

# THE REBEL GUIDE

*Orientation*  
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# WELCOME TO OLE MISS

Welcome to the best four years of your life at the best university in the world!

We hope you're as excited to be here as we are to welcome you. This is your new home (not that we're telling you to forget your old one), and we hope you'll take the next few days to embrace all that Ole Miss has to offer.

Speaking of the next few days, it will be a whirlwind of learning about MyOleMiss, financial aid and housing. The days will be tiring, and you'll be given tons of information. However, don't let that overwhelm you. This journey you're about to embark on is one you want to be fully present for from the very beginning to the very end. Take the time to soak in this experience, meet new people and talk to your advisors or professors. If you don't get anything else from this guide, remember that we were some of the first people to tell you that your time here will be worthwhile.

College is what you make it, and this experience can include a multitude of things. It may be the Grove on game days, or maybe it's ziplining through the plaza.

It can be something as simple as lunch in the union with your friends or a walk around campus. Don't forget, however, that this university also offers a quality educational experience. Perhaps you want to conduct hands-on research in a lab or gain real-world experience in journalism. It's all up to you. Make the best out of it.

If you haven't already, you'll soon realize you made the right choice. With the thousands of colleges and universities to choose from, you decided on the University of Mississippi. And we're all happy that you're here.

We welcome you to the Flagship, a quality education, a friendly environment, Southern culture, the Grove and so many other experiences we're sure you'll have here. Hotty Toddy and welcome to Ole Miss!

*Rabria Moore*

Editor-in-Chief

*The Daily Mississippian*



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## *Dear Freshmen,*

Congratulations! If you're reading this letter, that means you have great taste and have chosen the best place to begin the next phase of your life. Starting college — a difficult transition whether you come from near or far — is a little scary. As someone who was in your shoes three years ago, I get it! But I'm here, just weeks away from graduating, writing this letter to not only tell you that it's all going to be okay, but to also give you some tips on how to have the best college experience possible. Are you ready?

My first piece of advice? Don't be afraid to introduce yourself to people. Whether it be the people on the floor of the dorm or the people next to you in class, just knock on their door or tap on their shoulder and say hi! Crazily enough, all the freshmen here are in the same boat as you and are also nervous about making new friends. You never know when or where you'll meet your new best friends; I was lucky enough to meet them in my dorm the day I moved in. I hope you'll be as lucky as I was!

Get involved on campus! Not only is it a great way to meet new people and make friends, but there are also so many organizations on campus. There is absolutely no way you won't find something you're interested in. You could write for *The Daily Mississippian* (yes this is a shameless plug), get involved with the Associated Student Body or even join the Ole Miss Card Sharks — a competitive poker team. Involvement on campus can also lead to great networking opportunities. It may not be something you're thinking about right now as a freshman, but it never hurts to know people in industries you're interested in.

Go to your classes. I know that's not what you wanted to hear, but attendance is half the battle. Actually showing up to classes does help you retain the information, and some teachers here have attendance policies, so skipping out on classes could actually negatively affect your grade. If you know that you would hate waking up for an 8 a.m. class, then consider registering for classes later in the morning or even in the afternoon.

People say that college is an emotional roller coaster. I can't lie and say it's not. Keep your arms and legs inside the vehicle during this ride. But people also say college is the best four years of your life. Take it upon yourself to make that statement a reality.

Sincerely,

*Maddy Quon*

Graduating Senior and former  
Editor-in-Chief of *The Daily Mississippian*



# Caroline's Declassified **SCHOOL SURVIVAL GUIDE**

*Caroline Beach*

As a rising senior, it seems like a lifetime ago since I sat in Fulton Chapel — wide-eyed and nervous — looking around at all the other incoming freshmen seated for our first orientation session. I distinctly remember picking a seat in the middle of the auditorium, not too close to the front to appear eager and not too far back to appear frightened. I clutched the pamphlet in my hand tightly as I tried to find a way to start a conversation with the girl sitting next to me. Ironically, it was a Rebel Guide much like the one I am writing at this moment.

It is no secret that the transition to college is one of the most highly anticipated and dreaded times in a person's life. The sweet promise of independence, freedom, fun and new friends is enough to entice any teenager. I, for one, was ready for college by the time my sophomore year of high school ended. College can be the best four years of your life, but there is a natural level of anxiety that follows such a drastic change. How do you navigate a new world of independence while earning a degree? Keep reading for my unsolicited advice and you may just find the answers to the questions I know you have.

## **1. How to make new friends?**

I would be lying if I did not admit that — as a socially anxious human being — forming friendships was a major source of anxiety for me when transitioning to college. But let me let you in on a little secret: There is absolutely nothing to fear. Meeting new people can be jarring the first time. There are so many people, some drastically different from the people we grew up with. It is definitely overwhelming.

Keep an open mind when navigating friendships. Spark conversations with the people sitting next to you in classes, join one of the hundreds of organizations on campus, attend all the freshmen activities or even have small talk with students in the Grove. As you attempt to navigate a new environment, remember that everyone else is trying to make friends as well. Find people that uplift and support you, make an effort to reach out and make some memories.

## **2. Stress and time management**

Time management is extremely important. I know you probably have heard this from parents, teachers or mentors a thousand times, and they are right. The first semester of college can be a rather stressful time if you feel like you are lost in a flurry of chaos and confusion. It is far too easy to get wrapped up in the initial frenzy of college life. I am not telling you not to enjoy your freshman year, but it is important to allocate your time early on. Make a list of your priorities and rank them in numerical order. Make a schedule for school, work and any extracurricular activities. After that is set in stone, make some time for your friends and family and — most importantly — yourself. The only person in charge of your time is you, and college does not have to be stressful if it is managed efficiently.

## **3. Make an effort**

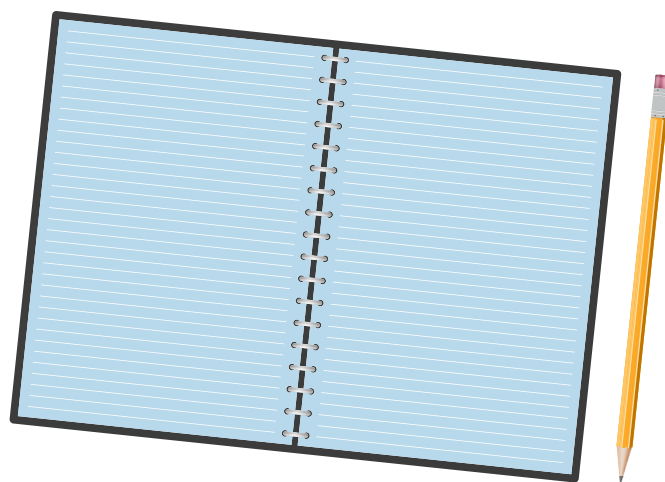
Now this is as serious as this piece will get: You reap what you sow. In other words, let me assure you that you get out of the college experience what you put in. Making an effort early on will help ensure smooth sailing throughout your academic journey at the University of Mississippi. Show up to your classes, talk to people you normally would not, make connections with your professors and engage in the school community. If there is one thing that I can promise you, it is that you will be rewarded for showing up the best you can every day.

## **4. Take what the school has to offer**

As a student of the University of Mississippi, you will have access to opportunities others do not. Do not be afraid to take advantage of what is being offered. Make good use of your flex and express money, go to every career fair, use the professional connections your professors offer you and use those student discounts. These opportunities will be afforded to you only while you are a student at this university, so do not let them go to waste.

## **5. Prioritize health**

Let me make sure I have your attention secured before I begin with this last piece of advice. Health — whether it be physical, mental, emotional or spiritual — should always be your number one priority. Drink water regularly, eat a balanced three meals a day, go on walks, talk to someone you trust about your struggles. Do whatever you must to take care of yourself. Even going on a 10 minute walk every day to clear your mind and get some sunshine can make a major difference. As cliché as it sounds, the healthy version of yourself — whatever that means for you — is the best version of yourself. The better you feel, the more you will enjoy your experience here at the university.





# 4 Ways to Make Friends Your Freshman Year

Violet Jira

## 1. Go to the Right Places

Friends are everywhere — literally — but if you want to streamline the process a little bit, it can be as simple as being at the right place at the right time. Think of the kind of person you want to be friends with. Do you need a friend to share books with? A workout buddy, perhaps? Then go spend time at local bookstores and local gyms. Finding your new friends can be as simple as spending time at the right places.

## 2. Don't Be Afraid to Strike Up a Conversation

It's amazing how many friendships in college can begin with the random exchange of a few words. We've become so accustomed to communicating digitally — sending DM's and liking photos — that we've lost some of the art of communication. It can seem like an awkward thing to do, but it's well worth it. If you share an elevator with someone, you may as well share a word, too. When you're waiting in what can seem like an endless line at Starbucks, strike up a conversation with the person in front of or behind you. Good conversation openers are compliments ("Hey, I really like your shoes!") or

observations ("Man the weather is nice today, isn't it?"). The human race is a social one — don't be afraid to put yourself out there!

## 3. Join Clubs & Organizations Related to Your Interests

You've heard it a million times but the advice is golden — join clubs and organizations that align with your interests. Proximity theory is real — we're closest to the people we're closest to. If you like business, find a business organization on campus to join. If you like cooking, find a cooking club or start one. Clubs and organizations look great on your resume and they are a great place to make friends. Why wouldn't you branch out and join one?

## 4. Talk to Your Classmates

Possibly the best way to make friends is to talk to people in your classes. You already have something in common with them — the class that you share. Initiate study groups or ask to compare notes with someone who sits next to you. That person could turn into a lifelong friend!



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# Mental Health is Important, Too

At the University of Mississippi, we care about and value the overall wellbeing of all of our wonderful students. Mental health is just as important as any other health, so we've compiled a list of on campus resources that can help.



**University Counseling Center (UCC):** Has a "team of dedicated professionals who strive to offer the best care possible in an atmosphere of caring respect." At UCC, individuals can complete individual, group or couples counseling.



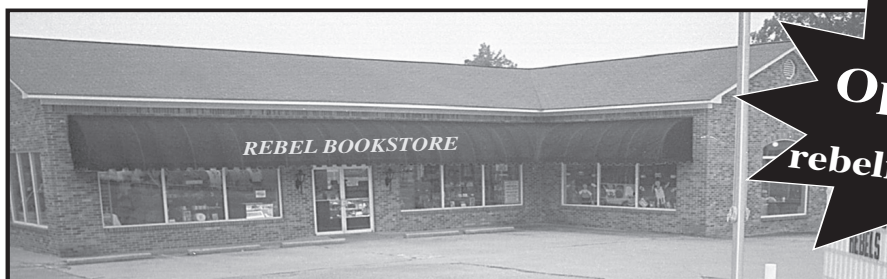
**William Magee Center for Wellness Education:** "Offers a supportive and inclusive environment for students to meet with a wellness staff member." The center works with four key areas of wellness: substance safety, sexual wellness, mental wellness and physical wellness. In terms of mental wellness, the center will work to provide students with coping skills needed to manage stress and anxiety.



**Clinic for Outreach and Personal Enrichment (COPE):** Offers free mental health counseling to members of the Oxford community and to faculty, staff and students at the university. Counselors at the clinic are second-year graduate students who are supervised by licensed counselors and faculty.

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# IS A CAR REALLY NECESSARY FOR COLLEGE?

*Rabria Moore*

A large percentage of students at Ole Miss will tell you that they have a car here on campus, but is a car really necessary? In my personal opinion, I don't think a car is 100% needed. Ole Miss is a pretty walkable campus, so you will not need a car to get from one class to another. If you're worried about off-campus transportation, you should know about the Oxford-University Transit system that we have here. Buses here can take you almost anywhere you need to go off-campus. Again, I say that a car is not absolutely necessary, but if you must bring one, I have a few tips:

Don't forget to purchase a parking pass. If you don't want a parking ticket during your first week on campus, purchase a parking pass.

Know where your parking passes allow you to park.

Different parking passes are used for different parking spaces. If you have an East Residential parking permit, for example, know where the East Residential lots are.

Never park in a handicap space if you're not handicapped. This is considered common courtesy, so just don't do it. Other people may actually need to park in those spaces, so always think of those people.

Another place to never park: the fire lane. There will be clear signs telling you to not park in the fire lanes, so don't park in the fire lanes. If a fire happens while your car is in the fire lane, it'll be a disaster.

If you park in a lot that has a fee, pay the fee. There are a few lots on campus where you can park and pay a fee. Take it from me, just pay the fee. It's a lot easier to pay a \$1.25 fee than it is to pay a \$50 ticket for illegal parking.



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# REBEL QUIZ

*Jacob Meyers & Caroline Beach*

**1. What is the building on the logo called?**

Lamar Hall  
Paris-Yates Chapel  
Lyceum  
Tad Pad

**2. Are there more doors or wheels on campus?**

Wheels  
Doors  
Who cares  
I don't know

**3. What is the name of the mascot?**

Lane Kiffin  
Tony the Landshark  
Glenn Boyce  
Mike the Tiger

**4. Which of these is a freshman tradition?**

Chicken on a Stick  
Rebel Run  
Going to The Library  
Ordering food from a robot

**5. Why is the campus speed limit 18?**

Archie Manning  
Eli Manning  
Peyton Manning  
Cooper Manning

**6. What are the school colors?**

Purple and gold  
Maroon and white  
Red and blue  
Green and white

**7. Which of the following is a baseball game home run tradition?**

Beer showers  
Cheering  
Hotty Toddy chant  
All of the above

**8. What year was the University of Mississippi founded?**

1897  
1902  
2005  
1848

**9. Which of the following is not a game day color?**

Powder blue  
Red  
Navy  
Black

**10. What type of animal can you find in the Grove?**

Squirrel  
Turtle  
Raccoon  
Mink

1. Lyceum, 2. Wheels, 3. Tony the Landshark, 4. Rebel Run, 5. Archie Manning, 6. Red and blue, 7. All of the above, 8. 1848, 9. Black, 10. Squirrel



# *Tailgating in* OXFORD

**The Grove** has been tagged as the bucket list, must do, don't miss out, and top-ranked **College Tailgate of America**. Rush, Parent's Weekend and Homecoming are all major events that happen during football season and all are great reasons to come back to Oxford.

The hospitality is like no other and there is no wrong way to tailgate! Gather a group of friends or a couple of families and tailgate in The Grove this year!







# Take it to The Grove

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# Eat Your Vegetables

Jacob Meyers

As a freshman, there are a few necessities during your time living on campus. One of the most important is food. As a senior, I can confirm that sometimes you may seriously forget to eat until you realize it's 10 p.m., and you're starving. Here are a handful of dining options on campus that will keep you fed and ready to take on your classes during the day.

First and foremost is the **GERTRUDE C. FORD STUDENT UNION**, mostly just called the union. Depending on what time you're headed out to find food, you may have a little bit of a wait at the union. But don't fret! Usually, the lines go pretty fast, and, unless you've got a very small window between classes to eat, you'll make it out on time with your food. The union has plenty of options from everyone's favorite (except on Sunday and yes this applies in the union) Chick-Fil-A to choices with more variety like McAllister's. The union also has Panda Express, Which Wich and Qdoba.

Next up with a variety of options is **REBEL MARKET**. The food here depends on the day and time (breakfast, lunch or dinner). The best part about Rebel Market is it has several food stations, ranging from the typical burgers or pizza to sushi, comfort food and baked potato bars. And you can eat as much as you want while you're there for the low price of one meal swipe.

As someone who lived in the wonderful world of Stockard and Martin, my go-to meal spot was none other than the P.O.D. The

**PROVISIONS ON DEMAND** stations are located not only in the dorms but also throughout campus in busy buildings such as Lamar and the union. While the stations on campus usually have snacks and the occasional pizzas from Papa John's, the dorm P.O.D.s usually have burgers, fries, chicken, the amazing culinary creation of the pizza stick and most other snacks or health items you might need.

In the Minor Hall P.O.D. stands the glorious **PAPA JOHN'S**. Now you can't order your typical sized pizza, but you can get a personal-sized pizza, cheese sticks, and don't worry, they still have garlic sauce.

Last, but certainly not least, on my list are the newly added **FOOD TRUCKS** on business row. These are a little more pricey, but like all other places on this list, you can use your Flex and Express dollars. The food trucks have burritos, chicken and fries, hibachi, acai bowls and even smoothies. So if you're ever craving a little more "real" food than what you may get from the P.O.D., give the food trucks a shot for lunch one day.



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# THERE'S NO PLACE LIKE HOME

*Brittany Kohne*

Homesickness is a common distress many college students experience throughout the school year. Whether you are from Corinth, Mississippi, or St. Louis, homesickness comes in all shapes and sizes. As an out-of-state student, no matter how welcoming southern hospitality feels, I will always miss my St. Louis upbringing.

Now this is not to say that students from Mississippi do not feel homesickness, as well, but for students coming from an area where southern lingo is not common, campus conversations can be extremely daunting and almost isolating. Encountering a different fashion sense – compounded by a lack of thrift stores in which to shop – also made me feel alone and outcast. But my biggest problem was that I pushed southern culture and people away, instead of embracing them.

Once I allowed myself to open up to southern culture, I realized that maybe my heart did have a little room for Mississippi.

My freshman year, I did not see my family very often. St. Louis was five hours away, and I was just not willing to drive that far for a weekend trip. I called my parents and my friends and that worked to ease my homesickness. I am very lucky to have some of my family live here in Oxford. If it wasn't for them, integrating into the Oxford community and culture could have been more difficult.

It took me until second semester to fully immerse myself into Ole Miss. I joined a dance club. I got involved in my church, and I even applied to work for The Daily Mississippian (how I am talking to you today). From there, I met even more phenomenal people. I even found a fellow midwesterner! Shout out to Zach Spooner.

Fast forward two years, I am now a junior, and I have truly gotten to experience southern culture and met amazing people from all around the south.

My biggest tip for you is to embrace your feelings and experiences in this new place. College is where you are exposed to so many different people and cultures, and you begin to appreciate all that the world has to offer you.

Some ways I incorporated St. Louis in Mississippi was exposing my friends to my favorite things. Whether it be T-ravs, bread-sliced bagels from Bread Co. (Panera) or asking them what high school they went to, knowing full well I had no idea where it was located, I would bring a sense of home to Oxford and my friends would bring a sense of their home to me.

In the end, Oxford will be your home for the next four years, but it doesn't have to be your only home. Embrace the change, remember where you came from and be open to teaching others about your life, and listen to what others have to say about theirs.



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# MAIN CHARACTER MUSIC

Jacob Meyers

Most people walking across campus listen to music, and, honestly, sometimes it is crucial to hype yourself up before a class. Here are some albums and songs that will make you feel like the main character on your morning stroll to campus.

## **“Devil’s Advocate” by The Neighbourhood**

This indie song will have you nodding your head and ready for your next class. The Neighbourhood does in fact make music other than Sweater Weather, and this song and album are quite good.

## **“Kilby Girl” by the Backseat Lovers**

Maybe you had a long day and you need a song to listen to as loud as possible on the way back to your dorm. This is a great one that you’ll find yourself singing along to (and probably stuck in your head for a while).

## **“Guilty Conscience” by 070 Shake**

A perfect song if you want to sing along or if you just want something to put you in a good mood. Catchy and simple, this is one of my favorites, and I’ve had it on repeat since I first heard it.

## **“Wicked Witches” by Kiwi Jr.**

Another indie song, but this time from a Canadian group. Kiwi Jr. has a special way of delivering their lyrics, and this absolutely will get you in a good mood and ready for whatever class you’re dreading. Not to mention, the little false ending in this song is a spectacular addition.

## **“I’m God” by Clams Casino**

The title sums it up pretty well. It’s a great one, especially during your walk to class, and if you don’t feel like the main character, something may be wrong.

## **“First Class” by Jack Harlow**

A newer song by Jack Harlow, but with the sample from “Glamorous” by Fergie, you can’t beat it. You can’t help but vibe along. It’s not the most hype or upbeat song for the morning, but regardless, give it a listen (if you haven’t already).

## **“Gorgeous” by Kanye West**

An older song from Kanye West, although from possibly the greatest album in his discography. The beat gets stuck in my head and Kid Cudi’s part is immaculate. If you need

something to make you feel more empowered than usual, look no further.

## **“As It Was” by Harry Styles**

It’s Harry Styles, and it’s a happy, upbeat song. That’s all that needs to be said.

## **“Licking An Orchid” by Yves Tumor**

Slightly more experimental than the others, but nevertheless a great group and a great song. If you’ve never heard of Yves Tumor, this is a good introduction. I have listened to this many times in my journeys across campus, and I wholeheartedly recommend it.

## **“Tom’s Diner” by AnnenMayKantereit**

If you have TikTok you’ve probably heard this one. If you haven’t heard the song, I don’t know how to describe it. Regardless, the vocals are wonderful. These boys sure can sing.





# Famous Oxford/Ole Miss Sayings

Caroline Beach

## HOTTY TODDY

If you have had any encounter with the University of Mississippi — whether it be in person, on TV or even through word of mouth — you almost certainly have heard the famous phrase Hotty Toddy. To be honest, there is no definite definition of the saying. It is, above all else, an exclamation of pride. We University of Mississippians exchange a friendly Hotty Toddy when walking around Oxford or even spotting someone — anywhere — in Ole Miss merch. It is meant as a hello, a commonality between two strangers. It can also act as an exclamation of joy. You can hear Hotty Toddy's echo through the crowds at any athletic event or around the Square. Hotty Toddy is a versatile way of taking pride in our university.

## VELVET DITCH

This one can be a little tricky. Personally, it took me a good five months of nodding my head before I finally asked someone what it meant. The explanation, however, is rather simple. When a place is referred to as the Velvet Ditch, it means that it is considered such a comfortable environment that people do not want to leave. Basically, Oxford is a real life version of the Island of the Lotus Eaters.

## LANE TRAIN

If you follow Ole Miss football, you know Lane Kiffin — the A-list,

media-star coach who swept into Oxford and whipped the team into shape, culminating in a Sugar Bowl appearance in Season 2. The Lane Train, with cheering Rebel fans on board, is speeding toward even greater success, and if you haven't followed Ole Miss football before arriving on campus, you'll want to get on board now.

## ARE YOU READY?

When the Jumbotron lights up in Vaught-Hemingway on game day and the guest announcer asks the question "Are you ready?" that's your cue to start the stadium-rocking Hotty Toddy response. But that's not the only place you will hear the chant that's unique to Ole Miss. In the Grove, on the Oxford Square or even at Cook Out Burgers at 2 in the morning, be prepared to respond to the question with a robust rendition of Hotty Toddy.

## PARTY IN THE 'SIP'

When Rebel football head coach Lane Kiffin wore a hoodie with #ComeToTheSip emblazoned on the front, the phrase, intended to attract recruits to the University of Mississippi, caught fire on social media. And now it's a catch phrase for just about any celebration at Ole Miss: We Run the Sip, after beating Mississippi State to claim the Egg Bowl trophy. Party in the Sip to promote the sports and entertainment events of Double Decker Weekend. Needless to say, Life in the Sip has never before been this cool.



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## Fraternity & Sorority Life

Here at the Office of Fraternity & Sorority Life at the University of Mississippi, we serve over 6,800 affiliated students, representing individuals from across the country and around the world, we are a robust community of engaged scholars, leaders and community servants. Comprising of the Interfraternity Council, National Pan-Hellenic Council and College Panhellenic Association, we are proud to offer a variety of membership opportunities and a transformative experience for our members!

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#### Office of Fraternity and Sorority Life

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Email: [greeks@olemiss.edu](mailto:greeks@olemiss.edu)

IG: @theflagshipfsl | Facebook: University of

Mississippi Fraternity and Sorority Life

#### National Pan-Hellenic Council

Website: [nphc.olemiss.edu](http://nphc.olemiss.edu)

Email: [nphc@olemiss.edu](mailto:nphc@olemiss.edu)

IG: @um\_nphc

Facebook: University of Mississippi NPHC





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## Panhellenic

"The University of Mississippi Panhellenic community consists of 10 chapters and over 4,000 women. Our Panhellenic system offers opportunities to join an organization that prioritizes your values and encourages you to aim for excellence in all your endeavors. Our community prioritizes scholarship and service, and we strive for our members to become stewards of their resources and to invest in things they are passionate about."

**- Sarah Dufour, Panhellenic President**

"The College Panhellenic Council's 2022 Primary Formal Recruitment process will take place beginning August 13th with Opening Convocation and ending August 20 with Bid Day. Through this structured process, Potential New Members will have the opportunity to find their 'home away from home' within one of our 10 Panhellenic Chapters."

**- Molly Kate Goar, VP of Recruitment**

### Primary Recruitment Dates:

Move-in: August 11-12  
Primary Recruitment: August  
13-August 20, 2022

### Registration Costs:

May 1-June 30: \$150  
registration fee  
July 1-July 24th: \$250  
registration fee



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## National Pan-Hellenic Council

"On the campus of the University of Mississippi, the National Pan-Hellenic Council, also known as the NPHC or "the Divine 9," consists of 5 of the 9 chapters and holds nearly 100 Greek women and men. The purpose of the NPHC is to serve as a united body for the Black Greek letter collegiate fraternities and sororities. This Council serves as a forum that allows these Greek organizations to consider and address problems of mutual interest affecting their organizations and their college experience. Most importantly, the NPHC emphasizes the importance of maintaining a strong level of academics, brother/sisterhood, and service to the community."

**- Leah Hughes, NPHC President**

Students interested in joining an NPHC organization are required to attend the Greek Forum. This event will be hosted by the NPHC executive board during the first few weeks of both the fall and spring semesters. At the Greek Forum, students will be educated on the academic and service requirements for each organization, while also learning about what each organization has to offer. From there, students have the opportunity to attend interest meeting(s) and be considered for an organization's membership intake process.

2022 Greek Forum: TBD  
2022 Registration begins: May 1st  
Registration fee: \$20

"The Interfraternity Council proudly represents sixteen chapters comprised of over 2,300 men here at the University of Mississippi. While our organizations provide numerous opportunities for fellowship, service, and leadership, our primary goal is to mold individuals into becoming the greatest versions of themselves. As young men face new, difficult challenges, the bond of fraternity is here to provide encouragement and support throughout their college experience and beyond."

**- Andrew Meyer, IFC President**



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## Interfraternity Council

"The Interfraternity Council's 2022 Formal Recruitment process will begin on Saturday, August 27th with our first round of Formal Recruitment and will conclude on Friday, September 2nd with Bid Day. Our Formal Recruitment process is structured to maximize the Potential New Member experience and provide an equitable recruitment as they seek membership into one of our chapters here at the University of Mississippi. We look forward to seeing this new class of men join our fraternity community and we welcome you to Ole Miss."

**- Ashton William Heath,  
IFC Vice President of Recruitment**

### Formal Recruitment Dates:

Friday, August 26th through Friday, September 2nd

### Formal Recruitment Registration Costs:

May 1 – May 9: \$150  
May 10 – June 30: \$175  
July 1 – August 24: \$200

### College Panhellenic Council

Website: [panhellenic.olemiss.edu](http://panhellenic.olemiss.edu)  
Email: [collegepanhellenic@olemiss.edu](mailto:collegepanhellenic@olemiss.edu)  
IG: @umcph  
Facebook: University of Mississippi Panhellenic

### Interfraternity Council

Website: [ifc.olemiss.edu](http://ifc.olemiss.edu)  
Email: [ifc@olemiss.edu](mailto:ifc@olemiss.edu)  
IG: @univmissifc  
Facebook: University of Mississippi- Interfraternity Council



# **PRACTICAL STEPS YOU CAN TAKE TO AVOID FRESHMAN YEAR BURNOUT**

*HG Biggs*

Managing a new schedule in a completely new environment can be challenging. Not over-extending yourself is difficult, and a lot of the time we want to be as involved as possible and have a social life on top of keeping up with class work. So, here are some suggestions that have helped me mitigate the effects of burnout. .

## **Please do not spend all of your time during the week studying!**

The fastest and easiest way to burn yourself out is to study without carving out time for your social life or rest. There is no shame in admitting that you can't handle the amount of work you originally thought you could. I also recommend making a daily schedule at the beginning of the week, budgeting your time appropriately, so you don't end up having to complete three or four major assignments on the same day.

## **Not all study techniques work for everyone**

A lot of people talk about "treating college like a 9-5 job." Some of your teachers will discuss how you should be studying for their classes or in general. Don't disregard their advice immediately. However, do remember that every individual will process information differently and will have different schedules. Figuring out what works for you does take time. Some students can study for three hours straight and retain all of the information. Others can only study for 20-30 minutes before needing a break. Don't compare your studying to your friends and classmates. If you're studying, you're studying, and in my opinion your method doesn't matter as long as the work gets done and you are learning.

## **Set a bedtime**

No matter how much work you have to get done, setting a regular bedtime is one of the best things you can do for your mental health and academic performance. You are giving

yourself a set deadline by which to complete your work for the day and the freedom to stop working even if you haven't finished everything you originally had planned.

## **Leave your dorm or place of residence regularly**

Almost every Friday evening, my roommate and I would drive to Sonic to relax at the end of the week. We would get ice cream and cheese sticks and stay up late talking/joking. Having that time to look forward to motivated me to get my work done during the week.

However, don't limit time spent out of your room to Friday evenings. Take a walk around campus. The University of Mississippi wasn't named the most beautiful campus in America without cause. A quick walk around the Grove is the perfect way to get some fresh air between study sessions. A longer walk with a friend can help you relax and de-stress. Stretch your legs and back. Sitting for hours studying does not do wonders for your posture or muscles. Studying until you've forgotten if it was sunny or cloudy today is probably not the best for your mental health or productivity.

## **Work to not compare your performance to your classmates and friends**

Almost everyone gives this advice, and it's difficult. In my opinion, it is also the most important. Everyone learns different topics at different speeds. Comparing yourself to your classmates is both impractical and in some cases impossible. If you consider yourself high-achieving or put a lot of pressure on yourself to get high scores on every assignment, give yourself a break. You do not have to get an A or a B on every assignment. If you already don't put that pressure on yourself, congratulations! Your mental health will be better for it. Learn your limits, even if you have to learn them by making mistakes.

So, make your schedule, take a deep breath, walk around the Grove and go to class well rested.



# Must-have Apps for College



## Instagram

Follow every Ole Miss page on Instagram to make sure you never miss anything. If there's something happening anywhere on campus or in the Oxford area, an Ole Miss page will tell you.



## Blackboard

Use Blackboard to keep track of your grades. You can also see comments from your professors on your assignments. Professors also use this app for announcements.



## GroupMe

Most classes have a GroupMe. Most organizations have a GroupMe. Download the app to keep in touch with your classmates and group members.



## LinkedIn

Networking is one of the most important things to do in college, which is where LinkedIn comes in. Follow the University of Mississippi page on the app and connect with current students and alumni.



## Mail/Gmail

Read your email. Every important piece of information that you need during your time here will likely be sent to your email. Download the app and read your email at least once a day.



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# TOP FIVE MOST AESTHETIC SPOTS ON CAMPUS

**Caroline Beach**

There is no doubt that out of the estimated 5,300 universities in the United States, the University of Mississippi has one of the most beautiful campuses. If the Grove was not all the testament you need to the beauty of such a place, just look at the rows and rows of tulips that adorn the grounds or the majestic buildings that make up our campus. Out of the 3,497 acres the University of Mississippi calls home, here are — in my opinion — the top five most aesthetic spots on campus.

## **Peddle Bell Tower and Paris-Yates Chapel**

At some point in their academic journeys — whether drawn by faith or simple curiosity about the ringing of the bells — university students will find themselves standing in front of the breathtaking Paris-Yates Chapel building and Peddle Bell Tower. The tower stands tall, overlooking the rest of campus, with its intricate system of 36 bronze bells ringing every 30 minutes on the dot. The bells play a group of songs daily at 5 p.m. Red brick and white arched columns match the design of the chapel attached. Stained glass windows and towering white arches on the exterior give way to the simple, white interior of the 200-seat chapel. It is hard to miss such dazzling beauty.

## **The Circle**

The Circle sits perfectly in the middle of our rather spacious campus. Characterized by tall oak trees, flowering plants and bricked pathways that bear the names of former students, the Circle is one of the most underrated spots on campus. Grand school buildings ring the garden, with the Lyceum at one end and Ventress Hall on the other. The trees create a perfect canopy, with soft rays of light peeking through the leaves. If you are looking for a calm spot to sit alone or a spot for taking pictures of some of the most beautiful buildings on campus, the Circle is the place for you.

## **The inside of the Lyceum**

The Lyceum is the campus' first and most renowned building. Now, don't get me wrong, the Greek Revival beauty of the exterior speaks for itself. There is something about standing in front of that building and admiring its grandeur that — for lack of a more accurate description — hits different. And once inside, time seems to shift backwards. The elegance and simplicity of the traditional square room layout contrasts beautifully with the stately furniture and elaborate murals for a grand, historical effect.

## **Phi Mu Fountain**

Phi Mu Fountain is one of the most heavily photographed spots on our campus. Located directly J.D. Williams Library and Paris-Yates Chapel, the fountain stands proud. Blooming trees and bushes with varying hues of pink and white compliment the soothing of the fountain's water. Butterflies are commonly fluttering around in the daytime, making the fountain appear as though it came directly from fairy lore. The sound of water splashing coupled with light chatter from students passing by creates quite the serene atmosphere.

## **The Grove**

As much as I love to be unpredictable, it is just a simple fact that the Grove is the most famous, and most beautiful spot on campus. Home to studying students, the Walk of Champions, the hub of football tailgating and much more, the versatility and beauty of the Grove are unmatched. The tall trees provide a generous amount of shade but also a lovely photo backdrop. It is the perfect spot for having a picnic, watching the sunset, walking your dog, lounging around with friends and more. Picnic tables and benches are spread throughout the greenery, awaiting the influx of students throughout a typical school day, and the stage welcomes a variety of performers. To perfectly cap off each school year, the Grove is the site of graduation ceremonies each spring.





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# RECREATION FOR REBS

## AVENT PARK

Avent Park is home to an impressive community-built playground. The park offers lighted tennis courts, a walking trail, baseball field, frisbee golf course, and a pavilion furnished with picnic tables.

## BAILEY BRANCH PARK AT FNC

Located at the corner of Hwy 7 South and Office Park Drive, this park includes a pavilion, playgrounds, and a walking path.

## BAILEY WOODS TRAIL

3/5 mile

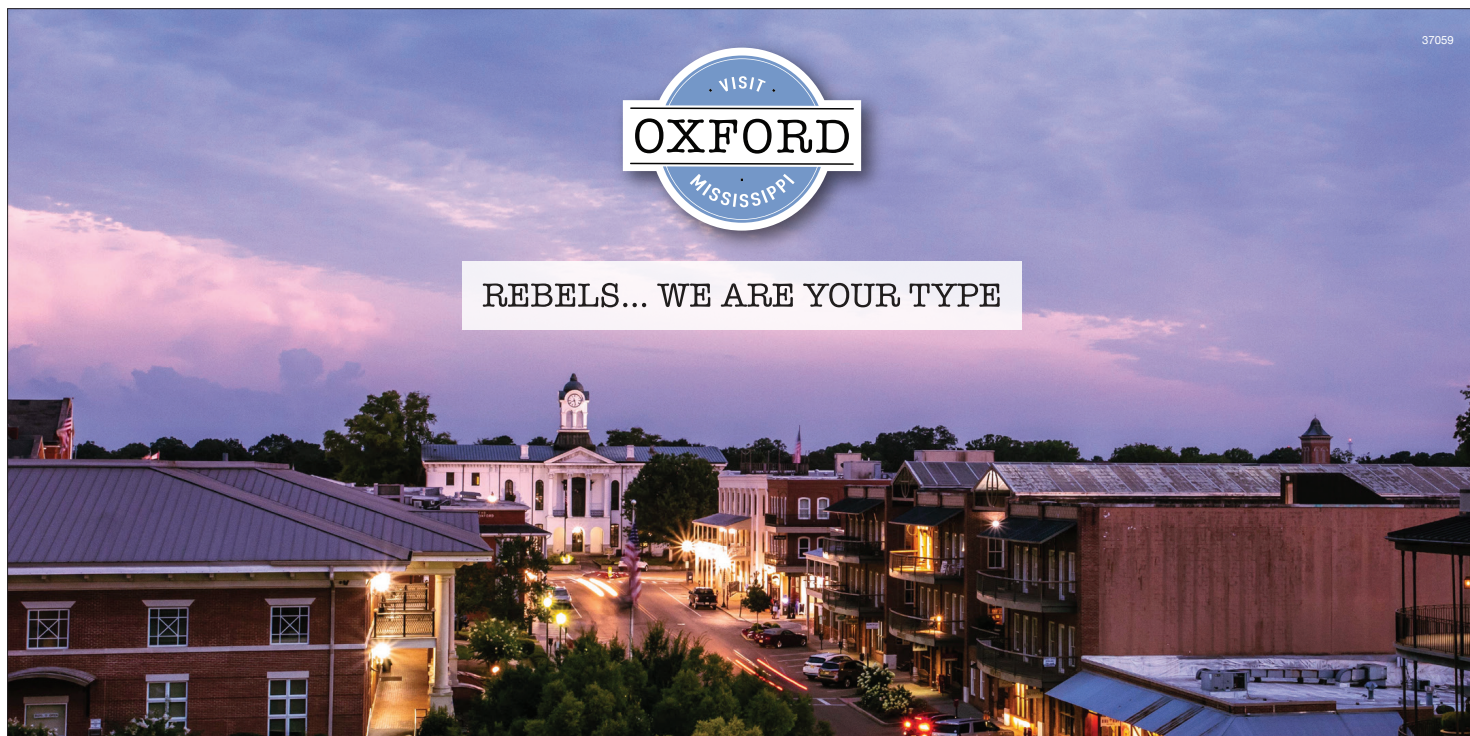
The Bailey Woods Trail connects the University Museum to Rowan Oak and is a great place for visitors to walk, run, or geocache (bikes are not permitted). It is open from dawn to dusk and takes about 20 minutes to walk one-way.

## BLACKBURN-MCMURRAY OUTDOOR SPORTS COMPLEX

The intramural fields are for students who want to play traditional or nontraditional sports without being on a professional team. Anyone can get to the fields from campus



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by using the sidewalk or bike lane once they cross Chucky Mullins Drive.

## CLEAR CREEK CAMPGROUND

The campground site is only a short drive to Sardis Lake, allowing its visitors to enjoy water sport activities. Clear Creek has 52 sites with electric hookups, some even have water hookups. It is also located near the scenic Clear Creek Trail. More information can be found at [recreation.gov](http://recreation.gov).

## CLEAR CREEK TRAILS

8 miles

This trail is located near Clear Creek Landing beside Sardis Lake, a 30 minute drive from Oxford. The trail is a thrill for bike enthusiasts, with plenty of downhill fast sections. Find out more at [trails.mtbr.com](http://trails.mtbr.com)

## FNC PARK

A 75-acre park with 4 softball, 5 soccer, and 10 baseball fields; 8 with synthetic turf infields. It also has a walking track as well as the Oxford Ortho Indoor Practice Facility with 6 retractable batting cages. This massive park is located at 328 Old Sardis Rd. For more information, visit [fncpark.com](http://fncpark.com)

## FNC TENNIS CENTER

This center, located at 400 Price St., has 20 lighted hard tennis courts, and is the largest hard court tennis facility in the state. The courts are open year round to the public. Visit [oxfordtennis.net](http://oxfordtennis.net) for more information.

## GARDEN TERRACE PARK

0.5 mile

Located on the west side of town on Thacker Road, this park is a 0.5 mile, 10-foot wide walking trail. It's also an interactive park which allows parents to download an app and track where their children play and how many times they visit.

## JOHN W. KYLE STATE PARK

This park is located in Upper Sardis Lake at 4235 State Park Road in Sardis, MS. The facility on site includes tons of services and utilities such as boating, cabins, fishing, golf, volleyball, water skiing and so much more. Visit [reserveamerica.com](http://reserveamerica.com) for more details.

## PAT LAMAR PARK

1.5 miles

Outfitted with new art sculptures on the Yokna Sculpture Trail and complimented by blooming greenery, the park welcomes all Oxonians (and their pets, of course) with open arms. Located at the corner of College Hill and Country Club Road.

## OXFORD CITY POOL

Located at 200 Washington Avenue and is open Monday - Saturday from 1:00 - 6:00 pm, and on Sundays from 1:00 - 5:00 pm. A \$3 admission fee applies to patrons under the age of 54. Visit [oxfordparkcommission.com](http://oxfordparkcommission.com) for more information.

## OXFORD DEPOT TRAIL

1 mile

This trail stretches from Molly Barr to the Oxford Depot; it's 10-feet wide, paved, and has bathrooms and water fountains available. A pedestrian and bike bridge that goes over Jackson Avenue brings you to the Depot.

## OXFORD SKATE PARK

Not only is Oxford's state of the art skate park 10,000 square feet, it also has a playground and a pavilion. The skate park stays open from 5:00 am until dusk, and is located on Bramlett Blvd.

## PRICE HILL PARK

This park includes a pavilion, baseball/ softball field, basketball court, and a playground. It is the only park in Oxford with a spray pool and now features a community garden. You can find it at 101 Price Hill Cove.

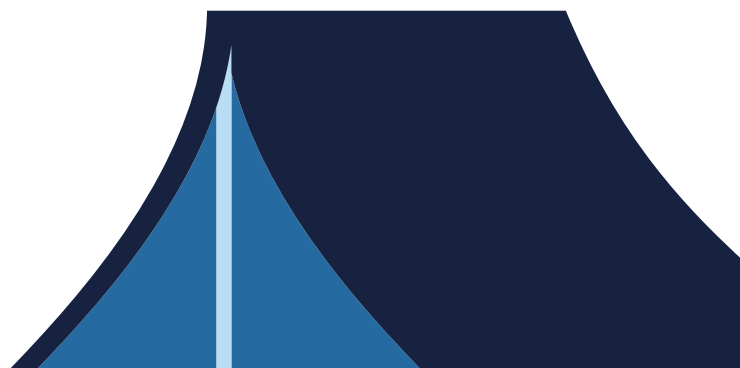
## RIVERS HILL PARK

Located on Pegues Roa in Oxford, this park features two outdoor basketball courts, a playground, and an open air pavilion.

## SOUTH CAMPUS RAIL TRAIL

2.8 miles

The South Campus Rail Trail is part of a network of trails linking the community of Oxford. The entrance is located on Chucky Mullins Drive



# MOVE-IN DAY ADVICE

*Caroline Beach*

## GET THERE EARLY

By no means am I the kind of person to be the first to arrive. I prefer to reside in the casually late category. However, move-in day is one of those times when you need to get there early for a multitude of reasons. First, it will help ensure a parking spot close to your dormitory. You have to lug your belongings in and out of the dorm, so do you really want to make a long trip to the car each time? Second, there is a slight chance the housing office may let you start moving in a few minutes before the scheduled time, which will help a great deal in the long run. So, as much as it may pain you, get up early this one time. You will thank yourself (and me) later.

## ASK FOR HELP FROM THE HOUSING STAFF

Do not hesitate to ask for assistance. Whether you are lost, need directions to your dorm room or help moving items, it is better to ask staffers on site than to spend a ridiculous amount of time figuring it out yourself. They are all friendly and eager to help you.

## BRING FAMILY MEMBERS OR FRIENDS

I say with confidence that bringing four to five people to help move your belongings is a solid amount. Depending on how much stuff you have, count on making two or three trips to the car. Having helpers carry the load will leave you plenty of time to set up your room to your liking.

## BRING WATER

I cannot emphasize this enough. It is scorching hot in August in Mississippi. The heat combined with the physical activity of going back and forth from the car, up and down the stairs or elevator and setting up your room can be taxing on your body. Stay hydrated and take breaks.

## HAVE A PLAN FOR SETTING UP YOUR ROOM

Having a solid idea of how you want your room to be set up before you start moving in will help tremendously. I looked up pictures of the rooms in my dorm on the university's website and decided which side of the room I wanted — in consultation with my roommate, of course — before putting together a general design of my space. In doing this, I knew exactly where to put everything when I brought in the boxes. It is a far more organized system of moving in than just showing up and deciding where things go.

## READ THE MOVE IN DAY RULES/INSTRUCTIONS CAREFULLY

The housing department will send you an email full of meticulous instructions regarding move-in day. This information should include what day you move in, the time frame, where to park and much more. Be sure to understand the general schedule of the day before you

arrive on campus. In case this information does not make its way to your email, rules and regulations can be found on the student housing portal at [studenthousing.olemiss.edu](http://studenthousing.olemiss.edu).

## PACK EVERYTHING INTO SOMETHING EASY TO MOVE OR CARRY

When I moved into my dorm, my family and I packed everything into boxes with handles or anything with wheels. I promise this will make it a lot easier to bring everything from the car to your room. The university provides carts, but the supply runs out fast, so I suggest bringing a personal cart, wagon or dolly.

## MAKE SURE YOU KNOW WHERE YOUR PARKING ZONES ARE

I vividly remember driving in circles around campus for a solid 30 minutes during my move-in day. So I emphasize: Identify on a campus map beforehand where your parking zones are located.

## WEAR LIGHT ATHLETIC CLOTHING AND COMFORTABLE TENNIS SHOES

It will be August. It will be scorching hot. The sun will not be forgiving. It will be in your best interest to wear light athletic clothing to ensure maximum comfort. Also, make sure to wear tennis shoes to ease all the walking the day requires.





# HIDDEN GEMS

*Jacob Meyers*

These are some hidden things around Oxford that are worth a visit before you graduate.

## **End of All Music Record Store**

Upstairs on the Square, End of All Music is the closest place to get old or new records. If you like to hear your music on vinyl, this is a cool place to check out. They even sell record players if you need a new one or decide to start a new collection of vinyl.

## **Oxford Skate Park**

Donated by the Tony Hawk Foundation, Oxford Skate Park is a lively spot tucked away off Bramlett Boulevard near University Boulevard. Skateboarding is an inexpensive hobby that's even in the Olympics. Bring your board or even your roller skates. Skateboarding is a great way to get some exercise, get outside and get a girlfriend.

## **Secret Grilled Cheese**

The name says it all. For a one-of-a kind experience,

look around the Oxford Square for the building with a black door and a skull knocker. The password is always changing, but maybe an upperclassman could help you out...

## **Thacker Mountain Trail**

Not too far from campus sits Thacker Mountain trail, which is great for miles of walking or biking. There are numerous cool things to see on and off the trail, including an old painted bus and an abandoned fire tower. However, the tower is on private property and trespassers will be prosecuted. It's probably not safe to climb, either.

## **Sardis Lake**

About a 30-minute drive east of Oxford is Sardis Lake, a reservoir and park that is a great place to fish, hike, picnic or go for a boat ride. If you want to take a night and sleep in the great outdoors, camping is also an option. And there are "beach" areas for those brave enough to swim.

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PHOTO COURTESY OF JOSH MCCOY

# Game Day Traditions

*Joshua Clayton*

Ole Miss has one of the greatest tailgating experiences in the world. That's not debatable. If you need proof, Sports Illustrated named Ole Miss the No. 1 tailgating school in the nation. People who couldn't care less about sports pile into the Grove alongside die-hard SEC football fans for a true bucket list experience. It's hard to beat an autumn Saturday afternoon in Oxford. There's so much going on in the Grove and in Vaught-Hemingway Stadium that it's easy to forget some of the traditions and unwritten rules of an SEC tailgate. Here's the top-5 gameday traditions at Ole Miss

## 1. WALK OF CHAMPIONS

In 1985, head coach Billy Brewer, wanted a way for his players to experience the atmosphere of the Grove, so he started leading them through the 10-acre yard before games. Since then, the Walk of Champions has been the climax for every tailgate in the Grove. The football team starts at the north end of the Grove two hours before kickoff and walks to the stadium while being cheered on by the Rebel faithful on either side of the sidewalk.

## 2. TENT HOPPING

When you walk past the Grove on your way to class, it's hard to imagine tens of thousands of people can pack into it. When you walk up to the sea of red and blue on Saturdays, it's a reminder that you're at the best tailgating school in the nation. You may know everyone you walk past or you might not know anyone. Either way, there's always a tent open welcoming you to enjoy the Southern hospitality in the form

of a pig in a blanket or a chicken tender. Just remember to say please and thank you!

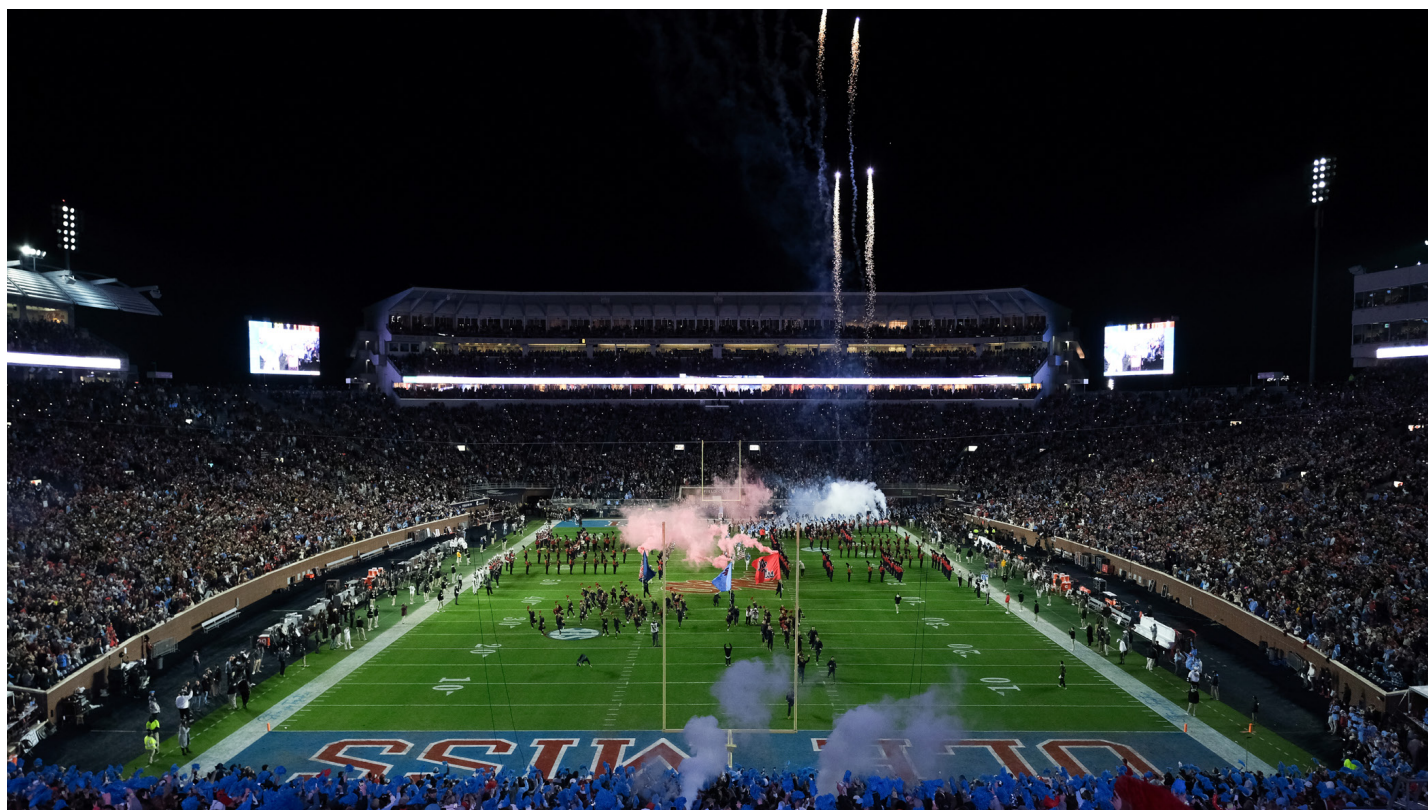
## 3. LOCK THE VAUGHT/HOTTY TODDY

The fun doesn't stop in the Grove. After you've found you seat in Vaught-Hemingway Stadium, prepare to lock arms with you neighbor, and rock back and forth to welcome the Rebels to the gridiron. After that, when you hear "Are you ready?", if you don't know how to respond, you'll learn quickly.

## 4. ARRIVE IN STYLE

The Grove can be a fashion show for most people. Make sure you check what color to wear and pick your best outfit.

There's so much going on in the Grove and in Vaught-Hemingway Stadium that it's easy to forget some of the traditions and unwritten rules of an SEC tailgate. See how many of these traditions you can do in one game.







# BE A PART OF THE STUDENT MEDIA CENTER

The Student Media Center includes The Daily Mississippian, theDMonline.com, NewsWatch Ole Miss, Rebel Radio and The Ole Miss Yearbook. More than 150 students work at the SMC each semester, and most of them are paid for their work. Jobs are open to all students, all majors and all grade classifications. Here are some of the student positions:

- Editors
- Reporters/Writers
- Photographers
- Videographers
- Designers
- Editorial Cartoonists
- DJs
- Multimedia Editors/Producers
- Sales Managers
- Advertising Account Executives
- Anchors
- TV Sports Director
- TV/Radio News Director
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- DM Delivery Person

Reach out for job opportunities!

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# CAMPUS MAP



1. J.D. Williams Library  
2. The Union  
3. The Lyceum  
4. Ventress Hall

5. Conner Hall  
6. School of Applied Sciences  
7. Farley Hall

8. Holman Hall  
9. Brevard Hall  
10. Thad Cochran Research Center

11. Honors College  
12. Rebel Market

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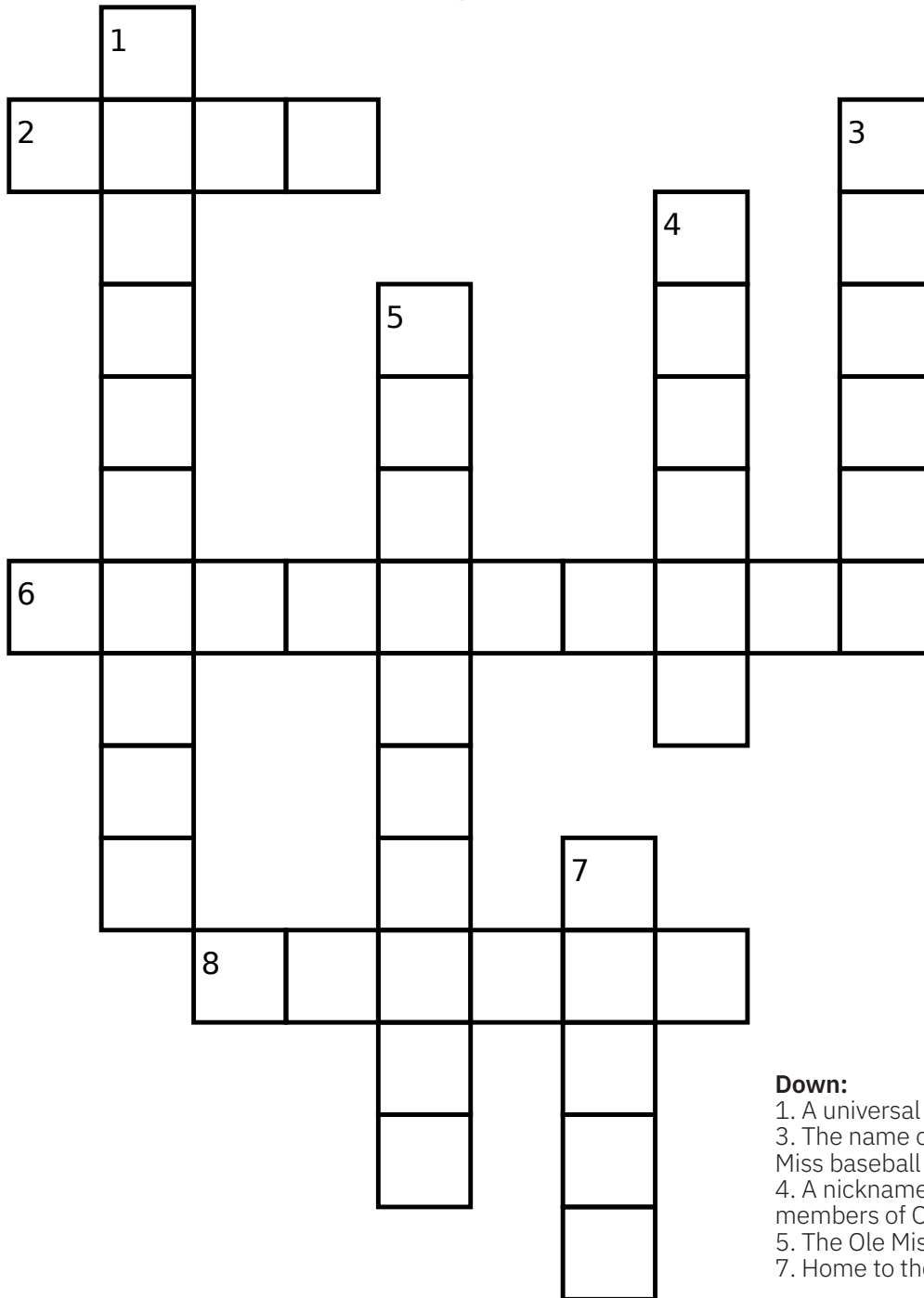


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# HOTTY TODDY

## *Crossword*



### Down:

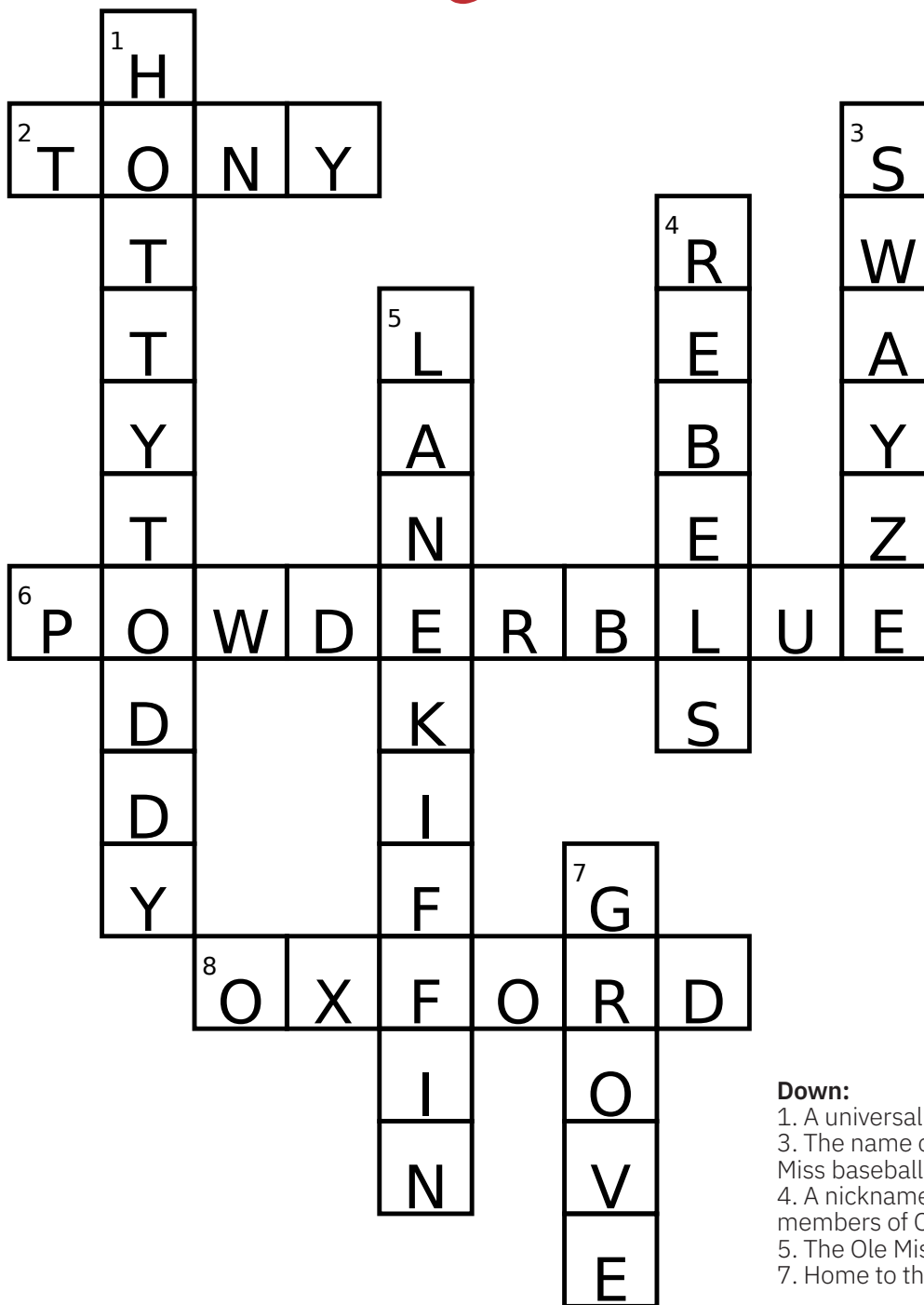
1. A universal Ole Miss greeting
3. The name of the Ole Miss baseball field
4. A nickname for the members of Ole Miss
5. The Ole Miss head football coach
7. Home to the squirrels of campus

### Across:

2. The name of the Ole Miss mascot (he is a land shark)
6. One of the game day colors
8. The home of the University of Mississippi

# HOTTY TODDY

## Crossword



### Down:

1. A universal Ole Miss greeting
3. The name of the Ole Miss baseball field
4. A nickname for the members of Ole Miss
5. The Ole Miss head football coach
7. Home to the squirrels of campus

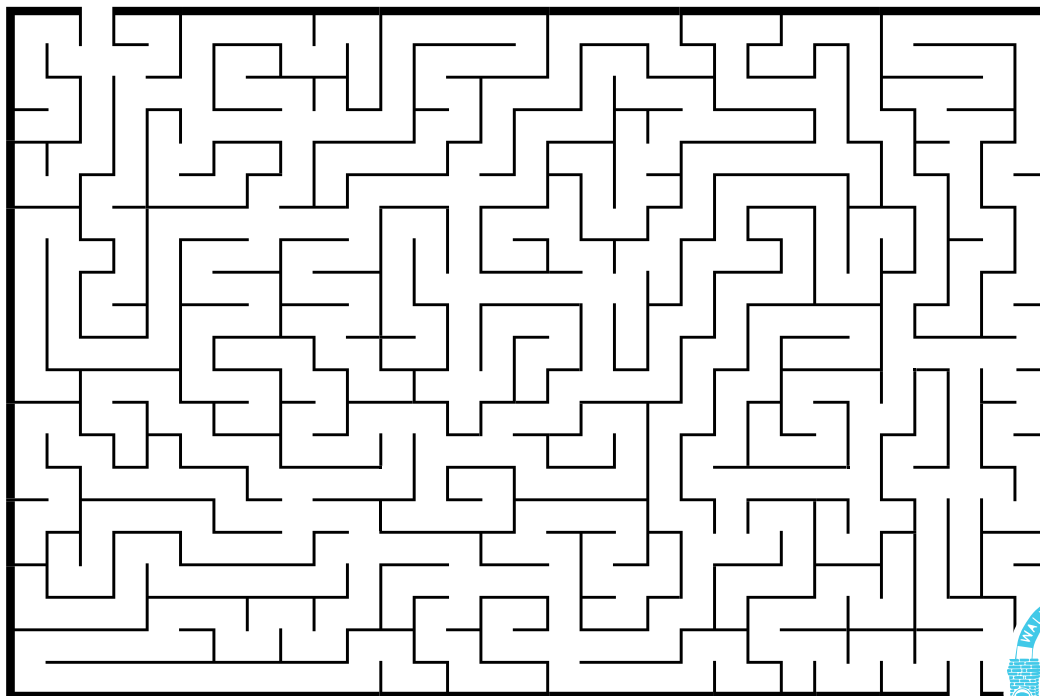
### Across:

2. The name of the Ole Miss mascot (he is a land shark)
6. One of the game day colors
8. The home of the University of Mississippi





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