



Features

News

Sports

the **VISTA**

September 4, 2014

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EDITORIALS

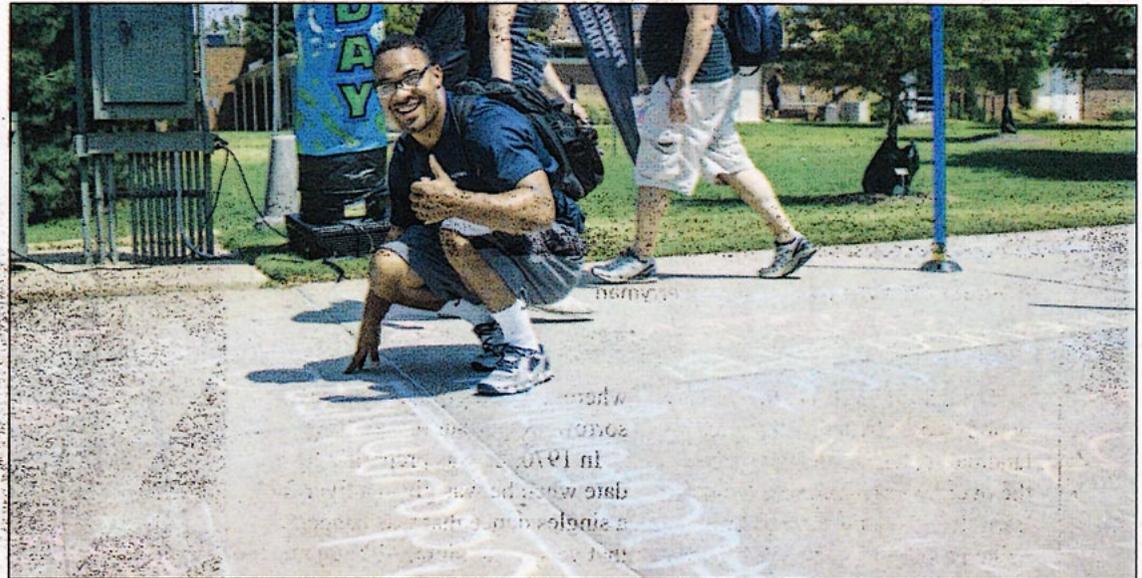
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LETTERS

The Vista encourages letters to the editor. Letters should address issues and ideas, not personalities. Letters must be typed, double-spaced, with a maximum of 250 words, and must include the author's printed name, title, major, classification and phone number. Letters are subject to editing for libel, clarity and space, or to eliminate statements of questionable taste. The Vista reserves the right not to publish submitted letters.

Address letters to:

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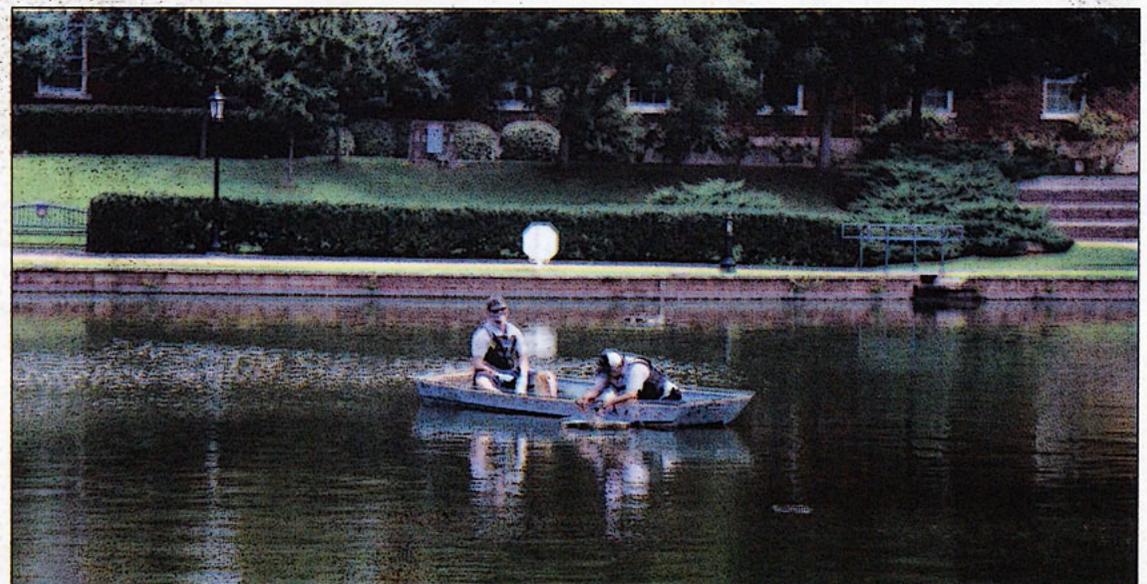


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ON THE COVER

Siblings Joshua and Ruth Woroniecki hold signs, protesting against the church, on a corner in the middle of campus on Wednesday, Sept. 3, 2014. Photo by Ryan Naeve, The Vista.



Arcadia man shares smiles on Route 66

Stewart Perryman @StewartPerryman

Contributing Writer

If you head up Route 66, you are bound to pass by a few historical landmarks. One such landmark is the over hundred-year-old Round Barn. Its wooden body has been aging gracefully since 1898. Those who have been charged with the task of keeping the old barn together have made it their life's work to keep it together.

When you first enter the bottom floor you will be greeted by this old soul. He will surely be wearing his worn down cowboy boots, a tight western shirt and a belt buckle so big you couldn't miss it if you tried. He will insist on being called only by his first name, Mr. Sam. This storyteller has been filling the minds of the barns visitors with the tales of how it was made since the 1980's.

The next thing you might notice is his smile, but his charm quickly picks you up as you begin the tour of the barn and its history.

Someone told Mr. Sam that he was infectious.

"I'm what?" Sam said. "What am I infecting people with?" They told him that they take one look in his direction, they see a smile on his face, and say to themselves, that makes me want to smile.

On the tour, you also get a glimpse into the life of Mr. Sam and how the barn is as real as any family member he has. Pictures from his past are hung up every-

where. His tales of happiness and sorrow are put out for all to see.

In 1970, he was preparing for a date when he was given a flyer for a singles dance that was happening that very same night. Although he was not the type to break a date, he couldn't get over the feeling that there was a reason to attend the dance. After passing the flyer lying on his kitchen table many times, he decided not to ignore the feeling in his heart and called to cancel his date.

"Something was pulling at my heart strings to go to the dance," Mr. Sam said.

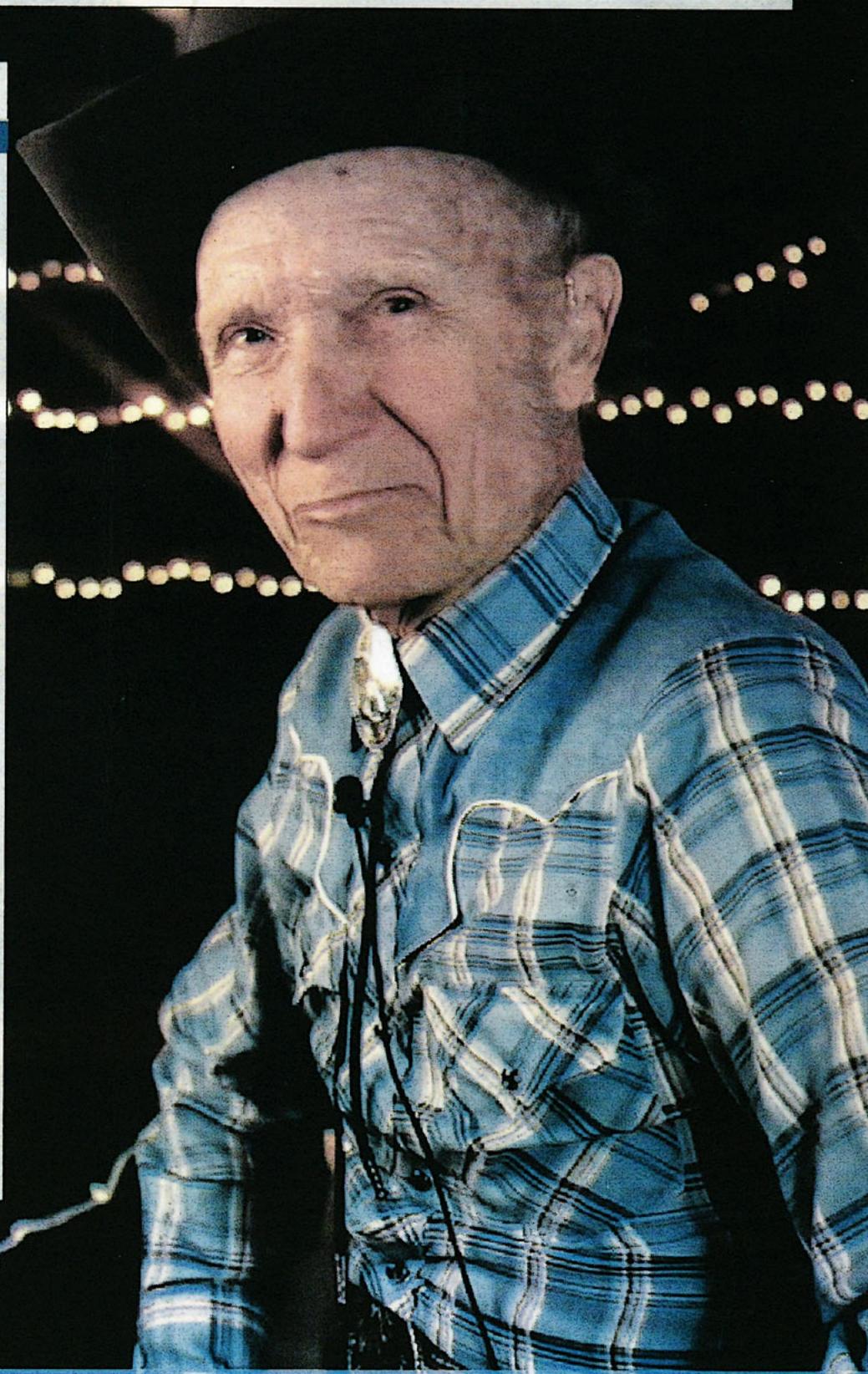
At the dance, he met the love of his life, his new wife.

The barn has been restored to a premiere destination on Route 66. Mr. Sam, now 88 years old, has had 44 years with his wife, Mrs. Martha.

"I just hope that everyone can be as happy as my wife and I have been," he said.

Mr. Sam thinks that there has never been a bad person to come through the door at the round barn. Some may have frowns on their faces when they arrive, but by the time they leave they enjoyed themselves tremendously.

As he gazed at the inside of the round roof, strung together by boards and nails, he said, "The old barn has got something in it that people just really love.





Stevie
Armstrong

Editor-in-Chief @StevieArmstrong

College weekend survival kit *FOR HER*



- | | |
|----------------------------|--|
| 1. Bag | A small, yet cute (duh) bag, perfect for stashing your survival kit necessities. |
| 2. Panties | Whether they get taken, donated or lost, you'll never be more relieved than the moment you pull out your spare pair. |
| 3. Tampon | Just in case... |
| 4. Body wash & spray | Washing off the party smell will make you, and everyone around you, much happier. |
| 5. Cash | Emergency money is a very smart idea. Keep at least a couple of twenties. You never know when you're going to need to call a cab to escape some creep. |
| 6. Deodorant | Girl, get real. After going out all night, you're going to need a little freshening up. |
| 7. Condom | It's not trashy. STDs are trashy. |
| 8. Facial Towelettes | Wiping your makeup off- whether before bed or the next morning- doesn't only give your face a clean look, but also helps maintain clear skin. |
| 9. Toothbrush & Toothpaste | Obviously dental hygiene is always important. Brushing the taste of stale beer off your tongue is even more important. |
| 10. Ibuprofen | That next-morning hangover is going to need a cure. |



Kchris
Griffin

Staff Writer @kchriswitha_k

College weekend survival kit **FOR HIM**



- 1. Socks** Are your toes crusty? Do you have smelly feet? Are your feet as big as mine? Well, bring socks. Obviously, you will need socks to go along with your outfit, but remember you have to lounge around also.
- 2. Hygiene** Guys, the essentials for this part are your toothbrush, toothpaste, hairbrush and body wash. Bring a towel if necessary. When staying with your girlfriend, these essentials will prove vital. Stay fresh my friend. If staying with a group of friends for a "hangover"-type weekend, these things may either prove vital or become lost.
- 3. The Backpack** Bringing the right things is the most important step in a survival guide. Make sure to include every essential possible.
- 4. Shirts & Shorts** Tank tops, cut-offs, V-necks or any shirt for that matter will do. Mix it up, though, so you can have options for lounging around or going out to shop or eat. A recommendation for tank tops and cut-offs applies when staying with your lady. Next time you lift, remember "Curls for the Girls. Whether it's Jordan or Nike brand, it doesn't matter. The important thing to remember is to bring enough. Make sure you have enough boxers, briefs etc.; the more, the better
- 5. Accessories** Ipad, tablets, laptops, headphones, chargers, condoms. Need I say more? Who knows? You might have to keep yourself occupied for a bit before anything major happens.

State senator discusses plans for change



Connie Johnson poses for a portrait in front of her favorite childhood portrait, *Don't Quit*. Photo by Aliko Dyer, The Vista.

Democratic candidate Constance N. Johnson, a 32-year veteran policymaker and daughter of an activist family, discusses her passion for politics and her new plans for the upcoming election. She currently serves the Oklahoma Senate, representing District 48.

Johnson's passion for change made her focus on children, families, environmental justice and awareness, minorities and personal freedom.

"I hope we have a place where all Oklahomans can thrive, where we are lifting everybody's boat to the same level and we have a society that is diverse, supportive, vibrant, that respects people's personal liberties and freedom. A society that women are respected and that this war on women is brought to a close, so they can start getting equal pays and they can feel secure in their communities," Johnson said.

She worked for the state senate for 24 years as a staff person and learned to deal with issues involving Health and Human Services, Energy, Finances and Rules standing committees.

She also became the first black woman nominated for a major statewide office in Oklahoma.

"Everything I had done, it was clear it was for a purpose way bigger than me," Johnson said. "The background I have was perfect for change, because even though my party wasn't still in control, they couldn't take away from me the knowledge that I had gain from going through the process from helping people solve issues about the process. None of that could be discounted, and still cannot be discounted today in this US senate race."

Johnson believes it's important for citizens to be involved with politics, voting and being passionate about helping others. She said her mother used to take her to vote when she was young, which brought her passion to find further justice and equality.

Johnson said she is blessed to work to the people and for the people, bringing them safety, security and service.

"I'm 62 years old, I'm eligible to retire. Everybody in my family is retired but me. I don't know what is wrong with me, okay?" Johnson said. "But it's because

it's not about me. It was really about this person being uniquely equipped, motivated, inspired and compelled to do something to help my people. I think for the reason, people relate to that."

In June 2014, Johnson filed an initiative petition for a proposed amendment to the Constitution of Oklahoma, which would legalize the possession of recreational marijuana.

According to Johnson, the government is spending \$25,000 per year for every person arrested for possession of marijuana. She believes that if marijuana was legal, the state would provide more jobs for Oklahomans. The herb would be tested (better quality for its users), and it would help lessen violence. She also believes the plant would lessen the harmful effects of many diseases. Instead of spending \$25,000 per year, the government could use the money to help citizens get over their addictions as well as problems.

For more information about the candidate, please visit <http://www.cj4ok.com/> or email votecj4ok@gmail.com.



Queila Omena

@queilaomena

Staff Writer

BACK TO SCHOOL BASH!

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SEPTEMBER 6



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Five tips to staying healthy in college

Danielle York, Contributing Writer

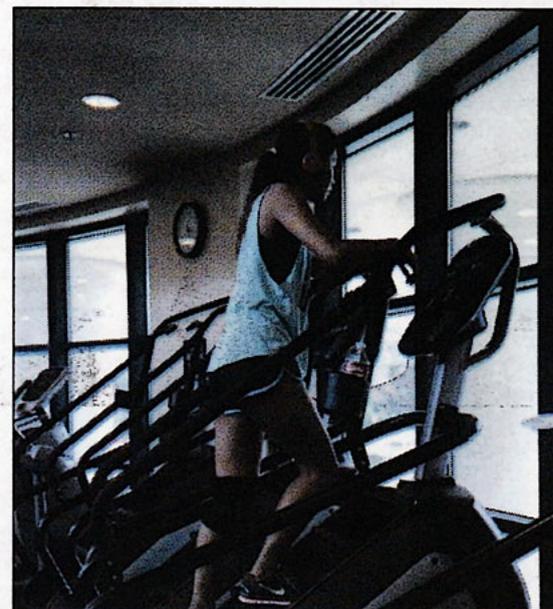
According to Kids Health, within the first two years of college, students gain an average of three to 10 pounds. With busy schedules filled with classes, schoolwork, jobs and maintaining a social life, there seems to be little-to-no time for health and fitness. Here are 5 easy tips to not only start a healthy lifestyle but to maintain one through college:

1

Utilize Your Resources

"I love going to the gym to help alleviate stress after a long day of work and class, and the Wellness is a great facility that has flexible hours because they know we are busy," said Carly Jones, a UCO kinesiology major and pom squad member.

Gym memberships can be expensive. Some students end up paying more than they need to, and they do not realize that they already have a gym membership at UCO. A portion of every student's tuition goes towards the Wellness Center in the student activity fees. For every class a student enrolls in, they add an additional \$30. Students can sign up for workout classes with no additional charge and can even get their own personal trainer. Operating hours are flexible. Fall hours are: Monday through Thursday from 5 a.m. to midnight, Friday from 5 a.m. to 8 p.m., Saturday from 8 a.m. to 6 p.m. and Sunday from 1 p.m. to 8 p.m.



2

Drink Smart

Do not binge drink. Not all drinks are created equally, but if you want to maintain or lose weight, drinking a lot ultimately leads to consuming empty calories. Drinking also dehydrates the body and alcohol is stored as fat. Heavy drinking can negate your workout; therefore, you worked out for nothing. Be smart and do not over consume when it comes to alcohol.

3

Eat smart

"Living a 'fit' lifestyle isn't just about being able to flash a six pack abdominal wall or rock your tightest skinny jeans; it's about fueling your body and preparing to take you through the rest of your entire life," said Madi Pontikes, certified OneHealthyBod Personal Trainer and IFPA Bikini Pro.

College students are on a budget. Whataburger, Taco Bell and McDonald's are conveniently cheap ways to suppress hunger, but these foods are high in calories and carbs and are doing more damage than good. Look for your healthier options on campus or in the grocery store. Pack a healthy lunch or snacks for in between classes. Take everything in moderation and reward yourself when reaching a goal.



4

Hydrate

Health experts say that we need to drink eight 8-ounce glasses of water per day. This is commonly known as the 8x8 rule, which is about two liters. If you drink two Camelback water bottles a day, that is a little over eight glasses. Drinking water can help control calories and transportation of nutrients.



All photos by Aliko Dyer, The Vista.

5

Have a Buddy

Trying to start or maintain a healthy lifestyle alone in college can be difficult. Find a friend who can keep you accountable, whether that means going to the gym with you, eating cleaner or just encouraging you to keep up the good work. Having someone there to help encourage you and compliment your progress will make you feel better and motivate you even more.

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It's Called Getting Narked

By Stevie Armstrong

My eyes are beginning to blur and my motor functions are slowly failing. Panic has taken over and I can't get my buddy's attention. Oh, thank God. He sees me and my glazed over, terrified eyes. He grabs my hands and I feel him rub them comfortingly. I try squeezing his hands back, but physically can't. I try kicking up toward the surface, but my legs aren't moving. I truly think I'm going to die down here, down here at 150 feet.

I'm dizzy and light-headed. I can't seem to breathe enough. My regulator is top-of-the-line, but in my mind, it's not working. I know if I bolt to the surface, I really will die because there will be no time to decompress.

My buddy manually adds a small amount of air into my BCD, since my legs are useless right now. We reach 70 feet. My vision is coming back to me. My breathing is slowing down and my heart rate is going back to normal. But, my body is continually shaking with fear.

My buddy sits me down on a coral ledge and pulls out his slate. It reads, "What's up?" He hands me the pencil, but my hands are shaking so violently, I can't write. Even if I could, I don't know what to say. I don't even know what to think.

I grasp the pencil and attempt to write, "IDK what happened."

My buddy writes back, "It's called getting narked."

I give him the OK sign and he reciprocates. We slowly back off the coral ledge and glide up to 35 feet. We rest there for our first decompression stop. I'm still shaking and I can't stop thinking about how absolutely terrified I just felt.

I look around at the beautiful surroundings and other divers. No one but my buddy knows what just happened. I want to keep it that way. I feel embarrassed. As an experienced Divemaster, I feel as though I should never be scared underwater. For the first time, I am beyond scared.

You always hear about people who have had those "near-death" experiences. I thought they were silly. Someone might be afraid and their mind overreacts, making them think they're close to death, but now, I'll never again think those people are just being silly.

I will never forget the fear I had at 150 feet. I've tried.

I jumped back in the water for the following dives, thinking the feeling would wash off. But every time my head went back underwater, all I could think about was the thought of dying. I secretly cried after several dives later, frustrated with myself. I'm too good at diving to be afraid. I'm too experienced to be scared. I'm the one that helps others get over their fear of diving. I shouldn't be in this position.

My buddy tried giving me a pep talk and I wanted to believe his words so badly, but it was difficult.

We came to the last dive of the trip, a wall dive. Wall dives are divers' opportunity to explore depth. I've never been so nervous getting into the water before, but I had to do it for myself.

I'm in the water, breathing calmly. I wait at the mooring line for my buddy. He's aware of my nervous state. He distracts me by doing flips and playing with sea creatures. I duplicate, flipping and gliding through the blue water.

He points to something on a coral ledge. I swim over to it, looking for what he's pointing at. He sticks his slate in front of my face. It reads, "130 feet and you're doing great."

I hadn't even noticed that we had reached that depth! We push off the ledge and hover in open nothingness. The view of the wall is magnificent. It's massive and looks as though it goes on forever.

I look down at my dive computer. The depth reads 163. I did it! And I did it for me.

Sincerely, Stevie

Sincerely,



Stevie

Remember, they were sacrificed for truth



Josh Wallace
@JoshCWallace

Staff Writer

During the early afternoon on Tuesday, news broke of another U.S. journalist being killed by members of the Islamic State (IS). Steven Sotloff's life was taken, with the supposed justification being the continued U.S. airstrikes against the IS.

His death comes just weeks after the killing of fellow journalist James Foley. While both deaths are a tragedy for their families and friends, they are also a blow against the work both men sought: to highlight and raise awareness of the suffering of thousands of innocent civilians during wartime.

While it is important to report their deaths, as it is outside the norm of everyday occurrence and therefore newsworthy, it is important to note that focusing on and sensationalizing the way in which they were killed is not.

No doubt many have heard the brutal details surrounding their killings, or have even been witness to still images or the videos of their deaths, but that is where the media is failing the public. By giving constant attention to the details surrounding their deaths, these news reports are in effect giving these extremists exactly what they want.

This publicity becomes a vicious cycle, first by giving legitimacy to a group who claim to represent the ideals of Islam, but are in fact on the fringe and go against many of the core tenants of the religion. Second, the constant focus on the way in which they killed these two men shocks and infuriates Americans and many around the world, which I fear will give rise to

another goal they aim to achieve: an increase in fear and prejudice of all followers of Islam or anyone who might appear to be from the Middle East.

In many ways, this irrational fear of a large group of people will ultimately feed directly into these extremists hands, as any ignorant actions such as Quran burning or attacks on Muslims will only serve to strengthen their cause. They seek to create a war that doesn't exist, a war between the West against all Islam, and they will capitalize on any reactionary events to further brainwash and bring new members into their fold.

While many on UCO's campus were quite young following the Sept. 11, 2001, attacks, I can clearly remember the outrage and hatred that seemed to course through the veins of a nation trying to recover.

What followed, unsurprisingly, was an air of nationalism, and the prevailing view of "if you're not with us, then you're against us." It was this fervor that not only led us into Afghanistan to root out and destroy the extremists who had attacked us, but also bolstered the efforts of those who sought to go after a country who played no part.

It was within a couple of years that we had beat to death the idea that Iraq had close involvement and also had capabilities that endangered the lives of everyone on this planet. At one point, a poll taken showed that nearly two thirds of Americans thought Iraq had direct involvement with the attacks or had directly aided Al Qaeda.

In hindsight, it has become crys-

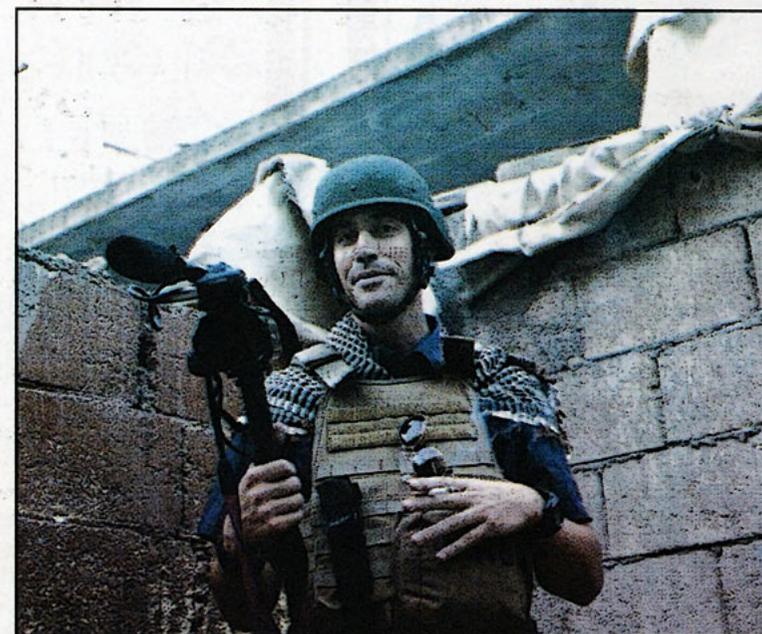
tal clear that the arguments made for sending hundreds of thousands of troops were baseless and would set about events that continue to haunt us to this day.

For those unfortunate to have seen images of Foley or Sotloff, you might have noticed the bright orange jumpsuits they were both forced to wear. These are similar, if not identical, to what prisoners at Guantanamo Bay, Abu Gharib, and other U.S. run prisons dressed enemy combatants in.

The abuses that took place at these prisons, and the images released gave fuel to the fire for the extremists, allowing them to show what they deemed proof of a Western assault on Islam. Come full circle, these icons of injustice in their eyes are now being used as a tool, a form of humiliation against westerners they capture and later kill.

I will reiterate that while it is important for the media to tell the stories of these brave journalists that are no longer with us, it is not important to constantly give focus on the way in which they were killed or give undue attention to a group so extreme that even Al Qaeda has distanced itself from them.

If you take away anything from the conflicts happening in Iraq and Syria, take note that these extremists who claim to represent Islam have killed thousands of fellow Muslims over the past few years. There is no war between the West and Islam, there is only a sadistic, backwards group fighting a war against anyone and everyone that won't follow their twisted path.



FILE - In this November 2012, file photo, posted on the website freejamesfoley.org, shows American journalist James Foley while covering the civil war in Aleppo, Syria. In a horrifying act of revenge for U.S. airstrikes in northern Iraq, militants with the Islamic State extremist group have beheaded Foley — and are threatening to kill another hostage, U.S. officials say. (AP Photo/freejamesfoley.org, Nicole Tung, File)



Television journalists stand across from the home of the family of journalist Steven Sotloff, Tuesday, Sept. 2, 2014 in Pinecrest, Fla. An Internet video posted online Tuesday purported to show the beheading by the Islamic State group of Sotloff, who went missing in Syria last year. In a two-sentence statement Tuesday, family spokesman Barak Barfi said Sotloff's family, quote, "knows of this horrific tragedy, and is grieving privately." (AP Photo/Wilfredo Lee)

HOROSCOPES

September 2014 — Week 1



December 22–
January 19

You lead a charmed life this week, Capricorn. Everything is magic. A deadline is extended, allowing more time for research. Hop to it!



March 21–
April 19

Whining will get you nowhere fast, Aries. Try lodging a formal complaint instead. A youngster bombards you with questions. Be kind.



June 22–
July 22

Change is coming, Cancer, but it is not to be feared. A transportation drama ensues. Resolve it once and for all. Trouble is brewing at home.



September 23–
October 22

Notes are required. Don't rely upon memory alone to get you through a presentation, Libra. You could forget something vital to the conversation.



January 20–
February 18

The feeling is mutual, Aquarius. You can stop the pretense. A financial risk is worth taking. Pursue it with a vengeance. Romance blooms.



April 20–
May 20

A-ha, Taurus. Your commitment and dedication to a cause begin to pay off. A switch in personnel leads to some issues at the office. Hang in there.



July 23–
August 22

Romance moves front and center. It may be time for a trip. A financial matter is settled in your favor. Excellent, Leo. A friend breaks a promise.



October 23–
November 21

Yikes, Scorpio. You nearly missed an opportunity. Don't let it happen again. Get your ducks in a row now. A lapse in concentration lands a loved one in hot water.



February 19–
March 20

Fall colors inspire a facelift at home. Make sure the budget meets the scope of the project, Pisces. Friends return a favor in an unusual way.



May 21–
June 21

There is a learning curve to almost everything, Gemini. Don't expect perfection right off the bat. Snooze at work, and you will most certainly miss out.



August 23–
September 22

Victory will be yours, Virgo, if you let it. You can be your own worst enemy. Memories come flooding back at the sight of an old friend.



November 22–
December 21

Paperwork, paperwork and more paperwork. Take the time to sift through it all, Sagittarius. There is much to be learned. A date draws near.

FOR ENTERTAINMENT PURPOSES ONLY

Classifieds

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.

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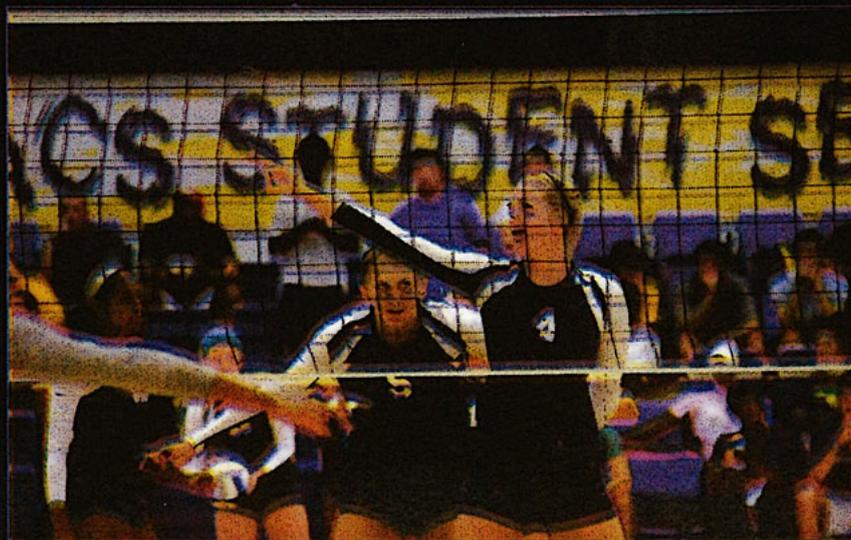
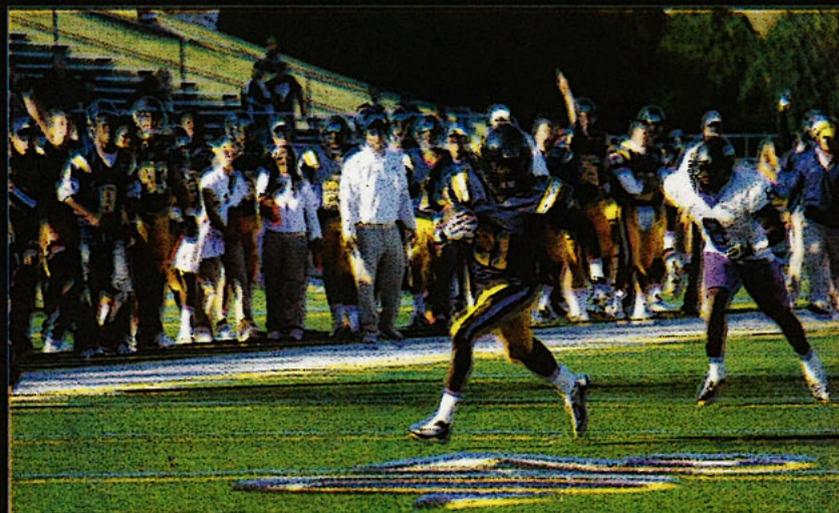
VISTA SPORTS



FOOTBALL IS BACK

Football officially comes back for the University of Central Oklahoma as we open the 2014-15 campaign on the road against the Pittsburg State Gorillas. Vista Sports writer Austin Littrell goes inside the team and explores what the 'Chos need to improve on this season to find success on the field.

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VOLLEYBALL SET TO START REGULAR SEASON

With the exhibition games out of the way yesterday, UCO Volleyball looks ahead to tomorrow and the start of the regular season. Vista Sports Contributing Writer Jazzmine Pride looks ahead to the Bronchos opening weekend and what to expect from this season.

Page 15

What to watch for this football season



Austin Litterell

@AustinLitterell

The University of Central Oklahoma football team finally starts its season on Thursday night. The Bronchos travel to Kansas to face the Tigers of Fort Hays State. This is the first time the two teams have played as MIAA foes, and UCO leads the series six-to-one. The Bronchos have question marks where they must improve or find answers if they want to succeed.

1. Turnovers

If the Bronchos want to improve on their 2-8 record from the past two seasons, they will have to cut down on the turnovers and force. The Bronchos were next-to-last in the conference, with a minus-12 turnover margin. It goes both ways for UCO. The offense cannot turn the ball and put the defense in bad positions. That is one of the reasons why the defense struggled in 2013. Also, the defense has to take the ball away more. The defense, as a whole, only had four interceptions last season.

2. Kick-Off Coverage

It will be interesting to see how improved the kickoff team is this season. Opponents averaged 34 yards per return against the coverage last season. Long returns also put the defense in bad position by giving other teams a short field to work with.

3. Quarterback Play

The quarterback was not necessarily bad last season; in fact,

he was quite good, besides the turnovers. With no Adrian Nelson returning, it was an open competition in the off-season. Redshirt freshman Chas Stallard will take the reigns this season for the Bronchos. Stallard is a good fit for this system and has a year on the sideline under his belt. Actual game situations, though, are different than standing on the sidelines, so nerves could be a factor, at least in the first game. Stallard will need to protect the ball better than quarterbacks of the past. UCO has thrown 28 interceptions in the past two seasons.

4. Running Backs

Who will replace Joshua Birmingham? That is a question that coaches have been trying to figure out. Drew Gandara looks to be the guy, after seeing some time in 2013 as a freshman. Gandara rushed for 351 yards on 61 carries in 2013. Other backs to watch out for are Clay McKenzie and Bryan Williams.

5. Defense

It's no secret that the defense had its issues last season. It's hard to give up over 40 points per game and win. Depth became a serious issue as the season went on, partly because of injuries. The defense has more depth this year, with redshirts being eligible to play this season. The defense will need help from the offense and special teams this year in hopes of improvement.

These are just some things to be on the look for with UCO football. If they can find answers at quarterback and running back, as well as improve in the other areas, an improvement in the win column could happen.



UCO '11 wide receiver Dante Lipscomb runs past the defenders and towards the endzone in this October 1 game from the 2011 season against East Central University. Photo from The Vista Archives.



UCO '13 running back Joshua Birmingham runs through a defender's arm-tackle during this September 14 game from last season. Photo by Cyn Sheng, The Vista.

Volleyball opens regular season tomorrow



Jazzmine Pride

@OnlyRock_Retros

Contributing Writer

The University of Central Oklahoma (UCO) volleyball team will be traveling to Arkadelphia, Arkansas this weekend to compete in the Henderson State Classic. They will be facing Union State on Friday, Sept. 5 at 2 p.m.

The Union Bulldogs finished 11-24 overall last season, going 4-14 in conference play. They have 6 starters returning this upcoming season. Lydia Wright a 5-8 Sr. led her team last season, while making the NCAA All-Region team. She played in 129 sets and had a recorded 105 kills, 883 assists, 48 aces, 311 digs and 37 blocks. Other players for the bulldogs to look out for are Deja Moorer a sophomore from Ohio, who also made the NCAA All-Region team, Kirstin Cook and Abby Wainwright. The Bulldogs will kick off their season against Southeastern Oklahoma State University in the Henderson State Classic.

The Lady Bronchos will take on the home team in the tournament at 6 p.m. The Henderson Reddies don't seem to be much of a

treat by the looks of last season's stats. The Reddies finished off the season last year with a record of 4-24. They won a total of zero games in conference play. Losing their two leading players, Katrina Goulbourne and Sarah Williams, the Reddies are looking at three freshmen to pick up the pieces. Jaylan Luster, Alexa Oestmann and Kylie Pyles were all great players coming out of high school, each one made either an All-Conference team or an All-District team. The Lady Reddies will start their season against McMury University in their own gym at 2 p.m.

As the Lady Bronchos continue their season, they will play Southeastern State University, who went 13-18 overall and 7-7 in conference play last season. They will also take on the McMurry War Hawks on Saturday, Sept. 6 in the Henderson tournament, as well. The War Hawks are currently 3-1 for the season. With two games under their belt, the Bronchos should have some momentum and come out of this tournament victorious.

UCO '13 Sophomore Tyler Gromann jumps up to spike the ball in this photo from last season. Photo by Alike Dyer, The Vista.



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