

UCO code of conduct bans use of vapes on campus



Photo by Cyn Sheng Ling, The Vista.

Josh Wallace

Staff Writer

According to changes made in the 2013-2014 Student Code of Conduct, the University of Central Oklahoma now specifically bans the use of e-cigarettes and vapes campus wide.

E-cigarettes, also known as vapes or vaporizers, are a nicotine delivery system in which a liquid nicotine solution is heated by battery until it produces a vapor that can be inhaled.

According to Adrienne Martinez, director of student conduct, the changes to the code of conduct were in response to complaints received about the devices.

"We have gotten complaints about them being used in class. Some people feel that because they're not FDA approved, they're still concerned about the levels of nicotine or what's actually being exhaled or put out in the environment through that vapor, because some studies will say they're not," she added.

According to Martinez, under UCO's current tobacco policy the devices are already banned according to legal interpretation of the term "tobacco products," under which items that mimic tobacco products are prohibited. She has submitted a proposal to the President's cabinet to revise the current tobacco policy in order to reflect the changes made within the code of conduct.

"Even the way the policy is now, the university one, which applies to faculty and staff too, our legal council has interpreted as still banning e-cigarettes and vape usage for them, because of the clause about mimicking those products, but that doesn't mean it couldn't be more clear and we hope that what we submitted to cabinet will clear that up," she said.

Martinez said that under the policy only FDA regulated smoking cessation products are allowed for use on campus. Whether or not vapes would be allowed on campus if they were regulated, Martinez said, "if it was an FDA approved smoking cessation device, then if they're still being termed like as vapes and if it's still the same kind of device, then obviously we'll have another inconsistency that we'll need to address at that time."

UCO is the first of the three largest universities in Oklahoma to enact a full campus wide ban on the devices, with the University of Oklahoma policy allowing their use outdoors, and Oklahoma State University's tobacco policy does not currently address their use.

See 'Vapes at UCO' on Page 4

'NO SENSE OF DIRECTION'



A ship that was washed ashore lies under damaged houses in Tacloban city, Leyte province, central Philippines on Monday, Nov. 11, 2013. Typhoon Haiyan-ravaged Philippine islands faced a daunting relief effort that had barely begun Monday, as bloated bodies lay uncollected and uncounted in the streets and survivors pleaded for food, water and medicine. (AP Photo/Aaron Favila)

HUNDREDS FEARED DEAD IN THE WAKE OF TYPHOON HAIYAN



Survivors cover their noses from the stench of bodies left on streets of typhoon-ravaged Tacloban city, Leyte province, central Philippines on Monday, Nov. 11, 2013. Typhoon Haiyan-ravaged Philippine islands faced a daunting relief effort that had barely begun Monday, as bloated bodies lay uncollected and uncounted in the streets and survivors pleaded for food, water and medicine. (AP Photo/Aaron Favila)



Residents queue up to receive treatment and relief supplies at Tacloban airport Monday Nov. 11, 2013, following Friday's typhoon Haiyan that lashed this city and several provinces in central Philippines. Typhoon-ravaged Philippine islands faced an unimaginably huge recovery effort that had barely begun Monday, as bloated bodies lay uncollected and uncounted in the streets and survivors pleaded for food, water and medicine. (AP Photo/Bullit Marquez)

Sarah Neese

Editor-in-Chief

MANILA, Philippines — Survivors struggle to pick up the pieces of their lives after Typhoon Haiyan hit the Philippines in full force on Friday, Oct. 8. In the aftermath of the disaster, authorities are struggling to solidify the number of people killed by the typhoon.

According to a report by the Associated Press, authorities report that at least 2 million people in 41 provinces were affected by Haiyan, with at least 23,000 houses destroyed or damaged.

Authorities released the official death toll at approximately 930 people, but predictions by officials suggest that the death toll could rise to above 10,000.

Though the Philippine government took precautions before the storm, the large scale of the devastation is evident. The Associated

Press states, "hours before Typhoon Haiyan hit, Philippine authorities moved 800,000 people to sturdy evacuation centers — churches, schools and public buildings." However, these designated evacuation centers were often the target of jet-force winds and walls of waves.

Zhang Qiang, an expert on disaster mitigation at Beijing Normal University's Institute for Social Development and Public Policy, interviewed by the Associated Press, said, "sometimes, no matter how much and how carefully you prepare, the disaster is just too big."

According to Gwendolyn Pang, the executive director of the Philippine Red Cross, Typhoon Haiyan was three times more powerful than Hurricane Katrina, which hit New Orleans in 2005.

Lt. Col. Fermin Carangan, an air force commander in Leyte, described his experience in the midst of Typhoon Haiyan. "The tide was coming from all over... I had no

sense of direction," he said.

A number of governments and agencies around the world have begun the process of gathering relief for the survivors in the Philippines. The United States, the United Kingdom and Australia have announced that they will be donating funds to aid in the recovery effort, totaling around \$27 million. Japan and Taiwan have also committed to supporting the Philippines with medical staff and monetary aid.

Other organizations, such as the United Nations World Food Program, UNICEF, the Red Cross, World Vision, Mercy Corps, AmeriCares, International Rescue Committee and Doctors Without Borders have all taken action in providing food, water, medical care, supplies, monetary support and volunteers for the Philippines. For more information on how to help those affected in the Philippines, visit www.redcross.org.

Native American Heritage Month kicks off

Tyler Talley

Staff Writer

The University of Central Oklahoma's Native American Student Association began Native American Heritage Month events last week on Thursday and Saturday.

NASA President Courtney Peyketewa stated that the month has been recognized and celebrated at UCO for many years, beginning at some point in the 90s. Peyketewa has been an active member of NASA since she first came to Central five years ago and she also serves as the NASA Princess, which she said is the equivalent to Miss Native American UCO.

"Just being a part of NASA and celebrating Native American Heritage Month is important to me because it allows me to showcase who I am and about my culture. Although I am bi-racial, I was raised traditionally by my mother who is Native American," Peyketewa said. "I am an active member of the Polecats Euchee Ceremonial Ground in Kellyville, Okla., where I have been participating in my various Native American ceremonies and customs since I was born. So coming to UCO and being a part of a club that allows me to participate, educate and showcase what I'm all about is very comforting."

"The purpose of National Native American Heritage Month is to recognize and honor the contributions that Native Americans have made for this country," Peyketewa said. "NASA puts on a series of events throughout the month of November each year, not only to honor what Native Americans have done for our great country, but to also celebrate our diverse cultures."

NASA began a month of cultural celebration with a kick-off event at Broncho Lake in front of the Nigh University Center on Thursday. Performers were brought in from all across Oklahoma. They included dancer Jared Wahkinney, poets Jesse Robbins and Joshua Garrett, live painter Nicole Hatfield, drum group Otter Trail and a guest princess appearance by "Comanche War Scout Princess" and UCO freshman Posey Liles. Indian tacos were also served on site by volunteers.

The festivities continued that evening in the Nigh with tutorials on how to create various items associated with Native American culture, including dream catchers and Indian fry bread.

Dream catchers are a handmade object typically based on a willow hoop, on which a loose net or web is woven. They are then decorated with sacred items, such as feathers and beads.

On Saturday, the 3rd Annual Fall Stomp Dance was in Wantland Hall Gymnasium with a traditional dinner served beforehand. The Stomp Dance is a ceremony that holds both religious and social meaning to several Native American tribes.

Two more events will also be held this week: a Native language forum and "Rock Your Mocs."

The forum will be held on Nov. 14 at 6 p.m. in the NUC 202 in the Nigh University Center. Attendees will be given the chance to learn the basics of several endangered Native languages.

See 'Native American Heritage Month' on Page 4

THE VISTA

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Quick to Quake

By: Sarah Neese (Editor-in-Chief)

Oklahoma, in all of its glory, is most often known for its wind and weather.

They don't sing about the wind sweeping off the plain for nothing. We've got an entire musical dedicated to our greatness on the plains, and the movie version even throws in a tornado.

However, lately, it hasn't been the wind that has had Oklahomans swaying. Earthquake after earthquake has shaken the central Oklahoma area for the past two weeks. Let's be honest. Oklahomans hold strong through all types of situations. But, the occasional earthquake, which is evermore frequent, can be slightly unnerving.

I'd like to say that I have experienced one of the many earthquakes of Fall 2013 or look forward to reminiscing with my children about the times when Oklahoma felt a little more like California, but, to be perfectly honest, I can't.

That's right. I haven't felt a single earthquake this fall, or in my life for that matter. While some attempt to convey that such an experience is one not worth having, I still can't help but feel slightly left out.

I'm sure they are probably right. Take for example, a memory from my childhood.

If you've ever been in the Omniplex, or what is now more formally known as Science Museum Oklahoma, you may have encounter the earthquake elevator, at least that's what I called it.

In the middle of the museum, there sits an elevator-shaped box, decorated to look like something similar to the walls of a house. When you step inside, you feel as if you are going to take a ride in an elevator, but then something else happens. The floor begins to shake and a deep rumble emits from the walls. The pictures, nailed to the wall as decorations, begin to shake. And, as you might have guessed, you experience an earthquake simulation.

Well, as a child, I didn't find the earthquake simulation to be as thrilling as everyone else. In fact, I thought it was quite disconcerting and it took everything in me not to run from the earthquake elevator and never look back.

But alas, I did not. I held my own and stayed until the end of the simulation.

Like all little children, however, I have grown up. What I used to find most definitely terrifying, I now find positively fascinating.

CAMPUS QUOTES

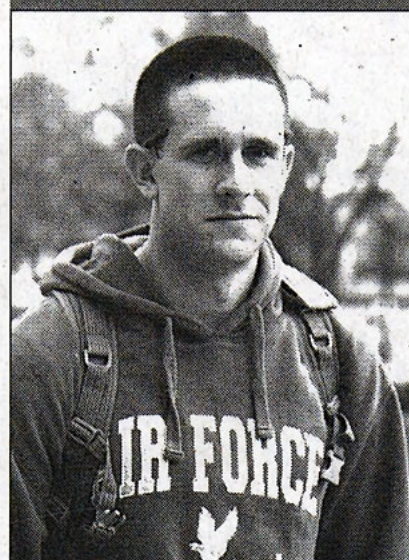
How do you think the U.S. could best aid victims of the recent typhoon in the Philippines?

SHAUNEY SMITH
Graphic Design - Freshman



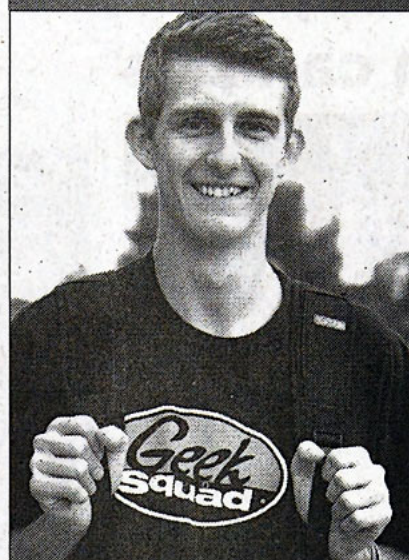
"Help and clean up and maybe just donate the bare necessities of what people need to survive."

STEPHEN PHELPS
Marriage and Family Studies - Freshman



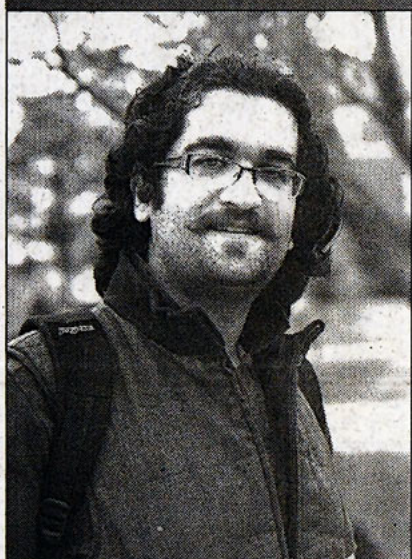
"Whatever has been hardest hit. Going there and figuring out what they need most and not necessarily what they want most"

SAMUEL MORGAN
Undecided - Freshman



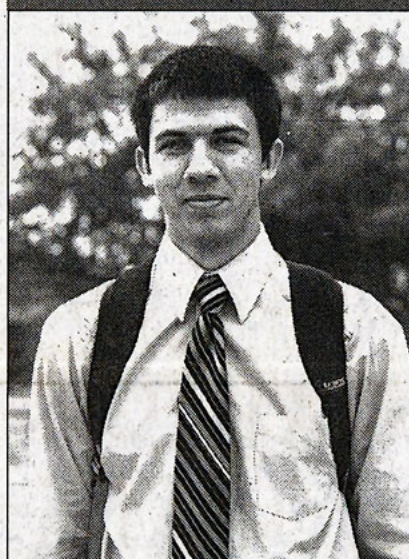
"I think we should go back to isolationism. Why should we go out and help other countries when we can't even help ourselves. Once the overall quality of life increases in the U.S. then we can proceed to help other countries."

MUHAMMAD KAMEL
Interior Design - Master Degree



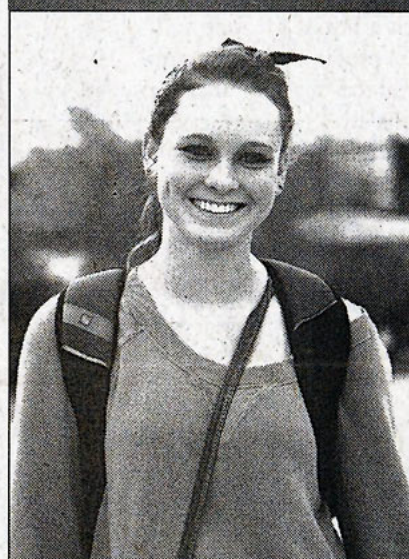
"I think they have to help people in the Philippines through health, doctors, hospital field. It's very necessary for the people to have help with food and water. I think they will need money for rebuilding."

JOSEPH WHITE
Public Administration - Junior



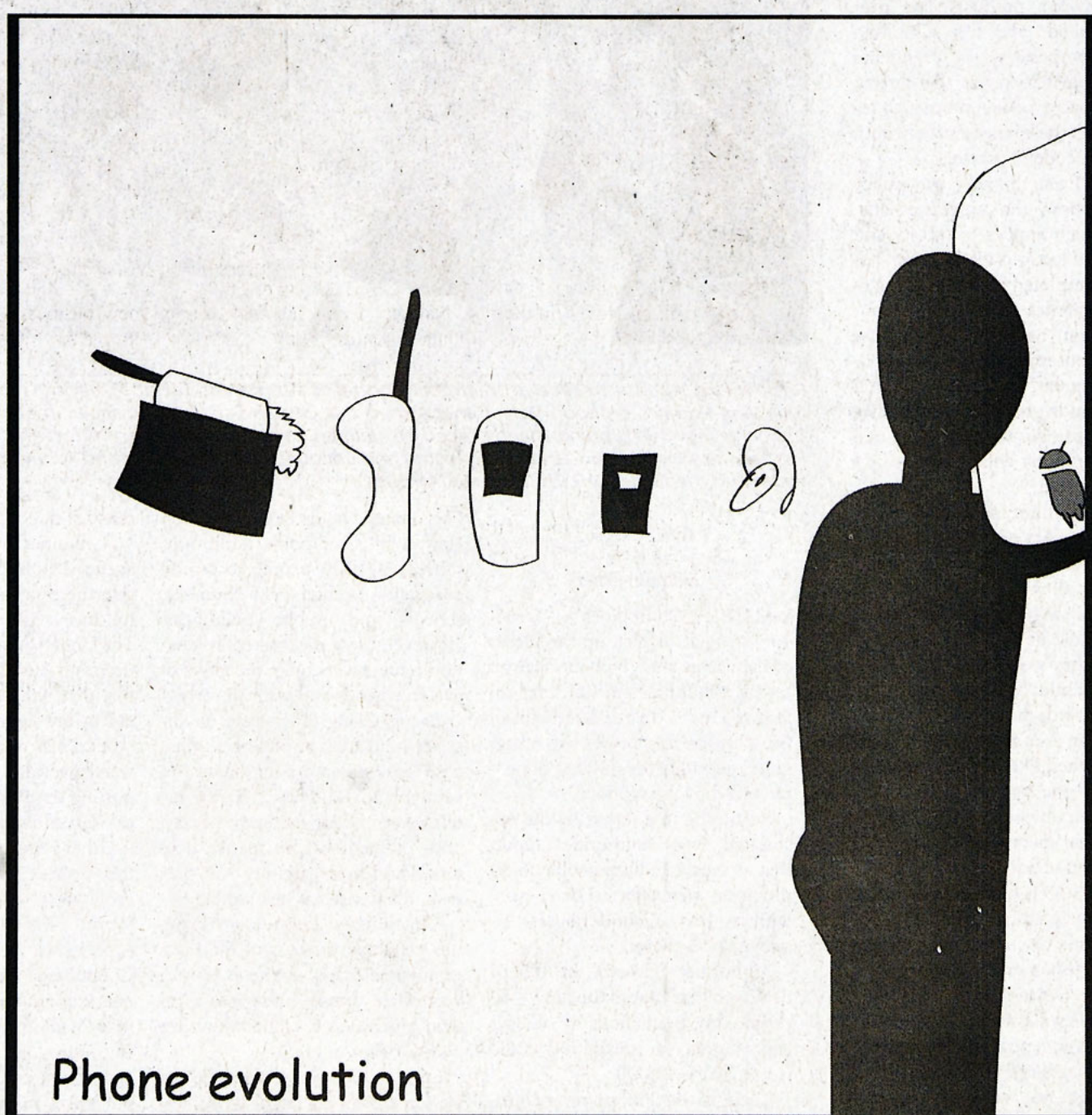
"The same thing we did when typhoons hit Indonesia."

ERINN FITZGERALD
Forensic Science - Freshman



"Send food, fresh water, people to clear damages, and doctors to aid wounded."

CAMPUS CARTOON



Phone evolution

Cartoon by Matthew Gossom

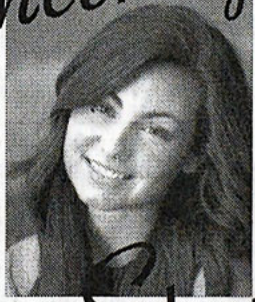
An earthquake, however terrifying it may seem, is a force of nature incomprehensible to man, which makes it all the more intriguing. Maybe, just maybe, I'll get to experience this force some day soon.

Opinion

Sincerely, Stevie

Forever Young

By Stevie Armstrong



Right now, you are the oldest you've ever been and the youngest you will ever be again. Unfortunately, youthfulness won't live forever.

I go back and forth arguing with myself about how I wish I were older. If I were older, I would be wiser, smarter, have more money and better things; I would be all around happier. But in reality, I don't know that those imaginative qualities would be true.

Why am I wasting my current moments desiring future moments that I'm not even guaranteed to have? I'm not going to be young forever; therefore, I should enjoy it now.

Each day brings unexpected surprises, whether it's an

opportunity, the beginning of an adventure, the closing of an old one, or an unexpected person that could potentially change the course of your life forever.

The beauty of youth is when these surprises surface, we can grab ahold of them and allow them to take us wherever they may.

When we're young, we have the least amount of responsibility that we're going to have for quite a while. Therefore, we can take risks and try new things and open our eyes to different kinds of people and places that later on, we might not get the chance to.

We don't have to make lifelong or future-determining decisions, right now. We have

the ability to admire life and not be fearful of its twists and turns.

Even our physical capabilities shouldn't be taken for granted. The possibility of our bodies being stronger in 25 years than they are now is pretty slim. So go out and participate in an activity that you won't be able to physically accomplish in the future. Too often, kids sit at home and play hours upon hours of video games. If you want to sit and stare at a screen, my advice is to wait until you're 90 and can't feel your legs anymore.

Many young people are afraid to enjoy things in life that bring them happiness because they know it probably won't last forever. But

when you spend all your time dwelling on how situations are going to end up, you're really just wasting the time you could spend being happy. So, if what's-his-face causes butterflies in your stomach, quit trying to shoo them out and just appreciate the happiness he brings you while it's there.

Hopefully, the future holds great times. And eventually, we'll get there. But we're not there, yet. Youthfulness is a gift that we have all been blessed with. Just like with everything, it's temporary. Don't forget to enjoy it.

Sincerely, Stevie

Follow me on Twitter
@StevieArmstrong

A Scientific Celebration

Kanasha Brown

Contributing Writer

The University of Central Oklahoma Skeptics Club hosted the third annual celebration for Carl Sagan's birthday at 7 p.m. on Saturday at the home of Caleb Lack, Ph.D., Assistant Professor of Psychology, in Edmond, Okla.

Sagan was a famous American astronomer, cosmologist and advocate to the skeptic community, said Ryan Harris, President of UCO Skeptics Club. "Carl Sagan was most well known to the public as a science popularizer," said Lack.

He wrote books that were easy to comprehend which made people want to get interested, said Harris.

Sagan was a major force for scientific skepticism, said Lack. The club celebrates the legacy of Sagan because his works represent what the members do within the club, said Lack.

He is the prototypical skeptic of the 20th

century, said Lack. Sagan bases his views off reason and evidence and thinks about things in scientific critical manner, said Lack.

In the early 1980s, Sagan did a successful TV series called "Cosmos" for PBS that was about science, space and the wonders of the universe, said Lack. Sagan felt that money should have been used to educate people, said Harris.

He wrote extensively for newspapers and magazines to educate and interest the public with science, said Lack. Sagan felt that everyone should be able to access knowledge and do what he or she wants with it, said Harris.

The tradition of celebrating Sagan's birthday started three years ago after getting the groundwork of the club laid out said Lack.

Sagan is a likeminded person who had a passion for learning more. "I think that's a big thing about our group is that we're all very interested in learning more and expanding our knowledge," said Harris.

He looked at the world using the scientific method, said Harris. The problem with humans is accepting the unknown and Sagan made it ok to say I don't know for the



Photo by Quang Pho, The Vista

scientific community or to try and find out, said Harris.

One of his major achievements was designing messages to be interpreted by alien civilizations that told what humans were,

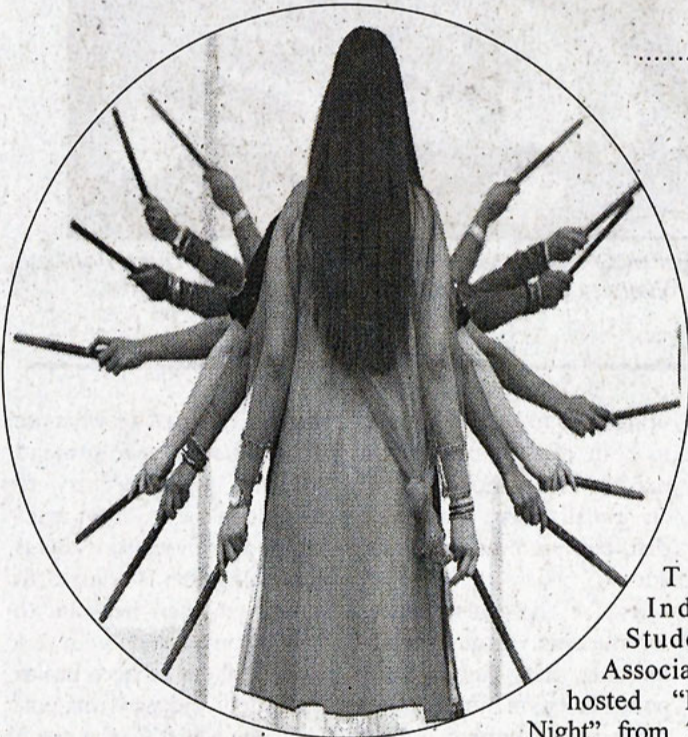
said Lack.

Members of the club mingled around a campfire while eating refreshments to celebrate his life and legacy.

Desi Night Celebrated Indian Culture and Tradition

Leilei Chen

Staff Writer



The Indian Student Association hosted "Desi Night" from 7 to 10 p.m. on Nov. 7 in the Nigh University Center Ballrooms.

This event's title came from the Indian word for "our kind."

When one Indian sees another, they will call them "desi" because they come from the same place. In the same way, "desi" is to signify that this event is of Indian kind, which means it will depict the cultures and traditions they share in India.

"This event is in celebration of two big events in India, Navratri and Diwali," said Principal of Indian Student Association Saumya Kuriakose.

"Navratri is where we play garba and dance with sticks, while during diwali we light up the whole place with candles and fireworks."

Navratri (nine nights) is one of the greatest Hindu festivals.

Navratri is divided into five parts: Vasanta Navratri, Ashadha Navratri, Sharada Navratri and Paush/Magha Navratri.

It symbolizes the triumph of good over evil. Navratri takes place at the beginning of October around harvest time, as the name implies, this festival is celebrated for nine days. This is a festival in which God is adored as Mother.

Communities get together for dancing and nightly feasts to celebrate Navratri. Families will return home on these days.

Diwali is also the most well-known festivals in Indian. The word Diwali means "rows of lighted lamps."

When Indians celebrate Diwali, they will decorate houses, shops and public places with small earthenware oil lamps.

After Diwali, people start the new business year. They celebrate the victory of good over evil, light

over darkness and knowledge over ignorance.

As for the food during the Navratri fast, most people just eat fruit throughout the nine days. And some of them eat a single meal during the day. But they can't eat onion or garlic for the entire duration.

During the Desi Night, Indian Student Association hosted a night of dancing, fashion shows and musicals and dines on free Indian food, provided by TAJ.

Students wear their traditional clothes to express their own culture. Over hundreds of students participated in this event. Many students from places other than India enjoyed an Indian night with all traditional Indian food and music.

Photo by Quang Pho, The Vista

The 38th Annual International Festival

Colore' Lincoln

Staff Writer

The University of Central Oklahoma's International Student Council will host the 38th Annual International Festival on Nov. 14 from 11 a.m. to 2:30 p.m. in the Nigh University Center Ballrooms.

The event is free and open to the public. Each year this event brings in over a thousand guests, including various local schools. Last year, there was approximately 1,200 guests.

"During the festival, 12 different countries, regions and continents from around the world will be celebrated including Africa, China, Europe, India, Japan, Korea, Malaysia, Nepal, Saudi Arabia, Taiwan, Vietnam and Iran.

"Attending the festival is like travelling around the world in just one big ballroom. You get to taste food from about 12 different countries, experience different cultures, different dress styles and dance performances from around the world," said Francis Sama, one of the chair directors of the festival.

At the beginning of the year, students from Iran formed their own student association just so they could participate in this event, said President of the ISC Kim Pham.

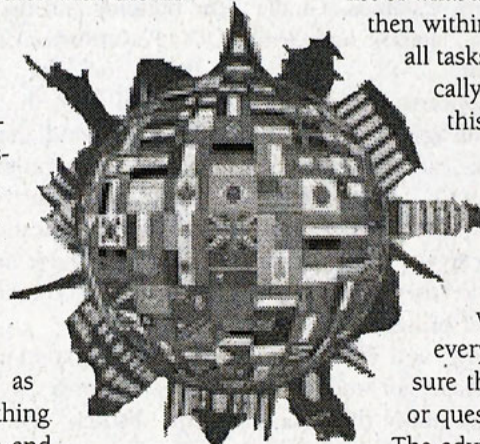
Many international student organizations will work together with the International Student Council to celebrate each of their cultures' individuality. The leaders of the student association must attend various meetings, budget training and other training sessions throughout the year.

The International Student Council, as a whole, has done something big, especially Charles and Francis," said Vice President of ISC Shibo Wang.

Planning for this event starts at the beginning of the fall semester. The 10 members of the executive board for the ISC plus their advisor, Jared Scism, are the main planners of the event. Then, about two months until the festival, the student associations begin

planning. The ISC also has many people volunteer to help.

"In order to pull off this big event, we usually need 20 plus people," said Pham. "My very first duty was to create a specific task list of what all needs to be done and then within those little tasks what all tasks need to be done. Basically, what all is required for this event."



Pham continued by saying, "And then the Chairs of the event will delegate tasks to people and we check back with everyone on that list to ensure that if they have trouble or questions they can get help. The advisor and the Vice President also do this job."

The ISC begins advertising this event about two months beforehand and then builds their promotion as the event gets closer in order to get people excited about the festival.

"Each of us have played our part in making this event happen, one way or another. This

type of event requires us to come together as a team, because you can't really work by yourself to create this event. It's impossible," said Pham.

The student organizations will set up individual booths to highlight their country or regions' culture. Each student organization will provide ethnic food from various local restaurants.

Finally, each country will do a cultural performance. Within the student associations, there will be a competition for the best display, best performance and best food. Then, there will be an overall winner of the event.

Europe won last year with a paper mache miniature Troy horse.

"One of the best reasons why we do this event is because UCO is the diverse university in the metro area. Compared to the number of students we have, well over 10% are international students," said Pham. "We want to play our part and show people how diverse and cultural UCO actually is."

The event is sponsored by UCO Division of Student Affairs.

Photo provided

Native American Heritage Month



Fancy dancer Jarred Wahkinney dances at UCO in traditional headdress and attire to celebrate Native American Heritage Month. Photo by Cyn Sheng Ling, The Vista.

"The Endangered Language Forum is all about the history of Native languages and how they are becoming extinct, due to assimilation and modernization," Peyketewa said. "We are going to talk about the importance of preserving our Native tongue and encourage people to learn their language. Trisha Fields, a relative of mine and guest speaker from the College of Muscogee Creek Nation, will be coming to share her experience and talk about the importance, as well as teach guest some words from the Creek language."

"Rock Your Mocs" will be an all-day and world-wide event, in which students are encouraged to wear their moccasins in support of Native culture. Moccasins are shoes that are typically made

of deerskin or some other soft leather.

The final event is a lecture titled "Misrepresentation of My Nation" and will be held on Nov. 19 at 6 p.m. in NUC 320C.

The lecture will challenge misconceptions and stereotypes Native Americans are commonly confronted with. Peyketewa stated that all of NASA's events this November will tie into Central's long-standing emphasis on cultural diversity.

Peyketewa said, "UCO is all about diversity, so I believe that Native American Heritage Month is something that many students/faculty should come out and support because they would get to see and learn about things that they may not have been exposed to before."

35th Annual Miss UCO Pageant Crowned its 2014 Queen

Stevie Armstrong

Copy Editor

A freshman biology major from Bethany, Okla. was crowned Miss UCO 2014 Friday night in Constitution Hall of the Nigh University Center.

Olivia Cavazos competed with 13 other girls for the title. Anna Milnes, a freshman broadcasting and journalism major from Yukon, Okla., was first runner-up. Ashleigh Hamil, a junior kinesiology major from Sand Springs, Okla., was second runner-up. Natalie Horner, a junior kinesiology and outdoor recreation major from Choctaw, Okla., was third runner-up. Alyson Acklin, a senior broadcasting major from Yukon, Okla., was fourth runner-up.

"It's an honor to even be a freshman and win," said Cavazos. "I am ecstatic beyond belief. This is my dream and I'm glad I finally achieved it."

All contestants had to impress the six judges in differ-



Olivia Cavazos was crowned Miss UCO 2014 on November 8, 2013. Photo by Quang Pho, The Vista.

ent categories such as swimwear, talent, formal wear and interviewing.

Miss UCO 2014 Pageant Coordinator Caleb Cash has been preparing for this pageant since June. "Each year we work to determine how we will recruit our women and what we can do to make it a very enjoyable experience for each of them," he said.

Cavazos also won the fitness award and said the first thing she is going to do as Miss UCO 2014 is, "eat some Buffalo Wild Wings."



Miss UCO 2014, Olivia Cavazos, stands center with Miss UCO Contestants after being crowned queen on November 8, 2013 in the Constitution Hall of the Nigh University Center. Photo by Quang Pho, The Vista.

Vapes at UCO

When asked about the ban of the devices on campus, some students were unaware of the policy. Candace Wilson, an elementary education major, and Chris Miller, a kinesiology major, both said they knew nothing of the ban, while Cody Applegate, a

strategic communications major, said, "I heard something about them not supposed to be used, but not from anyone official."

Miller cited pros and cons for their use, saying that generally they seem less harmful than tobacco products but

that he also sees it making smoking becoming more casual. When asked what he thought of students using the devices, Applegate said, "They don't really bother me, I don't know of any side effects or anything. Me and my roommate were talking and it just seems like e-cigarettes, you're not allowed to smoke on campus, so people just get them so they can still smoke

on campus, just being defiant."

Information about the ban on the use of the devices has been limited. Martinez said she has been taking calls on the subject with students and faculty since the start of the semester and has sent out an email to a few departments to inform them.

"What we'd like to do once we have the university policy

updated is to be able to refer to both of them and put it out like in a Centralities and an e-mail blast, something that reaches everyone," she added.

As for the consequences for students violating policy, Martinez said, "Just like any policy violation our sanctions range from anything as light as a warning all the way up to suspension from the uni-

versity. The goal of what we do is to not to try to suspend students, we really try to help people learn from making poor choices, so if this is something that is referred to us at first, then we want to have a conversation with that student about tobacco health and safety and why this policy is the way it is, give them an opportunity to change that behavior."

Student bands kick-off LiveLink concert series at ACM@UCO

Natalie Cartwright

Contributing Writer

The Academy of Contemporary Music at the University of Central Oklahoma kicked off their 2013 Fall "LiveLink" concert series, a set of three shows providing ACM@UCO student bands an opportunity to perform their music, Friday at the ACM@UCO Performance Lab on 329 E. Sheridan Ave. in downtown Oklahoma City.

The "LiveLink" concert series will feature ACM@UCO student bands performing original music they have created. A variety of bands will showcase their genres, which vary from rock to indie rock, hip-hop, country and folk.

Good Culture, Polar Pattern, Shawn Reidy Music, Spaghetti Western, The Argots and "What?" performed at the first concert Friday.

"The 'LiveLink' concert series provides our students with a platform to share their original music with the Oklahoma City metro community," said Derek Brown, ACM@UCO business development manager and coordinator of the "LiveLink" concert series.

There are two more concerts in the "LiveLink" series at the ACM@UCO Performance Lab.

Honey, Joshua Qualls, of cosmos, Rachel Brashear, Regg and Southbound Productions will perform at the next concert on Nov. 22 at 7

p.m. The last concert of the series will take place Dec. 6 and feature Anatma, Darren Cipponeri, Eskimos, Giraffe Massacre, Hotbox and Season Spent.

The concerts are free and open to all ages of the public. Attendees can also purchase ACM@UCO merchandise and get other free promotional items.

"I love the camaraderie 'LiveLink' brings to the student body," said Brown. "It's a great chance for students to hear what music their peers are making and see it performed live."

The ACM@UCO opened its doors to its first class of students in August 2009 on one floor of the Oklahoma Hardware Building in Brick-

town on Flaming Lips Alley. Since then, the program has grown to fill three floors of the building and the ACM@UCO Performance Lab.

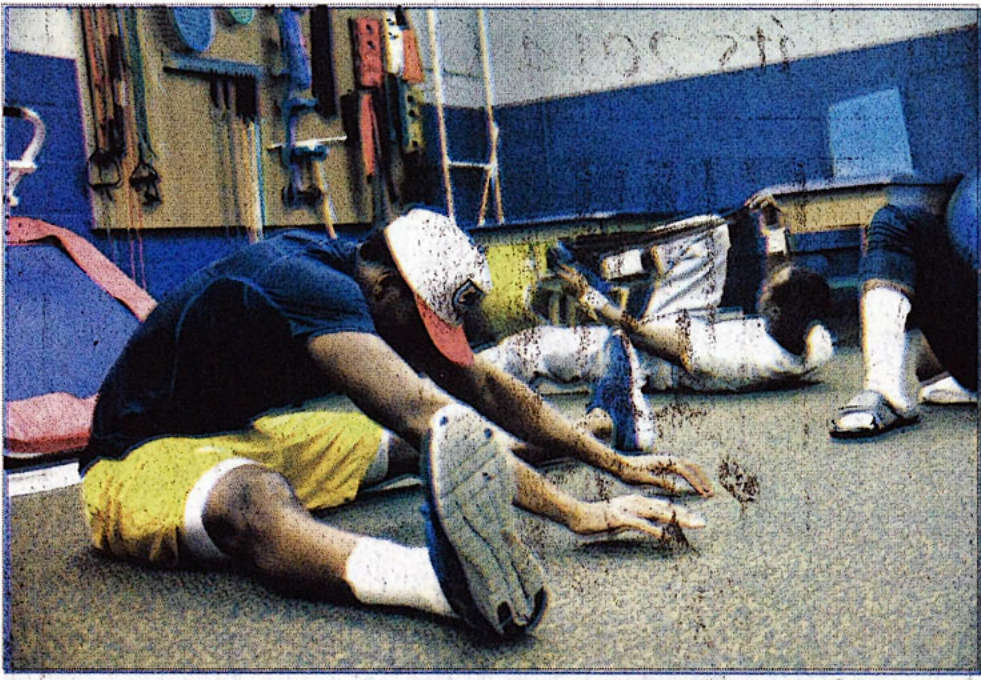
Based on the successful model from the original ACM in England, the ACM@UCO is a music program that offers an industry-based, "real-world" educational experience for those interested in a career in contemporary music.

From its location in downtown Oklahoma City's Bricktown district, the ACM@UCO offers two-year associate degree programs in bass, drums, guitar, keyboard, music business, music production and vocals, with the option to pursue a Bachelor of Applied Technology degree.

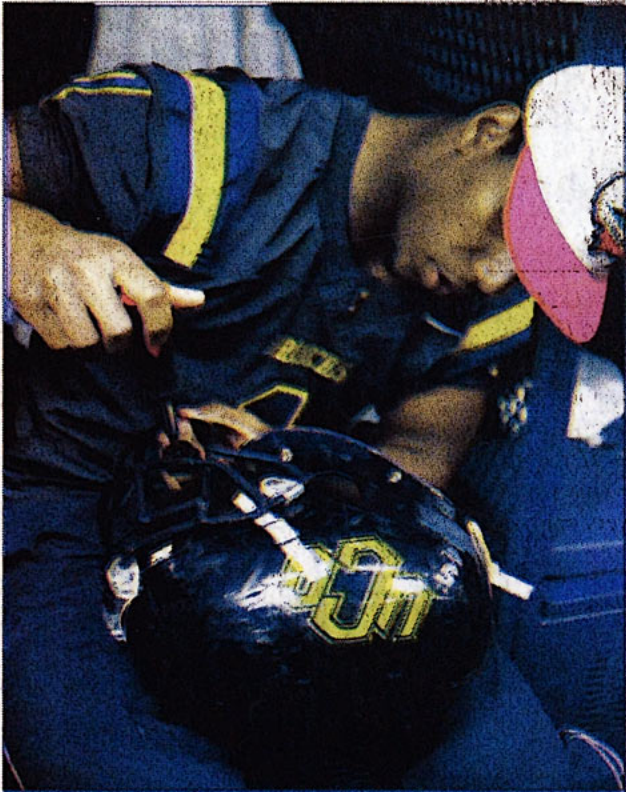


The ACM@UCO Campus location in downtown Oklahoma City's Bricktown district. Photo by Brooks Nickell, The Vista.

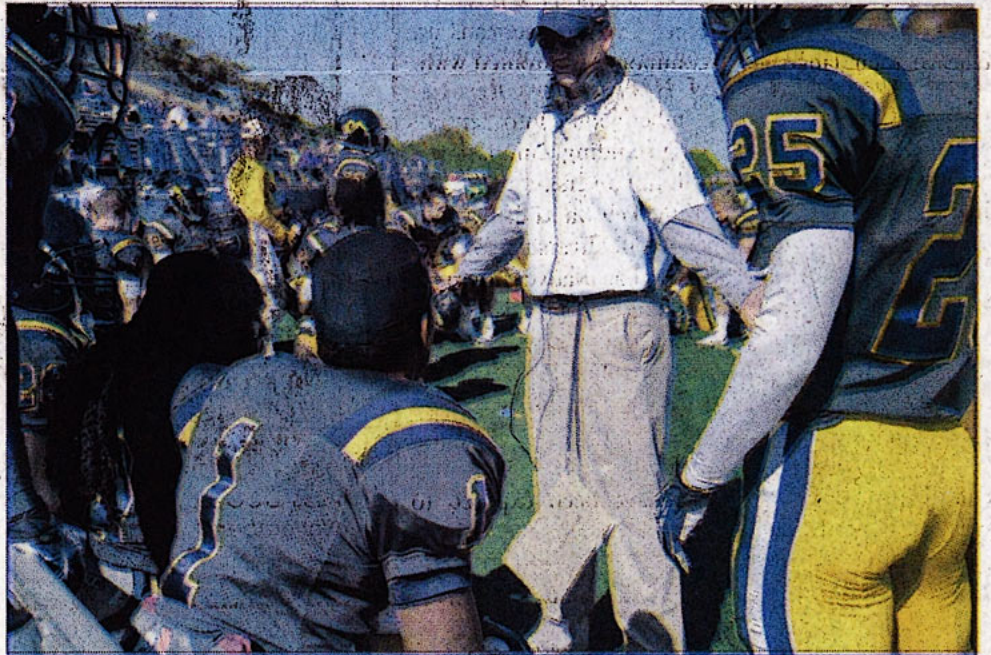
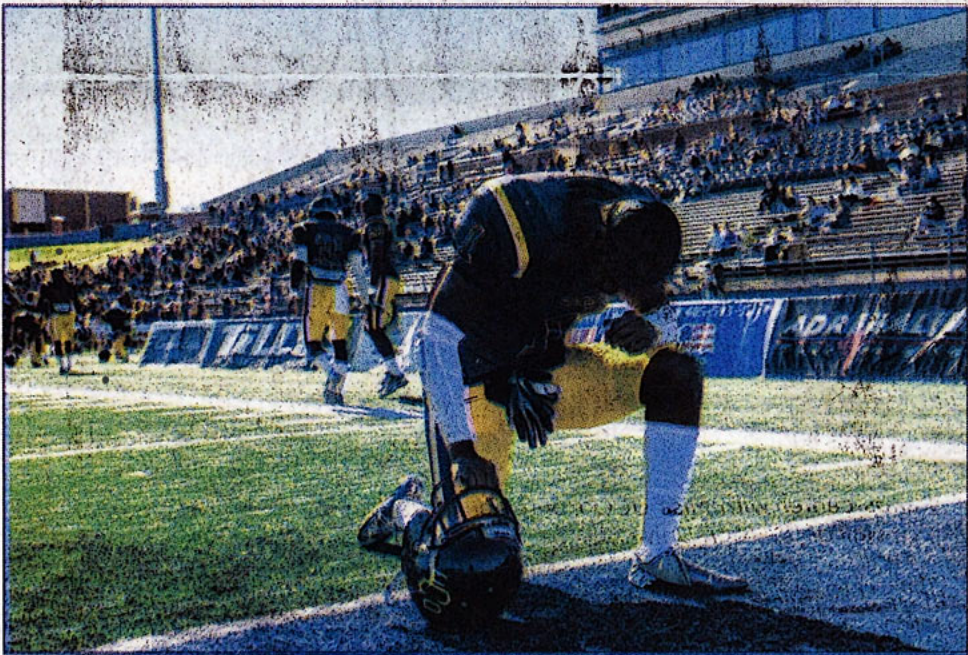
A Look at Jarett Tryon's Game Day



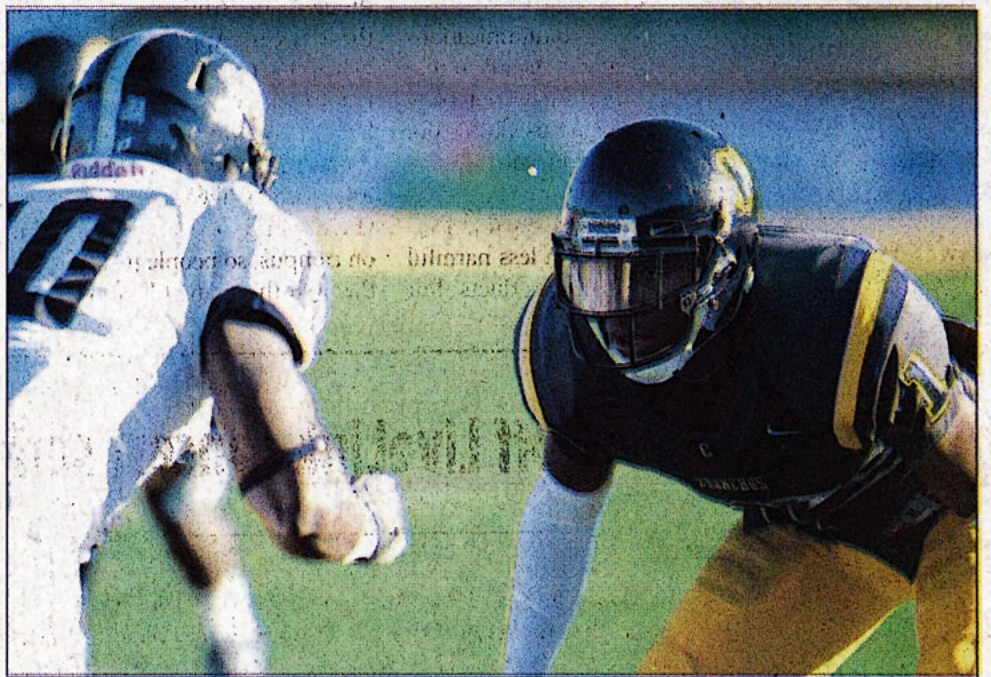
(Left) Jarett Tryon stretches before the Homecoming game in the locker on Nov. 2. (Right) Tryon picks on Jake Gandara in the locker room, before the Homecoming game on Nov. 2. Photos by Cyn Sheng Ling, The Vista.



Tryon adjusts his helmet before the Homecoming game on Nov. 2. Photo by Cyn Sheng Ling, The Vista. A trainer (right) wraps Tryon's ankle, before the Homecoming game on Nov. 2. Photo by Cyn Sheng Ling, The Vista.



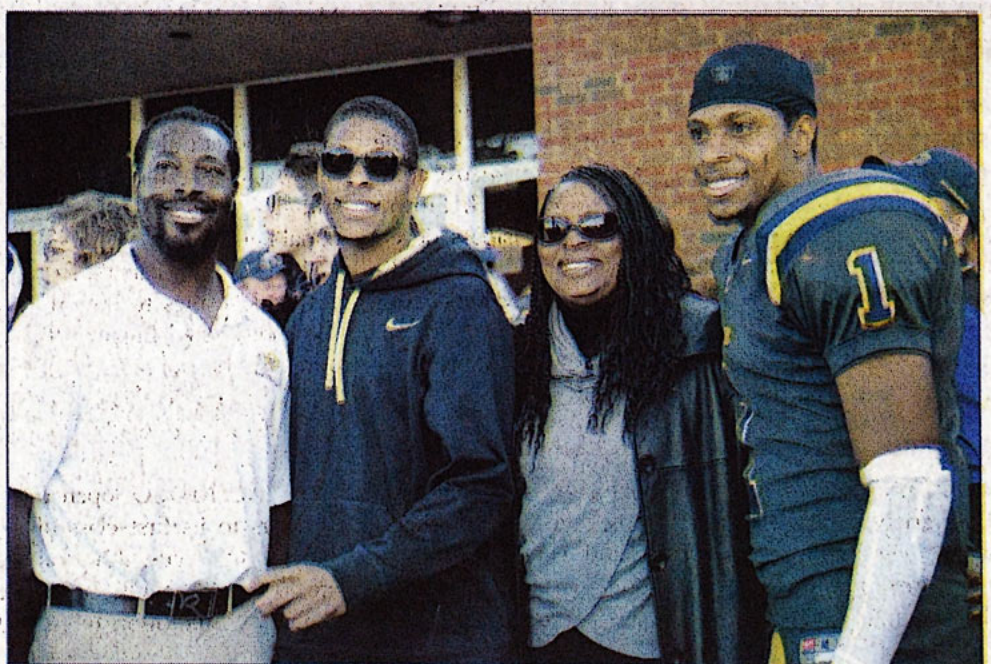
(Left) Tryon prays before the Homecoming game on Nov. 2. (Right) Assistant Head Coach/Defensive Coordinator Russ Pickett coaches the players during the Homecoming game on Nov. 2. Photos by Cyn Sheng Ling, The Vista.



(Above Left) Tryon high-fives Thomas Hill (left) after a play at the Homecoming game on Nov. 2.

(Above Right) Tryon eyes his opponent before a play at the UCO Homecoming game on Nov. 2.

(Bottom Right) Tryon takes a family photo after winning the UCO Homecoming game on Nov. 2. It was the Bronchos' first win of the season, as well as the last home game for 2013. Photos by Cyn Sheng Ling, The Vista.



EMPLOYMENT

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Part-time Project Assistant needed. M-F 8-5 flexible hours, \$8.00 an hour, administrative skills including but not limited to filing, scanning, and other patient care duties. No holidays or weekends. Email resume to VanessaA@advanced-therapy.org.

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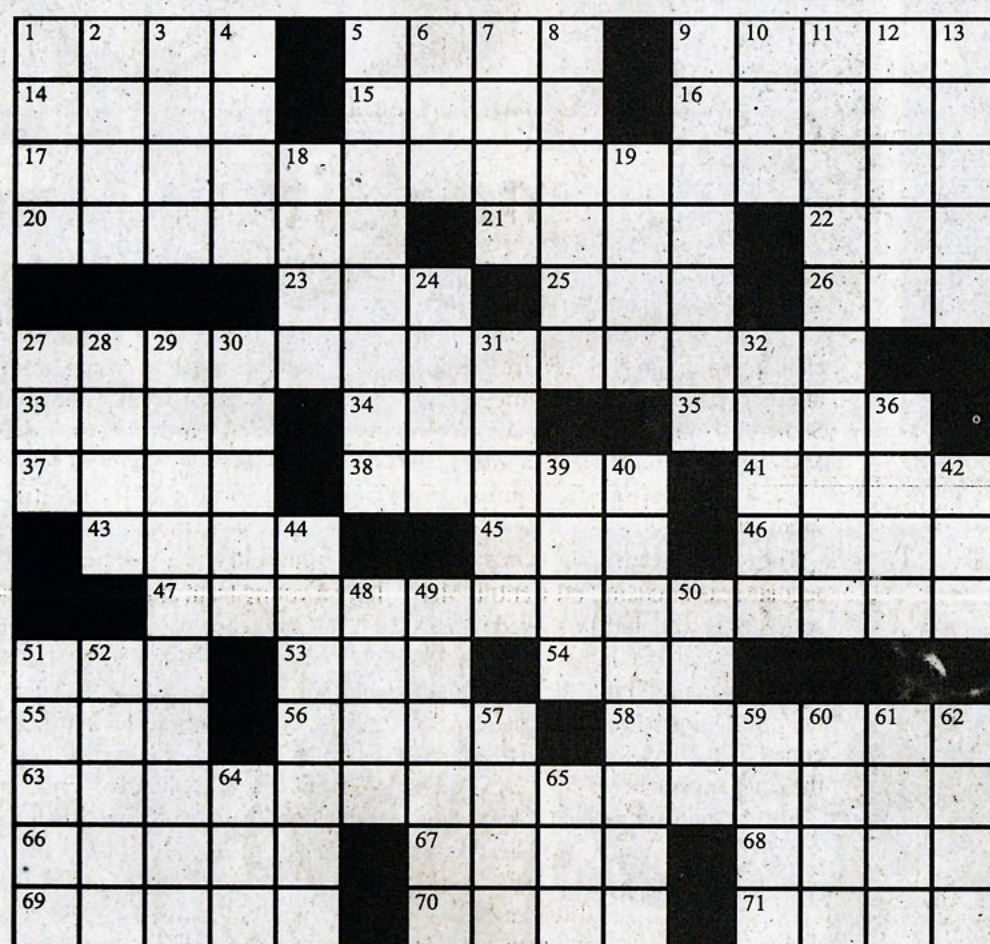
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CROSSWORD

Across

1. Reprimand, with "out"
5. Tablet
9. Not domesticated
14. Bounce back, in a way
15. Man devoted to a life of pleasure
16. Past
17. Place for money
20. Class of organic compounds
21. Nasal mucus
22. ___ cross
23. "___ to Billie Joe"
25. "___ bad!"
26. Clairvoyance, e.g.
27. Showing off
33. Gift tag word
34. Ring bearer, maybe
35. "Buenos ___"
37. Western Samoan cupronickel
38. Grammar topic
41. Mouth, in slang
43. Eastern discipline
45. ___ el Amarna, Egypt
46. Almond
47. Term of advisement
51. Fed. construction overseer
53. P.I., e.g.



54. ___ lab

55. Rumanian coin
56. Furnace output
58. Type of ape
63. Poor conduct on the field
66. Banana oil, e.g.
67. "B.C." cartoonist
68. "Ah, me!"
69. Affirmatives
70. European language
71. Former native rulers of Tunisia

Down

1. Call's companion
2. Advil target
3. Put an edge on
4. Bananas
5. Kneeling bench for prayer
6. Carbonium, e.g.
7. Big galoots
8. Shack
9. Sidebar item
10. "I" problem
11. Soldiers' long march
12. Former monetary units of India
13. Abate

18. Door feature
19. Masked critter
24. Flight data, briefly
27. Lizard, old-style
28. Inside shot?
29. Total devastations
30. Adult insect
31. About to explode
32. Positions
36. Garment worn by Hindu women
39. Neuter
40. Protract
42. Nipper
44. Creates
48. At no time, poetically
49. Excoriate
50. Drops from the sky
51. Sticky
52. Taste, e.g.
57. Boris Godunov, for one
59. Give away
60. Digestion aid
61. "Comme ci, comme ca"
62. 1987 Costner role
64. ___ Dee River
65. "___ Doubtfire"

RANDOM FACTS

The Pennsylvania Dutch are not really Dutch. They are a people of German ancestry living in southeastern Pennsylvania, primarily in Lancaster County. "German" in German is "Deutsch."

In 1990, the Feds seized several of Willie Nelson's properties, including his house and everything in it. To repay his debt, Nelson released the cleverly titled album Who'll Buy My Memories? (The IRS Tapes). By the next year, the Red-headed Stranger was back in the black.

BIC estimates that it has sold more than 50 disposable ink pens every second of every day since 1950. In fact, in September 2005, the company proudly announced that it had sold its 100 billionth pen.

Ringtones of popular songs are now added to the equation of chart position on the Billboard music charts.

RANDOM QUOTES

Maybe it would be better to acknowledge, like the Greeks, that a lot of behavior we call addiction is really a love of pleasure that carries the force of habit. We become addicted mostly because of the central issue in all self-control problems, which is the disproportionate value we place on short-term rewards.

- Daniel Akst

Failure meant a stripping away of the inessential. I stopped pretending to myself that I was anything other than I was and began diverting all my energy into finishing the only work that mattered to me.

- J. K. Rowling.

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Litterell-y Sports: There has been a line crossed



Austin Litterell

Sports Reporter

'Bullying is something that continues to be a plague within the United States. Most of the time, it's children tormenting each other in school. Now bullying has crossed over into somewhere I didn't think it ever would...the locker room. I have never heard a story like what is going on internally with the Miami Dolphins. Question is, was it bullying or hazing? If what I have been hearing is true, there was a line crossed.

Offensive Lineman Jonathan Martin left the team saying he was constantly bullied and harassed. Most of the bullying came from the other side of the line, Richie Incognito. Incognito does have, somewhat, of a questionable past.

He was with two different schools during

college. He attended one of them for less than a week. He has also been in trouble in the NFL. He has been seen in a drunken rage in a bar and got in trouble on a golf course. Even if he is innocent, his reputation is pretty much done. If guilty, he should not play in a Dolphins uniform again.

The staff is at fault here, too. If they allowed this type of behavior to take place in the locker room, then they should be ashamed. I understand the concept of hazing and am OK with it. There is a difference between tying a rookie to the goal post or making him carry gear and making him pay \$15,000 for a trip he did not attend.

If Martin really had to listen to the completely inappropriate comments, I have no problem with him leaving the team. There is a difference between hazing and hating.

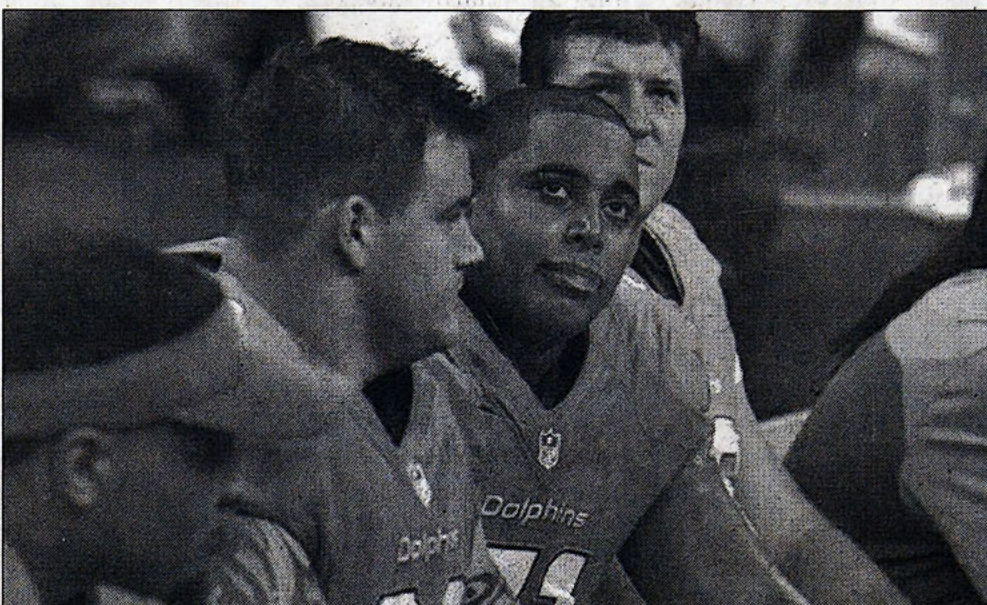
Could he really coach Philbin? I don't think so. If he ends up telling the coaches, then there is a chance that things could get worse. There is not much worse than being in the locker room with teammates who are calling you a snitch. Leaving the team was the right decision for Martin, in my opinion.

Now for the teammates in the locker room, they have been in full support of Incognito. This proves to me that these accusations are true. It is obvious that Martin was an outsider in the locker room. His background as a Stanford grad and son of Harvard parents wasn't normal in there. Not too many guys were busy studying Homer and Greek Clas-

sics in college. The fact is that they chose to support a guy who was okay with using a racial slur in a voicemail to Martin and proves to me that Martin was definitely the odd man out in the locker room.

A player should not have to be afraid of his teammates. When a six-foot-something, 300 plus pound offensive lineman is afraid of his

team, something is wrong, internally. This is not what football is about. If Martin was an easy target within the team, they took advantage of that. Again, I say these are all accusations at this point. A culture like this should not be accepted anywhere, not just the locker room.



FILE - In this Sept. 30, 2013 file photo, Miami Dolphins guard Richie Incognito (68), center left, and tackle Jonathan Martin (71), center right, sit on the bench in the second half of an NFL football game against the New Orleans Saints in New Orleans. About halfway between the start of exhibition games and the Super Bowl, there have been plenty of unwanted story lines. Bullying in the locker room, coaches collapsing, serious injuries to marquee players, the D.C. Council's call on Washington's pro football team to change its name - examples from the past week alone. (AP Photo/Bill Feig, File)

Formula One Racing

Women's Soccer

Infiniti Red Bull Racing chief engineer comes to speak

Cody Johnson

Sports Editor

Matt Cadieux will be giving a live speech via Google + Hangout following a screening of Infiniti Red Bull Racing's new mini-series at the University of Oklahoma Rawl Engineering Practice Facility on Wednesday at 7 p.m.

A screening of Infiniti Red Bull Racing's new mini-series, How to Make a Formula One Car, will start at 7 p.m. followed by a Cadieux speech.

Matt Cadieux is Infiniti Red Bull Racing's chief information officer and is coming to talk about what it takes to build a racing machine worthy of three, back-to-back Formula One World Constructors Championships.

The University of Oklahoma Rawl Engineering Practice Facility is located at 850 S. Jenkins Avenue, Norman, OK 73019.

Matt Cadieux will be broadcasted live from the University of Texas Cockrell School of Engineering. If unable to attend in Norman, a live broadcast will be available on Google+ Hangout On Air at <http://win.gs/F1Lecture>.

Seats are first come, first serve. Media interested in attending or interviewing Matt Cadieux, please contact Erin Finegold by email at erin.finegold@us.redbull.com or by phone at 214-850-4290.

Overtime Agony

OLATHE, Kan. (Nov. 10) - Central Oklahoma's spirited post-season run came to an tough ending here Sunday afternoon with a 3-2 overtime loss to Southwest Baptist in the finals of the Mid-America Intercollegiate Athletics Association Post-season Tournament finals.

The eighth-seeded Bronchos upset regular season champion Central Missouri (3-1) and fourth-seeded Washburn (2-0) in making the finals after barely sneaking into the eight-team field, but the third-seeded Bearcats ended UCO's quest for the title with the dramatic victory.

SBU scored off a corner kick nine minutes into the game and headed in a shot from close range at the 39:43 mark to take a 2-0 halftime lead before the Bronchos dominated the second half in scoring twice to force overtime.

But it was the Bearcats who punched in the winning score in the extra session, scoring with 3:13 left for their second OT win of the season over UCO. SBU improved to 14-5-1 and earned the league's automatic berth

into the NCAA Division II national tournament.

"I thought we were going to pull it off," said head coach Mike Cook, whose team ended the season 9-10-2. "I couldn't be more proud of the way we came back in the second half to give us a chance, the girls really left it all on the field and did a great job. We have a young team and we'll be back."

The Bronchos overwhelmed SBU on both sides of the field in the second half to overcome the 2-0 deficit, getting off 17 shots while limiting the Bearcats to one.

Hahn led the offensive onslaught that started early in half and had nine shots herself, including four on goal. The sophomore forward finally got UCO on the scoreboard with 32:40 left to play when she knocked in a rocket from 20 yards out over the goalkeeper's head.

Emily Precure just missed on three free kicks over the next 15 minutes before the Bronchos drew even with 13:16 remaining. Quinn Tookey got the tying goal with a shot from 10

yards away after receiving a pass from Miranda Thorne.

UCO had three more prime scoring chances the rest of the way, including a header by Caitlin Bond that missed just wide with 1:47 left, but couldn't come up with the go-ahead goal.

SBU ended the drama in the 97th minute with a goal just past the outstretched arms of goalkeeper Brandi Bartley.

UCO had two good scoring opportunities in the first half, with the Bearcats making a save on Courtney Cox's shot from close range while Hahn's header off a corner kick sailed just over the goal.

The Bronchos lose just one senior off the team - defensive standout Jordan Hutchison, who played forward the entire second half after missing all but a few minutes of the previous six games.

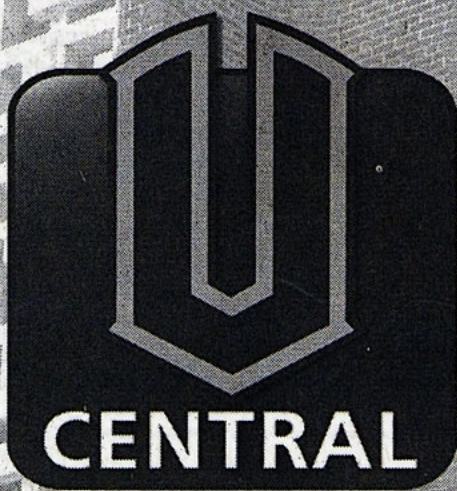
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High University Center

Football

Central Oklahoma on a two-game winning streak



The UCO Bronchos football team celebrates on their way to the locker room following the homecoming game on Nov. 2, 2013. Photo by Cyn Sheng Ling, The Vista.

Austin Litterell

Sports Reporter

UCO football made it two in a row on Saturday afternoon. Behind a strong, second quarter of defense, the Bronchos ran past the Southwest Baptist Bearcats, 38-31. Southwest Baptist fell to 1-9 on the season, while UCO matched their win total from last season and are 2-7. The Bronchos will travel to Tahlequah, Okla. next week for the President's Cup against Northeastern State.

"It's great. It feels good to kind of have tangible evidence and such of the improvements we made," head coach Nick Bobeck said, "we're excited about it as a program."

SBU came out quickly with an impressive 85-yard drive to take the early 7-0 lead. UCO had an answer, however, going 68 yards in ten plays, finished by a Joshua Birmingham

touchdown run. The Bearcats would drive again, but were held to a field goal. They would not score for the rest of the half.

Both offenses struggled for the rest of the half. Adrian Shoecraft and Kenny Allen each had sacks in the quarter. Allen continued to play well after his MIAA Defensive Player of the Week award. The Bronchos defense forced four straight punts in the second quarter, keeping them in the game.

UCO finally broke the struggle, as redshirt freshman quarterback T.J. Eckert plowed into the end zone with 40 seconds left. The Bronchos added even more momentum going into the half as Sam Johnson scored on a fumble return forced by Ashton Young on the ensuing kickoff. UCO was up 21-10 at halftime.

SBU would begin the second half with a touchdown just like they began the game. They would threaten on their next drive, but UCO's defense came up big again. Ja-

son Frimpong and Adrian Mack stuffed Chad Nolan for no gain on fourth and one. The Bronchos answered in just three plays. Joshua Birmingham scored his second touchdown on a screen pass that went for 64 yards.

UCO would score again after a long 15 play 98-yard march down the field. Birmingham would put the exclamation mark on the drive with a one-yard touchdown plunge.

Southwest Baptist would make things interesting, though, near the end of the game. After a score, with just over eight minutes left, UCO would add another field goal. Southwest Baptist would connect on a screen pass of their own that went for a touchdown, making it 38-31. UCO would recover the onside kick and seal the deal by taking a knee.

The Bearcats would finish with 413 yards of offense on the game. Quarterback Joey Dominguez threw for 258 yards and three touchdowns on 17-33 passing. SBU running

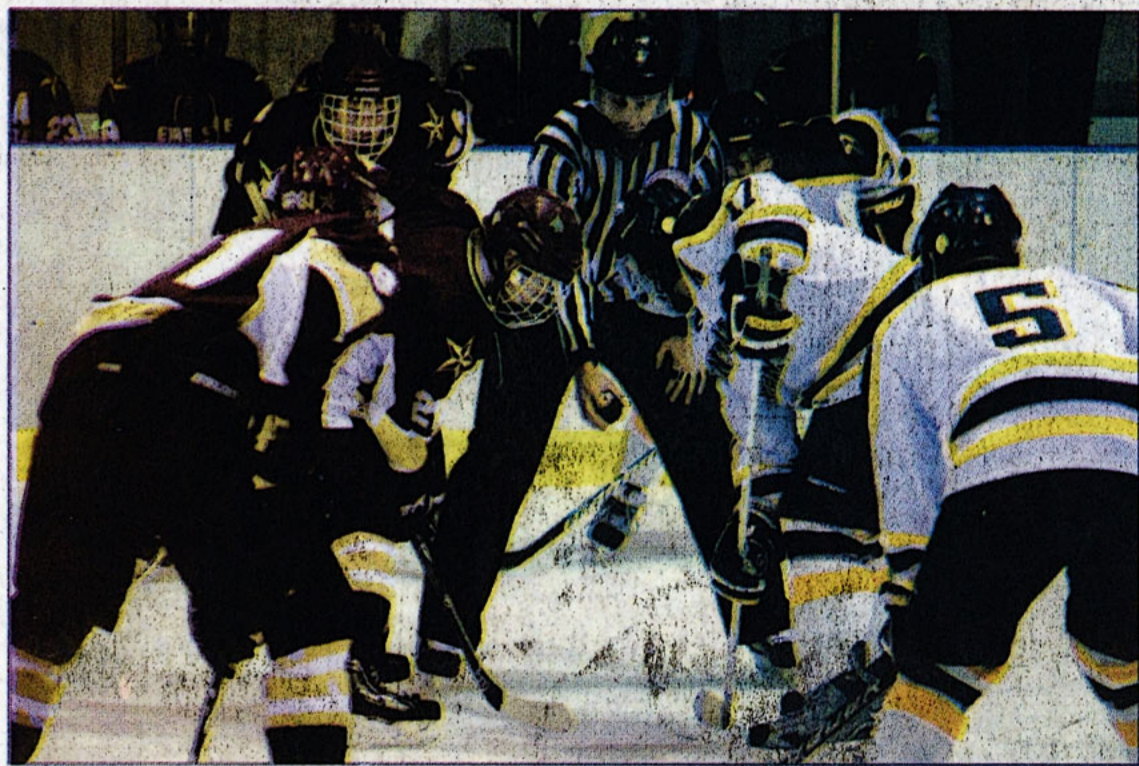
back ViaVia Manuma led the team in rushing and in receiving. Manuma had 52 yards rushing and 99 receiving, while also catching two touchdown passes.

The Bronchos showed a balance attack on offense. They went for 206 on the ground and 223 through the air, totaling 429 yards overall. Joshua Birmingham carried the ball 36 times in the game for 188 yards and two touchdowns. He also caught a touchdown pass. Eckert ended up 16-31 passing with one pass and one rush touchdown. Marquez Clark was held in check with just two catches for 40 yards. Other receivers would step, though. Christian Hood led the team with four receptions. Eight different players caught a pass.

Ten seniors will play their last game next week. They hope to regain the President's Cup.

Hockey

UCO sweeps the ice with Texas State: (18-1) (18-0)



Cody Johnson

Sports Editor

The No. 5 ranked University of Central Oklahoma's hockey team swept the Texas State Bobcats this last weekend when they came to town.

The Bronchos came out Friday night at the Artic Edge ready to play against the newly formed Texas State hockey team and dominated all three periods, start to finish. When the buzzer rang the score was an astounding 18-1.

The following night the Bronchos did not let up at all. They managed to hold the Bobcats on defense almost the whole night and shut them out. The final score of Saturday night was 18-0.

The Bronchos were coming off a split two game match-up the previous weekend against the No. 12 ranked Lindenwood. On Nov. 2 the Bronchos lost to Lindenwood 6-7 but came back to shut them out on Nov. 3, 3-0.

Senior forward Shane Khalaf (17) faces off against a Texas State Bobcat Nov. 9, 2013. Photo by Cyn Sheng Ling, The Vista.

Women's Basketball

Lady Bronchos start season on the right foot

Rick Lemon

Contributing Writer

The Lady Bronchos basketball team started their season with a pair of wins at the St. Edwards Classic in Austin, Texas.

UCO was able to find its offensive rhythm in Austin over the weekend and used it to come away with wins over Texas A&M-Commerce and Hillsdale.

UCO opened the regular season a rout of Texas A&M-Commerce on Friday. This game marked the eighth straight win for the Bronchos over TAMU-C. The Bronchos, after battling for the first part of the game, were able to put together a 24-10 scoring run to end the first half and give them the lead for good.

TAMU-C tried in the second half to mount a comeback, but balanced scoring from the Bronchos was enough to keep the Lions at bay. The closest TAMU-C was able to get was seven points before the Bronchos pushed the lead back into a comfortable range and were able to coast to a victory.

The second game for the Bronchos, as part of the St. Edwards Classic, came against the Hillsdale Chargers. As it turned out, Saturday's contest was much more of a challenge for the Bronchos who had to rely on some clutch-free throw shooting at the end of the game to come away with the victory.

The clutch-free throws to clinch Saturday's 64-56 victory seemed to be just the start to senior Jill Bryan's stellar season. Her six successful free throws in the final 22 seconds of the game, helped stave off a rally by Hillsdale that made the game seem closer in the end than it really was.

The Chargers ten-point rally closed the gap to 58-56 Bronchos with only 22 seconds left in the game. Hillsdale then attempted to continue the rally by putting Bryan at the charity stripe. That plan backfired when she made both of her free throws to put the Bronchos ahead 60-56.

Again, Bryan made her free throws after being fouled coming down from a rebound with twelve seconds left and sealed the deal with a final pair of free throws when she was fouled, coming away with a steal with five seconds left.

After the short exhibition schedule, the offensive improvement across the board by the Bronchos over this last week is a good sign early in the season.

The Bronchos continue their road tour next Tuesday when they play Arkansas-Fort Smith at 7 p.m.

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