The Office of Inclusive Engagement is a part of the University of Missouri’s Division of Inclusion, Diversity & Equity. Learn more: DIVERSITY.MISSOURI.EDU

Heading to Mizzou? Columbia and surrounding areas have a lot to offer! Campus and downtown are just minutes apart. And anyone who has spent time in CoMo will tell you just how much there is to do in Columbia and all around Missouri.

Whether you're looking for large annual celebrations, your new favorite place to eat/take out, shop, resources to help you settle in and find your community, or just somewhere to treat yourself, we have you covered.
ANNUAL EVENTS

TRUE/FALSE FILM FESTIVAL
True/False offers a heightened four-day weekend of creativity in which filmmakers, artists, musicians and others remake Columbia into a one-of-a-kind utopia. The transformative, rambunctious, ecstatic experience of T/F creates a cathartic journey. truefalse.org.

MID-MISSOURI PRIDEFEST
MidMO PrideFest is an annual celebration of the lesbian, gay, bisexual, transgender, queer, questioning, intersex, pansexual, asexual, aromantic and ally community with entertainment, food, vendors, info on community orgs and more. midmopride.org.

ROOTS N BLUES FESTIVAL
An annual music and barbecue festival that features both nationally renowned and emerging artists from roots, blues, gospel, country, folk, bluegrass, rock and soul genres. rootsnbluesfestival.com.

UNBOUND BOOK FESTIVAL
A free festival that celebrates literature of all kinds. Nationally-recognized and bestselling authors across genres come to discuss their works and participate in a variety of events. unboundbookfestival.com.

COLUMBIA VALUES DIVERSITY CELEBRATION
The Columbia Values Diversity Celebration brings people together from throughout the community to share breakfast and a special program honoring Dr. Martin Luther King Jr. como.gov/arts/cvdc.

MU CELEBRATES DR. MARTIN LUTHER KING JR.
The program is intended to engage the Columbia community in an ethnic intersection that is positive, educational and entertaining. This event includes the presentation of the Dr. Martin Luther King Jr. Community Award and a featured nationally recognized speaker. Past presentations have included individuals from diverse professions with rich, personal, experiences such as New York Times columnist Charles Blow; scholar and activist Dr. Angela Davis; American Legal Scholar Patricia Williams; and actor, television producer and writer Larry Wilmore. mlk.missouri.edu.

See all university-sponsored events at calendar.missouri.edu.
GREAT OUTDOORS

COOPER’S LANDING
Located on the Missouri River, Cooper’s Landing offers campgrounds, lodge, country store, restaurant, live music and an entertainment center. cooperslandingmo.com.

AFRICAN AMERICAN HERITAGE TRAIL
The trail, a walking route winding through the heart of the city, honors central Columbia’s rich black history with a total of 36 sites. bit.ly/comoaht.

COLUMBIA CITY PARKS AND TRAILS
Venture out to Douglass Park, Stephen’s Lake Park, Capen Park or one of the many others connected by trails around the city. Hop on your bike or run along the MKT and/or Katy Trails, converted from railroads that used to run through town. Enjoy swimming, fishing, climbing and more. como.gov/parksandrec.

STEPHEN’S LAKE PARK
A 116-acre nature area near campus that offers swimming, fishing and lots of trails. bit.ly/comoslp.

FINGER LAKES STATE PARK
Whether it’s fishing, biking or riding ATVs, you can do it all here. This state park is located just north of Columbia. mostateparks.com/park/finger-lakes-state-park.

SHELTER GARDENS
While Mizzou’s campus is a botanic garden, there’s a second one just down the road! Enjoy this lovely green space in the heart of Columbia. shelterinsurance.com/aboutshelter/sheltergardens.

THE PINNACLES
Come explore the limestone rock formations and fossils left behind when seas retreated millions of years ago. Enjoy wildlife and scenery looking out over surrounding creeks. nature.mdc.mo.gov/discover-nature/places/pinnacles.

THE BIG TREE
Check out this 400-year-old massive national champion Burr Oak that’s survived drought, flood, storms and more. atlasobscura.com/places/mcbaine-bur-oak.

Columbia is home to many cultural, historic and natural spaces.
TREAT YOURSELF

EAT, SHOP, ENJOY

**AL’S AND lena’s catering**
Soul food. 1205 Rangeline St. 573-447-8654.

**ANDY’S FROZEN CUSTARD**
A Midwest favorite, Andy’s offers fresh custard every hour. eatandys.com.

**BIG DADDY’S BBQ**
Barbecue. 1205 N. Garth Ave. 573-875-2227.

**THE BLUE NOTE**
A venue that features music of all genres and additional performances on occasion. 17 N. Ninth St. thebluenote.com.

**BUSH’S CATERING**
Catering and meal prep. bushcateringmealprep.com.

**THE CANDY FACTORY**
Local sweets shop that offers a variety of tasty treats. Try the chocolate-covered strawberries. 701 Cherry St. thecandyfactory.biz.

**COLUMBIA ART LEAGUE**
Discover a stimulating environment for the visual arts. 207 S. Ninth St. columbiaartleague.org.

**COMO GOPO**
Gourmet popcorn. 525 Court St, Fulton. 573-310-6416.

**HITT RECORDS**
Columbia’s independent record store. This place has you covered for 45s and CDs. 10 Hitt St. hittrecords.com.

**INTERNATIONAL CAFE**
Mediterranean restaurant downtown. 26 S. Ninth St.

**JAMAICAN JERK HUT**
Jamaican food. 711 Vandiver Dr. 573-616-4399.

**JOY’S CARRY OUT AND CATERING SERVICE**
Chicken wings, burgers and catering services. 2202 Paris Road. 573-355-6907.

**MIDWAY GOLF AND GAMES**
Premier family fun center in the Columbia area. Par 3 course, driving range, mini golf, go-kart track, batting cages, axe throwing, laser tag and more. 55 Vanhorn Tavern Rd. midwaygolfgames.com.

**MISSOURI THEATRE**
Concert and entertainment venue on the National Register of Historic Places. Missouri Theatre is owned by MU and is home to many university arts performances, the University Concert Series, and many other local and civic arts groups. 203 S. Ninth St. concertseries.missouri.edu/venue/missouri-theatre.

**MR. MURPHY’S STUFFED POTATOES**
Potato, nacho and salad food truck. 573-424-9232.

**MRS. G’S A TOUCH OF SOUL**
Soul food. 1301 Vandiver Dr, Ste. E. 573-424-3718.

**MUSEUM OF ART & ARCHAEOLOGY**
Collections span 6,000 years. Be sure to check out the cast gallery. Free and open to the public. 115 Bus. Loop 70 W. maa.missouri.edu and anthromuseum.missouri.edu.

Exploring markets is a great way to understand culture. These feature a variety of specialty items for those who crave fresh and traditional foods.
TREAT YOURSELF

**PAPADOO’S SOUL FOOD & BBQ**
Soul food. 904 Business Loop 70 E. 409-996-8788.

**PLUSH LOUNGE**
Bar. 904 Business Loop 70 E. 573-876-0100.

**QUINTILLA’S KITCHEN**
Healthy personal chef and catering services. shannon@quintillaskitchen.com. 573-514-3097.

**RAGTAG CINEMA**
A nonprofit arthouse cinema that features international and independent films. ragtagcinema.org.

**ROSE MUSIC HALL**
Enjoy live music nightly at this indoor-outdoor venue with backyard tables and food on-site. rosemusichall.com.

**SPARKY’S HOMEMADE ICE CREAM**
Locally made ice cream with delicious seasonal and inventive flavors. 21 S. Ninth St.

**SCOOTER’S FOOD JOINT AND CATERING**
Chicken wings and burgers. Food truck and catering services. 573-673-9473.

**STATE HISTORICAL SOCIETY OF MISSOURI CENTER FOR MISSOURI STUDIES**
The premier research center for the study of Missouri state and local history. Home to the nation’s best collection of Missouri regional and westward expansion art with a gallery on the first floor. Free to the public. shsmo.org.

**U KNEAD SWEETS**
Got a sweet tooth? Check out the fresh-baked goodies daily at U Knead Sweets. ukneadsweets.com.

**UPRISE BAKERY**

**VIBEZ LOUNGE**
Seafood and soul food. 573-424-4718.
TREAT YOURSELF

FASHION

COMO BEACH CLOTHING
T-shirts, bags and hats. comobeachclothing.com.

THE GREENS CO.
Seasonal collections. 16 N. 9th St. 573-447-7273. thegreensco.com.

MONARCH JEWELRY
Jewelry and watches. 101 Orr St. 573-875-6673.

VINTAGE COLLECTIBLE RETRO
Buy/sell vintage apparel, sneaker restoration and customization. 312A Nebraska Ave. 573-447-0336.

FOOD MARKETS

A&Y GLOBAL MARKET
Fresh and packaged goods from the Mediterranean and Middle East. 15 N. Fourth St. ayglobalmarket.com.

COLUMBIA FARMERS MARKET
Experience a taste of mid-Missouri at the Columbia Farmers Market. 1769 W. Ash St. columbiafarmersmarket.org.

HONG KONG MARKET
An assortment of Asian candies, snacks, sauces, mixes, and baked goods. There’s also kitchen gear for Asian cooking available. 3510 I-70 Drive SE.

LEE'S ASIAN MARKET
Fresh produce, rice, canned drinks and packaged foods from many countries. A five-minute walk from campus. 700 E. Cherry St.

LOS CUATES LATIN MARKET AND RESTAURANT
Traditional Mexican and Latin American foods including an extensive meat counter. 2908 Paris Road.

ORR ST. FARMERS AND ARTISANS MARKET
Downtown Columbia’s destination for farm-fresh produce, handcrafted art, informational workshops and great entertainment. Dog-friendly and a five-minute walk from campus, open Sundays. 126 N. Tenth St.

SHWE MARKET INTERNATIONAL FOODS

In Columbia, treating yourself doesn’t have to be expensive. Check out these area attractions without breaking the bank.
HAIR, BEAUTY & WELLNESS

**ALL STAR CUTS**
Specializes in men’s cuts and styles.
3200 Penn Terrace, Ste. 111. 573-442-3115.

**API PROJECT FITNESS**
Gym and personal training. 128 E. Nifong Blvd.

**ART OF HAIR AND SKIN**
Specializes in color, skin and men’s and women’s cuts and styles.

**ARTISTRY SALON**
Hair salon, skin and nail care. 705 Big Bear Blvd.
573-256-0158. artistrythesalon.com.

**B. FAB HAIR STUDIO AND COSMETICS**
Specializes in hair care, haircuts, extensions, eyebrow shaping, makeup and more.
416 E. Broadway. 573-441-2322.

**BLANC STUDIO**
Specializes in women’s hair care.
918 E. Broadway. 573-777-7797.

**CHRYSTAL L. HAIR & MAKEUP**
Makeup and hair treatments. 1201 E Broadway, Ste D.
573-441-6398. chrystalhairandmakeup.com.

**CLEAN CUT BARBER SHOP**
Offers hair detailing and beard trims. 510 E. Green Meadows Rd. #105.

**COMO HAIR BUNDLES AND BODY OILS**
Hair extensions and oils. 812 Hunt Ave., Ste. 1

**A CUT ABOVE THE REST**
A full-service salon offering cuts, styling, nails and cosmetics.
203 N. Providence Rd. 573-815-0114.

**DEFENSE AGAINST DIABETES**
Nonprofit organization. 573-303-9560.
defenseagainstdiabetes.org.

**D’MMI STYLEZ BEAUTY BAR**
Full service hair salon. 3200 Penn Terrace, Ste. 111.
573-424-8664.

**DIAMOND CUTZ BARBER STUDIO**
Men’s and children’s haircuts. 1621 Towne Dr.
573-424-7520.

**EXCLUSIVE CUTS BARBERSHOP**
Men’s, women’s and children’s haircuts. 2300 Bernadette Drive.
573-239-3737.

Finding a trusted hairstylist or barber can be tricky. Explore an array of professional haircare providers who will help you look your best.
HAIR, BEAUTY & WELLNESS

HAIR THERAPY SALON

MARY SMITH’S BEAUTY SALON
Specializes in women’s hair care. 101 E. Forest Ave. 573-874-0785.

ME MY HAIR AND I
Haircare treatments. 2503 W. Ash St., Ste. B 573-777-5858

MISSOURI HIGH STEPPERS
Youth dance and drill troupe. 1200 N. 7th St. 573-874-1697. bgc-columbia.org/programs/high-steppers.

JT'S CUTZ
Specializes in men's cuts and styles. 804 N. Old 63. 573-814-2707.

PRO KUTZ ELITE BARBERSHOP
Haircut and shaving services. 1002 Old 63 N. 573-217-6000. pro-kutz-elite-barbershop.business.site.

LETICIA STYLE PERFECTED
Specializes in hair braiding. 711 Vandiver Drive Suite H. 573-489-3865.

RED THE SALON
Specializes in color, curly and hard-to-manage hair. 506 Nichols St., Suite B 573-356-5915.

THE LOOK
Specializes in men's and women's cuts and styles. 1900 N. Providence Road #206. 573-875-4446. thelooksaloncolumbiamo.com.

SALON NEFISA
Specializes in hair and nails. 825 E. Walnut St. 573-256-1220. salonnefisa.com.

SIMPLE SOLUTIONS FITNESS

M. BOSS BARBER AND SALON

YOUNIQUE BEAUTY SUPPLY
Hair extensions. youniqueluxuryextension.com.

MALBA HEAVENLY HAIR
Offers professional services at the location of your choice. 573-864-0800 or 573-864-0989.

Finding a trusted hairstylist or barber can be tricky. Explore an array of professional haircare providers who will help you look your best.
LOCAL SERVICES

HOME, LAWN AND AUTO CARE

AUTO EMBASSY
Automobile detailing and cleaning.
2424 Paris Rd. 573-397-4167. comoautoembassy.com.

COMO LAWN CARE PLUS

J’S CLEANING SOLUTION
Commercial cleaning and cleaning supplies and supplies for office buildings and construction projects.
511 East Walnut, Ste. 10093. 573-238-8012. jscleaningsolution.services.

MAID EZ CLEANING SERVICE, LLC
Cleaning and janitorial services.
5202 Gasconade Dr. 573-228-6683.

MUCHMO “W”, LLC

WOODS AUTO SPA
Window tinting service. 922 E. Business Loop 70. 573-443-0059.

THE WHITLEY CO.

CHILDREN AND FAMILY CARE

ELEVATE GYMNASICS AND FITNESS
Instructional gymnastics for ages 18 months to adult, clinics, field trips and birthday parties.
191 N. Rangeline Road (Rt Z Exit) 573-814-3254. elevategymfit.com.

H.T. MAY & SONS FUNERAL HOME
Funeral, burial and memorial services (Boonville).
htmayfuneralhome.com.

NANNY’S EARLY LEARNING CENTER
Childcare for children eight weeks to 12 years old.
nannysearlylearningcenter.com.

NORA STEWART EARLY LEARNING CENTER
Reading, math and critical skill learning development.
LOCAL SERVICES

ENTERTAINMENT

A2D EVENTS
Corporate fundraiser and social event planning. attention2detail.events.

DJ BEATZ/BEATZWORLD ENTERTAINMENT
DJ and musician. DJBeatz.net.

THE CHUMP CHANGE BLUES BAND
Blues band. 573-442-4157.

PARAMOUNT MARKETING GROUP WORLDWIDE
Weddings, corporate events, parties, and limousine services. 573-777-2555.

COMO CANINE SPORTS CENTER
columbiak9sportscenter.com.

LIZZI AND ROCCOS
Many pet events. lizziandroccos.com.

MU VETERINARY HEALTH SERVICES
vhc.missouri.edu.

TRANSPORTATION

BILLY WILLIAMS VIP LIMOUSINE SERVICE, LLC

CONCIERGE SUV SERVICES

TAXI TERRY'S
Taxi service. 573-441-1414. taxicolumbiamo.com

PETS

TWIN LAKES DOG PARK
2500 Chapel Hill Rd.

BEAR CREEK PARK
1402 Elleta Blvd.

INDIAN HILLS PARK
5009 Aztec Blvd.
LOCAL SERVICES

VOLUNTEER OPPORTUNITIES

COLUMBIA CENTER FOR URBAN AGRICULTURE
columbiaurbanag.org.

HUMANE SOCIETY
cmhspets.org.

RAINBOW HOUSE
rainbowhousecolumbia.org.

SECOND CHANCE
columbia2ndchance.org.

THE CENTER PROJECT
thecenterproject.org.

THE FOOD BANK
sharefoodbringhope.org.

TIGER PANTRY
tigerpantry.missouri.edu.

UNCHAINED MELODIES DOG RESCUE
unchainedmelodies.org.

OTHER SERVICES

AKILAH STANTON REALTOR
573-777-5001. akilah.findcolumbiamohouses.com

CECILIA YOUNG REALTOR
573-673-2889. ceciliayoung.myhomehq.biz.

CRACKED UP MOBILE
Cell phone, tablet and laptop repair.
816 E. Broadway, Ste. 201.

MY TAX LADY
Tax filing preparation. 5521 Bradley Dr, Jefferson City.
573-795-7345.

WENDY C SWETZ REALTOR
COLUMBIA KOREAN BAPTIST CHURCH
3601 I-70 Drive NW. 573-446-6036.

CONGREGATION BETH SHALOM
500 W. Green Meadows Rd. 573-499-4855. cbsmo.org.

HEART, BODY & SOUL

SHANTHI MANDIR HINDU TEMPLE AND COMMUNITY CENTER

ISLAMIC CENTER OF CENTRAL MISSOURI
201 S. Fifth St. 573-875-4633. theiccm.org.

MISSOURI UNITED METHODIST CHURCH
204 S. Ninth St. 573-443-3111. moumc.org.

SECOND MISSIONARY BAPTIST CHURCH

ST. LUKE THE EVANGELIST ORTHODOX CHURCH
1510 Audubon Drive. 573-817-0050. saintlukecolumbia.org.

ST. PAUL AME CHURCH
501 Park Ave. 573-449-5823.

UNITARIAN UNIVERSALIST CHURCH, COLUMBIA
2615 Shepard Blvd. 573-442-5764. uuco.com.

UNITY OF COLUMBIA

URBAN EMPOWERMENT MINISTRIES
2402 Industrial Drive. 573-474-3163.

Join with others who share your faith, practices, values and traditions.
IDE CONTACTS

VICE CHANCELLOR OF INCLUSION, DIVERSITY & EQUITY
320 Jesse Hall. 573-882-3394.

ACCESS AND LEADERSHIP DEVELOPMENT
573-884-7267.

ACCESSIBILITY AND ADA
573-884-7278.

CIVIL RIGHTS & TITLE IX
573-882-2824.

GAINES/OLDHAM BLACK CULTURE CENTER
813 Virginia Ave. 583-882-2664.

INCLUSIVE ENGAGEMENT
573-882-2431.

LGBTQ RESOURCE CENTER
573-884-7750.

MULTICULTURAL CENTER
573-882-7152.

RELATIONSHIP AND SEXUAL VIOLENCE PREVENTION CENTER
573-882-6638.

SOCIAL JUSTICE
573-882-6621.

WOMEN'S CENTER
573-882-6621.

The organizations and services contained within this brochure are informational. Listings within are not meant to be and are in no-way a recommendation or endorsement.
OTHER RESOURCES

CAMPUS

ASIAN AFFAIRS CENTER
The Asian Affairs Center reflects the university's formal recognition of cultural, strategic and economic importance of the nations of the Pacific Rim. asia.missouri.edu.

BLACK FACULTY/STAFF ORGANIZATION
BFSO seeks to build community and support among black faculty and staff, cultivate and strengthen relationships with student groups, engage in advocacy and strategic planning, and advise university leadership regarding issues facing black faculty and staff. bfso@po.missouri.edu.

CAMBIO CENTER
The Cambio Center leads research and outreach on Latinos in order to share knowledge and best practices with newcomers and immigrants to the Midwest. cambio.missouri.edu.

GAINES/OLDHAM BLACK CULTURE CENTER
The mission of the GOBCC is to complement academic programs of study and enrich the quality of campus life for black students at MU. gobcc.missouri.edu.

INTERNATIONAL CENTER
The International Center provides comprehensive support services to MU's international community. Students, faculty, staff, and their dependents come to MU from nearly 100 countries. international.missouri.edu.

LGBTQ RESOURCE CENTER
The LGBTQ Resource Center respects you as you are. All are welcome. Center staff work to educate, support and advocate for sexual and gender minorities at Mizzou. lgbtq.missouri.edu.

MIZ-OUT: STAFF/FACULTY LGBTQ ORG
MIZ-OUT is a staff/faculty organization that aims to create a welcoming and safe environment and advocates for sexual and gender minorities at Mizzou. lgbtq.missouri.edu/organizations.

MULTICULTURAL CENTER
The Multicultural Center works toward creating a culturally inclusive and adept campus environment. The MCC is a support system and resource for the concerns and needs of students from marginalized and/or underrepresented identity groups. multiculturalcenter.missouri.edu.

VETERANS CENTER
The Veterans Center meets the needs of veterans at Mizzou, providing camaraderie and friendship along with resources and support. veterans.missouri.edu.

VOZ LATINA
MU Voz Latina is a vibrant organization dedicated to empowering the Latino community of Mizzou to lead and achieve academic professional and personal success. vozlatina.missouri.edu.

WOMEN'S CENTER
MU Voz Latina is a vibrant organization dedicated to empowering the Latino community of Mizzou to lead and achieve academic professional and personal success. womenscenter.missouri.edu.

OFF-CAMPUS

THE CENTER PROJECT
A community center focused on the needs of LGBTQ individuals and communities. thecenterproject.org.

CENTRO LATINO
Centro Latino seeks to empower Latino families regardless of national origin, religion, or immigration status by providing educational, health and legal services. centrolatino.missouri.org.

REFUGEE AND IMMIGRATION SERVICES OF CATHOLIC CHARITIES
Provides resettlement services to all newly arrived refugees in Columbia. bit.ly/risccmo.

Every individual matters at Mizzou. We continue to focus on and invest resources in our culture to support and serve Tigers of all stripes.