It’s Time to Earn Your Stripes
Welcome to The Zou. M-I-Z!

BY QUINN MALLOY
news@columbiamissourian.com

A Missouri Tigers football game can be a fine way to spend a Saturday afternoon. The team always drums up a lot of excitement in Columbia, and being at Faurot Field on game day is an experience every Mizzou student should have at least once.

**Tickets**

Students who’d like to go to all seven home games during the 2017 season can purchase a special student ticket package. The football-only package will be available in early August and cost $165. Alternatively, students can visit the Tigers’ website now and buy a student ticket combo package, which will allow them to attend all Missouri football home games as well as all the home games for the basketball team. The combo package costs $245.

Students who’d like to secure the best seats for football games should consider joining Tiger’s Lair, Mizzou’s official student cheering section. Tiger’s Lair members sit closer to the field and closer to the 50-yard line at home football games. Registration for Tiger’s Lair is granted on a first-come-first-serve basis on a to-be-selected day in late August.

**Chants**

Faurot Field on game day is a raucous place — there’s unmistakable electricity in the. There are several well-established chants that you should be aware of before heading to a stadium.

When the Tigers lineup to kick, fans begin to make a low droning sound. The noise crescendos as the kicker approaches the ball, and when he kicks to the other team we all shout, “Go, Tigers!”

Make sure you bring a set of keys to the game — house or car will do fine — because on every defensive third down the crowd uses them to make that distracting jangling noise we all know and love. The purpose of this is to both psych out the opposing offense and let everybody know third down is a “key” down.

The most well known chant we have here at Mizzou is the famous call and response: “MIZ” — “ZOU.” The student section on the east side of the stadium starts the chant by shouting “MIZ.” Across the field on the west side of the stadium, the alumni section responds “ZOU.” Hearing tens of thousands of people chant those letters will send shivers down your spine. Sports fan or not, you really just have to experience it for yourself.

Finally, be sure to participate in the Missouri Waltz during the break between the third and fourth quarter and, of course, stick around for the alma mater after the game.
HOURS

North -
  Mon. - Wed. 11 a.m. - 10 p.m.
  Thurs. - Sat 11 a.m. - 10:30 p.m.
  Sunday 11 a.m. - 8 p.m.

Downtown -
  Mon. - Wed. 11 a.m. - Midnight
  Thurs. - Sat. 11 a.m. - 2 a.m.
  Sunday 11 a.m. - 8 p.m.

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573-228-9844
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33 North 9th Street.
573-449-8788
www.lasiestamex.com
New era for Missouri men’s basketball

BY MADI SKAHILL
news@columbiamissourian.com

All eyes are on Missouri men’s basketball this year as they enter the 2017-18 season with a new head coach and a highly ranked incoming class.

Coming off of a rocky 2016-17 season at 2-16 in the SEC and 8-24 overall, hopes shifted for Missouri when former coach Kim Anderson left and MU hired Cuonzo Martin from the University of California, Berkeley.

Then the campus erupted when Columbia native and top 2017 recruit Michael Porter Jr. announced he’d be returning home from Washington to play for the Tigers.

Following quickly behind Porter Jr., four-star guards Blake Harris and C.J. Roberts committed to Missouri in early April. Jeremiah Tilmon, the four-star forward from East STL, released his letter of intent to the University of Illinois and committed to Missouri in mid-May, adding a surprise bonus to the already envied incoming pool.

Returning senior Jordan Barnett and juniors Kevin Puryear and Terrence Phillips will add necessary leadership to the mix. The last-minute graduate student transfer and top shooter Kassius Robertson, who committed to Missouri after leaving Canisius, was the cherry on top. As Missouri enters the Cuonzo Martin era, the team dynamic of new talent and experience should be one for the books.

The Tigers’ schedule has yet to be announced, but Missouri’s conference slate confirmed that they will face off against Auburn, Florida, Georgia and Tennessee at home next season, amid other home-and-away SEC matchups.

Missouri secured two matchups against SEC powerhouse Kentucky, one at home and one in Lexington. High anticipation surrounds this 2017-18 rematch, after a surprisingly close home game late last season against the Wildcats that ended in a 72-62 loss for Missouri.

The Tigers held pace most of the game, only down one point at halftime. Though it ended in a loss, it was a glimmer of hope for the Tigers, and fans are curious to see if Missouri can use its stellar roster to do more than keep up with Kentucky this year.

Students have the chance to catch all of the action at every Missouri home game with the student ticket package. The football and basketball ticket package costs $245, and offers admission to the student section at every home basketball game and all seven home football games. Tickets can be bought on Missouri’s student ticket information website, and student charge is accepted.

If you can’t bring yourself to buy the whole package but think you still might want to see some hoops, don’t fret. If you join your Mizzou Class Facebook page, individual tickets are posted for sale before nearly every home game. Tickets can be transferred between students through Missouri’s ticket website.

Fans who want to go above and beyond to show their Tiger pride can join Zou Crew — Missouri’s official men’s basketball student hype section. Zou Crew members get matching T-shirts to wear at games.

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wear at games and sit in the front rows of the student section to amp up the crowd. Students can apply to be members on the Zou Crew website; the cost is $25.

The Antlers are another men’s basketball fan group, not sanctioned by the school, but deeply rooted in history. Often dressing in wild costumes and bringing outrageous props, the Antlers take their basketball super-fan role seriously, and any student interested in joining the group must audition.

Nonetheless, if you’re passionate about Missouri basketball, check out these opportunities to get involved and show your pride.

We have your back.
Navigating college life at Mizzou can be hard. The offices of the Division of Inclusion, Diversity & Equity are here to support you and enrich your college experience:

- Gaines/Oldham Black Culture Center
- LGBTQ Resource Center
- Multicultural Center
- Office for Civil Rights & Title IX
- Relationship & Sexual Violence Prevention (RSVP) Center
- Women’s Center

Learn more about us at diversity.missouri.edu. Sign up for email updates at ow.ly/gyx630dC4d7.

LEFT Cuonzo Martin and athletic director Jim Sterk laugh as Martin receives a personalized jersey during a press conference at Mizzou Arena in March. Erin Achenbach/Missourian

BELOW The Antlers solemnly sway to the Missouri Waltz at Mizzou Arena in December. Katelyn Metzger/Missourian
Non-revenue sports you’ll want to watch — usually for free

BY MADI SKAHILL
news@columbiamissourian.com

When you imagine yourself as a proud Tiger fan, don’t just stop at football and basketball. Missouri has many other non-revenue teams that finished successful 2016-17 seasons. Baseball, wrestling, gymnastics, softball and volleyball are just a few examples.

Here is a look at three of the teams that delivered successful seasons this year:

Baseball
Missouri baseball is coming off one of its hottest regular seasons since 2008, finishing its first year under the direction of head coach Steve Bieser at 36-23. The Tigers made their third consecutive appearance in the 2017 SEC Tournament in late May, entering as the 10th seed and slugging a win against Texas A&M in the first round. The Tigers later lost to No. 2 seed LSU, and fell once more to South Carolina when they were eliminated.

Aside from the early end to tournament play, Missouri wrapped up its regular season on a six-game winning streak under a dominant group of pitchers who ranked second in the SEC with their 3.43 ERA.

The Boston Red Sox drafted Tanner Houck, a Missouri junior and standout pitcher, and he was joined in the first round by four other teammates eligible for the MLB draft in late June.

Houck will pursue the professional deal, but the rest — right-hand pitcher Bryce Montes De Oca, right fielder Trey Harris and catcher Brett Bond — say they will decline their professional offers and return for another year at MU.

Harris led the Tigers with 12 runs and 48 RBI for the 2017 season, followed closely by Bond, who marked 10 runs and 42 RBI. The Tigers can expect another exciting spring at Taylor Stadium with young talent and the return of these seasoned veterans.

Wrestling
For the first time ever, Missouri wrestling sent several athletes to the NCAA championships in March.

The 2016 Olympic bronze medalist and 197-pound senior, J’den Cox, won his third national title at the championships, becoming the first wrestler in Missouri history to do so.

Redshirt senior 149-pounder Lavion Mayes and redshirt junior 157-pounder Joey Lavallee fell in the finals, but the team still took fifth overall with a score of 88.5.

Redshirt freshman 141-pounder Jaydin Eierman finished his All-American season with a fifth-place finish in the fifth session of the championships, alongside two-time All-American redshirt sophomore Daniel Lewis, 165 pounds, who placed sixth.

Since the successful finish at the championships, Cox went on to secure a spot on the national team at the World Team Trials in June and is competing in the World Championships Aug. 21-26 in Paris.

With the announcement of Cox as Missouri’s new volunteer assistant coach and the return of standout All-Americans Eierman and Lewis, the Tigers will be a force to reckon with in the 2017-18 season.

Gymnastics
Missouri gymnastics opened its season on a record-breaking note, scoring a 196.225 in its season opener, shooting up
Hungry?
May we make a suggestion?

COLUMBIA MISSOURIAN

TOp: J'den Cox hits a double leg takedown against Jacob Bohlken during the annual Missouri Wrestling Black and Gold Dual at the Hearnes Center in November. Cox won by technical fall with a score of 20-5 in seven minutes. Allison Collins/Missourian

Right: Missouri catcher Brett Bond hits a single during a game against Eastern Illinois University at Taylor Stadium in March. Bond was the first Missouri player with five hits in a game since 2011. Monique Woo/Missourian

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Carol Miller, CEO

to a No. 6 ranking on the RoadtoNationals.com national rankings.

Rounding out the season with a home win against No. 12 Kentucky, the Tigers headed for the SEC championship in mid-March, where they took seventh place. Junior Becca Schugel and sophomore Britney Ward claimed spots on the All-SEC Team after their top two finishes on floor and vault, respectively.

The Tigers entered the NCAA Regional at No. 15, and finished third with a team score of 196.100 at the Gainesville Regional. Missouri was edged out for a nationals spot by Florida and Georgia but is coming off a 10-7 season hungry for more success.
**Missouri Tigers Football Schedule 2017**

| Missouri State Bears @ Faurot Field Columbia, MO | South Carolina Gamecocks @ Faurot Field Columbia, MO | Purdue Boilermakers @ Faurot Field Columbia, MO | Auburn Tigers @ Faurot Field Columbia, MO | Kentucky Wildcats @ Kroger Field Lexington, KY | Georgia Bulldogs @ Sanford Stadium Athens, GA | Idaho Vandals @ Faurot Field Columbia, MO | UConn Huskies @ Rentschler Field East Hartford, CT | Florida Gators @ Faurot Field Columbia, MO | Tennessee Volunteers @ Faurot Field Columbia, MO | Vanderbilt Commodores @ Vanderbilt Stadium Nashville, TN | Arkansas Razorbacks @ D.W.R. Razorback Stadium Fayetteville, AR |
| SATURDAY SEPT. 2 | SATURDAY SEPT. 9 | SATURDAY SEPT. 16 | SATURDAY SEPT. 23 | SATURDAY OCT. 7 | SATURDAY OCT. 14 | SATURDAY OCT. 21 | SATURDAY OCT. 28 | SATURDAY NOV. 4 | SATURDAY NOV. 11 | SATURDAY NOV. 18 | FRIDAY, NOV. 24 |

**You are ready to be a Tiger**
Rec sports: Here’s how to find your team

BY QUINN MALLOY
news@columbiamissourian.com

While many incoming students have had the privilege of representing their high schools on the field, track or court, the bar for collegiate athletes is typically set higher. Don’t fret, though, because there are athletic opportunities aplenty at MU, even if you don’t make the Division 1 grade. MizzouRec offers intramural team sports throughout the year. The most popular sports are flag football, basketball and soccer, but there is a wide variety of athletic options to choose from. Below is a list of sports offered by MizzouRec for the fall 2017 semester.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Registration start date</th>
<th>Entry fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Log Rolling (August)</td>
<td>8/23</td>
<td>$5</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>8/28</td>
<td>$99</td>
</tr>
<tr>
<td>Flag Football</td>
<td>9/5</td>
<td>$149</td>
</tr>
<tr>
<td>Indoor Volleyball</td>
<td>10/16</td>
<td>$99</td>
</tr>
<tr>
<td>3v3 Basketball</td>
<td>11/13</td>
<td>$29</td>
</tr>
<tr>
<td>3v3 Soccer</td>
<td>11/13</td>
<td>$29</td>
</tr>
<tr>
<td>Battleship</td>
<td>11/27</td>
<td>$15</td>
</tr>
<tr>
<td>Log Rolling (November)</td>
<td>11/27</td>
<td>$5</td>
</tr>
</tbody>
</table>

If you are unable to organize a team in time for registration, you’ll still be able to exercise or play sports on campus. The Rec Center itself is a great place to work out or play team sports. There are several workout rooms equipped with all types of machines and weights, as well as basketball courts, volleyball courts, a rock wall and swimming pools.

Nearby, Stankowski Field — or “Stank” as it’s commonly referred to — is where you can find pickup games of soccer, football or ultimate Frisbee.

For more information on the Rec Center and MizzouRec sports, visit their website.

Here’s your Mizzou tradition bucket list

BY HAYLEY ODOM
news@columbiamissourian.com

Students at the University of Missouri have passed down traditions for close to two centuries since the university’s founding in 1839. Some are university sanctioned, while others have been carried on by students independently.

As a new freshman, consider this unofficial checklist your first assignment to read. Don’t worry — the due date isn’t for another four years.

**Tiger Walk**
The Tiger Walk is a rite of passage for incoming freshman. You might remember hearing about this event when you were a young, prospective high school student on your college tour. Well, we like to brag about the Tiger Walk because it’s special to our university, and it’s a great way to kick off the next four years of your life.

Before the start of the fall semester, Mizzou freshman gather on Francis Quadrangle to run through the Columns toward Jesse Hall. This 22-year tradition symbolizes a student’s entry into Mizzou.

**Kiss the 50-yard line**
Unless you have easy access to Faurot Field, this task might seem more like a chore. Be creative and find a way to get your lips on that field and mark your turf. Pay tribute to our stadium, and be one of thousands before you to have kissed the 50-yard line.

**Yell ‘I love Mizzou!’**
Speaker’s Circle is a haven for free speech, as you will definitely learn in the weeks ahead. When you have decided to exercise this option, keep it short and make it loud. Stand in the center of Speaker’s Circle, hold your ground and yell as loud as you can: “I love Mizzou!”

**Senior Sendoff**
The Senior Sendoff is a beloved tradition at the University of Missouri. Think of the event as a sort of ‘sequel’ to the Tiger Walk. Unlike the movies, in this case the sequel is better.

At the conclusion of your time here at Mizzou, you will once again be invited to the Columns for one last run-through. Enjoy this experience the way you enjoyed your years at Mizzou.
Welcome,
#Mizzou21
RESOURCES FOR YOUR SUCCESS

1. Heinkel Building
   Civil Rights & Title IX Office
2. Parker Hall
   Counseling Center
3. Jesse Hall
   Cashiers Office
   Financial Aid Office
   University Registrar
4. Student Center
   LGBTQ Resource Center
   Multicultural Center
   New Student Programs
   RSVP Center
   Women’s Center
5. Student Success Center
   Academic Exploration
   & Advising Services
   Career Center
   Learning Center
   Writing Center
6. Ellis Library
7. Memorial Union
   Disability Center
   International Center
8. Stanley Hall
   Financial Success Office
9. Gaines/Oldham
   Black Culture Center
10. Student Health Center

University of Missouri
Mizzou After Dark offers free entertainment

BY MAUREEN STRODE
news@columbiamissourian.com

After a long week of classes, homework, and tests, there is more for MU students to do than go to parties. Mizzou After Dark is one of those alternatives. Every week, Mizzou After Dark offers students fun, sober activities and events on campus where students can relax, meet new people and have fun. The best part is that all activities are free. Sarah Twomey is a senior. She’s been going to Mizzou After Dark events since she was a freshman. “It’s just a really fun, welcoming atmosphere,” Twomey said. “I’m an engineering student, so it’s nice to go to Mizzou After Dark events after a hard week and just hang out.”

Discover how you can contribute on campus

BY HAYLEY ODOM
news@columbiamissourian.com

Becoming a freshman in college can mean feeling like swimming as a tiny fish in one big sea. You’ve probably been told to “get involved,” over and over since you received your college acceptance letter. While the advice is often prescribed, it’s also completely valid. The Get Involved Fair exposes students to the dozens of clubs on campus where they can find a niche. Every year, organizations set up booths for students to visit and find information about clubs. Ambassadors from each club are there to answer questions and sign up interested students. The annual event is normally held the Wednesday after Labor Day. In past years, organizations have set up booths in the MU Student Center or on Lowry Mall in front of Ellis Library. Although the location for this year’s involvement fair has not been set, you’ll probably run into it on your way to class. With 100 clubs setting up booths and courting you, the Get Involved Fair will be hard to miss.

The Arrow Rock Independent Order of Odd Fellows lodge hall sits in a town west of Columbia where restaurants and an old-fashioned setting provides a destination away from town.

Where to go when and if Columbia feels too small

BY NADAV SOROKER
news@columbiamissourian.com

Columbia has a lot to offer. Downtown has great shopping and restaurants, there are bike and walking trails, hiking out at the Pinnacles or Rock Bridge State Park and plenty of cultural events like True/False Film Fest, Unbound Book Festival and Root N Blues N BBQ Festival to keep you occupied. Columbia is still a small town, and cabin-fever can strike the heartiest of students. When it does, here are a few places to get out of town.

#BACKVETSUP
VISIT ORTHOINFO.ORG/BACKVETSUP

It’s time to evolve our methods for supporting spine-impaired veterans.

Spine impairment is a leading cause of disability for veterans—and it’s on the rise. We urge Americans to back vets up by joining our efforts to treat and defeat these injuries. Get involved, our website is a great place to start.
Local concert venues provide a wide range of music and more

BY MITCHELL BARTLE
news@columbiamissourian.com

The music scene in Columbia has a variety of options for different kinds of music lovers. These three are some of the most well-known venues that offer live music. You can get an idea of what each offers.

**The Blue Note:**
This is probably Columbia’s best-known music venue, and it has a long tradition of booking big artists. The main floor in front of the stage is standing-room-only with a bar at the back wall. Another bar is upstairs with seating on a balcony that curves high above the main floor. The venue can hold up to 500 people according to its website, but the structural design gives concert-goers an up close and personal experience.

The 1920-era architecture also adds to the ambiance, giving the place its own distinct feel. Notable artists who have performed at The Blue Note this year include Louis the Child, Cold War Kids and Tech N9ne.

Concert tickets range from free to around $40. For some of the big touring artists who have performed there, this is an appealing price.

**Rose Music Hall:**
This venue has the same owners as The Blue Note, but is different in size and atmosphere. Inside, Rose Music Hall has a capacity of around 150, but when combined with its outdoor venue Rose Park it could hold more than 1,000, according to its website. The venue usually schedules regional and local musicians.

The outdoor area was recently renovated, completing the construction of a stage that can provide artists production capabilities similar to the Blue Note. Inside, the building is a rectangle, with tables and chairs lining one wall and a bar filing the other. In between is a wooden floor and a small stage at the back.

In its early years, Rose was called Majes, and according to its website, it hosted Arcade Fire and The Black Keys before they were well known. Concert tickets here are usually cheaper than the Blue Note, but still range from free to around $40, depending on who is playing.

**Café Berlin:**
Across the street from Rose in the North Village Arts District is the smaller, locally owned restaurant and music venue Café Berlin. Since it expanded to add a small stage and bar in 2014, Café Berlin has been a haven for local artists.

A restaurant by day and a music venue by night, it stages a wide variety of performances ranging from spoken word to indie rock to hip-hop. If you’re a musican or entertainer, this is a smart place to start performing live to a receptive audience.

Café Berlin has a relaxed atmosphere with a small, low stage that puts performers just feet away from the audience. Capacity is 250 according to its website and shows typically cost around $5.
COLUMBIA MISSOURIAN

If you love nature, it’s time to get excited. Columbia is known for an abundance of trails and parks with more than 3,000 acres of parks and green spaces combined. With such abundance, it can be difficult to choose just one to visit. We’ve compiled a list of popular parks and trails here, but don’t let that limit you. Be sure to look at the entire parks and trails map and go wherever you please.

Eight major trails in Columbia

MKT Nature and Fitness Trail
- Eventually connects with the Katy Trail
- Total of 8.9 miles (4.2 miles within Columbia and 4.7 in Boone County)
- Suitable for walking, jogging, running and cycling

Bear Creek Trail
- 4.8 miles of limestone
- Features a 450-foot boardwalk built on the face of a hill
- Various bridges crossing

Hinkson Creek Trail
- 4.25 miles of limestone; 2.25 miles belong to MU
- Four various access points on campus: Rec Center, Hearnes Field or Memorial Stadium, Epple Field and the Hinkson Creek Recreation Area

Hominy Creek Trail
- Concrete path. 2.9 miles
- Travels beneath Highway 63, East Broadway and I-70

County House Trail
- 2 miles of concrete (with limestone on the borders of Twin Lakes Recreation Area)
- Connects Stadium Boulevard to the MKT Trail at Twin Lakes Recreation Area

Grindstone Creek Trail
- 1.75 miles of concrete alongside Grindstone Creek
- Rock bluff scenery throughout the trail

South Providence Trail
- 1.7 miles of concrete with a limestone side path
- Popular for bicycles

Scott’s Branch Trail
- 1.3 miles of concrete
- No dogs are allowed on the portion of the trail bordering Boine View Nature Sanctuary and Columbia Audubon Nature Sanctuary, but there is a “Doggie Detour” route if you do plan to bring your pup

Columbia has 64 parks within its boundaries. The most popular parks include:

Columbia Cosmopolitan Recreation Area
- 1615 Business Loop 70 W.
- Also known as Cosmo Park, this is Columbia’s largest park at 533 acres
- Open from 6 a.m. to midnight
- Amenities include sports complexes, trails, playing fields, a golf course, off-leash area for dogs, playgrounds, a remote control car track and a skate park

Columbia itself has dozens more parks and green spaces throughout the city and surrounding area, so don’t be afraid to try a new place.

And if you’re ever feeling stressed from class or work, taking a walk on any of the many trails might help you relax.
Save money on your favorite things to do with these Columbia membership deals

BY NADAV SOROKER
news@columbiamissourian.com

Mizzou is a small world of its own, and when you first arrive it will take time to explore it all. Once you have been to the Rec, joined a sports league, seen movies in Memorial Student Union and sampled the dining hall menus, it might be time to branch out into Columbia.

Students can get great deals when they flash their ID cards, but sometimes it pays to shell out for a membership. Here are a few deals in town that can help freshen your appetite and outlook.

Ragtag Cinema Student Membership: $30 a year
Ragtag Cinema, Columbia’s local arthouse theater, shows independent films every day. Students can get a $4 discount on movie tickets with a $30 annual membership. As long as you watch one film a month while you are on campus, you will make back your membership investment plus a little extra.

Keep on top of the Ragtag show schedule at ragtagcinema.org since films sometimes may have limited runs or the theater will have special events like director-attended screenings.

Columbia Art League: $20
The Columbia Art League’s gallery is just off campus on Ninth Street and can be fun for a quick browse while waiting for a pizza at Shakespeare’s or a show at the Missouri Theatre. The $20 student membership is great for students who want an extra outlet for their artwork, discount classes for polishing their skills or a chance to mix and mingle with the Columbia art community at the league’s opening receptions.

Root Cellar’s Local Food Box: $35 plus tax each week
When you are tired of eating at the dining halls and on the Ninth Street food strip, stop by the Root Cellar and look into their weekly food boxes. The Ploughman’s box will give you a bit of meat, a hearty amount of vegetables and one local, artisanal item to try each week.

If you find something you don’t want, it can be swapped at the store’s “Trading Post.” The boxes are a good way to keep your diet fresh and keep off the “Freshman 15” or the “Mizzou 22”

Craft Beer Cellar Beer of the Month: $35 plus, age 21
After your 21st birthday, head into the basement bar and beer grocer just off Ninth Street to find what may be the most thorough beer retailer in town. Their exceptionally knowledgeable staff can tell you anything you want to know about what you are drinking and what you should be trying.

They send out monthly beer boxes to help you broaden your taste horizons and try as much of their constantly rotating stock as possible. The boxes are delivered to your door, and you can let them know your preferences so you don’t get beers you don’t want.

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Hurry, fill a spacious 3x3 or 4x4 bedroom apartment and get:

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**Bonus $500 if you fill your whole apartment**

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*Certain restrictions apply. See office for details. While supplies last. Apartment furnishings pictured may not reflect the actual apartment.

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