COLUMBIA MISSOURIAN

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Put together an ideal class schedule

BY ANTHONY ASHLEY
news@columbiamissourian.com

In college, you can be on campus for as much or as little time as you want. You get to decide when you go to class, where you go to class and how often you go to class. But this new freedom can complicate your life.

It’s up to you to arrange your class schedule, but the ideal schedule is different for everyone. Give yourself time to find out what works for you. If you leave yourself room to eat, go to the class and sleep, you will survive.

Here are common scheduling mistakes to avoid:

1. The “Morning Person” schedule.

Inevitably, an incoming freshman will realize they can schedule all their classes from 8 a.m. to 11 a.m. It’s nice to have the morning hours to yourself before you get to college, your life changes. You will have late nights doing homework or enjoying the activities college has to offer.

2. The “Why be in a Classroom?” schedule.

You might say, “I don’t need to go to class a day or two a week. I will just want to sleep, you will survive.” You will then run from class to class and not eat anything until 3:30 p.m. You will feel like death.


You might make what seems to be a reasonable schedule. You’ll start classes at 10 a.m. every day and put them all back to back until 3 p.m. or so.

You will truly believe this will work: You’ll wake up early, get breakfast, pack yourself a sandwich for lunch and head to class. That doesn’t sound so bad. But that will never happen.

You may wake up at 9:47 for that 10 a.m. class. You will then run from class to class and not eat anything until 3:30 p.m. You will feel like death.

4. The “Free Day” schedule.

You might say to yourself, “Hey, I don’t have to take a single class on Tuesday or Thursday.” Two whole days off every week sounds great. Unfortunately, the joy of those days will not make up for the other days with five classes in a row. It is also good to have a class every day so that it gets you out of your room and productive.

Finally, it is good to block your classes sometimes, but leave yourself time to eat. You need calories from more-or-less healthy food in order to function.

Know when your energy level is highest. Know what sleep patterns make you most productive. Schedule your classes around you.

5. The “Take a Nap” schedule.

You decide to take a nap before class, but then you have to sit down and write, it will be easier. “It’s really more about having a conversation with someone than it is handing them a paper and having them fix it,” Harms said.

Making an appointment is easy. All a student has to do is walk into the Student Success Center on Lowery Mall, approach the desk in the Writing Center and set up a time. Students can be writing on any topic and for any class subject, even personal statements or cover letters. The service is free.

“Anything that has sentences, we work with,” Harms said.

Students may avoid the Writing Center simply because it can be intimidating to share your work with a stranger, but the tutors are there to help students improve and be successful. No one wants to tear your work apart.

Papers can be submitted to an Online Writing Lab (https://onlinewritery.missouri.edu/) for feedback in an email.

In the Learning Center in the same building, tutors are available for other subjects, such as math or a foreign language.

This isn’t exactly what tutors do. They focus more on how to help students become better writers overall, so next time they have to sit down and write, it will be easier. “It’s really more about having a conversation with someone than it is handing them a paper and having them fix it,” Harms said.

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BY KATHERINE HERRICK
news@columbiamissourian.com

We’ve all been there. You’re sitting at your desk in your dorm, staring at your computer screen late at night trying to write a paper, and nothing is coming to you.

Happily, an entire office of people is waiting to help you.

At some point in college, you will most likely find yourself in the Writing Center in the Student Success Center to work with a tutor, even if you don’t think you really need it. I’m one of the tutors there, and we see students of all levels, at any stage of writing an essay, at any point during the school year. Sometimes even an hour before a paper is due.

“This tutoring is available to everyone from the person who is struggling with that class to the person who has already gotten an A and just wants someone to look at their work and make it better,” said Aaron Harms, one of the co-directors of the Writing Center.

Many students on campus aren’t aware of how the Writing Center really works. Often, students assume they make an appointment with a tutor to have them go through a paper and fix minor errors with punctuation or grammar to polish it up before the due date.

Discover the power of the Writing Center at Mizzou

By accessing the Writing Center at Mizzou, you can improve your writing skills, receive feedback and gain confidence in your ability to communicate effectively. The Writing Center offers writing consultations for students at all levels and at any stage of the writing process, from brainstorming to final drafts.

Happily, an entire office of people is waiting to help you improve your writing skills. Whether you need help with grammar, organization or just want someone to read your writing and give you feedback, the Writing Center is here to support you.

The Writing Center at Mizzou is a free, confidential service that is open to all students at the University of Missouri. You can make an appointment in person, by phone or online to receive personalized feedback on your writing.

By appointment, you can receive in-depth feedback on a single written piece, such as an essay, research paper or final project. The Writing Center offers one-on-one consultations at the request of individual students, either in the Writing Center or at another location on campus.

Additionally, the Writing Center offers group workshops and writing seminars during the semester. These events provide students with opportunities to learn about various topics related to writing and composition, such as grammar, style and organization of ideas.

To make an appointment, you can visit the Writing Center in person or call (573) 882-2496. You can also make an appointment online by visiting the writingcenter@missouri.edu website.

The Writing Center is located in 100 Student Success Center, 100 Student Success Center, Columbia, MO 65211-6310. The center is open from 8 a.m. to 5 p.m. Monday through Friday.

If you have any questions or need help with your writing, please don’t hesitate to reach out to the Writing Center. We are here to help you succeed in your academic journey.
How to build good rapport with your professors in college

BY ANTHONY ASHLEY
news@columbiamissourian.com

Finals week advice, from survivors

BY ANTHONY ASHLEY
news@columbiamissourian.com

Finals week can be a nightmare — or not. Here are a couple of authentic comments from MU students:

“I hear a pounding on my window at 5 a.m., and my boyfriend is standing outside. I let him inside, and he starts crying and yelling, saying he failed his geology exam because he didn’t realize it was a day earlier than he thought. He stayed up all night studying for the exam when it had actually been the day before. We sat in my closet because my roommate was sleeping, and I held a cold towel on his head” — MU senior.

“I had a conference with my professor for a literature class during Finals week. He said my grade was either an A or a C depending how I did on the final essay. ‘It’s all or nothing for you,’ he said. I was terrified” — MU graduate.

So, how do students survive finals week? Find alternative study places because the library will be packed. Some ideas include Pershing Hall (open 24 hours), the basement of the Student Center and various classrooms that are empty after exam hours. Take short breaks and power naps. It may seem as if you don’t have the time, but it helps enormously in the long run.

Avoid studying with people who distract you, even if it is your roommate or best friend. Always triple check the date, location and time of your final exam and take all necessary measures to ensure you show up on time. Ideas include paying your roommate to shovel you out of bed or setting 15 alarm signals within two minutes of each other.

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Pay attention to your body language. Professors will be more likely to enjoy your presence if you’re an active participant. For some people, speaking in class isn’t comfortable. That’s fine. In small classes, try slipping in just one comment that shows you did the readings. For bigger classes, seek out the professor who you feel is listening and participate in her class discussion.

These tips will show your professor that you actually care. That you want to learn. If they know this, they’re much more likely to help you out when you really need it.

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Future journalist? Prepare yourself for your first year of course credits

BY LUCY SHANKER news@columbiamissourian.com

How many times have you heard the phrase “No. 1 Journalism School” already? When you start here in the fall, you may be part of it.

Pretty intimidating, right? Writing for your first year of course credits will be in your wheathouse.

You won’t get the “Missouri Method,” with this class, but this may be the last time this will happen. You learn the fundamental news values — basically, what makes good journalism? Truly, it would be impossible to continue on to the next level classes without this one.

The fun really begins in the next level of journalism. For starters, you’ll take J2000, Principles of American Journalism (3 credits). During the course of J2100, journalism instructors will put your hands on some fancy equipment. You’ll have ask strangers to take their photograph on the street and learn how to use SoundCloud for more than just your mixtape.

It’s challenging if you’re technologically impaired, but it will get you involved, outside and moving.

In J2100, you’ll learn AP style and grammar. You’ll learn how to write a press release, profile and community issue story. The most important thing to pay attention to is detail. Focus on writing concisely, find a friend to help edit your papers and don’t get discouraged.

Don’t be scared. Writing for a real newsroom in two years can seem daunting. Don’t be scared.

In your first semester, you’ll probably find a friend to help edit your papers and don’t get discouraged. Moral of the story: Don’t worry about this class. It’s fun.

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Hannah Sturtecky/Missourian

Auditorium.

Professor Sandra Davidson, a teacher of communications law at the Missouri School of Journalism, speaks at “Nous Sommes Tous Charlie” (“We Are All Charlie”), a 2015 symposium on the terrorist attack in Paris, in Fisher Auditorium.

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You can stay involved with music, no matter your major

BY KATHERINE HERRICK
news@columbiamissourian.com

I’ve met several people who have given up music classes in college simply because it isn’t their major. They either think they can’t sign up or won’t have time for it.

Neither of those thoughts are true.

First, anyone can sign up for music classes. Anyone. It doesn’t matter if your major is journalism, engineering, or whatever — there is a place for you in music. Every choral and instrumental ensemble at MU has non-music majors in it. I know band and orchestra ensembles that also allow non-majors to join.

Second, when you come to college, it is important to prioritize your time and be honest with yourself about what you can handle. That does not mean you should give up something you love because you’re afraid it might be too hard or make you too busy.

Sticking with activities you loved in high school will make the transition into college much easier, because it’s something familiar.

School will make the transition into college hard or make you too busy.

It does not mean you should give up something important to prioritize your time and be honest with yourself about what you can handle. That does not mean you should give up something you love because you’re afraid it might be too hard or make you too busy.

A lot of people have really good experience in high school or in church choirs, and coming here is an opportunity to keep developing that part of their experience,” said Paul Crab, the conductor of University Singers who oversees all curricular choirs on campus.

Joining a music ensemble is a great way to make friends within different majors and age groups. It also gives you a break from your other classes during the day. An hour-and-a-half class three times a week sounds like a huge commitment, but it doesn’t feel like work. I’ve had so many days when choir is what keeps me going through the week.

I’m in University Singers, a mixed choir. Last semester we sang several modern pieces that were not only beautifully challenging works, but that also sparked discussion across the ensemble because of the content and messages addressing current social issues in the lyrics.

These groups are more than people throwing a few songs together for fun. They’re talented and intelligent people who take music and use it to start a discussion.

“For me, it’s important for people to learn to work together to do something positive that creates something that we can only do together,” Crab said.

Many ensembles have opportunities to get into the community to perform. There is a tour where students sing at high schools around Missouri, a performance as a nursing home, and each year there is a performance with Choral Union, an ensemble made up of students and community members.

If you have any interest at all, I highly recommend signing up for a music class.

Even if you don’t have any experience, there is a place for you.

For information on how to sign up for an audition time, go to the MU School of Music website or email Paul Crab at CrabP@missouri.edu. Students of any age can join, at the beginning of any semester.

“Email me,” Crab said. “Walk over (to the Fine Arts Building). Talk to me.”

Insider’s guide to gaining Missouri residency with less stress

BY GABBY VELASQUEZ
news@columbiamissourian.com

If you’re an out-of-state student like I am, you might be looking into ways to get residency so you can save approximately $15,000 annually on tuition.

The MU website answers most of the questions you might have about the process, which includes staying in Columbia for a summer, getting a job and a Missouri driver’s license and a few more steps.

There are requirements that aren’t as clear in the manuals, so here are three tips to make the process easier and more rewarding.

Work smart

One of the requirements for residency is earning $2,000 in taxable income while you stay in Missouri.

I found a job as a custodian at the M.U. Student Center and discovered I like working for the university for several reasons. My bosses understand that school is my priority, and it’s at most a 10-minute walk from most of my classes.

As much of a drag as jobs can be at times, they can be good for you. They teach you how to balance classroom and responsibilities and keep you from having too much down time.

Yes, there is such a thing as down time.

But what you’ll find, after you receive your first paycheck, is that earning money is satisfying, even if the work may not be.

Learn to cook.

Eating out all the time sounds fun in theory, but in reality it leaves you with less energy and a lot of takeout boxes littering your trash can.

Cooking is an invaluable life skill that can save you a ton of money every week. And, as a side bonus, it can also be very good for you. Homemade salads and casseroles may take a bit of time, but (with the right ingredients) they are healthier and tastier than Dominos any day of the week.

Get out of your apartment or dorm and get to know the city that will be your home, hopefully, for the next four years of your life.

Explore your town.

While you’re here during the summer, Columbia has a lot to offer away from the MU campus. There are numerous trails, lakes to swim in, art galleries, parks and a lot to do over the summer.

Cosmo Park airs outdoor movies on Friday nights. The Blue Note and other venues hold regular concerts.

Get out of your apartment or dorm and get to know the city that will be your home, hopefully, for the next four years of your life.

What’s your game plan? For next year?

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Coffee. You crave it, but is it good for you?

BY MCKENNA BLAIR
news@columbiamissourian.com

To be a college student is to be perennially tired. Late-night study sessions bleed into early-morning study sessions, which then fade into blurry-eyed tests.

Unless you’re naturally a super-disciplined person, you’ll find yourself on more than one occasion taking naps on campus benches or under a tree between classes.

The cure is simple, and comes in every flavor: Coffee. Coffee is the second most popular drink in America, according to the Mid America Heart Institute, coming in just behind water. It can seem like a magic drink, particularly in the winter, when you literally need the warmth to survive the Missouri cold.

But what affect does one, two, eight, 10 cups a day have on your life?

There seems to be a general consensus that four cups a day should be the maximum, according to the American Chemical Society, though the exact amount still needs more human testing.

Drinking more than four cups can lead to stomach pains, jittery nerves and hypertension. It drinking your coffee black is what you prefer, however, the health benefits may outweigh the risks. Researchers at the University of Scranton found that the human body absorbs the most antioxidants from coffee than any other source.

Along with health risks, calorie intake from coffee can skyrocket without being noticed. A venti latte and bagel from Starbucks is more than 500 calories, and the added sugar that comes in flavored coffee can leave you dealing with sugar crashes.

A study at Seoul National University in South Korea discovered that the mere aroma of coffee reduces stress. And TIME magazine reporter David Leiberman reported that drinking coffee helps you focus on tasks you may otherwise find repetitive and boring.

Should you crave a cup on campus, there are a multitude of places to get your fix. Busy spots like the MU Student Center, Ellis Library, J-Café in the Journalism School, Engineering School and the Bond Life Sciences Center have their own cafes.

Vida Coffee Co. is located across the street from MizzouRec. There’s a Starbucks in Memorial Union, another just south of Greek Town and one on Ninth Street. Every dining hall has coffee available as well.

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Plus, there is an array of downtown coffee shops including Coffee Zone, 11 N. Ninth St.; Kal’di’s Coffee, 29 S. Ninth St.; Shotteware Coffee, 915 E. Walnut St.; a Starsucks at 304 S. Ninth St.; and Lakota Coffee at 24 S. Ninth St.

Some of these are considered prime spots for studying when the campus pressure seems overwhelming.

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A study at Seoul National University in South Korea discovered that the mere aroma of coffee reduces stress. And TIME magazine reporter David Leiberman reported that drinking coffee helps you focus on tasks you may otherwise find repetitive and boring.

Should you crave a cup on campus, there are a multitude of places to get your fix. Busy spots like the MU Student Center, Ellis Library, J-Café in the Journalism School, Engineering School and the Bond Life Sciences Center have their own cafes.

Vida Coffee Co. is located across the street from MizzouRec. There’s a Starbucks in Memorial Union, another just south of Greek Town and one on Ninth Street. Every dining hall has coffee available as well.

Plus, there is an array of downtown coffee shops including Coffee Zone, 11 N. Ninth St.; Kal’di’s Coffee, 29 S. Ninth St.; Shotteware Coffee, 915 E. Walnut St.; a Starsucks at 304 S. Ninth St.; and Lakota Coffee at 24 S. Ninth St.

Some of these are considered prime spots for studying when the campus pressure seems overwhelming.
Inside MU Student Centers, you’ll find resources and a place to find your own community

BY MAUREEN STRODE
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In the basement of the MU Student Center are resources for students and faculty to learn and find their own communities within Mizzou. Students from all backgrounds, cities and countries can find their own niche in the basement of the MU Student Center.

RSVP CENTER
Known locally as the RSVP Center, the Relationship and Sexual Violence Prevention Center is committed to creating an environment at MU that is intolerant of violence. The RSVP Center aims to decrease rape, sexual assault relationship violence and stalking.

The RSVP Center supports a student-run organization called Stronger Together Against Relationship and Sexual Violence. This organization promotes awareness of relationship and sexual violence, and they hold meetings every week.

STARS also promotes awareness months and hosts events throughout the year to engage students in the conversation surrounding relationship and sexual violence awareness.

WOMEN’S CENTER
The Women’s Center is a source of community for students and staff at MU. The Women’s Center offers students an opportunity to engage in conversation about women’s issues, learn from speakers, get involved in women’s organizations at MU and give women from all backgrounds the tools to empower themselves throughout life.

There are many programs offered at the Women’s Center, such as Stitch ‘n’ Bitch, Love Your Body, Ain’t I a Black Woman and Social Justice Seder. The Women’s Center also collaborates with the Women’s Leadership Conference to further empower women in every aspect of life.

MULTICULTURAL CENTER
The Multicultural Center at MU is a safe space for MU students and faculty from all identities and backgrounds. The Multicultural Center’s goal is to address the needs of underrepresented populations at MU and provide a home away from home for those students.

The Multicultural Center is home to Diversity Peer Educators, a group that promotes cultural awareness and understanding on campus. Diversity Peer Educators foster important and difficult conversation to help promote understanding and celebration of other cultures and differences. The Multicultural Center also supports Community 360, UnificAsian and the Womyn of Color Retreat.
Keep your health and money by signing up for a student insurance plan through MU

BY JI WON CHOI
new@columbiamissourian.com

How to get insured

How your plan works

Deductible:
The total amount that you must pay before your insurance company begins contributing. For instance, if you have an insurance plan with a $500 deductible, you will be responsible for 100% of your healthcare costs until those costs reach $500. Once your deductible is met, your insurance company will begin sharing the costs of your health care services, usually through a copay and coinsurance.

Copay:
A flat fee you pay for certain healthcare services once you have met your deductible. If your copay for a generic drug’s cost is $20, you will pay your $20 copay at the time of each visit rather than the full amount of the visit.

Coinsurance:
How you share your health care costs with your insurance company, depending on the policy you choose. In the case of a 80/20 coinsurance, a $500 procedure will cost you $100 and the insurance company will pay the other $400.

Insurance terms

New dining facility with six courtyard restaurants opening on campus this fall

BY JI WON CHOI
new@columbiamissourian.com

COLUMBIA MISSOURIAN

How to set up an appointment

What to bring

You’ve scheduled your appointment — but before walking in, you might want to take this checklist so that you don’t miss anything.

If you have insurance, don’t forget to bring your insurance and prescription cards.

For the insurance purposes, you are required to provide your parent’s birth dates including the years.

If you have any past medical problems or surgeries, tell the nurses and doctors at the center know.

Tell the center what medications you are currently taking.

If you have any allergies, provide a list of drug, food, or environmental allergies you have.

Tell your doctor if there’s any family medical history such as cancer, diabetes, or hypertension.

BY JI WON CHOI
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New this fall where the beloved dining hall called Dobbs used to be near the corner of Rollins and Stadium Boulevard is a collection of six new restaurants, collectively known as “The Restaurants at Southwest.” They will be arranged around a central courtyard much like a Tuscan market.

Bonus: There will also be a Starbucks, Legacy Grill

Legacy Grill will serve burgers, fries, nachos and chicken sandwiches. It will be open from 11 a.m. to 8 p.m. and will serve a “hangout spot,” according to the Campus Dining website. Two other places on campus also serve as late night dining options — The Mark at Night and Rolling Late Night. The restaurants will be open from 4 p.m. to 1 a.m. Sunday through Thursday, 4-11 p.m. Fridays and Saturdays. They generally have pizza and sandwiches.

Olive & Oil

Olive & Oil will have pasta-based meals with a variety of sauces and options including, but not limited to, a meatless diet.

1+2+3 Soup and Salads

For students with allergies or dietary restrictions, 1+2+3 Soups and Salads will have ingredients separated from each other and will be meat-free, allowing options for vegan and vegetarian students.

1839 Kitchen

If comfort food is what you crave, 1839 Kitchen will have plated-buffet full meals with rotating choices.

Tiger Avenue Deli

Tiger Avenue Deli will serve hot sandwiches that can be customized with toppings and choices.

Truffles

Truffles will offer desserts, and Starbucks will serve its famous coffee inside. The Restaurants at Southwest.

Truffles, like the rest of the complex, will be cashless, but it will take several forms of payment compatible with meal plans, school payment plans, debit and credit cards.

Starbucks will be separate from the restaurants, but in the same area, and will take E-Z Charge, student charge, cash or card. The other Starbucks on campus is located in Memorial Union, with another located on Ninth Street.
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Easy dorm room meals to cook yourself

BY GABBY VELAZQUEZ
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Freshman year is a survival game. You have to wake yourself up, prepare your meals, manage your own finances and manage as a real “adult.” Food is a lot scarier when you’re the one looking at the grocery bill. And as easy as it is to survive on variations of Chef Boyardee and mac and cheese, those meals can get really old really fast.

So, here are some easy microwave-friendly meals you can make in the comfort of your dorm room. If you can’t drive to the grocery store, most non-perishable ingredients can be bought on Amazon.

EASY PEANUT SAUCE

Ramen noodles are exceptionally cheap, though not particularly healthy. To make them a little heartier, try this easy Asian peanut sauce. The peanut butter will give you energy, and the pepper flakes will add a good kick to the recipe.

Supplies needed:
- Microwave
- Microwave-safe bowl
- Mixing bowl
- Cutting board
- Chef’s knife

Ingredients:
- 1 package Ramen noodles
- 3 tablespoons peanut butter
- 3½ tablespoons soy sauce
- Lime juice
- Pepper flakes
- Garlic
- Green onion

Directions:
Put one pack of ramen noodles in a microwave-safe bowl, and cover it with water. Microwave for three to five minutes, and let the noodles sit for three minutes. Drain the water, and let the noodles sit for another minute.

While the noodles are in the microwave, make the sauce. In another bowl, mix together the peanut butter and soy sauce. Cut a small lime in half, and squeeze half of the lime juice into the sauce. Set aside the other half. Add the garlic and pepper flakes. Chop the green onion and set aside. Pour the sauce onto the noodles and mix. Sprinkle the green onion on top and enjoy!
**MUG MUFFIN**

A lot of students either skip breakfast altogether or rely on protein shakes and energy bars. If you have a little extra time in the morning and have a craving for something sweet, you can make a quick muffin in a mug. The ingredients can be found at any supermarket.

**Ingredients:**
1 egg
2 tablespoons flax meal
2 tablespoons almond flour
2 tablespoons sweetener
½ tablespoon baking powder
1 tablespoon softened butter
Blueberries

**Directions:**
Mix all of the ingredients into the mug and stir together with a fork. Add blueberries last. Microwave on high for 1-2 minutes. If you have any sugar, sprinkle it on top.

**Supplies needed:**
- Microwave
- Mug
- Fork

---

**MICROWAVE NACHOS**

This recipe is perfect for a movie night with friends or just as a pick-me-up during a midnight study session. It’s easy to make, and the egg will give you plenty of energy.

**Ingredients:**
1 egg
1 tablespoon milk
1 tablespoon pepperjack cheese
1 bag tortilla chips
Salsa
Sour cream
Guacamole (optional)

**Supplies needed:**
- Microwave
- Mug
- Measuring spoon
- Mixing spoon

**Directions:**
Mix the egg and milk in a mug, add in cheese, a spoon of salsa, salt and pepper. Break two tortilla chips into smaller pieces and mix into the liquid. Microwave on high for 1 minute. Line the mug with tortilla chips. Add another spoonful of salsa and sour cream to the center and enjoy!
**That CoMo feeling:**

**Ways to arrange cheap date nights**

**BY MOLLY NAGEL**

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Want to plan a date? Hope it doesn’t cost anything? Here's your guide to date nights in Columbia that cost little or nothing.

**Mizzou After Dark**

If it’s Friday night, you’re in luck. Mizzou After Dark provides events every Friday night that are usually free with your student ID. Their most popular events include Up All Night, Spa Night, Casino Royale and Coffee and Canvas. You can find the events on the website, on Facebook and on any of the many posters that appear around campus on the week leading up to the event.

**Free Movies**

If the only free time you can find is Wednesday night, attend one of the free movies put on by the Films Committee of the Department of Student Activities. The films are always free and usually start at 8 p.m. You can also buy candy for $1, a lot cheaper than most movie dates. The films are mainly Hollywood movies, but also include independent films, documentaries, and foreign features.

If you want to connect with your inner kid, check out the movie nights at the Armony Sports Center. The first and third Saturdays of the month, the city puts on children and family movies for free, which includes free popcorn and soft drinks.

**First Fridays**

If you and your date like art, check out First Fridays in the North Village Arts District (the first Friday of each month.) This free event is open to the public and held within a nine-block radius beginning one block north of Broadway on Tenth Street, and continuing east. It’s an art crawl that offers free food and drinks from the local businesses, tunes from local musicians and cool art you can buy or just look at.

For more info

In addition to these recurring events, you can always look for additional and unique happenings by checking the following sites: stufftodo.missouri.edu; mizzouafterdark.missouri.edu; visitcolumbiamo.com/events; the following sites: stufftodo.missouri.edu; mizzouafterdark.missouri.edu.

Achieve a balanced lifestyle and much clearer skin tone

**BY MONIQUE WOO**

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Acne still haunts many of us, and it usually pops up at the worst times. Sometimes it’s hard to figure out why and how we get it on certain areas of our bodies. We usually try to get rid of it through prescribed medicines, at-home remedies and good hygiene habits, but it doesn’t always help.

Amy Saunders, an acne coach and natural beauty writer, specializes in natural treatments of acne. On skyntherapyblog.com, Saunders writes about the ancient technique of face mapping and how it can help you find out what may be causing you to break out.

Face mapping is a method from Ayurveda teachings and Chinese medicine. Ayurvedic medicine is focused around fixing imbalances within the body so it can heal itself. Face mapping is just that: you determine what your body is lacking or what it needs less of by identifying where you’re breaking out.

Dividing up your face into “zones” and knowing which bodily function is connected with each one gives you a starting point on what you could be doing to fix the imbalances within your body.

Although Saunders has found the technique to be pretty accurate and helpful in understanding her problem skin, she said face mapping may not help everyone. But it’s a good start in finding out what isn’t causing your acne.

What’s going on inside your body may not be what’s responsible for your acne. It could be from something out of your control and your environment that is making you break out.

Saunders lists factors that should be taken into consideration when determining the cause of your acne:

- Chemicals in skin care products
- Pollution
- Allergies
- Hormones
- Genetics

Most of the zones require specific foods to be eaten — or avoided — and lifestyle changes. These changes should hopefully reduce the acne on your face and just improve your health in general.

Only some zones indicate that lots of good-quality sleep, exercise, water and green vegetables and are essential in maintaining a clear face, but all these factors are also advantageous for your well-being, too.

We’ve created the chart on page 18C to help guide you on your way to achieving balance and clearer skin.

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**Zone 1: Digestive System**
Up antioxidant intake by drinking green tea and eating dark green vegetables. Drink tons of water and add more fiber to your diet.

**Zone 2: Liver**
You may need to cut back on alcohol. You can also add more exercise to your routine and get plenty of sleep to improve liver health.

**Zone 3: Kidneys**
You might not be drinking enough water. Try to drink at least 8 glasses a day and cut back on caffeine and salt.

**Zone 4: Lungs**
Strengthen your lungs with breathing exercises right when you wake up. Also, try to cut back on sugary foods.

**Zone 5: Heart**
You might want to keep an eye on your blood pressure if you’re breaking out on your nose. It could also be from high stress levels and too much salty/spicy foods.

**Zone 6: Liver**
Outbreaks on your left cheek could mean that you need to eat more alkaline foods like broccoli and cucumbers. Reduce intake of dairy and sugary foods too.

**Zone 7: Large Intestines**
Those midnight snacks might be causing outbreaks in this area. Try not to eat too late. You could also buy some probiotics to fix an imbalance in your gut.

**Zone 8: Digestive Organs**
Your liver and intestines could be the cause of breakouts on your mouth. Cut back on spicy and greasy foods.

**Zone 9: Hormones**
Blemishes in this area could be from tons of stress. Be sure to get good quality sleep every night. Drink lots of water and eat leafy green veggies.

**Zone 10: Immune System**
Don’t forget your neck! Outbreaks on your neck could mean that your body is trying to fight off illness or that you’re beyond stressed. Take some time to just relax. Maybe meditate.
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