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## MISSION

Since 1916, OU Daily has covered Norman and OU in depth, served as a public forum for community discussion and provided students on our staff real-world media experiences.

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COVER ILLUSTRATION BY TERRY CHISHIMBA

## FROM THE EDITOR

# 'Make campus your home'

Welcome to campus, class of 2029.

As you enter the next chapter of your life, I hope this guide will help you find your place at OU and make campus your home. This guide is written and produced by student journalists at the OU Daily — the only independent, student-led media organization on campus. Our mission is to write stories that serve the OU and Norman communities. You can watch for our publications on racks across campus throughout the year.



**Peggy Dodd**

Editor-in-chief 2024-25  
[pdodd@ou.edu](mailto:pdodd@ou.edu)

Each year, the Daily produces this magazine, *New to OU*, for those entering college life at OU. It's also one that's very close to my heart because it led me to join the OU Daily. Coming to campus, I had no idea what I was doing, and I needed help.

That summer, as I was preparing to move to Norman, my mom came in from getting the mail with some envelopes, the latest copies of the *New Yorker* and *Time Magazine* and a large envelope from OU. I had already received an acceptance package from both OU and Gaylord College, so I was very curious what the envelope might contain.

Inside was the 2021 issue of *New to OU*, the cover of which was themed to resemble a hotel sign. I flipped through it and read about clubs, meal plans, parking advice and dining options on campus. The information was helpful to someone who had never even been to Norman, especially the advice from Daily editors sandwiched in the middle.

Among the pages, I saw an ad urging students to join the OU Daily, which led me to wonder what it was. I opened my laptop to [oudaily.com](https://oudaily.com) and started reading the latest articles. I thought to myself, "I'm so working there." I joined the Daily in August and have since spent many long days in the newsroom. It became my second home, where I spent the majority of my time on campus and built bonds with my colleagues.

By the time you're reading this, I will have handed off the editor-in-chief title to my successor. I trust the OU Daily will continue serving this community and upholding the values we've had for decades. OU Daily's leadership will change year-to-year and generation-to-generation, just as campus does, but it will always be here to tell new stories.

My hope is this magazine will help students like me with information about meal plans, housing, weather safety and more. I encourage you to seize opportunities on and off campus and find your own home here in Norman. But most of all, enjoy this time in your life and find your people.

Thank you for reading and best wishes,  
 Peggy Dodd

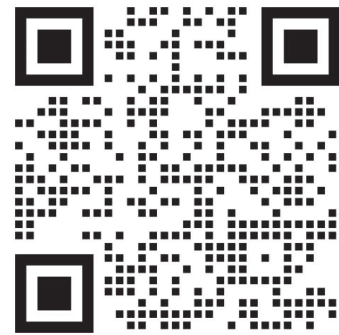


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Cross Village is one of eight options for first-year housing on campus. Here, students can find a variety of dining options, including Credo and Glow kitchens, The Hive, Basic Knead and Acre Provisions.

SUTTON SPINNER/OU DAILY

# LIVING ON CAMPUS

## Housing essentials from move-in to move-out

FROM STAFF REPORTS • [DAILYNEWS@OU.EDU](mailto:DAILYNEWS@OU.EDU)

Moving in can be stressful for incoming students. For many, it's their first time living alone. Here is a guide on how to navigate the move-in process and understand the residence halls and a future beyond on-campus housing.

**OU campus housing:** First-years at OU are required to live on campus for two semesters. However, the university allows a few exceptions, such as students living within a certain distance from campus. OU has eight spaces designated for first-year students: Couch and Walker centers, Cross Village, David L. Boren and Headington halls, Dunham and Headington colleges and McCasland Hall, OU's newest housing. Students have the choice to rank their residence hall preferences.

**Sooner Cards:** Sooner Cards give access to various campus buildings, including residence halls and Sarkeys Fitness Center, and can be used for points and swipes at campus

restaurants. Students can obtain their Sooner Card online and add them to their phone's mobile wallet. For a physical copy, visit the Sooner Card offices inside the Oklahoma Memorial Union or Cross Village Building D to have one printed for \$30.

**Move-in:** Before move-in, students receive an email providing rooming details, including their residence hall, room number and roommates. In 2025, move-in will begin Aug. 11. On move-in days, students will arrive near their assigned residence hall where movers will help carry belongings to the rooms. Each residence hall allows a mini fridge and microwave. MicroFridges — a 3-in-1 refrigerator, freezer and microwave — can be rented through move-in partners on the OU website.

**Laundry:** Free laundry machines are available in all residence halls.

**Move-out:** Students are required to move out within 24 hours of their last spring final or by noon the Saturday after finals unless they request to extend their stay. Move-out is more independent than move-in because OU does not provide moving assistance. To reduce stress, it is best to start moving out of the residence halls in advance rather than waiting until the last day of finals. Students with physical keys must drop them at the front desk before leaving campus.

**Fees:** Following move-out, OU may charge fees for furniture replacement, cleaning, key replacement, lock replacement and damages. To avoid extra costs, make sure to take care of the residence halls; others will have to use it eventually, and the last thing a student would want is to pay more for housing.



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# SEC YEAR 2

## 2025 opponents, old and new

FROM STAFF REPORTS •  
DAILYNEWS@OU.EDU

After a lackluster first year in the Southeastern Conference, OU will match up against now-familiar SEC opponents.

### Home

**Illinois State:** Facing off against Illinois State for the first time, the Sooners will kick off the season against the Redbirds Aug. 30.

**Michigan:** In the 1976 Orange Bowl, the Sooners faced off against the Wolverines and won 14-6. The Sooners will face the Wolverines for the second time Sept. 6.

**Auburn:** OU and Auburn have played each other three times: twice in the Sugar Bowl and once at Auburn during OU's debut SEC season. The Sooners won all three matches against the Tigers. OU will face Auburn Sept. 20.

**Kent State:** The Sooners last battled the Golden Flashes in 2022, claiming a 33-3 victory. They are set to face off again Oct. 4.

**Mississippi:** The Sooners and Mississippi have faced off twice, the Sooners losing both times. OU will face Mississippi Oct. 25.

**Missouri:** Oklahoma and Missouri revisited their rivalry last year when Missouri won 30-23. The Sooners will face the Tigers Nov. 22.

**LSU:** OU and LSU have met four times. Last season, the Sooners fell to the Tigers 17-37. OU will face LSU again Nov. 29.

### Away

**Temple:** The Owls and the Sooners have faced off three times, with OU in the lead 2-1. Their fourth matchup will be Sep. 13.

**Texas:** Oklahoma will be the designated away team in the annual Red River Rivalry game. The Sooners will play the Longhorns in the Cotton Bowl Stadium in Dallas Oct. 11.

**South Carolina:** The Sooners faced the Gamecocks for the first time last year, and OU lost 35-9. They will face the Gamecocks Oct. 18.

**Tennessee:** Last season, the Volunteers beat the Sooners 25-15. OU will face Tennessee for a rematch Nov. 1.

**Alabama:** OU beat Alabama 24-3 last season. This resulted in OU fans storming the field, which had not happened since 2000. The Sooners will face the Crimson Tide Nov. 15.



Then-junior running back Jovantae Barnes during the game against Maine in fall 2024.

SUTTON SPINNER/OU DAILY





After opening March 1, 2024, Love's Field replaced Marita Hynes Field as the home of OU softball.

ADEN CHOATE/OU DAILY

# GAME DAY VENUES

## Where to find your favorite OU sports

FROM STAFF REPORTS • [DAILYNEWS@OU.EDU](mailto:DAILYNEWS@OU.EDU)

From softball to football, OU is known for its athletics. For incoming students, it's important to know where to watch the Sooners, especially as they face new opponents during their second season in the Southeastern Conference.

The student section makes one of the biggest impacts in college sports. Many universities urge their students to make home games as loud as possible. Students wanting to attend OU athletic events need to know where the student sections are and what items are allowed at sporting events.

Football is the only sport that charges students for admission. All other sports allow free admission for students as long as they have their OU student ID.

OU athletics has a clear bag policy for their events at all athletic venues. Attendees are limited to one bag: a 12-by-6-by-12-inch clear tote bag, a one-gallon clear storage bag, a clear fanny pack, a clear crossbody bag or a non-transparent 4.5-by-6.5-inch clutch wallet.

Attendees may also bring empty, clear plastic bottles less than 17 ounces and fill them at water stations throughout athletic venues.

**Gaylord Family-Oklahoma Memorial Stadium:** The Palace on the Prairie hosted its first game in 1923 and has been home to OU football since. The stadium is on the east side of campus and seats over 80,000 fans. The stadium is the largest in Oklahoma and one of the nation's largest college football stadiums.

Students can enter the stadium at gate seven on the northeastern side.

OU's student section takes up rows 6-28 of section 20 and sections 22-28 where students can get loud and cheer for the Sooners.

**Lloyd Noble Center:** Opened in 1975, the Lloyd Noble Center is south of campus and home to OU basketball and women's gymnastics. The student entrance and section is on the north side of the building. The student section is nicknamed "The Boom Squad." Discussions are ongoing regarding a new arena for the Sooners.

**John Crain Field:** OU soccer can be found at John Crain Field, west of the Lloyd Noble Center. John Crain Field opened in 2000, and a new video board was installed in 2024. The venue can seat up to 3,500.

**L. Dale Mitchell Park:** L. Dale Mitchell Park is home to OU baseball and is north of the Lloyd Noble Center. The ballpark opened in 1982 and has had several updates and additions over the years, such as adding a video board and scoreboard in 2009 and a warning track in 2012.

For the 2025 season, the student section can be found on the left field berm of the ballpark, and students can bring their own food, drink and seating.

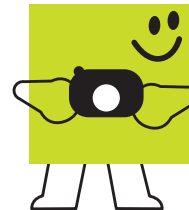
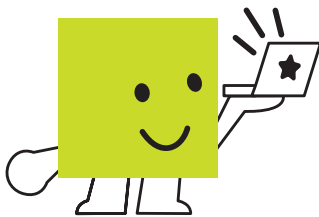
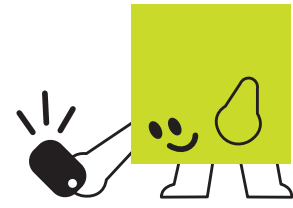
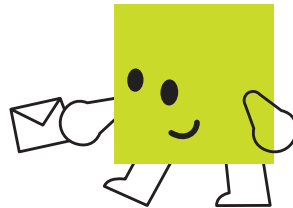
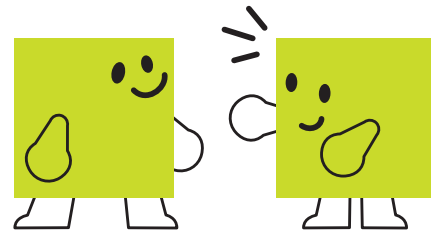
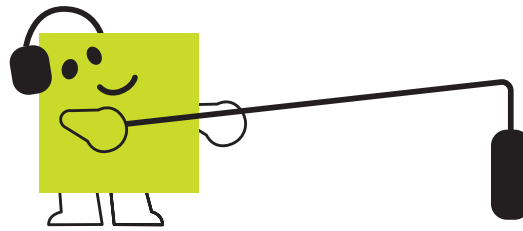
**Love's Field:** Love's Field is the home of OU softball. The stadium opened in spring 2024 and seats 4,200 people. It is the largest

on-campus college softball stadium in the nation. The stadium is at the northwest corner of South Jenkins Avenue and Imhoff Road, north of the Lloyd Noble Center. OU softball previously played at Marita Hynes Field.

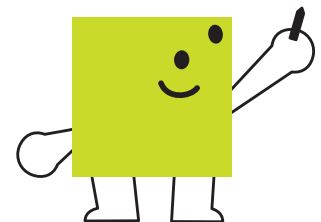
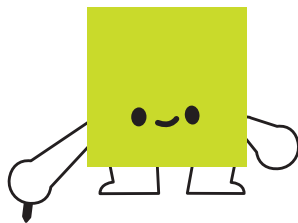
**McCasland Field House:** Several OU teams share McCasland Field House, including volleyball, wrestling and men's gymnastics. Previously home to OU men's basketball, McCasland Field House opened in 1928 and has since been updated with new sound and lighting systems and scoreboards. McCasland is north of the Gaylord Family-Oklahoma Memorial Stadium.

**Headington Family Tennis Center:** Both men's and women's tennis teams play at the Headington Family Tennis Center. The center has 12 outdoor courts, electronic scoreboards, seating for fans and a sound system. The center also features the Gregg Wadley Indoor Tennis Pavilion, a facility that includes six courts. The center is west of Lloyd Noble Center and south of John Crain Field.

**John Jacobs Track and Field Complex:** Featuring seating for 2,000 people, the John Jacobs Track and Field Complex is home to OU track and field. Since its opening in the 1950s, it has been updated with a sound system and a permanent scoreboard. The complex is east of the Gaylord Family-Oklahoma Memorial Stadium.



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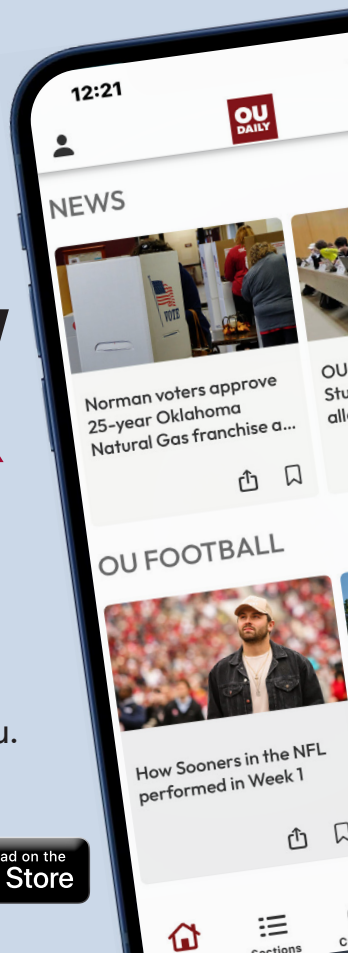
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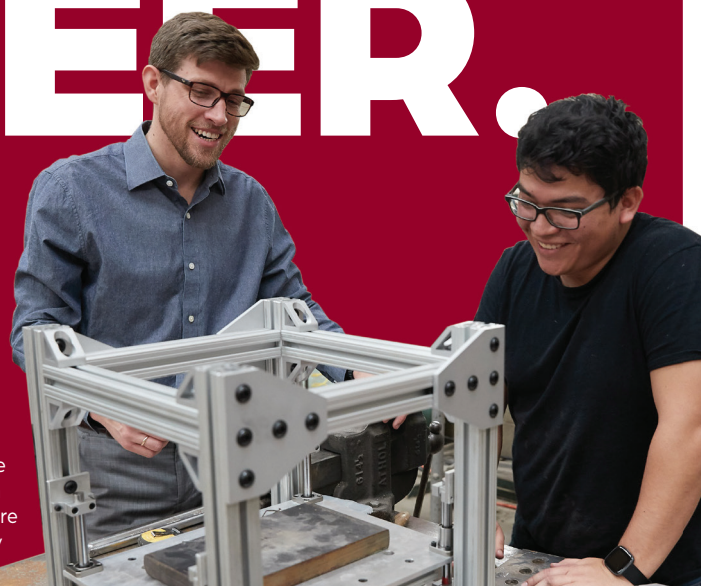
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# CAMPUS DINING

*Make the most out of your meal plan*

FROM STAFF REPORTS •  
DAILYNEWS@OU.EDU

OU has a wide variety of restaurants across campus where meal plans can be used by swiping your Sooner Card.

**Meal plans:** OU offers multiple meal plans to meet students' needs, with different rates and number of meals. Students can purchase a meal plan through the OU Housing and Food Services website. OU also offers meal plans for commuters.

**Couch Restaurants:** Next to Couch Center is Couch Restaurants, commonly known as the caf. The restaurants serve as OU's largest dining hall with a wide variety of options ranging from vegan, vegetarian and halal to barbecue, Mediterranean and more. Couch Restaurants is also home to the only all-you-care-to-eat Chick-fil-A in the country. Students can access the restaurants using a meal swipe. For those not using swipes, the price for breakfast is \$14, lunch and dinner are \$16 and special dinner is \$18.

**Cross Village:** Cross Village has a large selection of options for students with six restaurants and a marketplace. Credo Kitchen offers American food such as burgers, veggie burgers, corn dogs and chicken. Glow Kitchen has acai bowls, smoothies, flatbreads and wraps. Basic Knead offers pasta, pizza, calzones and wings. Sushi with Gusto serves sushi and made-to-order noodle and rice bowls. The Hive brews coffee, teas and more. Milkflower Gelateria aims to hit students' sweet spot by serving clean-ingredient gelatos and desserts. At these locations, students can exchange a meal swipe, which is equivalent to \$12 of the cost of their meal. Cross Village is also home to Acre Provisions, which has beverages, groceries, fresh produce and more. Meal points, cash or credit can also be used at all Cross Village locations.

**Oklahoma Memorial Union:** The Union is home to a food court, multiple restaurants and a market. Crossroads has options for breakfast, lunch and dinner, including pancakes, breakfast burritos, burgers, sandwiches and more. The Union food court hosts chain restaurants such as Chick-fil-A, Quiznos and Starbucks. Baja Fresh Express serves salads and Mexican foods such as burritos, tacos and nachos. The Crimson Panda offers Asian dishes including



The Oklahoma Memorial Union has a variety of restaurant options from Chick-fil-A to the University Club.

FILE/OU DAILY

appetizers such as egg rolls and pot stickers and entrees such as chicken dishes, broccoli beef and pepper steak. The Union Market is similar to Acre Provisions, supplying fresh fruit, snacks, packaged sandwiches and sushi. The Union Market hosts The Range, which serves grilled sandwiches and loaded fries. At the Union, students can use meal exchanges during set hours along with meal points, cash or credit.

**Jan Marie and Richard J. Crawford University Club:** The Union's second floor is home to the University Club, which offers daily dessert specials, a salad and pasta bar and freshly baked artisan pizzas. Students can use meal exchanges, points, credit or cash.

**Residential colleges' dining hall:** The dining hall between Dunham and Headington colleges can be accessed from either college by using a meal swipe, points, credit or cash. Students can enjoy a rotating selection of buffet-style food as well as pizza, soup, a salad bar and made-to-order burger station.

**Xcetera:** On the first floor of Walker Center, Xcetera is a convenience store that offers groceries, frozen goods, snacks, beverages and more. Students can shop here using meal points, cash or credit.

**South campus:** Inside the National Weather Center is the Flying Cow Cafe, which offers

everything from snacks to meals, including burgers, omelets, sandwiches and fries. North of the weather center in the Tom Love Innovation Hub is Cafe 201, which serves coffee and Flying Cow products.

**Headington Hall:** Einstein Bros. Bagels is a bagel and coffee shop found on the corner of Lindsey Street and Jenkins Avenue in Headington Hall. Wagner Dining Hall is also inside the building. Students can use a meal swipe, points, cash or credit at either location.

**Amicus Cafe:** The OU College of Law is home to Amicus Cafe. Law students, professors and guests can appreciate the cafe's convenient menu options, which include sandwiches, soups, flatbread pizzas and a daily special.

**The Bookmark:** Housed in the Bizzell Memorial Library's Lower Level 1, The Bookmark serves a range of coffee, drinks, pastries and Flying Cow products.

**Brickwalk Bites:** Throughout the semester, food trucks will be parked at Cross Village from 6 to 10 p.m. every Tuesday and Thursday. Students can use meal exchanges, points, credit or cash during business hours. Hours of operation may be impacted by weather conditions.



# NEW DORM

## McCasland Hall opens new era of student housing

BY ANDREW PAREDES •  
ANDREW.J.PAREDES-1@OU.EDU

McCasland Hall, named in honor of the McCasland Foundation and family, will open at the start of the fall semester as a new first-year residence hall. The McCasland Foundation gave a \$10 million gift toward construction of the project.

McCasland Hall was built on the former Adams Center site, which was the tallest building on OU's campus at the time of its construction. After nearly 60 years, Adams Center stopped housing students in 2021 and was torn down in May 2023. Construction for the new residence hall began the following August.

McCasland Hall and a second residence hall are phase one of OU's Freshman Housing Master Plan. The second residence hall, set to open fall 2026, is currently under construction and will mirror McCasland Hall.

In a September 2024 interview with OU Daily, OU President Joseph Harroz Jr. said Walker Center will likely be demolished early 2027, and the question of whether to refurbish or demolish Couch Center is still being decided.

"We're still talking about Couch. There's a way to rehab Couch, and there's a way to take Couch down," Harroz said.

Harroz said the fate of Couch Center depends on what option works best for students.

"Does that work for the students? Does it work overall? That's exactly one of the questions we're looking at," Harroz said.

McCasland Hall will feature single rooms, one-bedroom suites for two people and two-bedroom suites with one bathroom shared among four people in a style similar to Walker and Couch centers.

The projected cost of a four-person suite in McCasland Hall will be \$4,400 per semester. The cost of a four-person suite in Walker and Couch centers is \$3,740 per semester.

Kelly Kos, a nursing first-year, said that she would pay the increase despite McCasland Hall being hundreds of dollars more than Couch Center.

"It's brand new, clean, has no mold and seems a lot more spacious," Kos said. "There seems to be a lot more privacy in (McCasland



The construction of McCasland Hall has been underway since fall 2023 and will be completed by move-in August 2025.

FILE/OU DAILY

Hall), too. So that makes it worth it, too, for me and some other people I know."

Sophia Dekker, a health care business first-year and Kos' roommate, said she would pay the increase, as well.

"It seems a lot more modern," Dekker said. "It is so much nicer than Couch and looks much more spacious and open."

Despite Couch Center's need for refurbishment, Kos believes it fosters community and friendship better than other residence halls on campus.

"The social life here is better than any other building. We would keep our door open and people would always pop in and say hi or see what we were doing," Kos said. "When you go into Cross, Dunham (College) or Headington (College) you have to be quiet or you could get some looks. They don't judge if you are loud (in Couch Center)."

Dekker said she wanted a "true dorm experience" when coming into college, and Couch has delivered.

"Kelly and I met so many people by just sitting in the lobby and saying hi," Dekker said. "We met a guy who does magic tricks in the Couch lobby. Going down the hall and asking to borrow stuff, going down to the lobby and seeing people play pingpong and the piano, it feels like a neighborhood instead of a dorm."

Leah McKee, OU Marketing and Communications coordinator for Campus Operations, wrote in an email to OU Daily that

McCasland Hall was designed with community building in mind.

"The new residence halls have been designed with a small community atmosphere in mind," McKee wrote. "Both will offer premium accommodations for first-year students, with features that include a convenience store, coffee shop, lounges, outdoor spaces and more. Storm shelters will also be constructed in both buildings."

Students will have the opportunity to work at the coffee shop, according to McKee. Resident advisers are also being hired for the residence hall.

McCasland Hall will house 560 first-year students, relieving the strain OU has felt concerning student housing over the past year due to increased first-year enrollment. McKee wrote McCasland Hall was built to help accommodate increased enrollment.

"OU Housing is committed to meeting the evolving needs of our growing student population," McKee wrote. "We have strategically implemented the First-Year Housing Master Plan to seamlessly accommodate the growth of incoming classes and are well-prepared to address any challenges associated with increased enrollment."

According to McKee, student move-in will begin on Aug. 11. A grand opening celebration is expected to be announced closer to opening.

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Email

(405) 870-2337

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Walk Time To Campus: 30+ mins



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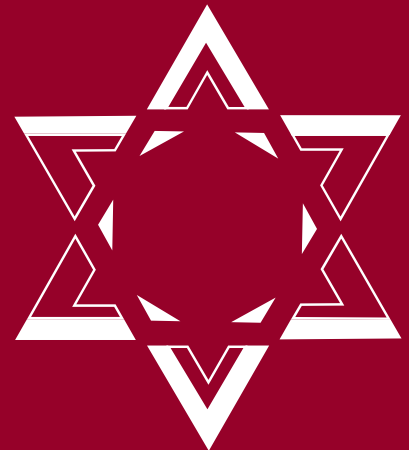
## EVENTS

**LUNCH/EVENING TALKS**

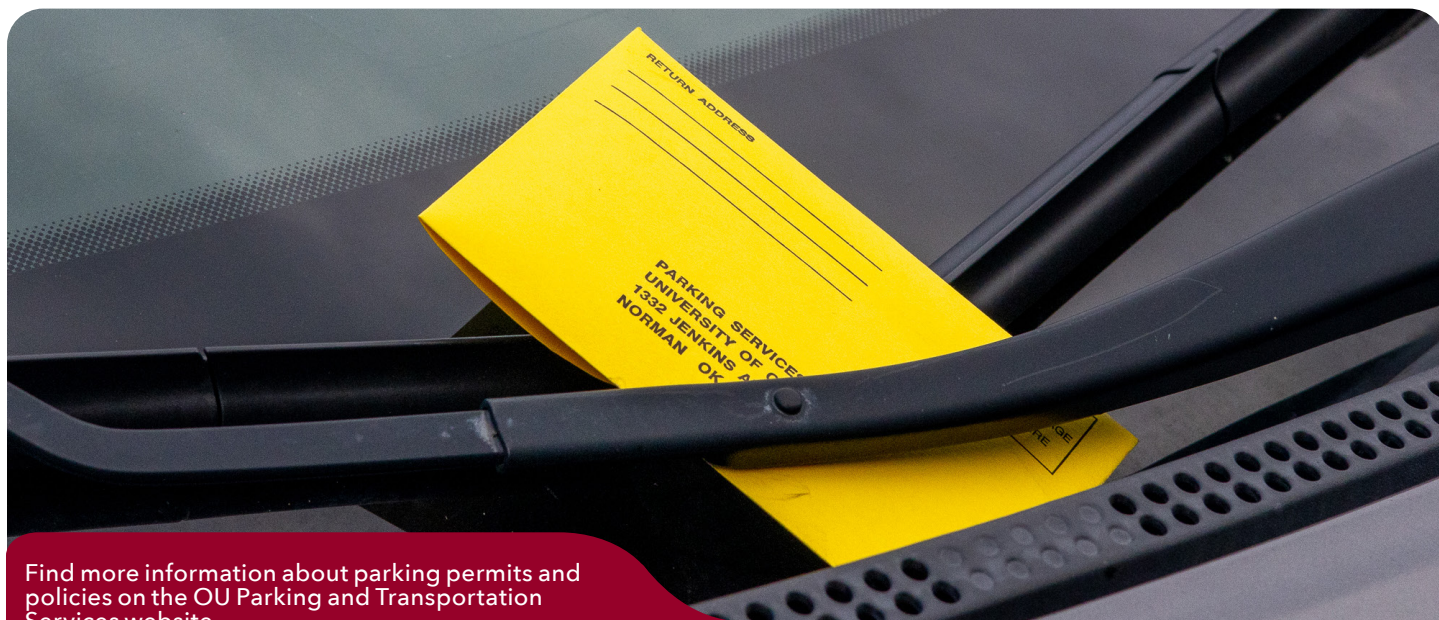
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Find more information about parking permits and policies on the OU Parking and Transportation Services website.

FILE/OU DAILY

# TRANSPORT, HEALTH, SAFETY

*Manage your life on campus from parking to flu season*

FROM STAFF REPORTS • DAILYNEWS@OU.EDU

OU is a vast campus with many roads and hundreds of buildings. OU is invested in ensuring students can navigate campus and maintain health and safety. Here is everything related to transportation, health and safety.

## Transportation

**Parking passes:** OU requires all students who plan to park on campus to obtain a parking permit online through the OU Parking and Transportation Services webpage. Students residing on campus should purchase a housing parking permit, which allows students to park in housing-designated parking spots. Students living off campus, including at Traditions Square apartments, must purchase a commuter permit to park at commuter locations across campus.

**Bicycles:** Though some incoming first-year students may have a vehicle, those with bicycles must follow the registration process like they would for a car. OU requires students to register bicycles with OU Parking and Transportation Services and the OU Police Department at no cost. Visit OU parking services' webpage for more information on registration.

**Vevo:** OU and Vevo have been partnered since 2020 to provide students with a low-cost transportation option for shorter distances. Students can download the Vevo app on their phone, create an account with their OU email

and hop on an electric scooter or bike to make it to class or Campus Corner on time.

**CART:** OU has offered buses since 1980. Campus Area Rapid Transit, or CART, has four routes in and around campus, with some buses running as early as 7 a.m. and as late as 9:45 p.m. Monday through Friday. Buses are free for students. More details about CART and its routes are available through the CART GPS app and its website.

**SafeRide:** OU has partnered with Norman On-Demand, a public ride-share service, to expand the university's SafeRide program. SafeRide is free for students, operating from 10 p.m. to 3 a.m. Thursday through Saturday. Visit the Norman On-Demand website for more information, and download the app to start booking rides.

## Health

OU Health Services at Goddard Health Center provides on-campus primary care to students, faculty and staff. Goddard has a full-service pharmacy and offers sexual and reproductive health services and immunizations.

Through the University Counseling center, Goddard also offers individual counseling and crisis and psychiatric services.

Goddard's webpage allows patients to schedule appointments online and fill out mandatory health history and patient forms

before an appointment. Goddard is west of the Bizzell Memorial Library at 620 Elm Ave.

## Safety

**RAVE:** OU maintains robust safety infrastructure to ensure the safety of students, faculty and staff. RAVE is an emergency communication system that alerts OU community members of safety threats, campus closures and severe weather. To sign up for RAVE, students can visit [ecs.ou.edu](https://ecs.ou.edu).

**Blue emergency phones:** Installed in the 1980s, the blue emergency phones allow students to call emergency services without a mobile phone. Easily identifiable by the blue beacon on top of the telephone and intercom stations, students can get in contact with OU Police Department by pressing a red button after lifting the headset. According to OU, emergency phones should be used in case of a fire or when in need of police or an ambulance.

**OUPD:** The OU Police Department maintains the blue emergency phones and patrols campus daily. OUPD provides public safety, law enforcement, security and emergency preparedness services to students, staff and faculty. OUPD has a headquarters near campus at 2775 Monitor Ave. The Norman Police Department services the city, including OU's campus. NPD has a headquarters north of campus at 201 W. Gray St.





Refuge areas can be found in each building on campus. Information about the location of refuge areas can be found at [ou.edu/campusafety](http://ou.edu/campusafety).

FILE/OU DAILY

# STAY WEATHER AWARE

## Resources and safety tips for living in tornado alley

BY NATALIE ROE • [NATALIE.G.ROE-1@OU.EDU](mailto:NATALIE.G.ROE-1@OU.EDU)

Oklahoma — and OU's campus — falls in the path of tornado alley, a region of North America where tornadoes are most frequent. Tornadoes are more frequent from May to early June but can occur any time of the year. Tornadoes can also happen at any time of day, but they are most likely to happen around 4 to 9 p.m. Although tornadoes are common, they still require immediate action. Luckily, OU has multiple preventative measures.

**Watch vs. warning:** A tornado watch means to be on the lookout for a tornado. A tornado warning means a tornado is coming, and immediate action is required. A tornado watch can last hours. An OU RAVE alert will be sent if there is threat of a tornado on or near Norman's campus.

**Preventive measures:** Remember to charge your phone and ensure it can be used without Wi-Fi in case of power outages. Verify that you have registered your emergency contact information with OURAVE. To verify, go to [one.ou.edu](http://one.ou.edu), navigate to your account settings and add your mobile phone number if it is not already there. If you live off campus, have a plan and a designated area to shelter.

**Taking action during class:** If a tornado warning is issued during business hours on campus, everyone should take shelter. Do not

leave the building you are in. Each building on campus has a designated refuge area. Some areas include the Bizzell Memorial Library — where both lower levels one and two have designated sheltering areas — and the basements of Dale, Gould, Richards and George Lynn Cross halls. Refuge areas around the North Oval include the Physical Sciences Center and the Fine Arts Center. To see all possible severe weather refuge areas around campus, go to [ou.edu/campusafety](http://ou.edu/campusafety), click on the campus weather header bar and scroll to "Severe Weather Refuge For Students/Staff/Faculty During Class/Business Hours."

Refuge areas can also be found at Couch and Walker centers, Kraettli Apartments and Traditions Square East and West.

**Taking action after hours:** All on-campus residence halls have a sheltering option. Beyond the tornado shelters on campus, options include the appropriate stairwells at David L. Boren and Headington halls and the basements of Headington and Dunham colleges. Cross Village has refuge options, including the Black Box Theater, DIY Space, Cycle Studio and the Rehearsal Nook. Many areas can be accessed by scanning a student ID.

Every sorority and fraternity house at OU has a shelter option. If you are not living on

campus, prepare to seek shelter at home. The best places to take shelter are a basement or a small, windowless room. Make sure to have a plan before severe weather occurs.

**Winter weather:** Although tornadoes are a common occurrence, Oklahoma's winter weather can be icy, dry and unpredictable. Strong winds and freezing temperatures can cause wind chills to dip into low temperatures. A dangerous wind chill is -18 degrees Fahrenheit or colder. Skin exposure to this for more than 30 minutes can lead to frostbite. If the wind chill is -30 degrees Fahrenheit, it can lead to frostbite in only 10 minutes. Before heading outdoors, check the weather and limit outdoor exposure.

**Class cancellation:** Classes may be canceled due to weather-related circumstances, the most common of which are snow and ice. OU's emergency response team monitors the weather, but the vice president for campus operations, Brian Holderread, and OU President Joseph Harroz Jr. make the final decision. If the university has an unscheduled closure, you will receive an alert through OU RAVE on your cellphone or through email.



# Faith Directory

YOUR GUIDE TO LOCAL CHURCHES & RELIGIOUS ORGANIZATIONS

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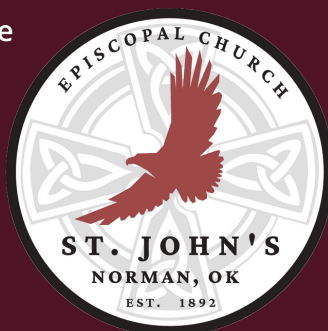
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[myinstitute.churchofjesuschrist.org](http://myinstitute.churchofjesuschrist.org)

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The OU Food Pantry is between Cate Center Two and Four, providing free food, clothing and household items to students, faculty and staff.

SUTTON SPINNER/OU DAILY

# ACCESSIBLE ESSENTIALS

## OU Food Pantry provides free groceries, household items

FROM STAFF REPORTS • [DAILYNEWS@OU.EDU](mailto:DAILYNEWS@OU.EDU)

The OU Food Pantry provides supplemental food and household items free to all OU students, faculty and staff.

For incoming first-years or transfer students, this community outreach resource can be a helping hand during a transitional period. The pantry often collaborates with other organizations on campus to expand its resources and services, providing boxed and canned goods, fresh fruits and vegetables, clothing, menstrual products and household items.

One of the pantry's goals is to offer well-rounded, nutrient-rich meals and ingredients. This includes a variety of accessible food groups and kosher and halal food.

Matt Marks, OU Food Pantry assistant director, said he and his team have aimed to create not only a food pantry but a community-centered environment.

"We want the food pantry to be a home for everyone that walks through the door," Marks said. "We're not perfect. We know we can't meet every need, but we're going to try, and we're going to give you that great hospitality as best we can."

In 2022, the food pantry was moved from 1113 Elm Ave. to 333 Cate Center Drive, allowing for more room as the organization

continued to grow. Marks said the new location, more central than the last, allows students to notice it as they walk by on their way to class.

Marks said the difficulty of working multiple jobs to afford attending OU has driven many students to rely on the food pantry.

"We know we're not like a grocery store where we're going to have everything," Marks said. "There's going to be times where it's hit or miss, but we try to provide what we can, and (newcomers) will expect a friendly face when they walk in the door. We want it to be a very inclusive, safe environment for everyone walking in."

Over the years, Marks has had conversations with students about their financial situations and how much the food pantry means to them.

"Answering questions and just building relationships, that's one of the things I really love about what we're able to do," Marks said. "You get to be brought into the lives of our clients."

Danna Sanchez, an operations team member for the pantry in 2023-24, said the food pantry is for everyone in the OU community.

"I do see it as a safe place for a lot of people that go in because we do get a lot of those regulars in that are always there at the same time, making the same thing," Sanchez said. "So that

consistency within the community, that you know we're always going to be here whenever (you) need it."

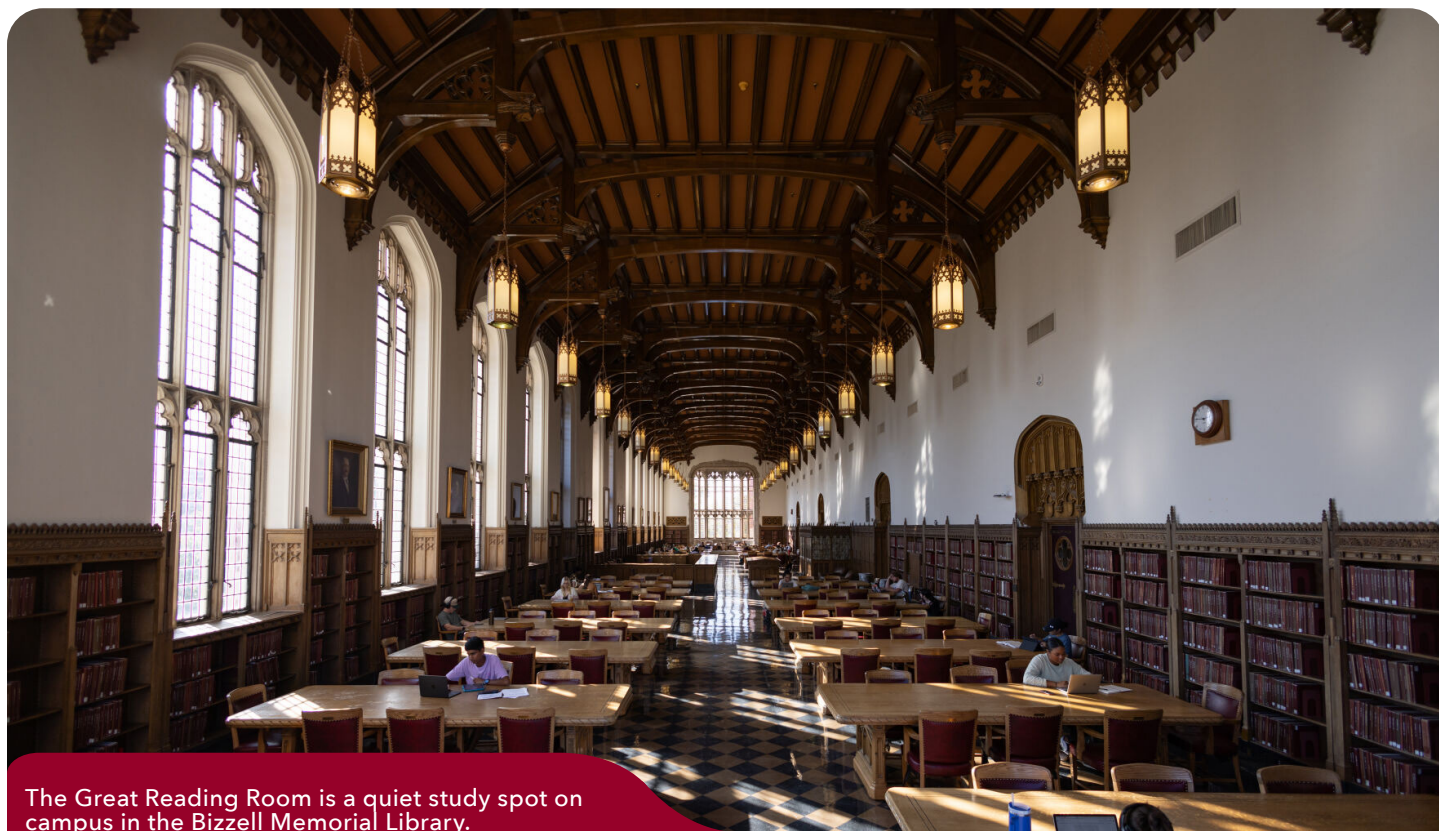
Sanchez said her biggest goal at the pantry is to diversify the food that is available, such as expanding the variety of ethnic foods in order to make it as welcoming as possible.

"We all struggle through college," Sanchez said. "We've all been there, done that. And there's no reason that food insecurity should be one of your issues or one of the problems that you face when you're coming into university. You should be able to study and do whatever you need to do here without having to deal with that issue, and that's what we're here for."

To access the OU Food Pantry's services, patrons must fill out an order form, either in person or online, and present an OUID at time of pick up. The OU Food Pantry is open from 8 a.m. to 6 p.m. on Tuesday and 10 a.m. to 6 p.m. on Wednesday and Thursday.

"We're all going to go through a time in our life where we're going to need a little help, and that's why we exist," Marks said. "It's a very easy process. We try to make it as simple as possible for people to utilize."





The Great Reading Room is a quiet study spot on campus in the Bizzell Memorial Library.

FILE/OU DAILY

# NEED TO LOCK IN?

## Explore campus study spots from lounges to labs

FROM STAFF REPORTS • DAILYNEWS@OU.EDU

Looking for a new place to study? Check out OU Daily's picks for the best study spots on campus.

**Beaird Lounge:** The Beaird Lounge on the second floor of the Oklahoma Memorial Union is a multi-purpose area where many students study. The couches, fireplace and piano make its cozy atmosphere a must-visit on campus. Just above the Union Market and Starbucks, the lounge encourages students to take a break from studying and grab a snack or something caffeinated.

**Conoco Student Leadership Center:** The Conoco Student Leadership Center can be found on the southwest corner of the Union. This is a solid choice for group studying because it is a large, open space. Whether studying for finals, writing a paper or working on a group project, this study spot does the trick.

**The Great Reading Room in the Bizzell Memorial Library:** The Great Reading Room is one of the quietest places on campus. The room has the perfect environment to settle down and study, including stable internet connection, outlets and plenty of table room.

This space is great for students trying to escape bustling crowds and background noise for uninterrupted concentration and productivity.

**The Helmerich Collaborative Learning Center on Bizzell Memorial Library's Lower Level 1:** This space is designed for students to talk and collaborate with friends or classmates. There are multiple study rooms available for reservation in the learning center. These private rooms are best for group study sessions since they have multiple chairs, tables and whiteboards.

**Courtyard between Bizzell Memorial Library and Evans Hall:** There is a secluded area nestled between the library and Evans Hall, home to OU administration, where students can study in the fresh air. This area and the lawns around the library attract students who enjoy studying or hanging out outdoors. A change in pace from typical study spots, this outdoor area is where students can bring picnic blankets or hammocks.

**Gaylord Hall balcony:** Overlooking the OU football practice field, the balcony on Gaylord Hall's third floor allows students to get some

fresh air and a change of scenery. It is a spot to settle down, enjoy the view and get some work done.

**Fine Arts Library:** Another hidden gem is the Fine Arts Library in the Catlett Music Center. The inviting atmosphere, with windows lining the ceiling and faint background music, welcomes students to this unique study location.

**Price Hall:** Home to the Michael F. Price College of Business, Price Hall has multiple study rooms and spaces to study independently or as a group. Computer labs and printers are available. Price Hall also has an outdoor courtyard just outside the first floor lounges.

**The Collab Lab:** On the second floor of Collings Hall — home to the Jeannine Rainbolt College of Education — the Collab Lab is another optimal spot for group studying. This study area offers collaborative pods with TVs for screen-sharing, standing desks, laptop stations with privacy screens as well as other amenities.



Near first-year housing, Haystack Coffee is part of the OU Baptist College Ministries building and offers study space for all group sizes.

FILE/OU DAILY

# FROM MOCHA TO MATCHA

## Grab a drink at coffee shops on and off campus

FROM STAFF REPORTS • DAILYNEWS@OU.EDU

Need a pick-me-up or a good study spot? Check out OU Daily's picks for on-campus and local coffee shops.

**The Bookmark Cafe:** The Bookmark Cafe is the only cafe in the Bizzell Memorial Library and offers a convenient and quick experience. Found on Lower Level 1, this shop is the ideal spot for a mid-study caffeine break. It serves Starbucks menu drinks as well as on-the-go snacks and baked goods. Meal points are accepted. The Bookmark Cafe is open from 7:30 a.m. to 8 p.m. Monday through Thursday, 7:30 a.m. to 3 p.m. Friday and from 1 to 8 p.m. Sunday.

**The Hive:** The Hive serves Starbucks teas, espressos and blended beverages. Among many restaurants in Cross Village, The Hive is around a half-mile walk from the South Oval. The Hive is at 1695 Asp Ave. and is open from 7:30 a.m. to 3:30 p.m. Monday through Friday. Meal points are accepted.

**Einstein Bros. Bagels:** Einstein Bros. Bagels, known for its bagels and cream cheeses, is at the base of Headington Hall, across from the Gaylord Family-Oklahoma Memorial Stadium. It offers chai lattes, cold brews, smoothies, macchiatos and more. Meal points are accepted. Einstein Bros. Bagels is at 100 E. Lindsey St. and is open from 7:30 a.m. to 1 p.m. daily.

**Not Your Average Joe:** With a location on campus, Not Your Average Joe is a nonprofit

coffee chain with a unique mission: employing people with intellectual, developmental and physical disabilities in order to create and inspire inclusive employment. The store offers seasonal beverages in addition to its classic favorites like the horchata latte, Sooner mocha and turtle latte. Just a short walk from Lindsey Street, Not Your Average Joe has a homey atmosphere with couches, vinyl records and plenty of room to study. Not Your Average Joe is at 1001 Elm Ave. and is open from 7 a.m. to 7 p.m. Monday, Tuesday and Thursday; 7 a.m. to 5 p.m. Wednesday, Friday and Saturday; and noon to 5 p.m. Sunday.

**Haystack Coffee:** Conveniently located between the south greek life houses and first-year housing, Haystack Coffee merges a variety of drink options with an energetic, studious atmosphere. Just over a quarter-mile walk from the South Oval, Haystack allows for a quick break between classes. Haystack Coffee is at 1203 Elm Ave. and is open from 7 a.m. to 11 p.m. Monday through Friday, 9 a.m. to 9 p.m. Saturday and 1 to 11 p.m. Sunday.

**Second Wind Coffeehouse:** Noted as "the living room on Campus Corner," Second Wind Coffeehouse is a nonprofit that accepts donations, rather than set prices. This allows customers to enjoy high-quality, specialty coffees without the high prices often associated with this service. Staffed by student volunteers, this unique spot encompasses the OU community.

It hosts a variety of events like open-mic readings, craft nights and trivia. Second Wind Coffeehouse is at 564 Buchanan Ave. and is open from 9 a.m. to 8 p.m. Monday through Thursday, 9 a.m. to 6:30 p.m. Friday and 9 a.m. to 10 p.m. Sunday.

**Yellow Dog Coffee Company:** Yellow Dog Coffee Company serves locally roasted and ethically sourced coffee as well as teas and pastries. Its location near downtown makes for an ideal study spot, and its drive-thru location at 1230 Alameda St. is the perfect place to get caffeinated before heading to class. Yellow Dog's coffee shop is at 222 S. Porter Ave. and is open from 6 a.m. to 6 p.m. Monday through Thursday, 6 a.m. to 8 p.m. Friday, 8 a.m. to 8 p.m. Saturday and 8 a.m. to 6 p.m. Sunday.

**Gray Owl Coffee:** Gray Owl Coffee is a gathering place of the Norman community, often hosting local art, vendor pop-ups and tarot card readings. Not only does Gray Owl provide connections through events, but it's also a popular study spot due to its overall ambiance. A variety of fresh, house-made pastries line the cases while the chalkboard coffee menu overflows with beverage options. Gray Owl is at 223 E. Gray St. and is open from 7 a.m. to 6 p.m. daily.



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