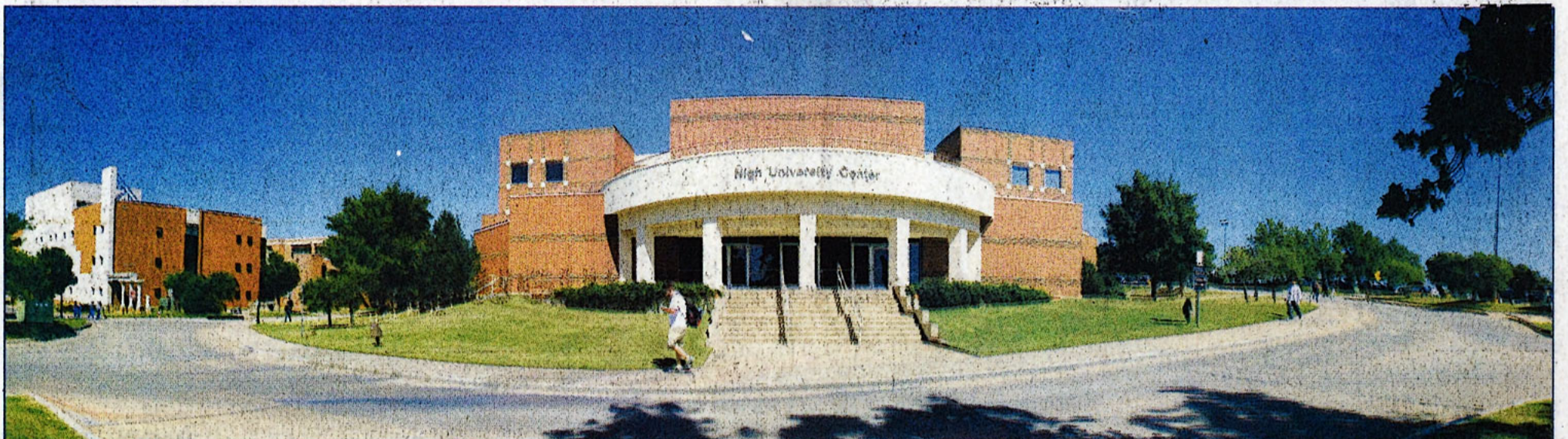


UCO Remains on List of Top Universities Do Smaller Class Sizes and Personal Attention from Instructors Contribute?



Students walk across the UCO on Sept. 25, 2013. UCO has been named one of the best regional universities in the west on a list compiled by U.S. News and World Report. Photo by Quang Pho, The Vista.

Brooks Nickell

Staff Writer

The recently released 2014 Best Colleges List from U.S. News and World Report shows that the University of Central Oklahoma is among top universities in the nation.

According to the report, UCO sits atop the list of public regional universities in the state and holds the position of no. 29 on the list of Tier One institutions in the Top Public Schools: Regional Universi-

48.6 percent of classes at UCO register fewer than 20 students.

Alongside these numbers, the average freshman retention rate, an indicator of student satisfaction, is 66 percent. It's argued that smaller class sizes provide for a more positive learning environment. At UCO, the thought that these two statistics are directly correlated supports that argument.

"The smaller learning environment absolutely contributes to it," UCO Associate Vice President of the Academic Advisement Center Jay Corwin, said. "The reason for that is the connection with faculty members. Our faculty

opinion. Our goal is to get it raised by about another ten to twelve percent over the next five to 10 years. We have selected some peer institutions and that's where



Professor Carole Miller assists Justin Reed during her Fundamentals of Speech class on Sept. 25, 2013. Miller's class is one of many at UCO with a small class size, allowing UCO to have a better freshman retention rate. Photo by Quang Pho, The Vista.

Tier One Institutions

Top Public Schools: Regional Universities - West

- 29. Stephen F. Austin State University
- 29. University of Central Oklahoma
- 29. University of Texas- Pan American
- 32. Weber State University

ties - West category. Overall, UCO is no. 75 in western Regional Universities.

"This ranking reflects Central's commitment to creating a culture of learning, leading and serving throughout the community and is confirmation that our students, faculty, staff and alumni are creating a pathway to relevance and distinction," University President, Don Betz, said.

He continues to say, "This ranking is particularly gratifying because it is heavily weighted toward institutional reputation through a survey of presidents and enrollment executives and tells us that our colleagues throughout the Western states are aware of and respect our dynamism."

One thing that the report highlights, regarding UCO, is the student to faculty ratio. There are 19 students to every one-faculty member. The study also outlined that

are fully invested in our students and the more that students connect with them, the better."

While this number is higher than other universities, Corwin said that

Regional Universities West Division

- 75. Stephen F. Austin State University
- 75. University of Central Oklahoma
- 75. University of Texas- Pan American
- 80. Alaska Pacific University

UCO is not satisfied with this percentage.

"That number is not what we want to be at all. It's very low in our

they are and that's where we feel like we should be, as a metropolitan university."

Corwin said that UCO had plans in action already to increase the freshman retention percentage. One of these includes student success coaches, whose role is to work with students from the beginning, students, Corwin said, that they wanted to help guide through the entire process.

"You may come in as a new freshman and meet your success coach. They will help advise you, walk you through and meet with you every couple of weeks. They are like part academic advisor, but also more of a motivator, someone who is going to be able to check on you routinely to help make sure we get you to the graduation goal. We're working a lot on different student success opportunities."

According to Corwin UCO will

be hiring four student success coaches.

Another action that UCO has taken to improve retention rates comes in the form of research.

"We've run a lot of different data

steady rate of enrollment, roughly 4,500 freshmen coming in a year since 2009. The question that UCO faces is how to get those freshmen to graduation and how to do so in a manner that produces the most enhanced citizens.

"Central is re-imagining higher education to create transformative learning and high impact learning opportunities for students of all ages," Betz said. "We envision an Oklahoma comprised of an abundance

sets to find out what students are the most successful here," Corwin said. "Because we are a public institution, our admission standards are pretty set. For students that may statistically have a more difficult time with success, we want to make sure to put a success coach with them to guide them to their degree."

UCO continues to grow with a

of citizens with enhanced critical thinking, communication and collaboration capacities to imagine, create, innovate and solve problems."

Betz continues to state, "In this climate of constant change, during this knowledge-driven global era, we believe that in this way Central will help Oklahoma continue to grow and prosper long into the future."

66 PERCENT
freshman retention rate

UCO's enrollment reflects growing diversity

Josh Wallace

Staff Writer

In a release from Sept. 20, 2013, the University of Central Oklahoma reported an increase in enrollment for the Fall 2013 semester for Hispanic and Pacific Islander, and students who identified themselves as being from two or more races.

With a total number of enrolled students at 17,217, UCO saw a 7.9 percent increase in the number of Hispanic students, a 7.4 percent increase in Pacific Islanders, and a 15 percent increase in those claiming two or more races. Myron Pope, vice president for student affairs, commented on the increase in the release, adding, "Changes in student demographics at UCO reflect what we see in the Oklahoma City metro area. We're glad to see those changes on campus and we will continue to work hard to serve those students."

Changes in the diversity of college students aren't confined locally to UCO, as national trends echo the rise in minorities attending two and four year colleges. Specifically within the Hispanic community, there has been considerable growth in the number of students enrolled in the past few decades.

According to a 2011 Pew Research study, the number of Hispanic students saw a 24 percent growth from 2009 to 2010, with Hispanic students accounting for 15 percent of the 12.2 million students enrolled in two and four year universities in 2010. The study also reported an increase of 88,000 young blacks, and 43,000 young Asian-Americans enrolled from 2009 to 2010, while there was a decrease of 320,000 young whites.

Pew Research also looked at completion rates among the different races enrolled nationwide. Broken down by race/ethnicity, of the bachelor's degrees earned in 2010,



The Office of Diversity in Inclusion, seen here on Sept. 25, 2013, works to embrace diversity on UCO's campus. Photo by Michael McMillian, The Vista.

71 percent were to white students, 10 percent black, nine percent Hispanic, seven percent Asian/Pacific Islander, with the remaining counting American Indians/Alaska Natives. According to the research,

there was a 8.5 percent gain by Hispanic students to receive a bachelor's degree from 2009 to 2010.

Enrollment of international students at UCO experienced at 7.6 percent gain, with students coming

from 86 countries and comprising eight percent of the total student body at UCO.

Timothy Kok, director of international admissions and communications for the office of global affairs, addressed in the release the reasons students select UCO, adding, "International students choose UCO because of school affordability, campus safety and the friendliness of our community here in the Edmond and Oklahoma City metro," he went on to add, "Small classes, personalized education and the accessibility students have to professors and our student community in general all work to keep students at UCO. We hope UCO's leadership and its community will continue to provide support to all of our valuable international students as they seek wonderful international experiences here."

THE VISTA

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

EDITORIALS

Opinion columns, editorial cartoons, reviews and commentaries represent the views of the writer or artist and not necessarily the views of The Vista Editorial Board, the Department of Mass Communication, UCO or the Board of Regents of Oklahoma Colleges. The Vista is not an official medium of expression for the Regents or UCO.

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

Address letters to:

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

ADVERTISE WITH THE VISTA

The Vista is published semiweekly during the fall and spring semesters, and once weekly during the summer. In all issues, The Vista has opportunities for both classified, online and print ads.

Email your questions to ucovista.advertising@gmail.com for rates.

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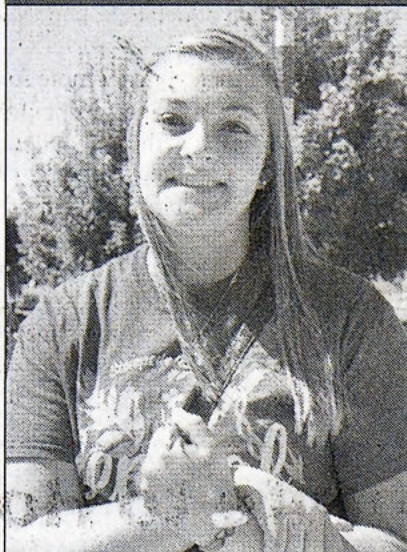
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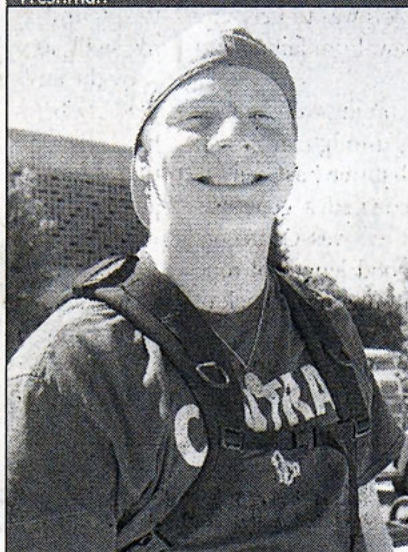
What do you think is most beneficial about having small class sizes here at UCO?

LINDSEY FRIDICH
Accounting - Freshman



"The small class makes learning easier. There's more personal interaction too."

JONATHAN NIX
Criminal Justice & Forensic Science - Freshman



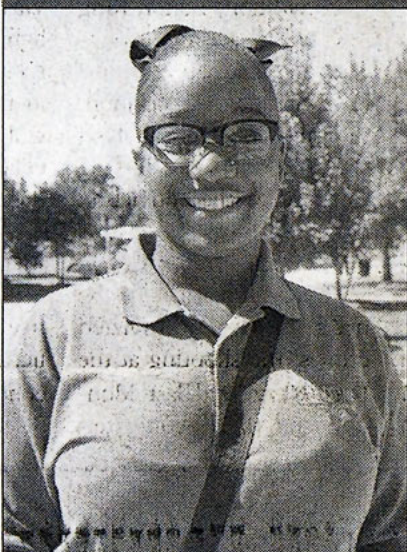
"More one-on-one time with the professors."

STEVIE PHELPS
Vocal Music Education - Senior



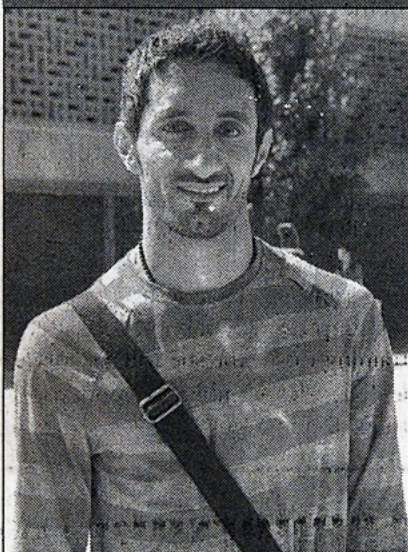
"Probably easier to get to the teachers. It helps to build student-teacher relationships"

CHERISH HYATT
Early Childhood Development - Freshman



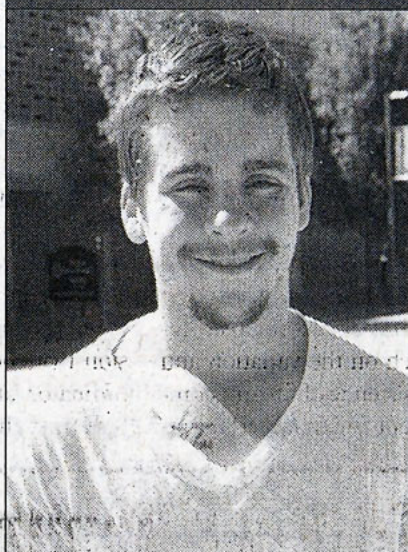
"Get more one-on-one time with the professors."

HAMAD AL-HARKAN
Industrial Safety - Junior



"Easy to make friends. It's like a family."

AUSTIN STALLINGS
Mass Communication - Sophomore



"More one-on-one time with the professors."

Strap on the fat pants

Editorial by: Lindsey Richards (Managing Editor)

My younger sister moved to Tualatin, Oregon last year. One thousand nine hundred and sixty one miles of Oregon, Idaho, Utah, Wyoming, Colorado, Kansas and Oklahoma separate her driveway from mine.

After a year of her absence, you would think I'd adjust. However, I still get the sting of tears behind my eyes thinking about how far away she is, though I know she will eventually make her way back to OklaHOMEa.

In an effort to console and comfort, we have hour-long conversations at least once a week catching up on the ways of Oregonians and Oklahomans alike. Last night, my temporary Oregonian concluded our conversation on a hilarious note.

"So remember my favorite pair of Express Jeans I wore throughout high school?"

"Yes," I replied.

"Well, I have been wearing them again and I'm really excited about it, but after wearing them all day they make my stomach and back hurt because they don't really fit," my sister said.

"Don't you think that's kind of silly? You probably shouldn't wear them anymore if they are hurting you. You have other pants that actually fit you, why don't you just wear those?"

"Because I have a theory," my sister said. "My other pants fit me so well that they make me feel skinny and I believe in those pants I can eat whatever I want throughout the day. Since these pants don't fit and are so constricting it makes me think I'm too fat to eat whatever I want all day."

I laughed for a long time at my sister's discovery of her old pants. Where does one find the motivation to make themselves uncomfortable in order to achieve a goal they hold at a higher standard than their own contentment?

Like sitting next to the stinky kid in class on the front row for the potential of taking better notes.

Parking in a back row parking space at Wal-Mart in hopes of enduring a little more exercise.

Tolerating an hour-long daily commute in 100-degree weather with no air-conditioner in order to save money for a long-awaited vacation.

Buying a gold fish for companionship and insurance of a low responsibility relationship.

Talking all night long with a friend through their tribulations in order to bring them back to the self they've lost.

Shopping online and never making a purchase in order to entertain desires and remain debt free.



Cartoon by Matthew Gossom

Finding a way to balance time between three jobs, school, sorority priorities, family life, and personal reflection all in hopes of a financially stable future.

By facing problems big or small, through anguish or comedy, with anxiety or ease, when it comes down to it we all have routes of distress that lead us to our

desired destination of alleviation.

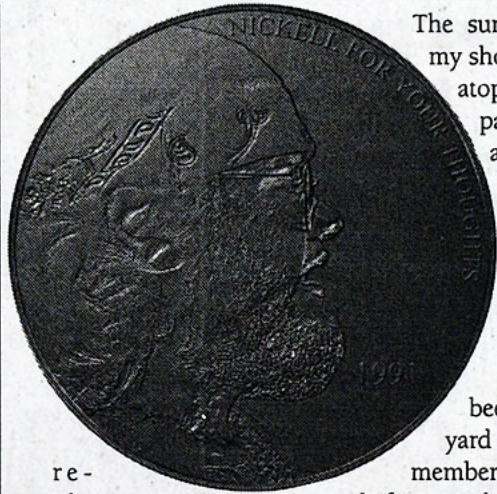
Be sure to wear your fat pants well, especially if by the end of the day you will be happy with the amount

of food you didn't eat.

Opinion

WHAT THE TREE HAS SEEN

By Brooks Nickell



The sun beat down on my shoulders as I stood atop the roof of my parent's wrap-around porch. I held steadfast to the end of a tree that had fallen on top of the house only days before.

The tree had been in our front yard longer than I can remember. In fact, it was

re-
there

before our house was built. I was holding on to that tree because my job was to keep the pieces my father cut off with the chainsaw, from falling and damaging anything.

As I turned my eyes away from the incoming wood chips, the singular thought that was running through my mind was this, "what a tremendous amount that tree has seen."

At around seven years old or so, I owned a goat. His name, as all good goats' names should be, was Goateebo. My best friends and I would attach a good length of rope from Goateebo's collar to that old tree, jump on the back of the goat and hold on for dear life.

Goateebo would take off and kicking until he hit the end of his tether and then alongside his passenger,

plummet to the ground. It was quite a sight to see. The first time I revisited the memory, via an old VHS tape home movie my mother had stashed away, I laughed hysterically. I have to think that tree saw us coming barefoot up the path with a goat and a rope, it laughed too.

There was a sandbox in the shade of its strong branches. It's been gone for some time. There was a swing set that took refuge on sunny days there, too. And I can remember a friend of mine running a dirt bike in between the two metal chained swings.

I can remember him being forced backwards off the bike as it continued upwards into a ghost rider wheelie, turned half backflip, until it ultimately came to rest alongside him on the ground.

The sandbox went and then the swing set went and as I chucked another log of wood from the roof of the porch to the ground, it sunk in that the tree was soon to be gone from my sight, as well.

By the end of the day it was just that, gone, or more so in a pile to be burned. The stump had been uprooted and the hole filled in. Standing outside, I gazed on the open expanse that was once so populated. There was where the tree stood and my eyes jogged adjacent to a flat spot of grass and dirt where the sandbox used to be.

A heavy weight came over my physical and mental being as we removed that tree. It was as if a painter had spent 22 years capturing memories and emotion, painting a masterpiece that was truly worth a thousand, paintings. And after 22 years of living work, the painter crumpled it up, threw it in

the trash and walked away.

"It's really a lot bigger of an area than you think," I spoke to my mother.

"We're thinking about putting a patio out this way," she replied.

As she said those words, the weight was lifted. Just earlier, my dad had talked to me about building a traditional Native American grass-thatched hut in that same area. I shook some more woodchips from my hair and gave my mother a smile.

"The possibilities are endless," I said.

The painter did crumple up the masterpiece, but he didn't walk away and he left that image in a family's minds, as well as my own, to cherish forever. As a new canvas was set up, he prepared to lay another stroke of paint, a new memory, a new masterpiece in the works.

And while I'll always have that original painting in the back of my mind to retrieve on a whim of nostalgia, I look forward to what the future will bring.

We can't fixate on the end in life. I firmly believe that we have to be at peace with the fact that paths change, energies dim, things die and we can do nothing to prevent that.

Abraham Lincoln said, "In the end, it's not the years in your life that count. It's the life in your years."

There was a lot of life in that tree's years. In the end, I dream that I can say the same.

Follow me on Twitter @JbrooksNickell

UCO Forensic Science Institute to Host Firearms Expert

Tyler Talley

Staff Writer

The UCO Forensic Science Institute will host a firearms expert for a lecture at 3 p.m. on Sept. 26 in the Forensic Sciences Institute auditorium.

Rachel Bolton-King teaches undergraduate and postgraduate courses on material in the field of firearm identification, ballistics and analytical chemistry at Staffordshire University in the U.K.

In addition to teaching, Bolton-King stated that she has also conducted research on the variation and consistency of firearm component manufacturing, as

well as the use of 3-D imaging and non-contact x-ray examination of corroded and concealed weapons to gather intelligence and assess the potential for evidence recovery.

Bolton-King said that the purpose of the form is to promote a unity and cooperation among individuals within all areas of the criminal justice and forensic science disciplines.

"A single professional discipline cannot hope to secure a conviction in court, without the cooperation and intelligence provided by other professions," Bolton-King said.

Instructor and Impression Training Coordinator at the Forensic Sciences Institute Deion

P. Christophe stated that Bolton-King's discussions are beneficial to students, educators and practitioners within forensic and law-enforcement communities.

"The community-oriented approach to solving crime not only shines light on Forensic Science and its applications in the prevention of crime and apprehension of criminals, but informs others of the necessary partnerships need to solve crime," Christophe said. "Dr. Bolton-King brings meaning to the understanding of law enforcement collaboration on a large scale."

Bolton-King added that she will also discuss the public perceptions of both gun crime and organized

crime as presented in the media.

"The impact of transnational organized crime and gun crime, in particular, have high media presence in the public domain and therefore, this forum provides scope to discuss gun crime at an individual level," Bolton-King said.

In addition, Bolton-King will address how cooperation border control, law enforcement investigation, firearms evidence analysis and information sharing can lead to the conviction of members of various organized crime groups.

The forum comes at the heels of two gun-related crimes: the shooting at the D.C. Navy Yard last Monday, and the ongoing ter-

rorist situation at a mall in Kenya.

Director of UCO's Forensic Science Institute Dwight Adams stated in a press release that events like these only add to the relevance of what Bolton-King will be lecturing over.

"Recent mass shooting events, like the one in Washington, D.C., highlight the importance of forensic science and firearm identification. The forum will address the ever increasing use of firearms in the commission of crimes and its impact from a global perspective," Adams said.

Bolton-King's lecture is free and open to the public. For more information,



Rachel Bolton-King Ph.D. of Staffordshire University in the U.K. Photo Provided.

UCO Peer Health Leadership Program Promotes Health and Excellence



Samantha Siharat, PEER Health Leader, promotes sexual health at "The Big Bed" near the clock tower at Broncho Lake, Sept. 25, 2013. Photo by Cyn Sheng Ling, The Vista.

Colore' Lincoln

Staff Writer

The UCO Wellness center presented the UCO Peer Health Leadership Program and the UCO Center for Excellence in Peer Education (CEPE) to the UCO Cabinet on Monday Sept. 16.

The UCO Peer Health Leadership Program is designed to promote health and excellence throughout the UCO campus community by using student peer educators (CEPE). It seeks to build awareness of the issues associated with unhealthy habits through education, up-to-date information and life skill training for students to make healthy lifestyle choices.

The idea is for students to uniquely encourage their peers to seek professional advice and develop responsible habits towards alcohol, tobacco, dieting and exercise, HIV/AIDS, sexually transmitted infections, eating disorders, stress management and other health issues.

The program provides interactive plans tailored to satisfy the physical, psychological, social and spiritual health and wellness needs of the UCO community. The program can be awareness campaigns, one-on-one talks, class lectures, dorm presentations or Greek events. Presentations range from 20 minute to an hour, but can be condensed to fit any time schedule needed.

"It's really putting this idea of transformative learning, where you're at the center of your learning. It's actually making that applicable and hands on," said Coordinator of the Wellness Center Britney Criswell. "(We're) not only telling them to go shop for healthy food, but actually showing them how to do that and empowering them to make those healthy decisions."

For the fall 2013 semester, classes include Supermarket Smarts, The Campus Cook, The Dorm Room Workout, College Survival Guide and a variety of Peer Health, Leadership

Health and Wellness Videos.

"Students get their health information from their friends or peers, so these peer educators can come in to give quality information to their peers to lead healthier lifestyles," said Criswell.

The CEPE encourages responsible, enthusiastic and dedicated students to combine their special training in health education and wellness to help students on campus. It prepares students to mentor, tutor and lead their peers in both a curricular and co-curricular setting, while promoting the Central Six tenets of transformative learning.

The CEPE will promote cohesiveness among the UCO educators and utilize the model of peer education by creating an experience that provides holistic development of student leaders and educators and an enhanced learning experience for their peers. They will provide workshops, facilitate discussions and sponsor campus events.

This past year, 2013-14, the Wellness Center received approximately

40 applications for their CEPE program and 16 were selected. The program is growing and getting more competitive each year. For more information about becoming a Peer Health Leader, visit ucopeerhealthleaders.com. The 2014-15 application will be available for students to apply in early April of 2014.

"Students that are coming out of the peer leadership program, or that are peer health leaders, our evaluations are showing that them being a part of this program is helping them with a variety of skills...presentations, global cultural competency and team building. Being a part of this program is taking them outside of their own learning experiences so they can be able to do that for another student. It's been very positive experience for them," said Criswell.

For more information about either program, contact Britney Criswell at 974-2320 or bcriswell@uco.edu.

Peace Lutheran Church Fellowship Picnic

September 28th, 2013
4 pm - 7 pm

We invite you to our Fellowship Picnic.

Please come and join us in Games, Food, Fun And Music.

TV for keeping up with football scores.

2600 East Danforth
Edmond, Ok
341-3205



Smoke rises from buildings after an airstrike hit in Hama village, in the Syrian central province of Hama, Wednesday, Sept. 25, 2013. (AP Photo)

UCO TO HOST A WEEK OF POVERTY AWARENESS

Alex Cifuentes

Contributing Writer

This year's Poverty Awareness Week at The University of Central Oklahoma, looks to focus on giving students a deeper understanding of the effects of poverty in the metro area. The events will take place Sept. 30 - Oct. 4, hosted by the Volunteer and Service Learning Center.

This year's line-up of events is short one largely popular event from previous years. Shack-A-Thon will not take place during this year's Poverty Awareness Week, but there will be a week full of events to fill its gap.

"After last year, we sat down and thought what would give the most impactful experience for students wanting to participate in Poverty Awareness Week and thought, 'What would be the most informational?'

We made the decision that Shack-A-Thon, though it was a fun activity, didn't really raise awareness of poverty in the way we wanted it to," said Coordinator of the Volunteer and Service Learning Center, Eric Hemphill.

Hemphill continued to say, "We decided there were more impactful things we could do as a metropolitan university, and we shouldn't just be staying on campus, but we should be going out and trying to help combat issues of poverty in the city."

The events will begin Sept. 30 at 12 p.m. with hunger simulations. This event will also be held Oct. 1 at 10 a.m. and Oct. 2 at 4:30 p.m. to fit into student's schedules. The hunger simulations, held at the Nigh University Center (NUC) Henry Bellmon Room, will allow participants to experience the difficulties of getting proper nutrients, while using Supplemental Nutrition Assistance Program (SNAP) benefits and other

food supplements.

The second event, Privilege Walks, will take place Oct. 1 at 11 a.m. and Oct. 2 at 4:30 p.m. at the NUC, Henry Bellmon Room: The Privilege Walks will take place in conjunction with the Hunger Simulations and is designed to allow students to understand how privileged or unprivileged their upbringing was.

"Don't be deceived just because of the place UCO is located that we don't have a responsibility to go out to places that aren't as affluent," said Hemphill.

A Community Living Panel will take place in NUC Henry Bellmon room, 3 p.m. Oct. 3. During this event participants will hear from community leaders who directly work with poverty, hunger and malnutrition in Oklahoma.

Rebuilding Together OKC will take place Sept. 30, from 1 p.m. - 5 p.m. at various locations throughout Edmond

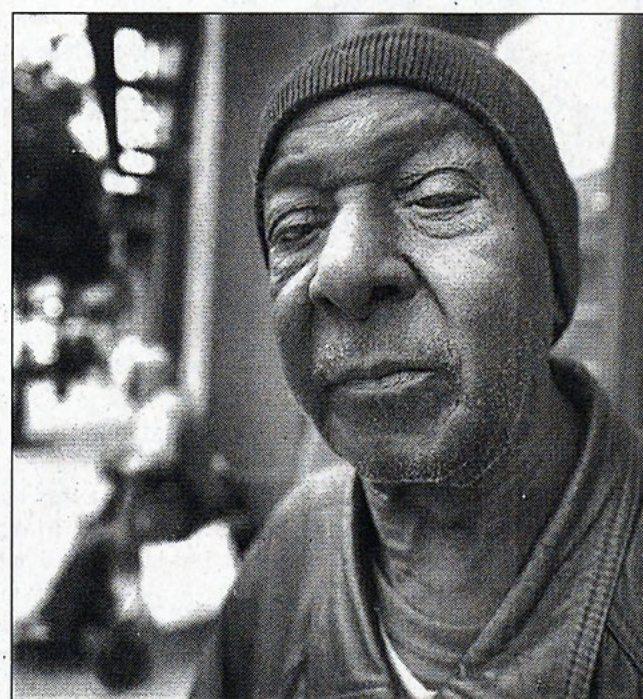
and Oklahoma City. Participants will work together installing drywall, painting and performing other tasks for Rebuilding Together OKC.

Students will carpool to locations and can sign up at www.bit.ly/UCORebuilding-Together.

"It's one thing to sit in a classroom and tell people we have poverty issues in OKC, but it's a completely different thing to actually go and have the students see that," said Hemphill.

Students may also sign up to volunteer for other local organizations involved in poverty issues like The Hope Center - Edmond, and City Rescue Mission.

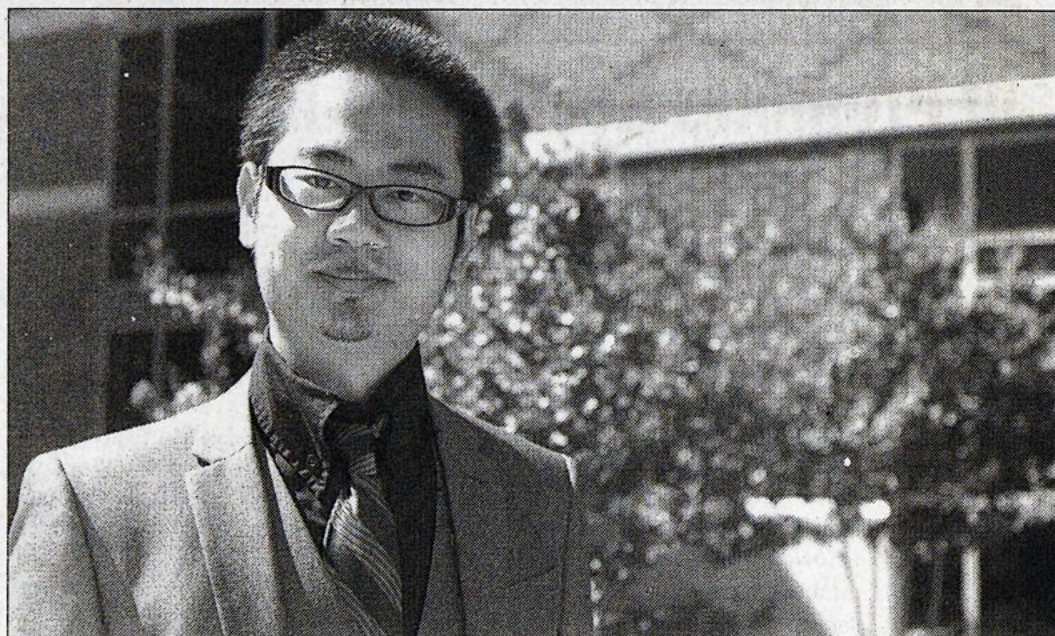
"If students can take what they learn back to where they're from, then as civically engaged citizens, take those concepts and apply them in their hometowns, that is probably the most meaningful thing they can do with their time at UCO," said Hemphill.



Thomas Williams, homeless, was driven to Pasadena from Los Angeles with 6-7 homeless people and spent overnight waiting in line at the Apple Store in Old Pasadena to purchase 2 iPhones for a buyer. He was to be paid \$40 by the buyer but never received payment. Police detained three people after a fight erupted outside Apple Store, where a crowd waited overnight for release of the new iPhone. The fight was over homeless people who were promised \$40 and didn't get paid, to wait overnight to purchase iPhones for a buyer. (AP Photos/San Gabriel Valley Tribune, Walt Mancini)

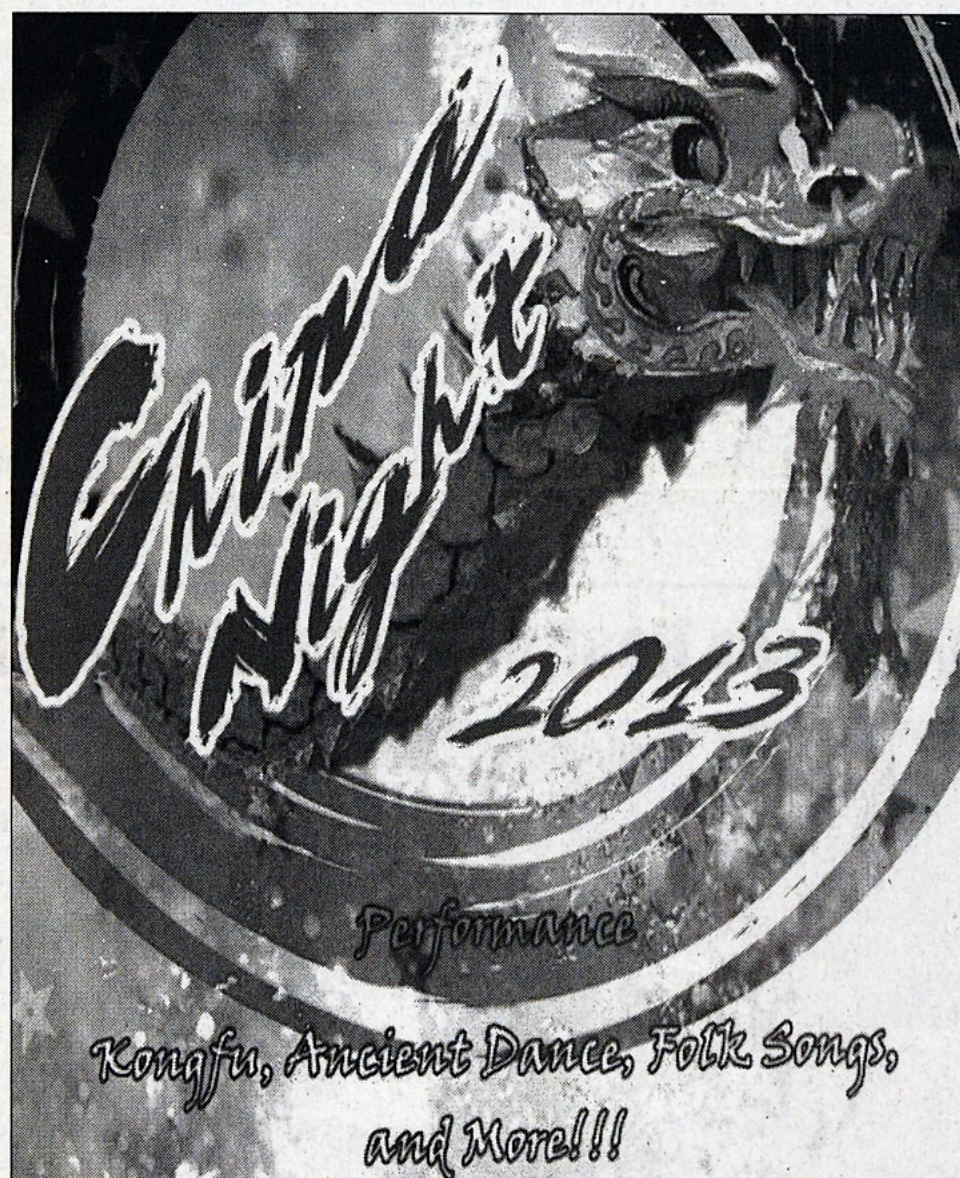


The 2013 International Student Council who plan events for the international community on UCO's campus. Photo provided by Bruce Wang.



Bruce Wang, Parliamentarian of the International Student Council. Photo by Alik Dyer, The Vista.

International Student Council to Strengthen Involvement



Bruce Wang, Parliamentarian of the International Student Council. Photo by Alik Dyer, The Vista.

Rachel Brocklehurst

Contributing Writer

Bruce Wang, originally from China, is a sophomore electrical engineering major, as well as the parliamentarian of the International Student Council. The ISC tries to strengthen the international student involvement within the community of UCO.

Wang has been in the ISC about a year now. He said, "My favorite part is participating and helping out with the planning of different events

and sometimes you get to stand out for the international community on UCO campus."

The ISC will host China night Nov. 3. Wang said, "China night is the annual event hosted by Chinese students on UCO's campus, and every year, the association puts a lot of emphasis and energy over this event."

Wang continued to state, "For this year, it takes almost like three months to organize and it's still going on. We're really looking forward to increase the participants from international students and domestic

students."

China night is from 6-8 p.m. in the Constitution Hall in the U.C. There will be free food and there is no cost to go. There will be both traditional and cultural performances held at China night. Wang said, "We're not just here to study; we're here to learn from other cultures."

The ISC will also host the International Fair Nov. 14. There are three parts that makeup the fair: the cultural item display, free food, and the performances.

For the cultural item display, the students bring items that represent

different countries. The students pick the country they want to represent based on associations underneath 1100. This year, there are around 1100 associations.

In the past, there have been roughly 10-15 country associations because the number is constantly changing. One factor is the economy at the particular time.

The ISC has two or three big events every semester. The International Festival is the biggest event this year. The ISC is open to everybody and there is no charge to join. They have weekly meetings on

Mondays at 4 p.m. on the third floor of the Nigh.

The International Fair is open and free to all students on campus, as well as the community.

Wang said, "We are willing to make connections with domestic students. Students should go to the International Fair because of the free food, performances and it's a good social event where you get to meet people and make friends. It's a good chance to promote your culture. If you're an international student."

The Office of Off-Campus Life Embraces New Name

Olanrewaju Suleiman

Staff Writer

The UCO Office of Commuter Student Services has changed their name to The Office of Off-Campus Life.

Coordinator of Off-Campus Life Patrick Tadlock explains the name change.

"We felt that Commuter Student Services was too narrow," he said. "We wanted to reach out to all off-campus students."

The Off-Campus Life want to be seen as a service and advocacy to off-campus and non-traditional students, as well as student parents.

"We have numerous programs throughout the year," Tadlock said. "We want to be seen as a resource for students of every back-

ground."

Tadlock believes that all students who do not live on campus should use the resources provided by Off-Campus Life.

"Many people who live in Edmond do not consider themselves to be commuter students," he said. "Even if you live five minutes away, we still want to help you out."

Even though the primary function of the office is to help with off campus students, they assist students in housing, as well.

"You're not going to live on campus forever," Tadlock said. "When you're ready for the big move, we want you to have a smooth transition."

Katia Maxwell, a sophomore biology major, does not currently live on campus and plans on using the office to help find a suitable place to live.

"Honestly, I'm not really sure where to go or even how to start looking," she said. "My friend told me about them and I think I might give them a try."

Maxwell lived in the dorms her freshman year and has since moved back home with her parents.

"I don't mind living at home, but I live so far away that the gas might not even be worth it," she said. "So even though it's kind of late in the game, I'm still going to try and find an apartment or house to live in."

The Office of Off-Campus life has guidebooks and a website as a resource to help students find a place to live.

Sam Brown, a senior political science major, has used some of the office's resources.

"I lived in the city on and off for most of college," he said. "Then I decided to move to

Edmond for my senior year."

Brown went to the office and was given tips on how to find a new living arrangement.

"They were pretty friendly," he said. "I'm glad they helped me out."

The office sponsors parents' night out and Bronchos with kids. They participate in the housing fair, as well as host Commuter Student Appreciation Week.

"We want people to take advantage of our resources," Tadlock said. "We would love for them to visit our office and we would love to help them out."

For more information on the Office of Off-Campus Life, visit www.uco.edu/student-affairs/ocl, or contact Patrick Tadlock by calling 405-974-3655 or emailing patdlock@uco.edu.

Burger King's New "Satisfries"

Candice Choi

AP Food Industry Writer

NEW YORK (AP) — Burger King wants people to feel less guilty about gobbling up its french fries.

The world's No. 2 hamburger chain is launching a new crinkle-cut french fry on Tuesday that it says has about 20 percent fewer calories than its regular fries.

The chain says a small order of the new "Satisfries" clocks in at 270 calories because of a new batter that doesn't absorb as much oil. By comparison, a small order of its regular fries, sans crinkles, has 340 calories.

The concept of taking an indulgent food and removing some of the guilt isn't new, of course. Supermarkets are filled with baked potato chips, 100-calorie packs of popular treats. Such creations play on people's inability to give up their food vices, even as they struggle to eat better. The idea is to create something that skimps on calories, but not on taste.

Burger King executives say people won't be able to tell that Satisfries are lower in calories. It says they use the same ingredients as its regular fries — potatoes, oil and batter. To keep kitchen operations simple, they're even made in the same fryers and cooked for the same amount of time as regular fries.

The difference is that the proportions of the batter's ingredients are adjusted so that it blocks out more oil, Burger King says. The crinkle-cut shape is in part so workers will be able to easily distinguish them from the regular fries when they're deep frying them together.

"You need to make things as simple as possible," says Eric Hirschhorn, Burger King's chief marketing officer.

Alex Macedo, head of North American operations at Burger King, said the chain worked with one of its potato suppliers, McCain Foods, to develop the lower-calorie fries. He said McCain can't sell the fries to other fast-food clients and that different suppliers might have a tough time imitating them.

Reporters were given a preview of the fries at a New York City hotel last week. Attendees were each served a carton of the fries that look and taste like any other fries, even leaving the familiar grease stains in their paper cartons.

Burger King led off its presentation by comparing the fries to the "leading french fries," which are made by McDonald's. On a pound-for-pound basis, executives noted that the new fries have 30 percent fewer calories than those served at the Golden Arches.

The comparison to McDonald's may prove to be confusing for some, since fast-food chains each have their own definitions of what qualifies as a small, medium or large.

A small serving at McDonald's, for example, weighs considerably less than a small order at Burger King. As a result, a small order of McDonald's fries has 230 calories — which is still less than the 270 calories for a small serving of Burger King's Satisfries. A "value" order of Satisfries at Burger King — which is closer in weight to the small size at McDonald's — has 190 calories.

When asked if it had any plans to introduce lower-calorie fries as well, McDonald's said in a statement that it re-

mained focused on serving the "iconic" fries that its customers love. McDonald's fries aren't battered like Burger King's fries.

Satisfries is the latest gambit by Burger King Worldwide Inc. to revive its image after a series of ownership changes. 3G Capital, the Brazilian private investment firm that bought the chain and took it private in 2010, unveiled a revamped menu last spring right before announcing a deal to take the chain public again.

The deal was structured in a way that let 3G more than recoup the \$3.26 billion it paid for the chain, while maintaining a majority stake. Burger King's stock price is up 37 percent over the past year and trading close to \$20 per share.

Despite ramped up new menu offerings, sales at Burger King locations open at least a year slipped 0.5 percent in the U.S. and Canada, where it has about 7,200 locations. The metric is a key gauge of health because it strips out the volatility of newly opened and closed locations.

Still, Burger King is betting Satisfries will be so popular that people will be willing to fork over more money for them. The suggested price for a small order of Satisfries is \$1.89, compared with \$1.59 for regular fries. That's a 19 percent markup.

At the event in New York, Burger King had registered dietitian Keri Gans said Satisfries were about giving people a way to make a small change and still enjoy the foods they love.

"We're not trying to change the world," Hirschhorn agreed.



This undated image provided by Burger King, shows the new french fry that the company says has 20 percent fewer calories than its regular fries. The Satisfries will cost about 30 cents more than its regular fries. (AP Photo/Burger King, Noel Barnhurst)

BOND IS BACK...

The Associated Press

LONDON (AP) — William Boyd has left James Bond stirred, if not shaken.

The British writer has taken on the fictional spy in "Solo," a new 007 novel that balances fidelity to Ian Fleming's iconic character with subtle changes.

Bond fans will find much they recognize, along with some surprises — one of which is that in Boyd's mind, James Bond looks like Daniel Day-Lewis.

Boyd says Fleming once described the spy as "looking like the American singer-songwriter Hoagy Carmichael. Daniel Day-Lewis looks like Hoagy Carmichael."

"Solo" is set in 1969, and takes the suave British spy from London's plush Dorchester Hotel to a war-ravaged West African country and on to Washington on a perilous lone mission.

Boyd steers Bond away from his big-screen action-hero image and back toward the complex and conflicted character of Fleming's novels.

"Even though he's this handsome super-spy, when you read the books you realize that he's haunted," Boyd told The Associated Press on Wednesday.

"He's not a cartoon character. Fleming gave him all his traits, his tastes, his likes and dislikes — and his complexes. Bond has a dark side. He's troubled sometimes. He weeps quite easily. And he makes mistakes. That's what's so interesting about him."

As the book opens, Bond is recovering from birthday celebrations at the Dorchester. He has just turned 45, and is feeling his age.

"Bond is mature. He's seasoned," Boyd said. "He's lived a lot, he's a man of experience. He may not run quite as fast as he could when he was 25, but he's seen how life has changed and times have changed. It's a

good age for him to be."

Boyd, 61, a winner of the Whitbread and Costa book prizes, follows writers including Kingsley Amis and Sebastian Faulks as a successor to Fleming, who died in 1964.

His novel is authorized by the Fleming estate, and was launched Wednesday with fanfare befitting a major British cultural export.

Boyd posed gamely for a photo call — at the Dorchester, naturally — alongside British Airways flight attendants, clutching a copy of the book in a translucent attache case.

Seven copies of the book were driven in a convoy of vintage Jensen sports cars to Heathrow Airport, destined for seven cities around the world with ties to Boyd or Bond: Edinburgh, Amsterdam, Zurich, New Delhi, Los Angeles, Cape Town and Sydney.

"Solo" hits British bookstores on Thursday, published by Jonathan Cape, and will be published Oct. 8 by Harper Collins in the United States and Canada.

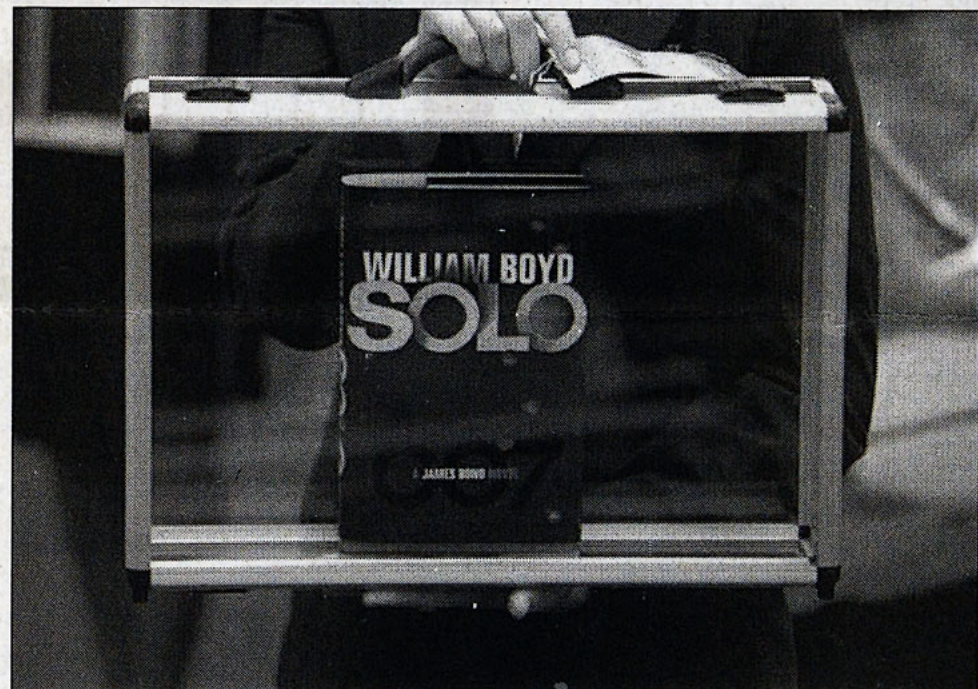
Espionage is familiar ground for Boyd, whose books include the spy thrillers "Restless" and "Waiting for Sunrise."

He has been a Bond fan since he read "From Russia With Love" in the 1960s as "an illicit thrill" after lights-out at his boarding school. He made Ian Fleming a character in his 2002 novel "Any Human Heart."

"Solo" takes Bond to Africa, a continent he visited just once in Fleming's works. Boyd, who was born in Ghana and spent much of his youth in West Africa, plunges the spy into Zanzibar, a fictional country with similarities to Nigeria during its 1960s civil war.

Many of Fleming's familiar characters put in appearances, from spymaster M and his secretary Miss Money Penny to Bond's CIA friend Felix Leiter.

One Bond uber-fan proclaimed himself



A flight attendant poses for photographers with a copy of the new James Bond novel "Solo" during a launch photocall outside the Dorchester Hotel in London, Wednesday, Sept. 25, 2013. "Solo" is set in 1969 and takes the suave British spy, 45 years old and feeling his age, from London's plush Dorchester Hotel to a war-torn West African country and to Washington. (AP Photo/Matt Dunham)

happy with Boyd's work.

"It's exciting, it's entertaining, it's fun, it's sexy, it's spectacular," said Ajay Chowdhury of the James Bond International Fan Club. "He's written more than just a James Bond novel. He's written a good, modern political thriller."

Fans of Fleming's books will recognize Bond's meticulous approach to clothes — in Africa he dons "a cotton khaki-drill suit, a white short-sleeved Aertex shirt and a navy blue knitted tie" — and his fondness for whisky and fine food (Boyd's Bond mixes a mean vinaigrette). And, of course, his love of attractive women.

"Bond is a sensualist," Boyd said.

Although the novel includes two enigmatic female foils for 007, Boyd is not keen on the expression "Bond girl."

"Bond has relationships with women," he said. "It seems to me he wants a relationship

— it's not just casual sex."

Boyd also has toned down some of the racism and sexism that can be found in Fleming's books. He says that by 1969 "society was changing," and Bond would have known it.

"I haven't set out to make Bond ultra-modern," Boyd said. "But he's definitely aware of the way the world has changed around him, and his attitudes have changed as well."

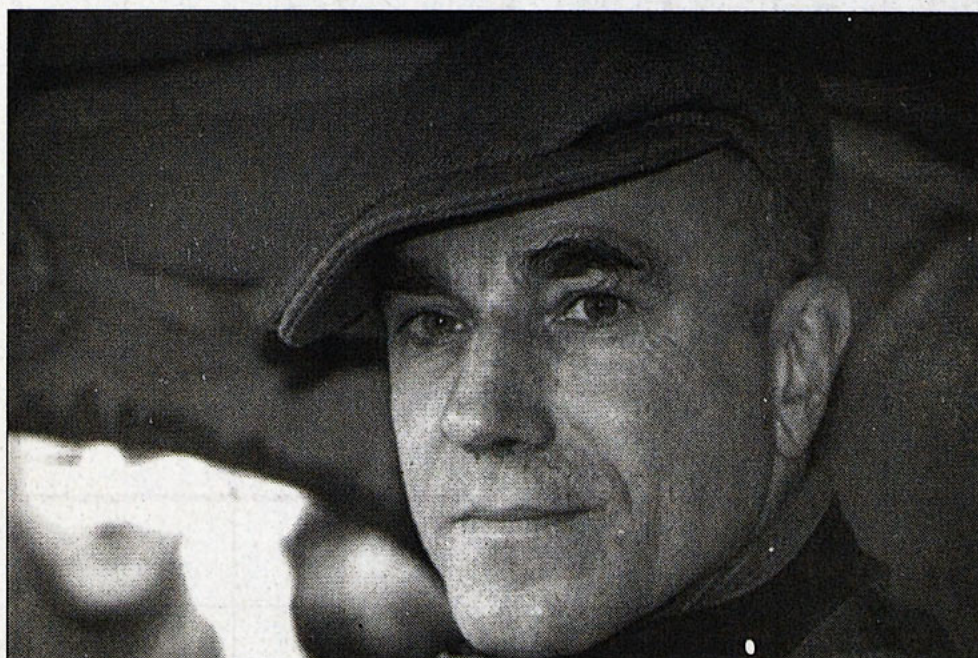
Boyd certainly hasn't cut down Bond's prodigious smoking or alcohol consumption. But the writer has dared to deviate in the drinks department.

"There's a recipe for a dry martini in this novel which is my particular recipe for a dry martini, which I've lent to James Bond for the duration of the novel," Boyd said.

Thankfully, it's shaken.



William Boyd, the author of the new James Bond novel "Solo" poses for photographers with a flight attendant during a launch photocall outside the Dorchester Hotel in London, Wednesday, Sept. 25, 2013. "Solo" is set in 1969 and takes the suave British spy, 45 years old and feeling his age, from London's plush Dorchester Hotel to a war-torn West African country and to Washington. (AP Photo/Matt Dunham)



British actor Daniel Day-Lewis waits at the start of the Mille Miglia historic car race, in a Thursday, May 16, 2011 file photo, in Brescia, Italy. British writer William Boyd, who has written a new official James Bond novel authorized by creator Ian Fleming's family, says Day-Lewis would be perfect to play the 007 he has created in "Solo." (AP Photo/Spada, Lapresse, File)

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RANDOM FACTS

The first bumper stickers appeared prior to World War II and usually promoted political candidates. At that time, they weren't adhesive-backed; they were affixed to the car bumper with wire.

The Barcolo Manufacturing Company of Buffalo, New York, started the American tradition of the office "coffee break." In 1902 they offered free coffee to their employees in order to boost morale.

Japanese golfers take out insurance policies against scoring an ace while golfing, since a player "lucky" enough to get a hole-in-one is obligated to buy gifts for all his friends.

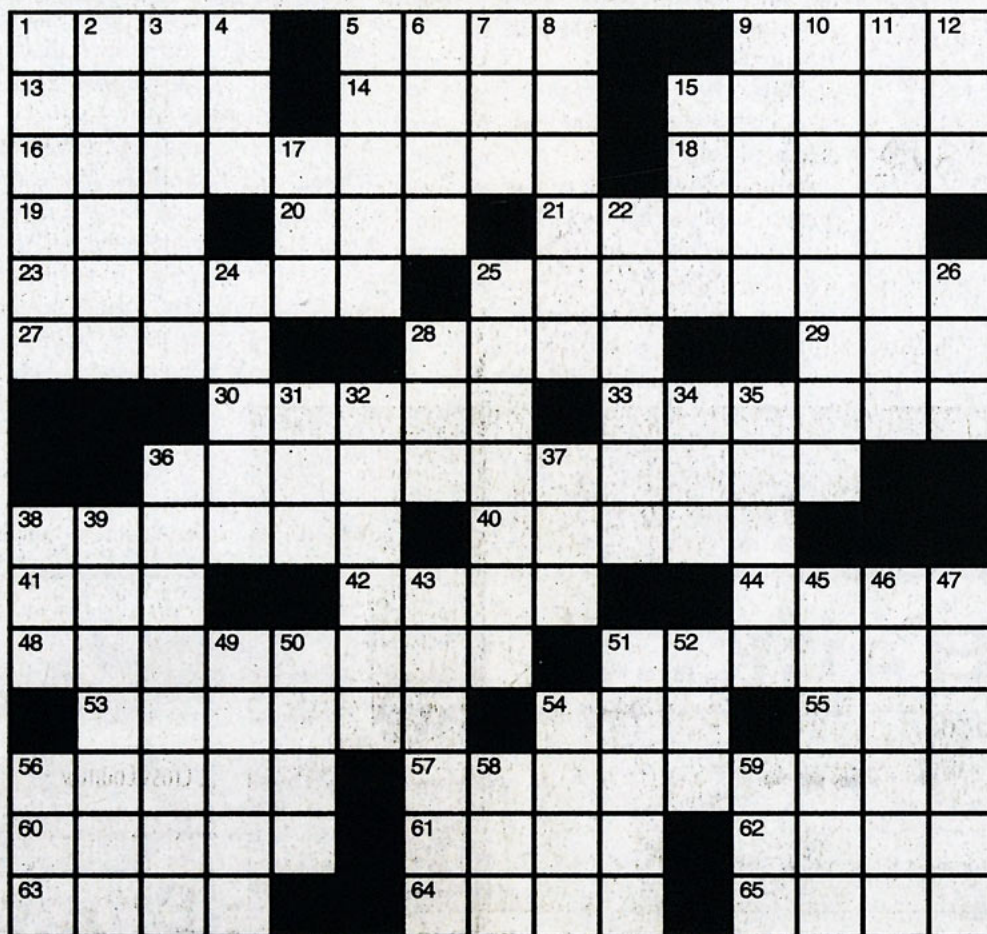
In 2000, a New Jersey man admitted he'd opened 2,417 accounts using 16 PO boxes to fleece Columbia House and BMG out of 26,554 CDs.

In 1914 and 1915, two Boston baseball teams beat two Philadelphia teams in the World Series. In 1914, it was the Boston Braves defeating the Philadelphia Athletics. In 1915, the Boston Red Sox emerged victorious against the Philadelphia Phillies.

CROSSWORD

Across

1. Deteriorate
5. Memorization by repetition
9. Cut short
13. To a remarkable degree
14. Beehive, e.g.
15. Sweet
16. Eastern North American herb whose yellow flowers are used in dyeing
18. Abalone found near the Channel Islands
19. Long, long time
20. Implement used to propel a boat
21. Representative
23. Vail trail
25. Nutlike seed of a South American palm
27. "Rambling Wreck From Georgia ____"
28. Again
29. Attorneys' org.
30. Produce
33. Not as good
36. With regard to emotions
38. Color between blue and yellow in the color spectrum
40. Best
41. Black gold
42. "September ____" (Neil Diamond hit)
44. Deprives of by deceit
48. Tree with showy bracts resembling flowers



51. Hay piled up in a barn for preservation
53. Like the Godhead
54. "At Seventeen" singer Janis
55. Ace
56. Go downhill, maybe
57. Persistent but subordinate motif
60. Maneuvers
61. Catch
62. "____ go brag!"
63. "Back in the ____"
64. Be rude to
65. Flight data, briefly

Down

1. Lacking good manners
2. Unhitch
3. Picturesque
4. Anderson's "High ____"
5. European mountain ash
6. On top of and covering
7. Athletic supporter?
8. Salad green
9. Dull and tiresome but with pretensions of significance or originality
10. Guiding light
11. Used for cooling drinks
12. The "p" in m.p.g.
15. It may get into a jamb
17. Former French coin
22. Fecal matter of a cow
24. Be similar in sound
25. Within a building
26. Dark heavy viscid substance
28. Three-time world heavyweight champion
31. Carbonium, e.g.
32. Root
34. Aged
35. Science
36. Submerged aquatic plant with ribbonlike leaves
37. Religious woman
38. Pan, e.g.
39. Unrestrained by convention or morality
43. Theatres in ancient Greece or Rome
45. Bestow
46. Inner satellite of the planet Uranus
47. Passes out
49. Smarter
50. Failures to reach base safely
51. College living quarters
52. "Gimme ____!" (start of an Iowa State cheer)
54. Wading birds with long, slender, down-curved bills
56. French vineyard
58. Bleat
59. "Gosh!"

SUDOKU

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

RANDOM QUOTES

A man has to live with himself, and he should see to it that he always has good company.
- Charles Evan Hughs

To know what is right and not do it is the worst cowardice.
- Confucius

RIDDLE

If you throw me from the window,
I will leave a grieving wife.
Bring me back, but in the door, and
You'll see someone giving life!

What am I?

- Answer in the next issue.

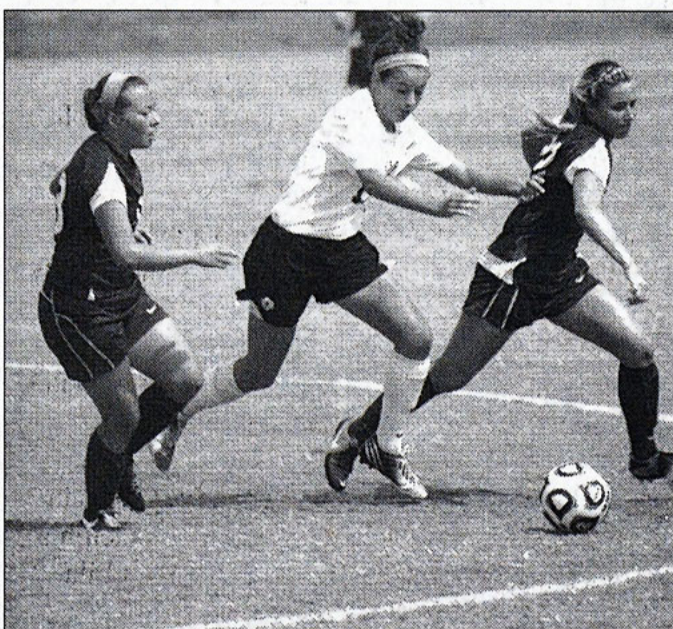
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Soccer

UCO Soccer looks for first conference win of the season



Freshman midfielder Nicole Voss goes for the ball against Texas Women's University on Sept. 15, 2013. Photo by Cyn Sheng Ling, The Vista.

Rick Lemon

Contributing Writer

Our Lady Bronchos are looking for their first conference win of the season, as they travel to the suburbs of Saint Louis to face the Lindenwood Lions.

This is the second Mid-America Intercollegiate Athletic Association game of the season for the Bronchos, with their first ending in a 0-0 tie with Missouri Southern State, after playing through double overtime.

This game will be the third in a four game stretch away

from home for the Bronchos. It will, however, be the first game in seven days, so expect UCO to be rested and ready for this competition.

Their last game, a non-conference bout against Southwestern Oklahoma State in Weatherford, Okla., saw the Bronchos defeating the 24th ranked Bulldogs 1-0 in a tightly fought defensive struggle.

Lindenwood has been on tear as of late and has recorded three shutouts in a row on their way to a 5-2 record to start the season. The Lions have relied heavily on senior goalkeeper Bailey Tracy, who has been responsible for four shutouts so far this season, and their defense to keep opponents at bay.

For UCO so far this season, the question has been who will step up on offense. There have been flashes of brilliance from multiple players, but ever since a season opening 6-0 win against Oklahoma Christian, the Bronchos have yet to score more than two goals in any game.

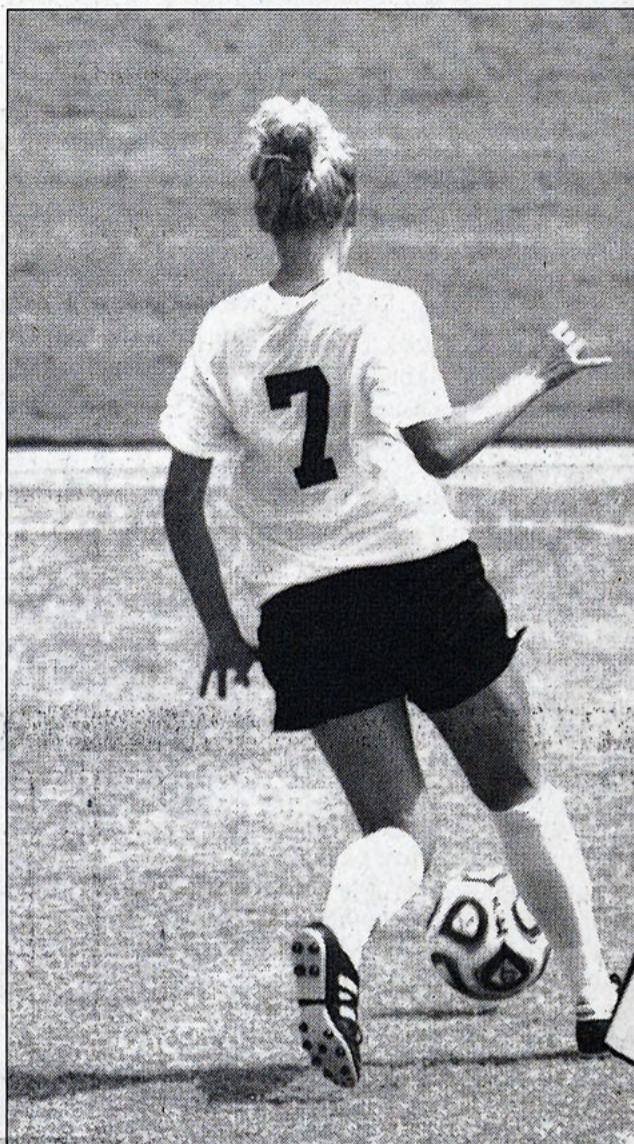
As such, this game against Lindenwood will most likely come down to these teams' stout defenses and just who will be able to have the lucky breakout and have a decent shot on goal. Look for there to be defensive struggle on Sunday, with not much scoring for either team.

This week marks the first real break that the Bronchos have had since the start of the season, so that they can look back and assess how they've done so far.

After the game this Sunday, UCO has only one more out-of-conference game, Oct. 1 against Midwestern State in Wichita Falls, Texas, and then they start the real grind of conference play.

With so many games coming up and only a few days at most in between them, this week is important for the Bronchos to work on what they can improve and shore up any weaknesses they've seen in their games so far.

As soon as Sunday rolls around, The Bronchos' real season truly begins.



Junior forward Kate Foran saves the ball before it goes out of bounds against Texas Women's University on Sept. 15, 2013. Photo by Cyn Sheng Ling, The Vista



The UCO starters line up before the game against Texas Women's University on Sept. 15, 2013. Photo by Cyn Sheng Ling, The Vista.

Golf

Bronchos earn fourth at NSU tournament

Jordan Ensminger

Contributing Writer

Central Bronchos placed fourth out of 16 participating teams after the first day of the 15th Annual NSU Golf Classic in Tahlequah, Okla. on Monday.

Senior Landon Morgan's even-par

72 helped the men's Golf team earn the title. The Bronchos were ninth in the 16-team field after a morning 312 at the 7,005-yard, par-72 Emerald Falls Golf Club, before trimming 16 shots off that score with a second-round 296 to finish with a 608 total.

Morgan is tied for 10th in the individual race with a 149 total after rounds of 77-72. Central Bronchos

also scored a 78-74 from Eric Kline, sophomore, 81-73 from Joby Gray, freshman, 78-77 from Russ Purser, sophomore, and 79-83 from senior Chris Muriana. Logan Gray had rounds of 79-75 as an individual medalist.

UCO won the Men's Golf Classic consecutively in 2010 and 2011.

Opinion

Sports Decoded: Drugs and Sex

Cody Johnson

Sports Editor

It happens everywhere, OSU was just stupid enough to get caught.

That is the main excuse I hear buzzing around the newest sex scandal to hit Division I college football.

And now Stillwater is up in...manure.....over their heads.

For ten months, Sports Illustrated has done an investigation of the big time college football program and they found from 2001 to 2011, recruits had been persuaded to sign with Oklahoma State through drugs and sometimes, sex.

Now to the typical fan of Division I football, this is no surprise, but what is truly shocking is the effort at which the program went to hide it from the public eye.

Behind being a Central Oklahoma Broncho, I am a cowboy through and through. OSU is where my uncles went to college and where I have spent many summers in wrestling camps, due to their successful legend in that sport.

But I think that their is something very disturbing with how the OSU program treated their players.

Throughout the Sports Illustrated investigation, they interviewed over sixty players and many were found to have drug addictions or to have dropped out of college after being used by the program.

It does not make sense to me why a program would want

Upcoming Games

09/29 - Lindenwood	1 p.m.	St. Charles, Mo.
10/01 - Midwestern State	6 p.m.	Wichita Fall, Texas
10/04 - Missouri Western State	4 p.m.	Edmond, Okla.

Cross Country

Bronchos Take Fourth In Missouri

JOPLIN, Mo. (Sept. 21) -- Katie Kerns and Stephanie Fleig had top-20 finishes to lead Central Oklahoma to a fourth-place showing in the morning division of the Southern Stampede here Saturday collegiate.

Kerns toured the five-kilometer course in 18:33.82 to come in sixth in the 140-runner race, while Fleig was 19th in 18:57.10 as the Bronchos finished with 131 points. Columbia was the easy winner in the 19-team event, finishing with 32 points.

"Our times were a lot better than our first race, so I was really happy with the way we ran today," head coach J.D. Martin said. "The girls did a great job in training the past couple of weeks and it showed today."

All nine of UCO's runners trimmed at least a minute off their finishing time from the season-opening UCO Land Run on Sept. 7, when the Bronchos finished third.

Jacquelynn Skocik was next for UCO with a 28th-place in 19:04.94 and Rebekah Hickman was 39th in 19:26.60. Also running for the Bronchos were Angelica Martinez (43rd, 19:34.22), Rachel Davis (44th, 19:35.27), Makayla Miller (49th, 19:52.61), Ashlyn Willhite (62nd, 20:21.09) and Rachel Parsons (65th, 20:26.03).

UCO returns to action next week at the Cowboy Jamboree in Stillwater.

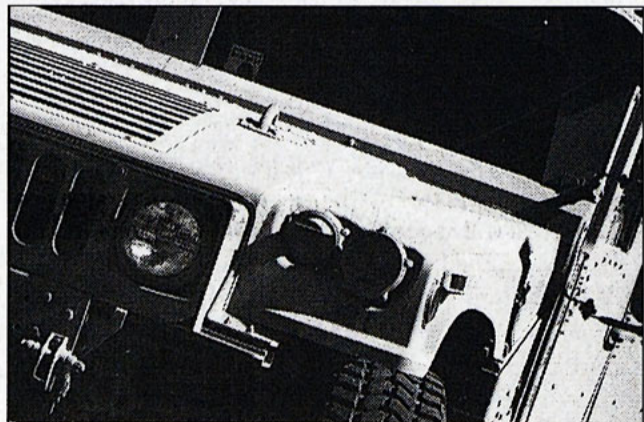
Bronchosports.com

to introduce things that damage an athlete's performance, only in the hopes of recruiting them to their school.

The athletes that are persecuted by drugs probably are not the very best players to be signed with. OSU has apologies to give and people to compensate, but just as always, the college will recover from this and move on.

Hopefully to a brighter day of successful clean athletics, not shrouded in a drugs and sex scandal. Heck, OSU's publicity has already started to move on.

Oklahoma State has been ranked the third most hipster college in the nation, due to including local culture into their hipster fashion. So that's something, I guess.



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Football

Central Oklahoma goes back on the road this weekend

Austin Litterell

Sports Reporter

The Broncos will be back on the road again this week. UCO will head to Kansas to take on the Washburn Ichabods. The Ichabods come into this week tied for first in the MIAA at 3-0. This season, UCO's opponents are a combined 9-0 and all tied for first place in the MIAA.

The Broncos are coming off of a tough loss last week against Emporia State, who gained a 48-3 victory over Northeastern State. The Ichabods jumped into the top 20 of the rankings after their win. They come into this week ranked 18th in the nation. UCO will need to bring their A game if they want to come out with a victory.

Washburn may be ranked, but that did not stop UCO from pulling off the upset last season. Washburn came into Wantland ranked 9th in the country last year and came up short against the Broncos. UCO

put up 29 points in the second half to come up with the upset victory over the Ichabods. A win like that should definitely give the team some confidence going into this game on the road on Saturday.

Washburn comes in strong on both sides of the ball. The offense is all about balance. Three different players have over a hundred yards rushing, this season. Washburn comes into this game averaging 191 yards per game, rushing. Washburn also averages

279 yards through the air and are averaging 53 points per game, this year.

UCO will need to find some way to slow the team down and keep the game close.

Washburn's defense

is too good to allow a bunch of points to their offense. The Broncos need to come up with some turnovers. They have only forced one turnover in three games so that is key to getting off the field.

Washburn also has an intimidating defense, as well. They are only giving up 293 yards per game and offenses only average 11 points against them. The Washburn defense is led by linebacker Bryce Atagi, who was just named the MIAA defensive player of

the week. Atagi had eight tackles and a pick six last week in the victory. UCO will have to avoid turnovers in this game. Washburn leads the nation in interceptions with 10.

UCO's offense will have to be strong this week to keep up with the Ichabods. Junior running back Joshua Birmingham talked about what UCO must improve on offensively this week.

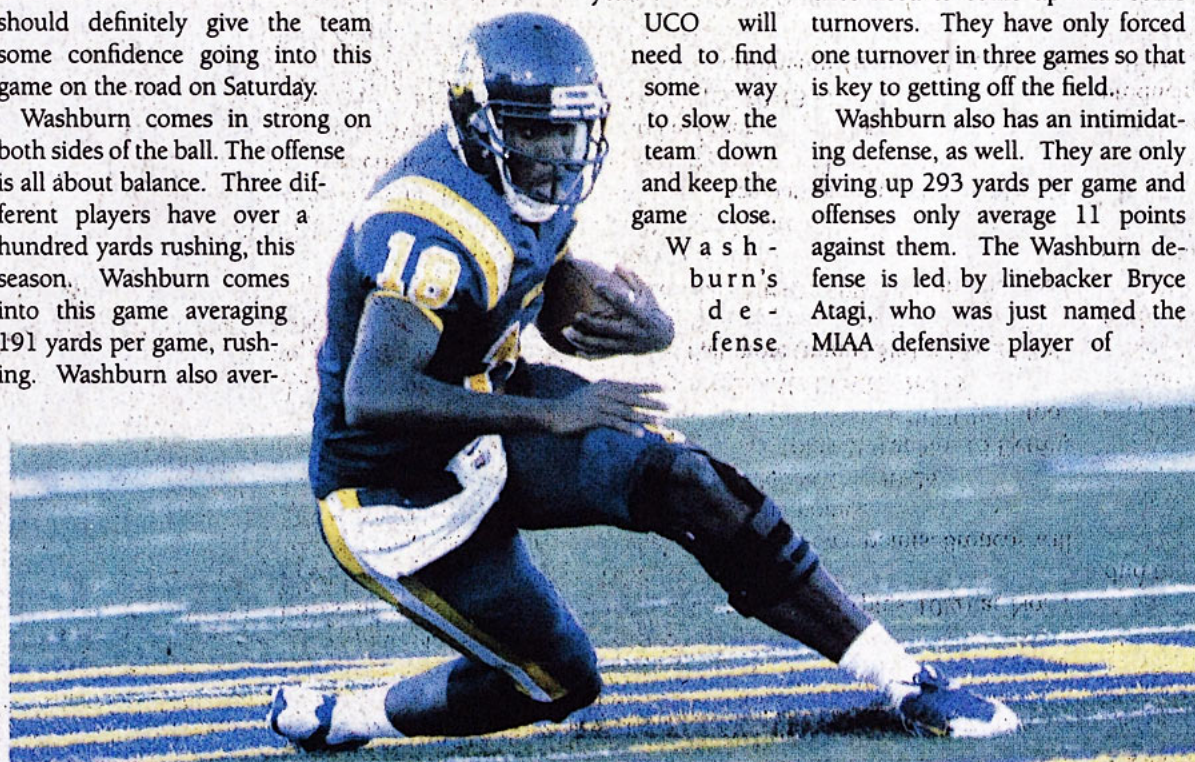
"We just need to start out faster," Birmingham said.

It is critical for the Broncos' offense to get off to a quick start this season. They have yet to score on an opening drive this year. They have to avoid getting down early and playing catch up for the rest of the game.

UCO needs to keep up the positivity and consistency on offense. They have played well this season, but are still 0-3.

Birmingham stated, "More positive on the consistent side, it's plain and simple."

Kickoff is scheduled for Saturday at 2:37 p.m. in Topeka, Kansas.



Senior quarterback Adrian Nelson runs the ball against Emporia State on Sept. 21, 2013. Photo by Quang Pho, The Vista



Central Oklahoma linemen squares off against Pittsburg State on Sept. 14, 2013. Photo by Cyn Sheng Ling, The Vista



Red-shirt freshman kicker Seth Hiddink kicks off the ball for the Broncos and junior linebacker Ashton Young runs down the field during a kickoff against Emporia State on Sept. 21, 2013. Photo by Quang Pho, The Vista

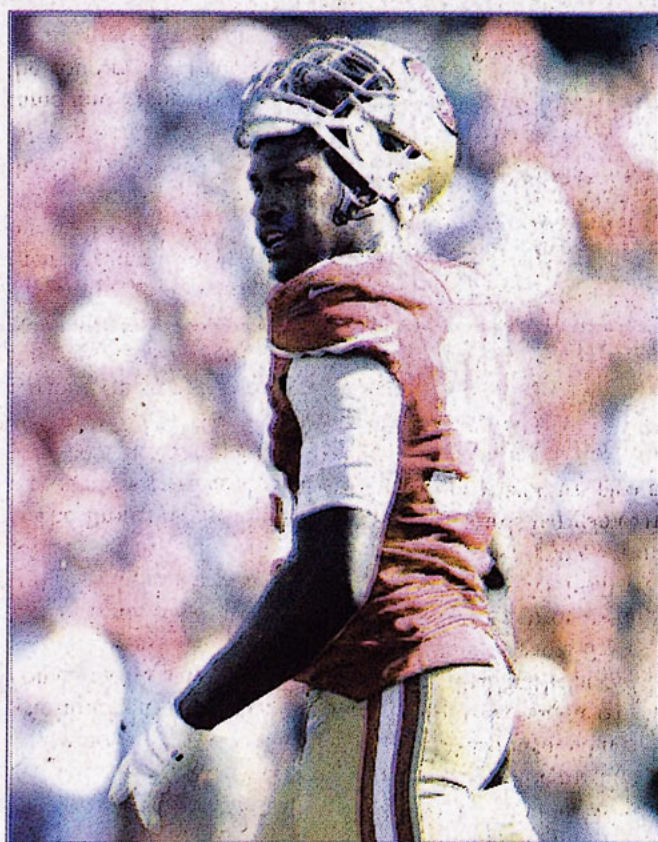
Upcoming games

09/28 - Washburn University	2:37 p.m.	Topeka, Kan.
10/05 - Missouri Western State	6:00 p.m.	Edmond, Okla.
10/12 - Northwest Missouri State	1:00 p.m.	Maryville, Mo.
10/19 - University of Central Missouri	1:00 p.m.	Edmond, Okla.
11/02 - Lincoln University*	2:00 p.m.	Edmond, Okla.
11/09 - Southwest Baptist	1:00 p.m.	Bolivar, Mo.

*Homecoming game

Associated Press, Editorial

Can 49ers find a way to handle Rams this season?



San Francisco 49ers linebacker Aldon Smith (99) walks on the field during the fourth quarter of an NFL football game against the Indianapolis Colts in San Francisco, Sunday, Sept. 22, 2013. (AP Photo/Marcio Jose Sanchez)

Barry Wilner

AP Pro Football Writer

On their way to the Super Bowl last season, the 49ers couldn't solve one team: the Rams. St. Louis beat San Francisco once and the teams played to a tie, rare blenishes on the 49ers' record.

Jim Harbaugh's team gets another shot at the Rams on Thursday night, and the 49ers (No. 12 in the AP Pro32) are 3-point favorites over No. 23 St. Louis.

Coming off successive losses in which their offense was awful, the 49ers are in turmoil. Linebacker Aldon Smith is taking a leave of absence to deal with personal problems. At least in a short week, they have no choice but to concentrate heavily on football.

"I think it's a distraction to whoever wants to think about it, to whoever wants to pay attention to it," cornerback Carlos Rogers said. "When I get out there on the field and play, I'm thinking about playing whatever team, I'm not thinking about Aldon and whatever situation went on with him."

Pretty good advice, especially facing Jeff Fisher's Rams, who also come off a poor outing. One of the NFL's top coaches for two decades, Fisher is likely to have St. Louis ready for the defending NFC West champs.

"We've been on the losing end of a lot of games, this organization has," Fisher said. "Now, last year, we got our feet back on the map, but I don't think there's a rivalry yet. It's a division opponent. It's a big challenge for us on a short week, but I don't neces-

sarily see it as a rivalry yet. Hopefully, it will become one."

This game could help do that.

AP PRO PICKS:

49ERS 20-16
No. 21 Philadelphia (plus 10½) at No. 1 Denver
Eagles will score some points. Broncos will score many, many points.

BEST BET: BRONCOS, 40-24
No. 3 Chicago (plus 2½) at No. 15 Detroit
Was tempted to make this BEST BET, too.
UPSET SPECIAL: BEARS, 26-13
No. 8 Baltimore (minus 3½) at No. 24 Buffalo

Along with UPSET SPECIAL, another road team win.

RAVENS, 23-20
No. 9 Cincinnati (minus 4½) at No. 25 Cleveland

And another...
BENGALS, 20-13
No. 26 Washington (minus 3) at No. 30 Oakland
You get the message.

REDSKINS, 22-17
No. 2 Seattle (minus 3) at No. 11 Houston
A real road test for Seahawks. Win convincingly and they rule the NFC. Nope ...

TEXANS, 21-20
No. 7 Miami (plus 6) at No. 4 New Orleans, Monday night

A real road test for Dolphins. Win in any manner and playoff goals look real. Nope ...

SAINTS, 27-20
No. 10 Indianapolis (minus 8½) at No. 32 Jacksonville

Lay the points against Jags until they show something.
COLTS, 24-10

No. 5 New England (plus 1½) at No. 16 Atlanta

Falcons need to figure out their problems now. Tough chore, but doable.

FALCONS, 24-21
No. 28 Minnesota (plus 1) vs. No. 27 Pittsburgh

The first of two London games. What a dud the Brits are getting.

STEELERS, 17-15
No. 22 Arizona (plus 3) at No. 31 Tampa Bay

Turmoil in Tampa leaves Bucs vulnerable, even to injury-ravaged Cardinals.

CARDINALS, 23-20
No. 29 New York Giants (plus 4½) at No. 6 Kansas City

Giants yielded seven sacks to Panthers. Chiefs REALLY know how to get after QBs.

CHIEFS, 20-17
No. 18 New York Jets (plus 4) at No. 17 Tennessee

Two coaches on hot seats whose teams are producing.

JETS, 24-19
No. 13 Dallas (minus 1½) at No. 19 San Diego

Would Cowboys clinch NFC East with win? Not quite.

COWBOYS, 30-23

2013 RECORD:
Against spread: 8-7-1 (23-22-3). Straight up: 10-6 (33-15).

Best Bet: 2-1 against spread, 3-0 straight up.

Upset special: 1-2 against spread, 1-2 straight up.

AP NFL website: www.pro32.ap.org



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