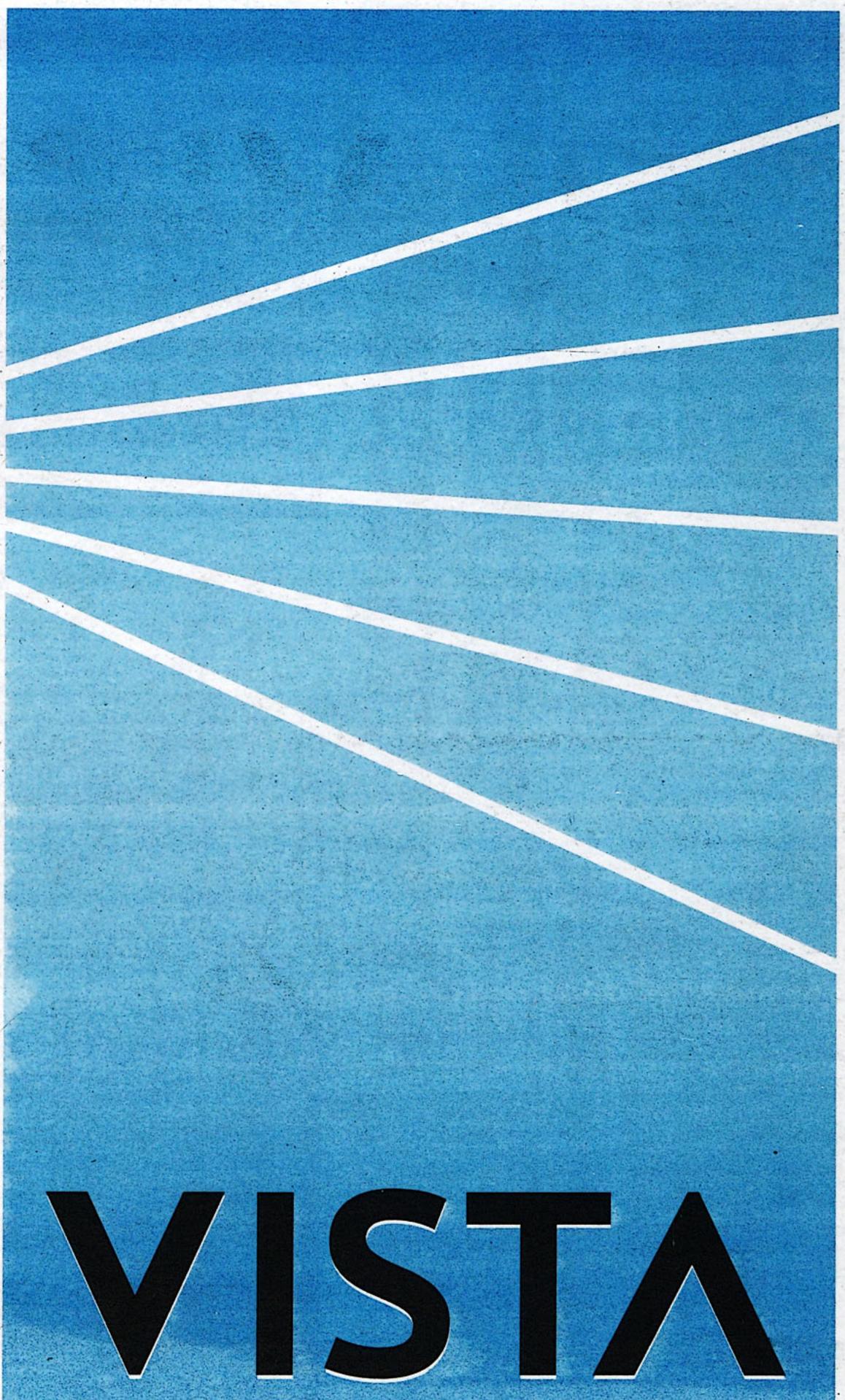


the



VISTA

03.26.15 "If you change the way you look at things, the things you look at change." -Wayne Dyer

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Queila Omena, Managing Editor	Ariana Muse, Reporter
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Daltyn Moeckel, Design Editor	Adam Ropp, Reporter
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EDITORIALS

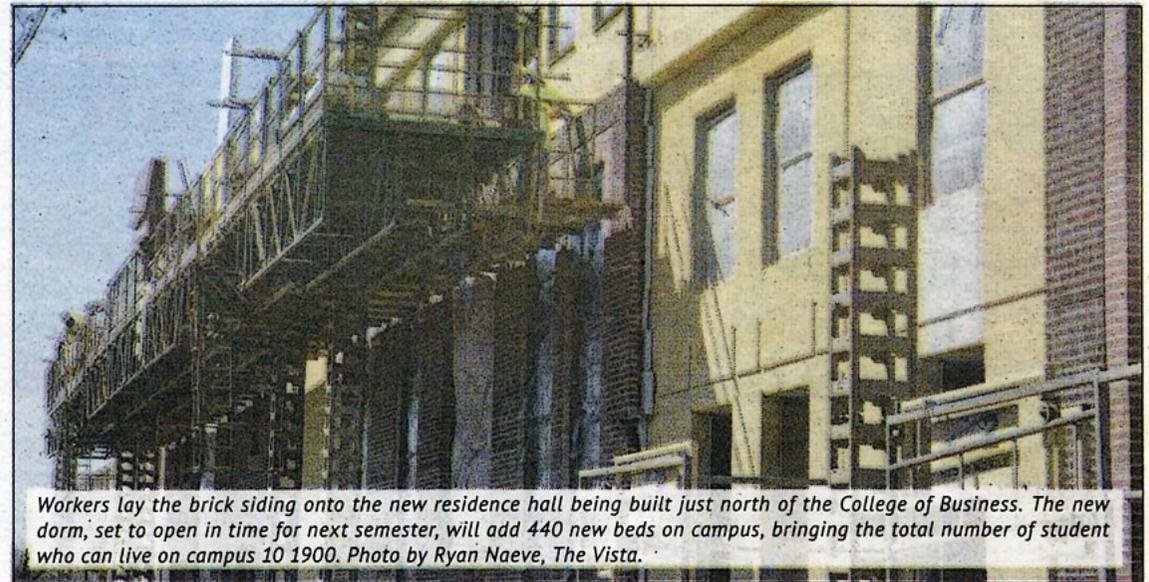
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LETTERS

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.



Workers lay the brick siding onto the new residence hall being built just north of the College of Business. The new dorm, set to open in time for next semester, will add 440 new beds on campus, bringing the total number of student who can live on campus to 1900. Photo by Ryan Naeve, The Vista.

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ON THE COVER

The Vista is dedicated to covering every angle of on-campus news, giving a voice to all members of the UCO community. Therefore our reporters are always challenged to look at a problem from new angles, to find the best way to cover the happenings on campus and around the metro. Photo and photo illustration by Daltyn Moeckel, The Vista.



With the arrival of spring weather several trees around campus, such as this redbud by the Music Building, have finally been able to blossom and provide some color after a gray winter. Photo by Ryan Naeve, The Vista.

Central celebrates Carnival with Brazil Night on campus



Ariana Muse
@ arianamarie93

Staff Writer

The University of Central Oklahoma's Association of Latin American Students hosted Brazil Night that took place Monday from 6 - 9 p.m. in the Nigh University Center Ballrooms, to share the Brazilian culture through a famous Brazilian festival called

Carnival. Food was provided and other activities included dancing and mask making.

Franciele Nornberg, a senior exchange student from Pelotas, Brazil studying electrical engineering, planned the event.

"It's mainly about people having fun," said Norenberg.

The food provided was 'cachorro quente,' which means hot dog in Portuguese. They are similar to American franks, but instead the hot dog is chopped up, cooked with a different sauce and then many toppings are added that are

different from the typical American ones-- giving it a very unique flavor.

Decorating masks was one of the activities, where you could express your creativity through making your own mask with colorful feathers and other accessories.

"Sometimes [Brazilians] like to dress in costumes, so kind of like Halloween here," said Nornberg.

Nornberg said that her favorite part of Carnival is seeing people having fun and getting together and usually. Carnival is spent mainly eating with family and

friends.

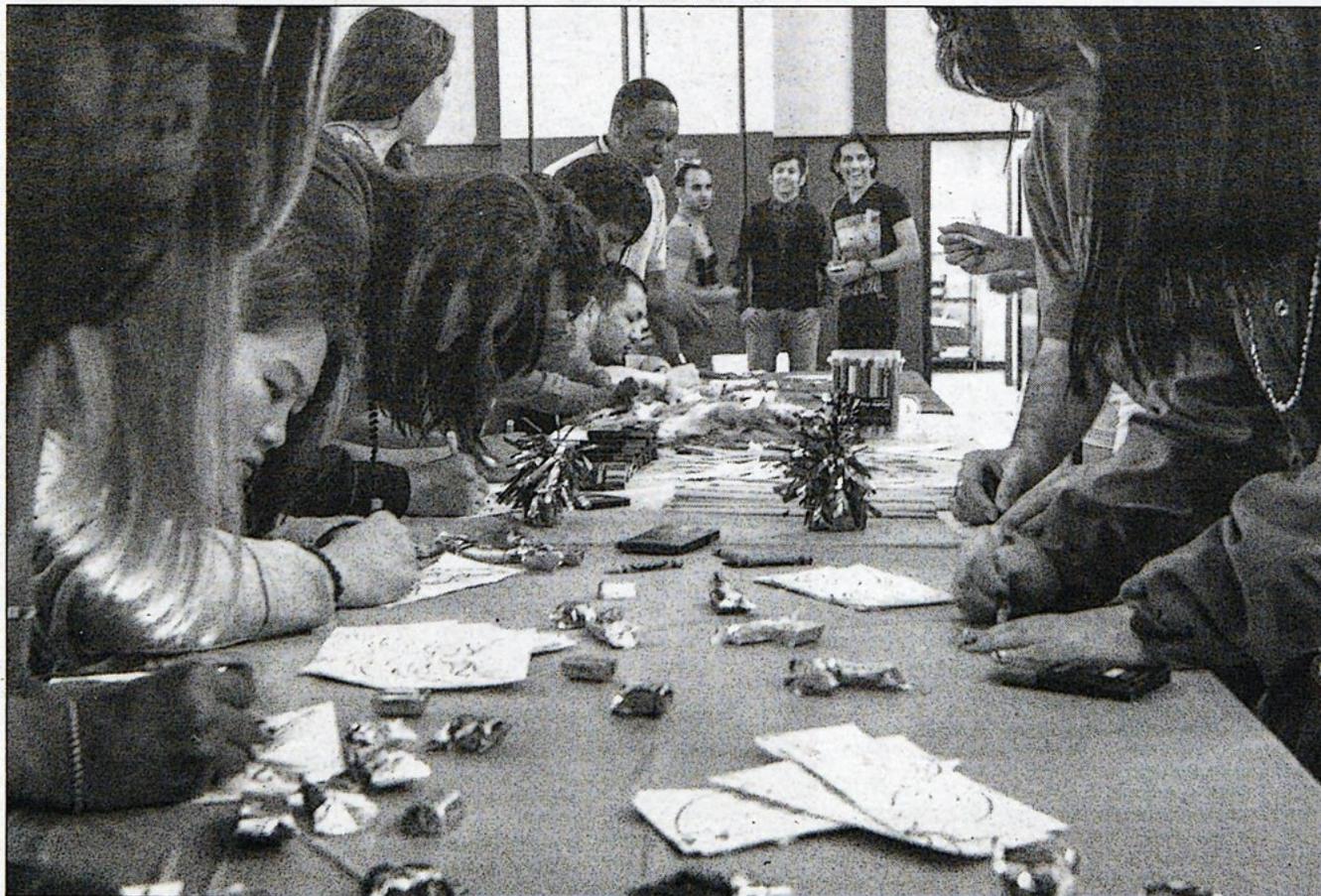
Dancing was a large part of the night; the typical Brazilian Samba was taught and everyone was wearing bright, colorful clothes and a lot of colorful, beaded necklaces, along with the previously decorated feather masks. Many Brazilian songs were played throughout the night and people enjoyed each other's company at the festive event.

Carnaval do Brazil is an annual event celebrated 40 days before Easter and originally was started by Catholics and Christians during

Lent. It was a time of fasting, especially meat, which is where the word 'carnaval' comes from.

Depending on the city in Brazil, Carnival is celebrated differently and it is usually celebrated more in coastal cities. The whole country is off anywhere from two days to a week as the celebrations take place for the national holiday. Many cities in Brazil will have the festival in the streets with parades, dancing and lots of music.

This lively event was sponsored by The International Student Council.



Attendees to Carnival craft colorful paper masks to wear during the celebration. Carnival was held in the Nigh University ballrooms. Photo by Brandi Melton, The Vista.



Adelina Castillo takes a selfie in her newly decorated Carnival mask. Photo by Brandi Melton, The Vista.

This speaker is going
to be; wait for it...

LEGENDARY



Erick Perry
@erickperry9fo

Contributing Writer

Singer-songwriter John Legend will serve as a keynote speaker for the University of Central Oklahoma's Distinguished Speaker Series at 2 p.m. April 7 in Constitution Hall of the Nigh University Center.

Legend will speak following the self-proclaimed best year of his career, largely due to the success of his single "All of Me." The single was Legend's first song to make the No. 1 spot on Billboard Magazine's Hot 100 list, topping Pharrell Williams' "Happy," which held the spot for 10 weeks.

UCO President Don Betz spoke on the upcoming keynote, "John Legend is in the prime of his career, but at the same time is laying the foundation to ensure his success endures. We look forward to him sharing his perspective with our students and the community."

Legend has recently been recognized for his work with rapper Common on the song "Glory." After being featured in the film "Selma," the song won a Golden Globe Award, as well as an Oscar for Best Original Song.

The singer-songwriter is not just that, however. John Legend has been avid in his philanthropic efforts for years.

In 2007, Legend partnered with Tide to help support and rebuild areas devastated by Hurricane Katrina, he performed "Ordinary People" in participation of The Live Earth concert of London and he started his Show Me Campaign in efforts to help break the cycle of poverty.

Beginning at 5 p.m. March 13, tickets will be available to the public for \$60 and to faculty and staff with a valid UCO ID for \$50.

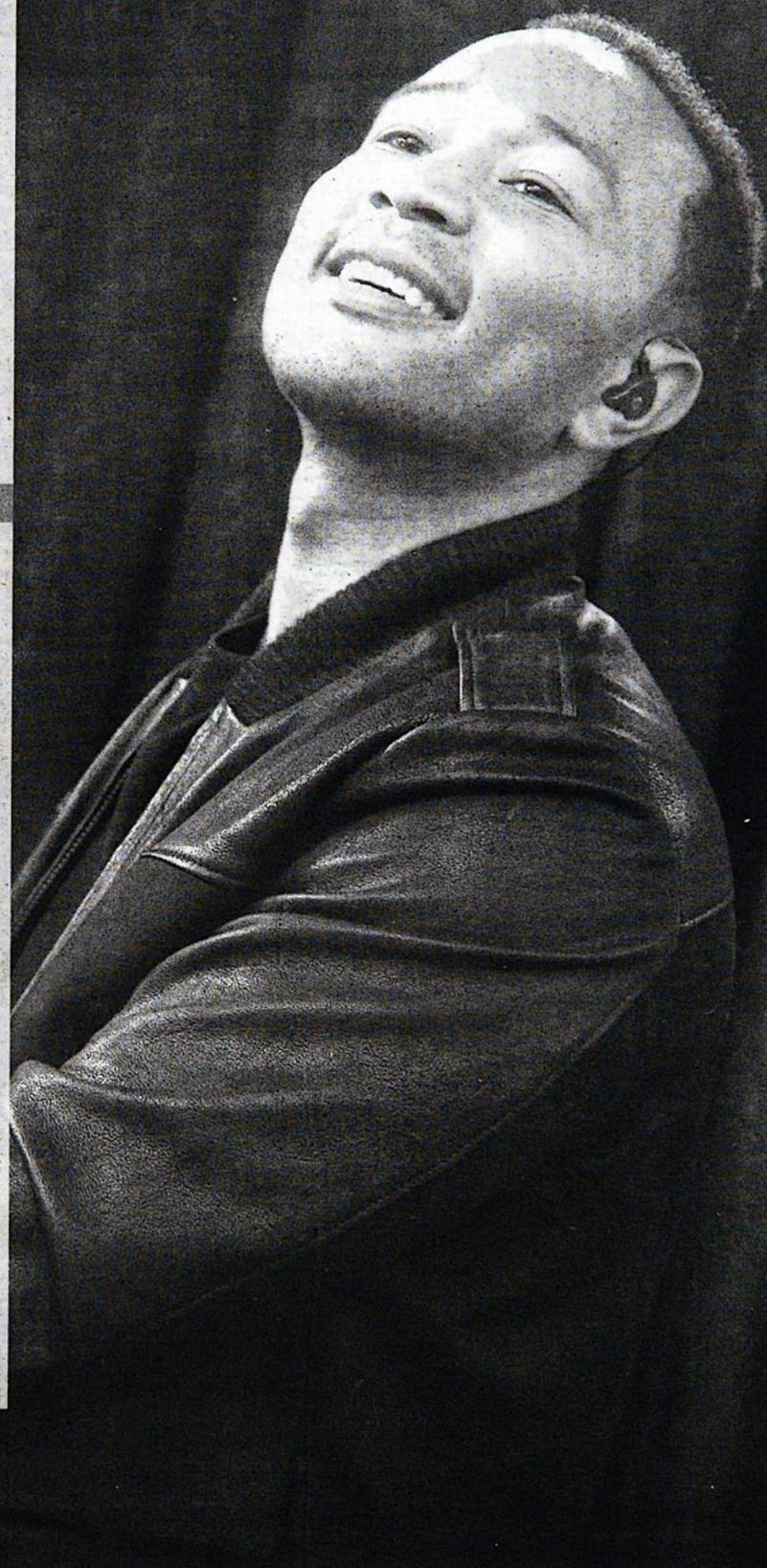
A small number of VIP tickets are also available for \$500. The tickets include reserved parking, front-row seats and the opportunity to meet and take a photograph with John Legend following the presentation.

A limited amount of student tickets for the Distinguished Speaker Series were given out for free March 9 and all of the tickets were gone within a few hours.

However, the UCO Student Association did offer an additional 350 tickets to students who would like to watch a live stream of the series from the ballrooms in the Nigh University Center.

The speaker series will not permit photography, recording, book bags or backpacks of any kind.

John Legend performs at the AXE White Label Collective Party during the SXSW Music Festival on Saturday, March 21, 2015 in Austin, Texas. (Photo by Jack Plunkett/Invision/AP)



Broncho alumnus performs in Austin, Texas at South by Southwest Music Festival



Erick Perry
@erickperry9fo

Contributing Writer

Over the past few years, the South By Southwest Music Festival has become a milestone for young artists across the country. Each year musicians travel to Austin, Texas in hopes of capitalizing off the big event's excitement.

This year University of Central Oklahoma alumni, Josh Sallee,

will be among those making the trip down south.

Although the Oklahoma City hip-hop scene has grown over the past few years, the culture remains rather scarce. However, Josh Sallee has been able to keep a steady career by doing nothing other than his music.

In a 2014 interview with NewsOK, Sallee said, "Being this rapper in Oklahoma, it's a different career choice, let's say, for a college grad...it's kind of like, look, I've done this hip-hop thing, it's solidified, and I want it to become to where if people come

out of Oklahoma — whether it's me, whether it's a different type of alternative band, whether it's a DJ — it no longer needs to be weird."

The ongoing inflation of Sallee's career cannot be credited solely to him, however. Producer and DJ, Blev, is a key component to Sallee's sound. Blev's production is what sets the tone for various Sallee singles, such as "Garth Brooks."

There is more to Blev's career than performing as a local DJ, however. He has ventured out and produced for artists, such as Alex

Wiley, OG Maco, Lucki Ecks, Mod Sun and Roosh Williams.

Blev is currently in Chicago working with Alex Wiley, whom he met through a national tour he performed in with Josh Sallee.

Sallee also has ties to Chicago. In 2012, Sallee performed for an Asher Roth tour, alongside acts like Chuck English and Kids These Days.

Former Kids These Days member, Vic Mensa, partook in the 2014 SXSW festival, generating a buzz that has carried him into the new year.

"Kids These Days was going to

be really big anyway, so it's nice to see Vic getting the love he deserves. I didn't know it would be so quick. I didn't think he'd be on songs with Kanye West a year or two after going on tour with him," said Sallee.

The Oklahoma City rapper will be striving to generate a similar buzz through this year's festivities. One thing is for sure. Sallee's upcoming performances will be something music fans will want to keep tabs on.

Sallee will be performing at a few different showcases in Austin throughout the week.



UCO alumnus Josh Sallee performs at a outdoor concert last August. Photo provided.

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Spring into a healthy lifestyle just in time for Summer



Austin Rabon
@ TheRabon

Contributing Writer

Healthy living makes for a happy life. With finals right around the corner and summer down the road, now is a good time to start a healthy lifestyle.

Here are a few tips to get started. The sooner you get on it, the sooner you can reap the sweet,

sweet benefits of healthy living.

Healthy living does not need to wait until you're older or even tomorrow, because tomorrow may never come. Start early, live longer and be happier. It's as easy as one through five.



Eddie Wiewel (left) lifts weights on an exercise machine in the Health and Wellness Center. Wiewel stays in shape by recreationally body building. Photo by Ryan Naeve, The Vista.

1

Get between 8-10 hours of sleep

Getting 8-10 hours of sleep not only helps you feel better, but it also helps brain development and increases energy for the next day. Long-term research studies show that people who get significantly less than seven hours of sleep per night die younger.

2

Cook the majority of your meals at home, if you can.

Cooking at home cuts back on the cost of eating out and is also much healthier. One study from Cambridge University found that elderly Taiwanese people, who cooked most of their meals, lived longer than those who did not prepare the majority of their food at home.

3

Eat more fruits and veggies, and stop drinking soda.

People who eat a large amount of fruits and vegetables also happen to have lower rates of suffering from cardiovascular disease. Drinking too much soda can cause obesity and high blood pressure. If you have the choice, drink water and eat more fruits and vegetables.

4

Sit less and stand more.

Staying active is the most obvious way to have a healthier life. Go to the gym, go for a walk outside or take the stairs instead of the elevator. Be active and try to avoid too much sitting down and watching Netflix. Remember, healthy living makes for a happy life.

5

If you drink alcohol, do it in moderation

Drinking in moderation is tied to a lowered risk of heart disease, stroke and diabetes. With that being said and not to be a total buzz-kill, excessive drinking is also tied to some serious health risks. So if you must drink, drink something with low calories and in moderation. Don't



Brandi Melton

Contributing Photographer

6 Ways to Boost your Energy Naturally

With the second half of the semester upon us, there are a few things we can do to boost our energy when we start feeling tired and sluggish throughout the day.



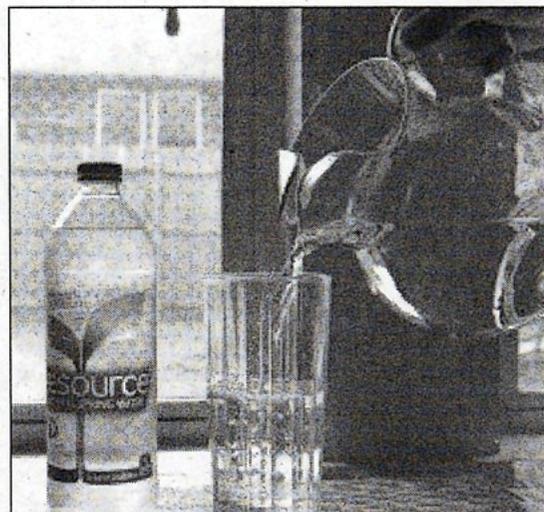
Take naps. The National Sleep Foundation states a short nap of 20 minutes provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep. Don't feel bad about taking a nap, your body needs it!



Catch some rays. Studies show that spending time outdoors can provide a boost of energy. RealSimple.com reads, "Sunlight can also increase the body's production of serotonin, which lifts mood and increases energy," So take a break and go outside.

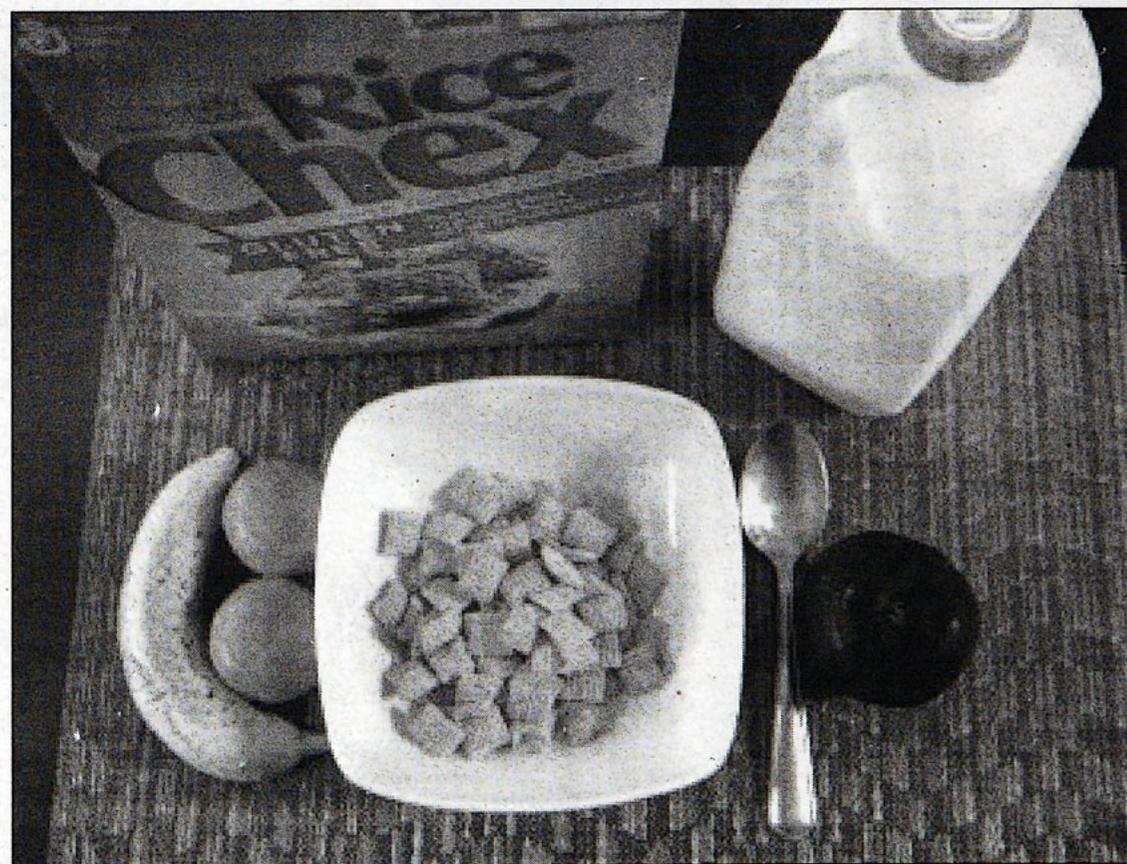
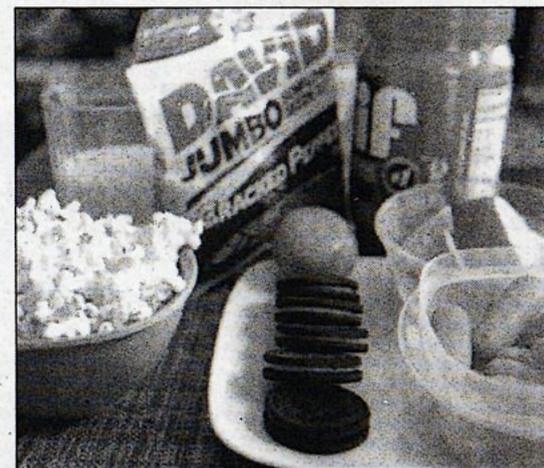


Exercise. Exercise boosts energy levels almost immediately. According to everydayhealth.com we feel more energized and ready to tackle the world after a good workout because endorphins have boosted our physical energy level.'



Drink Water. And plenty of it. Dehydration causes fatigue. Instead of reaching for a soda or a cup of joe, get a cold glass of water for a good boost of energy.

Take a break and have a snack. Even though you may want a candy bar, reach for something containing protein and complex carbohydrates. According to WebMD.com, snacks such as a peanut butter sandwich will be a nearly instant energy boost that lasts.



Eat Breakfast. Breakfast is said to be the most important meal of the day. According to todaysdietician.com, "Studies have found that eating breakfast may enhance memory, improve cognitive ability, and help increase attention span," Take time to eat breakfast. Your body needs it!

Pressure to be perfect: Body image and the media



Queila Omena
@ queilaomena

Managing Editor

It's easy to get frustrated with unrealistic goals about our body, because every day we see hundreds of images and messages about how we should look. These unrealistic goals can lead to dissatisfaction towards your body and your looks.

Women in particular are targeted to look "delicate, soft and pretty." Even though women nowadays have a bigger role in society, their primary goal is still to look pretty.

I still remember when my friend told me, "If she is pretty she doesn't have to study. She is pretty, that's her job."

I'm sorry, but this is the world we live in, where our image matters more than our capability. It's sad, but true.

Most teenage girls dream of having a super thin, fashion-model body, but little do they know, only 98 percent of the population in America has that body weight. This unattainable goal drives women to engage in unhealthy eating habits in order to lose weight.

Many girls try to obtain that perfect thin body, engaging in some unhealthy activity involving calorie restriction and purging. They will go days eating less than the minimum required to survive, lacking many nutrients and vitamins.

Others will eat lots of food in one sitting, and then fast for a very long time. They might also use laxatives or excessive workouts in order to burn all the calories consumed.

Eating disorders are not fun. In fact, they are very

dangerous.

Health effects of a unbalanced diet include: loss of calcium, lack of menstruation or amenorrhea in women, low blood pressure, low energy, depressed mood, increased risk of infection, abdominal pain, irregular heart rhythms, sore throat and many more.

Some people may engage in activity disorder, where they train for longer periods of time, and feel they are controlling their body, when in fact, they are hurting themselves.

Reports also show that race and ethnicity take a big role in these cases. America for example has a huge impact in body image and looking pretty is a must. In other countries the ideal body image might be more attainable, or people might not put much effort in looking like a magazine ad.

Black women have shown to have a higher body satisfaction and higher self-esteem than white women in America.

It's also important to understand that these images we see everyday have been amended. Lighting, editing, crops and many other effects have been added to the picture to make it look ideal.

Is it ideal to have an ad that only covers two percent of our nation?

I don't think so.

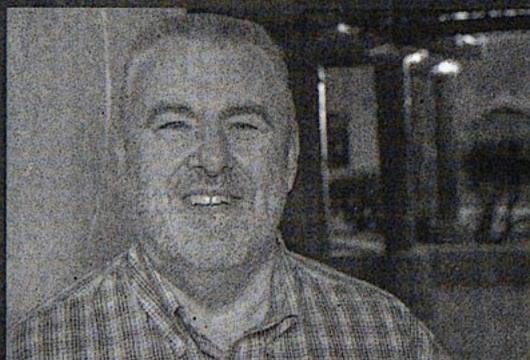
I believe these unrealistic goals further these diseases, leading more people to be self-conscious about their body. You can choose to ignore them and focus on your health instead.

Accept yourself and embrace your flaws.

Comparing your own body image to celebrities and athletes is a sure fire way to live a life of disappointment. Everyone is made differently, so be happy with the body you have. Photo by Ryan Naeve, The Vista.

ANSWERING LIFE'S MOST DIFFICULT QUESTIONS

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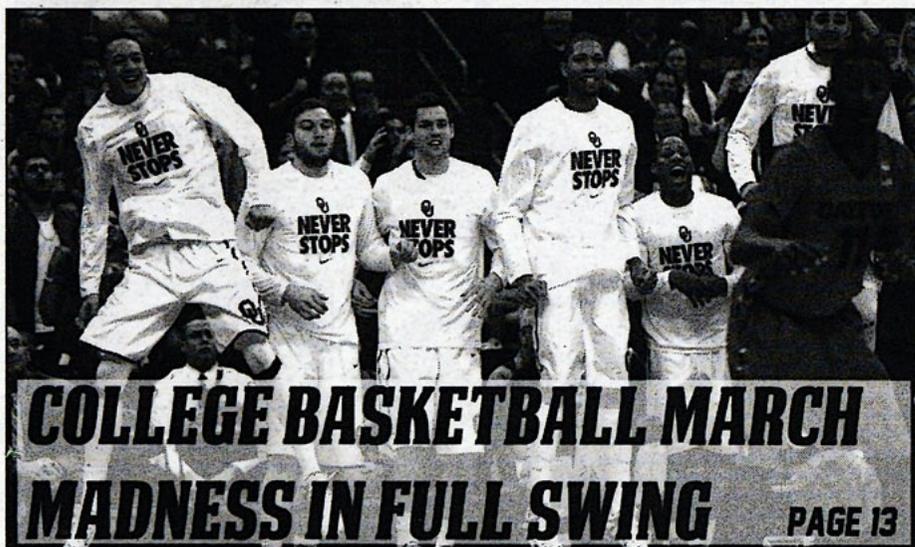
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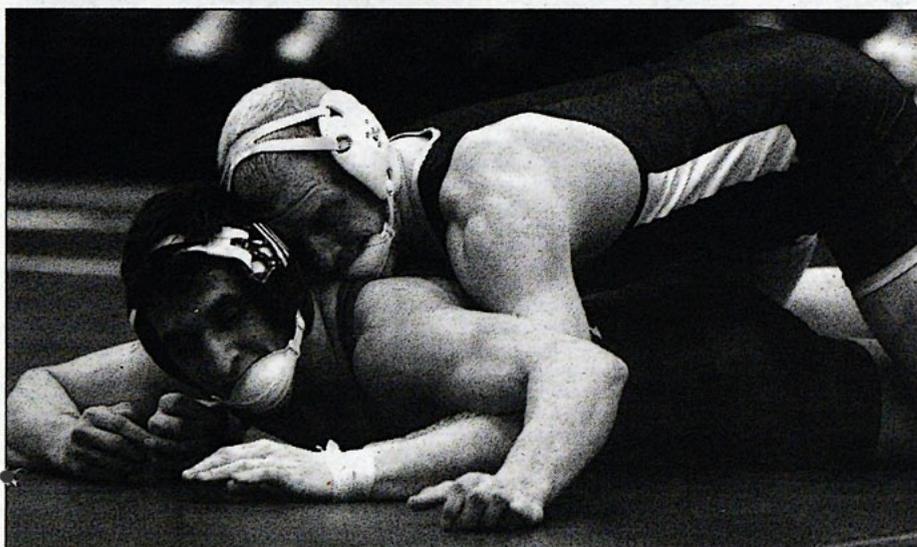
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VISTA SPORTS



COLLEGE BASKETBALL MARCH MADNESS IN FULL SWING

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UCO GAMES THIS WEEK

THURSDAY:

- No events

FRIDAY:

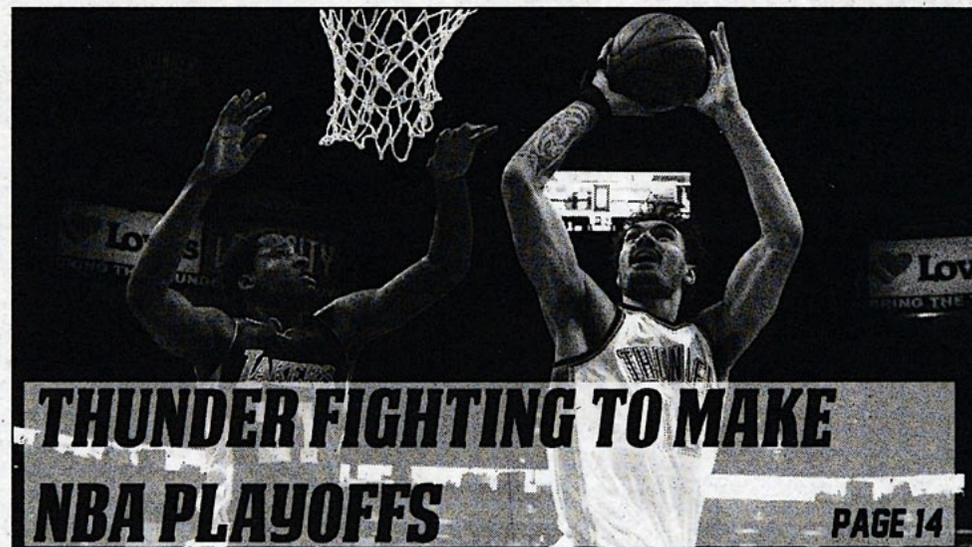
- Softball at Nebraska Kearney double header (3:00 P.M. & 5:00 P.M.)
- Baseball at Central Missouri (3:00 P.M.)

SATURDAY:

- Women's Tennis at Lindenwood (10:00 A.M.)
- Women's Track at Oklahoma Baptist Invitational (11:00 P.M.)
- Softball at Fort Hays, KS. double header (12:00 P.M. & 2:00 P.M.)
- Baseball at Central Missouri double header (1:00 P.M. & 3:00 P.M.)
- Women's Rowing vs. Oklahoma (TBA)

SUNDAY:

- Women's Tennis at Maryville (9:00 A.M.)
- Baseball at Central Missouri (1:00 P.M.)



THUNDER FIGHTING TO MAKE NBA PLAYOFFS

PAGE 14

CHRIS WATSON WINS D2 WRESTLING NATIONAL CHAMPIONSHIP

Chris Watson wrestled the perfect season his senior year on March 14 in St. Louis, Missouri. At 165 pounds for the bronchos, he claimed the national title in Division II wrestling for his 42nd win of the season. VistaSports writer Ryan Fields talked with Watson about his success on the mat.

PAGE 15

March Madness in full swing; Sooners move on to Sweet Sixteen of NCAA tournament



Andrew Baker
@ Andrew_baker22

Contributing Writer

It's called March Madness for a reason and this year's tournament is no different. Any team no matter what the seed, on any given day can pull the upset.

Well maybe not the 16 seeds, who still have not won a NCAA tournament game. Thursday and Friday of the second round are the most exciting days of the tournament, because those are the days most of the upsets happen.

It didn't take long for the top seeds in each region to start falling.

Thursday of the second round was the day for upsets, and some might argue it was one of the best days ever of the tournament. Buzzer beater after buzzer beater, upset after upset, it was a crazy day of basketball.

It started early with the Big 12 Tournament Champion Iowa State losing a nail-biter 60-59 to UAB the winners of C-USA. The cyclones a three seed in the South region had a lot of momentum heading in after just winning the Big 12 Championship in Kansas City.

UAB on the other hand, had to win their conference tournament just to get in the tournament. It was only the beginning to a crazy day.

Right after the Iowa State versus UAB game concluded, another Big 12 team was in trouble. Baylor, a three seed in the West Region, was playing Georgia State of the Sun Belt Conference.

Georgia State rallied late from

a 12 point deficit to defeat Baylor 57-56. RJ Hunter of Georgia State hit a deep go ahead three to take the lead. RJ's dad is the coach of the Panthers and he tore his Achilles tendon celebrating their conference championship win, so he had to coach on a rolling chair.

When he saw his son hit the game-winner he fell out of his chair and cracked his cast from his surgery. It was an awesome moment for the Hunter family, and the school of Georgia State.

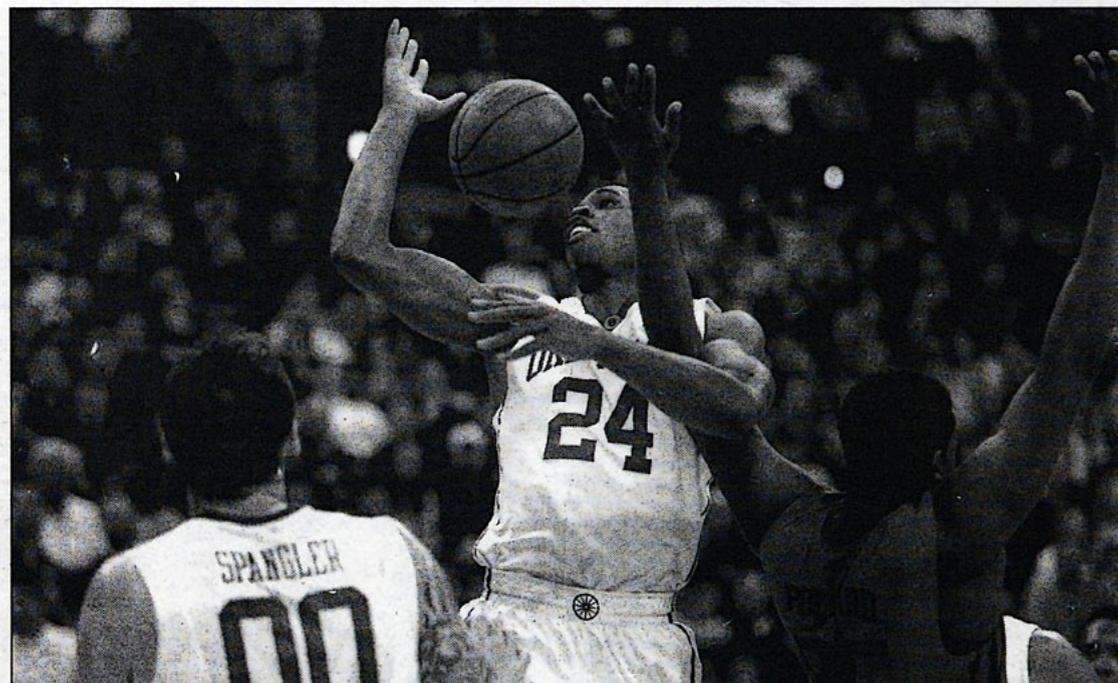
Some analyst said the Big 12 Conference was the best league in America, but they didn't show it on Thursday going 0-3 with Texas losing to Butler. Friday's games for the Big 12 got a little better going 3-1 and the only loss coming from Oklahoma State to Oregon.

The Oklahoma Sooners find themselves in the driver seat in the East Region. With both the one seed and two seed eliminated over the weekend in the East Region, OU stands as the highest seed in their region to make it to the Sweet 16.

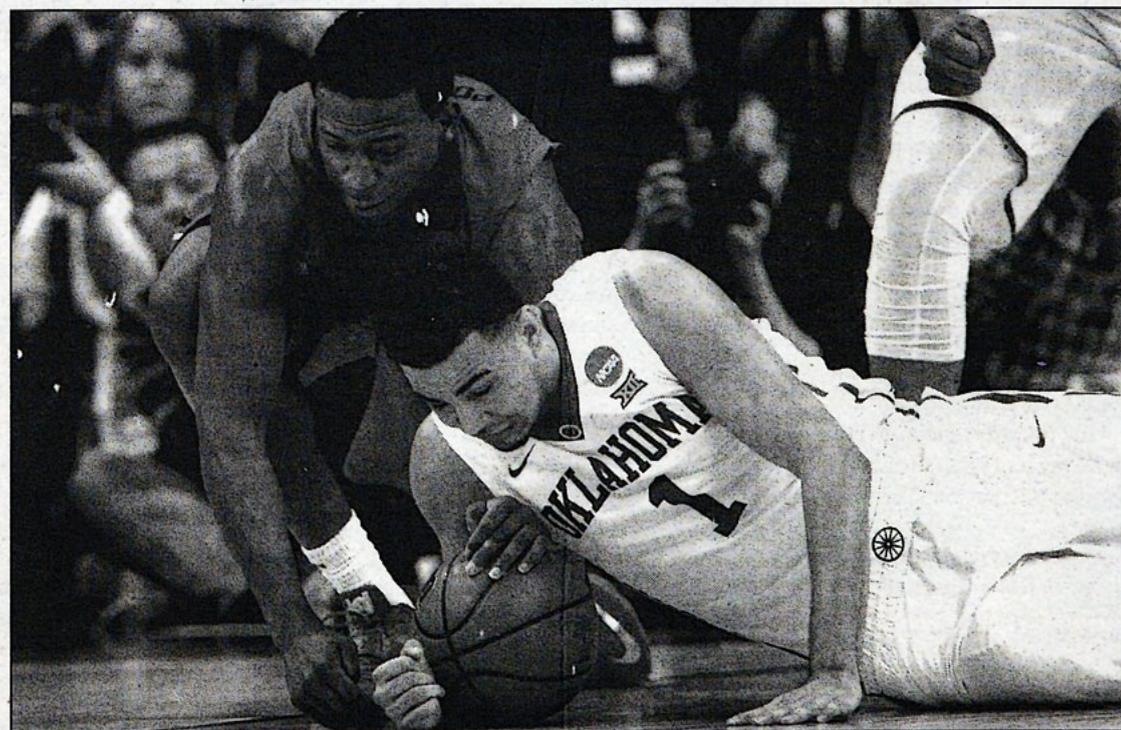
It's their first trip back to the Sweet 16 since 2009 when Blake Griffin led the Sooners to the Elite 8. The Sooners will face off against Michigan State in the Sweet 16 in Syracuse, New York.

You have a better chance of hitting the lottery a few times than filling out a perfect bracket. There were 11.7 million entries to the ESPN Bracket Tournament Challenge, and there was only one perfect bracket heading into Saturday's games-- and that's where it ended.

The great thing about March Madness is how unpredictable it is, and how much passion these players show, win or lose.



Oklahoma's Buddy Hield (24) battles Dayton's Kendall Pollard (25) for ball in the second half of an NCAA tournament college basketball game in the Round of 32 in Columbus, Ohio, Sunday, March 22, 2015. (AP Photo/Tony Dejak)



Dayton's Kendall Pollard fights for the ball with Oklahoma's Frank Booker (1) in the second half of an NCAA tournament college basketball game in the Round of 32 in Columbus, Ohio, Sunday, March 22, 2015. (AP Photo/Tony Dejak)

Thunder on a roll as they fight to make the playoffs despite injuries of key players



Joshua Palmer
@_Joshua Palmer

Contributing Writer

With the NBA Playoffs just three weeks away, now is a good time to examine the status of the Oklahoma City Thunder.

OKC has had a roller coaster of a season, and they are fighting for a spot in the post-season. However, things were made tougher as it was recently announced that Serge Ibaka and Kevin Durant would miss some time due to injuries.

With that in mind, let's explore the major questions surrounding the Oklahoma City basketball team in the upcoming months:

Will the Thunder make the playoffs?

Entering Tuesday, OKC has gone 15-5 in its last 20 games to make a strong push for the playoffs. After a tumultuous season, the Thunder now holds a 2.5 game lead over the Phoenix Suns for the final playoff spot in the NBA's Western Conference.

The Thunder has 12 games left, and seven of them are against teams with winning records. It is not the easiest remaining schedule, but it is certainly manageable.

One prognosticator gives OKC an 86 percent chance of making it to the postseason. The team has

been playing fairly well lately; fans can probably start getting ready to look at playoff ticket prices in Loud City soon.

Assuming they make the post-season, whom might the Thunder play?

Barring a dramatic change in these last few weeks, OKC will face the Golden State Warriors in round one of the NBA Playoffs.

The Warriors hold a 57-13 record, as of Tuesday making it the best record in the NBA. They have been one of the league's top teams since the season began in October.

Golden State also has a MVP candidate in Stephen Curry.

How many games will Kevin Durant and Serge Ibaka miss?

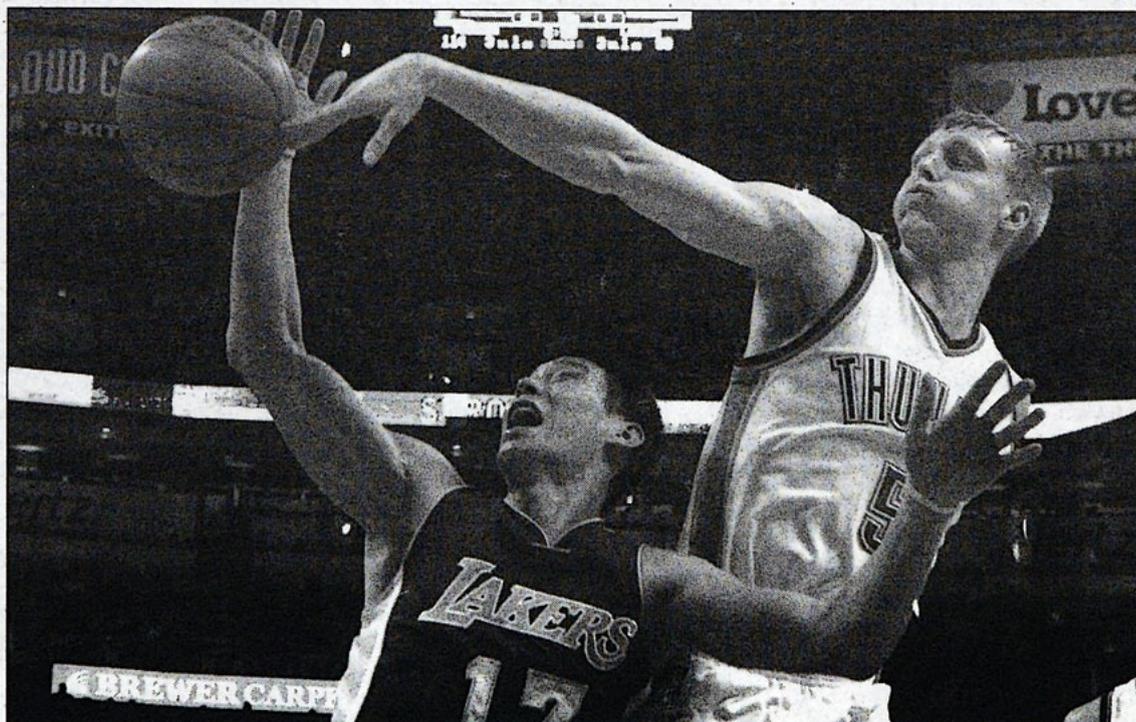
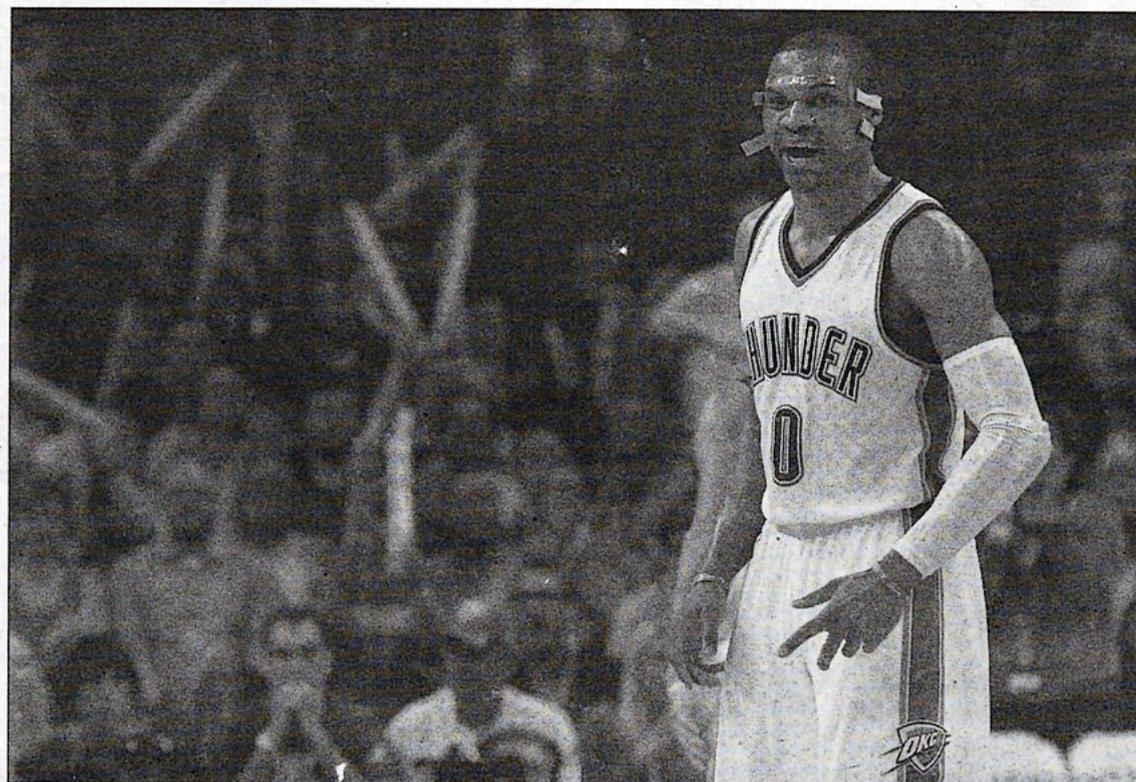
Ibaka is scheduled to miss somewhere between 3-5 more weeks after having a knee surgery. Durant has been ruled out for all basketball activities because of a foot injury, and he has not been scheduled for a return to the court.

So, wait, the Thunder might have to play the Warriors without Durant and Ibaka?

Yes, that's pretty much the size of it, although Ibaka might make it back in time for the playoffs. Russell Westbrook is still playing great, though.

Is Durant leaving the Oklahoma City Thunder after next year?

Yes. No. Maybe? Let's promise to not talk about this anymore, okay?



Top: Oklahoma City Thunder guard Russell Westbrook looks to the Los Angeles Lakers bench following a basket during the third quarter of an NBA basketball game in Oklahoma City, Tuesday, March 24, 2015. Oklahoma City won 127-117. (AP Photo/Sue Ogrcocki)

Bottom: Oklahoma City Thunder forward Kyle Singler, right, knocks the ball away from Los Angeles Lakers guard Jeremy Lin (17) during the fourth quarter of an NBA basketball game in Oklahoma City, Tuesday, March 24, 2015. Oklahoma City won 127-117. (AP Photo/Sue Ogrcocki)

Chris Watson: Division II National Champion



Ryan Fields
@RyanFields92

Contributing Writer

Chris Watson is in the history books forever after one of the best wrestling seasons a Broncho has ever completed.

Watson did not lose. Not one time—42 matches with 42 victories to match.

The senior learned a lot throughout his fantastic career as a Broncho wrestler and everything came together for him in his last year.

“I think the success I had this season came from taking things day-by-day and enjoying the process,” Watson said.

The perfect season finished on a high note March 14 as Watson faced Lake Erie’s Matt Vandermeer in the national championship match of the NCAA division II Wrestling Championships.

Watson was able to take down Vandermeer at the end of the first period to gain a 2-0 lead. Vandermeer fought back in the second period to cut his deficit to 2-1.

Watson entered the last period of his college career with a chance at a national championship and he seized the moment. The period began with two Watson takedowns and a Vandermeer escape building Watson’s lead to 6-2.

Senior Chris Watson wrestles earlier this season at Hamilton Fieldhouse. Watson went 42 for 42 to finish his career as a Central Oklahoma wrestler in the 165 pound weight class. Watson is a two time All-American wrestling his junior season 38-3 for the Bronchos, his sophomore year 20-7, and his first season at UCO 26-16 showing his improvement over the years. Photo used with permission from BronchoSports.com

He was able to earn an extra point with riding time ending his final match with a 7-2 victory. The national champion, at 165 pounds, is Chris Watson.

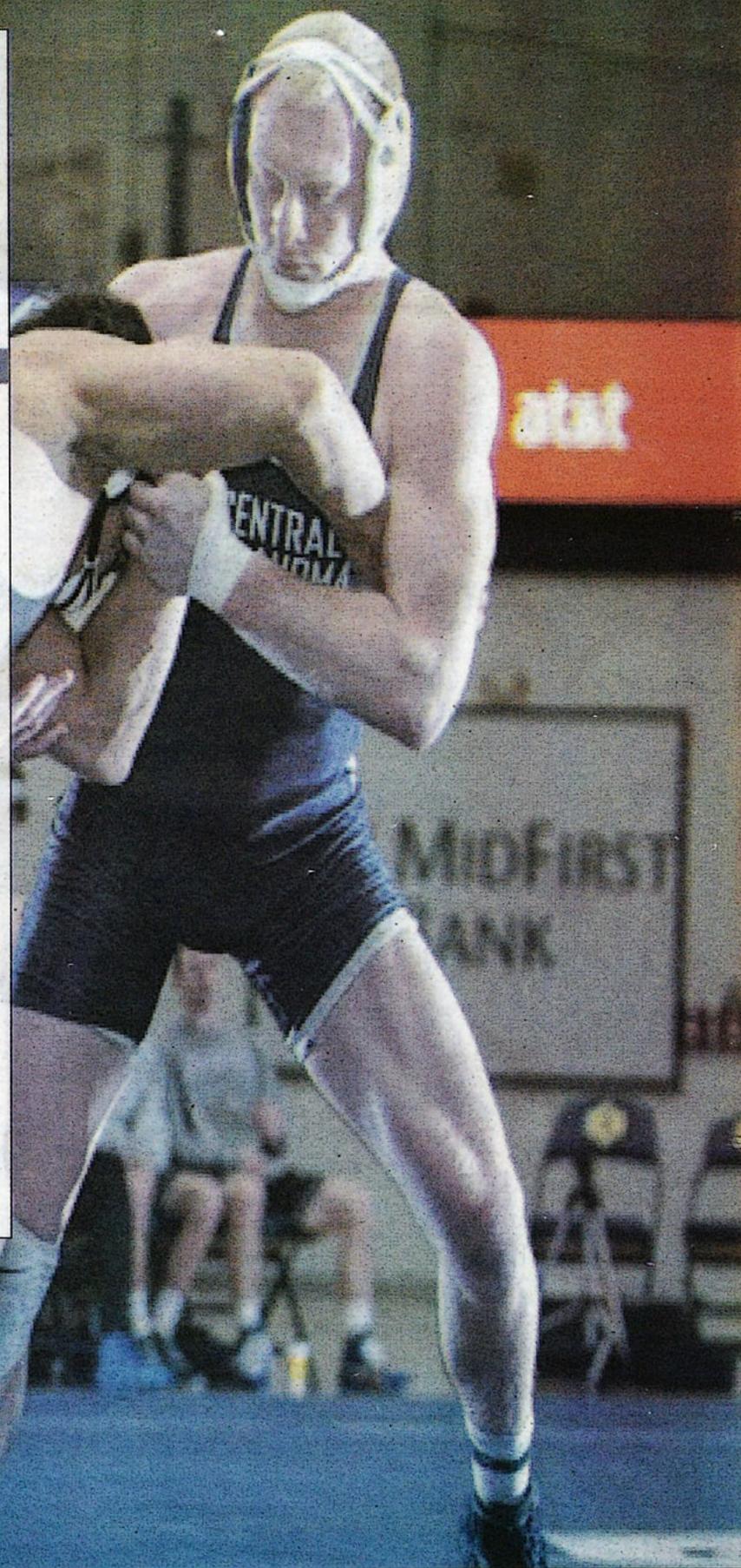
He was also awarded most outstanding wrestler of the year after the match.

The win helped the Broncho team finish 18th overall in the team race and Watson contributed 20 points total for his team.

“There were a ton of emotions going through my head,” said Watson. “It meant a lot to finally win a title but it was really hard for me to walk off the mat knowing I’d never get to compete again. Wrestling gave me the opportunity to meet some amazing people and share in some special experiences.”

Watson might not be competing in a Broncho uniform ever again but he will be remembered forever in Broncho history. His perfect season was one of just two perfect seasons in the history of UCO wrestling. He finished his career 130-28 overall, putting him eighth on the all-time Broncho win list.

The soon to be three-time all American avenged a runner-up finish from the previous year with a season that he and others will remember forever.



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