



UCO Partners With YMCA for Growing Benefits

Natalie Cartwright

Staff Writer

The University of Central Oklahoma has partnered with the Edmond YMCA to provide a community garden this spring, offering students, faculty and staff, the opportunity to grow their own produce.

"By growing our own produce, we can bring forth healthier, more organic foods at a lesser expense," said Sustainability Coordi-

nator for UCO Tim Tillman.

A community garden, defined by Tillman, is an area set-aside for members of the community to grow their own food.

The garden, which is located on the east side of the YMCA off Rankin Street in Edmond, is a quarter of an acre in size and holds approximately 10 beds, measuring 10 feet by five feet, Tillman said.



The community garden is located on the east side of the YMCA off Rankin Street in Edmond. Photo by Brooks Nickell, The Vista.

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Enrollment Rates Drop While Students Increase Courseload

Tyler Talley

Staff Writer

University of Central Oklahoma enrollment rates are down roughly one percent this semester, following a record setting enrollment rate in spring of 2013.

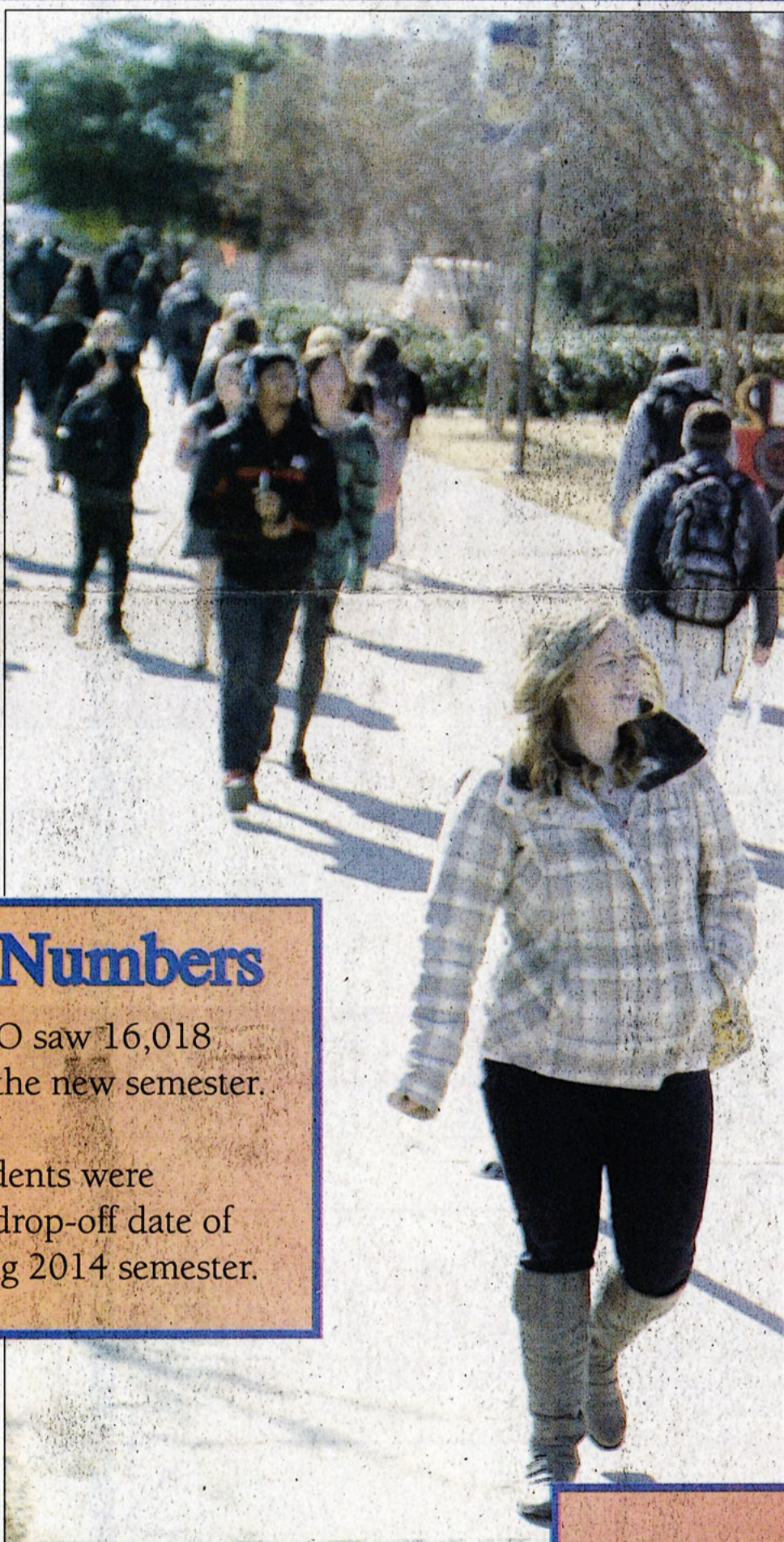
Dr. Myron Pope serves as Central's Vice President for Enrollment Management, as well as the Interim Vice President of Student Affairs. His responsibilities include heading up UCO's efforts in recruiting students and seeing that they receive an effective enrollment experience while they earn their degree at the university.

"We had a record number last spring," Pope said. "That record was about 16,000 some odd students."

In the spring of 2013, UCO saw exactly 16,018 students enroll for the new semester. This semester, exactly 15,844 students were enrolled before the drop-off date of Jan. 24.

Pope said that while the numbers may ultimately come up short, they will be close to the record breaking numbers of the spring 2013 semester. He went on to say that while the overall headcount is down, the students that are here are taking more credit hours.

"Let's say you have ten students. Those ten students took ten hours each. That's 100 credit hours. However, this year, you only have eight students who are taking 15 hours. Eight times



taking classes at OCCC or Rose. Maybe this semester they are finding more hours here or perhaps more students are finding more money, take additional classes here."

Pope expanded on this by highlighting the service that UCO provides students with unique needs and come from less than ideal financial situations.

"We understand that we fit a very unique niche in terms of higher education in the state of Oklahoma," Pope said. "Being here in the metro, I think up to 50 percent of our students are first generation. Many of our students are low income. Many of our students are independent students. They don't have their parents' support, and if they don't have access to higher education here, they are more than likely not going to have it all. We feel like we need to do everything possible to make students successful."

Pope went on to detail the various ways his office goes about encouraging students to enroll. These methods include sending emails to students that have not enrolled for the upcoming semester, reminding them of the impending deadlines to do so, as well as offering financial assistance to students who may be in tricky financial situations or have outstanding balances.

"From our perspective, we want students to graduate. And if there is a student who can't get enrolled and are fairly close to being able to enroll based upon their outstanding balance, we try to help them out," Pope said.

Concerning the lower enrollment rate, Pope once again said that a variety of reasons could be given that is out of the university's control, such as the death of a loved one, an overwhelmingly busy schedule, or transferring to another university. He then said that if a student leaves, due to an issue within the control of the university, his office will work with said student and do its best to access the situation.

"If it's something related to UCO in terms of the student not being able to afford UCO or just not feeling like they were supported while they were here, those are things control," Pope said. "If those are the variable that impacted the student's decision, we try and work with the student to get them back and overcome that."

"This is a great place to be, but sometimes things happen, and if there are things that occur or things that we can control, let's try to mitigate those things," said Pope.

Pope concluded by saying that regardless of

Enrollment Numbers

- In Spring 2013 UCO saw 16,018 students enroll for the new semester.
- Exactly 15,844 students were enrolled before the drop-off date of Jan. 24 for the spring 2014 semester.

15. That's 120. That's why you see that difference between headcount percentage versus credit hour percentage," Pope said.

Pope then said the estimated total credit hours of all students currently enrolled at UCO this semester was about 177,000 credit hours. He said a variety of reasons could be provided as to why students are now enrolling in more classes.

"We are seeing many students who are moving from institution to institution in terms of taking students. It is something that I believe is a product of connivance," Pope said. "Some students are seeing they are living in Oklahoma City and they try and take as many classes, but they're working to fit something into their schedule. Maybe they are

What is the difference between enrollment numbers and credit hours taken?

"Let's say you have ten students. Those ten students took ten hours each. That's 100 credit hours. However, this year, you only have eight students who are taking 15 hours. Eight times 15. That's 120. That's why you see that difference between headcount percentage versus credit hour percentage."

Dr. Myron Pope
(Vice President for Enrollment Management)

"We had a record number last spring. That record was about 16,000 some odd students."

Dr. Myron Pope
(Vice President for Enrollment Management)

whether enrollment numbers are down, his office's job boils down to making sure that students that remain at Central have a successful experience, and that students that have left and may return to finish their studies at the university may be successful, as well.

"We have a responsibility to the state to creating a well-educated citizenry," Pope said. "We are constantly thinking of ways that we can change to make students more successful."

Students walk to and from class in the cold on Jan. 29, 2014. Dr. Myron Pope said that while the overall head count is down, the students that are here are taking more credit hours. Photo by Ailiki Dyer, The Vista.

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.

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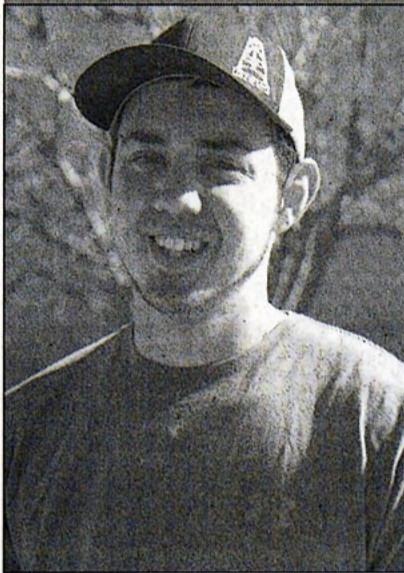
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CAMPUS QUOTES

Did you watch the State of the Union Address? Why or why not?

TANNER GORE

Industrial Safety - Freshman



"No, I did not, actually. I was at work."

ELLEN BOARMAN

Biology - Sophomore



"No, I was at work."

SEREENA SPENCER

Political Science - Freshman



"I saw it come on, but I didn't watch it because I had to go somewhere."

KELLYN EADDY

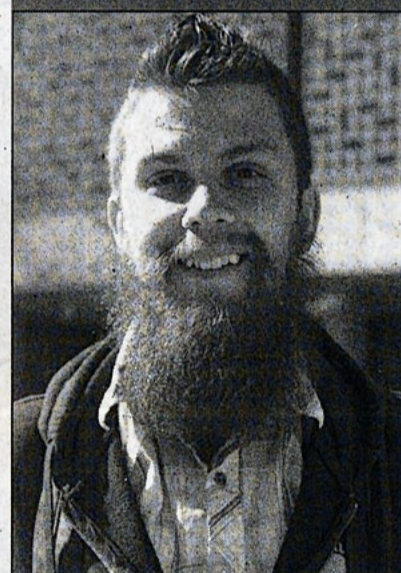
Creative Writing - Sophomore



"No, because I didn't know it was on."

JAMES TURNBOW

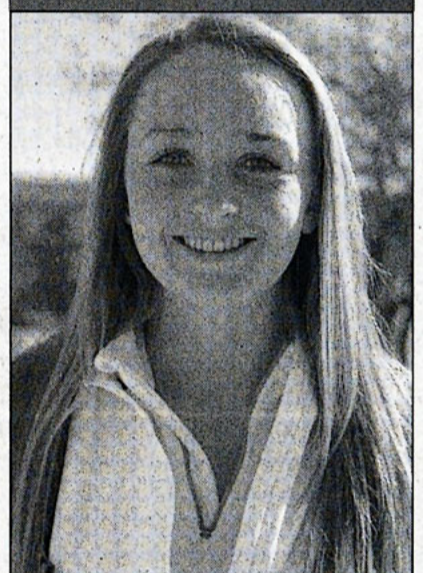
Strategic Communications - Junior



"No, I did not. This is 'Murica and I have the right not to."

ANGEL GORDON

Early Childhood Education - Freshman



"No, honestly, I didn't know it was going on."

Netflix Conflicts

Editorial by: Sarah Neese (Editor-in-Chief)

There are 33.1 million Netflix subscribers in the U.S. This means that there is a high chance you or someone you know watches Netflix on a regular basis.

Netflix made an announcement at the beginning of this year, saying that specific licensing contracts for popular movies such as "Titanic," "Top Gun," "Braveheart" and "Flashdance" had expired, making them unavailable for instant streaming.

However, according to CNN.com, Netflix has added a number of classic films now available for streaming.

This list includes films like "American Psycho (2000)," "West Side Story (1961)," "Breakfast at Tiffany's (1961)," "Red Dawn (1984)," "Ghost (1990)" and "Good Burger (1997)."

There's no doubt that these movies are a great addition to the Netflix family. In my opinion, some of these movies should be a mandatory view for true movie lovers.

But, let's take a second to really contemplate our losses and gains.

We gained classics with Audrey Hepburn, Christian Bale and two Patrick Swayze films.

On the other hand, we lost so much.

The classic scene, debated among the masses, on whether two people really could have fit on that piece of furniture in the middle of the freezing ocean, from "Titanic" will no longer instantly stream to the televisions of faithful Netflix-lovers.

The power-packed scenes, complimented with "Danger Zone" in the background, between Goose and Maverick will be missed.

Who won't miss the watery silhouette scene from "Flashdance" or even the two-faced warrior makeup of William Wallace in "Braveheart?"

I must say that I watch Netflix almost religiously. However, due to the lack of excitable selection from Netflix's instant streaming movie list, I tend to stick with watching television shows during my regular Netflix time.

Though I'm quite pleased that new classics have been added to the ever-growing selection, I'm also quite disappointed that movies that I'd actually like to watch in my down time keep getting the boot.

If only there was some other way I could watch the epic movies I love from the comfort of my couch.

Oh wait...

CAMPUS CARTOON

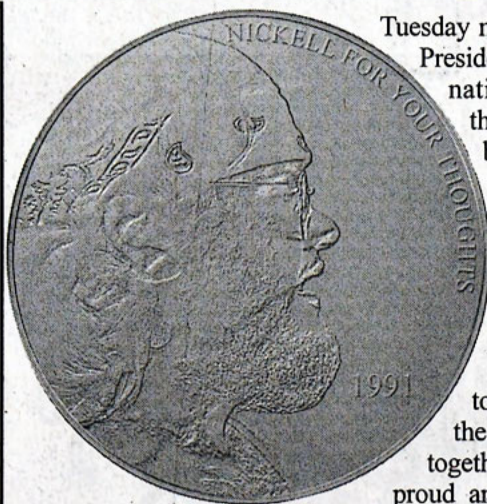


Cartoon by Evan Oldham

Opinion

STATE OF THE UNION, STATE OF THE NATION

By Brooks Nickell



Tuesday night, Jan. 28, the President of our mighty nation addressed the public. From behind a pulpit, a lectern, or call it a podium, Barack Obama touched on issues that concerned the religious, the educators, the speakers, the indifferent and together as a whole the proud and diverse populace of the United States of America. He also spoke straight to the heart of once great American ideals that have since faded into bipartisan agendas, ignorance and fear. He opened his speech with strong words that would shock the core of any voting citizen. "Mr. Speaker, Mr. Vice President, Members of Congress, my fellow Americans: Today in America, a teacher spent extra time with a student who needed it, and did her part to lift America's graduation rate to its highest level in more than three decades. An entrepreneur flipped on the lights in her tech startup, and did her part to add to the more than eight million new jobs our businesses have created over the past four years. An auto worker fine-tuned some of the best,

most fuel-efficient cars in the world, and did his part to help America wean itself off foreign oil. A farmer prepared for the spring after the strongest five-year stretch of farm exports in our history. A rural doctor gave a young child the first prescription to treat asthma that his mother could afford. A man took the bus home from the graveyard shift, bone-tired but dreaming big dreams for his son. And in tight-knit communities across America, fathers and mothers will tuck in their kids, put an arm around their spouse, remember fallen comrades, and give thanks for being home from a war that, after twelve long years, is finally coming to an end." The last sentence there really strikes a cord. See, I would agree with giving thanks to the end of a long and senseless war, we can argue the merits later. But, when you pose the question to a rather large selection of college students, who caught the state of the union address last night? And, not a single one can honestly say they tuned in. Well, you start to see this picture. There's this ugly and curled film of multiple generations who couldn't even tell you the true reason you took a bullet in the arm for them if they wanted to. I can't imagine the atrocities one experiences on a personal level in war. I have friends that have went and returned. Some of them share and some don't, but regardless of the stories and emotions I catch second hand, I lack an understanding of that experience. And then, I think about coming home to a nation I've given so much to as a soldier, only to see a brainwashed population that cares more about the Grammys than tax breaks for companies to bring jobs back to the states. If I stuck my neck out and

took shrapnel for you, I'd want, even expect, you to damn well be informed. Look, I'm not here to argue politics. That's a fool's game. I'm not going to change your mind any and I'm sure you won't change mine. But, one thing we can all agree on is that there are major social, global and economic injustices that are currently affecting us all. Not just the out-of-sight out-of-mind poor and hungry, but all of us. If you can vote, you should. If you can inform yourself by sacrificing 40 minuets to listen to our leaders than why not do it? I'm telling you Obama has allot more to say than Justine Bieber. In my opinion, which strangely coincides with logical lessons from father, there are two rights we must exercise as voting Americans, rights that First, we must vote and then we must challenge those elected and hold them to the highest possible standard. For us to do that we have to remain informed. We have to search out and digest multiple news sources, not just occasionally drop in on the one that targets our ideological demograph-ic. If you argument is that you're too small to make a difference and that your vote doesn't count, so why vote? Let me leave you with this: "Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting." -Franklin D. Roosevelt-

Follow me on Twitter @JbrooksNickell

New Efforts for Healthy Dining on Campus

Rachel Brocklehurst

Staff Writer

Healthy eating is a common trend that has a global significance. Eating healthy can help prevent high blood pressure, type 2 diabetes, and a majority of heart diseases. The University of Central Oklahoma offers healthy options to choose from, versus pizza and cheeseburgers. Graduate Assistant of the Peer Health Leadership Program Dani Shafer has worked at UCO for about a year now. She is finishing up her master's as a Wellness Management-Exercise Science major. "Aside from maintaining a healthy weight, you also have the fact that you're getting your daily amount of minerals and vitamins and nutrients," said Shafer. Shafer would suggest to not just picking a diet randomly. "Try to make it a lifestyle and do so by making small changes," said

Shafer. "If someone has a sandwich with chips every day for lunch, maybe just substitute carrots instead of the chips." Along with substitution, people can consider looking at healthier options for cooking, as opposed to using oils in your recipes. "I would suggest a balance of strength training, cardiovascular training, and flexibility, as well," said Shafer. "If your goal is to mostly lose weight, you might want to up your cardio a little bit, but strengthening is very important for weight loss, as well." "I'm a yoga instructor, so I love all sorts of yoga as well as strength training," said Shafer.



Executive Chef of Resident Dining Chris Barton has been at UCO for five years now. He started cooking 32 years ago. "Maybe not so much the food

court, where it's a brand name operation, but in Legends and in Buddy's, we've got a full salad bar, as well as whole fruits and a number of different salads that are healthy options," said Barton. For every location, they try to make sure there's a fresh vegetable and vegetarian option. "The food court operates on demand, so if student demand is higher for one particular item, they'll continue to produce that item," said Barton. "They're obligated to some extent to change the usage." For instance, if there's a lot of request for vegetarian, then they're obligated to go that direction. "We're trying to get our UCO website and the dining on campus website to marry each other in such

a fashion as so a student can go on and see what the menu options are for the day and, at least in resident dining, we'd like to try to do that all over campus," said Barton. It will also allow the student to look at the nutritional information of the items that they have. "It's something that we're pushing at really hard, in particular for students with allergens and vegetarians and stuff like that," said Barton. "We're trying to produce things in such a manner as to, not only give them the food that they want, but also produce it in such a way that they're not quite as bad." For the website, it's a marriage between UCO and Chartwells. "They really are good partners in this effort. I think both between UCO and the marketing material that we need to collect to get together, we're hoping by the end of the semester," said Barton. The photo shows fresh vegetables at a local super market. Photo by Quang Pho, The Vista.

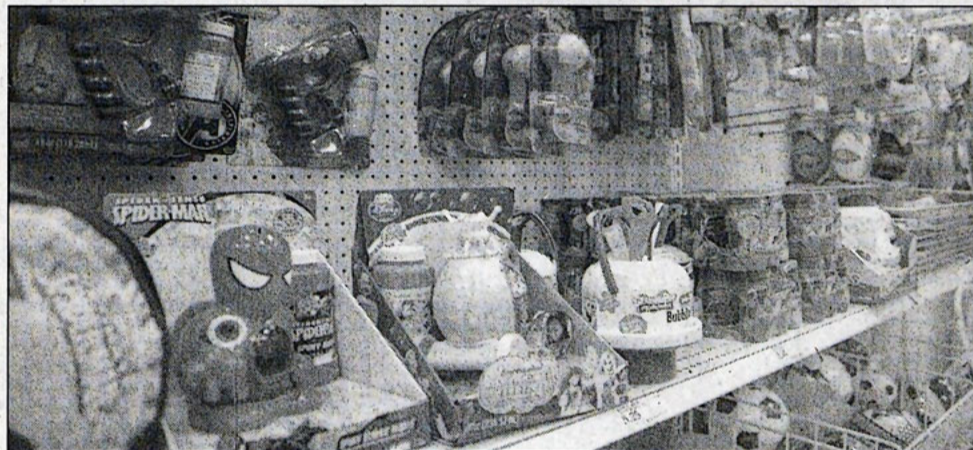
Toys for Tots Success

Olanrewaju Suleiman

Staff Writer

The Central Student Veterans of America partnered with the UCO Police Department to sponsor their annual Toys for Tots campaign. The campaign was meant as a way to collect toys, which would then be given to children for Christmas. The event began on Nov. 2, 2013 at the Homecoming football game and ended on

Dec 11, 2013. Members of the Central community were encouraged to bring new and unwrapped toys to donation boxes located across campus. Locations included the Max Chambers Library, Buddy's Cafeteria, the Hamilton Field House and the Center for Transformative Learning. The campaign was a success and the Student Veterans of America and UCO Police Department were able to collect 300 Christmas toys for children.



Toys, like the ones above, were donated for the Toys of Tots campaign during the Christmas season. Photo by Cyn Sheng Ling, The Vista.

The Toys for Tots campaign was started as a membership activity for the University of Central Oklahoma Veterans. Administrative Assistant for the Center for Excellence in Transformative Teaching and Learning, Aviva Krause, is the vice president of the UCO Veterans. "This is a military run program," said Krause. The UCO Police Department wanted to be a part of the campaign, as well. So, the SVA made it a joint effort. "We worked on it together," Krause said. The toys went to children in the local community. People signed up on the Toys for Tots website to receive the toys. Allison Williams, a sophomore biology major, saw donation boxes in Howell Hall. "I had my biology class every afternoon and saw the boxes in the building," she said.

Williams contributed to the campaign. "I was already doing the Presidents Club Christmas Party, so I thought, why not give a few more toys," she said. Williams donated toys because she wanted children to be able to have a happy Christmas. "Christmas is all about giving," she said. "If buying a Barbie Doll or Hot Wheels will make a kid happy, then it's worth it for me." Krause asserts that the program will continue for the 2014 holiday season, as well. "We plan on doing it again," she said. They will also partner again with the UCO Police Department. For more information about the Central Toys for Tots campaign, contact Aviva Krause at 405-974-5570 or by emailing kkrause2@uco.edu.

One-Person Opera



Top Left: The Faculty Artist Concert Series took place on Jan. 28 at the UCO Jazz Lab. Photo by Alike Dyer, The Vista.

Left: Robert Glaubitz sang at the Faculty Artist Concert on Jan. 28 at the UCO Jazz Lab. Photo by Alike Dyer, The Vista.

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UCO and the YMCA's Community Garden, A Growing Relationship

Continued from page 1

Natalie Cartwright

Staff Writer

Anyone can sign the agreement to maintain a one-year plot in the garden. Once all of the beds are taken, a waiting list will be made.

Any plot not maintained will be forfeited to the next person on the waiting list.

"A portion of the produce harvested will be donated to the Central Pantry at UCO, which is in desperate need of fresh vegetables," Till-

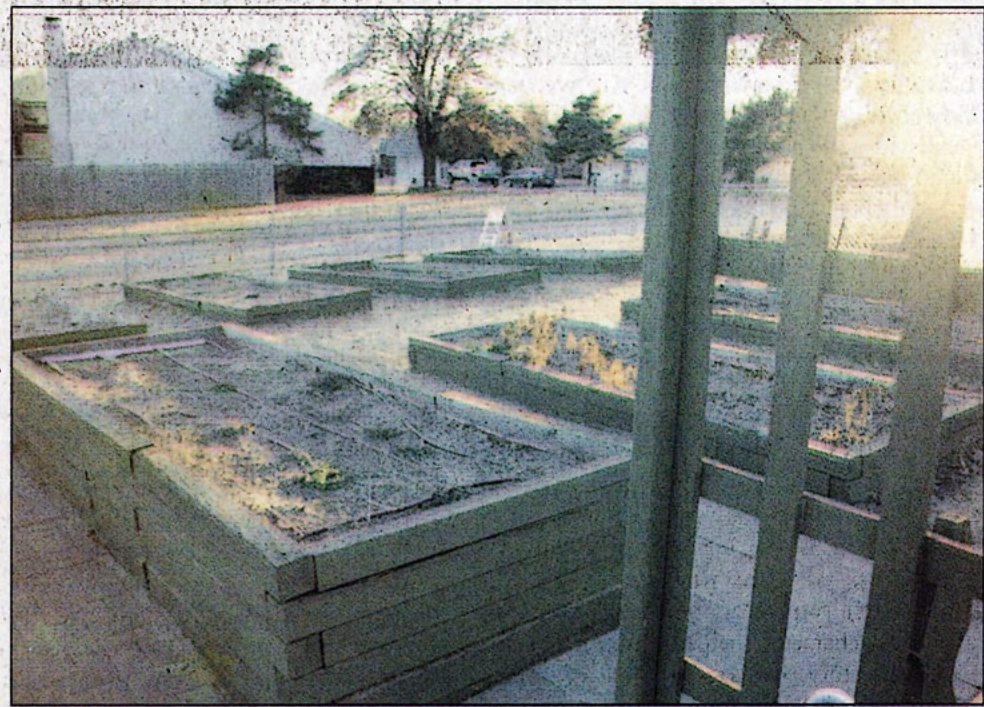
man said.

UCO's Central Pantry acts as a food bank for students, faculty and staff.

Former YMCA employee, Emily Bounds, ignited the idea for the garden partnership.

She feared the garden, which was formerly used as an educational tool for the youth, would become abandoned this year, due to the lack of manpower and funding.

According to Angela Jones, director of health and wellness initiatives for the YMCA, the garden has been turned over to UCO in order to maintain its purpose and learning



"The garden can provide a really significant to the community in terms of food access and healthy choices," said Tim Tillman, sustainability coordinator for UCO. Photos by Brooks Nickell, The Vista.

component as a teaching garden.

"It's really important to keep the garden alive and to serve the community," Jones said.

Tillman hopes the garden will offer a valuable learning experience to students who have never worked in a garden before.

The garden will also cultivate a research opportunity for the health and nutrition department at UCO.

Members of the international community at UCO are encouraged to sign up for a plot, in hopes that a cultural connection will be made.

"If they have something they were accustomed to in their home country," Tillman said. "I want them to be encouraged to grow and share it

here."

Tillman believes the community garden offers individuals something they can't get from the garden in their own backyard: interaction.

By interacting with and learning from other people, he believes the garden will flourish.

"The garden can provide a really significant benefit to the community in terms of food access and healthy choices," he said.

Planting in the garden will begin early March.

Anyone interested in maintaining a plot can contact Tim Tillman at (405) 974-3526 or Mike Roark, Edmond YMCA executive director, at (405) 290-5080.

Miss Black UCO Hands Over Her Crown

Kanesha Brown

Staff Writer



Photo provided.

On Feb. 8, Miss Black UCO, Jeane Canada, will be giving her crown away to the new winner of the 30th annual Miss Black UCO pageant, hosted by the Office of Diversity and Inclusion.

Canada was previously crowned on Feb. 9, 2013 and has continued to be involved and active on campus.

"I do the same things that I've always done... I'm in the same community services and organizations, but I think those things did help me to get the title," said Canada.

After winning the pageant, Canada said she was awarded a \$1,600 scholarship, a \$300 scholarship from the African American

Alumni Association and a dress allowance to compete in Miss Black Oklahoma.

Since being Miss Black UCO, Canada said she has been a guest speaker at different events and put on her own events that center around her platform about domestic violence awareness.

She has also spoke at the Hope Center and collaborated with YWCA shelter for battered women and children.

Before the Miss Black UCO pageant, she had participated in two others. During her pageant experiences she met 2011 Miss Black UCO winner, Sarah Smith.

"She helped me through... then I realized that I had better reasons to do it, now I do it because I love it," said Canada.

Canada said that she has learned a lot through her experiences, "I've learned to really be aware of my surroundings... because I'm Miss Black UCO and you have to watch the things that you say and do because peo-

ple look up to you," Canada said.

Canada expressed that it has been a great experience and using what she learned before in previous organizations has helped her transition easily.

Canada's advice on running for pageants is to do it for the right reasons.

"Don't do it for money, you do it either because you love pageants or you want to help people and get your voice out there," said Canada.

She also mentioned that promoting domestic violence awareness was one of the most important parts of the experience.

Canada said that she is now retiring from pageants, but she will continue to keep being involved because it's important to her.

Canada's farewell video will be displayed during the pageant that will be held in Constitution Hall of the Nigh University Center at 7 p.m.

Doors will open at 6:30 p.m.

Body Counts and Ratings: Influences of TV Violence

Xavier Jackson

Contributing Writer

Violence on television has been debated for years. Two of the University of Central Oklahoma's own, Director of the Women's Outreach Center Tess Bromme and Philosophy Professor Joshua Spears, discuss violence on TV.

Bromme was raised with many female role models in her family.

"I was raised by a single mother and I saw all the things that she had to struggle through, and what my grandmother had to struggle through, and what my older sister had to struggle through," said Bromme. "I just wanted to make the world better for women, so I don't have to see them struggle anymore."

Currently in pursuit of a Masters of Fine Arts in Creative Writing, Bromme has always been dedicated to pro-woman causes.

Bromme has paid attention to violent images she has seen on TV.

"A lot of the violence that I am seeing is coming in short bursts," said Bromme.

Using his philosophy background, Spears emphasized the importance of stories.

"Humans are shaped by stories, and if humans engross themselves in violent stories, it shapes how we view violence," said Spears.

In his courses, Spears covers ethical theories that talk about violence and virtue ethics.

"The Walking Dead is very violent. I may be a wimp, but I've only been able to make it through two episodes," said Spears.

Another FX series, "American Horror Story: Coven," premiered one of its final episodes last week. This episode continued the increasingly violent trend set by recent episodes.

Head witch Fiona, played by actress Jessica Lange, seemingly met her end this week, ironically axed by her serial killer boyfriend, the Axeman.

Fiona's violent end was just the latest brutal scene in the series.

"There are several scenes in almost all of the episodes where it is either a man attacking the women or women attacking women," said Spears.

Bromme believes that government and

parents' rights groups' vocal opposition to the amount of violence on TV has led to it being produced in more stealthy ways.

"It does seem like all of the violence we see now is split-second, but it's still there. It's still present," said Bromme. "So I wouldn't say that there is an increase, it's just getting more and more ignored by the censor or it's getting ignored by parent groups."

Bromme feels that violent imagery has become prevalent in many different television genres, including music videos.

"The best example that I see is Robin Thicke's 'Blurred Lines,'" said Bromme. "It's very sexually aggressive and women are put into these derogatory animalistic positions in that music video."

Violence against women on TV is something Bromme feels oppresses women in our society.

"If we want equality in the genders, we have to stop putting women down," said Bromme.

Her office and the organization she advises, Women of Many Ethnic Nationalities, have many upcoming events geared towards women, including Safe Love Week.

"That's all about empowering women to love their bodies for themselves," said Bromme.

Spears said that this problem didn't create itself.

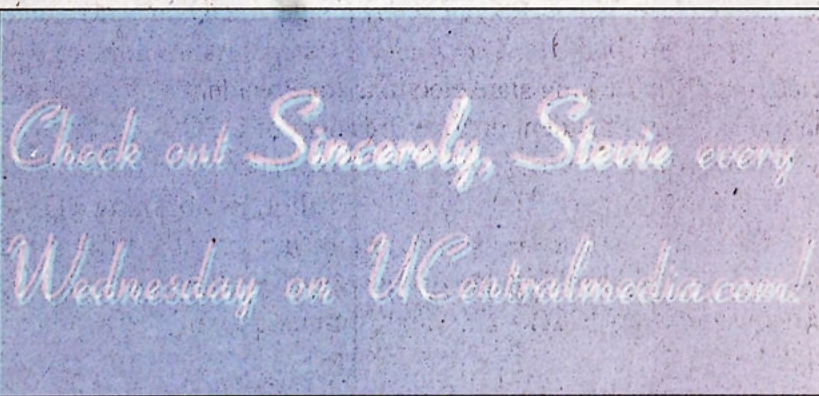
"If there wasn't a demand, the shows wouldn't be made," said Spears.

He feels the best way to combat violent television is to not watch so much.

Spears believe the best advice for the TV producers is to watch Alfred Hitchcock's works.

"Subtle is a glorious thing," said Spears.

Bromme said, "No one deserves to be abused or sexualized if they do not want to be."



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From Edmond to England: ACM branches across the Atlantic

Xavier Jackson
Contributing Writer

The University of Central Oklahoma's Academy of Contemporary Music is heading back to where it all began. ACM@UCO started an exchange program with the Academy of Contemporary Music in Guildford, England, the first academy of its kind.

Nine students are now visiting.

The Centre for Global Competency's Assistant Director Marco Rodriguez was part of the planning behind the trip.

Rodriguez, himself a UCO alumni and former international student, received his bachelor's in International Business and a master's in Adult Education. He has fond memories of his time as an undergrad.

"We are exposed to the American lifestyle. There are so many programs where you can get connected with the on-campus community and off-community. So if you are an international student, you want to experience that lifestyle, that new culture," said Rodriguez. "You want to explore a new culture, so UCO provided the tools and the programs for me to reach those goals."

Rodriguez praised UCO's accommodating faculty as a great asset.

Rodriguez credits his own international experience with teaching him a lot about leadership.

"I was very active while I was a student here at UCO. That exposed me to a lot of leadership opportunities," said Rodriguez.

Rodriguez's appreciation for the international field is what motivated him to pursue it as his career.

He began his career as an intern to the Executive Director.

According to him, a visit from the ACM@Guildford is what set the program in motion.

"We've been working probably about a year or so. ACM@ Guildford came to UCO and we just signed the agreement about a year or so ago," said Rodriguez.

Rodriguez explained that good timing really contributed to the program happening.

"I think we found the right people at the right time. The ACM@Guildford wanted to do this badly and now ACM had new management, so I think everything fell into the right place. All the planets lined up," said Rodriguez. "We knew that we wanted to do something, but I think the ACM@Guildford coming to UCO and our ACM people meeting them, I think that sparked an interest. So, we pursued an agreement."

Rodriguez said that there are similar trips to come. "This is the first time, but we're hoping to send every semester a group of ACM students to Guildford," said Rodriguez.

Next for the Centre for Global Competency and UCO's ACM, is for students studying at Guildford's ACM to come here for visits.

Students currently in the program are experiencing learning in and outside the classroom, said Rodriguez.

"They are having a lot of field trips. They are going to concerts. They are meeting musicians. They're all playing in concerts," said Rodriguez.

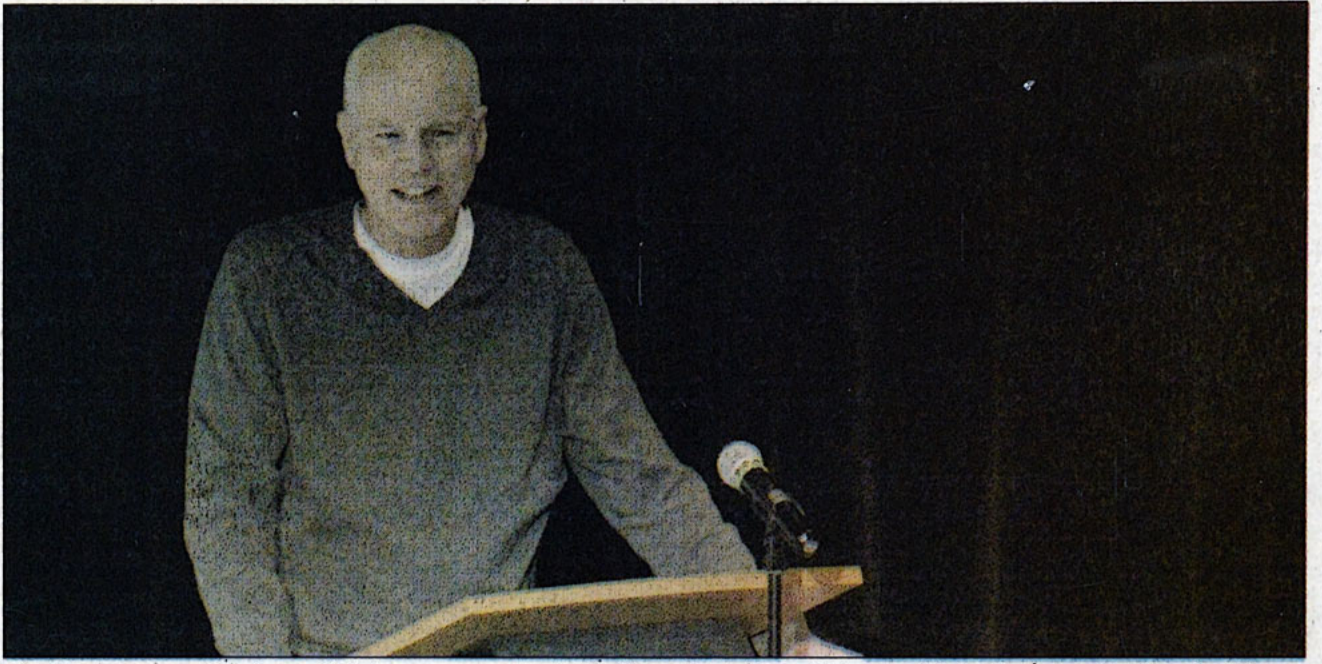
The students are being exposed to both the culture and music of Guildford and it is beginning to influence their work.

"Right now, they are getting motivated to try new things," said Rodriguez.

The biggest things Rodriguez hopes for the students visiting Guildford to take away, is getting to know themselves better and gaining flexibility.

Rodriguez said, "This experience has a lifetime impact on their lives and this is a trip they will never forget and I know all of them are going to change. They are going to have positive changes in their lives."

Oklahoma author presents film 'The Spectacular Now' at UCO



Tim Tharp, an author from Oklahoma, presented the film adaptation of his novel "The Spectacular Now" at Pegasus Theater in the Liberal Arts building at UCO on Monday, Jan. 29, 2013. Photo by Alike Dyer, The Vista.

Shaun Hail

Contributing Writer

Tim Tharp, the author of "The Spectacular Now," gave an introduction speech at the Literature in Performance's (L.I.P.) screening of the movie Monday at the Pegasus Theater in the University of Central Oklahoma's Liberal Arts Building. The presentation explained his thoughts about his novel and the production of the movie, based on it.

"The first time I saw it, I liked it. The second time I saw it, I loved it," said Tharp.

"The Spectacular Now" is about Sutter Keely, a party boy who is obsessed with living in the now and doesn't want anything to do with the adult world, said Tharp.

"But when you live in the now, how are you going to make your choices for the future? How is living in the

now going to affect the people around you? Sometimes it'll be a lot of fun, but there might be some tearing down, too," said Tharp.

Tharp said that he got the idea of the novel from a short story idea about a 20-something-year-old who was invited to his sister's dinner party. The idea returned to him when he began writing a young adult novel, said Tharp. The teenager changed to a young teenager and this character helped shape the story that was to be written, said Tharp.

"As I took those notes, his voice all of a sudden came to me out of the blue. And it was that voice, when I got that, I said, 'Ok, this is the book I'm going to write next,'" said Tharp.

Producer of the movie Tom McNulty originally hired the director of "(500) Days of Summer" Marc Webb to direct this movie, but Webb left the project when he was

offered to direct 2012's "The Amazing Spider-Man," said Tharp. "The Spectacular Now" took a total of four years to be made because of this, said Tharp.

Tharp said that he was involved a little in the creation of this movie and he saw some of the auditions for the characters in the movie. Christopher Mintz-Plasse from "Superbad" and Haley Joel Osment from "The Sixth Sense" were some of the actors that auditioned for the role of Sutter Keely in the movie, said Tharp.

The movie started to pick up the pace when Shailene Woodley from "The Descendants" participated as the character Aimee Finicky, said Tharp. He said he liked how Woodley's performance as Aimee Finicky turned Aimee into "...a real human."

Miles Teller from "21 & Over" and "Project X," who played Sutter Keel, was the perfect person to play

as Sutter in the movie because he was like him, said Tharp. Teller told Tharp that he was like Sutter Keely in high school, but with better grades, said Tharp.

Teller and Woodley won the acting awards at the 2013 Sundance Film Festival, said Tharp.

"The Spectacular Now" movie premiered at the 2013 Sundance Film Festival, said Staff Writer of UCO University Relations Lindsay Houts. The novel was released in 2008 and was a finalist for the National Book Awards, said Houts.

L.I.P. is a group at UCO that puts on events featuring different forms of literature for faculty, students and the public, said L.I.P. "Our goal stands to encourage and embrace all those who love not only writing, but also witnessing the written word jump to life."

UCOSA Fall 2013 in Review: A Look at Passed Legislation

Chance Milvo Executive Act of 2013 (CB13-103)

An act related to creation of an Executive Branch Cabinet, the Office of the President. Membership to include eight members including a Press Secretary, Director of Athletic Affairs, Director of Special Projects, Director of Philanthropy, Director of Political Affairs, Director of Programming, Director of Military and Veteran Affairs, and a Director of International Student Affairs. Creating the nomination and approval process for the members of the cabinet.

Author(s): Chance

Status: Approved by the Student Congress, Signed by the UCOSA President

Atcuson Goodman Programming Cooperation Act of 2013 (CB13-104)

An act related to the creation of the Campus Activities Council. The creation of the Campus Activity Council allows for greater cooperation between UCOSA and student organization under the Campus Activity Office. These organizations including the Student Programming Board (SPB), Homecoming Activities Board, Stampede Week, Big Pink, President's Club, Winterglow, and the Freshman Activities Board (FAB) become part of the UCOSA structure, allowing them their own funding process. The CAC is given 40 percent of the Annual UCOSA Budget, and 40 percent of the Annual Emergency UCOSA Budget.

Author(s): Atcuson

Status: Approved by the Student Congress, Signed by the UCOSA President

UCOSA Congress Appointment Act of 2013 (CB13-105)

Appointing members of the UCO Student Body to fill vacant seats within the UCO Student Congress.

Author(s): Pennington

Status: Approved by the Student Congress, Signed by the UCOSA President

UCOSA Congress Titles Act of 2013 (CB13-106)

Establishing that all members of the UCO Student Congress shall retain the title "Senator".

Author(s): Atcuson, Miller

Status: Approved by the Student Congress, Signed by the UCOSA President

Common Sense Elections for UCOSA Act of 2013 (CB13-107)

An act related to revamping the UCOSA elections process. Amending the dates for filing for UCOSA elections. Establishing slate elections for President and Vice President. Establishing that all candidates for either President or Vice President of UCOSA must have at least one academic year of UCOSA experience prior to taking office or successful completion of a UCOSA experience program to be eligible to be on the presidential ballot. Establishing a GPA requirement of 2.5 for all candidates for President or Vice President. Establishing further rules for declarations of funds used in UCOSA elections, and limiting the amount spent. Prohibiting "Dorm-Storming". Establishing greater guidelines for the UCOSA Election Commission and its capability to make election rules.

Author(s): Chance

Status: Approved by the Student Congress, Vetoed by the UCOSA President, Veto overridden by a vote of 32-0

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RANDOM FACTS

The term "paparazzi" comes from Paparazzo, a fictional freelance photographer in the 1960 Fellini film La Dolce Vita.

The word "tycoon" is based on taikun, a title used by Japanese Shoguns.

The 50 tallest mountains on Earth are all located in Asia.

RANDOM QUOTES

The difference between a moral man and a man of honor is that the latter regrets a discreditable act, even when it has worked and he has not been caught.

- H. L. Mencken

To be mature means to face, and not evade, every fresh crisis that comes.

- Fritz Kunkel

CROSSWORD

Across

- 1. In things
- 5. Swiss psychologist Jean ____
- 11. "Monty Python" ainer
- 14. Biblical shepherd
- 15. Inevitably
- 16. Moray, e.g.
- 17. Fruity-flavored beverage
- 19. "I" problem
- 20. Common solvent
- 21. Printing error
- 23. Gloomy
- 24. "Check this out!"
- 26. Gymnast's feat
- 27. Bar, at the bar
- 29. Believe
- 32. Food sticker
- 33. Drops on blades
- 35. Acknowledge
- 37. "20,000 Leagues" harpooner ____
Land
- 38. Revel
- 41. ____ few rounds
- 43. Thailand, once
- 44. "... ____ he drove out of sight"
- 45. Almond
- 47. Accordingly

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15						16			
17				18						19			
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63				64				65					
66				67							68		
69				70							71		

- 49. Musical composition for practice
- 53. Ado
- 54. Hit the road
- 56. Caribbean, e.g.
- 57. Capacity of a merchant vessel
- 61. Back-to-school purchases
- 63. "The ____ Daba Honeymoon"
- 64. Providing safekeeping
- 66. Darling
- 67. Stir
- 68. Bro
- 69. Bauxite, e.g.
- 70. Dress adornments
- 71. Little, e.g.

Down

- 1. Pretense
- 2. Device for arithmetic calculations
- 3. Make mad
- 4. Coin opening
- 5. Nuisances
- 6. Most sick
- 7. Cow, maybe
- 8. Box office take
- 9. Appraiser
- 10. Boris Godunov, for one
- 11. Scurrying
- 12. Dance in Bolero rhythm
- 13. Walked heavily
- 18. Floor cleaners
- 22. Astern
- 25. Fowling net
- 28. "____ to Billie Joe"
- 30. Egg cells
- 31. Got up
- 34. Habeas corpus, e.g.
- 36. Bug
- 38. Soak in sauce
- 39. Cry of disgust
- 40. After expenses
- 41. German state secret police
- 42. 10th month
- 46. Ashes holder
- 48. Tease
- 50. Depletes
- 51. ____ Park, Calif.
- 52. Break time
- 55. Lets go
- 58. Says "When?"
- 59. Greek earth goddess: Var.
- 60. New newts
- 62. Fizzy drink
- 65. Addis Ababa's land: Abbr.

WORD SEARCH

Amy	X	I	R	O	S	U	H	I	U	O	E	O	N	I	G	S
Cybermen	J	P	Q	G	P	S	H	Y	T	H	E	S	I	R	E	N
Gallifrey	U	A	S	V	T	L	N	E	I	A	I	E	R	A	C	N
Judoon	D	L	I	I	D	E	U	R	T	N	O	S	T	D	N	T
River Song	O	R	Z	E	S	G	M	F	H	F	A	S	O	P	H	H
Rory	O	C	I	U	L	N	E	I	E	N	U	F	N	U	E	E
The Doctor	N	Y	L	A	H	A	E	L	D	T	I	K	S	O	C	O
The Ood	S	B	X	J	I	G	B	L	O	H	D	F	S	G	D	O
The Siren	O	E	M	G	R	N	L	A	C	E	N	U	N	T	L	D
The Tardis	R	R	D	E	Z	I	R	G	T	T	H	O	O	I	I	T
Time Lord	E	M	S	G	I	P	T	I	O	A	S	C	I	T	D	R
Weeping Angels	G	E	T	T	V	E	N	F	R	R	A	S	P	V	G	A
	R	N	E	R	E	E	K	S	E	D	S	V	U	Y	O	L
	O	T	S	R	E	W	V	V	T	I	M	E	L	O	R	D
	R	V	I	L	F	Y	I	O	C	S	G	E	R	E	E	W
	Y	A	A	M	Y	R	G	Y	U	C	U	E	R	U	E	S

VISTA SPORTS

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Hockey

Women's Basketball

Hockey looks to finish strong against OU before national tournament

Austin Litterell

Sports Reporter

The ACHA hockey season is coming to an end and UCO is looking to finish strong before heading into the national tournament. The Bronchos, currently second in the Western Collegiate Hockey leagues, are trying to hold off rival and third place Oklahoma, as they play four straight games to end the season.

UCO is coming off a week where they seemed to get back to their winning ways, after losing five of their first six games in 2014. UCO won all four of their games, making it tough for the Sooners to catch them in the race.

UCO's games with Indiana were canceled, so they will have to make these games count. It is not specified why the games against Indiana were cancelled.

First, the Bronchos will travel to Norman on Feb. 7 to take on Oklahoma, before coming back to Arctic Edge Arena on Feb. 8 for another match up with the Sooners. Not only will this match have bragging rights on the line, but possibly seeding purposes, as

well. Interestingly enough, head coach Craig McAlister was the coach of the Oklahoma Sooners before coming to Edmond to take the reins of UCO hockey.

If the Bronchos can continue their roll at the end of this season, they will have some confidence building going into the tournament. Freshman Gaven Hohl talked about the tournament.

"This is huge. Obviously, the better seed possible is going to help us out. Our goal is just to be rolling hard going into nationals," said Hohl.

For the Bronchos to continue winning and to advance far into the national tournament, UCO will have to play more consistently than they have this season. Sam Rice talked about being disciplined and its importance to the success of the Bronchos.

Sam said the season comes down to close games against top teams, sometimes resulting in getting shorthanded.

The next two games do not get any easier for UCO, as they travel to Ames to face the Cyclones of Iowa State. The Cyclones currently have a record of 28-8-2-0 on the season. Iowa State is ranked No. 10 in the country in the ACHA.



Senior forward Corey Seth playing against Colorado on Jan. 23, 2014. Photo by Quang Pho, The Vista.

Opinion

Litterell-y Sports: Arrogant is better than dull



Austin Litterell

Sports Reporter

Ever since it happened, the reaction to the infamous interview with Erin Andrews from Richard Sherman has been interesting. In many cases, it has been overblown and just ridiculous. For the most part, I have no problem with him acting the way that he did in the post-game interview. You have to understand the fact that it was just after the game, plus I am betting Crabtree is not completely innocent in all of this either.

First off, these two guys have a history with each other. It's not like these two guys are best friends and want to complement each other after every game. I expected Sherman to say something like it, actually. Was it unprofessional? Maybe. Unprofessional? Maybe. But there were no expectations that he would say

anything different. These two do not like each other. This is a rivalry game for a reason and with rivalries, comes this kind of talk.

Second off, the reaction has been ridiculous to me. The name calling has to stop. This guy is historically a good guy who is a great story. The guy is extremely intelligent. You do not graduate with a 3.9 from Stanford if you do not know what you're doing. This guy is not what people are calling him. Now, is he arrogant and passionate? Yes, he is and I have no problem with that. But, having a guy who is over-passionate and arrogant is better than having someone who is dull and seems unaring.

The only time I have a problem with arrogance is when they cannot back it up. It's obvious Sherman is able to walk the walk and talk the talk. I think Aloe Blacc said it best in the Beats commercial, when it comes to cornerbacks, he's the man. He certainly isn't afraid to tell everybody.

Now, with all that being said, there is one small thing that bothers me. It did seem to take away from the performance of the team, because we didn't talk about the team and their big victory to earn the Super Bowl berth. The Seahawks are a strong team and the focus should have been on them, not one single player. All that was talked about was Sherman this and Sherman that. That is my only problem.

UCO struggle on the road against Emporia and Fort Hays State

Emily Hahn

Contributing Writer

UCO Women's basketball was handed their second consecutive loss this past weekend by Emporia State at Slaymaker Court in Emporia, Kan.

They are the 12th team in a row to do so as the Hornets proved their home court advantage. The Bronchos took an early lead of 9-2 only to allow the Hornets to go on a scoring spree of their own.

Senior guard Jill Bryan brought the Bronchos within a point with 10:35 left in the first half, after two made free throws. No. 2 ranked Emporia went on a 19-4 run to take control of the game, leaving the score 47-26 at intermission.

The Lady Bronchos shot just 20 percent (3-of-15) and 1-of-5 free throws. They only managed seven points in the remaining minutes of the first half. Bryan was the only Central player to reach double digits as the Lady Hornets ended the game on an 11-4 run.

Freshman Olivia Mason had a team-high of six rebounds and added seven points of her own to the Bronchos' effort along with Julia Mason finishing with eight points. The Lady

Bronchos look to bounce back this weekend, as they host the Pittsburgh State Gorilla's at 1:30 p.m.

Central Oklahoma is now 10-8 for their season and 5-6 in the Mid-America Intercollegiate Athletics Association. Pittsburgh State is on a two-game winning streak after defeating Fort Hays State and Nebraska-Kearney in last week's competitions. The Lady Gorillas are now 13-6 overall and advanced to 6-3 in the MIAA.

Against Fort Hays State, Pittsburgh State recorded a season-high of 52 rebounds, including 14 offensive rebounds. Not only did the Gorillas dominate the board, but their scoring effort was evenly distributed throughout the team, as well.

Lizzy Jeronimus and Alexa Brodewick reached double digits in last Saturday's competition as Alex Muff stopped just short of a double-double with nine points and nine rebounds.

Coming off their two losses on the road, the Bronchos look to add to their success at home after a week's rest. UCO is currently 6-2 at Hamilton Field house, after handing losses to the Nebraska-Kearney Lopers and the Southwest Baptist Bearcats earlier this month.



Senior Rachel New guards against Fort Hays State on Jan. 16, 2014 in Hamilton Fieldhouse. Photo by Alikei Dyer, The Vista.

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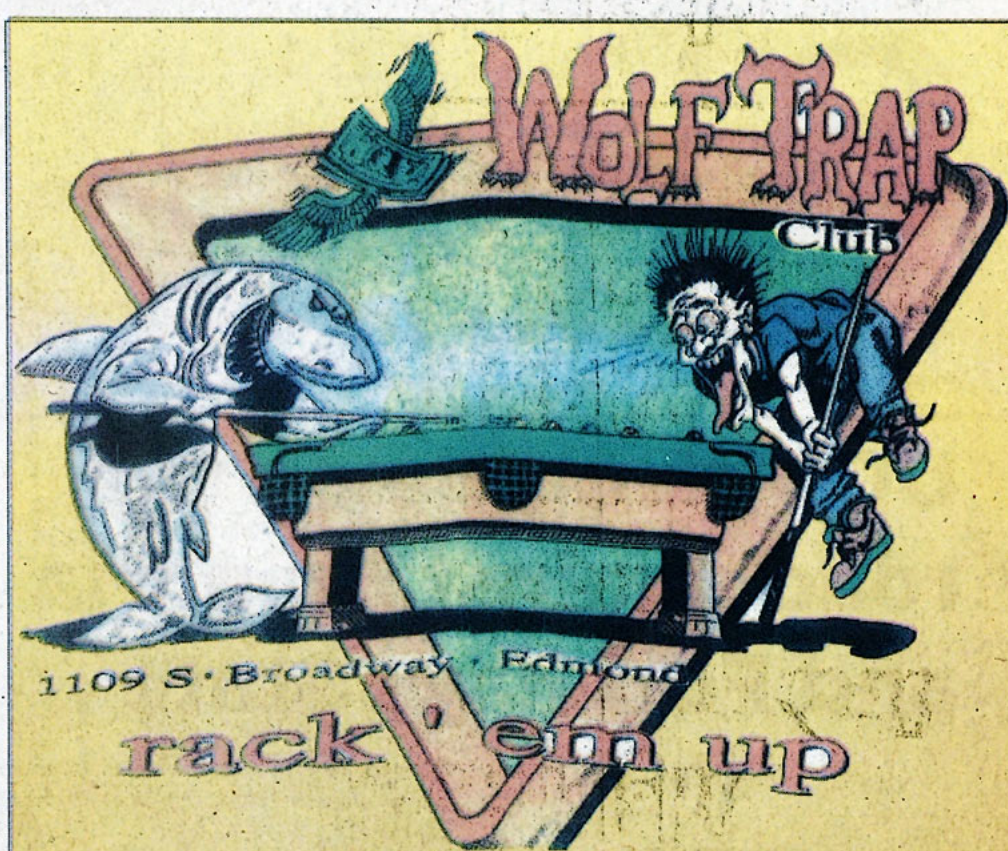
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Wrestling

Wrestling heads to Colorado for out of conference matches

Rick Lemon

Sports Reporter

The No. 5 ranked UCO Wrestling Squad is gearing up for a two-dual road trip, as they head to Colorado to take on Colorado State-Pueblo and Adams State in a pair of out-of-conference bouts.

Normally, out of conference duals are not scheduled so late in a season, but due to the shortage of teams in the Mid-American Intercollegiate Athletics Association, there are seven universities competing this season. The schedule makers for the Bronchos needed to fill a few voids during the season.

However, a small amount of teams in the conference does not mean that the competition is not fierce. Three of the top six ranked teams nationally in Division II are from the MIAA.

The Colorado State University-Pueblo ThunderWolves, yes, you read that correctly ThunderWolves, actually have more than one Oklahoma team on their mind this week, as they welcome Oklahoma City University to their arena for a dual Thursday night. Depending on how that bout ends up, Central Oklahoma should know what to expect coming the following day against the ThunderWolves.

CSU-P came last year to UCO to face the Bronchos in Hamilton Fieldhouse. In that dual, the ThunderWolves were handled without much trouble, as they were defeated 39-5.

Niko Bogojevic, the one returning wrestler for CSU-P who won a match last season, is surely looking forward to repeat the feat against a young heavyweight class for the Bronchos.

Last season, Bogojevic was able to sneak past then-UCO senior Tanner Keck in a sudden-death double-overtime 4-3 victory.

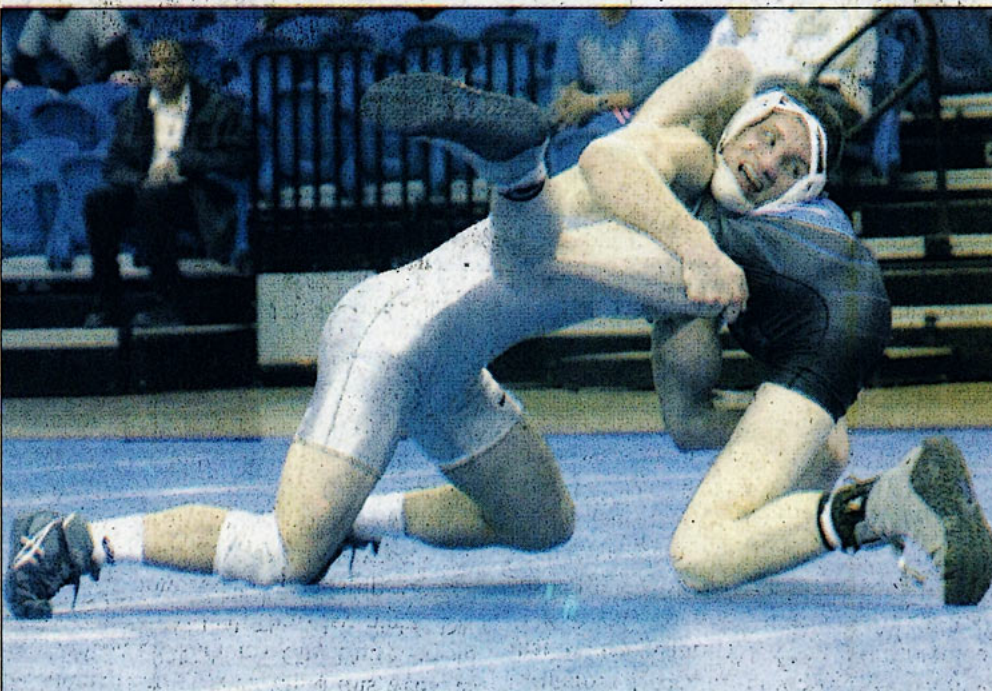
As soon as the Bronchos finish their match with the ThunderWolves, they will load up and make the 123-mile trip from Pueblo to Alamosa, Colo., where they will face the Adams State University Grizzlies on Saturday. The Grizzlies come into the match with UCO on very different circumstances than CSU-P will have the night before.

While the Thunderwolves were the team wrestling on the second night of a back-to-back, now it will be the Bronchos turn for a short turn-around, while the Grizzlies will be coming off of a full week of rest after losing to the University of Nebraska-Kearny late Saturday, 15-21.

The dual will mark an especially quick turn-around for the Bronchos, considering that Friday night's match against Colorado State-Pueblo does not start until 7 p.m. and this match against Adams State starts at 2 p.m. the next day.

The good news is, though, that the Bronchos will have five days off after this road-trip, to recover before they face Newman University at home.

That dual is next Thursday at Hamilton Fieldhouse and begins at 7 p.m.



Dustin Reed, 141 lbs junior from Choctaw, taking down an Oklahoma City Star on Jan. 22, 2014 at Abe Lemons Stadium. Photo by Alike Dyer, The Vista.

Men's Basketball

Bronchos get stung by the Hornets in conference play

Bronchosports.com

EMPORIA, Kan. (Jan. 26) – Emporia State's inside game was too much for Central Oklahoma here Sunday afternoon as the Bronchos dropped a 92-80 Mid-America Intercollegiate Athletics Association decision.

The Hornets shot a sizzling 63.8 percent (37-of-58) from the field, scored 62 points in the paint and held a 30-20 rebounding advantage in handing UCO its second straight loss.

The Bronchos, who shot 53.8 percent (28-of-52) for the game, fell to 11-7 overall and 5-6 in the league. ESU improved to 14-6 and 7-3.

Josh Gibbs paced UCO with 20 points and seven rebounds, while Seth Heckart had 17 points on 6-of-10 shooting with three 3-pointers. Jacob Richardson made 7-of-9 shots in a 16-point outing and Cal Andrews

added 11 points.

The Bronchos had a 22-18 lead midway through the first half after a Gibbs 3-pointer, but Emporia responded with eight unanswered points to take the lead for good and went up by 13 (42-29) at the 3:53 mark.

A Heckart layup just before the buzzer pulled UCO within eight (47-39) at intermission and Aaron Anderson's three-point play eight minutes into the second half made it a five-point game (62-57).

Gibbs' tip-in with 7:33 left to play made it 66-62, but the Bronchos missed their next four shots and the Hornets hit 7-of-8 field goals in a 17-2 run that gave them a commanding 83-64 lead with 4:00 remaining.

UCO got no closer than the final 12-point margin the rest of the way.

The Bronchos are off until Saturday when they host Pittsburg State at 3:30 p.m.