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COLUMBIA MISSOURIAN
Page 2D — Thursday, July 21, 2016

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Sub Shop Specialty

Specialty Extra Meat

Brownwood Farms creamy mustard, Swiss cheese & au jus steak, caramelized onions & green olives, mushrooms, onions, green peppers, American, Swiss, mozzarella, mayo and tomato.

Italian — onions, green peppers, pepperoni, Italian sausage, black olives, carrots, cucumbers, tomato, lettuce, tomato and mayo.

Polish — black olives, pepperoni, swiss cheese, cheddar cheese, tomatoes, peppers, cucumbers, onion, lettuce, tomato and mayo.

Buffalo — chicken, blue cheese, black olives, pepperoni, swiss cheese, cheddar cheese, tomatoes, peppers, cucumbers, onion, lettuce, tomato and mayo.

Pulled pork — smoked pulled pork, cole slaw, pickles, and barbecue sauce.

Sauces

homemade super-secret sauce

Sauces

homemade pizza sauce

MEATBALL — sauce

Extra Sauces

Buffalo style

Veggies

black olives, jalapenos, peppers, cucumber, tomato, lettuce, tomato and mayo.

Extras

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BY BREA CUBIT
news@columbiamissourian.com

Don’t let your time at Mizzou go by without showing up at women’s sporting events. From tennis to softball, soccer and gymnastics, there are a number of entertaining sports to watch.

Gymnastics
Finishing third in the NCAA Minneapolis Regional this past season, the gymnastics team has certainly made a mark on the balance beam. Watch as gymnasts like Morgan Porter, who made it to the 2016 NCAA Championships, twist, turn, flip and somersault, making you question the laws of gravity.

Softball
With a 42-15 record in the 2016 season, Missouri’s softball team is nothing short of excellent. Two players, Emily Crane and Sami Fagan, were named 2016 National Fastpitch Coaches Association All-Americans, and Paige Lowary made the 2016 USA Softball Women’s Elite Team.

Tennis
The tennis team is yet another women’s squad with a winning record in the latest season. Not only did they finish 16-12, but they also set a record for the most Southeastern Conference wins in the program’s history with three victories.

Soccer
Completing last season with a 9-5-5 record, the team hopes to kick things up a notch this season. The first home game is 6:30 p.m. Friday, Aug. 19 at Audrey J. Walton Soccer Stadium.

To keep up the teams and their schedules, subscribe to receive notifications on each of their websites and follow them on Twitter: @MizzouGym, @MizzouSoftball, @MizzouTennis and @MizzouSoccer.

BY JONATHAN MCKAY
news@columbiamissourian.com

Although football, basketball and baseball get most of the attention, there are other NCAA sports on campus. Most of the time attending these sporting events is free, and the teams have been more successful than the big three this past year. Missouri produced multiple Olympians for the Rio Games and two national champions in the spring semester. Here is a rundown of some of the highlights from the non-revenue sports:

Wrestling
Columbia’s own J’den Cox won a national championship in the 86kg weight class then followed that up by earning a spot on the U.S. Olympic team. Cox will enter his senior season at MU looking to win a third career national championship.

Golf
The Missouri golf team is primed to improve next season. After registering seven top-10 finishes last season, the Tigers will look to get that number with all but one player returning. A player to watch is incoming junior college transfer Trevor Ullersmid, who was a junior college All-American last year.

Track and Field
Mizzou’s track team is filled with participants of different events. From sprinting and distance running to shot put and javelin, the Tigers do it all. As such, it’s hard to highlight one individual, but the track team primarily competes outdoors, so watching is a great way to spend a day in the sun.

Swimming and Diving
The swimming and diving team produced multiple Olympians, and in so led by the guy with the best name in college sports: Fabian Schwingenschlogl. Similar to J’den Cox, Schwingenschlogl won a national championship and followed that up by qualifying for the Olympics. He will represent Germany.

Non-revenue sports are worth watching

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Call today to arrange a tour!
As a freshman, you should put your sights on the 13 members of the women's basketball team.

In the 2016 season, the team went 22-10 and was invited to the NCAA tournament for the first time since 2006.

The team beat Brigham Young University in the first round but fell to the University of Texas in the second round.

In May, the team was invited to participate in the 2016 Preseason Women's National Invitation Tournament, or WNIT, this coming November.

According to Renee Carlson, the director, the preseason WNIT features teams heading into their best years that are expected to have a breakthrough.

“We're really happy to be invited to the WNIT,” head coach Robin Pingeton said. “It's great for our players to be challenged early, and it will give us a good gauge of competition since we will be playing really good teams.”

The women showed much promise last season and have been getting their just rewards.

Guard Sophie Cunningham, who will be a sophomore, was awarded SEC Freshman of the Week six times, more than any freshman has ever been awarded.

Cunningham and forward Jordan Frericks earned All-SEC recognition from the Associated Press. Cunningham earned the program’s first SEC Freshman of the Year award, and both women earned honorable mention.

Pingeton also was honored this year as she was inducted into the Quad-City Sports Hall of Fame.

Pingeton will be heading into her seventh season after four-straight winning seasons and postseason appearances.

“One of the most special things about our program is the fact that we focus on the sisterhood within the team.”

ROBIN PINGETON
Head coach

Women expected to return fiercely

“Women are expected to return fiercely.”

BY KELSEY WALLING
news@columbiamissourian.com

Missouri freshman Sophie Cunningham celebrates with teammates during a timeout in their SEC tournament game against Alabama at Mizzou Arena in Jacksonville, Florida. Cunningham and teammate Jordan Frericks earned AP SEC honors.

Missouri forward Jordan Frericks pushes past LSU and looks to receive the ball from teammate Sierra Michaelis on Jan. 28 at the Mizzou Arena. The Tigers beat LSU 52-46.

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From the Tiger Prowl to homecoming weekend, and a dip in the fountain, these traditions can help bring you closer to those around you, as well as campus itself.

BY KELSEY HURWITZ
news@columbiamissourian.com

The University of Missouri has been around since 1839. As the first land-grant university west of the Mississippi, MU has had plenty of time to create long-lasting traditions. Here are some traditions to take part in as a newcomer at Mizzou.

Tiger Walk
Every August, MU freshmen walk through the Columns on Francis Quadrangle toward Jesse Hall. The walk symbolizes students entering the university and joining the community. Four years later, when students graduate, they can participate in Tiger Prowl, a walk through the Columns in the opposite direction, away from the university, to symbolize their exit from the university but a continued connection to it.

Ride the tiger
A bronze tiger statue watches over the appropriately-named Tiger Plaza on Rollins Street. The tiger looks too large to climb, but “riding the tiger” is an MU tradition. Bring friends to help you up and to take lots of pictures!

Kiss the 50
While you probably can’t sneak onto Faurot Field on game days, keep an eye out for opportunities to visit after the final whistle blows. At the beginning of the year, Flick on Faurot is an event where the community can watch a movie on the stadium’s big screen from blankets on the turf. Afterward, kissing the 50-yard line is a school tradition.

Jump in the fountain
Missouri summers can be stifling, and the fountain next to the MU Student Center is perfect for a dip — and a standing tradition.

Scream ‘I love Mizzou!’ in Speaker’s Circle
You’ll feel ridiculous, but that’s irrelevant. This is a rite of passage, and every student at Mizzou will eventually do it. The acoustics in the center of the circle near Ellis Library will amplify and echo your voice, which cuts the embarrassment of yelling your feelings in public.

Homecoming weekend
Mizzou held the country’s first homecoming celebration in 1911, encouraging alumni to support the Tigers against University of Kansas rivals. Since then, Homecoming in the fall has become an integral part of Mizzou culture, and now includes talent competitions, a blood drive and a parade.

Paint the M
At the north end zone of Faurot Field, a large block “M” made of stones gets painted every year. Freshman can volunteer to spread white paint on the stones ahead of the next football season. Painting the “M” is a community activity, but wear sturdy shoes and clothes that you won’t mind getting painted, as it can get messy.

Celebrating years of MU traditions

From left, Jordan Riskey, Jasmine Babilonia and Beth Sperry participate in the painting of the M at Memorial Stadium on Aug. 22, 2014.

MU graduate Sara Bundigler rides the Tiger May 14 in Tiger Plaza. Bundigler received her bachelor’s degree in Human Development and Family Science.

An inflatable Truman the Tiger stands at a tailgate Oct. 12 on campus.

Incoming freshmen run through the MU Columns during the annual Tiger Walk on August 23 at Francis Quadrangle. The event symbolizes freshmen’s entrance to the university. At graduation, the students walk through MU Columns in the opposite direction in another tradition called “Tiger Prowl.”

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**Breaking down MU’s rec center**

**First floor**

- **5-meter pool**: The 5-meter pool is used by various groups in the Columbia area. However, it is still available for students to use every day for lap swim. The Rec provides all the necessary equipment: kickboards, pull-buoy and jogging belts, but make sure to bring your own goggles. This is also a great place to chill out and get a tan when the various sports teams aren’t practicing on the outdoor track. These courts are usually used for basketball, volleyball and badminton. You can check out volleyball and basketballs at Brewer Station, located on floor one.

- **Racquetball and squash courts**: These are exactly what they sound like. All five courts are available for reservation and are available in a day-in advance, but you have to bring your own equipment.

  **The Pump Room**: It’s got dumbbells, up to 150 pounds, barbells up to 110 pounds, benches, squat racks and almost always someone at work. Excuse me if you’re interested in weightlifting, this is the place to be.

  **Scuba Peak**: Scuba Peak is an indoor climbing wall that reaches 35.5 feet high. For access to, you can buy a semester-long pass for $19. However, you must take a Climbing 1 Class before purchasing a pass.

  **Clark’s Boxing Gym**: Clark’s boxes the freehand bag that reaches 35.5 feet high. The BoxMasters are basically large, padded contraptions used to mimic a boxing partner. The room is only accessible to members, who can attend classes or practice on their own during open gym times. You can purchase a semester-long membership for $39 at the swimLEF office on floor one.

  **Scull’s Garage**: Scull’s Garage’s Storage contains equipment like the TRX training system, kettlebells, medicine balls, resistance bands and a variety of personal training. This is also where you will find the MU TigerX Passport and Clark’s Boxing Gym.

- **Brewer Station**: With so many different courts and classrooms, there is a variety of open gym times. This is also where you will find the first floor of the MU Rec

**Second floor**

- **The Cardio Gallery**: This area is one of the most popular. It’s where you will find all types of cardio equipment, including treadmills, ellipticals, stair steppers and spin bikes. Almost every piece of equipment comes with a personal screen, where you can track your workout. You’ll also find four hot tubs, which anyone can use to relax after their workout. The Cardio Gallery gets more and more packed throughout the day, so be sure to head over to a machine.

- **The MizzenRec Fitness Showcase**: The Fitness Showcase sits between the Cardio Gallery and the Jungle Gym. It’s painted bright red, so you can’t miss it. This is where the Rec provides new and experienced students with mental cardboard equipment for students to test.

- **The Jungle Gym**: This area is to the right of the Fitness Showcase. It’s a huge room with different weight machines. There is a machine for pretty much any muscle you want to work, so feel free to explore and try them out.

- **The Jungle Annex**: The Jungle Annex is one of two weight rooms in the Rec. It provides a quieter, more atmospherically pleasing environment. The Jungle Annex is located on the first floor. It has dumbbells up to 150 pounds, barbells up to 110 pounds, weight machines. If you’re interested, you may want to check out the annex, as there are 10 classes available to everyone during the semester and are let up until mid-morning class time. The courts close in November, but they reopen in March. You can also join the RecSports sand volleyball teams and participate in organized games.

- **The Fitness Tiger**: This is the perfect place for you if you’re yearning for a place to run your own course and cardio classes. The Fitness Tiger is located on the second floor. You can buy a semester-long TigerX pass for $53, which grants you access to the five fitness classes as you please during that semester. If you’re not sure whether you want to buy a pass, one class passes are available for $9 each. TigerX also hosts a week of free classes at the beginning of each semester for those who want to try out any class.

**Third floor**

- **Fitness studios**: The Fitness studios on the third floor are a great way to have a great workout. The four courts are available to everyone during the semester and are let up until mid-night class; the courts close in November, but they reopen in March. You can also join the RecSports sand volleyball teams and participate in organized games.

- **torrent**: If stress is bringing you down, you may want to talk about stress and explore whatever activities may help you. You can talk to your advisor about stress and explore whatever activities may help you. You can talk to your advisor about stress and explore whatever activities may help you.

- **Welcome to the jungle, we got fun and games.**

- **Sign up for online banking and e-statements.**

- ** MU Student Recreation Complex**

  **About-face**. On the left side of the TigerX room, keep your head down to avoid getting hit by the game. On the right side, keep your head up, walk and walk to avoid getting hit by the game. On the right side, keep your head up, walk and walk to avoid getting hit by the game. On the right side, keep your head up, walk and walk to avoid getting hit by the game.

- **About-fasc.**

  **MU Student Recreation Complex**

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**Make Tiger Grotto your watering hole, a place to de-stress.**

**By Anna Sutterer**

The MU Student Recreation Complex is named the Rec, as it’s commonly known, the best recreational center in the country. According to the 2012 Greatist’s Best Colleges in the U.S. study, MU comes in 2nd place in the nation. But make sure you can even go in your workout gear for a quick steam or sauna after you exercise. You cannot, however, go between the locker rooms and Brewer Station without normal public access, because you must be a student to use the facility. So, you probably got a short waiting.

**In the steam room**

Communicate. It can be tough to talk, and you don’t want to land on someone’s unsuspecting lap. There’s an option to make up a steam room, but make sure your elbows are cool with the steam. Walk until you reach the last hallway on the left, and find the sign that reads, “Tiger Grotto.”

As you enter yourself from your towel, head to the steam room and explore whatever happens down the Whirlpool. The rec complex users. It can be tricky to figure out the open hours and navigate the locker rooms. But one thing, you can stop the line has taken time and sauna rooms, lazy river and whipped wash your worries away.

**Welcome to the jungle, we got fun and games.**

If stress is bringing you to your sha-na-na-na knees (okay, or you just want some recreation, take the following steps).

1. Make Tiger Grotto open. You won’t want to go charging into your own personal space, so bang on the door, and embrace back to the jungle, we got fun and games. Welcome to the jungle, we got fun and games.

2. Keep your eyes open, keep your mind open, keep your ears open, and enjoy whatever happens first.

3. Keep your eyes open, keep your mind open, keep your ears open, and enjoy whatever happens first.

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5. Keep your eyes open, keep your mind open, keep your ears open, and enjoy whatever happens first.

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7. Keep your eyes open, keep your mind open, keep your ears open, and enjoy whatever happens first.

**In the sauna**

The Tiger Grotto is a place for students to tune out and de-stress. It’s a great place to lay out and tan (when the various sports teams aren’t practicing) on the field, or course. The area is on until midnight every day.

**Sand volleyball courts**: Right next to Stankowski’s, the sand volleyball courts are a great way to have a great workout. The four courts are available to everyone during the semester and are let up until mid-night class. The courts close in November, but they reopen in March. You can also join the RecSports sand volleyball teams and participate in organized games.

**TigerX**: If stress is bringing you down, you may want to talk about stress and explore whatever activities may help you. You can talk to your advisor about stress and explore whatever activities may help you.

**MU Student Recreation Complex**

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Managing time while getting involved

BY LIDIA MOORE

Got involved on campus catch up somewhere in between your first, it usually if you can't do it in that the second semester, and as seniors explain how they prioritize their activities and their ability to balance their lives.

Sean Earl, 20
Junior, electrical engineering

“Manage your time, and you manage your life.”

Sitting in the Daily Grind, I have the pleasure of working with people from various organizations.

Tina: “I use my personal calendar to keep track of everything. Make sure that you are getting involved in something you care about. It’s a lot harder to skip it.”

Cat Colpaci, 22
Junior, animal science

“Get involved in something you enjoy. You’ll enjoy your life much more.”

Gilbert’s Leadership Complex has basketball courts, a racquetball court, an indoor and outdoor track, a cardio room, two weight rooms, a boxing room, an indoor and outdoor pool, a sand volleyball court, a soccer field, and a running trail, the Grindstone Creek Trail.

Tina: “I’m an advocate for health and well-being. One is the Wellness Center to provide the necessary counseling services and emergen-

Sara Earl Cook Knecht started an organization in March of 2015 called the “Tiger Tree” with the mission of helping those who want to “target their skills, skills, and advice on college life.”

BY ERIN STARK

“Tips: It can be easy to get swamped. You will carry so many classes, so many activities, so many events, so many decisions, so many responsibilities. Be resourceful.”

Students are often swamped with everything about college life. So when you can get your full effort into life, you can get involved in, rather than try to get everything and anything up with a small stack of accomplishments. At first I didn’t think much of it, and I jumped in. I’m glad I didn’t. I’ve two things worth of a social life. It’s really sur-

Senior, marketing major

“I am thriving academically and mentally. One is the Wellness Center to provide counseling and emergen-

BY LIDIA MOORE

“Make exercise a habit”

The most successful people get rejected the most and turn it into something even better.

The most successful people get rejected the most and turn it into something even better.

[Image 166x972 to 832x1416]

Senior, industrial engineering

“Diet: Fitness also offers pole-dancing training, and Muse Pole Fitness. I am a big fan of the Tigers Men’s tennis program, and the Missouri State University Women’s tennis team. I am a member of the Missouri State University Women’s tennis team. I am a member of the Missouri State University Women’s tennis team.

Senior, marketing major

“I am thriving academically and professionally. I am a member of the Missouri State University Students for the Prevention of Animal Cruelty (SAPAC) and the Missouri State University Women’s tennis team. I am a member of the Missouri State University Students for the Prevention of Animal Cruelty (SAPAC) and the Missouri State University Women’s tennis team.

Senior, sports management

“My favorite thing to do is to try new things. I love going to new places and exploring new things.”

Senior, industrial engineering

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Great places to catch a flick

BY ANNA MAPLES news@columbiamissourian.com

Although Columbia is home to several movie theaters, some of them are worth the trip downtown that can provide a 65-35 split in the percentage that jump starts your career.

ARTlandish Gallery

ARTlandish Gallery features some artistic inspiration, downtown Columbia. It is a specific theme. There are four of the artists in high school as well as members only. The gallery has a wide range of live theater companies that produce everything from interactive versions of classic Shakespeare works to productions at the Warehouse Theatre.

Missouri Theatre

Missouri Theatre is another great stop for Columbia art lovers. It has been transformed into food stew on one door to create an aphorical message. For example, he included a figure of a quotation mark in his door. The door to an entire new world can be transformed into food. The door is standing in line and another is cut — one is standing in line and another is volunteering. Students do plenty of both. Use Scoop It to Share this with others.
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