

Senior gives do's, don'ts

BY SHAWN SHINNEMAN
Staff Writer

So, you looked far and wide for a school and decided on Truman State in Kirksville, Mo. What could you possibly have been thinking?

Just kidding. There is much more going on around here than you might think. You begin to learn the Kirksville landscape after a while. In my three years at Truman, I've picked up on a few things. So here are 10 must-do's before your freshman year runs out. For good measure, I've thrown in a few pitfalls to stay away from.

Explore the opportunities at the Rec

The obvious attractions are the weight and cardio equipment, the track and the basketball courts. But dig a little deeper. There are a ton of classes offered for free. They're taught by qualified upperclassmen who could probably dance circles around you or kick-box your face in but who are way too nice to ever do so. To explore the full gamut of what's going on at the Student Recreation Center, visit recreation.truman.edu.

Go to Thousand Hills State Park

It's really an underutilized resource. Paddleboats, kayaks, canoes, fishing boats and pontoons can be rented from the marina. There's a beach, a restaurant overlooking the water and trails for biking and hiking. If the weather cooperates, the lake makes for quite the enjoyable day.

Grab some coffee

The local coffee scene seems to be constantly evolving, but this means there are always options. Ask around and you'll hear a wide range of opinions on who offers the best cup. There are plenty of coffee drinkers around here. You'll become one too, most likely. Welcome to college.

Get to know your floor-mates

Spend some time in the lounges doing homework or just hanging out. There doesn't need to be a scheduled event for you to enjoy the company of your floor.

Go to the train bridge

It is exactly what you would guess. A bridge. Above train

tracks. But on a nice night, with some nice friends, it can be, well, it can be nice. At the very least, it's a Truman tradition, and you wouldn't want to miss out on that, right?

Get into intramurals

There are dozens to choose from, so it really shouldn't be hard to find one you enjoy. If you aren't into the more popular sports, there are games like BAGGO, pickleball, Texas Hold'em and table tennis. Check out the full list at the rec center's website.

Play Humans Vs. Zombies

Not familiar with the game? You should "think of it like a big game of tag, or assassins, except a million times cooler, and with nerf guns," according to Truman's HvZ Facebook page. Up to 300 players have participated during recent semesters. But don't wear a bandana during game week if you aren't playing. You will get attacked.

Go all out for Homecoming

You'll find sports aren't quite as big of a deal around here as you might have expected (see next "do"). But that doesn't mean

you shouldn't participate in all that Homecoming has to offer. Go to the parade. Go to the game. Go to the millions of other random events that go down throughout the week. Show off your Truman pride.

Support your school's teams

It's no secret at Truman that attendance at games of nearly all varsity sports is lacking, but that doesn't mean they can't be fun. A lot of our teams are perennial winners, and there's nothing quite like watching your school dominate. Wear purple. Who knows, your school spirit might just get you photographed and displayed on the wall of the local pizza joint — Pagliai's Pizza.

Get involved

One thing you hear teachers say around here is that students do a lot. We find creative ways to use our time. It's kind of the Truman culture. There are something like 250 student organizations — a significant Greek contingent, club sports and professional organizations. Join one. Visit studentinvolvement.truman.edu to learn about the range of opportunities.

The Don'ts:

Get too involved.

I know, this seems to contradict the last 'do.' But there is a fine line. Make sure you aren't overextending yourself. You may think it will pay off, but often the reality is that all facets of your life at school will suffer, including what most would consider number one on their priority list: grades.

Drink alcohol in residence halls.

Maybe you thought your student adviser was required to say that. Maybe you were under the impression that drinking in the dorms was as much a part of college life as anything else. It isn't — or not here anyway. Many people have been hit with the dreaded Minor in Possession from what seemed like harmless college antics. The words, "I got an MIP," are no way to start the weekly phone conversation with Mom.

Give up.

It's a cliché, but it's true. College is hard. It can get a little overwhelming. If you come in dead set on medical school and land a C in public speaking first semester, just remember you aren't alone in your struggles. It takes time to get acclimated to the college workload. Just keep chugging along.

New music festival premieres in St. Louis

BY BLAISE HART-SCHMIDT
Features Editor

Musicians and fans alike will descend on St. Louis next weekend in preparation for the city's newest music festival, LouFest.

Eighteen bands will play the two-day festival, which will take place Aug. 28 to 29 in St. Louis' Forest Park. Acts include Built to Spill, So Many Dynamos, Fruit Bats, Wilco's Jeff Tweedy and actress Zooey Deschanel's band She and Him.

Founder and organizer Brian Cohen moved to St. Louis from Austin, Texas, seven years ago. A fan of the music festival Austin City Limits, Cohen said he saw a

need in St. Louis for a festival. The Washington University professor began polling St. Louisans on who they would like to see before working with a talent booker to secure the lineup, which ranges from punk-country band Lucero to old-time string band Carolina Chocolate Drops.

"The great thing about festivals for me is that you go to see some bands and

you discover along the way," Cohen said.

Continuing their grass roots approach, Cohen and his staff asked concert-goers what local restaurants they would want catering the event and even sponsored a contest to design the official T-shirt.

"If you want to see an event like this, you have to travel such a long way, to

Chicago or Memphis or New Orleans, whereas LouFest is essentially in your backyard," he said. "For the people of St. Louis this is a festival that is their own."

Being environmentally conscious is another important aspect of the event, Cohen said. Vegetarian and vegan options will be available from the local food vendors, all 13 of which will be required to use compostable plates and napkins to reduce waste. Patrons can buy a reusable water bottle with free refills to reduce plastic use, and AmerenUE Pure Power and 3Degrees will provide offsets for 100 percent of the festival's electrical use.

Cohen said people are



Photo courtesy of loufest.com

excited to see LouFest in its infancy.

"I was able to go to the first Austin City Limits, before it got big," he said. "People are excited to be a part of a new event, part of the beginning of something before it blows up and gets huge."

St. Louis blues singer Kim Massie will perform a special gospel set the second day of LouFest. She said she plans

to sing local favorites and pay tribute to the recently deceased gospel singer Walter Hawkins, as well as take requests from the crowd.

Massie said she thinks the festival will better St. Louis' music scene, as well as bring people together.

Two-day tickets for the event are \$64 and can be bought online at loufest.com.

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