners.org) to donate to the endowment originally started by Deah. Originally meant to raise \$20,000 to send toothbrushes to Syrian refugees, the endowment has raised \$700,000 since Deah's death.

Dr. Mohammad Abu-Salha hopes to raise \$5 million within a few years to make scholarships and help all those in need.

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STUDENT WANTED: Help with general housework in home near UNC campus. Attitude more important than experience! Flexible scheduling to accommodate your classes. \$15/hr. 4 hrs./wk. Email lbanner@ncrr.com.

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FOR FAYE, Forty years ago, stood up you were. Unintentional it was, forgiving you were, regret I did. Forty years later, together we are. Happy Valentine's Day. Love, Richard.

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## HOROSCOPES

If February 11th is Your Birthday...

Group initiatives get the best results this year. Increased cash flow (after 3/8) inspires a turning point in educational plans (after 3/23). Begin two years of studies and travels (after 9/9). Shared windfalls (after 9/1) change your financial options (after 9/16). Together, you can realize dreams.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

<b>Aries (March 21-April 19)</b> Today is a 9 – You're getting stronger today and tomorrow. Ask for what you want. The conversation is half the fun. Things fall together for you. Balance mental, emotional and spiritual health with regular practices. Take a walk outside.	<b>Libra (Sept. 23-Oct. 22)</b> Today is an 8 – Strengthen a partnership with love and attention over the next few days. Negotiate shared plans. Listen, and speak your piece. Together, you can move mountains. Support each other. Give up something to go further.
<b>Taurus (April 20-May 20)</b> Today is a 6 – Finish up tasks today and tomorrow. Your intuition is especially strong. Think about what you really want, and imagine it happening. What did it take to get there? Map the steps and begin.	<b>Scorpio (Oct. 23-Nov. 21)</b> Today is a 9 – Focus on your work for the next couple of days. The pace is picking up. Pour on the steam, and check tasks off your list. The excellent job you've been doing reflects well on you.
<b>Gemini (May 21-June 20)</b> Today is an 8 – Group and community activities go far over the next two days. Make sure what you build is solid. Pass along what you're learning. Friends show you a view you hadn't considered. It could be fun.	<b>Sagittarius (Nov. 22-Dec. 21)</b> Today is a 7 – Romance and passion recur as themes today and tomorrow. Someone nearby has your attention. Use your charms and wit. Savor delicious conversation. Practice your arts. The more you play, the more skillful you grow.
<b>Cancer (June 21-July 22)</b> Today is a 9 – Take on more responsibility today and tomorrow. Make decisions and strategize your professional plan. You can solve a puzzle. A rise in status is possible. Provide valuable information and your influence grows.	<b>Capricorn (Dec. 22-Jan. 19)</b> Today is a 9 – Get fully into a household project. Family comes first today and tomorrow. Play with long-term plans, and take steps toward fulfilling a dream. Double-check materials, and compare prices. Make necessary upgrades.
<b>Leo (July 23-Aug. 22)</b> Today is an 8 – You'd rather play than work for the next few days. Get into an expansion phase. Write down long-range goals. Travel and adventure suit your ambitions. Study and plan your itinerary. Make reservations.	<b>Aquarius (Jan. 20-Feb. 18)</b> Today is an 8 – You're especially clever with words over the next few days. There's no such thing as a stupid question, but your timing could be off. Review your lists. Study. Assimilate. Express your view. Get philosophical.
<b>Virgo (Aug. 23-Sept. 22)</b> Today is a 9 – Study ways to make and keep money. Handle financial matters today and tomorrow. To avoid problems, play by the book. Review your budget, and set logical steps to attain goals. Negotiate and discuss.	<b>Pisces (Feb. 19-March 20)</b> Today is a 9 – Tap another source of revenue. The next two days are good for business. There's money coming in (and going out). Pay bills before plunging. Track the flow to minimize leakage. You could do quite well.

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