Where can I get involved at sporting events?
Where can I find different food options?
Where can I go for help with my classes?
Where can I use my student charge?
Where can I shop without breaking the bank?

Have questions about what to expect in Columbia?

Use our guide to find out everything you need to know about campus and local hot spots — even before you move in!
DEAR READER: Collegetown helps students adjust to campus life

By LAURA JOHNSTON

It’s been quite a few years since I entered college as a freshman at Mizzou, but I remember those days of searching campus maps for the right classroom building, walking into the wrong biology lab and trying to find answers to my questions about what that first semester was really going to be like.

Luckily, I had a great roommate and her older sister to help me along. I survived, and so can you.

We’ve compiled plenty of information that should help you with those first few weeks of campus life in this year’s Collegetown edition of the Missourian. There is a story about how to maintain long-distance relationships, a list of great locations for studying when you can’t stand the four walls of your dorm room any longer and ideas for yummy snacks and quick-fix meals for those times when pizza and cafeteria food just won’t do.

Of course, we’ve also got information about how to get involved with campus organizations, where to find help when you’re struggling in a class and suggestions for some of the best food, shopping and attractions Columbia has to offer.

The Missourian staff who compiled these stories have already been where you are — facing a new adventure and the uncertainty of the future as you embark on a college education at MU. They compiled these stories with you in mind and shared the tips and secrets they wish they’d have known years ago.

We hope you’ll take advantage of our guide to this “college town” and make the most of your time at Mizzou and in Columbia.

Laura Johnston is a news editor at the Columbia Missourian and a 1995 graduate of the Missouri School of Journalism.

What’s inside?

We’ve divided this guide to help you answer questions you might have about transitioning to college life in Columbia.

FOOD

Where to eat on campus

Recipes you can make in your dorm

Vegetarian and vegan options

Where to use your Student Charge and E.Z. Charge accounts

MISC.

Tips for a successful first semester

Where to find great deals on clothing

The scoop on MU’s secret societies

SPORTS

What every fan should know

Tips for buying tickets

Guide to special cheering sections

How to get involved at MizzouRec

How to go green at tailgates

PLACES

Ten things you can enjoy only in Columbia

How to find your ideal study spot

Where to enjoy the outdoors

SOCIAL

How to meet new people

LGBTQ resources on campus

Tips for maintaining relationships

Advisers Directory

Click on adviser’s name to show page with advertisement

Beautyrest Sleep Gallery 11
Boone County National Bank 9
Bradford Extension Center 16
Central Methodist University 17
Commerce Bank 28
Columbia Star Dinner Train 24
Dawson Shoe Repair 24
Dillard’s 3
Furniture Factory Outlet 16
Garry Lewis Properties 11
Grass Roots Smoke Shop 24
Gateway at Columbia 5
Iron Tiger 20
Joe Machens 12
Komen Mid-Missouri Race for the Cure 20
Lindsey Management 8

MU Department of Theatre 30
Memorial Baptist Church 7
Providence Urgent Care 26
Ragtag Cinemacafe 17
Regency Hotel 14
Room 38 15
Sacred Heart Catholic Church 22
Schnucks 13
SkyHi Grill 15
The Soco Club 15
Special Olympics of Missouri 14
Tigers Credit Union 18
University Bookstore 9
Vault 15
Zipline USA 22
Zoulife 7
Welcome to Columbia!
Food

Where to eat on campus

**PLAZA 900**

**LOCATION:** Adjacent to Hudson Residence Hall opposite the Gaines/Oldham Black Culture Center.

**CLAIM TO FAME:** Daily specials, sandwich bar, grill, ice cream station and salad bar.

**DINING PLAN ACCEPTED:** Meals and E.Z. Charge.

**WATCH FOR:** Long lines and limited seating. Peak meal hours for lunch and dinner can get crowded, and waiting is typical. Dodge the crowds by stopping in early or late in the day.

**PAVILION AT DOBBS**

**LOCATION:** Between Jones, Lathrop and Laws residence halls.

**CLAIM TO FAME:** Also known as "Dirty Dobbs," Pavilion provides traditional comfort food for breakfast, lunch and dinner, as well as a grill and sandwich station to refuel students between major meals.

**DINING PLAN ACCEPTED:** Meals and E.Z. Charge.

**WATCH FOR:** Crowded tables during peak meal hours. To avoid the rush, try to stop in after the lines dwindle down or grab a to-go container from the cashier and enjoy your meal on the patio outside or in your dorm.

**TIME OUT**

**LOCATION:** Inside Pavilion at Dobbs near Jones, Lathrop and Laws residence halls.

**CLAIM TO FAME:** If the week leaves students with extra meals and no late-night study snacks, Time Out supplies packaged munchies including chips, Pop-Tarts, cookie dough and pre-packaged sandwiches.

**DINING PLAN ACCEPTED:** Points.

**WATCH FOR:** Depleted supplies. Toward the end of the week, students will pick the shelves clean, so try to stock up on your favorites before the mob arrives.

**MARK TWAIN MARKET**

**LOCATION:** Inside Mark Twain Residence Hall near the Conley Avenue parking garage.

**CLAIM TO FAME:** A variety of filling meal options, including pizza, cereal and a salad bar.

**DINING PLAN ACCEPTED:** Meals and E.Z. Charge.

**WATCH FOR:** A long hike. Be prepared to work those leg muscles for a meal here for students coming from the middle of campus.

**BAJA GRILL**

**LOCATION:** Inside Schurz Hall, downstairs on the lower level.

**CLAIM TO FAME:** Mexican food, including chips and salsa, chicken quesadillas and tacos, fruit smoothies and cookies.

**DINING PLAN ACCEPTED:** Meals or partial meals.

**WATCH FOR:** A long wait after ordering. Depending on the time of day, Baja can get fairly crowded and orders get backed up easily. Be prepared to be patient if the lines are longer.

**EMPORIUM**

**LOCATION:** Inside Plaza 900 to the right of the cashier.

**CLAIM TO FAME:** On-the-go snacks, cookies, muffins, fruit snacks, soft drinks and wraps.

**DINING PLAN ACCEPTED:** Meals and partial meals.

**WATCH FOR:** The end-of-the-week rush. Make sure to get there early in the weekend to avoid the crowds.

**ROLLINS**

**LOCATION:** Upper level of Hudson Residence Hall.

**CLAIM TO FAME:** Pizza takes the prize for the most-demanded item, but check out the cereals, large salad bar and extensive grill options.

**DINING PLAN ACCEPTED:** Meals and partial meals; pizzas cost meals while diner-style food costs partial meals.

**WATCH FOR:** Odd hours. Some nights are closed completely, and certain days only offer pizza sans the diner munchies. Be sure to check the hours before heading over.

**ROLLINS LATE-NIGHT**

**LOCATION:** Upper level of Hudson Residence Hall.

**CLAIM TO FAME:** Long after other dining halls have closed, Rollins keeps the kitchen going. In addition to pizza, the menu includes diner-style food — milkshakes, patty melts and coffee.

**DINING PLANS ACCEPTED:** Meals and partial meals, pizzas cost meals while diner-style food costs partial meals.

**WATCH FOR:** Odd hours. Some nights are closed completely, and certain days only offer pizza sans the diner munchies. Be sure to check the hours before heading over.

Where can I use my student charge account?

What can I cook in my dorm room?

Where can I find vegan and vegetarian options?
What recipes can I cook in my dorm?

**By KATIE WALL**

Dining halls at MU are convenient, with a variety of options and staff that does all the work for you. But if you’re hungry when the dining halls are closed, or you’re looking for an escape from salad bars and french fries, here are quick and tasty recipes to make using a microwave — and little else.

---

**SCRAMBLED EGGS**

This recipe takes five minutes to prepare and is good if you’ve slept in a bit or don’t want to go to the dining hall by yourself before class.

**INGREDIENTS:**

- 4 eggs
- 2 tablespoons milk
- Salt
- Pepper
- Onion, diced (optional; use desired amount)

**DIRECTIONS:**

1. Beat eggs well.
2. Add milk, salt and pepper.
3. Stir in diced onion.
4. Cook in microwave on high for two minutes and then stir.
5. Cook another 1 1/2 to 2 minutes.

---

**CHICKEN SALAD**

This chicken salad can be prepared in advance, and it makes more than enough for multiple meals.

**INGREDIENTS:**

- 1 can chicken (check near the canned tuna to find this at a grocery store)
- 3/4 cup mayonnaise
- Salt
- Pepper
- 1/4 cup celery, diced

**DIRECTIONS:**

1. Mix ingredients.
2. Refrigerate.

---

**QUESADILLA**

This is a good option for a late-night snack or a quick dinner.

**INGREDIENTS:**

- 1 tortilla
- Shredded cheese
- Chicken or bacon (optional)

**DIRECTIONS:**

1. Cover half the tortilla with shredded cheese and choice of meat.
2. Fold it over.
3. Microwave for 30 seconds.
4. After the quesadilla cools, slice it in half and cover with salsa or sour cream.

---

**TIPS:**

Easy Mac, ramen noodles and soup are also good options for microwave meals.

When cooking in the microwave, it’s important to make sure that dishes are microwave-safe. Glass and ceramic plates and bowls are the best options. When shopping for dishes, check the label on the bottom. Most will say whether the dish is suitable for the microwave. It’s also a good idea to have plastic containers and plastic wrap for leftovers.

Other quick snacks when you’ve overslept, are in a hurry or need to eat between classes are: granola bars, fruit snacks, small cans of chicken or tuna and water in a refillable bottle.

---

**PITA PIZZA**

This recipe is simple and allows for endless possibilities.

**INGREDIENTS:**

- 1 pita, opened
- 3 tablespoons pasta or pizza sauce
- Shredded cheese
- Choice of vegetables and (cooked) meat

**DIRECTIONS:**

1. Spread sauce and sprinkle cheese on pita bread.
2. Add vegetables and meat.
3. Cook on high in microwave for one minute.

---

**S’MORES**

Take a study break and enjoy this delicious treat.

**INGREDIENTS:**

- 4 graham cracker squares (2 rectangles broken in half)
- 2 chocolate bar pieces
- 2 large marshmallows

**DIRECTIONS:**

1. Place one cracker square on a paper towel
2. Top with chocolate and a marshmallow.
3. Microwave for 15 seconds or until the marshmallow puffs.
4. Remove and cover with other cracker.

---

Don’t walk away from the microwave while making s’mores — keep a close watch on them to avoid having a bigger mess that will take longer to clean up.
Vegetans and vegetarians can breathe a sigh of relief this year.

We’ve prepared a vegan and vegetarian food guide to The District, Columbia’s downtown hub near the MU campus. Each of the places listed can be reached without a car and within a few minutes.

Here are just a few of The District’s offerings, followed by further information about each venue on the list. Prices may change and do not include tax.

Vegetarian foods are classified as those without animal stocks or sauces, meat, poultry, fish, gelatin or eggs.

Vegan foods do not contain animal stocks or sauces, meat, poultry, fish, gelatin, eggs, dairy or honey.

**APPETIZERS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetarian Fried Dumplings</td>
<td>$4.95</td>
</tr>
<tr>
<td>Samosas</td>
<td>$5.50</td>
</tr>
</tbody>
</table>

**SALADS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetarian Salad</td>
<td>$6.25</td>
</tr>
<tr>
<td>Samosas</td>
<td>$5.50</td>
</tr>
</tbody>
</table>

**HOT DISHES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phat Thai (#1) with fried tofu</td>
<td>$7.95</td>
</tr>
<tr>
<td>Phat Thai</td>
<td>$7.95</td>
</tr>
<tr>
<td>Aloo Gobi (potato and cauliflower)</td>
<td>$7.95</td>
</tr>
</tbody>
</table>

**SMOOTHIES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thunder Kiss ’65</td>
<td>$5.25</td>
</tr>
<tr>
<td>Give Peach A Chance</td>
<td>$5.25</td>
</tr>
</tbody>
</table>

**FRESH JUICE**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, orange, or carrot</td>
<td>$4.25</td>
</tr>
<tr>
<td>Limeade</td>
<td>$2.25</td>
</tr>
<tr>
<td>Beets Me</td>
<td>$4.25</td>
</tr>
<tr>
<td>Apple</td>
<td>$4.25</td>
</tr>
</tbody>
</table>

**BANGKOK GARDENS**

811 Cherry Street
Monday — Thursday, 11 a.m. to 2 p.m., 5 p.m. to 9 p.m.
Friday — Saturday, 11 a.m. to 2 p.m. 5 p.m. to 10 p.m.
Closed Sunday
874-3284

With 30 vegetarian and vegan dishes, Bangkok Gardens is a close-to-campus restaurant for people on restricted diets.
SANDWICHES AND WRAPS

**Tempeh Ruby** with homemade soup, chips and homemade salsa or daily vegetable
Main Squeeze
$6.50 for half, $9.00 for whole

**Caprese** with chips and a drink
Which Wich
$10.75 for 7-inch, $9.25 for 10.5-inch, $12.75 for 14-inch

**Vegetarian Burrito**
Chipotle Mexican Grill
$6.25

*Pinto beans made with bacon.

The Sunshine Burger with homemade soup, chips and homemade salsa or daily vegetable
Main Squeeze
$8.25

**Good Fortune Wrap** with homemade soup, chips and homemade salsa or daily vegetable
Main Squeeze
$8.25

**Meditteranean** with chips and a drink
Which Wich
$10.75 for 7-inch, $9.25 for 10.5-inch, $12.75 for 14-inch

**Sorbet**
Sparky’s Homemade Ice Cream
$2.79 for regular, $3.49 for big, $3.96 for double

**Frozen yogurt**
flavors vary and include egg-free options.
Yogoluv
$0.40 per ounce.

INTERNATIONAL CAFE
26 S. Ninth Street

**Mango Lassi**
India’s House
$2.50

**Lassi**
India’s House
$1.95

YOGURT DRINKS

SPARKY’S HOMEMADE ICE CREAM
21 S. Ninth Street

**FROZEN TREATS**

**Sorbet**
flavors vary
Yogoluv
$0.40 per ounce.

**Carrot Cake ice cream**, **Green Tea ice cream**
Sparky’s Homemade Ice Cream
$2.79 for regular, $3.49 for big, $3.96 for double

**Kulfi** (Indian ice cream) with pistachios and almonds
India’s House
$2.50

**Sorbet**
Sparky’s Homemade Ice Cream
$2.79 for regular, $3.49 for big, $3.96 for double

**Frozen yogurt**
flavors vary and include egg-free options.
Yogoluv
$0.40 per ounce.

INCIODENT
304 S. Ninth Street

**YOGOLUV**
201 S. Ninth Street

**CHIPOTLE MEXICAN GRILL**
306 S. Ninth Street

**INDIA’S HOUSE**
1101 E. Broadway

**MAIN SQUEEZE**
28 S. Ninth Street

**FROZEN TREATS**

**Lassi**
India’s House
$2.50

**Mango Lassi**
India’s House
$2.50

**FROZEN TREATS**

**Carrot Cake ice cream**, **Green Tea ice cream**
Sparky’s Homemade Ice Cream
$2.79 for regular, $3.49 for big, $3.96 for double

**Kulfi** (Indian ice cream) with pistachios and almonds
India’s House
$2.50

**Sorbet**
Sparky’s Homemade Ice Cream
$2.79 for regular, $3.49 for big, $3.96 for double

**Frozen yogurt**
flavors vary and include egg-free options.
Yogoluv
$0.40 per ounce.

**Vegetarian Burrito**
Chipotle Mexican Grill
$6.25

*Pinto beans made with bacon.

**Tempeh Ruby** with homemade soup, chips and homemade salsa or daily vegetable
Main Squeeze
$6.50 for half, $9.00 for whole

**Caprese** with chips and a drink
Which Wich
$10.75 for 7-inch, $9.25 for 10.5-inch, $12.75 for 14-inch

**Vegetarian Burrito**
Chipotle Mexican Grill
$6.25

*Pinto beans made with bacon.

The Sunshine Burger with homemade soup, chips and homemade salsa or daily vegetable
Main Squeeze
$8.25

**Good Fortune Wrap** with homemade soup, chips and homemade salsa or daily vegetable
Main Squeeze
$8.25

**Meditteranean** with chips and a drink
Which Wich
$10.75 for 7-inch, $9.25 for 10.5-inch, $12.75 for 14-inch

**Sorbet**
Sparky’s Homemade Ice Cream
$2.79 for regular, $3.49 for big, $3.96 for double

**Frozen yogurt**
flavors vary and include egg-free options.
Yogoluv
$0.40 per ounce.
Dining services facility. Students can sign Charge. offered at the university is E.Z. use ID cards to purchase items from textbooks and other class materials. Student Charge to pay for their Many students choose be required. Once that maximum has been reached, another form of payment will be required.

Used for: Many students choose Student Charge to pay for their textbooks and other class materials.

E.Z. CHARGE

A second cashless payment option offered at the university is E.Z. Charge.

How to sign up: Students can sign up for this free service at any campus dining service facility.

What can I buy with my student charge?

By CARRA HANSEN

University Bookstore, MU makes it easy to get the things you want. MU offers two ways of using student ID to pay for things around campus, including food, apparel, textbooks and school supplies.

A signature is required for E.Z. Charge to be activated on a student ID. Used for: Students can use E.Z. Charge at any campus dining service location and at selected vending machines.

Charge amount: Every week has a $100 charge limit. If a student charges more than $100 in a week, the charge will not be accepted and another form of payment will be required.

The student can only spend the money available in the account until another deposit is made.

How to pay: Each charge goes directly onto the student’s university bill.

Students or parents set a dollar amount by making a money deposit.

Students or parents can make a deposit using a credit card over the phone or by visiting the Campus Dining Services administrative office.

Online deposits and transfers will be available this fall.

E.Z. CHARGE LOCATIONS

- Plaza 900
- Rollins
- Eva’s
- Mark Twain Market
- Baja Grill
- Pavilion at Dobbs
- Bookmark Cafe
- J Cafe
- Catalyst Cafe

- Wheatstone Bistro (Memorial Union)
- Starbucks (Memorial Union)
- Infusion (Student Center)
- Pomodorlo (Student Center)
- Do Mundo’s (Student Center)
- Kate & Emma’s (Student Center)
- Mort’s (Student Center)
- Sunshine Sushi (Student Center)
- Mizzou Market—Hitt Street (Pershing Commons)
- Mizzou Market—Southwest (Center building of Southwest housing complex)
- Mizzou Market—Central (Student Center)

What should I know about MU’s policy on alcohol and drugs in residence halls?

By KRISTEN ZEIS

ALCOHOL

- No alcohol, at all, is allowed in the residence halls regardless of legal drinking age.
- Possession of any drug or alcohol paraphernalia is not allowed in the residence halls. This includes, but is not limited to, decorative alcohol containers, flasks and wine bottles.
- Shot glasses are allowed but only for decorative purposes.
- Residence hall staff will confiscate and dispose of any prohibited items found in possession of residents.
- If you are present in a room where policies are being violated, you can be subject to punishment regardless of your participation.

DRUGS

- Possession of illegal drugs or drug paraphernalia is not allowed, including: bongs, rolling papers, one-hitters and grinders.
- Smoking of cigarettes and possession of lighter is allowed, but as of July 1, only in designated areas on the MU smoke-free campus.
- Confirmation of the smell of marijuana by residence hall staff is enough evidence for probable cause and for further exploring of the situation.

INTOXICATION

If a student returns to a residence hall after consuming alcohol somewhere else and causes problems within the halls related to their intoxication, it is considered a violation of the alcohol regulations.

CONSEQUENCES

FIRST OFFENSE

The student must participate in an MU sponsored program known as BASICS, which stands for Brief Alcohol Screening and Intervention for College Students. The three-hour program consists of a two-hour group session and a 45–60-minute individual follow-up session. BASICS is meant to be a conversation for students about effective decision-making skills when in the presence of alcohol and other illegal substances. The program is $75 and is at the cost of the student in violation.

SECOND OFFENSE

Residential-life probation and other educational sanctions may be imposed.

THIRD OFFENSE

If all previous offenses are alcohol or drug related and a student is found in violation for a third time, the most likely consequence is removal from the residence halls.
How can I ensure my success in school?

By KEVIN PETERS

College demands serious adjustments from incoming students. Here are five ways to avoid the biggest mistakes one can make.

1. **LEARN TO MANAGE TIME**
   - Your parents aren’t making you go to class, and you have no curfew. With all this newfound freedom, time management can be an issue.
   - Without good time-management skills, many new students skip meals, class or sleep, said Robert Stagni, director of the Hudson Residence Hall.
   - One way to keep up on readings, notes and studying for exams is to make good use of time between classes.
   - If students use the daytime hours to get homework done, they should have more time for socializing in the evening.
   - Also, quality of work in the daytime tends to be higher than work done at 3 a.m.
   - Kim Dude, director of the Wellness Resource Center, said moderation is the key to everything, including the computer, TV and social life.

2. **TAKE CARE OF YOURSELF**
   - Poor time management can also lead to increased stress.
   - “Students will stress over something, get little sleep and drink a lot of caffeine, causing them to sleep even worse,” she said.
   - The best ways to reduce stress are to eat well, get enough sleep, maintain a healthy social life and exercise.
   - Dude recommended going for a walk, taking the stairs, using Columbia’s bike trails and taking advantage of the MU Student Recreation Center.
   - With this kind of stress-relief help students can avoid counterproductive efforts, such as procrastination, substance abuse, oversleeping and insomnia, according to Academic Exploration and Advising Services.

3. **ASK FOR HELP**
   - Students often do not use the resources available to them.
   - “If students have concerns or worries they should ask an academic advisor, faculty or staff member what options are available,” according to Academic Exploration and Advising Services.
   - “All too often students don’t ask or wait until it is too late.”
   - Stagni said the Residential Life staff is trained to help students with problems they may have.
   - “Don’t be afraid to check your ego at the door and ask for help when you need it,” he said.

4. **PUT YOUR BEST FOOT FORWARD**
   - “It is important to start strong,” Stagni said.
   - Learning in college is fundamentally different than it is in high school. Students need to stay ahead of work by doing ample preparation, even students who could coast in high school, he said.
   - Going to class regularly is important. In a class with few grading opportunities, it’s difficult to earn points if you do poorly in the beginning.
   - Studying is more than reading and memorization.
   - To be successful, studying has to be active. Handwriting notes in class, then typing them later, reading and re-reading material, summarizing main points and themes without notes, as well as critically thinking through problems.
   - All of these types of studying can help students analyze information in a way they can recall it when it’s time for exams.

5. **CONNECT WITH A COMMUNITY**
   - Strong communities tend to have fewer problems, Stagni said.
   - “People don’t take enough time to meet the people around them in a significant way,” he said. “A lot of times they’ll say, ‘Hello, how are you?’ but never take the next step.”
   - Students need to find a group, whether a club, organization, community group or church group, and reach out, Stagni said.
College life comes with steep expenses — tuition, books, pizza, electronics, concerts and more.

But in Columbia, expensive clothing doesn’t need to be added to the list. Popular, used or vintage name-brand fashion is available at several places on a shoestring budget. On June 29, these items were available at some of the different shops in Columbia.

**SALVATION ARMY THRIFT STORES**
1304 Parkade Blvd. and 23 E. Walnut St.
Salvation Army Thrift Stores have two locations in Columbia for shopping convenience. All purchases go toward funding Salvation Army adult rehabilitation centers. Both locations have a variety of styles and choices.

**Finds:**
- Women’s New York and Company jean mini skirt $3
- Express peasant top $5
- Gap little black dress $7
- Gucci Binti pumps $6
- Men’s Sean Jean jeans $9
- New Balance basketball shoes $4

**PLATO’S CLOSET**
2609 E. Broadway
Plato’s Closet is a resale store chain. The shop buys and sells men’s and women’s clothing, shoes, accessories, books and movies. It specializes in junior items and also stocks women’s and men’s clothing.

**Finds:**
- Women’s Wet Seal floral mini skirt $8
- Express dress $11
- Old Navy skinny jeans $7
- Steven Madden flats $10
- Men’s Gap v-neck $7
- American Eagle sweater $10
- Banana Republic khakis $12

**MAUDE VINTAGE**
818 E. Broadway
Maude Vintage buys and sells clothing and features local designers, as well as vintage finds. Maude’s is also a popular costume shop during Halloween.

**Finds:**
- Women’s ‘90s crop top $8
- Old Navy silk tank $6
- Vintage expeditious $14
- Men’s Levi jeans $12
- Vintage sweater $11

**NEW BEGINNINGS CONSIGNMENT**
7 S. 10th St.
New Beginning Consignment stocks clothes from all eras.

**Finds:**
- Women’s Forever 21 sundress $12
- Simply Vera Wang top $12
- Old Navy cardigan $9
- Heart tuxedo necklace $4
- Men’s Tommy Hilfiger dress shirt $10
- Khakis by Gap $12
- Vintage cowboy boots $20

**GOODWILL**
1405 Grindstone Parkway
Goodwill accepts donations each day, so clothing types change often. The store offers a variety of sizes and styles, as well as furniture, books, movies and other household goods.

**Finds:**
- Women’s Express lace dress $6
- Dress from the Limited $6
- Ann Taylor print skirt $3
- Men’s MU t-shirt $2
- American Eagle jeans $4
- NFL jersey $5

*Where to find high fashion at low prices*  
By MADILENE BEYER
What’s up with secret societies at MU?

By MEREDITH HOOD

Every April, select students are honored for their dedication and commitment to academics, leadership, service, and campus or community involvement in the Tap Day ceremony.

Students are “tapped” into one of MU’s six secret societies in the days leading up to the ceremony and officially inducted during Tap Day festivities.

MU’s secret societies include QEBH, Mystical Seven, LSV, Mortar Board, Omicron Delta Kappa and the Rollins Society.

Typically the honor societies induct juniors who participate with the group throughout their senior year. Others have been working with the honor society during their junior year, and Tap Day serves as a opportunity for them to finally be recognized for their involvement.

Many of the societies perform honorary taps, meaning they choose university faculty, staff and others who have had a positive impact on students and embody the various aspects of the society.


In last year’s Tap Day ceremony, John Kadlec the football radio analyst, nicknamed Mr. Mizzou, was honor-tapped into Omicron Delta Kappa. Sports broadcaster Mike Kelly was tapped into Mystical Seven.

THE SOCIETIES

- **QEBH**: This society was founded in 1898 by Royall Hill Switzler. Seven individuals are selected each year to join the group — six juniors and one sophomore. Only they know the meaning of the letters.

- **Mystical Seven**: The society was revealed in 1907. Although, it is commonly referred to as the second oldest secret society, many of its members claim it operated in secrecy even before QEBH. Only seven people are inducted to Mystical Seven each year.

- **LSV**: It was founded by a group focused on women’s interests in 1908.

- **Mortar Board and Omicron Delta Kappa**: These are national collegiate honor societies. Omicron Delta Kappa started a chapter at MU in 1933. Mortar Board installed a chapter at MU in 1942.

- **Rollins Society**: It was founded in 1994 to recognize graduate and professional students.

THE RITUALS

MU will be celebrating its 85th annual Tap Day ceremony in April 2012. It typically takes place on Francis Quadrangle.

Anonymity is required. Inductees are dressed in robes with hoods over their faces, and they conceal their identity as they proceed through the ceremony. A list of their accomplishments is read, and hoods are removed as each member is officially inducted.

The societies and most of their activities are conducted in secrecy and shrouded in intrigue.

A handful of MU’s secret societies take care of items that MU wins against rival football teams.

- **QEBH** exchanges the Victory Bell with Nebraska’s Society of Innocents.

- **The Friars Chapter of Mortar Board at MU and Black Masque Chapter at the University of Nebraska-Lincoln exchange a gavel at each football game.**

- **Mystical Seven** is the caretaker of the peace pipe awarded after a victory against Oklahoma.

- **The Indian War Drum**, given to the winner of the Border War game against Kansas, is cared for by Omicron Delta Kappa.
**Sky Hi Grill**

Feeding the Student Body

Serving Breakfast • Lunch • Dinner
Now offering CURBSIDE-TO-GO service!!!

- Brick Oven Pizzas
- Amazing Sandwiches
- Great Burgers & Dogs
- Soups & Chili
- Tons of Appetizers
- Finger Foods
- Salads

Try one of our line of soft drinks – Sky Soda in your favorite flavors!

2513 Old Highway 63 • Columbia, Missouri
Call (573) 442-8080 for reservations

---

**The Soco Club**

Columbia’s Premier Night Club & Lounge

- Open Monday – Friday: Open at 5
- Saturday: Open at 6:30
- Sunday: Open at 6:30
- Cabaret every other Monday
- Karaoke starting at 9 every Tuesday
- Design with Aria Buffet every Thursday
- Trivia at S. Karaoke at 10 every Friday
- Saturday: Special events, check website

Check website for special events and details

18+ to enter, 21+ to drink

**Vault**

93 South 8th St. Downtown Columbia
Lower Level of The Tiger Hotel
573-875-8080

Happy Hour
5-8pm
How can I buy tickets as a student?
What student cheering sections can I join?
How can I go green at tailgates?
What can I do at the MU rec complex?

WHO’S WHO

ATHLETIC DIRECTOR
Mike Alden
since 1998
Record: In his 13-year stint in Columbia, Alden has seen several programs rise to the level of national championship contenders, highlighted by conference championships in football, men’s basketball, baseball and softball the past two seasons and the gymnastics program’s fifth ever NCAA Regional title in 2010.

The 2010 academic year also saw the Tiger football program qualify for its sixth consecutive bowl game, softball advance to the Women’s College World Series for the second consecutive year, basketball advance in the NCAA Tournament and soccer claim another Big 12 title. Of Missouri’s 20 competitive year, basketball advance in the World Series for the second consecutive season.

Who's Who

MEN’S BASKETBALL
head coach: Frank Haith
In his first year with the Tigers, he’s one of 10 athletes and coached in Mizzou after coaching the Miami Hurricanes.

Baseball
head coach: Tim Jamieson

He gave up in Columbia and is a graduate of Rock Bridge High School.

Home venue: Taylor Stadium

FORMER STAR ATHLETES

Norm Stewart 1954-1956
It’s hard to watch a basketball game at Mizzou Arena and not notice this alumnus’ name on the court. He has been inducted into the Missouri Basketball Hall of Fame twice — both as a player and a coach. He graduated from the MU in 1956 after also pitching for the baseball team. Stewart returned to his alma mater in 1967 as a basketball coach and left in 1999 with an overall record of 634-333 at MU.

Willie Smith 1975-1976
Smith transferred to MU from Sammamish Junior College in Oklahoma. During his time here, he averaged 25.3 points per game. The Chicago Bulls picked him in the second round of the 1976 NBA Draft. He also played with teams in the Continental Basketball Association before he retired from his basketball career.

Steve Stipanovich 1980-1983
Stipanovich transferred to MU from San Clemente Junior College in Oklahoma. During his time here, he averaged 23.4 points per game. The Chicago Bulls picked him in the second round of the 1983 NBA Draft, and he played in the league for six years.

Phil Bradley 1977-1981
Bradley played both football and baseball for the Tigers. He was drafted by the Seattle Mariners, making his major league debut in 1984. After playing for three other teams, including the Chicago White Sox, he ended his major league career in the early ‘90s.

Jon Sundvold 1980-1983
While at MU, Jon Sundvold was a part of four consecutive Big Eight Conference Championships, and the Tigers went to NCAA Tournament every season he played at the university. He went on to play in the NBA for the Seattle SuperSonics, San Antonio Spurs and Miami Heat. After his NBA career, Sundvold has been the color commentator on the Mizzou Sports Network.

Steve Stipanovich 1980-1983
From St. Louis, Stipanovich stood 7 feet tall and helped the Tigers capture four consecutive Big Eight championships. He was the Big Eight “Player of the Year” his senior year. The Indiana Pacers chose him as the second overall pick in the 1983 NBA Draft, and he played in the league for six years.

As the fifth player honored with their number retired from the Tigers, Smith was a 6-foot-4 forward. He averaged 23.6 points per game as a senior. After his career at MU, the Dallas Mavericks picked Smith in the 1995 NBA Draft.

FOOTBALL
Head coach: Gary Pinkel
since 2001
He has a 77-49 record (.611) and is a graduate of Rock Bridge High School.

BASEBALL
Head coach: Ehren Earleywine
since 2006
He has taken the Tigers to the College World Series for the past three years.

SOFTBALL
Head coach: Ehren Earleywine
since 2006
He has taken the Tigers to the College World Series for the past three years.

WHAT EVERY FAN SHOULD KNOW

COME EARLY
BE LOUD
STAY LATE
WEAR GOLD!

MIZZOU SONGS

“EVERY TRUE SON/DAUGHTER”
Old Missouri, fair Missouri,
Dear old varsity,
Our hearts are fondly love thee,
Here’s a health to thee.
Chorus: Proud art thou in classic beauty,
Of thy noble past;
With thy watchwords, honor, duty:
Thy high fame shall last.

“OLD MISSOURI”
Old Missouri, fair Missouri,
Dear old varsity,
Our hearts are fondly love thee,
Here’s a health to thee,
Chorus: Proud art thou in classic beauty,
Of thy noble past;
With thy watchwords, honor, duty:
Thy high fame shall last.

FRESHMEN paint the “M” inside Memorial Stadium for its annual whitewashing. Freshmen who want to participate must be at the north entrance at 9 a.m. on Aug. 19 and wear close-toed shoes.

Painting The “M”
By ALEX SILVERMAN

With a new starting quarterback, a restructured Big 12 conference and the 100th anniversary of homecoming, it is bound to be an exciting football season at Memorial Stadium.

Meanwhile, the basketball team will take the court at Mizzou Arena with a new coach and a roster featuring six seniors in one of the most competitive basketball conferences in the country.

Here’s what you need to do to see it all live from the student section:

STUDENT SEASON TICKET COMBO

If you plan on attending both football and basketball games, you must purchase the Student Season Ticket Combo.

To do so, head to mutigers.com and click on “tickets,” and then click on “Student Season Ticket Combo.”

This package costs $230 and includes tickets to all six home football games and the opportunity to attend men’s and women’s basketball games.

Ticket combo holders are the only students eligible to purchase tickets for the Border Showdown game against Kansas at Arrowhead Stadium in Kansas City, which occurs during Thanksgiving break.

Football ticket pick up begins Aug. 24 at Mizzou Arena, and buyers will receive all six tickets at once.

For basketball, there are multiple pick-up dates for certain sets of games throughout the season. As a ticket combo holder, you will be alerted to these dates in advance via e-mail.

2011 MU FOOTBALL SCHEDULE

| Sept. 3 vs. Miami (Ohio) | Sept. 9 at Arizona State | Sept. 17 vs. Western Illinois | Sept. 24 at Oklahoma |
| Oct. 8: at Kansas State | Oct. 15 vs. Iowa State* | Oct. 22 vs. Oklahoma State | Oct. 29 at Texas A&M |
| Nov. 5 at Baylor | Nov. 12 vs. Texas | Nov. 19 vs. Texas Tech | Nov. 26 vs. Kansas (in Kansas City) |

*Centennial Homecoming

Bold indicates home games

As the season goes on, there will be more pick-up dates, and it will become more important to be timely in getting tickets.

There is usually a pick-up date that includes tickets for most of the Big 12 home games and a separate date for the Missouri-Kansas game.

Word to the wise: Each year, students line up hours before the box office opens to make sure they get a KU ticket.

FOOTBALL-ONLY SEASON TICKETS

If basketball isn’t your thing, save $85 and purchase a football-only package. Like the ticket combo, all six tickets will be available at Mizzou Arena prior to the start of the season.

The ticketing website notes that football-only tickets will not be available until late August and might not be sold separately from the ticket combo. That said, in 2010, football-only tickets were available.

PICKING AND CHOOSING

If you only plan to attend a select few football or basketball games, there is a secondary market for tickets. A weeknight basketball game against a lesser-known opponent, for example, would usually be easy to come by inexpensively, whether in the residence halls, on Facebook or on Craigslist.

GENERAL ADMISSION

It is also worth noting that all student tickets are general admission within the designated student sections. While you’re guaranteed a seat once you have a ticket, the first students at the event will have the first choice of seats.

OTHER SPORTS

All other sports are free to students with a student ID. This includes baseball, softball, soccer, volleyball, women’s basketball, gymnastics, tennis and wrestling.
How to join the cheering section

SOME MU sports have special cheering sections. These spirit groups are just one way to get involved on campus, meet new people and cheer on the Tigers. Here's a rundown:

**TIGER'S LAIR**

Tiger's Lair is the official cheering section for Missouri football, with a special section of seats just for the group. Members sit near the middle of Faurot Field and also receive opportunities to travel to away games.

**How to join:** Sign up on campus around the first week of school. Keep an eye on your student e-mail account, check Tiger's Lair on Facebook and follow them on Twitter at @MUTigersLair. Tiger’s Lair members must be Student Season Ticket Combo holders.

**VOLEYZOU**

VolleyZou is the official cheering section for Missouri Volleyball, and members are present at every home match. Throughout the season, there are chances to win prizes and meet team members.

**How to join:** Sign up online, call the Missouri Volleyball office at 882-6789, or e-mail Nick Chaney at nvsc2c@mail.missouri.edu. Membership is free, and members receive a free T-shirt at the first home match, the Tiger Invitational. Look for updates on the VolleyZou Facebook page and follow them on Twitter at @MU Volleyball.

**ZOU CREW**

Zou Crew is the official cheering section for Missouri men's basketball. With reserved seating behind the basket, Zou Crew members rally and cheer for the team at all home games.

**How to join:** Look for the sign up in October. For more information, keep an eye on your student e-mail account, check Zou Crew on Facebook and follow them on Twitter at @MUZouCrew.

Zou Crew members cheer for Missouri during their exhibition basketball game against Truman State in November 2009 at Mizzou Arena.

Zou Crew members cheer for Missouri during their exhibition basketball game against Truman State in November 2009 at Mizzou Arena.
How to get involved with RecSports

By NICK ENGEL and ELIZA SMITH

One of the easiest, healthiest and most fun ways to get involved around campus is to join RecSports.

The MU Student Recreation Complex offers RecSports and club sports for athletes and non-athletes. RecSports are open to any student who wants to play; club sports involve tryouts.

Flag football, indoor volleyball, soccer and basketball are offered both semesters as RecSports. There are open, coed and Greek leagues for all those sports, and students can participate on multiple teams.

There are men’s and women’s leagues, as well as black and gold divisions in the open leagues. Students can play on teams in each division, as well as in coed teams, at the same time.

MizzouRec coordinates men’s, women’s and coed teams for many sports, including flag football, basketball and volleyball. The Mizzou Club Sport Program offers an even larger variety, from archery, crew and paintball to taekwondo, scuba, triathlon and water polo — 45 sports in all.

The wheelchair basketball team represents MU in the National Wheelchair Basketball Association and recently opened a new private fitness room.

Last spring, more 4,000 students played RecSports in some form. Here’s how:

SIGN UP A TEAM

■ Find out what days and times you can play — games are scheduled Sunday to Thursday.
■ Come up with an appropriate team name.
■ Register and pay for your team at the RecSports office near court No. 4.
■ Enter your team at imleagues.com.
■ Instruct all players to join your team at imleagues.com.
■ Attend the captains meeting.
■ Check imleagues.com for the schedule, opponents and division standings.

JOIN A FREE AGENT PROGRAM

For students who don’t have a team to join or need more members for a team, RecSports offers a free agent program.

Free agents can register to be contacted by team managers looking for players. They can also attend a preseason managers meeting in hopes of finding a team to join.

BECOME AN OFFICIAL

Students looking to get involved in RecSports who want to make money can become officials. RecSports offers training programs for all sports with classroom sessions and scrimmages.

Previous knowledge of the sport is a plus but not required.

MizzouRec offers opportunities to play a number of sports with students.

FALL 2011 SCHEDULE

FOOTBALL
Registration: Aug. 23 to 30
Free Agent Meeting: Aug. 25
Captains Meeting: Aug. 31
Play Begins: Sept. 6
Officials Training Begins: Aug. 23 at 6 p.m. and 8 p.m.

INDOOR VOLLEYBALL
Registration: Aug. 30 to Sept. 6
Free Agent Meeting: Oct. 5
Captains Meeting: Oct. 7
Play Begins: Oct. 11
Officials Training Begins: Aug. 28 at 6 p.m.

SOCCER
Registration: Oct. 3 to 10
Free Agent Meeting: Oct. 5
Captains Meeting: Oct. 11
Play Begins: Oct. 17
Officials Training Begins: Sept. 26 at 6 p.m.

BASKETBALL
Registration: Oct. 10 to 17
Free Agent Meeting: Oct. 17
Captains Meeting: Oct. 19
Play Begins: Oct. 23
Officials Training Begins: Sept. 26 at 6 p.m.

If team sports don’t interest you, MizzouRec also offers:

ORIENTATION
In a free, hour-long orientation, a MizzouRec staff member will demonstrate the center’s fitness equipment and personalize adjustments on the machines. Sign up at orientation.mizzourec.com or call 882-7842.

GUEST PASSES
Students are allowed to invite one guest per month free of charge. Guests must be 18 or older and must bring a photo ID. Arrangements must be made at least one day in advance by registering online. Parents are welcome by letting the membership desk know at least a day in advance.

SWIM SESSIONS
The complex has the complete American Red Cross learn-to-swim program for children as young as 12 months through adults. Registration deadlines are the Thursday prior to each session. A masters swim program provides a structured lap program, with practice session starting Aug. 30. They cost $75.

zouLiFE
ZouLIFE is a new personal services program with a day-spa atmosphere. It offers fitness assessment, private training, manicures, pedicures, facials and massage and is open seven days a week, with varying hours.
How to help and watch the game

By ELLEN THOMMESEN

Tiger Tailgate Recycling provides a different way for students to tailgate before home football games at MU.

Tiger Tailgate Recycling is a great way to get involved with football traditions at MU while also giving back to the community.

The volunteer program is a part of Sustain Mizzou, an environmentally focused student organization on campus.

Students hand out recycling bags to tailgaters and replace full bins around the stadium and parking lots.

“When you’re pulling beer-soaked bags out of bins with other volunteers who are acquaintances or strangers, they become friends very quickly,” said former Sustain Mizzou president and volunteer Tina Casagrand.

MU sophomore Kat Seal started participating in the organization during her freshman year.

“I’d never really been into football, so I thought that this would be a fun way to get more involved in Sustain Mizzou and enjoy the football aspect of Mizzou in a different way,” Seal said.

She also said that being involved helped her feel connected to the MU community, which is just as important to her as the environmental benefits of recycling.

“I felt like I was really making a difference,” Seal said. “I loved seeing myself make an impact with a bunch of tailgaters.”

Don’t worry about missing the Tigers at home football games. The program schedule is flexible for volunteers that wish to attend games.

“Tailgaters start early, so you can hand out recycling bags in the first shift and still have plenty of time to go to the game,” Casagrand said.

Jesse Day, MU junior and fall 2011 Tiger Tailgate Recycling Project leader, said students can help for as long as they’d like and can leave whenever because any amount of time spent volunteering is valuable.

Day said going to a game and volunteering are compatible. “You can always come volunteer for an hour and leave early to wait in line if you want to get to the game early.”

Since the program began in 2005, students have saved 110 tons of recyclable materials. In fall 2010, 18.6 tons were recycled over a period of six games.

“It’s fun, and it’s social,” Day said. “Even if you’re not tailgating, you’re with the tailgaters, and you’re talking to people about being green.”
Senior Kim Musket holds a remaining piece of the goal post as some fans use badly worn saws to cut through while onlookers hope to be next to claim their own piece after last year’s Homecoming game in October. MU fans pulled down one of the goal posts at Faurot Field and carried it downtown after the Tigers defeated Oklahoma.

ANDREW WILLIAMS
Missourian

Erin Andrews waits for the signal to begin the recording of a segment for ESPN’s morning’s broadcast of “College GameDay.” The quad was opened at 3:30 a.m. to eager fans who wanted to be a part of the show.

ANDREW WILLIAMS/Missourian

A sea of black and gold Mizzou fans fill half of Francis Quadrangle for the broadcast of ESPN’s “College GameDay.” Estimates suggest the crowd broke ESPN’s record for attendance by 3,000.

TAYLOR GLASCOCK/Missourian

Get ready for homecoming

This year will mark the centennial anniversary of the tradition. Here are some photos from last year’s festivities.
Amanda Morelend and Ryan Williams hug after participating in an M-I-Z cheer while tailgating before the game against Oklahoma in 2010.

ALLISON ZIEMBA
Missourian

Get your for Mizzou spirit on

Fans get excited after MU scored a touchdown to take the lead in last year's homecoming game.

EVE EDELHEIT
Missourian

MU fans tore down the goalpoast and carried it down 10th Street after the Tigers upset the Sooners 36-27 last year.

ERIN STUBBLEFIELD
Missourian

Sacred Heart Catholic Church

Welcomes students

Schedule of Masses:
- M, T, W: 7:30am
- Wednesday: 12:00pm
- Saturday: 3:30pm
- Spanish: 11:00am, 10:00am

Reconciliations: 5:30pm Wednesday, by appointment

1115 Locust Street • Corner of Locust and Waugh
across from Stephens College in downtown Columbia
443-3470
www.sacredheart-church.org

Eco Zipline Tours
Located less than an hour from Columbia off I-70
314.456.1444
487 S. Hwy 19
New Florence, MO
www.EcoZiplineTours.com

Zipline USA
Conveniently located near Branson, MO on U.S. 160
417.559.5398
3335 U.S. Hwy 160
Reeds Spring, MO
www.GoZiplineUSA.com

Experience Missouri’s Largest, Highest, Fastest, Longest and Most Exciting Zipline Canopy Tours!

Save $5 off any weekday tour
Valid at Eco Zipline Tours & Zipline USA
Cannot be combined with other offers.
Offer expires December 1st, 2011
Where are **good places to study?**
What can I **do for free on campus?**
Where are the **best outdoor spots?**

**Columbia is home to many diverse and well-known places, events and restaurants. Here’s a list of 10 Columbia “musts.”**

**By RACHEL KISER**

---

**1 THE ‘BIG TREE’ IN MCBAIN**

Although it might be trite to say a big tree is a big deal in Missouri, this specific arbor is an exception (it even has its own Facebook page). It’s estimated to be more than 350 years old and stands 90 feet tall in a wide open field, providing the perfect spot to picnic, watch a sunset or navigate constellations.

---

**2 SLEDDING AT STEPHENS LAKE PARK**

If this past year’s ‘snowpocalypse’ was any indication, Columbia has its fair share of snowy weather. A great way to spend a day in fluffy powder is to grab a sled (a thick garbage bag will also work) and race your friends down the hill at Stephens Lake Park, about two miles from campus.

---

**3 ROOTS ‘N’ BLUES ‘N’ BBQ**

The smooth notes of blues and the sweet smell of barbecue come together for this annual fall festival in the downtown area. The festival hosts a half marathon and 10K run along a scenic route through Columbia. A slab of barbecue awaits those who cross the finish line.

This year’s festival will be Sept. 9 and 10. Performers include Robert Randolph and the Family Band, Dr. Ralph Stanley, Taj Mahal and Robert Cray.

---

**4 ERNIE’S CAFE AND STEAKHOUSE**

Take a break from the dining hall and head to Ernie’s Cafe in The District. The eatery has been in Columbia for more than 75 years, and readers of Inside Columbia magazine voted its breakfast nosh the best in town.

Customers can count on a bustling atmosphere, along with biscuits and gravy, custom omelets and waffles. Diners are treated to an inspirational quote as they walk out the door.

---

**5 BOOCHES HAMBURGERS**

Served on wax paper, Booches hamburgers have won widespread recognition, including a mention by USA Today as one of the top 10 burgers in America. The restaurant and pool hall on Ninth Street is a short walk from campus, so taste buds are never far from the quarter-pound patty.

---

**6 LAVENDER HONEY ICE CREAM FROM SPARKY’S**

The sweet shop made headlines this summer when it offered cicada ice cream, but not every flavor is as adventurous: for example, a scoop of palette-cleansing lavender honey. Customers can buy containers of creamy goodness, so a fridge in a residence hall room can be stocked for late-night cram sessions.

---

**7 GRILLED CHEESE DELUXE FROM MAIN SQUEEZE**

This sandwich is more than melted cheese on two slices of bread. Red onion, baby spinach and chipotle mayo satisfy taste buds, as well, offering a pleasant variation on the childhood classic.
On fall weekends that don’t include sitting in Memorial Stadium, a trip to this life-size maze is worth the drive. To complete the disorienting adventure, visitors find trivia checkpoints that challenge their knowledge of information relating to the year’s theme, such as the presidential election in 2008. Hayrides are also available.

This half-mile trail at Rock Bridge Memorial State Park takes hikers on a tour of the most impressive views of this state park, located a few miles south of Columbia.

The cave, which stays a cool 56 degrees in the summer, is a local favorite for those seeking momentary refuge from the heat. Visitors can walk under the natural rock bridge and stop in numerous picturesque spots to absorb all the nature this 2,200-acre park has to offer.

Each year in February or March, this film festival takes over The District. It features a wide variety of documentaries for movie enthusiasts. Students can volunteer for the festival to get a behind-the-scenes experience at downtown venues. In 2012, the festival will be March 1-4.

Most films come from Sundance, Toronto and other festivals. The festival also includes parties, discussions and field trips.
How to find your ideal study spot

By ASHLEY CARMAN

Many freshmen come to Mizzou with the same worries: How much homework will I have and how will I manage it?

To help, here is a list of places to escape from the dorms and get some serious studying done.

**THE CLASSICS**

Ah, yes, the time-honored favorites. These are the spots your grandparents may have used back in the day that have remained favorites. These are the spots your grandparents used to recommend when intense all-day that have remained favorites. These are the study spots in the quiet sections.

- **Ellis Library:** During finals week there’s hardly a spot available, but that’s not without reason. Ellis provides a quiet atmosphere, and, surrounded by books, it’s one place to resist the temptation to procrastinate. Go to the second floor to study in the quiet sections.

- **Memorial Union:** The basement of both Memorial Union North and Memorial Union South are usually deserted. Forget those torture devices known as wooden desk chairs. Memorial has leather chairs and foot rests, putting comfort before academics. To help, here is a list of places to escape from the dorms.

**THE OUTDOORS**

Look no farther for places to combine fresh air and academics.

- **Peace Park:** Located on Elm Street, Peace Park usually has an array of characters hanging around. There could be hula hoopers or the percussion section of Marching Mizzou. It’s generally quiet, beautiful spot, but anything could be going on, so use caution.

- **The Quad:** Sit under the shade of a tree. Lie in the sun. Sit near a column. There are few seating options on Francis Quadrangle, however, so look for a back support of some kind. Studying will most certainly be cut short once the backache kicks in.

**COFFEE SHOPS**

- **Lakota Coffee Co.** offers a number of different study spots, like individual desks, pictured right, or spaces in the Information Commons on the first floor, as well as study alcoves for groups. It’s also affectionately referred to as “Club Ellis” during finals week. Ellis Library offers a number of different study spots, like individual desks, pictured right, or spaces in the Information Commons on the first floor, as well as study alcoves for groups.

- **Kaldi’s Coffee Roasting Co.**

- **Starbucks:** It’s closest to campus and has everyone’s favorite drinks. There is generally a crowd, but sometimes that caramel macchiato is worth it.

- **Lakota Coffee Co.:**

- **Ellis Library:**

- **Starbucks:**

- **Lakota Coffee Co.:**

- **Ellis Library:**

- **Starbucks:**

- **Lakota Coffee Co.:**

Where can I find free events around campus?

By JUSTIN WHALEY

Mizzou After Dark events are free for students and $5 for Friends and family. Each event lasts from 7 p.m. to 11 p.m. Check in periodically with the Mizzou After Dark website for an updated list of events.

- **Fall Welcome concert:** Each year, the College Music Committee gets big artists to come to Columbia for a semester-opener performance. This year, chart-topping artist Jason Derulo (“Whatcha Say,” “In My Head”) will perform the free show on campus. His performance will be at 7 p.m. Aug. 20 in front of the MU Student Center.

- **Outdoor Film Series:** The series shows recent films on Wednesdays and Fridays. It will kick off with “Anvil! The Story of Anvil” at 8 p.m. Sept. 8 in Jesse Wrench Auditorium, Memorial Student Union. Andrew Lang, assistant director of the Department of Student Activities, said free food and drinks will be available. Most movies are free, but some cost $1. Wednesday movies begin at 8 p.m. and Friday films start at 9 p.m.

- **Mizzou After Dark:** This program offers late-night fun without party-scene risks. Campus Activities Coordinator Lauren Karr said the organization has a number of events ready for fall. The first will be a late-night scavenger hunt around campus on Sept. 23. Other plans include its signature spa night — complete with free haircuts and massages — and a superhero night, both in October. Mizzou After Dark events are free for students and $5 for Friends and family. Each event lasts from 7 p.m. to 11 p.m. Check in periodically with the Mizzou After Dark website for an updated list of events.

- **Other options:** Students can congregate for competition on Stankowski Recreation Complex’s multiple sand-volleyball courts and football/soccer fields, weather permitting. The Shack, located in the Student Center, has two projection screens that air football and basketball games during each season. The Shack also has pool tables and a shuffleboard table for those grabbing burgers or spending downtime at the Student Center.

Show Contents Page

Show Advertisers Directory
Where to enjoy Columbia’s great outdoors

By JACOB KIRN

PEACE PARK

- Peace Park is often filled with students lounging under trees and on benches in between classes on sunny spring days. Adjacent to the MU School of Journalism buildings, Peace Park is located just northwest of Francis Quadrangle and across the street from Gannett Hall. The park also plays a prominent role in various downtown events, including the Roots ‘N’ Blues ‘N’ BBQ and Earth Day festivals.

MKT NATURE AND FITNESS TRAIL

- This 8.9 mile long trail is quite popular. It starts downtown in Flat Branch Park at Fourth and Cherry streets and extends southwest to link up with the Katy Trail and passes underneath Elm Street, Providence Road and Stewart Road, allowing for passage to the Katy Trail without stops. There are other entry points, and each (except for one on South Providence Road) have parking.

CAPEN PARK

- This wooded area is just south of campus off Rock Quarry Road. Once you park, take the south path to cross Hinkson Creek to link up with the Hinkson Creek Trail, or head north into Capen Park, where a flat half-mile nature trail follows Hinkson Creek in the opposite direction.

STEPSHANS LAKE PARK

- Just east of downtown, this large park features an 11-acre lake with a swimming beach. There are trails around the lake and the park’s perimeter, and there are several large fields that are perfect for playing catch. There is also a large sledding hill on the east side of the lake for snowy winter afternoons.

HiNKSON CREEK TRAIL/GRINDSTONE NATURE AREA

- A favorite of students who live off U.S. 63. The park is located near the intersection of U.S. 63 and Stadium Boulevard. The Hinkson Creek Trail has an entry point here, winding its way through the woods all the way to the MKT Nature and Fitness Trail on the west side of town, 4.2 miles away. Columbians have been known to flock the area after dinner.

Mu RECREATION TRAIL

- The MU Recreation Trail starts on campus off Providence Road, heads south past Memorial Stadium and links up with Hinkson Creek Trail. At that point, pedestrians can choose to head east on the path toward the Grindstone Nature Area or west toward the MKT Trail.

CLYDE WILSON MEMORIAL PARK

- Nestled in the East Campus neighborhood and perfect for a short afternoon hike. The hilly half-mile trail has two entry points, one at the end of Wilson Street and another past the intersection of Rollins and Williams streets, near the College of Veterinary Medicine. Don’t bring your bike; the path is too rocky.

Clyde Wilson Memorial Park

This wooded area is just south of campus off Rock Quarry Road. Once you park, take the south path to cross Hinkson Creek to link up with the Hinkson Creek Trail, or head north into Capen Park, where a flat half-mile nature trail follows Hinkson Creek in the opposite direction.

MKT Nature and Fitness Trail

This 8.9 mile long trail is quite popular. It starts downtown in Flat Branch Park at Fourth and Cherry streets and extends southwest to link up with the Katy Trail and passes underneath Elm Street, Providence Road and Stewart Road, allowing for passage to the Katy Trail without stops. There are other entry points, and each (except for one on South Providence Road) have parking.

Back to School - Back to the Good Life

College can be full of fun times, but with all the celebrations, activities and hard work, comes the increased risk of illness or injury. When life’s little happenings get in the way, trust the experts at Providence Urgent Care. You always need to be cautious about your health, but you don’t always need to go to the ER.
How to get involved and meet people

By KATY MOONEY

The most meaningful friendships in your life might be forged in college. Future bridesmaids, best men, lifelong friends and future spouses might be right here at MU. But you won’t find them watching TV in your room.

If you are among the 23 percent of MU students from out of state, you could arrive in Columbia not knowing a single soul. Even if half of your high school class is at MU, it’s always good to make new friends.

Here is a collection of ways MU students have made — and kept — friends in college.

Start simple: Get to know your roommate.

A roommate can introduce you to others and help you navigate campus. But the world of friends is bigger than a room in a residence hall, so don’t worry if you and your roommate don’t click.

Don’t be afraid to knock on doors and introduce yourself.

Chances are, they’re looking for friends, too.

Based on your choice of dorm, you may be involved in MU’s Freshman Interest Group, or FIG, program. A FIG is a group of new students with the same major or interest area.

You will live in the same residence hall (even the same floor in some cases) and take classes together. These will be your study buddies and lunch companions if you’re brave enough to strike up a conversation.

At the least, you can help each other study and lunch companions if you’re brave enough to strike up a conversation. These will be your study buddies and lunch companions if you’re brave enough to strike up a conversation.

Get involved in at least one organization on campus.

Clubs and groups are a way to meet people with similar interests, or just to learn more about a subject you’re curious about. If you’re afraid to go to a meeting alone, take a roommate along. With more than 500 organizations here to choose from, you’re bound to find one that you like.

Greek life is one of the most common ways to get involved.

Almost 22 percent of undergraduates who participate. Whether it is a social or service fraternity or sorority, Greek organizations provide a ready-made group of friends, social activities, philanthropic events and leadership opportunities.

During her freshman year, now-senior Amelia Smith almost turned down a friend’s invitation to attend an informational meeting for Phi Sigma Pi, a co-educational honors fraternity. She ended up joining and served as president of the MU chapter last year.

“If several people that lived on my floor hadn’t convinced me to go with them to the meeting, I could have missed out on a tremendous opportunity,” she said. “There isn’t a single time walking between classes that I don’t see one of my brothers and stop to chat with them.”

Missing the camaraderie of high school sports?

MU students stay active with everything from basketball to martial arts. Athletics, RecSports and club sports are always looking for new athletes. MizzouRec also provides opportunities for team sport competitions. You can join an existing team or create your own.

If you’re not athletic, pick up an MU football game ticket and cheer on the Tigers at Faurot Field with thousands of fans. If you’re a superfan, consider joining a spirit organization such as Tiger’s Lair or Marching Mizzou.

Campus religious groups celebrate a variety of faiths.

Some are socially-oriented and get together for teachings, music and community service. Many groups, such as the Christian Medical and Dental Organization, are based on academics in addition to religious affiliation. If you’re looking for a more traditional experience, there are several churches within walking distance of campus.

Many colleges and majors have academic clubs or fraternities.

Such groups also provide networking and travel opportunities. For example, MU’s Biochemistry Club provides fellowship to pre-med majors, and Alpha Kappa Psi is a business fraternity.

If culture or ethnic background is important to you, MU’s diverse student population has already created dozens of cultural, international and minority student groups. There is even a FIG called Pangaea, which is dedicated to foreign languages and diversity.

Alex Dzurick, a senior linguistics and sociology major, was not satisfied with joining a student organization that already existed. He created his own — the University of Missouri Quizbowl Club.

“I have many, many new friends who play for other college teams, half a country away,” he said. “Knowing that Mizzou is part of something bigger and that our contributions to the bigger picture do not go unnoticed and unappreciated makes everything worthwhile.”

A part-time job is another way to meet people.

Stay up-to-date in the gaming community with a job at a video game retailer. Strike up a conversation as a barista at a local coffee shop. Hundreds of fellow students are employed by MU, from desk jobs at the library to serving dinner at the dining halls.

What’s the bottom line? Just do something.
What LGBTQ resources are on campus?

Over the past 16 years, LGBTQ resources and outlets have become more present across MU. With a focus on more than just members of the Lesbian, Gay, Bisexual, Transgender and Queer community, the outlets and resources encourage an open mind and a welcoming spirit.

OUTLETS AND RESOURCES

- **InsideOUT** uses peers as resources to listen from a neutral standpoint. This outlet encourages people to share their experiences, whether they are members of the LGBTQ community or allies. All conversations are led by an LGBTQ Resource Center staff member.

- **OutReach** is a panel of people who identify as lesbian, gay, bisexual, transgender, queer or as a heterosexual ally. The panel shares experiences about being part of the LGBTQ community and also participates in a Q-and-A session with an audience. Overall, the panel aims to reduce homophobic or heterosexist attitudes by providing the public with open and honest conversation.

- A black square featuring a purple triangle with a pink rectangle framing the words “Safe Space” decorates many windows and doors across campus. This sticker signifies an area where members of the LGBTQ community are completely free of discrimination and can speak openly. Anyone can sign up to be a Safe Space ally.

- A free magazine produced by students, [sh]OUT Magazine is a voice for members of the MU LGBTQ community. The magazine can be found online or in print at the LGBTQ Resource Center. Produced solely by students, anyone interested in contributing can apply at shoutmizzou.com/volunteer.

- Multiple **groups**, **listservs** and **e-mail groups** provide details about upcoming events and current issues. The MU LGBTQ Resource Center e-mail group, Triangle Coalition, [sh]OUT Magazine and the MU LesbiGay listserv can help students get acquainted with and involved in the LGBTQ community.

- Support for transgender and questioning MU students can be found with Fluidity. This group uses guest speakers, rap sessions and videos to help students express themselves in a fun and confidential environment.

- Many of the outlets above are strongly supported by the LGBTQ Resource Center. The center provides movies, books and magazines about gay rights, hate crimes, religion, coming out and other LGBTQ topics. It is located at G225 in the Student Center.

- **Triangle Coalition** is a student organization that encourages a positive environment for the LGBTQ community. The coalition has a strong network of support from other organizations such as Fluidity.

- Another student organization is Queer People of Color, which supports those who are a minority within a minority. This organization attempts to raise awareness about the struggles minorities in the LGBTQ community face.
How to keep relationships alive — both on campus and off

Going away to college often causes an abrupt change in a relationship.

Sometimes it means leaving a high school boyfriend or girlfriend behind. Or it can involve coming to campus as a couple but having the rules change.

Here is a compilation of advice about relationships from students who learned a few hard lessons after they came to Mizzou.

SURVIVING A LONG-DISTANCE RELATIONSHIP

- Build trust. Without trust, it's just not going to work. You will spend a lot of time apart, and it's impossible to stay in constant touch. You must give each other space to grow, and that depends on trust.

- Make time for each other. Try to talk on the phone at least once a day. It may seem like a little thing, but it's an important one. Hearing the voice from the person you miss can help, even if it's just to say goodnight.

- Do not rely on texting. Texting can be unreliable. Real interaction is more important than being able to text every minute of every day. Plus, your friends on campus will be extremely annoyed if you're always glued to the phone.

- Use Skype. Talking face-to-face helps resolve problems. Talking on the phone is better than texting, and video-chatting is better than talking on the phone. A video chat at least once a week will make a difference. Seeing your significant other's face will allow you to connect, despite the distance.

- Don't let the relationship hold you back. You have to make time to create a new life in college. This is where trust is so important. You must allow each other to meet new people and still make the relationship work. If you don't, you could begin to resent each other.

- Keep busy. It is better to be distracted than to dwell on your significant other. If you are involved in activities, you will have less time to miss the other person. Remember, make time for each other, but build a life outside the relationship.

- Make visits a priority — but don't visit too often. Seeing each other at least once a month is best, but each relationship has its own challenges. If you live close enough to each other and want to visit every weekend, try not to. It is important you each build your new lives in college.

- Remember that little things count. Sending a hand-written note or a care package can make a big difference — and not just for the girlfriend in the relationship. Noticing and celebrating small things can make up for missing each other during the bigger moments.

- Stay on the same page. If you are working toward common goals, things are going to go a lot more smoothly. You don't have to plan a wedding, but if you have an idea of when a long-distance situation will end, it's easier to handle it now.

- Know when to let it go. If it's not working out, it's OK. You gave it a try, and maybe it's time to end it. Don't be ashamed; every relationship is different. Don't let yourself be tricked by trips home where things are back to "normal." If it's not working when you're apart, it's time to decide if it's worth it when you're together again.

BRINGING A RELATIONSHIP TO COLLEGE

- Set boundaries. Spend time together, but spend time away from each other as well. Set boundaries in the beginning so you don't offend the other when you need alone time. Designate a few nights a week for alone time or time with other friends.

- Don't blow off your friends. You don't need the same friends. Meet new people, and hang out in different groups. Make sure to make time for your friends, old and new. Have a girls' night/guys' night once in a while.

- Get involved in separate activities. You don't have to go to every club meeting and every class together. Spend enough time apart that each has personal interests.

- Don't move in together. If you do, you are less likely to get out and meet new people. It could be tempting without Mom and Dad around, but remember to set boundaries until you get used to college life.

- School comes first. College-level work is a big change from high school. You may be surprised at the amount of work to do. Be sure to budget your time wisely.

STAYING IN TOUCH WITH FRIENDS

- Check in regularly. Try to text good friends at least once a week. Check in and see what's going on so they don't feel forgotten, yet understand that you will be building new lives.

- Start a Facebook message feed. It's an easy way to keep in touch with multiple friends at once. Update your friends on what is going on in your life and ask questions about them. You don't have to update it constantly, but remember to check it regularly.

- Don't be jealous of new friendships. Be prepared for change, and go with the flow. You have new friends, and they have new friends. Remember your high school relationships will always have a special place in your life.

- Make time for each other over breaks. This is a good time to catch up with high school friends, when everyone is home. Eventually, people will stop coming home on breaks, so be sure to take advantage of them while you can.

- Visit each other. Even if you see a friend once a year, it can make a difference. It's fun to show them where you've been and what you've been doing, and vice-versa.
SEE WHAT’S IN STORE!

2011-2012 SEASON

Life & Literature Series
Corner Playhouse September 15-18

Into the Woods
Music & Lyrics by Stephen Sondheim
Book by James Lapine
Rhynsburger Theatre October 5-9

Girl in a Cube
by Matt Fotis
Corner Playhouse November 3-5/10-11

Reasons to Be Pretty
by Neil LaBute
Corner Playhouse November 30 - December 4

Mizzou New Play Series
Corner Playhouse February 6-12

World Theatre Workshop
Monsieur Baptist
The Con Man
by Roger Furman
Rhynsburger Theatre February 23-25/ March 1-4

Trifles/Sweat/Sometimes I Sing
Trifles by Susan Glaspell
Sweat adapted by Cfrancis Blackchild from
the short story by Zora Neale Hurston
Sometimes I Sing by Milbire Burch
Corner Playhouse March 15-18/March 20-22

Hamlet
by William Shakespeare
Rhynsburger Theatre April19-21/26-29

http://theatre.missouri.edu