



the
VISTA

October Vol. 113 Issue 4

**Change your
perspective**

News on Campus..... *Section A*

Life in Oklahoma..... *Section B*

Health and Sports..... *Section C*

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Two dragons prepare to perform a dragon dance at the Asian Moon Festival September 25. The Asian Moon Festival is an annual celebration of Asian culture hosted by the Asian American Student Association. Photo by Cooper Billington, The Vista.

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ON THE COVERS

As humans we tend to have a difficult time accepting change; however, change is not always a bad thing. It all depends on your mindset. So when you find yourself fearing change, take a minute to rethink your perspective, be open to a new path and try to view things differently. Original photos by Cooper Billington. Photo illustrations by Daltyn Moeckel, The Vista.

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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.

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.



A student signs the Big Bed by Broncho Lake. Students who sign the bed are making a promise to practice safe sexual activities. Phot by Ryan Naeve, The Vista.

UCO places as a top university in the nation



Rayven Boone
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Contributing Writer

The University of Central Oklahoma has been recognized as one of the top universities and colleges in the nation. This isn't the first time UCO has been given the title of top regional university in the state of Oklahoma.

The university has also been named top public regional university on the Best Colleges of 2016 list from the U.S. News and World Report.

UCO was ranked No. 32 on the Tier One institutions in the category of "Top Public Schools: Regional Universities in the West" and No. 52 in the "Best Colleges for Veterans: Regional Universi-

ties." UCO also ranked as No. 81 on the overall regional universities in the west.

"Central's talented faculty and staff endeavor daily to transform the lives of our students, helping them to be the productive, creative, ethical and engaged citizens and leaders that are critical to the advancement of our state," UCO President Don Betz said. "Our university community is to be commended for their tireless dedication to that mission. It is that dedication that continues to elevate Central throughout the region."

UCO's Adrienne Nobles, who works in the Public Relations office, said that

when it comes to being a top college and university that it simply doesn't happen overnight.

"It takes a commitment from faculty, staff, as well as the students. We are the largest public metro university, the extension of ACM, the boathouse district, and now the newest addition of Downtown UCO. This gives us the opportunity of having a great partnership with the metro area and the Oklahoma City community. That is a key aspect in why UCO is what it is today," Nobles said.

Several UCO students participated in a Forbes Magazine Twitter competition in

which they tweeted reasons why they felt UCO was their top college while using the hashtag #mytopcollege.

"I really enjoy the small class sizes and I feel like I can develop a better relationship with my professors, which I feel will be beneficial to me in the long run. Also I think I'm getting a lot more hands on experience in my major than I would have gotten at another university," said UCO Junior, Jade Braun, on why UCO was her top college choice.

In the contest UCO placed fourth in the nation as far as most popular tweets.



Photo by Ryan Naeve, The Vista.

Are you a Feminist?



Queila Omena
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Managing Editor

Feminists didn't burn bras in the 1968 protest against the Miss America beauty pageant. Are you in shock?

Protesters against the pageant threw false lashes, bras, and feminine items at the Freedom Trash Can, as they called it. They also had an animal labeled Miss America, but no bras were burned at the event.

We may talk about feminism a lot, but sometimes we are not educated about the ideology that it holds.

Feminists are people that fight for women's rights and equality in politics. As everybody understands, feminism is defined as a movement for political, social and economic equality for women

in the society.

Feminism stands for a broader concept and holds different beliefs and ideologies, but how did it all start?

Everything started with the women's rights movement engaging activism to enlarge women's political rights. Women wanted to vote, they wanted to contribute to their society but often felt left out from social problems.

Nothing was easy at that time, but women fought for their rights and demanded respect.

Let's explore the different types of feminism, and understand what they represent.

Lesbian Feminists:

Lesbian feminists focused on the sexual exploitation of women and male dominance. Members argue that only women who do not live their lives around men can be completely free, leading some women to embrace lesbianism as positive and liberated.

"For lesbian feminists, the primary goals are to live as a woman-identified woman and to make it possible for

women in committed, enduring relationships to enjoy the same property, insurance, and legal rights granted to heterosexual spouses. First, lesbian feminists use their voices to respond to social criticism of their sexual orientations. Second, some lesbian feminists adopt proactive rhetorical strategies to assert their value, rights, and integrity," said Wood.

Separatists:

This group of feminists builds communities in which women live independently in respect and harmony. They believe it's impossible to reform America's homophobic culture; so instead, they focus on living in harmony with people, animals and the earth.

"Finding that these values gain

little hearing in a patriarchal, capitalist society, some women form all-women communities in which feminine values can flourish without intrusion from men and the aggressive, individualistic, oppressive values these women associate with Western masculinity," said Wood.



A women's suffrage parade in New York on May 6, 1912. Photo provided by Wikimedia.

We Can Do It!



Rosie the Riveter is an image commonly associated with feminism. This poster was used to encourage women to help with the war movement during World War II. Photo provided by the Virginia Historical Society.

Multiracial Feminists:

Most feminists at the time were white, middle-class women that were seeking change. Multiracial feminists interjected that race cannot be viewed in isolation, and that gender does not have a universal meaning, but it varies depending on the economic class and sexual orientation.

They believed that race-ethnicity affected the meaning of being a woman and automatically put them in another category.

"For multiracial feminists, the key to understanding identity lies in the intersection of multiple categories such as gender, race-ethnicity, sexual orientation, and economic class. This leads multiracial feminists to write

and talk, not about women or men as broad groups, but about more precise and complex categories such as black, working class lesbians, and middle class, heterosexual Chicana," said Julia T. Wood at Gendered Lives.

These were feminists that focused on women's traditional roles and activities, and brought appreciation to their skills. They wanted to bring respect for music, literature and art created by talented women. Revivalists talk about recovering women's history and illustrate the capacity of women in their traditional roles, such as weaving and quilting.

Ecofeminists:

Ecofeminism was first launched in 1974, reinforcing that if oppression is culturally valued, it will be imposed on anyone that cannot resist it. Several animal rights activists, vegetarians, vegans and peace activists joined the

ecofeminism movement.

Animal rights were also tied to feminists critiquing cultural values and how society supports aggression, exploitation and domination.

Radical feminists:

This was the first form of feminism during second wave feminism, also called the women's liberation movement. It relied on revolutionary politics on public events to call attention to women's oppression, and demand

changes in a woman's place in society.

At that time women were second-class citizens and couldn't engage in public arguments, as well as many other things.

Embrace the learning curve



Ryan Naeve
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Photo Editor

If someone were to walk around campus for a few minutes during a busy time of the day, one thing would become obvious: skateboards are extremely popular among University of Central Oklahoma students.

Longboards, specifically, seem to be gaining momentum around college campuses.

Here are some things that everyone should know about skateboards, whether you skate or not.

Invest in a PennyBoard, or some kind of small cruiser. Many people use a skateboard out of convenience and ease of travel, so having a smaller board makes it that much more convenient.

Carrying a small, 22 inch plastic board is much easier than fumbling around with a heavy 40 inch wooden board. Plus, your professors will appreciate your things taking up less space in their classrooms.

Know when to walk. While it's fun to get around campus on four wheels, there are times when it's better to walk. Nobody likes that guy who tries to skate through a thick crowd of dozens of people on a narrow sidewalk.

In that situation it would be faster just to pick up the board and walk. You should also avoid skating when it's raining out.

Moisture will cause wooden boards to swell up, and may cause several metal parts in the board to rust. So if the forecast says it'll rain, just leave the board at home.

Don't cheap out when buying a board. Skateboarding is one of those hobbies where you get out of it what you put in. So be prepared to have a bad time if you only pay \$50 for your whole set up.

Try visiting a local skate shop and talking with the employees about the equipment that you need and they will be happy to point out some good boards and parts for you.

If you walk, don't zigzag to avoid someone skating. For the most part, people on skateboards know what they're doing.

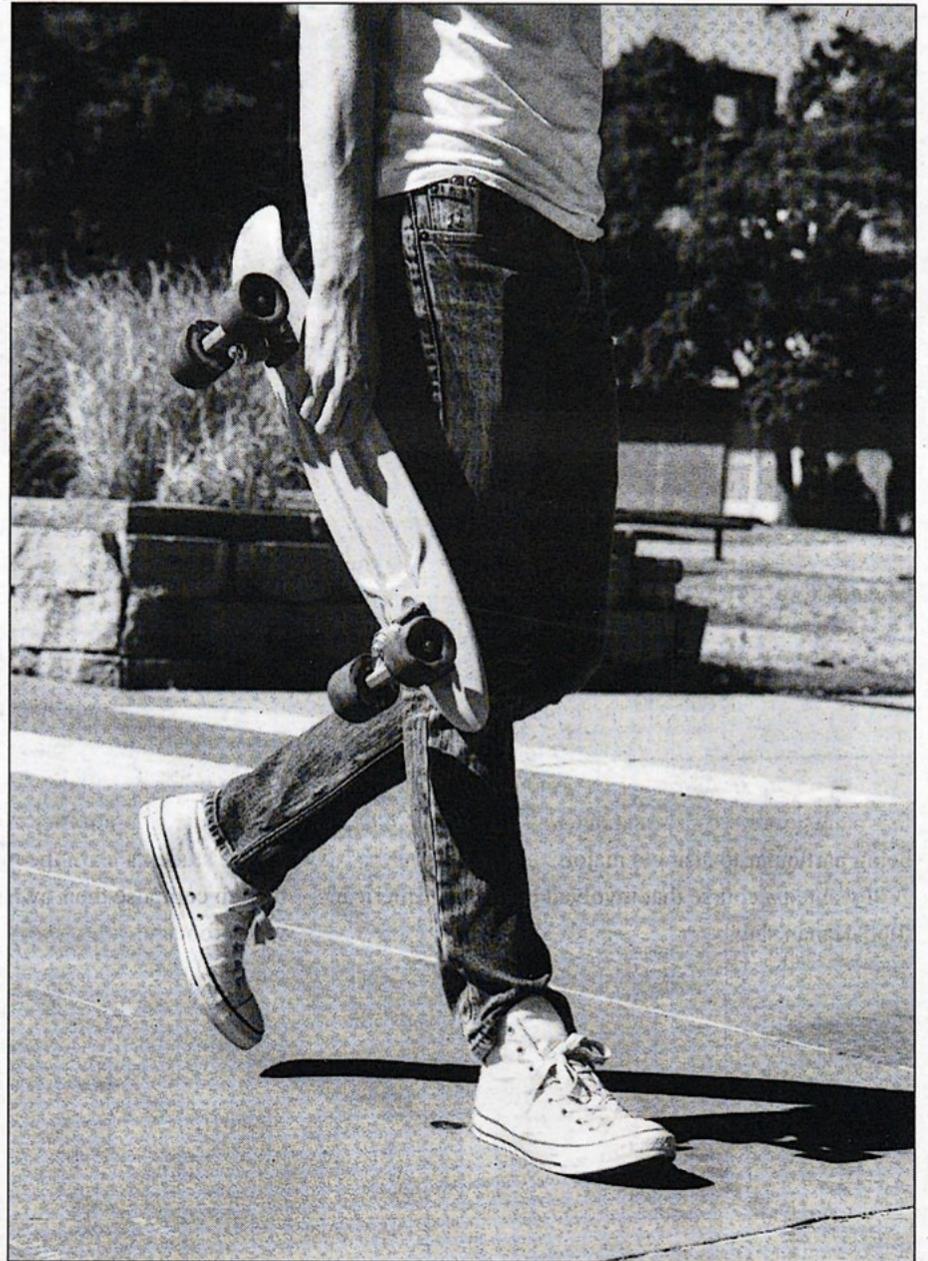
If you see someone coming towards you on a longboard, don't panic, they have already mapped out their path around you way ahead of time. People zigzagging and trying to avoid longboarders is what causes accidents.

Embrace the learning curve. No matter what hobby it is, everybody's a beginner at some point. Don't get discouraged if you aren't very good when you first pick up a board.

Just take your time and have fun cruising around in the beginning, or else you'll wind up with a fractured skull and a concussion.

Lastly, have fun. This is by far the most important tip that I can offer. At its core, skating is just riding around on a piece of wood, and it's extremely fun.

Don't get caught up in the community or brands, and just try to enjoy yourself when you pick up a skateboard.



(Above) A student walks with a 22 inch Pennyboard. Pennyboards and other small cruisers are extremely convenient when it comes to traveling around campus. Photo by Cooper Billington, The Vista.



(Above) A student rides to class on his longboard. Over the last few years, longboards have become a very popular way of travelling. Photo by Ryan Naeve, The Vista.

Video games as a music course?



Skylar Baldwin

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Contributing Writer

Until recently, the school curriculum has left out classes immersed in a subject that is prevalent in the majority of students enrolled — video games. The music department has changed this with the addition of the course, History of Video Game Music.

The plan for the addition of this course was to give the general masses of students an opportunity to take a music course that would gain their attention and interest. The professor of the course, David Hanan believes the interest will be universal due to video games not being particular to a single major.

“I wanted a course that involved everyday, American life,” Hanan said.

The University of Central Oklahoma is not the first university to offer this. Similar courses are offered in various schools such as Princeton and the University of Michigan, and, according to Hanan, they are spreading like wildfire.

The actual curriculum, though immersed in gaming,

is focused entirely on music, and gives students the opportunity to learn about the subject in a unique way.

“Students will develop a variety of recreational, artistic, and personal skills designed to enrich the quality of life through the use of technology,” Hanan said. “Specifically, students will plan, design, and compose music for a video game with technology. Games encourage creativity and focus, thus enriching the quality of life.”

The project mentioned is called the Compositional Quest, and is a semester-long endeavor by the students. As the students learn the tools and techniques about how to compose their own music, they put the music to video footage.

“I had one music major, and their video was incredible,” Hanan said. “They’re now pursuing a career in video game music composition.”

In addition to the multiple other projects throughout the course, the class also conducts interviews with various composers via Skype. A few examples of compos-

ers that students have interviewed are Michael Salvatore and Marty O’donnell, Halo/Destiny, and Grant Kirkhope, Banjo Kazooie.

“We’re talking about form and analysis,” Hanan said. “Entrepreneurship. How to get your name out there if you want to be a composer.”

The course also includes online discussions, which Hanan said he believes are important for other students who would be more comfortable speaking through that channel.

“I really enjoy the online discussion,” he said. “It reaches to those students who are apprehensive speaking in class, and they really come out of their shells.”

This award-winning course is open to any student, and is a cultural analysis credit for the University Core. It is offered in both fall and spring and, soon, in the summer. Any student who is a gamer, a music lover or simply wants the credit is welcome.



The History of Video Game Music is a new course being taught at UCO by professor David Hanan. This course counts as a cultural analysis credit, and is offered in the fall, spring, and soon the summer. Photo by Ryan Naeve, The Vista.

UCOSA's \$80K concert proposal shot down



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Reporter

Delivering a defeat at the University of Central Oklahoma's Student Association Congressional Meeting, opponents to a bill that would have moved \$80,000 out of the UCOSA reserve fund for a spring concert are relieved.

"This bill was just giving our student body president a blank check for \$80,000 to spend on a concert," said Jon Lowrey, a junior at UCO.

Authors of the bill, Maci Snowden, Cash Deitz, and Madison Castelli, were in favor of bringing the concert on campus and proposed that this concert would be able to accomplish three things: branding UCOSA, provide a fun activity for students and make money for the organization.

"I would rather have some of the money given to a scholarship fund, though we would have to change some rules first," Lowrey said.

Controversy erupted over the weekend as members of the UCOSA Congress showed their negative views on the bill over Facebook, making sure that UCO students knew about how their student activity fees were going to be used.

"We shouldn't be sitting on this money, which is well over \$400,000. This is the students' money and needs to be

spent on the people who paid it," said Caleb Power, a junior at UCO.

During the meeting, the diplomatic process was keeping members in line, keeping the debate on a concert for students moving along, though making sure the issue was fully discussed. It came up a few votes short of passing.

"Of course I am disappointed that the bill did not pass ... It could be possible that two-thirds of students did not want this event," said Austin Sheehy, president of UCOSA. "I wanted to throw the biggest event UCO has ever seen."

Making use of the roughly \$450,000 reserve on hand for UCOSA was on plan Sheehy had ran on when becoming president, however taking \$80,000 of those dollars and using them on a one-time event did not work for UCOSA senators.

Many senators showed that the Student Programming Board already receives a large portion of the roughly \$900,000 budget each year, using around \$300,000.

"Whenever we have an organization doing this kind of stuff already, we should let them do it," Power said.

Since the bill has been defeated, members said they are hoping the money will be possibly used for improvements.

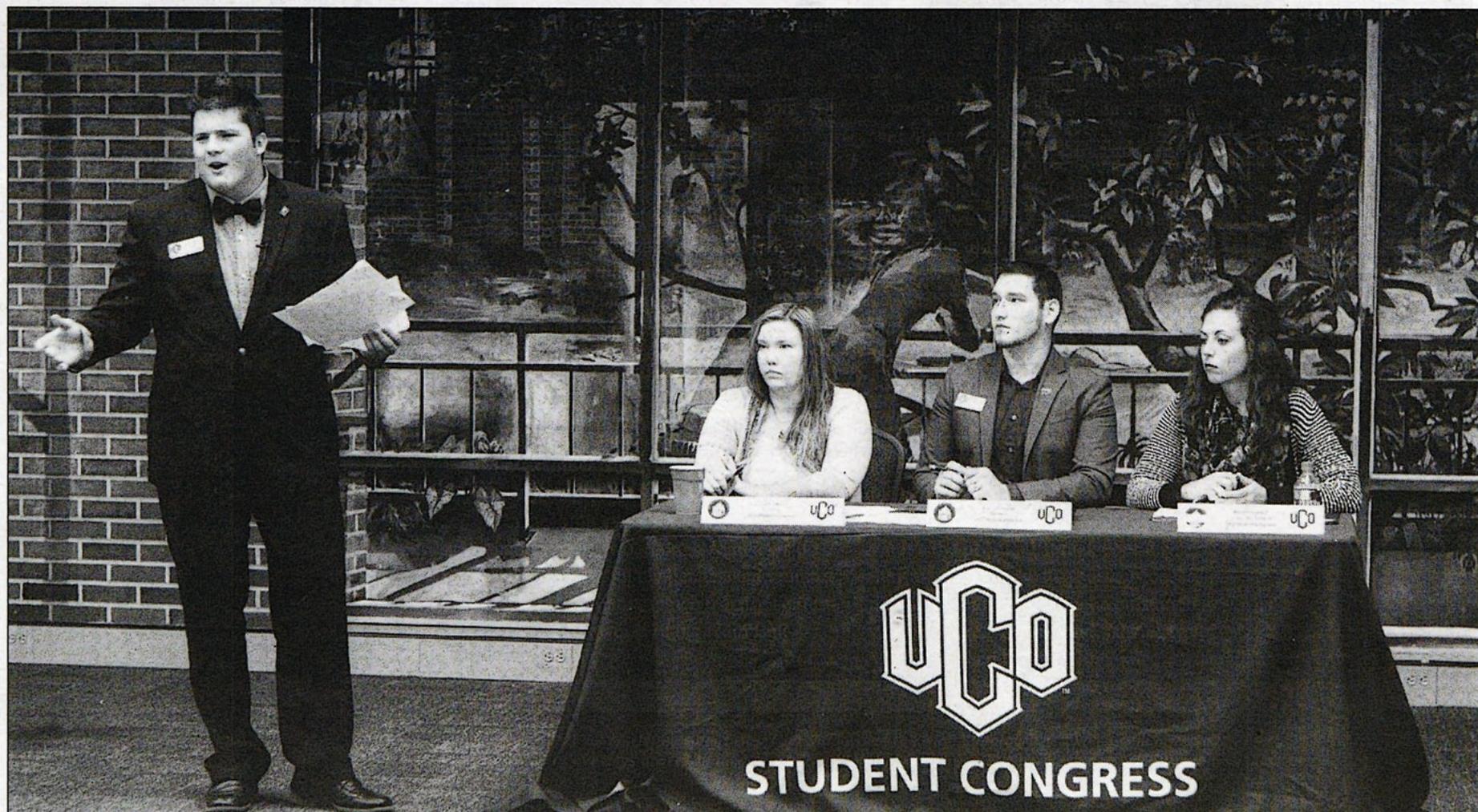


Members of UCOSA count votes for the concert proposal. The proposal came within a few votes of passing. Photo by Lauren Capraro, The Vista.

Some ideas include lift chairs for handicapped students in case elevators were to stop working or increasing childcare availability for students on campus.

"This event was a good representation

of the great democracy that we have, and I look forward to what we can do next, even though the bill did not pass," Deitz said.



Senator Cash Deitz presents his argument for why UCOSA should spend \$80,000 to host a concert at UCO. The proposal to hold the concert was eventually rejected during the meeting. Photo by Lauren Capraro, The Vista.

Socializing for introverts: NETFLIX AND PIZZA



Rachael Corbin
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Contributing Writer

One of the newest organizations at the University of Central Oklahoma is Netflix and Pizza. It's a typical college student's lazy Tuesday night in, but with free food and opportunities to mingle with other people from different years and majors over favorite TV shows and movies.

Netflix and Pizza, or NAP, was created in the hopes of encouraging students who may not be socially active on campus to venture out and make new friends in a relaxed and low-pressure

environment.

"This is for introverts," said Darien Chebahtak, NAP's organizer. "Nobody really wants to go out, but everybody loves Netflix."

Most members are freshmen or sophomores, but there are a few juniors and seniors sprinkled in.

"We even get a few grad students sometimes," said Chebahtak.

Though there are appointed members of the organization, the balance of power is informal and any member may offer up their opinion whether it be on the design for T-shirts or what to watch next.

The meeting is considered a success simply on the fact that the members present had a good time and were able to take their mind off of the stresses that school

and work can create.

"It's like the perfect club to be a part of. We just want students to have a way to relax," said Marianna Avgoust, recruiter and financial advisor for NAP.

Since the NAP launched the third week of the 2015 fall semester, at least 50 members have signed on through Orgsync. The number is expected to grow as members find more ways to advertise.

As of now, the group only has an hour time slot so they are only able to watch TV shows. However, with time they hope to extend their meetings by at least another half an hour for more activities and movies.

"We're hoping to have an hour of watching Netflix, then maybe half an

hour that's just talking and getting to know each other," said Chebahtak.

They are even planning on special events such as Binge-watch Friday which will take place sometime in October and a Pajama Day where members may show up in their sleepwear.

Membership dues are only \$5 and are used to cover the cost of pizza for the entire semester.

Netflix and Pizza typically meets in Room 314 in the Nigh University Center on Tuesdays at 7:30 p.m.

For more information on when Netflix and Pizza plan to meet, like their Facebook page.



Netflix and Pizza is one of UCO's newest clubs this year. It provides students a great chance to socialize in a low pressure environment. Photo by Ryan Naeve, The Vista.

Let's talk about sex, baby...

Let's talk about you and me



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Contributing Writer

Sexual health is more than avoiding sexually transmitted diseases-- STDs. It's about having a positive, respectful and responsible approach to sexuality and relationships.

Sex in the Dark allowed students to send their questions through an anonymous poll, where the Sexperts responded honestly and provided other important information about sex and sexuality.

Sexual health is about more than avoiding STDs. It's about having a positive, respectful and responsible approach to sexuality and relationships.

Communication also plays a very important role. It's important that individuals, who might be exploring sexual feelings and relationships for the first time, feel comfortable discussing sexual health with their doctors.

How often should I get tested for STDs?

This just depends on how often you are sexually active. As for HIV, there is a three-month window period so if you are sexually active or more at risk, then get tested every three to six months. For the rest of the STDs, it's yearly but it goes back to how active you are. Also make

sure to communicate with your doctor about which STDs you would like to be tested for and also educate yourself so you are aware of what to ask for. You can also dial 211 to find an institute here in Oklahoma that offers free testing

What is pansexuality and how do I explain this to my parents if I am?

A Pansexual is an individual that is open to all genders, all sex, all sexuality relationships, or any one that is just open to all people in general. The experts encourage any individuals that want to come out to parents, friends or just in general, to find a safe support system.

Not only that but to think about when would be the right moment, time and even the right place to do it. Another thing is that not everyone needs to know all at once. What matters is where the relationships are, the moments, and the places.



Can you get STDs from oral sex or anal sex?

Yes, with oral sex there are multiple STDs. The most common one is herpes, which is passed between genitals and the mouth. You can also get a bacterial infection of gonorrhea, chlamydia, or

syphilis, in your mouth and/or throat, which can develop genital warts in the mouth. As for anal sex, it's much more risky because HIV can be passed through cuts in the mouth or small wounds.

(Above) During sexual health awareness week, student organizations hand out condoms and other STD prevention measures. Photo by Cooper Billington, The Vista.



(Below) A panel of experts discuss sex related questions in the Constitution Hall on September 23. Anyone who attended the event was able to anonymously text-in questions to be answered. Photo by Cooper Billington, The Vista.

Passport to: Native America



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Contributing Writer

The Blackbird Family Drum and Dance Troupe performed at the University of Central Oklahoma as a part of Passport to: Native America, which is an initiative to inspire unity and understanding on a global level.

The Blackbird Family Drum and Dance Troupe consists of family and friends representing many different Native American Tribes from all over the state.

"Each dance we do has a story behind it," said Head of Ceremonies George Shields. Dances are passed down from generation to generation.

"You watch people and ask them about the dances and learn from that," said 8-year-old Emmerly Elizohao.

UCO students Jessica Newmoon and Paydon Moore also performed with the group.

"I have never danced with The Blackbird Dance Troupe until last night," said Newmoon. "I've danced with other groups, just not the Blackbird dance troop."

Although it was her first performance

with this group, Newmoon has been dancing Jingle Dress since her Ponca Tribes powwow in 2014.

"Jingle dancing in particular is known as the healing dance," Newmoon said. "When I dance I pray. I am praying for myself, loved ones, and my family that has passed on."

The regalia used in their performance included deer tails, porcupine quills and deer hooves.

Students in attendance learned a variety of different things about Native American Culture. "We learned that dances were used as gifts after a war," said Rachel Payne, freshman at UCO. "It's a very family oriented affair."

The dance troupe performs at various regional contests as well as educational presentations that are used to remind people the importance of remaining connected to one's roots. "We know what we come from, we know who we are," said Shields.

Passport to: Native America will continue to present events until November 5.



Jessica Newman performs a "jingle dress dance" on Tuesday, September 1 in the Constitution Hall. Newman performed just one of many dances from the Blackbird family drum and dance troupe. Photo by Ryan Naeve, The Vista.



Cortney Yarholer and his son, Jude Yarholer, perform a traditional Native American dance. The Blackbird family Drum and Dance Troupe performed as a part of UCO's Passport to Native America series. Photo by Ryan Naeve, The Vista.

Edmond Firefighters prepare for **SMOKE BLINDNESS**

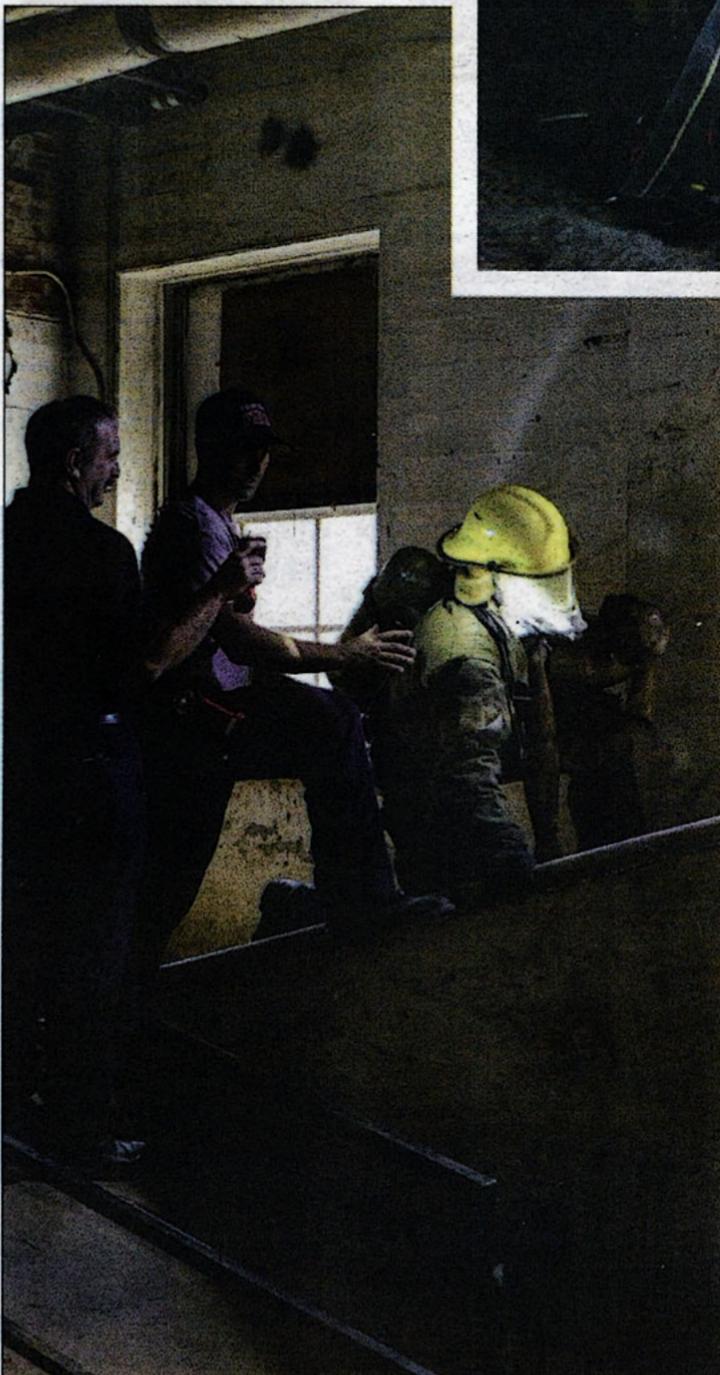


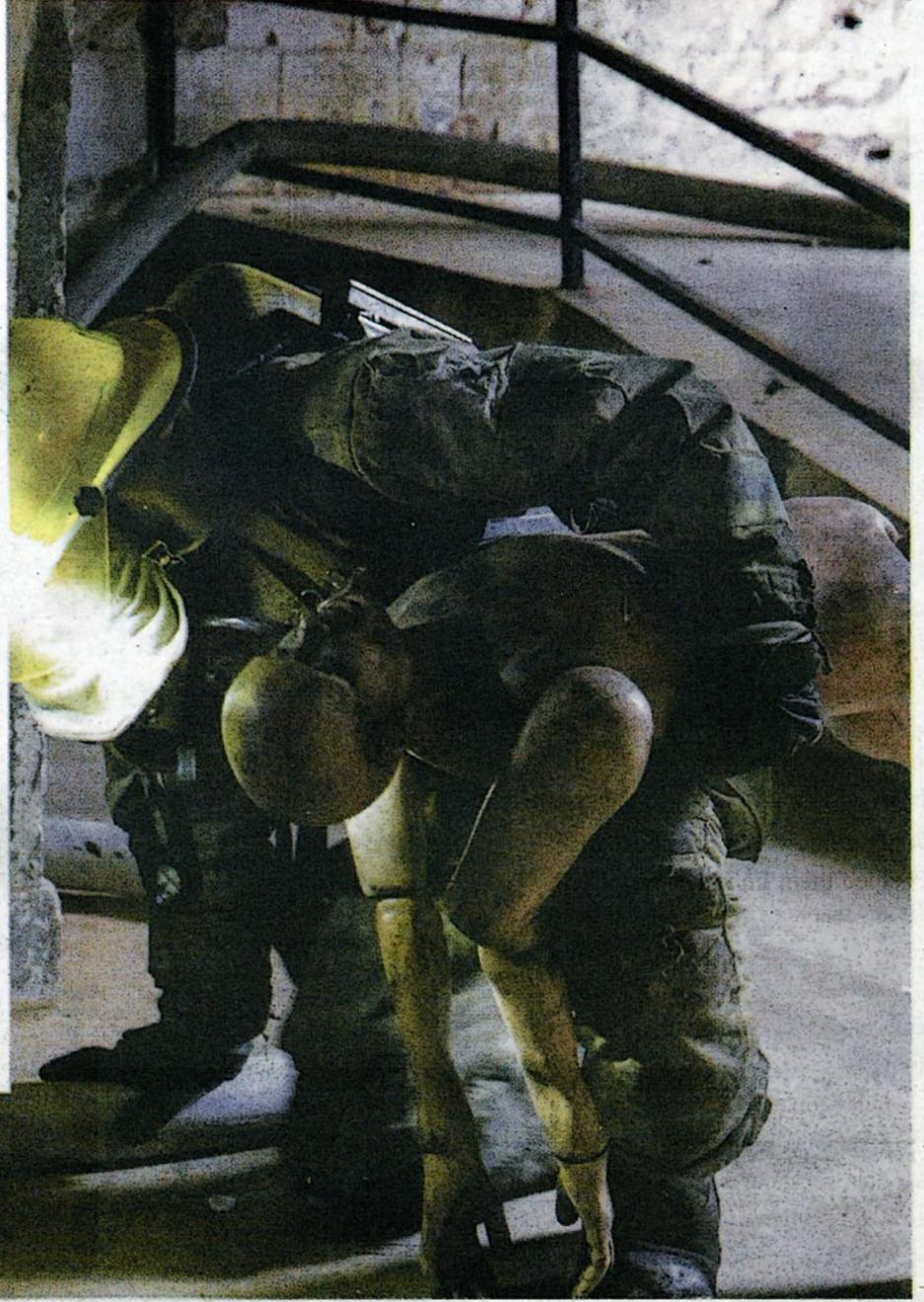
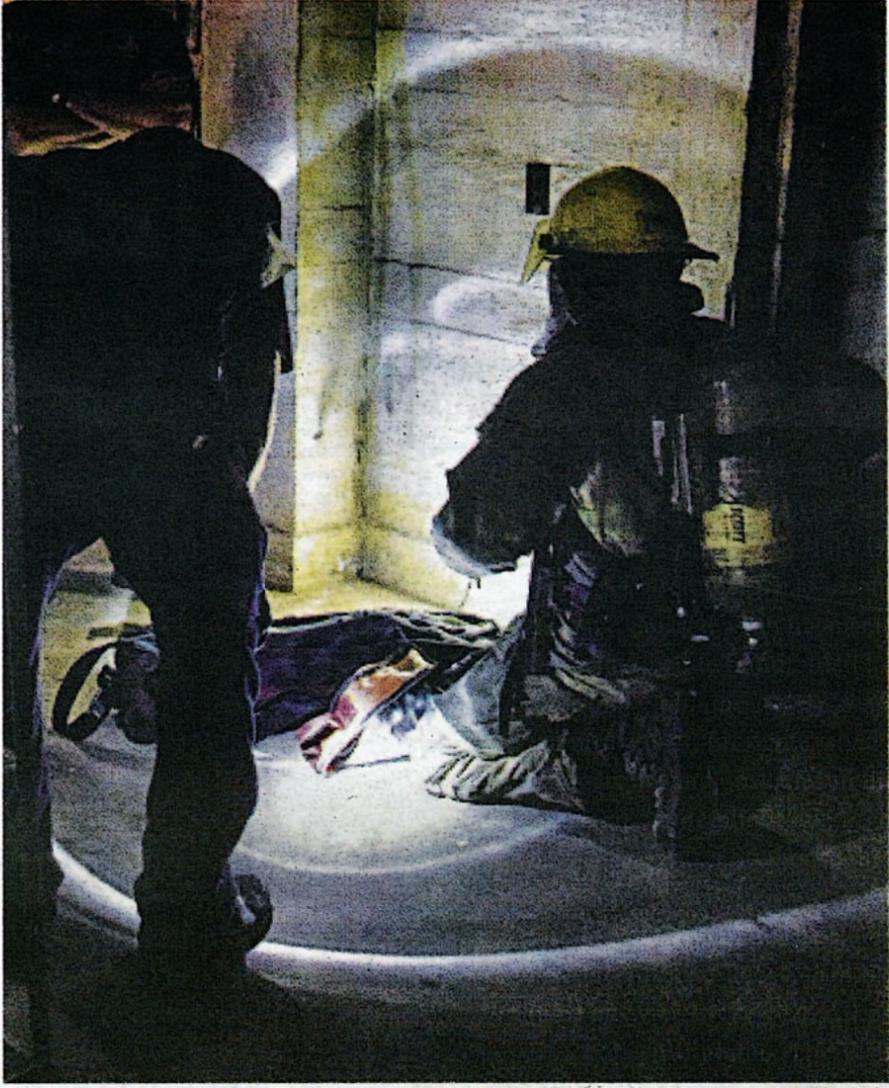
Cooper
Billington
@cooperdoesstuff

Photographer

The Edmond Fire Department was conducting drills October 8 in the basement of Murdaugh Hall. During the drills, firefighters had to carry a dummy, dressed as an incapacitated firefighter, while blindfolded to simulate smoke blindness.

For the drill, firefighters had to navigate around obstacles in the basement while blindfolded. Their only guide was a fire house that helped them find their way back through the building. The Edmond Fire Department does a drill like this once or twice every year. All photos by Cooper Billington, The Vista.





"I am Oklahoma"



John Box
@Johnathanbox

Contributing Writer

An author who studied at the University of Central Oklahoma did a reading and signing for her new book at the Pegasus Theatre on October 5 as a part of the Passport to Native America's Amazing Mondays.

Pati Hailey was one of five writers given the opportunity to write a children's book about Oklahomans for Oklahomans. The novelist who writes mostly young adult books started a conversation with a teacher from Moore who showed Hailey that her students did not have many books about famous Oklahomans.

She quoted the teacher and said, "A coloring book, that's what I am teaching from."

Hailey found herself working with the Oklahoma Hall of Fame who shared her concern about the lack of books for educating children. The partnership was ideal for Hailey as she said the Oklahoma Hall of Fame teaches the story of Oklahoma through Oklahoman people.

"My grandmother was a full blood Cherokee, but that was a secret," Hailey said. Her background remained a mystery to her for a large portion of her life.

She said the book she wrote meant a lot to her as she fully embraced her Native American ancestry.

The book itself is about Te-ata, a traveling one person entertainer who started in Oklahoma but would go on to have an audience of presidents, kings and queens. Te-ata spread knowledge about Native American culture through her acts. She was one of the few people to wear Native American clothing-- something quite rare at the time.

Te-ata died in 1995, but her memory lives on through her induction to the Oklahoma Hall of Fame, as well as this children's book.

"Kids start learning about Oklahoma in the third grade," she said after listing the strict rules the books would have in regards to length, structure and complexity.

Other stipulations were about the topic of each book. Hailey and the other four writers split the state into

five regions, focusing on a person from each region. They also wanted to ensure that the books were diverse, covering people of different ethnicity, gender and vocation.

After finishing the books there was a proposal to send a copy of the series to each of the schools around Oklahoma, which was approved.

The books can be obtained outside of the school system through means of Amazon, the Oklahoma Hall of Fame website and other reading and signing events.

Copies of the books were sold at the reading and will also be available, along with the rest of the series, at the Oklahoma Hall of Fame's Statehood Day Festival on November 14 in Midtown.

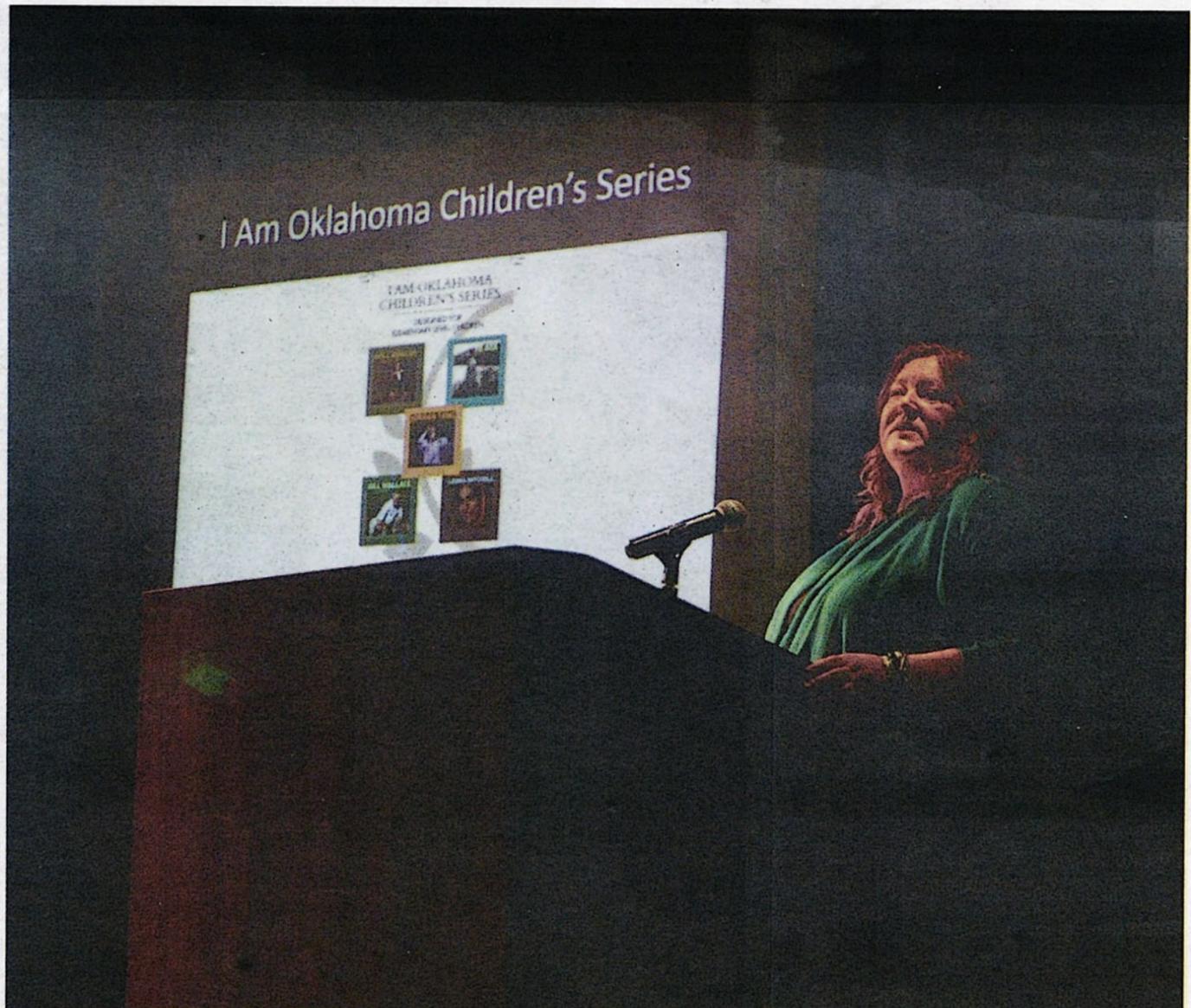
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Pati Hailey reads from her children's book, *Te Ata*, which tells the story of a Native American performer from Oklahoma. The children's book, as well as four other books in the series, will be donated to every elementary school in Oklahoma. Photo by Ryan Naeve, The Vista.

Painting history and culture: Bunky Echo-Hawk



Eriech Tapia
@erichtapia95

Reporter

Painting Native Americans' past, Bunky Echo-Hawk a painter of Native culture hosted a talk and paint event for the University of Central Oklahoma's Passport program in an art form that brings his experiences and the perspectives of his people.

"When I look back on the past six generations, I see how different things are and how much we are changing," Echo-Hawk said. "My thoughts, ideas and my work will go into my works for other people to see."

The paintings he has produced include everything from a Native American wearing a gas mask titled *In Pursuit of Justice* to some of his colorful paintings that depict an aspect of his culture.

"Bunky represents this new wave of artist who really enjoy sharing what people need to know about Native Amer-

ican culture," Dr. Timothy Petete said, English Professor at UCO.

Echo-Hawk has been painting for 20 years and started full time in 2006. His works are also on display in art museums worldwide and he believes that his culture is dying off and needs to be preserved through art.

UCO's Passport program focused its cultural studies on Native Americans and has brought authors and painters to the university, showcasing certain misconceptions and bringing knowledge to students.

"It's our job to raise our kids in the right way and to keep the history alive of my ancestors," Echo-Hawk said.

Echo-Hawk started the evening off relating his past to the time now, describing what it was like to grow up as a minority, facing obstacles and discrimination by

his teachers over the years.

Before the painting was even started, he asked the audience what their stories and experiences were when it came to being Native American, also asking what others thought about Native Americans.

"Our professor was raving about how good this event would be and how much we would learn here tonight," Treyce Glidden said, junior at UCO.

The conversations included families who still practiced Native American cultures to people who are trying to revive what their ancestors were doing. Those conversations lead to what Echo-Hawk would paint.

"There are a lot of good statements in this room and a lot of good came out of the conversations," Echo-Hawk said. "I want to make a statement and I want to do that so that people will see our

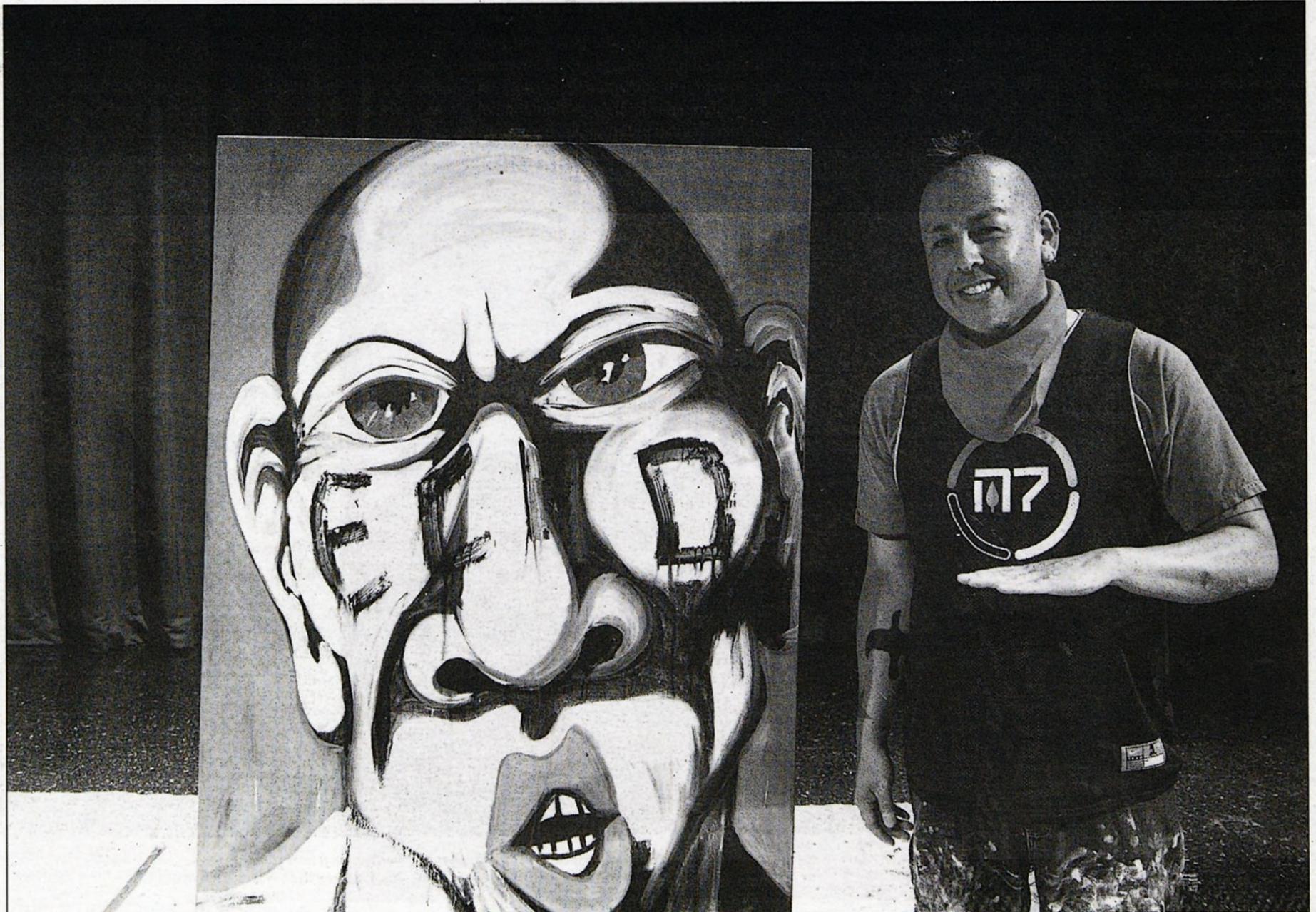
culture."

The painting started out as nothing more than a blank canvas, but as the conversations grew deeper, Echo-Hawk brought new things into the painting and brought color in as the evening progressed.

The finished painting was given to the UCO Passport Program and will be auctioned off. The money will go into a scholarship fund.

"I think the big thing to take away is that Native American culture is still living and Bunky really represented that in his art tonight," James Daro said, advisor to Passport UCO.

Artist Bunky Echo-Hawk stands with his completed painting. On Monday, September 14 Echo-Hawk made his painting in the Constitution Hall using input from his audience. Photo by Ryan Naeve, The Vista.



Media Awareness with comedian Esteban Gast



Ricarda Arroyo
@riccibobbi_

Contributing Writer

The University of Central Oklahoma's Office of Diversity and Inclusion opened their Hispanic Heritage Month with the professional comedian and creativity speaker, Esteban Gast.

Gast, a Colombian living in Central Illinois, said he finds all things interesting in entertainment, education and entrepreneurship.

In rural Panama, he was the educational director of Kalu Yala, a village built to help bring together entrepreneurs, artists and scientists to the Panamanian River Valley. He also wrote a book about creativity along with a few of his colleagues, as well as helped start up new businesses.

He currently teaches creativity at the

University of Illinois at Urbana-Champaign. As well as teaching, he performs comedy all over the Midwest and travels.

"Media affects what we believe to be true about us and what we believe to be true about others," said Gast.

When thinking about social media, the last thing on your mind is, who am I becoming from what I watch? Social media

has become a huge part of the everyday life that once you're away from it can make you feel helpless.

The public underestimates the affect that they have with social media. Though, something that isn't often thought of is the fact that it can create the way people think and act.

"The media that we consume can shape our human behavior," said Gast

For example, Gast discussed that the entertainment industry has a great way of telling people how to do things, mentioning what is beautiful and cool, such as what is trending or not.

"I think this is a cool outfit because George Clooney would wear this, or whoever is cool. And that shapes what I buy and what I think, and my ideals of beauty....all of these shapes the human behavior," said Gast.

Another idea discussed was that Hollywood has the ability to create cultural and social norms. That means that Hollywood could create a certain perspective about a certain group and the public would most likely believe it.

For example, Gast mentioned the time when he was a child and all he saw on television was Latinos only being referred as a certain type of people.

"The only representation of Latinos that I saw were gang members and gardeners; those were the two things," said Gast.

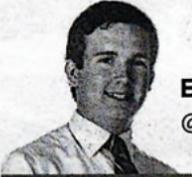
Story telling was another topic where the world is understood through stories and is also the oldest way to convey a message. It is also the way people rarely think about the power of the messages of what is being said and what is being received.

"We are constantly telling stories. We are all story tellers. Stories are what we use to navigate this world. How will people be different by you telling your story?" asked Gast.

Comedian Esteban Gast performs a comedy set to a crowd. Gast opened UCO's Office of Diversity and Inclusion's Hispanic Heritage month and he is not only a comedian, but also an entrepreneur and former educational director of Kalu Yala. Kalu Yala is a village built in the Panamanian River Valley to bring together artists, entrepreneurs and scientists to the area. Photo provided by Esteban Gast.



Keeping campus clean



Eriech Tapia
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Reporter

Students and faculty can overlook coming into a clean building. Making sure everything is spotless requires two people who arrive before the Nigh University building comes alive, taking care of business one room at a time.

"We try to make sure that students come into a clean building, that is enjoyable for the kids," said Vel Murehree, custodial worker at the University of Central Oklahoma, "we work here for the kids and really enjoy doing it for them."

The spirit of Murehree and Gertrude Moses, custodial worker, can be seen as tables are wiped clean and offices taken care of. The two have an eye for catching areas the night crew may have missed and an attention to detail.

"I know how to tie every [trash] bag around here and it's right every time," said Moses, "so far I know every part of the building and pretty much every person there as well."

While doing their jobs, which is something that most people frown upon, the two never miss a conversation with students and UCO employees, with most staff members knowing them by name and shouting out a quick "good morning Vel or Gertrude."

"I really enjoy everybody here and when I go into the offices everybody is just so friendly and I enjoy talking to them and seeing how their day is going," said Moses.

The two have their routine cleaning schedules, with Murehree stopping by the bursar office, post office, and parking and transportation before 8 a.m. and Moses taking on certain areas in the food court, including sweeping exactly 10 feet out from the food court.

"In the morning you have to go prepared to clean anything, because you never know what you will find here," said Murehree.

Checking every room has become habit for the two, though some days do present different challenges and require a change of habit, which usually comes from larger events in the Nigh Ballrooms.

Most events do require extra attention, when the group has box lunches, trash can quickly pile up for the two and requiring them to take out 12-15 full "boats", which is more trash than the two typically see in a full day.

"The box lunches are the worst, they take up so much room and there is always a lot of waste from them," said Murehree.

Waste is something that the university has made a priority to stop, with printing limits and increasing the number of recycling bins across campus, though the two still find trashcans full of items that can be recycled and can be seen during the lunch rush.

When major events are not happening in the Nigh, the food court becomes priority for the two, which happens daily from 11 a.m. until 1 p.m., with both working the court.

The two will usually go out with their color coordinated cleaning clothes and their trash barrels, cleaning everything that students leave behind from ketchup that students dropped and walked in, to tables full of trash left out.

"It really impressed me when a young gentleman came up to me a few days ago and offered to help me cleaning a table where students left all of their trash out," said Moses.

Moses and Murehree do not receive extra holiday pay, sick days or appreciation days, but they continue to make the Nigh building clean for students five days a week.

"We have kind of adopted this building and the kids along with it," said Murehree, "we like the people and like taking care of the kids."

Both of them enjoy working for the university and have worked together for many years now, before the two worked for Wal-Mart and then decided to come to UCO.

"It's the people that make our day, they all greet you with a smile because they have known you since you started working here," Moses said, "then I have Vel for a friend."



(Top Right) Vel Murehree cleans the front windows of the Nigh building. The two custodians enjoy coming in five days a week to take care of the Nigh University Center. Photo by Cooper Billington, The Vista.

(Bottom Right) Gertrude Moses cleans tables in the Nigh Center cafeteria. Moses and other custodians find joy in speaking with students as they do their job. Photo by Cooper Billington, The Vista.

Overwhelming costs for international students



Rachael Corbin
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Contributing Writer

The international student population for the fall semester at the University of Central Oklahoma totals 1,500.

Not only do these students find themselves thrust into an unfamiliar culture, they must also adjust to the growing cost of tuition. While in-state students feel the financial strain, international students experience the stress on a much larger scale.

On average, in-state students pay approximately \$3,339.80 for tuition, not counting additional costs, while international students, who pay the same cost as out-of-state students, pay around \$7,535.70 plus a \$200 international fee that goes to immigration services.

Abdullah Bashiti, a broadcasting major and international student at UCO, confessed that were it not for the hardware store his family owns in Jordan, he might not be able to afford to come to UCO.

"Every time I ask my dad for tuition

I'm a little bit embarrassed because it's too high but at the same time, thank God he can give me the amount," Bashiti said.

In order to alleviate the financial strain, many international students apply for jobs on campus.

"Those jobs are really prized possessions for them because that's really their sole legal source of work, typically," said Brandon Lehman, assistant director of International Admissions. "They can apply for hardship from the government to get a job off campus but most are going to be working everywhere from the cafeteria to the library."

In order to become employed at UCO, an international student must get approval from an Immigration Advisor at UCO. They cannot begin working until all paperwork has been completed.

International students may only work 20 hours compared to U.S. students who may work up to 25 hours per

week during the semester and still have a FICA, Federal Insurance Contributions Act exemption. In addition, international students are only permitted to work on campus or with businesses who are contracted with the school.

However, if either U.S. or international students are enrolled during the summer semester, they are permitted to work 35 hours a week and be FICA exempt.

While the process of filing paperwork and paying for higher education can be daunting, international students aren't completely without help.

Many international students are eligible for scholarships, such as the President's Leadership Council Scholarship, and the Leaders of Tomorrow Council Scholarship. The former requires a GPA of 3.0 as well as involvement in three or more student organizations; the latter requires a minimum GPA of 2.75 and participation in two or more student organizations.

UCO is home to over 17,000 students from over 73 different countries. However, international students pay nearly \$4,000 more per semester on average than students from Oklahoma. Photo provided by Wikimedia.

Job opportunities for students on campus



Ricarda Arroyo
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Contributing Writer

Are you looking for a job but can't seem to find one that is flexible with your school schedule? The University of Central Oklahoma offers many opportunities for you as well as flexibility and a great environment to work in.

Central offers a variety of job opportunities throughout the entire campus such as clerical, technical, tutors and maintenance. Not only is that an option, but there are also off-campus opportunities as well, such as community service for non-profit organizations.

Most of the students that work here on-campus said that they enjoy working at Central, find it very convenient and very flexible.

Sophomore Cole Elkins, works at the Central Tech Store and says he finds it very convenient because he doesn't have to worry about driving to work. Elkins likes the fact that his job is very flexible with his sched-

ule and also mentioned that he is allowed to do homework when he isn't helping a customer.

Central part-time students don't qualify for insurance, but they still have weekends and holidays off for the most part.

Senior Ariel Webb said that even though she doesn't qualify for benefits for being part-time she still enjoys working at Central and having holidays off.

"UCO is very nice. I like that I am treated well and it's laid back," said Ariel Webb.

The pay rate varies from minimum wage to about \$10 an hour depending on what department you work in. The hiring department understands that students need flexibility with their school schedule and allows students to work up to 20 to 25 hours per week.

"UCO gives students the experience and education that they need, different experiences is unique," said

David Herd, Talent Acquisition manager.

Central offers an opportunity to create and develop skills, to network and build lasting relationships that can lead to other work opportunities. Herd encourages students to get that office experience, build a resume but to mainly focus on their education as well.

According to the Chronicle of Higher Education, UCO was classified at the one of the "Great Universities to work for."

To view and apply, students can go to <https://jobs.uco.edu/>, click the "Student Positions" tab where it will allow you to view open positions. Once you find a position you would like to apply for, click on it to view further details, then click "apply to this job" – you will then be taken through the steps to either create an account, or log-in.



Hien Le works at Quiznos in the High University Center. The jobs offered at UCO vary from food services to maintenance. Photo by Cooper Billington, The Vista.

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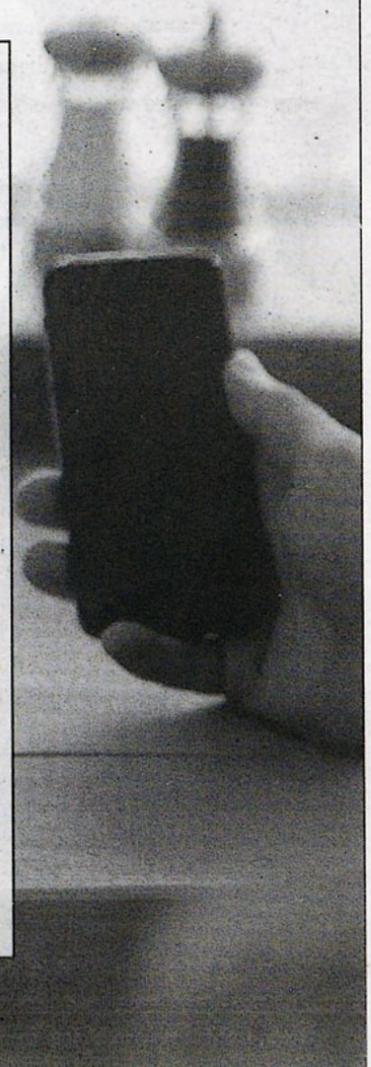
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UCO welcomes new Americans



Queila Omena
@quellaomena

Managing Editor

"You are now all citizens of the United States of America," said Chief Judge Vicki Miles-LaGrande.

The University of Central Oklahoma held a naturalization ceremony, on September 18, celebrating the long journey of 84 candidates from 26 countries. For many it may have been a long journey of perseverance and hard work, but all efforts were paid off as they can call America their new home.

"I know that each one of you will be productive and good citizens, working, helping, and obeying the law. I have no doubt, that our republic will be even better because of you," said Chief Judge Vicki Miles-LaGrande.

The new citizens have all the rights as a born-American, as they recited the Oath of Allegiance: the promise to defend the Constitution and the laws in this country against all enemies, and the promise to bear arms on behalf of the United States when required by law.

"People from all backgrounds and all places have an undeniable right to pursue the independence of prosperity that an education supports. Our students should embrace global and cultural competition, as well as service learning and civic engagement, leadership and creative and thinking skills that come from practicing with discipline and knowledge we teach in the classroom. I welcome you today to a campus with 17,000 students, with nearly one tenth of those being international students from nearly one hundred countries," said Dr. John Barthell, UCO provost and vice president of Academic Affairs.

For foreigners to be eligible to become

a citizen, they need to be a lawful, permanent resident of the United States and be physically present for at least five years at the time of application. They also need to show good conduct, and respect for U.S. laws.

Juliana Marin, a UCO student that attended the university in 2001 who became involved with leadership, has now become a citizen of the United States. The Venezuelan born citizen, earned a nursing degree from Oklahoma State University, and has been a registered nurse in Oklahoma since that time.

"I came from a country called Venezuela, and I was lucky enough to come to the States often with my family. My very first travel to America was to Disney World, and as you can imagine I was a little girl and I loved everything in this country. I liked the culture, the food, the music, everything was just incredible. So, when somebody asked me last week when did I know I wanted to live in America, my immediate answer was always. I was always fascinating with everything that involved the U.S.A.," said Marin.

At age 18, after one of her friends was kidnapped, and another robbed at gun point, Marin decided it was time to move to America and work toward a better future. In May, Marin was naturalized as an American citizen, owning her hard work to obtain her permanent citizenship.

Naturalized citizens have a duty to vote and participate in the economy, expressing themselves freely and contributing to the government.

The last naturalization ceremony on campus was in 2012, welcoming 125 new citizens.

Several immigrants pledge allegiance to the United States for the first time as American citizens. There were 84 immigrants became U.S. citizens at the Naturalization Ceremony on Friday. Photo by Ryan Naeve, The Vista.

Reviving the Association of Latin American Students



Kristin Kenny
@kristinabigaalk

Contributing Writer

The Association of Latin American Students at the University of Central Oklahoma aims to promote Latin American culture in the community. ALAS hosts events that introduce students to traditional aspects of Latin American culture, such as food, music and dance.

ALAS welcomes and encourages anyone from the UCO community to join, Latin and non-Latin members alike.

Shortly after Barbara Lacerda, current president of ALAS, came to UCO from Brazil in 2012, ALAS had become inactive due to lack of involvement. Lacerda felt it was an important organization to have on campus for incoming students, so she and a few friends brought it back.

Last year, its first year back on campus, ALAS hosted two Brazilian barbecues, a carnival night with Brazilian hot

dogs, candy and mask decorating, and also participated in UCO's International Festival.

ALAS has not yet planned this year's events, but students can keep an eye on bulletin boards through campus, as well as the ALAS Facebook page for event announcements. All ALAS activities are free and open for everyone to attend.

Attending ALAS events is a great way

for students to meet new people, to learn more about Latin America and to gain a better understanding of Latin culture.

"We have around 300 Latin students on campus. To be able to understand where they are coming from, what they have been through and to have that cultural competence is very important for everyone," said Lacerda.

International students make up around 10 percent of the student body at UCO. In other words, out of the 17,000 students at UCO 1,700 of them are international.

"It is very hard for you to be exposed to that many students from all over the world at another university. UCO students should really take advantage of it," said Lacerda.

There are many international organizations at UCO that host events throughout the year. Participating in international organizations' activities gives students the opportunity to expose themselves to cultures from all over the world, without even having to leave Edmond.

"It's so interesting to hear about other cultures and to hear why people came to UCO. It's a really good way to meet new people, meet new cultures, and introduce yourself to a new reality that you wouldn't be exposed to otherwise," said Lacerda.

UCO's annual International Festival offers the chance to learn about all of the cultures on campus in one place. All of UCO's international student organizations come together for the event to celebrate international diversity on campus.

Each organization brings traditional food from their culture and prepares performances that celebrate their culture.

This year, UCO is teaming up with Oklahoma Christian and Edmond Public Schools for the festival, which will be held November 12 at the Farmer's Market in Edmond. Everyone from the community is welcome to attend and UCO students get in for free.

For more information on ALAS, contact Barbara Lacerda at blacerda@uco.edu or send an email to alasuco@gmail.com.



The Association of Latin American Students aims to promote Latin American culture in the UCO community. Last year was ALAS's first year back on campus, and so far there are no events planned this year. Photo provided by ALAS.

My dog ate my homework... sort of



Jake Stacy
@jestacy4

Reporter

There is a phrase in today's world that reads "procrastination leads to desperation, and desperation leads to bad solutions."

Now, it may be hard for some of us to admit when we're procrastinators, but we all sort of have to agree to the above statement either way. And I bet I can make you think back to a few stories of your own if you keep reading.

So we've all been there before right? It's test day and you were so busy running all of those strenuous, productive errands the week before that you just forgot to study or simply "didn't have the time."

"I never have time to study," said University of Central Oklahoma student Jacklyn Chappell. "The tests always just sort of sneak up."

How about the one where you're rushing through the assignment that your class received three weeks ago; the one that's supposedly due by midnight tonight but you have no clue how, or what to do?

"Wait, we have an assignment tonight?" is often a question you would hear during your college career.

Most of us think that we either can or have gotten out of these sticky situations pretty easily before.

I'll even admit myself; yes, sometimes it does work of course, but sometimes it doesn't.

The truth is that the more students think they're being slick, the more professors can see that they're really not being slick at all. Not only do your professors hear the excuses that you have all of the time, they also hear the rest of the class's along with hundreds of other students and adults from the past.

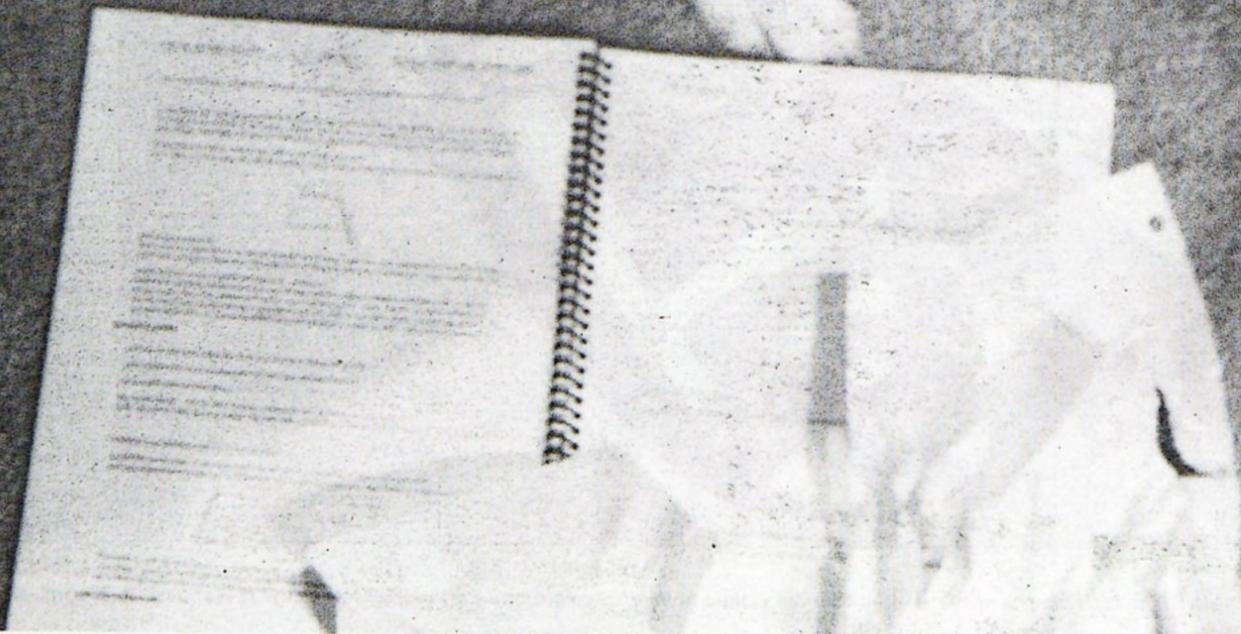
How many times can your grandma really die? You've already "had to go" to three of her funerals just this semester. At least be creative if you're going to lie.

The reason I don't exactly condone any method of lying at all is that lying and making excuses can easily turn into the Snowball Effect overtime. Once you start to get away with it, it starts to become a naturally bad habit and will eventually catch up to you.

"I once had a student say that he couldn't make it that day because he was getting lucky," said Media law Professor Mark Hanebutt.

So, even if and when your excuses end up "working," they could very well end up damaging your reputation, reliability, and integrity with your professors and the people around you, whether you have time to realize it or not.

My dog ate my homework" is one of the oldest excuses in the book, and the odds of a professor buying it are very small. Photo by Ryan Naeve, The Vista.





Queila Omena
@queilaomena

Managing Editor

Accepting change and personal progression

Many of us would prefer to shy away from changes and live in a world where everything stays the same. Despite all the fears, change is fundamental and is an integral part of our personal development.

Some things might stay the same longer where others might change faster. It doesn't matter what kind of change, small or big, it alters all aspects of life and lets us embrace the unknown.

Your city doesn't look the same, your friends are grown-ups and your favorite food has now been replaced. Things change with time, but use it as a challenge to push yourself more, alter your insight and further your personal progression.

Changes enable us to become the person we want to be. We practice, learn from our mistakes, pick up the pieces, and learn valuable life skills.

If you are able to identify the areas that make you unhappy, you will be able to further develop the ones that give you confidence and joy.

Living in the same neighborhood, same city, same state, will only narrow your view on the world. Avoid stagnation, move, take a course, develop new skills and be the boss of own your life.

"You have to engage the community. We are blessed with a large international population. They come from a lot of countries, and it's the biggest opportunity for them to learn about, and for you to learn about them. If you only hang out with people that look like you, think like you; talk like you... there are no new ideas. So you need to engage in the community and you do that through your imagination, and experimentation," said Maurice Haff, Instructor at the College of Business.

If you think you are moving too slow, take a look back at far how you've come. You have progressed, even if the changes seem small.

The seasons will change, new technology will arise, and years will fly by in the blink of an eye. Your college

assignments will end, and your career will begin.

Your adult years are just a step from where most UCO students are now, and soon you'll be responsible for bills, children, and work.

Inevitable change will happen, whether you want it or not.

It's important to understand that your personal development relies on the changes you made in the past, and where you are now. It doesn't matter where you are in life, you are one step closer to your dreams and to becoming the person you've always wanted to be.

Your goal should always be to prog-

ress and use your memory to help you further your personal development.

Take risks, go hiking, dance like nobody is watching and enjoy your favorite ice cream on a cold day. A happier lifestyle will bring you a sense of fulfillment and joy.



A student sits and contemplates life and where he will go after college as trees change color behind him. Photo by Ryan Naeve, The Vista.



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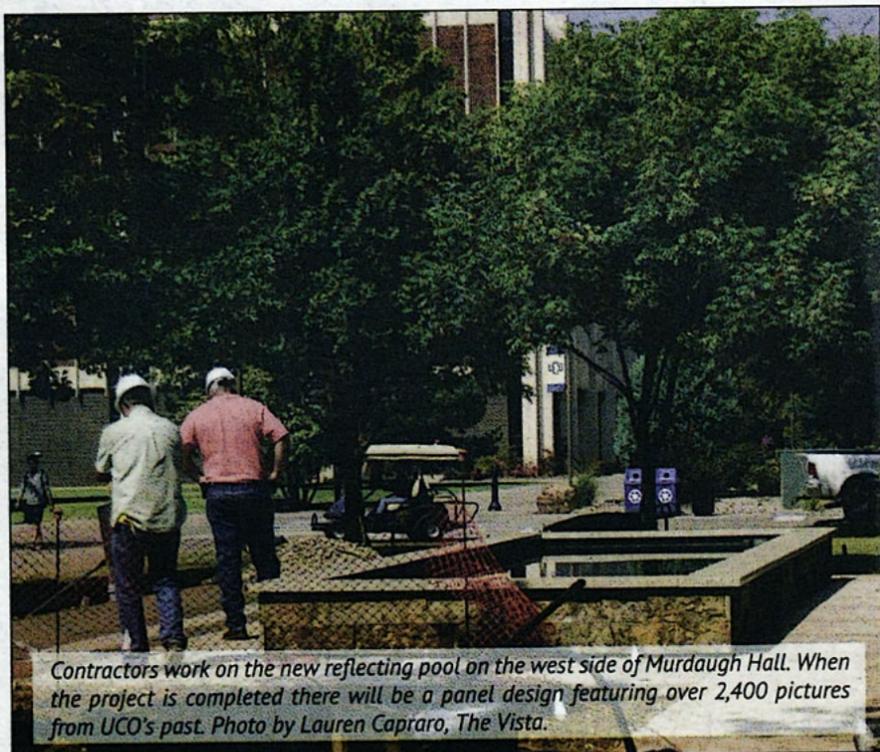
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Life in Oklahoma

Take a
new path



Contractors work on the new reflecting pool on the west side of Murdaugh Hall. When the project is completed there will be a panel design featuring over 2,400 pictures from UCO's past. Photo by Lauren Capraro, The Vista.



On September 27 there was a 'super blood moon' eclipse in which the sun, earth, and moon lined up. This occurs only once approximately every 33 years. Photo by Cooper Billington, The Vista.

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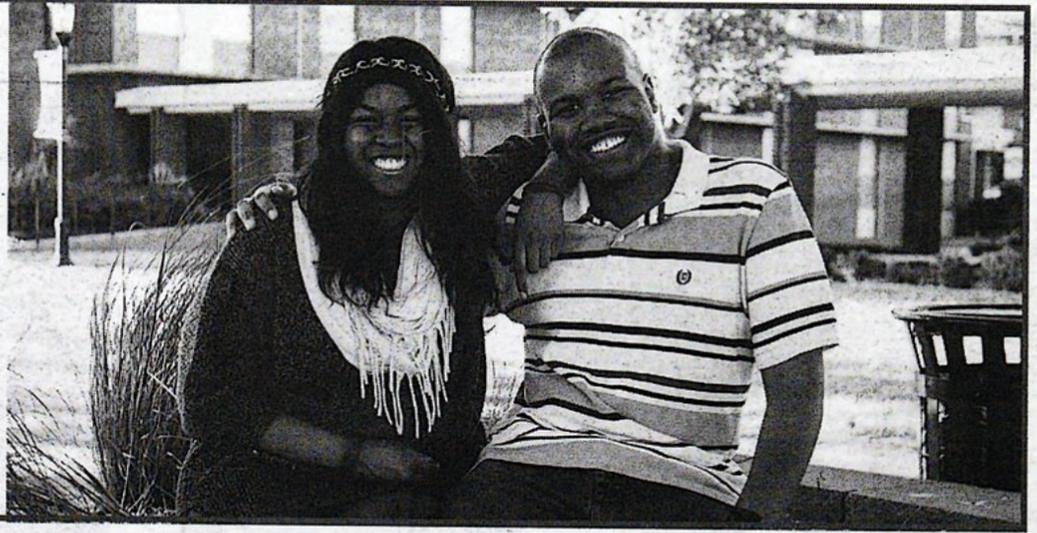
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On September 25, Donald Trump came to the Oklahoma State Fair to give a speech. At least 5,000 people were in attendance at the event. Photo by Ryan Naeve, The Vista.

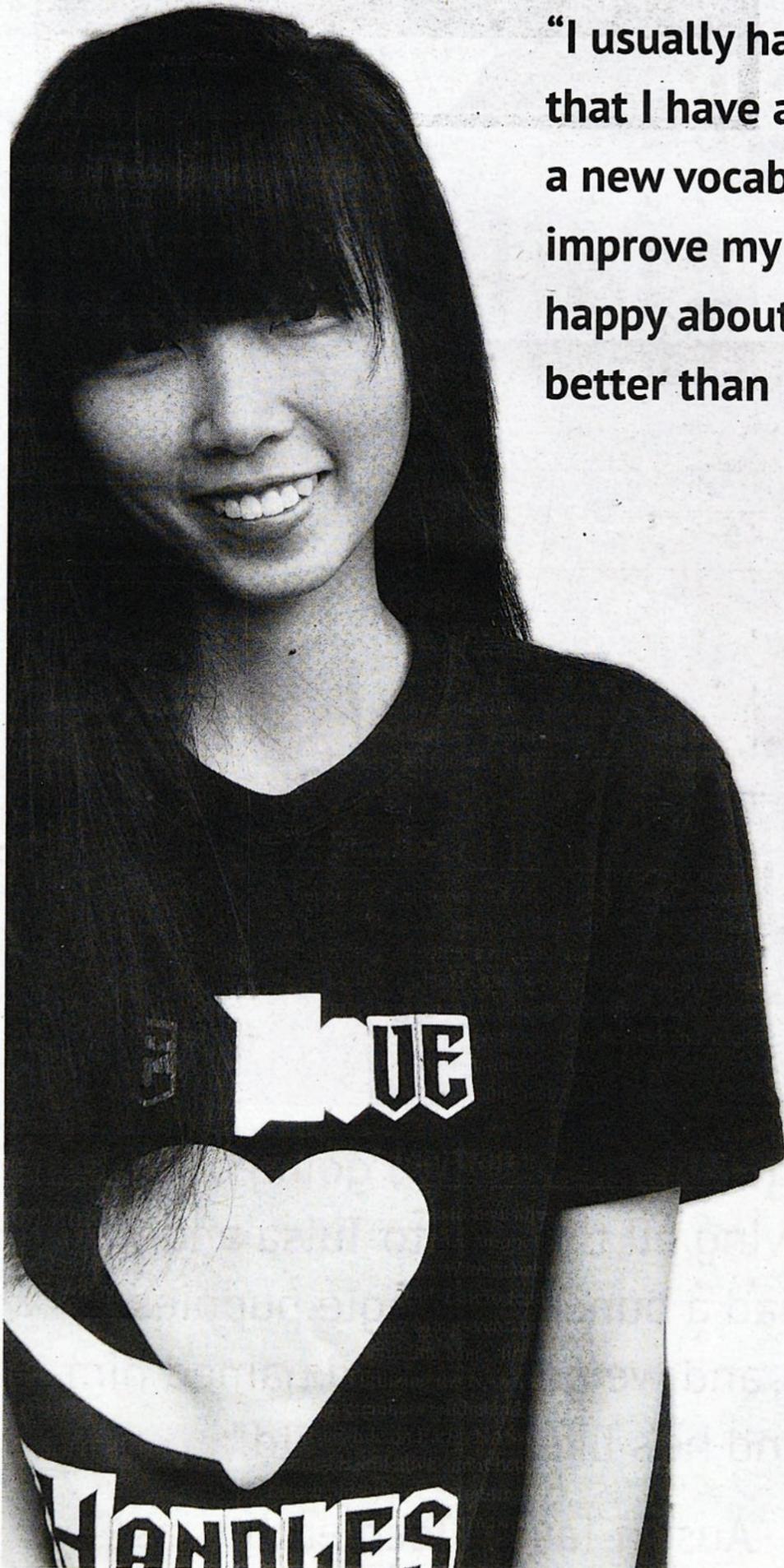
"Usually whenever we get in trouble we're together, in on it. We're partners in crime, I think we're just like in it together, so it's like 'your bullshit is my bullshit, and my bullshit is your bullshit.'"

-Caleb Porter and Cara Nolan, siblings



"I usually hang out with my American friends so that I have a chance to hear them talk and study a new vocabulary from them. The best way to improve my english is by listening to them. I'm happy about that because my English now is better than my English when I came to the U.S."

-My Le, International student



"I'm proud of serving in a foreign war. I was lucky enough to only be deployed to Iraq once. It was quite an experience; I didn't come back quite the same. You see a lot of dark stuff. You appreciate things more, for instance my first stop in the states was going to Las Vegas. It was a very bizarre, surreal moment."

-Jake McCandless, Army veteran

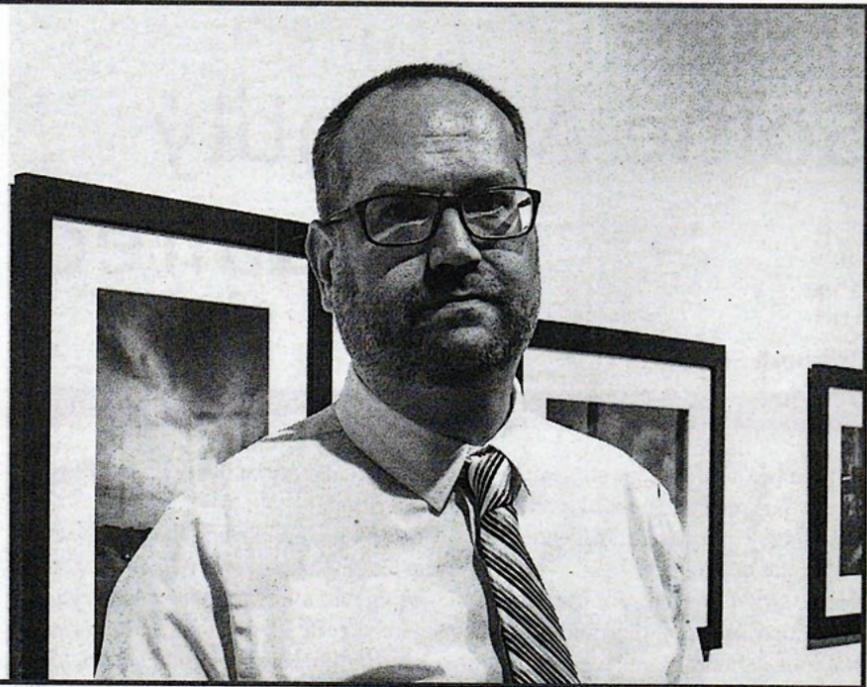


“When I was really little, my dad told me we were going out to get food. Then we ended up driving all the way to Tulsa and we stopped at this farm, and they had a bunch of beagle puppies. One of them ran right up to me, and we got him and named him Sammy, and we still have him and he’s like, 15 years old.”

-Austin Taylor, Tech enthusiast.

“My idea [for my gallery exhibit] was a treasure hunter searching for light. There’s an excitement when you get really good light in a photo, and that passion to chase really good light is what drew me to photography.”

-Jesse Miller, UCO photography professor



“I’m from Alaska... I miss the solitude and calmness of it. Back home you could walk for ten minutes and be completely by yourself. My friends have been sending me pictures of snow, and I miss it.”

-Melody Hrubes, Forensics and Biology major



“I have three sisters and two brothers and I’m the only one going into arts-- my major is photographic arts. I’m going into this field because I’m passionate about taking photos and making other people feel better about themselves through photography.”

-Sundas Shahid, photographer



Some Assembly Required

Elizabeth Slay

Contributing Writer

For the last year college student Arin Andrews has received a lot of attention for his unique story as a transgender teenager in Oklahoma.

From "Good Morning America" to "Ice & Coco" Andrews has told his tale to millions in hopes to raise awareness of the LGBT community.

"I speak to not only push for equality for anyone who is different, but to also challenge individuals to think differently on what makes a man and a woman," said Andrews.

At the age of five Andrews said he knew he was different, though for the majority of his life he was unable to declare who he was.

"I never knew I was transgender. I always felt like a guy but my body didn't match what was on the inside," he said.

As a child Andrews said he was happy, but as he entered his teenage years everything began to change.

"When I hit puberty, that's when things got bad. Being a girl was more noticeable and I became depressed and for a long time I never said anything," said Andrews.

After struggling to identify who he was and getting kicked out of a Christian school, Andrews did some research and discovered the idea of being transgender.

"I found this guy on YouTube, Skylar Kergil, and started watching his videos and totally identified with everything he was saying," Andrews said.

From that moment on Andrews did everything he could to transition from being a girl to a boy.

"I started taking hormones at 16 and had my top surgery at 17," he said.

He was first introduced to the LGBT community through Katie Hill, a transgender girl who also had a unique story. Andrews started dating Hill and because of their relationship they did an interview with "20/20" and became known all over the nation.

"We started with little three minute segments on shows and then did more interviews on bigger shows," said Andrews.

Although their story was being heard, people tended to focus more on the dramatic love between the two young people.

"I did get tired of people caring more about our relationship rather than the issue of transgender, but I never get tired of raising awareness," he said.

After a while, the couple went their separate ways, but both continue to speak at interviews and conferences as friends.

Andrews has written a book titled, "Some Assembly Required," which is

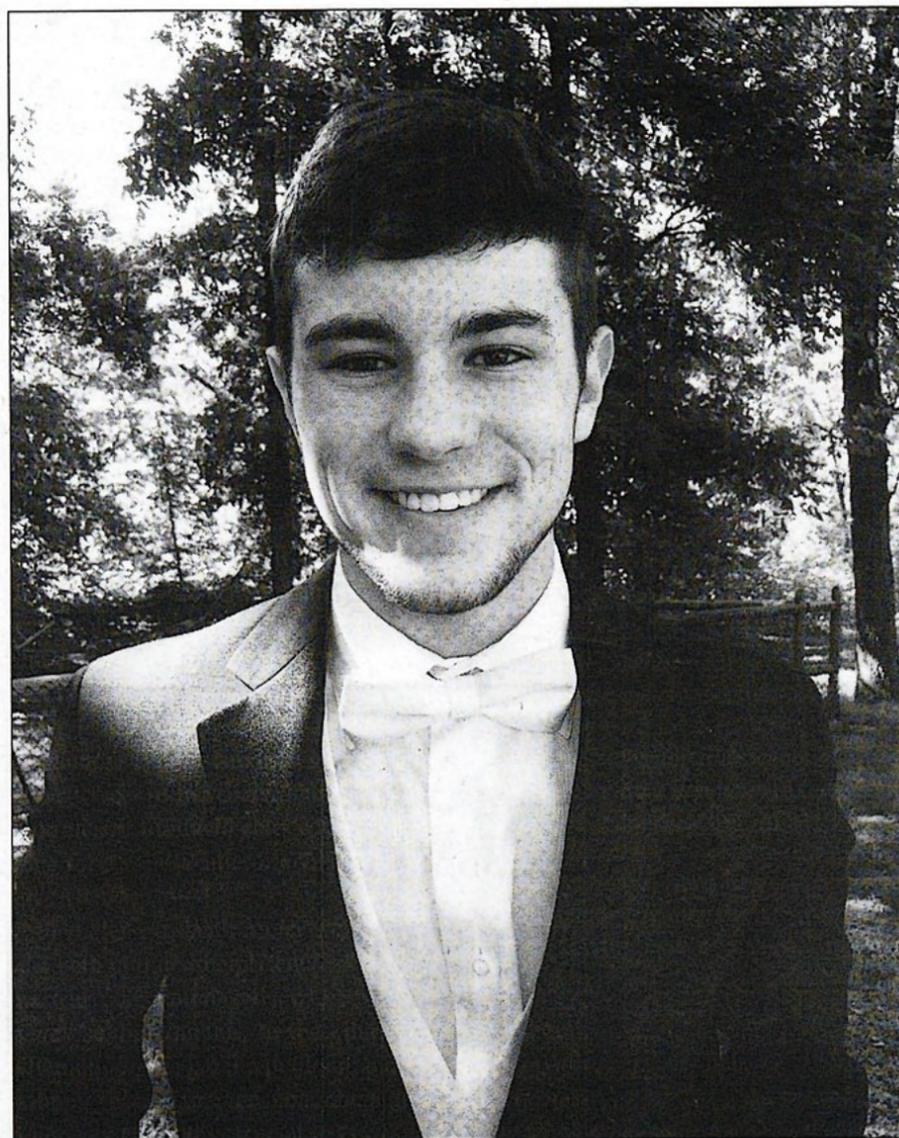
a detailed story of the process of his transition.

"My goal in writing the book was to simply help others. My entire goal going into all of this was to save just one person's life. If I could keep one person from becoming another statistic of suicide, then everything I do is worth it," said Andrews.

His book has received positive feedback from the community and is sold in stores all over the country.

"I get so many Facebook and Instagram messages daily on people thanking me for helping them have enough courage to come out. It also helps facilitate more questions to others who may be questioning things in their life. I get a lot of questions," Andrews said.

Andrews continues to speak at events and inspires people with his story while also attending college at Rogers State University as he pursues his degree in business management and adventure education.



Arin Andrews is a Tulsa citizen who has been getting a lot of attention recently by spreading awareness for the LGBT community. Andrews was born a female, but by the age of five he knew was different. Photo provided by Arin Andrews.



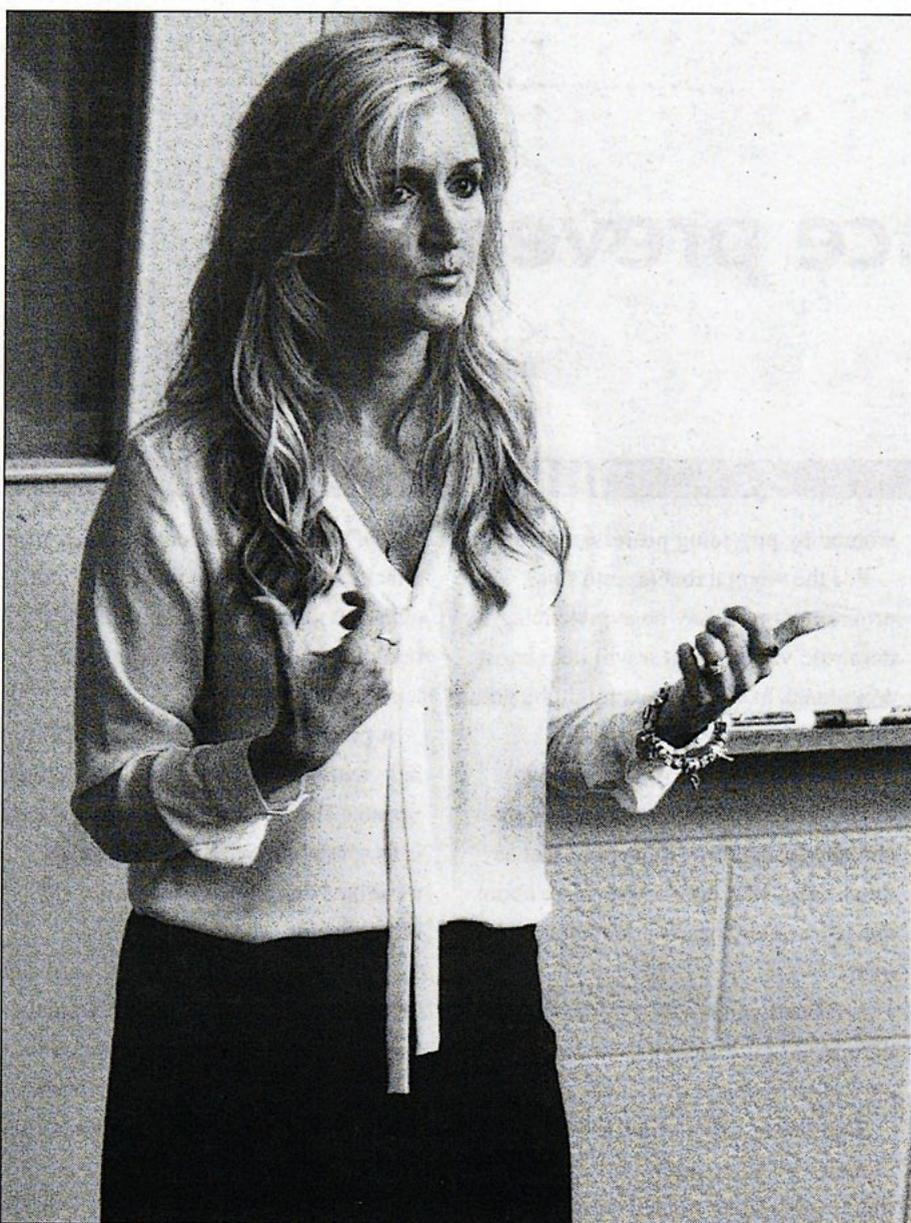
Arin Andrews standing on the top of a mountain he climbed. Andrews has a self-written book called "Some Assembly Required," which details his story and transition. Photo provided by Arin Andrews.

UCO Alumna to the OSBI



Kristin Kenny
@kristinabigalk

Contributing Writer



Andrea Swiech gives a presentation on criminal investigation in Howell hall. Swiech graduated from UCO with bachelors degrees in biology and forensic science in 1998. Photos by Cooper Billington, The Vista.

Andrea Swiech, Criminalistics Division director for the Oklahoma State Bureau of Investigation, presented details in a seminar back in September about how she went from being a student at UCO to helping solve crimes at OSBI.

Growing up in Del City, Oklahoma, Swiech said she always had a passion for math and science and knew she wanted to pursue a degree that would allow her to use those skills. She had originally planned to go to medical school and become a doctor.

After doing some job shadowing, however, she found the medical field to be fairly routine.

"I wanted more flexibility and variety in my work day," said Swiech.

After doing some research on OSBI and the field of criminalistics, Swiech decided that was the field for her.

"It had everything I wanted. It was challenging, involved math and science, had variety, and had a lot of opportunities to do different things," she said.

Swiech received her bachelor's degrees from UCO in both biology and forensic science. In 1998, the same year

she received her forensic science degree, Swiech was hired on at OSBI.

She became the criminalistics division director in 2009.

Swiech's career at OSBI has been full of accomplishments, but she said starting the victims' support program three years ago has been one of the most rewarding. OSBI had never had a program for victims before.

The idea for the OSBI's victims' support program was influenced by a trip Swiech took to the Denver Police Department.

"They had a cold case program that had a very active victims' group with it," she said.

At the time of her visit to Denver, Swiech had been working on the 1977 Girl Scout homicides case and had gotten to know the victims' families very well.

"Hearing their stories and how there wasn't a lot of support for them and the actions that they had taken to try to make things better for other victims was very inspiring. I wanted to do something to help other victims as well. Because of that and my visit to Denver, I came back and pushed to get the victims' program started," Swiech said.

In the near future, Swiech hopes to see legislation passed in Oklahoma that would expand OSBI's Combined DNA Index System database. "I think that would be a tremendous benefit to law enforcement," she said.

"I would also like to see a familial DNA search program be implemented within Oklahoma and we're in the process of trying to make both of those things happen," Swiech said.

Swiech has three main pieces of advice for students. First, be passionate.

"You're going to have challenges no matter what career field you step into. If you're not passionate about it, it's easy to give up when times get tough, but if it's something that you care about and are driven to do, you'll work through those tough times," she said.

Second, build good relationships with the faculty and other students at UCO.

"The faculty has some great experience and they can give you good guidance. The students are going to be your support out there in the real world when you're trying to make it through tough times," Swiech said.

"Research the field that you want to go into," Swiech said. Many of the graduates entering into Swiech's field of forensics only know what they have seen on TV shows like CSI, which is a glamorized version of what crime investigators really do.



Andrea Swiech grew up in Del City, Oklahoma, and she has always wanted a career that involves math and science. Swiech has been the criminalistics division director of the Oklahoma State Bureau of Investigation. Photo by Cooper Billington, The Vista.

ABUSE

Family violence prevention



Bryan Huddleston
@bhuddleston2

Contributing Writer

"Most family violence occurs behind closed doors. It is often hidden, unnoticed, or ignored," stated Ola W. Barnett, a professor at Pepperdine University. We live in a world where wives still live with abusive husbands and vice-versa, but sometimes we really don't understand the reason why it continues to happen.

Family violence, or more commonly known as domestic violence can come in many different forms other than just physical violence. Violence can be sexual, physiological and emotional; the effects on people can cause trauma, humiliation, and possible self-isolation from society.

According to Oklahoma DHS, the

state is ranked 17th in the nation for females murdered by men in 2010. In 2009, over 18,000 adults and children have gone for support from organizations that Oklahoma has and tried to learn how to help combat domestic violence.

"Research is showing that your style of communication and your family of origin can influence in particular whether you might be a potential victim of interpersonal violence," said Dr. Merry Buchanan of the University of Central Oklahoma.

One organization in Oklahoma that helps with some of these problems is Dress For Success. The organization's mission statement is "to promote the economic independence of disadvantaged

women by providing professional attire."

For the women that go into this program, not all may be experiencing domestic violence but it will help boost confidence in women that might be going through a struggle of that kind.

For some victims of domestic violence, we tend to forget about the opposite gender and how it happens just as much. But why do we hear more about abused women than we do about abused men?

Is it due to men trying to be the more dominant figure and tough it out, or does embarrassment get in the way of things?

Two out of five victims in a domestic violence event are men. It is often an act that is ignored by police, but why?

The best way to defend yourself from attacks like these is to make sure you gather evidence for the abuse, don't retaliate, and find an opportune time to leave the relationship.

A program that is offered at UCO to help with some of these issues is Project Speak. The main goal of Project Speak is to spread knowledge and develop a campus culture that fosters healthy relationships.

Appointments are free for students and held in a confidential setting. To make appointments you can call at 405-974-2224, or visit the office on the fourth floor of the Nigh University Center Room 402.



In this Oct. 1, 2015, photo, advocates for victims of domestic abuse protest outside of state offices in downtown Chicago. They say the state budget impasse has diminished services, including shelters that have closed. They brought small shoes to symbolize children who'll be affected. (AP Photo/Sophia Tareen)

Look out this fall for Rocky VII: CREED



Ike Wilcots

Contributing Writer

Fall is finally here, which means football, cool nights, and great movies coming to theaters. This is the time of the year that Hollywood likes to call "Oscar season," which means most of the Oscar nominated films will be coming out during fall.

One movie that's creating a buzz around the internet is the seventh film in the Rocky series, Creed. Creed is set to release in the U.S. on November 25, 2015.

This film focuses on the up-and-coming boxing career of Adonis Creed, played by Michael B. Jordan, who is the son of the late Apollo Creed from the first four Rocky films. Sylvester Stallone will be reprising his role as the "Italian Stallion" Rocky Balboa and will look to portray his most dramatic role as Rocky yet.

Will Creed be a winner like Rocky? Looking at the trailer it seems as though Creed has a powerful punch like his dad. He is quoted as being a fighter for most of his life so it seems like he knows a thing or two about boxing.

With Rocky as his trainer, he will be put to the test physically and mentally just like Rocky was when he was trained by both Mickey Goldmill, his first trainer in the first three films, and by Apollo Creed in the third film.

It's safe to say if Creed has an intense training montage, he will be pretty dominant like his trainer used to be.

Will Rocky die at the end? Rocky is seen to have an illness in the trailer. This could resemble the third Rocky film with Rocky training Creed and possibly dying before or after his climactic fight-- just like Goldmill.

If you've seen the sixth Rocky film you know that Rocky lost the love of his life, Adrian, to cancer and is an emotional wreck at moments throughout the

film. He found comfort in boxing and in his one-on-ones with his best friend, and Adrian's brother, Paulie.

Well sorry to break the news but it looks like Rocky lost his pal Paulie also, as a short shot of his tombstone is seen during the second trailer. With everybody gone from his life, we can guess that

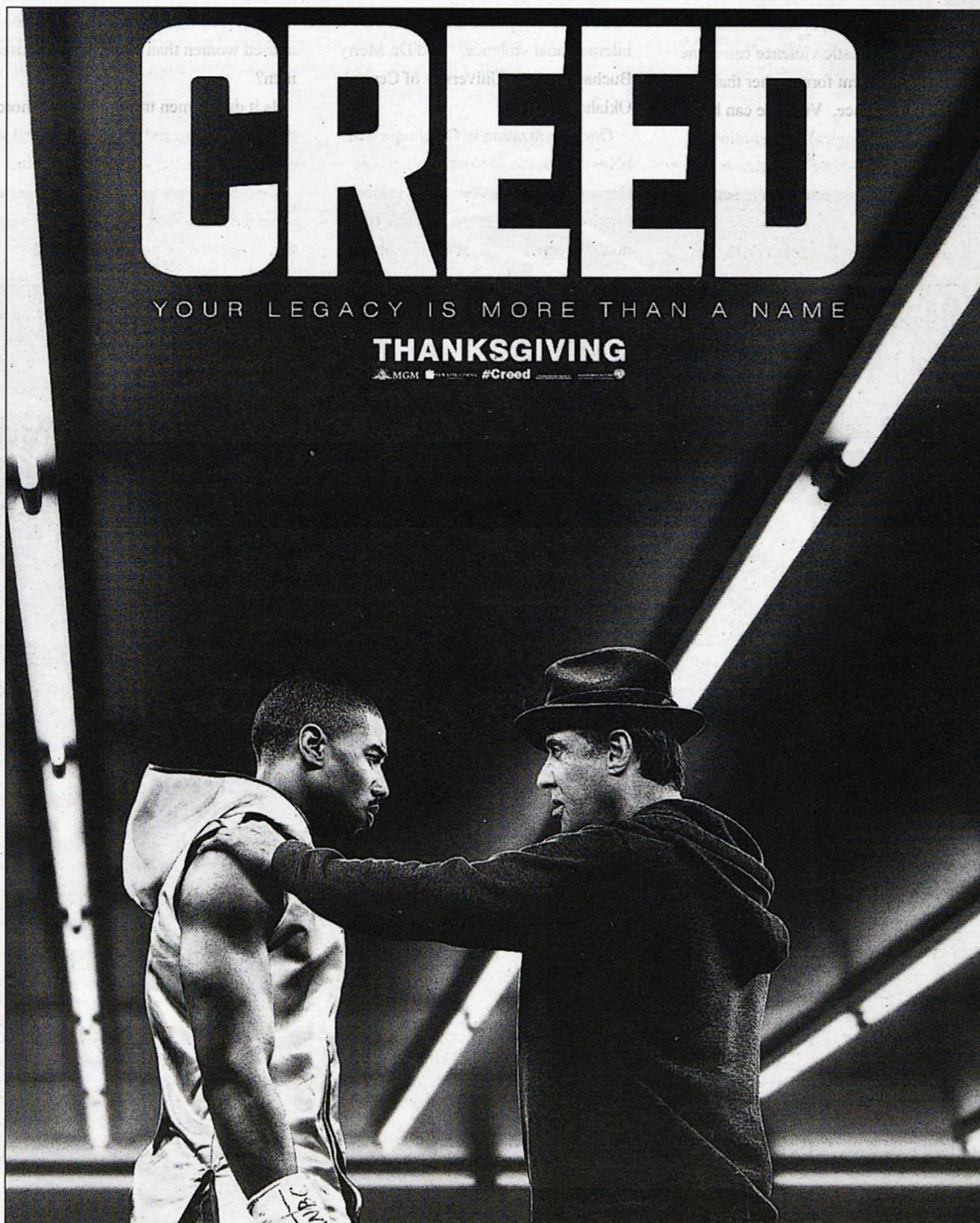
Rocky will be reunited with the Balboa boxing crew soon.

What is Creed's character like? This question might seem odd, but the thing that made Rocky different from any other boxer in movies was his humble caring actions throughout the film series.

So, will Jordan's portrayal have a

distinct personality to him as Stallone did with Rocky? The trailer shows him being a tough, angry man who does want help from Rocky to make him a better boxer and maybe even a better man.

It would be interesting if the writers slip in some memorable trait to Creed that makes him just as loved as Rocky is.



Creed, starring Sylvester Stallone and Michael B. Jordan, will be the seventh movie in the Rocky franchise. It is set to be released on November 25. Photo provided by the Internet Movie Database.

LET'S DO GREEK goes mobile



Rachael Corbin
@rachaelcorbin

Contributing Writer

Let's Do Greek, a restaurant in Edmond, decided to take its award winning Mediterranean dishes out on the road via a food truck.

Store owner, Mashid "Marsha" Aguter, said popular demand was what led to the new addition to the Let's Do Greek enterprise. With 299 followers on Twitter and 765 likes on Facebook, acquiring a food truck seemed like the restaurant's most logical step towards reaching its steadily growing fanbase.

"Also, it just looked like a lot of fun," Aguter said.

The Let's Do Greek food truck carries about 50 percent of the options available in the brick and mortar restaurant on 180th W. 15th St. It offers the oregano chicken sandwich made with spicy marinated chicken and the gyros over basmati rice bowl

served with grilled tomatoes.

The truck's options also include many vegetarian dishes like the veggie bowl made with basmati rice, feta, onions, tomatoes, and other veggies. The food truck also has a falafel sandwich composed of homemade falafel balls on Pita with tzatziki sauce, onions, tomatoes, and olives.

By far the most popular dish aboard the food truck is the Thunder gyro, made with grilled ham, onions, tomatoes, Thunder sauce and topped with feta cheese.

The Let's Do Greek truck was one of many that participated in the H&8th celebration last month. H&8th is a family friendly street festival that takes place on the last Friday of each month. The event features live music and gourmet food trucks from 7-11 p.m. and admission is free.

Approximately 40,000 people came to Hudson Avenue and N.W. 8th Street on August 29, and Aguter said that the Let's Do Greek food truck was welcomed with such a warm reception that it ran out of food.

In addition to catering for celebratory occasions like wedding receptions and soccer tournaments, the truck also caters for charity events such as Integris' United Way events and Limbs for Life 5K BLAZE. Depending on the charity, 10-15 percent of the profits made will go to the cause.

For more information on where the Let's Do Greek food truck will be next, check out their Facebook and Twitter pages. Those interested in having Let's Do Greek's food truck cater for their event can call the Edmond store at 405-285-8898.

A line forms outside of the Let's Do Greek food truck during Heard on Hurd on Saturday, September 19. Let's do Greek just recently made the decision to take their award winning mediterranean food mobile in a food truck. Photo by Lauren Capraro, The Vista.



For the homies with an extra chromie



Kateleigh Mills
@kateleighSuz

Contributing Writer

Celebrating the 21st year of the 21st chromosome, the Down Syndrome Association of Oklahoma held their annual Down Syndrome Festival and 5k on September 26. Walking into the Bricktown Ballpark Saturday morning could have put a smile on anyone's face.

Volunteers in neon yellow shirts were painting faces, dancing, and manning the concession stands, petting zoo, and inflatables. The awareness teams had clever slogans on their shirts such as, "my homie with an extra chromie."

Positivity radiated throughout the event because of the teams and attendees that were there to spread awareness for their child or loved one.

Attendee and team member of Angels

4 Malachi, Angela Hornsby, had been excited for the event long before it was hosted at the ballpark. She had attended the year before last and loved everything that the event had to offer for her 4-year-old son, Malachi.

"I think [the event] is very important to spread awareness. It is important to let people know that our children are more alike than different," Hornsby said.

The festival was enjoyed by all ages. Children dressed up in their favorite costumes, and a stage played music that gave everyone a chance to dance and to be the center of attention. Volunteer Lauren Grassmyer was very excited that the event hosted over 6,000 people at the arena for family members, volunteers,

and general public.

"There is something about the community that draws me in. I feel like there is a quality about them. It is like they are immune to all kinds of evil in the world," Grassmyer said.

The association is still taking donations through October 31 to reach its \$165,000 goal through its website, www.dsaco.org.

The Down Syndrome Association of Oklahoma also hosts many other events for volunteer opportunities. Jill Harrison, the associative director, stated that volunteers are a vital part in keeping the programs they offer for people with Down syndrome and their families going.

An example of one of the volunteer

opportunities the association offers is Kylee's Kitchen. This program strives to encourage independent living skills for teenagers and adults with Down syndrome. The program is held Friday evenings from 6- 8 p.m. and requires at least six volunteers. All of the meals that are taught for this program are microwave based.

Other opportunities for the association include the Learning Lab, First Connection and Halloween Dance. For all of these opportunities and more, the sign up process and forms are all easily explained and available on the association's website.



Nicole Welch and Tameka Miller prepare a dish during the Kylie's Kitchen event. Photo by Lauren Capraro, The Vista.

Scares, skeletons and more at The Sanctuary



Jake Stacy
@jestacy4

Reporter

Parties, festive events and haunted houses seem to always be the trending topics right about now, but what about going to see something this time that actually makes you wet your pants?

If you're into creepy things or being terrified during Halloween and the fall season, this one's for you.

The Sanctuary is open every weekend through the rest of October and until November 3. Located at 12101 N I-35 Service Rd, it is considered the largest indoor premier Haunted Attraction in the state.

The Sanctuary's homepage explains that the themed building "is a high quality, highly detailed Haunted Attraction with Hollywood Movie Style set design and state of the art special effects unparalleled in the state. You'll experience walking through a living, breathing Horror Movie."

This four-story horror building was once part of the many institutions designed for the socially discarded and alienated mentally ill. Charles Labrie, whose sister had severe schizophrenia,

built and founded it as a mental institution in 1917.

Later, he discovered that one of the doctors had been conducting horrifically unknown experiments on the patients.

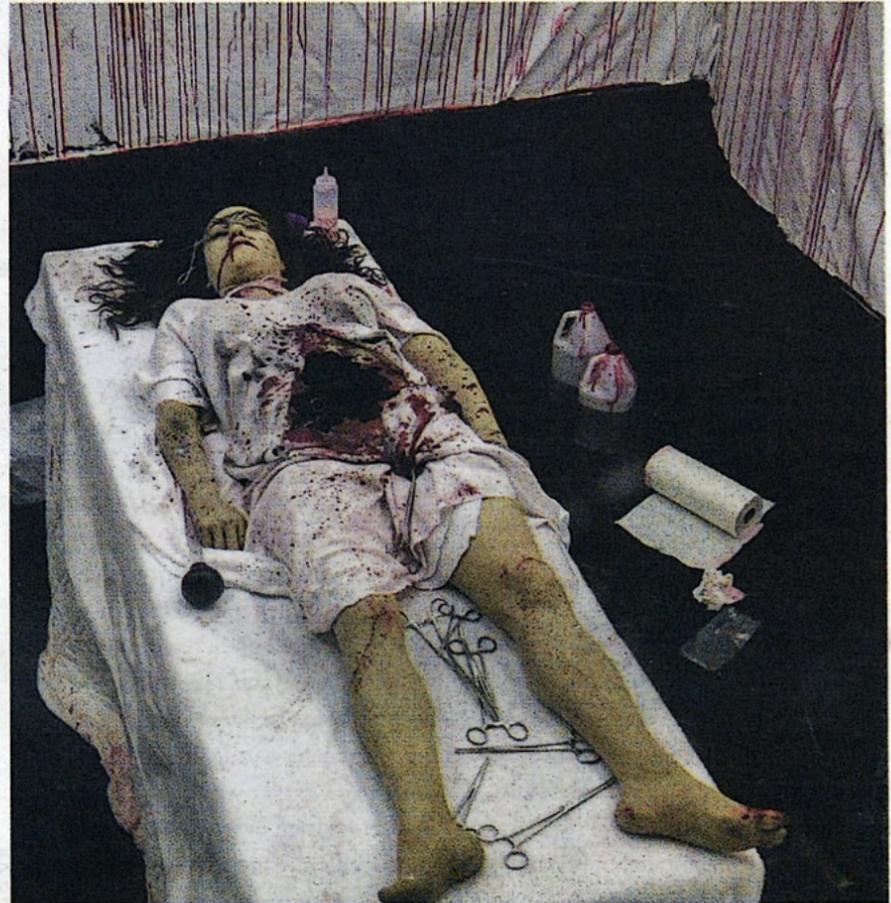
This attraction has obviously made a pretty good impression on its viewers as well. Overall, the haunted house has a 49 out of 50 skull rating, which is based on scare factor, monsters and actors, originality, detailed sets and themes, and special effects.

"Went last night, and best {damn} performance I've seen in a long time," said recent visitor Steven Walden. "A+ for this haunted house in OKC."

General admission for a night in the Sanctuary is only \$20. To avoid any long waits in line, visitors can also purchase a \$35 fast pass if they would like.

Check out the calendars for hours, upcoming events and ticket information.

Call 405-237-2803 or email malocchioproductions@gmail.com if you have any questions. Be careful, the Sanctuary even has its own WARNING for you as well.



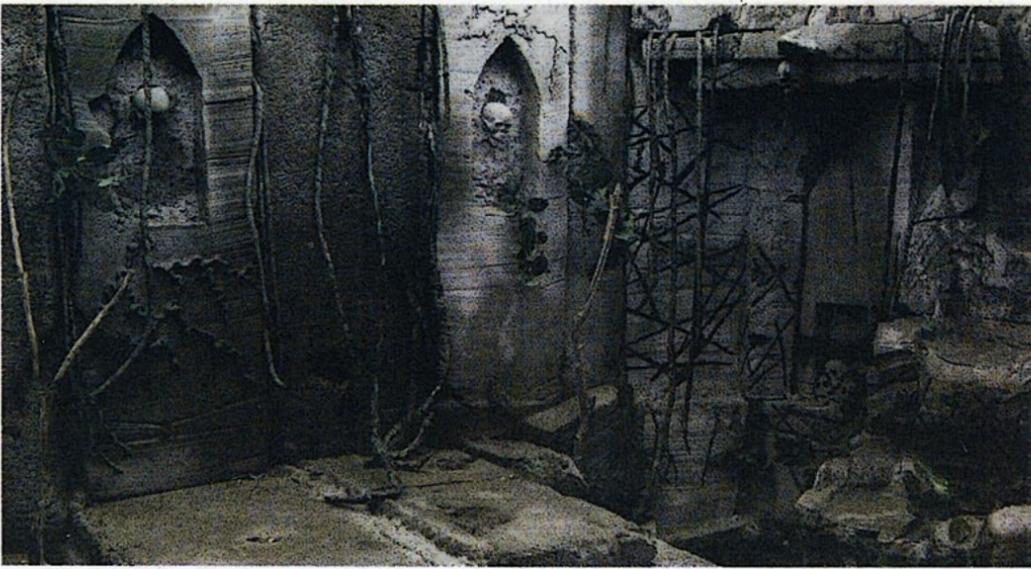
A mannequin specially designed to shoot out fake blood sits on a table. Each contraption in the Haunted Sanctuary is uniquely made. Photo by Cooper Billington, The Vista.



A bloody mannequin sits on a medical examination table in the Haunted Sanctuary. There are hundreds of gory, horror-themed decorations in the haunted house. Photo by Cooper Billington, The Vista.



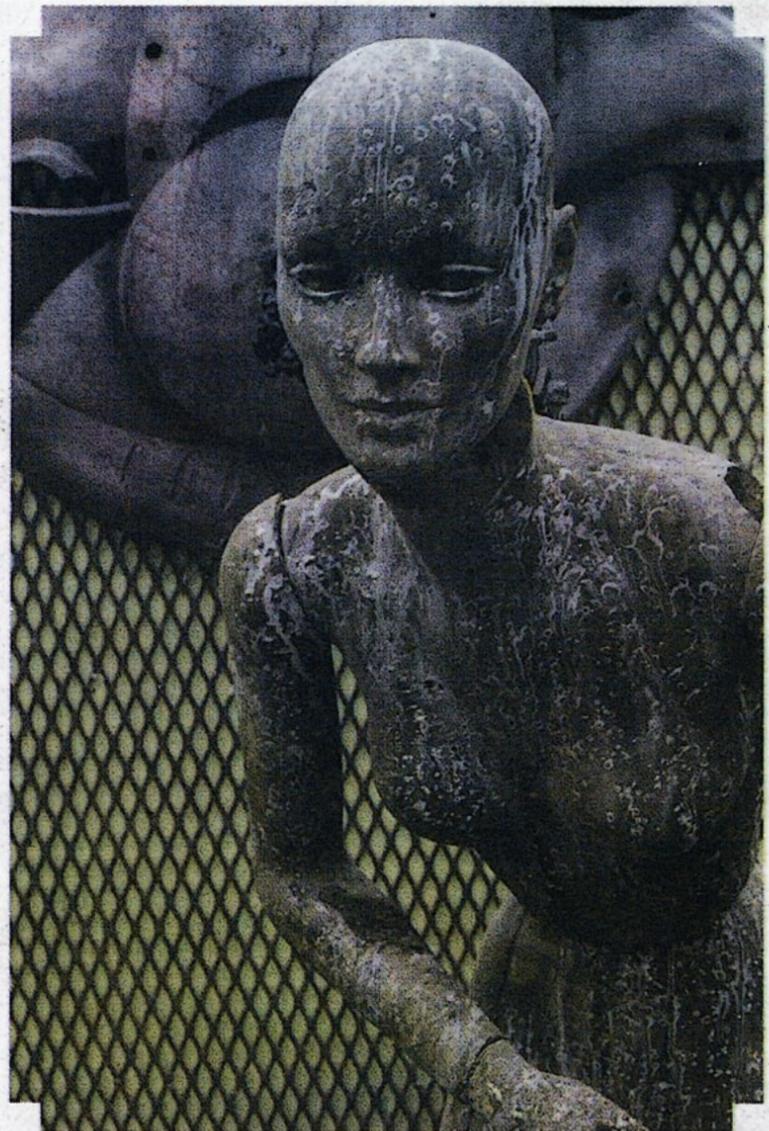
Volunteers at the Haunted Sanctuary have their faces painted before a shift. Most volunteers wear some form of make up to scare guests. Photo by Cooper Billington, The Vista.



Careful planning is put into every room to make sure that every environment is unique. Each decoration and prop is hand made. Photo by Cooper Billington, The Vista.



A hand painted skeleton hangs from the ceiling of a medical themed room in the Haunted Sanctuary. Almost every decoration in the attraction is made by hand. Photo by Cooper Billington, The Vista.



A painted mannequin on a pressurized hydraulic system sits in the Haunted Sanctuary. Scares are provided by both machines and people in the Haunted Sanctuary. Photo by Cooper Billington, The Vista.

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Need a new, vintage boutique?



Kristin Kenny
@kristinabigalk

Contributing Writer

Gypsy Rose Vintage Boutique is the perfect place for anyone who loves shopping for unique items. The eclectic vintage shop is located at 605 S. Boulevard in Edmond.

Shereen Jackson, owner of Gypsy Rose, opened up the store around five years ago.

"I had collected vintage items for a long time, just going out and about to different shops, with the thought of maybe opening a store. Then, I happened to see my little place for rent and thought 'oh, that's perfect,'" Jackson said.

All of the items in the store come from what Jackson likes to call treasure hunting. She shops around at places like garage sales, estate sales and flea markets, and finds things she knows people will enjoy.

"I find something I like and think, 'I don't need this, but somebody else would love this,'" she said. Jackson said she likes to find items, like clothing, that she can picture someone wearing, such as a cute vintage dress that she can see a college girl wearing.

For Jackson, there are no rules when it comes to picking out items for the store, except that everything must be secondhand. While most of the items sold at Gypsy Rose are vintage, Jackson said if she comes across a secondhand item she likes that is more modern, she will buy it to sell in her store.

Shoppers at Gypsy Rose Vintage Boutique can find a wide variety of items, everything from clothing and jewelry to decor and furniture. Some of the store's more unique items include turquoise Native American jewelry,

vintage pin buttons, old coins and vintage broaches.

College students from the University of Central Oklahoma are one of the store's biggest clientele, Jackson said. The uniqueness of the items is what draws them to the store.

"If somebody wants to stand out instead of going to the mall and buying the same thing that somebody else has on, they should come to Gypsy Rose," Jackson said.

College students that come in become regular shoppers at Gypsy Rose, not only because of the uniqueness of the items, but also because the prices are very affordable.

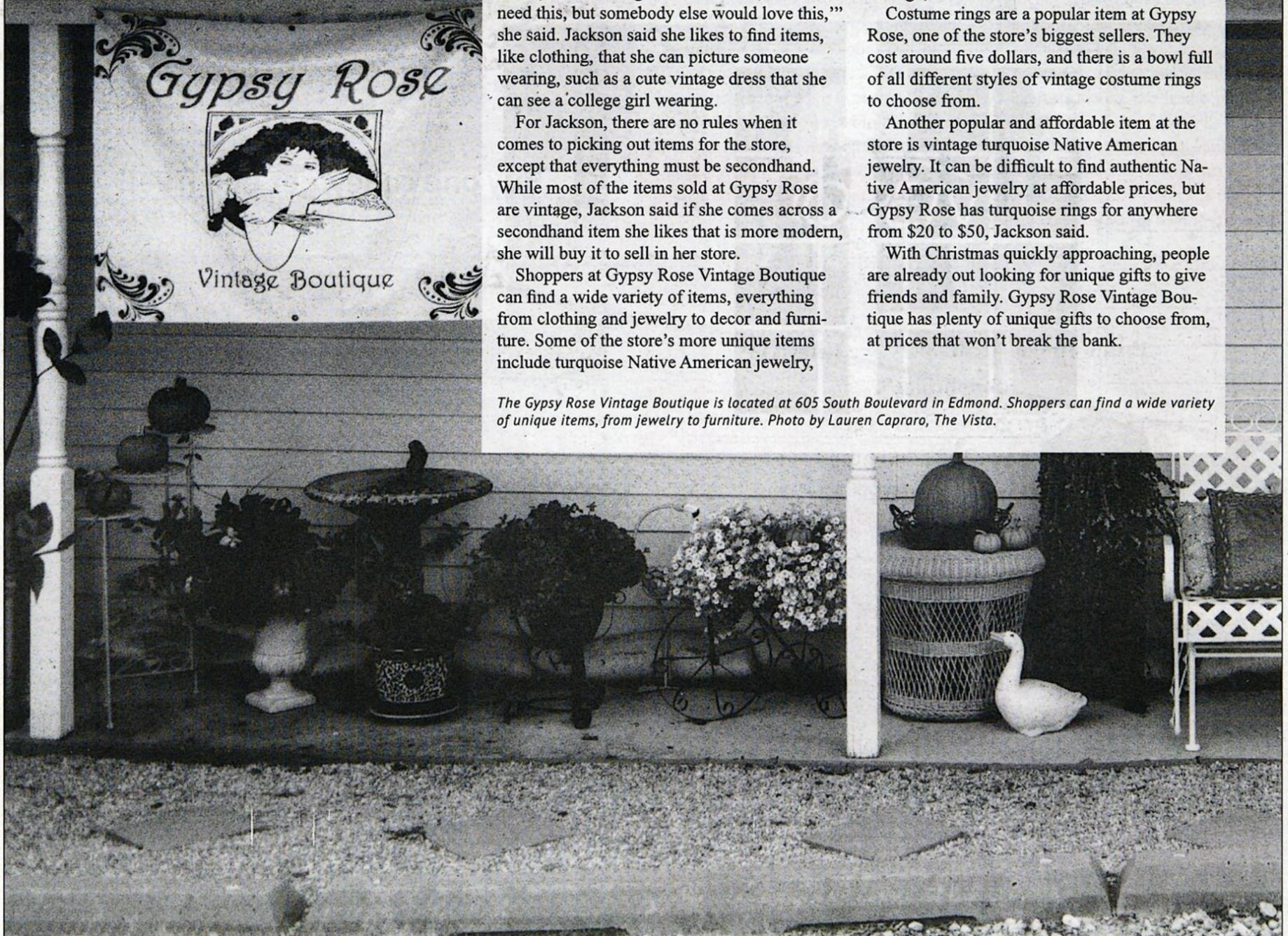
"The pricing is great, especially for students. You can even buy something for a dollar. We have a dollar bowl that people can dig through," Jackson said.

Costume rings are a popular item at Gypsy Rose, one of the store's biggest sellers. They cost around five dollars, and there is a bowl full of all different styles of vintage costume rings to choose from.

Another popular and affordable item at the store is vintage turquoise Native American jewelry. It can be difficult to find authentic Native American jewelry at affordable prices, but Gypsy Rose has turquoise rings for anywhere from \$20 to \$50, Jackson said.

With Christmas quickly approaching, people are already out looking for unique gifts to give friends and family. Gypsy Rose Vintage Boutique has plenty of unique gifts to choose from, at prices that won't break the bank.

The Gypsy Rose Vintage Boutique is located at 605 South Boulevard in Edmond. Shoppers can find a wide variety of unique items, from jewelry to furniture. Photo by Lauren Capraro, The Vista.



Home-owned

Hash Diner



Jake Stacy
@jstacy4

Reporter

Aren't you tired of seeing the same old breakfast and lunch spots around you on your way to school or while you're driving? Don't they always seem so typical and exactly alike? Ihop, Dennys, Jimmy's Egg... you name it, we've all been there and done it.

Well there is something different actually, and if you're having this same problem, the perfect spot may just be around the corner from you right here in Edmond.

The Hash Retro Diner, located at 1149 E. 2nd St, is one of Edmond's newest locally owned sit-down restaurants. The old school-styled diner serves breakfast, lunch and brunch seven days a week and is open from 6 a.m. to 2 p.m.

"I chose the retro theme because I wanted to take things back to how they used to be, when things were simple," said Vet, owner of The Hash. Vet has over 20 years of experience in the food industry, and has been named executive chef at several fine dining restaurants.

The Hash Retro Diner leans towards providing a healthier, more beneficial place to sit down and eat, yet still offers the old-time traditional styles of cooking that are still appreciated today. Considering the diner only opened in June and has nearly tripled in size since then, they

must be doing something right.

"Our concept here for The Hash is the farm to table concept," said Vet. "We go to the market every morning and make everything here from scratch."

This is sort of the restaurant's claim to fame. Everything, yes everything from the bread to the ketchup, is made fresh from scratch, which happens to actually mean something to consumers these days. At this place, for example, you actually know what you're eating.

The Hash menu items were designed from years of extensive research and experimenting with old friend and family recipes. Several of the items found here are gluten free, and Vet is even working on a vegan style portion of the menu.

The diner's unique atmosphere is open to anyone and everyone with an appetite and looking for a good old homestyle meal. It's also not far off from campus so it's perfect for nearby students headed to and from classes.

So, don't forget to stop by something different for a change on your way to school or work, and be sure to spread the word to all of your friends and family about the Hash Retro Diner. Although this is the only one open so far, but there Vet said that there is a second one in the works.



(Above) The Hash Retro Diner is retro themed and tries to provide customers with a healthy environment to enjoy traditional styles of cooking. Photo by Lauren Capraro, The Vista.



(Below) The Hash Retro Diner is located at 1149 E. 2nd Street in Edmond. It's unique atmosphere can be enjoyed by anyone looking for a homestyle meal. Photo by Lauren Capraro, The Vista.

Rehab and release: WildCare OK



**Bryan
Huddleston**
@bhuddleston2

Contributing Writer

You are driving down the road and you notice that there is an injured animal on the side of the road that needs attention. What would you do in that situation? Would you know who to call to make sure that the animal receives the proper attention, or would you continue to drive and hope something happens to it?

Most people are probably not familiar with foundations that are created to help with the rehabilitation of animal life. Located in Noble, Oklahoma, WildCare is the largest rehabilitation center in the state admitting over 75,000 patients since 1984.

The mission of WildCare is to provide people a place to bring native wildlife struggling to survive with the goal of releasing healthy animals back to nature.

WildCare works with injured, orphaned, and ill Oklahoma native wildlife

to provide them with shelter and medical attention. On average, WildCare works with 400-800 animals on a daily basis with hopes of releasing them back into the wild where they belong.

Back in 1984 Rondi Large, the executive director of WildCare, started operations in her home working with just a few animals at a time. From there it expanded to working with a couple hundred to now having a building with significant outdoor and indoor space dedicated to rehabilitation of the animals.

Moving into a new 5,200 square foot building with over 40,000 square feet of outdoor space has helped create more opportunities to help more animals and allow for more living space.

There is a three-part process when a new animal is admitted: Rescue, Rehabilitate, and Release. Before animals

are rescued it is important to know if the animal is in need of a rescue due to wandering off from their family.

Once the animal arrives, the injury is diagnosed to figure out the best process to help and provide treatment. After treatment they are set up in an appropriate enclosure and administered a proper diet.

An average stay for the animals can be around three months depending on the seriousness of the injury.

Release day can be a bittersweet day, it is a rewarding experience but it's sad to see what you have worked with for the past couple of months finally go back off into the wild where the animal belongs.

"Hands down, when get to release day and you get to let that animal go that is the best feeling in the world. It gives that animal a second chance in life that

some may not be as lucky to have."

Being a non-profit can have its own obstacles and challenges since there is not always state funding available. Amazon Smile is one way that anyone can donate with Amazon donating 0.5 percent of the profits they receive from your purchases.

Volunteer work and the permission of using land for animal release are some of the key factors that help this organization stay afloat.

For more information on WildCare Oklahoma you can visit at wildcareoklahoma.org or visit their Facebook page.

For other volunteer services or information on how to get involved visit the Volunteer Service Learning Center in the Nigh University on the second floor across from the bookstore.



An injured Raccoon recovers in the care of WildCare Oklahoma. Photo provided by WildCare Oklahoma.

Bringing the Bayou to OKC



Ricarda Arroyo
@riccibobbi_

Contributing Writer

Why travel all the way to New Orleans to have authentic Creole cuisine when you can have it freshly made here in Edmond?

Bayou Grill and Bakery offers a great variety of the finest dishes from New Orleans personally made from the owner and founder, Thais Goodwin.

"I wanted to pay homage to my mother and her ethnicity by making people happy with a home-cooked meal," said Goodwin.

Goodwin first opened her restaurant back in July of 2010. Her inspiration for the restaurant was to share her mother's recipes, which had been passed down from three generations. Martina Cruzot Cox, Goodwin's mother, was born and raised in New Orleans and became passionate about cooking, later passing on what she knew to Goodwin.

She was also motivated by the fact that Oklahoma didn't offer a place such as Bayou that she was aware of.

Bayou offers a large variety of seafood with popular dishes such as crabcakes,

which are served with a side salad and your choice of a side of roll, cornbread, or hush puppies. Bayou also specializes in desserts such as cakes, brownies, pies and cookies.

The restaurant also offers a great variety of delicious margaritas that can be ordered frozen or on the rocks, which also includes a moonshine cherry. These drinks are so unique that many customers have called Terry Goodwin, owner and bartender at Bayou, the best bartender in town, said Terry.

"It was my first time here, it's rare for me to try new places but I'm glad I did. The food and strawberry margarita were very delicious that I want to come back with friends and make a night out of it," said customer Vanessa Torres.

Bayou Grill does take pride in serving the best tasting food to its customers. Goodwin is the only cook in the kitchen and guarantees perfection. The wait time will depend upon the demand in the kitchen. The owners ask the customers to please be patient and even recommend



The Bayou Grill has been open since July of 2010 and it specializes in Cajun food. Photos by Cooper Billington, The Vista.

that you have a beer, mixed drink or soft drink upon your wait.

Goodwin also mentioned that in the future she would like to open a chain of restaurants statewide.

Bayou Grill and Bakery is located on 1315 E. Danforth in the Kickingbird

Square in Edmond, Oklahoma. They are open Tuesday through Saturday from 5 p.m. to 9 p.m.

For more information visit www.bayougrillandbakery.com or contact them at 405-341-3700.



The Bayou Grill has been open since July of 2010. It is located at 1315 E. Danforth in Kingbird Square. Photo by Cooper Billington, The Vista.

New coffee shop near UCO



**Brittany
Robinson**
@brittDrobinson

Contributing Writer

A new coffee shop has opened less than a mile from the University of Central Oklahoma's campus and students are excited to hear about their late hours. Coffee Tree Organic Coffee, located on Danforth and Chowning, opened its doors September 1 and stays open every night until 10 p.m.

The new coffeehouse offers only organic coffee, but if you're not into coffee it also offers various teas and smoothies. If you're a UCO student don't forget your student ID so you can receive 10 percent off your order.

If you're in need of a bite to eat with your drink, Coffee Tree serves pastries from Prairie Thunder Baking as well as salads, wraps and sandwiches. Overall, the espresso has nice flavor and the baristas seem to be experienced.

If you're looking for a new place to study, not only does Coffee Tree stay open late but it also has plenty of seating so you won't have to worry about finding a spot to sit. The atmosphere is welcoming with bright lighting and warm accents.

If you enjoy being able to walk into a coffee shop and not feel like you have to whisper, Coffee Tree has upbeat music at

a reasonable volume so you are able to have a conversation without disturbing the people around you. If you're coming to study, you might consider bringing headphones.

The Wi-Fi is free for customers. The staff is friendly and excited to welcome UCO students and the Edmond community. The prices are about the same as other coffee shops in Edmond, however they do charge for flavor so if you're looking for a vanilla latte, keep that in mind.

With cooler weather coming our way it's the perfect time to grab a cup of coffee and a cinnamon roll with a buddy. You may be thinking this, so yes-- they do offer a pumpkin pie flavor along with cinnamon, coconut, and several others.

If you want to know more about Coffee Tree check out their Facebook page as well as their Instagram and Twitter. They do not currently have a website but they do keep both social media accounts updated.

For questions or additional information you can call Coffee Tree at 405-726-8085 or swing by 784 E. Danforth Road to check it out for yourself.



Coffee Tree is located less than a mile from campus, at Danforth and Chowning. With a warm, welcoming atmosphere, and a closing time of 10 p.m., Coffee Tree is a good spot for studying. Photo by Lauren Capraro, The Vista.



Danishes and other pastries sit on display inside of Coffee Tree. To accompany their snacks, Coffee Tree sells organic tea and coffee. Photo by Lauren Capraro, The Vista.

Bleu Garten; change with a twist

Elisabeth Slay

Contributing Writer

Bleu Garten is a unique establishment that combines the nightlife feel of a bar, a variety of food trucks, and the family atmosphere of a restaurant.

Located at 301 NW 10th St., this outdoor eatery is a different concept and the first of its kind in Oklahoma. The owners and operators, Hunter Wheat and Lacey Britchard, are proud of their authentic idea and what it has brought to the state.

"It's a place in Oklahoma City where people can come sit and talk rather than go to a nightclub where [they] can't hear because the music's too loud. I just think it is a good community binder," Wheat said.

Normally in a restaurant there are a limited amount of food options; however, at the Bleu Garten customers can try a new meal every time they visit.

"We have different food trucks every single day from lunch to dinner. Currently we're working with 65 food trucks. So you definitely get different options every time you're here," Wheat said.

Along with a relaxing and fun atmosphere for customers, Bleu Garten offers a distinctive experience for its staff.

"It's definitely fun. We're just one big team here and you kind of have to be because there are just so many parts," employee Demi Close said.

Much like their restaurant, Wheat and Britchard are employers that don't fit

into the traditional role of a boss.

Dozens of people sit and socialize at the Bleu Garten September 23. Bleu Garten is an eating establishment known for having the nightlife feel of a bar, and the food selection of a restaurant due to different food truck options being available. Photos by Lauren Capraro, The Vista.

"They always have good advice. A lot of us either have our own business or are starting one and they have always been super supportive. It's nice to make money but also work at a place where your bosses want you to progress," Close said.

Although they have only been open a year, Bleu Garten has received positive feedback from the community.

"I think it's a hip place. The atmosphere is nonchalant and you get a lot of food choices but not an overwhelming amount," UCO student Andi Ullrich, said.

This venue offers something for everyone and has no certain type of customer.

"We get people with families, we get young people, we get people coming in with walkers. It doesn't really matter your demographic-- everyone can come out and enjoy it," Wheat said.

Every aspect of this restaurant has some sort of uniqueness about it. Even the name, Bleu Garten, is rare with its different spelling and meaning.

"Bleu is a French term that a lot of people use for excellence in the kitchen and then garten refers to kind of the beer garden that it is," Wheat said.

At the moment Wheat and Britchard have no plans to expand their restaurant into a chain, but they do plan to spend the winter brainstorming new ways to make Bleu Garten even better.



How to be a better student



John Box
@johnathanbox

Contributing Writer

We're halfway through the semester; midterms are on their way and everyone keeps reminding me how many Fridays are left until Christmas. For many, this is their last semester, but it is never too late to become a better student.

Ask any professor how to become a good student and you'll only get so many answers. Some might fall into the abstract, but mostly it's "show up, do your work and try hard."

Mark Hanebutt, infamous in the Mass Communication building, said to simply study, and read the New York Times everyday.

Pretty basic stuff right? Simply do your job as a student and believe that if you try hard, the school system will do its job.

So why do so many of us struggle? Why do we not show up some days, or just take the zero on some assignments?

It would be quick and easy to blame "the times." Not the publication, but our generation.

Constantly reminded that we are surrounded by smaller and bigger screens that get busier and busier with information, we can't seem to just turn it off. Spending time away from our devices is seen as a challenge now, that some can't dream of trying.

But is it the fault of our electronic overlords? Are Netflix and iPhones frying our brains?

Well not entirely, or at all for that matter.

Social media does get a lot of the blame. A lot of articles ask students about their Facebook usage in contrast to time spent studying.

So Facebook is getting in the way right?

For a student to login and use Facebook, they have to do just that, physically acknowledging that they are signing in. It does not pop up like one of those ads or a worried activist with a clipboard.

Facebook, much like every other distraction, is easily avoided. Also, social media has become something of a necessity in life and work, some classes even require an account on certain sites.

So what does it boil down to? Well, self-control and self-motivation.

We all have known that showing up to class and studying is essential; at no point should this be a shock to us. Ever since we were young, teachers have been hounding us to study hard, but really, that's all it takes sometimes.

Becoming a better student is much like working out. We all know there aren't any magic words or enchantments that will suddenly make us slim.

No miracle pill, I'm looking at you steroids and Adderall, which will suddenly turn you into Schwarzenegger or Einstein. It just comes down to rolling up your sleeves and doing it.

We are all guilty of rolling our eyes at the idea of writing another research paper, or putting together a slideshow for our group presentation that no one else is contributing to, but, simply doing it is the key.



Studying is a large part of being a successful student, but staying away from distractions, like overusing social media, helps as well. Hard work and getting assignments done as early as possible can help students reach their academic goals. Photo provided by wikimedia.

Top 5 movies this fall



Rachael Corbin
@rachaelcorbin

Contributing Writer

With school back in session, most college students are pinching their pennies and favoring more frugal ways of spending time and money than splurging

on the movies. However, for these five new Hollywood blockbusters, students may want to make an exception.

5. The Intern

Robert De Niro stars as the affable Ben Whittaker, a retired business owner who decides to get back into the career field by becoming an intern at a successful fashion website.

The Intern is a relatively clean comedy

where its strength lies in the chemistry between its two A-list leads, Robert De Niro and Anne Hathaway. While it doesn't have much in the way of plot, its humor is still fresh and honest.

4. Black Mass

Based on true events in the 1970's, FBI Agent John Connolly played by Joel Edgerton persuades an Irish mobster fresh out of Alcatraz to defeat a common enemy: the Italian mob. However, James "Whitey" Bulger, played by Johnny Depp, proves impossible to control and events snowball with catastrophic conse-

quences.

After years of being shoehorned into playing clones of his more iconic role of Captain Jack Sparrow, Depp has returned to the fold of brilliant actors and completely disappears in the character of notorious mobster "Whitey" Bulger.



3. Everest

Another story based on true events, "Everest" is a docudrama that takes place in 1996, revolving around the expeditions of eight climbers as they scale Mount Everest and slowly succumb to the elements.

While the movie has its share of critics from those who question its accuracy to the real life occurrence, the movie has struck a cord with audiences with its strong characters and sincere emotions.

2. Sicario

Set on the border between the United States and Mexico, "Sicario," Spanish for hit man, is about an FBI agent played by Emily Blunt who is enlisted by a government task force to fight the war on drugs. The lines of good and evil blur as Kate's endeavor to dismantle the Mexican cartel's power turns into a struggle

for survival.

"Sicario" is a tightly woven tale full of darkness and suspense. Its cinematography by Denis Villeneuve gives it the grisly, atmospheric edge that every crime drama needs. Fans of Breaking Bad should give it a watch.

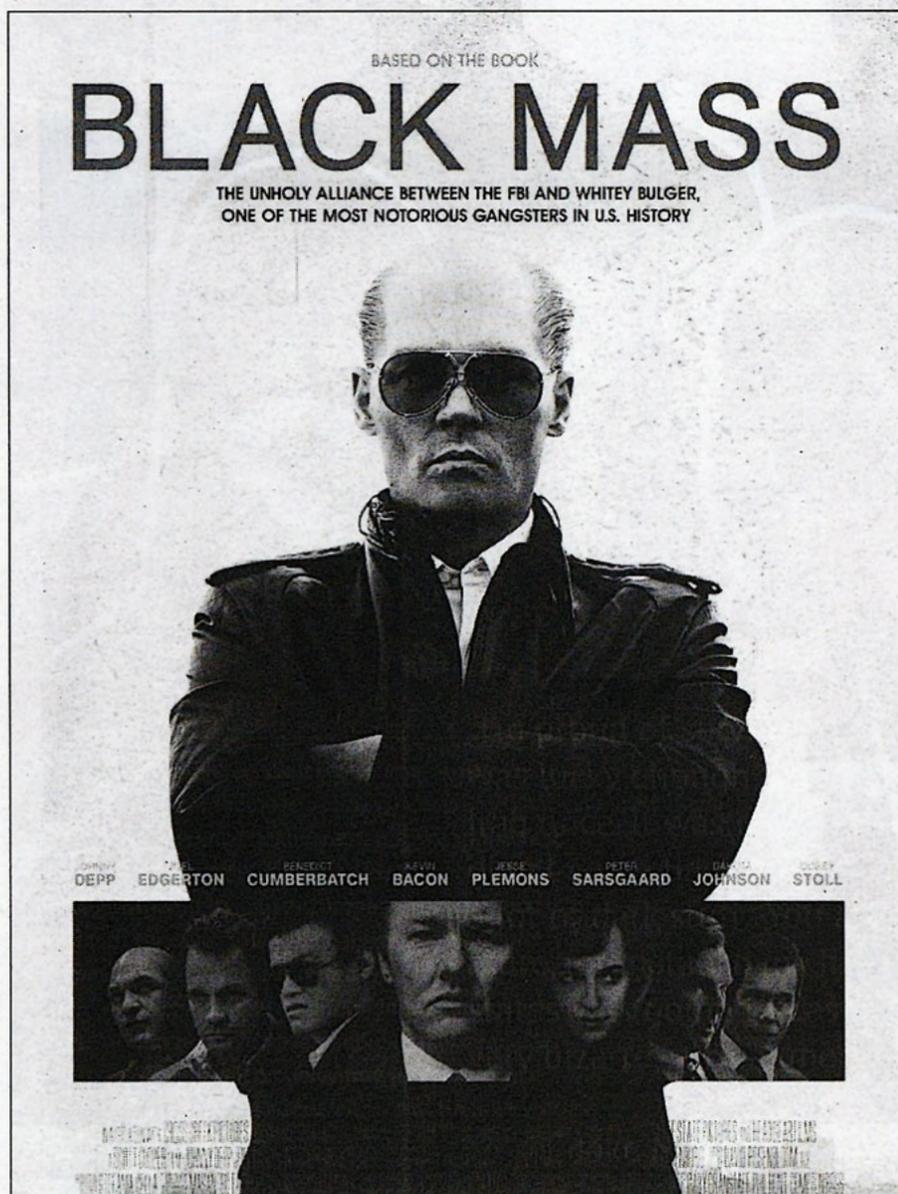
1. The Martian

When a team of astronauts flee planet Mars following a space storm, they leave team member Mark Watney behind, assuming him dead. Left to fend for himself, Watney Macgyver's his way to survival by building Mars' first greenhouse and utilizing the NASA equipment his team members left behind.

Meanwhile on Earth, NASA discovers Watney is still alive and it becomes a race against the clock to bring him home before he runs out of provisions.

Based on the best-selling novel, the central theme of "The Martian" is the endurance of the human spirit in the face of insurmountable odds, as well as what humanity can accomplish if they work together toward a common goal.

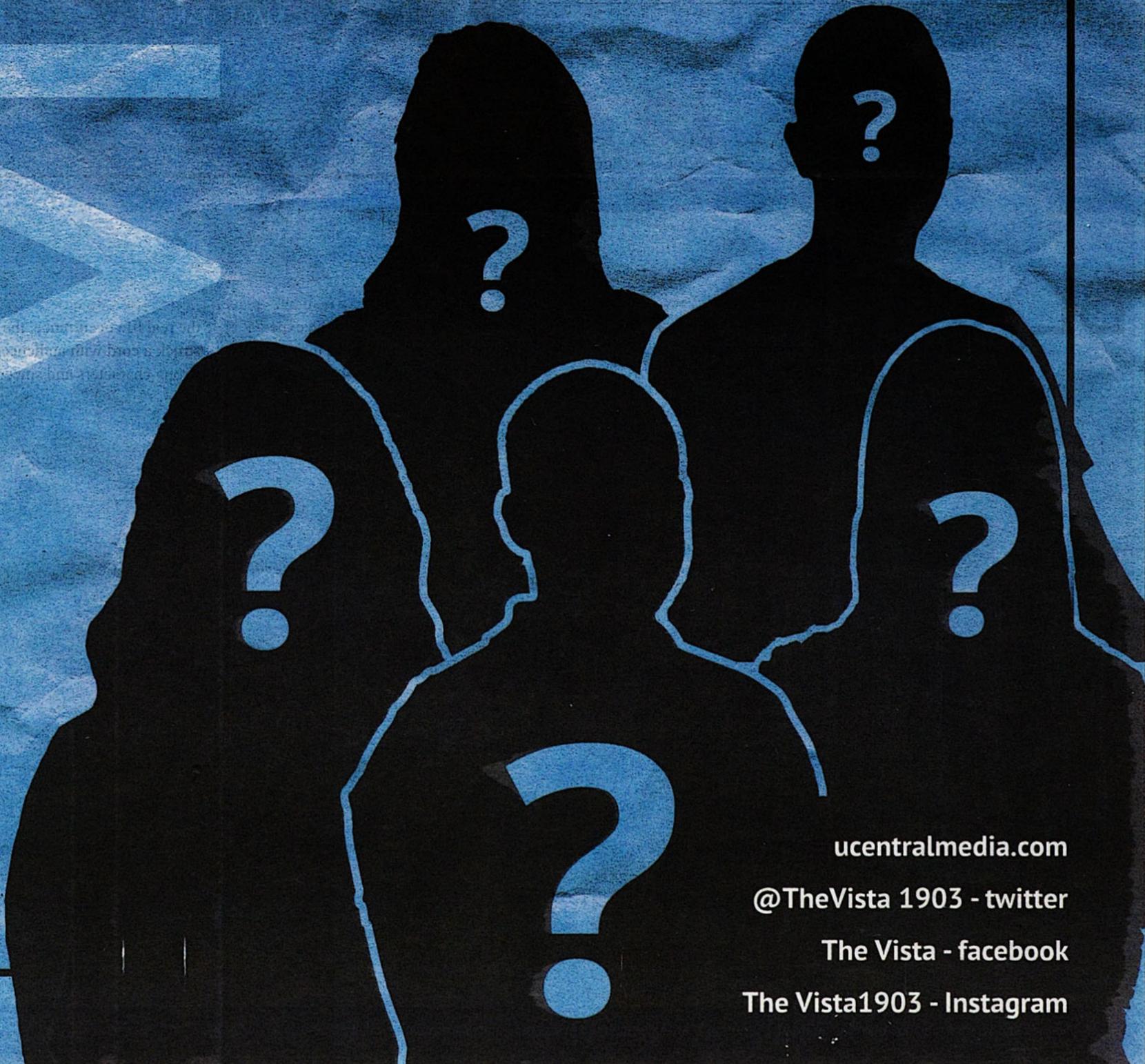
While this movie is not based on true events, its attention to detail and focus on the positive side of human nature makes it just as heart-warming as if Watney's journey had occurred in real life.



Who are we?

We are The Vista, the student newspaper at the University of Central Oklahoma.

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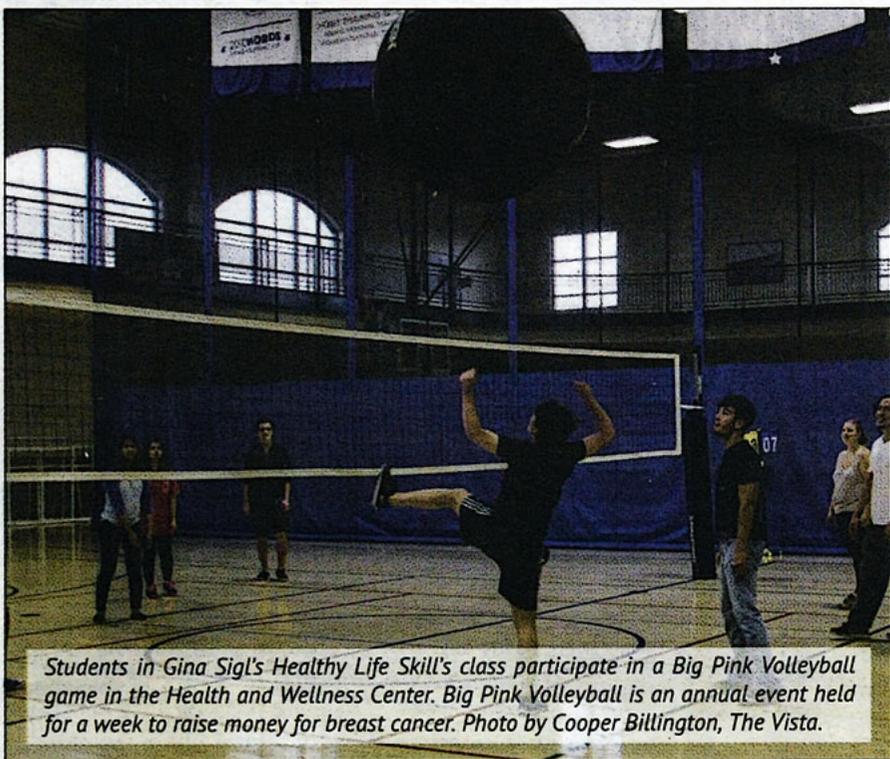
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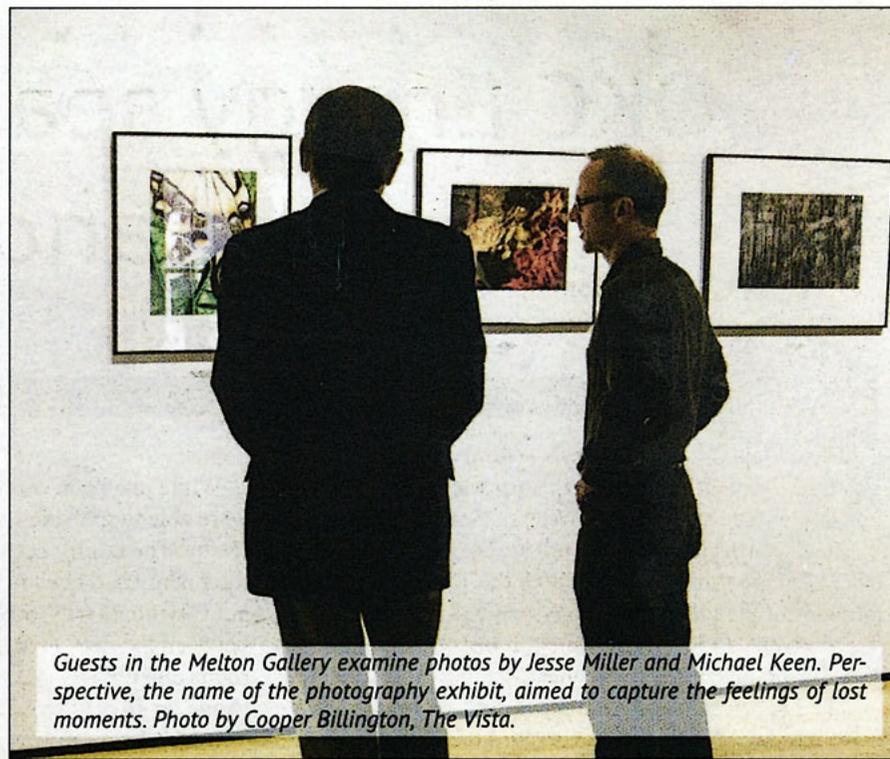
Sports and Life



See things
differently



Students in Gina Sigl's Healthy Life Skill's class participate in a Big Pink Volleyball game in the Health and Wellness Center. Big Pink Volleyball is an annual event held for a week to raise money for breast cancer. Photo by Cooper Billington, The Vista.



Guests in the Melton Gallery examine photos by Jesse Miller and Michael Keen. Perspective, the name of the photography exhibit, aimed to capture the feelings of lost moments. Photo by Cooper Billington, The Vista.

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An Oklahoma City police officer poses with a group of people dressed as zombies at Zombie Bolt. Zombie Bolt is an annual 5K in which the participants dress as zombies while they run. Photo by Cooper Billington, The Vista.

OKC Energy season recap and offseason outlook



Aaron
Albertson
@albster5

Contributing Writer

The Oklahoma City Energy's season ended Sunday after a 2-1 defeat against the Los Angeles Galaxy 2 in the United Soccer League's Western Conference Finals.

Los Dos was able to jump out to a quick two-to-nil lead after recording scores in both the 7th and 22nd minutes of the match. The goals, which came from Ariel Lassiter and Andre Auras, were too big of a mountain for Oklahoma City to overcome.

The Energy's Coady Andrews would score in the 65th minute, but Oklahoma City was unable to notch another in the waning minutes. The loss was only the second defeat the Energy has seen in Taft Stadium during the 2015 season.

Despite the loss, Oklahoma City had a memorable second season. As mentioned before, the team had an amazing home record for their fans. Including the playoffs, they went 11-2-3 at Taft, creating a fearsome atmosphere for any opposing squad to visit.

Making the playoffs this season was both a huge accomplishment and improvement from the Energy's inaugural season. The Energy were even able to lock down a first-round bye this season in a conference that separated first place and seventh place by just 8 league

points.

While unable to capture the USL Championship, they were able to grab bragging rights in the Black and Gold Derby. The rivalry between the Tulsa Roughnecks and the Energy had been fierce in Tulsa's inaugural season, but Oklahoma City was able to win the season series between the two. That gave the Energy both bragging rights and the Derby's trophy to tote when the two teams tango next season.

Now all eyes move to the offseason, where the Energy has a lot of questions to answer. Will its stadium renovation be finished for next year's season opener or will they opt to add more seating as numbers for the USL soccer boom? Will they push harder to brand the Energy as Oklahoma City's summer sport attraction? Regardless of those outcomes, some questions can't be answered by the Energy alone.

Both the fans and front office will have to watch to see what happens to the players and the coaching staff. Forward Danni Konig led the league in goals for the majority of the season and, despite his quiet end to the season, would be a great addition to an MLS squad looking for a big, physical striker.

Konig recorded 21 goals and 4 assists on the season, so if he were to move up, the Energy would have to find someone to replace 47% of their offense.

On the opposite side of the field, it will be interesting to find out what happens to goalkeeper Evan Newton. Newton was consistently one of the best goalkeepers in the USL in 2015, recording 10 shutouts and 89 saves.

Newton also rose up to the occasion on a big stage when he saved 2 of the 5 penalty kicks in last month's playoff game against the Colorado Springs Switchbacks.

Finally, what will become of Head Coach Jimmy Nielsen? It's evident Nielsen will be a long-time coach, but will he stay with Oklahoma City or try and take the jump into the bigger leagues? Nielsen, who had success in goal for Sporting Kansas City, has the soccer knowledge for a jump up, but is just as a key part to this team's success as was everyone else.

Those answers will come in the offseason. For now, all fans can do is sit through the cold winter and wait for the thaw of spring.



Energy player Michael Byskov defends against the Los Angeles Galaxy's Andre Auras. The Oklahoma City Energy was defeated with a score of 2-1. Photo provided by Steven Christy.



Joshua Palmer

Sports Reporter

UCO football's first half

The halfway point of the college football season is quickly approaching. It was a first half that the University of Central Oklahoma will likely want to forget.

Entering Saturday's game against Missouri Southern State University, the Bronchos were 1-4 for the season. They have not lost a game by more than ten points, however.

For what it's worth, UCO did win against Missouri Southern in a lopsided affair to bring its win total up to two.

UCO is in the midst of the easiest stretch in its schedule. Along with Missouri Southern, the next four Bronchos opponents have a combined record of 8-17.

With all that being said, we will look at the statistics that have defined the Bronchos in the first five games. We will also recognize some of UCO's best playmakers.

The UCO offensive player of the first half is running back Clay McKenzie.

When starter Jake Gandara went down with a season-ending knee injury in the first week, it was apparent Central Oklahoma would need somebody to step up in the running game.

Enter backup Clay McKenzie.

McKenzie has been superb in the first five contests. The sophomore running back has gained over 560 total yards of offense.

Entering Saturday's play, he owns the fourth-highest rushing total in the MIAA. McKenzie has also rushed for over 100 yards in a game twice and scored a total of five touchdowns.

UCO defensive player of the first half: Linebacker Malcolm Howard, #9. When you watch a UCO football game, you should have an easy time finding number 9 when the Bronchos defense is on the field. The senior linebacker just always seems to be near the football. Howard racked up a team-high 71 total tackles through the first five games, already just one tackle short of his 2014 season total.

Some notable stats of the first half:

The Bronchos already have 11 turnovers through five games. The team had a total of 13 all of last season.

UCO also had a plus-14 turnover margin in 2014 that helped contribute to the team's pleasant 8-4 record. UCO has a minus-four turnover margin this season.

The Bronchos have committed a turnover in every single game thus far. For the remainder of this season, UCO's focus needs to be on eliminating turnovers.

Record of the first half:

Kicker Seth Hiddink broke the school record for most consecutive extra points made. In the first game of this season, Hiddink made his 50th extra point in a row to smash the record. He then missed his next PAT attempt.

The Bronchos are not as bad as their record suggests; in fact, they rank near the middle of the pack in almost every offensive and defensive category.

Instead, UCO has faced some bad luck with injuries and an absolutely brutal early schedule. UCO's four losses all came from schools that currently have a winning record.

The Bronchos have already faced the two undefeated MIAA teams. Their toughest remaining game will be their last, when they take on Pittsburg State.

Facing lower-caliber teams in the upcoming weeks, the Bronchos will have a good opportunity to climb back up to a .500 winning percentage.



UCO's football team prepares for a play against Emporia State University during their second home game on September 19. Photo by Cooper Billington, The Vista.

Seth Hiddink receives national honor



Emily Howsden
@emilyjhowsden

Sports Reporter

Recently 22 college football players were recognized for their superior extra curricular activities by being named to the 2015 Allstate American Football Coaches Association Good Works team.

One of those 22 players is UCO's very own Seth Hiddink. In his career as a Broncho, Hiddink has become one of the top kickers in the MIAA.

But when he's not on the gridiron doing double duty as place kicker and kickoff specialist for UCO, he's spending his time at the Reason to Believe Therapeutic Riding Center in Guthrie, OK.

It was here that staff and Hiddink's coaches realized he was more than a college athlete; he's an exceptional

person. So naturally it was here that school officials and the staff at Reason to Believe decided to surprise Hiddink with his national award.

"Out of 197 nominees Seth is one of 22 players in the country to be selected for this prestigious award. So on behalf of Allstate and the AFCA, we are honored to stand with you here today, along with representatives from UCO and Reason to Believe to present Seth Hiddink, the kicker for UCO, with his trophy in honor of his selection to the 2015 Allstate AFCA Good Works team."

Hiddink took his award like he does most things, with humility and a smile on his face.

"It's a huge honor to be nominated for this award. I want to thank Mike Kirk and the coaching staff and everyone involved, it's a huge honor to be one of 22 in the country, so I just want to thank them."

Reason to Believe Ranch is a riding center offering help to at-risk children, damaged teens, developmentally disabled adults, and troubled young women and de-

velop skills to heal, learn responsibility, and form trust.

Tears filled the eyes Prim Cockrell, owner and founder of Reason to Believe, when discussing what Hiddink's dedication to the ranch means to her.

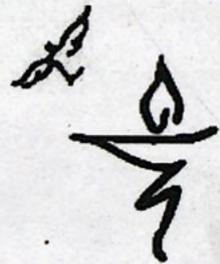
"Seth is an exceptional young man and volunteer. He has blessed our ministry with his help, teaching and understanding and understanding the needs of hurting people that we work with," Cockrell expressed, "He has been an exceptional example for the kids to follow."

She also expressed her thankfulness for when Hiddink brings teammates with him to Reasons to Believe.

This won't be the last time you see Hiddink's name in headlines though. He has also been nominated for the Fred Mitchell Award, and award that honors the nation's top place kicker for civic their civic service.

The winner of approximately 750 kickers nationwide will be named in mid December.

While all of this may seem like a lot for a collegiate athlete, as he excels in the stadium and at the stables, to Hiddink, it's just another day at the ranch.



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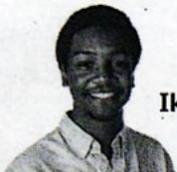
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Seth Hiddink, kicker for the UCO Broncho's, does a kick off during UCO's first game of the season against Fort Hayes University. Photo by Ryan Naeve, the Vista.

Early NFL MVP candidates



Ike Wilcots

Contributing Writer

Through five weeks of the 2015-16 NFL season there were only a handful of teams with a perfect record and MVP-quality players.

Of course there are the usual quarterbacks Tom Brady and Aaron Rodgers, and surprising quarterbacks like Andy Dalton and Carson Palmer. But this year there have been a couple of quality players not at the quarterback position to make heads turn and could be considered early contenders for the league's MVP award.

These are some top projections for MVP through the first few weeks of the season.

1. New England Patriots QB Tom Brady: With the controversy over the summer and the almost-suspension for Brady at the beginning of the season, Brady has overcome it all and played like the legend he already is this season.

Brady has already thrown for over 1,100 yards, recorded nine touchdowns and has thrown zero interceptions (ESPN). He also threw his 400th career touchdown pass against Jacksonville putting him in the club with other NFL greats such as Brett Favre, Dan Marino, and Peyton Manning.

The New England Patriots are currently one of the six teams in the NFL to remain undefeated entering week five and remained undefeated after a dominating performance in Dallas against the Cowboys.

2. Green Bay Packers QB Aaron Rodgers: Being compared on a greatness scale to Michael Jordan, Aaron Rodgers is looking to have a great season. Having thrown five touchdown passes against Kansas City in week three, Rodgers has looked like a man on a mission to bring the Lombardi Trophy back home to Green Bay.

With a total of 995 yards and zero

interceptions in the early going, he has been on pace to break any and every record set by the great quarterbacks in the history of the league including another Packer great by the name of Brett Favre.

3. New England Patriots TE Rob Gronkowski: Last year was the year of J.J. Watt; this year "Gronk" is making MVP noise with stellar play. Going into week five of the season, Gronkowski has a total of 308 receiving yards with four touchdowns.

The hype is huge especially after his 101 yard game in week three against Jacksonville, giving him the title as the best tight end in the NFL yet. With a quarterback like Brady, he should be continuing dominating defense for the remainder of the season.

4. Atlanta Falcons WR Julio Jones: Lets face it, Julio Jones is the best wide receiver in the league so far. He is on pace to break the single season reception record and it is only week five.

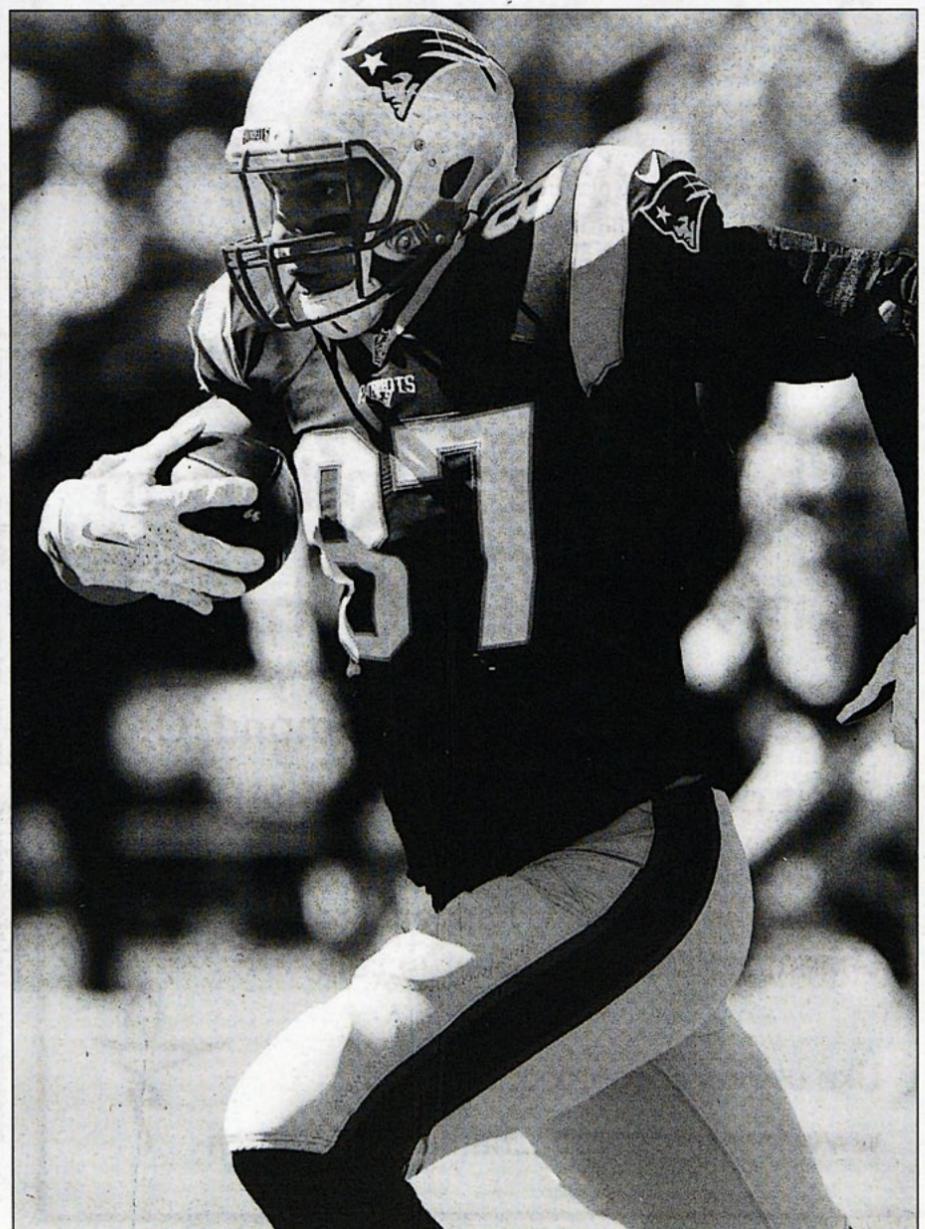
Jones has 478 receiving yards with eight touchdowns in his first four games. These are record breaking numbers for a player in only his fifth season in the league.

The play of Julio Jones is a big reason why the Falcons started 5-0.

5. Carolina Panthers QB Cam Newton: Most would probably disagree, but like it or not Cam Newton is one of the league's elite quarterbacks. He has led the Panthers to 4-0 coming into a week five bye week and has put on great performances.

He has thrown for 809 yards and recorded a total of seven touchdowns with two interceptions so far this season. Having Ted Ginn as his primary receiver, Newton has accounted all of the Panthers' touchdowns offensively.

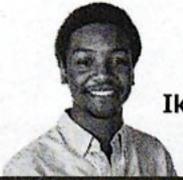
He has been the heartbeat of the Carolina's success and has carried the team thus far.



(Top Right) Atlanta Falcons wide receiver Julio Jones (11) is tackled by Houston Texans cornerback Kareem Jackson, rear, as Houston Texans cornerback A.J. Bouye (34) looks on during the first half of an NFL football game, Sunday, Oct. 4, 2015, in Atlanta. (AP Photo/John Bazemore)

(Bottom Right) New England Patriots tight end Rob Gronkowski runs after catching a pass in the first half of an NFL football game against the Jacksonville Jaguars, Sunday, Sept. 27, 2015, in Foxborough, Mass. (AP Photo/Charles Krupa)

Kevin Durant's free agency chatter



Ike Wilcots

Contributing Writer

The 2015-16 NBA season will start October 27 and rumors about who will fight to get the 2013 league MVP Kevin Durant next offseason are already swirling. Kevin Durant, who missed the majority of the 2014-15 season with a foot fracture, will become a free agent at the end of this season and there are many teams who have prepared their cap space for the superstar.

This season, Durant is set to make around \$18 million in base salary and over \$20 million next season (Latin Post). Being such a high-max contract player, interested teams like the New York Knicks or Washington Wizards have to have a highly paid player take a pay cut.

This is not an unusual method; teams like the San Antonio Spurs and Dallas Mavericks have had superstar players give up big bucks just to afford an elite playmaker. One team that will be in the mix of the 2016 free agency is the Miami Heat.

The Heat has a history with superstar Dwayne Wade taking a pay cut or signing year-to-year contracts to help lure big-name stars to South Beach. Pat Riley has stocked up on great role players for this season and hopes to build another dynasty with a great scorer like Durant.

Another team often mentioned in the hunt for Durant next offseason is the All-Star's home team, the Washington Wizards. Playing with a rising star in John Wall, they could create a similar dynamic duo we see now with Durant and Westbrook.

Phil Jackson and the New York Knicks are also in talks about acquiring Durant. This could be a problem because their current superstar Carmelo Anthony's contract is expected to be over \$20 million by next offseason. However, the signing of Arron Afflalo is a great pick up to start building around a player like Durant.

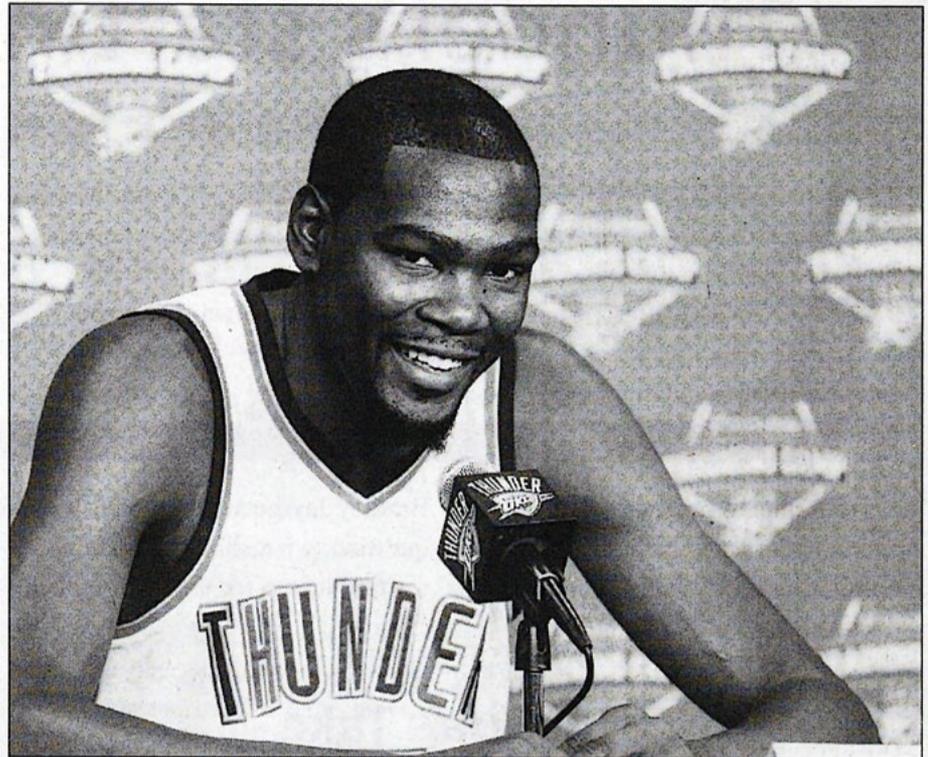
Lastly there has been some talks that Durant reportedly has high interest in the Los Angeles Lakers. ESPN's First Take host Stephen A. Smith has been quoted as saying, "If Kevin Durant doesn't stay in Oklahoma City, L.A. is his primary objective and landing spot as opposed to South Beach or even his home of Wash-

ington D.C." (Bleacher Report).

Durant replied last Friday stating, "I don't talk to Stephen A. Smith at all," and ended his statement by saying Smith was "lying."

Landing in L.A. could be a reasonable spot for Durant next offseason. With a young D'Angelo Russell, Jordan Clarkson, and healthy Julius Randle, this young squad could create havoc in the West if led by Durant and veteran Kobe Bryant if he doesn't retire after this season.

There are many possible options for Durant to choose from next offseason, but if the Thunder makes a successful run this year, there would be no reason not to re-sign with the team he helped build.



Oklahoma City Thunder forward Kevin Durant smiles as he answers a question during media day in Oklahoma City, Monday, Sept. 28, 2015. (AP Photo/Sue Ogrocki)



Oklahoma City Thunder's Kevin Durant drives in the second half of an NBA preseason basketball game against the Minnesota Timberwolves, Wednesday, Oct. 7, 2015, in Minneapolis. Durant returned to action after being out eight months for a broken foot. The Thunder won 122-99. (AP Photo/Jim Mone)

The coin toss: what should the Thunder's starting lineup be?



Joshua Palmer

Sports Reporter



Bradley Jayroe

@bjayroe6

Sports Editor

From time to time, two Vista sports writers may have differing opinions on a particular subject. In this instance, Joshua Palmer and

Bradley Jayroe attempt to answer this question: what should the Thunder's starting lineup for the 2015-16 be?

Joshua's Take

Four seasons ago, in a year when the Oklahoma City Thunder made the NBA Finals, former head coach Scott Brooks used the same starting lineup in 64 percent of the regular season games. That rate would have been much higher, if not for a midseason Thabo Sefolosha injury.

Now, OKC is armed with a new head coach in Billy Donovan. Donovan, an analytics guy, will likely dole out time to his roster based on individual matchups, rather than giving each player a strict timeshare.

If he decides to go with the same starting lineup for every game though, here is his best option:

1. Russell Westbrook – Point guard

The argument has spanned for seven years now. Is Westbrook on the same level as someone like Chris Paul or Tony Parker when it comes to playing the point guard position?

No, Westbrook is not a distributor. Yes, when you play with a legendary scorer like Kevin Durant, that can sometimes be a problem.

Yet, Westbrook is one of the top three point guards and top 10 players in the NBA. That seems like a pretty good reason to continue starting him at the point.

2. Anthony Morrow – Shooting guard

Let's run down the list real quick: Dion Waiters, Anthony Morrow and Andre Roberson. Who would you trust to fill a spot that hasn't held a bona fide starter since Sefolosha?

Waiters is inconsistent. Start him for 82 games, and you might see him play well in 20. Roberson is a defensive whiz, but he can become a huge liability on offense.

Morrow gives OKC the best chance

to score. His defense is not on the same level as the other two, but the gap isn't as large as one might think.

There is no justification for a shooter like Morrow to only play 15 minutes a game.

3. Kevin Durant – Small forward

Come on, man. A Durant at 20 percent health is better than a completely healthy Kyle Singler.

4. Serge Ibaka – Power forward

When Ibaka first entered The Association, he was a raw, lanky athlete with almost no offensive game whatsoever. Imagine a skinny Kendrick Perkins with ostrich legs. That was Ibaka.

Now, Ibaka is one of the top 25 players in the NBA and arguably the best mid-range jump shooter in OKC. He can size up with the biggest centers yet also roam with the quickest forwards.

He has more than earned his spot in the starting lineup.

5. Enes Kanter – Center

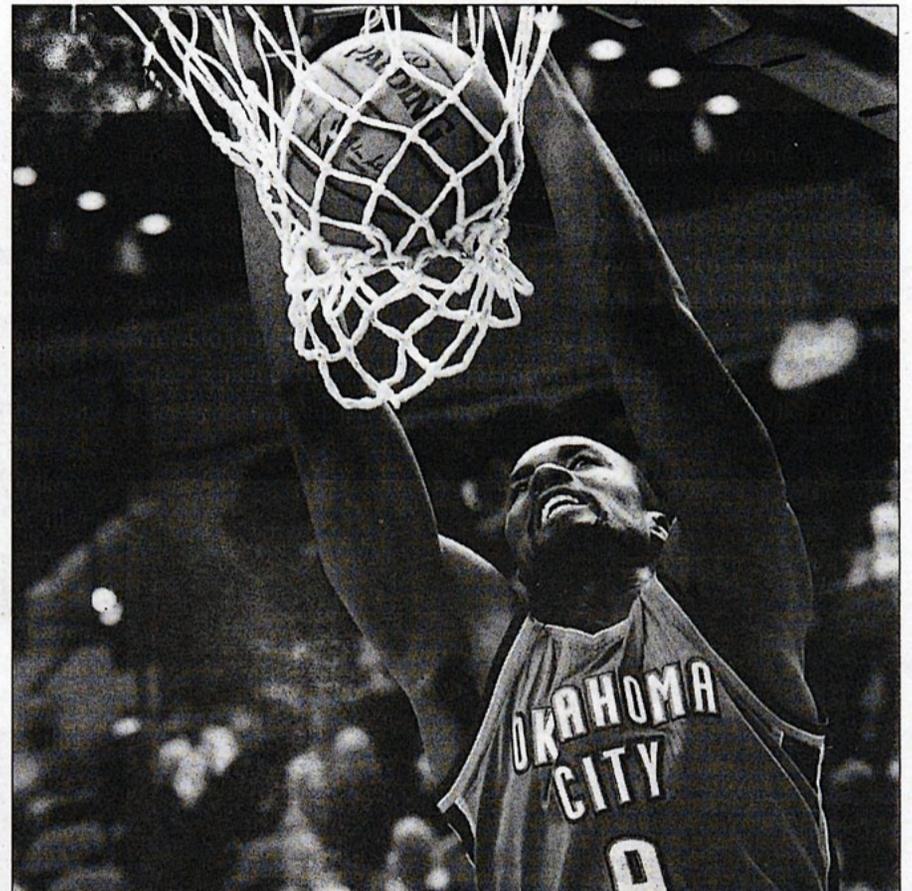
The reasoning for this is simple. Kanter just signed a four-year, \$70 million contract with OKC. He will be paid roughly \$16.4 million this season alone.

You cannot sign a guy to that amount of money and then leave him on the bench.

Kanter has a great repertoire with Westbrook in the pick-and-roll. He also has good hands and can finish around the basket.

Admittedly, his defense leaves something to be desired. Kanter is only 22 years old, though, and should certainly improve on that end.

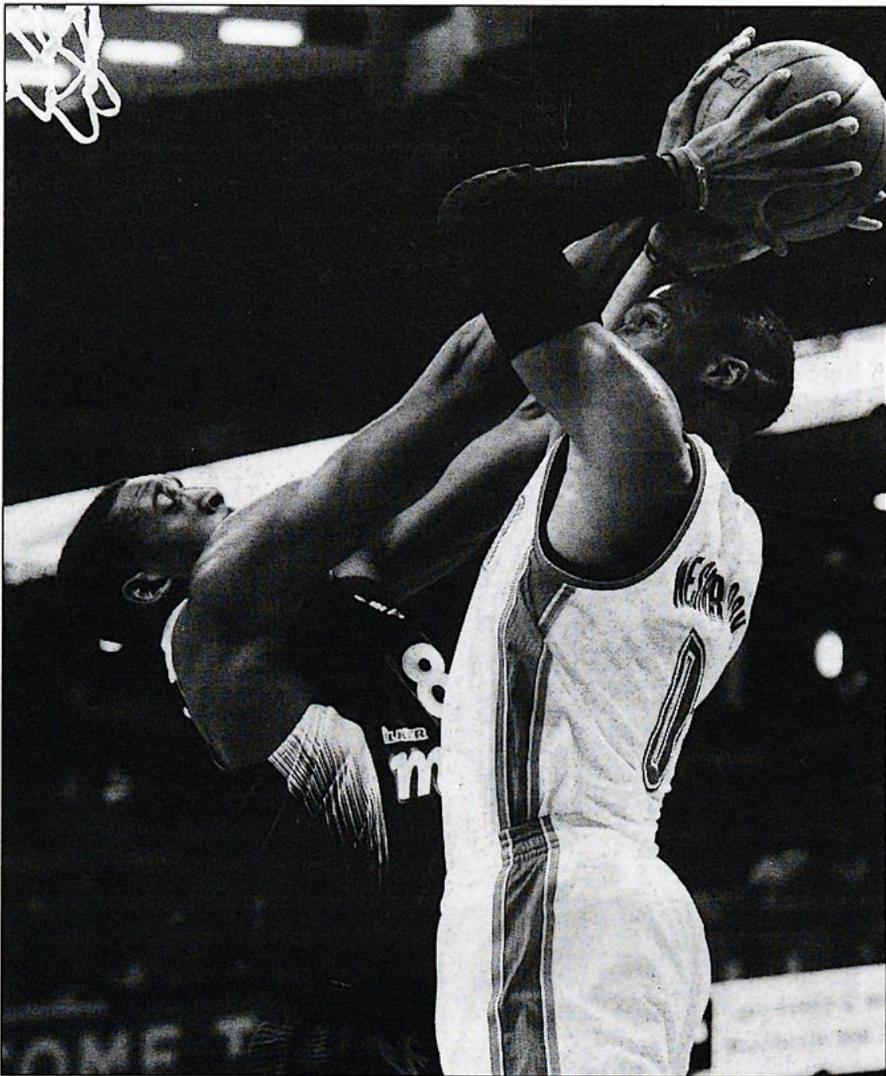
If the Thunder were willing to pay the man, they should play the man.



Oklahoma City Thunder's Serge Ibaka, of Congo, dunks in the second half of an NBA preseason basketball game against the Minnesota Timberwolves, Wednesday, Oct. 7, 2015, in Minneapolis. (AP Photo/Jim Mone)



Andre Roberson, 21, defends LeBron James, 23, on a drive to the basket during the 2014 season. Photo provided by Wikimedia.



Oklahoma City Thunder guard Russell Westbrook (0) is fouled by Fenerbahce Ulker center Ekpe Udoh (8) as he shoots in the third quarter of an NBA basketball preseason game in Oklahoma City, Friday, Oct. 9, 2015. Oklahoma City won 111-81. (AP Photo/Sue Ogrocki)



Oklahoma City Thunder's Enes Kanter of Turkey dunks in the second half of an NBA preseason basketball game against the Minnesota Timberwolves, Wednesday, Oct. 7, 2015, in Minneapolis. Kanter scored 16 points points in their 122-99 win. (AP Photo/Jim Mone)

Bradley's Take

Here is what I believe the Thunder's starting lineup should be for the upcoming season: Russell Westbrook, Andre Roberson, Kevin Durant, Serge Ibaka, and Enes Kanter.

For starters, let's clarify what we're really asking here. It goes without saying that perennial All-Stars Russell Westbrook and Kevin Durant will be starting, as well as the shot-blocking defensive ace Serge Ibaka.

Therefore, the real question is this: which two players should the Thunder start at shooting guard and center?

To begin, we'll discuss the shooting guard slot. Throughout its short history here in Oklahoma City, the Thunder has opted to have a strong defender at this position next to Russell Westbrook and Kevin Durant.

We mention these two specifically because they're two of the best young scorers in the game. The logic here is understandable—let your scoring aces do what they do, and let someone else do the so-called dirty work. This is the mentality Scott Brooks adhered to with his starters, and it will be interesting to see whether new head coach Billy Donovan will operate the same way.

If he does decide to have a defensive stalwart on the wing next to his stars, Roberson certainly fits the bill. In fact, he projects to fill that role far better than any other shooting guards on the roster.

Roberson has been heavily criticized by many fans since his arrival in Oklahoma City. The 23 year-old is much maligned for his inability to shoot consistently and his general lack of production on offense, in a league where flashy dunks and lights-out shooting are expected.

However, his detractors often fail to notice just how effective he is as a defender. Per Basketball-Reference, Andre Roberson was second only to Russell Westbrook on the team last season in defensive box plus/minus. Additionally, he was the only rotation player to even come close to Westbrook in steal percentage, coming in at 2.1 percent.

In addition to advanced stats, Roberson's defensive value can be found in his versatility. Roberson played at power forward in college, and his speed along with his wingspan give him unique defensive tools that no other guard on the roster has, aside from the superstar Westbrook. He is a player who is big enough to guard some power forwards while also being fast enough to keep up with guards.

The criticism toward Roberson's offensive game is valid, however. Roberson has struggled to consistently hit shots, sometimes even missing badly by air balling or hitting the side of the backboard.

Despite this, Roberson's defensive tal-

ents can't be denied. Putting him in the starting lineup gives him the best chance to succeed, as he'll get plenty of open looks as defenses aim to stop the likes of Durant and Westbrook. Conversely, Roberson will repay them by taking much of the defensive burden off of their shoulders.

One player who Roberson could help immensely in the starting lineup would be projected starter Enes Kanter.

Kanter is kind of the opposite of Roberson, interestingly enough. The young big man is a dynamic scorer on the low post; perhaps one of the best in the entire league.

However, the 23 year-old struggles mightily on the defensive end. There have been several times over the course of his career in which he's gotten lost ball-watching and given up easy baskets.

Kanter is big and strong enough to hold his own defensively on the low block, but it's in the pick-and-roll where he's seen the majority of his challenges. This is one of the reasons why he is best suited in the starting lineup next to the likes of Serge Ibaka and Andre Roberson.

As stated earlier, Roberson's perimeter defense is unique and valuable to this team. It will be hard for them to drive past Kanter or deliver a pass to a rolling big man if Roberson is there to make things difficult to them.

Not to mention, Serge Ibaka is arguably the best help defender in the league. Throughout the years, we've seen Ibaka rotate over from the weak side to send an opponent's shot into the stands with his uncanny ability to block shots from just about anywhere on the court. Several Thunder players including Durant have noted how Ibaka has erased several of their defensive mistakes through the years.

Offensively, Kanter would fit in right alongside the rest of these projected starters. We saw last year what incredible chemistry he and Westbrook were able to develop. There's no reason not to continue running the same pick-and-roll sets that were so successful last season, and the best way to keep things rolling is by pairing those two as starters.

Kanter also showed some ability to pass out of the low post last season. Offensively, it's invaluable to have a big man who can draw double teams in the post—something Kanter does regularly. All of the defensive attention Kanter will draw will inevitably open up some great outside looks for the likes of Durant and Ibaka and also open up some cutting lanes for Westbrook and Roberson.

By choosing Roberson and Kanter as the two starters next to the trio of Durant, Westbrook and Ibaka, Donovan would maximize the abilities of his players.

Above the rim: thoughts on the Durant-Smith Feud



Bradley Jayroe
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Sports Editor

In case you missed it, the Oklahoma City Thunder star Kevin Durant called out ESPN reporter and popular television personality Stephen A. Smith recently, prompting a feud between the two.

The feud began with Stephen A. Smith stating that the Los Angeles Lakers were Kevin Durant's primary target in free agency next summer, despite most pundits believing that it would ultimately come down to his hometown Washington Wizards and of course his current team, the Thunder.

This prompted a harsh and nearly immediate response from Durant, in which he not only shot down the rumor but also attacked Smith's credibility, calling him a "liar".

Here is Durant's full quote about Smith to Oklahoman beat writer Anthony Slater:

"I don't talk to Stephen A. Smith at all. Nobody in my family, my friends, they don't talk to Stephen A. Smith. So he's lying. I have people who I talk to about everything and I know for a fact they didn't talk to him, so he's making up stories."

Smith briefly addressed the issue on his Twitter account, but didn't fully get into things until his next appearance on ESPN First Take. On the program, Smith expressed anger and shock that Durant would accuse him of being a liar, especially given the praise Smith has given him over the years.

He also laid out his reputation and history as a journalist, essentially stating that he was just doing his job like he always has and reporting what he has heard in league circles. He tried to clarify that he never claimed to have spoken with anyone in Durant's inner circle, but he had just heard from his sources that Durant was considering the Lakers when he becomes an unrestricted free agent in 2015.

But the main quote to come from Smith's diatribe was this: "You don't want to make an enemy out of me."

Nothing has happened in the feud since, but it's drawn up a lot of attention and commentary. Given the nature of both men, it's likely that it will flare up once more again sometime soon, and will be something to keep an eye on once the regular season begins.

There's been a lot of debate about who was in the wrong in the situation. Was Smith really just trying to cause trouble and drum up clicks or views with unsubstantiated rumors? Did Durant cross the line by calling Smith a liar? Who was wrong?

The truth is, both Smith and Durant made missteps in this conflict. Still, looking a little deeper it's easy to see each side.

Let's start at the beginning, with Smith's report of Durant considering Los Angeles as a possible free agent destination next summer. A big name free agent being linked to Los Angeles isn't exactly a big story; just about every free agent player

with an All-Star selection or other accolades has always had the legendary Lakers franchise on his short list of destinations.

So it begs the question, why would Smith report it? Given that Smith has been covering the league for about two decades or so, one would assume his sources are pretty good.

What a lot of people outside of the media don't understand is that these sources will often only provide information on the condition of anonymity. As annoying as this can be for fans, the "according to anonymous sources" tagline is here to stay.

Smith can't violate that trust; if he did, he'd completely destroy his reputation among league insiders and they wouldn't share information with him. At that point, he might as well retire because a reporter with no sources is about as good as a car with no engine.

So the takeaway is this: Smith probably has it on good authority that Durant is considering L.A.; it could be a former teammate, coach, front office executive or someone else. Could the source be wrong? Absolutely, but it's Smith's job to report to the public what he hears. It's doubtful that he would risk his reputation or credibility by falsifying a report.

Now let's consider Durant's response. It would have been fine if Durant simply brushed off the report as a rumor or hearsay and moved on. Honestly, his response probably would have been the end of it if he would have chosen his words a little differently.

But Durant didn't hold anything back. He crossed the line and called Smith a liar.

There are few things worse than someone attacking or questioning your integrity in any circumstances. A famous athlete doing so on record when you were just doing your job? It's hard to blame Smith for getting riled up.

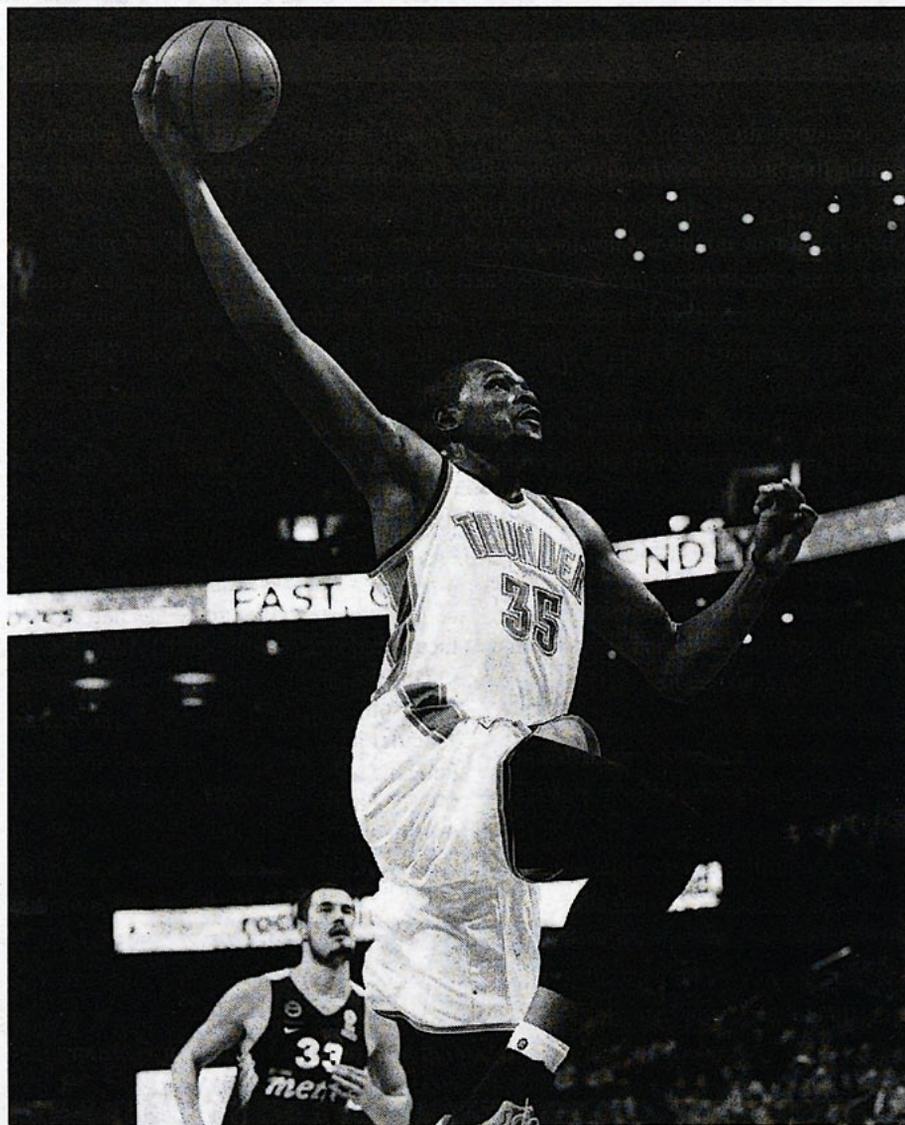
If you think about it though, it's probably not even a personal thing for Durant. It's doubtful that Durant has some sort of vendetta against Smith himself.

What it probably is, is just Durant trying to send a message loud and clear to the media.

It's hard to forget the drama that surrounded superstars like Carmelo Anthony and Dwight Howard when their respective free agencies were approaching in recent years. It's definitely fair to classify each of those situations as a media circus; you couldn't go anywhere without it being a debate on sports radio, television, as well as teammates and coaches being asked about it.

At the end of the day, people in the media need something to talk about. Over the next year we can probably look forward to a lot of "Durant to Houston?" and "Celtics eyeing Durant" headlines and TV topics.

Much like a feeble drive from an opposing player, Durant isn't having it. Imagine



Oklahoma City Thunder forward Kevin Durant (35) goes up to dunk in front of Fenerbahce Ulker forward Nikola Kalinic (33) in the third quarter of an NBA basketball preseason game in Oklahoma City, Friday, Oct. 9, 2015. Oklahoma City won 111-81. (AP Photo/Sue Ogrocki)

the media as a small guard going up against Durant in the paint on a one-on-one fast break, lobbing up their rumors toward the basket.

Before it even has a chance to do anything or even hit the backboard, Durant is going to smack that rumor-basketball into oblivion. Like the saying goes, "KD is not nice."

Durant has had a less-than-amicable relationship with journalists recently. He joined the Players Tribune in an effort to prevent his quotes and the like from being skewed. He also recently stated that if information didn't come directly from him, it isn't true.

This is Durant just trying to minimize outside distractions. Unlike Anthony and Howard's teams those free agent years, Durant's Thunder is a legitimate championship contender.

Durant probably didn't mean to attack Smith personally. Or maybe he did, and his personal attack was his way of trying to warn the media to lay off on the free agency talk this year.

It really should have ended there, but Smith had to cross the line himself by threatening Durant. In his response on First Take, Smith let his emotions get the best of him and went overboard by telling the NBA superstar not to mess with him.

Not only was this unprofessional, but it

ended up making Smith's credibility questionable after all. By saying that Durant doesn't want him as an enemy, what does that really mean?

It would appear to imply that Smith, armed with an agenda against Durant, could use his resources as a reporter to make things difficult for the basketball star.

This implication sheds some light on why athletes aren't fond of the media, especially in recent times. The media is supposed to be unbiased, and yet it would seem that reporters, at least in some instances, may let his or her feelings to enter the equation.

It's hard to blame Smith for getting angry over Durant's attack. However, part of his job as a reporter is to remain unbiased, fair, and professional. He failed to do the latter in his response, and time will tell if he is fair and unbiased in his reporting in regards to Durant.

Given that both men are very strong-minded and unlikely to back down, this feud probably isn't over and will be something to keep an eye on this season. It will also be interesting to watch out for free agency stories pertaining to Durant and how he responds to them.

One has to hope however that the majority of the focus on Durant on the court this year and not what may happen a year from now.

OKC

Thunder season preview



Ike Wilcots

Contributing Writer

In the words of singer Andy Williams, "It's the most wonderful time of the year." Well, give it about a month and Thunder basketball is back in OKC.

With many fans excited to see the new additions to the team and the return of the 2013 league MVP Kevin Durant, this upcoming season is a must-watch.

Will the offense have a different structure under Billy Donovan? Will the west be too tough for OKC to conquer? Will the Thunder make it to the finals?

One thing is for sure: if the Thunder can go the entire season without major

injuries we could see a playoff return in 2016.

Coaching: With the firing of coach Scott Brooks at the end of last season, the Thunder look to add a fresh new style of play for this upcoming season.

Coach Billy Donovan has been primarily a college coach for most of his career. He coached the Florida Gators for nearly 20 seasons, and got the opportunity to come to the NBA to coach two of the league's biggest stars will probably be the biggest challenge he has had to face.

Donovan will have help this season from some experienced assistants. The Thunder acquired former New Orleans Pelicans head coach Monty Williams and former Thunder assistant/former Detroit Pistons head coach Maurice "Mo" Cheeks.

This will be a plus for the team considering both coaches have worked with Russell Westbrook and Kevin Durant in the past.

Players: The return of Kevin Durant is the topic of all Thunder news for the upcoming season. With Durant being out for the majority of last season with a foot injury, the Thunder will look to create an offense that will give the four-time scoring champ opportunities to create shots.

Russell Westbrook will also be a popular conversation-starter after the dominant performance he produced during the second half of the 2015 season.

Being on and off the injured reserved list, Westbrook came back strong after All-Star break and averaged 28 points, 8.6 assists, and 7.3 rebounds, ESPN.

With Serge Ibaka set to be the starting power forward it leaves fans wondering,

who will be the starting shooting guard and center?

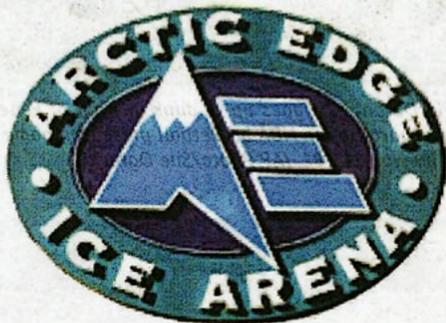
Andre Roberson has been the previous starting two guard but with the addition of Dion Waiters we could easily see a change in Donovan's lineup.

This leaves the starting big man job.

Last year, second year player Steven Adams was put into the starting lineup until the Thunder signed Enes Kanter. Kanter could be considered a better offensive threat, but Adams has the experience playing with Durant and Westbrook together.

Coach Donovan has not mentioned his starting lineup for the 2015-16 season, but just know that OKC will not be boarding the small ball bandwagon.

The Thunder will open the regular season October 28 against the San Antonio Spurs.



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Fantasy football breakout players



Bradley Jayroe
@bjayroe6

Sports Editor

This fantasy football season has gotten off to a wild start.

There are some players most people expected to be good; big names like Tom Brady, Julio Jones, and Jamaal Charles are putting up big numbers as usual.

However, in this season we've already

seen some breakout performances from players very few people were speculating about or targeting in their drafts before the season. Here are a few players who are delivering eye-popping performances and really turning heads this fantasy football season.

Devonta Freeman, Atlanta Falcons running back

Coming in to this season, Freeman and rookie Tevin Coleman were battling for the starting position as the Falcons' running back. While Coleman got 20 carries to only 10 for Freeman in the season opener (ESPN), Coleman has been injured ever since.

Freeman has taken the opportunity and run with it- to the tune of back to back three touchdown performances against Dallas and Houston. He has undoubtedly carved out a huge role in the offense go-

ing forward, even when Coleman returns from his injury.

Freeman has also shown that he has a lot of value in PPR (point per reception) leagues, as he's been very involved in the passing game. In his two incredible performances against the Cowboys and Texans, he caught five passes in each game for 52 and 81 yards, respectively.

Those are respectable numbers coming from a wide receiver, let alone a running back.



Atlanta Falcons running back Devonta Freeman (24) runs against Washington Redskins cornerback Bashaud Breeland (26) during the second half of an NFL football game, Sunday, Oct. 11, 2015, in Atlanta. (AP Photo/Brynn Anderson)

Marcus Mariota, Tennessee Titans quarterback

The rookie quarterback and Heisman winner out of Oregon burst onto the scene in the very first week of the season.

In a matchup of top draft picks between Mariota and Jameis Winston, Mariota propelled himself into NFL stardom with a four touchdown, 209-yard performance in which he completed 13 of 16 passes (Bleacher Report). The young signal caller had a perfect passer rating of 158.3 when it was all said and done.

For any quarterback to have those

numbers is absurd; for those numbers to come from a rookie in his very first NFL start was even more ridiculous. Mariota was the first quarterback since Fran Tarkenton in 1961 to throw four touchdowns in his first game.

While he hasn't replicated those numbers in subsequent games- and it's hard to criticize him for that- Mariota has still put up some great numbers for his fantasy owners and has firmly established himself as a reliable QB1 in his rookie campaign.



Buffalo Bills quarterback Tyrod Taylor (5) passes in the first half of an NFL football game against the Tennessee Titans, Sunday, Oct. 11, 2015, in Nashville, Tenn. (AP Photo/Mark Zaleski)

Tyrod Taylor, Buffalo Bills quarterback

Taylor was named the Bills' starting quarterback just before the season, and has proven in the early going that it was a wise decision by head coach Rex Ryan. The former Virginia Tech Hokies star was a backup to Baltimore Ravens quarterback Joe Flacco for the last four seasons before signing with Buffalo this offseason.

He's proven that he can handle being a starter in this league by throwing for nearly 1,000 yards and eight touchdowns through four games. He's also had a very impressive completion percentage at 71.7 percent to round out his quarterback rating of 104.4.

While he can improve on his turn-

overs- he's thrown four interceptions and had three fumbles- his playmaking ability has resulted in wins for both the Buffalo Bills and his fantasy owners.

His ability as a runner gives him another dimension as well, especially for fantasy players. He has rushed for 111 yards on 23 attempts and a touchdown through the first four games (ESPN).

He and the rest of the Bills struggled somewhat in their loss to the New York Giants, but aside from that game the offense has been racking up a lot of yards and points. Taylor is the engine that makes the team go on that side of the ball, and it will be interesting to see if he can keep up his superb play.



In this Sept. 27, 2015, file photo, Tennessee Titans quarterback Marcus Mariota (8) calls a play against the Indianapolis Colts in the first half of an NFL football game in Nashville, Tenn. The Heisman Trophy winner is off to a strong start in Tennessee, ranking among the NFL's best quarterbacks statistically and showing the kind of poise and presence usually seen in someone with three or four years' experience in the league. (AP Photo/Mark Zaleski, File)

Fantasy football disappointments



Bradley Jayroe
@bjayroe6

Sports Editor

For all of the breakout stars of the 2015-16 fantasy football season, there's been plenty of disappointments too. These players were typically drafted highly or

regarded positively by fans and experts only not to live up to expectations. Here are some of the biggest disappointments from this season so far.

Andrew Luck, Indianapolis quarterback

Luck might be the biggest disappointment of this football season.

After throwing 40 touchdowns last year, Luck was viewed for this season as arguably the best quarterback in the league, perhaps even better than Aaron Rodgers or Tom Brady.

While Rodgers and Brady have been dominating as expected, Luck certainly hasn't had the look of an elite signal caller. Through three games played, he has seven interceptions to only five touchdowns.

His completion percentage is only 56 percent and his quarterback rating is

only 65, by far the worst of his career if it stays the same throughout the season. To make matters worse, he's been out due to injury for the last two games and 40 year-old backup Matt Hasselbeck has run the offense better than him in his absence.

Still, Luck has a great supporting cast and is incredibly talented. In all likelihood, he'll rebound and progress to the mean some. But unfortunately for his fantasy owners, it may be too late by then as Luck's poor start has more than likely dug them into a big hole in the standings.

Demarco Murray, Philadelphia Eagles runningback

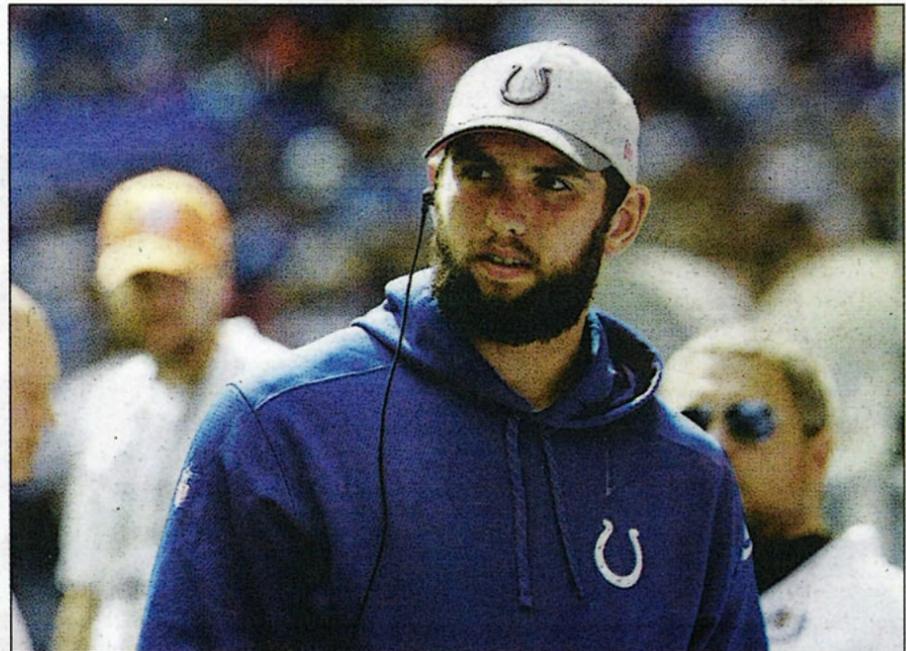
Before the season began, there were some concerns over Murray's role with the Eagles fantasy-wise given the fact that they have two other highly paid and talented running backs on the roster.

This summer, he was on Ucentral's list of players who may disappoint this fantasy season, and that has unfortunately been the case thus far. Through three games played, Murray had 29 carries for 47 yards. This is a stark contrast from last season, in which Murray had 400 yards by this point in the year.

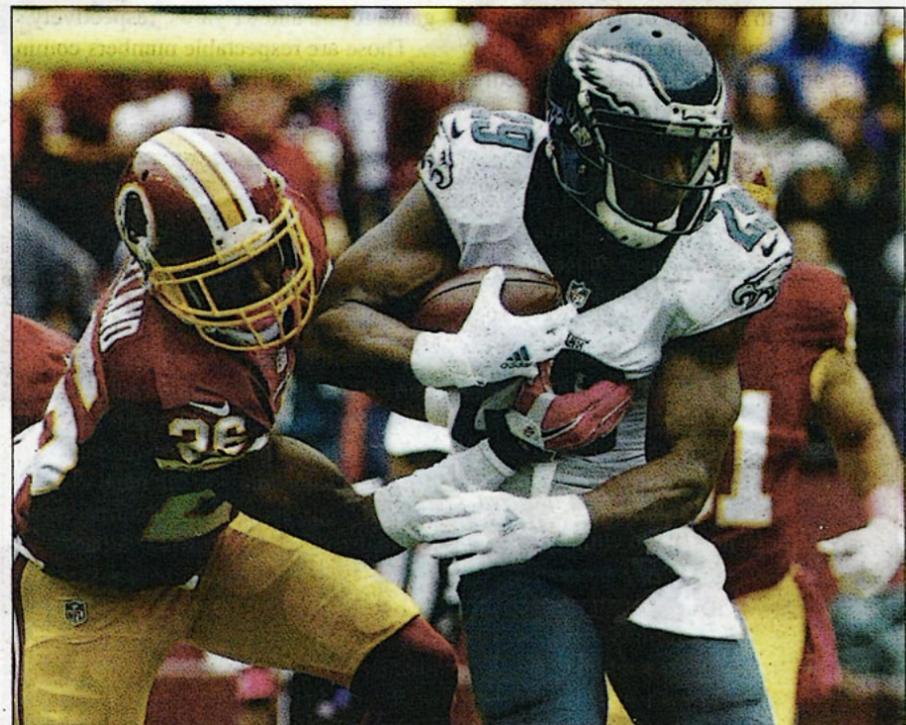
Most fans know what happened last year- Murray broke the Dallas Cowboys

single-season rushing record and was the league's rushing leader with 1,845 yards on a staggering 392 carries (ESPN). Durability has always been a concern with Murray- especially given his workload- and so far he has already missed a game with hamstring issues.

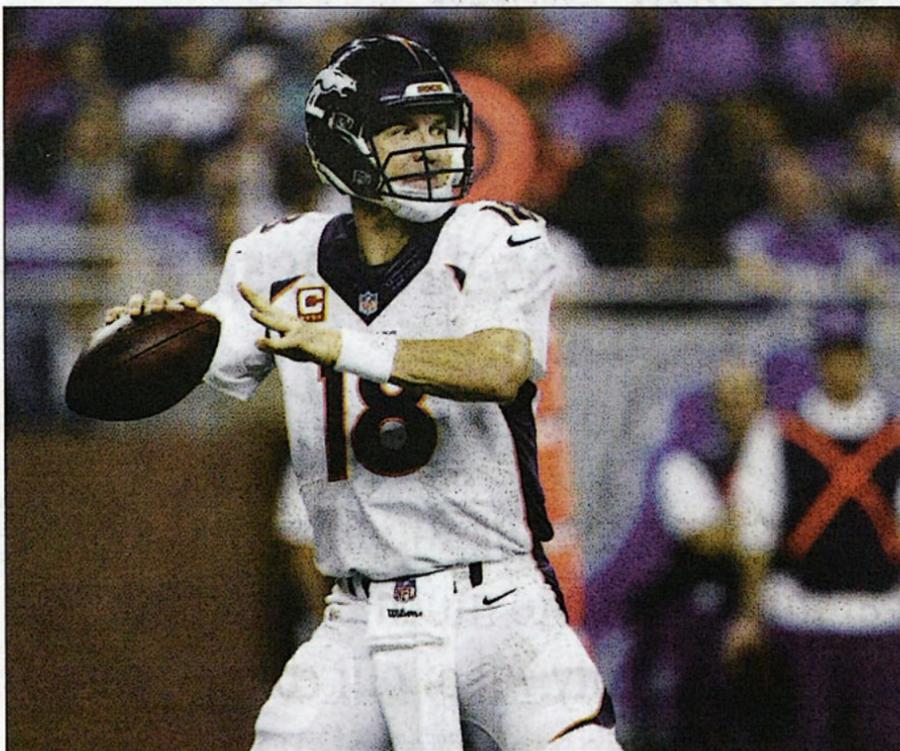
Perhaps in a glimmer of hope for the former Sooners star, Murray had an impressive outing against the Saints in his most recent game, amassing 120 total purpose yards along with a touchdown. Murray owners have to hope this is a sign of Murray getting back on track and being the focal point of the Eagles offense.



Indianapolis Colts' Andrew Luck watches from the sideline during the first half of an NFL football game against the Jacksonville Jaguars, Sunday, Oct. 4, 2015, in Indianapolis. (AP Photo/R Brent Smith)



Philadelphia Eagles running back DeMarco Murray (29) is stopped by Washington Redskins cornerback Bashaud Breeland (26) during the first half of an NFL football game in Landover, Md., Sunday, Oct. 4, 2015. (AP Photo/Alex Brandon)



In this Sept. 27, 2015, file photo, Denver Broncos quarterback Peyton Manning (18) passes against the Detroit Lions during an NFL football game at Ford Field in Detroit. (AP Photo/Rick Osentoski, File)

Peyton Manning, Denver Broncos quarterback

From a real-life football standpoint, Peyton Manning is in good shape. His team is 5-0 and looks to be a Super Bowl contender once again in the AFC. We'll see in coming weeks how they compare to the defending champion New England Patriots and upstart Cincinnati Bengals.

However, fantasy-wise, Manning has been pretty underwhelming and it could be that Father Time has finally caught up to the sure-fire Hall of Famer. In most fantasy leagues, he's in the late teens to early twenties among quarterbacks in points scored; certainly not what we're used to seeing from a player who's consistently been an elite fantasy quarterback when healthy.

Manning has had a rough start to the season when it comes to turnovers, as he's thrown an interception in each of his first five games for the first time since

2001 (ESPN). He currently has more interceptions (seven) than touchdowns (six) which is also uncharacteristic of a quarterback whom some believe to be the greatest of all time.

Though the Broncos lost Julius Thomas in free agency this offseason, Manning still has weapons; Demaryius Thomas is still elite, and there are few number two receivers in the entire league better than Emmanuel Sanders.

On the other hand, though, the Broncos running game has been inconsistent as none of the players in the backfield committee can get much going and the line has had trouble blocking. Manning owners have to hope that the line and running game can improve so that Manning can pull things together for the stretch run.



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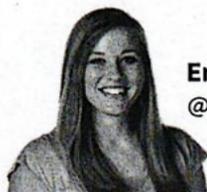
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Senior Spotlight: Paige Maticchiera



Emily Howsden
@emilyjhowsden

Sports Reporter

At just four years old, senior midfielder for the University of Central Oklahoma, Paige Maticchiera started playing the game she loves.

Why so early? One could say it's in her blood.

Her father, Dean Maticchiera, had a successful soccer career in upstate New York, earning impressive accolades. It only made sense that when Maticchiera started playing soccer at a young age, he would be her coach.

"At the time I don't think I really liked it, he always made me do extra he was never easy on me, but he's a really good coach. He doesn't sugar coat things, if I play bad he'll let me know but he's always telling me what I need to do to play better," said Maticchiera.

Paige Maticchiera launches a soccer ball into the air during a home game on Friday, September 25. The game against Missouri Western State University ended in a 1-1 tie. Photo by Cooper Billington, The Vista.

Paige Maticchiera launches a soccer ball into the air during a home game on Friday, September 25. The game against Missouri Western State University ended in a 1-1 tie. Photo by Cooper Billington, The Vista.

Soccer isn't all that she's good at. Maticchiera is also a singer and performer-- that's what brought her to UCO.

"When I came to UCO, I was originally a musical

theater major. I came here for the theater program and I was able to walk on here. I liked that I could still play soccer and do what I loved," she said.

Since then, she has changed her degree and flourished on and off the field. Now a business administration major, not only is Maticchiera a leader on the soccer field, but she has had three leadership positions in her sorority, Alpha Delta Pi.

"I learned a lot about time management really quickly. It was difficult at first to handle everything but I had to get my priorities straight and everything's started to fall into place," she said.

Along with her academic career falling into place, her soccer career has since flourished. In her career as a Broncho, Maticchiera has had a constant role in adding to the success of the team since coming to UCO in 2012.

Playing wherever needed, she showed her versatility over the years accepting roles of midfielder and forward.

Proving to be a valuable addition to Central's offensive attack, Maticchiera was the second highest scorer on the team in the 2014 season with five goals and three assists for 13 points. In her final season for the Bronchos, Maticchiera has stepped into a leadership position, a natural role for her.

"As a senior you have to realize that no matter what you do, the younger players are looking at what you're doing and typically follow suit whether by attitude, work ethic, or whatever else it may be. Being able to set a positive example for underclassmen on and off the field is probably the biggest part of leadership, especially on this team," she said.

What does she mean by on and off the field? If her numerous extra curricular activities weren't enough, Maticchiera has been listed to the Mid American Intercollegiate Athletic Association Academic Honor Roll for the past two years.

In the last year of her collegiate career, she is expecting nothing but the best from not only herself, but her teammates as well.

"Our team goal for the season is to win the MIAA conference championship. Personally, it being my senior year I want to go farther than that," said Maticchiera. "We had a rocky start and I want to prove that we can recover from it and that we're a top team in the nation."

The Bronchos tied their first conference game against Missouri Western, but the road to the conference championship is a long one, and with the leadership of seniors like Maticchiera, the Bronchos are ready to take the MIAA by storm.



Paige Maticchiera launches a soccer ball into the air during a home game on Friday, September 25. The game against Missouri Western State University ended in a 1-1 tie. Photo by Cooper Billington, The Vista.

From campus to the catwalk:

Top Model



John Box
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Contributing Writer

"She's my inspiration to breathe in the morning," said Leslie Evans about one of her biggest role models, Tyra Banks. Unlike most, Evans came close to meeting her hero.

How did she do it? Well, Evans made it to the semi-final stage of casting for the television show, America's Next Top Model.

Evans said she was shy though and quiet, which fueled her nervousness when she applied to be on America's Next Top Model. She was 18 at the time, applying for season 20, most notable for being the first with female and male contestants.

Trying out stemmed from friends encouraging her to model, which she did around Norman with a local company. Evans said she saw Banks' tweet about the new cycle starting and, despite her hesitation, her mother and her advisor really pushed to convince her to at least try.

Evans became emotional after sending in pictures, including a full body bikini shot, something she had not

done before. It had been a week and Evans said she had convinced herself that it wasn't going to happen.

She eventually received a phone call telling her she had made it to the next stage. The next step was making and submitting a video that, like the pictures, grabbed the attention of the casting crew.

Evans and many other hopefuls then traveled to Texas to meet with the producers.

"It was so nice," she said as she recalled arriving at the casting call. She said the other contestants were fully supportive of one another, a polar opposite to the more cutthroat nature of the televised competition. She said she received comments from other girls like "you're so young, you should feel accomplished making it this far."

Ever the tomboy Evans was suddenly confronted with a catwalk, something she had thought about, but never practiced. She stated, "I tried to fake it until I made it...I'd never catwalked."

After being picked one final time, the producers and casters informed Evans that, unfortunately, she did not make it to the next and final round of the casting. She did however get very close.

"I'm not scared anymore and I have a lot more passion for it now," said Evans, debating if she would ever apply again. "I think I would."

This has not been her only brush with fame. She got the opportunity to interview Vedo Thesinger, voice contestant and Usher collaborator on live television.

She also has had the chance to work with Chris Freihofer and the Actor Factory. Rick Worthy, who has worked on Star Trek and many other sci-fi films and television shows, is her cousin. He has been giving Evans a constant stream of advice.

She said her experiences with acting and modeling have helped with her self-confidence and that she wants to get her face out there as much as she can by following her passion.

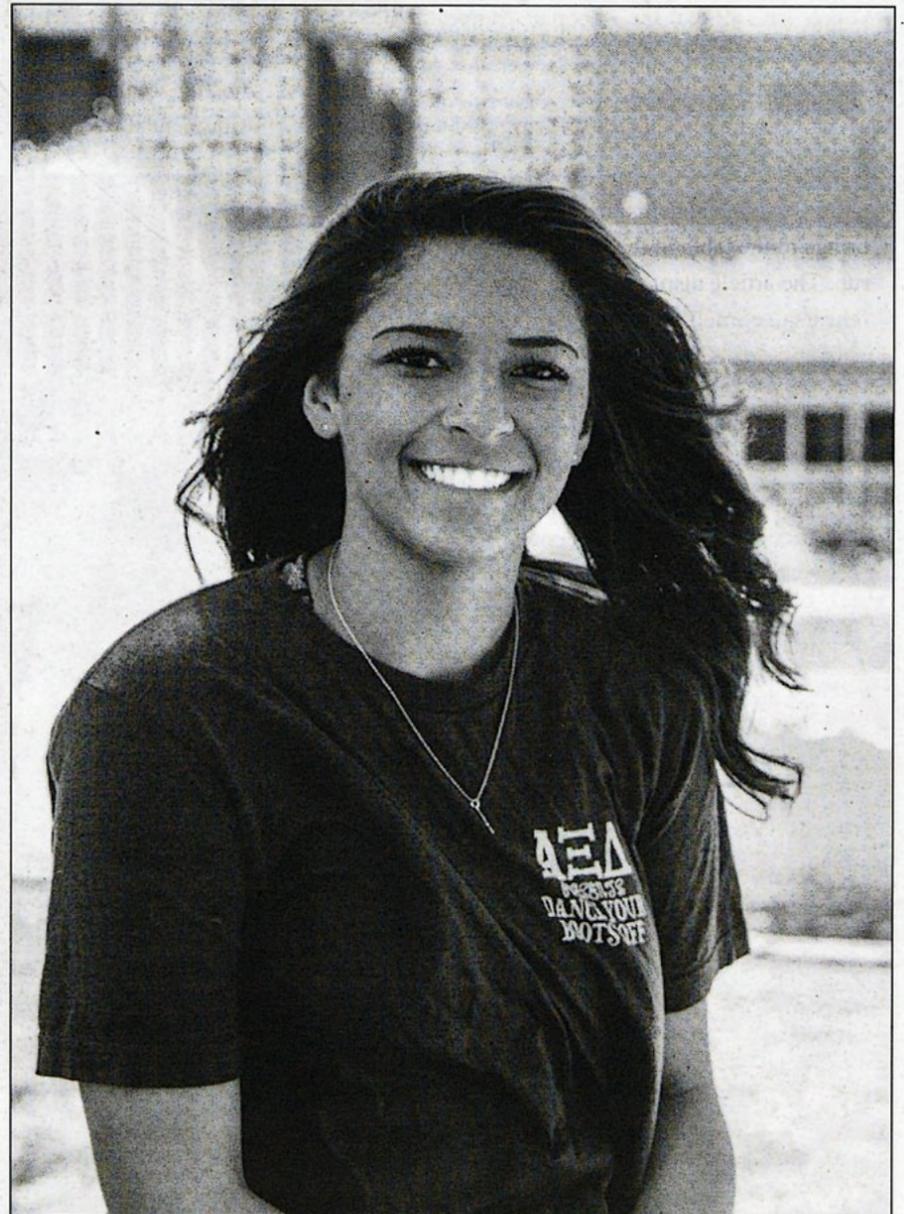
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Leslie Evans is a student at UCO who made it to the final casting phase of the Television show, America's Next Top Model. She was encouraged to try out for the show by her friends and family. Photo by Ryan Naeve, The Vista.

NO NOTES

You've had the answers the whole time



Jake Stacy
@jestacy4

Reporter

Who would have ever thought that it was a good idea to listen to your elders when you were younger, right? You know, like those teachers who always made the entire class get out notebooks and start writing down whatever it is that he or she said.

The simple act of note taking has been proven and has been shown to make vast differences and changes in the various ways we see, interpret and go about all activities in our daily lives. It makes you sharper. Faster. Better.

Sound good? Yeah I thought so. Listen up closely for the next minute or so, and you had better be taking notes.

Even though you might think that this teacher, parent or professor was forcing you to do so much extra unnecessary work, truth be told they may have actually been saving you time in the end when everything is all said and done.

Note Taking 101 is a very well written article that explains the basis of note taking, the several unique styles of note taking, and the benefits that note taking brings to the table in the short or long run. The article also covers memory rehearsal, cornell note taking, mind mapping and much more.

One of the biggest points in this article is that studies have shown 80 percent of material being lost within 24 hours of learning it. Several studies show that when people write something down, they retain 34 percent of the material as opposed to only retaining five percent when not.

When you see or hear something, then record it, then physically write it down, your mind is watching that moment and replaying images of what you've just learned several times in your head.

Think of it like building something, such as a house. One way to learn or retain this said skill would be to write down the steps of hand picking each and every part and piecing them together

physically.

On the other hand, some of you might be thinking you could also just go download the app on your smart phone that could slide each part to the center of the screen to build itself for you right?

But which of these do you think you'd actually learn from and retain the most

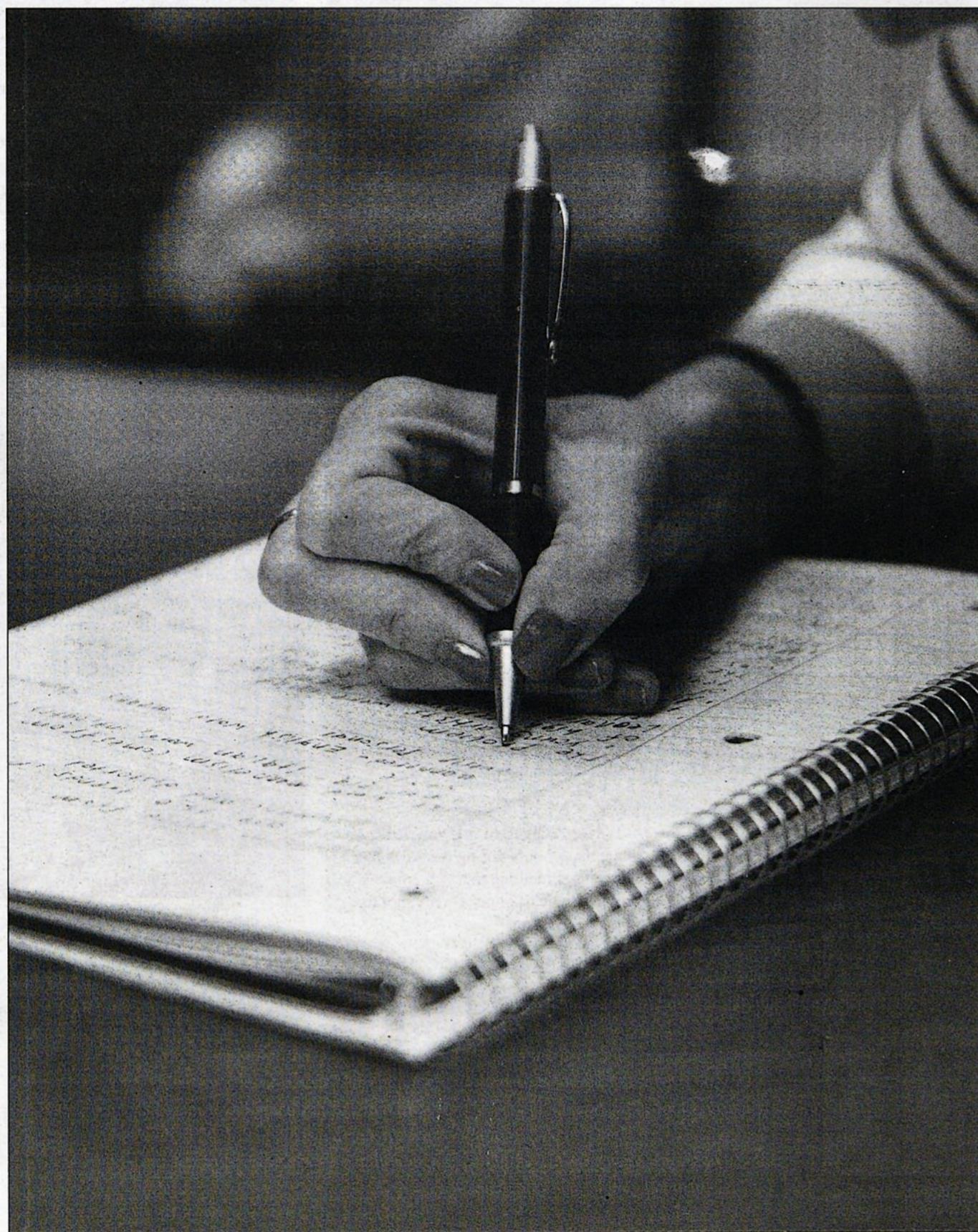
information from?

Research has shown that physical experience is key to retaining the most information, simply because you are doing and learning that certain skill over and over again. We've all heard the role of repetition and memory retention.

Note taking is not only for school and

making good grades. It's for retaining more knowledge and experience about the topic we are faced with in general during our everyday lives.

The tiny things that we all dread doing could actually become a vital part in the way we perceive and understand daily concepts.



Taking notes is a fundamental way to succeed in all aspects of life. Studies have shown that taking notes drastically increases the amount of information that's retained. Photo by Ryan Naeve, The Vista.

Ways to stress less



Adam Ropp
@adamropp

Reporter

Believe it or not, going to bed at 3:30 a.m. and getting up at 8 a.m. to attend class is not the best idea. Sleep deprivation is a huge component of stress as well as other psychological health issues such as diabetes, obesity and depres-

sion. Most adults need an average of 7-9 hours of sleep and it's best to go to sleep before midnight and wake up around sunrise to keep the internal clock aligned with the clock of the sun.

Sleep more



A bartender pours a drink at a local bar. Just because you can drink an absurd amount of alcohol doesn't mean you should, because drinking can lead to a drop in productivity and an increase in stress. Photo by Cooper Billington, The Vista.

Lighten your work load

One of the obvious stresses is being overloaded between class, campus activities, friends and work. If you think you have more than you can handle try enrolling in fewer classes. One dropped class and a few nights off from campus activities can make a huge difference in

stress.

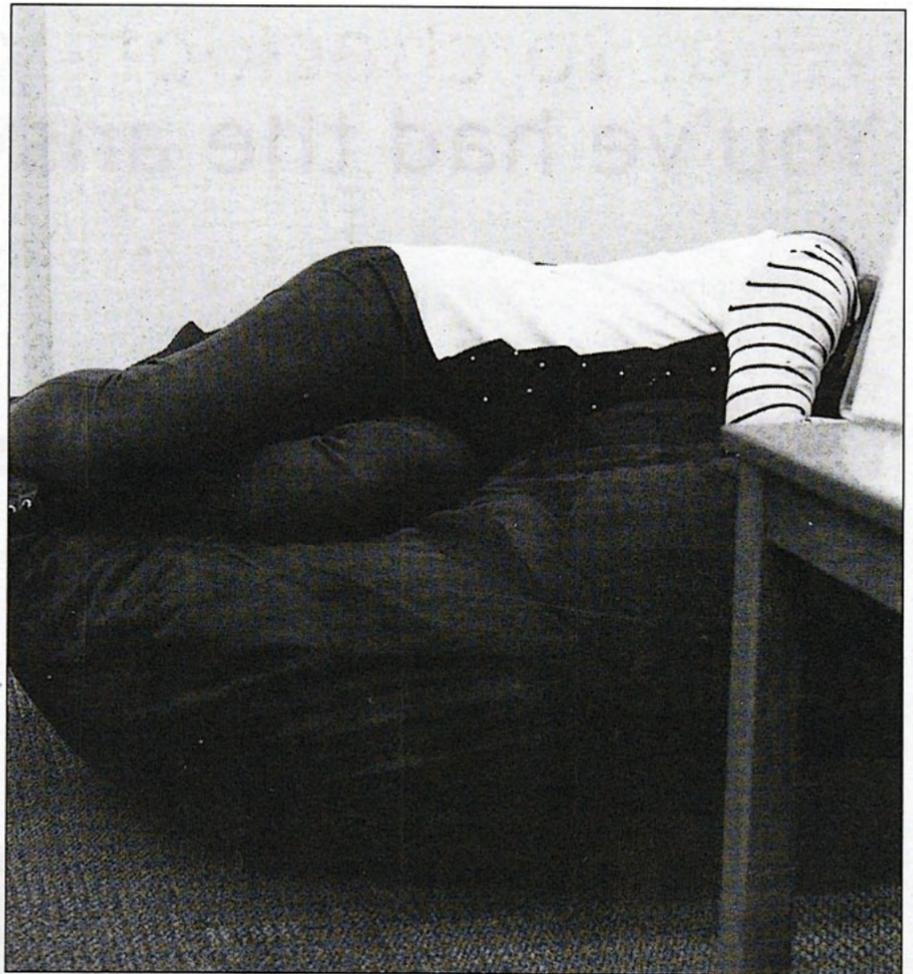
It's also suggested that you dedicate a couple of hours during the week to a hobby or something that you enjoy. It's only a couple of hours a week, not five hours an evening.

Eat healthier

Ramen noodles, potato chips and pizza work well now, but you'll have major health issues in the future. It's best to mix up your diet with vegetables, fruits and whole grains, not the cycle of junk food sugar highs.

It's also a good idea to avoid large

amounts of caffeine pills and energy boosters. I know that you feel like you need them to stay awake for the all-night study sessions, but putting off your body's need to sleep will ultimately result in an energy crash, resulting again in a greater susceptibility to stress.

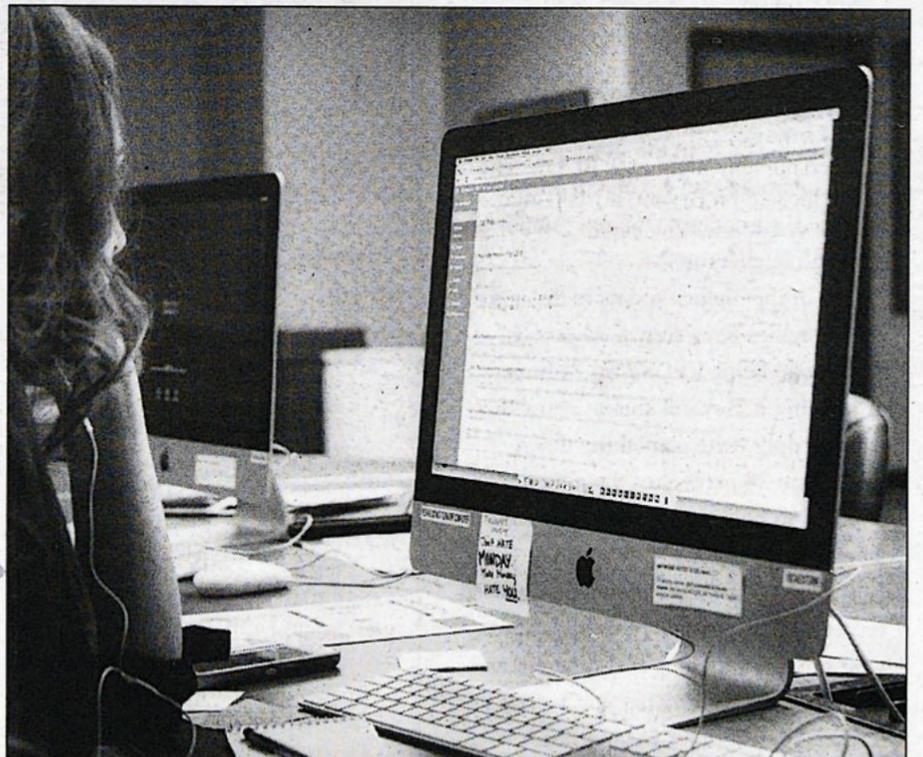


Students passed out in the library is a common sight. A huge amount of college students don't get enough sleep, and that can contribute to stress. Photo by Ryan Naeve, The Vista.

Put down the bottle

Having one, two or 10 beers to relax after class may seem perfectly logical, but believe it or not, your stress will continue after your buzz

subsides. You'll also have a hang-over to go along with it. Try to keep alcoholic consumption to 1-2 glasses a day if possible.



Productivity is great, but it's extremely easy to become overworked. Take a break every once in a while, for your own well being. Photo by Ryan Naeve, The Vista.

Sweat a little

When you're stressed you might feel that going for a run or finding the time to exercise is out of the question, but 30 minutes of exercise per day is probably the best stress reduction tip on this list.

It doesn't have to be an exercise that you don't like; it can be swimming, yoga or running. Thumb movement on a controller doesn't count.

What to check off your

Bucket List



Brittany Robinson
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Contributing Writer

→ before graduation

You've started your last year of college and you're probably quickly realizing that you only have so much time before you enter the "real world." Everyone told you that college flies by and it turns out they were right.

I'm right there with you. We are eight months away from walking across the

stage and accepting our diplomas and it's now or never to bask in the free time that we may never see again.

Here is my gift to you: 20 things to do before you graduate college. Come on, try something new; don't take your college years for granted.

1 Go on a spring break trip:
It doesn't have to be anything fancy, even if it's just camping. Go. Get out of Oklahoma for a few days.

2 Hang out with your roommate from freshman year:
Has it been awhile since you've talked? Go get a slice of pizza and reminisce on the good times known as freshman year.

3 Pull an all-nighter:
If you haven't done this already I am shocked.

4 Go to Bingo night at The Garage:
Every Thursday night at 9:30 p.m. The Garage, located on Bryant, hosts Bingo and it's a good time. You can also win some money, or some shots.

5 Take time to visit your favorite professor:
Teachers teach for a reason, they love to see their students learn. Visit a teacher that you loved and tell them thank you.

6 Make "Central Image of the Week":
To do this you'll actually have to attend some campus events. It's never too late to get involved.

7 Learn the Fight Song:
You probably didn't know we have a fight song but we do and it's cool. Download the "Broncho Bell" app on your smartphone for the lyrics and an instrumental.

8 Eat at Buddy's one last time:
Or don't, I won't blame you.



A senior contemplates his time at UCO before graduation. Photo by Cooper Billington, The Vista.

9 Tailgate at a football game:
Crack a cold one and grill a hot dog because we're no longer a dry campus on game days.

10 Take full advantage of student discounts:
Several places around town give students discounts; always ask if you're not sure. You'll only be a student for so long.

11 Go to Heard on Hurd:
Did you know Edmond puts on a street festival the third Saturday of every month, March thru October? If you enjoy food trucks and live music you should check it out.

12 Be a regular:
Find a place you like and make it your spot. By the end of college your favorite baristas could be like family.

13 Get off campus:
There is so much to discover and love around us. Find a new restaurant in Oklahoma City, go antiquing in Guthrie, or have a picnic in Arcadia. Find places you are excited about and share them with friends.

14 Support a sports team at UCO:
We have incredible athletes on our campus, let's cheer them on.

15 Stay in bed all day and watch Netflix:
You won't get to do that when you're a full-time employee. I know, tragic.

16 Enjoy your alone time:
College is a wonderful time to figure yourself out. Find a quiet spot from time to time and reflect.

17 Make friends in your major:
Later in life you may find an opportunity to start your own business so make friends with people who have the same goals as you.

18 Plan a senior trip:
The day I stop getting UCO emails is a day worth celebrating, and what better excuse to spend some money on a vacation?

19 Have a sleepover:
Because you're still kind of a kid.

20 Follow your dreams:
I know it's cliché but you can and will do great things. You are about to have a college degree and the world is full of possibilities.

Dorm friendly recipes



Eriech Tapia
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Reporter

Living in the dorms can present challenges when it comes to cooking, but having a full course meal that does not consist of plain Ramen Noodles and a granola bar is actually obtainable for students. When cooking, it is important to

remember that expanding on the basics is something that will make your dinner more fulfilling. Below are ten recipes that any college student can make in their dorms with a microwave and most are affordable.

Two-Minute French toast

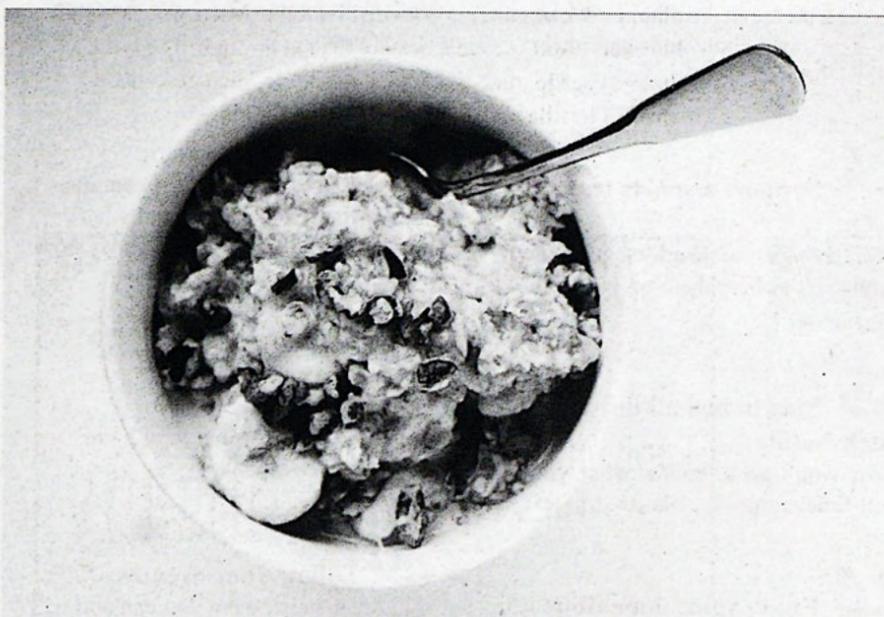
- 2 slices of bread
- 1 egg
- 3 tablespoons milk
- sprinkle of cinnamon
- 1 drop of vanilla extract

Cut up the bread into ½ inch cubes and add them to a ceramic cup, then mix the remaining ingredients in a separate bowl. After mixed, pour ingredients over cup full of bread and microwave for two minutes.

Omelet in a Mug

- 2 large eggs
- 1 tablespoons skim milk
- 1 tablespoon grated cheese
- 2 tablespoons diced green bell pepper
- 2 tablespoons diced onion
- salt/pepper to taste

In a small bowl crack your egg and beat with a fork and add milk, cheese, and diced vegetables. Season with salt and pepper, then pour ingredients into a ceramic mug and microwave for 1-1/2 minutes to 2 minutes.



Oatmeal is an inexpensive meal that students can make in their dorms rather than go out everyday to buy breakfast. Photo provided by wikimedia.

Ramen Noodle Salad

- 1 (16 ounce) bag coleslaw mix
- 1 cup sunflower seeds (de-shelled)
- 1 cup sliced almonds
- 2 bags Ramen Noodles (any flavor)
- 5 stalks of scallions, sliced
- ¼ cup vegetable oil
- 1½ cup white vinegar
- ½ cup granulated sugar

In a large bowl, place coleslaw mix, sunflower seeds, sliced almonds, crushed ramen, and scallions. In a large measuring cup, add vegetable oil, vinegar, and sugar. Whisk together. Do not worry if the sugar will not completely dissolve. Pour oil mixture over the coleslaw mix and toss everything together with a large spatula until everything is coated well. Cover bowl with plastic wrap and chill in refrigerator for at least 2 hours. Serve cold or room temperature.

Tomato and Basil Cream Cheese Toast

- 5-6 leaves of fresh basil
- 1 clove of minced garlic
- 2 slices of any bread
- 1 tomato
- salt/pepper to taste

Combine garlic and cream cheese together in a bowl and evenly spread over 2 slices of bread. The add tomatoes on top of cream cheese, garnish with basil then salt and pepper to taste. To add more flavor add a little bit of balsamic vinegar on top of tomatoes.

Bagel Chips

- 1 bagel
- 1 teaspoon canola oil
- 1/2 teaspoon garlic powder

Slice the bagel into 1/4-inch thick rounds. Microwave on high for 1 minute, stir. Repeat until crisped, but not charred, about 3 minutes total. Remove from the microwave and brush with oil and sprinkle with garlic powder.

Cinnamon Apple and Banana Oatmeal

- 2 packs instant oatmeal
- 1 apple
- 1 tablespoon butter
- 1 banana
- cinnamon for garnishing

Cut up your apple into small pieces. Put it in a microwave safe bowl, and add butter and sprinkle cinnamon. Microwave for 1 minute. Remove from the microwave and mix so that the butter and cinnamon are dispersed. Microwave for another 30 seconds. Set apples aside and cut the banana into small slices. Prepare your instant oatmeal according to the directions, then mix in apples, and top with banana.



Pita pizza is an easy meal to make in your dorm. Students can take less than five minutes preparing this small meal. Photo provided by wikimedia.

Pita Pizza

- 1 whole grain pita
- 1/4 cup pizza sauce
- 1 serving pepperoni
- 1/4 cup mozzarella cheese

Place sauce, cheese, and pepperoni on top of pita and microwave for a minute and a half.

S'mores Snack

- 2 bags microwave kettle corn
- 3 cups Cinnamon Rice Chex
- 1-1/2 cups mini marshmallows
- 2 cups chocolate chips (1-1/2 cups reserved)

Start out by popping the popcorn, then combine the first four ingredients, shake them in a large zip lock bag. Then spread the mixture out on a baking sheet, however I realize you may not have access to that, I would say clear off your desk or a table and spread a piece or two of foil on it. Then melt the reserved chocolate slowly in a microwave (30 second intervals) and drizzle it onto the mixture and let cool.

Chocolate Fudge

- 16 ounces semi-sweet chocolate
- 1 (14 ounce) can sweetened condensed milk
- 2 teaspoons vanilla extract
- 1 1/2 cups chopped walnuts (optional)

Line an 8x8 inch square dish with aluminum foil. Chop chocolate and place in a large, microwave safe bowl with condensed milk. Microwave on high, stirring once or twice until chocolate is soft, 2 to 3 minutes. Remove from oven and stir until completely smooth. Stir in vanilla and walnuts. Spread in prepared pan.

Refrigerate 2 hours, until firm. Cut into squares.

Five-Minute Burrito Bowl

- 1 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese
- Diced avocado, optional

Prepare brown rice according to package instructions. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through. Top with diced avocado, diced tomato, guacamole, pico de gallo, crushed tortilla chips, or other desired toppings.

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Fresh foods to eat this autumn



Skylar Baldwin
@skylarbaldwin13

Contributing Writer

Fall is here along with a plethora of delicious treats. Along with the ever-popular pumpkin spice latte, there are plenty of other fall-themed options to enjoy.

This list, using data found from food network and numerous food blogs and health sites, is compiled of fruits and veggies whose harvest season begins in Autumn. You can use any of these to make a tasty, and nutritious, fall treat. Here are the top ten fall foods:

Brussels Sprouts - This super food is usually cooked by means of boiling, steaming, stir-frying, grilling or roasting. They are rich in vitamin C and vitamin K, and contain some levels of B vitamins as well.

Although generally regarded as unpopular, they have been growing in popularity globally, especially in North America, lately.

Parsnips - Similar to carrots in both appearance and taste, they are prepared in a lot of the same ways, one of the most popular ways, being added to soups. In addition to the sweet taste they add to any dish, they are rich in vitamins, minerals and potassium.

Although the roots are edible, the sap from the shoots and leaves of the parsnip plant are toxic.

Pears - Although providing few essential nutrients, all variants of the pear are rich in dietary fiber. Many of the varieties of pear are sweet, with some of them having a distinct sour taste.

They are mostly eaten fresh, canned, juiced or dried, but they can also be prepared in jams. In many pre-Islamic religions, pear trees were seen as sacred, and people were not allowed to chop them down.

Rutabaga - The rutabaga, or Swedish Turnip, is generally prepared in similar ways to a traditional turnip. In the U.S, it is primarily used in soups, stews, and casseroles or mashed with carrots.

These root vegetables contain high amounts of vitamin C. In the past, many European countries would carve faces into rutabagas around Halloween to ward off evil spirits; these were later replaced with pumpkins.

Pomegranates - Generally, the pomegranate is peeled, and the seeds separated from the remainder of the fruit for consumption; the juice is also widely distributed globally as a popular drink. Pomegranates are rich in vitamins C and K, as well as dietary fiber.

Pomegranates have a deep history of symbolism in many ancient mythologies and religions -- the ancient Greeks called it "the fruit of the dead," believing it grew from the blood of Adonis.

Squash - These edible gourds belong to a wide-ranging group called cucurbita. They are rich in vitamins C and A, and high in dietary fiber.

Traditionally prepared in many fall dishes such as pies, puddings and stuffing, they were also important foods for European settlers in the Americas. Squash and other cucurbits have been featured in various forms of art dating back to upward of 2000 years.

Dates - Not only is a date a nice dinner and a movie with that special someone, it's also a fruit. Many dates are eaten out of hand, or pitted and stuffed with various nuts, fruits or cream cheese.

Dates are rich in a wide range of essential nutrients, especially potassium. In the Qur'an, Allah instructs the Virgin Mary to eat dates when giving birth to Jesus; many believe this to be the origin of the myth claiming that pregnant women should eat dates.

Apples - Apples are perhaps one of the most versatile fruits consumed and prepared by humans. Whether baked in a pie, baked as a pie, eaten raw, mashed for applesauce or dipped in peanut butter, apples are enjoyed worldwide.

They contain significant amounts of dietary fiber and moderate amounts of vitamin C. Apples have been commonly used throughout various religions, usually as a sort of "forbidden fruit." This could possibly be due to a mistranslation of the Latin word malum, which can mean either "apple" or "evil."

Sweet Potatoes - Prepared in a multitude of ways worldwide, North America has taken to preparing sweet potatoes in a lot of the same ways as the standard potato, from mashed to fried. These root vegetables are rich in vitamins A, B and C, as well as minerals such as potassium and manganese.

Though some places call them yams, they are very different from genuine yams, which are native to Africa, and far more different from the yams, which are actually oca, found in Polynesia and New Zealand.

Pumpkin - When not baked into a pie, or used as an extra flavor at Starbucks, the pumpkin is used in a wide array of dishes. It can be baked, boiled, steamed or roasted, and the seeds are consumed separately as a tasty snack.

Pumpkins contain high amounts of vitamin A, and some amounts of other essential nutrients. Pumpkins are recurring themes in supernatural folklore and fiction. From Sleepy Hollow to Hogwarts, the pumpkin is popular among any who practice witchcraft.



Pomegranates, known in Greece as "The fruit of the dead," are generally eaten peeled, and are rich in dietary fiber. Photo provided by Pixabay.com



Pumpkins are a go-to fall food. This staple of the fall can be prepared in dozens of different dishes. Photo by Lauren Capraro, The Vista.

Halloween Hacks on a budget



Kateleigh Mills
@kateleighSuz

Contributing Writer

There are many aspects that can come into play when the holidays roll around. As college students, it can be difficult to budget all of the bills, let alone supplies for parties.

But fear not because Halloween can be made budget affordable by a couple tricks and hacks.

Online Halloween enthusiasts have compiled a list of trick after trick on affordable party and decoration ideas. If you are an avid Pinterest person, this may come as no surprise.

However, if you are not on Pinterest and are wondering what type of tricks that these lists consist of, just know that they can range from crafts, costumes, food, etc.

For example, did you know ping-pong balls could make perfect eyeballs when you put a googly-eye on them?

An affordable trick to make an entry-way glow is by taking some rocks and spray-painting them with glow-in-the-dark paint. Before applying the glow-in-the-dark spray paint, a little trick to make the rocks glow brighter is to spray paint them white beforehand.

Abbie Feliciano, sophomore at the University of Central Oklahoma, is a Halloween enthusiast who likes to find

ways to make the holiday fun while also keeping in mind her budget.

"Halloween has always just been a time that I love. I love the movies, I love the sugar cookies with pumpkins on them, I love scary things," Feliciano said.

Feliciano also had a Halloween hack that she says she does every year when decorating, even if it is a dorm room.

"One thing I do every year is take empty toilet paper rolls, and cut scary shaped eyes into the cardboard, and put a glow stick in them. So at night, it looks like you have scary animal eyes glaring at you," Feliciano said.

Costumes have been a part of Halloween since the time of the Celts. Their costumes were used to ward off any evil spirits that could have been lurking around.

In present day we see the same frightening costumes, but we also have more whimsical and iconic costumes.

Aspen Loard, sophomore at UCO, chimed in on her Halloween hack when it comes to deciding and picking a costume.

"I always use Pinterest to come up with costumes. I try really hard to use pieces that I already own and build on them to create a costume that will be cute

and affordable," Loard said.

She said the holiday has a special place in her heart because of her father's enthusiasm for the spooky holiday.

"Halloween means a lot to me. It was my dad's favorite holiday and he passed away when I was a sophomore in high school. He always used to go all out and decorate our house, so his love for the holiday just carried on to me," Loard said.

Another Halloween trick that is budget-conscious has to do with one of the most popular pastimes during the fall season: pumpkin carving.

There is a multitude of ways to make the carving process easier such as drawing the design on first or using a needle to punch holes into the design, but one

thing that will be beneficial for your pumpkins has to be keeping them from rotting too soon.

To slow down the decomposition of your masterpiece-worthy pumpkin, simply use bleach. That's right, bleach.

After you carve the pumpkin and get all of the gooey bits out, you then submerge the pumpkin in three gallons of water mixed with three teaspoons of bleach. After two minutes take the pumpkin out and let it air dry.

These affordable tricks are just a few of the great do-it-yourself ideas that are on the web. Don't be afraid to get creative and make this the best Halloween yet.

Making Meaningful Change

How God's love can change your life and the world

Mark McCurties is a member of the Christian Science Board of Lectureship and a Christian Science practitioner. He travels widely from his home in Elsah, Illinois, sharing this inspiring message with audiences.



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There are dozens of fun things that can be made from common household items such as toilet paper rolls or ping pong balls. Photo by Ryan Naeve, The Vista.



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