

Dawes Holds Masters Class at ACM@UCO

Natalie Cartwright

Contributing Writer

The sun shined on the lonely streets of Bricktown, as the heavy wind bustled in front of the Academy of Contemporary Music at the University of Central Oklahoma Performance Lab, Friday afternoon. Inside, the lights were dim and the seats full of eager students awaiting Dawes' appearance.

ACM@UCO hosts master classes for their students to engage with established musicians. These classes focus on the musician's success in the industry and the ways in which they became successful. Class attendees are given opportunities to ask the musicians questions about their careers.

This particular master class featured Dawes, an American folk rock band founded in 2009 in Los Angeles, California. The band consists of native LA brothers Taylor and Griffin Goldsmith, along with Wylie Gelber and Tay Strathairn.

The band has worked endlessly to put out three albums in the past four years. Dawes is currently on tour promoting their new album "Stories Don't End" and headlined at the Diamond Ballroom in Oklahoma City later Friday night.

Clapping erupted inside the Performance Lab as Taylor and Griffin Goldsmith walked up the steps to the stage, accompanied by CEO of the ACM@UCO and former member of the Flaming Lips, Scott Booker.

Dawes humbly accredited their success in the music industry to luck and constant hard work, as they began their discussion with Booker.

Singer and songwriter for Dawes, Taylor, said, "There's always someone that can outperform you in every single way. There's always a better guitar player, drummer, singer, songwriter, whatever it is."

Taylor went on to say that persistence is necessary when it comes to breaking into the music industry.

Taylor said, "When there's so many people around you that you look up to and that will constantly humble you, for a group like us, we figured our only advantage was to outwork everybody and just to play more often and to put out material faster and to compete in that way."

Dawes has traveled all over the United

States and even toured in Spain with Rock and Roll Hall of Famer Jackson Browne.

"When we went on our first tour, we've never been home for two consecutive months ever since. People ask us if we're tired or ready for time off and I have to say, I think time off scares us more than it sounds comforting. Any momentum we ever build up, hinges on our constant commitment to play," said Taylor. "We're all proudly workaholics."

Booker informed the audience that part of having success in the industry comes from recognizing opportunities and taking chances.

A young student sitting in the front row asked Dawes about the significance of touring when they were first started out. Dawes warned her about misconceptions that tours hold and the importance of forming a residency where you live.

"I think there's a real common misconception about touring. There's so many times where we meet someone in LA or wherever they're from and they say 'yeah, I've booked a whole month tour for myself, I'm really excited to hit the road' and then they go out and they play to nobody for a month," Taylor said. "There's this false sense of accomplishment or productivity that isn't real."

Behind dark shaded aviators and long ringlets of golden blonde hair, Griffin, Dawes drummer, said that they started by just trying to get out and play live.

"We played LA twice a month or tried to work up a residency where we played once a week. When anyone talks about the touring thing how and says 'yeah, I really can't wait to get out there,' I always say I think that you'd be much better served to be able to get 300 people at your show wherever it is you live, because that will be something that people will start to hear about," said Taylor. "That's the story of so many bands, like Dave Matthews Band, who couldn't play outside of four cities, but he played to 2,000 people eventually."

Dawes has planted their strong identity in their music and prides themselves in not changing for anyone. "There were so many bands that we knew that were so concerned with change," said Taylor. "It was really important for us to continue to lay ground work for our identity as a band. We never asked how are we going to be different?"

Taylor continued by saying, "What thrills



Dawes presented a masters class for students of the Academy of Contemporary Music at the University of Central Oklahoma on Friday, Oct. 4, 2013. Photos by Brooks Nickell, The Vista.

us more than anything about being an artist is having an extensive catalog."

With a wave of understanding of what it really means to be a musician and an artist, Dawes put it into perspective and forced the audience to remember why they listen to music and how it makes them feel.

"We look at bands that we loved and there's only three or four records and we really feel how unfortunate that was," Taylor said. "We say, I wish there was more here for me to feel even more connected with the artist."

"All we want to be able to do is look back

and say as Dawes, we have this many albums in this amount of time," said Taylor. "Obviously we don't want to sacrifice any quality just to put out something quickly, but at the same time we want a body of work. That's very important to us."

Goose bumps chilled the room as Dawes ended the class with their song "Just Beneath the Surface" and their authenticity rang true when they exited the stage to embrace questioning students.

New Study Reveals the Bad Side of Facebook

Tyler Talley

Staff Writer

A recent study over Facebook's effects on the human psyche shows that the site leads to depression and anxiety in many of its users, according to the BBC.

Conducted at the University of Michigan (UM) in August, the research team hoped to yield result in whether the popular social networking site had a significant effect over a person's well-being.

The team's press release provides data in the field of behavioral science. They stated that given the frequency of Facebook usage, a study of its influence on a person's subjective well-being represents a research challenge that could provide practical implications.

The study, published in the journal PLOS ONE, is the most recent in a growing body of research that has been collected in hopes of shedding light on social media's negative psychological effect.

Researchers at the University of Gothenburg in Sweden studied a little over one thousand people and found that using Facebook led to a significant decline in self-esteem.

However, the UM research team reported this experiment is the first of its kind in terms of the data collected and how it was collected. The past studies conducted have studied the site's effects on its users' state of mind.

The experiment lasted two weeks and consisted of surveying its participants five times a day between 10 a.m. and midnight.

While taking the surveys, these participants were asked how they felt, how worried they were, how lonely they felt at that moment and how much they had used Facebook since the last survey.

The researchers also wanted to learn about how much direct interaction the participants had with people between surveys, whether they are face-to-face or by phone.

At the end of the experiment, the results

revealed that the more people that used Facebook, the worse they would feel afterwards. But it did not show whether people used the site more or less depending on how they felt.

Other results included that the more participants used the site, the more their life satisfaction would decline. This contrasted with interacting with people in a more direct way, which appeared to have no effect on the participants' well-being.

The report states that the reason for this is because people can actually have fun doing certain solitary activities, such as exercising or reading.

The researchers added that Facebook use did not serve as a proxy for feeling bad or lonely. "Supporting this view, a number of recent studies indicate that people's perceptions of social isolation (i.e. how lonely they feel) are a more powerful determinant of well-being than objective social isolation," the researchers wrote.

The team dubbed this theory, Fear of Missing Out, which is a side effect of seeing people on Facebook post pictures of themselves having fun, while you sit at your computer.

The report also found that the people who were typically more active socially were the ones that showed the most significant decline. Co-author of the research, John Jonides told NPR that this was surprising.

Jonides said, "It suggest that when you are engaging in social interactions a lot, you're more aware of what others are doing and, consequently, you might be more sensitized about what's happening on Facebook and comparing that to your own life."

In the report's conclusion, the lead researcher on the project, Ethan Kross, stated that the need for

enhancing well-being, as frequent interactions with supportive 'offline' social networks powerfully do, the current finding demonstrate that interacting with Facebook may predict the opposite result for young adults - it may undermine."

Director of Student Counseling at UCO Dr. Bruce Lochner stated that the relatively recent social media phenomenon has begun to redefine what people consider meaningful relationships. This may be leading to a negative view of self-worth.

Lochner said, "Initiating a friendship and maintaining a friendship is hard work. This process has been short circuited by social media."

Lochner added that when one directly interacts with someone in person, they can catch social queues with a minimized opportunity for misinterpretation, while social media makes things much more open as users are often left with their own imaginations.

Lochner said, "When people are investing their time and energy in front of a computer, as opposed to time invested in real relationships, it allows their imaginations to run wild."

Lochner also advised that anyone who notices that they have an addiction to social media, or they feel as if sites like Facebook are having an adverse effect on them, to log off.

He cited the Diagnostic Statistical Manual's provision on online addiction as a legitimate psychological disorder. He went on to suggest that Facebook could be used as a tool to build toward a more direct relationship with another person.

Lochner concluded by saying, "Unplug or achieve a balance. A little bit of social media isn't bad, but use it as a launch pad in service to the next level of intimacy."



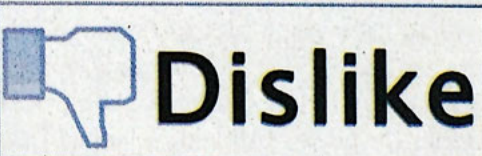
The researchers added that Facebook use did not serve as a proxy for feeling bad or lonely.

UCO student like so many others logs onto facebook. Photo by Quang Pho, The Vista.

connection is a primal human desire that Facebook claims to straighten, while their research reveals that it may actually be detrimental.

The researchers wrote, "On the surface, Facebook provides an invaluable resource for fulfilling such needs, by allowing people to instantly connect."

They continue to state that, "Rather than



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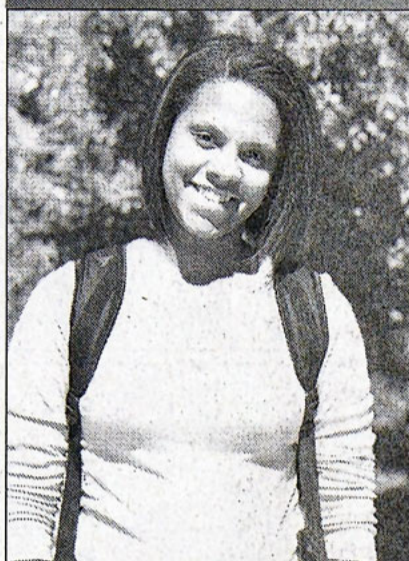
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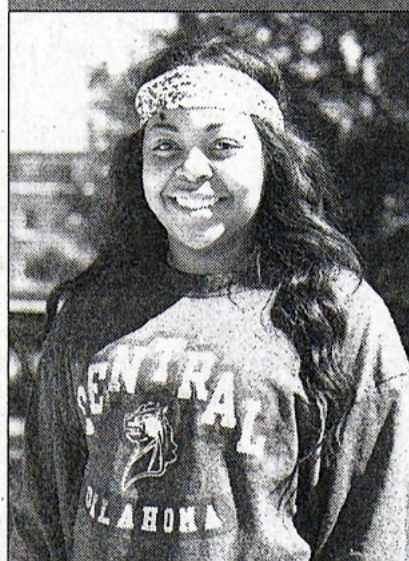
"Do you think you are prepared for your midterms?"

JASMINE TRICE
Nursing - Junior



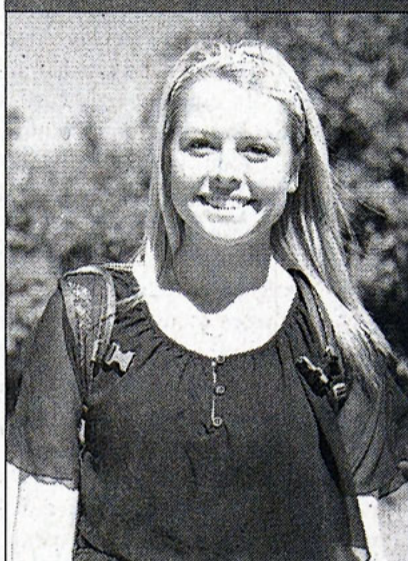
"I don't have midterms."

KALEIGH FIELDS
Chemistry - Freshman



"No, I'm not prepared for my midterms. I just found out about them a week ago."

MAGGIE BOBO
Nursing - Freshman



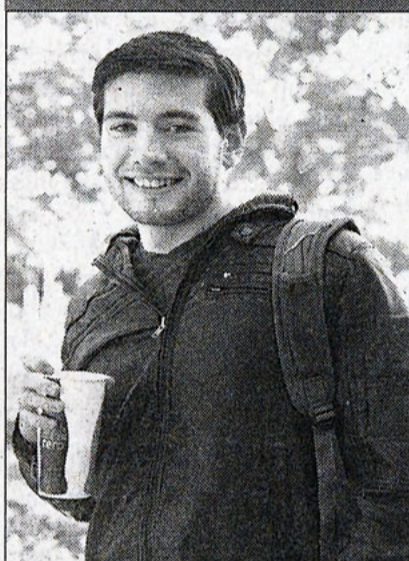
"I'm not a hundred percent prepared, but I don't really have that many either."

LANDON SIKES
Freshman



"I don't have midterms this year."

JOSH RIGDON
Freshman



"I don't have any way to study for my midterms. I don't have any of my previous work because my professor just didn't hand it back to us."

TRAVIS BARNETT
Industrial Safety - Freshman



"I'm still studying on them."

Keeping It All Together

By: Sarah Neese (Editor-in-Chief)

The government, as you might have realized, is still shutdown. It's been a number of days since Congress failed to pass legislation that would prevent the shutdown and yet, the government is still shut down.

Over the weekend, I experienced my fair share of bad news on the American homefront.

Everything from government shutdown, to disability fraud, to a shooting in Washington D.C.

It just seemed that things weren't going so great in the greatest nation in the world.

But, as one of my colleagues and friends reminds me daily, you should find the bright side of everything.

So, I did. I decided to take a look at what we, as a nation, are doing right.

First of all, it's October now, which means that the holidays are right around the corner. And, we all know that America does the holidays like no other.

Soon, there will be pumpkin carving, cider sipping and watching of spooky classic movie marathons abundant across the nation.

Families huddle up together, under blankets, sweaters and hoodies, hiding out from the cool fall chill.

Football season is in full swing. With a game like the one we saw on Sunday, as the Denver Broncos battled the Dallas Cowboys for a win, there's no doubt that American families, from east and west, will be huddled over televisions, shouting out approvals and criticisms, in the coming weeks.

Little kids everywhere are likely scouting out the perfect costume for Halloween night, one cool enough to get recognition but also cute enough to get a pillowcase full of candy.

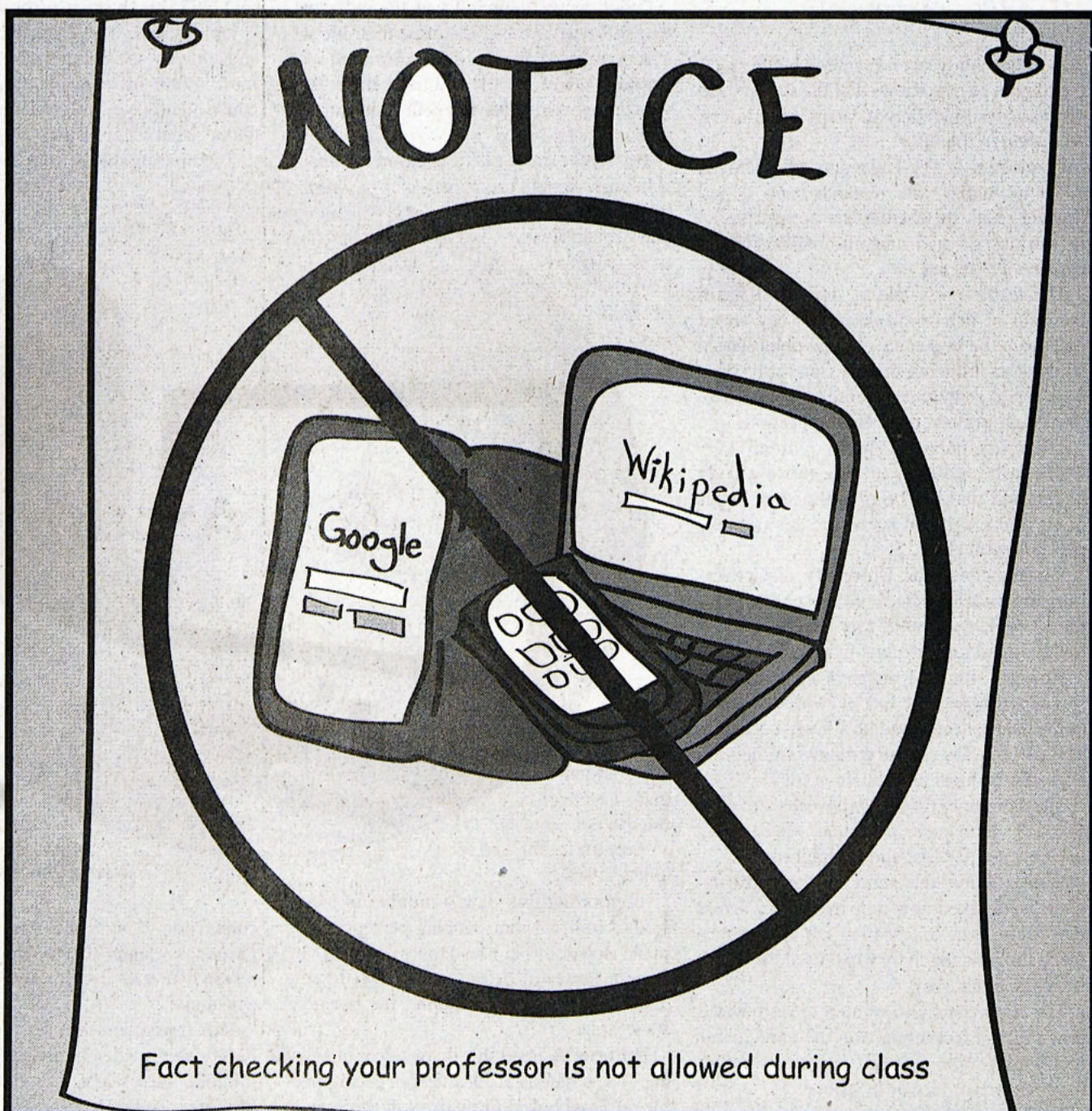
Kitchens fill to the brim with smells of autumn. The first in a series of many pumpkin pies bakes in the oven, alongside a baking sheet full of roasting pumpkin seeds. Mulled cider brews on the stovetop, filling the house with a warm, fall scent.

Pumpkin patches, football stadiums, coffee shops and homes. All filled with American people, coming and going, making up American culture, as we know it.

And this, ladies and gentlemen, is how we thrive, and it's how we survive.

Though it may feel as though things are falling apart, the American people are what keep the United States of America glued together.

CAMPUS CARTOON



Cartoon by Matthew Gossom

Opinion

Sincerely,



Stevie

Change Can Be A Good Thing

By Stevie Armstrong

My knuckles turned white as I held onto the door frame with all my strength. My step-dad pulled me by my ankles, while my mom carried my bags out the front door.

"You can't make me go!" I screamed.

A new journey was awaiting me, but I was fighting as hard as I could against it. New people, new surroundings and new opportunities, but "new" was not my thing. I felt much safer surrounded with familiar faces and places.

My mom had recently gotten married, which meant big changes were to follow, such as moving to a new city. As of my

mature age of 12, I had only ever lived in one place and had only ever attended one school. I was comfortable. I may not have known much about life, but the little that I did, I knew well. Change was the last thing I wanted to happen.

"If you don't go with us, what do you think you're going to do?" my mom asked.

"Stay here and live with the family that buys our house," I replied.

"I can't afford the price reduction on the house that you'll cause if you come with it," my mom sarcastically, yet truthfully said.

So there I was, standing on

the steps of my home for the last time. With each footstep I took away from everything I loved, a tear replaced it.

Yes, I was terrified of all the "new" I was about to face. But most of the changes that came with the "new" have been some of the best opportunities, most beautiful places and genuine people that could have come along.

I guess it was the fear of the unknown that was haunting me. Instead of fear, there should have been excitement. But change can be uncomfortable, yet without it, nothing better has the chance to come.

Moving away from the only

life I knew, was the last thing I wanted to do. Now, looking back on this major turning point, I wouldn't take it back. Not only did this change transition me into the next phase of my life, it taught me that "new" shouldn't be a negative term.

When life's currents start to shift direction, don't exhaust yourself by trying to swim against them. Instead, grab your scuba tank and regulator and embrace the ride.

Sincerely, Stevie

NSA Part II: The Evolution of the NSA's Surveillance Authority 2001-2008

Josh Wallace

Staff Writer

Looking back to the revelation in 2005 of the National Security Agency's (NSA) warrantless surveillance program, questions regarding its legal status began to pop up immediately.

The surveillance program, enacted by President George W. Bush in 2001, went outside of the normal channels for monitoring under the Foreign Intelligence Security Act (FISA) of 1978, in which the government would have to seek a warrant from the Foreign Intelligence Security Court (FISC) before engaging in electronic surveillance. As the questions continued, and the revelation of the NSA's communications and data gathering from an AT&T facility was detailed in January 2006, the Bush administration sought to justify the program and its legal standing.

Speaking at Georgetown University Law Center Jan. 24, 2006, Attorney General Alberto Gonzales sought to outline the intentions of the program and how it operated legally based on presidential authority. Gonzales said,

"The terrorist surveillance program is firmly grounded in the President's constitutional authorities... It has long been recognized that the President's constitutional powers include the authority to conduct warrantless surveillance aimed at detecting and preventing armed attacks on the United States. Presidents have uniformly relied on their inherent power to gather foreign intelligence for reasons both diplomatic and military, and the federal courts have consistently upheld this longstanding practice."

The Attorney General also sought to justify how the program was able to bypass Title III of FISA, which states explicitly that it is "the exclusive means by which electronic surveillance may be conducted," citing the president's right to "exercise 'all necessary and appropriate' incidents of military force." Gonzales went on to cite congressional authority



Protesters hold signs, and CodePink founder Medea Benjamin wears oversized sunglasses on Capitol Hill in Washington, Wednesday, Oct. 2, 2013, during a Senate Judiciary Committee oversight hearing on the Foreign Intelligence Surveillance Act with National Security Agency Director Gen. Keith Alexander and National Intelligence Director James Clapper. (AP Photo/Evan Vucci)

that had been given to the president under the Authorization for Use of Military Force passed shortly after the attacks on Sept. 11, 2001.

On Jan. 31, 2006, the Electronic Frontier Foundation (EFF) filed suit against AT&T for its cooperation with the NSA's data gathering. The government sought to have the case dismissed under state secrets privilege, but the court rejected the government's argument in June 2006. In a case brought against the government by the American Civil Liberties Union, U.S. District Judge Anna Diggs Taylor ruled on July 17, 2006 that the surveillance program was unconstitutional, had violated FISA, and should be halted. In October 2006, the U.S. Court of Appeals for the Sixth Circuit ruled that the government could continue operating the program pending appeal of the lower court's decision.

Ultimately, the surveillance program was scrapped on Jan. 17, 2007, as negative sentiment surrounding the Bush program continued to mount. The EFF's case continued through the courts, until it received a fatal

blow by new legislation that would not only prevent legal action against communications companies like AT&T, but would also be the foundation for how the NSA was able to conduct the surveillance programs that were brought to light by Edward Snowden's recent intelligence document leaks.

On July 10, 2008, President Bush signed in to law the FISA Amendments Act of 2008, which among other broad changes, gave immunity, including retroactively, to communications companies, like AT&T, who had cooperated with the NSA. Regarding immunity from 2008 and on:

"RELEASE FROM LIABILITY. - No cause of action shall lie in any court against any electronic communication service provider for providing any information, facilities, or assistance in accordance with a directive issued pursuant to paragraph (1)"

And in the same bill it was deemed that no civil action could be brought against communications companies "In connection with an intelligence activity involving communication that was authorized by the President during the period beginning on September 11, 2001, and ending January 17, 2007; and designed to detect or prevent a terrorist attack, or activities in preparation for a terrorist attack, against the United States"

The bill also outlined how the Attorney General and the Director of Intelligence were given the authority to direct these communications companies to "immediately provide the Government with all information, facilities, or assistance necessary..." and if they chose not to cooperate "the Attorney General may file a petition for an order to compel the electronic communication service provider to comply with the directive with the Foreign Intelligence Surveillance Court..."

Also given to the Attorney General and the Director of Intelligence was the authorization of "targeting people reasonably believed to be located outside the United States," though

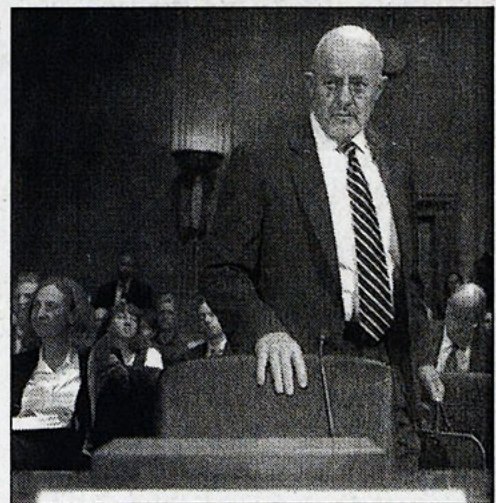
they must give the FISA court information regarding the surveillance plans and what steps would be taken to limit the number of communications of Americans being gathered. At the same time though, the government is protected from having to "identify the specific facilities, places, premises, or property" where the communications gathering takes place, limiting court oversight.

More concerning was the review process enacted for emergency surveillance. Under an exception clause within the bill, emergency surveillance can take place for up to seven days without approval by the court. From there, a certification must be submitted to the court, which has 30 days to review. If problems arise from the court's review, the government has 30 additional days to comply, after which it can launch an appeal which could take up to 60 days for the FISA Court of Review to make a decision. In a sense, the government could conduct surveillance illegally for up to 127 days before they would be forced to stop.

One other change was the additional time allowed for emergency use of pen registers and trap and trace devices, which changed from their use being curbed after two days, to being extended to seven days. According to Cornell University Law School, "A pen register produces a list of the phone numbers or Internet addresses contacted, but does not include substantive information transmitted by the signals. A trap and trace device identifies the phone numbers or Internet addresses of incoming signals."

While the warrantless surveillance program enacted by Bush in 2001 was phased out, the FISA amendment of 2008 would take its place, giving the government broad authority to force cooperation from communications companies and the ability to gather large amounts of intelligence with little court oversight.

In the next installment on the NSA: A look at the exposed NSA programs.



National Intelligence Director James Clapper arrives on Capitol Hill in Washington, Wednesday, Oct. 2, 2013, to testify before the Senate Judiciary Committee oversight hearing on the Foreign Intelligence Surveillance Act. (AP Photo/Evan Vucci)

Instuments of History



Students observe art at the Melton Gallery on Oct. 4, 2013. Photo by Cyn Sheng Ling, The Vista.

Kanesha Brown

Contributing Writer

make a more intimate experience."

The performances presented music from composers George Giuseppe Tartini, Heinrich Schutz and Frederick Handel.

Musician Brad Bennight presented the harpsichord, which is an antique keyboard, to the Center of Historical Performance. He also held a master class and performance of the harpsichord the day after the historical instruments performance.

The goal of the Center of Historical Performance is intended to understand music from the past by performing traditional styles, but using historical instruments or replicas.

The Melton Gallery series will showcase the performance departments of the College of Fine Arts and Design program. The Performance Series will be held on select Thursdays from 4-6 p.m. this fall semester in the Melton Gallery room of the Art and Design Building.

The next event presented by the College of Fine Arts and Design will be from the Theatre Arts department. They will be performing the play "Measure for Measure," written by William Shakespeare.

All the events will be free and open to students and the community.

The UCO Center for Historical Performance Hosts Historical Instruments Concert.

The University of Central Oklahoma's (UCO) Center of Historical Performance hosted the historical instruments concert Thursday, Oct. 3, in the Melton Gallery.

When asked what the event was celebrating, Office of Galleries and Collections Director Zina Gelona said, "It's celebrating the historical performance."

The concert featured all the instrumental faculty members performing with both historical and replicas of instruments that were used as far back as the early 1800s.

"It was a real good turnout. It was real nice," said Gelona.

The string quartet created by composers Joseph Haydn and Luigi Boccherini, was used during the performance.

Violinists that featured in the performance were Theodora Morris, Hong Zhu, D.M.A. and Ralph Morris, D.M.A., who is both a violinist and violist.

Other performers were vocalist Marilyn Govich, D.M.A., pianist Richard Jobe and cellist Tess Remy-Schumacher, D.M.A.

The purpose of the performances being held in the Melton Gallery is to give an experience similar to the Baroque era of 1600-150, where musical performances were held in smaller locations.

Member of the Melton Gallery Shiloh Shiraiwa said, "A long time ago, usually the concerts were held in really small galleries... it would

Around UCO's Campus



Collin Rosebrook from Paseo Pottery works on Raku pot-making at UCO. Photo by Cyn Sheng Ling, The Vista.

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RANDOM FACTS

Boasting an impressive collection of over 300 Summer Olympic medals, Romania ranks 15th in the world for total medals earned at the Summer Games. However, its Winter Olympics performances are another story: Romania only has one Winter medal, a bronze, from 1968.

Looking to expand his fan base, a young Elvis Presley landed a monthlong gig at Nashville's Grand Ole Opry. Unfortunately, the booking didn't last. After just one performance (on October 2, 1954), the management threw Elvis out onto the street because he wasn't singing country "correctly."

On November 18th, 1913, pilot Lincoln Beachy did something that had never been done in an airplane before: he made a complete loop-de-loop.

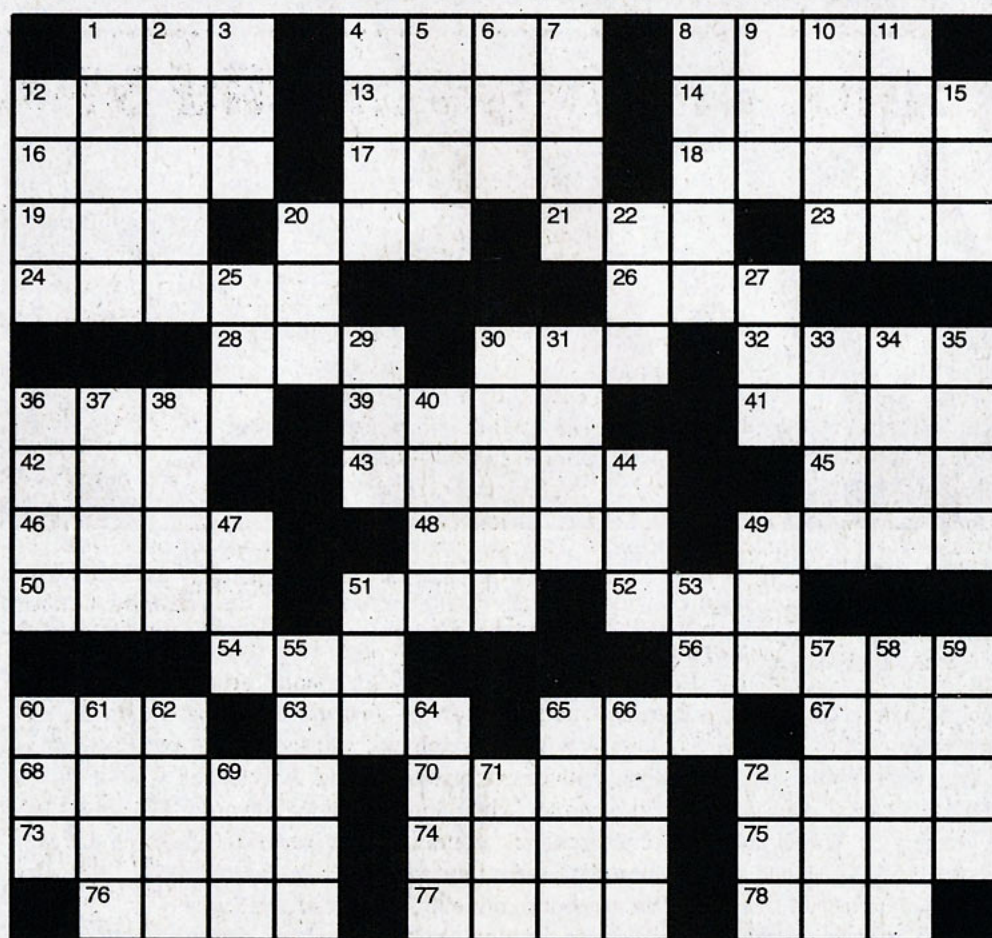
Invented in the 1940s in Tennessee, Mountain Dew was meant to be mixed with whisky. In fact, its bottles were designed to look like moonshine, and the original Mountain Dew labels featured outhouses, stills, and hay-chewing yokels.

Felines have thirty-two muscles in each ear which control intricate movements for directional hearing.

CROSSWORD

Across

1. Monopolize
4. Baker's unit
8. ___ du jour
12. Chesterfield, e.g.
13. Voting "no"
14. Go over
16. Dagger handle
17. Capital on the Dnieper
18. Postal scale unit
19. "Act your ___!"
20. Undertake, with "out"
21. "Chicago" lyricist
23. Long, long time
24. Biblical gift
26. "Fantasy Island" prop
28. "Are we there ___?"
30. Caught
32. "I ___ you!"
36. Appropriate
39. Make, as money
41. ___ terrier
42. "Rocky ___"
43. Age
45. Setting for TV's "Newhart"
46. Christian Science founder
48. The America's Cup trophy, e.g.
49. Sermon basis
50. Change
51. Beast of burden
52. Adage
54. Dot-com's address



56. Chivalrous

60. ___ system
63. Decide to leave, with "out"
65. Make sense, with "up"
67. CD follower
68. Latin dance
70. ___ Bowl
72. Central points
73. They're entered in court
74. Catch a glimpse of
75. Forbidding
76. Acad.
77. 1987 Costner role
78. Infomercials, e.g.

Down

1. Grinder
2. Bid
3. Gangster's gun
4. Camp sight
5. "Don't bet ___!"
6. Absorbed, as a cost
7. Quintet
8. Investigate
9. Moldovan monetary unit
10. Bad marks
11. Snack in a shell
12. Bogus
15. Ballpoint, e.g.
20. "___ Cried" (1962 hit)
22. Diner sandwich
25. "The Catcher in the ___"

27. "___ De-Lovely"
29. Golf ball support
30. Matures
31. "___ bitten, twice shy"
33. "___ From Muskogee"
34. Wildcat
35. Job for a body shop
36. Ticket info, maybe
37. Man Friday
38. Scottish sea captain accused of piracy and hanged.
40. "Planet of the ___"
44. "48___"
47. "Yeah, ___!"
49. Losing come-out roll in craps
51. Mont Blanc, e.g.
53. Used to connect words, clauses or sentences
55. Certain tribute
57. Think moodily
58. Place
59. Arab chieftain
60. Death on the Nile cause, perhaps
61. "Road" film destination
62. Black cat, maybe
64. Accordingly
65. Heidi's home
66. Quite a while
69. Undergrad degrees
71. "It's no ___!"
72. Kind of approval

SUDOKU

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5	7	6					4	1
		4	6		7			
				2	3		9	
8					9		5	

RANDOM QUOTES

What are riches - grandeur - health itself, to the luxury of a pure conscience, the health of the soul; - and what the sufferings of poverty, disappointment, despair - to the anguish of an afflicted one!
- Ann Radcliffe

There is no calamity greater than lavish desires.
There is no greater guilt than discontentment.
And there is no greater disaster than greed.
- Lao-tzu

We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves.
- Francis J. Braceland

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Litterell-y Sports: Safety is important, but....



Austin Litterell

Sports Reporter

There has always been one important issue that stands out when it comes to football, the safety of players. Safety is an important issue that needs to be addressed in all levels of football.

Now that we know more and more about concussions, changes have been made. But are the NFL and NCAA making the right changes for safety? I say no to this question.

In the NFL, running backs are no longer able to lower the crown of their helmet outside the tackle box. Running backs across the league have questioned this rule and so do I.

Certain running backs perform with that physical type of play; it's just how they run. Also, for a running back, running low is a way for them to protect themselves. If they are running straight up, anything can happen to them when taking a big hit. The refs are also put in a bad situation with this rule, as well.

My major problems come with the rules that the NCAA has made. The helmet rule and of course, the controversial targeting rule that has many people up in arms.

The helmet rule states that if a player loses his helmet during a play, he has to stop himself from pursuing that play and then come off the field and sit out for a play.

I am fine with the second part of the rule, but the first part is what drives people crazy. If a player continues to play without his helmet, his team will be penalized 15 yards.

Football is an instinctual game and I feel that this rule takes away from that. A player is not just going to quit on a play. His instincts will not let him do that, so of course he will keep playing.

Punishing a player and the team for not giving up, takes away from the good intentions that began when the rule was made.

Now about the targeting rule:

If a player leads with his helmet and launches himself at another player, it is 15 yards and an ejection.

Again, I am fine with the premise of this

rule, if it was called correctly. I like big hits, but I do not want to see people get a concussion because of a dirty hit.

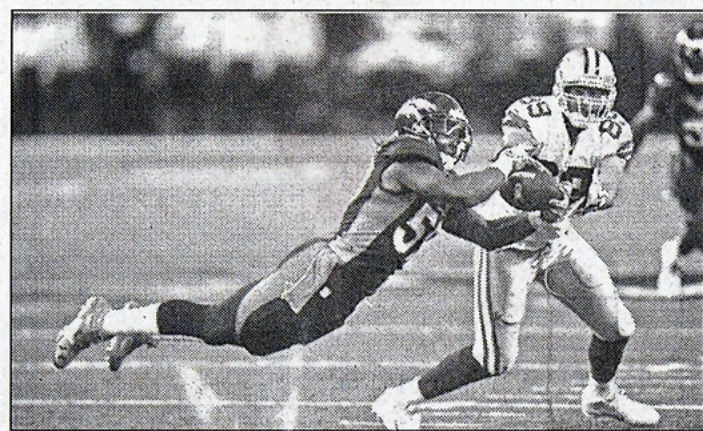
The problem is the way it is enforced. On many occasions the targeting call has been handed out this season and many of them have been bad calls. It's gotten to the point where every big hit is penalized now.

Here is where the absurdity that makes up the targeting rule comes in. A player's ejection can be overturned, but the penalty cannot. An overturned ejection is basically an admission of being wrong, but the team is still penalized 15 yards.

Again, safety is the number one issue in football and I believe it should be. Nobody deserves to suffer from concussions throughout their life. At the same time, there can be changes to improve safety that better the game instead of making it worse.

AP Exchange

Manning tops Romo, Cowboys in wild 51-48 shootout



Denver Broncos outside linebacker Danny Trevathan (59) intercepts a pass from Dallas Cowboys quarterback Tony Romo, in front of Gavin Escobar (89) during the fourth quarter of an NFL football game Sunday, Oct. 6, 2013, in Arlington, Texas. Denver won 51-48. (AP Photo/Dallas Cowboys, Sam Smith)

Schuyler Dixon

AP Sports Writer

ARLINGTON, Texas (AP) — Peyton Manning had to make sure Tony Romo wasn't the last man with the ball in his hands.

The Denver quarterback did it by keeping the Broncos out of the end zone in the final moments of the second-highest scoring game since the NFL-AFL merger.

Manning maintained his record pace for touchdown passes, then milked the clock for a game-ending field goal after an interception by Romo spoiled the first 500-yard game in Dallas history, and the Broncos stayed unbeaten with a 51-48 victory Sunday.

Matt Prater's 28-yard kick for the Broncos' 16th straight regular-season win came after linebacker Danny Trevathan's diving interception at the Dallas 24 with Romo trying to direct a third go-ahead score in the fourth quarter.

"We had the huge defensive play at the end, which was significant," said Manning, who threw four touchdowns to give him a record-setting 20 in the first five games. "And we did not want to give them the ball back."

Needing a first down but not a touchdown so the Broncos (5-0) could run out the clock, Manning and Knowshon Moreno shouted at each other in the backfield just before the snap.

"He basically was asking me, 'How am I supposed to do that? How can I get a half a yard but not get a yard and a half?'" said Manning, who had 414 yards passing to move past Dan Marino for No. 2 on the career yardage list.

"I just said, 'You can't! You can't score! You can't do it!'" Moreno managed to pull off the first down without scoring, and Manning took three snaps to drain the clock to 2 seconds for Prater, who had a 50-yarder among his three field goals.

It was quite a debate over a measly yard in a game with 1,039 yards of total offense combined in the fourth-highest highest scoring game in NFL history and tied for the second-highest in regulation since the merger in 1970, according to STATS.

Here are five things to know after the Broncos ran their total to 230 points — the most by an NFL team through the first five games — and set a franchise record with their eighth straight road win:

MAGICAL DAY, SAD ENDING: Romo was 25 of 36 for

506 yards and five touchdowns for Dallas (2-3), breaking Don Meredith's franchise record of 460 yards. He is the fifth quarterback in NFL history to pass for at least 500 yards and five touchdowns in a game. He was up to 13 TD passes with just one interception for the season before Trevathan's game-changing play. "I thought Tony was brilliant today," Dallas coach Jason Garrett said. "I thought he played as good of a football game as I've ever seen him play. Unfortunately, it didn't end the right way."

MANNING'S BOOTLEG: Manning had already turned a 14-0 deficit into a 21-17 lead when he fooled all 11 Dallas defenders and the 92,758 watching his first game at the \$1.2 billion home of the Cowboys with a bootleg for an easy 1-yard score and a 28-17 lead late in the first half. Denver lined up for what looked like a run on third down from the 1. But Manning had faked the handoff, and the roar from thousands of orange-clad Denver fans grew as they realized he was jogging toward the left corner of the end zone for his first touchdown rushing since 2008. "The key is you want to do it about every five years or so," said Manning, who tied his dad, Archie Manning, with 18 TDs rushing for his career.

BACK AND FORTH IN FOURTH: The Cowboys converted Manning's first interception in 227 passes, by Morris Claiborne, into a 41-38 lead on Romo's 10-yard scoring pass to Jason Witten. The Broncos pulled even with Prater's 50-yarder, then Romo threw 79 yards to Dez Bryant to set up another go-ahead score — a 4-yarder to Cole Beasley. Manning answered with a 73-yard drive to Moreno's tying 1-yard score with 2:44 remaining.

ROMO'S WEAPONS: Dallas had three 100-yard receivers with Witten (seven for 121), Bryant (six for 141) and rookie Terrance Williams (four for 151). Williams had an 82-yard touchdown that helped cut Denver's biggest lead to 35-27 in the third quarter. Cole Beasley had four catches for 47, including a 23-yarder to set up the go-ahead score in the fourth.

RECORDS, RECORDS, RECORDS: Manning's 20 TDs in the first five games broke the record of 18 by Minnesota's Daunte Culpepper in 2004. He moved past Marino on the career yardage list with 61,371. Brett Favre is the all-time leader with 71,838. The team's 230 points are 13 more than St. Louis and Kurt Warner's "Greatest Show on Turf" in 2000, when the Rams scored 217 in the first five games.

Women's Golf

UCO To Host Tourney

OKLAHOMA CITY -- Central Oklahoma will host its own RCB Bank UCO Classic Monday and Tuesday at Lincoln Park Golf Course.

The Bronchos, who cruised to a runaway win in their first tournament of the fall season Sept. 15-16, will have 18 teams in the field for the two-day, 36-hole event at the 6,026-yard, par-71 East Course with a 9 a.m. shotgun start set for both days.

Joining UCO in the tournament will be Redlands Community College, Oklahoma Christian, Newman, Central Missouri, Arkansas Tech, Cameron, Northeastern State, Southwestern Oklahoma, Lindenwood, Henderson State, Harding, East Central, Southern Nazarene, Texas A&M-Commerce, Fort Hays State, Southern Arkansas and Nebraska-Kearney.

The Bronchos will have Bethany Darrough, Taylor Neidy, Aly Seng, Katie Bensch and June Tigert in the lineup, with Lindsey Bensch and Tressa Brumley set to play as individual medalists.

Bronchosports.com

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High University Center

Soccer

Bronchos sweep both games last weekend

Rick Lemon

Contributing Writer

UCO soccer seems to have found its offensive rhythm over the weekend, as the Bronchos won both their games with high-scoring shutouts.

The Bronchos played the Missouri Western State Griffons on Friday here at Tom Thompson field, beating them by a score of 4-0. UCO then played Northwest Missouri Sunday, blanking the bearcats 3-0.

Playing at an earlier time due to weather concerns, didn't faze the Bronchos on Friday,

as they dominated the Griffons the whole game.

From the first kick onward, the Bronchos seemed to only be playing on the Griffons' side of the field, hording the ball and racking up the shot totals. By the end of the game the Bronchos had earned 25 shots on goal to Missouri Western's 8. In fact, Missouri Western only recorded three shot attempts in the final forty-five minutes of the game.

When asked about how the Bronchos were able to hold onto the ball so well, head coach Mike Cook was proud of how his team played saying, "that's something that we practice every day and really take pride in. If you don't let them have the ball, they can't score."

Sunday's game against Northwestern Missouri was more of the same for the Bronchos, as they held onto the ball and outshot the Bearcats 17-6.

Scoring came early and often for the Bronchos in the first half as Sarah Purcell, coming off her two goal performance in Friday's game, struck in the 14th minute to give UCO the lead. From there, it only took nine more minutes until Emily Hann added to that total, with a goal of her own. Joining in on the action, Quinn Tookey nailed another goal in from ten yards out and the rout was on.

With the three-goal lead, the Bronchos didn't have to worry about scoring much anymore, but kept up the pressure anyway.

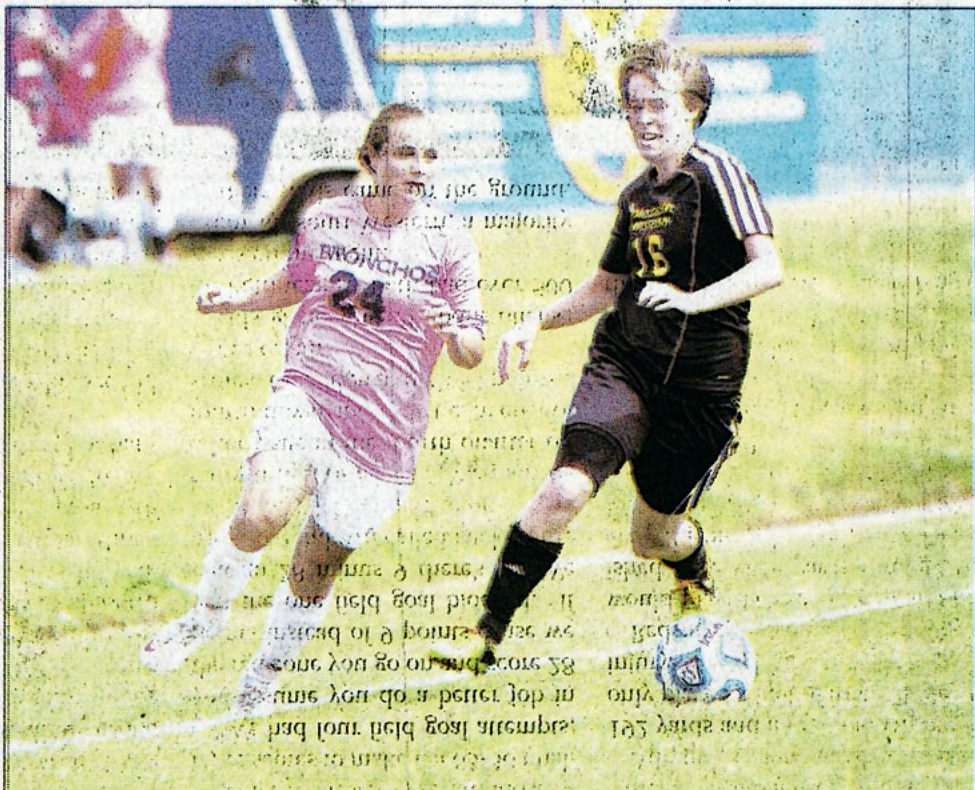
Stout defense from Tookey, Jordan Hutchinson, Miranda Thorne, Emily Precure, and Cortney Cox helped to limit any chances by the Bearcats and gave goalie Brandi Bartley her second straight shutout.

Now that the Bronchos have regained their offensive confidence here at home, they are leaving for two conference away games next week against Fort Hays in Kansas and the University of Nebraska- Kearney.

The Bronchos will play at home again on Oct. 18 when they host the MIAA champion Central Missouri, in what is sure to be an exciting game.



Sophomore forward Kimberly Linder goes for a goal on Oct. 04, 2013 against Missouri Western. Photo by Quang Pho, The Vista.



Freshman midfielder Stephanie Engster goes for the ball against a Missouri Western player on Oct. 04, 2013. Photo by Quang Pho, The Vista.

Central Oklahoma falls to Griffons at Wantland

Austin Litterell

Sports Reporter

The UCO football team hung around for a little while, but Missouri Western proved to be too much on Saturday.

For roughly a quarter and a half on Saturday, UCO was playing tough with the Griffons. "We felt like offensively we played pretty well. We came out and took some wings early and moved the ball a great deal, there's no question about that," head coach Nick Bobeck said, turnovers were an issue, second series of the game third series of the game I guess it was and then another one in the red zone towards the end of the second half, I think those were big issues in the football game.

Those turnovers and penalties however led to the Griffons eventually pulling away.

The Bronchos started out on fire offensively, with a 56-yard pass from Adrian Nelson to Christian Hood on the very first play from scrimmage. Nelson would eventually finish the drive with a one-yard touchdown run, giving UCO an early lead.

The Griffons replied by scoring the next 14 points of the game; one

set up by an interception in UCO territory.

Once again, Jake Gandara scored a touchdown after a 38-yard run and eventually another touchdown run by Nelson.

The Griffons would add another first quarter touchdown, as running back Raphael Spencer carried the ball into the end zone. The teams combined for over 400 yards of offense in the first quarter.

Western would outscore UCO 14-3 in the second quarter, giving them a comfortable cushion going into the second half.

The Bronchos had a costly Griffon 21 yard line, which Missouri Western turned into a touchdown. Quarterback Travis Partridge threw a seven yard touchdown pass with just 10 seconds remaining in the half. The Griffons led 35-17 at half-time.

The Griffons started the second half the way they finished the first. They opened up the half with a touchdown drive, making it 42-17. UCO was able to move the ball deep into Griffon territory a few times, but were forced to kick a couple of

field goals.

Western answered the field goals with a long kick return. They took advantage of the short field by scoring a touchdown.

Marquez Clark would cut the deficit to 49-30 with a 60-yard punt return for a touchdown. It was the first punt return for a score for UCO since 2003. He had an 80-yard return for a score that was negated by a penalty. Western would add two more scores to make it a 63-30 final.

"We had four field goal attempts, you assume you do a better job in the red zone you go on and score 28 points instead of 9 points cause we had the one field goal blocked. If you go 28 minus 9 there's 19. We had a touchdown called back in the fourth quarter you add another seven to that so that's 26. We had another issue in the fourth quarter on fourth down and didn't convert, we score a touchdown that's 33 points," Bobeck said.

This game was all about offense for both teams. Both had over 500 yards on the night.

For Missouri Western, a majority of their yards came on the ground.

They rushed for 319 yards.

Raphael Spencer was too much to handle, rushing for 221 yards and a touchdown on 24 carries.

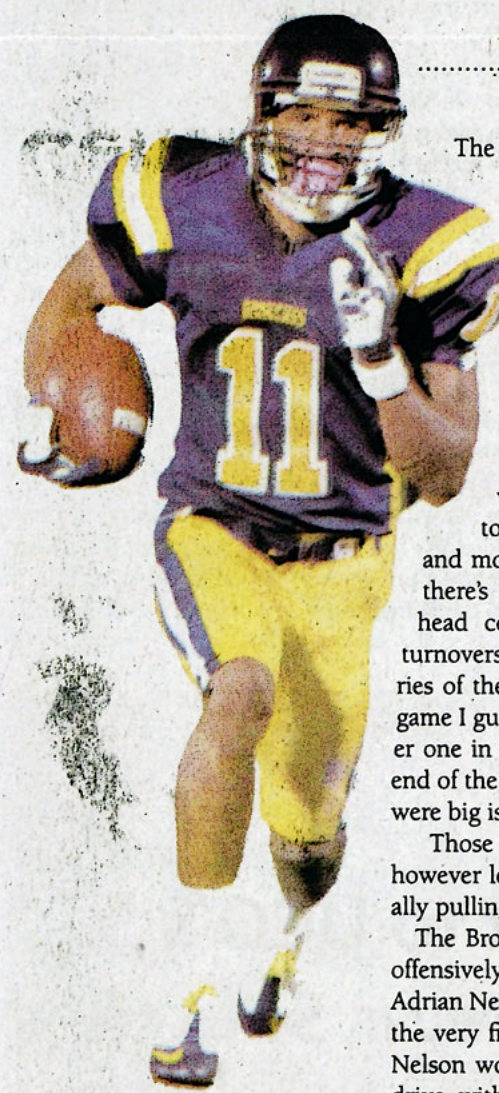
Travis Partridge threw for just 203 yards, but had a touchdown pass and a couple of scoring runs, as well. Overall the Griffons finished with 522 yards of offense on the night.

UCO was not far behind with 521 yards of total offense.

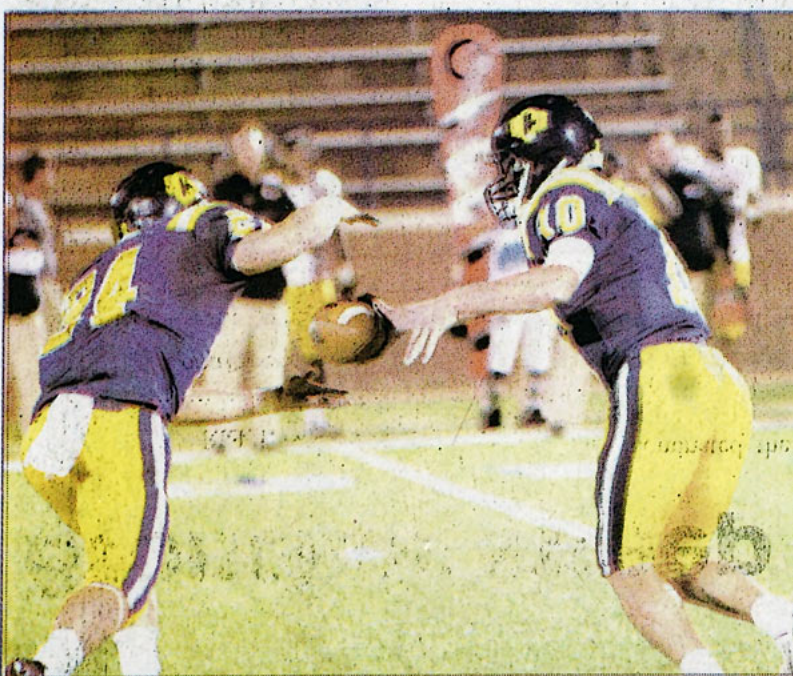
Adrian Nelson finished 11-15, 192 yards and a touchdown, but he only played a half of football, due to injury.

Redshirt Freshman T.J. Eckert would play the second half and finished 8-22, 124 yards through the air. Rushing the ball, Joshua Birmingham had 70 yards on 18 carries and UCO finished with 213 yards on the ground.

UCO will need to cut out the mistakes next week. They have to cut down on penalties and turnovers. Saturday, Oct. 12, UCO will be on the road against 3rd ranked Northwest Missouri State.



Junior Marquez Clark runs the ball against Missouri Western on Oct. 05, 2013. Photo by Cyn Sheng Ling, The Vista.



Redshirt freshman quarterback T.J. Eckert hands the ball off to freshman runningback Jake Gandara during the game against Missouri Western on Oct. 05, 2013. Photo by Cyn Sheng Ling, The Vista.



Redshirt freshman kicker Seth Hiddink kicks a field goal during the game against Missouri Western on Oct. 05, 2013. Photo by Cyn Sheng Ling, The Vista.