

the VISTA

September Vol. 113 Issue 3



Do you
know who
you are?

News on Campus..... *Section A*

Life in Edmond..... *Section B*

Vista Sports..... *Section C*

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ON THE COVERS:

The Vista begs the question this issue "Do you know who you are?" We show what people may be perceived as upon first glance, while simultaneously delving deeper to show who they may believe themselves to be. Photo illustrations by Daltyn Moeckel, The Vista.

ON THE COVERS OF OUR AUGUST ISSUE:

In the Back to School Issue last month, the Vista took photos of "the past" from the Vista archives, as well as the "present day" photos from Vista Photographers. All covers were photo illustrations by Daltyn Moeckel, The Vista.

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The Vista is published as a newspaper and public forum by UCO students, monthly during the academic year except exam and holiday periods at the University of Central Oklahoma. The issue price is free for the first copy and \$1 for each additional copy obtained.

EDITORIALS

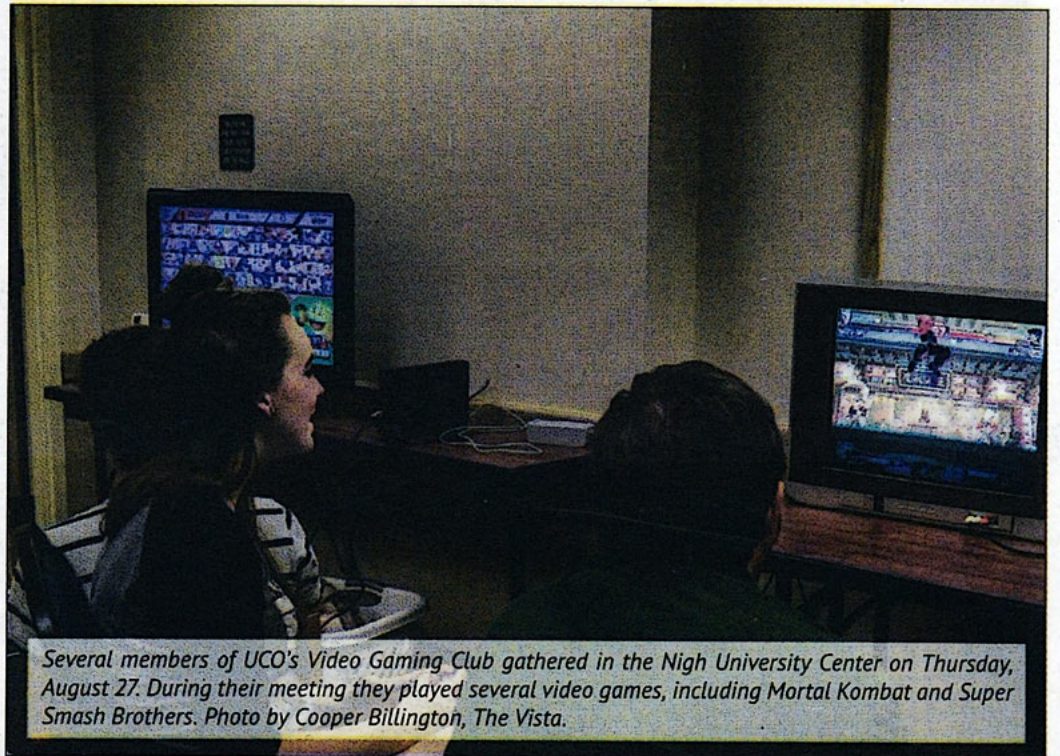
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The Vista encourages letters to the editor. Letters should address issues and ideas, not personalities. Letters must be typed, double-spaced, with a maximum of 250 words, and must include the author's printed name, title, major, classification and phone number. Letters are subject to editing for libel, clarity and space, or to eliminate statements of questionable taste. The Vista reserves the right not to publish submitted letters.

Address letters to:

Editor, The Vista, 100 N. University Dr., Edmond, OK 73034-5209, or deliver in person to the editor in the Communications Building, Room 131. Letters can be emailed to vistauco@gmail.com.



Several members of UCO's Video Gaming Club gathered in the Nigh University Center on Thursday, August 27. During their meeting they played several video games, including Mortal Kombat and Super Smash Brothers. Photo by Cooper Billington, The Vista.

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UCO students Stephen Schultz (bass) and Brian Belanus (guitar) perform at a "Granted," an art show held in the Nigh Center on Thursday, August 27. Photo by Ryan Naeve, The Vista.

The man behind the suit:

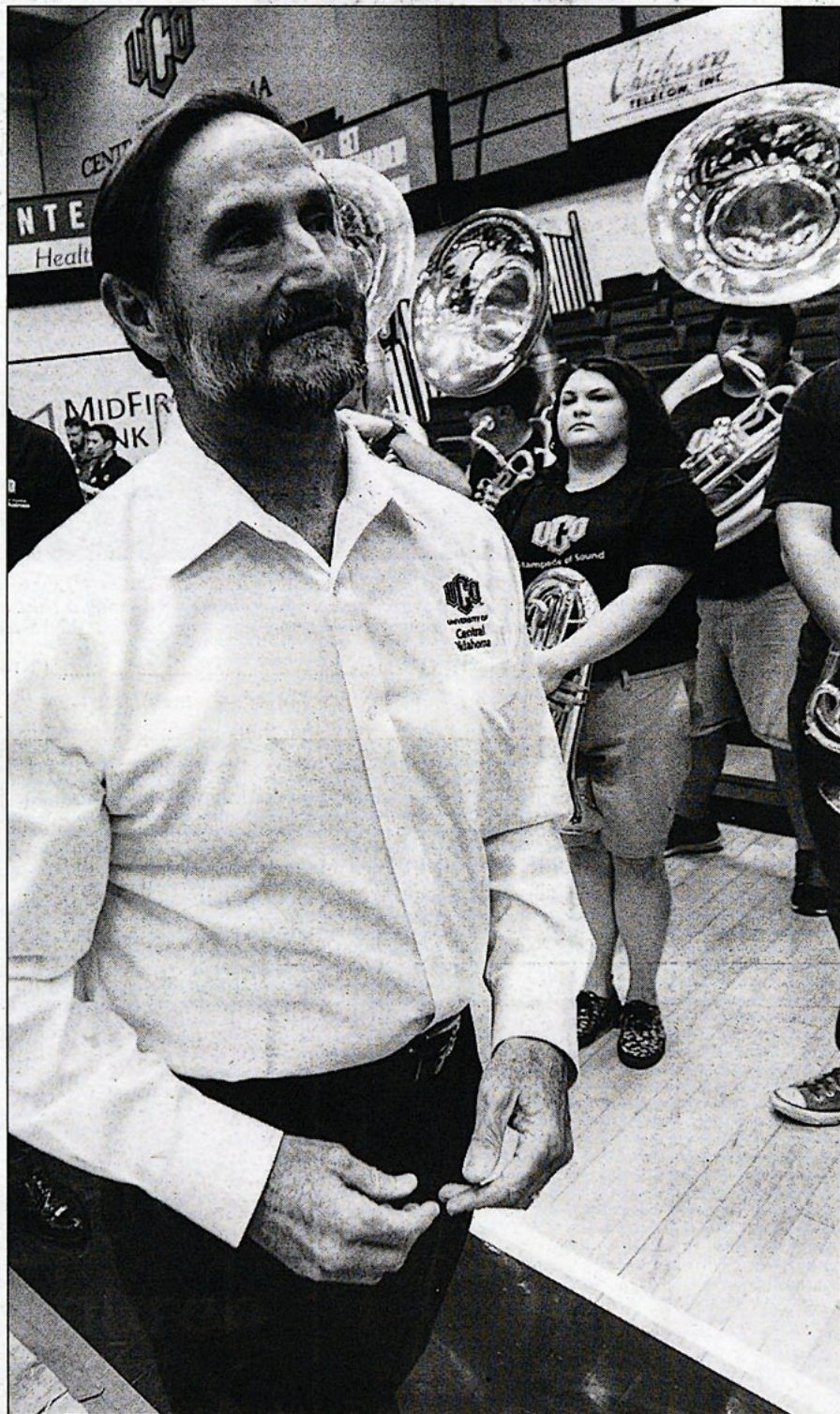
Q and A with UCO President Don Betz



Eriech Tapia
@eriechtapia95

Reporter

Many know the University of Central Oklahoma President Don Betz as a proficient speaker and the figurehead for all Bronchos. Here, we try to get to know Betz as more than just our president and find out who he is when he isn't suited up.



President Betz makes an appearance at an event at UCO. Photo provided by UCO Photo Services.

What is your favorite music/song?

Probably some songs you guys can't remember; I like 70's and 80's music like Al Green. Also, on occasion I like classical music.

How many languages do you know?

Well I know a little bit of Italian, German and Arabic, but I only know English proficiently.

Are you a dog or cat person?

The tendency at this point in my life is that we would choose a dog. Our last dog, Scout the Corgi, we had for 14 years.

What is your favorite ice cream?

When I eat ice cream, which is not often, I prefer to eat a natural vanilla bean ice cream.

What is your favorite pizza topping?

I usually like "The Works" at Hideaway, which is like a supreme pizza, or I prefer a vegetable pizza.

What was your first car?

1959 Chevy Impala with a considerably large engine for today's standards. However, in college I did not have a car, since I lived about 1,000 miles from home.

When did you notice you were broke in college?

Really when I started college, though I worked hard to receive as much financial aid as possible.

Where did you meet your wife?

She was working at Northeastern State University and I believe at that time I was in the development office.

Are you a summer or winter person?

I prefer fall or spring; I find something special in each season though.

Do you prefer the mountains or the beach?

When we have time to get away we like to go to the beach.

Do you prefer Taco Bell or Taco Bueno?

Neither one of them, I like Middle Eastern food a lot. I also like spicy food, but not too spicy.

What is your favorite TV show?

I prefer watching news programs. On Sunday's I watch a very good news show.

What is your favorite movie?

I really like what you guys call classic films.

What is one of your hobbies?

When I have time, I like reading about current global issues.

What is your favorite dish to cook?

We go from Italian, to stir-fry, Middle Eastern food, to some terrific salads.

Do you have Netflix or Hulu?

We have had Netflix before it was even as popular as it is today.

Do you prefer Apple or PC?

Personally I have an iPhone and an iPad, but here at work I have a Dell laptop, I suppose that I am a hybrid.

Social justice warriors and special snowflakes



Ryan Naeve
@itwasryan

Photo Editor

We're living in a golden age of political correctness, and that's not necessarily a good thing.

It seems like every day you hear about an individual or group being harassed by another group because there was a clash of opinions. A recent example of this is the British scientist Matt Taylor being targeted by feminist groups because of a shirt that he wore. Then there's the Smith College president being protested for saying "All lives matter."

There's definitely something wrong when someone's entire career is threatened by a shirt, or phrase advocating equality. However the people who get their feathers ruffled by that sort of thing don't reflect the views of their entire movement. They can just yell louder than everyone else.

It's as if these people go out looking for reasons to purposefully get offended at this point. There are people who will base their entire opinion of a person on one aspect of who they are.

There are people who get bothered by someone who is black, white, gay, straight, transgendered, cis-gendered, rich, poor, etc.

Don't believe me? Just browse Tumblr for a little while.

I've been told on several occasions that I need to "check my privilege," or in other words, belittle myself for being in a better situation than others. Now I understand that I have it better than some people.

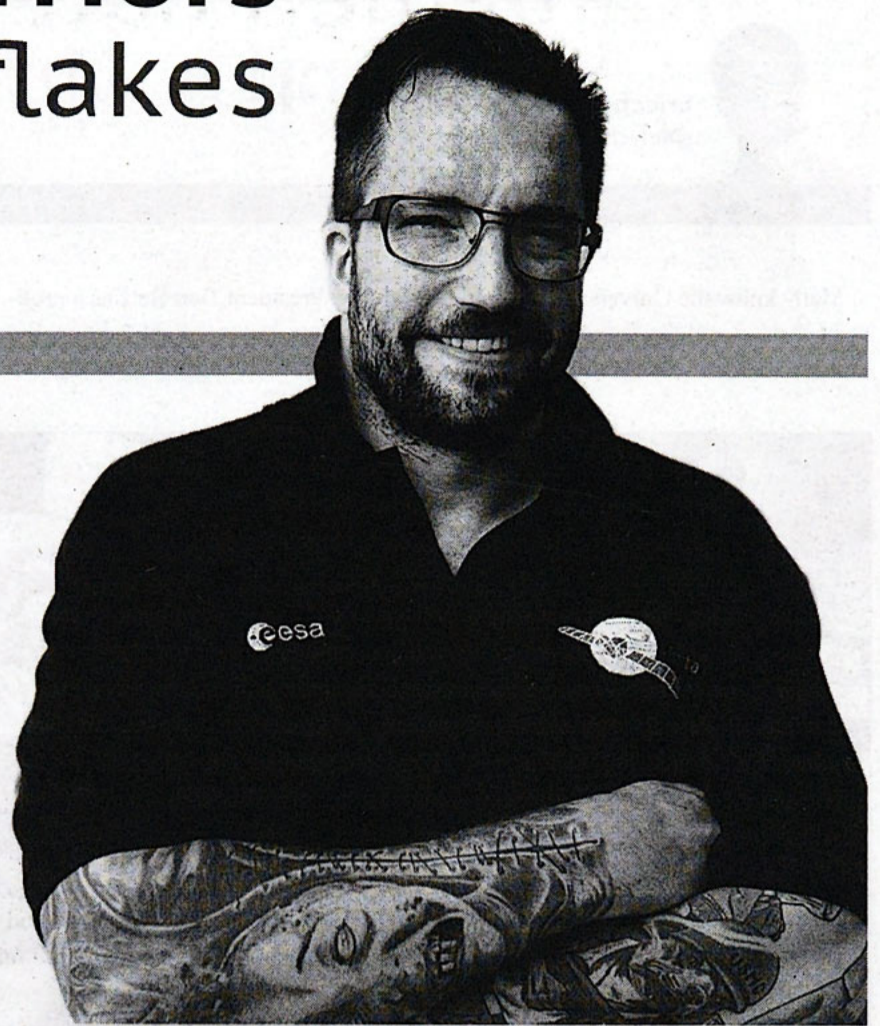
Honestly as a straight, white, male, I realize that my life may be easier than many other's. But when people try to make me feel bad for being who I am, that's where I draw the line.

Being open to ideas that you can't really relate to is one thing, but recently there have been some movements for groups of people who are, for lack of a better word, insane.

Gay people? They're awesome. Transgendered? Great. Just do what you want to do. Who wants a bunch of white people walking around being boring? Let's get some diversity up in here.

Then there are people known as "otherkin" or "trigender." Sorry, but those aren't things.

Those fall under what some people call the "special snowflake" category. This means that some folks are so determined to be an interesting individual that they need to basically make up a new category of person just so they can say that they go through struggles and get



Matt Taylor is a British astrophysicist known for his involvement in landing a spacecraft on a comet during the Rosetta mission. In 2014 Taylor received heavy criticism for wearing a shirt depicting scantily clad women. Photo provided by the European Space Agency.

oppressed.

Again, it's like people want to be offended.

Not to mention all of the people who are actually oppressed. The people who actually go through struggles, like women in Saudi Arabia who aren't allowed to drive a car, or the children working in sweatshops around Asia.

My heart bleeds for them, not Tumblr feminists that think a man spreading his legs on a bus is oppressing.

When you complain about a problem, you're doing nothing to fix it. So instead of belittling others, who are in a good situation, try to help those who are in a bad situation.



In this Aug. 8, 2015 file photo, Democratic presidential candidate Sen. Bernie Sanders, I-Vt. listens at right as Marissa Johnson speaks at left, accompanied by Mara Jacqueline Willaford, as the two women take over the microphone at a rally in downtown Seattle. The women, co-founders of the Seattle chapter of Black Lives Matter, took over the microphone moments after Sanders began speaking and refused to relinquish it. Sanders eventually left the stage without speaking further and instead waded into the crowd to greet supporters. Rising in political polls, Bernie Sanders is trying to overcome hurdles among black voters who are still learning about him and could help determine whether his insurgent campaign can last. (AP Photo/Elaine Thompson, File)

Traits men hate in women

JEALOUSY



Quella Omena
@queilaomena

Managing Editor

Guys claim they like everything in a girl, but let's be honest, that's not how it goes.

With that said, there are many things that guys don't like in women, and today I'll explain a couple of them to you.

Guys are simple-- too simple if you ask me. They won't ask you to look like a Victoria's Secret model or own a mansion, but they do look for certain types of girls.

Men do not like nagging women, and to be fair, nobody does. It really upsets me when somebody is constantly pointing out my mistakes and flaws. Don't be that complaining person that can do nothing but demand and complain.

If something went wrong today, just move along and keep a positive mindset. Tomorrow might be better. Stop bringing negativity into people's lives.

If you dropped your ice cream, stop complaining and go get another one. It's not the end of your life, just move along and smile.

I've seen many relationships be torn apart because the woman could not stop nagging, and it literally drove the guy nuts. Please, take things slow. Let your man breathe and have a good life.

The drama-queen is definitely not a good catch either. I've heard many of my guy friends complain about how dramatic their girlfriends are.

Little issues can become the end of the world just because the girl is too full of drama and chaos.

A broken nail sucks, and it will take weeks to be perfect again. I get it, we are more sensitive than guys, but there is no need to make a huge deal out of a broken nail.

There will be other problems in your life, bigger problems, and you will have to be able to deal with it.

As a woman, I understand that we do like to expose our feelings and have reassurance, but being overly dramatic about a topic is definitely not the way to go. It will drive people away from you, leaving you with more drama to talk about it.

If you still want to be dramatic, please have your own TV show. I'll make sure not to watch it.

Guys do not like the overly jealous woman that cannot go a few hours without calling, texting or snap chatting just to ask if the boyfriend is doing well.

You don't have to know if your man ate tuna salad or a turkey sandwich at this lunch break. A little privacy, please?

If you need to be checking on your man every hour to make sure he is not

with another girl, I suggest you leave him and find a better and suitable boyfriend. You do not need this stress in your life.

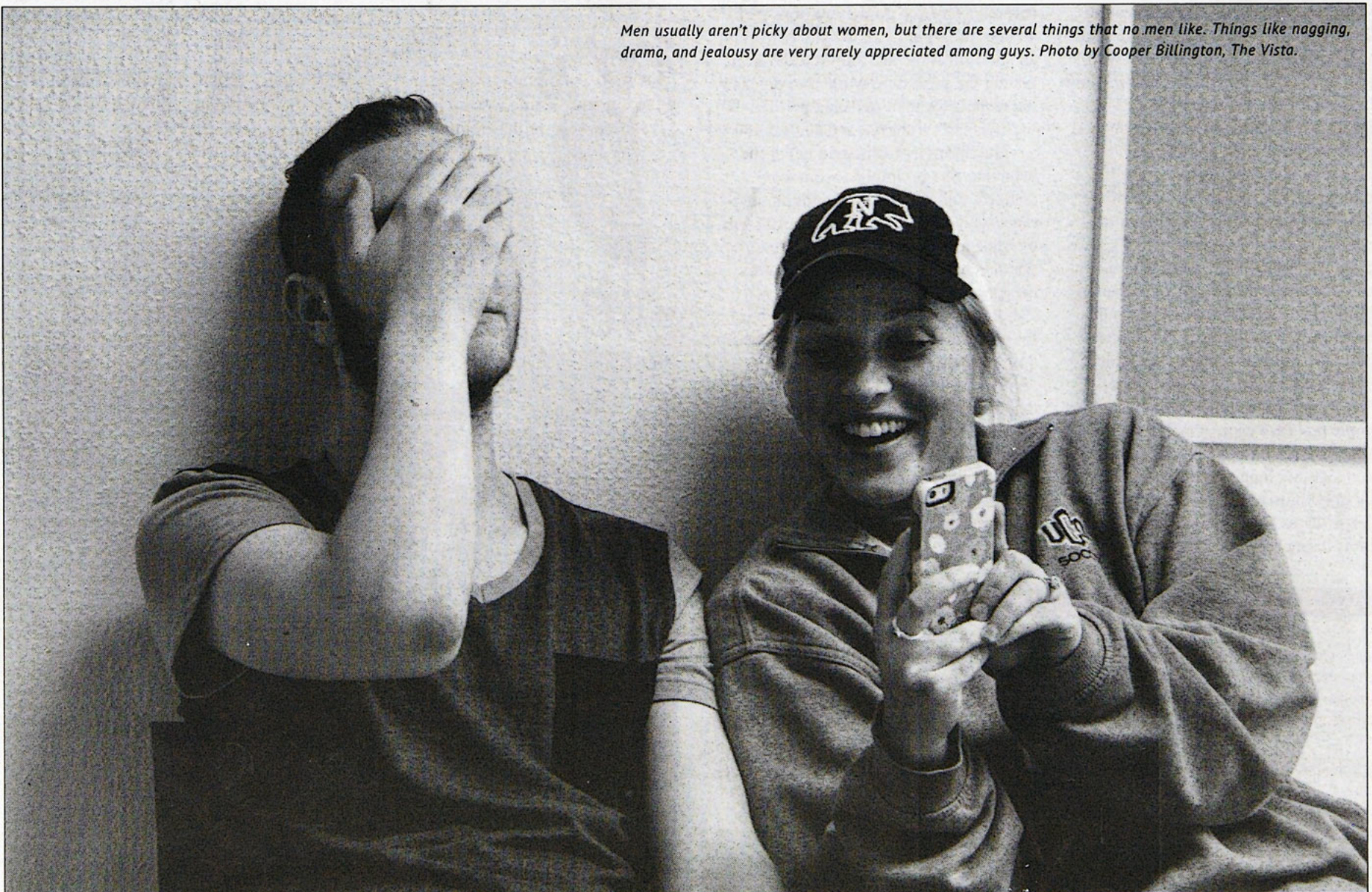
If you do not trust him, then why be in a relationship with him at all? Don't be intimidated by his girl friends; he is with you because he wants to be with you. Grow some faith.

The calorie-crazy women will make any guy run in a week, or even less. There's nothing worse than the food crazy person that cannot stop talking about protein, calories, fat, carbohydrates, etc.

If you want to be crazy about calories, then maybe you should marry a nutritionist, because no guy would be willing to put up with this food craziness.

Guys are simple but expect confidence, intelligence, spontaneousness, playfulness and honesty from his woman.

Men usually aren't picky about women, but there are several things that no men like. Things like nagging, drama, and jealousy are very rarely appreciated among guys. Photo by Cooper Billington, The Vista.



Show of faith or failure to do a job?



Alex Brown
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Editor-in-Chief

I wonder what it feels like to be on the wrong side of history?

If you've been avoiding any and all kind of media, you may not know that after this summer's same-sex ruling, an individual protested this decision. Kentucky Rowan county clerk, Kim Davis, 49, claimed she was working under "God's authority" by not issuing marriage licenses to same-sex couples.

She stated that she felt that it would violate her conscience and her religious beliefs if there were marriage licenses issued to same-sex couples with her name on it.

Basically, this individual believed that she was standing up for her beliefs by imposing them upon others, while not including herself in her own standards of "right."

It's been discovered that she has been divorced three times, and remarried four times. Honestly, the second you file for your first divorce, you shouldn't have a say on the "sanctity" of marriage; now, after three divorces, you shouldn't get the chance to tell anyone that their marriage is not "of God," as Davis stated in a courtroom.

I believe that she is misrepresenting Christians as a whole, and I wonder how many of them are sitting at home with their heads in their hands wondering how else people will demonize them now. Unfortunately, there are also people that supported her-- even politicians.

It seems she wanted to set herself up to be the martyr for the cause of Christianity, and she went about it in a completely horrible way. She made a national spectacle of herself, claiming she's standing up for her rights when in reality, she's only imposing beliefs that she doesn't even follow herself upon complete strangers that pay her salary.

Davis has made such a show out of what should be a simple act between two people that love each other, and some of the couples have told her that they've been together longer than she's been with any of her husbands. She seems to adopt such a "do as I say, not as I do" attitude that is insanely hypocritical.

Her supporters picketed alongside the same-sex marriage supporters and she was compared to figures in the Bible that faced persecution for their faith. In reality, no one condemned her for her faith, only criticized her failure to do her job.

She's receiving taxpayer dollars to discriminate against the very people that pay her and treat them like second class citizens. That is not "courageous" or a show of "humility" like her supporters claim-- that's the equivalent of the lady in the office who is on a diet and won't let anyone else eat a doughnut.

The New York Times claimed that Davis "has become the national symbol of religious opposition to gay marriage." I would not want such a prime example of biblical hypocrisy to represent such a large group of people that believe in treating others with love.

Now, we've given her what she wanted-- attention.

It's time to wonder whether there will be amendments in legislature to allow citizens to pick and choose what laws to follow due to their personal religious beliefs.

It's quite simple really; if your religion restricts you from doing your job-- get another job. A pro-lifer wouldn't work in an abortion clinic and stop women from getting the procedure while also demanding respect for their personal beliefs.

Davis isn't a martyr, and she's not a representative of Christian beliefs or behavior. She is simply a woman who couldn't find happiness in multiple marriages and is condemning those who can by impeding their rights, and claiming that it is her "religious right" to not do her job.

I don't speak for everyone here, but I for one cannot wait until she gets a heavy dose of reality that the world doesn't revolve around her. The positive aspect that came out of this whole ordeal is that the court system upheld it's ruling for equal rights, and this kind of discrimination will not be tolerated.

This was another huge step for the Equal Rights Movement.



(Top Right) Rowan County Clerk Kim Davis listens to a customer following her office's refusal to issue marriage licenses at the Rowan County Courthouse in Morehead, Ky., Tuesday, Sept. 1, 2015. Although her appeal to the U.S. Supreme Court was denied, Davis still refuses to issue marriage licenses. (AP Photo/Timothy D. Easley)

(Bottom Right) Edgar Orea, right, preaches to a group of same sex marriage supporters that have gathered outside the Carl D. Perkins Federal Building in Ashland, Ky., Thursday, Sept. 3, 2015. Hundreds gathered awaiting the arrival of Rowan County Clerk Kim Davis who has been ordered to appear in federal court to explain why she is refusing to issue marriage licenses despite a federal order to do so. (AP Photo/Timothy D. Easley)

Do you know who you are?



Daltyn Moekel
@dancedaltyn

Design Editor

Lately, I've heard the question "Do you know who you are?" quite a bit. This question has truly impacted me; it is a deep question that most people don't think about until they are asked directly.

As humans, we are constantly searching for the meaning of life and where we fit into the big picture. Everyone wants to find their place and do what makes them happy. However, when asked this question, a lot of people don't know the answer.

Take a minute and really think about it. Do you know what makes you, you? Whether you know for sure or have no idea at this point in time, things happen in life

that can change your views.

Fred Devito states "If it doesn't challenge you, it doesn't change you."

This idea can relate back to all aspects of life. The most challenging times are usually the ones that change you the most. I like to believe that everything happens for a reason; however, sometimes that can be hard to believe. It all depends on your mindset.

All of us are at different places in our lives with different priorities. You have to know what your personal goals are in order to find yourself. Figuring out what you hope to gain from life is the first step.

Some people thrive in their workplace, while others gain happiness from relationships. A lot of people use the excuse "I am too busy" or "maybe tomorrow."

There is no such thing as being too busy. People pick their priorities.

If something is your priority, you will make time for it. If you want to find yourself and start truly enjoying life, today is the day to start, not tomorrow. Even if you think you know who you are, go try something that puts you out of your comfort zone.

There might be a whole other side to you that you just haven't found yet.



When you see a person from the waist down, you don't really know who they are. You may get an idea from the type of clothing they are wearing; however, there is much more to a person than meets the eye. Photo by Cooper Billington, The Vista.

The trashed Quad



Eriech Tapia
@eriechtapia95

Reporter

The newest addition to the campus is less prestigious than what it was on opening day. It is now showing that students are riddling the Quad with trash, and the pains of opening a new building are presented in negative ways.

"I really want people to treat the Quad the way that they would want to be treated, they really need to stop leaving their trash everywhere and take care of it," said Tyrell Thomas, a freshman resident at the Quad.

While walking around the first floor, students can be seen playing pool and socializing, however water damage is starting to show its effects on certain areas of the ceiling. Above a pool table, the ceiling is buckling up where water damage has started to form and parts can be seen dropping down creating a noticeable problem.

Taking a trip up to the fourth floor will only lead to more disappointment. Once the elevator doors open, trash can be noticed in student meeting rooms that were

generally designed for collaboration and relaxing in front of TVs.

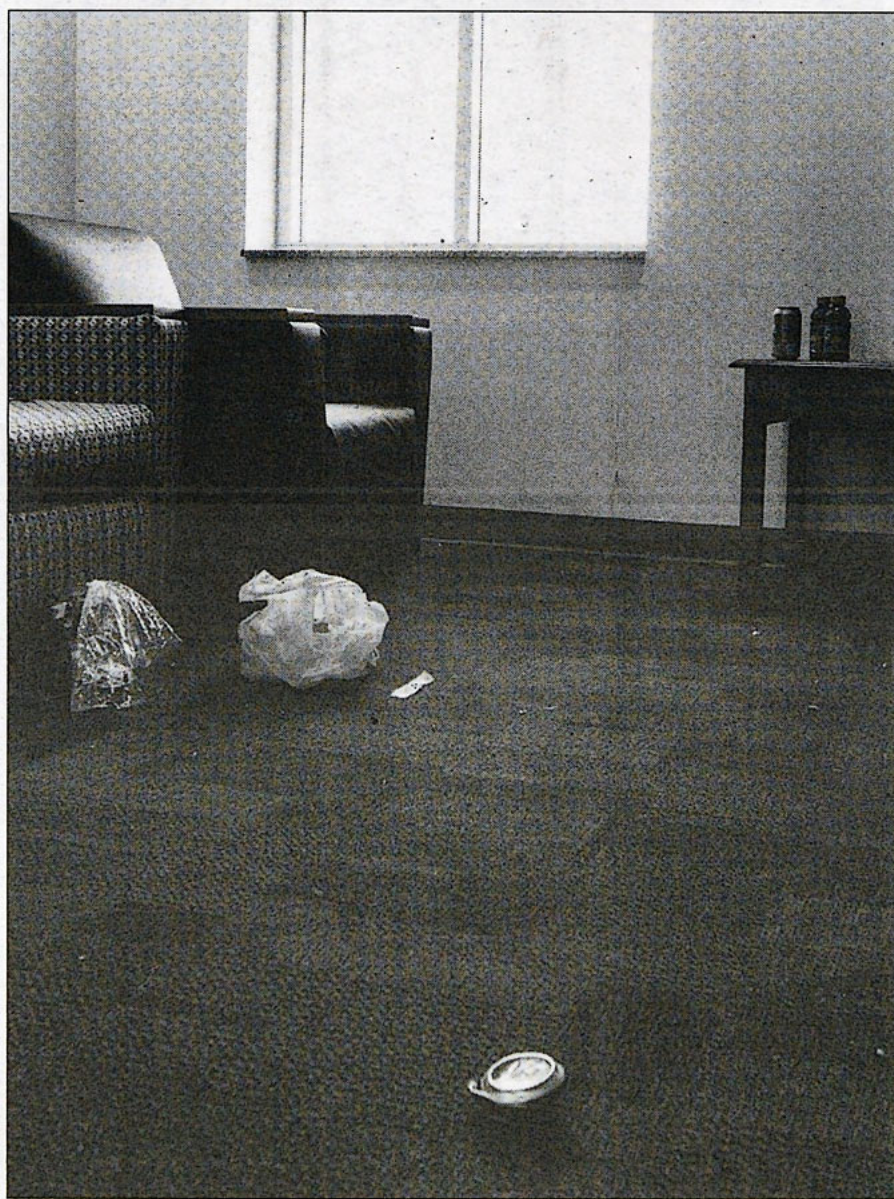
"I see trash everywhere and I just try to ignore the people who don't take care of this place," said Thomas.

Inside the rooms, trash can be seen all around, with empty cups, old loaves of bread and graded papers on the floor, while students are silently focused on their laptops.

However, mechanical problems can also be seen throughout the building, from the south side elevator being out of service for almost two weeks to the air conditioners that only blow hot air.

"It's kind of really annoying, the A/C is horrible and barely works; as you can see it's set as low as it can go and is still hot in here," said Jack Terrell, a sophomore resident at the Quad.

Crews can be seen working on certain areas in the building repairing areas of concern to help preserve the building for years to come.



You don't need to go far to find trash laying around in the new dorm, the Quad. Several of the private study rooms and lounges are filled with abandoned garbage that was not cleaned up by those that left it. Photos by Cooper Billington and Ryan Naeve, The Vista.

Largest class ever @ UCO



Erlech Tapia
@erlechtapia95

Reporter

Welcoming the largest freshman class ever, the 2015 fall semester at the University of Central Oklahoma will go down with many records. Those records include its largest first time freshman class and a 14.1 percent increase in the Hispanic enrollment.

"We had 13,000 prospective students come to UCO's campus last year, whether it was official campus tours or prospective student events, which those events really helped bring people to our campus," Adam Johnson said, associate vice president/registrar at UCO.

The freshman class had taken a slight decrease in the past five years with a 5.3 percent decrease in the fall and spring of 2012-2013, however this year's class bolstered a 15.6 percent increase in the number of first time freshman bringing the total to 2,432 students.

Megan Hager, director of recruitment and scholarships, believed that they reached out to the community in different ways. That outreach contributed to the breaking records this year.

Alongside the number of freshman students, the number of enrolled Hispanic students also had its single largest increase. Certain areas in the ethnicity category for fall enrollment saw decreases, including Native American students and a 7.6 percent decrease in the number of Caucasian students.

"We really have done more with Native Americans this year than ever before," Hager said, "What has happened with the Native American student population is that they are more and more identifying themselves as two or more races."

The university's community outreach position started last September and began working with the Greater Oklahoma City Hispanic Chamber of Commerce, the Latino Community Development Agency and the Urban League.

These outreach opportunities were designed to spread what UCO has to offer. The experiences of five UCO recruiters were told to prospective students in the His-

panic community and throughout the nation.

"We have a really great partnership with the Greater Oklahoma City Hispanic Chamber ... we do a lot of events in Spanish and even have fiestas," Hager said.

Total enrollment for UCO increased 0.4 percent this year to 16,910 students. However, the total number of credit hours taken by students only increased by 0.1 percent bringing the new total to 188,726 credit hours total, averaging out to 11.2 credit hours taken per student.

"So this year we are ahead, not by a lot, but we are ahead a total of 240 credit hours of where we were last year," Johnson said.

This fall's report also shed light onto what degree programs students were choosing. Many were decreasing when it came to the amount of students in their degree field; the biggest decrease was in business.

Increases could be seen in other areas including mathematics and sciences. There was also a 26.6 percent increase in the number of undeclared majors.



A student enrolls for classes on the first floor of the Nigh Center. Recently there has been an increase in freshman and hispanic enrollment. Photo by Cooper Billington, The Vista.

Do you support the death penalty?



Eriech Tapia
@eriechtapia95

Coming from all different political parties and standing for one cause, the Conservatives and Progressives United Against the Death Penalty is bringing their cause center stage, in light of the Richard Glossip death row case.

"The case first came to my attention this summer, we were organizing the group and a fellow student brought the case to our attention and we jumped on board with it," A.J. Bailey said, president of Conservatives and Progressives United Against the Death Penalty.

The group decided that bringing attention to this case was very timely with the execution of Glossip to be happening and thought that students and the community needed to know more about the case.

"There are a lot of real problems inside the state right now," Elizabeth Overman said, "We need to get rid of the death penalty and we need to get with the game."

Many at the groups organized events believe that Glossip had been wrongly convicted from a suspected contract in which he asked Justin Sneed to kill his hotel manager. The exchange would be in cash after the owner had been killed by Sneed.

The case has no physical evidence and only a testimony of one man, Sneed, who prosecutors said had changed his testimony several times.

"We wanted to point out that this is not just a conservative or democratic thing-- instead everybody's issue," Bailey said.

Charges were brought upon Sneed who is serving life behind bars for the murder of a local hotel owner in 1997, however Glossip is now on death row.

"There are just so many different questions regarding Glossip's case that there is no way any court could sentence him to death," Overman said.

The case has been debated on many different levels including the Oklahoma State Criminal Appeals Court and the United States Supreme Court.

In an affidavit released by the defendants on September 11, documents showed that Sneed had been a drug user and was addicted to drugs at the time.

The group is now in the process of convincing either Governor Mary Fallin or the Oklahoma State Pardon and Parole Board.

"Glossip has been convicted of murder and sentenced to death by two juries. His conviction and death sentence have been reviewed and upheld by four courts, including the Supreme Court of the United States," Fallin said in a prepared statement. "His actions directly led to the brutal murder of a husband and a father of seven children. The state of Oklahoma is prepared to hold him accountable for his crimes and move forward with his scheduled execution."

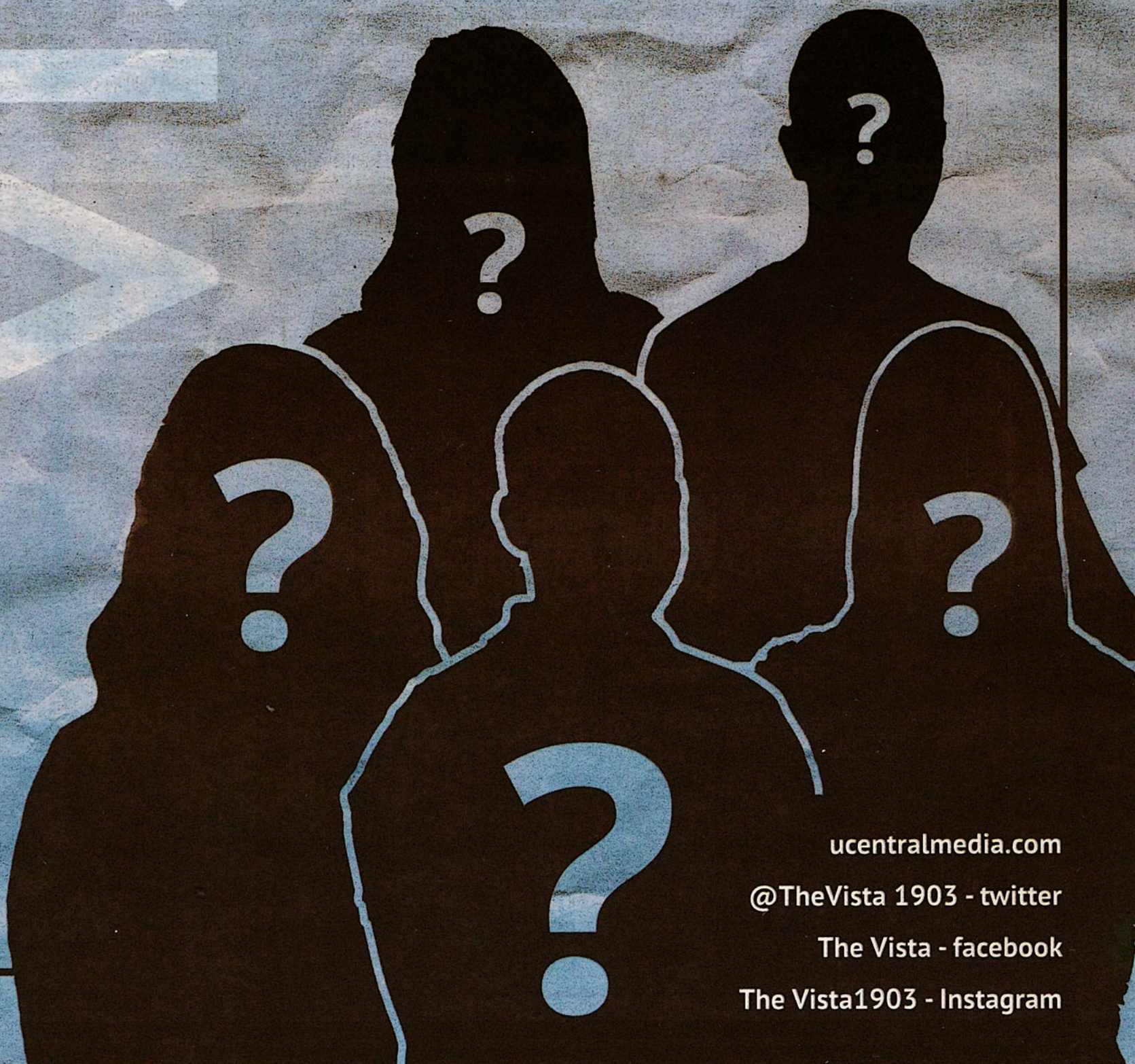
The group has been in the process of collecting signatures to send to the Governor Mary Fallin's office. During their two-day event on September 10 and 11, the group was out collecting signatures from people attending their event and hopes that Glossip will be pardoned.

On Thursday, September 10 Conservatives & Progressives United Against The Death Penalty had a meeting on the Pegasus Theater. The groups goal was to bring attention to the Richard Glossip death row case. Photo by Cooper Billington, The Vista.

Who are we?

We are The Vista, the student newspaper at the University of Central Oklahoma.

We hope you enjoy our monthly newspaper as much as we enjoy being a part of the Edmond community.



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Reflecting on change



Eriech Tapia
@eriechtapia95

Reporter

Construction crews are bringing together the past 125 years in one place, with the addition of a new statue and reflection pool for students to reflect on where the University of Central Oklahoma has come from and where it is now.

"Every time you look, you find something new, that you go I didn't know about that, which is kind of what the university is like. Every time you experience the university you find something new," said Anne Holzberlein, president of UCO Foundation.

The element will feature a reflecting pool for guests to sit and enjoy, along with several panels that will measure 20 feet wide by 8 feet tall around the water feature. It will include several seating areas and a pathway up to the main reflecting area.

The design of the panels will include roughly 2,400 images from UCO's past and present, which will be located on the

east side of Murdaugh Hall.

"They start off at the bottom with the earliest pictures and then it moves slowly to the top with the most current pictures. It goes from the black and white to sepia and then color, it flows like the lines of water," Holzberlein said.

The main dedication panel is from Craig Buechaw from UCO's University Relations Department, it includes a separate panel with a quote from Betz, detailing what the area means to the university and part of the schools emblem, UBI MOTUS EST meaning movement, transition, change.

"It's a commemoration of the 125 year anniversary in a way that is consistent with the personality of this university ... we have created a place for people to sit and reflect on our history," said Don Betz, president of UCO.

The project was paid for by several different sources including around \$25

Construction crews are building a reflecting pool on the West side of Murdaugh Hall. Over 2,400 photos from UCO's past and present will be incorporated into the design of the structure, which will be complete by November. Photo by Ryan Naeve, The Vista.



thousand from the City of Edmond, the rest being paid by UCO and private donors.

"The entire sculpture is a gift to the campus in honor of a 125 years, it's really representative of the campus and its history," Holzberlein said.

The water feature is projected to be completed in September and the panels will start to arrive in October, right before the unveiling on November 6 at 2 p.m. during homecoming week.

"This sculpture provides an opportunity for a moment in time to be experienced by an individual and that person to see the last 125 years," Reagan Hamlin said, assistant vice president of Development Office.

The university is hoping to include an interactive computer in the coming years with details about every picture, incorporating the history behind that image and a description of what the area symbolizes.

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LET'S DO GREEK

Unmasking Buddy Broncho



Eriech Tapia
@eriechtapia95

Reporter

Fans only see the outside of Buddy Broncho, but seeing what is on the inside reveals that one female student at the University of Central Oklahoma has decided that it was a woman's turn inside the suit.

"The suit is so heavy, the head is heavy and you have to be like six feet tall just to wear the suit and a lot of girls aren't. You also have to be physically built as well, so a lot of girls don't do it," Des'ree Glover said, a sophomore at UCO.

After receiving an email for casting calls for the next Buddy Broncho, Glover thought it would be a great idea to try out for the role.

When she went for tryouts, she noticed she was doing something that was historically done only by males.

"I had actually never seen Buddy before in my life," Glover said. "I was the only girl there. I was also the only black person there period."

During tryouts, Glover was put to the test having to run two laps in the Buddy Broncho suit at the Hamilton field house.

However, since she was one of the last ones to try out, the suit smelled as though it came from a men's locker room and the inside felt like a wet sauna.

"It was so hot inside of the suit, but it was so cool being able to try out," Glover said.

Being a part of a male dominated role has not stopped her from showing her peers and fans that she is what the team needs this year, hoping to bring more people to sporting events at UCO.

"We need more people to come to games ... with D2 schools people don't talk about sports as much as other schools," Glover said.

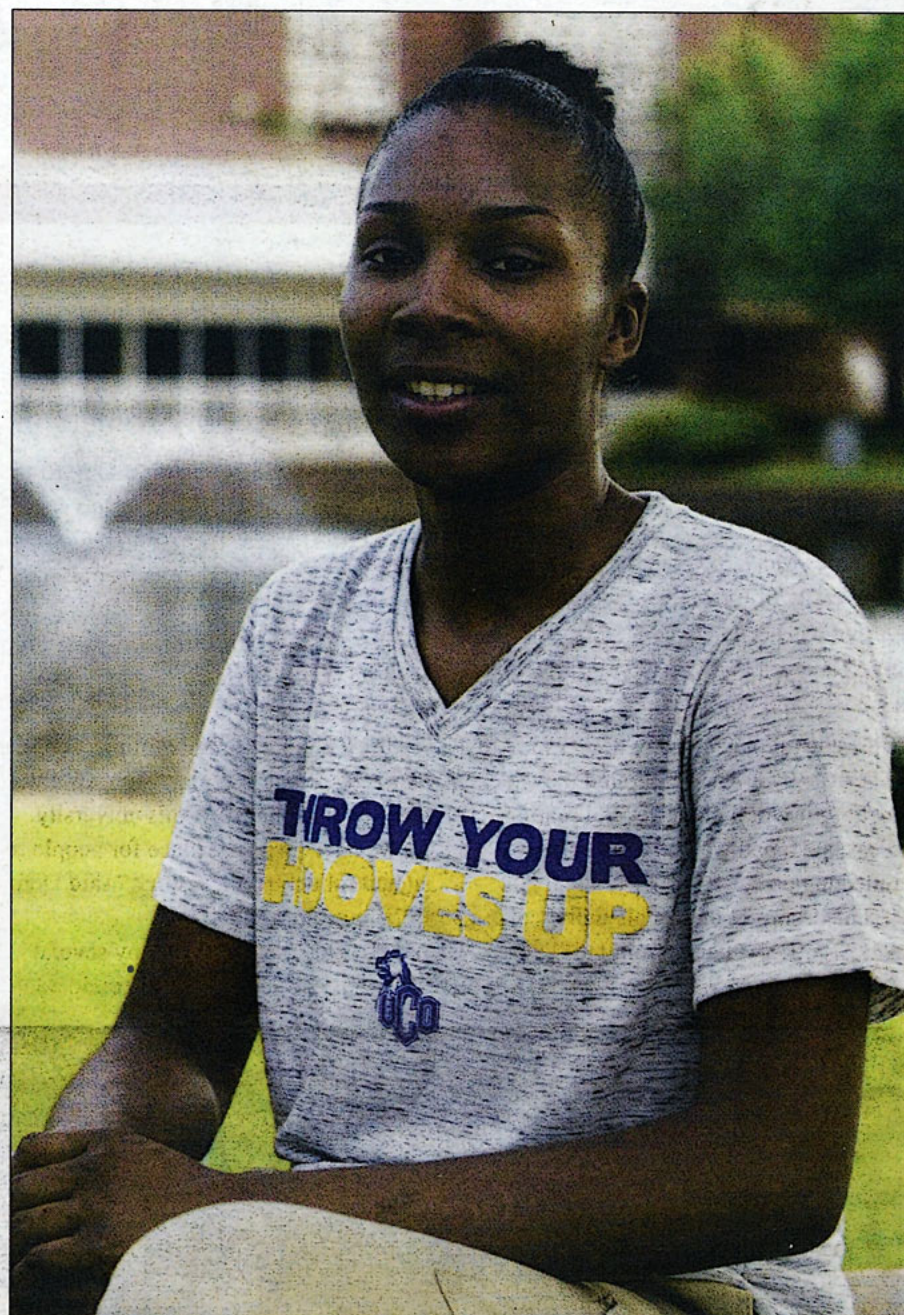
Bringing spirit and fans to the games is something Glover hopes to revive this next year. However, she does have other events to attend to throughout the year including the Endeavor Games and other large events.

"The kids really loved me [at the UCO Endeavor Games] and that's when I really fell in love with it and having those kids around," Glover said.

Before this last summer, Glover had very little interest in being a mascot and did not see herself being Buddy Broncho, now that she is, her future ideas include the Thunder.

"I hope to continue being Buddy Broncho until I leave UCO. Then I really want to go to the Thunder and be Rumble," Glover said.

One important rule is that Buddy Broncho may not talk. However, the UCO mascot must show school spirit and what Buddy Broncho represents: pride and courage.



Des'ree Glover is a sophomore at UCO majoring in professional media production. This is her first semester filling the role of Buddy Broncho. Photo by Ryan Naeve, The Vista.



Buddy the Broncho celebrates with the flag runners after the football team scored on September 3. Des'ree is one of the few women to fill the role of a university mascot. Photo by Ryan Naeve, The Vista.

The man behind the cover:

Dr. James Mock



Alex Brown
@aymae_baybay

Editor-in-Chief

There's more to the older professor in a suit that teaches humanities than meets the eye. When you see him sitting in his office, surrounded by interesting knickknacks, guitars and sculptures of dragons, you get a taste of his personality that can be shocking-- in a pleasant way of course.

Dr. James Mock, 69, came to teach at the University of Central Oklahoma in 1992, and has been here ever since. He received degrees in art history, information studies, and philosophy; he currently teaches philosophy of music, literature and culture and humanities Renaissance to modern this semester.

Mock has also been awarded the lifetime achievement award among many others that decorate almost an entire wall in his office. He also won multiple

awards for brewing at the Blue Bonnet Festival in Texas, though he no longer pursues that hobby to live a healthier lifestyle.

"You don't get to a significantly ripe old age drinking and doping-- you just don't. It rots the brain," he said.

He's been a vegetarian for years, as well as makes it to the gym everyday. He has the idea that a healthy lifestyle is a vital part of living a full life.

He also takes the time to be an accomplished artist; he paints with a focus on minimalist realism and is a surrealist sculptor. He has a couple of his ceramics that he's made placed throughout his office as well.

When he's not teaching or painting, Mock said he enjoys playing his guitars. He used to play in a band for crowds of

people, but now he said he prefers playing to his dogs.

In his office he has three electric guitars on stands and he said he finds them more soothing than acoustics.

"I probably play somewhere everyday... just for the pure fun of it," said Mock. "Actually, I've got a couple of hollow-body electric-- big jazz guitars-- love them."

If you want to have an interesting conversation with him, simply bring up guitars or even motorcycles. He said that he's always owned a motorcycle since 1966, and he used to ride up to 40,000 miles every year--now, he's not very fond of riding due to distracted drivers.

"It's the texters; I nearly got squashed three times on one day, and I thought 'Ok this is really taking the fun out of this,'"

said Mock.

Though he can't ride as much as he likes, he said he's still very fond of his current bike, a Harley Davidson V-Rod. He stated that all of his older bikes have been sold and are simply delightful memories.

"I'm not selling [this] bike, I'm living in hope," he said in regards to the texters while driving dilemma.

So why choose teaching over playing in a band, riding cross-country or channeling his inner starving artist?

"I like the thinking, shall we say, for the philosophy and literature- that I never get tired of and seem to have a flare for," said Mock.

Mock is a perfect example of there being more to a book than just the cover.



Dr. James Mock's office in the Liberal Arts building is full of interesting trinkets and awards from his industrious career. Mock was recently awarded the lifetime achievement award from the college of Liberal Arts. Photo by Ryan Naeve, The Vista.

The Muslim Student Association



Eriech Tapia
@eriechtapia95

Reporter

Dying off and becoming a thing of the past, the Muslim Student Association was close to being an organization that would fade away with its founding members, until three years ago when some students decided it was time to share their faith.

"Everybody is fighting the same battle right now, that is you know, sharing what they believe in. Muslims are being tried with everything," Aamr Hasanjee said, president of the Muslim Student Association at the University of Central Oklahoma. "I am from Pakistan and kids in school used to look at me a lot different, but with education, we want to address that issue and fix that issue."

Taking their message to the street is the main goal of the MSA this year, and the organization has many different ways that they will be reaching students. However, they said they hope to do it in a fun way.

There will be two different outings in the coming months, with their first being a women's retreat to play laser tag in Oklahoma City.

"It's going to be pretty cool and people can just sign up and they can go to this event," Hasanjee said. "We have fun in the Muslim way, having a girl's only night."

The other event that Hasanjee is planning is a men's soccer tournament, which will allow the group to come together, have fun and share their beliefs about

Islam.

"I think what these events create longevity and we keep pushing for more events," Hasanjee said. "Students really want to get engaged, and what's a better way than getting down in the trenches and having fun?"

Reaching students is something the MSA said they hope they can do to let students know about what they believe in. One way they do this is with an informational meeting on what the top ten misconceptions of Islam are.

"People are really afraid of the unknown," said Zoha Qureshi, vice president of MSA. "I think UCO is a lot different, because a lot of people come from small towns and it shocks them to see a Muslim."

The subjects that they talk about range from why women wear head scarfs to showing that they are just regular people.

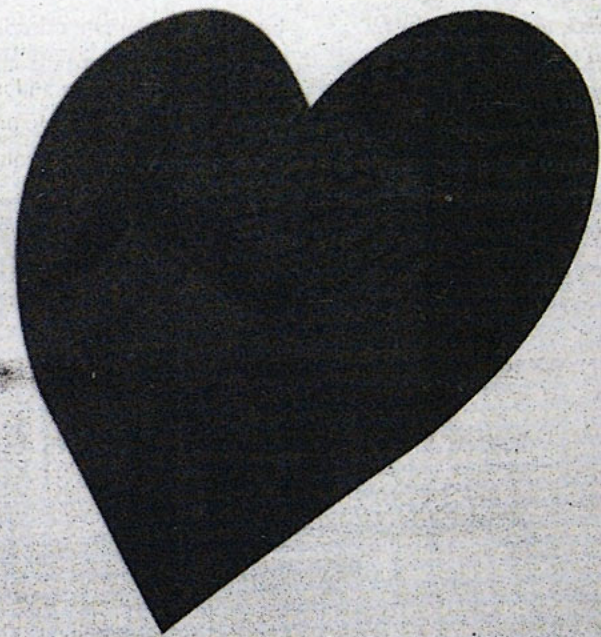
"The picture that a lot of people paint about Muslims, like there are a lot of misconceptions that people believe," Hasanjee said.

The MSA has a table in the Nigh University Center at their Da'wah event every Tuesday and Thursday to talk with students about questions they have about Islam.

To get in contact with the MSA about their upcoming events, they can be reached through their organization email at bronchosmsa@gmail.com.

Members of the Muslim Student Association will occasionally set up a table in the Nigh building to spread awareness of their association. Photo by Ryan Naeve, The Vista.

MUSLIM



JESUS

(PBUH)

TOO

What is the protocol for suspicious items on campus?



Adam Ropp
@adamropp

Reporter

Everyone on campus has probably heard by now that the University of Central Oklahoma received a bomb threat on the first day of class. If you haven't, I'm sure you remember receiving a central alert message on your phone around 4 p.m. August 17.

So what happened?

A campus vendor reported an unattended backpack to central police around 3:30 p.m. near a bus stop on the northeastern side of the Nigh University Center.

Central police sent out an officer, called the Edmond bomb squad and alerted UCO administration who then sent out the central alert text message.

The bomb squad sent in a search robot that took an X-ray revealing wires inside the bag, however after an officer went in with a bomb suit they discovered that the wires were headphones and that the backpack was left on accident by a student.

So what is the police protocol that causes such a stir?

Protocol on a potential bomb threat is based on three main criteria: the time of day, the location and the importance of the date.

A bomber desires for a set-up that will

affect the most people, therefore a backpack left in an empty parking lot at 2:30 a.m. September 5 is probably not a high threat, however an unattended bag in a fully crowded NFL stadium on Thanksgiving day is a different story.

In our case, an unattended backpack by the busiest building on campus during the first day of school is a high alert situation.

The highest ranking officer on the scene decides whether or not to call the bomb squad and the decision to send out a central alert is left up to President Betz unless the situation is obviously dire, in which case the police will issue the alert themselves.

Ninety-nine times out of 100 it's going

to be that someone forgot their backpack, but nowadays authorities don't want to take any chances.

Central police warns students to always report something suspicious on campus that seems out of place, for example, people looking through car windows, unattended backpacks in highly trafficked areas or someone wearing a heavy coat during extremely hot weather.

Regardless of whether or not it's a student or faculty member who reports the suspicious behavior the police will investigate and would rather have too much information, like where it's located, what color is it etc, than too little.

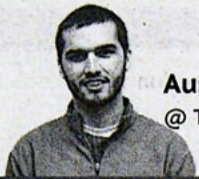
The central police phone number is 1-405-974-2345.



The Edmond Police Department's bomb robot approaches the suspicious backpack. The backpack contained no explosives, and was just forgotten there by a student. Photo provided by M.G. Barclay.

TEDx coming to campus:

“OUT ON A LIMB”



Austin Rabon
@TheRabon

Contributing Writer

The University of Central Oklahoma is giving students, faculty, staff, alumni and community leaders the opportunity to tell their stories and share what they are passionate about.

On September 25, 2015 UCO will be hosting a TEDxUCO Conference.

Dr. Robert Epstein, chair for the event said, “The TEDxUCO conference is designed to spread ideas and create conversations.”

TEDxUCO is looking for people who would like to share their ideas and what they are passionate about. These things can include a transformative learning experience, science discoveries or business ideas being created.

Any ideas are welcome; the only things

that will not be allowed are religious or political topics, and the only requirement is that there is passion behind the story or idea.

Visit the online registration form to submit a proposal for TEDxUCO. Detailed instructions are included in the form, but the maximum length of a TEDxUCO talk is 18 minutes, though talks can be shorter. You must upload a YouTube video of yourself doing a five-minute excerpt of your talk as part of the proposal process.

The TEDxUCO committee is looking to find two to four students, about six faculty members, and alumni students and community leaders.

TEDx’s theme is “Out on a Limb,” taken from Will Rogers’ famous saying, “You’ve got to go out on a limb sometimes because that’s where the fruit is.”

Your presentation should connect somehow to the theme.

“We’re doing this to give people a platform and the ability to talk about what they

are most passionate about,” Epstein said.

The TEDx Program is designed to help communities, organizations and individuals to spark conversation and connection through local TED-like experience.

At TEDx events, a screening of TED Talks videos or a combination of live presenters and TED Talks videos sparks deep conversation and connections among people there.

Although speakers are wanted, it is not strictly limited to speakers. The TEDxUCO event is also looking for people with different talents such as music or dance.

“UCO has a lot of amazing people. I know people in the ACM program, forensic science program, business program or any other area at UCO has something interesting to share,” Epstein said.

Watch the 20 most viewed TEDx presentations to get an idea of the kinds of TEDx talks that are highly rated and widely watched.



TEDx

The wait is over; Tutoring Central makes a move



Eriech Tapia
@eriechtapia95

Reporter

Three-week wait times for certain areas in Tutoring Central are soon to be alleviated with the opening of a secondary location in the newly completed Quad, allowing students to have more access to resources during their college careers.

"We want to make it easier for students to come and get access to all of the material that we can offer them," said Darla Sherman, Director of Tutoring Central.

Tutoring Central will be covering the following subjects: Writing, Mathematics, Biology and Chemistry.

The additional location that Tutoring Central will have will be on the first floor of the Quad in Room W112, and will include an area that Conversation

Central will be able to use.

"It's been a great need for a new place here on campus and this will allow Conversation Central to have its own area," said Brian McKinney, Coordinator of Conversation Central and Writing Tutor. "We need to provide [International Students] with extra help."

Conversation Central is a program through Tutoring Central that allows students time to speak and practice their English-speaking skills. Tutoring Central closes down to accommodate these students.

"We had to have meetings after we closed, so that we would have a space big enough for them to be at," Sherman said.

The number of tutors at the Quad will also in-

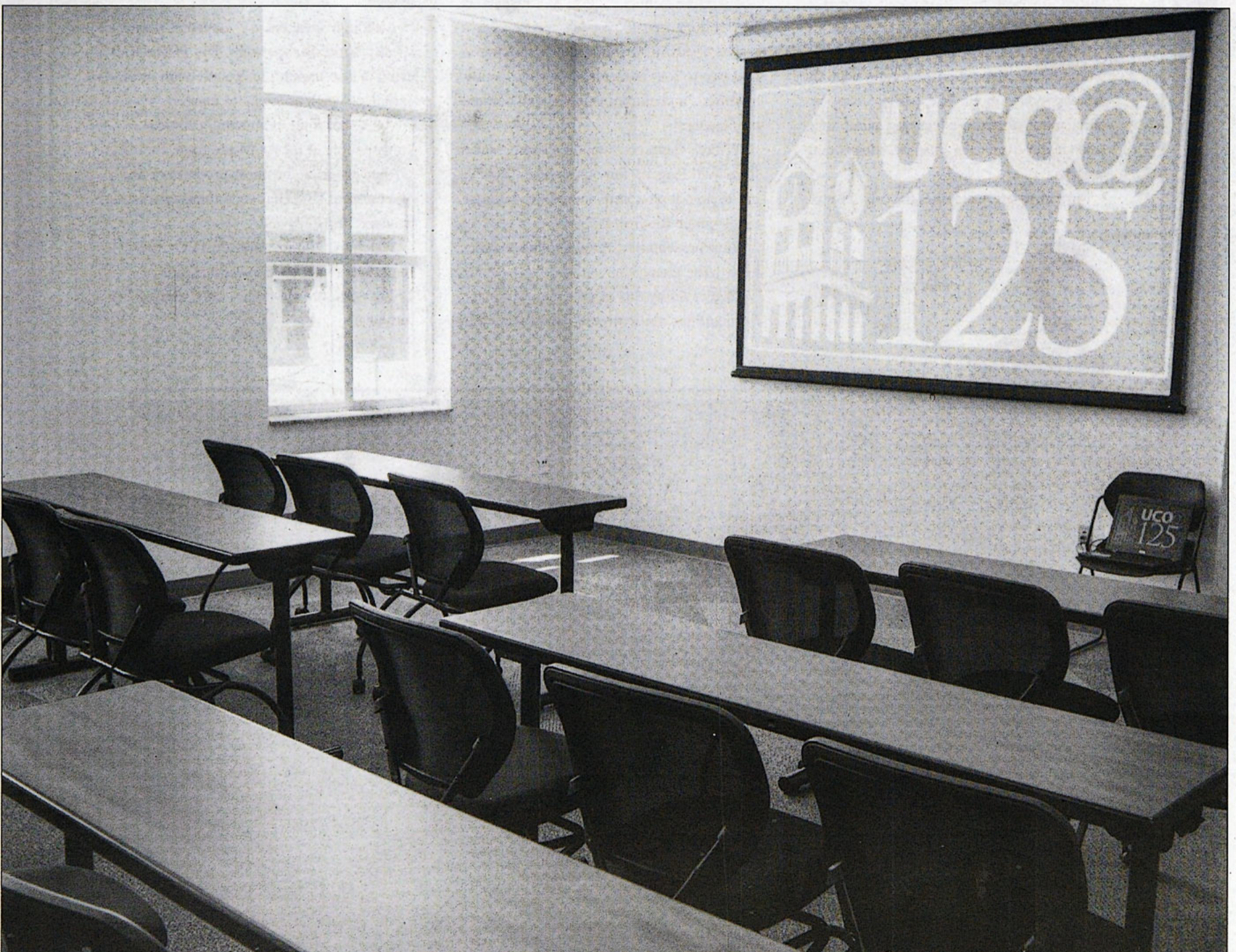
crease.

The new location will be open from 1 p.m. until 9 p.m. Monday through Thursday and 4 p.m. until 9 p.m. on Sundays. These times will include spaces for walk-ins to be helped more efficiently and more appointments for students to sign up for.

"We will have more staff, appointments and a brand new location that I hope students will enjoy and use this next year," McKinney said.

Brochures on what all Tutoring Central offers for students who are looking for guidance can be found on their website at tc.uco.edu.

Students are also encouraged to directly call them at 405-974-2487 if they have any questions.



The Quad comes equipped with several study rooms that are used as a secondary Tutoring Central location. The additional location is located at room W112 in the Quad. Photo by Ryan Naeve, The Vista.

Make a difference with CRISP



Jake Stacy
@jestacy4

Reporter

If you're that person who always wanted to make a difference in someone's life, then you might want to keep reading and pay attention. The University of Central Oklahoma's CRISP organization needs your assistance fast.

"CRISP stands for Community Responding to International Students Program," said International Programming Assistant, Connor Jones. "It's a program designed to join families of the Edmond community with international students from UCO."

For years, CRISP has given international students the opportunity to communicate comfortably with someone other than the student body while they are away from home. It provides first-hand knowledge, experience and a better understanding of the way we live and our American lifestyle.

UCO is very well known for welcoming diversity throughout its campus and always encourages the community to join together in helping each other grow as a whole. For those of us who are living the American dream, but have nothing to show for it or nobody to show it to, this may be a sign

that you could and should be giving back.

For CRISP, families from all around the Edmond area who are interested in the program are asked to join. After applying or communicating with UCO's Centre for Global Competency, they can then be taken through a quick and simple process of being linked, or paired, with an international student.

"This joined group is called a CRISP family," said Jones. "CRISP families find the time to spend together at least once a month on their own time or at events planned by the CRISP Coordinator."

Events can include anything from traditions and visiting popular activity attractions, to spending time at family gatherings and holiday dinners.

There is no cost to sign up for CRISP, but you may need some spending money of your own while you're out or at events. You must currently be enrolled as an international student at UCO and families must maintain contact through phone or email for the whole school year, September to April.

Several members of CRISP as well as their families eat dinner during a tailgate party before a football game. CRISP's goal is to help foreign students become more familiarized with the American way of life. Photo provided by CRISP.





Kristin Kenny
@kristinabigaik

Contributing Writer

Film Society on campus

The Film Society at the University of Central Oklahoma is a student organization centered around the admiration of film; the organization does not actually make films.

"The film society is about the critical study and appreciation of film," said Dr. John Springer, club faculty advisor, director of the film studies minor and English professor at UCO.

The Film Society's first meeting of the semester was held September 9 where any student with a love for film was encouraged to join.

"We really welcome all students to attend. We want more people to get involved," said Springer.

The club meet every other week to discuss films and plan events, Keegan Cremin, current president of the Film Society, said. The organization's activities and events include pizza parties, trivia contests, lectures by film

experts, and film screenings.

The Film Society plans to host screenings about once a month, which are held on campus and open to the public. Flyers announcing the screenings will be posted on bulletin boards throughout campus.

Screenings are typically followed by discussions, which help attendees get a better grasp on the content of the film they just watched.

"The whole purpose of film studies is to make people more literate in terms of what they watch, so they understand more of what's happening on the screen and understand how they're being affected by what they see," said Springer.

Lectures hosted by the Film Society are also open to the public. Last year, the organization hosted a lecture by film scholar Dr. Albert LaValley, visiting professor at UCO and former director of film studies at Dartmouth.

LaValley's lecture was about Russian

filmmaker Sergei Eisenstein and his film "Ivan the Terrible." LaValley showed clips and discussed the history of the film's production and the symbolism found in the film.

The Film Society tries to sponsor events, such as Dr. LaValley's lecture, that will introduce students to things they've never seen or have never heard of before, said Springer. These events encourage students to think critically about the films they watch.

The Film Society welcomes students from any department or major to join. The club currently has a president and vice president, but will be looking for members to take on other officer positions, such as treasurer, secretary and a social media officer who can use social media sites to promote the club's events.

For more information, contact Keegan Cremin at kacremin@gmail.com.

Several UCO students sit and wait for a film to begin. The film society at UCO plans on hosting one public screening of a film per month. Photo from Vista Archives.



More than check-mate:

CHESS CLUB



Kateleigh Mills
@kateleighSuz

Contributing Writer

If you like games and a hands-on experience of history interests you, then the Chess and Games Club at the University of Central Oklahoma could be the club for you. The purpose of the club is to participate in gaming activities while having the added benefit of education about gaming culture and history.

Dr. Mark Silcox, a professor of philosophy at UCO, is the faculty adviser for the club. The UCO Chess and Games Club has been on campus for over 20 years.

However, back in 2008 the club reinvented their constitution in order to add other games to the list. Since then the club does maintain time to play chess, however the popularity of role-playing games such as World of Darkness, Magic the Gathering, and Dungeons and Dragons are games the club members also enjoy.

"For the history of the club it has been about half role-playing games and half European style hobby games," Silcox said.

Silcox also teaches a class that is specifically on the philosophy of games. He said that the class does involve math, but it can be very interesting and fun to those who

are gaming enthusiasts.

"Students tend to want to play stuff that is really demanding, they don't want to sit around playing monopoly and clue. It's amazing the extent that students want to stretch themselves by learning fairly complicated rules for role-playing or learning these historical based European games, it's continuous with the rest of your education," Silcox said.

The club also likes to corroborate with the Fandoms Anonymous Club on campus. According to Silcox, the Chess and Games Club has hosted some game nights when they have a dual meeting with Fandoms. The Chess and Games Club also has a Facebook page, however most of the club's communication is done through Google groups.

"With computer games, it is more of a passive experience. You can be guided through them by tutorials and it's a matter of hand-eye coordination. With these games you either read the rules yourself or have someone teach it to you," he said.

Diamon Kaiser, the club's president, participates in

their annual game design contest where members and other students can enter in original works to be played. This year the contest will be held in March; however, the acceptance for submissions will start this February. Kaiser plans to put up flyers around campus to inform those that are interested in entering in the contest.

"If you are a game designer intent on entering in your game, I would personally see to it that you could enter no matter what your affiliation is," he said.

According to Kaiser there were only six or seven entries last year, so he is looking for more people to enter in the contest this year.

Although the club usually adds new members during the Involvement Fair, it isn't too late to join. It is free to join the UCO Chess and Games Club. If you are interested you can email Dr. Silcox at msilcox@uco.edu to be put on the mailing list.

The club usually meets every Thursday from three to six in Room 119 in the Center of Transformative Learning building, across from the Pegasus Theater.



The Chess Club doesn't only focus on chess. They play a variety of table top games, such as Dungeons & Dragons and Cards Against Humanity. Photo by Lauren Capraro, The Vista.

STEM on its way to UCO?



Eriech Tapia
@eriechtapia95

Reporter

Pushing for the next big thing, the University of Central Oklahoma is making plans for a new building, which will house additional STEM, or Science, Technology, Engineering and Mathematics, classrooms.

"The building design is going to flourish interdisciplinary, corporation and interdisciplinary learning in the STEM field and will be an extension of the Math and Science and will also have other departments there as well," UCO President Don Betz said.

Focusing on student interaction with the latest technologies, Buddy Broncho supercomputer, operating rooms and a DNA lab will all be a part of the new STEM building.

"It should be an impressive building,

being a multistoried building. There will be a lot of cool things," said Kevin Tero, assistant director for Architectural and Engineering Services. "There is going to be space for the people who use this technology to collaborate and do research."

The building has been an idea for many years, becoming a reality within the last year. The estimated size will be between 50 and 60 thousand square feet, with a potential cost of \$350 to \$500 per square foot, due to the complexity of the space.

"Everything is ideas and programs right now, but we have outlined who will be going into the building and how much space they will be needing. But we haven't done a design yet," Tero said. "There

is a process in which the building needs to go to the Regents to be approved."

The new design will be heading to the Board of Regents hopefully by this November for a vote to move forward with the design process, which is being done by Elliot + Associates who will also be working with McClaren, Wilson & Lawrie, Inc.

Elliot + Associates designed UCO's CHK Central Boathouse and will be building the Mitchell Hall backstage facility.

"More importantly what it does is that it extends our ability to do relevant work for the companies that are in the metro area ... this will help with their strong desire for people who have strong STEM disciplinary backgrounds," Betz said.

The STEM field is projected to grow in the coming years by the Department of Labor; the average salary for someone in the STEM career is \$77,800.

Oklahoma State University and the University of Oklahoma have STEM buildings already.

"Getting to see all of the research projects that students are doing all over the board is really interesting and will be a great addition to the university," Tero said.

The new STEM building should be completed for classes by the fall semester of 2019. Future plans for the site include a quad design, which will include the Forensic Science and STEM buildings, as well as two other buildings.



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Students do an experiment in Howell Hall. The new STEM building will provide more room and opportunities for the science, math, technology, and engineering departments. Photo by Ryan Naeve, The Vista.

UCO Professor screens award winning film



Casey Hunter
@chunter2118

Contributing Writer

Chosen as one of the top five films for the Sundance Institute Short Film challenge in 2015, the University of Central Oklahoma Professional Media Assistant Teacher Jeff Palmer, presented his short film "Isabelle's Garden" on August 30 at historic Film Row in Downtown OKC.

Isabelle's Garden is set in Southeastern Oklahoma; it documents a young Indian girl, Isabelle, living in poverty. Isabelle shares her fresh produce with community members and by giving back the community helps her manage her garden.

Palmer said the short film was meant to bring awareness about poverty in the state of Oklahoma in the hope that people would take action to help those in need.

According to Talk Poverty's website, in 2014, nearly 13 percent of Native Americans were living in poverty in the state of Oklahoma. Native Americans living in the United States also earned about \$15,000 less annually than the national average, according to Child Fund International.

Palmer said in an interview with the Oklahoma Gazette, the idea behind his film "hit close to home" since he and his family are Native American.

Palmer was introduced to filmmaking as an undergraduate studying anthropology, Palmer said he was studying cultural documentaries and realized he could do it as long as he had a better understanding of filmmaking.

"As a filmmaker, you are happy to see people show up to see your films," Palmer said about the screening of his short film. Along with other short films, Isabelle's Garden can be viewed on the Public Broadcasting Service [PBS] website.

UCO students are encouraged to join fellow Native American community members to learn about and attend cultural events with the Native American Student Association, for questions regarding the organization contact the office of Diversity and Inclusion by phone at 405-974-3588 or email questions to cmatallana@uco.edu

This fall Passport UCO offers something special for Native American's living in the state of Oklahoma.

Every fall Passport UCO chooses a different region for students to study as a part of cultural diversity.

In celebration of UCO's 125th anniversary, Passport UCO chose to concentrate on Native America, all events are "free to attend and open to the public," according to their page.

Students attending Passport UCO events will also earn a stamp on their passport and will be entered to win an iPad Air, donated by UCO's Center for eLearning and Customized Education. For more information about receiving a passport or questions about upcoming events contact James Daro by email at jdaro@uco.edu.

What's next for Palmer? He is currently working on producing a short film for Sundance titled "The Other Side of the Bridge."

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Coin-Op bag required for service
Expiration date will be last day of college semester
Student ID required for purchase

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Drop-off your laundry bag at either Edmond Laundry Location. Your clothes will be washed, dried and folded (or hung) within 24 hours for \$14. per bag (up to 20lbs.). Must purchase (or have) our reusable laundry bag for \$5. Student I.D. required.





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Life in OKLAHOMA



What will
you do?



Thousands of American flags decorate the lawn in front of Broncho lake on September 11. Every year UCO decorates the lake with flags to commemorate those who lost their lives in the twin towers terrorist attacks. Photo by Ryan Naeve, The Vista.



Klea Blackhurst performs in the Mitchell Hall theater on August 29. Blackhurst's show is a tribute to the famous jazz singer, Ethel Merman. Photo by Ryan Naeve, The Vista.

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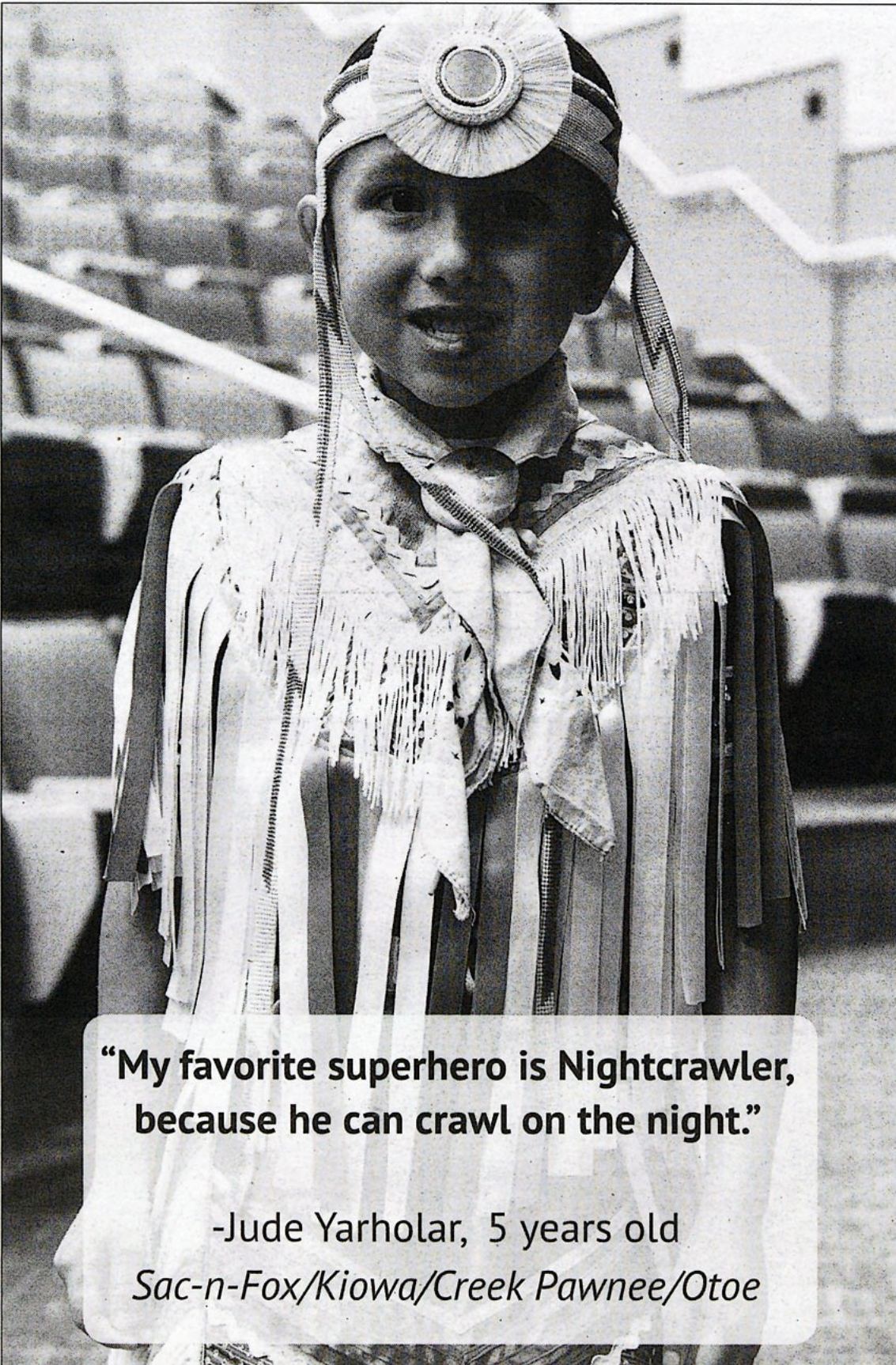


Many Edmond residents claim to have seen this car around town. It was painted by UCO student Jade Harris after a rough break-up a few years ago. Photo by Cooper Billington, The Vista.



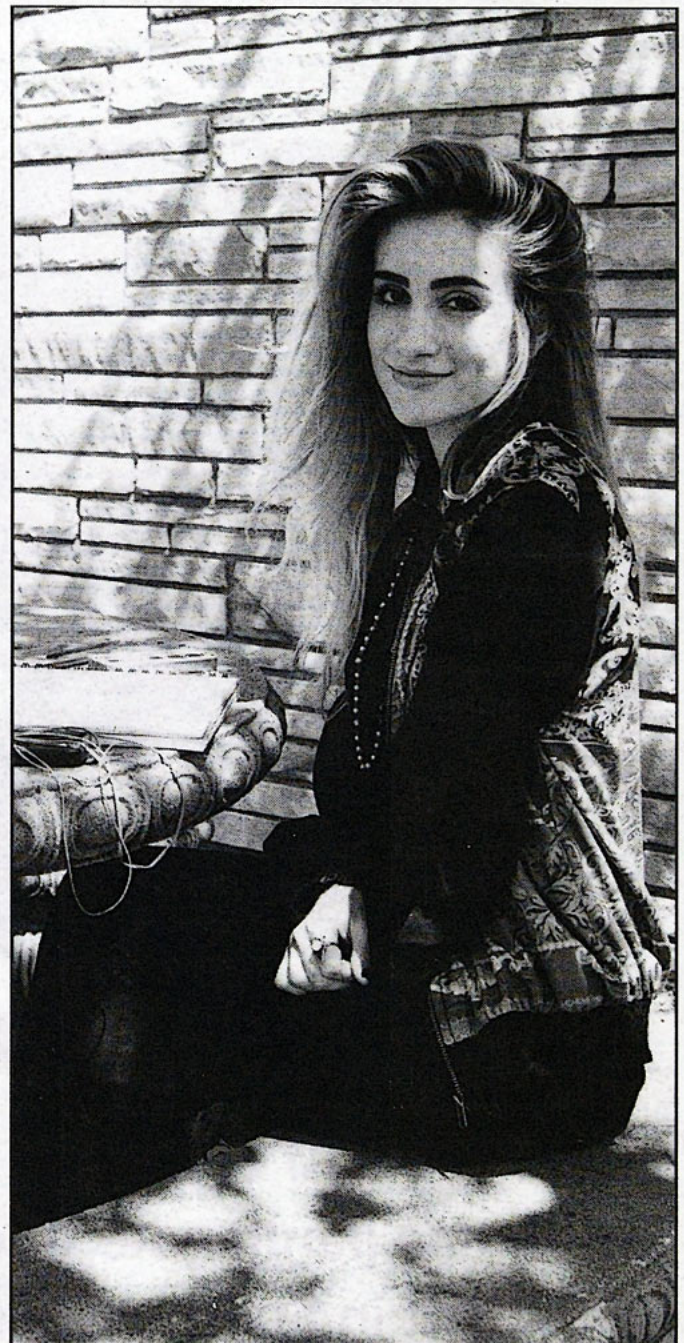
“One of the differences between Oklahoma and Saudi Arabia is the families. In the same house [in Saudi Arabia] you’ll see the grandparents and cousins and uncles all in the same house. I think it’s better.”

**-Omar Alameri,
*UCO International student***



“My favorite superhero is Nightcrawler, because he can crawl on the night.”

**-Jude Yarholar, 5 years old
*Sac-n-Fox/Kiowa/Creek Pawnee/Otoe***



“I don’t think you should regret anything, because you can’t change the past. You can only change your mindset.”

-Anna Frost

What's your favorite thing about Oklahoma?

"The changing of the seasons. Although, I've already got my fall decorations put up and it's still 100 degrees outside."

-Rosemary Brown

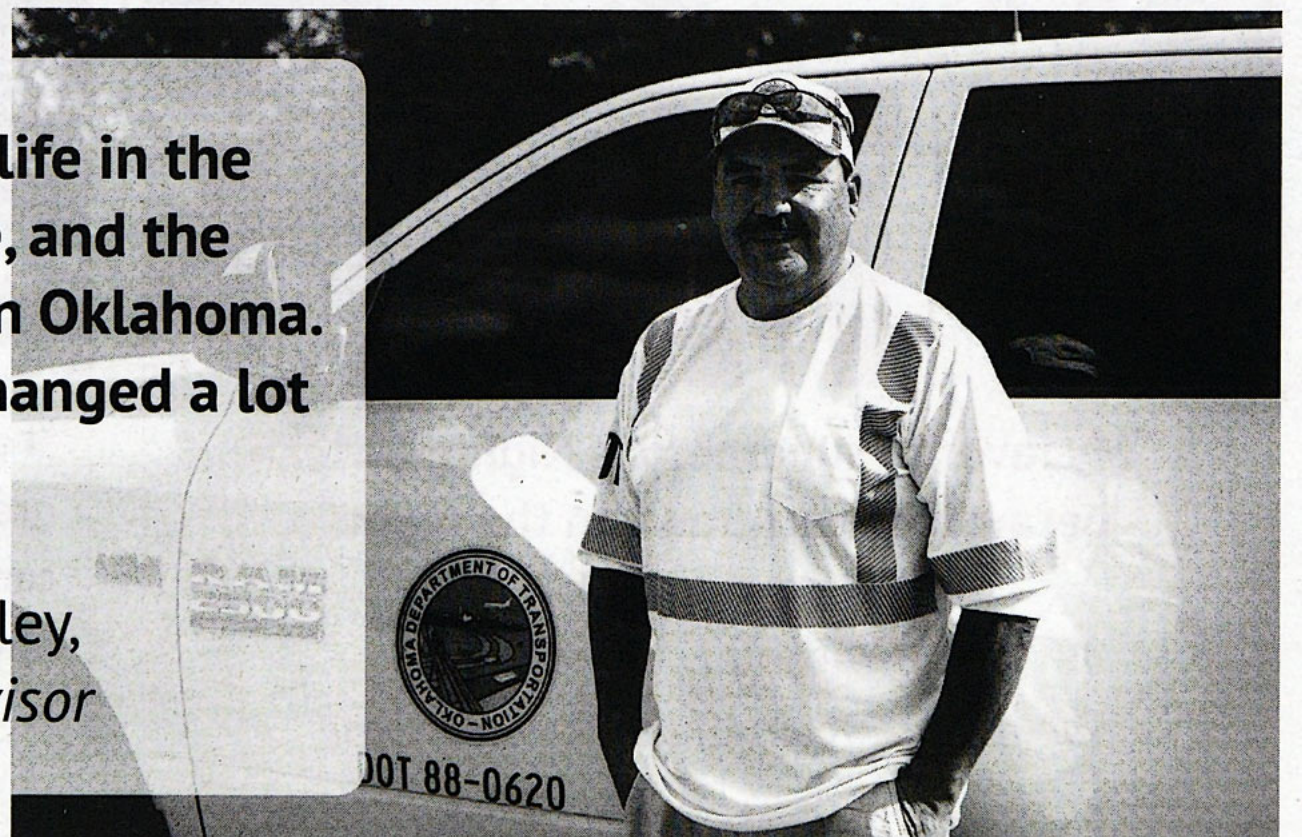


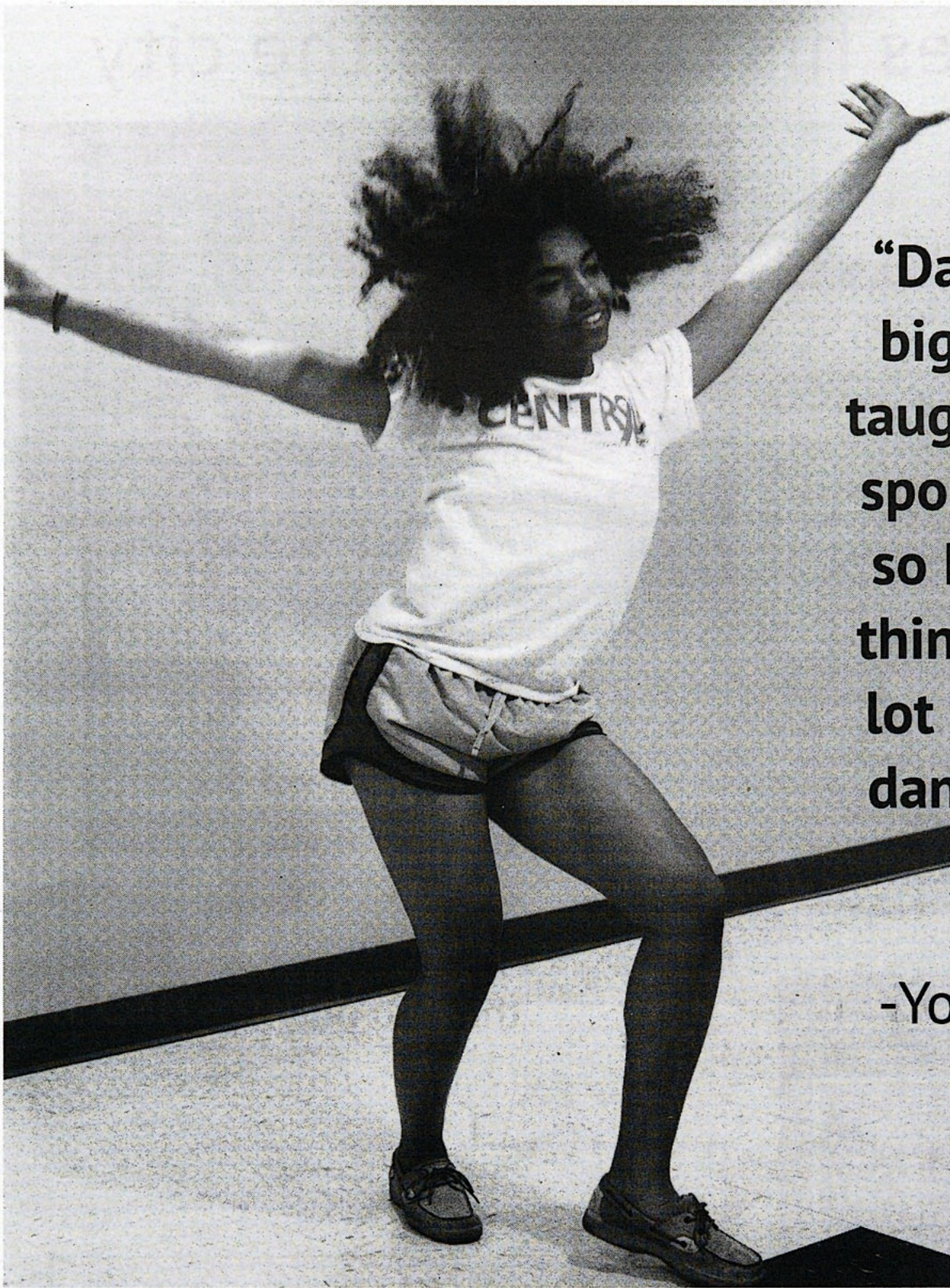
"My girlfriend broke up with me a couple years ago, and I decided to paint my car to give me something to do."

-Jade Harris

"I've lived half of my life in the Oklahoma panhandle, and the other half in Southern Oklahoma. Boy, Oklahoma has changed a lot over the years."

-Danny Henley,
ODOT Supervisor





“Dancing has played a big part in my life. It’s taught me discipline, responsibility, leadership, so I feel like it’s something that would help a lot of people. I’ve been dancing since I was six years old.”

**-Yolanda Carrasquillo,
*dancer***

“I would prefer to go to Canada. I find Canada a very interesting place to be. Though it’s cold in Canada, it has a very large amount of area, and I would like to explore it. I love having adventures.”

-Michael Ajayi



UCO poet takes his talent to the city



Eriech Tapia
@eriechtapia95

Reporter

Drew Wood, a sophomore at the University of Central Oklahoma, is taking his talent to the stage, showing others the story of his past in the form of spoken word poetry.

"Ever since I was in the high school talent show, I have really worked more on becoming better and better," Wood said.

After his high school talent show, Wood found inspiration from others like Levi the Poet and Propaganda; since leaving high school he has devoted to writing more and has completed eight full pieces so far.

"I try to write about experiences in my life and stuff...I am probably going to do five or six poems, since I will just be opening the show," he said.

During the past year, Wood has continued to grow in his writing skills. Spoken word poetry consists of reflections of

the past and what is occurring in today's time.

Wood has taken a lot of his inspiration from experiences and applied them to his works. Certain poems show the influence of his faith.

"My faith is going to influence what I write, but it's not going to be like some quote that is found on a Christian T-shirt, instead more of an outpouring of what is in my heart and what I have experienced," Wood stated.

Wood is now performing spoken word poetry and performed at Bistro 46 in Oklahoma City September 11 for the public to experience his past and his talent.

"Now I am realizing that this is such a good opportunity and I feel like I do have a talent. I really want to take those opportunities and like completely take hold of them," said Wood.



The event is open to the public and costs \$6 to attend. Wood will be opening the night with several poems and then will be giving the mic off to other poets.

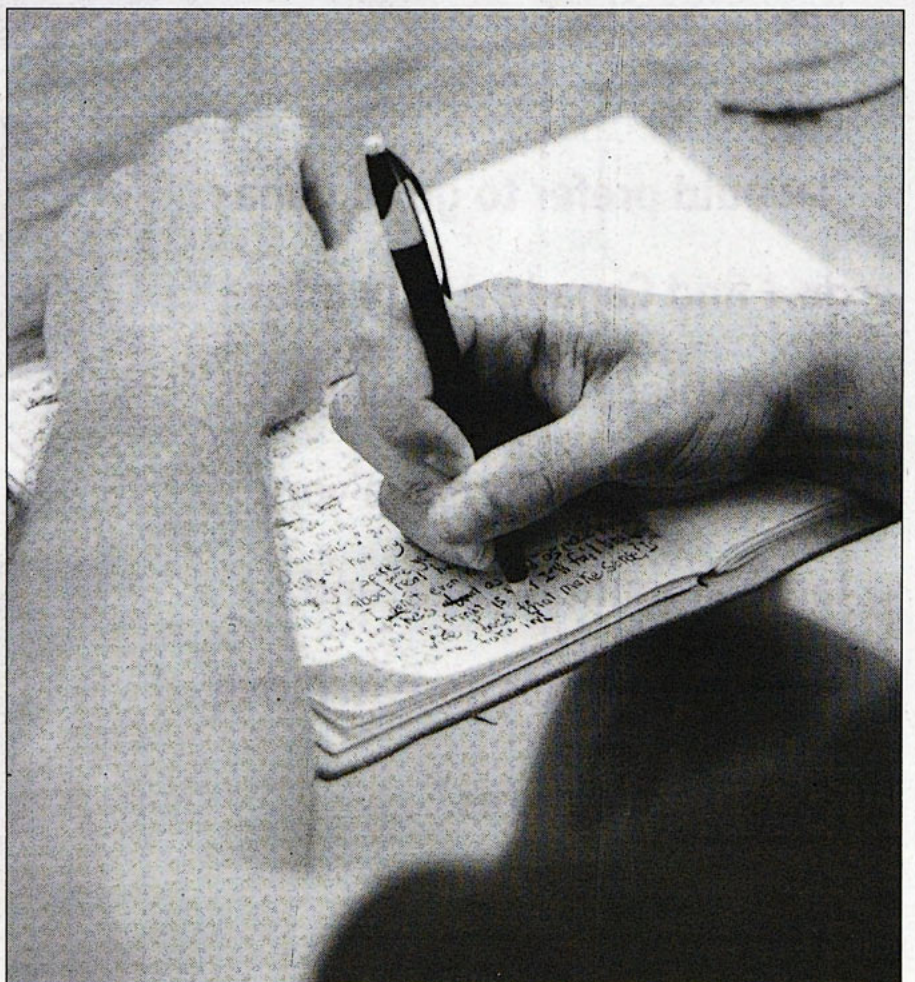
"I am going with the ones I have finished and I think are the best," said Wood. "This is going to be such a good opportunity and I think it will turn out well."

In future events Wood is hoping to expand how many poems he has and will be incorporating music into the backdrop of his performances.

"I just am realizing that life is not given to you and that you have to work for it... doing this is a great thing and I see myself as pretty good and going far with it," said Wood.

(Above) Sophomore Drew Wood works on a poem by Broncho Lake. Wood has been developing his poetry writing skills since he was in high school. Photo by Lauren Capraro, The Vista.

(Below) Wood has completed eight full pieces of poetry so far. His writings, which are heavily influenced by his faith, reflect on life experiences that he has been through. Photo by Lauren Capraro, The Vista.



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Stage, Are You Ready?



Rachael Corbin
@rachaelcorbin

Contributing Writer

At 4 feet 2 inches, Lukeesha Thompson stood tall on the stage of the Miss Black America pageant in Philadelphia where she took Best Talent with her performance of "Stage, Are You Ready?"-- a monologue she wrote about her own personal struggles.

"I wanted to do a monologue that represents me and my life," Thompson said. "I'm ready to tell my story. You can tell it through a dance or through a song, but you really have to hit them in their core with a monologue."

Thompson admitted she never considered participating in pageants before her freshman year of college. However, she was encouraged by good friend and former Miss Black UCO, Sarah Smith, to give pageants a try.

As a result the 23 year-old psychology major gained a new lease on life.

Since Thompson broke into the pageant scene in 2011, she has competed in a variety of pageants including Alpha Phi Alpha's Miss Black and Gold and Kappa Alpha Psi's Miss Crimson and Cream. She has been awarded the title Miss Black Oklahoma City for 2013 and 2014 and was crowned Miss Black UCO in February 2015.

"I have learned confidence and self-esteem through pageantry," Thompson said. "Every time that I go and perform this monologue I have someone come up to me afterwards and be like 'You moved me. You have made me look at my life

differently.'"

While Thompson enjoys the glitz and glamour of pageantry, she said her motivations for competing go much deeper than sashes and ballgowns.

"Seventy percent of women in America wear at least a size 12, and they aren't really represented in pageantry. There aren't many queens that you know that have a disability," she said.

Thompson has Turner syndrome, a condition specific to women that takes place when one X chromosome is missing or changed. This results in a host of maturation problems from short stature to heart defects.

One in 2,500 girls are born with Turner Syndrome.

"I want to be that voice for Turner Syndrome," Thompson said. "It's overlooked because people think that it's not that common, but it is."

Through Thompson's platform LIMITS, Learning Inspiring Mentoring Individuals with Turner Syndrome, she has been able to bring awareness to the condition. She even hosted her own benefit talent show, Turner Syndrome: It's A Girl Thing, which raised \$700 for the National Turner Syndrome Society.

"Go out on a limb. Go out and be different. You're going to find yourself. Just go in with an open mind and open heart. Beauty starts within. It's not physical appearance," advised Thompson.

LIMITS



(Above) Miss Black Oklahoma and regining Miss Black UCO, Lukeesha Thompson. Thompson won the Best Talent award at the Miss Black America pageant in Philadelphia. Photo by Lauren Hamilton, UCO Photo Services.



(Below) Lukeesha Thompson stands with 2014's Miss Black UCO, Boikgapo Bolelang. Thompson went on to win Miss Black Oklahoma and compete in Miss Black America. Photo from Vista archives.

Race to Rio: supporting our athletes

RIO DE JANEIRO

Skyler Baldwin

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Contributing Writer

Between August 31 and December 4, 2015, a grand race takes place on the University of Central Oklahoma's campus. The UCO Olympic and Paralympic Training site is challenging all students, faculty and staff to run, walk, hop, skip or jump the distance between Edmond and Rio de Janeiro — 5,738 miles.

"Whether you are walking, running, biking, or rowing etc. you can count those miles for this race," said Heather Kohl, coordinator for Adaptive Sports and Events.

Rio is the host site for the 2016 Olympic and Paralympic Games, and many people such as Kohl are running similar programs to show support.

"We need to show our support for the Olympic and Paralympic Movement, we need to show our athletes that train here and all over the country that we support them and want to see them succeed," said Kohl.

This program started in 2012 to show support for the Olympic Games in London. It was held again in 2014 for the Olympic Games in Sochi.

"We continue to do this program to show our support for the teams that train here at the Wellness Center as they prepare for the upcoming games," said Kohl.

Kohl wants as many people on campus as possible to spread the word and to participate not just in this event, but also with the training site in general.

"It is also important to get the word out to the UCO community that we are an Olympic and Paralympic Training Site," Kohl said. "We want everyone to be involved with the training site in some form."

The only requirement for participation is a few trips to the Wellness Center on campus. Inside, the participant must head to the Race to Rio table, fill out a log sheet and turn the sheet in to the worker at the desk.

After that, they are free to log in their miles in a folder that the worker will then create for them. This can be done any time the participant has some free

time on their hands.

"Students should get involved so they can support the athletes that train here at UCO and to help them stay motivated to be active," Kohl said. "It is also a fun way to be involved with something on campus."

In addition to regular activities, special events will also take place that will give participants opportunities to earn extra miles. These include kayaking, a sitting volleyball tournament, Goalball at the Wellness Center, Big Pink Volleyball at the Wellness Center and any group fitness class held at the Wellness Center.

Any student, faculty member or staff is welcome to participate in the event to show their support for the 2016 Olympic and Paralympic Games.

Students and staff members run around the indoor track in the Wellness Center. For the Race to Rio event students, faculty and staff are encouraged to run the distance between Oklahoma and Rio de Janeiro. Photo by Ryan Naeve, The Vista.



Coat-a-kid at OKCPS



Jessica Phillips
@thejessphillips

Contributing Writer

The cold weather of winter is quickly approaching, and the Old Farmer's Almanac is predicting a particularly cold winter, but some children lack winter coats.

Oklahoma City Public Schools is hosting a campaign called Coat-A-Kid to provide brand new winter coats to children in need. This year's goal is to raise \$140,000 by October 1, to provide 7,000 coats.

Ninety percent of families in the district live at or below the poverty level, according to OKCPS.

"We know that for many Oklahoma City families warm coats are a luxury they simply can't afford when faced with necessary bills," said Ashleigh Arnall, OKCPS community relations manager.

The annual campaign has been held for several years, she said, and began August 7 this year. OKCPS hopes that most of their 55 elementary schools will benefit from the campaign.

Last year, more than \$101,000 was raised, which funded the purchase of 5,000 coats. Principals work with teachers and counselors to determine students who have need and make a request to get those children coats.

"When a kid receives a brand new coat, they know that someone really cares about her," said Arnall.

The campaign accepts \$20 donations from community members to fund one new winter coat. Coat-A-Kid not only

provides coats, but gives children a confidence boost.

"We think that the pride and joy that our students get in receiving a brand new coat is really important," said Arnall, "it helps them feel valued and happy and warm." OKCPS conducted a survey that showed 99 percent of people agreed that having an adequate winter coat is essential to having good health.

The survey also showed that children feel better about themselves and are enabled to better pursue their future after receiving a coat.

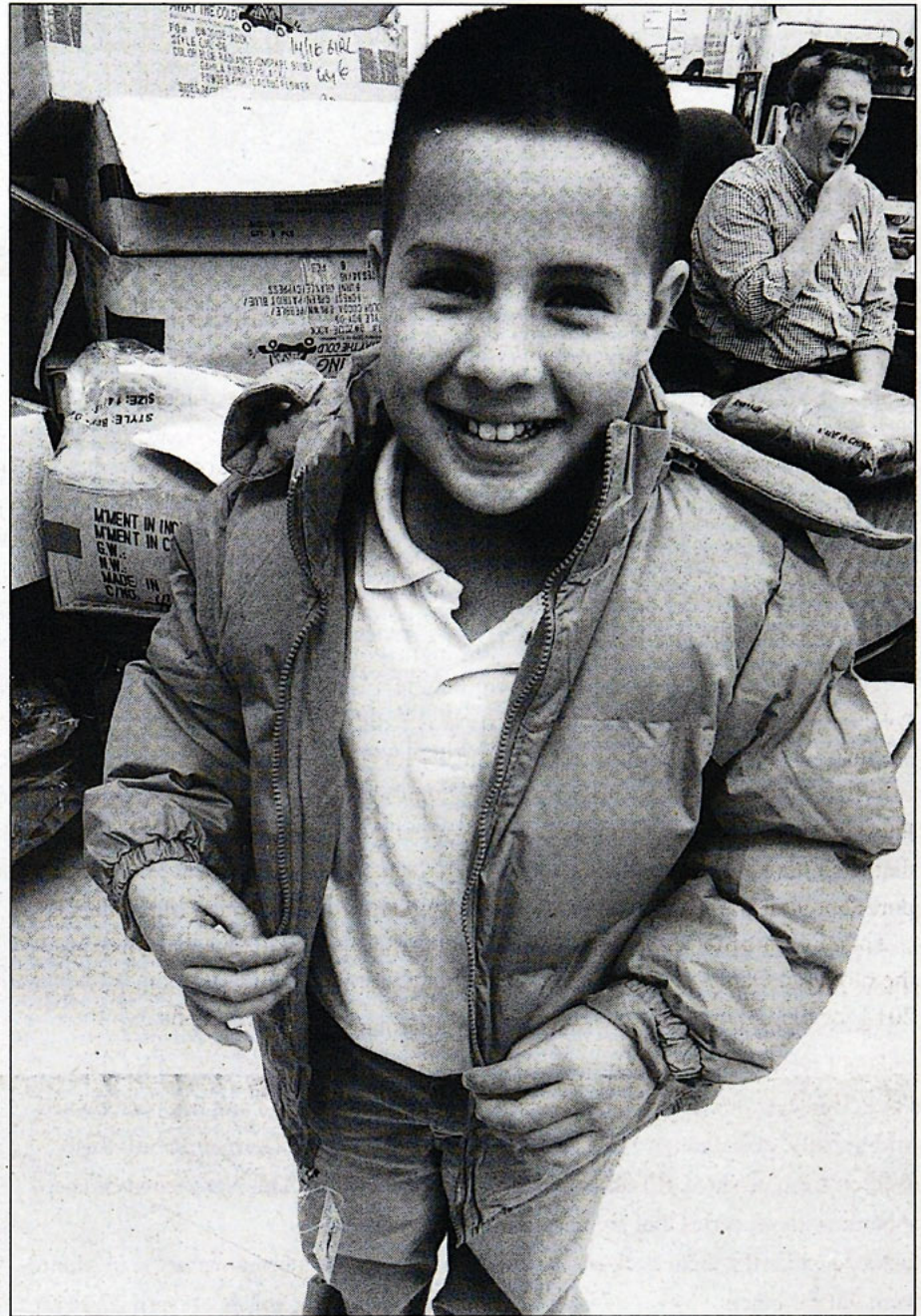
"It just helps them be successful in life from all aspects," said Arnall.

Coat-A-Kid purchases coats from Operation Warm, an organization that provided 1.7 million new winter coats to groups similar to Coat-A-Kid across the world in 2014, according to operationwarm.org.

Twenty percent of the coats are made in America, so while "bring(ing) warmth and joy to impoverished children; they also create new American jobs," the website reads.

Operation Warm was founded in 1998 and became an incorporated 501(c)3 in 2002. The organization distributes coats to 49 states and the District of Columbia, an average of 300,000 coats annually, according to their website.

To find out how you can donate or for more information, visit OperationWarm.org/okcps.



(Above) An excited elementary school student shows off his new coat, courtesy of the Coat-A-Kid program. Photo provided by Coat-A-Kid.

(Below) Several kids show off their new coats given to them by the Coat-A-Kid program. Photo provided by Coat-A-Kid.



Trader Joe's coming to OKC



Adam Ropp
@adamropp

Reporter

Trader Joe's, a chain of specialty grocery stores, has signed a letter of intent to lease the old Crescent Market space at Nichols Hills Plaza, making it the first Trader Joe's in Oklahoma.

The date of the opening has not yet been released, but having shopped at a Trader Joe's many times in Kansas, I, like many Oklahomans, am more than thrilled.

The chain specializes in organic, vegetarian, gourmet and unusual frozen foods as well as imported and domestic wine and beer where local law permits. Trader Joe's also stocks about 4,000 items, 80 percent of which are under the Trader Joe's private label allowing for extremely low prices.

For example, at Target a certain bag of granola I typically purchase is around \$6 a bag. However, it's \$3 at Trader Joe's. Additionally, even though Joe's prides itself on fresh produce, if I find myself at home with groceries that are unsatisfactory I can bring them back and swap them out for others.

Joe's has also allowed me to sample

any item in the store at will.

Not impressed? How about the fact that many Oklahoma residents who have been to a Joe's find it so satisfying they drive to the nearest store in Dallas on a regular basis for specialty items like cookie butter, organic ketchup and cheddar cheese?

Trader Joe's describes its stores as a "store of stories," saying, "every item in the store has its own virtues, like high quality ingredients, great flavor, or simply an extraordinary price - and many items boast all of these attributes."

Non-food items include personal hygiene products, household cleaners, vitamins, pet food, plants and flowers. Many of the company's products are also environmentally friendly.

Trader Joe's was founded by Joe Coulombe in 1958 and has been owned since 1979 by a German family trust established by Aldi Nord's owner Theo Albrecht.

Trader Joe's headquarters is in Monrovia, California, and as of April 22 2015 has a total of 457 stores.



Trader Joe's specializes in organic, vegetarian, and gourmet food. A large percentage of Trader Joe's products are a part of the Trader Joe's brand, which allows for extremely low prices. Photo by Cooper Billington, The Vista.



Trader Joe's is a chain grocery store that specializes in organic, vegetarian, and gourmet food. Its first Oklahoma location will open in the Nichols Hills Plaza. Photo provided by James Reppucci.

Couch potatoes and runners unite



Adam Ropp

@adamropp

Reporter

Non-runners and couch potatoes across the state of Oklahoma can rejoice with City Care's second annual Zero K Run event set for Saturday, October 17, 5-9 p.m. at Crystal Lake located at I-40 and MacArthur with proceeds going to impoverished families of Oklahoma.

While participants are cooling down from the intense workout, they can enjoy many family friendly 'all of the fun none of the run' activities such as music by local artists, an optional 5K, food trucks, pop-up shops and the OKC Energy FC kids zone which will provide inflatables and other activities for kids.

"Local street festivals around the metro have really gained in popularity and brought our neighborhoods together. We are expanding on that concept in the form of a fundraiser that will offer the same kind of local fun while strengthening our community by supporting City Care, a nonprofit breaking barriers for brighter futures across Oklahoma City," said Kim Rolston, Zero K OKC Co-Chair.

Tickets are \$25 for participants who register in advance or \$35 at the door while participants 12 and under get in free with a registered adult.

If you wish to participate without attending, you can donate on the Zero K website then run your own Zero K from the comfort of your own home.

After burning all of those calories from the Zero K, non-runners can refill with Backyard BBQ, Kaiteki Ramen, Melodee's Soul Food, Bandido Burrito and Eskimo Sno or shop at pop-up stands such as Curbside Chronicle and Jaxx & Hill Mobile Boutique for local wares.

Crystal Lake, which is always open for public fishing, will also be available as an event venue.

An event such as this wouldn't be complete without live music, a must have, taken care of by local musicians Superfreak, Lower 40, and Mountain Smoke.

Former Oklahoma Sooners and Dallas Cowboys coach, Barry Switzer, jokingly stated "This is going to take guts, drive, and determination; in all my years of sports I've never seen a tougher test, ol' coach can handle this one."

Participants can register individually or with a team and are encouraged to help raise funds through personalized fundraising. The individual or team who raises

the most money will receive a grand prize.

There will also be hourly door prizes as well as an award for most creative team name and the Couch Potato Wall competition.

All participants will get a participation award with those who register before September 28 also receiving an event T-shirt.

First year participant Stanton Wayne stated, "It was really awesome running nothing last year. I also got in a lot of reps lifting burgers to work out my arms."

Blankets and lawn chairs are welcome; however, coolers and outside food and drink are not allowed.

According to the Zero K OKC website, event sponsorships are still available.

City Care is a 501(c)(3) nonprofit organization serving Oklahoma City's most vulnerable, by feeding the homeless and impoverished, providing affordable housing for low-income households and pairing tutors/mentors with at-risk, inner city children.

For more information you can log onto the Zero K OKC website at: www.zeroKokc.com.



Several participants prepare for the 5K at ZeroK. The festival also included food, music, and games. The event is put on by City Care, a non-profit organization that feeds and provides housing for the homeless, and has a mentoring program for inner-city children. Photo provided by City Care.

Grab some state fair grub



Adam Ropp
@adamropp

Reporter

If there are 10 days out of the year to splurge on your diet it should be done at the Oklahoma state fair, which will be held from September 17-27 where everyone attends not just for the rides or shops, but the mouthwatering food.

I must admit, I partook in these dishes last year and although I could hear myself getting heavier, I enjoyed doing it. Here are a few highlights.

Bacon:

For all the proud country folk such as myself, nothing says delicious more than bacon, especially the kind that's wrapped over another piece of food for a double whammy of a heart attack waiting to happen. If this is your pleasure then head over to The Bacon Habit for a bacon wrapped corn on the cob or Porky's for a bacon wrapped doughnut burger consisting of two doughnut buns wrapped in bacon.

The fair will also have a bacon dish found at the Sweet Shop for all the southern women with deep-fried chocolate covered bacon, comprising of three maple bacon strips covered in chocolate, dipped into funnel cake batter and deep-fried.

Breakfast:

Think of the fair like an ihop where you can always find sober and drunk people alike as well as eat breakfast at anytime, however at the fair you'll find amazing inventions, in a food redneck sort of way.

My personal favorite was deep-fried coffee found at the Sweet Shop containing cinnamon rolled dough infused with Starbucks ground coffee and chocolate chips.

For those desiring a more fulfilling breakfast try Chef Rays Street Eats for a southern Chicken and waffles combo or grab a waffle burger at Porky's where you'll get a breakfast sandwich grand slam containing a fried egg, bacon, cheese, syrup and a beef patty between two waffles.

BBQ:

Of course a place called Porky's is going to have BBQ meals and in this case it doesn't disappoint with a boneless rib parfait containing hickory-smoked, boneless ribs, barbecue sauce and freshly mashed potatoes as well as a brisket parfait option.

If you're in a pork mood, try a delicious pork sandwich infused with cheese at the Sweet Shop called a pulled pork juicy Lucy. The name is annoying, but what do you expect from a place called the Sweet shop that sells pork?

Corn Dogs:

A fair would not be a fair without a dangerous Ferris wheel and corndogs. The Oklahoma state fair does just that with Brown's Concessions. Brown's combines the classic corn dog with jalapeños for a Jalapeño corn dog as well as providing a corn dog covered in cheese that is dipped in a deep-fried batter. This makes for a good starter if you're newly arriving at the fair.

Desserts:

Almost every dish at the fair could be considered a dessert with all the sugar and carbs found in each item, however these foods still cater to the traditional sense of an after dinner treat.

Pineapple whip float— Maybe because I hate pineapples and the fact that this dessert consists of pineapple ice cream mixed with pineapple juice might have something to do with the fact that I hated it last year, however if this pineapple bomb sounds right for you then head over to the Sundae Factory.

S'mores cinnamon roll — This Sweet Shop dessert made me sit down afterward and hate myself. A cinnamon roll filled with fluffy marshmallows, graham crackers, chocolate and cinnamon will do that to you if you're not careful, especially if you have two like I did.

Another cinnamon favorite is a deep-fried banana pudding dish found at Chef Rays Street Eats containing a cinnamon and sugar rolled banana wrapped in a light pastry and deep-fried, laying on a bed of banana pudding made from scratch. It's also topped with fresh whipped cream and a cherry.

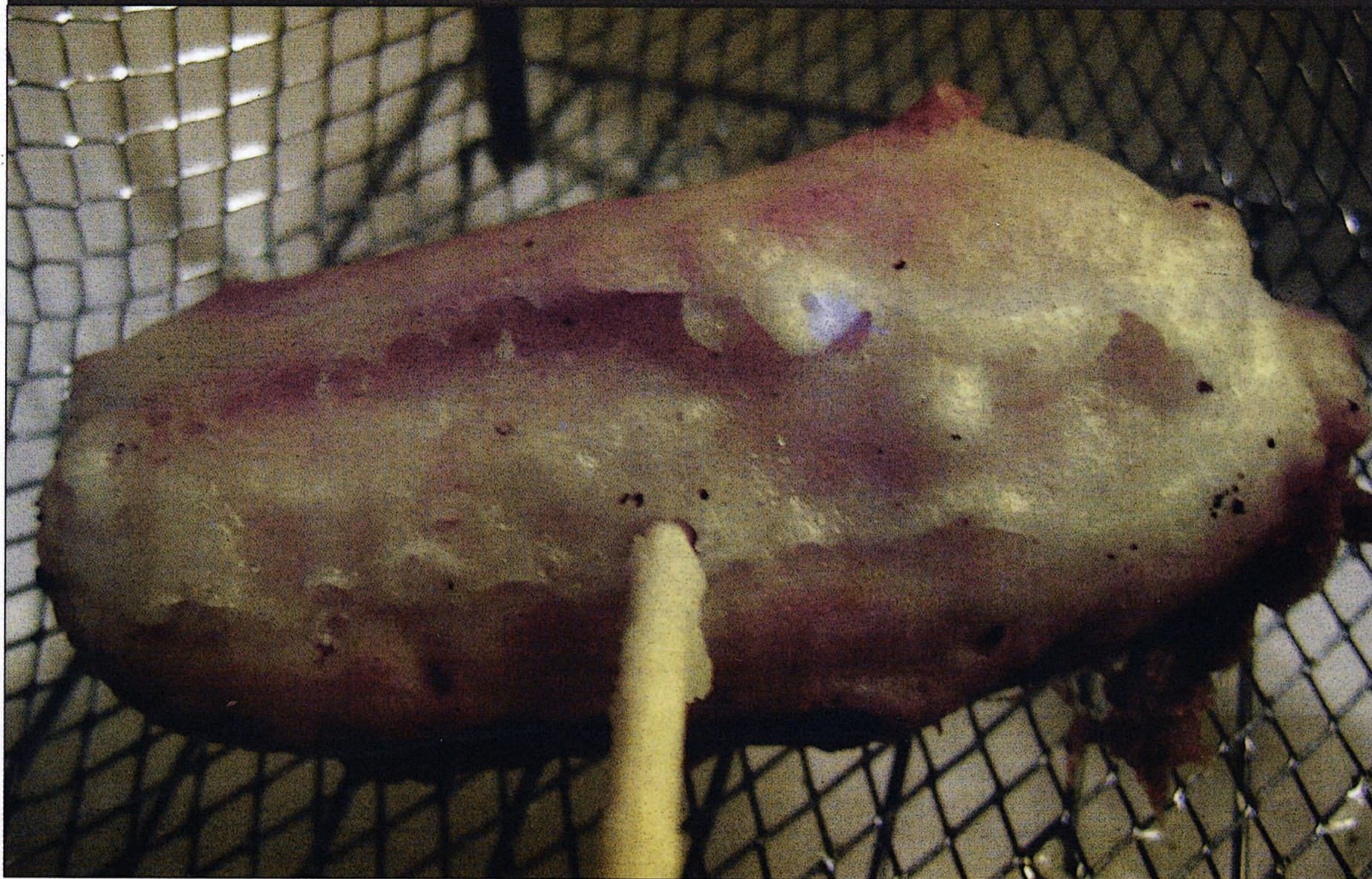
For those that want a simpler dessert you can head to DJ's Creme De La Crepe for a banana split ice cream crepe, a key lime pie at Your Just Desserts or a Mexican funnel cake at The Bacon Habit.

I saved the best for last and thought this item deserved it's own section. If you're feeling very experimental you might find your way over to the Onion Blossom and try a deep-fried beer battered mushroom. Welcome to the South everyone.

For a full list of food items please visit the state fair website.



Some fairs provide deep fried pizza to customers. While being very delicious, food like this is extremely bad for your health. Photo provided by Edward Betts.



Fried Twinkies are a staple of many state fairs. The damage that they do to your health is offset by their delicious taste. AP Photo



Fair food is one of the main reasons that some people attend state fairs. It consists of anything, from fried butter to bacon wrapped chicken. Photo provided by George C. Campbell

Delivery: breakfast pizza and coffee



Adam Ropp
@adamropp

Reporter

If having breakfast pizza and coffee in the morning sounds like a good idea, Revolve Pizza will make it a reality with a new location in downtown Oklahoma City that delivers right to your door.

Don't worry, if it's past breakfast time and you're in the mood to go out, their in-house restaurant not only specializes in coffee, pasta and salads, but also features a variety of alcoholic beverages, including locally crafted beer.

Having went to the downtown location last Friday I decided to take them up on their slogan "come put your spin on it" by building my own pizza and surprisingly had my pie baked in less than four minutes in an ultra-hot, wood-filled brick oven.

Revolve offers 18 vegetable toppings and 10 assorted proteins to choose from, however if you're not in the mood to choose your own ingredients, Revolve offers a number of in-house creations.

With their daily house made crust and specialty sauces, it was probably the best pizza I've have had in months and I was pleased with the options of not only having wheat-based flour, but also gluten free crust.

Although I was unable to try one of their signature breakfast pizzas, their options were impressive nonetheless with the corned beef hash catching my eye, entailing chives, cheddar sauce, corned beef, scrambled eggs, potatoes, red onions and mozzarella with a price of

\$9 for a 10-inch pie.

They also have soups and salads with house made dressing as well as pasta dishes such as the Spicy Southerner containing fettuccine, spicy bourbon sauce, shaved parmesan, cherry tomatoes, chives, all white meat chicken breast and bacon with red pepper flakes for an added kick.

The restaurant also has a childrens menu where kids eat free after 5 p.m. on Wednesday with the purchase of an adult entree. Other daily specials include a \$5 one-topping pizza on Monday and \$5 spaghetti and meatballs on Tuesday.

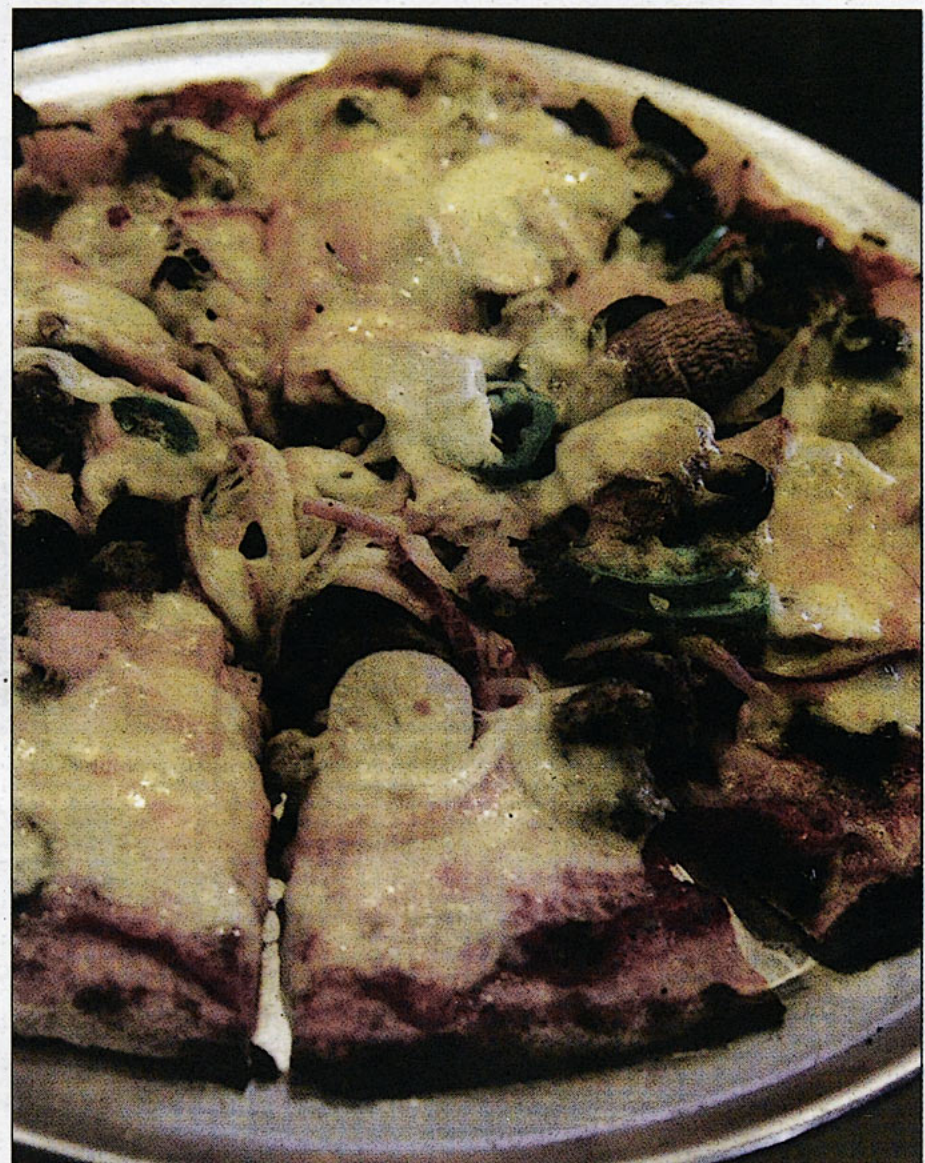
All in all, you can expect to pay between \$8 and \$15 per person at Revolve, which is not bad for a downtown establishment.

Revolve's downtown location offers a full-service coffee bar and breakfast pizzas seven days a week, starting at 7 a.m.

If you're not in the downtown area you can visit their original Oklahoma City establishment next to Mercy Hospital at 5500 W Memorial Road. They're open Monday - Sunday 10:30 a.m. - 10 a.m. and you can call them at 405-792-2858.

Their downtown location is 100 W. Main Street Oklahoma City, OK 73102 open Monday - Sunday 7 a.m. - 10 p.m. and their number is 405-600-6488.

For more information visit www.revolvepizza.com or email them at info@revolvepizza.com



(Background) Revolve Pizza's specialty is in house pizza, made from scratch at the restaurant. Revolve offers dozens of pizza toppings, as well as coffee, pasta, salads, and alcoholic drinks. Photo by Cooper Billington, The Vista.

(Below) Revolve Pizza Kitchen now has two locations in Oklahoma City, and both offer a wide variety of toppings for each pizza. Photo by Cooper Billington, The Vista.



Do you have the will to escape?



John Box
@Johnathanbox

Contributing Writer

A group of six friends are locked inside a room. They have one hour to escape. To do so, they must solve the puzzles and challenges set before them. No, this is not the next post-summer horror film by Joss Whedon, it's really happening to people and it all takes place in Edmond.

It's called an escape room and this particular one has been dubbed Clue Quest.

Escape rooms provide a safe way to answer those questions asked by movies, books or video games. A locked room, a ticking clock and that feeling of doom by doing just that, locking a group of two to six friends in a room for an hour. Who will crack under the pressure? Who can solve the final puzzle? What does it feel like to fight for freedom? Of course, unlike in the movies, you're in no real danger. Yet that is easily forgotten and

does not stop the adrenaline from pumping and keeps the heart rate up.

"We could not stop talking about it," said Michelle Collier, who said she fell in love with the concept after experiencing an escape room with her husband and co-creator, Daniel. It was in September 2014 when they knew they had to make their own.

They started collecting clothing and other items from flea markets and Craigslist. These items would become puzzles, clues and the décor, which create an authentic experience.

They opened in June 2015.

"We wanted to make it different" said Daniel, commenting on other escape rooms which mostly had common themes, such as spy on spy or a zombie outbreak.

Clue Quest has three rooms with three



different stories and their own unique logic based puzzles.

Clara's Diary is a room based on a suspenseful tragedy about a widow waiting for her love to return from war. Pharaoh's Revenge gives the group the task of warning the historian Emerson Hastings Williams III about the very real curse of Ramses the Great.

The last room is the game room. The room itself is deceiving; colorful, playful, but therein lies the greatest challenge: to defeat the Game Master before he comes back for you.

They all work differently and that was on purpose. It has resulted in a loose difficulty rating based on the percentage of groups that do exist. The "easiest" room is Pharaoh's Revenge, which still sees less than a quarter of groups making it out.

"A lot of screaming and high fives," said Daniel, commenting on the excitement of those who do make it out. There's not only a great feeling of accomplishment when breaking out of the room, but also the promise of a free T-shirt if completed within the hour.

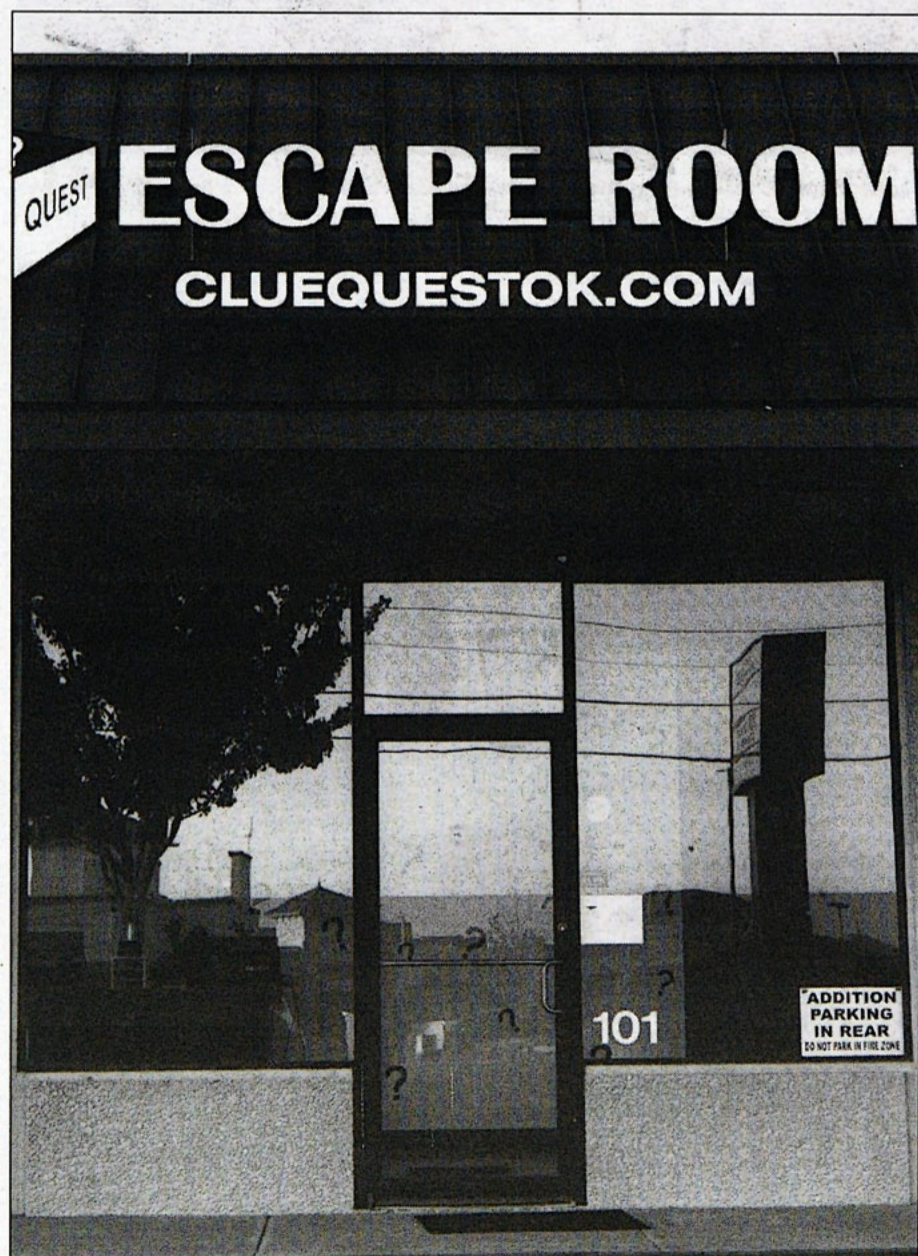
"That was very important to us," said Michelle. "T-shirts is what everyone wants."

Both Michelle and Daniel really want to reward those who do solve the puzzles. Even if a group doesn't make it out, the puzzle masterminds will take a picture and post it to their Twitter.

"We root for people," said Michelle. "It's like reality TV for us." The two watch each room through a hidden camera. They also find themselves cheering each group on, ready to greet them at the door.

Michelle and Daniel want to expand Clue Quest. They hope to open a fourth seasonal room used for Halloween, Christmas and other holidays. There will also be a fifth room that will be larger than the rest, resulting in the group needing to complete one room, just to be challenged by the next.

The rooms are safe for children and kids are encouraged to come along. Certain puzzles may be hard for them, but as the FAQ on the website states: "Kids are really great at finding stuff!!!"



(Top) Clue Quest challenges customers to solve a puzzle and escape a room within a time limit. The business opened up in June of 2015. Photo provided by Clue Quest.

(Bottom Left) Clue Quest is located at 151 East 33rd St. in Edmond. They offer three different puzzle rooms for customers to escape from. Photo by Cooper Billington, The Vista.

The new wave of froyo: PeachWave



Jake Stacy
@jstacy4

Reporter

Alright guys, it's time to find out what flavor you are.

Have you ever been wondering why your life is getting so dull and so boring all the time? Not to mention, walking around with the scorching sun beating down on your back everyday isn't really making matters better.

Well, it's probably because you're not heading to Edmond's PeachWave at the moment, or any PeachWave store for that matter.

PeachWave is a natural frozen yogurt chain where the store lets you, the customer, be in charge for once. Their wide variety line of fruits and yogurts, along with carrying more candy toppings than you can imagine, enables you to make endless creations of an already unique treat.

"I tried it for the first time today and thoroughly enjoyed it," said Jon Christopher Ochoa, in his review on Zomato. "Very good topping selection. It's worth a try."

The first of the PeachWave stores to open was set for Oklahoma in 2009, with their corporate building still standing here in Edmond. There are now over 70 PeachWave stores today, which are located throughout the U.S, British Columbia and Cayman Islands.

Following the new frozen yogurt trend is also an important and healthy alternative to the abundant and rapid growing fast-food fetish surrounding us daily. The products are 100 percent Kosher certified at PeachWave, and conveniently help consumers by providing several nutritional benefits.

"We are here to serve the community", said Tom Lee, new founder and trademark buyer of the original frozen yogurt chain. Lee and other Peachwave store owners have been attempting to create the concept that is creating a wave.

The combinations of frozen yogurt from PeachWave are also very low in calorie and fat content, yet remain high in calcium and protein content. By possessing valuable nutrients and lactobacteria, yogurt has been found to decrease the risk of developing certain cancers, such as colon cancer.

PeachWave explained that there is an easier, better way to grab that tasty bite to fill you up, while still being a fun and friendly atmosphere. It's somewhere that you can get what you need while having what you want at the same time.

So get in there and find out which flavor or combo fits you best. Don't forget to suggest a couple of new ideas of your own too if you would like.



(Above) There's no limit to the customization options that customers have at PeachWave. However the final price is measured by weight. Photo by Cooper Billington, The Vista.



(Below) On top of the large variety of flavors, PeachWave also offers several sweet toppings, such as Gummy Bears, chocolate chips and bubble gum. Photo by Cooper Billington, The Vista.

Fuzzy's brings tacos to Edmond

FUZZY'S

Brittany Robinson
@brittdrobinson

Contributing Writer

Many were thrilled to see the familiar Fuzzy's Taco Shop open its doors early last month. You no longer have to drive to Downtown Oklahoma City to enjoy margaritas and fish tacos because they now have a location in the Spring Creek shopping center, less than a five-minute drive from the University of Central Oklahoma.

The new location is fresh, exciting, and a great place for birthday parties or an off campus lunch.

The Edmond location offers an outdoor patio where pets are welcome to join, where they're even guaranteed bottomless water and a free Fuzzy's bandana. You or your pet might even receive an Instagram shout-out.

Fuzzy's is every broke college kid's dream with \$1.99 tacos everyday. No matter what kind of budget you're on, Fuzzy's can offer you something affordable.

If you're not convinced, you can even download Fuzzy's app on your smartphone to receive discounts, view the menu, and play games.

While best known for its tacos, Fuzzy's also offers nachos, burritos, sandwiches and even breakfast items. The restaurant also provides a variety of alcoholic beverages including a "fishbowl" which requires a minimum of four IDs to order.

During lunch time, the line has been out the door since the restaurant has opened. Fortunately, Fuzzy's promises prompt and efficient service while it serves uniquely flavorful food at a fair price.

The good news doesn't end yet; during the month of September, Fuzzy's is teaming up with No Kid Hungry and donating 25 cents for every limited edition orange souvenir cup sold to help put an end to childhood hun-

ger in the U.S.

It's a great opportunity for students to give back as they grab lunch.

You have probably seen Fuzzy's in Oklahoma City, Norman, or Stillwater but you might be surprised to hear that the Edmond location is just one of nearly 100 locations around the United States.

The Edmond location is open Sunday through Thursday, 10 a.m. - 10 p.m. and open Fridays and Saturdays 10 a.m. - 11 p.m. You can find the Fuzzy's Edmond location at 1462 S. Bryant.

The new location has been so busy that at this time, it is not offering call-in orders or catering.

For more information visit fuzzystacoshop.com or call 405-562-4800.



A line of customers extends out the door at Fuzzy's Taco Shop. Fuzzy's Edmond location is one of the most recent to open out of over 100 Fuzzy's across the country. Photo by Cooper Billington, The Vista.

Rocktown Climbing in Bricktown



Jake Stacy
@jestacy4

Reporter

OK, so we've all said or heard the redundant phrase that there's not really anything to do in Oklahoma right? Well, for those of you adrenaline junkies still looking for a good time as well as your next rush, this could be it.

The Oklahoma City Rocktown Climbing Gym is Oklahoma's premier rock climbing destination. The structured facility was originally used as a grain operating system made up of 16 silos, and in the late 1990s was redesigned and named one of the 10 coolest rock gyms in the world.

"I think what you'll find with the Rocktown Climbing gym is that we're a facility that is open to all types of individuals," said Andy Chasteen, operating manager. "Whether it be for experts, beginners, or anyone in between, we have something here to offer everyone."

The gym is located on 200 SE. 4th St, just south of Bricktown. Since its opening, it has turned into a local and tourist attraction, an opportunity for experience,

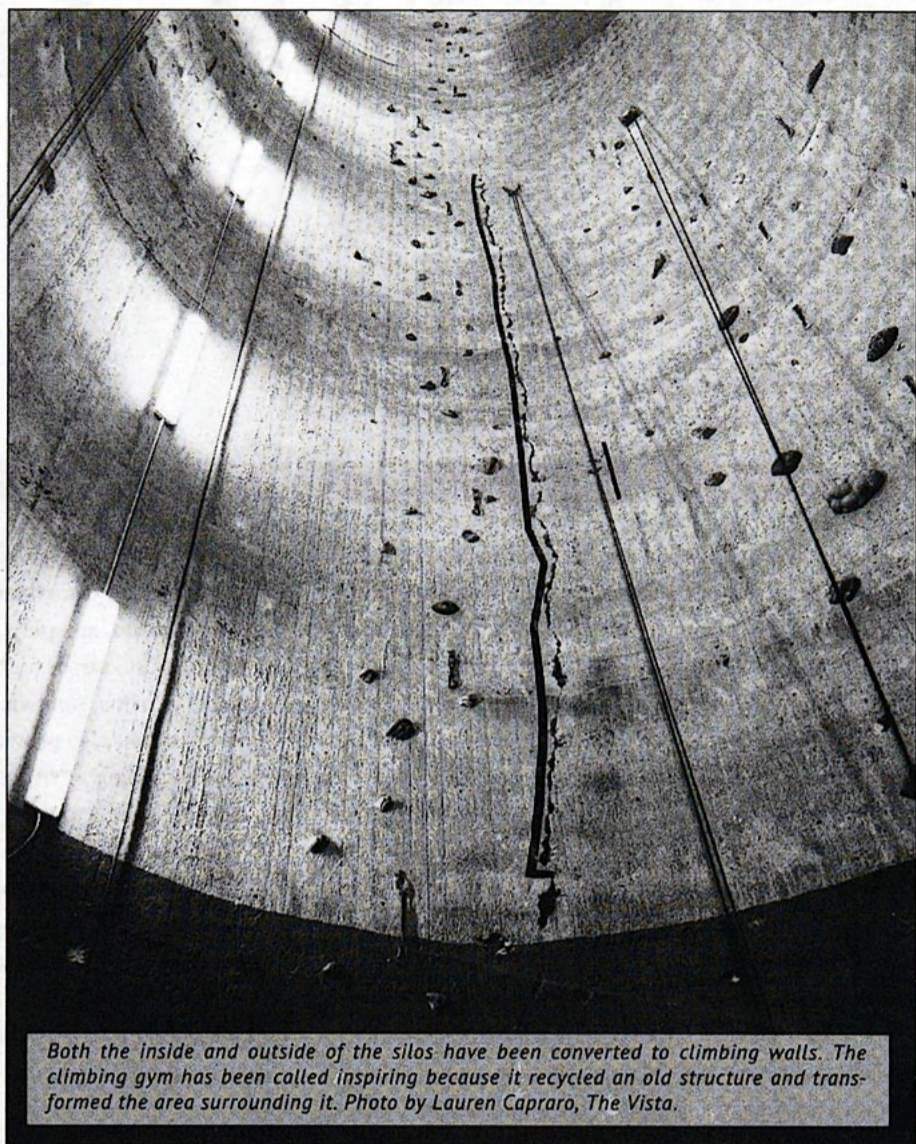
and a potential historical landmark for things to do in Oklahoma.

Rocktown Climbing gym has over 60 course routes, inside and out, along with two bouldering walls, five belay systems, and several rope or lead climbs up to nearly 100 feet in the air. There are varying levels of difficulty, depending on the climber and which route he or she chooses.

Blake Kirby, a current student at the University of Central Oklahoma, has visited the gym several times this year.

"It's literally so much fun," said Kirby. "There are tons of different routes to choose from and it's really cool that they have manual and auto belay systems so you don't need a partner."

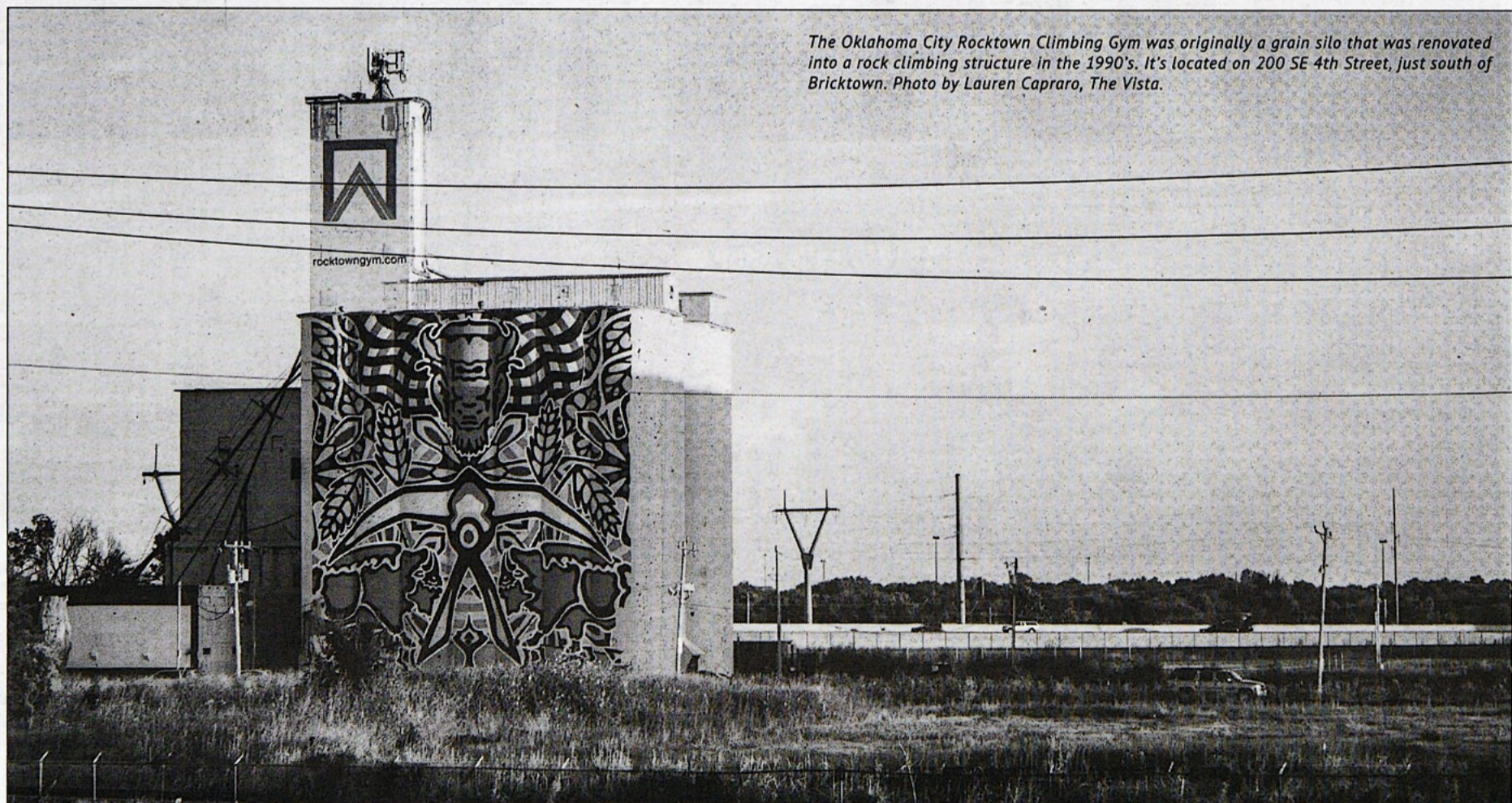
Prices for the Rocktown Climbing gym will vary as well, depending on the course you decide to take and whether or not you feel the need for further training or necessary equipment. The rates and plan packages aren't that bad considering what you get in return.



Both the inside and outside of the silos have been converted to climbing walls. The climbing gym has been called inspiring because it recycled an old structure and transformed the area surrounding it. Photo by Lauren Capraro, The Vista.

If you're a first time visitor, a new climber package will be offered, which also includes equipment, a day pass and an orientation course to start the climbers off. Climbers in groups can also have group rates or day rates, which are cheaper, however groups are asked to set reservations for all participating members in advance.

The OKC Rocktown Climbing gym is a wonderful and inspiring idea for many reasons. Not only did we find a way to "recycle" and put old foundation to use, but we simply transformed this entire area into becoming a historical landmark for friends and families to come together and experience something different in Oklahoma.



The Oklahoma City Rocktown Climbing Gym was originally a grain silo that was renovated into a rock climbing structure in the 1990's. It's located on 200 SE 4th Street, just south of Bricktown. Photo by Lauren Capraro, The Vista.

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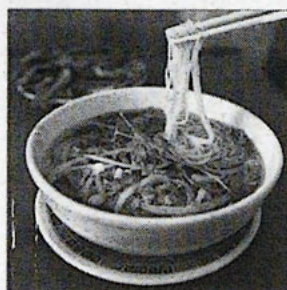
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How much is too much?



Jessica Phillips
@thejessphillips

Contributing Writer

It's an oasis, an escape. A place free of stress and full of relaxation.

At least, that's what life is like when I'm looking at a digital screen.

We spend time every day consuming social media such as TV, music, social networking, using the Internet and more. How much time do we invest in these outlets?

According to a poll on marketingcharts.com from 2013, the average American spends 3.2 hours per day on social networks alone. This excludes time spent watching TV, listening to music or surfing the Internet. Those who do not use social networks spend an average of two hours per day on social media.

Among 18-34 year olds, the average is 3.8 hours per day, while one in five said they spend upwards of six hours per day on social networks, according to the website.

UCO student Cody Legg, economics major, said almost everything he does is on social media. He estimated that he spends 3-4 hours per day on these outlets.

"Everyone's on social media. UCO is, stuff I'm interested in, politics-- it's all there. Pretty much nothing I'm involved in isn't," he said.

He said it is easier to contact people through social media. He is not alone in this.

Kennedi Jarvi, general studies major, said she has used Twitter for years and that the network helps bring people together.

"It's just quick to scroll through and it's interesting to see what people say," she said. "You can kind of connect to a lot of different

people on there."

While social media is becoming increasingly popular, not everyone is joining the bandwagon, and with good reason.

Elier Atayde, mechanical engineering major, said he spends half of the day using social media, but for mainly checking up on homework.

He spends the majority of this time on UCONNECT and D2L. Atayde said he used to have social networking accounts, but does not anymore because it was distracting.

"Sometimes I would get a lot of notifications, when I'm usually doing or trying to do some work and instead, I end up focusing on that specific social media," he said. "When I would have some free time, I would just use it instead of going outside playing soccer, or even just go outside. I used it mostly everyday, anytime I can get I would be on it."

Social media provides vast opportunities for knowledge, community and personal and professional development. But do we spend too much time on social media? Would it benefit us as a society to take a step back and relive the good old days every now and then? It is difficult for a lot of us to remember or imagine a time when technology wasn't constantly, and literally, at our fingertips.

So put down the smartphone and pick up a book. Step away from the computer and step outside.

There is a wonderful world waiting for us, if we would just look up.

The vast majority of college students are guilty of using some kind of social media. Social media provides a huge array of knowledge, but it can be beneficial to put down the smartphone and pick up a book occasionally. Photo by Cooper Billington, The Vista.



Adam Ropp
@adamropp

Reporter

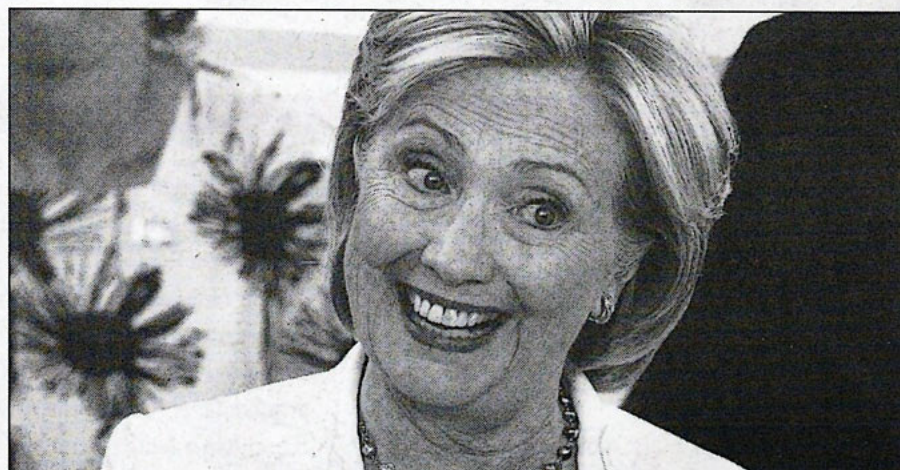
Candidates:

what you need to know now

The United States 2016 Presidential election will be here before you know it with a handful of Democrats and an army of Republicans throwing their hat into the race. We decided to select the main players and highlight their stances in a few key issues.



Donald Trump



Hillary Clinton

Abortion

Despite respecting the opposition, in the early 2000's Trump favored abortion rights except for partial birth, however in 2011 he changed his views citing personal stories and viewing sonograms as a reason for being pro-life except for instances of rape.

"I have evolved on abortion, like Reagan evolved," Trump stated.

Clinton has held a constant position on abortion being a decision left up to the woman, however urges a preemptive strategy involving better contraceptive access and education as well as foster care.

"Abortion is a sad, tragic choice to many women," Hillary Clinton, May 2007.

Immigration

Trump's immigration stances are also his most controversial expressing that the U.S. needs a wall on the Mexican border to keep violent immigrants from entering the country illegally, however that there should be a door on the wall for those wishing to enter that seek a better life.

He also cites the cost of imprisoning roughly 400,000 illegal immigrants and what he feels is a burden on the American Taxpayer in over \$1.8 billion dollars per year.

The problem is that Trump's expressions of these views do not come across so clearly, nor do they appear tactful to some of the public with his choice of words and hurried generalizations.

"Mexico and Latin America send us drugs, crime, and rapists," Trump stated in a June 2015 interview.

Clinton has stated that immigrants keep America young and dynamic believing there should be a path to earn citizenship in the first 100 days of entering America.

She has been in favor of driver licenses for illegal immigrants, halting raids on projected facilities that employ undocumented workers and has been in opposition to building a fence on the Mexican border while strongly favoring more technology and personnel.

Clinton also feels that deporting all illegal immigrants is unrealistic and supports the funding of declared "sanctuary cities."

Economy

Trump doesn't buy the 5.6 percent unemployment rate and feels as though the real percentage is around 20 percent due to the lack of unemployed Americans who haven't filed with the U.S. unemployment office, which is where the official 5.6 percent rate is acquired.

The loss of American jobs to overseas workers is a key issue to Trump who attributes high business taxes for the loss and feels that lower corporate taxes would create millions of jobs.

He has also expressed contempt for crony capitalism, which is the backdoor dealings between corporations and the United States government and that there should be a level playing field when it comes to receiving government benefits.

Trump wants a 20 percent tax on all imported goods and a 35 percent import tax on the Mexican border.

Hillary Clinton has generalized her economic positions by pointing to the fiscal policies of the 1990's as her viewpoints for today.

She has been a staunch supporter of economic stimulus packages voting no on a \$40 billion dollar reduction in overall federal spending in 2005 and voting yes on a \$60 billion dollar stimulus package for jobs, infrastructure, and energy in 2008.

Clinton has a long history with policies of bankruptcy by consistently being against reform or the strict enforcement of chapter 7 and 14.

"We need bankruptcy reform, but we need the right kind," Hillary Clinton, August 2014.

For the most part, Clinton believes in free trade voting yes on free trade between the United States and Oman, Singapore and Chile, however voted no to extending free trade to Andean nations.

Clinton is pro union, voted to limit credit card interest to 30 percent in 2008 and has declared that if elected president would raise the minimum wage.

Education

Trump has expressed disdain for the amount of college debt put upon students and feels that college tuition is too high.

He has stated that common core is a disaster and that we should cut the department of education and reallocate existing budgets pointing out that a large budget does not equal the best results.

"Dumbing down" is also a term that Trump uses for what he feels is poisoning public education now that some schools use creative spelling, estimating and empowerment over actual correct answers.

Trump believes that competition will improve public schools in the manner of school vouchers chosen by the parents and that unions should be abolished.

Clinton again points to the 1990's Common Core model as a guide for her political stances advocating heavy spending, a total change in No Child Left Behind as well as ending predatory student college loan rates over 20 percent.

She opposes merit pay for individual teachers, but supports merit pay for entire schools with incentive pay for school wide performance.

Clinton is anti voucher and supports public school choice; but not private nor parochial.

Republican presidential candidate Donald Trump speaks at the National Federation of Republican Assemblies on Saturday, Aug. 29, 2015, in Nashville, Tenn. Trump was in Nashville to court tea party-leaning voters. (AP Photo/Mark Humphrey)

Democratic presidential candidate Hillary Rodham Clinton talks to supporters after speaking about rural issues at the Des Moines Area Community College, Wednesday, Aug. 26, 2015, in Ankeny, Iowa. (AP Photo/Charlie Neibergall)

How to survive parking on campus



Alex Brown
@aymae_baybay

Editor-in-Chief

With the sudden influx of students this semester, I'm sure the majority of students have come across the same monumental problem: parking lots. Whether you're trying to find a parking spot, or you're walking through the lot there are a couple of things to keep in mind.

Parking:

This one is obvious, but seriously-- plan ahead. Give yourself time to get decent parking. At about 10 a.m., most lots will be almost full.

Also, don't think that you can get away with parking in commuter lots without buying a parking decal-- seriously, don't. You might think that you can outsmart the parking and transportation's system, but you can't.

Those \$30 tickets rack up fast, and eventually you might as well have bought a decal. They've also implemented the new rule that if you don't pay your tickets, you'll come out to your car only to find that it received a new boot while you were in class.

Finally, there is the obligatory "don't park like a jerk" rule. We've all been there when there's a really good parking spot, or so you think, until you try to pull in, only to realize someone couldn't manage to park in the lines.

Sometimes they do it on purpose too because they think that their car is so special that they get two spots. You will get a ticket if you purposely park in two spots, because you only paid for one.

Slow down:

This is why your parents always told you not to run through the parking lot; there will be people that are speeding through the lot with little regard to pedestrians or other cars. I hon-

estly can't count how many times I've almost been creamed by someone rushing to find a spot so that they can get to class.

You're driving a giant death machine, so handle it with care. There are so many students trying to navigate the lots, so when you whip around the corners of the rows you may cause more than a fender-bender if you aren't attentive to your surroundings.

This goes for the students walking: slow down. Look both ways before you cross the street.

There are going to be people that will be speeding through the lot and when you walk out into the aisle with your face in your phone, you may have a bad time.

Just stop:

If you've reached a stop sign- you have to stop. If you're in a lane that says "stop" on the ground- you have to stop. If someone is crossing the street on the crosswalk in front of you- you have to stop.

If you've found yourself in a situation where you question who has the right-of-way, just stop and look at your surroundings.

Seriously, how much more time will it really take you to stop when you're supposed to? Those extra couple of seconds matter when you avoid getting run over by someone who isn't observant or doesn't care.

The parking lots on campus are easily navigated if you follow these simple guidelines. If you don't, you could seriously hurt someone or yourself.

Take caution not to hurt your fellow Bronchos and be aware of your surroundings when you navigate the parking lots on campus.

An inflammatory card was placed under someone's windshield wiper in a UCO parking lot. With the shortage of parking spots around campus during the busiest parts of the day, it's easy to become frustrated. Photo by Ryan Naeve, The Vista.



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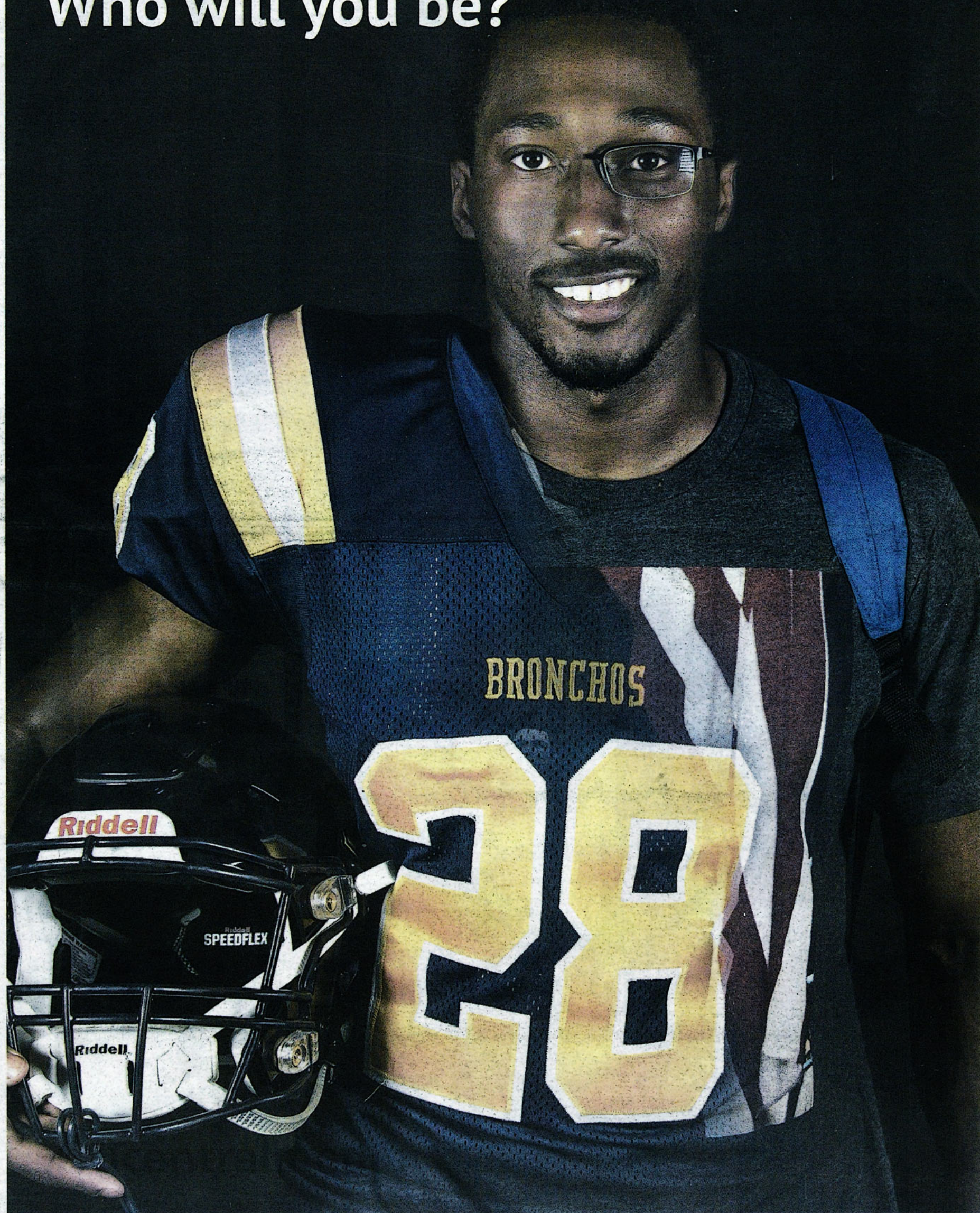
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Sports and Life

Who will you be?





Several young men gather around a grill during UCO's annual employee appreciation event, BRAVO. The event was held before UCO's first football game on Thursday, September 3. Photo by Lauren Capraro, The Vista.



A group of students ride their Pennyboards near the Library on Wednesday, August 12. Hundreds of students use skateboards of all different shapes and sizes to get around campus. Photo by cooper Billington, The Vista.

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Earth's surface is water. The UCO football team gets hyped up with their coach before storming onto Wantland field. It was a close game, but the Bronchos lost 29-30 to Fort Hayes State. Photo by Lauren Capraro, The Vista.

A Q&A with coach Nick Bobeck



Joshua Palmer
@_JoshuaPalmer

Sports Reporter

Nick Bobeck talks about the upcoming season. The University of Central Oklahoma Bronchos began its 110th football season on September 3.

Anticipation is growing in Edmond after the Bronchos had a solid 2014 cam-

paign, going 8-4 overall.

As the season has just begun, UCO Head Coach Nick Bobeck took the time to answer a few questions about his football team.

Q: How are you feeling about the state of the team going into your fourth year?

A: We like our football team. There are players here that have bought into our way of doing things both on the field and off the field. We have continued to build depth as our roster continues to mature.

Q: In all your time at UCO, both playing and coaching, have you ever felt this much excitement surrounding Broncho football?

A: Not as a coach, but we were not coming off great seasons the year before. When I was a player here, there was a lot of juice behind the team coming off the 1998 season.

Q: After an impressive 2014 campaign, did you notice any change or impact on recruiting?

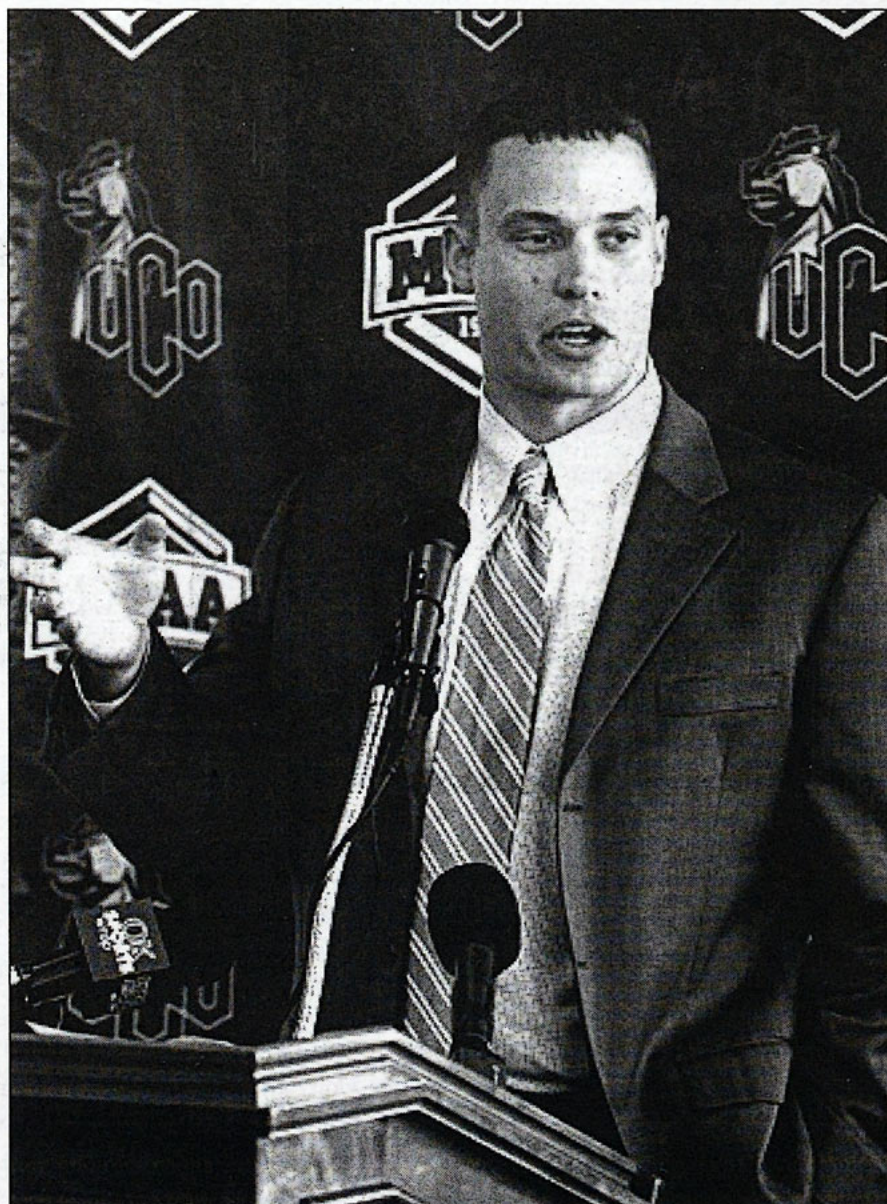
A: We have recruited well since arriving here, but we weren't selling dreams any more. We actually had hard evidence of the change occurring here at UCO. Winning games always impacts recruiting. It becomes about being a bit more selective, making sure we sign kids that fit and can develop.

Q: What main goal is your team hoping to achieve this season?

A: We have had one goal since arriving here in 2012. That is to win a National Championship. Obviously we have goals that we must accomplish in order to reach that level of play. It starts with being consistent week in and week out.

Q: You are returning a lot of playmakers on offense this season. What are your expectations for the guys on that side of the ball?

A: They are now a year older and, if they worked through the spring and summer, they should be a year better. We should be able to increase our offensive output.



Nick Bobeck gives a press conference after being hired in 2012. Photo provided by Bronchosports.

Q: Are there any new players that you're expecting to step in and make a big impact immediately?

A: I think there are several newcomers and young guys that have stepped into vital roles and should "breakout" this year. You never know until the lights come on, though.

Q: UCO was picked to finish fourth in the conference by the coaches this preseason. Is that about right or does your team feel slightly undervalued?

A: I don't put a lot of stock in preseason polls. I think we were picked 10th or 11th last year. They are really just conversation pieces.

Q: Finally, is there anything you'd like to say to the UCO students and football fans looking forward to the upcoming year?

A: We are greatly appreciative for all the support and can't wait to see you loud and proud.

Q: You seem to have a good mix of young guys and veterans on the roster. Have any of your seniors really stood out and taken leadership of the team?

A: It is a collective effort. We believe our locker room is very strong because we have high-character kids that care for each other and this university.

Three potential surprise teams in the NFL this season



Bradley Jayroe
@bjayroe6

Sports Editor

Last month, the Vista released its 2015 NFL preview, predicting division winners and standings.

If you missed it, you can read the divisional previews on ucentralmedia.com.

To expand on our NFL coverage as the season just starts to get underway, here are five teams that are primed to surprise you and surpass expectations in 2015.

The Oakland Raiders have been downright bad for the last ten years or so, with a couple of so-so seasons here and there. Still, there's reason for optimism in the Bay Area this time around.

For starters, the Raiders think they may have finally found their franchise quarterback in Derek Carr. Carr, 24, is heading into his second season as Oakland's signal caller.

In his rookie season, he threw for a little over 3,200 yards to go along with 21 touchdowns and 12 interceptions, completing 58 percent of his passes (ESPN).

Given the talent he had to work with and the level of quarterback play the Raiders have had over the years, Carr's play is a breath of fresh air for the organization.

Not only did the Raiders find a quarterback, but they also found a running back in rookie Latavius Murray last season. Murray averaged 5.2 yards per carry (ESPN) in his first NFL campaign.

Murray has been tabbed by many as a potential breakout candidate this season.

Additionally, Oakland added a dynamic wide receiver with their fourth overall pick in the draft a few months ago, snagging Amari Cooper out of Alabama. Cooper has made some plays in the preseason and could be a superstar for the Raiders as he continues to develop.

For a team that's been so mediocre to bad on offense for years, these three newcomers should be a big reason for optimism and excitement.

The Dolphins haven't made the playoffs since the 2008-09 season (ESPN). However, they could make it back to the postseason in 2015.

Miami made the biggest free agent signing of the offseason when they signed star defensive lineman Ndamukong Suh away from the Detroit Lions.

While Suh definitely didn't come cheap for the Dolphins, he brings toughness, nastiness, and dominant talent to a defense that needed a big-time player.

Ryan Tannehill, the Dolphins' starter at quarterback, is just now entering his

prime at age 27. Tannehill has seen his passer rating improve each year he's been in the league, and will look to take another step forward this season.

Last year, he completed 66 percent of his passes for 4,000 yards, 27 touchdowns, and 12 interceptions.

The Dolphins have done a good job putting weapons around Tannehill over the last couple of years.

The team acquired the electric speedster Kenny Stills from the New Orleans Saints, and spent their first round pick on DeVante Parker out of Louisville.

Along with Jarvis Landry, the Dolphins have a speedy, explosive and young group of playmakers at wide receiver.

The Dolphins went 8-8 last season, but if things break their way they could reach double digit wins and the postseason. 3. Minnesota Vikings. The Vikings went 7-9 last season, and the biggest story line surrounding the team was the Adrian Peterson drama.

Now with all of that behind them, Peterson and the Vikings have a lot to prove and a chip on their collective shoulder this fall.

Let's start with Peterson. Though the perennial All-Pro is now 30 years old, the former Oklahoma star has proven throughout the years that he is a once in a lifetime athlete who isn't constrained to the limits of normal people or even other world-class athletes.

Peterson nearly broke the single-season rushing record eight months after tearing his ACL and MCL back in 2012. Though he is getting older, he'll enter this season after a year off, ready and motivated to prove himself once again.

The Vikings, like the Raiders, also appear to have found their franchise quarterback.

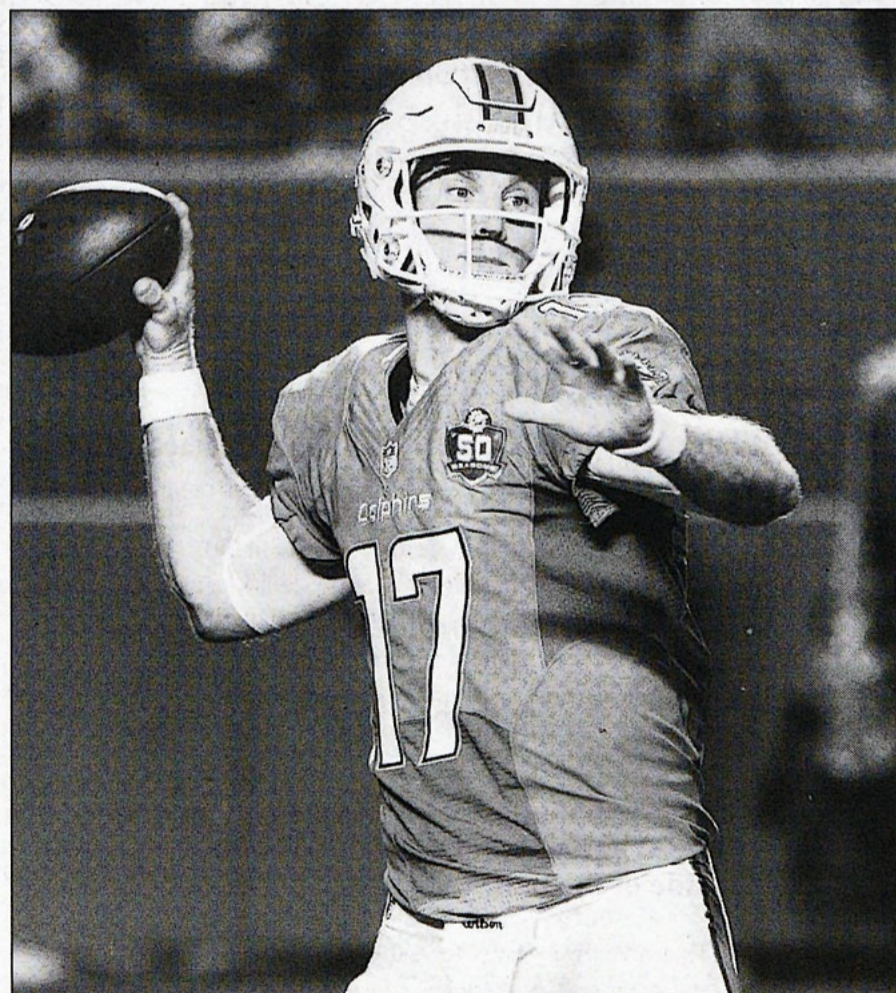
Minnesota invested its 2014 first round pick in Teddy Bridgewater out of Louisville, and he had a solid rookie season, having a particularly impressive completion percentage for a rookie at 64 percent (ESPN).

Minnesota has also put together a very talented and underrated group on defense, along with some solid receiving options for Bridgewater such as Mike Wallace and Charles Johnson.

With the squad they've put together, the Vikings could very well make some noise and challenge the Packers for NFC North supremacy.



(Above) Minnesota Vikings' Stefon Diggs (14) gets past Tennessee Titans defenders Daimion Stafford (39) and Beau Brinkley (48) in the second half of a preseason NFL football game Thursday, Sept. 3, 2015, in Nashville, Tenn. (AP Photo/James Kenney)



(Above) In this Aug. 29, 2015, file photo, Miami Dolphins quarterback Ryan Tannehill looks to pass during the first half of a preseason NFL football game in Miami Gardens, Fla. Tannehill is a possible breakthrough for the 2015 season. Miami believes he's their franchise guy and paid him accordingly. (AP Photo/Lynne Sladky, File)

Standouts from the UCO opener



Bradley Jayroe
@bjayroe6

Sports Editor

Game one was a tough loss for the Central Oklahoma Bronchos.

After going up 20-0, the team was then outscored 30-9 the rest of the way, leading to the season's first loss.

You can read a full recap of the game here.

Losing your season opener is tough, even tougher losing by one point on a last-second field goal. T

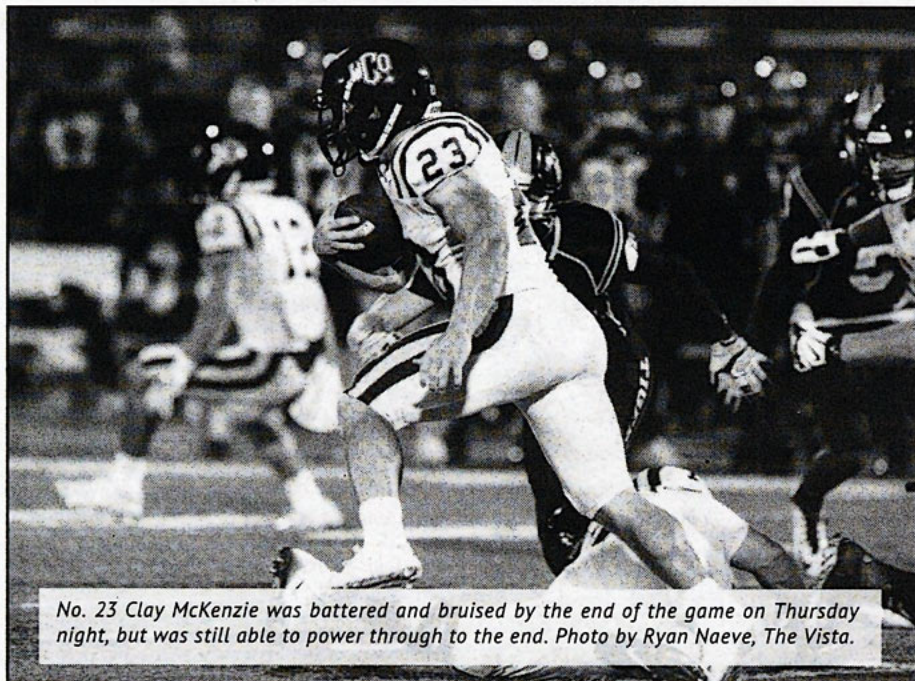
he Broncho defense couldn't slow down the Tigers, particularly from the second quarter all the way to the

game-winning drive.

They'll need to shake this one off and tighten things up for next week's road matchup against Missouri Western State. Still, there were some positives for the Bronchos in the game.

The offense played well in every category but turnovers, scoring 29 points moving up and down the field with regularity.

Here are three players to keep an eye on this season.



No. 23 Clay McKenzie was battered and bruised by the end of the game on Thursday night, but was still able to power through to the end. Photo by Ryan Naeve, The Vista.

2. Clay McKenzie, running back

McKenzie had several big plays in this game. He did a nice job following his blockers and finding the holes and making nice cuts to make defenders miss.

The sophomore running back was the leading rusher for the Bronchos in this game, gaining 85 yards on 15 carries for a 5.7 per carry average.

Additionally, he tied for second on the team in receptions, reeling in five passes for a total of 49 yards through the air.

McKenzie set the tone early in the

game. Near the end of the first quarter, he broke off a nice 21-yard rush to set up first and goal from the five yard line.

He punched it in two plays later, effectively establishing the ground game as a force for the Tigers' defense to deal with. McKenzie's only real negative play was a lost fumble in the third quarter.

Still, it seemed that any time the Bronchos needed a first down or a big play, McKenzie stepped up to answer the call.

3. Caden Locke, wide receiver

Like McKenzie, it seemed that whenever the Bronchos needed a positive play, Locke was there. Locke finished with five receptions for 73 yards and a touchdown.

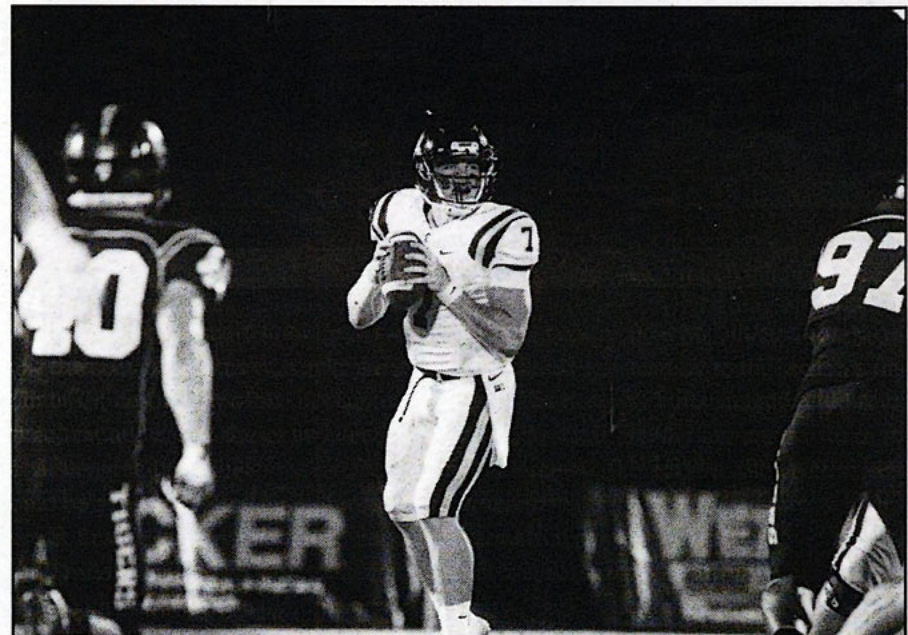
Locke's first career touchdown came on a crossing pattern in the red zone. Locke did a good job getting open and evaded defenders on a nice run after the catch to score.

The biggest contribution Locke provided was moving the chains. Anytime

it looked like a drive may stall out, Locke seemed to do well getting open and securing a first down catch.

There was one instance early in the game when a Tigers defender stepped offside just before the snap, giving the Bronchos a free play.

Stallard stood in the pocket and fired a high pass to Locke, who did an exceptional job climbing the ladder to snag the pass, setting up a first and goal.



No. 7 Chas Stallard prepares to make a pass during UCO's first game against Fort Hayes. Photo by Ryan Naeve, The Vista.

1. Chas Stallard, quarterback

Even in a losing effort, Stallard had a great game. Through the air, Stallard ended up with 281 yards and three touchdowns, with no interceptions while completing nearly 75 percent of his passes.

On the ground, he racked up 76 yards. Though he did lose a fumble near the Tigers' goal line, he did a great job commanding the Bronchos offense, as they were able to move the ball well for most of the game.

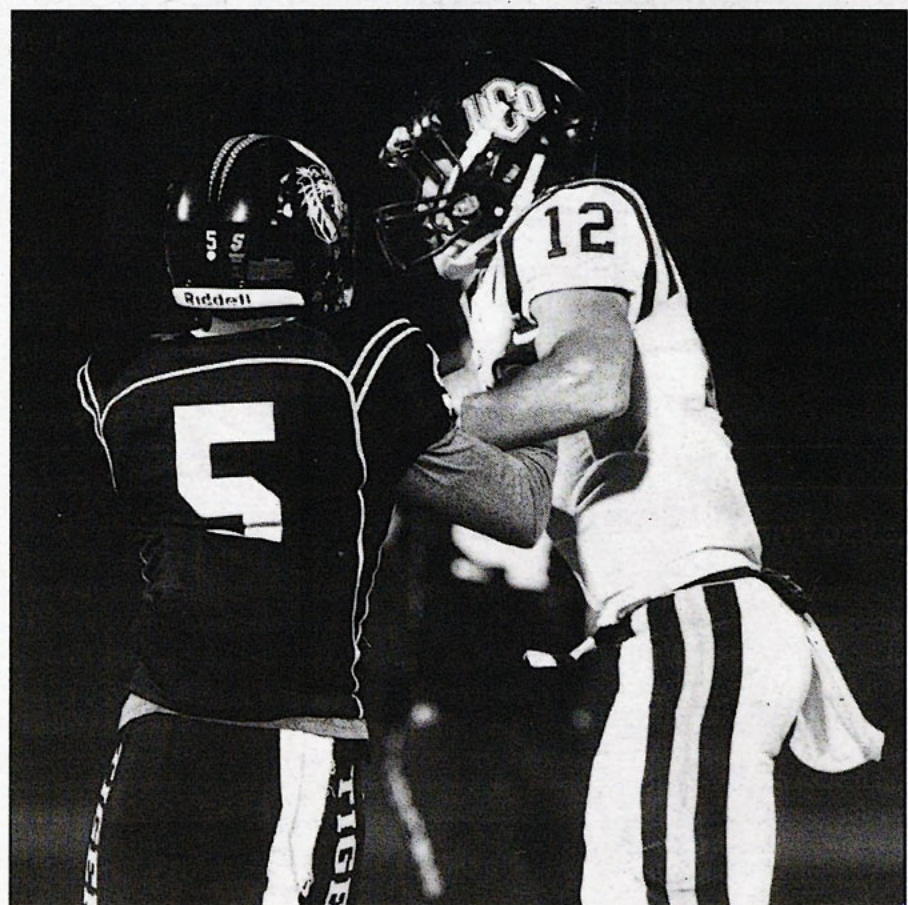
He was poised and under control throughout the game, staying in the pocket and making big throws, but he also made plays with his legs when the situation called for it.

There were several instances when his protection broke down or his receivers couldn't get open and he made a positive play out of it using his scrambling ability.

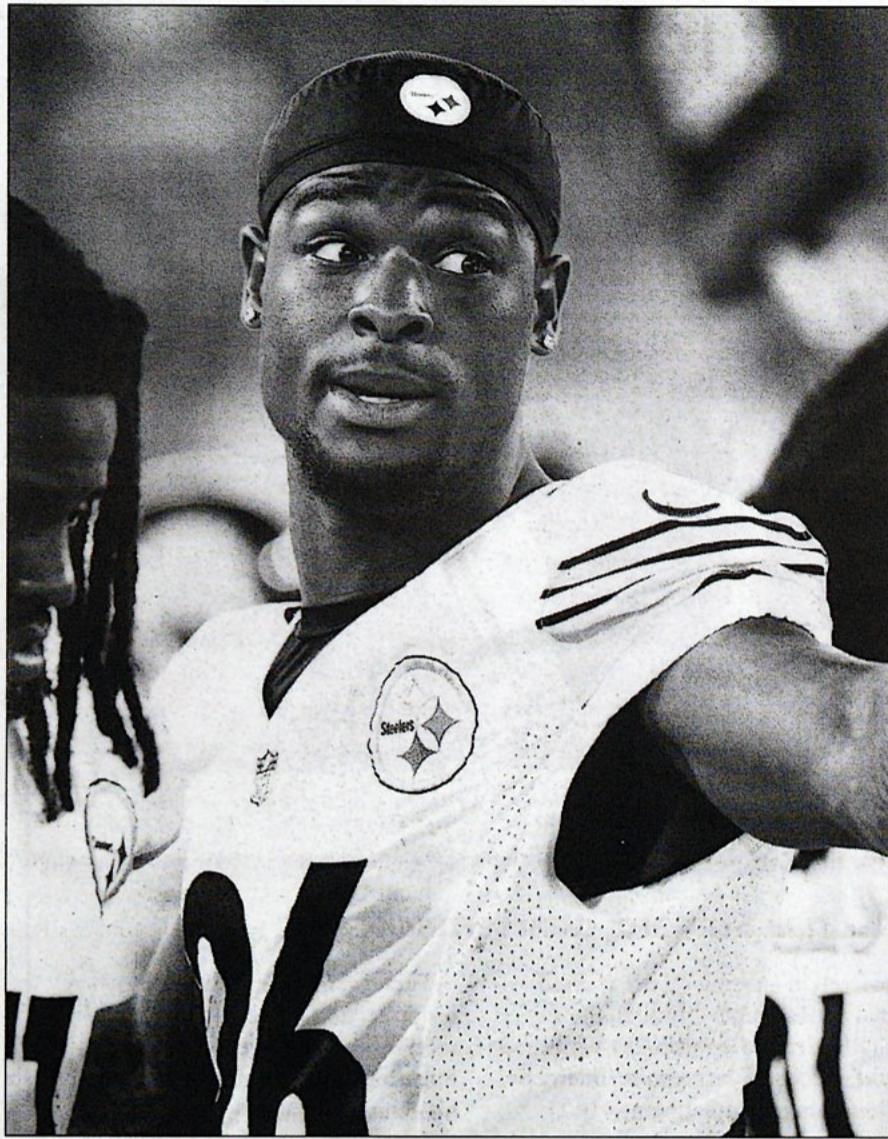
There was a play in the first quarter in which Fort Hays State sent several defenders on a blitz.

It looked like they had Stallard dead to rights in the backfield, but he avoided the pressure and had a nice scramble for a first down.

That play is a good example of what Stallard did all game; making positives out of what should have been negative plays.



UCO's Caden Locke grapples with Fort Hayes' Raheeme Dumas during a play. During Thursday's game Locke made his first career touchdown. Photo by Ryan Naeve, The Vista.



Injuries and suspensions in the NFL



Bradley Jayroe
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Sports Editor

Whether it's because of their own actions or due to injuries, several important players will be missing from NFL contenders in the early going of the 2015 season.

Looking at NFC playoff teams from last year, there have been so many injuries suffered that things could look very different atop the standings.

Kelvin Benjamin, the Carolina Panthers' star wide receiver and best playmaker tore his ACL in mid August.

The Panthers won the NFC South last year due in no small part to Benjamin's contributions.

The Panthers will miss him in 2015, as they don't have a lot of depth at wide receiver. Meanwhile, the reigning NFC North champion Green Bay Packers also recently lost their number one wide receiver to the same injury.

Jordy Nelson landed awkwardly after catching a pass from Aaron Rodgers, and the team feared that it was the dreaded ACL tear from the start.

Unfortunately, they were correct, and Nelson has since been ruled out for the entire 2015-16 season. Still, even with the dynamic Nelson sidelined, the Packers have Randall Cobb to rely on in the passing game.

Except, Cobb himself suffered a shoulder injury the very next weekend.

While it was initially feared even by Cobb himself that it was a serious injury such as a broken collarbone, it was later revealed that he had managed to suffer only a sprain to his AC joint.

The Packers really dodged a bullet there, as they can't afford to lose another huge part of their offense.

Another reigning division champion in the NFC, the Dallas Cowboys, lost cornerback Orlando Scandrick to a torn ACL last week.

There's little doubt that Scandrick is the best defensive back on the team, and might even be their best defender overall. Nonetheless, Scandrick won't be suiting up for Dallas to help them defend their NFC East crown in 2015.

As for the AFC, there's turmoil for one major contender as well.

An AFC heavyweight impacted greatly by suspensions is the Pittsburgh Steelers. The Steel City's superstar running back Le'Veon Bell will miss the first two games of the season for violating the NFL's substance abuse policy.

Martavis Bryant, the team's upstart explosive wide receiver, appears to be facing suspension for substance abuse as well. Another AFC team that will be plagued by injury in the early going is the Houston Texans.

While the Texans are more of a fringe playoff team than a true contender, their best offensive player and star running back Arian Foster is expected to miss at least the first month of the season as he recovers from a groin injury suffered in the preseason.

As the focal point of the Texans offense, Foster's health could make the difference between the Houston making or missing the playoffs.

In the NFL, every game counts. The injuries and suspensions that have happened thus far may very well play a big role in who will play for all the marbles next winter and who will be watching from home.

(Top Left) In this Aug. 14, 2015, file photo, Pittsburgh Steelers running back Le'Veon Bell, center, gestures on the sideline during the second half of an NFL preseason football game against the Jacksonville Jaguars in Jacksonville, Fla. Several teams will be missing key players when the NFL season kicks off this weekend. (AP Photo/Phelean M. Ebenhack, File)

(Bottom Left) In this Aug. 19, 2015, file photo, Carolina Panthers' Kelvin Benjamin (13) holds his left knee as he is carted off the field after being injured during a joint practice with the Miami Dolphins at NFL football training camp in Spartanburg, S.C. As the 2015 season kicks off, several teams didn't survive the preseason too well, and their chances for prosperity have been reduced significantly. Benjamin is out for the season with a knee injury. (AP Photo/Chuck Burton, File)



Ike Wilcots

Contributing Writer

Heisman hopefuls this season

This year's Heisman watch could be one to remember. Having dominant players from numerous conferences makes the race for this award something to care about.

Once the season starts we will see playmakers from many teams, but when all is said and done there can only be one Heisman winner in the end. These are some of the top players from last year returning to hopefully join a club of the greatest group of athletes in all of sports.

Samaje Perine OU: The 230-pound sophomore is ready to cause mayhem to any defense he faces this season. Last year after rushing for over 1,700 yards, breaking the NCAA record for most yards in a single game against Kansas, Perine is set to be the starting running back for coach Stoops and the Sooners.

The sophomore has something to prove after beating out the five star recruit Joe Mixon for the starting job this offseason while also dealing with a minor knee injury. With a new offensive coordinator, Perine will look to produce

another big-yardage season and hopefully a Heisman trophy. Perine and the Sooners will face Akron in the season opener.

Ezekiel Elliott OSU: The 2015 national champion is an obvious choice for coach Urban Meyer to start at the half-back position for the upcoming season. Experts have already dubbed Elliott, who rushed for nearly 1,900 yards last season, the front runner to win the Heisman this year.

After a minor wrist injury and surgery early in the offseason, Elliott has recovered and is prepared to take on the Big Ten's defenses in his third season at Ohio State. Elliott and the Buckeyes will open their season against Virginia Tech.

Cody Kessler, USC: The Pride of Southern California. This fifth year senior could be considered one of the best quarterbacks in the nation. Throwing for 3,800 yards and throwing 39 touchdowns last season, analysts are already putting him in the Heisman watch for this season.

Kessler opens his final season against Arkansas State and hopes to give the Trojans a chance for the playoffs.

Trevone Boykin, TCU: Maybe considered the Big 12's best quarterback playing on the Big 12's best team this year. Boykin, senior, is looking to revive the monstrous season he showed last year when he threw for 3,901 yards and dished out 33 touchdowns.

The dual-threat playmaker will carry a chip on his shoulder for not being selected in last year's playoffs and will help lead a talented football team to conference dominance. Boykin will start his final season at Minnesota.

Ohio State quarterbacks: This could be the most interesting Heisman debate. Even though Ezekiel Elliott is an absolute Heisman candidate, his quarterbacks could also be in the race for the trophy. Last year fans witnessed Ohio State make history with dominant performances from two backup quarterbacks, J.T. Barrett and Cardale Jones, who battled this offseason for the starting position.

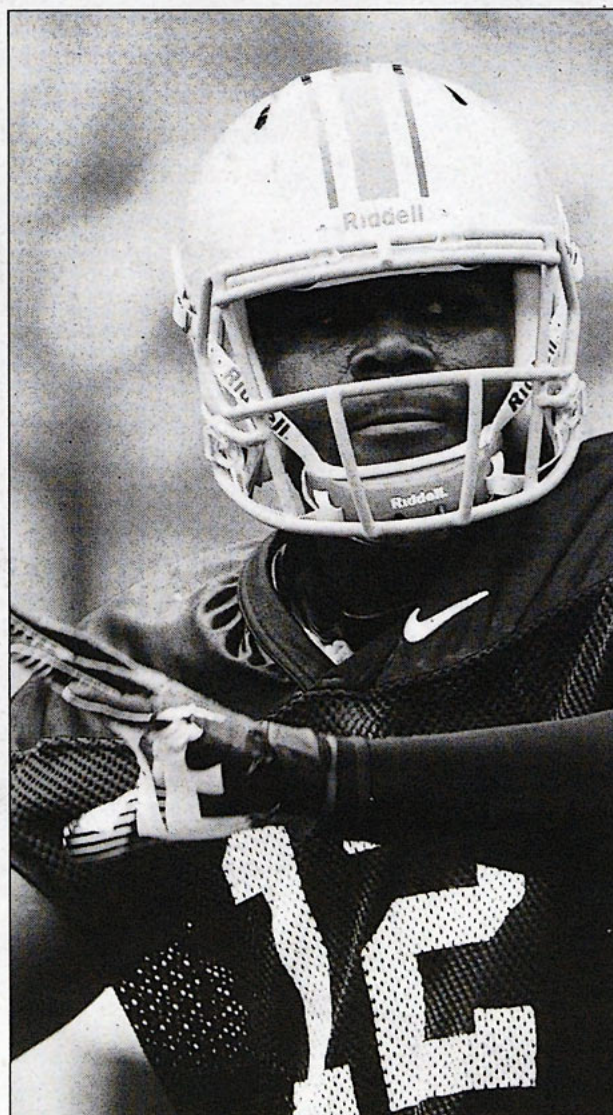
Coach Meyers recently deemed Barrett the starting quarterback for the upcoming season. Braxton Miller, a former star quarterback and another former Heisman candidate for Ohio State, is moving to wide receiver for his final year. Thus, Barrett will be the one to lead the offense this season.

If for some reason Barrett doesn't cut it, the Buckeyes are still set with Jones as the backup. Jones, junior, helped the Buckeyes get through the playoffs last year and led them to a national championship against last year's Heisman winner Marcus Mariota and the Oregon Ducks. With these two playmakers as quarterback, the Buckeyes could easily return to the playoffs.

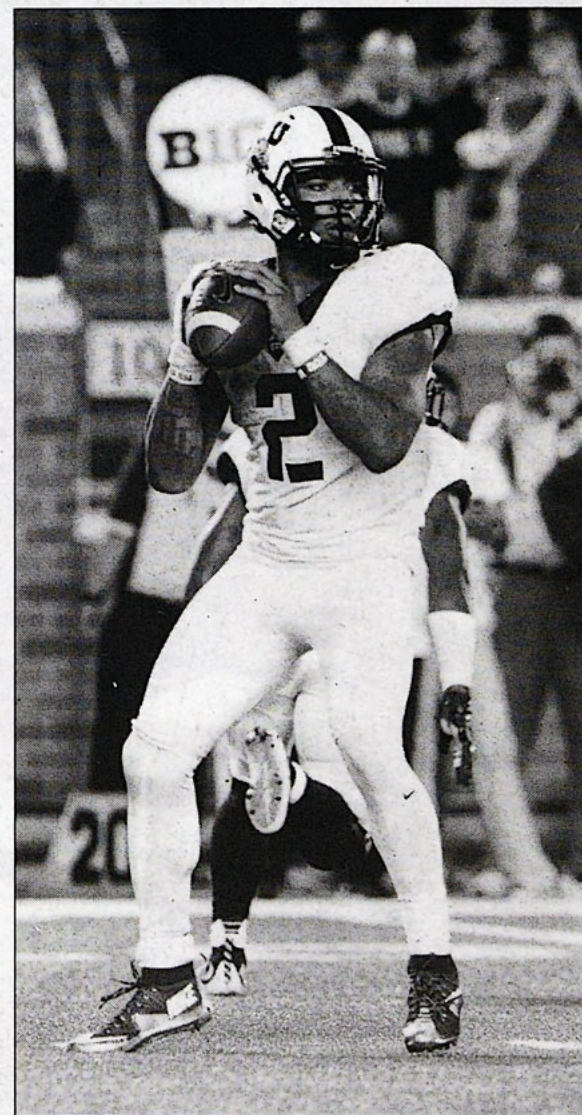
These players are just some of the many talented athletes in the NCAA this year. With injuries and snubs nobody can pick a definite winner this early, so sit back and get ready for the highly anticipated 2015-16 college football season.



Southern California quarterback Cody Kessler throws a pass to Taylor McNamara for a touchdown against Arkansas State during the first half of an NCAA college football game, Saturday, Sept. 5, 2015, in Los Angeles. (AP Photo/Danny Moloshok)



In this April 18, 2015, file photo, Ohio State quarterback Cardale Jones throws during the team's CAA college football spring game in Columbus, Ohio. Jones is competing against J.T. Barrett for the starting quarterback spot. (AP Photo/Jay LaPrete, File)



TCU quarterback Trevone Boykin (2) looks to pass during the first half of an NCAA college football game against Minnesota on Thursday, Sept. 3, 2015, in Minneapolis. (AP Photo/Paul Battaglia)

Game time for intramurals



Tate Hamon
@TateTheGreat20

Contributing Writer

The season of intramural sports at the University of Central Oklahoma is upon us.

Intramurals will begin this month. If you consider yourself to be an athlete or a natural competitor, then make sure you get registered.

Playing on an intramural team is a great way to stay active and meet new people. UCO has a lot of sports to choose from whether you want to play softball, basketball, flag football, soccer, kickball, handball, ultimate Frisbee or even pingpong.

Intramural sports games take place at the Wellness Center on campus. Flag football and softball games take place at the Memorial baseball fields. The entry fee at the gate is two dollars for players.

UCO Intramurals is also a great opportunity for an on-campus job. If you are interested in applying for a referee

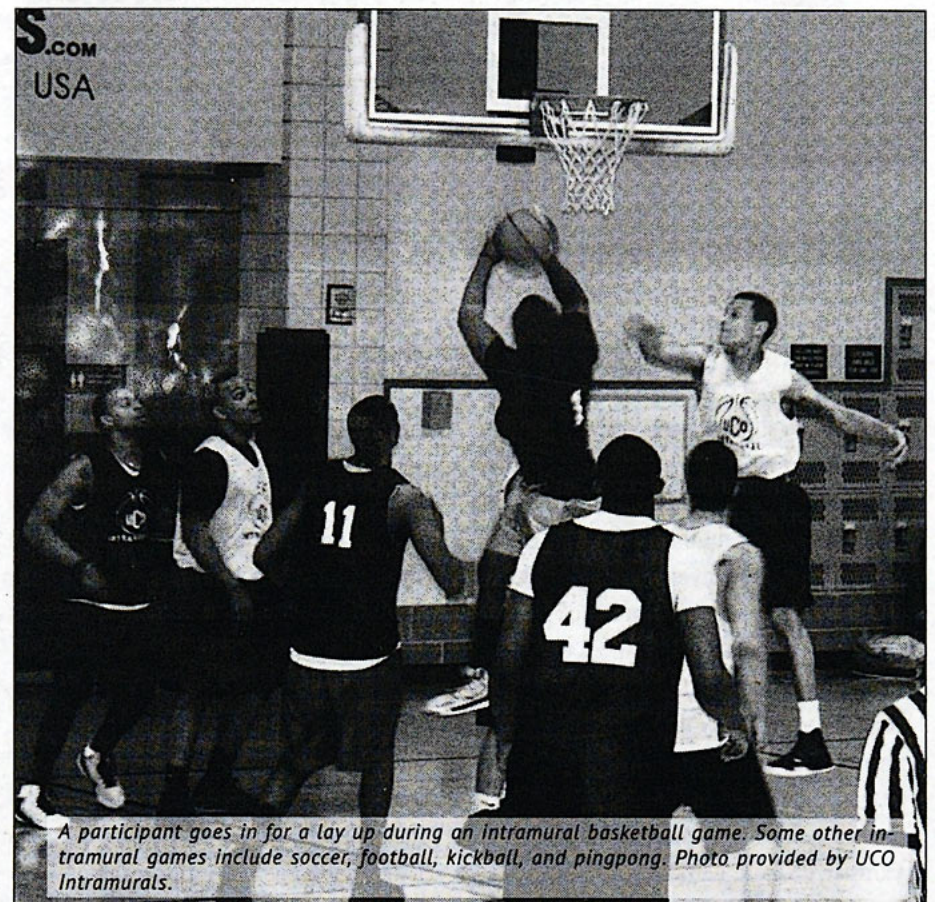
position, it requires no experience and provides training when hired.

To sign up for Intramurals, go to IMLeagues.com, select University of Central Oklahoma in the school listings and pick what sport you want to play. There is also the option to join other teams or start your own.

There are two different leagues to choose from. One is for anyone who wants to play and the other is a Greek league just for students in a fraternity or a sorority. The cost for forming a team to play in any of the sports is 25 dollars. Winning teams will get their picture taken and hung on the walls of the Wellness Center.

When asking students about intramural season coming up here is what a few students had to say.

"Playing on an intramural flag football team here at UCO has really helped with my laziness, because I ha-



A participant goes in for a lay up during an intramural basketball game. Some other intramural games include soccer, football, kickball, and pingpong. Photo provided by UCO Intramurals.

ven't played football since high school and it is a really good way to meet other students," said Dylan Sanchez, a UCO commuter student.

"I love intramurals and I'm so excited for this year's flag football games. There's nothing better than playing my favorite sport with my brothers against the other fraternities on campus, plus intramurals is a great way to relieve stress," said Branen Kirtley, a Sigma Nu member at UCO.

After signing up, the intramural recreation specialist will send a text telling you when and where your games will be. The position for the intramural recreation specialist is currently empty, so for any other questions about intramurals call the UCO Wellness Center at 405-974-2000.

For more information you can check out the UCO Intramural Facebook page.



Several participants in an intramural game play flag football in Wantland Stadium. The intramural games provide UCO students with a good chance to get to know new people while having fun playing sports. Photo provided by UCO Intramurals.



Is it earned or a hand-out?



Emily Howsden
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Sports Reporter

James Harrison, an outside linebacker for the Pittsburgh Steelers, was recently in the spotlight for taking his two son's participation trophies from them. He later told his sons he would give the trophies back after they earned them.

News broke of Harrison's parenting tactics after he posted the picture to his Instagram account of his two son's participation trophies, and explained why he took them away.

"I came home to find out that my boys received two trophies for nothing, participation trophies. While I am very proud of my boys for everything they do and will encourage them till the day I die, these trophies will be given back until they EARN a real trophy. I'm sorry I'm not sorry for believing that everything in life should be earned and I'm not about to raise two boys to be men by making them believe that they are entitled to something just because they tried their best...cause sometimes your best is not enough, and that should drive you to want to do better...not cry and whine until somebody gives you something to shut u up and keep you happy. #harrison-familyvalues"

As our world evolves and people are congratulated for almost anything, it's important to instill values in the next generation that things aren't given, they are earned.

Looking back throughout the years of playing competitive sports, I can count on one hand the amount of participation trophies I received. Even fewer than that is the number of those trophies that I actually kept. However, the trophies I was given for winning something, I kept all of them.

So ask me if I agree with James Harrison after taking his son's trophies away and I say, yes. It could be my competitive nature, but the question I have for you is, who wants a trophy that means

nothing?

If I want something to simply prove I competed in an athletic event there are a number of things I would do before accepting a participation trophy.

First, buy a T-shirt. The term "been there, done that, bought the T-shirt" wouldn't be the same if it read "been there, done that, got the participation trophy."

Second, snap a picture. A picture is worth a thousand words, can show emotion, and even be mounted on a wall without having to admit that you didn't win. A participation trophy is worth about two dollars and the painful explanation of "no I didn't win, I just participated."

Third, you could win and get a real trophy. Nothing feels sweeter than hard work paying off after all the practices, conditioning, and sacrifice. What better than a big shiny medal or trophy to prove you did it.

Hamilton's Actions don't make him a mean dad, and it doesn't mean that he doesn't love his children. His actions prove he loves them by making sure they are raised with a hard work ethic, much like the one he needed to make it to the NFL.

It is also important to encourage and uplift anyone when they've worked hard towards a goal and not achieved it. Positive and uplifting comments and cheers can do a lot to someone working towards a goal. Be a team member.

Handouts do nothing but enable children in the long run. You won't be handed grades, won't be given a degree because you simply went to class, and certainly won't get a job for just showing up to the interview.

I stand by Harrison's judgment call on this one. If they are anything like their father, his son's will work to receive those trophies for good.

In this photo taken on Sunday, July 5, 2015, children compete for the ball as they play football in a playground in one of the yards, between tower blocks in Moscow Russia. (AP Photo/Alexander Zemlianichenko)

Above the rim:

Thunder fifth best in the west?



Bradley Jayroe
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Sports Editor

Early last week, ESPN released its annual NBA summer forecast in which writers were polled about where each team would place in its respective conference.

Unsurprisingly, the Golden State Warriors are predicted to finish the season atop the Western Conference. The Warriors will return nearly every player from last year's championship run, and with their young core, won't slow down anytime soon.

But the biggest surprise was not seeing the Oklahoma City Thunder listed until the fifth slot. The pride of the Sooner State was ranked behind the aforementioned Warriors, along with the Spurs, Rockets, and Clippers, respectively.

Giving the Warriors the top spot is expected, and warranted. However, after that you could make a good case that the Thunder will be the second best team in the conference.

The San Antonio Spurs at number two is fair. They were NBA champions recently, and adding Lamarus Aldridge was huge for them. Not to mention that the re-signing of Danny Green and Kawhi Leonard ensures that the Spurs will make noise out West for years to come.

But one thing we must remember is that this forecast is for each team's regular season record. Over the last few years, Spurs head coach Gregg Popovich has made a habit out of resting players in the regular season, even to the detriment of playoff seeding. That could definitely cost them a few games.

When it comes to the Rockets, most

pundits are high on them generally because they made it to the Western Conference Finals last season. But considering that the Thunder has been to the conference finals three out of the last four years it made the playoffs, that's hardly a reason to think the Rockets will do better than the Thunder next season.

A lot of Houston's hype has to do with how the team has built up depth over the last few years, and the play of MVP candidate James Harden. But it has to be remembered that while Houston has one MVP-caliber player, the Thunder legitimately has two as of last season. Also, when it comes to depth, a healthy Thunder team is as good as or better than Houston.

As for the Clippers, well, on paper they look formidable. They signed Josh Smith away from the aforementioned Rockets this summer, and acquired Lance Stephenson for practically nothing. Additionally, they signed Paul Pierce to be their new starter at small forward.

But teams that look great on paper don't always pan out. Remember the 2012 Los Angeles Lakers? This team may have similar issues when it comes to fit and chemistry.

Paul Pierce, while a sure-fire Hall of Famer, is one year older. Though he showed that he still has some left in the tank this last postseason, Father Time catches up to everyone.

It's notable that for Pierce to be so effective in the playoffs, he had to rest a lot down the stretch of the regular season and

he can't play a lot of minutes in general. To make things more tedious, he's the only true small forward on the roster.

Lance Stephenson has been a bit of a head case his whole career, but he did have a breakout year two seasons ago with the Pacers. Last season, though, he was a complete flop as one of Charlotte's main players.

Who knows how Stephenson will fare with the Clippers, but playing alongside Chris Paul, he may have a tough time fitting in. He isn't a great off-ball shooter, and he'll be playing with one of the best point guards in the league so he won't have the ball in his hands much, where he's most effective.

You never know how a lot of big names will mesh or if they'll be able to play together at all. The Clippers may be another case study in big names not being able to jell in the NBA.

Lastly, let's take a look at what the Thunder has going for it.

First and foremost, 2013-14 MVP Kevin Durant will return fully healed from surgery. When talking about Durant, a lot of people want to bring up guys like Yao Ming or Tracy McGrady who were never the same after suffering serious injuries.

But nobody seems to notice that people implied similar gloom and doom for Russell Westbrook, yet he just had his best year as a pro playing a lot of minutes. Or, the fact that Michael Jordan broke his foot in the 1985 season and then went on to be the greatest player of all time.

Durant will join fellow MVP hopeful Westbrook after the latter had a spectacular campaign of his own in which he won the scoring title. These two will be rejoined by the third member of their big three, Serge Ibaka, who maintained his position as arguably the best shot blocker in the association with 2.4 per game (NBA.com).

Perhaps most exciting for the team is that it now has something it really hasn't since its move to Oklahoma City: depth. Gone are the days where the stars have to play over 40 minutes a night, while limited veterans like Derek Fisher and Kendrick Perkins are relied upon for role player production.

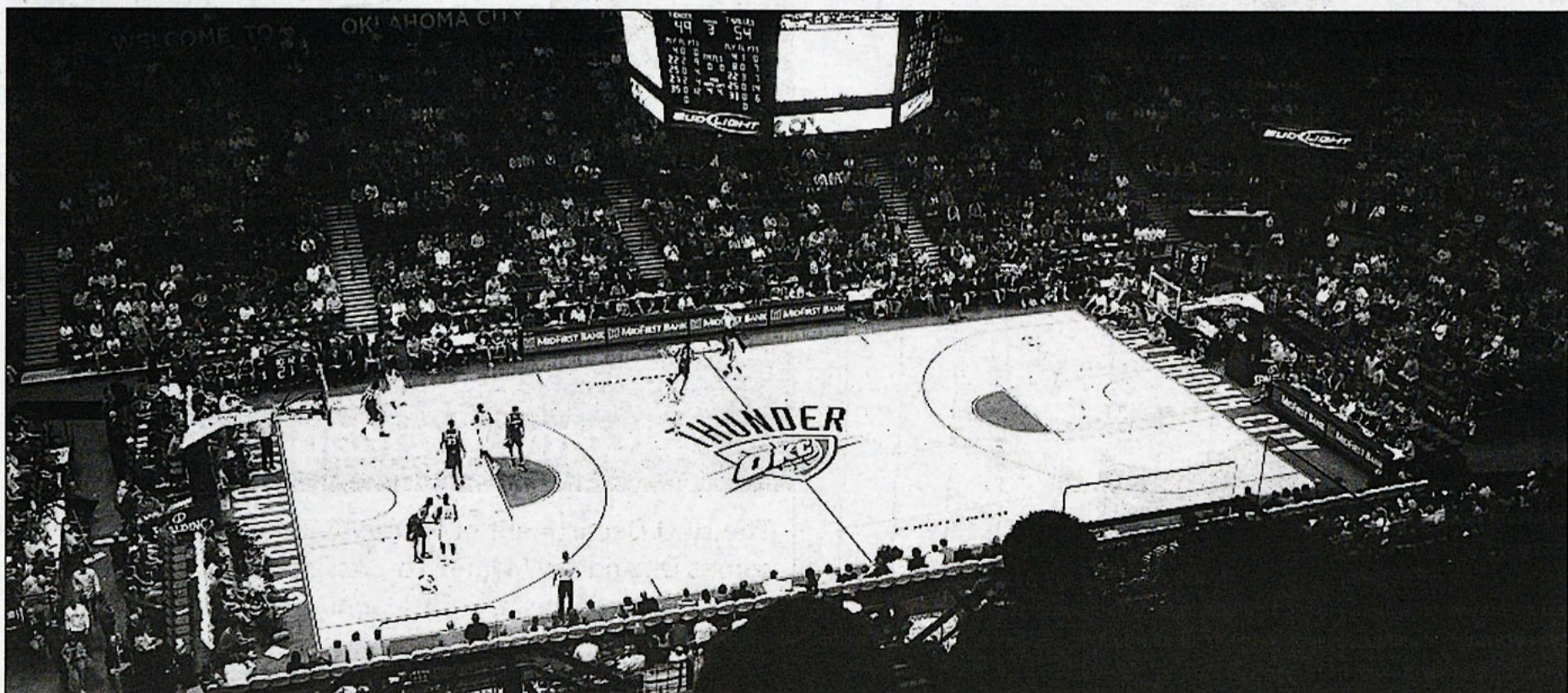
Now, the Thunder has a stable of serviceable players it can lean on for considerable contributions.

Enes Kanter is one of the best offensive big men in the league. Anthony Morrow is a sniper from 3 point range, and Dion Waiters still has a lot of untapped potential despite his shortcomings.

Unlike a lot of teams, the Thunder as now constructed doesn't have to choose between star power and depth. It has both.

It's for these reasons that the Thunder will finish at or near the top of the West once again.

The only thing that could derail things is injuries again, but that's not very likely. Perhaps the reason the Thunder was picked so low in this forecast is because the team wasn't fresh in the minds of the contributors.



The OKC Thunder play a home game in the Chesapeake Energy Arena. Photo provided by Wikimedia.

UCO Volleyball starts off strong, continues to roll in September



Emily Howsden
@emilyjhowsdn

Sports Reporter

The Central Oklahoma Volleyball team started off its season on the road with four consecutive wins to open the season, possibly foreshadowing what is to come.

Fresh off of a disappointing end to last season where the Bronchos fell short of a national tournament bid, they are back with a vengeance to claim their spot at the top of the Mid-American Intercollegiate Athletic Association.

UCO's season started in early September in St. Louis at the Maryville Invitational where Senior and returning first team All-American Barbara Jackson was awarded the title of Most Valuable Player in addition to her spot on the All-Tournament team.

Jackson is coming off of a stellar junior year in which she contributed 472 kills, 314 digs, 62 blocks, and 45 service aces, all

to the efforts which landed Central with an impressive record of 28-5 last season, per bronchosports.com.

On the first day of competition, the Bronchos took on Southern Wesleyan, and host team Maryville. Taylor Bevis, a freshman from Wichita, Kansas, started her collegiate career with a bang recording 22 kills, only five behind the team high from Jackson, an experienced team veteran.

Also on the offensive side of the match, Junior Katy Davis provided her teammates with 38 assists, while teammate Whitney Gifford provided a strong defensive effort with 20 digs.

Allison Barr helped UCO take the lead from a 12-12 tie in the second set, which eventually clinched the victory for the Bronchos against Southern Wesleyan, 25-19, 25-15, and 25-18.

On to the second day of the Maryville Invitational, UCO continued in its strong offensive effort with three punishing sets against Henderson State.

Once again, Jackson took the lead in the Bronchos' offensive attack with 16 kills and 11 blocks in the championship game of the weekend against Texas-A&M-Kingsville.

Davis had an unprecedented 40 assists, Bevis and Barr both had 10 kills, and another newcomer for Central, Jordan Spence, had eight kills and five blocks, while Gifford led the team with 17 blocks.

A collective team effort from the Bronchos all weekend led them to claiming the title of the Maryville classic, and landed two players, Barbara Jackson and Taylor Bevis, on the All-Tournament team.

The Bronchos didn't stop there, howev-

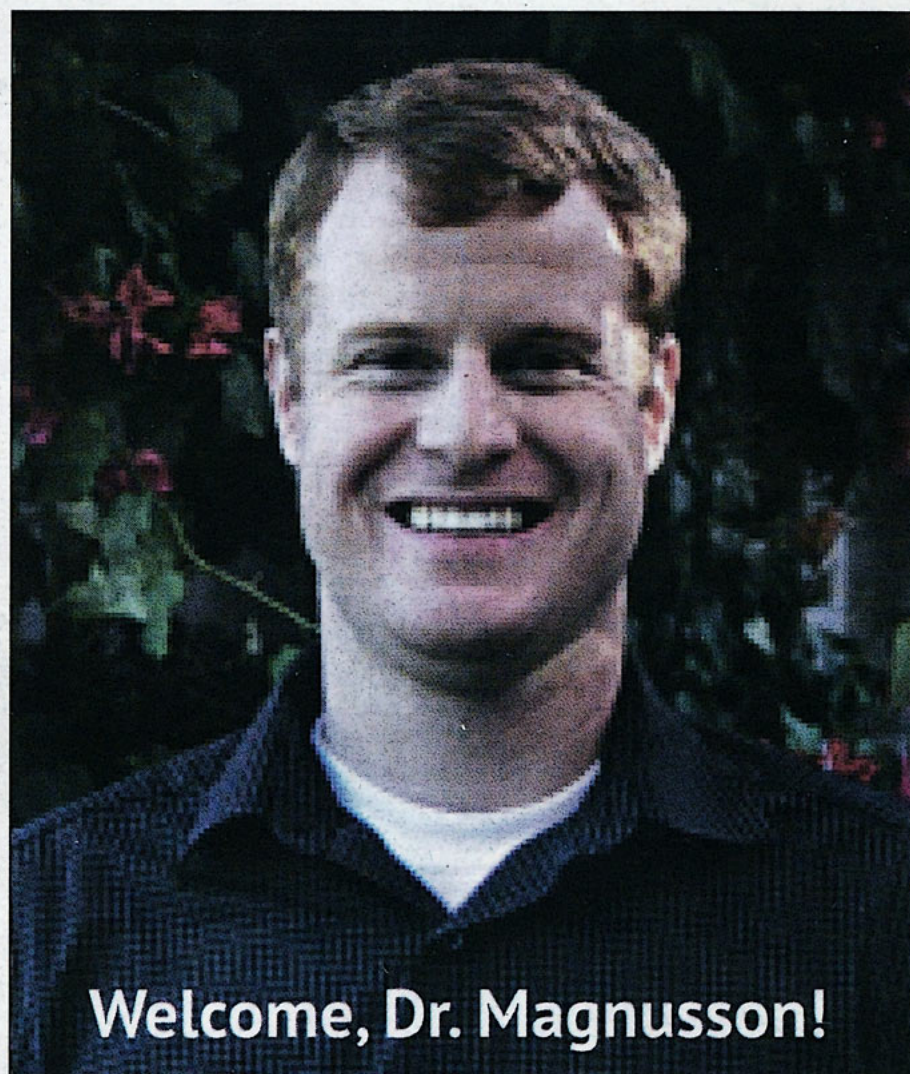
er. On September 8, the team beat intrastate rival Oklahoma Baptist University 3-1. Three days later, they won against Saint Leo University.

However, the winning streak would end at six, as the Bronchos fell to No. 11 ranked Florida Southern college, 1-3.

The Bronchos regained their winning ways on September 12 however, defeating both No. 24 West Texas A&M University and Merrimack College to the tune of 3-0.

UCO Volleyball couldn't ask for a much better start to the season. It will begin conference play on September 25 against No. 13 Central Missouri at Hamilton Fieldhouse. The club will have several key conference games at Hamilton Field house in October as well. Admission to all UCO sporting events is free with a valid UCO student I.D.

A member of UCO's volleyball team jumps to block a serve. The Bronchos' volleyball team is off to a great start this season, having already won their first four games. Photo from Vista Archives.



Welcome, Dr. Magnusson!

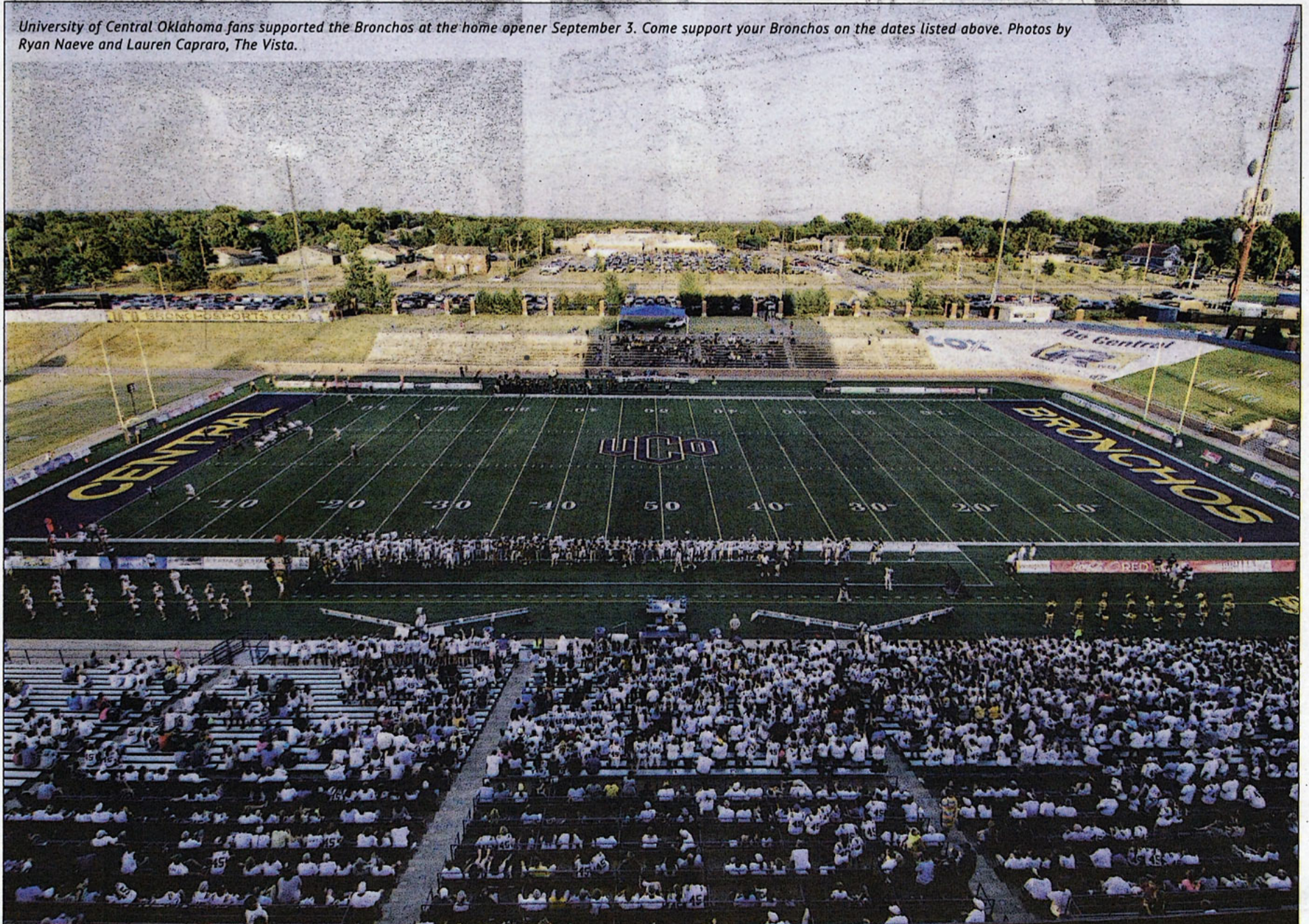
The UCO Department of History & Geography welcomes Dr. Andrew Magnusson, Assistant Professor of Middle Eastern History. Dr. Magnusson will be teaching courses such as: History of the Modern Middle East and History of the Israeli-Palestinian Conflict.

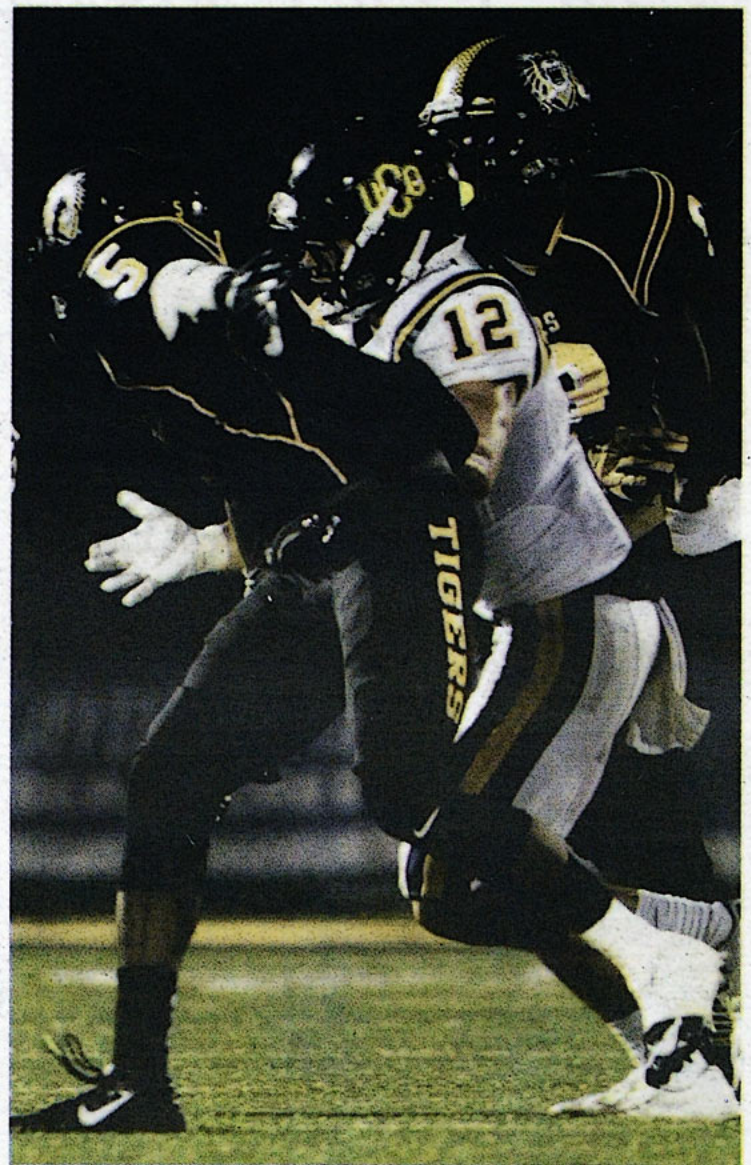
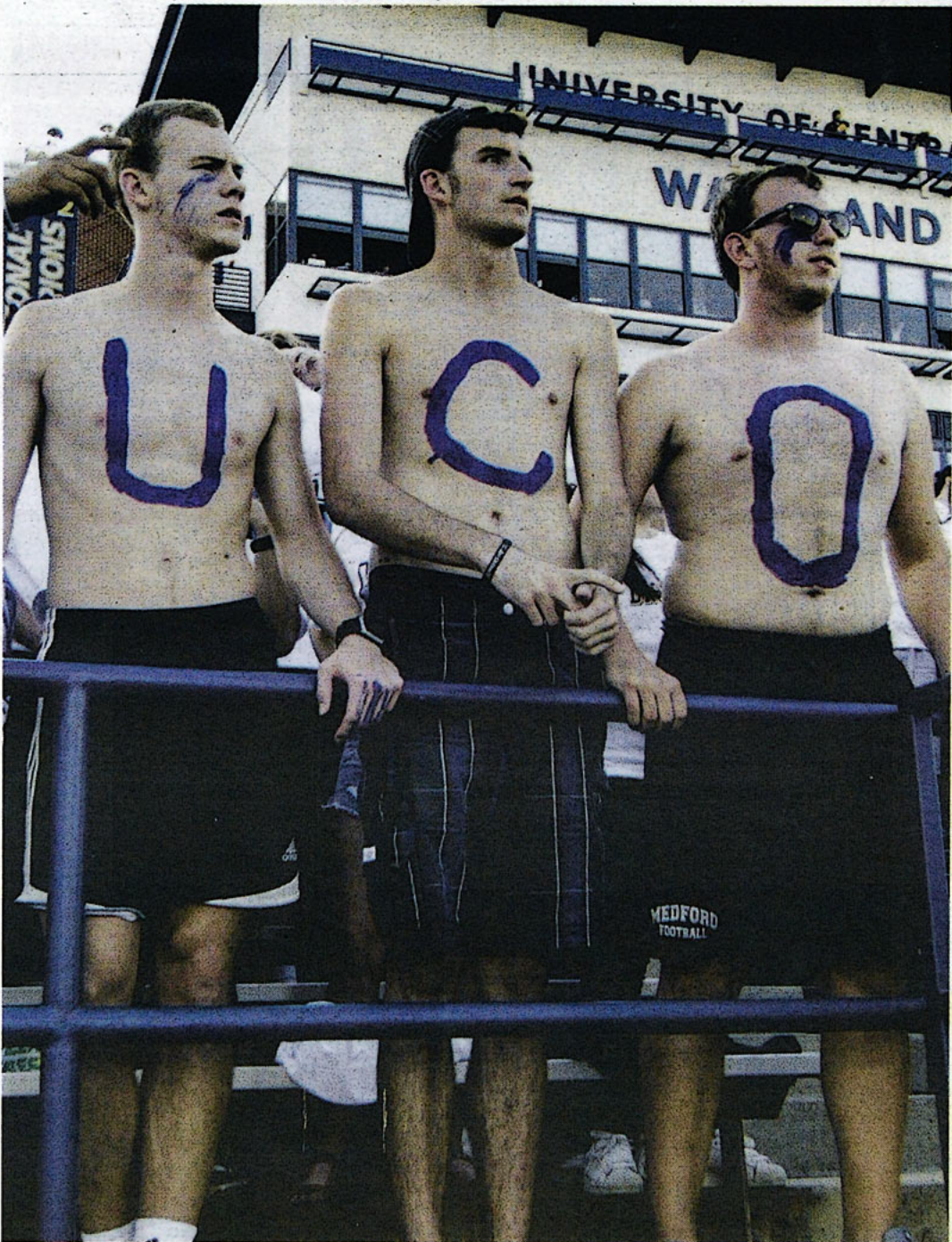
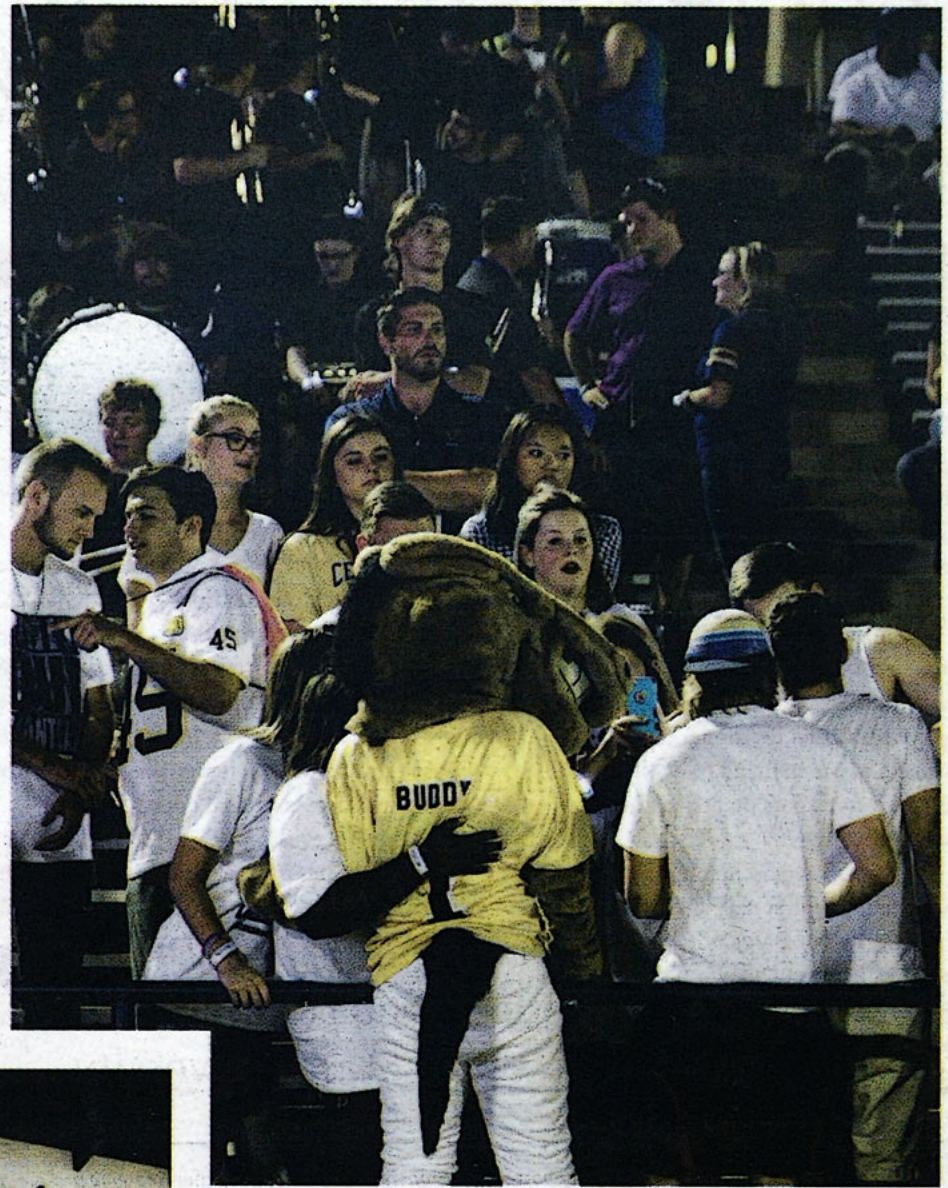


Back the Bronchos

9/19/2015	Emporia State University	EDMOND	2 p.m.
9/26/2015	Northwest Missouri State University	Maryville, Mo.	2:30 p.m.
10/3/2015	University of Nebraska-Kearney	EDMOND	2 p.m.
10/10/2015	Missouri Southern State University	Joplin, Mo.	6 p.m.
10/17/2015	University of Central Missouri	EDMOND	2 p.m.
10/24/2015	Washburn University	Topeka, Kan.	1 p.m.
10/31/2015	Northeastern State University	Tahlequah, Okla.	1 p.m.
11/7/2015	Lindenwood University	EDMOND	2 p.m.
11/14/2015	Pittsburg State University	Pittsburg, Kan.	2 p.m.

University of Central Oklahoma fans supported the Bronchos at the home opener September 3. Come support your Bronchos on the dates listed above. Photos by Ryan Naeve and Lauren Capraro, The Vista.





Energy heads to playoffs and looks to finish strong



Aaron Albertson
@albster5

Contributing Writer

The Oklahoma City Energy defeated the Austin Aztex on August 29, with goals coming from Sebastian Dalgaard and Danni Konig, making the Energy the first team in the Western Conference to clinch a playoff spot.

Not only that, but it will be the first playoff appearance in the Energy's young history. Here's how it happened.

Oklahoma City controlled the tempo throughout the match. They kept the ball away from the Aztex front line, leaving them with scraps for dinner on the offensive side of the ball and only allowing the Aztex five shots on goal throughout the match.

The Energy would notch their first goal late in the first half. Oklahoma City's Sebastian Dalgaard would team up with Christian Duke to just get free enough from the Austin defense to send the opening goal behind Austin goal-

keeper Cody Laurendi. Dalgaard's goal was his 5th of the USL season.

Oklahoma City would take the one-goal lead into halftime.

In an earlier season matchup between the two teams, Oklahoma City surrendered a one-to-nil lead to Austin, eventually falling behind 2-1 before an 86th minute equalizer from the Energy's Kyle Greig ended the match in a draw. There was little concern for a repeat in history, however, as OKC controlled the ball heavily on Saturday night's match.

Having the USL's leading goalscorer on your team also eases that concern considerably.

In the 88th minute Oklahoma City's Danni Konig received the ball 18-yards from the goal off a cross from midfielder Chuy Sanchez. Konig would power the ball into the top-right of Laurendi's net to push the score to 2-0.

Konig's goal was his 20th of the season, tying a USL league record for most goals in a single season. The Energy still have four more games in the regular season, giving Konig plenty of time to break the record.

Konig was asked after the match about the record-tying goal, stating "We haven't talked about the record at all, some guys are taking bets now, but I want to enjoy the record after the season." Konig went on to say that his focus was on the team and putting them in a good place going into the playoffs.

The Danish Duo's goals would put the tally at two-to-nil after the final whistle. The win clinched Oklahoma City a playoff berth, the first team in the Western

Conference to do so.

The 2-0 win gave Energy goalkeeper Evan Newton his 9th shutout of the season. He is only two more shutouts away from tying the USL's single-season shutout record. Newton recorded five saves in Saturday's shutout.

In its next two matches, the Energy loast to the Real Monarchs and Tulsa Roughnecks. It also played to a draw in its match against the Colorado Springs Switchbacks on September 12.

The Energy will play Arizona United in its final match of the regular season September 16. The team will hope to get a win for some positive momentum heading into the playoffs.

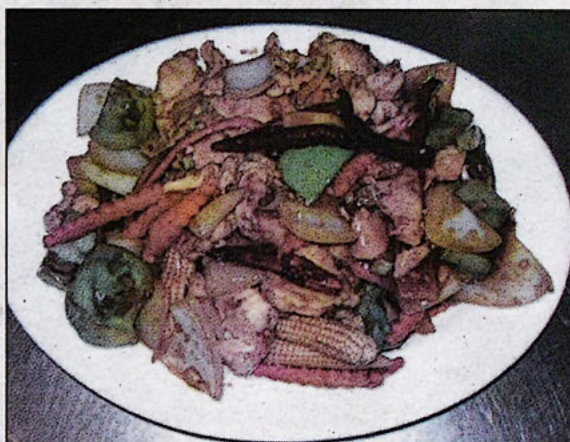
Several members of the OKC Energy celebrate after scoring a goal during a game on July 11. Photo from Vista Archives.

Dot Wo Chinese Seafood Restaurant

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Got you covered:

Q&A with Levont'e Douglas



Bradley Jayroe
@bjayroe6

Sports Editor

Levont'e Douglas is a senior at the University of Central Oklahoma, and a defensive back for the Bronchos football team. He sat down for an interview with the Vista, giving his thoughts on football and the current season, as well as his own personal background and story.

Q: What do you want to do when you graduate?

A: I want to open up my own sports performance facility eventually, and get into strength and conditioning. I also want to be a mentor, and a music producer. I know that's a lot, but I want to make all the things I want to do in life come true.

Q: What drew you to football? Was that the only sport you played growing up?

A: I actually started off more so a basketball player, ran a little track, played baseball as well. But I remember in third grade, my cousin told me they had a football team because I had just moved in to Ardmore. The thing was, I just wanted to start playing; started out playing flag, but I've been playing ever since. I was a three-sport athlete up until my senior year.

Q: How did you end up at UCO?

A: I had some offers at a couple bigger schools but that didn't work out as planned, but I believe God placed me in the right place by bringing me here. I actually had some things going on in my life family related that made me stay. I really like the campus and the environment and just loved it here. I really like that Edmond is in a nice, secure place, no crime rate or anything like that. Ardmore has one of the highest violent crime rates in Oklahoma and that's a big reason why I love it here. I just thank God for the opportunity, I'm blessed to be able to be here doing this.

Q: What is your favorite football memory so far here at UCO?

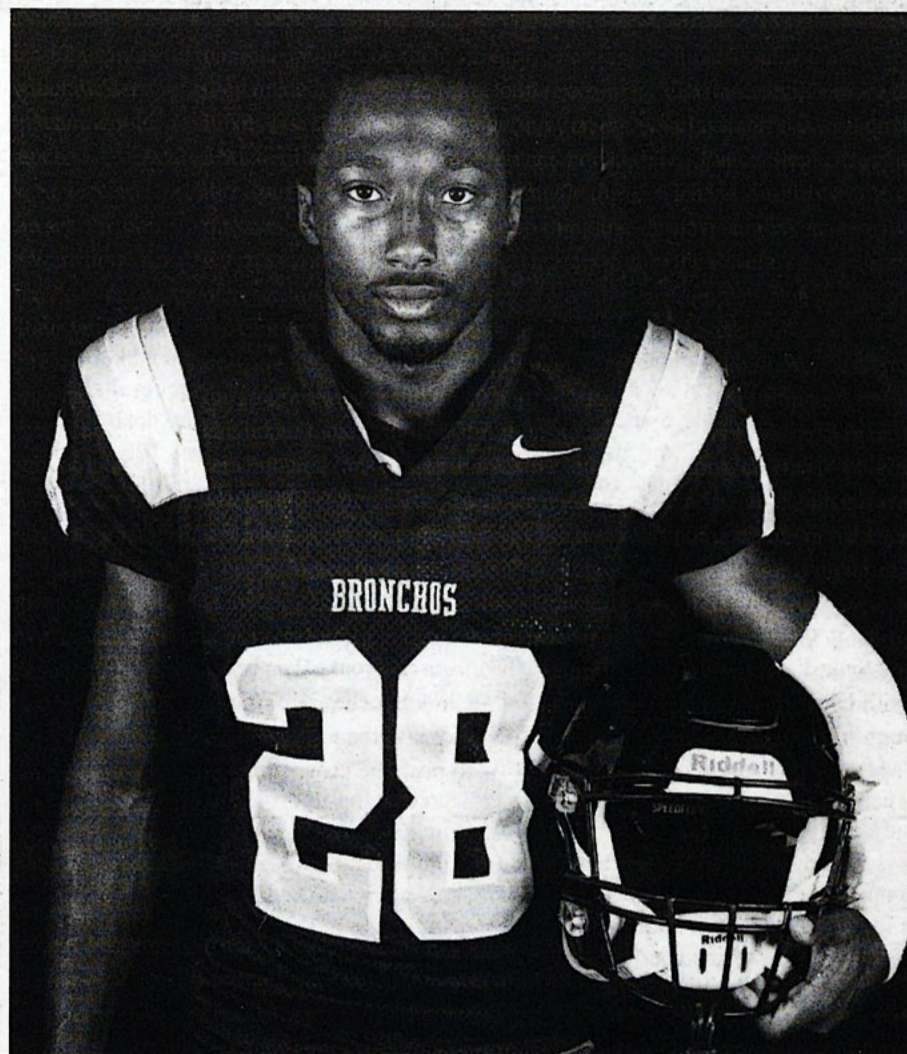
A: Having the record for the longest fumble recovery. I just got that last year. That was one of my favorite college memories. It was 103 yards, but they only gave me 99. I guess they don't go past 99. They had made a big play and had gotten all the way down to the one, and they just did a simple dive play with the running back and went straight up in the middle, got hung up in a pile, and somebody knocked the ball out so I just picked it up and ran it back. I kind of hesitated, almost like it was too good to be true, but yeah just shout out to my teammates.

Q: Are there any pro players that you idolized growing up that you tried to model your game after?

A: I would have to say, Champ Bailey. He was a lockdown corner, and that's what I believe in- locking people down. Darrelle Revis, he's another guy. Because he's always on an island, you can rely on him to make a play. I looked up to Sean Taylor, also Ed Reed- just versatile guys. Brian Dawkins, I really liked that he was a faith based player, really gave it all to God, that's what I loved about him.

Q: Obviously, first two games were tough losses for the team. The first game, you guys jumped out to a big lead but ended up losing by one point on a last second field goal. The next game it was kind of the opposite, falling behind early only to mount a comeback later, but ran out of time. What can you guys do to play consistently at a high level for the whole game?

A: Do the things that we know we can do. And when I say that, I mean do your job. That's the main thing. And trusting each other. That's the two biggest things that we've been harping on, and also making the plays that we need to make. Because in this league, there's no margin for error. Anybody you play is good. You make a mistake, they make you pay for it. So if you can just get rid of the things that you can control, then the game will be more in our favor. Just being consistent through the whole game. Not waiting on somebody else to make the play, but making the play yourself.



Levont'e Douglas is the defensive back for UCO's football team. Douglas has been playing football since he was in the third grade. Photo by Cooper Billington, The Vista.

Q: What's the morale and the mentality like heading into the game against Emporia State this Saturday?

A: You've got to get better week by week. You can't dwell on the bad stuff. You've always got to be positive, look forward. Because bad things are gonna happen sometimes. You've got to think with a next play mentality; I hear that a lot being a cornerback because you know, you might get beat on a deep ball, or something goes wrong with the defense or you don't get the call you expected, but you've got to bounce back. Being negative will only bring the season down more. We just have to fix the things we can fix. The other teams aren't really doing anything special to beat us, we're just beating ourselves. Just a missed block or a missed tackle, just not being in tune with the game, stuff like that is just real big when it comes to this level of play.

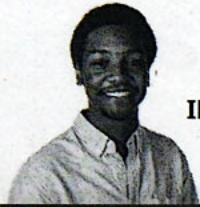
Q: Whenever the fans are getting loud and just going crazy cheering for you guys, what does that do for you out there on the field?

A: It kind of gets us going. If we make a big play, let's say for example, the first game I heard yelling, and I looked back and saw we got a sack, it kind of alerted me. Also when the crowd gets into it, it makes the players play harder. A lot of times, it just makes it more exciting as a player because you know people are behind you, backing you, rooting for you.

Q: Do you have a message for the Bronchos football fans?

A: Stay tight, we're gonna get it together. You just keep on supporting, and we're going to bring you good football. We have character guys, we don't believe in staying down. It's like a fight, you don't go in and not swing. You might get knocked out sometimes, but you always gotta get up, come back swinging. We know what we're capable of, we just gotta get out there and prove it. We know what we need to fix.

A life of fitness



Ike Wilcots

Contributing Writer

Imagine looking like hollywood royalty Arnold Schwarzenegger or Dwayne "The Rock" Johnson. Having their incredible physique, massive arms, and extraordinary work ethic.

Well having those first two elements will sure attract attention to you, but acquiring that drive to work hard to perfect your body image is something that all inspiring bodybuilders need to possess.

Meet Terence Clark, owner of Metamorphic Fitness LLC and an amateur body builder. Clark, 23, has competed in various bodybuilding competitions most recently in Miami, Florida last November. When asked what started this passion for creating the perfect body physique he stated, that he started at age 11 when he saw a men's fitness magazine in Walmart with his favorite model Greg Plitt on the cover.

After purchasing the magazine, Clark began buying weights and equipment and began his journey to become a fitness model. As years passed, he decided to make his hobby into a career.

In 2012 he began working at Gold's Gym, where he trained and began his process on becoming a bodybuilder.

"My main thing was to get where Greg Plitt was, to get where pro bodybuilders were, to get where fitness mod-

els were," Clark stated.

After a few years with Gold's, Clark made his decision to start his own personal training business. Thus, Metamorphic Fitness Personal Training came to be.

So what is some important advice to give to the average college student who is looking to become physically fit? Clark stresses being focused and giving your all are keys to success.

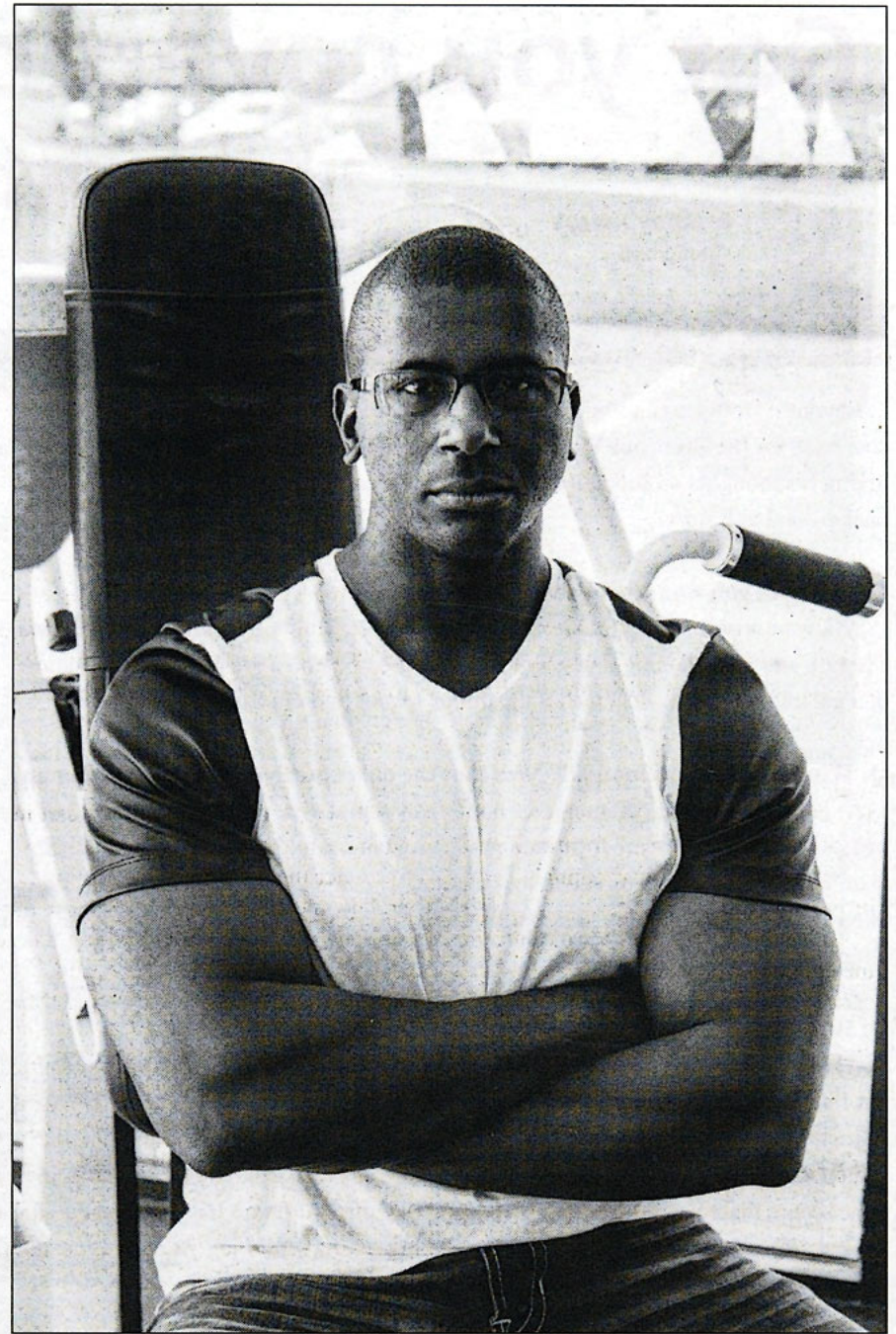
"It's real easy to get burned out when your main goal is to graduate. Have a goal to strive for, that's always possible," he said.

Studies show to master anything there needs to be time consumed and effort put towards to see positive results. Clark adds, "Anytime you get in, do 100 percent. Working out, meals-- 100 percent."

Healthy tips from other fitness gurus are simple things like making sure your diet and healthy lifestyle is successfully equal to your work out plan. Have goals to challenge yourself mentally and physically. Maybe even going to local gyms like UCO's Wellness Center to workout a couple days a week to build that perfect frame.

Clark, now with 4 Star Fitness, is continuing rigorous training for Olympia in 2016. His goal is to place in the men's physique division. When asked what final advice he had for people starting out in fitness he strongly expressed, "Leave your ego at the door. Not everybody knows everything. Research. Everything is always changing."

For more information about health and fitness go to www.uco.edu/wellness.



(Above) Terence Clark began working at Gold's Gym in 2012. Since then he's been developing his physique. Photo by cooper Billington, The Vista.



(Below) Terence Clark, 23, is an amateur body builder and owner of Metamorphic Fitness LLC. He's had a passion for creating a perfect body for himself since he was 11 years old. Photo by Cooper Billington, The Vista.

DJ Shreyas ushers in EDM culture

EDM @ UCO



Rachael Corbin
@rachaelcorbin

Contributing Writer

Business Administration major and Bangalore native, Shreyas Shivaprakash, 28, is on a mission to bring electronic dance music to the University of Central Oklahoma through his new student organization, EDM.

Shivaprakash has been involved in EDM, an umbrella term for a compilation of different dance genres such as techno, dubstep and house, since he became a DJ at the age of 19.

Bangalore, India proved to be the perfect environment for those who wished to improve their musical vocation.

Bangalore is the music capital of India, Shivaprakash said.

"It has the largest number of clubs in the country. We usually have a concert each week with an international artist,"

he said

At these clubs Shivaprakash refined his DJ skills to meet the high expectations of his peers who were not afraid to offer their critiques.

"If I went to someone with a new song and they said 'Oh, I've already heard that' that made me fight harder to find more new sounds. So that's how it's been a challenge."

Shivaprakash recounted a specific incident in 2012 when he played before 8,000 people at an open-air concert in Mumbai.

"After the show it was all happy faces and people were cheering for more music. That feeling got me thinking 'Okay, I've got to do this often,'" he said.

Shivaprakash would go on to DJ for

seven years, participating at concerts and competitions, sometimes as a contestant and other times as a judge, until coming to Oklahoma in 2014 to pursue a Master's degree in Business Administration.

"I got here and was hoping for a new wave of music," Shivaprakash said. "But then I discovered Oklahoma has a different type of music. They're not used to electronic dance music."

Shivaprakash was able to share EDM with UCO students by performing for the Office of Global Affairs as well as providing music for Orientation and Broncho Buddies Kick-Off. However, his desire to reach a wider audience grew.

"I thought there's got to be a larger platform for me to promote electronic dance music," said Shivaprakash.

Shivaprakash decided to work with his advisor, Robert Howard, to create a student organization that would help unite like-minded DJs who wished to share their electronic music creations with a large group of people.

Shivaprakash's goal is for the EDM organization to host at least one concert every semester and plans on having an event sometime in November. However, the new organization will need at least 50 members in order to set everything up.

Those who wish to participate in EDM are invited to check out the EDM At UCO Facebook and contact Shivaprakash through his own Facebook page for more information.



DJ Shreya Shrivaprakash talks to a student during his "Meet the Greeks" show. Shrivaprakash, who has been DJing for over seven years, recently started the EDM student organization. Photo by Cooper Billington, The Vista.

Coffee isn't always bad for you



Queila Omena
@queilaomena

Managing Editor

Coffee is actually very healthy.

We see people drinking coffee everywhere, all the time. At work, school, or at the mall, people are indulging in the flavorful drink and relying on it to be active and get things done.

An estimated 100 million Americans consume coffee in a regular basis, and appreciate the amazing taste and smell of the coffee bean. Honestly, the unmistakable smell is the reason many get up in the morning.

Besides the great flavor found in the bean, what are the benefits of drinking coffee?

The beverage increases energy levels, and has enough caffeine to improve memory, mood, reaction times and general cognition functioning.

Because of the great amount of caffeine found in the drink, it also helps the body to break down body fat. The fat is released into the blood as free fatty acids making them available as a fuel.

That's why coffee works as a stimulant, and can keep you up whenever you need to write a 10-page paper. College students will understand me.

Several studies illustrate that caffeine is one of the few natural substances that is proven to aid fat burning, increasing the metabolism by 3-11% percent.

It's no surprise. Commercials targeting people trying to lose weight often mention coffee as a way to improve metabolism and decrease body fat.

Caffeine acts as an appetite suppressant, and may temporarily squelch your appetite after drinking a couple cups.

Participants in a study were given green coffee bean extract and had a weight lost equivalent to 37.6 percent more than those you didn't participate. They transitioned from being at

per-obesity weight to a normal weight range in only 22 weeks.

Coffee also contains minerals, such as vitamin B5, potassium and magnesium.

For people with Type 2 diabetes, drinking coffee regularly can decrease health risks, according to an Australian research done with nearly 458,000 people.

The beverage has also been linked to lower risks for heart problems, such as heart attacks and strokes, both for men and women.

People who reported drinking 1-3 cups of coffee per day had 20 percent less chance of being hospitalized for abnormal heart rhythms compared to non-drinkers, according to a study of 130,000 people made by Kaiser Permanente Health Plan.

Coffee drinkers have up to 65 percent lower risk of getting Alzheimer's disease, are more commonly effected with neurodegenerative disease and the leading cause of dementia in the world. Unfortunately, there is no cure for Alzheimer's disease, but several studies shows how to prevent the disease, and that includes drinking coffee regularly, eating healthy and exercising.

If you are feeling down, you might try drinking coffee. It has been shown to lower the risk of becoming depressed, and also the risk of committing suicide. A study with 208,424 individuals found that coffee drinkers that consume four cups of coffee per day are 53 percent less likely to commit suicide.

A coffee break might rejuvenate and even decrease your pain-intensity level as well. So, next time you feel tired and restless, drink a cup of coffee and enjoy a moment of peace.

Coffee is not the answer for all questions in my life, but it surely can help us improve our health.

Over 100 million Americans drink coffee on a regular basis. Besides providing energy, coffee has many other health benefits. Photo by Ryan Naeve, The Vista.

What exotic pets can you own in OKC?



Adam Ropp
@adamropp

Reporter

Owning exotic animals that are not traditionally viewed as domesticated pets is nothing new, ancient Egyptians tried to tame lions. However, they soon discovered that some animals are better domesticated than others, and large cats as well as many other animals are not on that list.

So before deciding to own an exotic animal as a pet, people need to consider whether the animal is better off in captivity or in the wild.

Providing proper care for a wild animal for its lifespan can be challenging, expensive and time-consuming.

Sugar Gliders

Sugar gliders originate from the forests of Australia, Indonesia and New Guinea.

Using the skin flaps between their wrists and ankles, they feed by jumping and gliding in-between trees to eat the nectar and sap off eucalyptus trees, hence where they get their name of sugar gliders. They also eat fruit and insects so you don't have to worry about planting a forest in your backyard if you decide to have one.

Another positive note is that they live in group units so their natural instinct is to bond well with human families, however, if they are deprived of social interaction they

might become depressed to the point where they may die.

They live an average of 14 years, are fairly clean and do not have complex housing requirements other than a cage with bars for climbing that is 36 inches high.

Gliders also like toys, exercise wheels and nest boxes.

The downside to sugar gliders is may be difficult to find an experienced vet to treat them and if you don't keep their nails trimmed, they can do serious unintentional damage. They also have sharp teeth and though not aggressive, will bite if they feel frightened.



A young sugar glider grasps a towel. Owning a sugar glider can be a commitment because they live an average of 14 years. Photo provided Alessandro Di Grazia.

Hedgehogs

Hedgehogs are usually five to eight inches long and although hedgehogs were made popular by Sonic the Hedgehog, real life hedgehogs do not have super powers with the ability to run at supersonic speeds. However, they do have the ability to curl into a ball with tiny spikes on their back when scared.

Despite having prickles, they still like to be held, will crawl into your hands and will take treats.

The biggest oddity to owning a hedgehog is the fact that they are insectivores with crickets as their favorite choice of dish with mealworms as dessert.

Some hedgehog owners feed them kitten food, but this practice is starting to be frowned upon due to the high protein in cat food. If you're

wanting an easier solution, there is hedgehog kibble available at most pet stores or online that contains insect bits combined with vitamins.

Cages for guinea pigs and hamsters can also be used for hedgehogs, however the cages must be modified with a flat bottom to help keep their feet from falling through the cage grates.

Also, like owning a gerbil or hamster, hedgehogs like the soft bedding of cotton or newspaper as well as running wheels so your hedgehog can exercise.

Younger hedgehogs are easier to tame than older ones, therefore your best chance to having a hedgehog that loves being held is by getting one at about six to eight weeks of age.



Despite being small and prickly, hedgehogs make for good pets. They still like to be held and will take treats. Photo provided by Claus Rebler.

Siberian Foxes

Some people like to have Red Foxes as pets and although they can become very tame you can never fully trust them, especially around children. However, it's a different story for Siberian, or Silver, Foxes.

Many decades ago, Siberian foxes were used for the scientific study of stress in a new environment. For easier evaluation, the foxes were selectively bred by choosing the most tame foxes to breed and over time the foxes became like domesticated dogs.

A fully grown Siberian fox can weigh up to 22 lbs and stand up to 20

inches high at the shoulder, and due to bone density, weigh significantly less compared to a dog of similar height.

The biggest caution of owning a Siberian Fox is the fact that they like to dig and can jump six feet into mid-air, therefore tall fences that are deeply entrenched into the ground are mandatory.

The good news is that Siberian Fox's diet is rather simple with a quality grain-free dog food mixed with fruits and vegetables.

The Siberian pet fox is not cheap, so be ready to shell out a few thousand dollars for your new critter.



A siberian silver fox prowls around in its habitat. They can be difficult to own since they tend to jump up to six feet into the air; tall fences are recommended. Photo provided by Wikimedia Commons.

Fashion to look forward to

FALL FASHION



Kateleigh Mills
@kateleighSuz

Contributing Writer

As the leaves begin to fall and the temperature begins to drop, those who have waited patiently to show off their fall fashion inspiration can finally pull out their coats and scarves. Although New York Fashion Week has come and gone, here is a refresher on what trends were showing up repeatedly for men and women.

Women's fashion this fall can be categorized in five different categories. These categories include a '70s vibe, Victorian Era inspired, sporty, minimalist, and comfy casual.

The 70's vibe includes a comeback of flared jeans, fringe, suede, jumpsuits and bright eccentric patterns. This style can be modernly updated by choosing a sleeker silhouette when it comes to purchasing a bell-bottom or flare jean. Many of you may have noticed that kimonos are a big hit as well. This trend is incorporated with the '70s throwback.

The Victorian Era inspired clothing for women this fall includes an overhaul of the color black. The popular trends and cuts for Victorian enthusiasts include lace, embellishment, leather, embroidery, and classic diamond jewelry. This style was seen in Milan by designers Dolce and Gabbana.

The sporty look for women includes mixing in a sporty dud with everyday clothing. This could be a sports jacket, your favorite trainers, or jogger style pants. This trend is especially popular for those who seek comfortability as well as an effortless touch to an everyday look. Fabrics and trends for this style include mesh, stripes, and relaxed denim.

The minimalist trend is said to be one of the easiest because of its obvious simplicity. The concept of minimalism when it comes to fashion is all about letting the outfit speak for itself. Minimalists rely on the structure and silhouette of a piece of clothing. To achieve this look, practice keeping jewelry to a minimum and using colorblocking as a weapon.

Last, but certainly not least, the comfy casual look for women this fall could possibly be the most used. The effortlessly chic outcome of this trend is achieved by personal touch. Flannels, slip-on sneakers, graphic tees, and green army jackets are just few style trends that go along with this category.

Lyssa Hoffman, manager at Clothes Mentor in Edmond, has seen these trends increase in popularity at the resale store.

"We are seeing a lot of trends that fashion week predicted being brought in to the store. There is the asymmetrical patterns that is in the minimalism trend, the flare jean and the bright prints are also a big hit in the store," Hoffman said.

Men's fashion for this fall mirrors women's fashion when it comes to simplicity and comfort. These trends include a neutral color palette, a surprising emergence

of fur coats, a neo-seventies feel, oversized clothing, and a tribute to '90s grunge.

The neutral color palette for men this year includes a lot more earthy tones that are more towards the natural than the synthetic. Contrary to last year, the color palette for men, which was darker and more vibrant, has become soft and more about comfort.

When the fall weather turns a little colder than the bearable chill, men might surprise all of us by wearing fur. What might have been the biggest trend between the 10th through the 19th century for fashion could grace us all again in 2015.

Just like the women, men are also embracing trends that were popular in the '70s. This trend for men also includes a flare pant, flyaway collars, and graphic tees that a reminiscent of the rockers and rebels of that time period.

Another noticeable trend for men has been the oversized pieces that emphasize the comfort of this fall. Ashley Liddell and Megan Uber, co-owners of the men's only fashion shop The Factory, attested to these trends from fall fashion week. Both agreed that the loose-fitting style clothing would be a hit this fall.

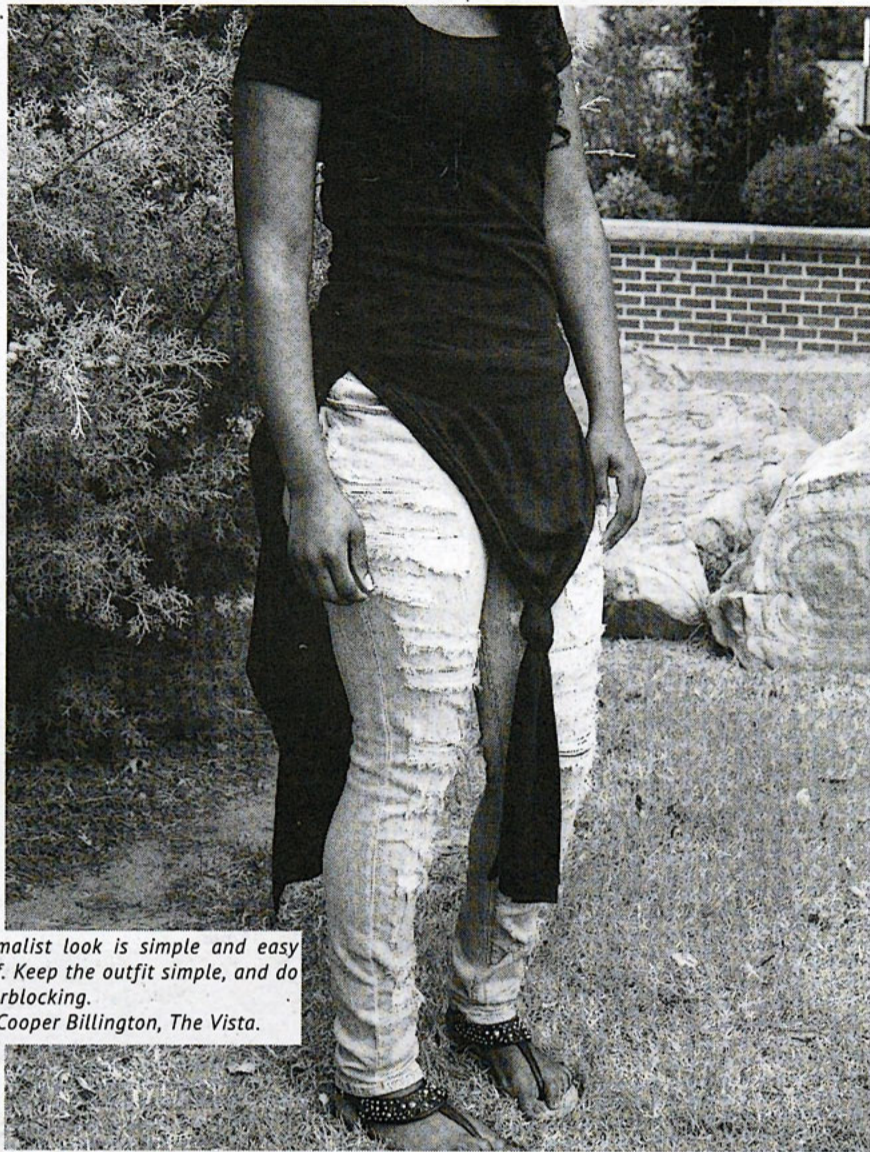
"We will be getting the entire collection of Kayne West's Adidas line this October," Liddell said. This collection included the oversized concept that men could be sporting this fall.

The '90s is also another time period that has made a contribution to men's fashion this fall. This style trend includes distressed denim for both pants and jackets, stripes, layering, and flannels. For all of you '90s babies, prepare to see your childhood come through from men's fashion.

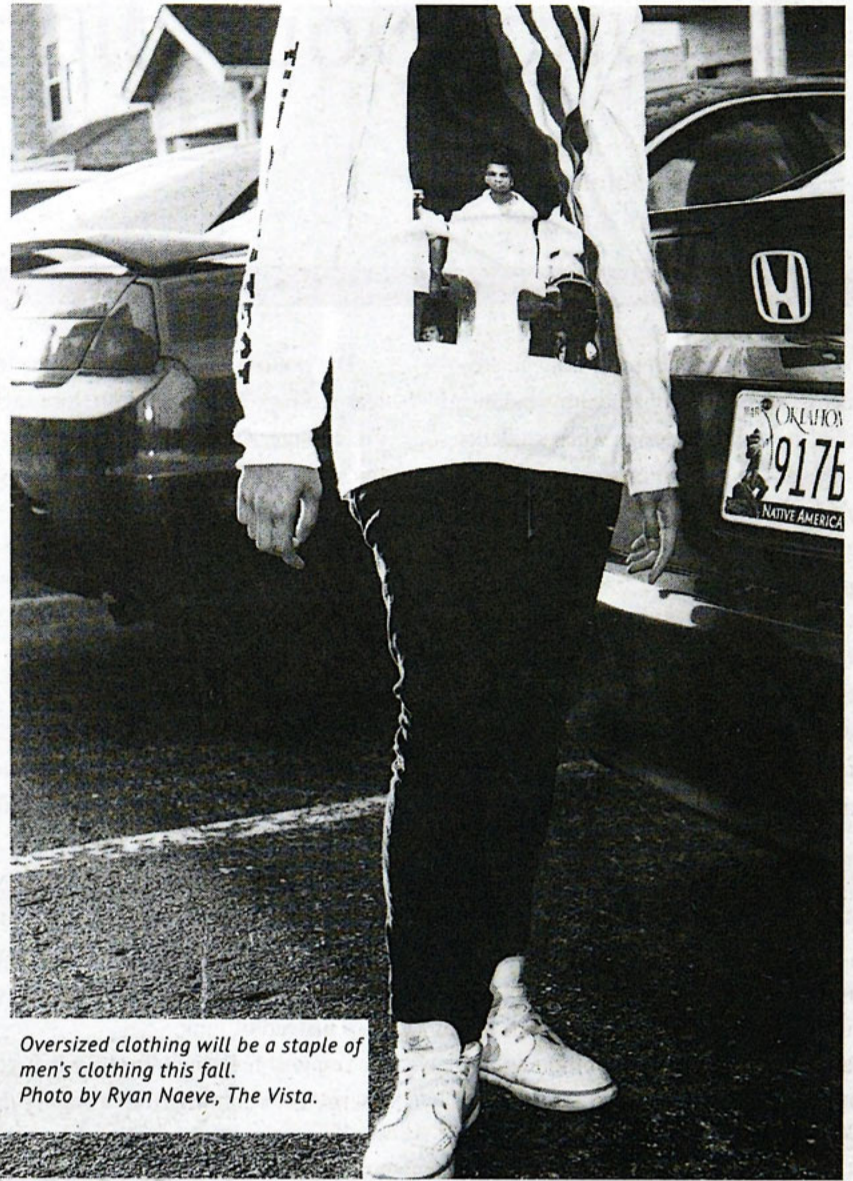


The 90's look is popular for men as well as women this fall. This style includes distressed denim, flannel shirts, and graphic music T-shirts.

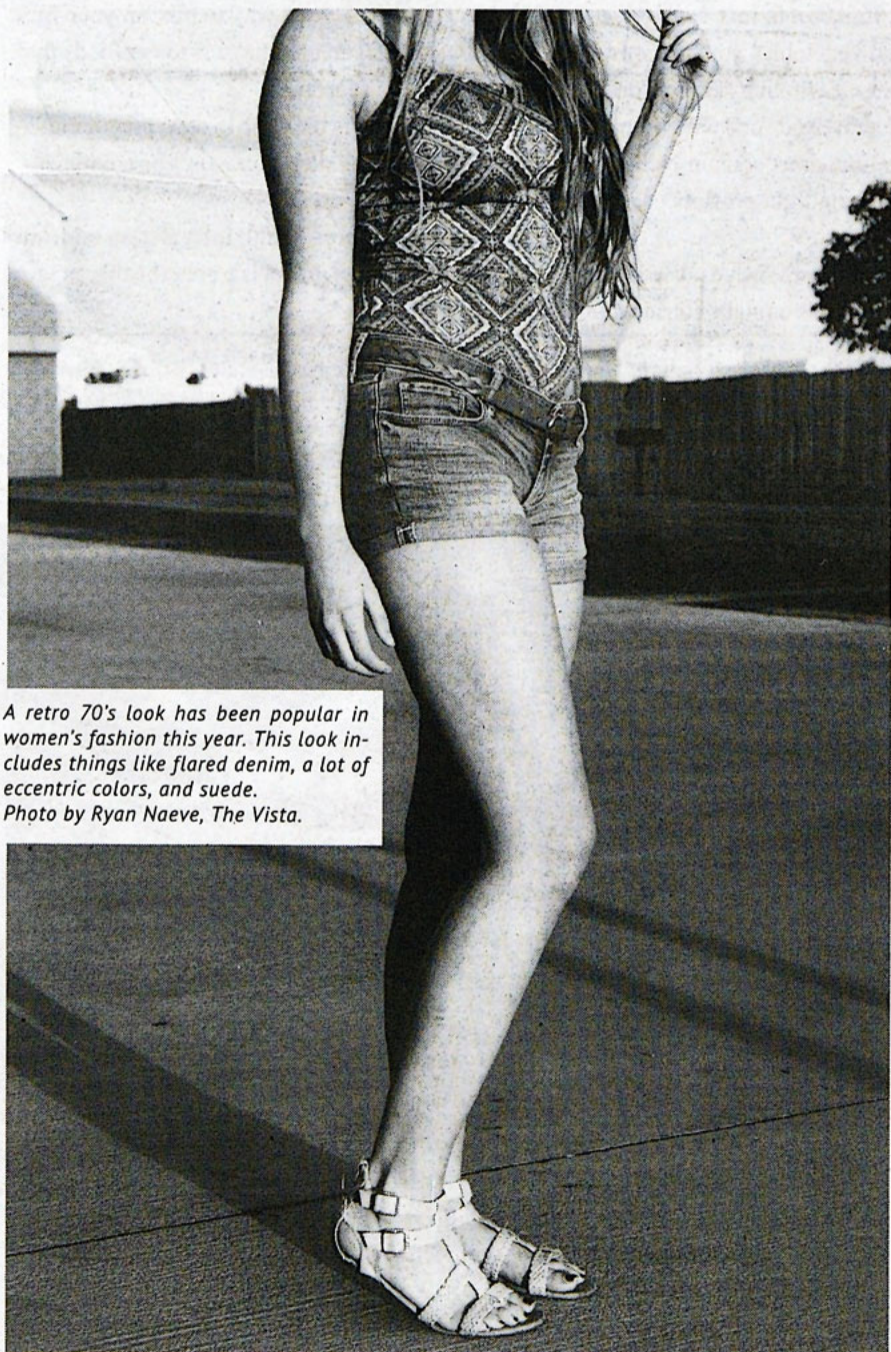
Photo by Ryan Naeve, The Vista.



The minimalist look is simple and easy to pull off. Keep the outfit simple, and do some colorblocking.
 Photo by Cooper Billington, The Vista.



Oversized clothing will be a staple of men's clothing this fall.
 Photo by Ryan Naeve, The Vista.



A retro 70's look has been popular in women's fashion this year. This look includes things like flared denim, a lot of eccentric colors, and suede.
 Photo by Ryan Naeve, The Vista.



The sporty look for women is great for those who want to be comfortable while still looking good. Sporty jackets, yoga pants, and trainers are some essentials for this style.
 Photo by Cooper Billington, The Vista.

Balance your diet

Brittany Robinson
@brittDrobinson

Contributing Writer

It's no secret that most college students are not eating a healthy, balanced diet. It was no surprise when students were asked how often they were eating fruits and vegetables, that the majority of students are not even eating one serving per day.

In a study done by Oregon State University, researchers found that out of nearly 600 students, both men and women on their campus, the majority were not getting the proper amount of fruits and vegetables.

Why is it that college students have a hard time eating the recommended diet? Usually, it's a lack of convenience.

In many circumstances, students don't have a kitchen available and they are forced to either eat campus meals or eat out. Every on-campus dining facility at the University of Central Oklahoma offers both fruit and vegetable options, so we can't let that be an excuse.

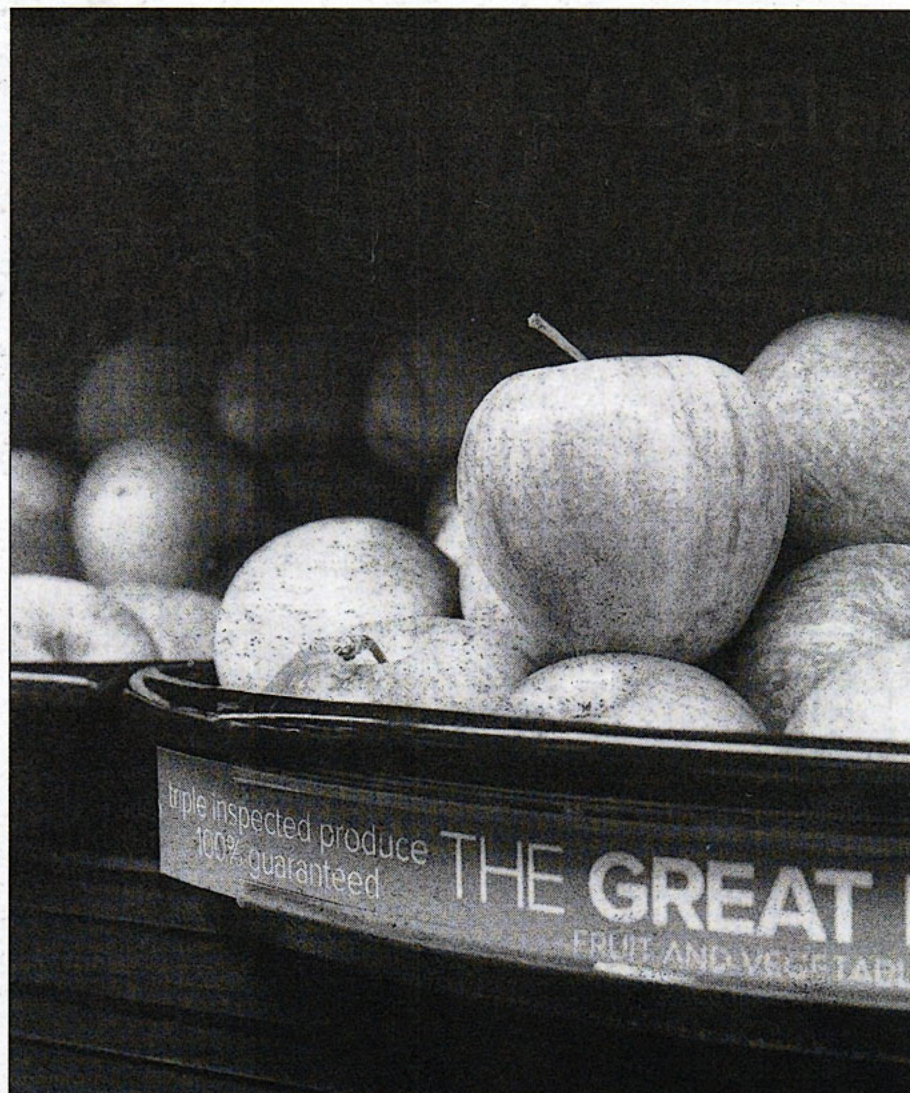
The bottom line is that students do not learn to be self-sustaining before they begin college. As a college student it took me two years to start cooking for myself and practicing a healthy diet.

The "freshman 15" is no joke; we need to understand how important a healthy diet is.

You might start caring about your diet when you gain weight, but there are other effects that may go unnoticed. Eating fruits and vegetables regularly can help prevent illnesses later on in life, including chronic diseases.

These foods also keep your energy level up which is so important in your college years. If you are studying for a big test, try snacking on fruits and veggies instead of junk.

You will feel much better when your energy isn't coming from a sugary drink. It is suggested that you should eat at least two cups of fruit and two cups of vegeta-



bles everyday.

It is best to mix of the types of fruit and vegetables you are consuming because each kind serves a different health benefit. Red foods like tomatoes and watermelons contain lycopene, which can help fight prostate cancer and heart disease.

Legumes such as dried beans, peas and lentils contain nutrients that can

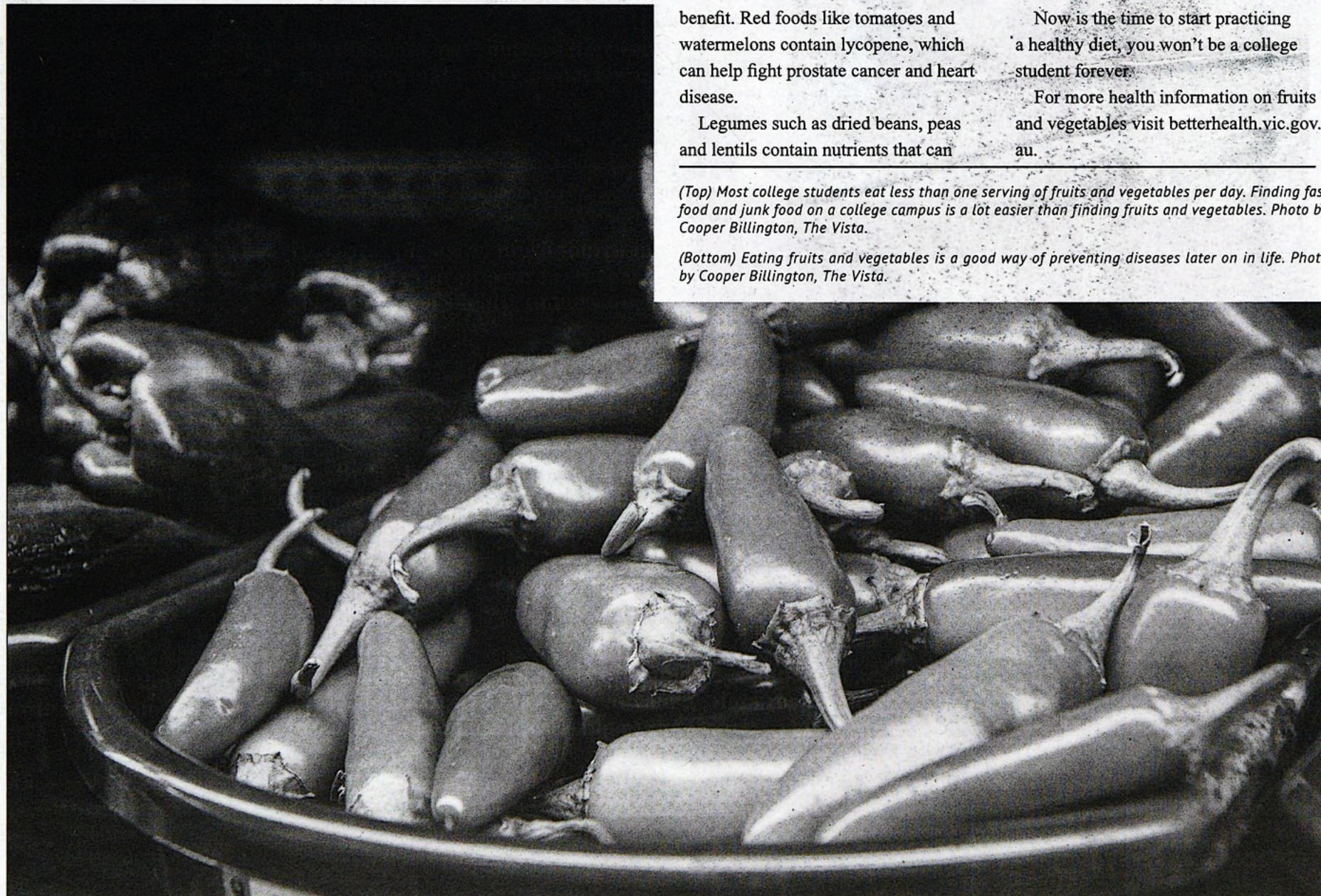
help with digestion and remove harmful toxins. A good way to mix up your fruit and vegetable intake is to eat foods that are in season.

Now is the time to start practicing a healthy diet, you won't be a college student forever.

For more health information on fruits and vegetables visit betterhealth.yic.gov.au.

(Top) Most college students eat less than one serving of fruits and vegetables per day. Finding fast food and junk food on a college campus is a lot easier than finding fruits and vegetables. Photo by Cooper Billington, The Vista.

(Bottom) Eating fruits and vegetables is a good way of preventing diseases later on in life. Photo by Cooper Billington, The Vista.



Life-consuming regrets



Queila Omena
@queilaomena

Managing Editor

We have made mistakes, and sometimes it's hard to move away from the past and be positive for a bright future. It's understandable and quite common, but there is still hope for you, for me, and for all trying to change.

You lost your flight to France, and now you are stuck with your grandparents in West Blocton, Alabama for the whole summer break. Bummer. But guess what? Alabama is still a beautiful place to visit.

Your grandmother cooks amazing cinnamon rolls and many other opportunities will show up if you are hopeful and don't take things for granted.

We fail. We get disappointed, and when we think we can make better decisions, we might fail again. It's life. Nobody is perfect, but truly, should we live in our regrets or hope for a better journey?

The more we condemn ourselves for our errors, the more we will be trapped in a negative mindset.

Try to find happiness in everything.

The world is beautiful at its wonder, and we are given the gift of life, so why not enjoy that? Whenever we change our perspectives we start to see the world in a different light. The birds are singing louder, the people are smiling harder, the wind smells like roses, and the positivity lives within you. It's all about how you deal with situations.

Find the humor in life.

Remember when you fell in front of your friends in eighth grade, and all your friends made fun of you? They were pointing at you and enjoying your pain.

You were hurting, your elbow was bleeding but you still decided to numb the pain and enjoy the laughter with your classmates, right? That's how life is sometimes.

You might be hurting, but deciding to find humor in your past mistakes will bring you to a state of joy.

"Happiness is in our hearts. I have no regrets of anything in the past. I'm totally cheerful and happy, and I think that a lot of your attitude is not in the circumstances you find yourself in, but in the circumstances you make for yourself," said Maeve Binchy.

Do something that makes you feel proud of yourself.

You might be a skater, a painter, or a CEO, but whatever you do, do your best. Write a list of your goals, and don't give up when things get complicated.

Difficulties come at some point, but persistence always wins. Be proud of your work, and do the things you are passionate about. Life is too short to have tedious journeys.

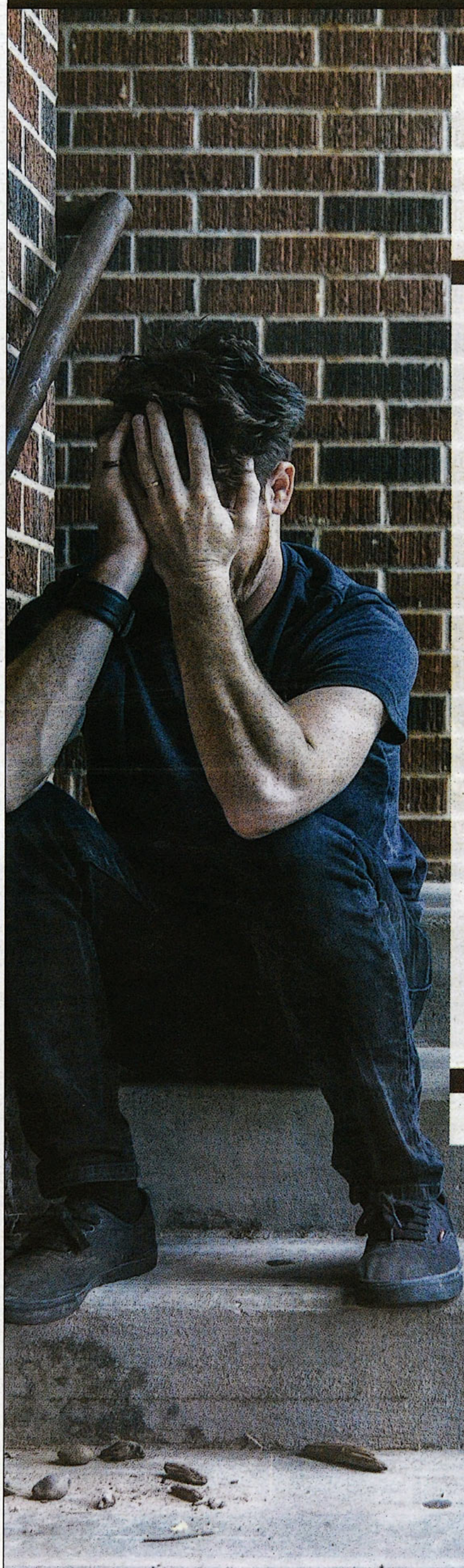
Go chase bunnies, cook exotic foods, hug the homeless, or even dance with a stranger, or anything else that will make you proud.

Keep moving forward.

Life is too good for us to live in our past mistakes. You might have accidentally texted your former flame, or you might regret gossiping about your best friend and her awful hair products. But still, your problems are not the end of the world.

Controlling your negative thoughts can get you far, and give you a greater outcome in life. Be positive and hopeful.

Everybody makes mistakes, it's just a part of life. The only way to move forward is by putting your mistakes behind you and learning from them. Photo by Ryan Naeve, the Vista.



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