The Student Voice Since 1903

WHAT'S INSIDE:

LIFE:

BRONCHO BUDDIES KICKOFF WEEK

PAGE 3

THE PRICE OF PARKING

PAGE 4

UCO BROADWAY TONIGHT

PAGE 8

NEWS:

EDITORIALS

· PAGE 9

AMERICAN ODDITIES

PAGE 10

NEWS AROUND THE WORLD

PAGE 13

THE SOONER STATE

PAGE 15

WELCOME BACK!

LETTERS FROM THE

PRESIDENT PAGE 18

MEET THE VISTA

STAFF

PAGE 20

PLACES AROUND EDMOND

PAGE 22

ANGER 13

CAMPUS MAP

PAGE 24

SPORTS:

INTRODUCTING THE VISTA SPORTS STAFF

brue in

PAGE 26

SOCCER PREVIEW

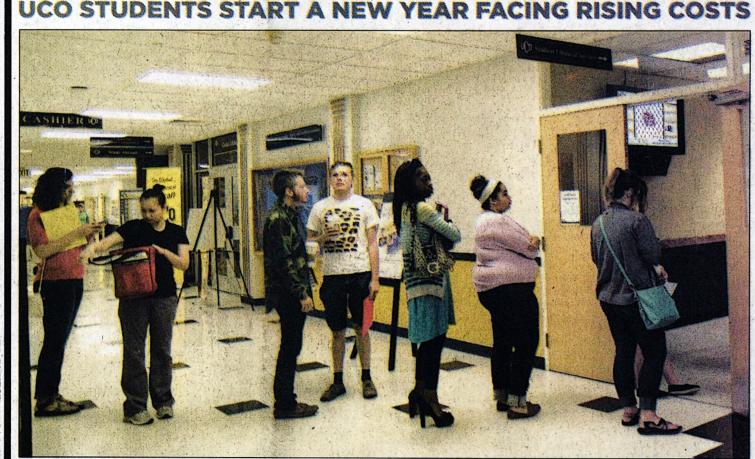
PAGE 30

Q&A WITH JOSH BIRMINGHAM

E VI

PAGE 32

PAYING FOR EDUCATION:



Students wait in line for the UCO Financial Aid Office on August 14. Photo by Cyn Sheng Ling, The Vista.

Stacie Chambers

Contributing Writer

Tuition cost has lingered on the minds of students and parents at the beginning of each school year and this year is anything but different.

The University of Central Oklahoma's budget increase for 2013-14 has been approved by the Oklahoma State Regents for Higher Education and the Board of Regents. This has allowed for the university to fill a \$2.8 million funding gap for mandatory

The majority of the budget increase is due to, not only the increase in mandatory university costs, but also continued stagnant state higher education funding, a rise in health insurance and the cost of supplemental retirement accounts.

Overall, the state of Oklahoma will allocate nearly \$980 million to higher education for the 2013-14 school year.

Central received \$548,100 in new support from the state. This allowed for the university to decrease its mandatory costs, an estimated \$3.3 million.

In the past five years, Central has grown by more than 1,500 students. However, at the same time, there has also been a rise in mandatory costs and reductions in state appropriations.

The university's tuition waiv-

ers and scholarships received from students have increased 90 percent over the past five years. The cost of tuition at Central

as increased \$11.50 per credit

hour, which covers student tuition and mandatory fees. For students enrolled in 30 credit hours, the increase will

be about 95 cents more per day

compared to last year. However, the average student at Central takes a 22-hour workload per year, which will be about 70 cents more per day.

A total of 3 percent of the tuition increase was to honor the student body vote during the Spring 2012 semester, requesting an increase in the Student Activity fee. However, half of the increase was added this past school year.

The University of Central Oklahoma was not the only uni-tinuing to rise. versity in the state to increase their tuition rates.

The University of Oklahoma was approved for a 4.7 percent increase for resident tuition and a 4.3 percent increase for nonresident tuition. OU will now, have a flat rate tuition making it the sixth school in the Big 12 to make this adjustment.

Students will be charged for

111272 74 30 credit hours for the year and if they do not take 15 credits per semester will be granted the money back if they enroll in summer courses.

Oklahoma State University tuition budget for 2013-14 also increased for undergraduate students. However, due to the record number of students enrolling, students will not see a change in their cost. Freshmen enrollment increased 40 percent from 2008 to 2012 and is con-

Students and parents are finding help funding the increasing cost of education by taking advantage of government grants, scholarships, and subsidized and unsubsidized government loans. Students may find more information at the financial aid office located on the first floor of the Nigh University building.

UCO named a great place to work



UCO parking manager Josh Stone works on his computer in the Transportation and Parking Services office on the third floor of the Nigh University Center. UCO was recently named one of the top universities to work for. Photo by Aliki Dyer, The

Olanrewaju Suleiman

Staff Writer

UCO has recently been named as one of the nation's best colleges to work for by The Chronicle of Higher Education. It is the only university that was recognized in the state.

Christina Tian, a senior financing major, is a student technician at the Max Chambers

Library. She has been employed there for two and a half years.

Tian is an international student who applied at the library because it worked with her schedule.

"I like working at UCO," she said. "It's a good place to meet with people and to learn how to communicate."

Tian believes that every day at her job is always different.

"Every day is a new day and

a new challenge," she said. "Everyone is really patient and nice."

"UCO really is a great place to work for," Tian said. "I really enjoy my job."

Timothy Kok, the director of international admissions and communications at the International Office, agrees with Tian's statements.

Kok has been at UCO for six years. He started his university career at a smaller private college and applied to UCO for a

greater challenge. "I wanted to work for a bigger university," he said. "UCO is a very supportive environment where your efforts are being ap-

preciated." Kok asserts that the leadership at UCO supports his efforts for international expansion and in-

ternational student affairs. "We get good resources and are becoming more globalized," he said. "UCO is a safe envi-

ronment and I like the people I work with." UCO was previously recog-

nized in 2008, 2010, 2011 and 2012. Faculty and staff from universities and colleges from

across the nation participated in the surveys that determined which schools would be chosen.

Josh Stone, the UCO Transportation and Parking Services manager, started his career as a student worker. When he graduated, he moved up into a higher

"I was getting my master's degree and got a job as a student lot worker," he said.

UCO staff members are given the opportunity to take classes to develop their abilities.

"I enjoy all of the classes I get to take," Stone said.

The learning center has classes that range from communications to computer education.

"I like the professional devolvement options UCO gives," he said. "It really is a great place to work for."

The "2013 Great Colleges to Work For" list had 12 categories. Central was selected in two categories: professional development and the educational environment.

UCO has over 2,000 full and part-time employees. Central is one of the state's largest employ-

LOCAL WEATHER













THE VISTA

100 North University Drive Edmond, OK 73034 (405)974-5549 vistauco@gmail.com

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.

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.

STAFF

Editorial

Photography

Aliki Dyer, Photo Editor

Cyn Sheng Ling, Photographer Quang Pho Duc Phuongg,

Brooks Nickell, Staff Writer

Alex Cifuentes, Staff Writer Tyler Talley, Staff Writer

Olanrewaju Suleiman, Staff Writer Austin Litterell, Sports Reporter

Management

Sarah Neese, Editor-In-Chief Lindsey Richards, Managing Editor Josh Wallace, Staff Writer Stevie Armstromg, Copy Editor Cody Johnson, Sports Editor

Graphic Design Michael McMillian

Circulation

Kevin Choi

Adviser

Mr. Teddy Burch

Letter from the Editor.

Welcome Back to a New Year at UCO

My fellow Bronchos,

The start of a new year always brings new experiences and new memories. The beginning of this one is no different. All of us stand before a new year, like a door waiting to be opened. As we cross the threshold of this new year, starting classes, attending events and discovering what this university has to offer, I hope that every one of you will remember one thing - connection. A vital part of thriving in college is to stay connected, whether that be through friends, roommates, colleagues or even professors. Connections are what make the world turn and help all of us turn with it:

This year, The Vista will strive to keep you connected, whether that connection occurs through news, current events, sports, campus activities or even opinion writing. By keeping you informed, we will try our very best to stay connected to not only the university around you, but the city, state, nation and world around you.

As editor-in-chief of The Vista, I will dedicate my time to serve you, the UCO community. I look forward to displaying all that UCO has to offer in the pages of The Vista each week.

It is a privilege to be working with the students on my staff and I am honored to share their hard work with all of you.

With the start of something new, always comes potential for something great. It is my hope that The Vista will fulfill that potential for this upcoming year. By staying. connected to UCO students, faculty and staff, we will be better able to help keep all of you more connected.

"I'd like to thank you all in advance for your support and leave you with this quote by Bear Grylis, "To me, adventure has always been to me the connections and bounds you create with people when you're there. And you can have that anywhere."

Stay focused. Stay adventurous. Stay connected.

Sincerely yours,

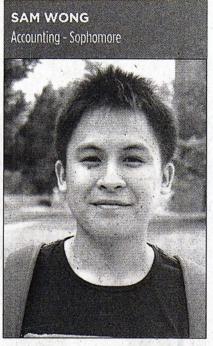
Sarah Neese · Valley Editor-in-Chief The Vista

CAMPUS J QUOTES J

What's your favorite part about the fall semester?

SAMI GARROUTTE Math Education - Junior

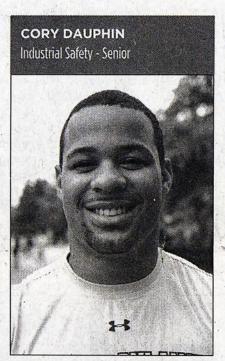
"Probably the new freshman. Can't wait to see the new faces."



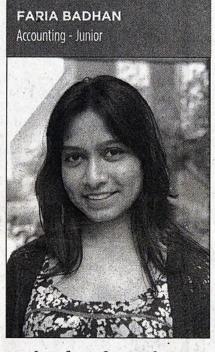
"The weather, because it's gonna be cold. I like the scenery in fall too, when the leaves start to fall."



"All the activities that's going on. There'll be a magician and a comdian coming to campus next week."



"Meeting with my wrestling team.

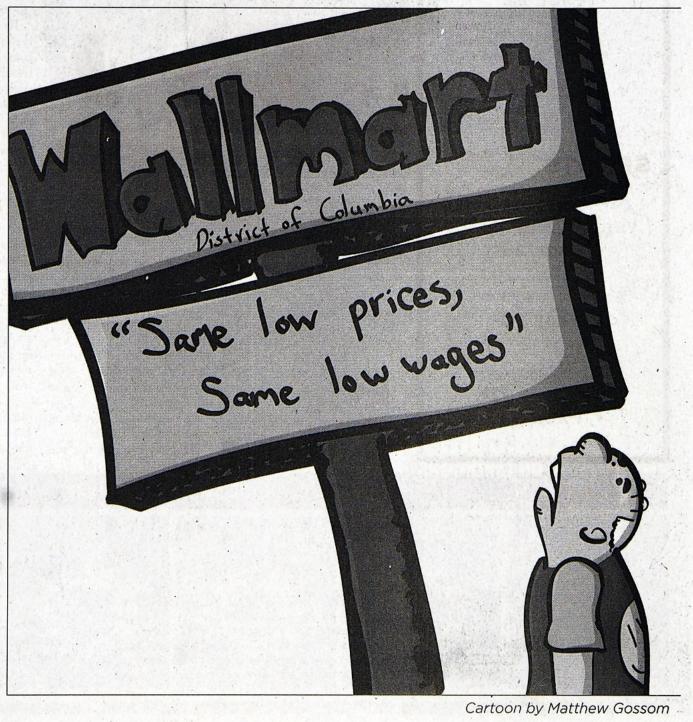


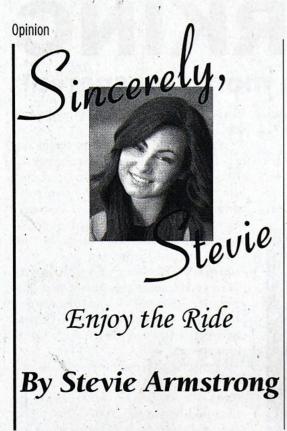
"Make friends with new students that will be coming in."



"Incoming freshman, which also means more chicks."

CAMPUS CARTOON





"An exciting or very unusual experience," is the formal definition of an adventure. To me, that's the definition of life. Life is one big adventure and this new school year is the next stepping stone.

Each person's adventure is different. Some adventures may be similar or shared with others', but no matter what, they're all unique in some way.

Our definition states the words "exciting" and "unusual." At times, we can argue that life isn't always exciting, especially when stuck in a classroom day after day. But when 'we wake up, we may have an idea of what's going to happen that day, but we never really know. Personally, I'm terrified of the unknown, but that's what makes life exciting.

Life can be such a mystery. It's filled with questions like, "where should I go to college?" "What should my major be?" "Did I really kiss them last night??" Life, and the decisions we make in life, can be very unusual. But if everything was normal, exciting wouldn't exist.

A new semester has risen in your path and with it comes a new chapter. There will be long nights of studying and paper writing. There will be early mornings of getting drunk on coffee and skidding into class at the last second. On the bright side of this chapter, there will be long nights of making lifelong memories with your friends. And there will be early mornings of watching the sun rise,

friends.

Unfortunately, there are times when our adventures feel more like unsurpassable tests and you second guess whether you can continue trudging through it. In my personal adventure, my strength grew weary just a few months ago. Everything seemed to be unclear. What I was supposed to accomplish in life, who my real friends were, even whether I should stay in school or not, were the types of questions haunting me. It was as if I had hit a "quarter-life crisis."

Being an overly dramatic female, I didn't see this confusion ever having a resolution. But just like everything else, it too eventually dissolved.

sitting next to those same Not all of it, though. Clearly, I chose to stay in school and I opened my eyes to realize that I have some of the greatest friends I could ask for. As for understanding what I'm supposed to accomplish in my life, that, I left up in the air. Instead of trying to plan out every step, which is impossible, I accepted the fact that I'll never know every move to make, until life gets me there.

> No one knows for certain what this exciting and unusual life will entail. If we did, what's the fun in that? Life is an adventure, y'all. Enjoy the

> > Sincerely, Stevie '

UCO Broncho Buddies celebrates with kickoff

Alex Cifuentes

Contributing Writer

The University of Central Oklahoma student organization Broncho Buddies celebrates its third year with a weeklong kickoff event Sept. 9 through Sept. 13 at the UCO International House.

To accommodate their steadily increasing numbers, this year's kickoff event will differ from previous, in that Broncho Buddy pairings may choose any day between Sept. 9 through Sept. 13 to enjoy their kickoff event. A kickoff event will take place each evening of Kickoff Week beginning at 6 p.m., and will take place at the International House, located on the corner of Chowning and University Drive. Browho Buddy pairings will fill out an online questionnaire prior to the kickoff, which will determine what date will best fit the schedule of the Broncho Buddy pairing.

"By breaking up the kickoff into multiple days, it allows the Broncho Buddies to develop the one-on-one relationship, and avoids the chaos that usually comes with having 400 people at one event," International Activities Specialist Jared Scism said

In 2011, Broncho Buddies began with 217 participants, and has nearly doubled membership with 399 participants in spring

The growth of this organization can be tributed to the uniqueness of what their experience offers.

"Broncho Buddies is a great opportunity for students who can't go abroad to get the experience of what it's like to be abroad. It truly allows them to learn about other cultures without ever leaving home," Scism said.

Many American students fear the differences that come when getting to know a complete stranger from another culture, but the Broncho Buddies staff assures that these hurdles do not stand out in comparison to what those who participate are able to gain.

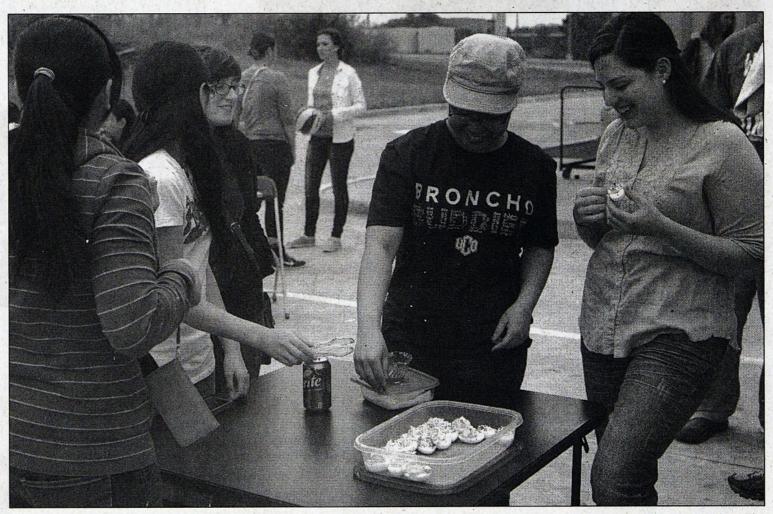
"I feel like a lot of times people are afraid that their Broncho Buddy is not going to be able to speak English. They think, 'How am I going to communicate or be friends with this person, if they can't even speak English?' In all reality, this barrier is not real, because the international students take a test to be able to attend school in the U.S.," Scism said.

Broncho Buddies is an intercultural program that pairs American UCO students with international students, according to common interests. Once a pairing has been made, Broncho Buddies hosts multiple events to allow each student to get to know the other's culture. These events range from dinner at a cultural restaurant, to a bi-annual Thunder basketball game.

Buddies, go to úco.edu/bronchobuddies



Group picture outside the Chesapeake Arena before a Thunder Game on April 17, 2013. Photo by Cyn Sheng Ling, The Vista



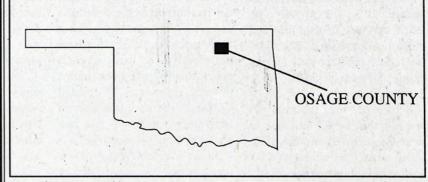
For more information about Broncho Broncho Buddies enjoy some food at the wrap up party at International House on April 27, 2013. Photo by Cyn Sheng Ling, The

bigwords.com saves \$1,000 on textbooks saves \$1,000 per year on average compare every online store in one place new, used, rentals, eBooks every coupon, every offer

Osage County film makes its debut



FILE - In a Feb. 24, 2013, file photo Meryl Streep appears at the Oscars at the Dolby Theatre in Los Angeles. John Wellsí ìAugust: Osage County,î which stars Meryl Streep and Julia Roberts, is among the 16 galas at the Toronto Film Festival, it was announced Tuesday, July 24, 2013. (Photo by Chris Pizzello/Invision/AP, file)



The Associated Press

OKLAHOMA CITY (AP) - A feature film about the lives of Oklahoma woman will make its world premiere at the Toronto International

Film Festival next month. "August: Osage County" features a slew of Hollywood all-stars, including Meryl Streep, Julia Roberts,

Ewan McGregor and Chris Cooper. It will premiere during the Toronto Film Festival Sept. 5-15.

The film is based on Tracy Letts' stage production of the same name. It was filmed in Pawhuska, Barns-

dall and Bartlesville.

THE PRICE OF PARKING

Parking permits increase as TPS strives to become more transparent

Brooks Nickell

Staff Writer

Parking permits have taken a 25 percent increase for students at the University of Central Oklahoma this year. These decals, which allow students to park in designated lots on campus, cost \$125 for the 2013 school year, a \$25 increase from last year's \$100 decal price.

Raul Martinez, UCO's Transportation and Parking Services (TPS) director says the \$25 increase is necessary in maintaining existing programs and functions of TPS, such as the Bum-A-Bike program and Broncholink bus, while at the same time allowing proper upkeep of parking lots and providing funding for new innovations to the way TPS runs.

"If I stuck to the same budget every year for upkeep I would be taking care of less and less," Martinez said. "The cost of maintenance and necessary items like asphalt go up every year."

UCO President Don Betz agreed with Martinez and added that the cost inflation of materials needed in parking lot maintenance has provided for recent parking lot set backs.

"We have had to defer repair and maintenance of many of our parking lots for the past few years because of inflated costs of materials due to Hurricane Katrina. Those costs have now leveled off somewhat and the increase in parking fees will help us move forward with several of those long neglected, yet important projects."

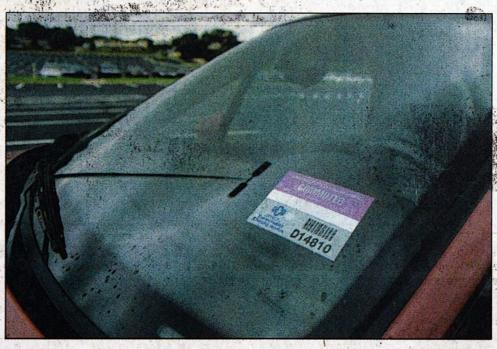
Martinez budgets around \$400,000 annually for parking lot maintenance with another \$30,000 annually going into the removal of snow and ice. \$20,000 goes to the rental of lots on the west side of campus. All of this is on top of a \$750,000 bond payment that Martinez makes every year before students purchase a single permit. The bond payment covers a loan taken out in 2003 for parking lot construction. UCO's TPS is a selfsupporting entity, receiving no financial assistance from the state and operating solely on funds from parking permit sales, citations and paid parking.

"I want us to be able to do more," Matinez said. "Anything that we do from providing a parking lot to a sign, we want to provide a quality product. Your commute to campus is that to be a good experience."

TPS has recently invested \$148,000 in a new parking management system that will filled up," Stone said. "Lot two is probably change the way students deal with TPS, au- empty 90 percent of the time. Students comtomating things like ticket viewing, payment plain about driving around for 20 - 30 min-

your first experience here. When you leave real problem stems from students not wantcampus your commuting as well. We want ing to park in some of the farther lots, or being unaware that these lots exist.

"We have yet to have every parking spot



With the costs of parking permits rising, many students are facing the choice on whether to pay more or find parking elsewhere. Photo by Cyn Sheng Ling, The Vista.

and the appeal process. According to Martinez, the new system will better "safeguard" parking spots as well. The new system will come with a Department of Motor Vehicle interface that identifies those who park on campus without a permit, allowing TPS to ticket them for taking up the parking spots of students who have paid for permits.

According to Josh Stone, TPS parking manager at UCO, there are around 6,500 parking spots on campus and an average of 20,000 people, from students, faculty and staff to visitors will occupy campus daily during the semester.

That would leave roughly 13,500 individuals without a parking space, but Stone and Martinez allowed that this is not the case and in fact say that there is more than enough parking available.

One of Stone's responsibilities within TPS is to monitor the UCO TPS Twitter account. Stone said that while many students complain about a lack of available parking, the utes looking for spaces, but they're driving around lot 11. Students could take that time, park in a further lot and walk. You'll get to class faster that way than circling lot eleven and fighting for a spot that just doesn't ex-

Lot two, situated just east of Wantland Stadium, is considered north parking and is a multi-permit lot. Students parking in this lot would look at a seven-minute walk to the Nigh University Center, where as students who arrive early enough to park in lot 6, just east of the Liberal Arts building can expect a four-minute walk.

"The increase in parking fees will ensure that the university is better able to serve our students through improved parking facilities and expanded alternative transportation opportunities such as the Bum-A-Bike program and the Broncho Route on Edmond's Citi-Link bus service," President Betz said.

And, alternative transportation opportunities are precisely what Martinez deems responsible for the decrease in parking permit

"When you provide more commuting options to your customers you improve everyone's opportunities all around, including parking. We have an intensive transporta-tion program here on campus. The strategy behind it is to decrease parking demand. We started this initiative aggressively in 2008 with the bum-a-bike program."

Currently, UCO's alternative parking initiative encompasses the Bum-A-Bike program, the Broncholink bus, the carpool program, an on-campus Hertz on Demand car rental service and the Cycology bicycle

wartinez allows that due to these programs the number of parking spaces available is increasing versus the number of enrolled students. In the 2009 – 2010 school year enrollment was at 16,092 students and the total number of parking permits purchased including companions because the second including companions because the second including companions because the second including companions the second including chased, including commuters, housing students, motorcyclists, presidential partners, non-UCO departments, faculty and staff members, was 15,275. In the 2010 - 2011 school year, enrollment increased to 17,101 and the number of permits decreased to 15,163. Again, these numbers followed the same trend in the 2011 - 2012 school year, where enrollment was up another 138 students and permit sales were down by 152.

"We don't make these decisions in isolation. We research and put the data together," Martinez said. "We keep a lot of data. We want to know that we're being good stewards of our resources and funds, spending them wisely and where they need to be spent."

Martinez presented his findings and suggestions to the UCO Student Association last spring. The senate voted to pass the price increase on parking permits 17 - 6.

"Support from the UCO Student Association was important as we moved forward with plans to increase parking fees," President Betz said. "Last spring, the UCOSA Senate endorsed the plan recognizing the importance of providing our students with improved parking facilities and expanded alternative transportation opportunities."

According to Stone, TPS is striving for transparency between their office and customers of their services.

"We're trying to serve the students, better tell them what we are doing," Stone said



Photos by Cyn Sheng Ling, The Vista.

with the land was the last of the achool and p.



Josh Wallace anomakin manangagamin hiti.go

Staff Writer

According to data obtained from the University of Central Oklahoma's Transportation and Parking Services (TPS), \$822,040 in tickets were issued for violations on campus between August 2012 and May 2013.

The data range was taken from August 20, 2012 to May 30, 2013, in which 28,590 recorded citations were issued. The number reflects citations issued for no charge, given as a warning, up to \$100 tickets.

A breakdown of the numbers showed the highest instance of ticketing occurred on August 27, 2012, where 561 tickets were issued. The highest volume of tickets issued per month occurred in September 2012, where 5,459 tickets were issued, it was also the highest in terms of dollar amount ticketed per month, at \$159,430.

According to TPS Parking Manager Josh Stone, the dollar

amount ticketed for the past two semesters doesn't reflect what has actually been collected, he added, "We didn't obviously collect all of that. It looks like an exorbitant amount of money, but we didn't even come close to collecting all of it, and unfortunately our current system doesn't allow me to show who paid and who didn't."

Stone went on to add that under the current system, the data doesn't show what tickets have been appealed, tickets that have been waived, or cases where a ticket might have been issued in error. He expects an updated system to be in place around September, which will give him access to more detailed reports.

As for the number of tickets that can be immediately tied to UCO students, Stone puts the figure at around half of the number issued, adding, "Generally I think it's somewhere around 45 percent of the tickets that are written are applied to a banner account which would mean we'll eventually collect. Unfortunately

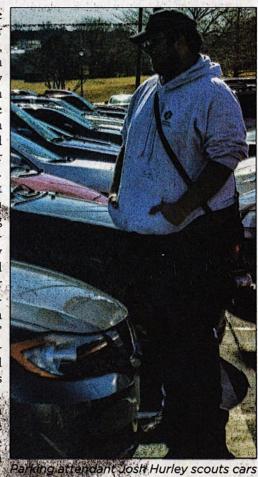
that's as high as it gets about right now, hopefully with this new system it could go into the 70s or

For vehicles that cannot directly be tied through registration with TPS or to a UCO banner ID, a student's identification number, the department enlists a third party to come and identify vehicles and match them to students. Once a vehicle is linked, the violations are put into a student's university account, along with a \$25 fee associated with identifying them.

As for whether he thinks students try to beat the system, Stone added, "Some certainly try. Usually they get shocked when it takes six months from now [and] let's say we suddenly catch up with them, it simply takes that long to go through and find them and do the research and apply to the car. So, some certainly do try to take advantage of the system, some may get away, but a lot of them won't, it just takes time."

According to Stone, consequences for those who don't pay off their tickets can include a hold on their account if their university balance is above \$200, which can add up quickly with multiple tickets, essentially blocking them from enrolling in classes for the next semester. He also added, "If you get more than five citations, you're considered a habitual violator and your car can be impounded at your cost. Usually the hold on your account is all that is necessary, [but] if you continue to not pay your parking ticket they can be sent to collections. The university has a very good collections company and they'll hold your taxes and your pay checks, if you owe the university money, it's going to catch up to you, it'll affect your credit."

TPS does offer a payment program for those who have received a significant amount of tickets and need time to pay them off. Students can pay the fees off in four payments throughout the semester, typically around the same time each month over a four-month period



for possible parking permit violations. Vista Archives.











Far Left: UCO President Don Betz makes a copy of the flyers accompanied by Amy Johnson, Academic Director of Letter Press and Prototyping Lab, during the grand opening of the lab on July 31st, 2013. Top Center: Amy Johnson shows President Betz and Ruki Ravikumar, Chair of Design Department, the machine used to make letter press and prototyping. Top Right: The new letter press and prototyping lab building. Bottom Center: Some of the work by UCO students displayed at the lab. Bottom Right: Amy Johnson and President Betz with a fiver at the letter press machine. Photos by Cyn Sheng Ling, The Vista.

New Letterpress and Prototyping Lab at UCO

Kanesha Brown

dents on the contract of Contributing Writer

The University of Central Oklahoma's (UCO) Department of Design opened the new letterpress and prototyping lab, as well as hosted a reception for the public on July 31, 2013. The lab is located across from the UCO campus on 1020 Waterwood Parkway.

The lab features both modern and antique equipment. When asked why the merging of new and antique technology started, UCO's chair of the Department of Design, Ruki Ravikumar said "a lot of our terminology comes from this equipment, so in a way you appreciate the new technology when you

know what we started with."

Ravikumar explained that the old-fashioned letterpress was 2-D and more hands on than the modern 3-D prototyping machine. She described the prototyping machine as the future; the machine converts files into 3-D objects using powder.

Director of UCO Design Academic Program Amy Johnson did demonstrations of the antique style letterpress. When talking about the purpose of the lab, Johnson said to the crowd, "To provide creative space where experimentation is the goal."

Throughout the reception, many walked around and observed the new equip-

When asked about thoughts on the new

lab, Real Estate Operations Manager Troy Talley replied, "I think its fantastic, it's been a long process getting the space set up."

Talley explained how bringing back the antiquated equipment is good for students that are accustomed to using the modern technology for print functions.

Minutes after the reception started, Ravikumar thanked everyone who was involved as she described the long journey and preparation of the lab. "This has been a project in the making for three years, its come out of literally blood, sweat, and tears," Ravikumar

During the reception, Ravikumar also stated that she serves on the board of The American Institute of Graphic Arts

(AIGA), as well. She explained that AIGA is the professional organization for graphic designers on a national level.

Ravikumar started her term July 1, 2013. She explained, "There is usually 13 people when you pull from different parts. There's always a spot for one educator so I feel very luck to be that one."

UCO professionals stated that the design classes will still be held on campus. The space is used as a support lab to make their products. Those interested in using the lab for other inquiries will be able to book

The lab is also extended to the community, fulfilling UCO's mission.

GAP YEARS IMPACT GRADUATION

Natalie Cartwright

Contributing Writer

A trend is setting for students to take a gap year between graduating high school and going to college, during their first three years of college, or between their bachelor's and master's degrees.

A "gap year" is commonly defined as a year off from academic studies in order to pursue other interests. This year off can allow a student time to travel, intern, work or simply explore different avenues of life.

"I started college straight after high school" because it's what everyone else was doing," said Emily Haden, a former student at the University of Central Oklahoma. "I never really considered any other options.'

Haden left UCO in 2009 after her sophomore year, with the intention of taking a semester off.

"I stopped attending UCO because I felt like I was wasting time and money. I thought it was pointless to continue on if I didn't have a particular destination," Haden said, proving that students who enroll in college with an undeclared major do not always find one while attending. A total of 39 seniors at UCO still had "undeclared" written on their transcripts in 2012.

"It's now been 4 years," Haden said. "I thought one semester would be plenty of

time to figure things out. It obviously wasn't."

..... Haden has been working full-time as Assistant Café Manager at Barnes & Noble for the past three years, demonstrating the well known saying, "when you take time off, it's hard to go back.",

year is not good for a student," said Dr. Jay attending the wrong university. Corwin, associate vice president of enroll-

Corwin teaches Success Central courses and is the author of College Talk, the book used in Success Central classrooms to help start conversations between the teachers and their students.

Success Central is a class for the conting freshman and its purpose is to help students with the transition from high school to college..

According to Corwin, "statistics have shown that students who take the class have added, "After some real world experience, I a higher graduation rate and a higher GPA." know the benefits of continuing your ed. The class intends to bring UCO's current tion after high school." graduation rate up, which right now is at a poor 36 percent in the past six years.

Corwin believes that nothing productive is accomplished when students take a year off from college.

"I'd describe my time off from school as stagnant, neither good nor bad. I just haven't accomplished all I thought I could in my time off," Haden said.

Taking a gap year is always a student's choice but their reasons widely vary. "Every person will have a different answer," Corwin

"I regretted the school I transferred to so I withdrew," said Nichole Thompson, a current Graphic Design student at UCO.

Thompson withdrew from the University "We really have seen statistically that a gap of Tulsa in 2010, after discovering she was

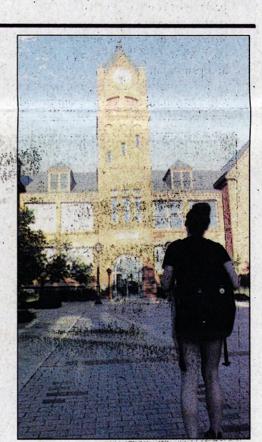
> During her time off from college she worked full-time as a bank teller at the International Bank of Commerce, popularly known as IBC Bank. She owes her success in graphic design to her time off from school, knowing that if she had not spent time away from school she would not have found UCO. "The benefits were reinforcing the importance of college vs. minimum wage full-time jobs," Thompson said. "Taking a break from anything really puts your life in perspective." Similar to Thompson's experience, Haden

> Although Haden and Thompson do not regret their gap year decisions, college professors and counselors do not always sup-

know the benefits of continuing your educa-

"From what I've seen, if a student stops even for a semester it's really hard to get them back to the classroom," Corwin said.

Corwin describes taking a gap year like missing a class, "once you're out it's easier to be out, once you're in it's much easier to



A UCO student approaches Old North. Photo by Brooks Nickell, The Vista.

Many students have taken a gap year, considered taking one, or know someone who has. Before making the possible future-altering decision, Corwin encourages students to talk to their advisors or someone on campus that they trust.

Corwin said, "I never want to lose a stu-

SoullaN het

A UCO student practices brain training using Lumosity. Photo by Aliki Dyer.

Brain Training Opportunity

Tyler Talley

Staff Writer

A new San Francisco web-based company, Lumosity, has developed the first "brain training program" that could prove useful to college students.

According to an article promoting the website, as people get older, both mental clarity and memory retention can become increasingly more difficult. This, in part, can be attributed to the influx of information the brain intakes, combined with the brain's advancement in age.

"While seemingly innocent, the loss of mental focus can potentially have a detrimental impact on our professional, social and personal well-being," the article stated.

The average college student usually has quite a lot of information to take in. For example, Lois Bryan, a graduate student with UCO's counseling psychology program, works two part-time jobs, on top of being a full-time student. She also commutes to Edmond from Norman four days a week. To help her keep track of all the information she must retain, Bryan has devised a practical way to help her remember everything.

"I keep a calendar of my deadlines, events and shifts, and :

check them daily," Bryan said. While Bryan's method is effective and traditional, Lu-

mosity looks to streamline the process of assisting in one's ability to retain information. The article says that the brain, like any other muscle, requires exercise. In a sense, the website hopes to create a form of brain training.

Lumosity's website offers numerous exercises that are expected to train and strengthen a number of aspects of the brain, including memory, attention, speed, flexibility and problem solving. Each of these categories include four subcategories that the user can then pick and choose to focus on in an attempt to personalize each individual's experience with the program. The site also offers a series of games to help make memory retention more enjoyable.

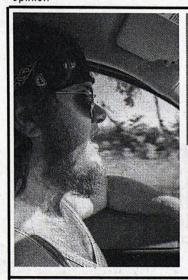
Chloe Grey Baird, a UCO student who has tried the program, said that she found this particular aspect of the program to be helpful. "I struggle a lot with committing things to memory when I hear them for the first time, like names," Baird said, "So I believe the memory games would help a lot with that."

Baird will also be working part-time; going to classes, and attending events for her sorority, this fall. With such a full workload, Baird said the website could really benefit her daily life and assist her with memory retention.

"I do think it would help if you use daily because it does

really challenge certain key points," Baird said.

While the program normally requires a subscription fee, Lumosity is currently offering a free trial for any potential customers that may be interested in trying the program.



NickelL

Your Thoughts

BACK SEAT BEATINGS BY BROOKS NICKELL

FOLLOW ME ON TWITTER @JBROOKSNICKELL

I've known Jake since we were both "knee high to a grasshopper," as my mother's father would say. We were both three, Jake and I, when his family moved across the street from mine. By across the street, I mean just on the other side of a dirt road 8 miles out of town and into a house that was built by my grandfather. Idioms weren't the man's only skill.

The first time I met Jake, we squared off. He stood in the doorway of my tiny bedroom while I sat haphazardly, hanging one leg out of a screen less window. Not a single word had been spoken since my mother said something along the lines of, "This is Jake, your new neighbor," and left us to play. The parents went off to the living room of the trailer house we were living in at the time and Jake began to wade through the ocean of toy trucks and action figures that polluted my adolescent floor.

Roughly five minutes had passed before he came across one of my prized possessions, a foot and a half tall Fievel Mousekewitz doll from the animated movie An American Tale; Fievel Goes West. This toy was special to me. When you separated the Velcro strap holding the back of Fievel together, you would find a concealed cassette tape deck. Insert the Fievel Goes West tape, put the corresponding book in the doll's hands, press play and it was like watching magic. The oversized mouse, adorned in cowboy attire, would move his mouth as he read

you his story. It was an amazing toy for 1994.

Jake picked up the doll and turned his attention back to me. The rest of the memory is a smidge hazy, but I remember Jake raring back and throwing that Fievel doll, book, tape, and all, and hitting me right in the chest. I toppled out of the window, fell all of three feet and erupted into an 'ear-shattering wail upon my arrival to the ground.

Jake turned tail and ran. My parents scooped me up and the new neighbors loaded up in their car to drive back across the road. As Jake climbed up in the back of the car, I witnessed something that would happen many more times in the 19 years we would come to share. He did all things in his power and succeeded at getting the seat directly behind his father in the car.

It wasn't until about a year ago that we had a conservation regarding this tactic. I asked Jake why he had always sat behind his dad. He replied the way Jake always did, with a mischievous smile and * starting his sentence with "Well Brooksy you see..."

He explained that his dad couldn't reach him if he sat directly behind the man; and that while it only prolonged the punishment until he got home, at least for a few minutes he was safe.

I could never escape the punishment when I did wrong. I was either too slow, or when on the cusp of avoidance, too morally

overwhelmed to live with even the smallest white lie. I would own up and take my whippings or grounding or extra chores, knowing that I had done wrong and become a better person for it, at least I thought.

It wasn't until my first few years of college that I realized Jake wasn't the only one capable of dodging a back seat beating. I shrugged off homework, neglected to study for tests and tried my hardest to blossom socially. I was avoiding the up front beating, the hard work and motivation it takes to succeed in collegiate level education. I was sitting in the backseat hiding behind dad.

Now that the car has come to a stop I find myself working harder and harder, taking more and more of a beating, all the while wishing I'd just have taken it up front, wishing I wasn't battling a low GPA and reprieving failing grades to try and un-tarnish my transcript.

Many of the friends I made along the way, the friends I tossed aside homework and failed tests for, are gone and I'm sure that more will be lost as time has a way of doing that. But, one friend that will always remain true is Jake, and I wish I had learned this lesson from him sooner; avoid the backseat beatings. Own up and do what's right. Put in the work now and I promise you, things will move a lot smoother.

Brooks Nickell



The University of Central Oklahoma spent \$8,795,613.03 on electricity across campus from 2007 - 2013. Photo by Cyn Sheng Ling, The

UCO COPES WITH FLUXUATING ELECTRICITY COSTS

Josh Wallace

Staff Writer

According to data from 2007 to 2013, the University of Central Oklahoma spent \$8,795,613.03 on electricity across campus.

The electricity usage report covered from January 2007 to May 2013 and showed similar costs per month for most of the year, despite a Kilowatt per hour rate increase in January 2010. Looking at the month of January, costs fluctuated from \$80,821.86 in 2007 to \$78,193.56 in 2013, with the costliest being in 2011 at \$83,666.87.

Looking at the other extreme, August, the charge for 2007 was \$138,532.00 and 2012 at \$165,569.06. The cost for 2011 was the highest at \$178,773.24, with 2011 and 2012 standing as two of the hottest months on record according to the National Weather Service, with the average temperature in the month for 2011 being 102.2 degrees and 2012 being an average of 96.5

According to UCO's Sustainability Coordinator. Tim Tillman, the variation in cost from year to year is expected, he added, "There's a lot of variation, it will jump up and down quite a bit depending on when classes are in session and when they're not, summer is obviously pretty expensive just to keep things cool. So you're looking roughly \$88,000 to up to around \$150,000 a month. There's not been a whole lot of change in the cost since 2007, we've managed to keep it relatively stable, with the cost of utilities going up. How we did that is our performance contract with Johnson controls."

Tillman described how the arrangement with Johnson Controls (JC) came about, adding, "Back in 2006 we had two or three major buildings that the HVAC, the heating and cooling systems, were completely offline, they weren't functional. At the time it was against state law for a public entity to go issue state bonds and enter into this, what's called a performance-based contract. Well UCO and Steve Kreidler kind of led the way and lobbied the legislature and got that law changed, and we entered into this contract.'

The performance-based contract UCO has with JC allowed for the repairs to be made to the buildings along with continued upkeep, with the condition that the equipment being replaced would be guaranteed to be efficient and energy saving enough to offset the cost of the bond repayment. Tillman said that since then, the performance contract with JC has allowed the university to operate more efficiently, with roughly a 24 percent reduction in electricity consumption.

In addition to the reduction in cost, Tillman considers the system reliable, adding, "I've been here since 2007 and I can't remember ever losing a class day, so yeah it's a great system and they're always looking for more efficiency, like changing out lights and converting to LED's,

... there's a tremendous amount of work going on every day on campus to maximize efficiency."

Aside from the contract with JC, Tillman says he is looking for other ways to cut energy consumption, and ultimately, cost. He described how he is beginning to work more closely with the academic aspect of campus, getting away from administration, and trying to change the way UCO looks at energy consumption.

For example, why keep an entire building open during the summer, when energy rates are at their peak, and fewer students are on campus, just for a classroom or computer lab. "It's thinking about those things and planning it out and something else we've talked about is class consolidation, if you've got two classes in liberal arts, and one class going on in education, and one in business, just put them all in the same building. There's always room for improvement and we're always looking for

For Tillman, the effort would need to be taken on by students, faculty, and staff, he added, "We want to make it a collaborative effort, and we want to bring the deans and the vice president on board and get their support for that type of thinking, it really is a change in thinking, a change in behavior and just as I can't go around and tell every student 'hey, you need to recycle,' we can make it such a part of the culture on campus that it becomes second nature."





Tutoring Central is available 7 p.m. - 10 p.m. on Sunday, 9 a.m. - 10 p.m, Monday through Thursday, and 9 a.m. - 1 p.m. on Friday. Photos by Quang Pho, the Vista.

Tutoring Central Readies Up to Help Incoming Freshman

Stacie Chambers

contributing Writer

It's the beginning of a brand new school year here at the University of Central Oklahoma, and that means the start of sixteen weeks consisting of test taking, essay writing, and pop quizzes.

Tutoring Central (TC) was created to increase the student retention rate, help student's successfully complete courses, and to help focus and motivate students to do well while continuing their education. TC offers several tutoring options to help students

stay on track and be successful. TC provides tutoring services and academic sup-

port programs on campus to all students, free of charge. Within TC there is an English and Writing lab, which offers a variety of services to students who re-

ally struggle with writing and to those who just need

a second eye to look over their work. TC is dedicated to improving the overall writing skills of students for all university courses. The English and Writing lab specializes in one-on-one tutoring to improve students writing, vocabulary and or-

ganizational skills. Tutoring Central also provides tutoring for math students in courses up to College Algebra. Any student in any other math course beyond College Algebra will be able to seek help in the math lab in room 100 of the Math and Computer Science Building.

TC also offers tutoring for science classes. Students enrolled in Intro to Chemistry, General Chemistry, and General Biology will benefit from the experienced tutors. The College of Math and Science provides all other science tutoring to students.

Students may make an appointment for Tutoring Central at their website http://www.uco.edu/ academic-affairs/students/tutoring-central/ as well as seek 24/7 online tutoring at Tutor.com

Students will find TC in the northeast corner of West Hall across from Buddy's Cafeteria. For fall and spring semesters, TC is available 7 p.m. - 10 p.m. on Sunday, 9 a.m. - 10 p.m. Monday through Thursday, and 9 a.m. - 1 p.m. on Friday.

In addition, TC has a link on their website that provides several topics to students who may be struggling with choosing a topic for essays and presentations. The website also provides other learning links for brainstorming, study strategies, and math

The semester may turn out to be challenging and/ or stressful for many students, but all can take advantage of what the university has to offer to have a more successful semester and overall college experi-



Students utilize the on campus tutoring recource Tutoring Central.

Photos by Quang Pho, the Vista.

Commons Roofs Replaced

Josh Wallace

Staff Writer

Starting in May 2013, the University of Central Oklahoma's Housing and Dining began getting roofs replaced around campus, as a result of hail damage sustained in 2012.

According to data provided from Housing and Dining (HD), the costs included repair work to the University Suites at \$216,430. University Commons at \$497,667, Married Student Housing at \$23,385, and Central Plaza at \$200,162. These figures include the cost of painting, siding, and other repairs in addition to the roof replacements.

Josh Overocker, executive director of business enterprises, described the process of getting the building repaired, adding, "We went through the insurance process. All of our buildings are either insured through the state or insured through private insurance companies, so we had insurance adjusters come out ... and inspect the roofs, give us an estimate on what they would pay us to replace the roofs. We made an effort to try and use the window of time during the summer when we didn't have a lot of students living with us to do the roof replacements."

Overocker mentioned that all of the housing buildings, with the exception of Murdaugh Hall, will be having roof work

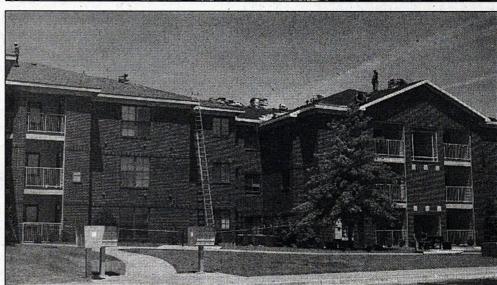
done. Murdaugh didn't sustain as much damage as the other buildings, due in part to the clay roof, which held up better to the hailstorm than the conventional roofs.

He also mentioned work to be done to West Hall, adding, "West Hall will be doing more roof work than the insurance company is paying for it. There's some other work we need to do on that roof while we're up there, so we're getting a certain amount from the insurance company and then will be doing additional work while we're up there."

The funds needed for the roof work on West Hall that insurance won't cover, will come directly from HD's budget. Overocker described how the department estimates the costs of repairs years in advance, estimating the lifespan of the roof for instance, and allocates funds year by year to prepare for the maintenance down the road.

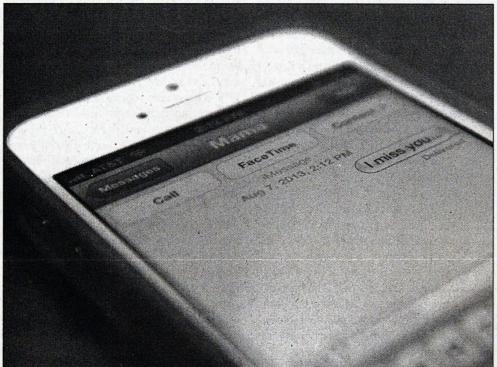
In addition to the housing buildings that were repaired over the summer, Overocker adds, "There are other buildings on campus that will be happening over the next eight or 10 months, again as a result of hail damage. Academic buildings have a little bit more flexibility as of when they can have roof work versus our buildings where I've got students living there. So, we made a concerted effort to try and get it all done this summer, beginning immediately when students moved out





The UCO Commons' roofs under construction during the summer. Photos by Quang

Homesickness reaches students across the globe



Many students starting a new school year will experience homesickness as they make the transition living away from home. Photo by Aliki Dyer, The Vista.

Tyler Talley

Staff Writer

This fall, there will be a number of UCO students, ranging from freshman, graduates, and transfer students, who will suffer from

homesickness. Derrick Ho, in the article he wrote for CNN.com, said that, for many leaving home for the first time, an intense longing for the familiar is not uncommon and is even ex-

"Homesickness is nothing new," Ho said. "It is mentioned in the Bible's Old Testament book of Exodus and Homer's 'Odyssey,' and happens to just about anyone away from home -- athletes and actors alike."

In a paper titled "Preventing and treating homesickness," co-written by Chris Thurber and Edward Walton, homesickness is defined as a disorder.

"Homesickness is the distress and functional impairment caused by an actual or anticipated separation from home and attachment objects such as parent," the article said.

Symptoms of the disorder listed in the article include anxiety, sadness, nervousness and an obsessive preoccupation with thoughts of home.

In his article, Ho gives several remedies for students who may be experiencing homesickness. The techniques Ho offers include becoming engaged in things like on-campus activities, establishing a personal routine, writing a letter to home and talking to other people who may also be homesick.

Not only will there be many new students coming to the UCO campus this fall, but some will also be traveling abroad this semester. They, too, may also experience homesickness as they leave the United States, perhaps for the first time.

Marco Rodriguez, the assistant director at the Centre for Global Competency at UCO's International Services said that it is common for the first month of a student's time overseas to be the hardest, and informs them of such at the pre-departure meetings.

"I'm very clear with them," Rodriguez said. "You will be crying and scared at first."

Rodriguez said that, after the first month, things almost always become much easier for students as they have had the time and opportunity to become much more comfortable with their new surroundings. He also stressed that it is important for students that study abroad to maintain connections with their friends and family at home.

Homesickness is not an uncommon feeling to experience for anyone who has moved away from somewhere familiar. Whether it is for a couple of weeks or an entire semester, longing for home can be seen as a universal feeling.

For anyone who is experiencing homesickness at UCO, and feels as if they have no one to talk to, the Student Counseling Center is always available. It is located on the fourth floor of the Nigh University Center in

Manager of Textbook Brokers on University Drive, John Beecher, gives students a chance to save money on their textbooks for the fall semester with low prices as well as the chance to use financial aid and renting options. Photo by Aliki Dyer, The Vista.

Rachel Brocklehurst

Contributing Writer

At the start of each new semester students at UCO must choose between buying textbooks, renting textbooks or forgetting textbooks altogether. Rebekah Wilson, a junior at UCO, always prefers renting textbooks. "Renting textbooks is cheaper and you're not stuck with textbooks you don't need," Wilson said. She feels that the students who take a risk by not buying a textbook, should pay for half of the textbook if they are wanting to share it with another student. Wilson goes to Barnes and Noble to rent her textbooks. "They charge it to the Bursar so there CSL Plasma is no upfront payment, which is

UCO Textbook Options

more convenient incase the money is not immediately available," Wilson said.

Maryam Bina, a UCO senior and criminal justice major, prefers to rent her textbooks because they are a good backup for a course whether used or unused. When asked about students who freeload textbooks, Bina said, "It's okay at the beginning to wait and make an effort with one week or so, but I paid for the book and I need it. I think it's stupid when people do that." Bina has also shopped at Barnes and Noble, but more recently has started ordering the books online.

Dr. Matthew Hollrah, Associate Professor of English as well as Director of Composition, almost always requires textbooks. "The instructor is responsible first to use it if the student buys it," he said. Not only do the textbooks go into more detail, the process of reading is important. "If a student does not have a book, there

can be a potential detriment to learning for him or her," Hollrah said. "Some of the readings show up in the writing assignments somewhere." His Advanced Composition class is laid out to where the reading is in the first half of the book, and the assignment to follow is in back. Textbook usage allows better access for students to follow along and keep up with the reading assignments. It is class specific, for instance, a class heavy on writing will have less of a need for a textbook versus one that is heavy on reading. "There are certain advantages to EBooks. They are cheaper, accessible from anywhere, easier to carry around, and publishers are going more toward that direction nowadays. Print is normally more expensive; on the other hand, it is not the same experience," Hollrah said.

Dr. Catherine Webster, Chair of the French Department, is very serious when it comes to the use of textbooks in her classes. "If I'm going to make the students purchase a book, they're going to use it," she said. According to Webster, not only is the textbook a reference tool, it also has more information about each country than her elementary and intermediate classes can cover on a daily basis. It can be overwhelming trying to cover multiple aspects of the lecture at one time, and the textbook helps in breaking down the information. "The textbook moves away from so much grammar and vocabulary and is able to give more context, which I like," Webster said. As far as technology with books goes, Webster is a realist. Since UCO does not require students to purchase and bring a tablet, an EBook is not one of her priorities. "I can send students to look at internet resources or videos, whether they're textbook related or not, on their own time. We also have material we do in class that they can go review on their own," Webster said.

John Beecher, manager of Textbook Brokers located on 123 N. University Dr., started managing Textbook Brokers in 2005, but branched off in 2007 for the Edmond location. "The number of students choosing to rent instead of buy has increased lately," Beecher said. "Used books should be cheaper and there should be more of a supply of them." Textbook Brokers also offers a deferred payment option. "Students can use their financial aid, Broncho Spirit card; they can defer the payment, or they can use a cash check," Beecher said. The deferred payment can be more convenient if the student does not have the money at the time. Students have the option of selling their books back at Textbook Brokers. For the buyback rule, the book cannot have any pages torn, or get wet. "Shopping here, you can get and do anything between the deferred payment and financial aid. We have new and used books that you can buy and rent. We also monitor Amazon's pricing conditions. It takes two weeks to get a book from Amazon, whereas with us, when we order, they come in two days," said Beecher.



CSI Plasma.com

Liz Callaway to Kick Off UCO's Broadway Tonight

Colore' Lincoln

Contributing Writer

Emmy Winner, Liz Callaway, and the Young Voices of Edmond will 'kick' off the University of Central Oklahoma's Broadway Tonight series at 7:30 p.m. Aug. 23 and 24 at the Mitchell Hall Theatre. Callaway and the Young Voices of Edmond will perform a selection of Broadway and Disney classics.

"Liz Callaway is best known as the voice of Anastasia in the animated feature Anastasia. She is a Tony Nominee and Emmy Award-winning actress, singer and recording artist who possesses a crystal clear voice. Ms. Callaway is a true master at telling a story through song," said Greg White, Ph.D, director of UCO's Broadway Tonight Series.

Callaway received her Emmy Award for hosting "Ready to Go," a children's

program on CBS. She was praised for her five years on Broadway as Grizabella in "Cats" and received a Tony Award nomination for her performance in "Baby." She has been the singing voice of other title characters in other Disney movies including "The Beauty & the Beast" and "Aladdin and the King of Thieves." After numerous Broadway and Off-Broadway roles, Callaway has received a Drama-Desk nomination for her part in "The Spitfire Grill." Callaway has four solo albums and has performed with Stevie Wonder and Dionne Warwick.

The Young Voices of Edmond is a choral group of more than 100 children consisting of children from grade K-12. The group is organized and directed by Edmond's 2013 Teacher of the Year, Angela McKenna. In the past four years, the Young Voices of Edmond has performed with the Broadway star and voice of "Pocahontas," Judy Kuhn, and Broadway star and voice of "The Little

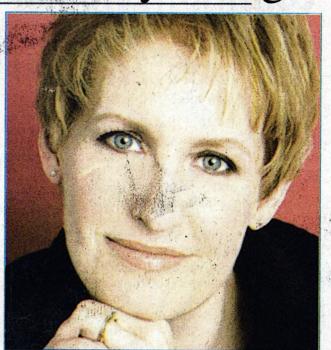
Mermaid," Jodi Benson.

Tickets are \$25 and can be purchased by calling the Mitchell Hall Theater box office at (405) 947-3375 or can be purchased online at www.click4tix.com/uco.

A reception will be held after Saturday evening's performance, during which the audience members will have the chance to meet Callaway and the Young Voices of Edmond.

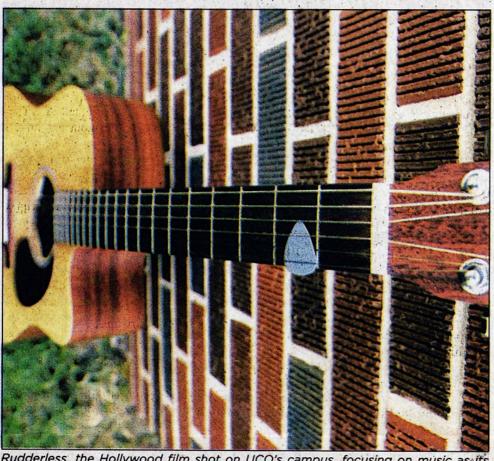
Callaway will also lead a free music theatre master class that is open to the public at 1 p.m., Aug. 24 at the Radke Auditorium, located in the Center for Transformative Learning.

The UCO Broadway Tonight 2013-14 season will also include performances by tap-dancing legend Savion Glover, Hollywood actor Greg Edelman and Tony Award-winning actor Hal Holbrook. Season passes are also available and can be purchased by calling the Mitchell Hall Theater box office.



Season passes are also available and can Liz Callaway and the Young Voices of Edmond will perbe purchased by calling the Mitchell form on Aug. 23 and 24 at Mitchell Hall. Photo provided.

UCO serves as backdrop for Hollywood film



Rudderless, the Hollywood film shot on UCO's campus, focusing on music as its backdrop. Photo by Aliki Dyer, The Vista.

Brooks Nickell

Staff Writer

University of Central Oklahoma alumni, Casey Twenter, returned to campus over the summer with a star-studded cast including Laurence Fishburne and Selena Gomez. Twenter, along with his writing partner Jeff Robison, filming crew, actors and director William H. Macy, filmed scenes for their upcoming movie, Rudderless. The film will feature sections shot using Old North, as well as UCO dorm rooms.

Twenter graduated from the University of Central Oklahoma in 1995 with a bachelor's degree in graphic design. He spent several years at his alma mater teaching as an adjunct professor before getting into advertising and moving out of state.

Twenter worked for an advertising agency in Kansas City, followed by a move back to Oklahoma where he took a job as creative director for another advertising agency.

For Twenter, screenwriting started out as a hobby, but alongside his writing partner, it has grown into the early stages of his dream

"My writing partner Jeff Robison had written a script, we started talking. I really like movies, but I like telling stories even more," Twenter said. "He suggested I try writing a script. I did and just kind of got the writing

Rudderless was not the first script that Twenter and Robison worked on together. In fact, Twenter said that there were about ten scripts written before Rudderless.

"Each Script was better than the last," Twenter said.

Twenter stated that the inspiration for writing rudderless came from several different locations.

"This movie had come out that was made for about \$200,000. It was all about a musician and that really intrigued me because I've had a lot of friends in bands," Twenter said.

"I thought, what if we did a musical drama like Crazy Heart, and rather than actors, we had musicians."

After dealing with the rejection of previous scripts, Twenter, alongside Robison, set out to tackle Rudderless in a different fashion.

"We developed Rudderless with the idea of making it ourselves, possibly even directing it," Twenter said.

According to Twenter, one of the major factors that thematically contributed to the writing of Rudderless was the fact that both himself and Robison were new fathers.

"I wanted to do something that thematically was about unconditional love and what you would do if you lost a son or a daughter that was really talented, before the world got to see their talent," Twenter said. "That's what Rudderless is; a story about a dad who loses his son and learns that he was an amazing songwriter. The father starts playing the music at an open-mic night and that's the story in a nutshell."

According to Twenter, after the script was written and they were ready to start making the movie, the initial plan was to incorporate musicians into the film as much as possible.

"We got the script into a bunch of musicians' hands. We were talking to Ben Kweller. He was going to play the lead," Twenter said. "For a while we were talking to the guys from Cold War Kids. Will Butler from Arcade Fire wrote a few songs for the movie. He really liked the script."

Twenter said that while they originally intended for these musicians to play a role in the film, things happened and the casting was taken a different direction.

"We didn't end up using any of the musicians or songs. The way movies work is that they come together and then fall apart and then come back together," Twenter said.

He added that the more the script was circulated, the more positive feedback Robinson and himself were receiving.

"Everyone seemed to be really into the script, so eventually we just decided to shoot for hire and reached out to Bill, William H. Macy," Twenter said. "He got the script and read it pretty quickly, saying, yeah I really want to be on board but I want to direct it. From there to when we shot, was almost four years. It was a really unique situation. We weren't just writers, but executive produc-

ers. We were very involved and there almost every day. We had become friends with Bill. We worked on the script so much with him that he ended up getting a writing credit."

Twenter said that even while working with Macy, there were times that he thought the movie might not find the capital it needed to be made.

"Finally a producer, Keith Kjarval with Unified Pictures, came in and did all the heavy lifting. He really made the movie happen.

According to Twenter, Kjarval had worked on several movies with Macy before and on the advice of Macy, was called in to help with the movie. Twenter said that Kjarval read the script and loved it.

"I've never seen anyone put their heart and soul into anything the way Keith did Rudderless," Twenter said.

But Kjarval wasn't the only person Twenter spoke highly of. He expressed that his interactions with Selena Gomez and other stars during the production of the film, were nothing but pleasant.

"Selena was fantastic in her role. We got to have lunch with her one day. She is super down to earth. We mostly talked about the Thunder and the Spurs," Twenter said. "Be ready for Billy Crudup. His performance is going to be heart wrenching. It was cool to watch his process. That was a hard role to play, a dad who lost his kid. He had to go to a pretty dark place."

The reasoning behind using UCO's campus may seem pretty blunt with Twenter being an alumnus, but he allowed that while he did push for the use of Old North in the movie, it wasn't his decision and it wasn't soley for that reason.

"The reason I pushed for Old North was really just because it was visually it," Twenter

Twenter said there is two things of importance to remember when trying to break into something like screenwriting.

"Write, write, write and write," Twenter said. "And then be prepared for thousands of people to say no to you and keep going."

Twenter and Robison also won the L.A Indie film festival for their movie, Jogger, during the production of Rudderless.

Facing the Facts of the Freshmen Fifteen

Olanrewaju Suleiman

Staff Writer

Every college student has heard of the freshman 15. For those who might not know, the freshman 15 is the alleged weight gain that happens during the first year of college.

The question then becomes; does the freshman 15 really exist? Do college students really gain 15 pounds their first year in school?

According to recent studies, first-year college students do indeed gain weight. This can be caused by a number of things.

The main cause is college meal plans. Most freshmen live in on-campus housing. The options for food do not usually include a wide variety of healthy eating options.

The food court serves mainly fast food and the dining hall has an all-you-can-eat buffet style design. This allows students to eat as many high calorie foods as they would like to. Students have an unlimited supply of foods, such as pizza and ice cream.

The majority of students also see a change in their eating habits as well. With school and studying, many students are unable to keep normal eating schedules and eat at irregular times during the day.

Parents, in some way, play a part in the freshman 15. When a student lives at home their parents are commonly able to regulate

what they eat. The lack of parental guid ance gives students the free will to eat what they want when they want to.

Arey Sawyer, a junior history education major, believes that the freshman 15 does exist.

"It is very real," he said. "It's out there and can be a scary thing to students who aren't prepared."

Sawyer said that he did gain some weight his first year. He attributes this to dorm life

and his meal plan.

"The dorms are what got me," he said. "It was hard not to want to eat junk food all the

Stress is also a factor of the freshman 15. A study conducted by the University of Southern California found that stress levels can affect exting behing throughout the day.

fect eating habits throughout the day.

The best ways to avoid the freshman 15 is

by eating healthy and exercising.
"I now try and use the Wellness Center when I get the chance," Sawyer said. "It would have come in handy."

Freshman year should be a time that all college students enjoy. Many students have to add working at a job to their list of responsibilities.

Maintaining an active lifestyle could aid in keeping off the pounds, which in turn would lead to one less thing that freshmen have to worry about.



As the new freshman class begins their first year in college, they could face the growing challenge of battling the infamous freshman 15. Photo by Aliki Dyer, The Vista

New School Year Resolutions: Tips for Surviving

Sarah Neese

Editor-in-Chief

When I was a freshman, I looked at the start of college as a mountain of sorts. There were so many foot and hand holds that I needed to master before I could climb to the peak and slide down the other side. Or, so I thought. I sit here in all of my 20 years, a junior in college, and I can tell you, I'm still not sliding down the other side.

I've learned, through two years of very hectic college life, that college is less like a mountain and more like several flights of stairs. You climb a few steps and when you reach the landing, you can then decide whether you want to step onto this floor, keep going up the next flight of stairs to the next landing or even to keep climbing steps until you hit the perfect floor for you.

College, in my opinion, is all about knowing yourself, which is exponentially easier said than done.

Being the researcher that I am, with every new experience I encounter, I like to prepare myself by scouting out potential infor-

mation and gauging things based on others' experiences. So, I decided to provide all of you with a list of helpful suggests for getting through college life a little less scathed.

1. Talk to people. Now, for those of you scared out of your boots at the very words "talk," "to" and "people" all used together in a sentence, I'm here to tell you that it can be super simple and very non-scary. Deep, philosophical conversations are not a must, but they certainly are interesting, at least to me, Talking to people could be as simple as giving someone a simple compliment, asking a question or stepping outside of your comfort zone to tell someone "hello." Talking to people is how you survive and also how you make lasting friendships and important connections, as you are soon to find

2. Take a break. I'd like to establish first that taking a break and procrastinating are two completely different things. Collegiate life can be stressful, believe me, I know, but it's important to give yourself a breather. Take it easy, grab a Starbucks drink and enjoy the cool breeze for a while, just to give yourself a break from the monotonous.

3. Do what you love. Many college students think that because they are busy, they can't do what they love. This, ladies and gentlemen, is false. Need to get involved? Join an organization or club that shares your interests. Have a little bit of extra free time? Sing along to a song you can't live without or watch an episode of a show you've been dying to catch up on. Remember that taking a break thing? Well, do it! And then, spend that time drawing, long boarding or baking;

whatever it is that suits your fancy. 4. Check yourself before you wreck yourself. Yes, this is the Debbie Downer tip. But, all of you should really take it seriously. There's nothing wrong with having a good time. Just make sure your safety is present and accounted for, because sometimes, your safety is all you've got.

5. Let yourself enjoy the little things. Allow yourself to experience the pure awesome of a morning on campus with perfect weather. Celebrate the small victory if your teacher lets you out of class early. Feel proud when you finish some homework, before the day it's due. The little things can sometimes be the big things. So, don't forget to stop and notice them.

As for the rest, you just have to figure it out on your own. Who you are is what your college experience will be. Each year brings something different. So, saddle up Bronchos. We've got a new year to conquer.



Sarah is a junior strategic communciations major, minoring in Spanish. Along with being editor-in-chief of The Vista, Sarah serves as a research assistant in the Business Communications department and is also an involved member of Sigma Phi Lambda.

Make Yourself Happy: Shine on You Crazy Diamond

Managing Editor

"You have to make yourself happy before you can make anyone else happy." This is a phrase that we have heard many times throughout our lives. This is a phrase we advise our loved ones with, and at times forget to absorb our selves.

I have found that it is much easier to give advise than to take it, and I am quite certain through experiences that I am not the only one who feels this way.

In response to the phrase, I have always thought "Well I am happy, why do I have to focus on making myself happier when I feel most fulfilled by helping others achieve it"?

I use to think it was a selfish idea to only place ones own happiness above all else and all others, but honestly, that's just not the

Lindsey Rickards Recently, I have found myself in situations where reinforcing the phrase has been the only element that gets me through them.

I realized this when I was trying to make someone else happy and I couldn't do it because I wasn't in the best of places myself.

It took kind words and encouragement from a few good people and supportive friends to bring me to the conclusion that making yourself the happiest person in your life is not as selfish as it seems.

It's actually quite the opposite. People in your life rely on you at times to be a source of sunshine for them, and it's a whole lot easier to bring someone to the light when you are shining yourself.

Through life, others will always expect things of you. They will expect you to be rational, ambitious, and strong.

Your parents will expect you to be rational in your decision-making abilities, your professors will expect you to be ambitious . In the words of Pink Floyd's Roger Waters,

in your studies, and your friends will expect shine on you crazy diamond. you to be strong and reliable.

In your college years, these attributes and expectations will be interchangeable with the many people who are in and impacting your life.

People will need these things from you at different times and at different levels, but the only way that you will achieve them is to reach the level of standards that you hold yourself to

By making your own goals and reaching them, you will meet and satisfy the expectations of others. Though it is hard to feel complete without the affirmation from others that you've done well, at the end of the day, the only one who can make you feel completely gratified is you. You are number one. You are

This semester I encourage you to set your own standards and live by them.



Lindsey is a senior. She is majoring in Journalism and minoring in English. Along with working as managing editor at The Vista, Lindsey works as a bartender/server.

Remember, You're in College!

Stevie Armstrong

Copy Editor

Looking back on how I started my college career is like looking at a different person. I always heard the cliché quotes everyone bombarded me with, such as, "you'll change in college," but I always brushed it off instead of believing them. Perhaps, that's because I didn't want to believe them.

"Why would I change? I'm fine the way I am. Nothing in college can change me." These were the stubborn thoughts bouncing in my head. Now, being halfway through college, these thoughts are no longer in my mind and suddenly the pointless precollege. advice doesn't seem so pointless anymore.

Listen to the advice. Clearly, this can be difficult to do at times, but if someone who has been through college offers you a few words of wisdom, listen. Take their free ad-

The soft happy helping a servicine one of the

to soak in. Of course not all advice is good advice, but make sure and decipher between the two. Advice can be a gift-wrapped opportunity to learn from the wise. This leads me to my next point.

Take the opportunity. College is a fountain that pours out great opportunities. Whether you think the opportunity presented to you is too small, stupid, or maybe not exactly guiding you in the direction you think you want to go, don't throw it away. When one door opens, you never know what others will unlock afterward.

Personally, I felt like my opportunities would never come. I slightly got discouraged, so I strongly focused on my classwork instead of trying to hunt down opportuni-

When I least expected it, one of my professors noticed my high grade in the class and strong work ethic. He offered me a position to write for The Vista. That day, my first vice, apply it to your situation, and allow it door was opened and they have continued

to open since then. Don't try to force an opportunity. Instead, lay the path to allow an opportunity to arise.

Like I said before, being halfway through college, I feel like a completely different person than I was when I started. My perception and outlook on life has altered over the past couple years. I wouldn't say in a good or bad way, just in a different way.

I used to be extremely uptight about everything. Now, I tend to be more laid back and easy going. This may sound strange, since most students seem to tense up throughout college because of the large stress load. In my situation, I hit the stress load early and quickly realized that being stressed out wasn't going to get me better grades, enjoy college, or help me be a happier person. Of course stress still occurs, but I don't let it drive my life.

Remember, you're in college! Don't forget to enjoy it. Listen to the advice and take the opportunities. Work hard so you can play harder. Although you'll learn a lot in classes over the next few years, you'll learn even more about yourself.



Stevie is a junior Journalism major, minoring in Creative Writing. Besides enjoying being the Copy Editor and Columnist for The Vista, Stevie's biggest passion is scuba diving.

"The Freshman Panic" or Harmony in all Disciplines

Sports Editor

The grass is trampled. Ice Cream melts on the sidewalk. The hot sizzling sun slowly! cools day by day. It is that time of year again; the time when we say so long to our sweet, sweet summers.

The fresh smell of textbooks, empty pockets, and eager faces can be seen all around campus. There is a wild excitement floating on the cool summer air as the sun goes down. Students wander aimless the streets of UCO.

Some will find a pickup game of volleyball, while others will drop their old relationships for the warm embrace of what is new. Because new is always better.

I like to refer to this time of year as "The

Freshman Panic".

शिवाह शता है। Hundreds of new faces have flooded onto this great campus. With their heads

Cody Johnson held high, little do they know what great transformation lies before the the facts stand for themselves. You will not graduate on time, but that is ok.

College is about obtaining a degree, but it is also about independence from your parents, your hometown, and everything that has made you hesitant about living your life to the fullest. Freshmen, as they rightfully should, snatch up this newfound freedom with the gusto of a wild-eyed cowboy on an eight second ride.

Late nights will extend into the darkness later and later with each passing night. It is the one time of year when people are overjoyed when complete strangers enter their house and drink their refreshments.

This freedom comes to a slamming halt when fall final exams come around and a lack of information realization strike freshman upside the head like a bludgeon.

Within this great campus is a massive amount of information, here for the picking. From forensic science to business to philosophy and humanities, experts in every field are here to transfer their knowledge into open minds. But students don't realize what they have at their fingertips if they will but stand on their tiptoes, stretch their arm out and pluck the apple from the tree. It takes effort. There is no longer someone to lead you by hand to wash up when it gets dirty. So grab ahold of both the opportunity and freedom that resides before you.

College is not just in the classroom and it is not solely found outside either. Balance must be attained.

When my days at UCO are over, I will not think back on the nights I spent having a good night's sleep in the comforting bosom of Mother Murdaugh. I will remember the late nights spent lifting girls into preps practicing for Homecoming's Cheer and Dance competition. I will remember the close call and pungent smell emitted by skunks outside West Hall.

My time at UCO has been and will continue to be spent with my nose in the textbook all the while my feet run off for more shenanigans. Freshman, don't be scared to try new activities and don't lose sight of why you are here: to amass knowledge and wis-



Cody is a senior Journalism major, Sports Editor for the Vista, President of the Alpha Tau Omega Fraternity, and Vice President of the Presidents Leadership Council. He enjoys fishin' and backroadin'.

MERICAN ODDITIES

Animal Welfare Group Paint Butter Cow Red



In this photo provided by Iowans for Animal Liberation is the 2013 butter cow at the Iowa State Fair in Des Moines, Iowa. Authorities confirmed Monday, Aug. 12, 2013, that people had gained access to the display, poured red paint over the butter sculpture and scrawled, iFreedom for all,î on a display window. Police said the damage was cleaned up quickly Sunday morning and the display opened as usual. (AP Photo/lowans for Animal Liberation)

Scott Mcfetridge

............ Associated Press

DES MOINES, Iowa (AP) — An animal welfare group intent on sending a message in support of veganism hid until closing time then poured red paint over the

Iowa State Fair's butter cow. But the damage was quickly scraped away and visitors never knew the iconic sculpture had been damaged.

claimed responsibility for the attack in a news release emailed Sunday night, saying members hid in the cavernous Agriculture Building on Saturday night and emerged after the fair closed for the day. They then broke into a refrigerated room where the sculpted cow and other butter sculptures are displayed and poured red paint over the cow.

The words "Freedom for all" were scrawled on a display win-

"The paint represents the blood of 11 billion animals murdered each year in slaughterhouses, egg farms, and dairies," the group said in the statement. "We intend this action to serve as a wake up call to all who continue to consume meat, dairy, eggs, leather, and all animal products: You are directly supporting suffering and misery on the largest scale the world has ever known."

Iowa State Patrol Sgt. Scott Bright said Monday that fair staffers discovered the damage Sunday morning. A sculptor scraped off damaged sections of the cow and reapplied new butter while other workers cleaned off paint elsewhere in the room.

The display area, which this year also features a sculpture of Abraham Lincoln and a depiction of the Iowans for Animal Liberation Lincoln Highway that crosses Iowa,

opened as usual at 9 a.m. Sunday. The cow, which is made with about 600 pounds of butter cover-

"Everyone comes out to see the

butter cow."

ing a wood and metal frame, has been a part of the fair since 1911. The butter is reused for up to 10

Describing the vandalism as "more of an inconvenience than anything else," Bright said security procedures at the 450 acres fairground in east Des Moines would remain the same. He noted the Agriculture Building, built in 1904, has plenty of hiding places and is usually packed with people, many of whom gather around the butter cow display.

"Everyone comes out to see the butter cow," Bright said. The fair typically attracts more than 1 million visitors annually.

"The butter cow looks good now and everything is back to normal," he said.

POOP FACIAL

Verena Dobnik

Associated Press

NEW YORK (AP) — Bird poop for beauty? That's what goes into facials at a luxury spa where the traditional Japanese treatment using imported Asian nightingale excrement mixed with rice bran goes for \$180 a pop.

About 100 women and men go into the Shizuka New York skin care salon, just off Manhattan's Fifth Avenue, each month to get the treatment, which is promoted as a way to keep the face soft and smooth using an enzyme in the poop to gently exfoliate the skin.

Spa owner Shizuka Bernstein, a Tokyo native married to an American, has been offering what she calls the Geisha Facial for about five years.

"I try to bring Japanese beauty secrets to the United States," said Bernstein, who learned the treatment from her mother.

The Geisha Facial poop treatment, while relatively rare in the United States, is no secret in Japan, where it was first used in the 1600s by actors and geishas.

"That's why Japanese grandmothers have beautiful complexions," said Duke Klauck, owner of the Ten Thousand Waves health spa in Santa Fe, N.M., which offers a Nightingale Facial for \$129.

On a recent afternoon in Manhattan, Mari Miyoshi arrived at the sixth-floor Shizuka New York spa to try the treatment for the first time.

"I'm a stressed-out New Yorker," the 35-year-old occupational therapist announced as she reclined on a table, relaxing amid aromas of camellia, lavender and rose.

The treatment begins with steam to open the pores and soften the skin. Cream is applied. And then comes what Bernstein calls. "the nightingale part."

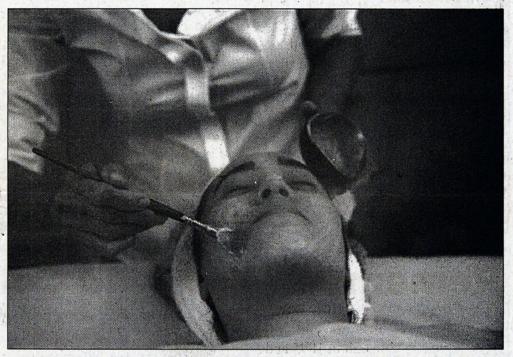
She pours the cream-colored poop, dried and finely ground, into a bowl, mixing it with the rice bran using a small spatula. She applies the potion to Miyoshi's face with a brush, rubbing it in with her hands.

Does it smell?

"Yes, but like toasted rice," Miyoshi said. After about five minutes, it comes off with a foaming cleanser and Miyoshi's face is draped in a warm, wet towel bathed in lavender and geranium essences. Finally, the grand finale - a green-tea collagen mask.

"Sooooo nice," Bernstein said softly, looking at Miyoshi's radiant face.

Dr. Michele Green, a Manhattan cosmetic dermatologist, said that while the nightingale facial "definitely has some rejuvenating



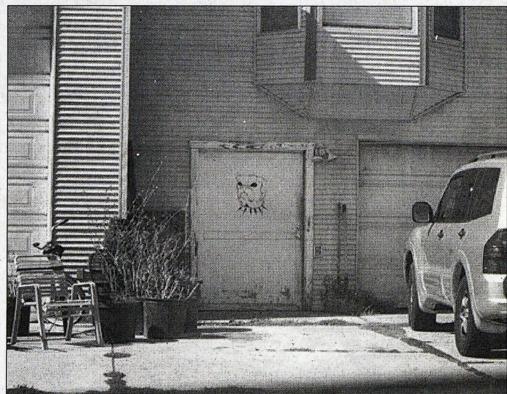
In this Wednesday, July 17, 2013 photo, salon owner Shizuka Bernstein gives what she calls a Geisha Facial to Mari Miyoshi at Shizuka New York skin care in New York. The facial, which Bernstein has been offering for five years, is a traditional Japanese treatment using imported Asian nightingale excrement mixed with rice bran, and goes for \$180 a pop. (AP Photo/Mary Altaffer)

effect, I don't think it's any different than, say, an apricot scrub or a mask that you could buy in a local pharmacy."

A common misconception is that any old bird poop, even from pigeons, is used. Bernstein said only droppings from birds of the nightingale species are used because they live on seeds, producing the natural enzyme that is the active ingredient.

"We don't do Central Park facials," she said, "because those birds eat garbage."

Garage Speakeasy Busted



This Friday, Aug. 2, 2013 photo shows a bulldog painted on a door of the Sandy, Utah home of man police say ran a speakeasy out of his garage for years. Jared Williams, 33, has pleaded not guilty to the misdemeanor charge of running a business without a license, court records show. He was arrested June 13 after he sold drinks to an undercover officer. (AP Photo/The Salt Lake Tribune, Scott Sommerdorf) DESERET NEWS have a bar in a neighborhood, that creates OUT; LOCAL TV OUT; MAGS OUT

Brady McCombs

Associated Press

SANDY, Utah (AP) - A Utah man who police say ran a speakeasy out of his garage for years in the middle of a suburban residential neighborhood has been arrested after he sold drinks to an undercover officer.

Jared Williams, 33, of Sandy has pleaded not guilty to the misdemeanor charge of running a business without a license, court records show. He was arrested on June 13

by several Sandy police officers who converged on his house.

Police had been hearing about problems in the neighborhood for some time, but finally got a specific tip about Williams' house in May, said Sandy Police Sgt. Jon Arnold. The undercover officer went there in early June and had a drink alongside about 10 other people.

The man behind the counter identified himself as Jared and reportedly told the officer he had started the bar with his father in 2006, show records obtained by The Salt Lake Tribune. Arnold said Williams had a regular full-time job and opened the bar in

Williams' speakeasy was known as the 'Dog Bar," named for a bulldog painted on the garage door.

Sandy police seized 106 bottles of liquor, 77 cans of beer, a Jagermeister shot machine, nearly \$750 in cash and a cash register, records show.

Police made the case a priority because of the problems that come with having a bar in an area where children play and families

"Adults can have parties and hang out. There is nothing wrong with an adult having an adult beverage," Arnold told The Associated Press. "But obviously, when you problems. ... Sometimes people don't make good choices when they are out drinking alcohol."

Williams' attorney, Christopher Ault, told The Associated Press that the charge is minor and unworthy of the public attention it is receiving.

"The fact that is has become some com-

munity uproar is interesting," Ault said.

He declined to discuss any details about what happened because the case is still playing out in courts. He said he hasn't seen the evidence that prosecutors have, and doesn't know why more than a dozen Sandy police officers went to Williams' house to make the

Calls to a phone number listed for Williams were not answered.

Utah restricts permits for bars based on population quotas. That's just one aspect of the state's notoriously strict liquor laws, which are rooted in fears that easing the restrictions could lead to more underage drinking and drunken driving.

The majority of Utah legislators and residents belong to The Church of Jesus Christ of Latter-day Saints, which teaches its members to abstain from alcohol.

Local police usually handle these types of arrests and there is no statewide tally, but clandestine bars seem to be very rare in Utah, said Dwayne Baird, a spokesman for the Utah Department of Public Safety.

That may be because Utah residents take great pride in their neighborhoods and aren't shy about reporting unsavory activities to police, Baird said.

"If they hear that some guy has decided to open a bar on their street, neighbors there are going to say, 'Not in my neighborhood you're not," Baird said. "With the culture that we have here you are not likely to get away with it."

Things To Know About UCO

UCO Mace

During commencement ceremonies and inauguration activities, the University of Central Oklahoma president is bestowed with a ceremonial mace. The mace, which was used as a weapon until the 13th century, has transformed into a beautiful symbol of authority. The UCO Mace was developed in 1975 by Art Professor Hall Duncan, Ph.D., art students and faculty members such as Industrial Arts Professor John Bowen, now deceased. The UCO Mace used for President Betz's inauguration. is a solid 10 pounds of wood with many metal decorations. The UCO Mace is a symbol of "carrying" the traditions of the university from one time to another. It also has silver and bronze embellishments, a model of Old North Tower, and it is open at the top to allow "fresh thought".

Order of The **Clock Tower**

The Order of the Clock Tower is awarded to individuals who have been dedicated to higher education and Central itself. The honor was created by current UCO President Don Betz during his first year in office, and it is named after Old North, the first building built dedicated to higher education in 1892-93.

> **Broncho** Lake

Broncho Lake is located on the site of the original football field.

Homecoming Parade

> The traditional homecoming parade that precedes the football game did not begin with the opening of the school. In the early 1900s, there were reunions and receptions held in Old North for alumni once a year. It was not until 1917 that the first article featuring "Homecoming Day" appeared in the Vista focusing on a football game and reception, and it was not until 1926 that an actual parade was mentioned. In November of that year, the Vista described a parade of floats that would take place after the football game. It has been an annual tradition of school spirit and compe-

> > tition ever since.

Source: www.uco.edu/student-affairs/traditions Photos by Vista Staff

School Colors

The school colors for UCO were chosen by President Edmund Dandridge Murdaugh in 1895 and marked Central as the first institution of higher education to adopt colors. Bronze symbolizes the burnished sun, the gentle light of intelligence. Blue symbolizes the color of heaven's broad expanse, suggestive of depth, aspiration, hope, and ideals.

Buddy Broncho

Buddy Broncho first appeared in the Vista on October 3, 1932 as a broncho horse wearing a UCO football uniform. He has appeared numerous times throughout the years from local Edmond papers in the 1960s to state-wide papers in the 1980s. The commissioning of the first ever live mascot appears in the UCO's 1979 Bronze Book where Buddy Broncho made his first public appearance at Homecoming. Since that time, Buddy has been a fixture at UCO events and in the hearts of Central students and alumna.

roommate

must enjoy

movies, tweeting, college football

The perfect roommate is here. The Cox Bundle.

- Get super-charged in-home WiFi experience.
- Over 100 HD channels at no extra cost.
- Access to thousands of shows and movies On DEMAND, SM online and on mobile devices.
- Install so easy you can do it yourself.

off campus bits:



Percentage of students who use online auctions as a source of

income -

a month for 6 months*

Cox Bundle

TV | INTERNET

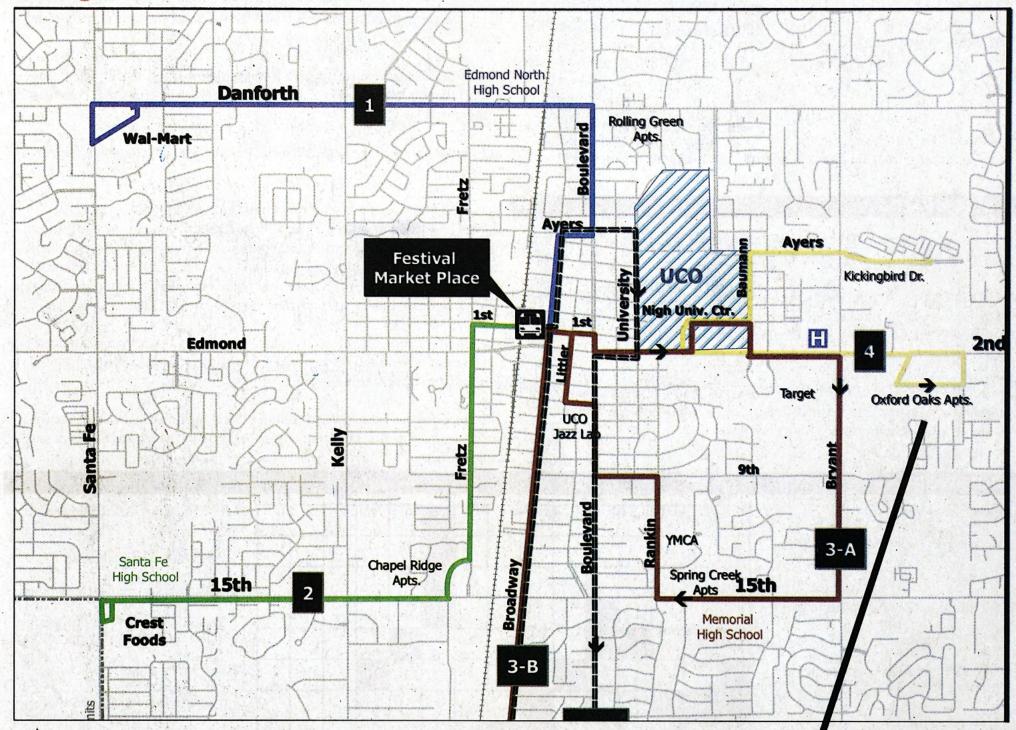
Hook up today (with Cox Bundle).

COX.COM/COLLEGE

COME BY 3316 S. BROADWAY

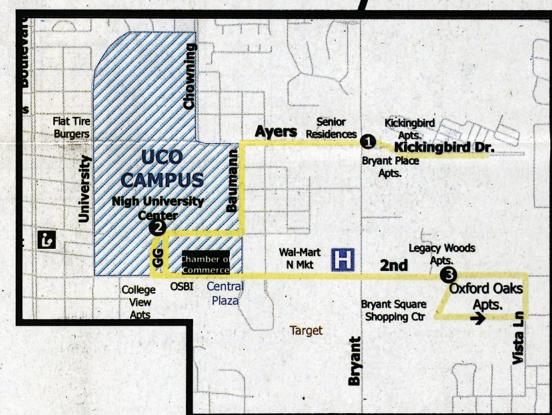
*Offer expires 9/30/13 and is available to new residential Cox video and Internet customers in Cox service areas. \$89.99/mo. includes new subscriptions to Cox Advanced TV and Internet Preferred to complete the 2-service bundle. After 6 months, regular rates apply. See www.cox.com. Prices exclude installation/activation fees, equipment charges, inside wiring fees, additional outlets, taxes, surcharges and other fees. Not all services and features available everywhere. A credit check and/or deposit may be required. Offer not combinable with other offers. Cox Starter at a minimum, digital gateway, and a Cox digital receiver or a Cox-provided CableCARD together with a certified compatible CableCARD retail device required for Advanced TV. See CableCARD FAQ's on www.cox.com for details. Cable modem required for Internet services. For best Internet performance, use of Cox approved cable modem is recommended. A DOCSIS 3 modem is required to consistently receive optimal speeds for Preferred and higher tiers, and is strongly recommended for all other tiers. Uninterrupted or error-free internet service, or the speed of your service, is not guaranteed. Actual speeds vary. Cox does not charge extra for HD versions of SD channels included in your Advanced TV subscription. Advanced TV receiver rental required to access On DEMAND. Subscription to channel required to receive corresponding On DEMAND programming. Some On DEMAND programing is extra. †For entertainment purposes only. These are not actual factual statements. Other restrictions may apply. ©2013 Cox Communications, inc. All rights reserved.

CityLink Bus Routes:



BronchoLink:

UCO Broncholink Monday-Friday No Saturday Service						
Ayres & Kickingbird Drive	Nigh University Center	2 nd & Oxford Oaks Apts. Entrance	Nigh University Center	Ayres & Kickingbird Drive		
1	2	3	2	1		
7:13 AM	7:20 AM	7:28 AM	7:35 AM	7:42 AM		
7:43 AM	7:50 AM	7:58 AM	8:05 AM	8:12 AM		
8:13 AM	8:20 AM	8:28 AM	8:35 AM	8:42 AM		
8:43 AM	8:50 AM	8:58 AM	9:05 AM	9:12 AM		
9:13 AM	9:20 AM	9:28 AM	9:35 AM	9:42 AM		
9:43 AM	9:50 AM	9:58 AM	10:05 AM	10:12 AM		
10:13 AM	10:20 AM	10:28 AM	10:35 AM	10:42 AM		
10:43 AM	10:50 AM	10:58 AM	11:05 AM	11:12 AM		
11:13 AM	11:20 AM	11:28 AM	11:35 AM	11:42 AM		
11:43 AM	11:50 AM	11:58 AM	12:05 PM	12:12 PM		
12:13 PM	12:20 PM	12:28 PM	12:35 PM	12:42 PM		
12:43 PM	12:50 PM	12:58 PM	1:05 PM	1:12 PM		
1:13 PM	1:20 PM	1:28 PM	1:35 PM	1:42 PM		
1:43 PM	1:50 PM	1:58 PM	2:05 PM	2:12 PM		
2:13 PM	2:20 PM	2:28 PM	2:35 PM	2:42 PM		
2:43 PM	2:50 PM	2:58 PM	3:05 PM	3:12 PM		
3:13 PM	3:20 PM	3:28 PM	3:35 PM	3:42 PM		
3:43 PM	3:50 PM	3:58.PM	4:05 PM	4:12 PM		
4:13 PM	4:20 PM	4:28 PM	4:35 PM	4:42 PM		
4:43 PM	4:50 PM	4:58 PM	5:05 PM	5:12 PM		
5:13 PM	5:20 PM	5:28 PM	5:35 PM	5:42 PM		
5:43 PM	5:50 PM	5:58 PM	6:05 PM	6:12 PM		





EMPLOYMENT

Help Wanted

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

Now Hiring

Edmond Ranch seeks part time help for landscaping. Weed eating and weeding primarily. Flexible hours, 10-15 hours per week, \$9/hr Email mbtownsend@swbell.net if interested.

RANDOM FACTS

Harvard research from 2003 revealed that mothers pregnant with male babies tend to eat more than those carrying females.

It Happened One Night (1934), One Flew Over The Cuckoo's Nest (1975) and The Silence of The Lambs (1991), are the only films to grab all 5 major Oscars (Best Picture, Director, Actor, Actress, and Screenplay) at The Academy Awards.

The highest score in a college football game was 222-0. It was the powerhouse Georgia Tech against Cumberland College, 1916. Ga. Tech's coach was John Heisman, whom the Heisman trophy is named after.

RANDOM FACTS CONT.

The Latin phrase libra pondo was used in ancient Rome to indicate weight which is why today the abbreviation for "pound" is "lb."

The ubiquitous garden earthworm is not indigenous to the U.S. They came over in the mud, on the boots, and on the roots of the crops that colonists brought over.

The Taj Mahal was originally called the Rauza-I Munavvara which means "Tomb of Light."

Duct tape has played a pivotal role in several NASA missions: In 1972, Apollo 17 astronauts used it to repair a lunar rover bumper; in 2001, International Space Station astronauts and cosmonauts constructed a kitchen table using leftover aluminum pieces and duct tape; and in 2005, Space Shuttle Discovery astronaut Stephen Robinson crafted a hacksaw for a repair mission using a blade, plastic ties, Velcro, and—yup—the ol' D.T.

The length of your ring finger in comparison to your index finger indicates the amount of testosterone you were exposed to as a fetus. Longer ring fingers equates to more testosterone.

The Palace of the Governors in Santa Fe, New Mexico, is the oldest continuously occupied public (and municipal) building in the United States. It was built in 1610.

CROSSWORD

Across

- 1. Respected leader in national affairs
- 10. Back
- 15. Natural hollow containing water
- 16. Blender button
- 17. Working hard to promote an enterprise
- 18. Firing
- 19. Sandler of "Big Daddy"
- 20. Apple spray
- 21. ¿ la king?
- 22. ___ publica
- 23. Sow again
- 25. 18-wheeler
- 26. Store department
- 29. Affirmatives
- 31. Fix, in a way 32. Circus cries
- 34. Siloxanes used in lubricants, adhesives, coatings, synthetic rubber and electrical insulation
- 36. Nazi Germany secret police
- 40. Funny
- 41. Enacted
- 43. Banquet
- 44. 'Skip to My ____
- 45. An official language of South Africa
- 47. "Check this out!"
- 50. "___ for the poor"

		3.6				100	1116						100	-3-
15		Pag					4,10			16			124	
17										18		100	1873	
19					20					21			F 18	
22					23	NAME OF		1,000	24		25			1
	26		27	28		29	7 19 4			30		31	100 to	
			32	1.47	33		34				35			
36	37	38		3.33	7	39		40						
41		95	8,07				42		43					
44				45			DAY.	46		47		48	49	
50			51		52	W.			53			54		55
56				57		58	4.93				59			The second
60			200			61				62		- 10	Page 1	
63	ali e		1170			64	1000	A COM	Page 1	A 1 - 211	. 77	some	asahi	2016 2018
65	33.5		303			66		10. (E		1.7	H an		6.5	1

1 2 3 4 5 6 7 8 9 10 11 12 13 14

- 52. Faker
- 54. Anderson's "High ____"
- 56. Person who hopes
- 58. A chorus line
- 59. Back of the neck
- 60. Marble
- 61. Italian patriot whose conquest of Sicily and Naples led to the formation of the Italian state
- 63. "Eat!"
- 64. Something emitted
- 65. Lilac, e.g.
- 66. Informal group singings of popular songs

Down

- 1. Utter obscenities
- 2. Two-seater
- 3. "Relax, and that's an order!"
- 4. Course
- 5. Energy unit
- 6. Buy-one-get-one-free item?
- 7. Kind of crew
- 8. Jones and Smith, maybe
- 9. Localized death of living cells
- 10. Bandy words
- 11. Semiformal evening dress for men

- 12. Perennial herbs with flowers that resemble asters
- 13. Assigning a new name to
- 14. Loose dressing gown for women
- 24. Raised marks on the skin produced by the blow of a whip
- 27. Do, for example
- 28. Herring-like food fishes that migrate from the sea to fresh water to spawn
- 30. Thick, sweet, sticky liquid
- 33. Make a parody of
- 35. Tight-fitting headdresses
- 36. Belonging to the most virtuous knight of the Round Table
- 37. Relating to the science of ecology
- 38. Tax on the amount of timber cut
- 39. Shocks
- 42. Large egg-shaped structures of gray matter that form the dorsal sub-division of the diencephalon
- 46. Ran faster than
- 48. Leader born in Georgia
- 49. Person in charge
- 51. Arrive, as darkness
- 53. "Nothing ____!"
- 55. Control, symbolically
- 57. Grant occupation of under a term of contract
- 59. Alliance acronym
- 62. ___-relief

SUDOKU

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

RANDOM QUOTES

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.

- Brian Adams

Success or failure depends more upon attitude than upon capacity successful men act as though they have accomplished or are enjoying something. Soon it becomes a reality. Act, look, feel successful, conduct yourself accordingly, and you will be amazed at the positive results.

- William James

WEEKLY RIDDLE

What does man love more than life
Fear more than death or mortal strife
What the poor have, the rich require,
and what contented men desire,
What the miser spends and the spendthrift
saves

And all men carry to their graves?

- Answer in the next issue.

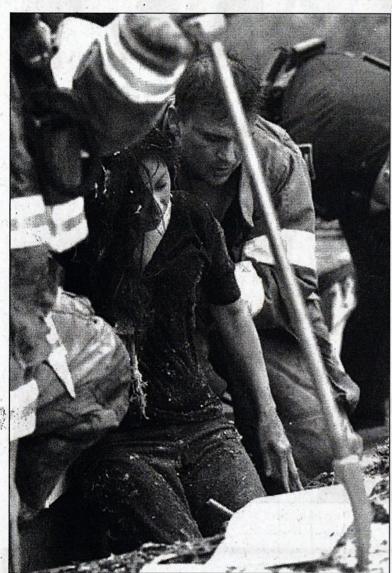
Advertise with us!

Contact Maranda Thurm for details.

1-405-974-5918

THE SOONER STATE

Moore students begin post-tornado school year



In this Monday, May 20, 2013 photo, third-grade teacher Jennifer Doan is pulled from the rubble of Plaza Towers Elementary school following a tornado in Moore, Okla. Doan suffered fractures in her spine and sternum when the steel- and concrete-reinforced cinder block wall fell in one piece on top of her and her students who had taken cover in a school hallway. Doan managed to shield two of her young students who were closest to her from the full weight of the wall, but she says she's still haunted by the ones she couldn't protect. (AP Photo/Sue Ogrocki)

Sean Murphy

Associated Press

MOORE, Okla. (AP) - One young girl is so afraid of the wind that she carries headphones to block out the sound. Other kids are traumatized by the memory of their narrow escape from the storm and the friends who died just a few

feet away from them.

Nearly three months after a twister blasted through Moore and destroyed two elementary schools. students are preparing to go back to class. Although many families are ready to return to a familiar routine, parents and teachers say the town's children have fears that are still fresh and a lot more healing to do.

Both schools — Plaza Towers Elementary and Briarwood Elementary - have been razed to concrete slabs, as have most of the surrounding homes. Students will attend class in temporary buildings starting Friday.

District officials hope the new school year marks a fresh start in the lives of children who survived the May 20 tornado, which killed 24 people and wrecked scores of homes and businesses along a 17mile path through the heart of this Oklahoma City suburb.

"I'm not going to act as though those first couple of weeks (after the storm) weren't so terribly difficult, because they were," said Superintendent Robert Romines, a longtime Moore resident who took the district's top post over the summer. "But since that day, we have turned a lot of corners. After our last funeral, we turned a corner."

Parents of some of the children who attended Plaza Towers, where seven third-graders were crushed by a collapsing wall, say their kids frighten easily, especially during severe weather, and are often haunted by thoughts of their friends who died.

"There was screaming and crying," recalled 9-year-old Ruby Macias, who was trapped under the

Now Ruby gets scared whenever the weather turns bad and remains troubled by the death of her close friend, Sydney Angle, who was also

"She says she dreams about her friend," said Ruby's mother, Veronica Macias. "I don't know what to tell her."

Another Plaza Towers student trapped beneath the wall, 10-yearold Xavier Delgado, said he doesn't like to think or talk about the day of the tornado, but he's not afraid to go back to class.

"I'm not nervous. I'm kind of excited about seeing my friends," said Xavier, who acknowledged

that heavy weather still disturbs him. "I only get scared when there's loud thunder."

Xavier's 8-year-old sister, Haley, a second-grader at Plaza Towers, often carries a pair of headphones to block out the sound of the wind, which reminds her of the day the twister reduced her school to pile of rubble.

"She remembers the noise," said the children's mother, Athena Delgado. "If it's going to be windy or severe weather outside, she'll carry them with her."

The site where the Plaza Towers school once stood, in the heart of a neighborhood decimated by the tornado, has become a makeshift memorial for the dead and a meeting spot for volunteers. A handful of wind-battered trees are beginning to grow new leaves and branches again.

A chain-link fence that ringed the school property was covered with hundreds of autographed T-shirts from across the country, many from the volunteers who poured into the community to help. The fence has been removed so workers can begin digging out the slab, but seven wooden crosses remain, each adorned with the name of a child who died. An eighth cross, taller than the rest, simply has a black number 7 inside a red heart.

Jennifer Doan, the third-grade teacher of six of the seven kids who died at Plaza Towers, suffered fractures in her spine and sternum when the wall fell in one piece on top of her and her students who had taken cover in a school hall-

Doan, 30, managed to shield two students who were closest to her from the full weight of the wall, but she says she's still disturbed by memories of the ones she couldn't protect, especially when she reunites with her students who sur-

"I've been told over and over I couldn't have done anything else, and I know I did help save the ones that were right there under me. But of course, it reminds me of my other ones that I couldn't save," Doan

Doan, who was trapped under the wall for about an hour, said she was looking forward to the normalcy of school, but doctors haven't cleared her to return to work.

"I think it is partly healing to be back and to be back with everyone, and back with our kids that have gone through the same thing," said Doan, who is now about five months' pregnant. "But for me, in particular, I know obviously I'm not healed."

Brand-new schools are being constructed at both the Plaza Towers and Briarwood sites, with plans to include reinforced safe rooms that can withstand the most menacing storms. School officials hope both buildings will be open for the start of the 2014 school year.

This year, Briarwood students will attend classes at a local Baptist church while those from Plaza Towers go to a renovated building on the junior high campus. The transition to new buildings adds extra stress to the start of classes.

"I'm a little nervous about the beginning of school because I want the kids so badly to feel good and comfortable at school," said Plaza Towers Principal Amy Simpson, who took cover from the storm in a 4-by-5-foot bathroom with her office staff and emerged to find a mangled car on a coworker's desk.

Simpson kept in touch with many of her students over the summer and knows that they are still healing.

"Last night it rained and some of the kids started to cry. They're still trying to process it all," Simpson said. "This summer has been anything but normal, but school is a norm. It's a constant, where they see the same people."

klahoma native faces On vear centence

Pauline Jelinek

Associated Press

FORT MEADE, Md. (AP) - Pfc. Bradley Manning took the stand Wednesday at his sentencing hearing in the WikiLeaks case and apologized for hurting his country, pleading with a military judge for a chance to go to college and be-

come a productive citizen. He addressed the court on a day of often emotional testimony from family members about his troubled childhood and from a psychologist who said Manning felt extreme mental pressure in the "hyper-masculine" military because of his gender-identity disorder — his feeling. that he was a woman trapped in a man's body.

"I am sorry that my actions hurt people. I'm sorry that they hurt the United States," he said as he began.

The soldier said that he understood what he was doing but that he did not believe at the time that leaking a mountain of classified information to the anti-secrecy website would cause harm to the U.S.

Though he often showed little reaction to court proceedings during most of the two and a half month court-martial, Manning appeared to struggle to contain his emotions several times Wednesday during testimony from his sister, an aunt and two mental health counselors, one who treated him and another who diagnosed him with several problems.

Manning, 25, could be sentenced to 90 years in prison for the leaks, which occurred while he was working as an Army intelligence analyst in Iraq in 2010. The judge will impose the sentence, though exactly when is unclear. The next session, for any prosecution rebuttal testimony, is set for Friday.

Speaking quickly but deliberately, Manning took only a few minutes to make his statement Wednesday. He appeared to be reading it from papers he was holding and looked up a number of times to make eye contact with the judge. It was an unsworn statement, meaning he could not be cross-examined by prosecutors.

He said he realizes now that he should have worked more aggressively "inside the system" to draw attention to his concerns about the way the war was being waged: He said he wants to get a college degree, and he asked for a chance to become a more productive member of society.

His conciliatory tone was at odds with the statement he gave in court in February, when he condemned the actions of U.S. soldiers overseas and what he called the military's "bloodlust."

Defense attorney David Coombs told Manning supporters that Manning's heart was in the right place.

"His one goal was to make this world a better place," Coombs

Manning's apology could carry substantial weight with the military judge, said Eugene Fidell, who

teaches military justice at Yale. "He faces extraordinarily long confinement and if he is coming across subjectively as contrite, I think that may do him some real good with the sentencing," Fidell

Manning's attorneys contend he showed clear signs of deteriorating mental health before and during his deployment that should have prevented commanders from sending him to a war zone to handle classified information.

Manning eventually came out to Capt. Michael Worsley, emailing the clinical psychologist a photo of himself in a long, blond wig and lipstick. The photo was attached to a letter titled "My problem," in which Manning described his internal struggle and said he had hoped that a military career would "get rid of it."

Worsley testified Wednesday that the soldier was struggling under extreme conditions.

"You put him in that kind of hy-

per-masculine environment, if you will, with little support and few coping skills, the pressure would have been difficult to say the least," Worsley said.

Worsley's testimony portrayed some military leaders as lax at best and obstructionist at worst when it came to tending to soldiers with mental health problems.

"I questioned why they would want to leave somebody in a position with the issue they had," Worsley said.

Navy Capt. David Moulton, a psychiatrist who spent 21 hours interviewing Manning at Fort Leavenworth, Kan., after his arrest, testified as a defense witness that Manning's gender identity disorder, combined with narcissistic personality traits, idealism and his lack of friends in Iraq, caused him to conclude he could change the world by leaking classified infor-

He said Manning was struggling to balance his desire to right wrongs with his sense of duty to complete his Army tasks and his fear of losing his GI benefits and the opportunity to attend college.

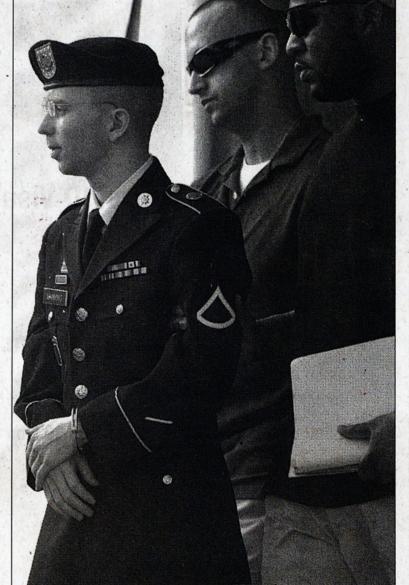
"His decision-making capacity was influenced by the stress of his situation for sure," Moulton said.

Moulton also reported for the first time in open court that Manning has symptoms of fetal alcohol syndrome and Asperger syndrome, which is an autism spectrum dis-

Also Wednesday, Manning's sister Casey Major, 36, testified that they grew up with two alcoholic parents in a rural home outside Crescent, Okla. She said their mother attempted suicide with a Valium overdose after Brian Manning left his wife when Bradley Manning was 12.

After looking tearfully at a series of childhood photographs presented by defense attorney David Coombs, Major said Manning has matured since his arrest.

"I just hope he can be who he wants to be., I hope he can be



Army Pfc. Bradley Manning, left, is escorted to a security vehicle outside a courthouse in Fort Meade, Md., Thursday, July 18, 2013, after a court martial hearing. Col. Denise Lind, the military judge overseeing Manning's trial, refused a defense request to dismiss a charge that Manning aided the enemy by giving reams of classified information to the anti-secrecy website WikiLeaks. It is the most serious charge he faces, punishable by up to life in prison without parole if found guilty. (AP Photo/Patrick Semansky)

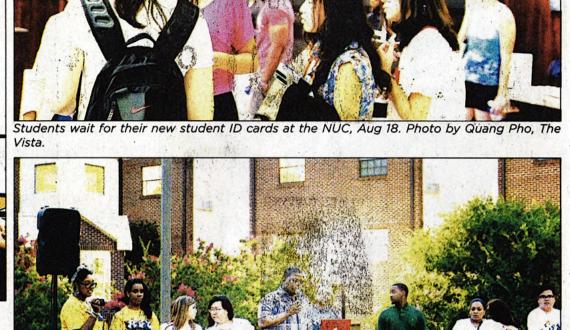
happy," she said. After the court went into recess, Manning went to his sister, hugged her and said something while touching his right hand to his heart.

WikiLeaks founder Julian Assange said the only currency the military will take is Manning's humiliation, and he believed the apology was forced.

"Mr. Manning's apology is a statement extorted from him under the overbearing weight of the United States military justice system. It took three years and millions of dollars to extract two minutes of tactical remorse from this brave soldier," Assange said in a statement.

At least 46 international journalists and 78 spectators were in attendance. Many spectators wore black "Truth" T-shirts.

UCO's Office of First Year Experience temporarily set up a station for student's and faculty to get their new IDs for the month of August. Photo by Quang Pho, The Vista.



UCO held its Central Block Bash on Aug.14 as part of Welcome Week. Photo by Quang Pho, The Vista.



Students serve as Orientation Leaders at this year's 2013 Broncho Orientation, an event welcoming the new class of freshman into a new year at UCO, on Aug. 16. Photo by Aliki Dyer, The Vista.



Banners • Calendars • Catalogs

Bookmarks

Brochures

Business Cards

- CatalogsDoor Hangers
- Folded Postcards
 Foldover
- · Hang Tags · Letterhead

· Menus

- Postcards
 Posters
 Rack Cards
- Envelopes
 File Folders
 Business Cards
 Newsletters
 Note Pads
 Table Tents
 ...and Much, Much More!

University of Central Oklahoma, Nigh University Center • First Floor, Room 146 100 North University Drive | Edmond, OK 73034 | (405) 974-2301

Join us for our grand opening celebration

Get your new Central ID Visa Check Card today!

MidFirst Bank - Nigh University Center

August 12 - 23

Mon - Fri • 7:30 a.m. - 5:30 p.m.

- Open a Broncho Checking account and instantly receive a \$25 Starbucks Gift Card.¹
- Continental breakfast 8:00 a.m. 10:30 a.m.
- Snacks served in the afternoon.

August 19 - 23

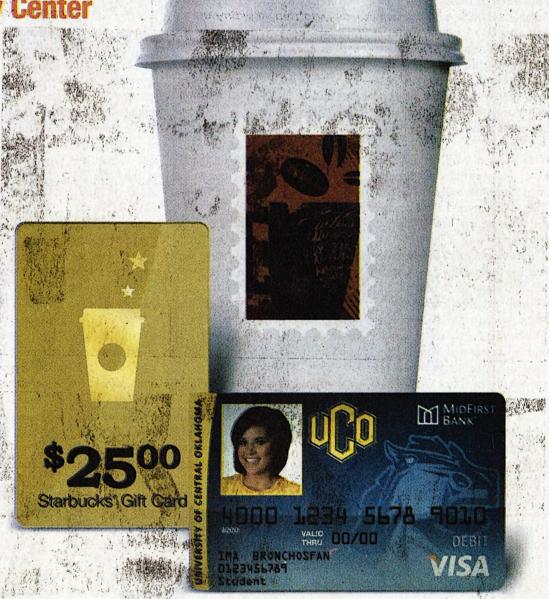
Join us in the food court:

- Register to win an Apple iPad;²
- Chances to spin the prize wheel³ with 10 drawings held every hour on the half-hour. Every spin wins a \$5 \$20 prize.

True to your money

MIDFIRST BANK

uco.midfirst.com

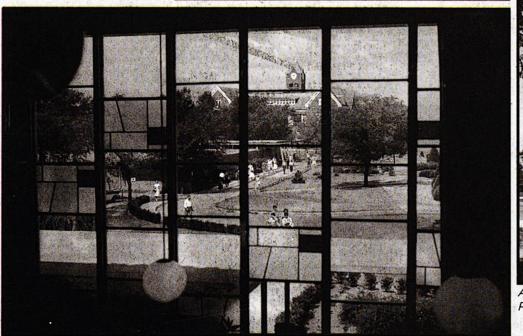


Member FDIC

*Offer: Offer valid at 100 North University Drive, Edmond, OK 73034 location only. Receive a \$25 Starbucks Gift Card for opening a new Broncho Checking account between 08/01/13 and 08/31/13 while supplies last. Accounts closed within ninety (90) days of the account opening are subject to charges equal to the value of the Starbucks Gift Card and an early account closure fee. Limit one promotional offer per household. Must be 18 or older, \$25 minimum opening deposit may not be transferred from an existing MidFirst account. Customer will receive a 1099-INT for the value of the offers as described above for the year(s) in which they were earned. All accounts are subject to change without notice. Not valid with any other offers.

Pulse Specific to *Pad***** Drawing**. All rules referenced under the General Rules above apply. The entry period is Monday, August 19, 2013, at 9 a.m. CDT through Friday, August 23, 2013, at 5 p.m. CDT ("Entry Period"). Limit one (1) Official Entry Form per household during the entry period. The winner of the IPad*** will be then selected through a random drawing, scheduled to be held on August 24, 2013, at 9 a.m. CDT. The winner need not be present to win. The winner will receive an Apple** is not a participant in, or sponsor of these promotions.

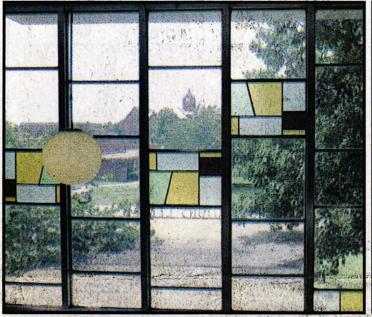
of CENTRAL]



A look through the windows of the Mass Communications building from 1961. Photo provided by UCO Archives.



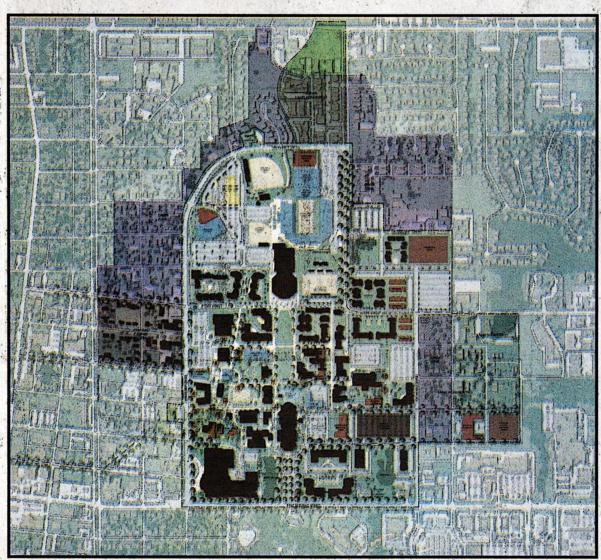
A view of the Mass Communications in the 1960s, which was then the UCO Library. Photo provided by UCO Archives.



The Vista.



A present look through the windows of the Mass Communica- A present view of the Mass Communications building. The Mass Communications building was built in 1957 tions building, peering out to Old North. Photo by Aliki Dyer, and served as the Max Chambers Library for a number of years, after being located in Evans Hall. Today, the Mass Communications building serves as home for UCentral Media. Photo by Aliki Dyer, The Vista.



This map shows the future plans for development on and around the Campus of The University of Central Oklahoma. This plan details how the landscape of UCO will change over the next 20 years. Changes for the next two decades, according to the plan, will include:

- The expansion of the "Greek Zone," the area allotted for Greek housing.
- · The addition of trees on and around campus.
- · The acquisition of land to expand UCO's campus beyond its current borders.
- · The addition of an area designated as "Campus Corner."

Looking toward the future, UCO will likely look very different from the UCO we know today.

UNIVERSITY OF CENTRAL OKLAHOMA THEN AND NOW: A TIMELINE OF THE

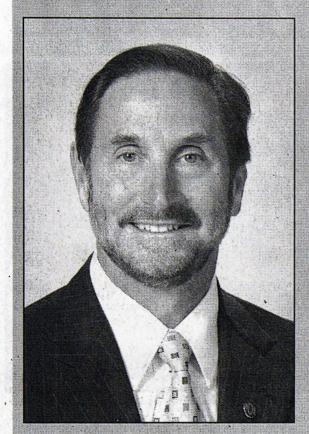
- **Construction begins on Old North Tower.**
- **Central State Normal School be**came a teacher's college and was renamed Central State Teachers
- 1971
- Central State College became Central State Univer-

2013

- - **The Territorial Normal School** opens its doors.
- **The Territorial Normal School became Central** State Normal School.
- 1939
- Oklahoma state legistlature passes law, changing the name to Central State College.
- **Central State University was** renamed the University of Central Oklahoma during the university's Centennial Year.

Letters from around UCO

PRESIDENT DON BETZ



Hello and welcome to Fall 2013 at the University of Central Oklahoma!

We are truly pleased you have selected Central as the place to prepare for a life of learning and success in a world of challenge, opportunity and change.

Much has happened here since more than 2,000 students graduated in commencement ceremonies at Hamilton Field House last May.

Here are just a few of the highlights: In the spring, some of you watched

the construction in front of Old North as the new Central Gateway was erected. It is now finished and will always be a reminder of the vision, dedication and persistence of those whose passion for education first built this historic institution. It is my sincere hope that one day you will pass through the Gateway on your way to a commencement ceremony to receive your UCO degree.

Throughout the summer, many students, faculty and staff actively demonstrated they Live Central by volunteering to aid victims of the May tornadoes here in the metro area. They committed hundreds of hours helping the people of Moore and other communities in the region on their long journey to recovery from the devastation. I am proud to say that this is the Central Way.

Our softball team brought home the 2013 NCAA Division II National Championship in our first-ever women's team national title. And to add to the honors, Coach Genny Stidham and assistant coach Cody White were named the National Fastpitch Coaches Association's Division II National Coaching Staff of

Once again, and for the fifth time in the past six years, the Chronicle for Higher Education named Central one of America's Great Colleges to Work For, which speaks volumes about our exceptional faculty and resourceful staff. They work tirelessly to create transformative learning opportunities for you. We are all here to help you learn, persist, achieve and graduate, and we will match your determination to fulfill your aspirations with our passion for teaching and

Central is an exceptional place and I urge you to discover the abundance of organizations, activities, civic initiatives, sports and other ways that Central students gather together and create unique learning activities for themselves and each other. Like our students who volunteered to help tornado victims, I urge you to get involved.

We at Central are here to educate, encourage, challenge, motivate, and occasionally, inspire you.

But you will make your choices. Choose persistence and success. Choose to graduate.

We are here to help you. We believe in you. Welcome to Central!

Don Betz President

PROVOST JOHN BARTHELL

Welcome to fall semester 2013! I am very pleased to have you on our campus as the new year begins and we place our focus on you and your success at the University of Central Oklahoma. You have chosen an excellent learning experience that will help you succeed in all your future endeavors. Our incredibly devoted and talented faculty and staff members on the UCO campus will help you create the future you envision for yourself. Indeed, the entire UCO community has your best interests at heart, including the Offices of the President, Academic Affairs, Athletics, Administration and Finance, Enrollment Management, Information Technology, Public Affairs, University Relations, and the UCO Foundation.

Our nearly 500 devoted and talented full-time faculty members span six colleges across our campus: Business, Education & Professional Studies, Fine Arts & Design, Liberal Arts, Mathematof Graduate Studies and Research. Our hard-working deans support these fac-

ulty members to better "help students learn." Their collective efforts, and those of so many other staff and administration members, are why our campus was just recently named as a "Great Place to Work" by the Chronicle of Higher Education. We want that positive environment to translate to you and your studies at UCO.

The skills you will develop at UCO are for a lifetime. In addition to your grounding in a liberal arts education that emphasizes your ability to think critically and communicate effectively, there are numerous programs in our academic colleges that will prepare you for specific opportunities in the job market today, including in the thriving Oklahoma City Metropolitan environment. In fact, our campus connects directly to the downtown through programs at the Academy of Contemporary Music (ACM) and a new boathouse on the Oklahoma River.

On our campus in Edmond, we conics & Science, and the Jackson College tinue to improve and beautify our environment with improvements to facilities through a continuing campaign to re-

store the luster of Old North, the oldest building in Oklahoma's history of Higher Education. Our Wellness Center and other state of the art buildings such as the Center for Transformative Learning and the W. Roger Webb Forensic Science Institute beckon to you as places to learn and live well among your peers at our institution.

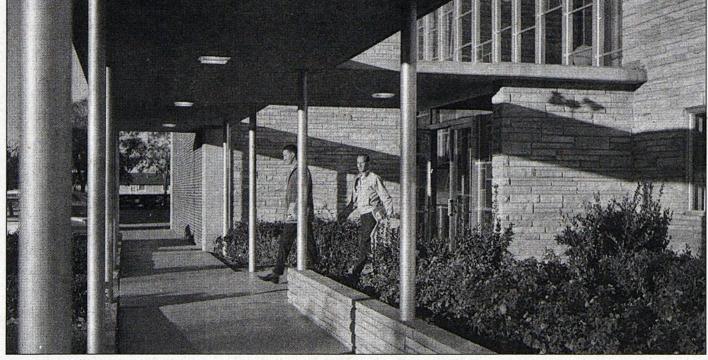
At UCO we want to live our mission of helping students learn by providing transformative experiences so that they may become productive, creative, ethical, engaged citizens and leaders contributing to the intellectual, cultural, economic and social advancement of the communities they serve. Thank you for joining in that experience with us.

Welcome to your place of learning here at UCO.

John F. Barthell **Provost and Vice President** of Academic Affairs



Communications Building: The Past and Present



In 1961, students walked from the UCO library, which is not the Communications building.

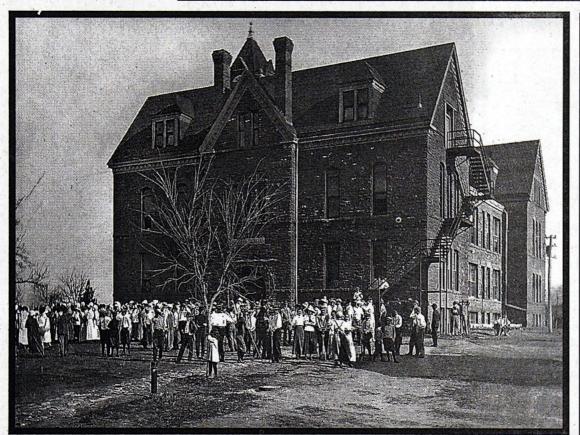
Photo provided by UCO Archives.

Currently, in the year 2013, the Communications building at UCO is home to **UCentral Media.**

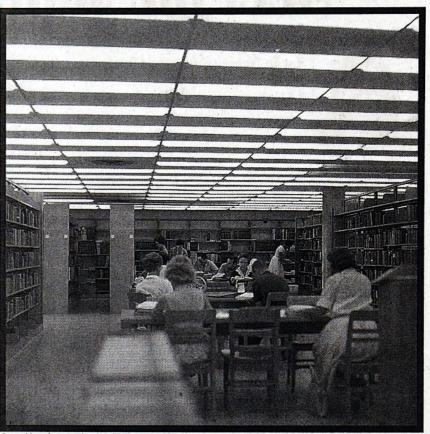


Photo by Aliki Dyer, The Vista.

PAST:

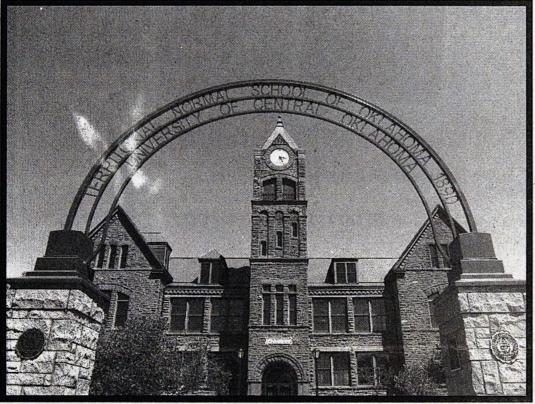


Old North is the oldest building on UCO's campus. It was built in 1892 and served as the main building for students. Photo provided by UCO Archives.

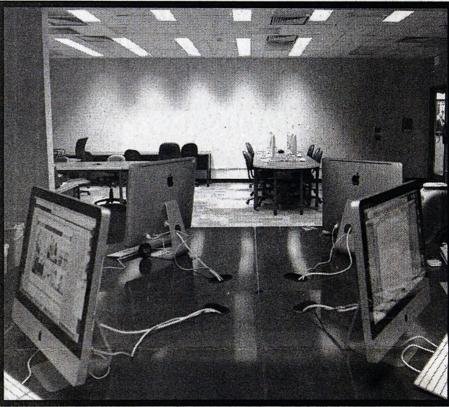


Students study in library, which is now the Communications Building. Photo provided by UCO Archives.

PRESENT:



Old North stills stands on UCO's campus and has a new look after rennovations. Photo by Aliki Dyer, The Vista.



What was once the library, the Communications building now houses UCentral Media. Photo by Aliki Dyer, The Vista.

WEEKEND LINEUP

August 22-25

Stampede Week- Comedian Al Madrigal August 22

UCO presents comedian Al Madrigal in the Nigh University Center Ballrooms. Al Madrigal is a frequent comedian featured on Comedy Central's "The Daily Show." His show will begin at 8 p.m.

Midsummer Nights' Fair -August 23-24

The Midsummer Nights' Fair includes artists, food vendors, music and performing artists. Art on exhibit will include paintings, drawings, pottery, jewelry, glass works, woodwork, stained glass and many others. The fair will take place at Lion's Park in Norman, Okla. which is located at 450 S. Flood.

Liz Callaway & The Young Voices of Edmond -August 23-25

Liz Callaway is a Tony Nominee and Emmy Award-winning actress and singer. She will be performing with The Young Voices of Edmond at UCO's Mitchell Hall theater at 7:30 p.m. each night of the performance. For tickets, call (405) 974-3375 or visit www.uco.edu/cfad/events.

Edmond Farmers Market -August 24

The Edmond Farmers Market occurs every Saturday from 8 a.m. to 1 p.m. at the Festival Market Place, which is located on First Street between Broadway and Fretz. The market provides an opportunity to purchase regional produce and Made in Oklahoma items.

Oklahoma City Storytelling Festival-August 22-24

The Arts Council of Oklahoma City presents the Oklahoma City Storytelling Festival, which included storytellers, workshops and special performances. The Storytelling Festival will take place at the Oklahoma History Center, located at 800 Nazih Zuhdi Dr. in Oklahoma City.

20 WELCOME BACK Meet the Staff:



Sarah Neese (Editor-in-Chief) @sarahneese

"The best way to spread Christmas cheer is singing loud for all to hear." -Buddy the Elf



Lindsey Rickards (Managing Editor) @lindseyrickards

"Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation." - Viktor E. Frankl



Stevie Armstrong (Copy Editor) @Stevie Armstrong

"You can't stop the waves, but you can learn to surf." - John Kabat-Zinn



Cody Johnson (Sports Editor) @ch_johnson91

"Some people say that having a darker side will lead to no good. I certainly hope so." - The Most Interesting Man in the World



Aliki Dyer (Photo Editor) @Aliki_Dyer

"If you're not first, you're last." - Ricky Bobby



Michael McMillian (Design/Web Production)

"I aim to misbehave." - Captain Mal Reynolds



Brooks Nickell (Staff Writer) @JBrooksNickell

"Well it could've been should've been worse than you would ever know. The dashboard melted but we still had the ra dio." - Modest Mouse



Josh Wallace (Staff Writer)

"Some kind of high powered mutant never even considered for mass production. Too weird to live, and too rare to die."



Olanrewaju E. Suleiman (Staff Writer) @MsWaju

"Words are, in my not-so-humble opinion, our most inexhaustible source of magic. Capable of both inflicting injury, and remedying it." - Albus Dumbledore



Tyler Talley (Staff Writer) @tylertalley

"I am the one who knocks." - Breaking Bad



Austin Litterell (Staff Writer) @alitterell729

"Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision." - Muhammad Ali



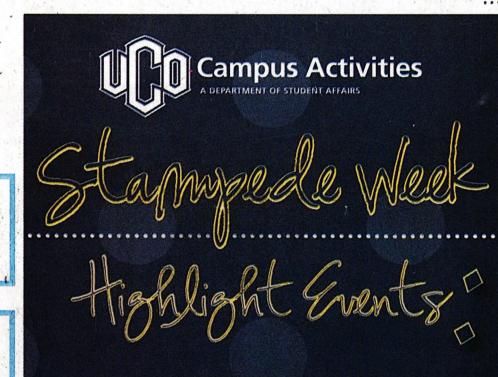
Alex Cifuentes (Contributing Writer) @AlexICifuentes

'I didn't choose the thug life, the thug life chose me." - Tupac



Cyn Sheng Ling (Photographer) @cynsheng

"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas A. Edison



2nd Annual Freshman

Saturday, August 17, 8:30pm, Wantland Stadium





8th Annual Wake Up in Wantland

Saturday, August 17, 9pm-1am, Wantland Stadium

Night of Magic Ben Seidman Monday, August 19,

8pm, NUC Ballrooms





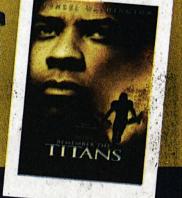
Difference & Greek Luau

Tuesday, August 20, 8-10pm, Plunkett Park

Wantland Cinema Presents: Remember the Titans

Wednesday, August 21,

8:30pm, Wantland Stadium



UCO Comedy Presents: Al Madrigal Thursday, August 22,

8pm, NUC Ballrooms

for more details and the full week schedule, visit uco.edu/orientation UCO Orientation #sw13 HOT FOOD'S COLD BEER EAT HERE!





NOW OPEN IN EDMOND!

BRICKTOWN BREWER

WOULD LIKE TO PRESENT...

August 23, 2013

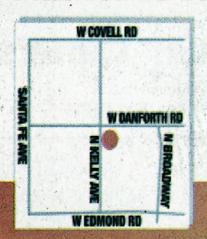
From 9p till close

They are a two piece cover band with their own unique and creative spin on today's popular music.

FRESH! FANTASTIC!



FRESH FLAVORS, LOCAL OKLAHOMA PRODUCTS, FANTASTIC BRICKTOWN BREWS!



Present coupon with order. Not valid with any other offer. Free item must be of equal or less value.

Edmond location only. Offer expires: September 30, 2013 Only valid Monday - Friday from 11a - 2p

840 W DANFORTH • EDMOND

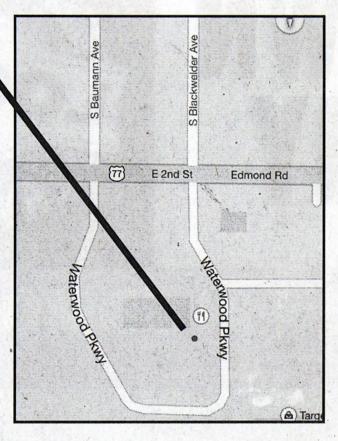
Around Campus:

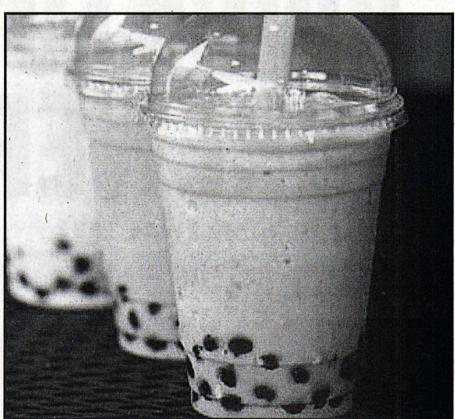
Money savers - Under \$10:

Tao Café

331 S Blackwelder Ave Edmond, OK 73034

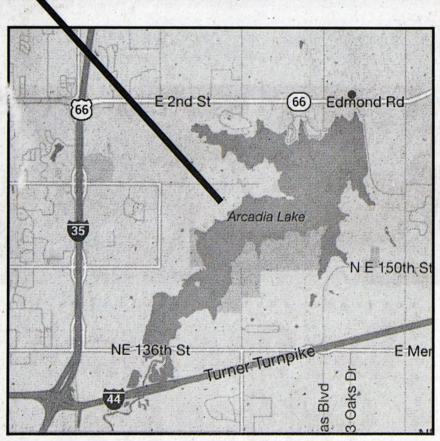
Tao Café has a large menu with nearly every item priced at under \$10. They feature Asian food boxes and boba tea, as well as other Asian-inspired cuisine.





Lake Arcadia

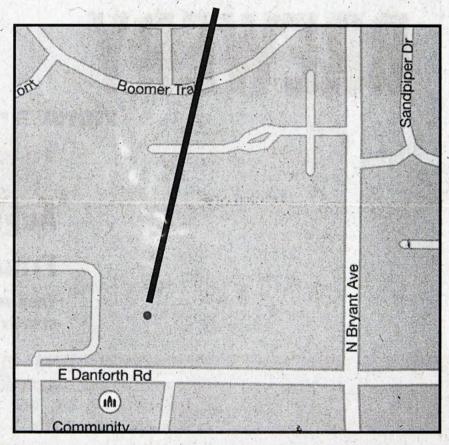
Lake Arcadia has walking trails, swimming beaches, camping grounds and fishing spots. Admisison lasts for the majority of the day and is under \$10.

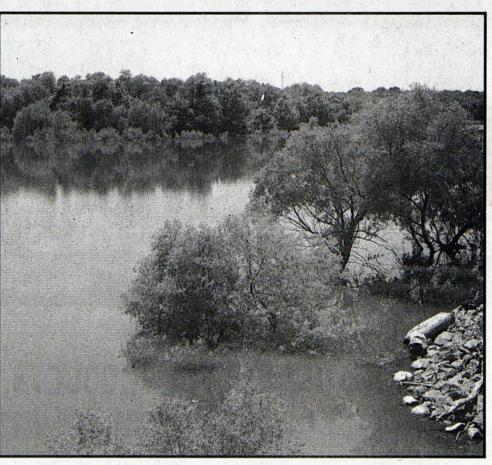


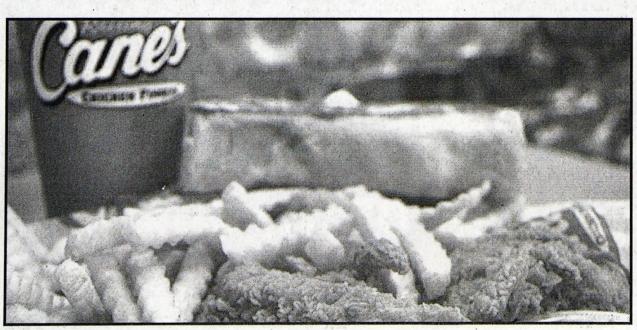
Kickingbird Theaters

1225 E Danforth Rd Edmond, OK 73034

Kickingbird Theaters offers student discounts, allowing students to see a movie for less money than most theaters.

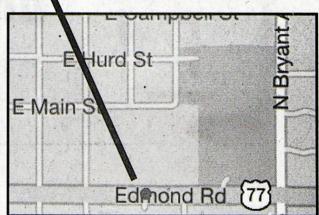






Raisin' Cane's

1225 E 2nd St Edmond, OK 73034

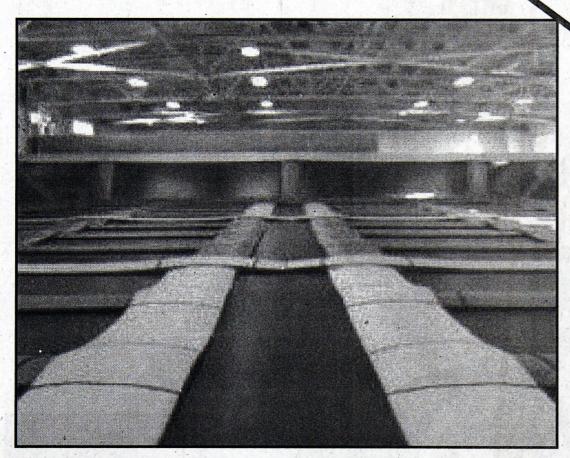


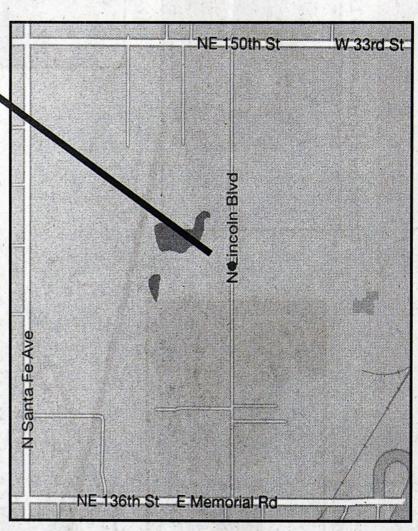
Places of Edmond

Big Spenders - \$10+:

Elevation Trampoline Park

14402 N Lincoln Blvd Edmond, OK 73013



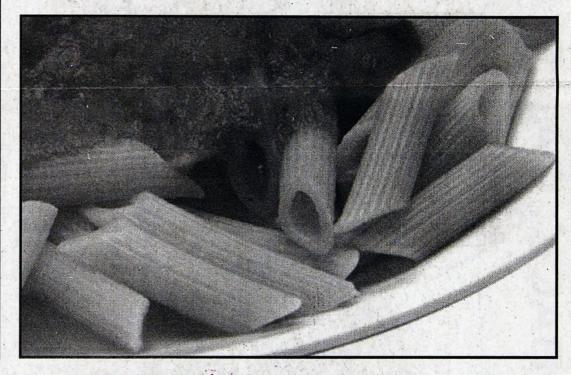


W Campbell St W Hurd St Son M E Hurd St W Main St EM W_1st_St **[77]** W Edmond Rd

Othello's

1 S Broadway Edmond, OK 73034

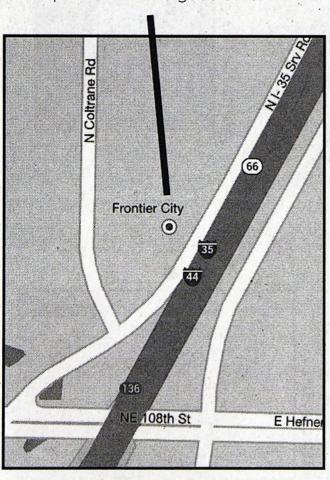
Othello's is an Edmond staple. With great Italian food and a unique atmosphere, Othello's is a must for anyway staying in Edmond.



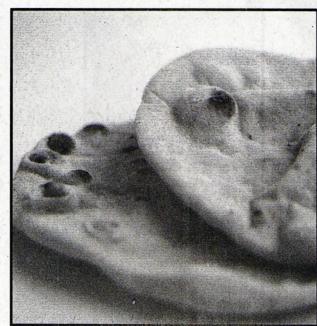
Frontier City

11501 N I 35 Service Rd Oklahoma City, OK 73131

Frontier City is Oklahoma City's roller coaster amusement park. Frontier City is open through October and is a great place to have a good time.



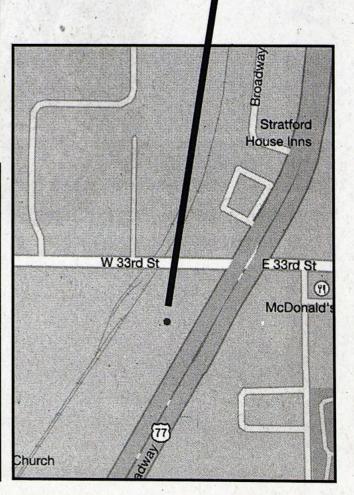




Heritage India

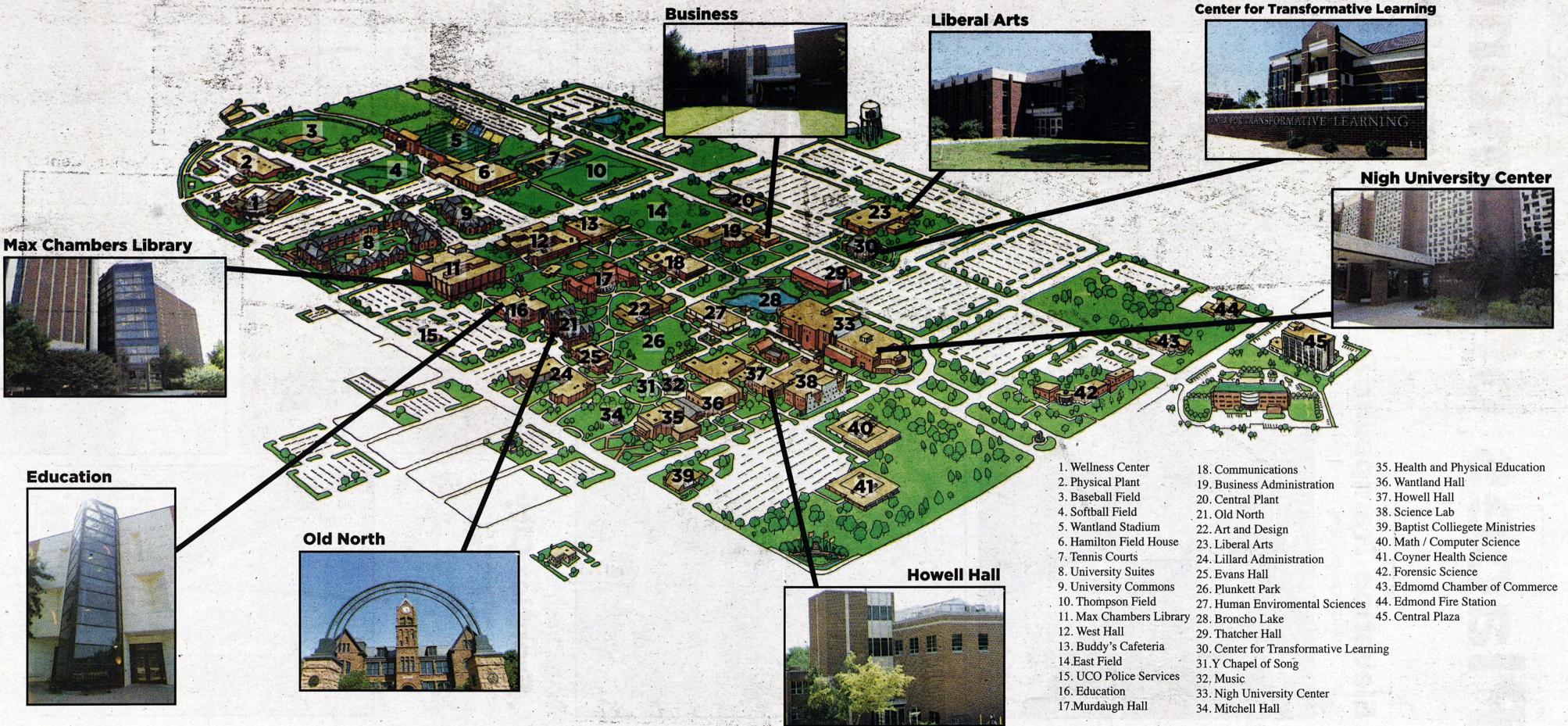
3409 S Broadway, Edmond, OK 73013

Frontier City is Oklahoma City's roller coaster amusement park. Frontier City is open through October and is a great place to have a good time.



WELCOME BACK: CAMPUS MAP

AUG 19, 2013



University of Central Oklahoma

Wisha Sports

The Student Voice Since 1903

-AUG 19, 2013

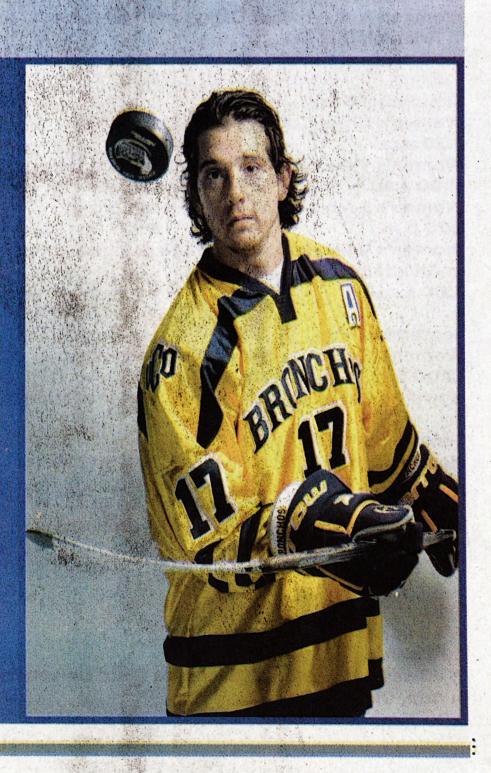
FALL 2013



INSIDE PREVIEW:

- Players' season predictions
- Q&A with players
- Upcoming schedules
- Meet the sports writers

BASKETBALL
FOOTBALL
HOCKEY
SOCCER
VOLLEYBALL
WRESTLING



Meet the Sports Writers: New Staff



Austin Litterell

Sports Reporter

Growing up in Western Oklahoma was not always the most exciting thing in the world. Most of the time, sports were the only outlet to escape from all of the boredom. Despite not having much to do, Elk City was a great place to call home.

My childhood was basically your normal childhood. I grew up with my dad and mom, as well as two sisters. Having two sisters could be a pain sometimes.

Growing up, I was never great at any sports, so there was a lot of time spent trying to find one that stuck. Too small for football, not good enough to play basketball, but tennis was the sport that stuck with me from the beginning. The hardest thing for me was playing my last match senior year and not making it to the state title. It was hard because it was the sport I loved to play the most.

After graduation in 2011, UCO was pretty much the only place for

me. Their professional media program was second-to-none in Oklahoma. Now as a junior, after struggling to make a decision on what to do after college, print journalism and covering sports has made its way to the forefront.

When there is a sport on television, it will be on my television or radio. Sports have been my life ever since I was a child. My dad played sports in college and my sister played throughout high school. Leaving school early was always

The number one sport for me has always been football. My greatest sports memories have been made in football. I have been able watch Elk City win the 4A state championship way for me to cope. in 1998, the Denver Broncos winning Super Bowls in the 1990s, and Oklahoma winning the National Championship in 2000. With the highs, also come the lows. OU losing to Boise State on the famous Statue of Liberty play, will never leave my mind. Unfortunate highlights from that game are shown from time to time during the sea-

The NBA is another interest of mine. Being a fan of the Los Angeles Lakers since the Shaq era, it was hard for me to truly embrace the Thunder coming to town. I might sound like a bandwagon fan, but rooting for both teams is the only

Tennis is probably the third of the sports that interest me. After playing for six years, it just became a great sport to watch. The fact that it's just one player with his own thoughts on the court, is what draws me to it. It is the sport that I would like to cover most after col-

Overall, I am pretty much your basic college student trying to get in the business early in order to help me with my future. Not being the most social person, writing is a way for me to communicate my thoughts to the world, or at least around campus anyway.



Contributing Writer

My name is Rick Lemon and I am a fourth year student studying strategic communications. I am a recent transfer from the University of Missouri's School of Journalism and am excited to be back in Edmond.

I was born and raised here in Oklahoma, so I am very familiar with all of the sports in Oklahoma City and around the state. I have played many different types of sports including baseball, football, wrestling, track-and-field and cross-country. Because of this, I follow many different types of sports

The teams that I pay the most attention to during the year are the St. Louis Cardinals (MLB), the Missouri Tigers (Football and

Basketball), the OKC Thunder and The Chicago Bulls (NBA), and the OKC Barons/ Edmonton Oilers (NHL). I try to watch as many of these teams' games as I can.

I love everything about football season but I think that my favorite time of the year has to be during Christmas and New Year's. In sports, this time of year holds the Bowl season for college football and the heart of the NBA season at the same time. During this time, I can switch back and forth between any game and find it to be interesting and competitive.

What I'm most excited about for this upcoming year, here at UCO, is going to be the storylines of some of the spring sports, including baseball's ability to live up to the high expectations they have set for this season or if our 2013 NCAA National Champion softball team can make a similar run through the postseason. Though, I am excited about football season and the tailgating that comes along

Other than traditional American sports, my other favorite thing to watch is auto racing. My dad has always been a fan of Formula 1 racing, an international racing circuit, where teams like Ferrari, BMW and McLaren-Mercedes race for what is considered the most extreme racing series.

My sports background is very diverse and I hope to fairly and equally cover the variety of athletics UCO has to offer. All of UCO's athletes put in a great deal of work to represent our school and they all deserve to be heard.



Cody Johnson

Sports Editor

What can I say about myself? I believe three things are best strong: Coffee, tobacco, and women. Preferably in that order, due to their up the tan of a true farmer. After addictive nature.

Music, I believe, connects the listener with the heart of the musician and therefore must remain pure and untainted.

The pursuit of wealth is overrated, along with the glamorous life of a city. I am most at peace in

Hailing from the birthplace of Will Rogers, I maintain a close relationship with guns and fishing

I spend my summers in Talala, pronounced Tee-la-luh, building staying in a single place for too

long, I begin to develop an itch. The lure of hopping freight trains is only repressed by my duties and obligations of college.

My early years were spent outside roaming the countryside and in hand-to-hand combat. Nothing tasted better than fresh picked fruit, but I was soon corrupted by the lure of sweetened chocolate, introduced by my father in the form of Little Debbie Swiss Cake Rolls.

Belly-washers, soda, became a regular occurrence and thus my sugar addiction started.

Since then my vice has switched

forms more times than a leaf blown in the wind. At the age of 10, my father poured the thick black oil known as coffee down my throat trying to keep me awake to catch a flight out of Denver, and have been buzzing on caffeine ever since.

At the age of 14, I was lured by an unyielding obsession into the world of music. A single movie was all the inspiration I needed to spark my addiction: The School of

Born from my mother's womb, my father trained me on the wrestling mat. Being raised and forged how it most total betterd

in the fires of combat, I do not take sympathy on those who will not help themselves, but will lend a hand to a friend in need at anytime

Recently my last summer was spent building fence during the week, living in a swimsuit and boots on the weekends, and seeing red-dirt bands.

What else can I tell you about myself? I brew my own beer....so I have that going for me.....which

Upcoming Sports Schedule

September 5th

Women's Soccer vs Oklahoma Christian University 4:00 p.m.

Football at Missouri Southern State University 6:00 p.m.

September 6th

Women's Volleyball vs University of Alabama-Huntsville 6:00 p.m. in Arkadelphia, Ark.

12:00 p.m.

Women's Volleyball vs Cameron University in Arkadelphia, Ark. 4:00 p.m.

September 7th

Women's Cross Country vs UCO Land Run 8:30 a.m.

Women's Volleyball at Henderson State University 11:00 a.m.

Women's Soccer at William Jewell College 1:00 p.m.

Women's Volleyball vs Southern Arkansas University in Arkadelphia, Ark. 3:00 p.m.

September 9th

Women's Soccer at Upper Iowa University 12:00 p.m.

Men's Golf at Nebraska-Kearney Fall Invitational

September 10th

Men's Golf at Nebraska-Kearney Fall Invitational

September 12th

Women's Soccer vs Dallas Baptist University 4:00 p.m.

Live Stats

September 13th **WVB** at East Central University

1:00 p.m.

WVB vs Northwestern Oklahoma State University in Ada, Okla.

5:00 p.m.

Women's Tennis at Midwestern State Invitational

September 14th

Women's Tennis at Midwestern State Invitation-

Women's Volleball vs Southern Nazarene University in Durant, Okla.

1:00 p.m.

Football vs Pittsburg State University

Women's Volleyball at Southeastern Oklahoma **State University** 7:00 p.m.

September 15

Women's Soccer vs Texas Woman's University 1:00 p.m.

Live Stats

Women's Golf at Concordia University Invitational

September 16th

Women's Golf at Concordia University Invitational

Men's Golf at University of Indianapolis

Septemeber 17th

Men's Golf at University of Indianapolis Women's Volleyball vs Pittsburg State University Mania State W

7:00 p.m.

Live Stats

September 20th

Women's Soccer at Missouri Southern State

University 6:00 p.m.

Women's Volleyball at Fort Hays State University

7:00 p.m.

Women's Tennisvs ITA Central Regional Championship in Springfield, Mo.

Schedule provided by Bronchosports.com

240006

SHOW WORK

- STANKEY

Women's Basketball 2013

Tarrington Oakes



Photo by Aliki Dyer, The Vista

Player Profile:

#4 Tarrington Oakes

Position: Guard Height: 5'7"

Class: Redshirted Junior

Hometown: Midwest City, Okla.

High School: Midwest City

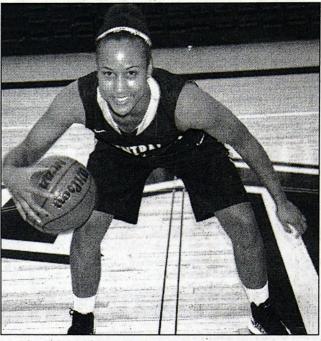


Photo by Aliki Dyer, The Vista

Exclusive Interview:

How do you guys feel about the upcoming season?

"I think we will do well this season. We have a couple new girls coming in that are supposed to help a lot. As far as with the new girls and with the old girls I feel like we bond a lot, like our chemistry is really well, on and off the court. So I think that is what is going to be our biggest up on everyone."

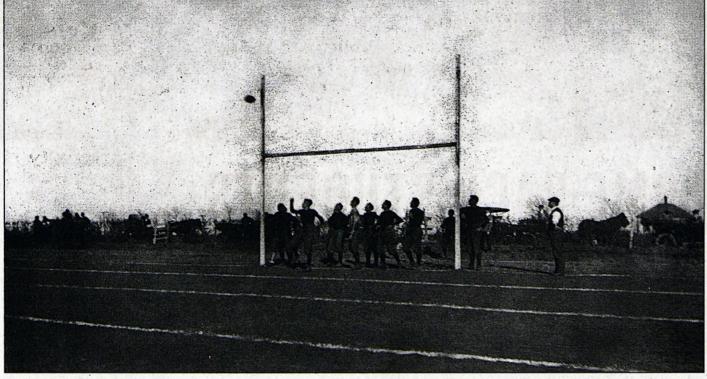
What have you been working on in the off-season?

"We do a lot of pick-up games as far as against each other and with each other. Chemistry as well, that helps a lot hanging out with each other. And lifting."

How do you feel about last year?

"I feel like we struggled a little bit last season, a lot with rebounding. Actually I think that's what hurt us a lot, and injuries as well. We have had a lot of injuries the past three years that I've been here, but we have learned a lot from it. We have learned just to stay together as a team and chemistry."

UCO FOOTBALL: THE PAST AND THE PRESENT



A group of UCO football players participates in a practice on the football field in 1908. At that time, the **Univesity of Central** Oklahoma was named the Central State Normal School.

Photo provided by UCO Archives.

147.00

Wantland Stadium now serves as UCO's football field. Wantland Stadium also serves as the home field for all three of Edmond's high schools.

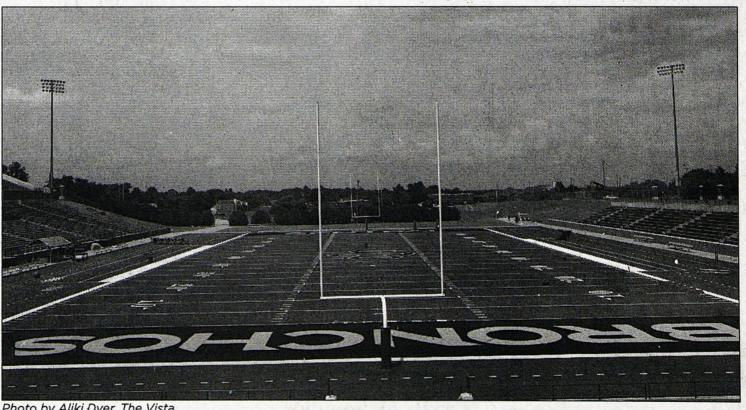


Photo by Aliki Dyer, The Vista.

Central Oklahoma Hockey 2013

Shane Khalaf

Player Profile:



Photo by Aliki Dyer, The Vista

#17 Shane Khalaf
Position: Forward
Height: 5'9"
Weight: 180 lbs

Class: Sophomore

Hometown: Tulsa, Okla.



Photo by Aliki Dyer, The Vista

2012 Statistics:

- 10 points scored
- 14 assists
- 24 total points
- 3rd highest scorer for UCO

Exclusive Interview:

What are your expectations for the team this year?

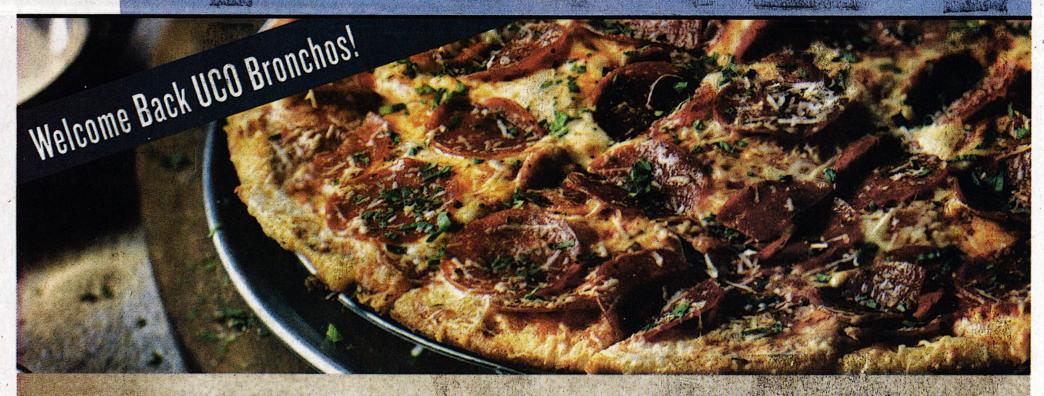
"I mean think for us to be a top ten team and go to nationals and see what we can do from there, but definitely be a top ten team."

What does the team need to improve upon to reach their goals this year?

"We need to be better in the defensive zone. We lost some games because we just got lazy in the d-zone and focusing too much on scoring goals when either a guy missing his man or a defensive assignment that's really what hurt us in close games like 3-2, 4-3 games. We lost a few of those that we shouldn't have."

Do you have a young team this year?

"Yeah we have a quite a bit of returners, last year we only had one senior. This year we're going to have about I think seven or eight seniors and then we have 12 incoming freshmen I think 12 or 13 incoming freshmen. And then we also lost four or five freshmen that aren't coming back now so it's uh it's a lot of turnover but I think for the most part yeah we have a young team. Next year after I'm gone they're gonna keep rebuilding and they'll eventually have the team they want, yeah I'd classify us as a pretty young team."



WELCOME BACK STUDENTS

Come check out our new After School and Late Night Specials!

AFTER SCHOOL & LATE NIGHT SPECIALS

Daily 3pm to 7pm and 10pm to Close

PUB PIZZAS

\$3.00 One-topping \$4.00 Two-topping

3 SICILIAN PEPPERONI ROLLS™ FOR \$3.00

5 WINGS FOR \$3.00

Sauces: Original Buffalo, Firehouse, Sweet Thai Chili or Applewood BBQ;
Dry Rub: Jamaican Jerk; Oven Roasted: Applewood Spice.

Additional wings 60¢ each

DOMESTIC BEER SPECIALS

\$2.25 PINTS \$3.50 25 OZ. MUGS

Bud Light, Miller Lite, Coors Light, Bricktown Brewery's Remington Red & Seasonal

WORLD BEER TOUR® WEDNESDAY

PINT NIGHT - 6pm to 9pm

Glassware giveaway subject
to availability





Get a \$199.99 Samsung Galaxy Note® 8.0 tablet with the purchase of a Samsung Galaxy S® 4 Active™

> This school year, get organized, plan study groups, and share notes with new devices from AT&T

consider and are with one dealers of



Special offer with qualified Samsung Galaxy S⁻ 4 Active[™] purchase.

SAMSUNG GALAXY NOTE® 8.0 TABLET

SAMSUNG GALAXYS" 4 ACTIVE

1.866.MOBILITY

Ramingrammed & Sensonal

ATT.COM/Wireless

Visit a Store

Rethink Possible

AT&T is a Proud Sponsor of University of Central Oklahoma Athletics.

\$199.99 Samsung Galaxy Note 8.0 price includes \$100 off the non-commitment price – and for a limited time an additional \$200 off with purchase of Samsung Galaxy \$4 Active. Tablet pricing subject to change at any time. Add't \$200 off offer expires 9/12/13, While promotional supplies last: Requires new 2-yr wireless agreement and qualified minimum monthly plan on each device. Two-tablet purchase limit. If one device is returned within 14 days of bundled purchase, you will be charged difference between the discounted and nondiscounted price for device not returned. Equip. price & avail may vary by mkt & may not be available from all independent retailers. 2-yr Wireless Customer Agreement Terms: Subject to Wireless Customer Agreement Terms: Subject to

Central Oklahoma Soccer 2013

Jordan Hutchison



Photo by Aliki Dyer, The Vista

Player Profile:

#5 Jordan Hutchison
Position: FullBack

Height: 5'3"
Class: Senior

Hometown: Edmond, Okla.
High School: North

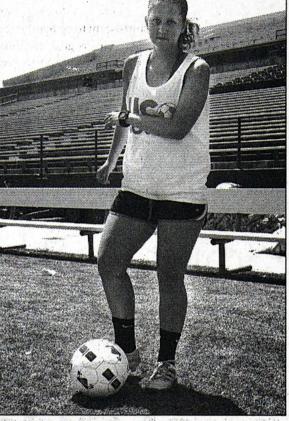


Photo by Aliki Dyer, The Vista

Exclusive Interview:

What tough games are you expecting this season?

"Central Missouri is always a tough one. I don't know, it changes year to year. Dallas Baptist is always, they have been getting better and better."

How did your last season go?

"It was a tough season. It was good. The group that was lasts years seniors were the group I came in with so I enjoyed playing with them one last time because a lot of those girls I've played with since I was young. i thought we did really well. It was a tough lost that last one. I thought we could have gone a lot further than we did. We made it to the second round of the NCAA tournament."

What have you guys been focusing on?

"Mostly positions, learning what we need to do and just fitness. Fitness is always the big thing with our coach."

Central Oklahoma Volleyball 2013

Tate Hardaker



Photo by Aliki Dyer, The Vista

Player Profile:

#21 Tate Hardaker

Position: Libero

Height: 5'9"

Class: Senior

Hometown: Edmond, Okla.
High School: Santa Fe

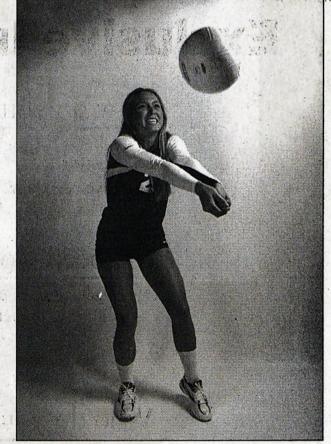


Photo by Aliki Dyer, The Vista

Exclusive Interview:

How is the new coach fitting in?

"I love him! I mean I loved my first coach obviously because I signed with him initially, but I love Edgar. He is great. He is so smart that it is scary sometimes. It's intimidating. But he knows his stuff."

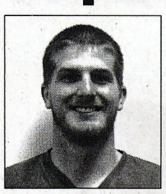
Do you have a young team this year?

"I'm the only senior on the team. I think we have maybe like six or seven freshman. We only have five returning players and then the rest are transfers or freshman."

What have you been improving upon as a team this summer?

"All the girls have been doing weights and cardio all summer long. August 1st all the girls moved here and we started practicing voluntary by ourselves for two weeks. So we have already gotten to know each other a little bit."

Sports Decoded: A dying breed



Cody Johnson

Sports Editor

With coffee shops popping up all over this state. Skinny Jeans and hipster glasses can be seen more often.

If it isn't just the skaters and hipsters, more and more guys are dressing like "fratstars", sporting polos and boat shoes. Now a fashion trend of well dressed guys

have swept across the sooner state.

Men in trousers and button-up shirts seem to be in every class you have. This is great for those business men, wanting to seek their fortune in the business world. But what of your stereo typical male American athlete? Where did he

The guy who wore athletic shorts and his favorite t-shirt to class every day of high school is becoming rarer and rarer to find.

Why is this? What are the implicaitons?

These men stood for the backbone of America. The men who worked hard and put the bread on the table. The men who weren't scared to get their hands dirty.

The men who were loyal to their team and to their families. They were loyal to how they were raised, feared God, and weren't

afraid to say it.

Sure, they were rough on the outside but they were the most honest men you could find.

They would have your back in a fight, even when you were in the wrong. They didn't question your loyalty and you never questioned

These men are now becoming as rare as the lynx. Evidence remains of their existence but few have survived.

Society has changed, otherwise the men would not have. Society has become soft, and now as a result, the men have also. Men have conformed to what

women want, soft men that will go shopping, gossip, and talk fashion with them. This is what we have become.

Take a look around the next time you go to a restaurant or a store.

You will likely find guys who are more or equally as dressed as their women. You might find a few men who are gym rats, taking supplements and spending hours a day to achieve the body of a god. But where are your men who are truly men in the real sense?

The men who's idea of dressing up is jeans and a nice shirt, not a suit. The men women have to try to tame. The men whose muscles are built upon the sweat of his brow doing real work, not in some air conditioned gym and with chemical supplements.

Show me the guy who orders his steak rare and his beer dark. The guy who doesn't shave below his neck and I will say he is truly

It takes all types to make the world go 'round, but men should be men. So cheers to all you men out there who are still men. Here are some words of wisdom:

- Building walls makes you strong. Defending them makes you even stronger.
- Facial hair should be full, thick and square. If you have to trim it then you probably can't grow it.
- Skim Milk avoid it at all



Central Oklahoma Wrestling 2013 Cody Dauphin Cory Dauphin



Photo by Aliki Dyer, The Vista

Player Profile:

Cory Dauphin Cody Dauphin

Hometown: El Reno, Okla.

High School: El Reno

Height: 5'8" Height: 5'10". Weight: 149-157 lbs Weight: Heavy Weight

Class: Senior Class: Senior

Hometown: El Reno, Okla

High School: El Reno



Photo by Aliki Dyer, The Vista

How do you feel about last season?

Cory - "As a team we could have done better. We had a few slip ups, a few little mistakes that are easily corrected. I think we are gonna correct them this year. We came together pretty well, actually probably the best since I have been here. We came together as a team last year."

What have you been working on to improve from last season?

Cody - "Just trying to get some shape because I had a shoulder surgery so I can't really wrestle yet. I can't get back on the mat and start drilling until October."

Who do you expect to face this upcoming season?

Cody - "There will be a couple guys, Orlando Scales from Notre Dame and then the guy who beat me last year ended up getting fourth. There will be a couple tough guys."

As a team, what do you expect this season?

Cody - "I expect us to win it. We can't accept anything less. This is gonna be one of the best chances we have, we have a lot of studs coming back and a lot of studs coming in this year."

How do you feel about last season?

Cody - "I was happy with it but I don't think we have reached our max point. We got fourth and I think we should have been top two and we might have one it if we all rushed to our top abilities."

Cory - "We graduated three kids and so pretty much we are all coming back so I feel like we have a pretty good chance this year. There are a few guys who made, like Cody said, a few little simple mistake. And I think that if they can correct them that we should have a few national champions."

Central Oklahoma Football 2013 Joshua Birmingham

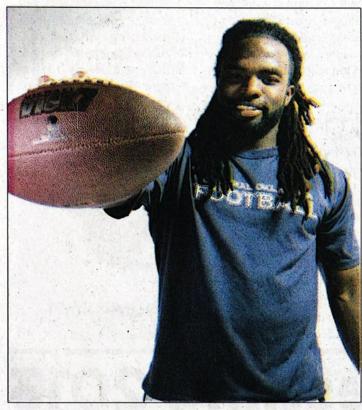


Photo by Aliki Dyer, The Vista

Player Profile:

#21 Joshua Birmingham

Position: Running Back

Height: 5'9"
Weight: 205 lbs

Class: Senior

Hometown: Luther, Okla.

High School: Luther

2012 Statistics:

- Rushed for 1,073 and 13 touchdowns
 on 188 carries (5.7/carry)
- 27 receptions for 271 yards
 (10.0/catch) and one touchdown
- 15 kickoff returns for 424 yards
 (28.3/return) and one touchdown

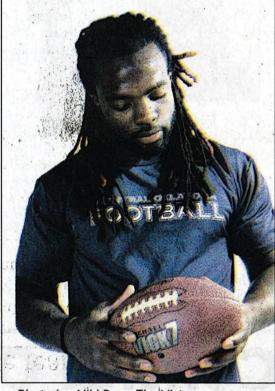


Photo by Aliki Dyer, The Vista

Exclusive Interview:

How do you guys feel about the upcoming season?

"So far we are feeling pretty good, we like how the first day went and we are confident in the new guys. They are catching on pretty fast and everybody is taking good reps, quality reps, mental reps, so for the first part everybody is feeling pretty good about it."

What have you guys been focusing on?

"We have just been focusing on the same things. The little things like finishing and bursting after the play, the defense swarming to the ball after every snap, over exaggerate ball security, catching the ball. Just those types of things, we have been focusing on."

How do you feel about last year?

"I felt good about last year, but it felt pretty fast. Last year was a whole new different face to the program and new coaches. Everybody was trying to figure out coaches, you know, even throughout the season but now we have a lot better feel on the coaches this year. We feel really comfortable even though we feel we have been around them for more than just a year. So we feel really comfortable this year."

The MIAA polls ranked you guys lower than expected, what are you guys doing to make it a good season?

"It is what it is. They put us there because we are 2-8 and they have every right to put us there. That should make us want to strive to be better and do things the right way and shock people and I don't think people know what is coming their way because we have a lot of talent on the team. Only if we execute it the right way then we will upset almost every team."

How are the new guys doing coming into the team?

"They're impressing me. I like their attitudes. I like their demeanor they bring to the team. Most of the guys they brought in are pretty stinkin good, they can really get after that ball, especially defensively. They brought a lot of defensive guys in and those guys are mean and that is what we really need so I like them a lot. The offensive guys are freshman. They are pretty mature at an early age already so that's a good thing."

Fall 2013 Season Schedule

Date	Opponent	Location	Time	
9/5/2013	Missouri Southern State University	Joplin, Mo.	6:00 p.m.	
9/14/2013	Pittsburg State University	Edmond, Okla.	6:00 p.m.	
9/21/2013	Emporia State University	Edmond, Okla.	6:00 p.m.	
9/28/2013	Washburn University (MIAA TV Game)	Topeka, Kan.	2:37 p.m.	
10/5/2013	Missouri Western State University	Edmond, Okla.	6:00 p.m.	
10/12/2013	Northwest Missouri State University	Maryville, Mo.	1:00 p.m.	
10/19/2013	University of Central Missouri	Edmond, Okla.	1:00 p.m.	
11/2/2013	Lincoln University (Homecoming)	Edmone, Okla.	2:00 p.m.	
11/9/2013	Southwest Baptist University	Bolivar, Mo.	1:00 p.m.	
11/16/2013	Northeastern State University	Tahlequah, Okla.	1:00 p.m.	

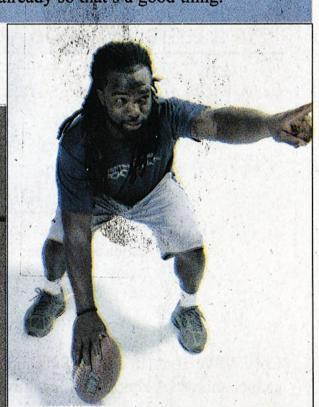


Photo by Aliki Dyer, The Vista

