

Features

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Sports

# the **VISTA**

October 9, 2014



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The Vista is published semiweekly during the fall and spring semesters, and once weekly during the summer. In all issues, The Vista has opportunities for both classified, online and print ads.

## Email your questions to:

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The Vista is published as a newspaper and public forum by UCO students, semiweekly during the academic year except exam and holiday periods, and only on Wednesdays during the summer, at the University of Central Oklahoma. The issue price is free for the first copy and \$1 for each additional copy obtained.

## EDITORIALS

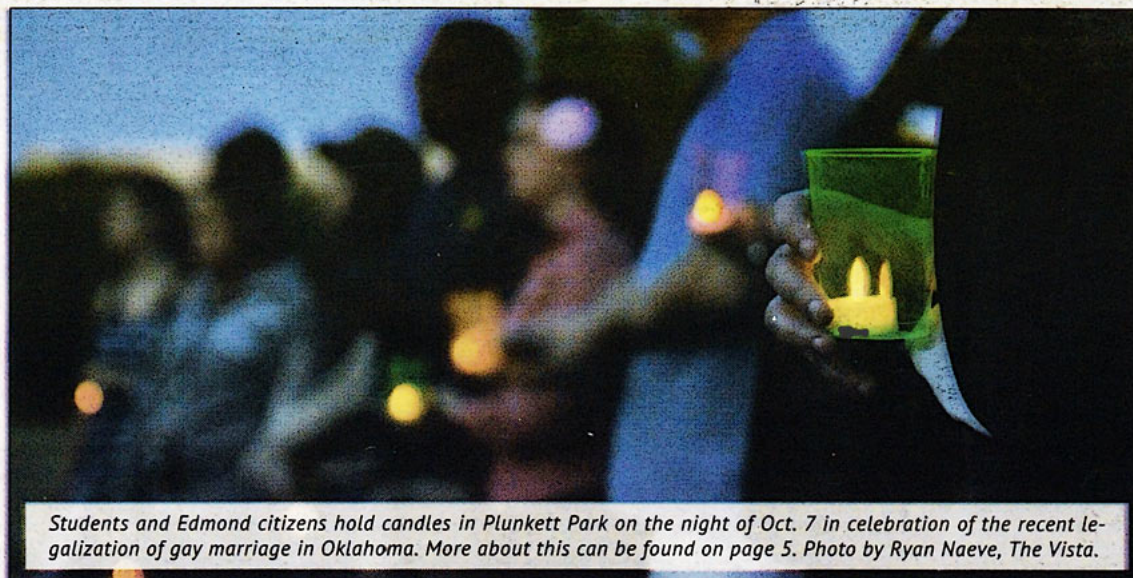
Opinion columns, editorial cartoons, reviews and commentaries represent the views of the writer or artist and not necessarily the views of The Vista Editorial Board, the Department of Mass Communication, UCO or the Board of Regents of Oklahoma Colleges. The Vista is not an official medium of expression 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](mailto:vistauco@gmail.com).



Students and Edmond citizens hold candles in Plunkett Park on the night of Oct. 7 in celebration of the recent legalization of gay marriage in Oklahoma. More about this can be found on page 5. Photo by Ryan Naeve, The Vista.

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## ON THE COVER

A creative problem solving class made the featured dresses out of cardboard and other various recycled materials for the National Cardboard Challenge. All dresses were made in less than three hours. Photo by Ryan Naeve, The Vista.

# The Wolftrap

## Monday:

## Free Pool! (3pm to 12am)

1109 S. Broadway, Edmond Oklahoma



# Copious Consumption of Caffeine in College



Alex Brown

@Aymae\_baybay

Contributing Writer

Caffeine, in any form, is the well-known boost that many college students and working adults consume to get them through the day. However, with midterms around the corner, students need to be aware of the dangers of having copious amounts of caffeine boosts throughout the day.

Caffeine is an addictive drug, based on the effects that it has on the body and the brain. It is the only drug that anyone under the age of 18 can legally purchase. Most people have caffeine daily in one form or another.

Caffeine can be found in coffee, soda, tea, energy drinks, chocolate and headache or allergy medicines. A couple of these items are common study aides that students use when exams, midterms and finals come around.

Caffeine has been classified as a stimulant substance that can cause negative effects such as insomnia, irregular heartbeat, nausea and indigestion if consumed in large amounts. For habitual coffee drinkers, a tolerance can be built and psychological dependence can occur.

According to Dr. Veronika Karpenko, a clinical psychologist and professor at UCO, "When people come in with anxiety disorders, I first ask them how much caffeine they intake."

When people with general anxiety drink caffeine while feeling mentally anxious about something in their daily routine, such as an exam,

the caffeine has a physical impact. This physical effect can manifest as the jitters, increased intake of breath and an accelerated heart rate.

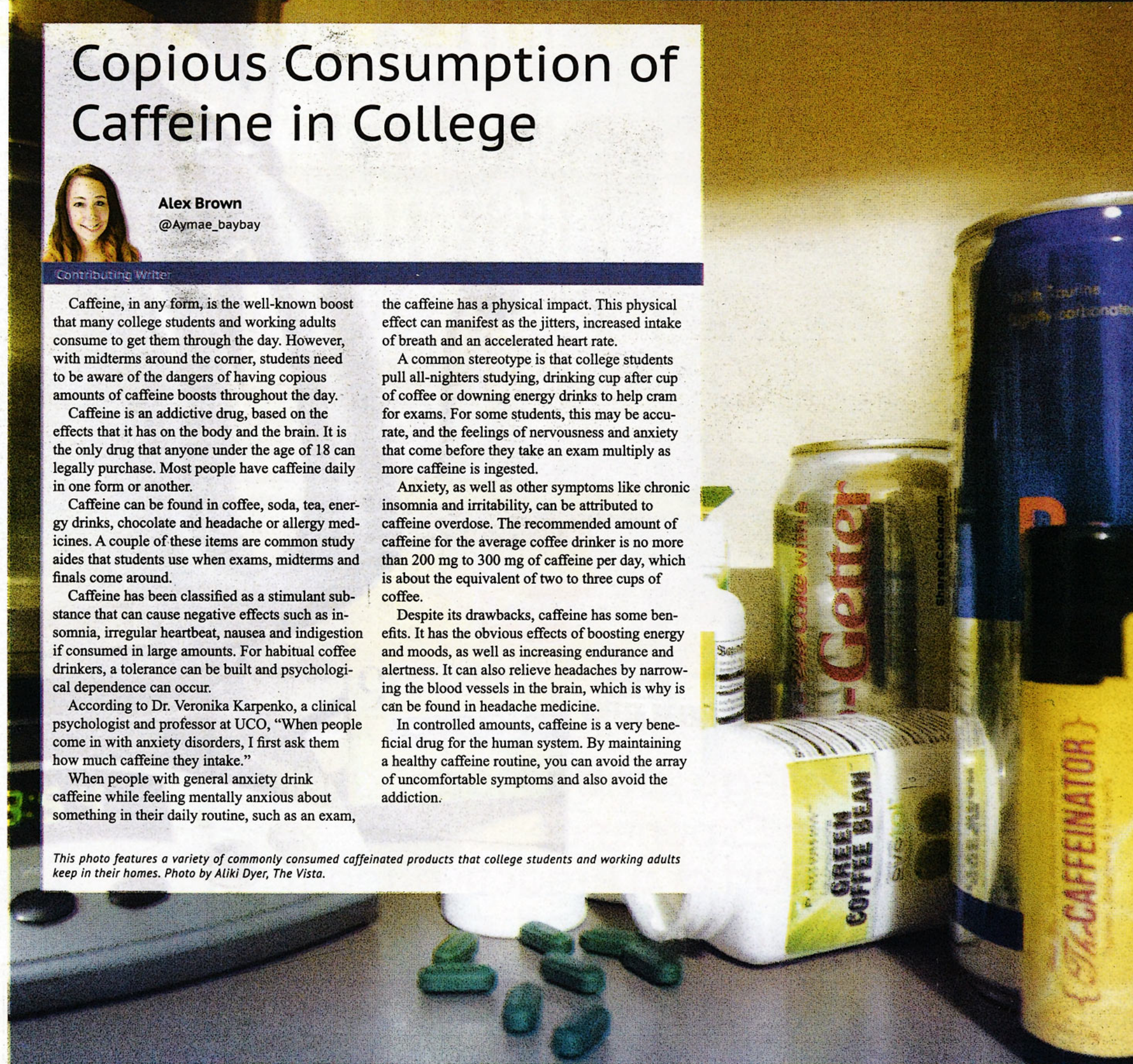
A common stereotype is that college students pull all-nighters studying, drinking cup after cup of coffee or downing energy drinks to help cram for exams. For some students, this may be accurate, and the feelings of nervousness and anxiety that come before they take an exam multiply as more caffeine is ingested.

Anxiety, as well as other symptoms like chronic insomnia and irritability, can be attributed to caffeine overdose. The recommended amount of caffeine for the average coffee drinker is no more than 200 mg to 300 mg of caffeine per day, which is about the equivalent of two to three cups of coffee.

Despite its drawbacks, caffeine has some benefits. It has the obvious effects of boosting energy and moods, as well as increasing endurance and alertness. It can also relieve headaches by narrowing the blood vessels in the brain, which is why it can be found in headache medicine.

In controlled amounts, caffeine is a very beneficial drug for the human system. By maintaining a healthy caffeine routine, you can avoid the array of uncomfortable symptoms and also avoid the addiction.

*This photo features a variety of commonly consumed caffeinated products that college students and working adults keep in their homes. Photo by Aliko Dyer, The Vista.*







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**STANDING STRONG FOR OKLAHOMA**





Dr. David Macey speaks to other members of SAFE during a candle lighting in Plunkett Park on Oct. 7. Photo by Ryan Naeve, The Vista.



Sophomore Jon Lowrey (Right) and his boyfriend, Devin Newsom (Left), as well as other UCO students and staff hold candles in Plunkett Park on the night of Oct. 7, in celebration of the recent legalization of gay marriage in Oklahoma. Photo by Ryan Naeve, The Vista.

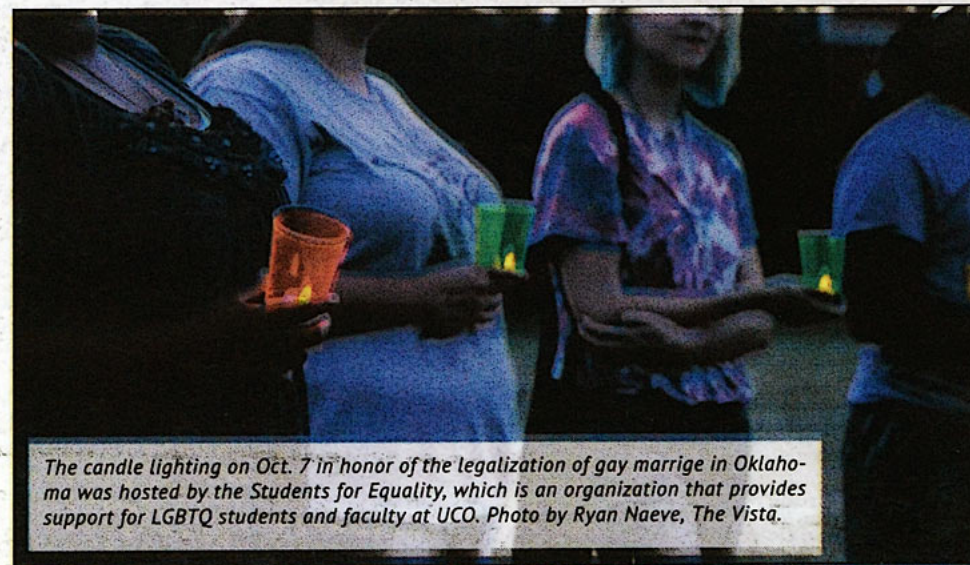
# The Wolftrap

Tuesday:

Free Bingo (10pm)

Win Cash and Prizes

1109 S. Broadway, Edmond Oklahoma



The candle lighting on Oct. 7 in honor of the legalization of gay marriage in Oklahoma was hosted by the Students for Equality, which is an organization that provides support for LGBTQ students and faculty at UCO. Photo by Ryan Naeve, The Vista.





J. Preston Drake

@jpdrake94

Staff Writer

# Gubernatorial candidates face off in one and only debate

Republican Governor Mary Fallin and Democratic State Rep. Joe Dorman met in Stillwater on Thursday for the first and only debate of the Oklahoma gubernatorial election.

The debate was hosted by Oklahoma State University and the League of Women Voters, with journalists from KOSU, OETA and The Oklahoman fielding the questions for the two candidates.

Independent gubernatorial candidates Richard Prawdziński and Kimberly Willis were not included in the debate.

The predominant topic of discussion was education, an issue which Dorman has stressed during his campaign. Topics also included state infrastructure, correctional policies and Medicaid expansion, among others.

Fallin argued that her administration's policies had led to a lowered unemployment rate,

improved state budgetary policies and better educational opportunities.

Dorman contended that the Republican governor had failed Oklahoma students and teachers alike. He claimed that Fallin's governance had cut between \$200 million and \$300 million from public and higher education.

The governor touted a \$150 million increase in education funding, which Dorman dismissed as little more than "election year politics."

"The governor has been the beneficiary of a wonderful time in Oklahoma, but with every boom there is a bust," Dorman said.

The candidates found some common ground on certain issues, such as the importance of federal programs like Medicare and Medicaid, but they differed on their preferred methods.

Fallin previously opposed a federal grant to expand Medicaid and stood by that decision, stating that some money from the federal level

came with "strings attached."

Dorman lambasted this decision. He said that Fallin's refusal of federal funds to expand healthcare had led to between 12 and 36 hospitals statewide deciding to shut down or reduce staff.

This, Dorman claimed, would cause residents of some rural communities to drive up to 35 minutes to receive vital operations like childbirth.

Another area of agreement was the need to install storm shelters in Oklahoma schools, with both candidates offering different solutions to the issue.

Dorman proposed taking advantage of the underutilized franchise tax, while Fallin said she wanted local districts to vote on the idea through bond issues.

The Democratic challenger seized the opportunity to point out that a bond issue to improve

the state capitol had been approved, yet there had been no such bond issue for storm shelters.

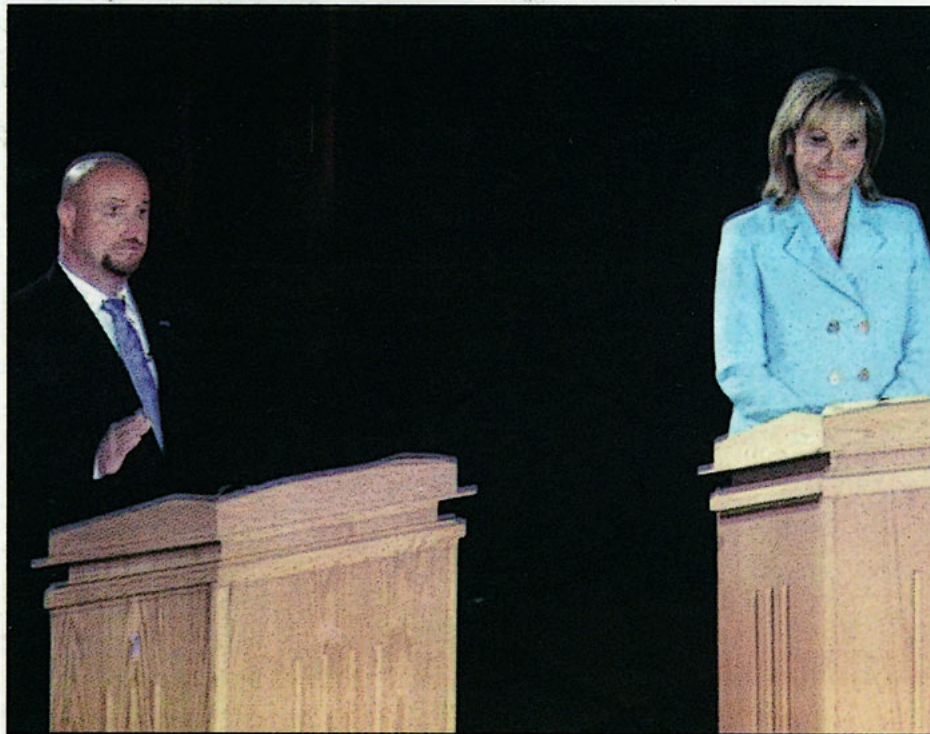
When asked by an OSU student whether they believed hydraulic fracking by the oil and gas industry was to blame for Oklahoma's surge in earthquakes, both candidates dodged the question.

"The information and determination is a bit unclear at this point," Fallin said.

Dorman stated that action had to be taken to address the earthquakes, but avoided pointing the finger at the oil industry.

The debate focused on matters of business and education; social issues were largely ignored. High-profile issues such as abortion and gay rights were not addressed at all.

The gubernatorial election will be held on November 4 and will provide Oklahoma voters with a choice between Fallin, Dorman, Prawdziński and Willis.



Bottom Left: Democratic challenger Rep. Joe Dorman, left, speaks as incumbent Oklahoma Gov. Mary Fallin looks on during a gubernatorial debate at Oklahoma State University in Stillwater, Okla., Thursday, Oct. 2, 2014. (AP Photo/Tulsa World, Michael Wyke)

## The Wolftrap

Wednesday:

Ladies Day (4pm to 7pm)

Ladies Night (9pm to 12am)

1109 S. Broadway, Edmond Oklahoma



# The Rocking Chair

By Stevie Armstrong

It's a feeling. It's intangible. It's worry and fear and sickness eating at you from the inside out. It's when you feel your chest get heavy because you know the monster is right around the corner.

The lump has formed in your throat to keep you from crying. You try to run, but it's too late. You're once again its victim. This is my nightmare.

Anxiety is a common feeling that a lot of people experience. For some people, it can be so severe that it takes over their life. This is when anxiety mutates from a feeling to a disorder: Generalized Anxiety Disorder (GAD).

GAD causes its victims to experience severe, exaggerated and unrealistic worries, making it extremely hard to calm down and if severe enough, causes intense nausea, as well. GAD begins in adolescence, but it can also begin as an adult. People with this disorder typically do not feel restricted in social settings or on the job, and they don't typically avoid certain situations. Because it's so easily hidden, your friend could have it and you wouldn't even know.

Anxiety causes its victims to believe irrational thoughts and they're aware that they are irrational. Even though they understand these thoughts are "silly," they continue to constantly think about them; therefore, they feel trapped in their own mind.

I come from a divorced family. I mostly grew up with just my mom. I'm also an only child, so I became fairly independent and have also been okay doing things on my own. Although this seems like a positive, it formed into a double-edged sword.

It is difficult for me to depend on other people. Situations where I need help or I'm forced to depend on someone else for something cause me anxiety. All

through high school and my early years of college, my anxiety was at the GAD level. It wasn't until I grew in my faith that I realized I had these trust issues. I never once thought people were dishonest or selfish, but I did believe they were unreliable. I thought that if I wasn't going to take care of something, it wasn't going to get done. For years, I depended on my mom, grandparents and myself. And that was it!

I would become overwhelmed from all the tasks I had to do; many I didn't even know how to do! And I didn't feel as though help from others was an option. Once my anxiety broke me and continued to break me, I accepted that I can't do everything on my own. If I'm going to survive this world, I'm going to have to trust others and in some cases, accept their help, as well.

It wasn't easy at first, especially if someone fell through on their end. But, I learned to let it go. Others aren't perfect and neither am I.

What I've experienced after making this change is a vast decrease of anxiety. When you take life one day at a time, one assignment at a time, or one step at a time, it's much easier and less stressful. I know from personal experience that getting overwhelmed is so easy in today's world, but stressing and worrying about it doesn't help anything get better. Worrying is kind of like a rocking chair. It keeps you busy, but gets you nowhere. It just adds fuel to the anxiety fire.

My anxiety was the fear of having to depend on others. Whatever may cause you anxiety, try to let it go, because remember, at the end of the day the sun always sets and life goes on.

Sincerely, Stevie

## Sincerely,



## Stevie





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# At the Movies: 5 Films on the Big Screen



**Sarah Neese**  
@sarahneese

Copy Editor

There comes a time during every semester in which students start to feel that unmistakable mid-term weight on their shoulders. Homework, projects, group work and everything extra-curricular pile up into a mountain

of stress and mental breakdowns.

However, there also comes a time when every student must throw caution, and that mountain of homework, to the wind and procrastinate for a couple of hours. One of the

best ways to spend this free time is to catch up on the latest movies. Set down that textbook, close that laptop and enjoy the film.

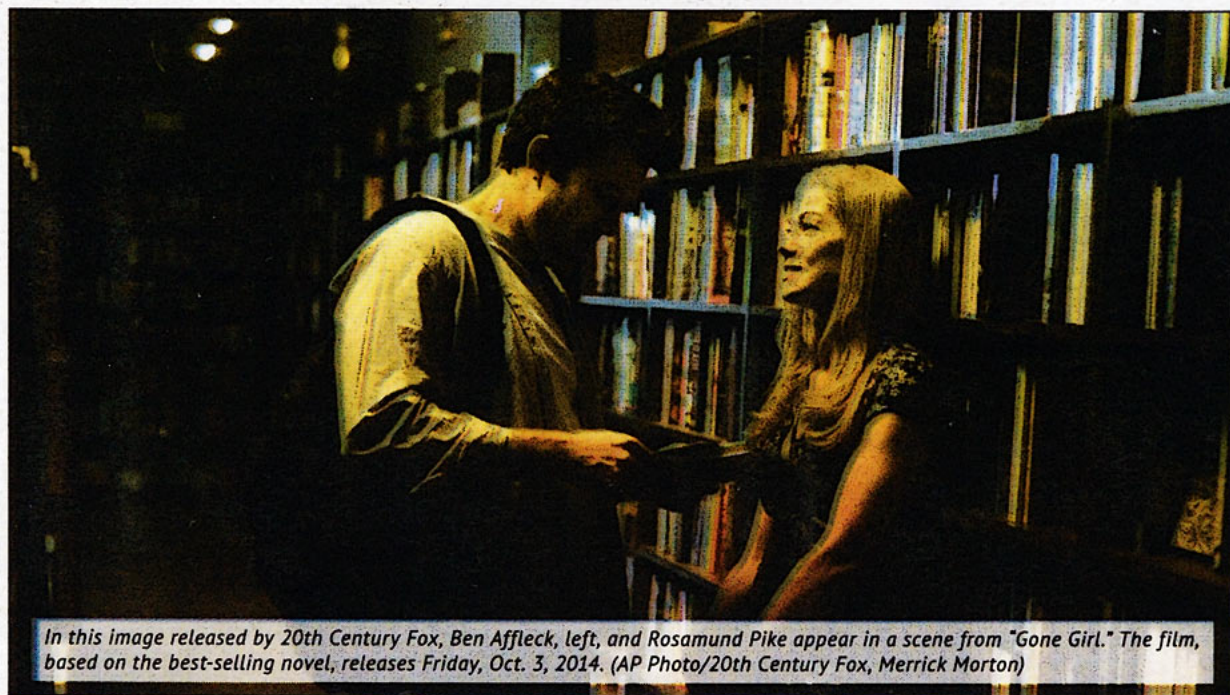
Here is a list of a few movies showing at a theater near you this weekend.

## 1 Gone Girl

Based on the best-selling novel, "Gone Girl" is the story of Nick Dunne (Ben Affleck) and his wife Amy (Rosamund Pike). After Amy disappears, Nick finds himself in the media spotlight, as he is suspected of causing her disappearance. Just like the book, the film is filled with suspense at every turn.



Luke Evans attends a screening of "Dracula Untold" on Monday, Oct. 6, 2014 in New York. (Photo by Andy Kropa/Invision/AP)



In this image released by 20th Century Fox, Ben Affleck, left, and Rosamund Pike appear in a scene from "Gone Girl." The film, based on the best-selling novel, releases Friday, Oct. 3, 2014. (AP Photo/20th Century Fox, Merrick Morton)

## 2 Dracula Untold

Starring Luke Evans, known for his role in "The Hobbit" trilogy, "Dracula Untold" tells the story of Vlad, a ruler who becomes a monster in an effort to save his kingdom from the wrath of a rival army. The plot follows Vlad as he attempts to battle his enemies and adapt to his new form.



### 3 Annabelle

A prequel of "The Conjuring," this film follows a couple, John and Mia who experience several supernatural events surrounding a vintage doll after members of a satanic cult visit their home. Annabelle, the vintage doll, wreaks haunted havoc in the house when the cult members conjure an evil spirit.



This photo released by Warner Bros. pictures shows Robert Downey Jr. in Warner Bros. Pictures' and Village Roadshow Pictures' drama "The Judge," a Warner Bros. Pictures release. The movie releases in the U.S. on Friday, Oct. 10, 2014. (AP Photo/Warner Bros. Pictures, Claire Folger)

### 5 The Boxtrolls

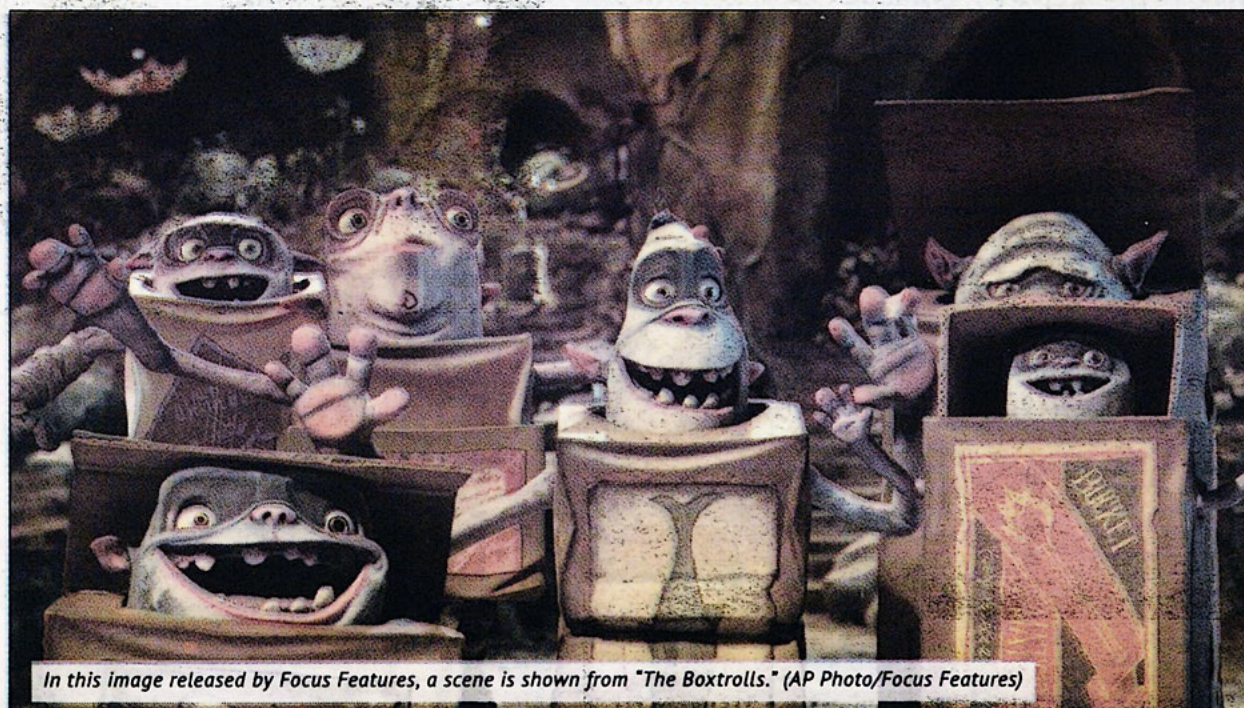
With voice work from Isaac Hempstead Wright, Elle Fanning and Ben Kingsley, "The Boxtrolls" is an animated film about an orphan boy who is raised by creatures who live in caves. Though targeted toward children, the movie is a good way for college students to unwind and be a kid for a couple of hours.



This photo released by Warner Bros. Pictures shows Annabelle Wallis, left as Mia, with the Annabelle doll in New Line Cinema's supernatural thriller, "Annabelle," a Warner Bros. Pictures release. The movie opens Friday, Oct. 3, 2014. (AP Photo/Warner Bros. Pictures)

### 4 The Judge

This film, starring Robert Downey Jr. and Robert Duvall, is already stirring up Oscar buzz. The plot centers on Hank Palmer (Robert Downey Jr.), a lawyer who returns to his hometown after his father, Joseph (Robert Duvall), is convicted of murder. Despite their estranged relationship, Hank attempts to find out the truth about his father and reconnect with his family.



In this image released by Focus Features, a scene is shown from "The Boxtrolls." (AP Photo/Focus Features)



# Classifieds

## Free to College Students

- King size clean mattress
- Large 4 cushion couch
- Large, heavy Sony Trinitron Color TV (must have enough people to carry items out I will haul for you if needed.)
- 3 other TVs

## For Sale

- Dorm Refridgerator \$50
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BFF Performance Shoe store (NW OKC) is now accepting applications from College students for part-time employment. 15-20 hrs. per week. Evenings and Saturdays. No retail experience needed. Call 608-0404.

### Part Time Bank Tellers

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## The Wolftrap

Thursday:

Keg Night (9pm to 12am)

\$7 per cup and \$7 entry

BCA Pool Tournament

1109 S. Broadway, Edmond Oklahoma



# VISTA SPORTS



## UCO GAMES THIS WEEK

### THURSDAY:

- No Events Scheduled

### FRIDAY:

- Women's Soccer at Nebraska-Kearney (1:00 P.M.)
- Women's Volleyball vs. Lindenwood (7:00 P.M.)

### SATURDAY:

- Cross-country at Oklahoma Baptist Invitational (10:00 A.M.)
- Football vs. Missouri Southern State (2:00 P.M.) (MIAA-TV Game of the Week)
- Women's Volleyball vs. Central Missouri (7:00 P.M.)

### SUNDAY:

- Women's Soccer at Fort Hays State (1:00 P.M.)

## 'CHOS ROLL INTO THE TOP 25

The UCO Football team has officially made the top-25 poll for D-II for the first time since the school's move to the MIAA conference. VistaSports writer Austin Litterell discusses what the recent success means for the program and how the Broncos can keep on rolling up the rankings.

**PAGE 14**

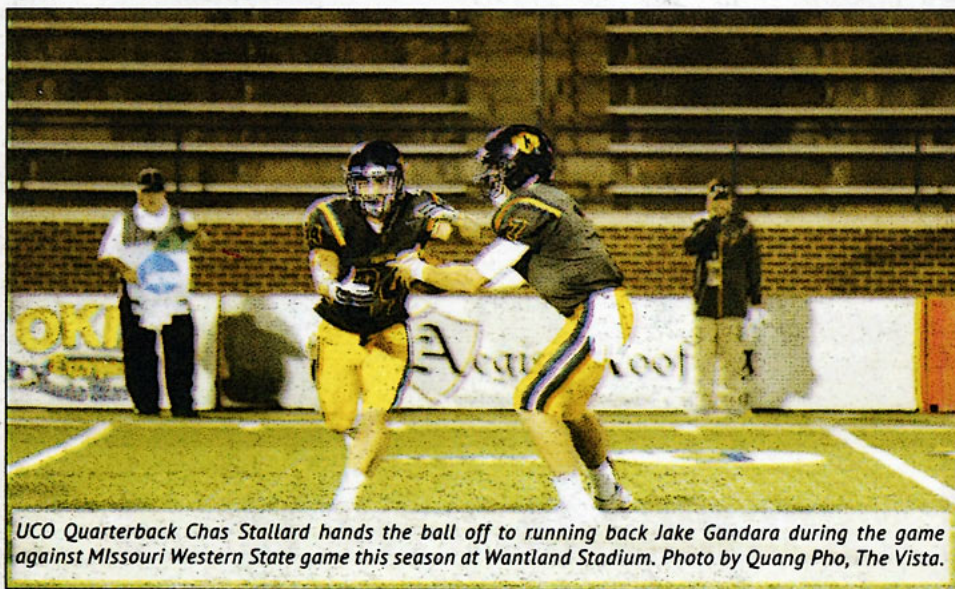
## MLB PLAYOFFS SET FOR A 2012 REMATCH

The Giants and Cardinals have both punched their ticket for a rematch of the 2012 NLCS after the Giants won against the Washington Nationals on Tuesday night. Go inside the sights of both teams winning their NLDS matchups and the emotion of the MLB playoffs with the best pictures from both games.

**PAGE 15**



# UCO Football makes first appearance of the season in the Top-25 rankings



UCO Quarterback Chas Stallard hands the ball off to running back Jake Gandara during the game against Missouri Western State game this season at Wantland Stadium. Photo by Quang Pho, The Vista.



UCO's defense stops the running back for a loss during the game against Missouri Western State this season at Wantland Stadium. Photo by Ryan Naeve, The Vista.



**Austin Litterell**

@AustinLitterell

Sports Writer

The Division II football poll is out and for the first time in the University of Central Oklahoma's brief history in the MIAA, they are in the top 25. The Bronchos came in as the 25th spot, and it truly shows how far the program has come. UCO is one of three teams in the Mid-America Intercollegiate Athletic Association that are currently ranked. To nobody's surprise, Northwest Missouri tops the poll. Pittsburg State also came in the top 25, and that could prove to be a massive showdown late in the season.

The rebuilding process has been nothing short of amazing. Head Coach Nick Bobeck took over a program that was in complete shambles. Coming off of crippling sanctions and moving up to Division II, it was a pretty dark time for a program that has some tradition in its history.

For the first two seasons under Bobeck, the team struggled to get wins, as the team was just 4-16. UCO has matched that win total alone this season and has plenty of winnable games left on the schedule.

There is no doubt that the team was going to be

better this season, but the improvements were not expected to be this major. The defense is giving up 36 fewer points per game than they did last season.

Bobeck has brought success to this program by slowly and steadily bringing back the depth to UCO. He believes in redshirting players, and right now, it is paying off.

Redshirting players is not the quickest path to success, but it seems that UCO is actually ahead of schedule. As much as the coaching staff deserves credit for the turnaround, the athletic department deserves credit for remaining patient throughout the process.

There are plenty of examples where a coach comes in and is gone after one bad season. That has not been the case, and the rewards are coming in for their patience.

This new ranking represents all of the hard work put in by the coaching staff and players. What seemed to be a program stuck in darkness, is now seeing the light at the end of the tunnel, and it is coming more quickly than anyone thought it would.

## The Wolftrap

Sunday:

Open Mic (9pm)

Every other

Sunday

Karaoke (7:30pm)

1109 S. Broadway, Edmond Oklahoma



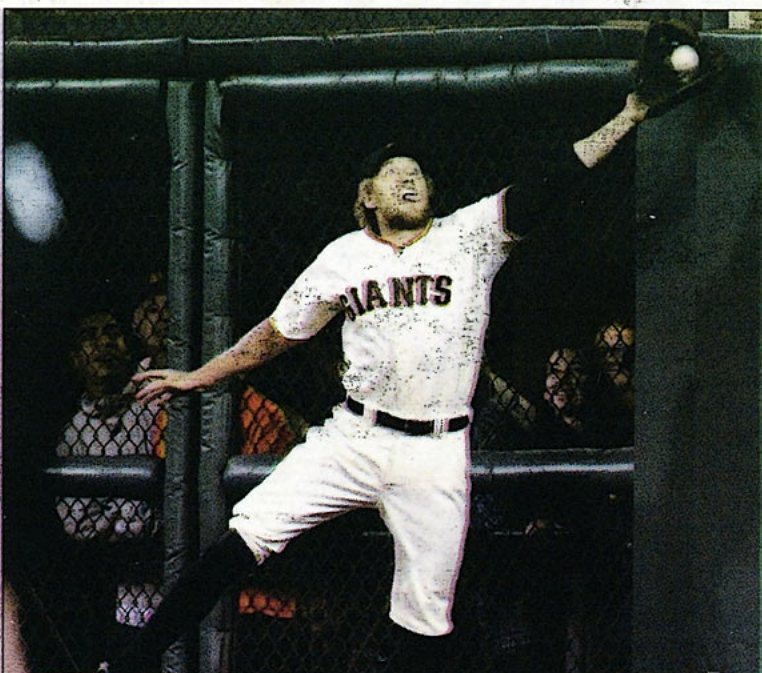
AP

Associated Press

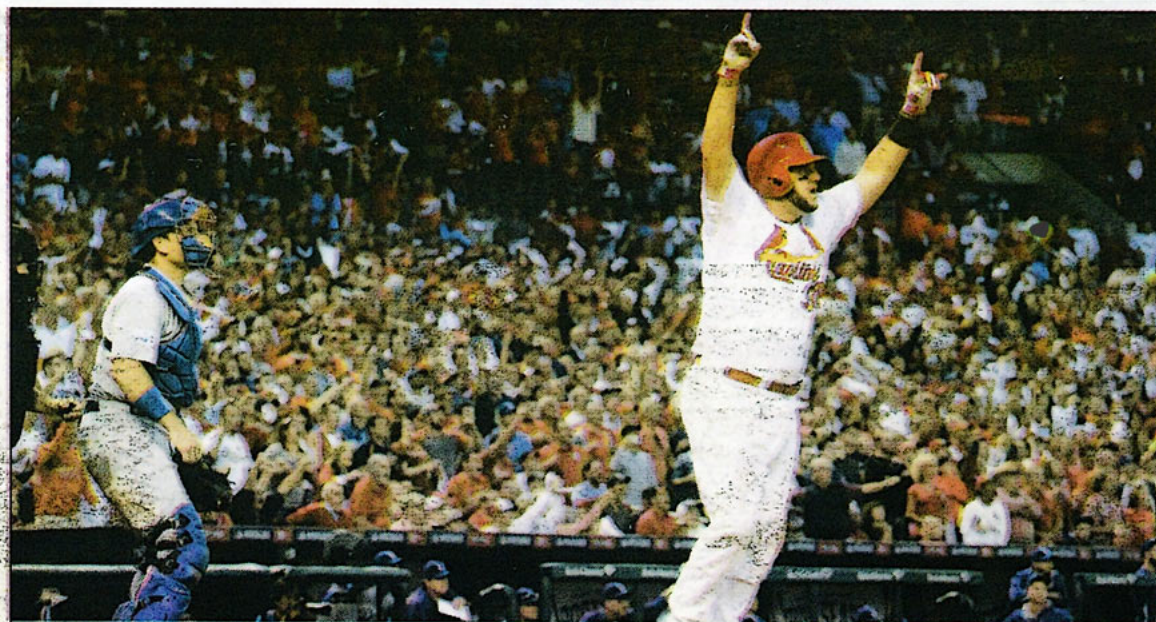
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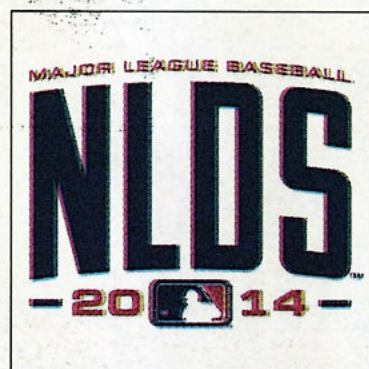
San Francisco Giants Hunter Pence gets doused with alcohol in the locker room Tuesday (AP Photo/Ben Margot)



San Francisco Giants right fielder Hunter Pence (8) makes a leaping catch in the sixth inning during Game 4 on Tuesday, Oct. 7, 2014. (AP Photo/Marcio Jose Sanchez)



St. Louis Cardinals first baseman Matt Adams celebrates after hitting a three-run home in the seventh inning of Game 4 of baseball's NL Division Series against the Los Angeles Dodgers, Tuesday, Oct. 7, 2014, in St. Louis. (AP Photo/Jeff Roberson)



St. Louis Cardinals players celebrate after their 3-2 win over Los Angeles Dodgers in Game 4 of baseball's NL Division Series Tuesday, Oct. 7, 2014, in St. Louis as Los Angeles Dodgers right fielder Yasiel Puig, right, looks on. (AP Photo/Charles Rex Arbogast)



The San Francisco Giants run out of the dugout after they beat the Washington Nationals 3-2 to win Game 4 of baseball's NL Division Series in San Francisco, Tuesday, Oct. 7, 2014. (AP Photo/Eric Risberg)



St. Louis Cardinals pitcher John Lackey, right, reacts with catcher Yadier Molina after throwing out Los Angeles Dodgers' Carl Crawford at first base during the fourth inning of Game 3 of baseball's NL Division Series, Monday, Oct. 6, 2014, in St. Louis. (AP Photo/Jeff Roberson)



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