

How to customize your space and save

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Living with a roommate can involve some sacrifices, but style doesn't have to be one of them.

The Index is here to help you deal with a primary challenge of dorm living: space. So save some room and customize your living area with these helpful tips.

Picking an overall theme for the room is especially helpful. If you and your roommate(s) decide on a color scheme, it will avoid clashing and make the room seem more spacious and put-together.

If you're craving as much space as possible, keeping your bed and desk set up along the walls of your room is an easy fix.

Moving the furniture around can allow optimal space and privacy. If you want to eliminate clutter, lowering your bed can give you much more personal storage space. Buy two yards of fabric to drape from the mattress to the floor. Not only will it add some extra color, but it will hide your stuff as well, providing you with a cleaner-looking room.

Colorful storage bins also will keep you organized while adding more personality.

Buying fake flowers and putting them in a vase (although some already come in a vase) is a chic way to add color to the

room as well. Also, by buying them fake you will save money by never worrying about having to replace them.

Personalize your wall space

The ultimate way to show your personality — combating homesickness — is through photos. Print your digital photos via a home printer or take them to a local store. At Walmart.com, you can upload your photos online and have them ready to pick up within the hour for only 12 cents per photo.

The library allows you to rent classic artwork for your dorm room for free. You can check out as many pieces as you want, and you don't need to worry about late fees because they're yours for the entire semester.

If paintings aren't your thing, Downtown Cinema 8 on the square offers recent movie posters for a fraction of the average cost. All of their used posters sell for \$5. The selection varies daily, but they're more than willing to show you a list of what they have in stock if you ask.

Adding curtains or an inexpensive rug also can add color, not to mention a homier feel, to your dorm.

Use a putty adhesive to put up posters and photos. The putty is affordable, easy to remove and won't pull paint off, saving you from end-of-the-year fines.



Creative ways to use your photos

Purchase a poster-sized piece of sheet metal, which can be found reasonably cheap at your local hardware store. Hang the sheet with a paint-friendly hook, and then stick your photos on the sheet with magnets. This will create an industrial-style photo collage for your wall, adding style without hurting your wallet.

Find a copier, and photocopy the pictures of your choice onto overhead transparencies. Take the transparencies and, using a spray adhesive, glue the transparencies onto brightly colored pieces of Plexiglas. Carefully drill holes into the glass, and tie the pieces together to form a chain of two or three squares. If you tie it onto the curtain rod, the chain will dangle and shine so the pieces look like small stained-glass windows.

Source: Craftster.org and Sweet 16 Magazine

Make a dull dinner delicious with quick, simple additions

Spice up meals by taking advantage of all the cafeteria has to offer

ABBEY SNYDER
Features Reporter

Cafeteria food might seem like a step down from mom's home cooking, but incoming students shouldn't underestimate what the cafeteria has to offer.

Missouri Hall director Zac Burden said there are many ways for students to make the best of the different ingredients offered in the cafeterias.

"It's good to come up with your own concoctions," Burden said. "I like to make my own Orange Julius."

To make an Orange Julius, Burden said students should fill half a glass with soft-serve vanilla ice cream and one-fourth with orange juice.

"It's very tasty," he said. In his eight years at Truman, — four as a student and four on staff — Burden said he has discovered many ways to jazz up his dining hall food.

"A lot of people don't realize that there's a spice rack," Burden said. "They have garlic powder and Worcestershire sauce."

Burden said even if the dining halls don't have what a person is looking for, the staff is always open to suggestions.

"When I started as a student, they didn't have Worcestershire sauce so I said something," he said. "The management is really good at working on things like that."

Burden said the cafeteria staff will even accept recipes from students who are craving something the cafeterias don't offer, or who have specific dietary restrictions.

Sodexo assistant director Lora Cunningham said a few of the recipes produced in the cafeteria came from student suggestions.

"A lot of times we have lemonade salad, which came from one of the SAs," Cunningham said. "She brought [the recipe in], and then we brought it up to twenty times the recipe, and then we in-



Jason Williams/Index

Peanut butter, jelly, and bananas are one way students in Ryle hall spike up their meals.

corporated it into the cycle."

Sodexo, the company that provides University food services, then tested out the recipe and eventually added it into the regular menu.

Cunningham said recipes submitted by students must meet some requirements before making it onto students' trays.

"If it doesn't take hours to prepare and it's cost effective, then we'll make it," she said. "Especially if it's something that's really well received and students really like it."

When it comes to what the cafeterias have to offer, Cunningham said students' opinions are what really matter.

"We have our cereal survey that will probably be around the fifth of September," she said. "So we take all of those, put them together and see what the majority of the students have said. That's where we decided we were going to come up with some more variety on the innovation line."

Cunningham said Sodexo purposely designs food that will appeal to a variety of tastes.

Junior Christy Yoder, a student adviser who lives in Centennial Hall, said she rarely has a problem finding food she likes in the cafeterias.

"I'm very plain, so the cafeteria food works for me," she said.

Yoder said incoming students shouldn't be wary of having an unhealthy diet when they make the transition to cafeteria food.

"They offer a lot of healthy options," she said. "You might have to get creative, but it is better than most [schools' cafeteria food]."

"We make our food at a traditional spice level because if you don't like spicy food, I would hate for you to have to throw it away," she said. "We try to keep a middle ground so that everyone can spice it up with hot sauce or garlic salt or whatever."

Cunningham said incoming and returning students alike

Other tasty recipes

Cafeteria Fried Ice Cream

Take a cereal bowl and fill it with a little Cinnamon Toast Crunch. Mash the cereal up a bit with the heel of your palm. Put in a scoop of vanilla ice cream (scoopable kind, not soft serve). Roll the ice cream around in the Cinnamon Toast Crunch and drizzle a little honey over the top.

The Extra Mighty MO Sandwich

(Note: The mighty MO sandwich is a burger Sodexo regularly serves. It consists of two patties, each with melted cheese on it. They always serve it hot and with mashed potatoes.) Add to the mashed potatoes some sour cream, melted butter, and cream cheese (all of which can be found at the condiments bar). Mix ingredients into the mashed potatoes and dip the hamburger in the potatoes while eating it.

Recipes provided by Zac Burden

should be aware of the many new things that Sodexo will have to offer this semester. "Not only have the menus on our nine week cycle changed, but the innovations have changed," she said. "We've added a barbecue concept and a grill 155 concept which is a lot of different sandwich-type

items." To prevent getting bored with dorm food, Cunningham said she recommends that students try new things. "Don't just stick to spaghetti, try a quiche," she said. "[Students should] try to broaden their food tastes rather than just sticking to all-time favorites."

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