



Dining tips for college



Mackenzie McDermott

Fending for yourself in terms of food consumption can be hard for many freshmen. Being thrown from delicious home cooked meals to the less-than-delicious dining hall food is a challenge. Not to fear, though — there are plenty of ways to get the best out of your dining hall experience. And if you need something cheap or closer to home-cooked than giant pans of Hamburger Helper, I can help.

1. Menus for the dining halls are available online at trumandingservices.com, so check before you go to make sure the food is worth your meal swipe. Avoid most pasta and fish, but jump if there's fried chicken or if it's a wok day. Weekend brunch is always a go-to for my friends and me, especially if French toast sticks are involved. Seriously, go try them. They put Sonic to shame.
2. Stick to Ryle cafeteria most days. There are more tables and usually a better selection. Centennial Hall is supposed to have a renovated cafeteria, but I haven't visited yet so I can't guarantee its quality.
3. For chicken bowl day, avoid Ryle dining hall at all costs, unless wandering around looking for a table while scalding hot dishes burn your hands is on your list of goals for the day.
4. Some days there won't be tasty dining hall food, in which case the Student Union Building is a very consistent alternative. Blimpie and Original Burgers — get the buffalo ranch fries — make for a satisfying meal. The supreme nachos also are a way to eat enough to get you through the night and a morning class with only one meal swipe. It's not gourmet, but it tastes good and serves as a needed break from the inconsistency at the dining halls. Be careful how often you eat at the SUB, though, because it eats up your meal plan.
5. It upsets me when I see students eating with their parents in the dining halls. If mom and dad are visiting, it's time to show them around Kirkville. Colton's is an obvious go-to because you can fill up on steak and bring home enough leftovers for a few meals. Pagliai's also is a good option — just make sure to order at least an extra pizza. Again, leftovers are life savers for the next few days.
6. Off campus dining provides a much-needed break from your meal ticket, but when your parents aren't with you it can be pricey. Carry-out is the best option with most restaurants. No delivery fees or tips will save you money throughout the long run.
7. My favorite restaurants — for Chinese, Great Wall is fine, but Chen's Palace is far better, and I avoid China Palace. Pagliai's has the best pizza in town, but Dominos and Papa John's are fine and much faster. When you want to get out with some friends, La Pachanga is perfect and the entertaining staff is well worth the tip. Greek Corner Gyros on Franklin Street has good gyros.
8. When meals and cash are low, a 12-pack of ramen is \$2.50 at Wal-Mart. Eat it normally until it no longer tastes like food and then change it to make it closer to a real meal. There are plenty of guides on how to do this, such as "100 awesome ramen recipes for starving college students," but my favorite trick is to add Sriracha sauce. It's easy and cheap, and adding spice is a good way to fool yourself into thinking you're adding flavor.
9. How to eat after midnight — College hours do not resemble real-world hours. Whether you're at the library or a party, a late night ensures post-midnight shenanigans, and late night food is a must. Taco Bell and McDonald's are quick if you just want to grab something, but Pancake City is the real after-hours experience. Nothing beats hash browns and bacon after a long night.

Mackenzie McDermott is a sophomore English major from Springfield, Ill.

Embracing life in Kirkville



John Riti

Ah, the start of another semester! I always look forward to meeting classmates and having conversations with new people on campus. But let's get one thing out in the open — I have no interest in hearing about all the other schools someone "almost went to" before they "settled" for Truman State.

Many Truman students have the attitude that Truman and Kirkville are a temporary place for them, a place to get in and get out. For some, Truman is the college equivalent of a hotel, a convenient accommodation in which to stay until they're ready to go to their next destination. Even though the majority of us will live here only four years, the benefits of integrating yourself into campus life and the Kirkville community are immense, and will make your college years more valuable and satisfactory.

Let's start with the obvious. Every Truman student is aware of our school's stereotypes — we're in the middle of nowhere, all we have is a Wal-Mart, the only thing to do here is to study and so forth. These stereotypes are bothersome because, despite

their reputation and persistence, we're still here. We made the decision to attend this university, whether it was first or last on our list of schools. We're students at Truman and we're Kirkville citizens, temporary though it might be, and we should all desire to make the most of our time here.

Truly inhabiting Truman means making the campus and Kirkville your home for the next four years. Students should dedicate themselves to an organization, group or activity on campus. Whenever I talk to people who express disdain for Truman, those people often are not involved in anything important to them. Involvement will provide friendships, valuable experience and meaning to your time here.

Venturing off campus and exploring Kirkville also is a necessity. For me, this includes going to The Square with friends, going out to eat every chance I get and jogging the trails at Thousand Hills State Park. I've discovered much about Kirkville through different forms of community service, such as tutoring children at Ray Miller Elementary School or talking with citizens while participating in the Big Event, an annual campus-wide day of service. Putting forth effort to get to know Kirkville is the first step to realizing how unfair the stereotypes are, as the city does indeed have a lot to offer.

Truly living here means not leaving every chance you get. Many students count down the days until breaks, not just because it signifies a break from schoolwork, but because it means they get to high-tail it out of Kirkville. Breaks in Kirkville allow students to appreciate living here without the stress that comes with a busy school week. Students can't discover the joys of Kirkville

if they go home every weekend. Hanging out with friends during a short break here is as fun and relaxing as it gets. Lounging about, reading a book on The Quad is nothing short of wonderful.

Kirkville summers are legendary in my eyes. Finding a job in the community or with the University, becoming better acquainted with departments and faculty members and floating through the hazy summer months in Kirkville are some of my fondest college memories.

The Kirkville stereotypes probably never will go away, but if nothing else, let me make one last point. For any Truman student to speak so negatively about Kirkville is to do a disservice to our many peers, professors and faculty members who work hard for the University and call Kirkville home. For a student, Kirkville might be a place to eventually leave, but for someone else it's a place to grow, raise a family and live their life. The fact that Kirkville is a small town never should serve as an excuse for students to not commit themselves to our campus, community and fellow citizens.

I encourage incoming students to open themselves to the possibilities that come with truly inhabiting Truman and Kirkville. Don't go home on Labor Day weekend — you just got here! I also encourage upperclassmen to make the most of what time they have left. When we all try to shed our preconceived notions of what Kirkville supposedly is and begin to discover what it really is, students will find real opportunities.

John Riti is a senior English major from St. Louis, Mo.

What do you most look forward to during the start of a new school year?

"I always get a little adrenaline rush when students come back... The thing I enjoy the most about my job is interacting with the students."

Troy Paino
University President

"You can feel the energy level and excitement go up when students come back. That's one thing I love about working on a college campus."

Jerry Wollmering
Director of Athletics

"All the new possibilities. We have new staff, new residents, returning residents... and I look forward to seeing how we can make it a good year."

John Gardner
Director of Residence Life

"I enjoy the freshmen during Truman Week, especially their enthusiasm for new learning experiences. It's fun to meet new faculty and staff."

Stephanie Powelson
Nursing Department Chair



AROUND THE OFFICE

Tech tips for the entering college student



Sarah Muir

I'm all about making my life easier, so I use shortcuts whenever I can. I have 19 years of experience taking shortcuts and I'm going to share some of my favorites for college. My four favorite and most useful shortcuts involve harnessing the power of technology. To repeat an old cliché, it's about working smarter, not harder.

Web Storage

Take advantage of online backup services like Dropbox, Google Drive or iCloud. These services allow you to store and access documents anywhere. They provide easy access to all the important files you need and keep documents safer than emailing papers to yourself or using thumb drives.

Dropbox keeps me organized — I can create folders for each semester and subfolders for each class. Then I keep my readings, papers, study guides and anything related to the class saved there. It makes printing from school computers easier. Plus, I often use it to reference material from old classes.

Preventing Distraction

Nothing gets in the way of studying or writing papers more than the Internet, yet it simultaneously is a valuable tool that allows you to look up sources or check Blackboard.

Anyone who has the self-control to stay completely focused while working at the

computer has my respect forever, because it is something I'm not capable of. So I turn to programs that prevent me from getting distracted.

Programs like Cold Turkey and SelfControl can block distracting websites for a designated period of time — I'm looking at you, Twitter and Pinterest. An hour of studying really can be an hour of studying, instead of mindlessly browsing social media sites. SelfControl is the only reason I get anything done.

Printing

Take advantage of a service you already pay for — your printing account. Every Truman State student begins with \$25 in their account each semester. That's enough money to print as many as 250 pages. You don't need to buy your own printer. Don't let those \$25 go to waste by purchasing expensive printers and refill inks.

Streamlining Research

Download an article-saving application for your Internet browser, like Pocket or

Readability. These services save articles, videos and images for later use. Like online backup services, you can access your saved items from any computer. So if you do research with one computer but need to access it from another you can do so painlessly. They also come with mobile apps that let you access your research on the go.

These four tips will save you time, money and headaches. You'll never have to worry about losing a paper, wasting time online, trying to remember what that article was called or figuring out which ink cartridge to buy. This is only the beginning. Google "student life hacks" online to find neat tricks that have worked for other students. If you ever experience problems with technology, visit Truman's IT Service Center.

Sarah Muir is a sophomore political science major from Lee's Summit, Mo.