

UCOSA PASSES NEW POLICY CHANGES Congress Resolution 13-101 changes congressional seating elections



President of UCOSA Zach Milvo addresses an audience of students at the UCOSA meeting on Monday, Aug. 26, 2013 in Constitution Hall. Photo by Quang Pho, The Vista.



Jillian Goodman, vice president of UCOSA, speaks to a group of students at the UCOSA meeting in Constitution Hall on Aug. 26, 2013. Photo by Quang Pho, The Vista.

Brooks Nickell

Staff Writer

The University of Central Oklahoma Student Association (UCOSA) has changed from a bicameral legislature to a unicameral legislature and yesterday passed Congress Resolution 13-101, which calls for the election of 24 congressional seats. CR13-101 states that 16 seats shall be available to off-campus residents and eight seats shall be available to

on-campus residents.

The candidate-filling period for the Fall 2013 Congressional elections started immediately after the passage of the resolution and will conclude on August 13, 2013 at 5p.m.

A Candidate meeting will be held at 5p.m on the closing day of the candidate-filling period in the UCOSA offices located in the Nigh University Center. Campaigning will begin directly after this meeting and elections will begin September 10 at noon ending September 11 at 5p.m.

Previously, congressional seats have been filled by student organizations electing a representative within their own organizational structure.

The author of CR13-10, Scott Chance, UCOSA Accountability Reform and Transparency chair offered that this new approach to filling congressional seats within UCOSA would bring forward students that are more interested in student government and relieve those of their responsibilities who feel forced or may not want to be at meetings.

"We are not trying to take away from student organization voices," Chance said. "This allows student organizations the flexibility to have someone from their group run for that seat without sending someone who doesn't want to be there."

No funding for candidates will be provided through UCOSA.

Elections for the remaining 24 seats will be held during the spring semester.

ON TRACK FOR A BETTER TOMORROW: UCO continues its efforts for sustainability and shows signs of savings

Brooks Nickell

Staff Writer

The University of Central Oklahoma began its recycling initiative, the UCOREcycling Program, officially in 2007. According to the UCO sustainability website, UCO undertook the development of a comprehensive recycling program and expanded the service to include a wide variety of waste materials that are collected and diverted from area landfills. This was done as a part of UCO's commitment to resource and environmental preservation. An initiative, according to UCO's sustainability coordinator Tim Tillman, that was kicked off by former Executive Vice President, Steve Kriedler.

Since then it has steadily taken over all aspects of the university and moved far beyond simple recycling to encompass everything from water conservation to smart energy management.

UCO has won national awards and gained media attention on a high level locally for its continuing progress in the realm of sustainability.

In its early stages, UCOREcycling Program was a plan of action, and after six years of what appears to be accomplishment the plan must be assessed for its efficiency.

While no dollar figure could be provided in regards to savings produced by the university through its recycling initiative, UCO President Don Betz allowed that, like all recycling programs, the key was looking not for dollar signs, but instead looking forward to the long-term benefits of sustainable recycling.

"The major benefit of any recycling program is the positive impact on our environment," Betz said. "By preventing literally tons of waste from entering our landfills we help to ensure a brighter future for our planet."

Tillman provided further explanation as to why there was no exact monetary value offered in regards to recycling savings at UCO.

"Savings are hard to measure. We can quantify things like tons of recyclable materials kept out of landfills. We could calculate the amount of carbon emissions we have reduced," Tillman said. "We can even measure the carbon reduction in switching to electric golf carts, but with waste, what you have to measure is diversion rate."

Another sustainable aspect of the UCO recycling program, Tillman also added that just because there was no visible figures regarding monetary savings, wasn't to say that recycling cost the university or students.

"Our recycling programs are actually revenue neutral," Tillman said. According to Tillman, the company that UCO contracts with to remove the recyclable materials from campus charges the university nothing.

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Tillman agreed with Betz on the aspect of diverting recyclable materials away from landfills.

"The diversion is a huge deal," Tillman said. "It's keeping literally tons of recyclable materials out of landfills."

Roughly 4,500 pounds of paper was diverted from landfills in 2007, this amount grew to nearly six and a half tons in 2011. According to data gathered for a period starting February 2008 and ending February 2011 UCO diverted another 20,620 pounds in cardboard away from landfills. The university from September 2007 to September 2011 recycled eight hundred and sixty pounds of aluminum cans and 27,000 pounds of metal was recycled from May 2007 to May 2010.

UCO doesn't stop at recycling. Succeeding in diverting thousands of tons in recyclable material away from landfills is just the tip of the iceberg and while the monetary impact of recycling wasn't available at UCO, other sustainability efforts did show a venue for savings.

"Sustainability is based on three primary tenants," Tillman said. "Those are, the environmental, the economic and the social."

Tillman allowed that at UCO the goal was to address all three holistically.

"On the economic side, we don't make a decision regarding an action or project unless there is a clear stated economic benefit to it or it's revenue neutral."

See Sustainability on Page 4



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.

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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 vistauc@gmail.com.

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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.

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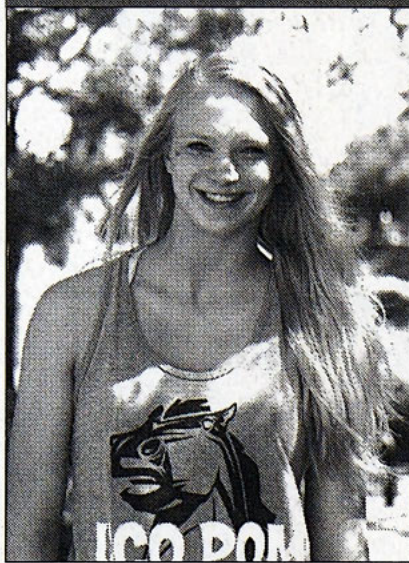
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CAMPUS QUOTES

How important is environmental sustainability to you?

ASHLYN RUDY

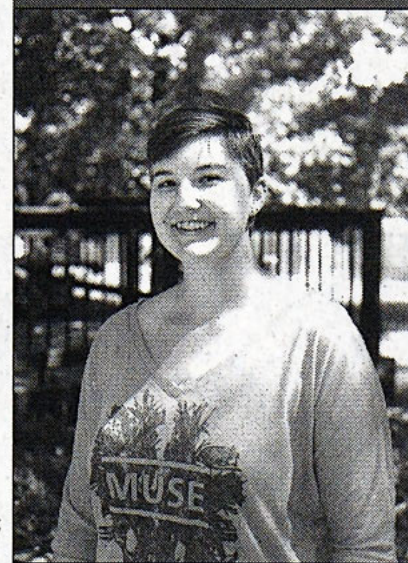
Dance Performance - Freshman



"To an extent, because we have to keep what we're doing from destroying the environment."

SONNY ZELIFF

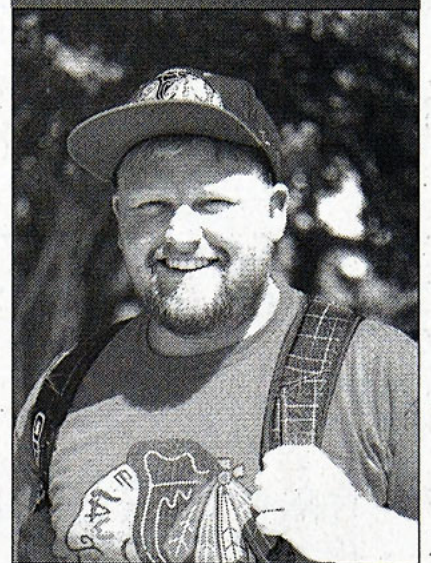
Broadcast - Junior



"I definitely separate my milk jugs and my glass and my cans and stuff because those can be recycled."

ZACH BOWEN

Graphic Design - Student



"It's very important."

CHELSEY DUMAS

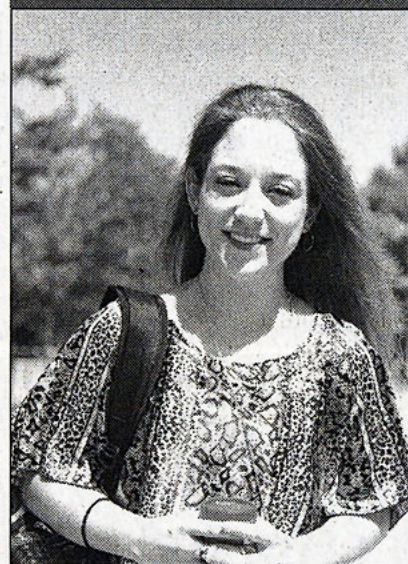
Kinesiology - Student



"I think it's good, because going green is good."

CASSIE AIELLO

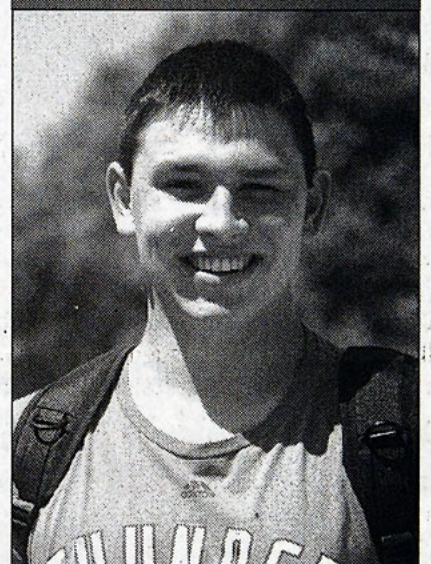
Criminal Justice Police - Freshman



"I do try to do my part a little bit. But I'm not one of those tree-hugger people."

BRADY SOWELL

Industrial Safety - Freshman



"It seems like it's a big deal at UCO because we have all the water fountains that save water bottles."

50 years of progress

Editorial by: Sarah Neese (editor-in-chief)

As some of you may know, Sunday, Aug. 25, 2013 marked the 50th anniversary of the March on Washington, a civil rights movement event known for its crowds and the "I Have a Dream Speech" by Dr. Martin Luther King, Jr.

To think that this historic event took place a half-century ago is hard to grasp. Fifty years does not seem like that long ago, yet I came to the realization that maybe it really is.

I had the unexpected privilege of watching an archived "Meet the Press" episode from Aug. 25, 1963, which happened to air on NBC as part of the 50-year commemoration.

As I half-watched the program, at first drawn to the intrigue of the historic footage, yet occupied with schoolwork, the difference in that day's program compared to what we would air today did not seem quite different.

However, my attention was drawn more closely when I began to listen to the conversation between the guests on the show.

Three white men were asking questions, in a cross-examining nature, of Dr. Martin Luther King, Jr. and the NAACP executive secretary at the time, Mr. Roy Wilkins.

These questions seemed so foreign to me.

Each of the men asked about why Dr. King and Mr. Wilkins were so insistent that the civil rights movement for equality continue progressing and equality legislation be passed in full.

I have never experienced the environment or mentality of the majority of Americans at that time. I have only ever heard and learned about these things in a disconnected, distant manner. But, as I

was watching the seemingly interrogative nature of this particular archived episode of "Meet the Press" unfold, I found myself gaining understanding that I did not have before.

The three men asking questions could not for the life of them figure out why these people wanted things to change so drastically and quickly.

They felt that the events of that day, mainly the March on Washington, meant that threatening times were ahead, filled with the unknown, which in their minds, undoubtedly meant widespread violence.

As I watched the episode, I found myself growing angry. For a moment, I had forgotten that these things happened long ago and I felt for Dr. King and Mr. Wilkins in way that I hadn't before.

What would those white men have said if they had been in the shoes of African Americans in that era?

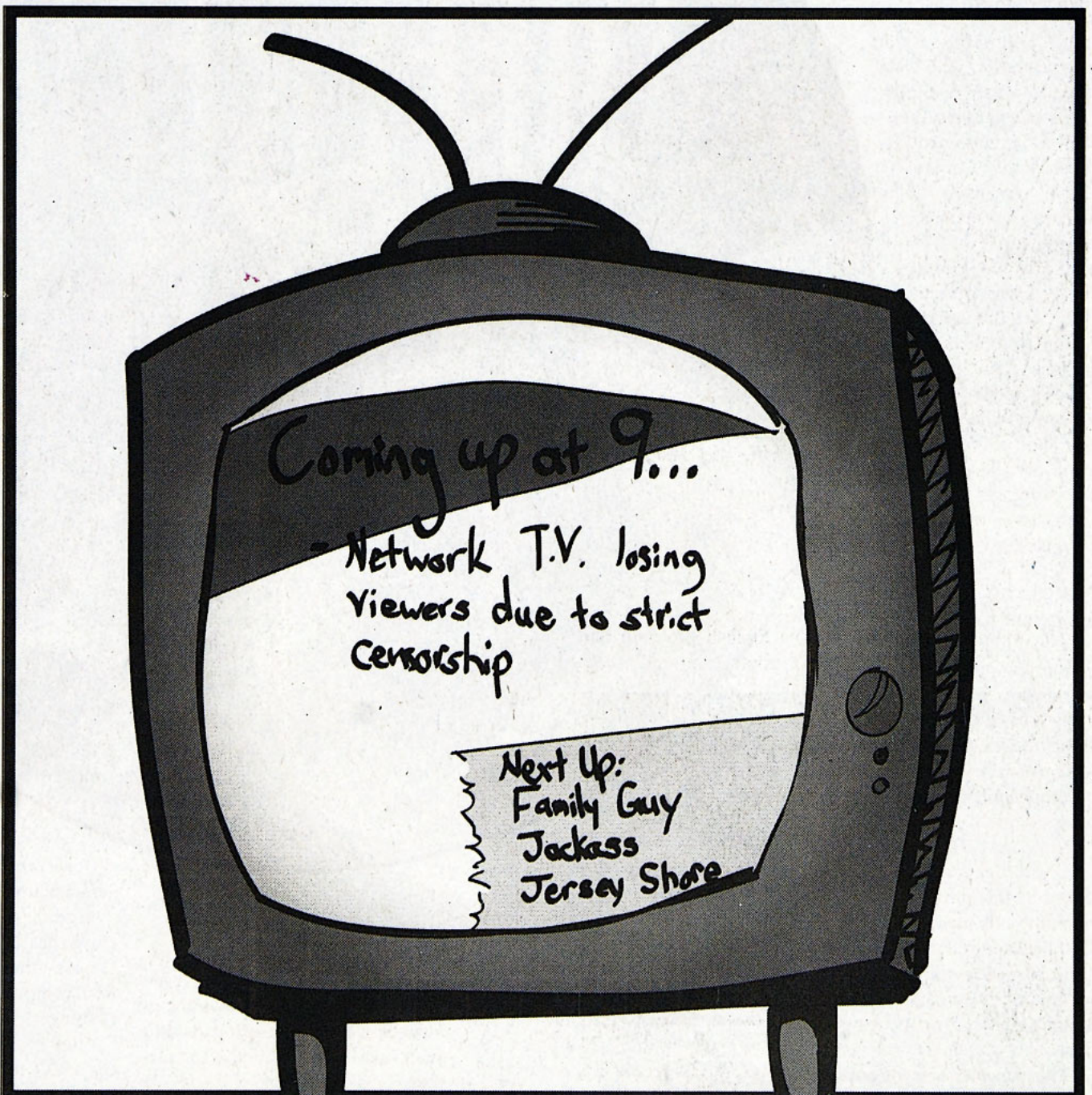
Would they have been so hesitant for change and equality?

I have new respect and admiration for those involved in the March on Washington and the civil rights movement as a whole. Courage can only begin to describe their journey to equality against such an ignorant and oppressive obstacle.

To all who made this country what it is today, through their risky efforts of the civil rights movement, I'd like to say, it's fifty years later and you're still changing the world, as we know it.

Thank you.

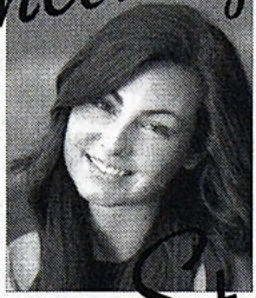
CAMPUS CARTOON



Cartoon by Matthew Gossom

Opinion

Sincerely,



Stevie

Guilty Thief

By Stevie Armstrong

Turn yourself in or hold the guilt and stay free? A man tried robbing a gas station in Canada, but felt so guilty about it that he came back to the gas station to apologize to the clerk. After the thief apologized to the clerk and explained his desperation for money, he was then arrested on the spot.

I don't believe his punishment will be too torturous, since the man didn't actually steal any money. It seems to be a bit difficult to rob a place when you attempt to do it through the drive-thru window, like he did. The almost-thief must have a soft conscience since he came back to the scene to apologize for stealing the money that he did not actually steal.

The officer responsible for arresting the man stated, "No, this does not happen very often... Remorse is one of the things that the justice system looks at and whether that would be the case in this instance or not, I'm not sure."

The man had no previous record of robbery. This doesn't seem too surprising, since he couldn't even complete his drive-thru window attempt. In the funniest part of this story, in my opinion, is that the man got arrested after his apology. I wonder if he feels stupider for coming back to the scene, compared to how guilty he felt beforehand. Would you have held on to the guilt, or gone back to the scene and risked arrest?

Most of us know the joke

about Canadians being extremely chipper and nice. Is this a prime example proving our American humor? That Canadians are so nice that they would rather go to jail than break the law or hurt someone's feelings?

If attempting to rob a gas station was some crazy idea I thought sounded good at the time and I failed at, I would have to consider my failure to be a blessing and flee the scene as quickly as possible. As for returning to apologize, sorry clerk, don't hold your breath. I would definitely have to hang that guilt up in my closet because it's certainly not worth going to jail over.

This got me thinking, what would have to be so bad for me to feel like I should turn

myself in, rather than just keep it in my bottle of secrets. If something happened that was my doing but I never got caught and was sure never to get caught, what must it be for me to risk prison?

If you think about it long and deeply enough, it's a spooky question. You start to question yourself, your real instincts, and your capabilities to protect your life. I dare you to think about it. Actually think about it! You may be surprised with what your answer turns out to be.

Sincerely, Stevie

UCO'S WELLNESS CENTER ADDS NEW FITNESS PROGRAMS

Kanessa Brown

Contributing Writer

This fall the Wellness Center UCO will be presenting four new instructional fitness classes, along with certified and experienced instructors.

Assistant Director of Fitness and Health Promotion Danielle Dill, explained how before there was not many instructional classes being offered, "We've really boosted that up. In the past we would offer maybe one or two a semester."

Barre Fusion, Chi Gong, Tai Chi, Aikido Jiu-jitsu, Eras of Dance: 1920's to Today are the new instructional classes that will be offered.

Barre Fusion is a combination of ballet, yoga and Pilates taught by Kary Ott. The program is designed to target core strength and improve stability of the body. Classes will run on Wednesday's from 4- 4:50 p.m. in room 134 of the Wellness building.

August 30th is the registration deadline for the Barre Fusion program; \$30 is the registration fee.

The Chi Gong, Tai Chi, and Aiki-

do program stems from the ancient martial arts broken down into three categories. Chi Gong improves breath control. Tai Chi targets bilateral development, while Aikido assists the process of dealing with life conflicts.

One of the main focuses of the program is to help those attain a sense of wellbeing in their life.

Classes will start September 9 through October 28 from 4-5p.m. in room 104 of the Wellness building. The class will be instructed by Jeff King, Ph.D., and Ed Cunliff, Ph.D. Registration Deadline is September 5 along with a \$25 fee.

Want to learn how to defend yourself? The Jiu-jitsu program will help develop techniques to manipulate the opponent's force against themselves, rather than against one's self. Jiu-jitsu incorporates the use of grappling techniques and joint locks to offset the opponent.

Abdalla Khalid, with a third Degree Black Belt in Ju-jitsu, will be



UCO students prepare for a class at the Wellness Center. The Wellness Center now offers free group fitness classes. Photo by Cyn Sheng Ling, The Vista.

instructing the class starting September 16 through October 7 in room 134 of the Wellness. Registration deadline will be September 12 with a fee of \$40.

Eras of Dance: 1920's to Today is a six-week class starting September 29 through November 3 that will teach different dances, dating from the 1920's to today moves. The class will discover the influence of pop culture of dance while getting a cardio exercise.

Aubrey Crowder of Teaze Dance

and Fitness, will be instructing the class in room 134 in the Wellness on Sundays from 6:30-7:30 p.m. Registration deadline is September 26 along with a fee of \$30.

When explaining one of the main differences of the instructional program from the group fitness Dill said, "there's an actual curriculum to the class and the instructors have to have very specialized training."

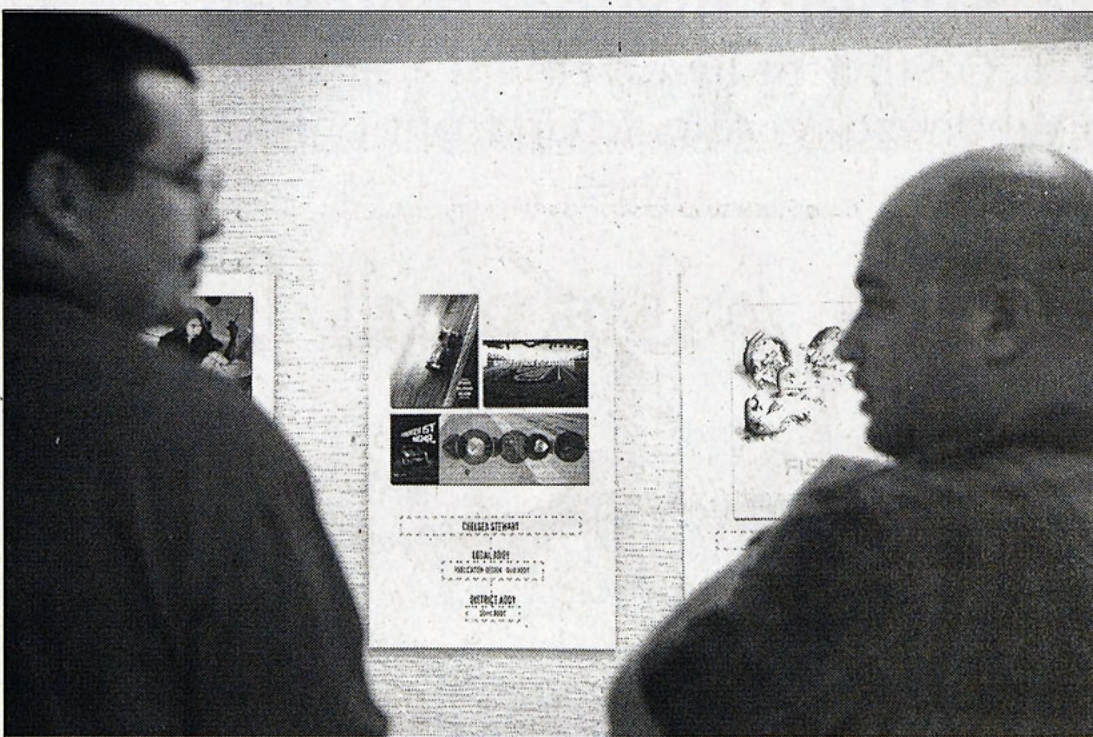
Dill also described how the members would progress in the class, "There's steps; you build onto what

you've learned the previous week."

When asked if 2013 was the year of the most changes in some time at the Wellness, Dill responded, "I think in the area of fitness and outdoor recreation, it's definitely probably been some of the biggest changes that we've made."

She mentioned that one of the many goals of the Wellness Center is to listen to the needs of the students and make safe and effective programs.

UCO Professor and Students' Photography and Design Works on Display



Attendees observe the photography and design work on display on the third floor of Central's Nigh University Center. Photos by Cyn Sheng Ling, The Vista.

Alex Cifuentes

Contributing Writer

University of Central Oklahoma English professor Sandra Mayfield, Ph.D. will have her photography on display

alongside the design work of 38 Central students, who won awards at the 2013 ADDY Awards. The works are on display on the third floor of the Nigh University Center, and will be on display through Sept. 16.

Mayfield's exhibit is named "A Walk Through Italy" and features images Mayfield took while touring Italy in June. The tour was a 12 to 14 day tour, which began in the Northwest portion of Italy and worked its way back to the center where it stopped at Florence, Vienna, and Rome.

"The guide that we had was excellent. He was a professor at Oxford University and was quite young, but he really had studied the history of Italy and could tell us what was the meaning of the place we were," Mayfield said.

The photography on display ranges from a bustling town center, to a field of red poppies.

Mayfield joined the UCO faculty in 1985, and since then has developed courses for the UCO English Department including: Women in Literature, Southern Women Writers, Seventeenth-Century Prose and Poetry, Shakespeare's Comedies, and the Bible as Literature.

Although Mayfield focused her academic studies on literature, after starting receiving her first camera as a gift 10 years ago, she began to gain a deeper understanding and passion for photography.

"I all of a sudden began to understand that a camera was much more than something to keep a record of a location or

a place, but it involved your emotions and your perspective on how you view things," Mayfield said.

Mayfield added, "I think there is something a little bit different with photography. When I read literature my imagination goes wild, with all these pictures in my mind. With photography, I think there is a kind of convergence of meaning, instead when I'm reading a piece of literature I can see it in my mind, but it's not as concrete."

Mayfield's work has been exhibited before at locations like 50 Penn Place Art Gallery and Westminster Presbyterian Church in Oklahoma City, but the collection at the Nigh University Center marks Mayfield's largest display yet.

Alongside Mayfield's photography is a display of 38 graphic design students, which won a total of 92 awards at the local Student ADDY Awards.

The ADDY Awards is the advertising industry's largest and most representative competition, attracting over 50,000 entries every year in local ADDY competitions.

The winners at the local Student ADDY Awards advanced to the AAF District 10 competition, where UCO returned with 57 more awards, and those winners went on to the national ADDY competition, where UCO students won 12 awards.

For a complete listing of the 2013 Fall Gallery schedule, visit www.uco.edu/cfad/events.

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Sustainability

One example, provided by Tillman, is the Hydration trailer that is present at almost all outdoor UCO events. The trailer that cost close to \$20,000 was fabricated with water bottle fillers and reduces the number of plastic water bottles that are handed out at these events.

"We have calculated the payback and if you look at just the water bottle purchases for stampede and homecoming week, campus wide we got that money back," Tillman said. "For years down the road you don't have to buy bottled water your for events. The departments save money and we get tremendous diversion rates and reduce the amount of plastic bottles that are going into the landfills."

Tillman projected the cost of plastic water bottle purchases by UCO departments to be annually in the several thousands of dollars range.

"It's hard to get a number on that because where as bulk purchases may go through purchasing and the numbers may be recorded, purchasing a case of bottled water for an outing might just go on a pro card. Pinning down anything close to an accurate number is going to be a nightmare."

One thing Tillman said was that since they began installing the bottle fillers in buildings on campus and using the Hydration trailer UCO had kept over a million plastic bottles out of landfills as of February 2013.

February 2013.

Providing another form of sustainability and avenue for savings at UCO, Tillman expressed that the diesel-powered vehicles the university used were helping immensely.

"We produce on site our very own bio-diesel from used cooking grease," Tillman said.

According to Tillman these vehicles in essence have a free and safe source of fuel.

"If the tank exploded tomorrow there would be zero environmental impact and we're really cutting down on fuel costs," Tillman said.

Tillman stated that to look at saving money you would have to view not just the recycling program but also all of the sustainability efforts

going on at UCO as a whole.

The big numbers start showing up when you look into the conservation initiative in UCO's partnership with Johnson Controls, Inc. (JCI) According to the UCO sustainability website, in 2002 the university entered into a performance contract in which JCI would identify work that could be accomplished on campus to save energy through means like the use of more efficient equipment and waste reduction.

Approximately \$14 million of investments in the UCO infrastructure has yielded a net savings of \$4 million above the initial investment and replaced outdated and less efficient equipment.

UCO has purchased wind power since 2006 through Edmond Electric, and increased the amount of purchased wind energy until wind generators covered all of UCO's electrical needs.

To date, \$50,000 in savings at UCO can be attributed to wind energy. UCO is currently looking at the possibility of obtaining a wind power generator for installation on campus. UCO's sustainability website states that this hopeful addition will be used not only in reducing electrical demand but also for demonstration and educational purposes.

STAMPEDE WEEK IN REVIEW



Students gather to receive their free shirts at Wake Up in Wantland on Saturday, Aug. 17, 2013. Photo by Quang Pho, The Vista.

Wake Up in Wantland

UCO held its annual Wake Up in Wantland on the night of Saturday, Aug. 17, 2013.

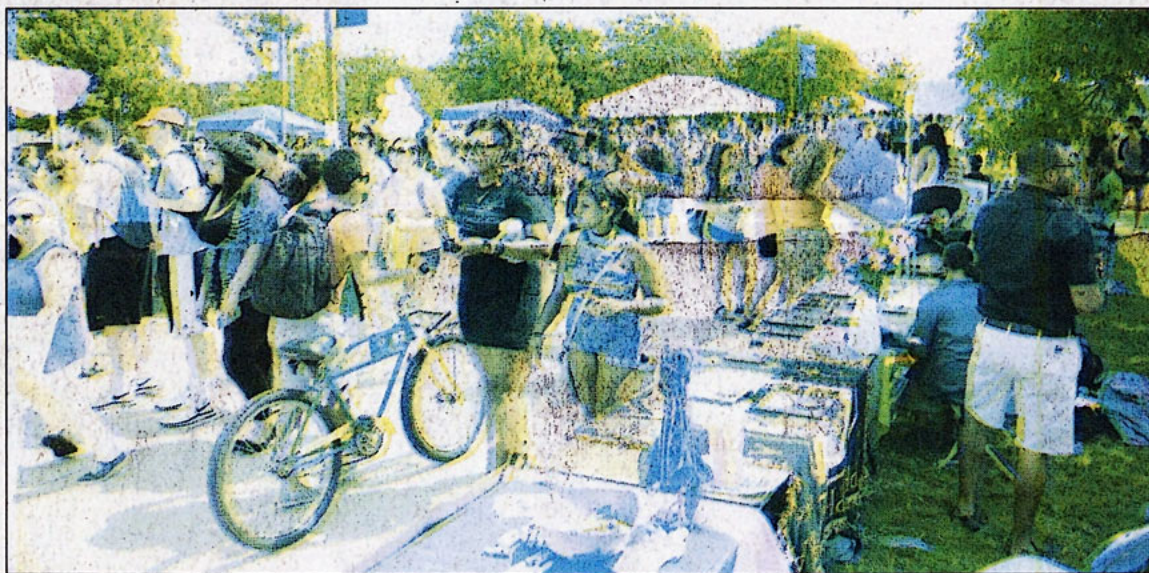
Wantland Stadium was home to carnival rides, inflatables, an oxygen bar and various other activities.

UCO Presents: Al Madrigal

Comedian Al Madrigal performs on Thursday, Aug. 22, 2013 in the ballrooms of the Nigh University Center as part of Stampede Week.



Al Madrigal poses for photos with UCO students after his performance on Thursday, Aug. 21. Photo by Quang Pho, The Vista.



UCO's annual Student Involvement Fair drew crowds of students on Wednesday, Aug. 20, 2013, offering a variety of ways to get involved. Photo by Quang Pho, The Vista.

Student Involvement Fair

The UCO Student Involvement Fair took place on Wednesday, Aug. 20 in front of Broncho Lake.

UCO

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Sandra Munson

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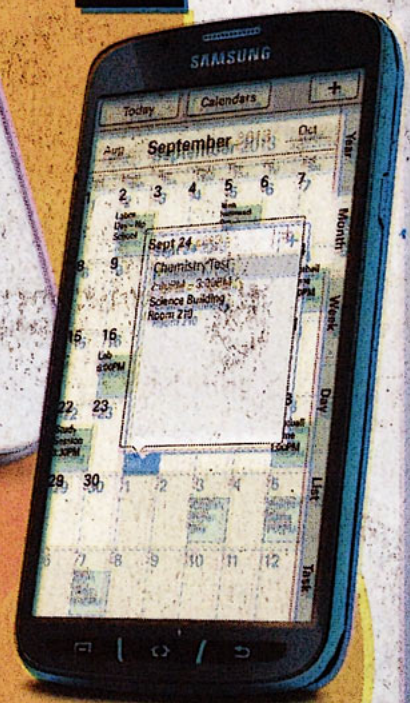
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HANDY STUDENT. Lawn maintenance, painting, general maintenance and repairs. P/T near UCO. 641-0712.

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Help Wanted

Student to clean vacant apartments, small office and private home. P/T near UCO. Call Connie: 641-0712.

Help Wanted

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Parkway Cleaners in Edmond. Call Pamela 820-0254 for information.

RANDOM FACTS

Lucky siblings? The RMS Olympic (sister ship to the Titanic) and the HMS Mauretania (sister ship to the Lusitania) both had long and distinguished service careers, ending with the scrappers torch rather than on the bottom of the ocean.

During sleep, fluid in the body tends to pool in low-lying areas, which is why most of us wake up with noticeable bags under our eyes.

Why do angelfish feel safe inside the mouths of hammerhead sharks? They share a symbiotic relationship as natural toothpicks, picking out parasites from between the shark's teeth.

"Calico" is not a breed of cat, but rather a description of fur color. Most calicos are female, but occasionally a male kitten is born with an extra chromosome that allows him to sport calico fur. Unfortunately, that extra chromosome also renders him sterile.

George Brett is the only major league baseball player in the history of the game to win a batting title in 3 different decades.

The male cicada is the loudest insect in the world. Their sound can reach 120 decibels. By comparison, a jackhammer breaking concrete is 100-120 decibels.

CROSSWORD

Across

- 1. Fit
- 5. La ____
- 10. And others, for short
- 14. Fishing, perhaps
- 15. Chocolate substitute
- 16. Actress Miles
- 17. "____ does it!"
- 18. "He's ____ nowhere man" (Beatles lyric)
- 19. Parentheses, e.g.
- 20. Radio station that broadcasts a directional signal for navigational purposes
- 23. More, in Madrid
- 24. Correct, as text
- 25. Loafer, e.g.
- 26. Altar avowal
- 27. Cave
- 28. "At Seventeen" singer Janis
- 31. Bully
- 33. News office
- 36. Campus area
- 37. Characterized by violent behaviour
- 40. Advil target
- 42. TV's "____ and Greg"
- 43. Inclined
- 46. Get a move on
- 47. Clairvoyance, e.g.
- 50. Former French coin
- 51. Gift tag word

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22		23		
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50				51		52	53			54	55			
56				57				58	59					
60			61		62						63			
64					65						66			
67					68						69			

- 54. "____ go!"
- 56. Pompous fool
- 57. One who sets written material into type
- 60. 10 jiao
- 62. Back in
- 63. Sort
- 64. Coastal raptor
- 65. Nabisco cookies
- 66. Knowing, as a secret
- 67. Change
- 68. "Yum!"
- 69. Penny

Down

- 1. Odium
- 2. Feel shame
- 3. Hard to lift
- 4. Dine at home
- 5. Fink
- 6. Quip, part 3
- 7. Bailiwicks
- 8. Slender freshwater fish resembling a catfish
- 9. Flowering
- 10. "Die Meistersinger" heroine
- 11. Ultimate goal
- 12. Los Angeles suburb
- 13. Caught with a lasso
- 21. Disgrace
- 22. Inheritable
- 29. Dadaism founder
- 30. Call for
- 32. Band with the hit "Barbie Girl"
- 33. Page
- 34. ____ Wednesday
- 35. Its motto is "Industry"
- 37. Grand
- 38. Altdorf is its capital
- 39. Alpha's opposite
- 40. Analyst who performs chemical tests on metals
- 41. Title for this puzzle?
- 44. Lizard, old-style
- 45. Plant disease
- 47. Colourless flammable gas used in welding
- 48. Walk over
- 49. Bring up
- 52. "La Bohème," e.g.
- 53. Particles
- 55. Kind of nerve
- 58. Small cave with attractive features
- 59. Like Santa's cheeks
- 61. "The Matrix" hero

SUDOKU

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

RANDOM QUOTE

Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation.

- George Washington

RIDDLE ANSWER

The answer is "nothing".

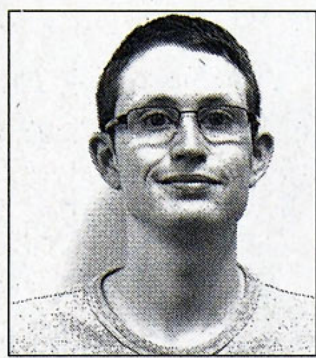
A new riddle will be in the next issue.

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Opinion

Litterell-y Sports:

The Rise and Fall (and Rise again?) of Vince Young



Austin Litterell

Sports Reporter

The rise and fall of an athlete has been present throughout sports, both professional and college, from O.J. Simpson, to pretty much every steroid user in baseball, and finally to Vince Young. Rising again has always seemed to be the toughest part. Young is learning just that.

There is one performance that made me believe this guy could play in the NFL. What he did to USC in the Rose Bowl was nothing short of amazing. It was one of the greatest performances in college football history. There was no doubt in my mind he was going to get a shot in the league. He was just too athletic.

He got that shot in 2006 after being drafted sixth overall by the Tennessee Titans. During his rookie season of course the Titans struggled.

They struggled, until they finally put in the man "VY" himself. Young continued what he did in his career at Texas; he won football games. Young finished his season as offensive rookie of the year and led the Titans to a record of eight wins

and five losses.

Young had that special "it" factor that could win you football games. He made his teammates around him believe that they could win. You might say he was the Tim Tebow before Tebow in some aspects. He took a 0-6 team and won eight out of the next 10 games.

A 30-17 record with the Titans proves he had what it takes to win in the NFL. He had just enough throwing ability to keep teams on their heels. Then came the fall.

Issues with injuries on and off the field were the start of the fall for Vince Young in Tennessee. He lost his starting job a couple times with the Titans. Off-the-field issues such as his disappearance and his actions in a nightclub did not

help especially with the coach Jeff Fisher.

Despite the injuries and off-the-field distractions what he did for that franchise warranted another opportunity. It always seemed that Fisher just did not like the guy, which is a shame. Young's name was tarnished after Tennessee and he was pretty much blacklisted for other teams.

Young has since been fighting for his NFL life. He has been a backup with Buffalo and with Philadelphia. After being released by the Eagles and Bills his once promising career was once again up in the air. Now he is just trying to prolong his career as a backup with the Packers. This seems like a last opportunity for him after not playing since 2011.

Vince Young is a man who deserves another shot to start for a team. I still believe he has the ability to win games. Even though it is just preseason, he showed me he still has the ability to make plays with his feet and arm, especially against Seattle. There are teams who can use a player, with Young's playmaking ability at quarterback. One team that comes to mind is Jacksonville. When it comes to Vince Young versus Blaine Gabbert, Young wins once again.

Only time will tell if it is too late for Young. Hopefully, he will be able to get up off of the turf and show that he can still start and win in this league.

Football

Central Oklahoma set to take on the Lions

Continued from Page 8

...have shown physical play from that side of the ball. With the tone being set by linebackers Adrian Shoecraft, Tanner Koons, and safety Devoris Dozier, Head Coach Nick Bobeck has been very pleased with how his team has looked so far.

Even going so far as to say that "we were never as physical in a game last year as we were tonight," after the teams final scrimmage last Saturday.

On the offensive side of the football, the Broncos will rely heavily on the strong blocking abilities of their sole upperclassmen on the offensive line, senior Cameron Pound.

Pound, an honorable mention for the All-Mid-America Athletic Conference team, was a major reason for the Broncos only allowing 13 sacks last season.

If UCO wants to have a repeat of their potent offense, they'll be relying heavily on the center to give a similar performance this season.

Behind Pounds at center, returning senior quarterback Adrian Nelson looks to improve on his All-MIAA honorable mention season that saw him throw for 1,777 yards and nine touchdowns. His impressive passing stats, including completing 156-of-305 passes, ranked tenth in school history in passing efficiency.

With a solid cast of returning wide receivers to target this season, there is no reason why Nelson can't continue his progression as one of the top quarterbacks in the conference.

As one of Nelson's favorite targets, UCO's receiving corps will be led once again by junior standout Christian Hood. Hood led the team last year in receptions (47) and yards (573) while averaging more than 12 yards per catch.

For the Broncos offense to live up to expectations this year, Hood will have to step up again this year as a big time threat. If he is able to keep up that level of production though, Hood will most likely be

close to UCO's all-time reception record of 173.

If UCO can continue the strong play on defense that has been displayed this preseason and find a rhythm on offense, they should be able to live up to their lofty goals set for this season. There are many new faces for the Broncos this season meaning there are plenty of opportunities for underclassmen to step up and prove themselves.

The Broncos are confident though that they are ready to travel to Joplin this weekend and start this season off with a win against Missouri Southern.

Football

Defense Dominates In Scrimmage

Broncho Sports.com

EDMOND (Aug. 24) – A hard-hitting defense held the upper hand during Central Oklahoma's final major intra-squad scrimmage of the pre-season Saturday night at Wantland Stadium.

The defenders gave up only one touchdown in a variety of situations, forced two turnovers – returning one for a score – and gave up just 281 yards in 70 snaps during the 90-minute skirmish, drawing the praise of head coach Nick Bobeck.

"We're a lot better and lot more physical on defense," said the second-year skipper. "We were never as physical in a game last year as we were tonight. We had some guys make some physical football plays

and that's really positive.

"There were some quality things that happened tonight. We were spotty on both sides of the ball as far as execution goes, but I saw some very positive things."

The defense came up with turnovers on back-to-back possessions that started on the offense's 25-yard-line, getting an interception from Ashton Young at midfield along with Antonio Jenkins' 45-yard TD return on a fumble caused by Jason Frimpong.

Devoris Dozier, Adrian Shoecraft and Tanner Koons led the No. 1 defense during a red zone possession that

overcame a pass interference call and limited the No. 1 offense to three yards in forcing a short field goal, while Ashton Dandy had a forced fumble and sack to highlight another stout defensive stand.

Running back Donovan Roberts had a 15-yard touchdown run called back by penalty midway through the scrimmage and the offense didn't get its lone score until late when Chas Stallard hit Josh Crockett from five yards out to cap a red zone drill.

Most of UCO's offensive success came via the kicking game, with Easton Ramsey making field goals of 28, 34 and 40 yards while Seth Hindink was successful from 25 and 36

yards. Freshman Jake Gandara had several nice runs in picking up 64 yards on 12 carries.

"We're further along than last year, that's for sure," Bobeck said. "We've got to continue to improve going into the first week and have to get ourselves in position to go win football games."

The Broncos open the 2013 campaign Sept. 5 at Missouri Southern. UCO's home opener is Sept. 14 against Pittsburg State.

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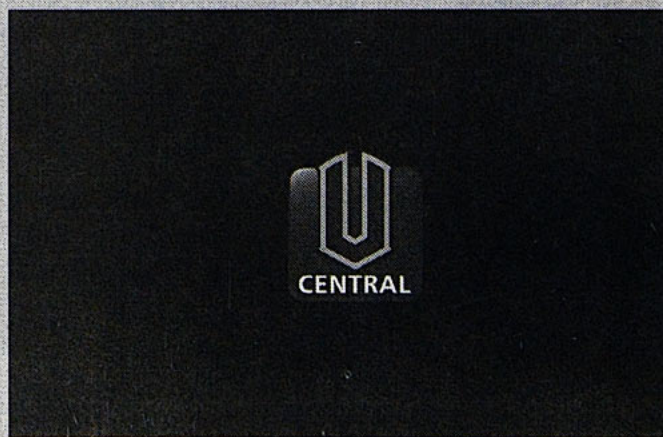
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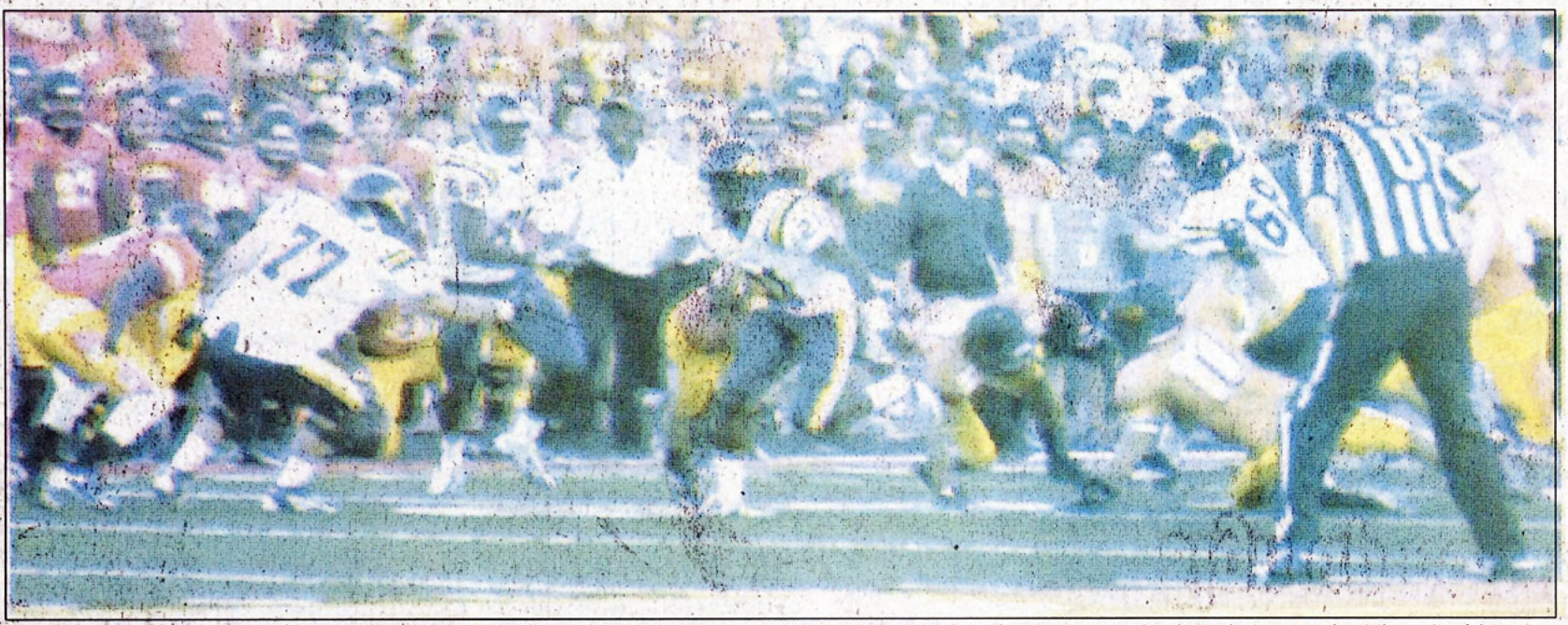
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Football

Central Oklahoma set to take on the Lions



#21 senior running back Joshua Birmingham dodges tackles last year versus Pittsburgh State, The Vista Archives

Rick Lemon
 Contributing Writer
 Can the Bronchos Stampede Out the Starting Gate?
 The Bronchos start the 2013 football season on the road this Saturday. Trying to

avenge a close loss from last season's opener, the Bronchos will be in Joplin, Mo. to face the Missouri Southern State University Lions.
 The Lions, under a new head coach, Daryl Daye, were able to put together a solid six-win and five-loss season using primarily their

athleticism and running ability.
 This year looks like more of the same and it'll be up to the Bronchos veteran line-backing corps, lead by senior Adrian Shoecraft, to set the tone in shutting down the Lions option attack this weekend.

When asked about the potent option offense ran by the Lions, Bronchos Assistant Head Coach Russ Pickett stressed the fundamentals that his team has been working on all summer saying, "defending option football means playing assignment football.
 If everyone on

the team carries out their assignments then we should be better against the run."
 This pre-season has seen the Bronchos defense shine as the two intra-squad scrimmages...
 Continued on page 7

Soccer

Lady Bronchos Kick-off Sept. 5 at OC



UCO forward fights for possession in a game last season. Photo by Aliki Dyer, The Vista.

Austin Litterell
 Sports Reporter
 It's that time of year where the first games of the fall are just around the corner. Practices are in full swing and the UCO Lady Bronchos will begin their trek for a national championship Sept. 5 at Tom Thompson field against crosstown foe Oklahoma Christian at 4:00 p.m.

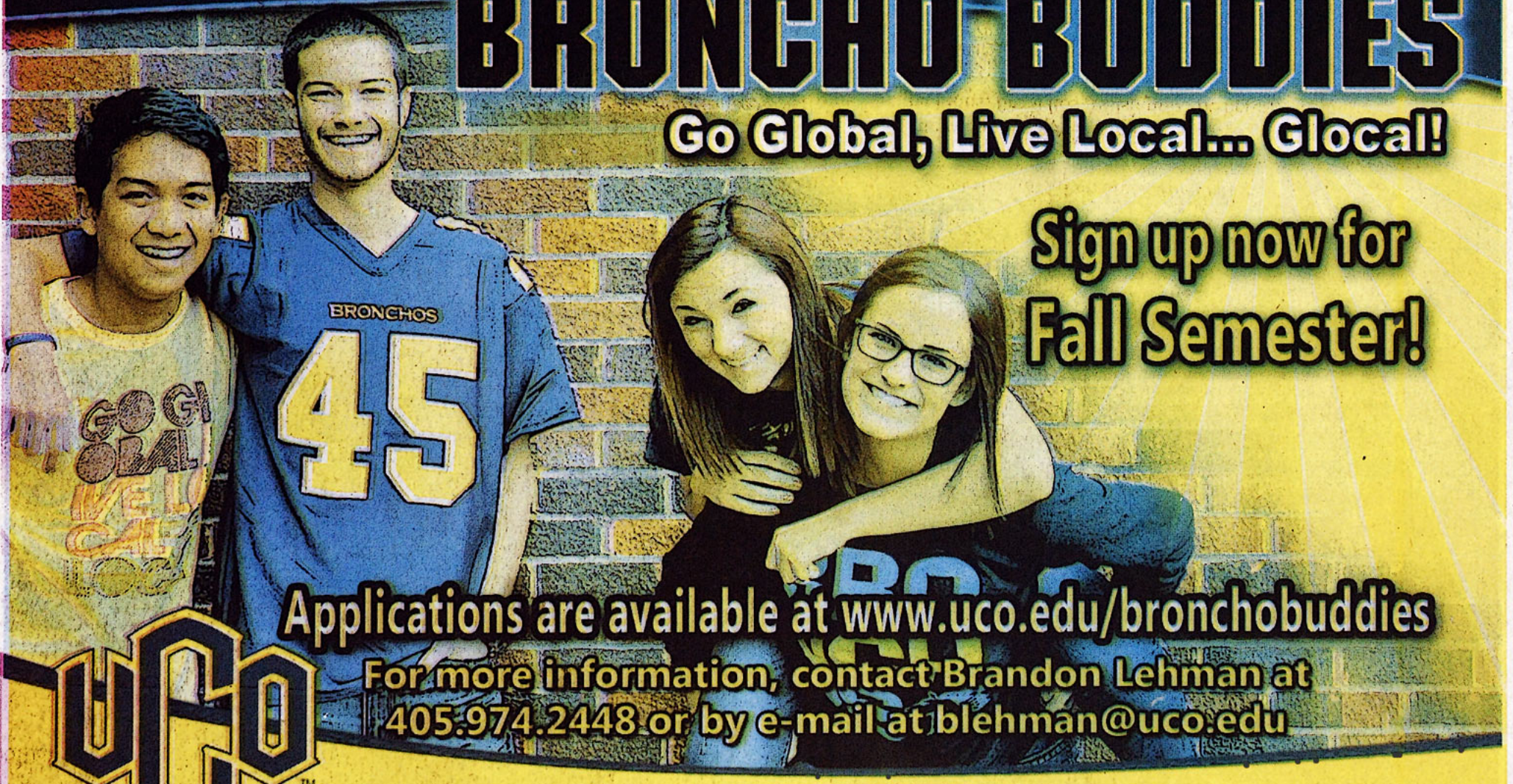
Assistant coach Amel Muhamedagic talked about the excitement for opening day and the respect that they have for the Eagles.
 "We have tremendous amount of respect for them, we feel that this is somewhat a city rivalry game that everyone gets excited for and looks forward to playing. We expect it's going to be a fun and entertaining game for everyone involved."
 The Bronchos will look to continue their successes of past

seasons by getting off to a strong start. They have been to the NCAA tournament in nine of their 15 seasons. The squad had another solid season last year, finishing the conference play without a loss and advancing to the second round of the NCAA tournament.
 Last season was a different story for the OC Eagles. The Lady Eagles managed just three victories and 13 losses in 16 matches last season. They finished nine games under .500 in conference play. The Eagles are beginning their membership process for Division II and will join the Heartland Conference this season.
 When it comes to rankings, the teams are on opposite ends of the spectrum. OC will start their season picked ninth in the Heartland Conference and ranked out of the top 200 Division II. The Bronchos will start the season ranked in the top 25 and are picked to finish second in the MIAA.
 They are picked 23 in the preseason poll. They finished runner up last year to Central Missouri, who is picked first again this year.
 Both teams will have experience returning this season, each returning double digit players from last year's teams. The Bronchos will

return 14 players and will have Senior All-American Jordan Hutchison in the lineup once again.
 The Bronchos will also have experience on the sidelines. Head Coach Mike Cook has been with the program since the very beginning.
 This will be his 16th season at the helm. He has earned an impressive record of 230 wins 75 losses and 19 ties in his 16 seasons with the program. The Eagles are coached by Randall Robinson. Robinson will be entering his sixth season with the team.
 When it comes to practice, coach Muhamedagic likes what he is seeing from his team and talked about how the team is preparing for opening day.
 "Girls have been working really hard at preparing for the opening day. We have spent a lot of time on our system of play, shape and physical and mental preparation."
 For being just a few miles apart, these two teams do not play as often as one might think. This will be the first time in four years that the two programs have met. The distance between schools and the length of time since they last played each other should make for an interesting opening matchup.

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