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Collegetown Academics

Before that first class — and long before that last exam senior year — prepare for academic success at MU. With stories from academic advising and library resources to a guide to some of the best general education professors on campus, start college on the right foot and stay in step through graduation.

Gaining residency in Missouri

By SARA BARBA

Out-of-state students can gain residency after spending a full year in Missouri.

But achieving residency, which cuts tuition costs significantly, is a process. It requires careful attention to the rules and regulations imposed by the university.

RESIDENT STATUS

You must stay in the state of Missouri for 12 consecutive months. This includes enrolling in classes both terms (fall and spring semesters) and the entire hot, humid summer.

TAXABLE INCOME

You have to make and document at least $2,000 in taxable income. Meaning, your paycheck has to be legitimate. You can get a job right away, if you wish, but you must work all summer as well. You can wait until summer to earn the required amount, but don’t wait too long to start looking or all the good jobs will be taken.

NECESSARY DOCUMENTS

Unfortunately, the university won’t believe you if you just tell them you lived here and made money. You need to have proof. In fact, you need more than one form. To prove you’ve lived in Missouri during the time you are not enrolled in classes, you’ll need a lease or other documentation of domicile. You’ll also need to provide pay stubs, that annoying two-thirds of a piece of paper you rip off your paycheck every week. In addition, bank statements proving you’ve spent money in Missouri are recommended. Everything just adds to your credibility.

IN-STATE DRIVER’S LICENSE

If you’re not from Missouri, chances are your driver’s license is way cooler than the one here. You’re going to have to say goodbye to that one. Before you apply for residency, visit the local DMV on Vandiver Drive to acquire a new license. You will also need to register as a voter in the state of Missouri. This is something you do after you get your license, since you need your license number to register. You can register as a voter in Boone County online.

TUITION SAVINGS

The process seems tedious, and a little difficult to understand, but once you figure it out, you can save considerable money on tuition. The breakdown is actually pretty shocking.

- MU estimates out-of-state tuition, fees, room and board, and other miscellaneous costs to be $35,464 for the year.
- In-state tuition, fees, room and board, and other costs are estimated at $22,296, at least $13,000 less than out-of-state costs.
- In addition, you’ll have the $2,000 you might not have earned if you weren’t required to have a job.
Where to find study spots

By COURTNEY LEEPER

It’s a good idea to begin achieving academic success early by finding a comfortable spot to study.

The three most popular — Ellis Library, Memorial Union and the Student Center — might seem obvious, but even here, you’ll find a few unexpected spots if you look closely.

ELLIS LIBRARY

The obvious: Enter on the north side to find chairs along the long corridor known as the “Colonnade.” Find various tables, desks and computers in the “Information Commons.” Talking is allowed in both of these areas, so if you need quiet time, check out Rooms 201 and 202.

The not-so-obvious: Explore “the stacks,” where books are shelved. Individual study desks, upholstered chairs and a few computers are scattered throughout the second, third and fourth floors on both the east and west sides.

The first few weeks of classes are a good time to scout study options at the library. Take the online virtual tour to get started.

MEMORIAL UNION

The obvious: Check out the lounge on the main floor of Memorial Union North or the tables by Wheatstone Bistro and Starbucks. These spots go fast, but they’re especially handy if you need to be close to an electrical outlet.

The not-so-obvious: Wander the halls upstairs and downstairs of both Memorial Union North and South, and you will find many quiet study spots, often with great views. There is a lounge on the second floor in the south wing, and several chairs tucked away like hidden gems in hallway nooks.

STUDENT CENTER

The obvious: The tables on the main level near the food and fireplaces are great places to meet groups. Feel smug if you manage to snatch a booth. Or, head upstairs to claim an upholstered chair or couch.

The not-so-obvious: Take a complete tour of the wrap-around hallway on the west side upstairs to find more study locations. Reserve one of the upstairs study rooms, check out the lounge downstairs, and find a few computers and upholstered furniture behind the U.S. Bank on the main level.

OTHERS

Ellis Library, Memorial Union and the Student Center provide lots of studying options, but don’t be afraid to look elsewhere. Visit unfamiliar buildings, climb stairs, walk around hallways, etc.

Talk with upperclassmen in your program to see if there is a specific computer lab or room to use. The key to finding the perfect study spot for you is to get out and explore campus.
Plenty of help, resources at libraries

By ARTHUR COOK-BREMER

The odds are, as an incoming student, you'll be required to write at least one research paper during your first semester.

Fortunately, the libraries at MU have plenty of resources to help you get started.

Ellis Library is the main repository of materials, and MU has "branch" libraries that hold research material specific to a particular major — journalism, mathematics, engineering, law, geology, health sciences and veterinary medicine. There are also collections of material related to a subject, such as the Women's Center collections and one for black studies.

While many incoming students will be introduced to Ellis through their freshman interest groups, the library also offers regularly scheduled tours during the first week of the semester, said Shannon Cary, library spokeswoman.

Beyond easy access to books and numerous periodicals and academic journals — on the shelves and through online databases — MU students can check out electronic equipment to help with their studies, including laptops, tablets, cameras and sound recorders.

Students in need of information can speak with a reference librarian on the first floor of Ellis or visit the MU libraries' webpage at mulibraries.missouri.edu to look up research guides and other instructional material for using the libraries' resources.

According to the website, the Ask MU Libraries page is a recent addition where students can live chat with an MU librarian, search through a database of frequently asked questions or schedule a one-on-one consultation with a reference librarian.

In addition to helping students find what they need for academic research, Ellis has 12 study rooms that can be reserved for groups, designated quiet areas on three floors and the Bookmark Café.

Develop relationship with academic adviser

By JORDAN NEWLAND

One of the more important relationships a student has at MU is the one they share with an academic adviser.

Sharyn Freyermuth is director of academic advising in biochemistry and assistant dean of academic programs in the College of Agriculture, Food and Natural Resources. She suggests coming in at least once a semester.

While discussing which classes to take during the upcoming semester is fine, she said, she advises students to look to the future.

Career goals are also something to discuss with an adviser.

Also, if students are struggling or have concerns of any kind, Freyermuth encourages them to stop by to talk to her.

Still, there is more to the relationship beyond academics and problems. Freyermuth also asks students to share their accomplishments with her, which helps expand the relationship. Then if a student asks for a letter of recommendation, the adviser is in a better position to write something meaningful about the student.

This knowledge also helps if an adviser hears of a job opportunity or internship; they are in a better position to direct it to the student with the best fit.

"Plus, most of us really like students," Freyermuth said. “And we enjoy getting to know them at times other than just when they need to register for classes.”
Avoiding academic dishonesty

By ALLISON WRABEL

Academic dishonesty is not tolerated at MU. If you are caught cheating, plagiarizing or sabotaging, you can be subject to sanctions through the university.

According to the MU Standard of Conduct Guidelines, cheating includes:

- Using or providing unauthorized help on tests, quizzes or exams.
- Using unauthorized aids on other assignments.
- Receiving or giving out old tests or other materials that belong to a faculty member.

Plagiarizing includes:

- Paraphrasing or quoting works without proper citations.
- Using a company that produces and sells term papers or other materials.
- Using materials produced through collaboration without written permission from collaborators.

Sabotage includes destroying, interfering or modifying another person's work or intellectual property.

Professors who notice or discover an instance of academic dishonesty have 10 days to notify the student that they are going to report it to the Provost's Office. One of two situations can happen:

- Option A, Discussion Agreement: The student and professor meet and discuss the situation and agree to a sanction, such as a grade reduction or failure of the course. Unless this is the second or greater instance, the Provost's Office may not need to take disciplinary action.

- Option B, Academic Integrity Violation Report: The professor can skip the discussion with the student and file a report directly with the Provost's Office.

HOW TO AVOID CHEATING

Rigel Oliveri, Provost's Faculty Fellow for Academic Integrity and associate dean at the MU School of Law, believes students can take a number of steps to avoid doing anything that could be considered cheating.

She encourages students to communicate with their professors and TA's early in the semester if they have questions about a particular assignment or how group work should be completed.

Learning time management is also important to being successful in school, and Oliveri has seen many instances of cheating tied to procrastination. Students will have hefty assignments due on the same day and begin to feel the pressure when they wait until the last minute.

Besides seeking help with academic trouble, reaching out in situations regarding health and family issues is also important to prevent academic dishonesty. "Many students suffer in silence and feel they need to cheat or plagiarize to get the work done," she said.

Oliveri points to the Disability Services and the Counseling Center as intermediaries between instructors and students who may need accommodations. "I wish I could go back in time and help those students get the resources they needed," she said.
Try an MU original

By JORDAN NEWLAND

There is far more to academic life at MU than the standard general education requirements such as chemistry and college algebra. MU has many interesting and challenging courses to offer.

Here are three such courses that, while offered by the College of Agriculture and Natural Resources, are open and relevant to those in any field of study.

RURAL SOCIOLOGY 1150 – THE AMISH COMMUNITY

For those who are fans of the shows “Breaking Amish” and “Amish Mafia,” a class called “The Amish Community” should be a perfect fit. Taught by Car- oline Brock, this three-credit course explores three questions about the Amish:

Who are they?

How and why do they resist certain aspects of modern American life and embrace others?

How does this vary from settlement to settlement?

What contributes to their success, and what can we learn from them?

The course explores the history of the Amish church from its beginnings, as well as the rituals and customs that make up Amish life, how the Amish are portrayed in popular culture and media and whether this depiction is accurate.

The course takes an interdisciplinary approach, covering religion, agriculture, economics, peace studies and sociology.

AG ECON 3241 – ETHICAL ISSUES IN AGRICULTURE

This course discusses issues such as animal welfare, the environment and sustainability, to name just a few. But it is a little bit different from the average lecture.

“Instead of 80 percent material and 20 percent opinion, it’s reversed,” said course instructor Harvey James Jr. Students should be prepared to not only give their opinion on ethical subjects but also to back them up.

The course work includes class discussions, case studies, a group project, and because this a writing-intensive class, several writing assignments.

The writing assignments are first evaluated as “acceptable” or “not acceptable.” If the student gets a “not acceptable,” the paper can be re-written as many times as necessary to reach an “acceptable” level. Once the paper is acceptable, it is then given a score of between 20 and 25 points.

Another part of the course is a group project. The students make a documentary film.

Harvey has some advice for those interested in the course: “Be prepared to think, to speak and to defend your reasons verbally and in your writing.”

BIO CHEM 2112 – BIOTECHNOLOGY IN SOCIETY

Biotechnology in Society is a course that looks at the way biotech affects human society, with a survey of issues and terminology.

Sharyn Freyermuth said she enjoys the teaching this class because she can bring in topics that are timely. She teaches the science behind the news.

Another aspect she enjoys is the relevance to everyone, regardless of major, and the importance of teaching students to be informed citizens.

She does have a warning: “It’s hard to do well if you don’t come,” she said. “Attendance is important. It’s not impossible to learn the material on your own, but you miss out on the in-class assignments, and you can’t make up those points.”

Tips for success

By ARTHUR COOK-BREMER

As your parents will no doubt remind you, students come to college for an education.

With that in mind, several MU professors were willing to speak to the Missourian to offer some advice for incoming students to ensure they get off to a decent start.

ATTENDANCE

One aspect of college life that can be overlooked by students from time to time are classes. Students are actually expected to attend them.

“I just wish students would be more respectful about coming late for class,” biochemistry professor Sharyn Freyermuth said. The associate professor of biochemistry said that while students should show up to class on time, if they are late, they should cause as little disruption as possible.

Anthropology professor Lee Lyman, also tells students that it’s important to show up for class. Poor attendance often leads to a poor grade.

TECHNOLOGY IN CLASS

While political science professor Amanda Murdei is not opposed to students using their smartphones or laptops in class, she would prefer if they were used as learning aids.

“Don’t try to hide the fact that you’re texting; it just looks weird,” Murdei said.

GETTING ACQUAINTED

Several professors recommended students meet with them during office hours.

“I encourage them to talk to me or the TA, particularly if they need help with understanding the material, preparing for tests or adjusting to school,” said Kirby Miller of the History Department.

“I would encourage students to go by office hours and meet their professors even when they don’t have much to talk about,” said John Howe of MU’s Finance Department.
A look at great professors

By ALLISON WRABEL

Incoming freshmen, no matter the major, can take many of the same classes. Before making general education class choices, check out these student testimonials on a few of their favorite professors.

BETHANY STONE, BIOLOGICAL SCIENCES 1010: GENERAL PRINCIPLES AND CONCEPTS OF BIOLOGY

“She was above all interested in student learning, always trying to make lessons fun and concepts understandable, and her curriculum is designed to make you show up to class and do your work.”

— Emily Comish, MU sophomore

“It was clear from the first day of class that Dr. Stone has a passion for teaching biology in a way that is relevant and relatable. She addressed the fact that most in the room were non-biology majors who needed the class for a general education requirement and emphasized that she would make the class fun and enjoyable even for non-science type people. She did just that!

“Dr. Stone used technology extensively to present information and curated it all to make it relatable to our every day life (discussing viruses and genetic diseases when talking about cells and genetics). She also understood that teaching is both a science and an art and was continuously figuring out how to improve her delivery.”

— Tyler Ricketts, 2013 MU graduate

Angela Speck, professor in the Department of Physics and Astronomy, resumes teaching her introduction to modern astrophysics class after being awarded a 2013 Kemper Fellowship for Teaching Excellence.
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“ If not now, when?” -Rabbi Hillel

Wayne Brekus, Sociology 1000: Introduction to Sociology

“He was so passionate about teaching, and he always had a joke that left you not knowing what to expect during class. All around, he makes things easy to understand.”

– Chelsea Weldauer, MU junior

“I enjoyed having Professor Brekus because he kept the classroom entertaining. He puts humor into his lectures to keep the focus on track but the atmosphere fun.”

– Molly VanHerck, MU sophomore

Michael Barnes, Classical Humanities 1060: Classical Mythology

“I looked forward to his class every day. He made learning about Greek mythology very interesting. His lectures were more like “story time.” We would just sit and listen to the stories, and he had the slides up with the notes written word for word.”

– Imani Walker, MU junior

“I thought the class was going to be a blow off. I found the subject much more interesting than I anticipated. Much of my interest was due to Barnes’ teaching style and genuine enthusiasm for mythology.”

– James Hammond, 2010 MU graduate

Julianne Ludlam, Psychology 1000: General Psychology

“I had the pleasure of learning social psychology from Julianne Ludlam.

“She is the happiest professor I’ve ever had the pleasure to experience. She truly loves social psych, loves teaching her students, and that love and enjoyment of her craft is infectious. Being in her class just made my days more enjoyable.”

– Matthew Yarick, MU senior

“I took her abnormal psych class also. Her way of structuring lecture and class participation really helped me get involved with the material in a more interesting way.”

– Allison Kuk, MU sophomore

William Horner, Political Science 1100: American Government

“Dr. Horner was my favorite professor freshman year. I had him for Introduction to Political Science (Poli Sci 1100) and I absolutely loved his class. He wears Hawaiian shirts just about every day, and he has the best sense of humor.

He has a high level of excitement and engagement that he brings into his lectures, and once in a while he’ll play “Saturday Night Live” clips that relate back to the lecture content (he actually wrote a book about “SNL” and politics).

Definitely one of the best decisions I made my first semester at Mizzou.”

– Ali Colwell, MU junior
Collegetown Finance and Lifestyle

An important part of that college education occurs outside the classroom. Become a financial whiz by making and maintaining a budget. This section will help you stick to it, with information about paying bills, as well as ideas about where to shop and eat on the cheap.

Get around Columbia without a car

By GLENDA ORTEGA

A FastCAT Express bus passes a pedestrian crossing on Elm Street.
Without a car, transportation can be challenging for students. Although walking will get the job done, there are good alternatives, including shuttles and a public transit system.

**WECAR/ENTERPRISE CAR SHARE**

Enterprise Rental Company and MU have a partnership to provide a car share program for students. It’s an option for students who are too young to rent a car. The university provides parking spots for WeCars near Memorial Union and the Student Center.

**How it works:** The entire process is online. Students can register and pay an annual fee of $35 for a membership. The students receive a card provided by the company and every time they want to use a WeCar, they can log on to reservations.wecar.com, find availability for a car and reserve it. The cost is around $8 per hour.

Students can go to a WeCar parking spot and unlock the car with their cards. The service is available 24/7.

**Location:** There are four parking spots for WeCars on campus. Two are in the Student Center parking lot, and two are in the Memorial Union parking lot. The cars have a WeCar logo.

**Included:** Damage and liability protection and fuel.

**STRIПES**

STRIПES provides rides home within the city of Columbia to MU students and a maximum of four other guests. It operates Thursday through Saturday nights during the fall and spring academic semesters at no cost. There are 12 cars in total.

**How it works:** MU students can call 442-9672 from 10 p.m. to 3 a.m. Thursday, Friday and Saturday. After they provide their student number, a car is sent on a first-come, first-served basis to the student’s location.

The driver picks up and drops off passengers within Columbia city limits. The service is available in case of bad weather, lack of a car or if the student cannot operate a vehicle. The driver only takes students to home addresses, never to other businesses.

**Limitations:** Every student can call for one ride per night.

More information can be found on its website: stripes.missouri.edu.

**MO-X**

MO-X provides shuttle transportation from Columbia to St. Louis and Kansas City airports every day. Estimated time to the cities from Columbia is around 2.5 hours. The daily schedule includes 12 round trips to St. Louis and five round trips to Kansas City in buses or vans.
**How it works:** Students can make a reservation at least 24 hours in advance online or by phone. Those who choose to leave from the MO-X office should arrive 10 minutes before departure. Those who choose “door-to-door” service must be waiting at the appointed time.

Door-to-door service costs an additional $10 one-way. Each passenger is allowed to bring two suitcases, one larger carry-on item and one personal carry-on item.

Drop-offs at the airport are in front of each airline entrance.

**Requirements:** Passenger’s name, airline and time of travel.

**Cost:** If you book online, a round-trip ride costs $86 if you leave from the MO-X office and $100 if you choose door-to-door service.

By phone, a round trip ride costs $90 if you leave from the office and $110 for door-to-door service.

Contact: Visit the website at moexpress.com or call 256-1991. The office is located at 303 Business Loop 70 E.

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**FASTCAT BUS**

FastCAT Bus is a public transportation service in Columbia that provides rides for many off-campus students. It covers different routes with 26 stops around campus, downtown, Stephens College and University Hospital.

**How it works:** Each bus has an electronic display on the front indicating the route. Pick-up locations and a bus tracker are available at ride-fastcat.com.

**Cost:** Every ride is $1.50. Students can buy 30-day passes for $55 or an unlimited semester pass for $100. Groups of 20 or more students can buy a pass for $62.50.

A pass can be purchased at the Columbia Transit Office in the Wabash bus station at 126 N. Tenth Street.

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**MIZZOU BIKE SHARE**

Students can rent a bike at the MU Student Center for the day at no cost. During the fall and spring semesters, the office opens at 7 a.m. and stays open until midnight, but the bikes must be returned one hour prior to the Student Center closing.

**How it works:** Students who want to check out a bike should go to the main information desk at MU Student Center and show their MU student ID.

A liability waiver and a bike share program agreement must be signed.

Bikes are locked at the MU Student Center parking lot. Keys to the lock are provided during check out.

More information can be found at the Bike Share website: bikeshare.missouri.edu.

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Learn to use myZou

By COURTNEY LEEPER

MyZou, is your online resource for keeping track of academic and financial information.

It’s a useful tool, but can be overwhelming to navigate. The following information will help you get to it in the fastest way possible.

INFORMATION AVAILABLE

- Class schedule
- Course history
- Financial account summary
- Financial aid awards
- Official grades
- Personal information

SAVE TIME

While your student center is a valuable central resource, you can eliminate extra page views by using the self-service menu to go directly to the link you desire. For example, to pay your bill, go to “Self Service” and select “Make a Payment” under “Campus Finances.”

When prompted, click “Continue” to go directly to the myZou Payment Center.

Make this process even faster by adding the page as a favorite. To favorite a page, click “Add to Favorites” on the yellow bar in the top righthand corner.

It will then appear under “Favorites” on the gray bar.

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Senator Claire McCaskill speaks to an audiences across the state via teleconference at an “Education Roundtable” in Ellis Library.

Senate strikes deal on federal student loan rates

By PHILIP ELLIOTT

WASHINGTON — Heading off a costly increase for returning college students, a bipartisan group of senators reached a deal that would offer students better rates on their loans this fall but perhaps assign higher rates in coming years.

The deal would offer students lower interest rates through the 2015 academic year, but then rates are expected to climb above where they were when students left campus this spring. The interest rates would be linked to the financial markets, but Democrats won a protection for students that rates would never climb higher than 8.25 percent for undergraduate students. Graduate students would have access to loans at 5.4 percent and parents would be able to borrow at 6.4 percent.

Those rates would climb as the economy improves and it becomes more expensive for the government to borrow money.
Keep on top of those tuition bills

By SARA BARBA

Finances can be overwhelming. Keeping them in check requires tracking due dates, handling a budget and spending the least amount of money possible.

That applies to tuition accounting, as well. Figuring out the tuition billing system at MU is crucial to successful budget management.

You can manage an account online, by mail or with a personal stop at the cashier’s office in Jesse Hall.

Regardless of the option you choose, here are a few tips to get started.

SEVEN STEPS TO PAYING ONLINE

1. Log on to myzou.missouri.edu using your university assigned PawPrint and self assigned password.

2. Select “Self Service” on the left side of the screen. Then select “Campus Finances.”

3. Select the last option, “View My Bill” and select “Continue.”

4. Select “View Accounts” on the left side of the screen. Here, you will see the charges from your current billing period, your balance from your last statement, and if applicable, the amount due and the minimum payment amount. Remember, you must make your minimum payment by the deadline or you will be charged a late fee of $10.

5. In “Account Actions,” select “Make a Payment.”

6. Select your payment method and enter the amount you want to pay. Fill in the rest of your information and confirm the payment.

KEEP THIS IN MIND

- You are not required to pay the full amount due, but doing so is in your best financial interest. For every month you don’t pay the full amount, you will be assessed a 1 percent finance charge. One percent may seem like a small amount, but on a $15,000 tuition bill, it amounts to $150.

- You don’t have to pay online. If you do not provide “e-consent,” your tuition bill will be sent to your home address. If you do provide the consent, your bill will be generated online and sent to your email address.

- If you choose to pay online, you can pay with a credit card or an “e-check.” For an “e-check,” you provide a bank account number and routing number, and your payment is taken out of your checking account.

- When you pay with a credit card, you will be assessed a 2.75 percent service charge. As stated before, those small percentages on large bills add up.

- If you choose to pay the cashier, you have more payment options. You can use cashier’s checks, money orders, traveler’s checks, personal checks and even cash. For cash, you must pay in person at the Cashier’s Office in 15 Jesse Hall.

A new era begins

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Downtown Columbia features endless options for hungry patrons and students who have tired of routine meals at campus dining locations.

Here’s where students can find great pizza, burgers, sushi, pasta, fresh cookies and more.

Customers wait in line for slices of pizza at Shakespeare’s in downtown Columbia on July 19.

By TAYLOR MALOTTKI

**PIZZA**

**SHAKESPEARE’S PIZZA**

A local favorite, Shakespeare’s has served up 16-inch creations since 1973. The Masterpiece is exactly that and can feed up to four or five people with about five pounds of pizza.

**Price range:** $5.25 to $31.25.
Tucked away inside McNally’s Irish Pub, this delivery and pickup counter offers Chicago-style deep dishes stuffed with gobs of cheese. A real pie, it needs to be eaten with a fork.  
**Price range:** $6.99 to $19.99.

**BROADWAY BREWERY**

Broadway Brewery provides a moody, dark atmosphere where customers can order sophisticated plates while enjoying intellectual chatter and viewing an art gallery created by local artists. The pizza, much like the rest of the menu, is decadent and paired with one of the restaurant’s brews.  
**Price range:** $13 to $16.

**BURGERS**

**FLAT BRANCH PUB AND BREWING**

Flat Branch Pub and Brewing is a well-known landmark in Columbia and serves up tasty dishes with an artisan touch. This eatery offers up half-pound burgers that are sure to leave patrons stuffed.  
**Price range:** $6.99 to $10.99.

**INTERNATIONAL DISHES**

**GEISHA SUSHI BAR**

For raw fish and and seaweed salad lovers, Geisha offers up a variety of selections that offer hearty and crisp tastes. Customers can choose orders of sushi rolls or bowls which features more food for hungry patrons. Geisha also provides plates for large groups.  
**Price range:** $3.99 to $75.99

**TAJ MAHAL INDIA CUISINE**

The Taj Mahal is home to a quiet atmosphere complete with the comforting curls of curried steam, both spicy and sweet. For students who find curry a diet staple and others who haven’t had authentic Indian food can stop the search. Authentic Indian cuisine is just around the corner.  
**Price range:** $2.95 to $35.95, the restaurant’s Feast for Two.

**JINGO’S**

For Chinese fanatics, Jingo’s offers a wide range of Chinese favorites. Students can dine in, carry out or get delivery. Portions are large, so leftovers are likely, making Jingo’s popular with college students who don’t have time or the desire to cook a flavorful meal.  
**Price range:** $1.15 to $12.95.

**OLIVE CAFÉ**

The Olive Café is both a sit-down restaurant and a grocery. Customers with an appetite for shawarma or gyros can satisfy cravings at this dining option downtown. While waiting for service, patrons can peruse the shelves featuring different international ingredients and get inspired to make some dishes of their own.  
**Price range:** $1.49 to $12.95.

**THE HEIDELBERG**

The Heidelberg caters to the college crowd looking for a pub-style dining option. Often referred to as “The Berg,” the restaurant offers many American favorites but also provides a wurst plate for German-food enthusiasts.  
**Price range:** $2.79 to $11.99.

**THE ROME**

The Rome is an Italian restaurant that provides a classy dining experience. Dinner typically isn’t a black-tie affair, but for students looking for a more polished dining option, it can be found at The Rome. The restaurant also caters to those who wish to dine gluten-free.  
**Price range:** $2.50 to $24.50.

**DESSERT**

**SPARKY’S**

Sparky’s is hard to miss with its recognizable bulldog statue which sits outside chained to a tree and bright storefront. The ice cream parlor is no stranger to testing new flavors on customers. The shop sold out of its one batch of cicada ice cream in a matter of hours. It’s a hot spot for those daring enough to taste unconventional but delicious scoops.  
**Price range:** $1 to $8.25 (for a quart), $25 (for a gallon)

**HOT BOX COOKIES**

For downtown visitors who don’t have an acquired taste for ice cream try a visit to Hot Box Cookies for freshly baked, mouth-watering cookies. The shop also sells shakes and cookie cakes to those looking for a bigger sweet. Hot Box Cookies also makes deliveries to those who have already poured a glass of milk at home.  
**Price range:** $1 to $29.95.

**BREAKFAST**

**BROADWAY DINER**

The diner caters to college kids who find themselves out and hungry after 11 p.m. and patrons who prefer to eat with the sunrise. The small eatery provides kind, quick service and finger-licking breakfast plates that remind patrons of long road-trips.  
**Price range:** $3 to $14.
Vegetarian?
No problem

Here's a roundup of vegetarian-friendly places to eat around town

By TAYLOR MALOTTKI
The city is no stranger to vegetarian, vegan and gluten-free options. Many Columbia restaurants have developed menus to satisfy diverse dietary needs and tastes.

### Uprise Bakery

Well known for its down-to-earth atmosphere, Uprise Bakery offers fresh bakery items that pique tastebuds with an array of flavors. The bakery also features a bar and is attached to Ragtag Cinema, making it the perfect place for dinner and a movie.

**Location:** 10 Hitt St., in the Ragtag Cinema lobby  
**Hours:** 6:30 a.m. to 1 a.m. Monday through Saturday; noon to midnight Sunday.  
**Veggie plates:** The Boursin sandwich

### Main Squeeze

An entire vegetarian menu offers customers a worry-free lunch. Vegan meals are also available to patrons who wish to skip animal by-products. Gluten-free bread and vegan cheese expand a customer’s ability to order different items on the sandwich menu, and quinoa can be subbed in the wrap items.

**Location:** 28 S. Ninth St.  
**Hours:** 10 a.m. to 8 p.m. Monday through Saturday; 10 a.m. to 5 p.m. Sunday. Breakfast is served between 10 a.m. and 2 p.m. on Saturday and Sunday.  
**Veggie plates:** White cheddar and avocado sandwich

### El Rancho

This eatery boasts fresh, made-from-scratch items that will satisfy customers who enjoy authentic Mexican food and crave a light bill.

**Location:** 1014 E. Broadway  
**Hours:** 11 a.m. to 2 a.m., Monday through Wednesday; 11 a.m. to 3 a.m. Thursday through Saturday; and 11 a.m. to 11 p.m. Sunday.  
**Veggie plates:** Mushroom quesadilla

### Bangkok Gardens

The menu tends to feature spicier dishes, but chefs are willing to accommodate customers with a more sensitive palate.

**Location:** 811 Cherry St.  
**Hours:** Lunch between 11 a.m. and 2 p.m., Monday through Friday and from 11:30 a.m. to 2:30 p.m. on Saturday. Dinner is served from 5 to 9 p.m. Monday through Thursday and 5 to 10 p.m. on Friday and Saturday.  
**Veggie plates:** Vegetarian fried dumplings

### Saigon Bistro

Saigon Bistro features Vietnamese cuisine and accepts orders over the phone for customers who want to enjoy diverse dishes in the comfort of their homes.

**Location:** 912 E. Broadway  
**Hours:** 11 a.m. to 2 p.m. and 5 p.m. to 9 p.m. Monday through Saturday.  
**Veggie plates:** Com dau hu xao xa ot— Steamed rice and spicy tofu with lemongrass

### Flat Branch Pub and Brewing

Flat Branch Pub is well known for its diverse menu and hand-crafted beers. The restaurant features indoor and outdoor seating in its beer garden.

**Location:** 115 S. Fifth St.  
**Hours:** 11 a.m. to midnight daily.  
**Veggie plates:** The Flat Branch veggie burger

### Broadway Brewery

In a downstairs location on Broadway, the Broadway Brewery offers local and organic-driven meals and uses its own seasonal produce. The walls are lined with works of art that give customers a feel for The District’s atmosphere.

**Location:** 816 E. Broadway  
**Hours:** 10:30 a.m. to midnight Sunday; 4 p.m. to 1:30 a.m. Monday; 11 a.m. to 1:30 a.m. Thursday through Saturday.  
**Veggie plates:** Veggie sandwich with a side of roasted root vegetables

### Root Cellar

The Root Cellar is a grocery near The District that sells products from Missouri farmers. The store also offers a small range of fair trade items and features different recipes on its website.

**Location:** 1023 E. Walnut St.  
**Hours:** 10 a.m. to 7 p.m. Tuesday through Friday; 9 a.m. to 5 p.m. Saturday and Sunday.  
**Veggie plates:** Locally grown fruits and veggies in the produce section.
Vintage clothing stores supply costumes and more

By GRETA WEBER

If you're a fan of cheap, trendy vintage stores with an abundant supply of costume ideas, Columbia has them.

MAUDE VINTAGE

818 E. Broadway, 449-3320
The majority of Maude's inventory right now is from the 1980s and '90s, but the store has a great selection of older items as well.

“We try to make sure that we have things that are really speaking to current trends as well as classic vintage,” shop manager Nikki Pyatt said. “So we try to do a little mix of modern with our vintage.”

Strapped for a last-minute costume idea around Halloween? Give Maude a try. The shop has a large selection of costumes that they rent out year-round.

The store recently started incorporating housewares into its vintage selection.

ABSOLUTE VINTAGE

923 E. Broadway, 875-8440
Walking into Absolute Vintage is like walking into another decade. It has old music playing and colorful, sheer dresses draped on the walls.

Absolute Vintage sells vintage clothing and accessories for men and women.

“I think that we probably have more older items,” employee Colleen Blake said. “We like to have ‘30s, ‘40s, ‘50s, ‘60s.”

The one thing that Absolute has over the other vintage stores is its dress and wig selection.

LEO'S

9 N. Ninth St., 449-2001
Tucked away upstairs between two buildings on Ninth Street near the Blue Note, Leo's is a vintage shop that's been in Columbia since the 1970s.

Like Absolute Vintage, Leo's carries an older selection of clothing and accessories. The shop also has more knick-knacks, employee Brennan Rose said.

“We have a lot of silks and Asian-themed stuff,” Rose said. “We also have a lot of hats.”

The store also has a large vinyl inventory.
Your cheat-sheet to living off-campus

By GRETA WEBER

Figuring out the multitude of off-campus housing options at MU can be overwhelming, especially as a new student.

Here is a cheat sheet of popular off-campus complexes, so you won't get lost in the sea of student housing.

THE COTTAGES OF COLUMBIA

You’ll probably hear about “The Cottages” a lot during your first semester at MU. It’s one of the best-known off-campus housing units with a big social scene and nice living conditions.

The Cottages are located about 10 minutes south of campus at Bearfield Road and Nifong Boulevard. Priced at about $550 to $600 a month per person, it’s one of the more expensive housing options, but spending a little gives you more space and nicer amenities. There is also an outdoor pool and a high-quality exercise facility.

CAMPUS LODGE

Campus Lodge, located on Old 63 near Bearfield Road, is one of the largest off-campus student housing units. Unlike The Cottages, which offers individual houses, Campus Lodge is an apartment complex.

The apartments are four-bedroom units with a rather rustic feel. They’re on the smaller side, but the monthly rate of about $450 is reasonable. Extra amenities include an outdoor pool, free DVD and game rental, and basketball and volleyball courts.

BROOKSIDE

Brookside student housing is one of the most complicated complexes to understand because there are three separate locations scattered around Columbia.

There’s Brookside Townhomes, Brookside Downtown and Brookside on College. Brookside Downtown is the most expensive student apartment complex — $700 to $800 — because it’s so close to campus. The units are fairly spacious, with high ceilings and a nice-size living area. There is also an outdoor pool on one of its roofs.

THE RESERVE

Located off of Old 63 and Stadium Boulevard, The Reserve is one of the closer complexes to campus. A student could easily ride a bike to campus from The Reserve, which costs $450 to $500 a month. There are a lot of amenities, including an indoor basketball court, covered parking, a game room, hot tub and a pool.

OTHERS

Best of the rest: Campus View, The Pointe and Gateway.

Coming this fall: Aspen Heights, The Domain, new Brookside Downtown and the Lofts on 308 Ninth.

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Collegetown Sports

So you’re new to Mizzou and you want to be a Tigers fan. From tailgating recipes and football chants to how to buy tickets, there’s a lot to do to get ready for Missouri sports. We’ve compiled a list of tips and tricks you’ll need to be a gameday expert.

‘WELCOME TO THE ZOU’

Welcome to the Zou, new students! M-I-Z, Z-O-U

Missouri defensive back Kip Edwards, left, and linebacker Donovan Bonner pray together before the start of the football game against Kentucky on Oct. 27, 2012, on Faurot Field.

Missourian file photo
Missouri quarterback James Franklin makes a pass during the second half of the game against Florida on Nov. 3, 2012.
Fans stand in the rain during the Missouri game against Alabama on Oct. 13, 2012, at Memorial Stadium.

Missouri tailback Marcus Murphy stands on the sidelines during the first half of the game against Texas A&M on Nov. 24, 2012, on Kyle Field in College Station, Texas.

Missouri quarterback James Franklin looks to throw the ball against Georgia on Sept. 8, 2012.

Missouri kicks off against Kentucky on Oct. 27, 2012, on Faurot Field.

Missourian file photo


Missourian file photo

You’ve already been a fan of our athletes, so take the next step and sign up to coach them!

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Spirit trumps fashion on gameday

By CORINNE KENNEDY

Even though MU is now part of the Southeastern Conference, most students still don't dress up much for football games and tailgates.

Longtime fans of SEC schools tend to wear more formal styles, including coats and ties for men, dresses and pearls with heels or cowboy boots for women.

“In the South, they view football as a kind of religion, so how you dress up for church is how you dress up for football,” said Jackie Citero, a University of Georgia graduate who blogs about SEC fashion.

At MU, Kaitlyn Gibson, a senior, said she has seen some people dressing up for tailgates and games but doesn't do it herself.

“I’m not a huge fan of wearing skirts to football games,” Gibson said. “I think it’s cute; it’s just not my style.”

Most students wear gold to football and basketball games, so make sure you have at least one gold shirt in your wardrobe.

Also, bring a black MU shirt, for the “blackout” games held once each season.

One of the most important things about dressing for football games is the weather, said Caleb Huhmann, a graduate student at MU.

In August and September, it will be extremely hot on Saturday afternoons. Don’t make the mistake of wearing a black shirt to a game early in the season. By halftime you’ll feel like you are melting into your seat.

Until stadium renovations are completed, there is almost nowhere in the stadium where you can find shade during a game.

As the season progresses, it also becomes impossible to escape the rain, the cold and — in the late November games — maybe even the snow.

The golden rule for dressing, according to Huhmann: Wear your black and gold.

“As long as it’s Mizzou gear, it really doesn’t matter,” he said.

What to bring to the game

By JESSICA SCHLAGER

There’s nothing like the first football game of the season at MU. Lights are bright, ears are ringing with screams, and the stadium is flooded with black and gold.

Most games begin in the afternoon or evening, meaning a long day of tailgating, watching the game and finishing up with other parties.

The game will last about three hours with four 15-minute quarters, half-time and constant breaks in play.

Hours before the game, every parking lot around campus will be filled with fans, food and entertainment of some kind. After the game, fans will flock to bars and restaurants across Columbia.

There are so many things that make college game day memorable, but the days can be so long that it is nearly impossible to remember everything you need for all of the events.

MU senior and Columbia native Morgan Scott has gone to football games and tailgates for at least three years. Scott has a few tips to make the day more pleasant.

“You’ll want relatively comfortable shoes because you’ll undoubtedly be doing a lot of walking,” Scott said. “Sunglasses, too, so you can actually see the game.”

Along with sunglasses and comfortable shoes, a few extra things are helpful to make it through a Missouri game day:

**Cash** — While being prepared is always a good idea, sometimes the game may run long and you can be hungry or thirsty. Stick a few dollars in your pocket and grab a snack at the stadium. Food and candy can range from $1 - $15.

**Raincoat** — Missouri weather can change often throughout the day. If there’s a chance of rain in the forecast, throw on a raincoat or poncho. Umbrellas are not allowed.

**Sunscreen** — Apply before the day ensues or bring along a 3-ounce tube to stick in your pocket. With the sun beating down on you all day, you’ll be happier the next day when your ears aren’t peeling.

MU graduate and prior Tiger’s Lair sponsorship leader Emily Luckenbill said the Missouri games are really about the spirit you bring to the stadium.

“You have to be ready to stand for the whole game and cheer as loud as you can to help the Tigers bring home a win,” she said.
Tailgating is necessary part of experience

By CORINNE KENNEDY and JACK HAYES

With the first football game of the season coming up on Aug. 31, it’s not too early to anticipate the fun of tailgating.

Walking around MU on game day in the fall is an experience in and of itself. Across the southern edge of MU, students will be mingling, eating and playing toss games.

Cody Jaeger, a recent MU graduate, described tailgating as a giant barbecue: “It’s a giant get-together, more for itself than the football game.”

Jaeger said an entire Saturday should be reserved. “Saturday is reserved for tailgating and college football,” he said. “Sunday is for recuperating.”

The university encourages tailgating “to enhance the game-day experience,” with restrictions.

University rules permit the consumption of alcoholic beverages at tailgates or picnic activities at NCAA intercollegiate athletic events only on the day of the event and in the general proximity of the event, including outdoor locations or in outdoor parking areas.

In accordance with the alcoholic beverage laws of the state of Missouri, individuals must be at least 21 years old to purchase, possess or consume alcoholic beverages.

Tailgating sites open at 8 a.m. on game day and must be cleared and cleaned by midnight, or three hours after the game (whichever is later).

The best place to tailgate is Lot X, between Virginia and College avenues, Jaeger said. This is where most of the fraternities and away fans tailgate. He likes it because of the people and its convenient location.

L.C. Chandler, an MU senior, said tailgates before Homecoming 2012 were among his favorites. He said seeing alums return to campus to “relive the college years” was fun to watch.

“It’s funny watching so many people trying to fit in,” Chandler said. “Come Saturday morning, you're with 20,000 of your closest friends until kickoff.”

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One of the most iconic landmarks at MU is the rock M on the north side of Memorial Stadium.

It serves both as seating for fans, as well as a defining feature of the stadium.

Each year, freshmen have a chance to see this landmark up close during “Paint the M.”

The event, organized by the Mizzou Alumni Association in partnership with the Office of New Student Programs and the Athletics Department, opens the gates of Memorial Stadium to all freshmen to walk up the grass hill and whitewash the rock M after an off-season of wear and tear.

Students form long lines stretching from a dump truck filled with rocks to the M on the hill, passing rocks in an assembly line to rebuild the letter. Students can also use mops to cover the rocks with white paint to freshen it up.

The M, measuring 95 feet high and 90 feet wide, has been a Memorial Stadium staple since 1927 when it was built with leftover rocks from the stadium’s construction.

The tradition of painting the M originated in 1957, when fans from the University of Nebraska broke into the stadium the night before the Tigers took on the Cornhuskers.

They changed the rocks to form an N, but their prank was foiled by a MU groundskeeper who noticed the change.

The groundskeeper recruited several students to help him change the N back to a M in exchange for free admission to that night’s game. Their work paid off and everything was back in order before the game began.

Since then, painting the M has been one of the first opportunities for freshmen to get involved on campus. Painting and moving rocks may seem like manual labor, but it is a great way to meet new friends and see the football field for the first time.
Fans enliven games with songs, chants

By HARRISON MCLEAN

You may have been to a football game before, but never as a student at MU. Missouri football games are unique experiences, filled with traditions, songs and cheers.

There is much more going on than just a football game. Here’s a rundown.

Tiger Walk — Two hours before kickoff, the tradition known as the Tiger Walk takes place. Located on the west side of Memorial Stadium at the bridge spanning Providence Road, the team and coaching staff make the walk from the Mizzou Athletics Training Complex over the bridge and into the stadium.

The parking lot and bridge are lined with fans, cheerleaders and members of the band, giving the crowd a chance to see their favorite players up close before the game starts.

Seating — Once it’s time to enter the stadium for the game, finding a prime seat becomes a priority. The student section spans the lower bowl and two upper deck sections of the east side of the stadium, with certain sections reserved for student groups.

The south end zone to the 50-yard line is designated for general student seating. Anyone with a student ticket can sit in those seats.

Two sections near the north end zone are for student groups, reserved for fraternities, sororities and other organizations that arrange to reserve their seats here. Any student group recognized by the Organization Resource Group with at least 10 members is eligible for group seating. These groups must complete and submit a group seating packet to the Mizzou Ticket Office by Aug. 24.

Tiger’s Lair — Seats from the 50- to the 30-yard line are reserved for Tiger’s Lair members. Tiger’s Lair is the official student cheering section for Missouri football, with members receiving a special T-shirt and tickets to sit in that section. The section cheers and performs card stunts during home games. Tiger’s Lair has an office in the Student Center, or call 882-4965.

Marching Mizzou — About 25 minutes before kickoff, after the teams have retreated to their locker rooms following warm-ups, Marching Mizzou takes the field for pregame festivities. The marching band runs through the routine of the fight songs, starting with the Missouri Fanfare and concluding with the playing of the Star Spangled Banner. When the band marches off the field after the performance, it’s almost game time.

Pregame introductions — As Marching Mizzou members are filing back into their seats, the announcer takes the mic and welcomes Tiger fans to Memorial Stadium. He reads the names of the starting Tigers, causing a roar from the fans each time a player is introduced. After all 22 players are introduced, the pregame introduction video is played, whipping the fans into a frenzy with highlights and music. After the video, it’s finally game time as the players run out of the locker room under a banner reading “Rip’em up Tigers.”

Truman's Taxi — While this is happening, a firetruck is parked in the southwest corner of the stadium with a big yellow tiger perched on the roof. This may seem out of place at a football game, but this is Truman's Taxi, a vintage Boone County firetruck.

It carries Truman the Tiger, the team mascot, around the track to pump up the crowd. The truck parks in front of Tiger’s Lair, where Truman climbs down and soaks the section with water as he stands on the brick wall that circles the field.

Truman stays involved with the crowd throughout the game, walking around the stadium for photo ops and to cheer with the fans. Following every Tigers' score, Truman does a pushup for each point scored, alongside ROTC students in the north end zone.

Kickoff — After all of this, you might not remember that there's still an entire football game to be played. But when the teams line up for kickoff and everyone's hands are raised in unison, you'll snap back to reality. When the kicker's foot strikes the ball, everyone drops their hands and scream, “Go Tigers.”

Chants cheers and songs — By now, you should know the basic cheers at a Missouri football game. The most popular is the M-I-Z Z-O-U call and response between both sides of the stadium.

The students are responsible for the M-I-Z portion of the cheer. The rest of the fans shout Z-O-U. Most of the other popular cheers correlate with the songs the band plays, including “Every True Son,” “Fight Tiger” and “Hey Baby.”

The fight songs lyrics and music can be found at Mizzou.com.

Halftime — After a full 30 minutes of play, halftime rolls around and Marching Mizzou takes the field for an encore performance. This usually is centered around a certain theme and includes more popular songs as opposed to Missouri songs. This gives fans about 15 minutes to sit down and rest their voices to prepare for the second half.

Missouri Waltz — This is one of the most popular, fun traditions during a football game. Between the third and fourth quarters, the band plays “The Missouri Waltz,” the official state song. Everyone at the game goes into an arm-waving, hand-clapping, cheering frenzy. It sets the tone for the fourth quarter, the final act.

Alma Mater — After the game wraps up and everyone starts to file out of the stadium, stick around a few extra minutes to sing Missouri’s alma mater, “Old Missouri.”

Wrap your arms around your neighbors, sway to the beat and sing along with the band as they play their finale. It’s a great way to put a cap on a full eventful game that, hopefully, results in a Missouri victory.
Collegetown Health

Say goodbye to home-cooked meals and P.E. classes. In college, it’s up to students to make their own decisions on what they’re going to eat and when they’re going to go to the gym. Here’s a rundown on everything from the MU Student Recreation Complex to the dining halls on campus.

The lowdown on dining plans and on-campus eateries

Melanie Brown sorts through fruit in the dining hall of the Missouri Athletic Training Center on Oct. 3, 2011.
By GLENDA ORTEGA and TAYLOR MALOTTKI

Incoming students have a new meal plan and several dining options for on-campus eating.

In fall 2012, MU changed the dining plan system to accommodate all students. Instead of using a weekly dining plan, students now purchase meals in blocks of $175, $225 or $275 for the semester. Additional blocks of 25 meals can be purchased separately throughout the semester.

The meals are loaded onto a student ID card, which is swiped at the entrance of a dining hall. The plan can be used in any of the MU residential dining locations.

HERE’S A RUNDOWN OF THE OPTIONS:

- **Block plan 275**: $3,450; covers 275 meals per semester or $50 for the academic year. This plan is good for students who plan to eat three meals a day.
- **Block plan 225**: $3,030; covers 225 meals per semester or $45 for the academic year. This works well for students who tend to skip breakfast.
- **Block plan 175**: $2,610; covers 175 meals per semester or $350 for the academic year. Students who like to eat off-campus or skip meals often will make this choice.
- **E.Z. Charge**: This is an optional, debit-style, prepaid balance on the card. It can be used at retail food outlets on campus, such as Starbucks and Wheatstone Bistro (in Memorial Union); Mizzou Market (various locations); J Café (Reynolds Journalism Institute); Kate & Emma’s, Mort’s, Pomodor, Sunshine Sushi and Do Mundo’s (all in the Student Center); Bookmark Café (Ellis Library); and Catalyst Café (Christopher S. Bond Life Sciences Center).

At Summer Welcome students were provided a map of the different dining areas on campus. On the back of the map was a guide to help students determine which block system is best for them.

Students have the ability to change their dining plan until the fifth week of the semester. Because each block plan varies in price per meal, by choosing the smallest block and adding blocks of 25 throughout the semester, students will be paying more per meal, said Michael Wuest, marketing manager of Campus Dining Services.

The best time for snagging a meal at Plaza 900 is just as it opens, or before closing. Although the dining hall offers plenty of seating, popular meal times crowd the dining area and make eating with friends difficult.

**Try this**: Plaza 900 has many options, but one of its more popular meals is made at the On Stage stop, where hot, made-to-order meals are prepared, such as its pierogi. This dining hall is also known for its deli options.

**Secrets revealed**: If students don’t have time to wait in line for breakfast, Plaza 900 allows students to make their own waffles.

**ROLLINS**

**Where**: Rollins sits across the Life Sciences Center attached to the Hudson residence hall.

**Hours of operation**: Monday through Thursday, Rollins starts breakfast at 7 a.m. and ends at 10:30 a.m.; lunch is available between 11 a.m. and 2:15 p.m.; and dinner is from 4 to 7 p.m.

Friday offers breakfast and lunch at the same times, but in lieu of dinner, Rollins stays open for Late Night. Saturday service begins with breakfast at 8 a.m. and lunch between 10:30 a.m. and 2:15 p.m. Rollins doesn’t close its doors between the two meals on Saturday.

Sunday’s breakfast commences at 8 a.m. and rolls into lunch at 10:30 a.m. Dinner isn’t served until 4 p.m. From 2:15 p.m. through the dinner bell at 4 p.m., Rollins offers meals from its grill, deli, soup and salad stations. These stations also stay open from Monday through Thursday.

Rollins also provides a la carte options after other dining halls close for the day. Although the most popular item during Rollins Late Night is its famous pizza, the dining hall also offers milkshakes and patty melts. Between Sunday and Thursday, Rollins Late Night operates between 8 p.m. and 1 a.m. On Friday and Saturday, Late Night starts at 4 p.m. and stays open until 11 p.m.

**Chances are**: The lunch rush gets busy at 11 a.m., the line will snake down into the lobby and will take up to an hour to clear. Rollins Late Night can also get pretty rowdy, be prepared for loud music and patrons.

**Try this**: Rollins is well known for its hot pizza. It offers the classic cheese and pepperoni options as well as other toppings for Rollins Late Night-goers.

**Secrets revealed**: Rollins is one of three dining halls on campus with a to-go option. Students can ask for a to-go box and stock it with

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**WHAT IS ZOUTRITION?**

Zoutrition is a free online tool to assist students and public to identify balanced meals and food allergies when they are dining on campus.

This tool can be used to check facts and nutritional information by meal or individual item.

How does it work? Go to the website at [zoutrition.missouri.edu](http://zoutrition.missouri.edu), select the dining hall location and check the menu. Then select the meal and the food choices.

More information:
882-3663, 8 a.m. to 5 p.m.
Twitter: @mucampusdining

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**PLAZA 900**

**Where**: A popular stage for group events, Plaza 900 is just over the bridge from Hatch, Shurz and College Avenue residence halls. It also caters to hundreds of students on campus and is a hot spot for college tours.

**Hours of operation**: Monday through Friday, Plaza 900 opens its doors for breakfast at 7:15 a.m. and closes at 9:45 a.m. Lunch service begins at 10:30 a.m. and ends at 2:15 p.m. Plaza 900 opens back up for dinner at 4:30 p.m. and closes at 8:30 p.m.

During the weekend, lunch and dinner are offered at the same time the meals are offered during the week.

**Menu**: Options very from pasta to burritos. The menu options change daily.

**Chances are**: Long lines prevent students from making a fast dash around lunch time.
different meal options. One box is one meal and must be closed when leaving the dining hall.

**PAVILION AT DOBBS**

**Where:** Situated near Lathrop, Laws and Jones halls, Pavilion at Dobbs caters to students living near Greek housing and Memorial Stadium.  

**Hours of operation:** Pavilion at Dobbs remains open from 7:15 a.m. to 7:30 p.m. Monday through Friday with a small break between breakfast and lunch. Breakfast is served from open to 10:30 a.m. and lunch starts at 11 a.m. and ends at 2 p.m. From 4 to 7:30 p.m. dinner is available to students. Between lunch and dinner, the grill, deli, soup and salad stations stay open for late lunchers.

Through the weekend, lines out the doors signify brunch is being served. Instead of offering a breakfast or lunch option, Pavilion at Dobbs opens its doors for brunch at 11 a.m. and starts serving from its grill, deli, soup and salad stations at 2 p.m. Dinner starts at 4 p.m. and ends at 7:30 p.m.  

**Menu:** Its burgers are well-known because they are made with Missouri Legacy Beef. It has different menu options daily, also a deli and vegetarian items.  

**Chances are:** Students might not get the opportunity to eat brunch every weekend. Lines get long and sometimes forces students to choose a different dining option.  

**Try this:** Although brunch can be a long wait, the omelets and waffles are worth the wait.  

**Secrets revealed:** When bad weather prevents comfortable travel to dining halls, residents of Lathrop, Laws and Jones can travel to the Pavilion at Dobbs through an underground tunnel network.

**SABAI**

Inside Johnston Hall, Sabai offers Southeast Asian cuisine, but will be closed to students for renovations this year.

**THE MARK ON 5TH STREET**

**Where:** This new dining hall is located inside the recently renovated Mark Twain residence hall and will focus most of its efforts on an improved deli station.  

**Hours of operation:** Monday through Friday, breakfast begins at 7 a.m. and ends at 10 a.m. An hour later, lunch is served between 11 a.m. and 2 p.m. The Mark on 5th St. opens its doors back up at 4:30 p.m. for diners and closes at 7 p.m. During the weekend, Baja Grill opens at noon on Saturday and 4 p.m. on Sunday.  

**Menu:** Its specially is Mexican food — tacos, burritos, quesadillas and nachos. It also offers desserts and smoothies.  

**Chances are:** If students aren’t taking advantage of Rollins Late Night, or if Rollins Late Night is closed for the evening, Baja will be swamped with students hoping to get a quick meal before going out.  

**Try this:** Baja Grill’s nachos are well-liked, but students should also take the opportunity to try new dishes such as the Jamaican sandwich.  

**Secrets revealed:** Baja Grill is also known for its creamy smoothies. Partial meals can be swiped to provide students with different items they can take to their dorms.

*Marissa Weiher contributed to this article.*

**BAJA GRILL**

**Where:** Baja Grill is located in Bingham Commons, which connects Schurz and Hatch residence halls. The Commons acts as a large study area where students have the opportunity to work on homework while enjoying Mexican food.  

**Hours of operation:** Monday through Friday, Baja Grill caters to late-day eaters and operates from 11 a.m. to 11 p.m. During the weekend, Baja Grill opens at noon on Saturday and 4 p.m. on Sunday.  

**Menu:** Its specially is Mexican food — tacos, burritos, quesadillas and nachos. It also offers desserts and smoothies.  

**Chances are:** If students aren’t taking advantage of Rollins Late Night, or if Rollins Late Night is closed for the evening, Baja Grill will also provide carry-out boxes so students who are in a hurry to cross campus will have a meal ready to be devoured.
Secrets to finding your way around the MU Recreation Complex

By SARA BARBA

MU is huge. It’s hard to navigate, and it seems like there are a million students.

The MU Student Recreation Complex is also huge. But there are secrets, there are short-cuts and there are ways to tame it.

TIGER GROTTO

The place: The aquatic facility goes beyond the awesome competition pool. Tiger Grotto includes a huge hot tub, waterfall, whirlpool and sauna.

The secret: The grotto is a good place to unwind after a long day or recover after a tough workout. In the sauna or steam room, you can sweat out your stress or calm down after pushing your heart rate.

TRACK

The place: If running in place on a treadmill is not your thing, then the upstairs track may be the answer for you. It takes six laps to make a mile.

The secret: The corners of the track are great places to do ab work and toning. There aren’t many people around, which gives you a workout location in a quiet setting. Mats are available near the track to make it more comfortable.

TIGER LAIR

The place: Cycling is a workout, and Tiger Lair is the perfect setting, whether you’re a beginning or advanced cyclist. The room is jungle-themed and has state-of-the-art bikes.

The secret: To get into a cycling class, you have to call ahead and reserve a spot. You can’t just show up like you do for other Tiger-X classes. Decide when you want to go and call to save yourself a spot.

JUNGLE GYM

The place: Remember the monkey bars and slides in elementary school? That’s not the jungle gym at MU.

The Jungle Gym at the MU rec complex refers to the section of cardiovascular machines.

The secret: The Jungle Gym can get really crowded, especially in the early evening, and there is a 30-minute time limit on each machine. Go early in the morning or early afternoon when many people are in class.
Here’s a cheat sheet for health resources in Columbia

There are many places to go when students feel unwell

By ALAINA LANCASTER

Being sick away from home can make you feel helpless. There is no homemade soup with magical healing powers, and often little privacy from roommates who find your sneezing and hacking repulsive.

Lucky for you and your roommates, Columbia health providers can help conquer ailments, from a broken bone to the common cold.

MU STUDENT HEALTH CENTER

Where: 1020 Hitt St.,
fourth floor

Hours: 8 a.m. to 5 p.m.
Monday through Friday except Wednesday when hours are
9 a.m. to 5 p.m.

Call: 882-7481

The MU Student Health Center is a one-stop shop for any and all ailments. The center provides shots, physicals, treatment for illness or injury and even annual women’s health exams.

The health center is available for free. That means it is included in that fat check called tuition and fees.

Sometimes it can be difficult to get an appointment the same day, so call at the first sign of a cold.

RSVP CENTER

Where: Room G-210,
MU Student Center

Hours: 8 a.m. to 4 p.m.
Monday through Friday

Call: 882-6638

The Resource and Sexual Violence Prevention Center focuses on educating students about sexual health. Victims of assault can also seek medical and legal assistance here.

RSVP is conveniently located in the basement of the Student Center.

COLUMBIA HEALTH CENTER-PLANNED PARENTHOOD

Where: 711 N. Providence Road

Hours: Varies by day of the week

Call: 443-0427

The Columbia Health Center provides health care for both women and men. The center provides a range of STD testing including HIV, herpes and gonorrhea. Emergency contraception is available by walk-in.

PROVIDENCE URGENT CARE

Where: 202 E. Nifong Blvd.

Hours: 9 a.m. to 8 p.m. daily

Call: 874-6824

Providence Urgent Care provides quality same-day treatment for a host of medical emergencies. It guarantees a combined wait and treatment time of one hour or less.

“I’ve never been to a doctor’s visit that fast,” MU Junior Kirsten Dickherber said. “I was probably in and out of there in, like, 15 minutes.”

MU COUNSELING CENTER

Where: 102 Parker Hall

Hours: 8 a.m. to 5 p.m.
Monday through Friday

Call: 882-6701

Student life can be stressful. Part-time jobs with full-time hours and finals that reduce even the finest of test takers to a pile of nerves can take a toll on the brain.

At the MU Counseling Center, psychological professionals offer students the opportunity to learn how to cope with life’s many challenges. Many of the services the center provides are covered by student fees.
MU students can eat well and still enjoy the new experience on campus

Students can avoid the “Mizzou 22” with these healthy tips

By GLENDA ORTEGA

The Freshman 15 is a phenomenon peculiar to Americans. It refers to the weight, set somewhat arbitrarily, that students will gain during their first year of college.

At MU, it’s known as the “Mizzou 22.” “Part of it is the new environment and responsibilities they have,” said nutritionist and MU alumna Megan Kemp, about the tendency to gain weight.

Dining halls have a good variety in terms of fruits and vegetables and try to change the menu, but sometimes students can get bored, she said.

Kemp recommends eating a variety of food at each meal, particularly choosing colorful fruits and vegetables. She knows how tempting fat food and desserts can be. For this reason, “they can limit it to one or two fried foods per week,” she said.

Another problem is the ever-present soda machine. “Focus more on the water,” Kemp said.

MORE TIPS FOR HEALTHY EATING IN COLLEGE

- Start your meal with a salad packed with veggies.
- Ask for salad dressing on the side.
- Choose whole wheat bread for sandwiches.
- Select main dishes that include vegetables, such as stir fry, kebobs or pasta primavera.
- Take small portions.
- Order streamed, grilled or broiled dishes instead of fried.
- Avoid cream sauces and gravies.
- Order an self-contained item instead of heading for the “all-you-can-eat.”
- Prefer water, fat-free drinks, low-fat milk or drinks without added sugar.
- Opt for fruit as dessert.

Source: Wellness Resource Center and Nutritionist Megan Kemp

The Wellness Resource Center at MU is a place to learn about good eating habits.

It provides nutritional consultations for students within a cost $15 for an initial visit and $10 for each follow-up visit. A registered dietitian can design a personalized plan.

Students can go to wellness.missouri.edu to make an appointment. The center is located in the lower level of the Student Center.
Collegetown Entertainment

From the depths of the Internet to downtown Columbia, your time in college won’t just involve your day-to-day classes. We’ve already made your plans for the days when you just don’t want to work.

ONE OF A KIND

MU Quidditch team captain Travis Zimpfer inspects the goals before practice on Feb. 27 on Francis Quadrangle. Zimpfer, who has been a member of the Tiger Quidditch team for 2½ years, plays chaser. Quidditch is one of the numerous organizations that students can join on MU’s campus.
Twitter accounts add levity

By CONNOR RELYEAE

To take the edge off the hectic first semester at Mizzou, check out this list of entertaining Twitter accounts that have emerged around campus.

@MIZZOUPOOPER

Yes, you read that correctly. @MizzouPooper is an anonymous Twitter account that reviews the restrooms around campus.

According to its profile, @MizzouPooper is “the foremost expert on bathrooms at the University of Missouri.”

It rates bathrooms around campus and offers a hilarious break from studying and class.

@MIZZOUSQUIRREL

Students at MU learn early that squirrels around town are fearless. They’ve gotten so used to being around people that they may even follow you across campus.

When you wonder what they could be thinking, follow this Twitter for your inside look at the squirrel’s brain. While it may not be hilarious, it does offer a nice break from the Twitter drama on your feed.

@CLUBEILLIS

This Twitter feed posts about things going on at the library or around campus. While it’s not always the funniest account, it can help when you’re spending a late night in Ellis Library. Such as this post during finals week: “Free snacks and drinks in the Finals Lounge, 6-10 p.m.”

@MIZZOUPROBLEM

Students share many of the same problems. They deal with parking tickets, Mizzou Wireless, even homesickness. This Twitter account offers a way for students encountering these problems to see that they are not alone.

@MIZZOUPASSOUTS

Sometimes people get so tired during college they just have to take a nap in public. This Twitter account posts pictures of students sleeping in various places around town — on the street, in the shower, in a bar, even at the bottom of the stairs.
5 recoveries from awkward situations in college

In your four years at MU (give or take), you will inevitably find yourself in an embarrassing situation. Here’s how to handle the heat.

By MEGAN LEWIS

1 TRIPPING ON THOSE DANG BRICKS ON LOWRY MALL

Located between Ellis Library and the Student Success Center, this area is known for some seriously rough terrain.

OK, so it’s not like the jungle, but if you don’t trip yourself up even slightly during your freshman year on the uneven bricks, you should probably pursue a career as a gymnast.

We’ve seen people play it off well, and we’ve also seen people flat-out face plant. We suggest you plug in your earphones and quickly rush to wherever you were going without making eye contact.

2 THINKING YOU’VE SPOTTED AN EMPTY BOOTH IN THE STUDENT CENTER, ONLY TO REALIZE IT’S ALREADY OCCUPIED

It’s finals week, you’re tired and you need a quiet place to study away from your roommate’s trashy TV obsession.

So naturally, scoring an empty booth in the Student Center is like striking gold. Spoiler alert: It’s probably too good to be true.

If someone is already sitting in your promised land, there’s only one thing you can do: Give the evil eye and act like the person is the dweeb who just did something obnoxious. Then proceed to cry at one of the normal tables like the rest of us mortals.

3 SEEING SOMEONE YOU THINK YOU RECOGNIZE ON CAMPUS

This will happen pretty frequently during your first few weeks. Get used to the awkward interactions and put on a game face.

If you notice someone who looks familiar, just say hello. If someone really gets annoyed by your random attempt at friendly conversation, the joke’s on them.

4 WANDERING AROUND CAMPUS WITH ABSOLUTELY NO IDEA WHERE YOU’RE GOING

You’re lucky enough to be coming to Missouri’s biggest university. But this also means there’s a strong chance you’re going to get turned around on your way to class a few times.

Not to worry, it happens all the time — occasionally even to students who’ve been navigating it like pros for years. Find someone who looks particularly knowledgeable and ask for directions.

5 RUNNING INTO PROFESSORS OR TAs IN PUBLIC PLACES

Wait, professors have lives outside of the classroom? Weirdly enough, they do.

You’re more than likely to run into one or two downtown. There’s no way to get out of this one. Just say hello and move on with your day — unless one or both of you are under any sort of alcoholic influence.

In that case, turn and run. That’s an experience so ghastly it’s best to avoid at all costs.
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Got a few minutes? Downtown Columbia offers range of shops

By LAURIEN ROSE

Maybe you’re waiting for friends to get out of class. Maybe you’ve been studying all day and just need a break.

Either way, your college experience will have some free time and seemingly nothing to do.

Consider heading downtown and checking out these five-minute destinations.

**ROCK BOTTOM COMICS**

1013 E. WALNUT ST.

Open noon to 6 p.m. Monday and Tuesday; noon to 7 p.m. Wednesday; 10 a.m. to 6 p.m. Friday and Saturday; noon to 5 p.m. Sunday.

Rock Bottom Comics has served comic book fans from mid-Missouri for 40 years. If you’re looking for trading cards, lunch boxes or dice, this is the store for you. Every Wednesday, the store gets new comics in.

**GUNther’S GAMES**

923 E. BROADWAY

Open 4 p.m. to 1:30 a.m. Monday through Thursday; 11 a.m. to 1:30 a.m. Saturday; noon to 1:30 a.m. Sunday.

For pinball, Guitar Hero, Mortal Kombat or Pac Man, Gunther’s Games is the place for you. This arcade has food and games — and it’s air conditioned.

**Slackers CD’s and Games**

1010 E. BROADWAY

Open 10 a.m. to 9 p.m. Monday through Saturday; 11 a.m. to 6 p.m. Sunday.

If you are looking for a vinyl record, video game, action figure, poster, dice for Dungeons and Dragons, a board game, pinball table or just hoping not to waste a few minutes waiting for your friends to get out of class, Slackers is an option.

At Slackers, you can buy and trade practically anything. And if you don’t like shopping, there is a room full of arcade games that you can play or buy for your dorm room.

**ARTLANDiSH GALLERY**

1019 E. WALNUT ST.

Open 10 a.m. to 5 p.m. Tuesday through Saturday; 9 a.m. to 2 p.m. Sunday.

Filled with “strange and wondrous things” from more than 60 local and regional artists, Artlandish is a great place to spend a few minutes of your time. The gallery sells gifts, jewelry, pottery, crafts and offers events and workshops every month.

**THE PEACE NOOK**

804 E. BROADWAY

Open 10 a.m. to 9 p.m. Monday through Saturday; noon to 6 p.m. Sunday.

Located under the peace and rainbow flags on Broadway, this nonprofit, volunteer-based community resource center is operated by Peaceworks.

The store sells books, fair trade imports, natural foods, environmental products, posters, jewelry, T-shirts, magazines and much more. All proceeds support the educational work of Mid-Missouri Peaceworks, and there is no tax charged.

**RAGTAG CINEMA**

10 HITT ST.

Enriching the community with independent films, this theater has couches and love seats instead of theater chairs. There is also a Cinemacafe, where you can enjoy both beer and coffee. Wander in, grab a drink and see a movie you may have never heard of.
17 treasures to seek out in Columbia

By LAURIEN ROSE

During your first few weeks at MU, you may want to do some exploring and venturing on- and off-campus. A lot of interesting places await the curious adventurer.

So, before you must cram for exams and write essays on deadline, consider looking for these treasures from our informal scavenger hunt.

1. A slow-moving train that serves food.  
   @ Columbia Star Dinner Train
2. An arcade and bowling alley that is out of this world.  
   @ Laser Lanes/Galactic Fun Zone
   @ The Blue Fugue
4. A cozy downtown bookstore with nooks for reading.  
   @ Get Lost Bookshop
5. A real carousel.  
   @ Columbia Mall
6. An electric chair.  
   @ Gotcha Costumes
7. Sliders and billiards.  
   @ Booche’s
8. A dog that never leaves his tree.  
   @ Sparky’s
9. A living museum with thousands of plants.  
   @ Mizzou Botanic Garden
10. Statue of famous cartoon character on campus.  
    @ Mort’s, Beetle Bailey
11. The oldest cemetery in Columbia.  
    @ Columbia Cemetery
12. Rolling Ahead – ceramic tile and neon art installation.  
    @ parking garage, Eighth and Cherry
13. The city’s keyhole.  
    @ City Hall courtyard
14. A 12-foot, 1,200-pound figure entering the water.  
    @ Activity and Recreation Center
15. Columbia’s own Stonehenge.  
    @ Stephens Lake Park
16. A 1877 farmstead in a grove of sugar maple trees.  
    @ Maplewood House
17. Art galleries, studios and artists north of downtown.  
    @ North Village Arts District

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Get a cultural fix through events at MU and around Columbia

By CONNOR RELYEA

New students can find cultural outlets around town that range from the visual to the musical. Here is a sampling.

MU CONCERT SERIES

The Concert Series has been around for more than 100 years, bringing global entertainment from to MU. The concert series holds performances at Jesse Auditorium and the Missouri Theatre.

This year, the series will bring “Memphis, The Musical” to town on Nov. 10. The show follows a radio DJ, Huey Calhoun, who wants to change the world, and a young club singer, Felicia Farrell, looking for her big break.

TALKING HORSE PRODUCTIONS

Talking Horse Productions opened its doors as a nonprofit organization in 2012. Since then, the company has provided shows in an intimate setting, focusing on character rather than large sets.

Talking Horse will finish its 2013 season with “Almost, Maine” by John Cariani, a comedy about the town of Almost, Maine, and its inhabitants, who fall in and out of love as the northern lights hover overhead. “Almost, Maine” will run Nov. 29-Dec. 1 and Dec. 5-8.

Performances are held at the Berlin Theatre, a small (50-60 seat) venue in the North Village Arts District in downtown Columbia.

COLUMBIA ENTERTAINMENT COMPANY

This theater was founded in 1979 and is currently in its 34th season. CEC offers opportunities for both young and old to get involved with theater. There are opportunities to act on stage and volunteer backstage.


The theater is located at 1800 Nelwood Drive.

MU THEATRE DEPARTMENT

The theater department at MU was established in 1925. All shows put on by the department are available for students and faculty to enjoy, as well as members of the public.

The department offers a variety of performances, from musicals to plays, throughout the academic year. The upcoming season will be announced at the departments website before the start of the 2013-2014 academic year.
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807 Southwest Blvd., Jefferson City
800-234-4953

Joe Machens East Collision Center
1606 Commerce Ct., Columbia
573-442-4700

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