SPARK YOUR LEGACY

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MISSOURIAN

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LILLI SAMS/MIssourian

Freshmen walk through the columns on Francis Quadrangle during Tiger Walk at the start of classes in August 2014. Tiger Walk is a freshmen tradition as an entrance into the university.

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LAUREN KASTNER/MIssourian

Students release balloons Sept. 14 on the Francis Quadrangle during National Suicide Prevention Week. Some students donated $5 to write a message on the balloons before releasing them into the sky.

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Finding first friends for freshman year

By SEAN MCNEALY
news@columbiamissourian.com

The Missourian asked 10 students to talk about their experiences during freshman year when they were trying to make friends and find their place on campus.

JENNY JUSTUS/Missourian

Ninth Street is filled with the hustle and bustle of students Jan. 20, as they begin their first day of classes for the spring semester.

Rachel Hignett, 19

Junior, communications
Cardiff, Wales, U.K.

"As an athlete, I have had a different experience making friends than a typical student at Mizzou. However, I would say that you need to put yourself out there. Sure, it might be tough — you just left home, and you're missing your parents — but it's the perfect time to find yourself and to find friends. Go to as many events as possible, events that your dorm puts on or athletic events. Keep yourself busy. What helped me was a simple hello. As an international student as well, my British accent always sparked up a conversation, too. Try and jump out of your comfort zone, make friends with people who aren't like you so you can widen your horizon and have the biggest friends base you possibly can."

Kylie Flannigan, 21

Senior, health science
Downers Grove, Illinois

"I went to a lot of football games. People really just flocked to me. I'm an outgoing person, and I kept an open mind when meeting new people. It really helped me to expand my horizons. I really like to talk to people about anything and everything. I was involved in a few organizations until I found one that had a group of people I really identified with."

Nick Hathaway, 22

Senior, strategic communications
St. Charles, Missouri

"I cannot stress how many amazing resources this university has, which we are privileged to use as students. When I got involved with certain organizations or programs that fit my interests (professionally or personally), I began to find my community. It's amazing that someone can feel so alone in a place where they're literally surrounded by thousands of people their own age. It can seem superficial and very challenging at times, but you have to put some effort forward. During my first week, I made an effort to talk to at least one new person a day. My reasoning was that it's the first week of class, and no one should be surprised if someone comes up to you with questions. My current roommate is actually someone I randomly approached the first week of my sophomore year. At the end of the day, we are all people. We all understand what it's like to be human. Just jump into a new organization or program that sounds exciting. This whole experience is such a privilege."

Jake Hopper, 19

Sophomore, biomedical engineering
Kansas City, Missouri

"Coming to Mizzou, I knew there would be a plethora of organizations where I could meet people of similar interests. For the first few weeks I tried many of those organizations and met tons of new people. That's not even factoring in students in my dorm or people I would meet at various events, such as football games. Having all of these opportunities made making new friends very easy. All I had to do was get out and get involved."

Kaylin Hicks, 21

Senior, respiratory therapy
Lombard, Illinois

"Freshman year was one of the most fun I have had in college because I met so many people. Some of my best friends to this day are people I met my first week of college. A lot of people come not knowing anyone, so you are forced to make friends quickly unless you want to be lonely. Res Life staff was good about doing activities to get everyone active and engaged with each other. Some of the people in my FIG (Freshman Interest Group) ended up being really good friends. Honestly, you get out what you put in."

Colton Smith, 20

Junior, textile and apparel management
Jefferson City, Missouri

"I got involved right away my freshman year because I jumped at any opportunity that was given to me. It can be hard to put yourself out there, but I am glad I did. Going into junior year now, I can say that my core group of friends is from the organizations I got involved with freshman year. Don't be afraid to talk to people in your classes. One of my best friends from freshman year was from one of my classes. It can be awkward at first, but get involved with things you're passionate about."

AMBER GARRETT/Missourian

Students, family members and friends take photos at the MU Columns on Francis Quadrangle before commencement ceremonies begin in May.

Kailyn Dinwiddie, 20

Junior, communications
Marshfield, Missouri

"Get involved, and talk to people around you.Take smaller classes, and talk to the people you sit by. Go out and experience things. You're only in college for a short amount of time, so don't miss out. You'll regret not going out, and you'll have the rest of your life to work."

Channing Bauer, 21

Senior, mechanical engineering
Kansas City, Missouri

"Making friends freshman year was a grand time. I made friends on move-in day, and I couldn't even remember half of their names from the chaos that day. After about two days, I was able to remember my neighbors' names. Pretty much I made friends by saying hello to anyone who would walk by my room. They had friends from back home who came to Mizzou, as well. I also would introduce myself to students who sat next to me in class, and I'm still friends with them today."

Shannon Le, 21

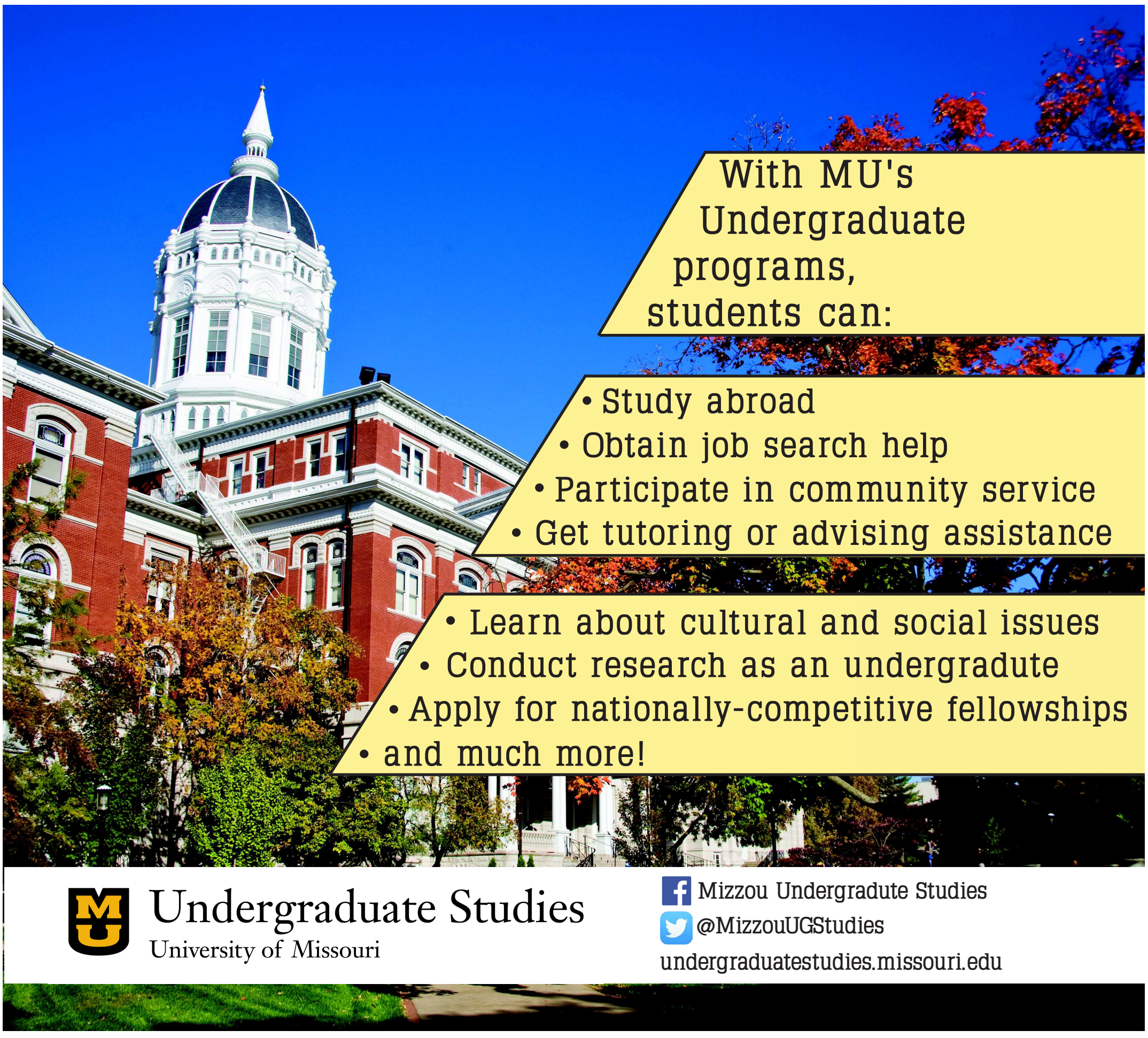
Senior, sports management
St. Louis, Missouri

"I was lucky my freshman year because I had a good roommate. Since we lived in a community-style dorm, it was easy to interact with other people on our floor, and that's how I met some of my really good friends. Interacting with people who live in your dorm is a good way to meet people. I didn't really join any organizations until my sophomore year, which I regret. Those programs and organizations are now the ones I thoroughly enjoy. If I had more confidence to join my freshman year, it would have been more amazing. My advice to freshman: Join organizations they think they might enjoy. In student organizations, you can meet people you probably would not have met otherwise. You are also able to gain experience in a variety of areas."

Catherine Brady, 19

Sophomore, elementary education, Austin, Texas

"Joining my sorority was probably the best way to make the huge school seem a whole lot smaller. Recruitment gave me an opportunity to meet some great girls. We were all going through the same things, and that made us closer. I made a lot of friends through my suitemates, too. Knowing very few people, I would hang out with my suitemates' friends, and that expanded my connections. Be open to new experiences, and get out there. Don't spend all your time in your room, and be sure to stay true to yourself."



Apps help students navigate, study and organize

By KYLEE MAY
news@columbiamissourian.com

Apps for tablets and smartphones offer a big advantage to students who need instant access to information at their fingertips. College students find many apps useful to them with their studies — calculators and dictionaries, or those for note taking and organization skills.

Here are 10 that will help you kick off your college career the right way:

■ **Dropbox** — Getting from dorm room to campus can be frustrating enough, but lose your flash drive, and you will likely have instant panic. Dropbox offers a great way to upload your files to the Cloud, giving you instant access to them from any device or computer. Files, pictures and videos can all be uploaded quickly and are available when you need them. Dropbox is also popular among those wishing to share files.

■ **Duolingo** — Are you studying a foreign language or taking a foreign language class? If so, Duolingo will help you be a language master. Duolingo incorporates fun into learning by providing games that you can win and advance to the next level. By doing so, you can earn points within the app and record your scores. Learning a foreign language will never be dull again.

■ **Scribd** — Instant online access to over 1 million books gives Scribd subscribers the ease of information easily. The app seamlessly syncs your books from mobile devices to computers to tablets with just a touch. It holds your place in reading from one device to the next. Save your books to the Cloud, then download the ones you need to your devices. Why carry those heavy books when you can pick up where you left off without even needing an Internet connection?

■ **Evernote** — If you prefer to take notes on your computer instead of on paper, you are not alone. Many college students use Evernote to take notes with during and after class. Evernote allows you to create an individualized workplace where youcan keep notes, collect groups of work, develop discussions and make a presentation. This might help you organize and keep your notes together.

■ **Mathway** — This app takes the frustration out of algebra, geometry, trigonometry, calculus and statistics. It allows the user to upload homework problems then get help solving them with step-by-step instructions. Examples are provided to help the user better understand each problem. Mathway even offers worksheets to help give you more practice so you will be better prepared for the next class.

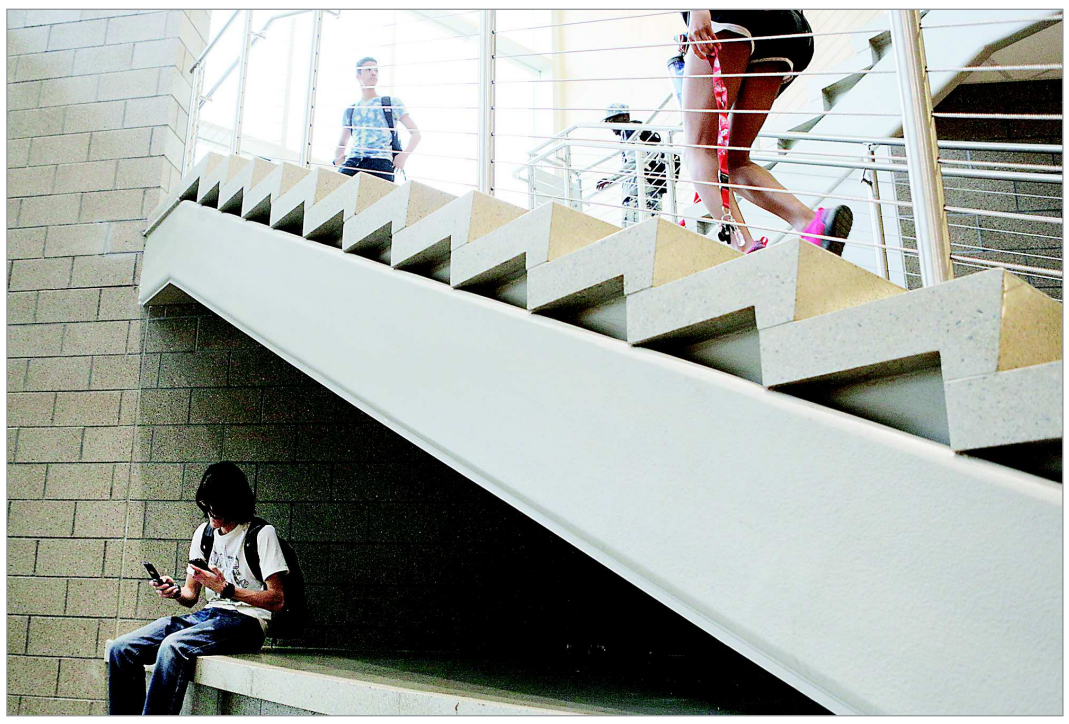
■ **Cliffsnotes** — Every student will end up in that last-minute crash to read an entire novel before a test. Don't have the time needed? Cliffsnotes takes literature to the next level by giving the reader a brief synopsis of the novel and breaking down the characters, diagramming the plot and helping to understand the author's point of view.

■ **EasyBib** — While in college, you will have to write many papers, whether for English, science, religious studies or engineering. You also will probably have to create a citation page after each essay, too. EasyBib has generated over 10,000 different citations, which will help you create an accurate bibliography that meets your professor's requirements. The app allows you to scan barcodes on books, search its archives for previous citations or create a new citation from scratch.

■ **Studious** — Having a tough time getting organized? Studious might be your solution. This app allows students to use an online planner with timetables to help map out their college life. You don't want to realize the night before that your biology paper is due in the morning. Studious lets students sync their calendar with friends, organize important assignments around other commitments and offer Cloud storage capabilities.

■ **Dictionary.com** — What used to be standard in every college backpack — a hard dictionary — is no more. Now you can download your dictionary free for use anytime, anywhere. Dictionary.com not only provides the user with the correct spelling, definition and grammar functions for each word, it can also be flipped to a thesaurus. Getting ready to give that speech, and can't figure out how to pronounce a word? Dictionary.com gives you the pronunciation through audio.

■ **Studyblue** — Studyblue connects you with other students taking the same class at the same college or with students from other colleges taking similar classes. Within the app, you can create materials to share with others, or you can review materials that others have already created. From flashcards to practice tests, Studyblue is your go-to for studying before a test.



LOREN ELLIOT/MIssourian

Roy Duran plays with his MP3 player and cell phone in a hallway at Battle High School after class. Apps for tablets and smartphones offer a big advantage to students who need instant access to information at their fingertips.

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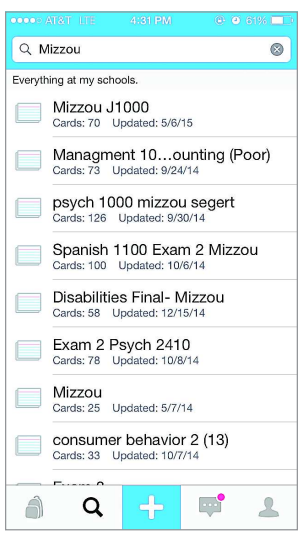

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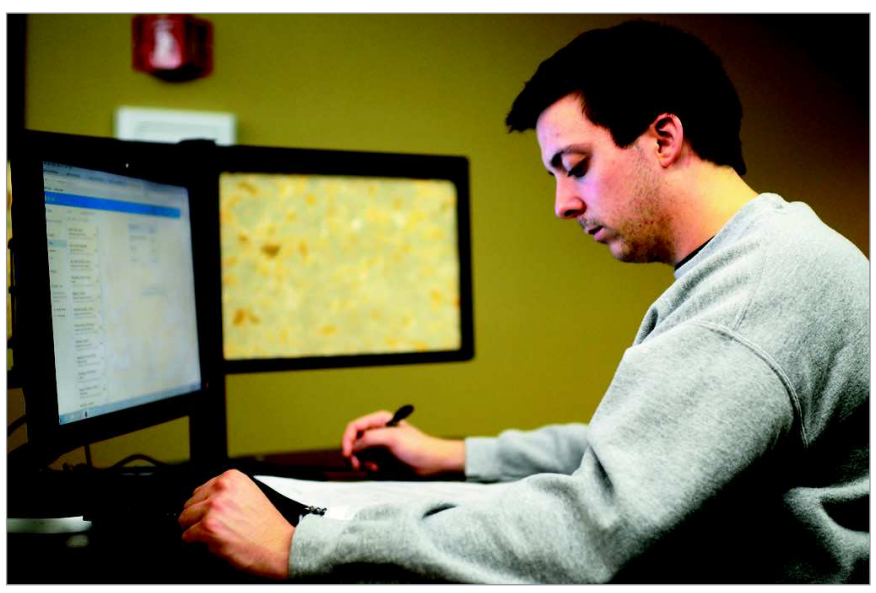
MATHWAY



Benton Berigan researches at Ellis Library.

AMBER GARRETT
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Freshmen discover off-campus eats

Columbia has ample options for when the dining hall food starts to get old

By ALEX WOZNICZKA
news@columbiamissourian.com

There are certain restaurants downtown that freshmen are immediately introduced to once they step foot on campus — Sparky's for ice cream and Shakespeare's for pizza. While these places are delicious, downtown Columbia has an abundance of eateries, some discovered only by accident.

Here are some places to help you branch out in your quest for a bite to eat, along with a suggestion from employees of what to try at each restaurant. We've also listed similar restaurants around town that are worth a try.

Pizza

Pizza Tree: Less than a year old, this joint offers pizza by the slice "all day, every day." You can choose from classics like the restaurant's take on the margherita pizza — the "Secret Margherita" — or several of its other adventurous toppings. Traditional 12- and 18-inch pizzas are also available, along with other goodies like soft pretzels.

If you go: Try the Banh Mi, a spicy pork pizza featuring house-made kimchi and chile aioli.

Also try: Gumby's Pizza, WiseGuys Pizza

Coffee

Shortwave Coffee: This independent coffeehouse is tucked away in Alley A, so you won't find it easily. Beans are roasted in-house in small batches, and you can try anything from lattes to hand brews. Don't forget to Instagram your latte art.

If you go: Try its nitrogen-pushed cold brew, an iced coffee with a texture similar to that of a stout beer.

Also try: Kaldi's Coffee, Coffee Zone

Breakfast and brunch

Ernie's Café and Steakhouse: This classic Columbia eatery has been around since the 1930s. It's great for hungry students on a budget; this diner does your favorite breakfast classics well.

If you go: Try a custom omelet or the No. 11 — your choice of meat, two eggs, hash browns and either French toast or a short stack of pancakes.

Also try: Café Berlin, Cat's Kitchen

Late night

Broadway Diner: Although this diner does breakfast, it also serves lunch and dinner and is open non-stop from 5 a.m. Wednesday to 3 p.m. Sunday. Its retro, greasy-spoon atmosphere will take you back to when your parents were in college.

If you go: Try The Stretch, a mountain of hash browns, scrambled eggs, chili, cheddar cheese and roasted veggies.

Also try: El Rancho, Hot Box Cookies

When your parents are in town

Flat Branch Pub and Brewing: This local brewery's menu features a modern twist on classic American food. Those 21 and older can partake in a variety of beers on tap, some brewed in-house.

If you go: Try the sausage and chicken bayou pasta: penne pasta topped with Andouille sausage, charbroiled chicken breast and sautéed vegetables in a creamy Cajun seasoning, topped with Parmesan cheese.

Also try: Glenn's Café, Broadway Brewery

Dessert

Harold's Donuts: "Love your craft" is this local doughnut shop's slogan, and it shows through in its creations. It offers 16 different kinds of doughnuts every day, so there is something for everyone.

If you go: Try the sprinkles donut, a glazed donut covered in house-made sprinkles.

Also try: U Knead Sweets, Velvet Cupcake

GAN YI/Missourian/File

Maddie Perry, a sophomore from Rock Bridge High School, eats a chocolate ice cream while standing with a friend in June 2012 on Ninth Street.

From left, Rexanna Ipock-Brown and Lisa Bruce eat lunch on the patio of Teller's restaurant on Broadway and Ninth Street.

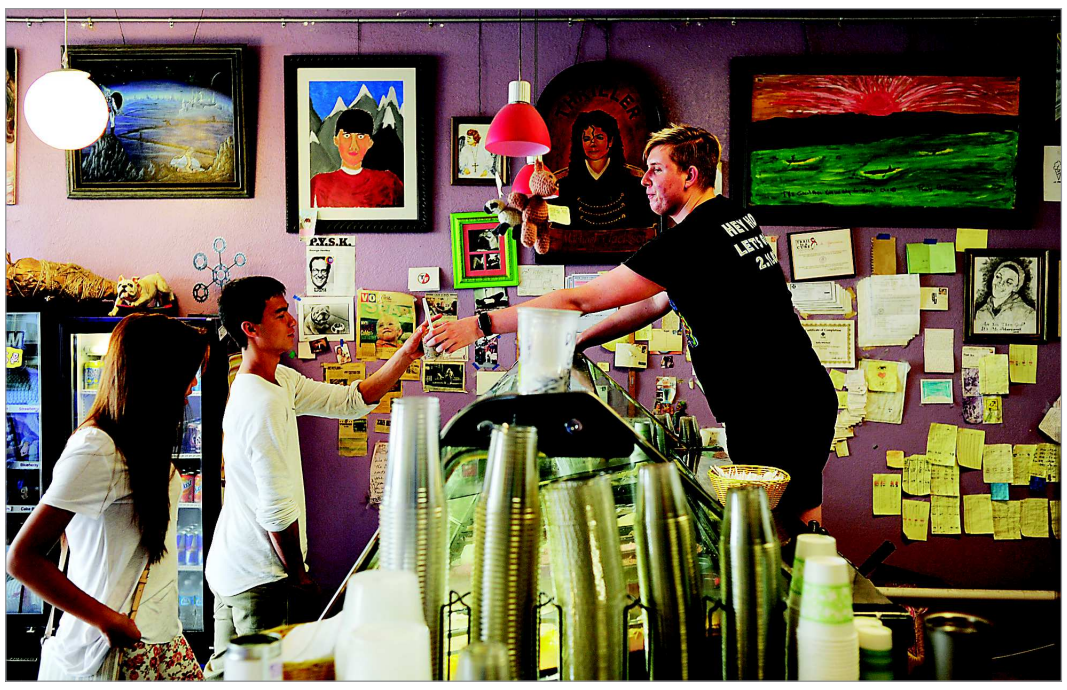
STUART PALLEY
MIssourian/File

Megan Tupper, a manager at Hot Box Cookies, serves cookies to customers. Hot Box Cookies is located at 1013 E. Broadway.

TESS MALONE
Missourian/File

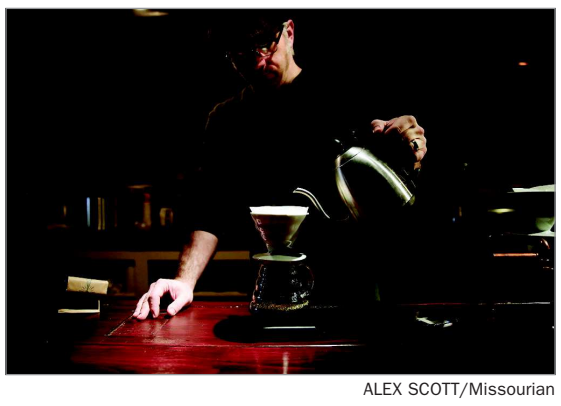
SHELBY BASELER/Missourian

Shakespeare's Pizza fills with customers April 20 in a mirror image of the mural on its west wall. The mural was completed in 2003 and was demolished with the building early this summer.



ABOVE: Zack Nolan, right, hands Kody Baldwin, center, and Hanh Ngo their orders at Sparky's Homemade Ice Cream. Nolan and Ngo, who are sophomores at MU, are Columbia natives who said they visit the downtown specialty ice cream shop about once a month.

ADAM VOGLER
Missourian



ALEX SCOTT/Missourian

Dale Bassham, owner of Shortwave Coffee, hand-brews a cup of coffee at the grand opening of his store in February. Bassham roasts coffee at his store, which is located on Alley A in Columbia.

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Student organizations connect peers

By EMMA GAMBARO
news@columbiamissourian.com

At MU, students can learn from not only professors but also from their fellow students. A number of places on campus have a peer education component, including the Multicultural Center, the Wellness Resource Center, the Student Health Center and the Relationship and Sexual Violence Prevention Center.

Relationship and Sexual Violence Prevention Center: RSVP peer educators go through comprehensive training to learn about rape, sexual assault, stalking and intimate partner violence. They then use the information to educate others around campus through presentations, events and volunteering. The RSVP Center is located in the basement of the MU Student Center. The program recruits volunteers in the fall and trains in the spring.

Multicultural Center: Diversity peer educators are committed to promoting open and respectful dialogue about social justice and diversity. The goal is to make MU a welcoming, safe, inclusive campus. All educators must participate in a semester of diversity training before they are able to facilitate any discussions on campus as a diversity peer.

MU Student Wellness Resource Center: The wellness center has two peer education programs — Alcohol and Drug Abuse Prevention Team/Peers Advocating Wellness Solutions (ADAPT/PAWS) and Peers Advocating Smoke-free Solutions (PASS).

ADAPT/PAWS volunteers educate peers on health and wellness concerns including stress management, eating disorders, self-esteem, alcohol and drug issues, body image and more. Prospective volunteers go through an application and interview process, attend weekly meetings and go through a training period.

PASS focuses entirely on tobacco prevention and education on campus and in the community. Student advocates work to change local policies.

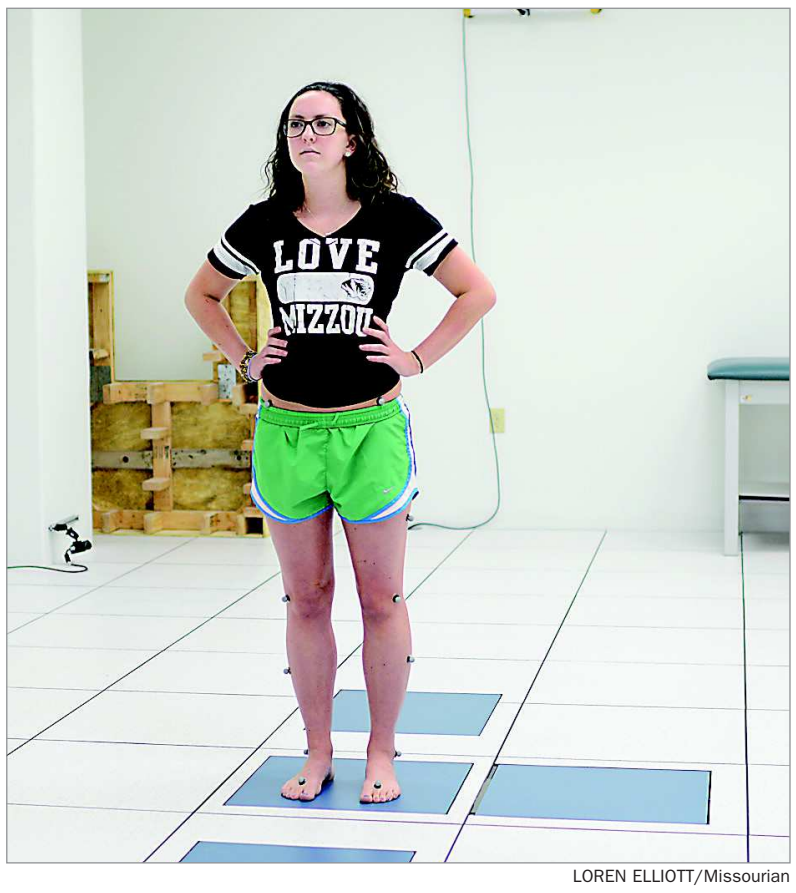
MU Student Health Center: The Sexual Health Advocate Peer Education (SHAPE) program educates peers on sexual health issues by promoting respect for others' bodies, the use of protection and the importance of getting tested. Volunteers teach students to enjoy their relationships and their sexuality according to their own personal values.

BEATRIZ COSTA-LIMA/Missourian

Missouri high school seniors watch Jared Lammert, a second-year medical school student at MU, suture a pig foot June 29 as part of High School Mini Medical School camp at University Hospital.

SHELBY BASELER/Missourian

From left, Stephens seniors Audrah Davidson and Meredith Morrow work on their senior collections for the fashion school's spring fashion show Feb. 9.



LOREN ELLIOTT/Missourian

MU senior Morgan Sloan, a biomedical engineering major, demonstrates being a study subject May 13 in the Mizzou Motion Analysis Center.

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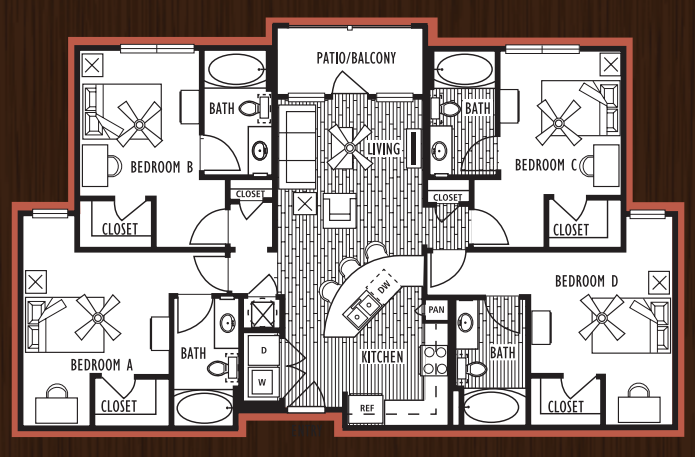

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Ellis full of books, study nooks

BENJAMIN HOSTE/Missourian

Students study the week before finals in a quiet study room on the second floor of Ellis Library in 2012. Library hours are extended during finals week each semester.

These tips can make Ellis Library seem less intimidating

By JESSICA SHERWIN
news@columbiamissourian.com

Ellis Library, exactly one century old, is a maze. Towering book stacks and endless staircases fill the colossal limestone building, making it an intimidating place for new students.

But amid the 3.1 million volumes are some of the most vital resources for success in a collegiate career. Going off the path and adventuring among the tomes is encouraged.

However, here are 10 quick and easy tips on using "Club Ellis":

1. ELLIS AUDITORIUM — the lost kingdom where many a student has arrived late to a test, panting from running around trying to find where the room is. Don't be that person. Ellis Auditorium can ONLY be entered through the exterior door on the west side of the building. It faces Ninth Street and Tate Hall but is partially hidden by trees. Look for the sign slightly covered by bushes.

2. THE GOOD STUDY PLACES ARE NOT ON THE FIRST FLOOR where everyone sits at desks crammed up against each other. If you wander to the back of the book stacks on the third floor, you will find the quiet study area. No phones allowed.

3. VISIT THE BOOKMARK CAFÉ on the ground floor only after you've been in the library for a few hours. Don't make the rookie mistake of getting a coffee before you embark on a study spree. You'll need a break you can justify to yourself as necessary later. Caffeine is sustenance.

4. INFORMATION COMMONS on the first floor are a great place to see people you know and get distracted. If you want to seriously buckle down and study, avoid them.

5. ASK THE REFERENCE DESK personnel where the color printer is. This is invaluable knowledge that you will absolutely need one day.

6. GROUP STUDY ROOMS are available, but reserve them far in advance. They fill up quickly the closer it gets to finals.

7. THE LIBRARY EXTENDS ITS HOURS TO 4 A.M. DURING FINALS WEEK. Don't take advantage of that. Sleep deprivation is highly detrimental. Studying with pure caffeine coursing through your veins is not effective.

8. THE FABLED "CAGES" EXIST. MU likes to call them the study carrels, but they are quite literally little cells students can lock themselves into to study and/or sleep. Graduate students can rent them for $50 a year.

9. YES, YOU CAN CHECK OUT BOOKS FROM ELLIS LIBRARY. Staggering quantities of students graduate from MU never having used MU's main library in this capacity, but it can be done. The counter right by the front entrance facing Lowry Mall is one of several places where you can check out and return books.

10. ELLIS HAS TREASURES IN IT, and the best way to discover them is to go forth and find them.

Success Center abundant with resources

By KYLEE MAY
news@columbiamissourian.com

MU's Student Success Center on Lowry Mall makes sure students are never afraid to ask for help.

The center's purpose is to connect students with resources across campus that will help to streamline their academic, personal and professional goals.

The best part, for those worried about their cash flow, is that it's free.

Advisors, tutors and others help students stay on track. It's a place for students to transition, prepare and conquer.

Here's the kind of help the center offers:

- Registering for classes
- Help with transferring credits
- Tutoring — economics, math, Spanish, science and statistics
- Writing lab/tutors
- Pointers with study strategies
- Test reviews

LYLE WHITWORTH/Missourian

Justin Rethmeyer tutors MU student, Shannon Jones, at the Learning Center.

- Career resources — internships, jobs, choosing a career path, outreach and interview preparation
- LSAT/GRE/GMAT/MCAT review sessions

In addition to these resources, the center also helps students with financial success and undergraduate research.

The career center in the basement of the building gives students resources to improve their resumes, practice interviews and search for jobs, whether they be part-time or full-time positions.

The goal is still the same for each student — meaningful success from informed choices made academically and financially.

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Making time to make money, good grades

By SOPHIA ZHENG
news@columbiamissourian.com

Thinking about working part-time while you're at college? Three student employees explain what working part-time adds to the college experience:

Job experience

Rachel Trout
Junior, studio art major, art history and English minor

Works part-time at Brooke Clothing, 15 hours per week; part-time at Walter's Museum, 15 hours per week.

"I just make my school schedule and bring it to my boss, and we will work around that. As far as time management, I would just communicate, communicate, communicate. Let your teacher know you are working a lot, and let you boss know you are studying a lot; they are going to work with you for the most part. Once in a while, you may have a professor or a manager who is a little bit tougher on you, but as long as you are communicating to let them know you are doing you best to balance your time, a lot of times they can be way more helpful than you think."

Samantha Edwards
Senior, fine arts, drawing major

Works at the security front desk at Ellis Library, 25 hours per week

"It allows me to do class work while I am working. Nothing hardly ever happens, but when something actually happens, you will have a lot of responsibility. People have come to the library intoxicated, under the influence of drugs and causing disturbances."

Amy Tew
Senior, health sciences major

Works at the MU Student Recreation Complex, 12 to 15 hours per week

"I get to work with a variety of people from all across the campus with different ages, different majors and different interests. Working at the rec has helped me to prioritize and become more responsible."

Job resources

HireMizzouTigers.com could be the most important website around for landing a part-time job. The MU Career Center encourages on- and off-campus employers to post job openings, including part-time positions. A total of 236 campus and 1,400 mid-Missouri employers have currently registered on the website.

Major campus employers include Campus Dining Services, The Mizzou Store, libraries, the MU Student Recreation Complex, Residential Life and the student unions. The MU rec complex maintains a separate hiring process that requires a recruitment session, application and two rounds of interviews.

Other on-campus resources include Parking and Transportation Services, Undergraduate Research, University Club and University Hospital.

MU Career Center advises contacting the employer directly if you want to work at a specific location. To find contacts for both on-and off-campus employers, pick up a tip sheet at the Career Center on the floor below the Student Success Center.

If you are eligible for work-study funding, browse through job listings on MyZou early in the semester to find available positions.

MACKENZIE BRUCE/Missourian

Clerk Vernon Davis walks across the entrance of Lucky's Market on a Tuesday in 2013. Davis moved from St. Louis to work in Mexico, Missouri, but heard about a job opening at Lucky's from his roommate.

Shakespeare's employee Kurt Quist cleans up the exterior of the restaurant's temporary location on opening night in May at Eighth and Elm Street.

T.J. THOMSON
Missourian

HANNAH STURTECKY/Missourian

Customers browse the Daniel Boone Public Library's used book sale on Jan. 14. It has a book sale every Wednesday and Saturday.

Budgeting may be a bother, but it can make your cash last longer

By KYLEE MAY
news@columbiamissourian.com

You are armed with your high school diploma and a stack of graduation cards that you know are loaded with cash. Woo-hoo! Off to the mall.

Wait just a second. You might want to step back and think about what you will need to survive as a college student. Budgeting this windfall is crucial to making sure you don't live on ramen noodles your first year.

First, make two very important lists to help budget your money in college. The first list should include the monthly expenses you expect to incur; the second should be your monthly income, including any scholarships or grants.

Then check out your college's financial aid website. It offers an estimated expense document that is quite helpful. Make sure to include tuition payments, books, parking fees, entertainment and housing.

Sit down with your parents and determine how much you will contribute to your college expense. You may need to allot some money toward tuition and books.

If you are staying in a dorm, you will need a meal plan, but that doesn't include the late-night run to Taco Bell or Shakespeare's Pizza. Make sure you do allow enough in your budget for a treat once in a while.

Will you be taking on a part time job? How much will that job bring in? Every dollar you earn helps when planning your budget. Make sure you look at the hours you are working, and don't overtax yourself. On-campus jobs offer a great way to bring in a few extra dollars, and some even allow you time to study.

That's not all. You will want to allot a specific amount of money each month for emergencies, such as coming down with bronchitis and getting medical care or taking your car to a mechanic for a blown tire.

In addition to emergencies, a savings account should be set up for post-graduation. Having some money stowed away can be useful in so many ways, such as relocating for a job.

Yes, getting ready for college is exciting, so you do need "play" money to decorate your new space. Think about what you and your roommates will be bringing. Can you share those expenses? Microwaves and refrigerators are nice but not necessities. Check online for good deals on used ones. Students often get rid of these as they move around.

Budgeting for college is tough, no doubt about it, but if you are careful and really look at every dollar you have in those envelopes, you can make smart decisions that will leave you with a bigger wallet.

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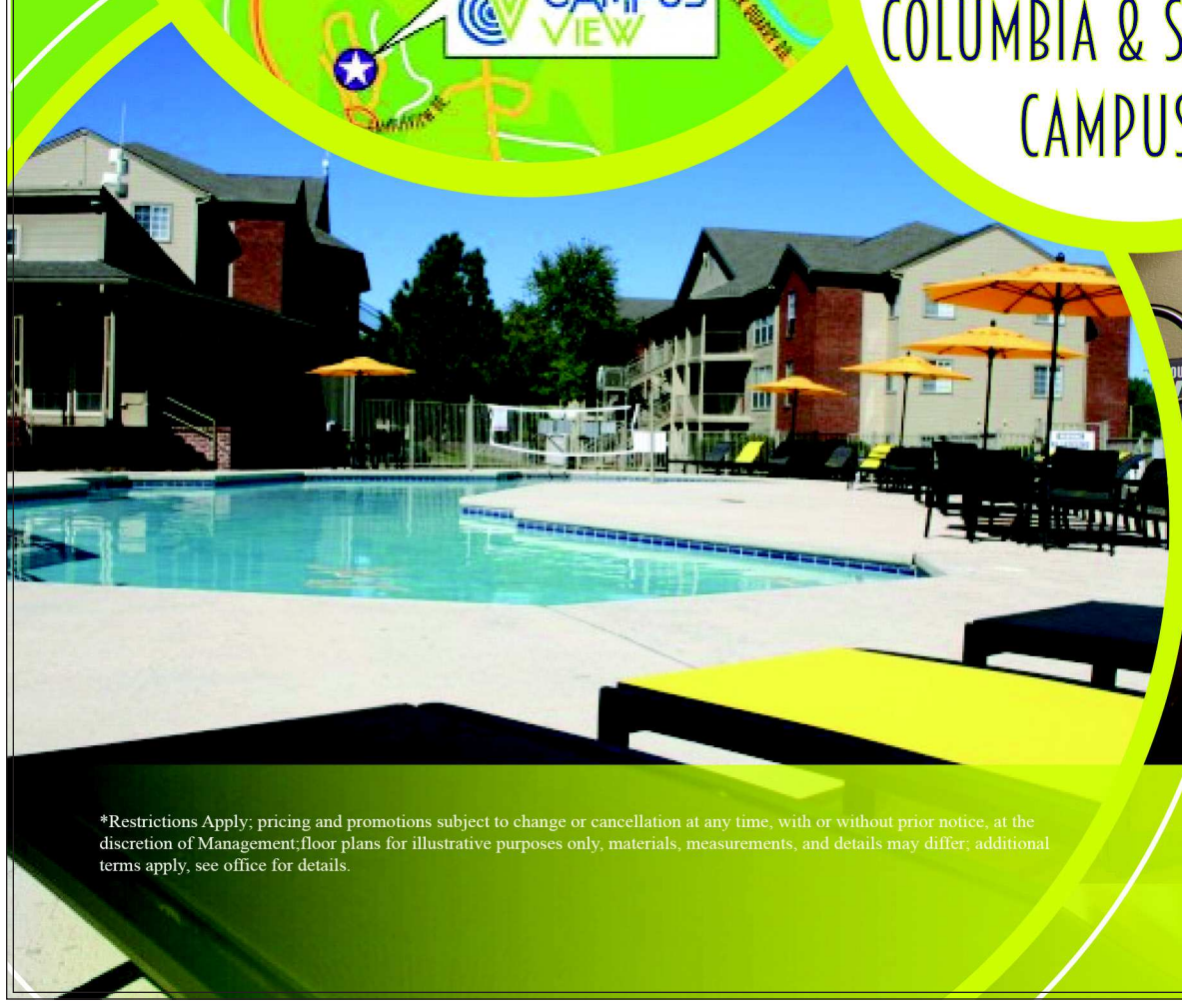

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MISSOURI SPORTS

Entering its fourth season in the SEC, the Tigers are seeking a third straight East title

Missouri quarterback Maty Mauk looks to make a pass during the first quarter of the Missouri Tigers football game against Indiana on Sept. 20, 2014, at Memorial Stadium.

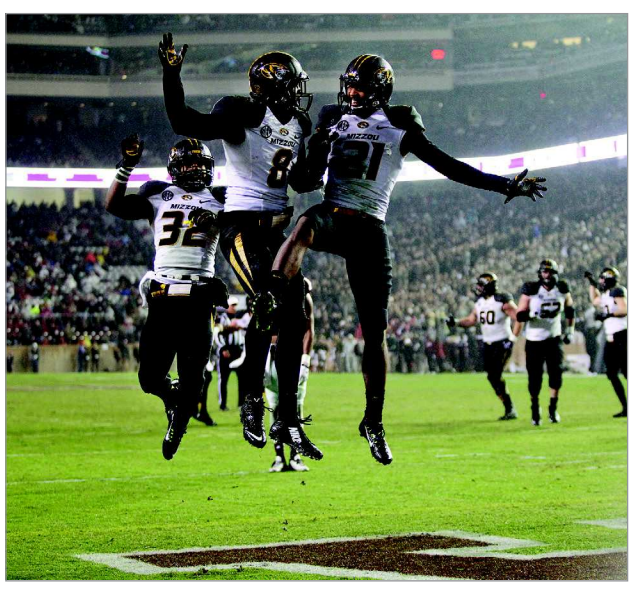
HANNAH STURTECKY Missourian

MARK KAUZLARICH/Missourian

Missouri's Harold Brantley and Shane Ray pump up before the Tigers take on the Kentucky Wildcats on Nov. 1.

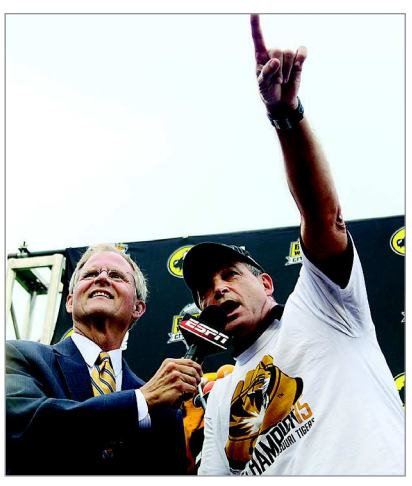
2015 Missouri football schedule

Date	Opponent	Location	Event
9/05	vs. SEMO	Columbia	
9/12	at Arkansas State	Jonesboro, Ark.	
9/19	vs. Connecticut	Columbia	Family weekend
9/26	at Kentucky	Lexington	
10/3	vs. South Carolina	Columbia	Gold Rush
10/10	vs. Florida	Columbia	104th Homecoming
10/17	at Georgia	Athens, Ga.	
10/24	at Vanderbilt	Nashville	
11/5	vs. Mississippi State	Columbia	
11/14	vs. BYU	Kansas City, Mo.	
11/21	vs. Tennessee	Columbia	Blackout
11/27	at Arkansas	Fayetteville, Ark.	



Missouri players celebrate a touchdown Nov. 15 during the Tigers' game against Texas A&M. in College Station, Texas. The Tigers defeated the Aggies 34-27.

TIMOTHY TAI Missourian



HANNAH STURTECKY/MIssourian

Gary Pinkel celebrates Missouri football's win at the Buffalo Wild Wings Citrus Bowl in January.

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Get inspired to create a better lifestyle at the Rec

By TANZI PROPST
news@columbiamissourian.com

Working out doesn't have to be dreadful. The MU Student Recreation Complex may seem like a daunting place at first, but it doesn't have to be.

The MU rec complex motto? Maximum participation. The facilities are designed to be a favorite spot for all students and to inspire and promote healthy and active lifestyles, and the fees are built into the semester's costs.

The MU rec complex motto? Maximum participation.

Opening at 5:30 a.m. Monday through Friday, along with weekend hours, the Rec offers multiple outlets for students to get fit (and even study). These are the basics and the extras:

Basics

- Boxing gym
- Jungle gym cardio gallery
- Pump room
- Basketball/volleyball courts
- Indoor/outdoor tracks
- Fitness studios — TigerX classes
- Jungle lobby study area
- 50m pool
- Diving well
- Tiger Grotto
- Truman's Pond
- Sand volleyball courts

Extras

Students who want more out of their fitness experience can sign up for additional options, such as a personal trainer, TigerX classes and boot camps. These classes do include costs beyond the general membership fee.

TigerX passes cost $53 per semester for unlimited classes that run daily from 6 a.m. to 9 p.m. and also on weekends. One-class passes are available for $9.

A 30-minute individual session with a personal trainer is $29. Personal training packages start at $259.

Students can also sign up for boxing lessons and dance classes. Both carry a minimal fee, as well.

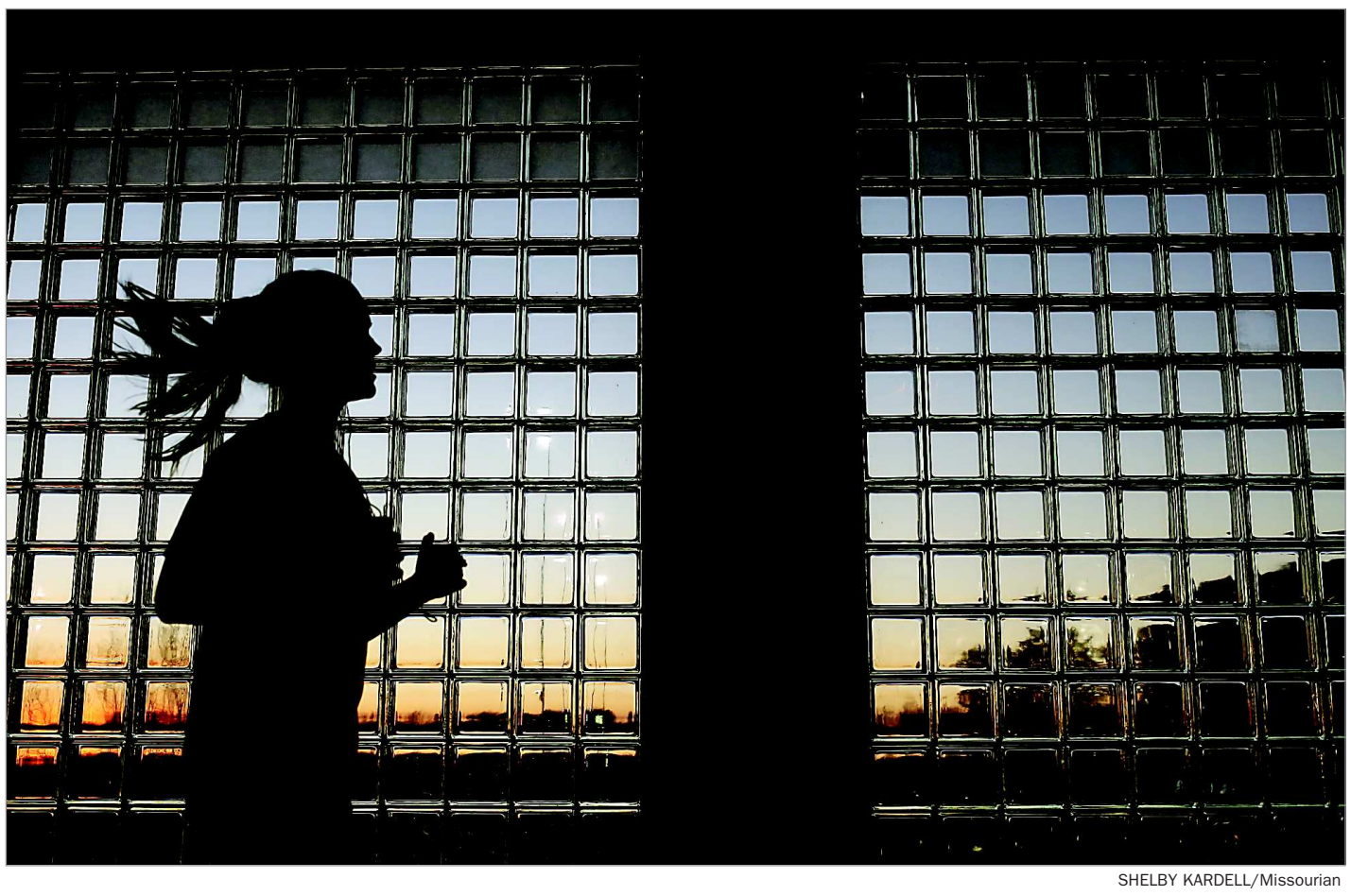
The more athletically driven students can join RecSports, club sports or even becoming a swim or TigerX instructor. The MU rec complex holds instructor training sessions for students who want to work as instructors, personal trainers or a group fitness leaders.

Scheduling

Setting up a schedule that you can stick to helps organize your class, social and exercise times so you can get the most done throughout the day.

Adopting a schedule can be difficult at first, but is beneficial to maintaining a healthy lifestyle and mindset. Setting aside at least an hour each day to spend on yourself can make all the difference in your personal health goals.

TigerX classes are planned out each day in a PDF file on the MU rec complex's website, www.mizzourec.com, so figuring out when you're free between classes becomes easier. With later hours during the fall and spring semesters, students who aren't able to work out during the day can go after class or later.



SHELBY KARDELL/Missourian

A woman jogs past a glass window at the MU Student Recreation Complex. According to the MU rec complex's website, the "1/6-mile indoor track circles the multi-sport courts below." The track mezzanine also offers medicine balls, kettle bells, ab mats and ab benches for patrons.

Connect with nature on trails and at parks around town

By MICHAELA MARSHALL DUNGEY
news@columbiamissourian.com

The many trails and nature areas around town are more than just paths to travel. They can connect you to new people, provide a way to stay fit and show you the beauty of nature.

All of the trails are great for hiking and running, and most of them also allow bicycles.

MKT Trail

The MKT Nature and Fitness Trail is easily accessible from campus and is 8.9 miles in length before connecting to the Katy Trail. It's a great option for long-distance running or biking, but the many access points to the trail make it great for walking leisurely.

Hinkson Creek Trail

The Hinkson Creek Trail is also close to campus, and half of the trail is owned and operated by MU. It's more than 4 miles long, and also has a connector to the MKT Trail, which makes it a great option for long or short distance exercising.

Rhett Walters Memorial Mountain Bike Trail

This trail is just over four miles long and is a dirt trail great for biking, running or hiking. The trail is narrower than many of the others but is still a great option for getting outdoors.

Stephens Lake Park

Located just east of downtown, it's convenient for students who live on or near campus. The park is enclosed by a 2 mile trail, in addition to a lake that is open for fishing and swimming. The park also features free Wi-Fi, making it a great place for both outdoor fun and studying.

Rock Bridge Memorial State Park

This state park is just south of town and only a short drive from campus. The park features several trails, all great for hiking, biking or running. It also has plaques along the way showcasing some of the natural wonders of Missouri and picnic tables where you can do some some studying or lunching.

Where can I find them?

MKT Trail: Flat Branch Park, 101 S. Fourth St.

Hinkson Creek Trail: Grindstone Nature Area, 2011 Old 63 S

Rhett Walters Memorial Mountain Bike Trail: Cosmo Park, 1615 Business Loop 70 W

Stephens Lake Park: 2001 E. Broadway

Rock Bridge Memorial State Park: 5901 S. Highway 63

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Explore Columbia's theater scene

AMBER GARRETT/Missourian

Painted rope art surrounds the Ragtag Theater in March. The art was displayed to grab the attention of people passing by for the True/False Film Fest. The annual documentary film festival draws thousands of visitors to Columbia.

By MICHAELA MARSHALL DUNGEY
news@columbiamissourian.com

Looking for a great flick or a moving performance? Columbia offers several prime locations to catch your new favorite show:

Movie theaters

Ragtag Cinema
Ragtag Cinema is an independent theater that showcases many independent and award-winning films. The cinema is located in the same building as Uprise Bakery, so you can eat dinner or dessert while watching a film. The cinema is located at 10 Hitt St., and tickets cost $9 for adults, $5 for matinees.

Regal Columbia Stadium 14
Regal Stadium is a more traditional movie cinema complex for catching the latest blockbusters. It is located at 2800 Goodwin Pointe Drive and offers a student discount on certain days. Tickets are available online or at the door.

Goodrich Forum 8
This theater is also more traditional. It is located 1209 Forum Katy Parkway and sells tickets online and at the door.

Live theaters

Missouri Theatre
The Missouri Theatre hosts concerts and plays, some of which are even available for student charge at MU. It is located at 203 S. Ninth St., and you can purchase tickets at the door Monday through Friday.

Talking Horse Productions
Talking Horse is a smaller nonprofit theater and is located at 210 Saint James St. Plays focus more on character development rather than elaborate sets, according to its website. The schedule is available at its website, www.talkinghorseproductions.org, for the 2015 season, and tickets can be purchased at the door or online.

Maplewood Barn Community Theatre
Maplewood Barn Community Theatre is an outdoor summer theater in a park setting. It can be perfect for a summer or fall outing. The barn is located at 2900 E. Nifong Blvd. The schedule can be found online, and you can also purchase tickets online.

Critically Acclaimed Actress Laverne Cox speaks Oct. 6 at the Missouri Theatre. Cox talked about her role in "Orange is the New Black" and her new TV show, TRANSForm Me, during her speech, An Evening with Laverne Cox: Ain't I a Woman?
HANNAH STURTECKY Missourian

Blair Ussary dresses as Edward Hyde in preparation for Talking Horse Productions' opening night of "Dr. Jekyll and Mr. Hyde." Ussary played a number of characters including Poole, a surgical student, a police officer and a doctor.
HANNAH STURTECKY Missourian

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Have fun in Columbia — even on a tight budget

By PATRICK MCKENNA and MICHAELA MARSHALL DUNGEY
news@columbiamissourian.com

Columbia has a plethora of options for inexpensive entertainment for incoming freshman. Here are just a few of the different activities, destinations and groups for students.

Sweets and treats

1. Sparky's Homemade Ice Cream

Reason to try: This Columbia staple is famous for its unique yet delicious flavors ranging from Oreo Speedwagon, White Russian and Maple Lemonade Cayenne.

When: Open from 11:30 a.m. to 11 p.m.

Where: 21 S. Ninth St.

Phone: 443-7400

2. Hot Box Cookies

Reason to try: These tasty cookies are served warm, and if you prefer, delivered to your doorstep for a small delivery fee.

When: Open from 10 a.m. to midnight

Where: 1013 E. Broadway

Phone: 777-8777

3. Harold's Doughnuts

Reason to try: Relatively new to Columbia, this doughnut spot has cheap and delectable pastries including the standard glazed doughnut and special versions such as the cherry streusel doughnut and a strawberry shortcake creation.

When: Open from 6 a.m. to 2 p.m. Sundays through Wednesdays; and from 6 a.m. to 10 p.m. Thursdays through Saturdays

Where: 114 S. Ninth St. Suite 102

Phone: 397-6322

Movies

Free Wednesday Movies

Reason to try: Your favorite recently released movies are shown on campus for the reasonable price of nothing.

Where: Jesse Wrench Auditorium inside Memorial Student Union

Phone: 882-6310

Arts and crafts

1. Stitch 'N Bitch

Reason to try: All are welcome to discuss whatever is on their minds or crochet in a safe, informal hangout environment.

When: Wednesdays during the school year

Where: Women's Center, basement of the MU Student Center

Phone: 882-6621

2. Heritage Festival and Craft Show

Reason to try: This festival includes a rustic celebration of music, traditional artisan and handmade crafts, is a fun way to get out of downtown Columbia and experience different cultural aspects.

When: From 10 a.m. to 5 p.m. Sept. 19 and 20

Where: Historic Nifong Park, 3700 Ponderosa St.

Phone: 874-7460

3. Museum of Art and Archeology

Reason to try: Explore a variety of historical artwork and ancient relics from different cultures.

When: From 9 a.m. to 4 p.m. Tuesdays through Fridays, and from noon to 4 p.m. Saturdays and Sundays

Where: Mizzou North, 115 Business Loop 70 W (Renew Mizzou Shuttle can provide transportation)

Phone: 882-3591

4. MU Craft Studio

Reason to try: Learn how to create the next masterpiece with the Craft Studio's courses. It offers weekend-long courses or even courses spanning several weeks, all for a low price.

When: From 10 a.m. to 9 p.m. Mondays through Thursdays; 10 a.m. to 6 p.m. Fridays; noon to 6 p.m. Saturdays; noon-4 p.m. Sundays

Where: Memorial Student Union, Lower level, North Tower

Phone: 882-2121

Coffee

With a never-ending flow of caffeine-savvy students and locals, Columbia has a variety of great and affordable spots where you can enjoy coffee and a solid study area. Here are three popular shops, all located on Ninth Street.

1. Kaldi's

When: 6 a.m. to 10 p.m. Mondays through Fridays; 7 a.m. to 10 p.m. Saturdays and Sundays

Where: 29 S. Ninth St.

Phone: 874-2566

2. Lakota Coffee Co.

When: 6:30 a.m. to 9 p.m. Mondays through Fridays; 6:30 a.m. to 7 p.m. Saturdays and Sundays

Where: 24 S. Ninth St.

Phone: 874-2852

3. Coffee Zone

When: 6:30 a.m. to 9 p.m. Mondays through Saturdays; 8 a.m. to 9 p.m. Sundays

Where: 11 N. Ninth St.

Phone: 449-8215

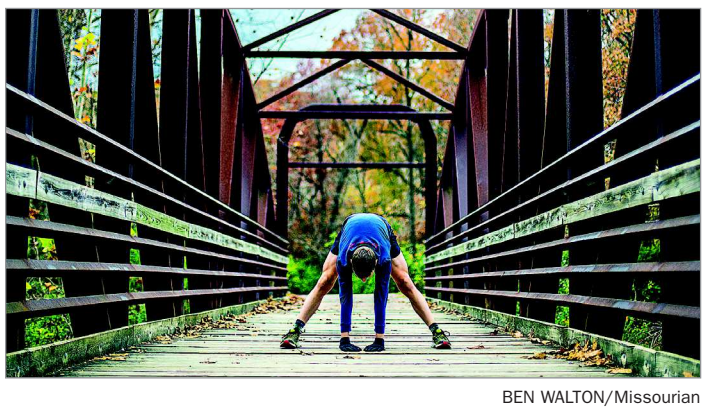
Need more options? Websites such as stufftodo.missouri.edu and visitcolumbia.com have a calendar's worth of more events and activities.

STEPHANIE SIDOTI/Missourian

From left, Halia Hargis, 15, and Wendi Hargis, 8, ride the Round-Up ride May 31 at Centralia's Anchor Festival. Halia and Wendi said they enjoyed the experience, branded as the "world's most exciting ride," which circles horizontally and also pivots vertically.

A group of kids play on the ice in January at Stephens Lake Park.

HANNAH STURTECKY Missourian



BEN WALTON/Missourian

MU student Evan Culbert stretches on a bridge along the Hinkson Creek Trail where he often trains for his races.

LOREN ELLIOTT/Missourian

MizzouThon participants kick off the dancing action in March at the MU Student Recreation Complex.

TAZ LOMBARDO/Missourian

Terri Mathus pours lemonade for Nae Stewart at the Summer Beach Bash.

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9:30am ~ College Group and other Bible Studies
10:45am ~ Contemporary Worship
6:00pm ~ Free College Student Supper

tuesdays
6:00am ~ Basketball

wednesdays
5:15pm ~ Church Supper
6:00pm ~ Bible Study
7:00pm ~ Adult Choir

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Showing Tiger pride with style

By HALEE ROCK
news@columbiamissourian.com

Going to a football game is part of the college experience. At MU, the stadium is often filled with alumni from all over the country to see their Tigers play, along with thousands of students.

Freshmen may wonder: What do I wear to an MU football game?

Since MU is now part of the Southeastern Conference, the way students dress for games has changed. Students who attend Southern schools often dress up for football games.

So, should you dress like people in the South? Or should you keep up tradition and wear T-shirts and face paint?

The answer is simple. Wear whatever makes you comfortable and happy.

If you still need a place to start, go with the basics — black and gold.

Make sure the game is not a Blackout or Gold Rush before getting dressed for a game. For a Blackout, fans wear all black; for a Gold Rush game, they wear all gold.

Here are a few more rules or guidelines about appropriate dress for home games:

Tiger's Lair

Tiger's Lair is the official student cheering section. Being a part of Tiger's Lair is a great experience if you have a lot of school spirit. In Tiger's Lair, fans wear Tiger's Lair T-shirts with whatever else they want. If you are really daring, you can participate in the front-row section and have your chest painted. For girls, wearing a black sports bra is required to be painted.

SEC wear

MU joined the Southeastern Conference in 2012. With that came new expectations and dress codes. Down South, they are all about dressing up for tailgaiting and football games.

For women, options often include sundresses and either cowboy boots, nice sandals or heels.

For men, options include bowties, button-downs and a nice pair of shorts or pants.

Many at MU have adopted Southern ways and wear a favorite sundress or bowtie to the games — this works best in MU black and gold.

Traditional wear

Many students opt for traditional football jerseys and school T-shirts. Students often have their favorite player's name on the back of their jerseys. You'll find plenty of black jerseys or white jerseys in the student section.

In between

Some women buy an extra-extra-large T-shirt and turn it into a dress to wear with nice sandals. It combines dressy and sporty at the same time.

Men can look nice while still wearing the colors. One option would be an MU polo-style shirt to wear with nice pants. This works with a bowtie and can still give off a polished look.

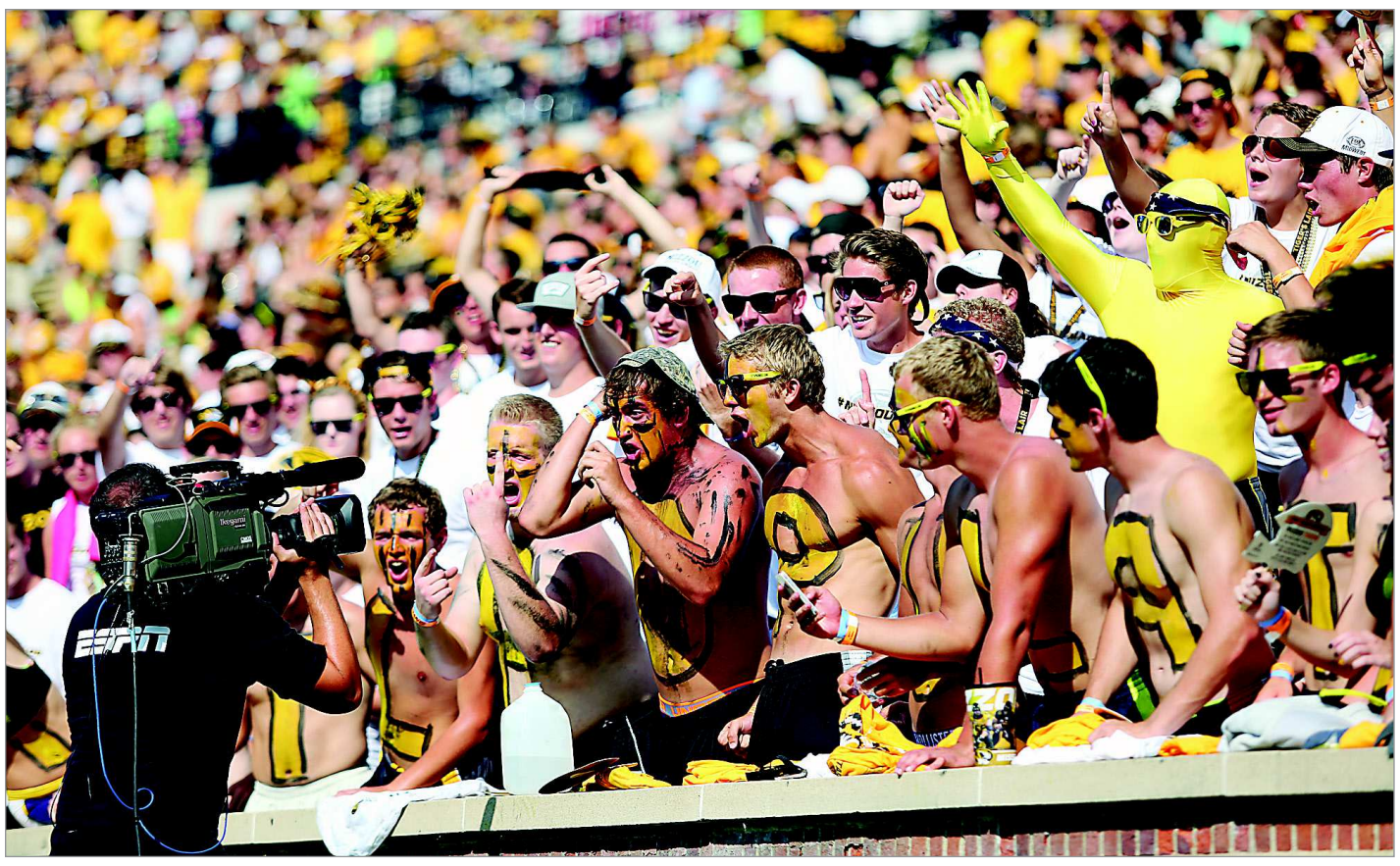
Winter looks

Football season runs into the colder months, and for Missouri that often means snow and icy winds. Don't let the cold stop you from cheering on the Tigers.

Bundling up is key. Wear lots of layers. There are MU sweaters, vests and jackets available for the colder weather. Knit hats, scarves and gloves can all be found in MU black and gold.

Dressing warmly is important when the wind is whipping through Faurot Field.

No one will be judging you based on what you are wearing to a football game. You can cheer on your team in whatever black and gold you have.



Photos by TIM TAI/Missourian

MU students in Tiger's Lair cheer for ESPN's camera Aug. 30 during Missouri's opening game against South Dakota State at Memorial Stadium.

Fans rush the field Nov. 28 after the Missouri Tigers beat the Arkansas Razorbacks 21-14 at Memorial Stadium, sending the Tigers to the SEC Championship game.

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T.J. THOMSON/Missourian

Missouri football fans celebrate during the fourth quarter of the Tigers football game against the Arkansas Razorbacks on Nov. 28, at Memorial Stadium.

A guide to being the best Missouri fan

Make the most of gameday by following these tips

By PATRICK MCKENNA and MICHAELA MARSHALL DUNGEY
news@columbiamissourian.com

Becoming an energetic Missouri football fan is an attainable goal for any incoming MU freshman. The basic guidelines to attending a home game involve wearing gold, staying loud and enjoying the intensity of SEC football.

There are a few things to know before your first game at Memorial Stadium, however, that will help your gameday experience.

Here is some information that can answer questions you may have about home football games.

TICKETS

MU offers a student ticket package for $245 that includes access to all home football games and men's basketball games (all other MU sporting events are free to attend). Student charge is accepted for these tickets.

TIGER'S LAIR

For the rowdiest of MU football fans, get involved with Tiger's Lair, the official student cheering section, where you can bask in the exhilaration of up-close game action, help start thundering crowd chanting and enjoy the game among other die-hard Tigers.

Registration for the 2015 season will begin in August. A $20 membership fee will be charged to your student account.

THE CHANTS

During breaks in the game, be prepared to help your side of the stadium burst the sound barrier with either a leading "M-I-Z" or a responding "Z-O-U." Be ready to scream as loud as possible as the Tigers fight for victory.

ARRIVE EARLY

It never hurts to beat the rush of the other thousands of fans going to the same destination, so try to get to Memorial Stadium at least 30 minutes before game time. MU's student section is open seating, so the best spots will be waiting for those who don't dawdle.

STAY LOUD, STAY PROUD

Remember that staying energized from the first snap establishes the home field advantage and gives the team momentum toward defeating opponents. College football games are the time and place to be crazy while incessantly cheering your team on. Memorial Stadium is a safe haven for football fanatics, so loving your Tigers can result in fantastic college memories.

HAVE FUN

Pretty obvious, but that's why you go to the games, isn't it? Stay hydrated, stay happy and enjoy every second of rooting your Tigers on.

T.J. THOMSON/Missourian

ABOVE: Members of the MU cheer squad celebrate a touchdown during the fourth quarter of the Missouri Tiger's football game against the Vanderbilt Commodores on Oct. 25.

TIM TAI/Missourian

LEFT: Fans rush the field in celebration after Missouri beat Arkansas 21-14 on Nov. 28 at Memorial Stadium.

TIMOTHY TAI/ Missourian

Missouri fans cheer during the Buffalo Wild Wings Citrus Bowl on Jan. 1 at the Citrus Bowl Stadium in Orlando, Florida. Missouri won 33-17.

JILLIAN VONDY / Missourian

Fans tailgate by the Tiger Avenue parking garage before the Missouri Tigers played the Indiana Hoosiers on Sept. 20.

MISSOURI FOOTBALL 2015 OUTLOOK

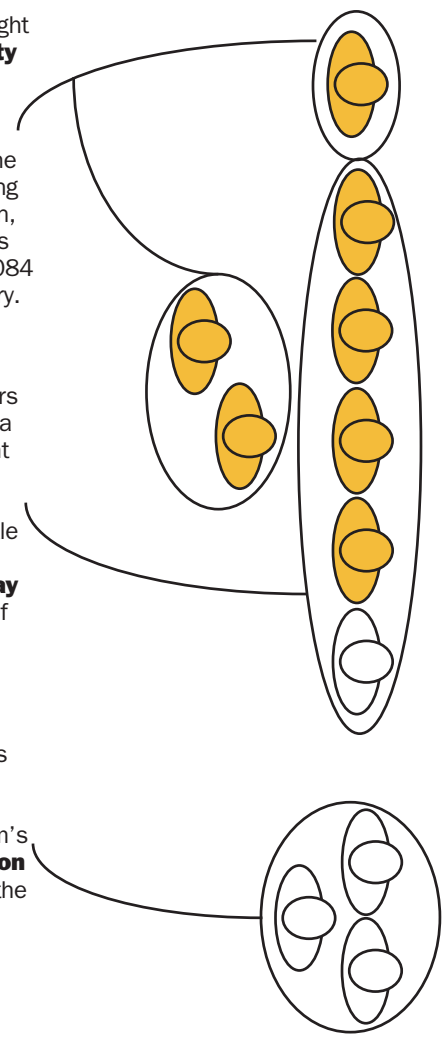
The Tigers return 14 of 22 starters from last season's 11-3 team, but lost several key contributors — especially at wide receiver and defensive end. Inexperienced players will have to fill voids at those positions if this team hopes to compete for a third straight SEC East title.

Returning starters on offense

Running back **Russell Hansbrough**, tight end **Sean Culkin** and quarterback **Maty Mauk** all return for the Tigers. A sophomore, Mauk started every game for Missouri last season. He struggled at times, completing 53.4 percent of the 414 passes he attempted. After splitting carries with Marcus Murphy last season, Hansbrough enters 2015 as the team's undisputed top back. He rushed for 1,084 yards last season on 5.4 yards per carry. He also scored 10 touchdowns.

The offensive line, which returns starters at four of five positions, appears to be a strength. Center **Evan Boehm** and right guard **Connor McGovern**, who are three-year starters, anchor the group. Both are rising seniors, as are left tackle **Taylor Chappell** and left guard **Mitch Hall**. Rising sophomore right tackle **Clay Rhoades** is the lone first-year starter of the bunch.

Missouri returns no starting wide receivers from last season's team. This year's group is inexperienced and unproven. Sophomore **Nate Brown** — who was listed as a starter on the team's most recent depth chart alongside **J'Mon Moore** and **Wesley Leftwich** — had the most catches (five) and receiving yards (45) last season of any returning wide receiver.

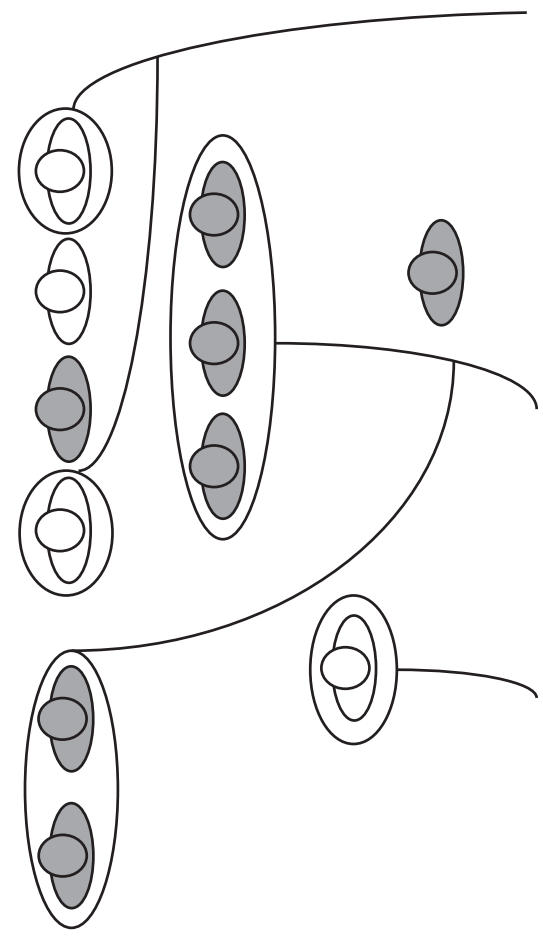


Returning starters on defense

The biggest holes Missouri will have to plug defensively are along its defensive line. Markus Golden and Shane Ray, who bookended one of the nation's most productive defensive lines last season, are both gone to the NFL. The Denver Broncos took Ray 23rd overall in May's NFL Draft, and the Arizona Cardinals selected Golden 58th.

Weakside linebacker **Kentrell Brothers** and middle linebacker **Michael Scherer**, who combined for 236 tackles last season, are both coming back. So is strongside linebacker **Donavin Newsom** and starting cornerbacks **Kenya Dennis** and **Aarion Penton**. All were key cogs on a Missouri defense that allowed 21.1 points per game — tied for 19th nationally — last season.

Missouri has a massive hole to fill at strong safety, where it lost Braylon Webb, a three-year starter. Rising sophomore **Anthony Sherrils** — listed first on Missouri's most recent depth chart — figures to get the first crack at replacing Webb.



KEY LOSSES

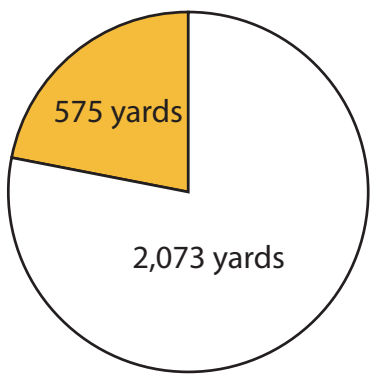
2014 receivers' production

= Bud Sasser, Jimmie Hunt and Darius White

= Rest of team

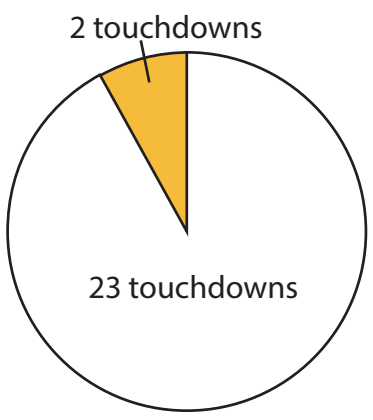
YARDS

Who will step up for Missouri at receiver? That is perhaps the biggest question the team faces heading into the coming season. Missouri's three starters in 2014-15 — **Bud Sasser**, **Jimmie Hunt** and **Darius White** — were all seniors. They combined for 2,073 yards receiving — more than 78 percent of the team's total.



TOUCHDOWNS

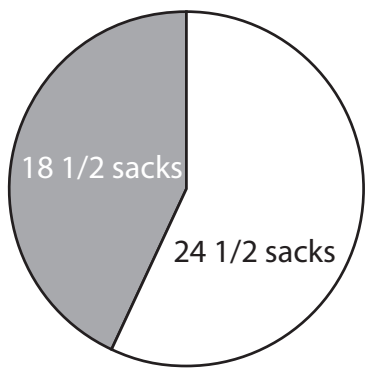
Scoring touchdowns through the air could prove to be a challenge for this year's team. Sasser, Hunt and White scored 23 of the team's 25 receiving touchdowns. Only one returning player — tight end Sean Culkin — scored a receiving touchdown last season.



2014 defensive ends' production

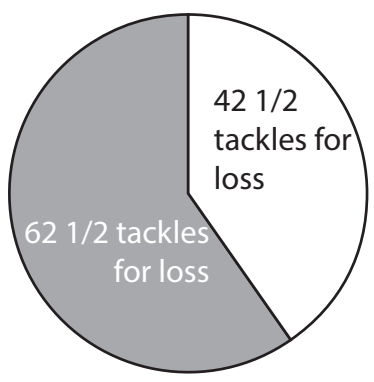
= Shane Ray and Markus Golden

= Rest of team



SACKS

Shane Ray and **Markus Golden** were the principle reasons why Missouri ranked among the nation's best in terms of rushing the passer last year. Together, they combined for 24 1/2 of Missouri's SEC-leading 43 sacks. Ray and Golden finished first and tied for fourth, respectively, in the conference in sacks.



TACKLES FOR LOSS

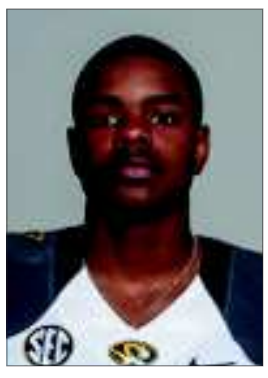
Ray and Golden were also resonsible for a significant chunk of Missouri's tackles for loss — recorded anytime a defensive player takes down an offensive player who has the football behind the line of scrimmage — a season ago. The NFL-bound pair combined for 42 1/2, while the rest of the team recorded 62 1/2.

THE REPLACEMENTS

Wide Receivers

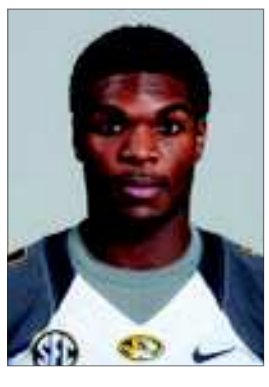
WESLEY LEFTWICH

A Hickman High School graduate, Leftwich is the only rising senior receiver on the Tigers' roster. He has four starts in his career. He enters the season with three receptions for 36 yards and no touchdowns.



NATE BROWN

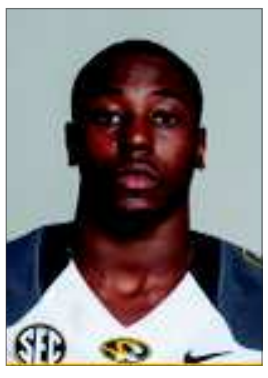
Last season as a true freshman, Brown tallied five catches for 45 yards. The Tigers may look to him as a scoring threat. As a senior at North Gwinnett High School in Suwanee, Georgia, he hauled in 21 touchdowns.



J'MON MOORE

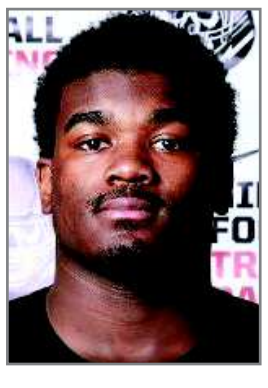
Moore is another young, inexperienced wideout who Missouri figures to rely on. He is a rising sophomore with two career receptions for 33 yards. Moore, who hails from Missouri City, Texas, is the latest in a long line of Missouri receivers from the Lone Star State.

Defensive ends



CHARLES HARRIS

Harris was Missouri's top reserve defensive end last season. The 6-foot-3, 255-pound rising sophomore recorded 19 tackles, four tackles for loss, two sacks, two pass break-ups and four quarterback hurries in his first collegiate season. With Ray and Golden now gone, Harris will get an opportunity in the spotlight.



WALTER BRADY

Marcus Loud's springtime dismissal from the team and Harold Brantley's season-ending car accident leave Missouri a bit thin up front. The Tigers will have to rely on Walter Brady, a 6-foot-3, 255-pound end who didn't play last season but is now at the top of the depth chart. While Brady has yet to accumulate any numbers, he will be wearing No. 56. Who wore it last year? Missouri single-season sack leader Shane Ray.

Sources: MUTigers.com, Sports-Reference.com, ESPN.com

CHRISTIAN CLARK/ Missourian

Beat illness by packing a first-aid kit

By TAYLOR GRACE OSTROWSKI
news@columbiamissourian.com

There is no convenient time to fall sick. New environments with different eating, sleeping and living situations lead many students to develop illness during their first college semester, some requiring professional medical attention.

Susan Even, the executive director of the MU Student Health Center, has a few tips about what to keep on hand for the inevitable illness.

Students should prepare a first-aid kit to keep in their dorm room in case of minor emergencies, she said.

"I think that a lot of students would benefit with sitting down with a parent to say, 'Can I have some of the cold and cough medicines that work for me?'" Even said.

Along with basic medications, such as cough syrup, decongestants and headache medication, the kit should include Band-Aids, antibiotic ointment and — most important — a thermometer. The first thing a doctor is going to ask a patient is if and how long he or she has been running a fever, Even said.

JENNY JUSTUS/Missourian

Pharmacist Scott Paalhar demonstrates how he and other pharmacists count pills as he fills a prescription in March at D&H Drugstore.

The university provides medical facilities for the students on the south side of campus. The health center is available from 8 a.m. to 5 p.m. Monday through Friday. Students can make appointments or simply show up during that time if symptoms are so severe they need professional help.

The phone lines of the health center are available at any time throughout the day, even when the center is closed, in order to help students make appointments or determine other possible care options.

"We want students to feel comfortable calling us any time," Even said.

When arriving for an appointment at the center, students should bring their school ID, as well as an insurance card. It is also helpful for students to carry around a card with all medical information, including family history, previous medications taken and medications to which the students are allergic.

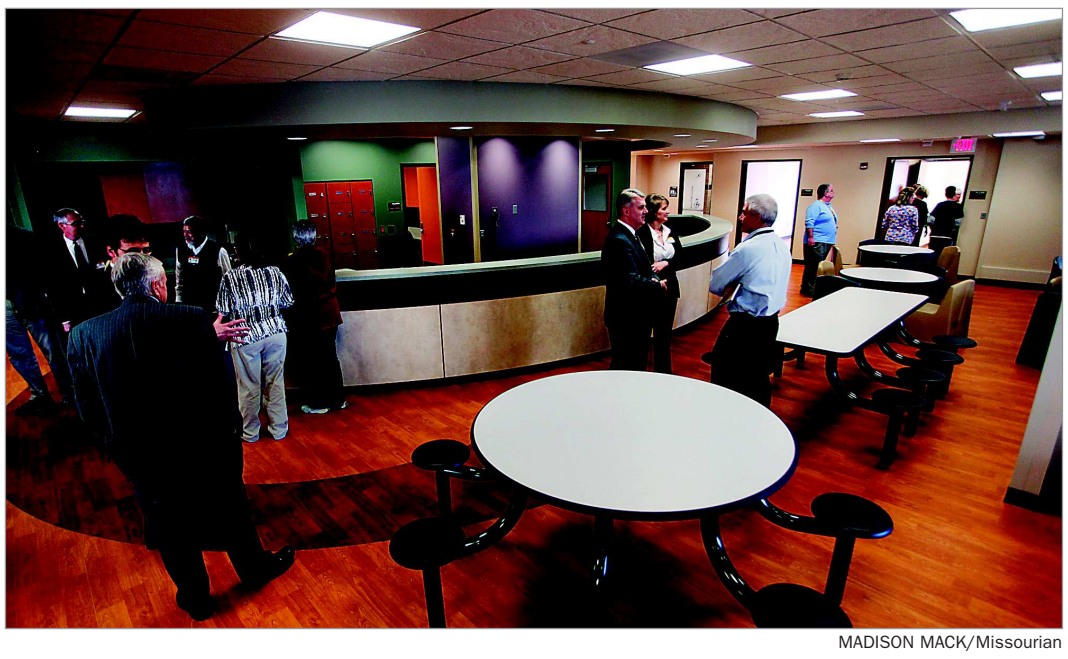
"Students should prepare in their own minds the sequence of symptoms — When did it start? What kinds of things have they done for their symptons? What kinds of things have they done in the past?" Even suggested.

KATIE KULL/Missourian

Columbia residents and MU Health Care employees enter the new MU Health Center South Providence Medical Park for an open house in January.

One good resource on campus is the dining hall sick meals program. When students are sick and unable to make it to a dining hall for a meal, the student can contact a residence hall supervisor to have to-go meals delivered.

"At most of our facilities, they can come and get a to-go meal, and they can stock it up with whatever they need to. Some locations have a specific sick meal with chicken noodle soup," said Mike Wuest, marketing manager for the dining halls.



MADISON MACK/Missourian

MU Health Care employees tour the new Missouri Psychiatric Center in March 2011. MU offers counseling services of all kinds, including long-term individual sessions and group therapy.

Free mental health services help combat student stress, anxiety

By EMMA GAMBARO
news@columbiamissourian.com

College can cause students to be anxious and overwhelmed. Dozens of issues can arise — developing new relationships, fitting in, dealing with finances, feeling homesick, demanding classes, maintaining life balance.

MU has relationships with facilities in Columbia and on campus that provide students with counseling services of all kinds, from long-term individual sessions to group therapy.

The MU Counseling Center, 119 Parker Hall, has free, confidential services, including hotlines and community referrals. The phone number is printed on the back of every student ID. After business hours, calls are transferred to a 24-hour hotline.

Christy Hutton, assistant director for outreach and prevention at the counseling center, is responsible for educating students about mental health beyond the physical walls of the center.

"The most important thing we as a campus can do is talk about mental health stuff," Hutton said. Having older students talk about their experiences will help first-year students see that talking to someone is not scary, she said.

The behavioral health branch of the Student Health Center also provides mental health services. Counselors, psychiatrists, nurse practitioners, physicians, health coaches and nurses collaborate to develop a treatment plan tailored to a student's needs.

The Psychological Services Clinic, 211 S. Eighth St., is another option for MU students who want to talk to a confidential professional but don't want to do it on campus. Unlike the MU Counseling and the Student Health Center, Psychological Services does charge for each session.

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Preparing for a safe night out on the town

By TAYLOR GRACE OSTROWSKI
news@columbiamissourian.com

For those unaccustomed to campus life, society's pressures to drink may seem daunting, but in reality many students at MU try to be sensible.

A study directed by the university indicates that seven out of 10 students prefer to stay under the legal limit — three or four drinks per night.

Kim Dude, the director of the Wellness Resource Center, offers a few tips about safe drinking.

Preparation for alcohol consumption begins before cracking open the first beer. Remember to eat a full meal before drinking. Eating during and after can also eliminate sickness due to alcohol.

Dude reminds students the ideal drinking pace is one drink every hour with non-alcoholic drinks in the mix. Around three drinks is the limit for women, with four drinks the limit for men. The webpage mybac.missouri.edu allows students to calculate their blood alcohol level during a night out based on weight, gender and how many drinks were consumed.

If a student suspects a friend or roommate suffers from alcohol poisoning, the first thing to do is check vitals. When you fear an intoxicated person is highly at risk, call 911. The university has an amnesty policy for students calling 911. Never hesitate to call professionals if someone is in danger of alcohol poisoning.

Dude suggests that each group of partygoers should abide by the "take five" standard — for every five people who go out, one person should remain completely sober.

Alternating nights, the sober friend can help keep track of the others' alcohol intake, ward off potentially harmful situations and provide a sober drive at the end of the night. Stepping up to be the sober friend not only helps those who drink, it may help students rethink their own drinking habits.

"It is kind of entertaining to be that person," Dude said. "It will make you think, OK, I don't want to do something that is that embarrassing."

For nights when a sober ride is not possible, STRIPES steps in to save the day. STRIPES reminds students that a designated driver is someone who has abstained from alcohol for the entire night. Even one drink can put a driver at risk.

STRIPES is run by students who give fellow students free sober rides between the hours of 10 p.m and 3 a.m Thursdays through Saturdays.

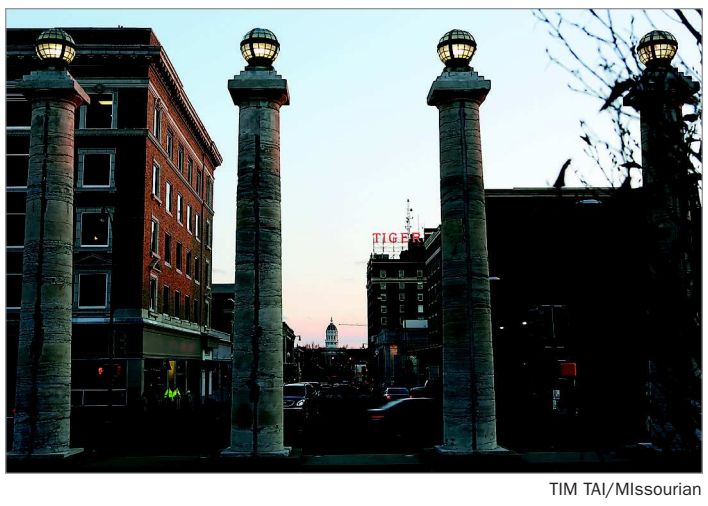
"It's free, it's confidential and it's a safe ride," says Aregbr Farouk, staff adviser to the STRIPES team.

MARISSA WEIHER/MIssourian

Bargoers drink beer at Harpo's Bar & Grill. The ideal drinking pace is one drink every hour with non-alcoholic drinks in the mix.

MARISSA WEIHER/MIssourian

Harpo's Bar & Grill is tightly packed April 24. Attitudes about social drinking are formed long before young people become college students, said Antonia Abbey.



TIM TAI/MIssourian

Traffic passes on Walnut Street at Eighth Street in front of the Courthouse Columns in downtown Columbia.

Save thousands by getting in-state tuition

By ALEX WOZNICZKA
news@columbiamissourian.com

If you're an out-of-state student, becoming a Missouri resident can save you thousands — an estimated $14,600 for the 2015-2016 school year alone. While this process takes a year to complete, certain things can be taken care of during the fall semester of freshman year. The rest need to be on your list for spring and summer.

Do it now:

Before you get started on anything else, designate a space where you can compile your petition packet (documents pertaining to your residential application) throughout the year. This can be a physical space, like a drawer in your desk, or a digital space, such as a folder on your computer.

Head to the Columbia license office and register yourself as a Missouri driver. Make a copy of your new license for your petition packet.

Register to vote in Missouri. One easy way to do this is to go to the Boone County Courthouse at Eighth and Walnut streets. Make a copy of the voter registration for your petition packet.

If you are the owner of your car, register its license in Missouri with the Department of Revenue. Save a copy of the registration for your petition packet.

Do it now or do it later:

Find a job — one of the requirements for residency is earning $2,000 in taxable income during a one-year period.

You can find a job right away: Focus your efforts on finding somewhere to work during your first semester. Working just one or two shifts a week will quickly and easily get you to that $2,000 goal.

Or you can find a job for the summer after your freshman year: But don't wait too long. A mistake many students make is starting to look for a summer job after their last class ends in May. At this point, many jobs are usually filled — the conscientious seeker will start looking a month or so ahead.

Save copies of all of your pay slips for your petition packet.

Do it in January:

Let your parents know they cannot claim you as a dependent on their upcoming 1040 tax forms. They can claim you again in the following year if you're granted residency. Save a copy of their 1040 form for your petition packet.

Do it in April:

Don't make any big travel plans for the summer. The strictest part of the residency process is the requirement that you live in Missouri over the summer (almost a full 12 months), so if you've been living in a dorm, it's time to find a place to sublease.

You can't leave the state for more than 14 days — travel days included.

You have to take classes or work throughout the summer.

Save copies of your lease, work schedules and bank records from the entire summer to prove that you have stayed within the state.

The MU residency office is located at 125 Jesse Hall.

SHELBY BASELER/MIssourian

Cars drive down Broadway at night in downtown Columbia. The explosion of student housing has brought more permanent residents downtown, creating a captive population for downtown businesses.

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Connect with community through volunteering

By SOPHIA ZHENG
news@columbiamissourian.com

Students looking for ways to give back to the community both in Columbia and around the country have several options. Mizzou Alternative Breaks allows students to travel during school breaks to serve communities all over the country. Jumpstart and A Way with Words and Numbers gives students an opportunity to work with preschool, elementary and middle school children, while Mizzou Student United Way has a variety of community service opportunities to serve the mid-Missouri area. Here's a closer look at the programs available.

Mizzou Alternative Breaks

Mizzou Alternative Breaks gives students an opportunity to organize outreach programs. The spirit of wanting to serve others in need is the key. Student participants can address an issue of their choice on a small scale, including HIV/AIDS, the environment, urban poverty, education, disability, Native Americans and more.

MAB was launched in 1991 as a part of the University YMCA. It grew from three trips over spring break that year to a total of 69 trips in 2014. Students travel across the country in groups of 12 over the longer breaks and can reach out to closer neighborhoods within Missouri on weekends.

Participants pay a proportion of the trip upfront, and the rest is financed by various fundraisers.

Jumpstart at Mizzou

Jumpstart is a national organization that aims to reduce disparity in education between children from low- and high-income families.

Jumpstart came to MU in 2003. Members serve 10-12 hours per week and work with at-risk preschool children improve their reading, writing and social skills. Participants receive professional training in early education and civic engagement.

Upon successful completion of a service term, they can earn a work-study reward, class or internship credit, and an AmeriCorps education award. Application workshops are held in the spring to recruit students for the program.

Contact at Christine Dickson at dicksoncn@missouri.edu for more information.

A Way with Words and Numbers

This community-based nonprofit program gives students an opportunity to explore the social benefits of tutoring younger students to help them overcome their struggles with reading, writing and math.

MU Career Center launched the program in 1996 with federal funds. Student tutors work at 19 public elementary and four middle schools as well as three community sites in Columbia. The program is still supported by federal funding with stipends for graduate student site coordinators, as well as stipends for some of the program's student tutors.

Contact Rob McDaniels at McDanielsR@missouri.edu.

Mizzou Student United Way

Mizzou Student United Way is the campus division of Heart of Missouri United Way. This organization encourages students to reach out to the wider community of Columbia and mid-Missouri by running independent fundraising events and voluntary community services. The focus is on education, income, and health services.

United Way also provides a platform to connect individuals with 69 nonprofit agencies in Boone, Cooper and Howard counties. Currently 161 opportunities can be found on the website.

ADDITIONAL WAYS TO VOLUNTEER

Campus resources

- MU Office of Service Learning
- MU Office of Community Involvement
- University of Missouri YMCA

Community resources

- Voluntary Action Center
- The City of Columbia
- Harry S. Truman Memorial Veterans' Hospital
- The Food Bank for Central and Northeast Missouri
- The Org
- Volunteer Match

Agricultural resources

- Columbia Farmers Market
- Columbia Center for Urban Agriculture

Animal resources

- Cedar Creek Therapeutic Riding Center
- Columbia Second Chance
- Central Missouri Humane Society

Jenny Justus/Missourian

First year cosmetology student Shayna Prause gives Mike Misslin a haircut during Project Homeless Connect on Jan. 29. Prause came with a group of volunteers from Merrell University to provided free haircuts.

Abigail Simpson, 21, a Stephens College student helps set up for the True/False Film Fest at First Presbyterian Church.

PARKER MILES BLOHM
Missourian

A 'Thank a Volunteer!' sign hangs in the Missouri Theatre. Volunteers make up the majority of the crew during the True/False Film Fest.

AMBER GARRETT
Missourian

LOREN ELLIOTT/Missourian

From left: J.C. Berg, 10, his sister Miranda DeCourley, 8, his mother, Rebecca DeCourley, and his father, Paul Berg, pick up trash along Maplewood Drive next to Kiwanis Park during the 19th annual Cleanup Columbia day April 11. The citywide event attracted more than 1,200 volunteers in 105 groups to pick up trash on the streets, trails and waterways of Columbia.

Make your impact; join student groups

By SEAN MCNEALY
news@columbiamissourian.com

Getting involved is an amazing way to meet people interested in the same things as you. It's also a great way to leave your mark at MU.

The university offers hundreds of organizations and groups to join, and behind each organization is a team of leaders. Leadership is an important quality to have, and MU has outstanding opportunities for students to develop their leadership abilities.

Cole Lawson, a senior psychology major from Tuscumbia, Missouri, has been involved with organizations on campus his three years at the university. He offers his story about finding his way at Mizzou.

"If I'm being honest, I never looked elsewhere to attend college. Attending anywhere but Mizzou was out of the question in my mind. Like many high school students, I was sold as soon as I set foot on campus and never looked back.

"I wish I could tell you that my reason was something mystical like divine intervention or a family tradition passed down through the generations, but I would be lying.

"Unlike a vast majority at Mizzou, I didn't come from a high school in St. Louis, Kansas City or the "Chicagoland" area. I graduated with a class of 18 in Tuscumbia, Missouri. And no, I don't blame you for not knowing where that is located on a map. Most of my big lectures freshman year had more people in the classroom than in my hometown.

"I got involved for the simple, sadistic reason that I wanted to force myself out of my comfort zone. I grew up with the same 17 individuals since kindergarten, and if I'm being honest, I forgot how to make friends. Involvement, at the core, is the key to doing both.

"In order to graduate, the university tells us that we have to attend classes. It is not, however, a requirement for students to get involved to earn a diploma; in spite of this, many students still do.

"I have been involved in the Delta Chi Fraternity, Interfraternity Council, MizzouThon, Mizzou Alternative Breaks, Chancellor's Leadership Class, Involvement Ambassadors and Mystical Seven.

"I am the vice president of membership development for the Interfraternity Council. On MizzouThon, I am currently serving as the director of internal recruitment. In the past, I have served within varying roles from director to vice president in recruitment.

"This past spring marked the fifth Mizzou Alternative Breaks trip that I have participated and the third trip I have led. During my sophomore year, I was a teaching assistant for the Chancellor's Leadership Class. This upcoming school year I will be fulfilling my duties as a tap initiate of the Mystical Seven secret society.

"I was nominated, applied or sought out to serve within each of those roles. Some organizations will require interviews or initiation, others will welcome you aboard at any time during the year, and a few conduct business in an otherwise preternatural manner.

"My favorite part of being involved and taking on leadership roles probably mirrors that of many other students. Every time I go to a meeting or an event or chapter, I have the privilege of being surrounded by some of the most phenomenal, transcendental souls.

"Classrooms give you knowledge. Being involved gives you wisdom. The men of IFC, the women of PHA, the leadership and participants of MizzouThon and Mizzou Alternative Breaks, and my brothers and sisters in Mystical Seven: I extend an effusive "thank you" for embracing an enigmatic, eclectic heretic like me.

"Forget high school. Forget stereotypes. Forget who you may have pretended to be. College is a clean slate and a new beginning.

"You are responsible for taking complete ownership of yourself from now on. Own up to who you have been, who you are and who you want to be. Challenge yourself to do things that you might not have done in the past. Don't be afraid of growing close to others and of being vulnerable.

"Find a faculty or staff (or even upperclassman) mentor. Accept people who are different than you. Learn that following is just as important as leading. Remain stalwart and auspicious in your values; recreant behavior is not easily forgotten. Dissent against those who wish to oppress you. Finally, you have about four years — don't take it for granted. Ever."

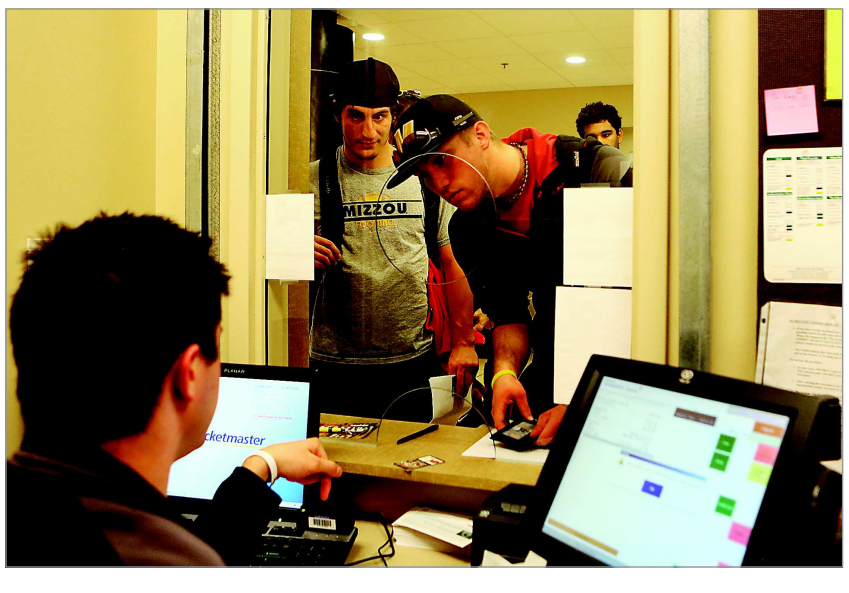
The Center for Leadership and Service at MU is a great resource for students wanting to get involved. The center's website lists its values: active citizenship, collaboration, diversity and inclusion, engagement, empowerment, and student-centered.

LOREN ELLIOTT/Missourian

MizzouThon assistant choreographer Baylee Cummins, left, and head choreographer Amanda Mocarski, right, lead a dance at the MU Student Recreation Complex.

International students at MU hold flags in September 2013 during MU's International Day Flag Ceremony. Bonnie Ngo, president of the Missouri International Student Council, said MU has celebrated International Day since 2008.

KEVIN COOK
Missourian



MU student Kyle Ley picks up his ticket to the Southeastern Conference Championship game in Atlanta from Bobby Custer at the MSA/GPC Box Office.

KEVIN COOK
Missourian

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