

# the VISTA

August Vol. 113 Issue 2

From then to now: Welcome back!

News on Campus..... *Section A*  
Life in Edmond..... *Section B*  
Vista Sports..... *Section C*  
Health & Fitness..... *Section D*

# STAFF

## NAME AND POSITION

Teddy Burch	Advisor	Brandi Melton	Photographer
Alex Brown	Editor-in-Chief	Eriech Tapia	Reporter
Queila Omena	Managing Editor	Adam Ropp	Reporter
Daltyn Moeckel	Design Editor	Ariana Muse	Reporter
Bradley Jayroe	Sports Editor	Jake Stacy	Reporter
Ryan Naeve	Photo Editor	Joshua Palmer	Sports Reporter
Cooper Billington	Photographer	Emily Howsden	Sports Reporter



A City of Edmond fire truck sits outside of the new dorm while firefighters oversee construction. The grand opening of the Quad was Friday, August 7. Photo by Ryan Naeve, The Vista.

# CONTENTS

## SECTION A

Back to School.....	3-9	Campus Oasis.....	12-13
Editorial.....	10	Meet the Editors.....	14
Campus News.....	15-22		

## ON THE COVERS

On our first monthly Back to School issue since the early 1900's, The Vista Staff wanted to welcome back our bronchos with a uniform, inspirational message: growing with the University of Central Oklahoma. On the covers of all of the sections, we show the progression of our campus with a peek of what used to be.

### Advertise with the Vista:

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

Email your questions to:

[ucovista.advertising@gmail.com](mailto:ucovista.advertising@gmail.com)

The Vista is published as a newspaper and public forum by UCO students, monthly during the academic year except exam and holiday periods 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).



A new sidewalk has been built on the East side of the Communications building. Before the sidewalk was put in place, the grass was worn down from the heavy foot traffic. Photo by Ryan Naeve, The Vista.



UNIVERSITY OF CENTRAL OKLAHOMA

## Office of the President

Good Monday to all of you,

I hope this letter finds you fully engaged in a memorable summer. I know from your messages that many of you have journeyed far from Edmond and also have spent productive and refreshing days closer to home. We are eager to welcome you in August.

Recently the Legislature, the State Regents for Higher Education and the Regents of the Regional University System of Oklahoma approved a budget for the University of Central Oklahoma that is 3.5% less than last fiscal year. Correspondingly, we have made adjustments in this year's budget to pay mandatory cost increases necessary for conducting business. Our efforts to operate efficiently and effectively will grow in importance.

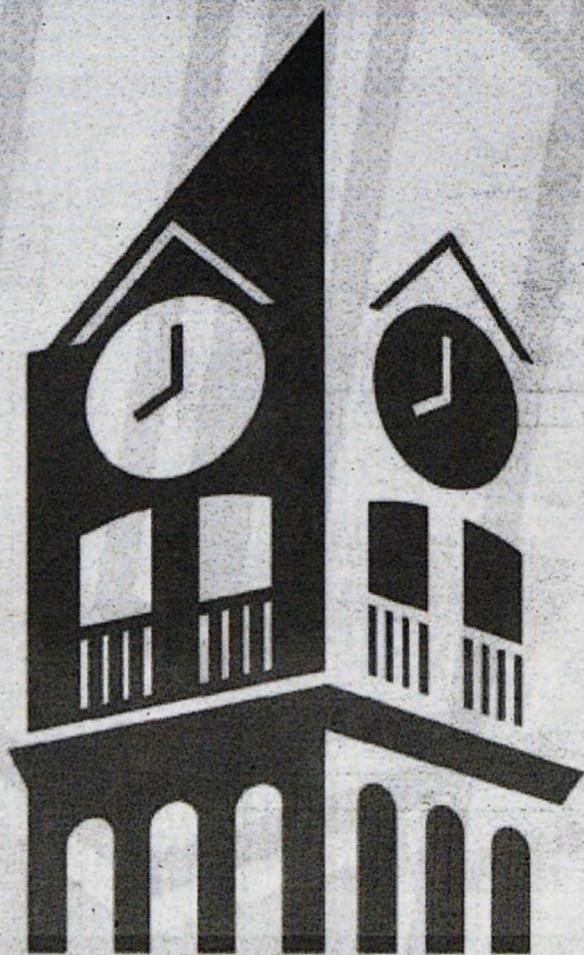
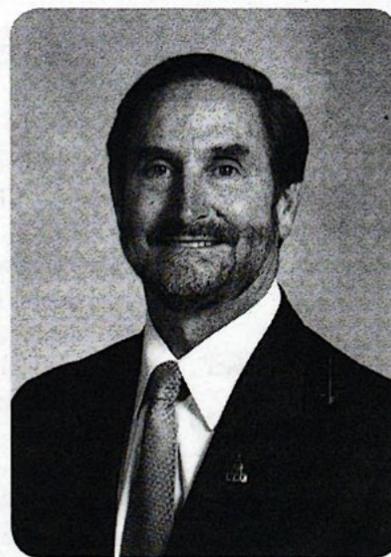
To address this deficit in funding, we have made the extremely difficult decision to increase tuition and mandatory fees by 5.0%. This increase will mean that beginning in the fall 2015 semester, a typical UCO student will pay \$9.65 more per credit hour, or \$1.81 more per semester day when compared to last semester. Also, we will be able to fund maintenance and remodeling of some of our existing facilities to accommodate the demands of today's students.

The impact of any increase is significant to you, our students, and we acknowledge that effect by renewing our commitment each year to providing a transformative learning experience to all who join our learning community.

We are ever mindful of the sacrifices many of our students and families must make to fund a college education. It is a major investment, and UCO is committed to ensuring a quality experience. Based on the quality of our faculty and staff who put educating students first, I am confident that the Central experience will be recognized as a sound investment.

As we continue to celebrate UCO's 125th year of service, I ask you to join me and the rest of the UCO community on our collaborative quest to create and sustain the climate of transformative learning here at the University of Central Oklahoma. We are here for you; you, each of you, are the face, mind and heart of our beloved university.

Take Care,



# UCO@125

## UCO opens new dorm:

## THE QUAD



Eriech Tapia

Reporter

The newest and single largest construction project to date at the University of Central Oklahoma was unveiled to the public right before students moved in, though student opinions came on move-in day.

"I had a vision of what it would look like here at the Quads," said Maci Montgomery, Freshman at UC. "But my vision was not as good as this place actually is in person."

Students began by receiving their keys on move-in day and they were able to become the first group of students to call The Quad home, with 220 rooms in all.

"I think that UCO is really growing and we really needed more housing that is right on campus," said Hailey Heltzel, volunteer at Quad, "Central Plaza was ok, but it was off campus."

The new building includes everything that students would find at home, including a full-size kitchen, washers and dryers, and even a piano for students.

"It's ours, because there has never

been anybody in here before and there is just so much to do inside this building," said Ashley Christensen, UCO student at The Quad.

The Quad will also include several classrooms on the West side of the building, including a secondary Tutoring Central location for students in The Quad to use without having to leave the building.

"I feel like everything is much more put together than other dorms and there is a purpose to how it is set up," said Katie Richard, Junior at UCO.

The communal living arrangements are meant to encourage students to get to know one another with the study area and the 12 social lounges.

"Today it's bricks and mortar and technology and planning and hard work — and tomorrow it becomes a community. It comes alive with the energy and excitement and individual opportunities that will be possible for 440 of our students," said Don Betz, UCO president.

*(Right) President Don Betz cuts the ribbon at the entrance to the Quad. The ceremony was held on Friday, August 7. Photo by Ryan Naeve, The Vista.*

*(Below) A group of volunteers greet and hand out water to guests at the Quad ribbon cutting ceremony. The ceremony was held outside on Friday, August 7 when the temperature reached a high of 102 degrees Fahrenheit. Photo by Cooper Billington, The Vista.*

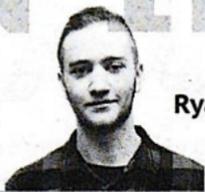


# AN INSIDE LOOK



Cooper Billington

Photographer



Ryan Naeve

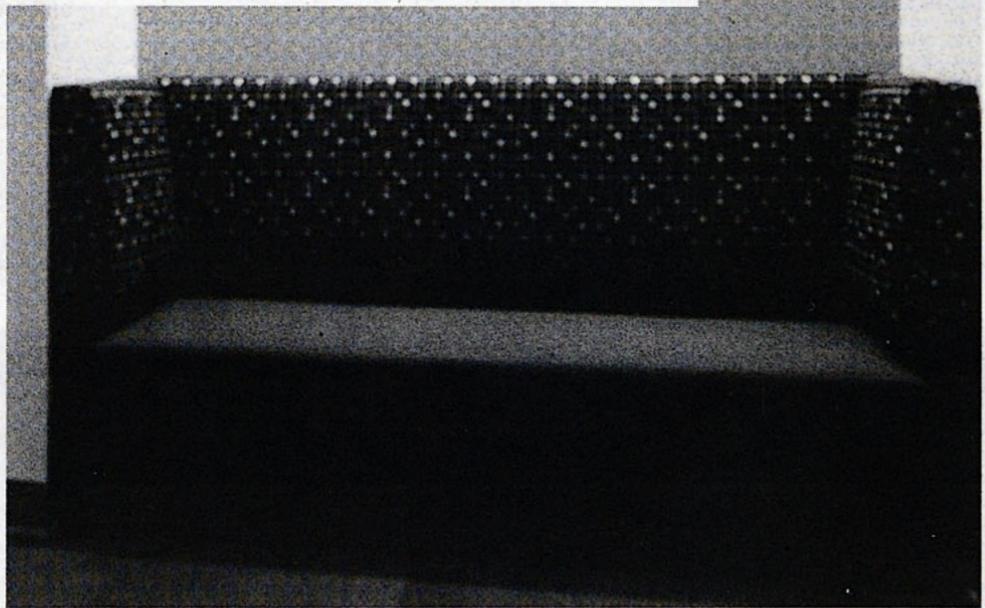
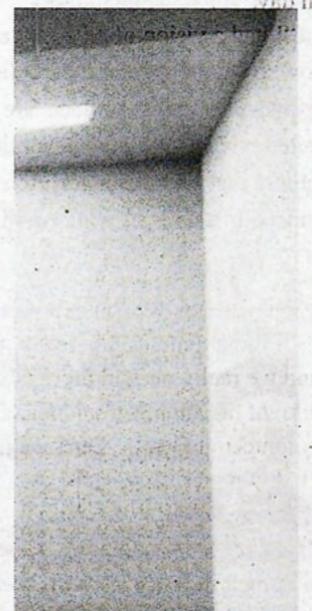
Photo Editor



*(Above) Tours of the new dorm were given after the ceremony. Guests were able to see the new bathrooms, which will be shared by a pod, or five rooms. Photo by Ryan Naeve, The Vista.*

*(Right) The new co-ed dorm has zig-zag shaped hallways, so that inhabitants will have more privacy when moving from their room to a bathroom. There are also couches and chairs in the hallways so students will have a place to sit and socialize. Photo by Ryan Naeve, The Vista.*

*(Below) The Quad has a large courtyard visible from most parts of the building. The new dorm is the biggest construction project ever at UCO, and it will house 440 students. Photo by Ryan Naeve, The Vista.*



# Stretching your budget: tips from The Vista staff



**Alex Brown**  
@ Aymae\_baybay

Editor-in-Chief

Whether you're an incoming freshman or a senior, there is one thing we all know to be universally true: college is expensive and most students are on a limited budget. With the new tuition increase that President Don Betz announced in a college-wide email, some

of you will probably be struggling to made every penny count. Besides the normal "cut out spending on all of your wants and save your money for your needs," the Vista staff had other ideas to save money.

"I switched from eating fast food to eating at home more often. You spend less money, and most of the time it's way healthier than eating out too. I try to bring my lunch or snacks from home to work because it's cheaper than buying something everyday. I also go to the Vietnamese market or

Farmer's market by my house to buy veggies such as zucchini, squash, onions, bell peppers, and fruits too because they are half the price of the same thing you would find at places like Crest and Sprouts. They usually taste better too."



**Cooper Billington**

Photographer

"I started out by cutting off my Starbucks runs and grinding my own coffee at home, and using a French Press. This helps me stretch out my coffee throughout the month. Also with food, I will only

go out to eat once a week to treat myself as a reward. I found that white rice is affordable and filling, and you can mix it with pretty much anything; you can eat that for breakfast, lunch and dinner."



**Daltyn Moeckel**

Design Editor

"Over my past three years of being a poor college student, I have compiled a list of local restaurants that have decently sized options for low prices. The first of those is Pei Wei. You can order a side of their noodles, with any sauce, for less than \$2. Big Heads also has some affordable, yet filling options. When you go in, order a cup of their Jambalaya, Gumbo or Red Beans and Rice for under \$5. They also have a student discount on any

purchase, just show them your student ID at checkout. A third option is Pita Pit. You can order one of their kid's sandwiches for \$3 or less. I recommend going through the drive thru when ordering a kid's meal. Some places won't allow you to order one inside if you are over twelve years old. There are ways around spending too much money on lunch, you just have to explore all the options."



Ramen noodles are a staple of college life. They are a tasty, filling, wallet-friendly meal that can be prepared dozens of different ways. Photo by Cooper Billington, The Vista.



**Queila Omena**  
@ queilaomena

Managing Editor

"I started writing down my expenses. That way I can plan for the weeks ahead and spread my money. I can also save money and avoid buying snacks and drinks, because it's not in the budget that I planned out for that week. Don't spend what do you don't have. I used to go out with my friends, and seeing them spend so much more often lead me to spend my savings. You don't have to spend as much as your friends. I try not to

go out as much, and by doing so, I can invest my time in reading books and doing fun things without having to spend all my money on a weekend out. There are plenty of activities that are cheap but also entertaining. You can go to a dollar movie theater, bring your own snacks and drinks and have fun while you spend next to nothing. Being broke can make you very creative too."



**Ryan Naeve**  
@ itwasryan

Photo Editor

"I try to budget how much money I spend on 'fun stuff' every week. I'll set aside some money to spend on hobbies like skating or buying records. Then I only spend a certain

amount when I hang out with friends. And all the rest of my paycheck goes towards buying important adult stuff."



**Brandi Melton**

Photographer

"I use Netflix and Hulu instead of paying for cable where most of the channels go unwatched. Overall it saves me about \$40- \$60 a month. The price for Netflix is only \$7.99."



**Erlech Tapia**

Reporter

"Saving money from every pay check is always a good idea. What I do is have so much of my pay check go into a savings account and I never have to do anything, it is all automatic."

**Serli Rumbiak: Ad Sales Rep**

"I currently have one saving account and one checking account at my bank. I put a set amount of money every month in my checking account and put the rest in my saving account. The money on my checking account is my spending money; I use this for entertainment,

food, and other daily spendings. My saving account is strictly for paying rent, utilities, and other bills. And If I have extra money left from either account, I just put it on my saving so I don't get tempted to use it. So, limiting myself to access the money on my saving account really help me save money."



Ditching cable and only watching Netflix is a great money saver. Finding a cable plan under \$50 can be tricky, but Netflix only costs \$9 per month. Photo by Ryan Naeve, The Vista.

# It's time for a new school semester

# WELCOME BACK!



Adam Ropp

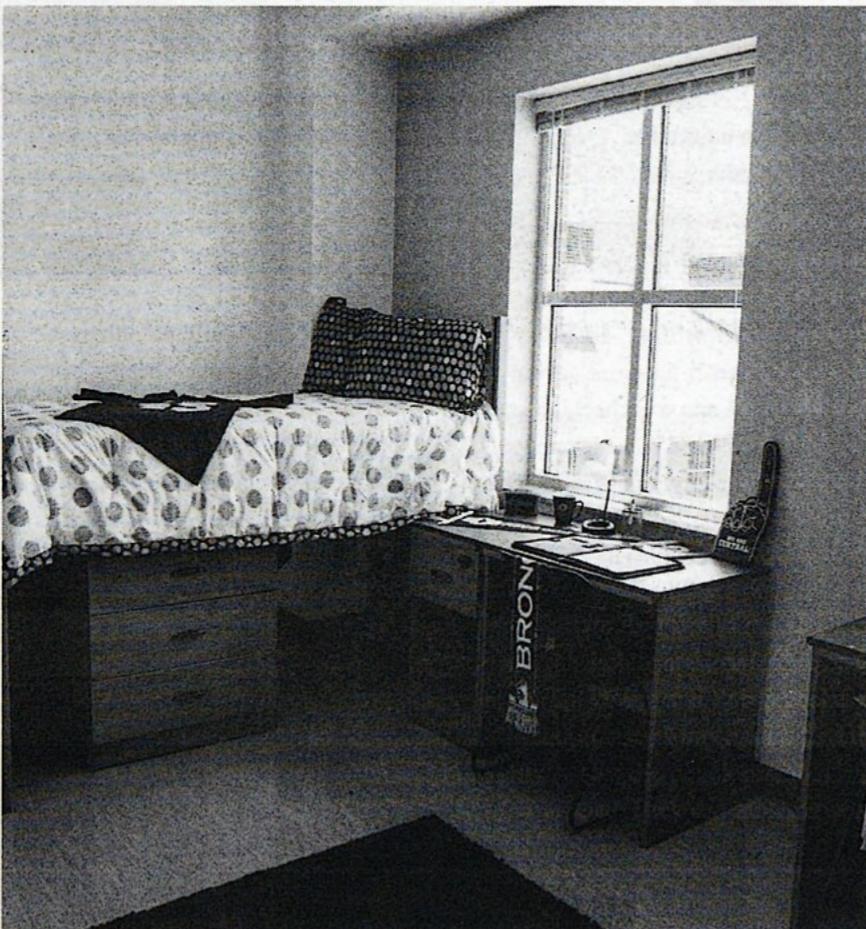
Reporter

If you're an incoming freshman you've probably received advice from your parents, college movies, and the university recruitment office about how fun and amazing the college experience will be.

In this article I'm going to tell you

the truth.

You've probably heard by now "These are the best four years of your life." What people don't tell you is that it's also the worst. College is a series of ups and downs, sometimes even in the same day.



Many students move into dorms such as this one when they start college. On-campus students usually get homesick at some point. Photo by Ryan Naeve, The Vista.

### 1) You're going to change.

The religious turn to atheism and atheists turn to religion, that's how it goes.

This is the first time you've really ventured from home and who you thought you were is going to evolve

whether you like it or not.

You could still be the same person in a sense, but by the time you graduate you will be using a different life compass than the one you came in with as a freshman.

### 2) Homesick happens.

You have lived in the same place for almost two decades so just accept the fact that you will miss home to some degree. It doesn't hit right away and will usually occur about a month after school starts.

During my freshman year, even the most macho of guys went home every weekend to their old lives. In fact, my first roommate missed home so much

that he only made it that first semester before transferring to a local community college back in his hometown.

Although it's cliché in all the University brochures and orientation classes that you need to meet people, it happens to be true in this case. Gaining the right new friends and getting involved in a fitting organization will soon break you out of being homesick.

### 3) Get involved... the right way.

"You need to get involved," "you need to meet people," "you need to join activities."

You're probably sick of hearing these phrases by now, but what many of these campus activities actually feel like is a church lock-in with free hot dogs that's attended by aviator-wearing frat boys and activity leaders who are only engaging in conversation with you because they have to.

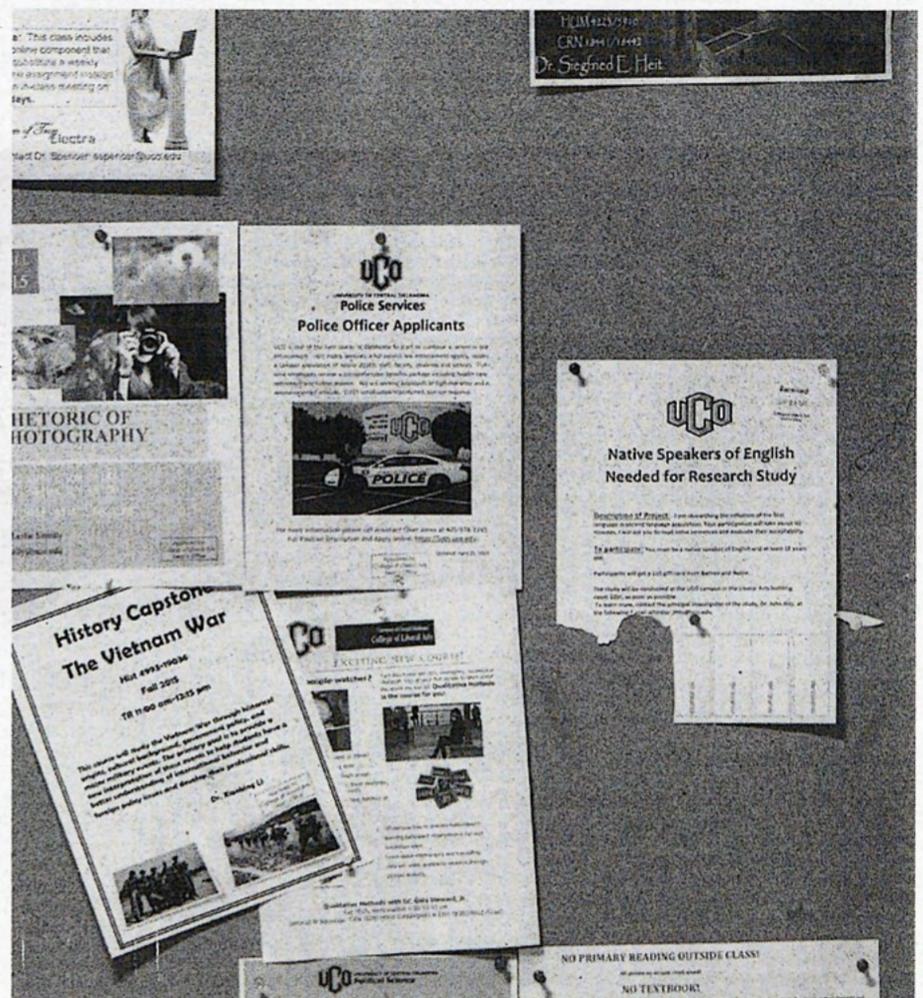
These activities are supposed to make you feel welcome, but can almost make you miss home even more, which is why it's important to

get involved, but in the right way.

Finding an activity doesn't always mean in the conventional sense of joining an official organization as it does finding people on campus that share similar interests.

Going to a conventional group party is okay, just don't feel like you have to attend a function that you're not comfortable with.

The best thing I ever did was I stopped going to all the campus cookouts with Bud Lite Lime and started hanging out with people in my video classes who shared the same interest in film.



A lot of the fun in college comes from being involved in various clubs and activities. Learning about clubs is as easy as finding a bulletin board such as this one in the Liberal Arts building. Photo by Ryan Naeve, The Vista.

**4) Getting organized:**

You've heard that in college you'll need to start being responsible for yourself, and although that's good advice, it's hard to get on a schedule after years of your mom doing it for you.

What I found to help keep me organized was having the repetitive order of a part-time job,

which forced me to have time-management throughout the day.

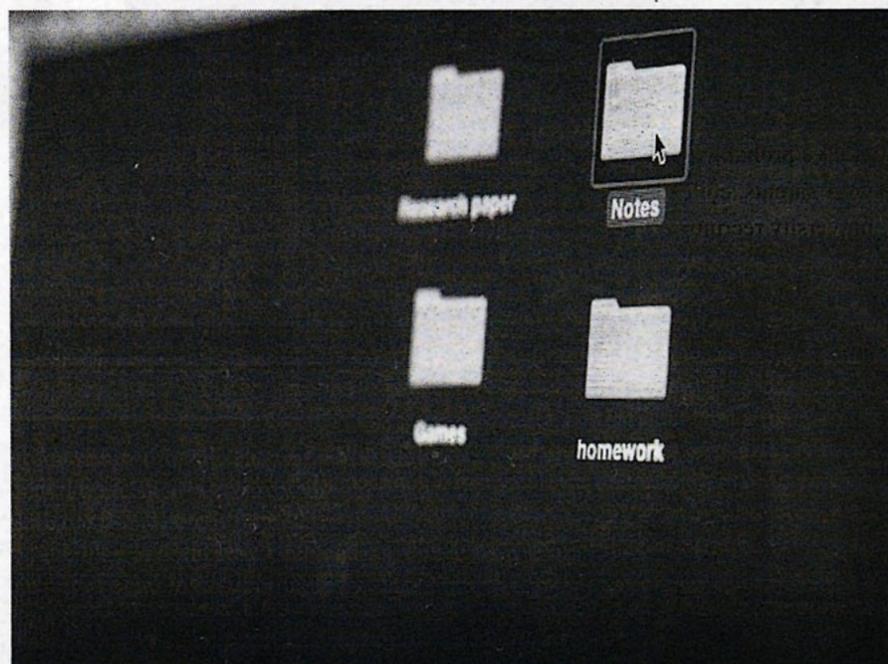
Many people suggest using a calendar to have your day planned out to the rigorous minute, but to me it was never a realistic idea between friends, class projects, a job and campus activities.

What you mainly need to worry about, as far as

organizing, is setting your phone alarm for class times, meetings and homework deadlines not the specific minute you're supposed to sit and think for 15 minutes about the meaning of life on a campus bench.



College is arguably the part of people's lives which they go through the most changes. The religious may become atheist, the fit may become out of shape, and the successful may fail. Photo by Ryan Naeve, The Vista.



Juggling work, classes, a social life, and other problems can be extremely difficult. Becoming organized can make or break someone's college career. Photo by Ryan Naeve, The Vista.

**5) Going to class**

There are two polar opposites on this issue. One side says that you never really need to go to class while the other side says that you need to go all the time so you can grow those big brain muscles.

The truth is that you should go to class as much as you can, not to be a good little girl or boy scout, but because many professors will drop your letter grades for missing too many days or give bonus points to students who attend on random days.

You think to yourself that professors will tell us how many days we can miss so as long as I stay within the limit I'm okay, but what nobody tells you is that many professors will hold it against you or in your favor regardless.

**Random Adam Advice**

Your college diploma will not be a magic ticket to a wonderful career, however, building professional relationships will and this not only pertains to students, but professors as well.

If you sign up for classes as soon as possible you'll be set to graduate while your friends will have to do an extra semester because they couldn't get into a required class.

Always save your files on Google Drive, Dropbox or a thumb drive. I can't tell you how many times I had to re-write an eight page report due to a random computer freeze or crash.

Finally, getting a tutor does not make you look dumb-- not getting one when you need help does.

All of the freedom that comes with college life can be overwhelming. Many students fail classes because the days that they skip here and there eventually add up. Photo by Ryan Naeve, The Vista.



# Life-threatening Selfies



Quella Omena  
@ quellaomena

Managing Editor

Getting together with your friends, focusing on a tiny screen and recording a memory for life is what this generation is about.

Selfies are the new trend, and they are here to stay.

For those who don't know, selfies are photographs that someone had taken of their self, typically with a smartphone or webcam. They are often shared in social media with the intention of receiving a lot of encouragement and likes.

If you want to get popular, taking selfies might be the right way to do just that. Can selfies be dangerous?

Teens are getting more creative when it comes to art and photos, and they are looking for unique places to capture the right photos.

Tragedy is happening and we need to aware that these teens to find safer locations for photos.

In May, a Romanian teenager burst into flames after accidentally touching a live wire while attempting to get an incredible selfie on the roof of a train.

Her friend, Anna Urse, 18, said it was all a plan to get the perfect photo for her Facebook account. According to Urse, she was laying on top of a train when one of her legs got stuck in the air, and an electrical field surrounding the overhead cables sent 27,000 volts zapping through her body.

The teenager died in the hospital with burns to 50 percent of her body.

"Some selfies are increasingly cutting lives short. The number of accidents while people were taking selfies has been growing constantly. People are looking for new perspectives and unforgettable places; they are taking risks and they are forgetting that great photos can be done

in a safe environment," said the Russian's Interior Ministry.

Xenia Ignatyeva, 18, a keen amateur photographer, had a great passion for taking pictures of herself with a camera she bought at the end of 2013. But little did she know, her passion was leading her to a fatal accident.

The teen plunged 30 feet to her death as she climbed onto a railway bridge for a selfie, and was electrocuted as she tried to grab live wires.

When you think it can't get worse, it does. Unfortunately these are not the only stories of selfies that led to untimely deaths.

A bride-to-be was killed in a fatal car accident after taking a selfie on the way to her bachelorette party, a woman fell to her death while taking selfies on a first date and a teen died after falling from the bathroom door while attempting to take a photo for the #SelfieOlympics.

We need to speak wisdom for teens that are willing to do anything to have fun. We understand teenagers, we have been there, but risking your life for a photo isn't the way to go.

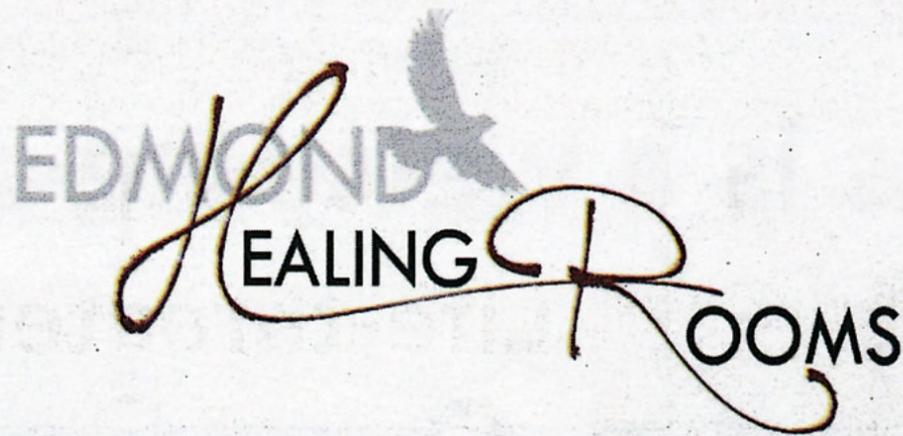
Some selfie lovers say that if there's no risk, there's no champagne. They promote dangerous actions and the great reward for it, some saying they are willing to do that in order to gain attention, reported CNN Kellie Morgan.

Be more cautious of your actions. Your life has more value than a simple photo.

Please avoid: Selfies with wild animals, portraits from high buildings, photos taken from cliff edges and selfies with moving trains.

Don't let that incredible photo be the last memory you ever make.

*Two girls pose for a selfie with each other. While selfie's are fun, it's important to be aware of your surroundings as to avoid any freak accidents. Photo by Ryan Naeve, The Vista.*



## Do You Need A Miracle?

### Serving People.....

*Are you struggling with weariness or depression?*

*Do you have restless nights due to chronic pain or anxiety?*

*Are you fearful of circumstances around you?*

*Do you suffer from an illness or injury that does not get better?*

*Do you suffer with conditions that doctors can't figure out what is wrong?*

*Are you searching for peace, but can't seem to find it?*

*Are you tired of life - have you lost your happiness or joy?*

*Are you contemplating giving up?*

**Edmond Healing Rooms (EHR) is an interdenominational ministry dedicated to praying with those in need of healing in the physical, emotional, and spiritual areas of their lives. Miracles are for today!**

You will find compassionate people to encourage you and help you connect to God's amazing plan for your life - abundant life, healing, & truth that sets you free!

**"...they will lay hands on the sick, and they will recover." Mark 16:18**

We are excited about what God is doing this hour around the world. There is no price too great to be part of it; our cry is -

**"Manifest Your Glory, Lord!"**

**Open Every Saturday 10:00 am - 12 Noon**

**SCA- West Entrance**

1600 SE 15th Street Edmond, OK 73013

**Call for Appointment OR Walk-ins Welcome!**

**Phone: 405-615-8647**

**Fax: 405-341-5503**

If you would like to serve in this interdenominational ministry please contact:  
Rev. Jo McGuffin EHR Director by calling 405.615.8647

# Campus is a welcome oasis



**Robby Harris**  
@robby\_uco

Contributing Writer

Each semester brings a lot of reading, writing and assignments. Sometimes the classroom or dorm just doesn't cut it, and it's time to set off to different spots to catch up on required reading, to prepare notes, study for that upcoming exam or to simply kick back, relax and listen to music.

Here are some of my favorite places to get away on campus. Whether it's a 15 minute break between classes or a late night study marathon, most of these places offer a break from the norm.

## Fountain in front of Old North Tower:

An icon of UCO, the Old North Tower boasts a beautiful clock that we've all heard chiming on our way to our next class. On the west side of the tower lays a large rock fountain.

I've sat on the ledges many times and felt the calming effects of the bubbling water. It looks even cooler in the winter when it freezes over. Did you know that the Old North Tower was featured in the 2014 movie *Rudderless*?



### Nigh University Express Food Court:

This may seem like an obvious choice, and that's exactly why it resides at the top of the list. The Nigh University Express Food Court is a vibrant hub of the University of Central Oklahoma campus, often packed with students.

The Food Court is conveniently located right in the center of campus. There is always a place to sit, even during peak, lunch-time rushes and there are plenty of places to charge your laptop or phone.

It may not be the best place to study, but the food court serves as a great place to socialize. Did I mention that there are plenty of food options to choose from like Chick-Fil-A Express, Flatire Burgers, Fire and Rice, Quiznos and more?

Hours are Monday through Thursday 7:30 a.m. to 7:30 p.m., and Friday 7:30 a.m. to 3 p.m. Restaurant hours may vary.



### Second Floor of the Library:

UCO's library can be a busy place. However, the second floor, especially the northeast section, can be a very quiet, calm place to study.

I have used this facility to catch up on reading, and I've also been to class meetings there, where the provided tables and chairs serve as a perfect place for discussion and planning.

If I'm a little sleepy, I have even put on my favorite relaxing Spotify playlist and taken a quick nap in the library's comfy chairs--even though it may or may not be allowed.



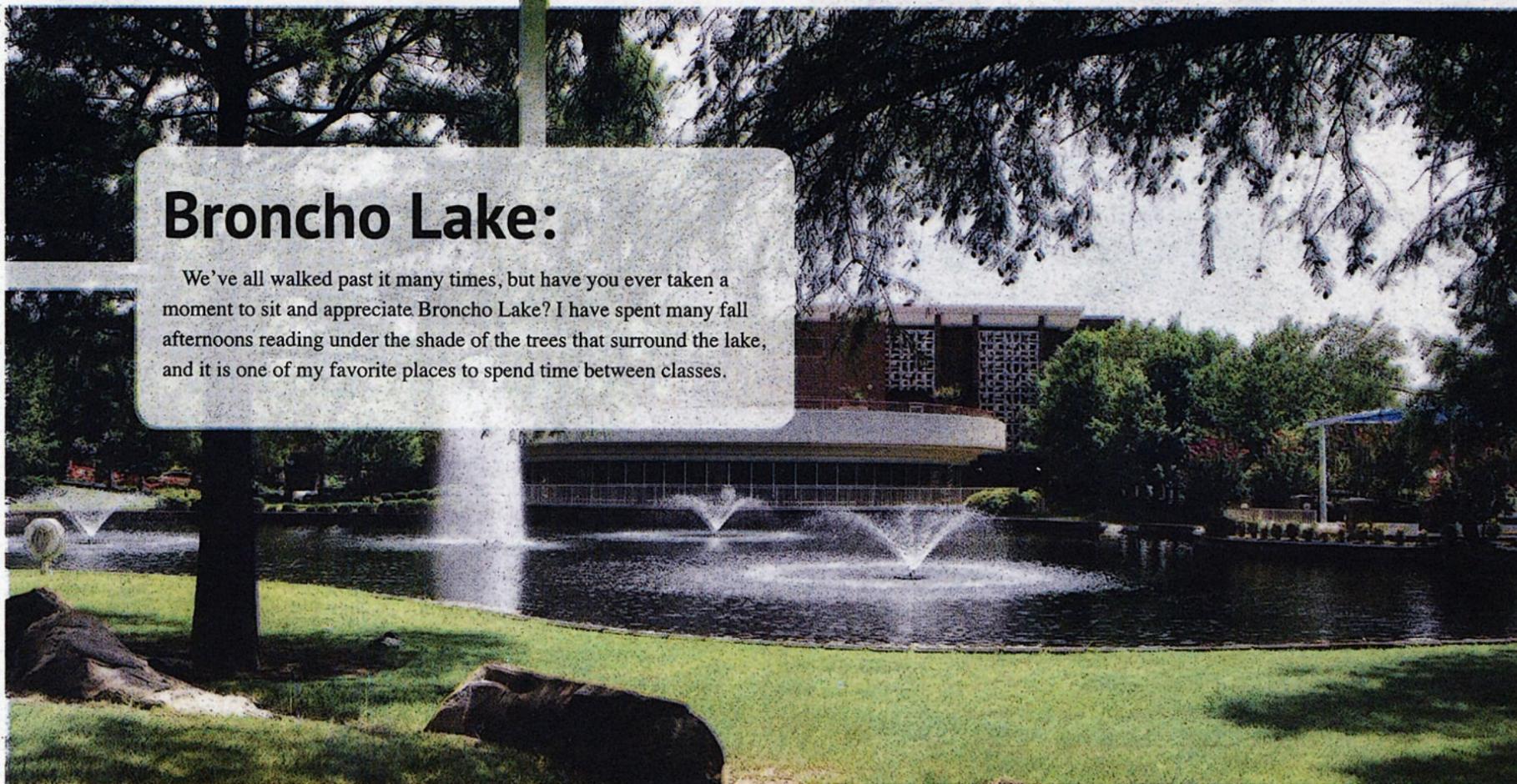
### Buddy's:

A place that is a little further from the center of campus, Buddy's is a dining experience that features self-serve, all you can eat choices including a salad bar, Trattoria brick oven pizzas and pastas, as well as Central Stir Fry and Bakers Crust Desserts.

It's usually a bit quieter than the Night University Food Court, and offers a nice, cool place to eat and study. Buddy's is open Monday through Friday 7:30 a.m. to 7:30 p.m. and Saturday through Sunday 11 a.m. to 6 p.m.

### Broncho Lake:

We've all walked past it many times, but have you ever taken a moment to sit and appreciate Broncho Lake? I have spent many fall afternoons reading under the shade of the trees that surround the lake, and it is one of my favorite places to spend time between classes.



# ↓ Meet the Editors ↓



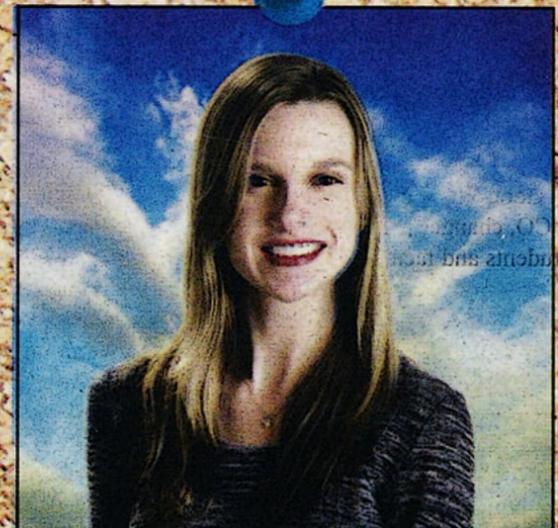
**Alex Brown**  
*Editor-in-Chief*

I have a passion for reading and writing, as well as an approximate knowledge of useless trivia-- did you know a group of pugs is called a grumble? Anyway, I decided to use my three talents to try to pursue a career in writing and, somehow, I landed the Editor-in-Chief position here at The Vista. The Vista team always tries to reach out to our readers, so if you see me out and about, please feel free to stop and say hi-- unless it's the morning; you'll need to approach cautiously since I may or may not have had caffeine by then.



**Queila Omena**  
*Managing Editor*

My passion for journalism brought me to UCO, and my passion for newspapers brought me to The Vista. I'm a Brazilian, that loves to share my happiness and silliness with everyone around me. Being the Managing Editor brought gratitude into my life, and made me a better person in general. My plan after graduation is to write books about self-esteem and confidence. No matter what is happening in your life, shine your light, and be proud to be where you are.



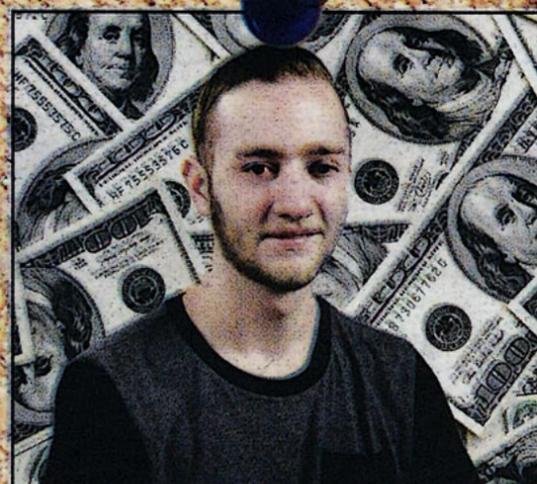
**Daltyn Moeckel**  
*Design Editor*

As the Design Editor for the Vista, I strive to create unique, clean and readable layouts. I am a senior in the Graphic Design program and will be graduating in the spring. Aside from school, I enjoy dancing. I have been a dancer since I was three years old. After graduation, I hope to work with layouts and photography. I also plan to learn ballroom dance in my free time. Even though it's tough to find the time to dance between college classes, I try to sneak in a class or two when I can.



**Brad Jayroe**  
*Sports Editor*

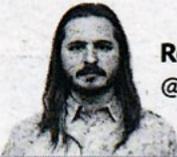
I've always had a love for sports, and I've always enjoyed writing. I decided to put both things together a few months ago and here I am. My goals covering sports are to keep people informed, spark debates, and ignite discussion. I also aim to relay sports figures' stories to the public, doing my due diligence when it comes to accuracy and depth. There are some amazing people out there and I want to do their stories justice. I'm always up to discuss sports, so if you see me around let's talk about your favorite team or athlete.



**Ryan Naeve**  
*Photo Editor*

I'm a pro media major starting my sophomore year here at UCO. I'm not sure how I landed such a sweet gig so early in my college career, but I love working for the Vista and I plan on sticking around for a while. My fellow photographers and I are very passionate about taking photos, and we try our best to get quality pictures to run with the great stories in this newspaper. I'm excited for another school year with this awesome staff. If you ever see me around campus taking pictures, don't be afraid to say hi, ladies.

# Network upgrades around campus



**Robby Harris**  
@ Robby\_uco

Contributing Writer

Good Wi-Fi is hard to find. But for UCO, changes are happening to keep students and faculty on the cutting edge of speed and convenience.

UCO is in the process of a multi-million dollar upgrade that will help students and faculty across campus. The new network will include the latest in wireless technology from Cisco, an industry leader in wired and wireless network equipment.

The upgrade promises to provide faster speed, better roaming and more device management.

"Speeds from our ISP and to buildings will increase from 1 GB to 10 GB with the ability to increase to 100 GB in 3-5 years following completion of the project," said Cynthia Rolfe, Ed. D., Ph. D., vice president for Information

Technology of UCO when asked about the upgrades.

"We are replacing the fiber in the ground, adding a second fiber connection to every building, changing all network equipment, and migrating to a new [Voice Over Internet Protocol] telephone system. We anticipate upon completion of this \$10M project, wireless connectivity will be easier and transmission speeds faster. We expect devices to stay connected to the wireless network as one traverses campus," she added.

The upgrades are funded in part by the student technology fee and will roll out in stages of the next few months.

"Funding for this project is partially thanks to the Technology Infrastructure Fee students pay with their tuition. Working with student leadership in 2014,

the Student Government Association passed a resolution in support of the fee. We "borrowed" the money to complete the project from the state in the form of a bond. The Office of Information Technology is using part of its budget, combined with all of the fee money, to pay back the bond over a six-year period. This provided the University the evidence of the level of importance the network has to the students," Rolfe explained.

As of May 2015, many buildings across campus have been upgraded to the new, faster wireless network, including the Nigh University Center, the Liberal Arts building, Buddy's Cafeteria, the Commons Apartments and Clubhouse, Central Plaza, Hamilton Field House and more.

As of June, the Mass Communications building and Thatcher Hall were added to the list, among others. The upgrades will continue through September, with the Alumni House and Arcadia Boathouse among the last to receive the upgrade.

"UCO's IT staff is small but mighty. We are able to accomplish a lot with a limited staff, who is loyal, dedicated and competent," Rolfe commented.

Students and faculty may contact the UCO Service Desk by phone at 405-974-2255, at [support@uco.edu](mailto:support@uco.edu) or at the service desk in person.

The UCO Service Desk is located in the northeast corner of the first floor of the Max Chambers' Library. You can get real-time information if you follow @UCO\_Geeks on Twitter or by visiting [www.uco.edu/technology](http://www.uco.edu/technology).

## Learn a new language or increase proficiency!

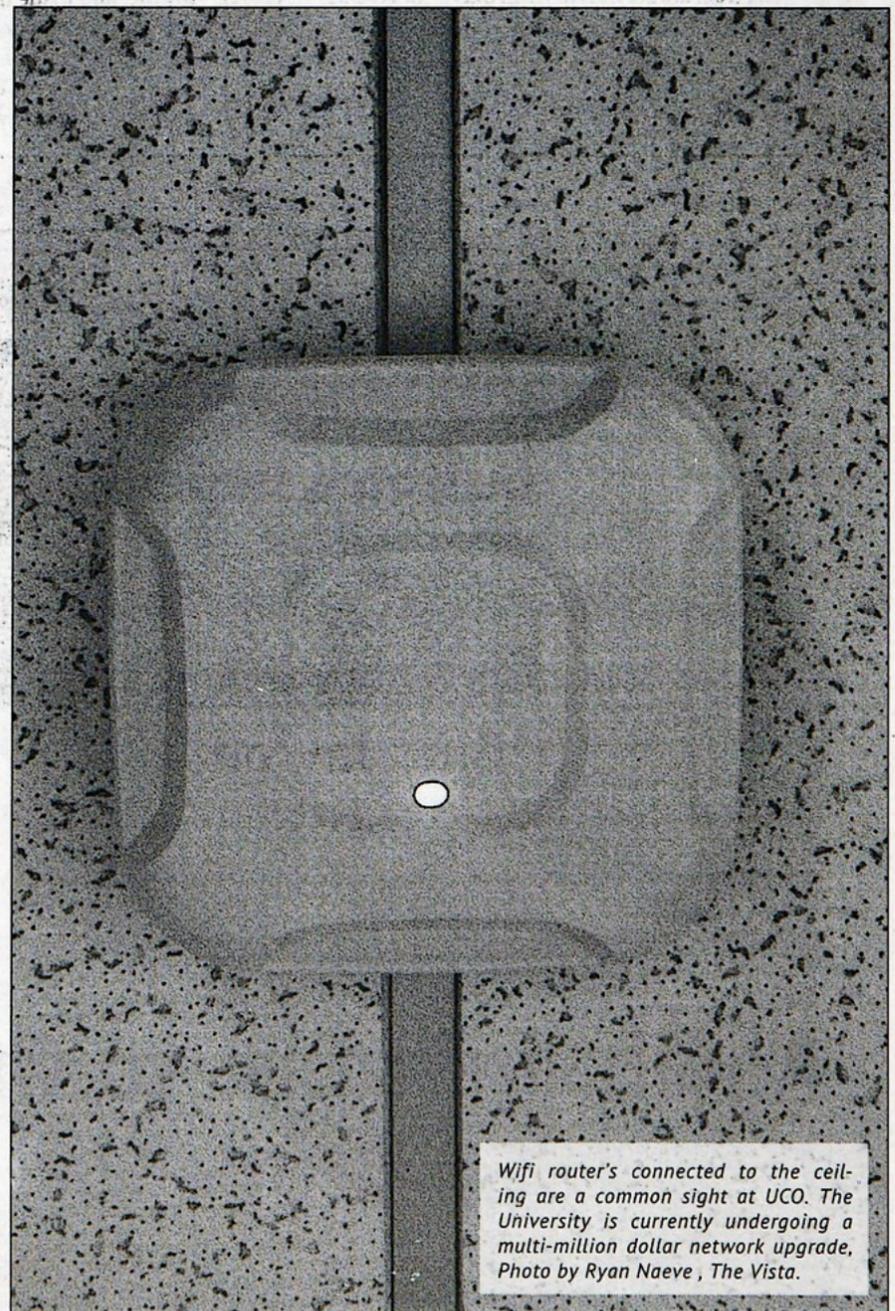
Introducing:  
**Elementary TURKISH!**

Space available in:  
**ARABIC, CHINESE,  
FRENCH, SPANISH,**  
as well as **SANSKRIT  
and BIBLICAL GREEK**

Brought to you by the UCO  
Department of **Modern  
Languages, Literatures, and  
Cultural Studies**

**Look for us at the Organization Fair!**

Phone: 405-974-5647 Office: Thatcher Hall, Room 204  
Email: Dr. Catherine Webster, Department Chair, [cwebster6@uco.edu](mailto:cwebster6@uco.edu)  
Website: [www.uco.edu/la/modernlanguages](http://www.uco.edu/la/modernlanguages)



Wifi routers connected to the ceiling are a common sight at UCO. The University is currently undergoing a multi-million dollar network upgrade. Photo by Ryan Naeve, The Vista.

# Inside Central: relaunching



Katie Towler

Contributing Writer

The Inside Central Blog was first launched in September 2013, and it is now being relaunched. In this blog, University of Central Oklahoma's students, faculty, staff and alumni are welcome to write and submit articles.

Currently there are articles by students who recently graduated, students currently attending and even one by a UCO librarian, about the construction going on inside the library, posted on the website.

By going to the website, the UCO community will see all the latest blogs that have been submitted. Anyone who visits the website will also get the chance to look at blog archives all the way from September 2013 to July 2015.

The website has other features as well; there is a home, gallery and share an idea tabs. There are also categories of articles to choose from such as "Leadership Central," "Student Involvement," "SPB/

Campus Activities," and more.

There are only two requirements that need to be met for blog submissions.

"Obviously blog submissions should relate to UCO and be between 200-300 words," said Phillip Dunford, Social Media and Web Content coordinator at UCO.

Inside Central blog, run by The Office of University Relations, decided to do a relaunch so they could share more news from Central students, faculty and staff while also using other platforms such as press releases, publications and social media.

"The purpose of Inside Central is to share great stories and unique perspectives from the Central community," said Dunford.

Articles can be about anything UCO related. There have been articles such as how a department operates, why a

## de Central

og of the University of Central Oklahoma

ALLERY SHARE AN IDEA LOG IN LOG OUT REGISTER LOST PASSWORD RESE



STUDENT INVOLVEMEN  
CENTRAL, TRANSFORM  
LEARNING

The Total UCO Ex

by Ryan Kolb, Trainl  
Development Specla

I have been working for  
four months now and  
this place is just as an  
work as it was to go to  
student, I ...

We are Central. 1 2 3 Cosmotic Surgery for m

The Inside Central Blog was first launched in 2013. It's a place that students, faculty, and staff can write articles.

student participates on campus, how the grant process works and more.

Personal experiences are often shared on Inside Central, and some even give advice to UCO students. Like one blog, entitled "The Importance of Looking the Part: Confessions of a Reformed "Frat Boy," which is a both personal and gives advice for students.

"I encourage the UCO community to

submit posts to Inside Central, UCO's official blog," said Dunford. "Be creative and have fun. There is so much to share about UCO, and the blog is great way to reach the metro area community and beyond."

Anyone interested should submit their articles by emailing univrel@uco.edu with "blog" in the subject line, for consideration for a future blog post.

*As the fall semester is drawing near, the Kinesiology and Health Studies Department extends a warm welcome to those coming to the University of Central Oklahoma!*

**The KHS Department employs tenets of success, transformative learning, leadership, trust, and compassion through engaging students in classroom settings and community involvement.**

The department is constructed of Physical Education Teacher Education, Community/Public Health, Exercise and Fitness Management, and Outdoor/Community Recreation. Each individual major is founded on exceptional faculty members and an outstanding expectancy of thought and desire to learn.

**Again, welcome to the UCO;  
Go Bronchos!**



# Edmond expands North

Leah Singer

Contributing Writer

As Edmond's population continues to grow so does the city. New plans are currently in the works for developing the northwest corner of Interstate 35 and Covell Road.

Developers are planning to build a Hilton Garden Inn Hotel and city conference center.

The city purchased the 300-acre development site for \$11 million on three corners of the intersection of Covell Road and I-35 in Edmond. The city partnered with the hotel for installment and the city will fully own and manage the conference center.

The remaining part of the 300 acres purchased will be available for further commercial use for installments of other retail sites and restaurants. A huge indoor sports complex and a movie theatre are said to be among those other various sites to be built on the property.

"The hotel and conference center will be in the center of the developing part of the city, so it's a great location and an attractive piece of land. It will be very accessible from Covell Road and the Interstate," said Robert Schiermeyer, Edmond's director of Planning and Zoning.

And due to the city's current lack of hotels and conference centers, Marketing and Public Relations Manager Casey Moore, said that there is a need for the development.

"They did all sorts of studies and

feasibility studies and it was determined that yes; there is a need for [it] in the community. It will more than likely be a catalyst for a lot of economic development in that area," he added.

Although Schiermeyer and Moore have both acknowledged that there has been talk now over the last decade for the city's growing need to own a conference center, one nearby local home owner and former UCO graduate, Kris Matthews, seemed to personally disagree.

"I remember when I-35 and 15th street was nothing but greenbelts, but now it's booming with businesses and traffic -- and I know that's only what is to come to Covell and I-35, and it's honestly not something I look forward to. When I moved out [to north Edmond], it was pretty much the country and I enjoyed being away from all the traffic and loudness of the central part of the city," said Matthews.

The north side of the city is expected to grow considerably because the city has recently purchased land on the intersection of Air Depot and Covell Road for installment of the city's fourth high school that is currently undergoing construction.

City officials and developers say that construction for the hotel and conference center will likely begin this summer and that they hope to finish within an 18 month timeframe.



A billboard displays an image of the hotel that will eventually be on the empty lot. In the coming years Edmond is expected to continue to expand North. Photo by Cooper Billington, The Vista.



A bulldozed lot sits at the intersection of I-35 and Covell road. There will eventually be a hotel, conference center, and a movie theater in the area. Photo by Cooper Billington, The Vista.

# Tuition increase coming this fall



Katie Towler

Contributing Writer

Students of the University of Central Oklahoma will see a small increase in tuition this upcoming year.

"This year the Legislature and the State Regents approved a budget for higher education in Oklahoma that is 3.5 percent less than last fiscal year," said Charlie Johnson, vice president for University Relations.

This caused a 3.5 percent reduction in state funding for all state colleges and universities for the next year.

UCO also has increases in mandatory costs, such as insurance and other benefits, technology contracts, utility costs, etc., that need to be covered.

"Those mandatory cost increases along with a reduction in our budget from the state amount to a large deficit in our funding," said Johnson.

The difficult decision to increase tuition and mandatory fees by five percent was made to address the deficit. This increase will mean that a typical UCO student will pay \$9.65 more per credit hour, or \$1.81 more per semester day than they currently do.

"It should be understood that the majority of the tuition increase for fiscal year 2016 will be utilized to cover mandatory costs," said Johnson. "If the legislature continues to cut the budget for

higher education in Oklahoma, and if the cost of conducting business continues to rise, and as UCO continues to provide the transformative educational experiences that our students expect and deserve, then it is likely that tuition may continue to rise."

Costs at state colleges and universities have risen largely due to reductions in legislative budget appropriations.

Johnson used UCO as an example, with it receiving approximately 33.6 percent of its operating budget from the state, but in 2016 UCO will receive approximately 31.5 percent of its operating budget from the state.

Inflation also plays a major role as UCO's mandatory costs continue to rise.

"We are ever mindful of the sacrifices many of our students and families must make to fund a college education," said Johnson "it is a major investment and it is up to us to ensure a quality experience."

UCO remains behind its peer group funding at 75.6 percent of the average cost, even with this tuition and fee increase.

"Based on the quality of our faculty and staff, who put educating students first, the Central experience will continue to be a smart investment," said Johnson.



Construction crews are beginning to finish up work on the Quad, UCO's new dormitory. The new building has been paid for in part by students' tuition. Photo by Ryan Naeve, The Vista.



Junior Elizabeth Grothe visits the financial office to take care of some tuition payments. The financial office is located on the first floor of the Nigh Center. Photo by Ryan Naeve, The Vista.

uCo

Student Financial Services

uCo

# How clean is your keyboard?



Jake Stacy

Contributing Writer

Okay, let's talk germs for a second. So, imagine an apple.

Now, imagine a line of 20 consecutive, random individuals in front of you while you are at the back of the line. Each person is to grab the apple with both hands, then pass it to the person next to them until it gets to the end of the line.

However, the last person in line has to eat it. Would you eat the apple?

This is the type of scenario that comes to mind when asked just last week about how dirty computer keyboards actually are.

The UCO Chambers Library has about 120 computers for public use, many of them being on the first floor and in the Computer Lab. Full-time librarian Travis Biddick explained the library as being probably the most trafficked spot on campus.

The hours of the UCO library fluctuate, but it is nearly open year-round. The busiest times are believed to be during finals week in the fall and spring semesters when students are studying and writing term papers the most.

"During that time, it's hard for most people to even find a seat," said Biddick. This obviously means that all of the computer spots are taken, and most, if not all, of the keyboards are being used constantly.

Who knows what kind of creepy crawlies could be lurking under the keys after that.

There are, of course, several student workers in the library who are willing to go the extra mile in order to help make the library a better place even when the times get tough. These students are to follow certain policies, where the keyboards are cleaned weekly and wiped down with Clorox.

However, how often do keyboards need to be cleaned and how effective is this really?

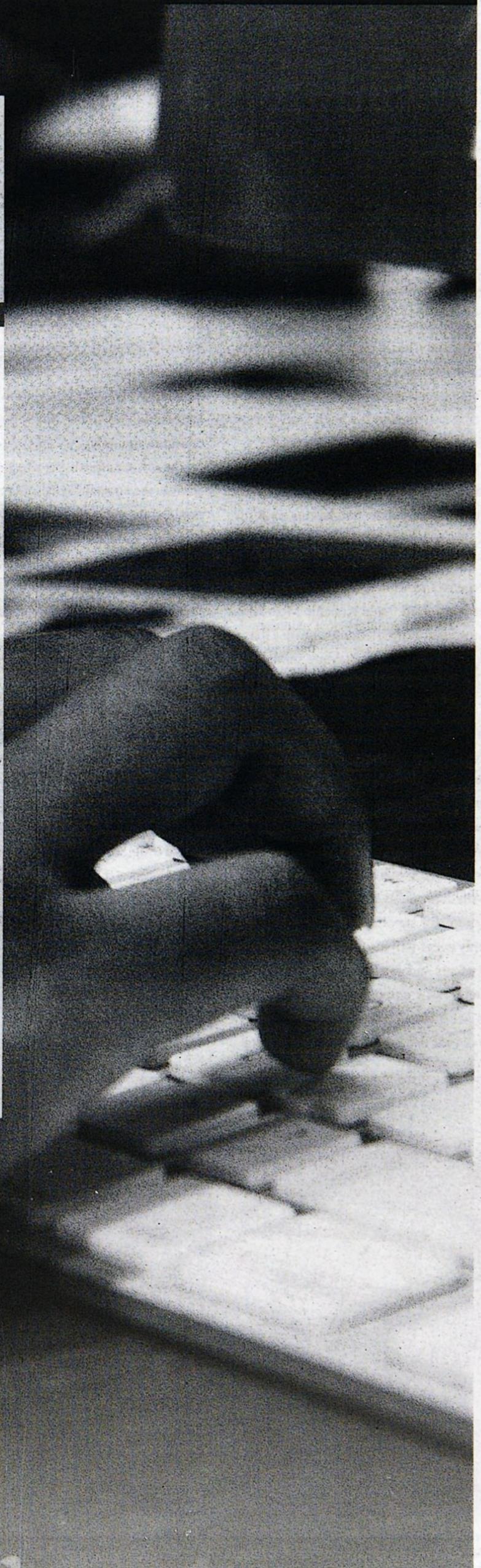
According to a CNN, microbiologist Charles Gerba at the University of Arizona counted bacteria on workplace surfaces for a study in the early 2000's sponsored by the Clorox Co., makers of Clorox bleach. This resulted in a shocking discovery that your computer and desk might actually be dirtier than a toilet seat.

In the study, the office toilet seats contained 49 germs per square inch. The desktops and office phones, however, showed recordings of over 20,000 germs per square inch.

Although the library contains several trashcans and nearby sanitary stations, it was made very clear to me by several staff members that you'd be surprised what you'd find cleaning up after people and what they leave behind.

So, the next time you want to use a computer, stop to think who else has been doing the same thing recently. The next time you want to eat an apple, just don't-- unless they haven't played the apple game with it yet.

*A UCO worker types on a keyboard for her job. It is believed that desk surfaces and their contents are even dirtier than toilet seats. Photo by Ryan Naeve, The Vista.*



# Off-Campus life accepting donations



Jeffrey  
Gonzales

Contributing Writer

The University of Central Oklahoma's Off-Campus Life is accepting donations for their Adopt a Future Broncho event. School supplies for students in need are being collected in the Nigh University Center Room 212 until August 18.

The cost of school supplies can be high for student parents. The cost can be hundreds of dollars and having multiple children increases that cost significantly.

"It is difficult to pay for college expenses as well as the expenses of their children," said Kenedie McAdams, coordinator of Off-Campus Life. "The donations will help alleviate some of the cost of school supplies."

There are dozens of items currently being accepted under the Adopt a Broncho event such as pencils, binders, folders, wipes, calculators, paper, Sharpies, sanitizer, paper towels and more. The full list can be viewed on the Adopt a Broncho web page.

McAdams said that all current students with dependents can go to the event and "shop" for supplies for their children. This event will also be an opportunity for students and parents to meet and learn about Off-Campus Life.

McAdams began Adopt a Broncho this year because she thought it would

be a good way to not only help with the financial strain of UCO students, but to build the community of student parents. Although this is the first year the event is happening, McAdams hopes that it will continue annually.

The Off-Campus Life office also advises the Broncos with Kids organization and the Off-Campus Ambassadors program. Broncos with Kids work as advocates for student parents' issues and provide necessary resources to help them be more active and engaged in the community.

The Off-Campus Ambassadors program focuses on enhancing the experience for students who live off-campus, are commuters and non-traditional students.

The students in both groups collaborate with Off-Campus Life to provide UCO with many programs every year. These programs include Family Night Out, Commuter Student Appreciation Week and Parent's Night Out.

Students who are interested in any of the Off-Campus Life programs can visit their website to learn more about them, call 405-974-3654 or email [offcampuslife@uco.edu](mailto:offcampuslife@uco.edu).



Many students can't afford to buy school supplies after paying for tuition and books. The Adopt a Broncho program accepts all school supplies to give to students in need. Photo by Ryan Naeve, The Vista.



School supplies that were donated sit in in Room 212 of the Nigh University Center. A variety of different items were donated to help bronchos in need, and donations end on August 18. Photo by Cooper Billington, The Vista.

# Construction begins on Old North



Eriech Tapia

Reporter

Construction crews began phase one of two in their effort to completely renovate the inside of Old North and are starting with new micro pilings, and then building a new structure inside of the old one.

"The building is sitting on stacked stone, rubble and the issue that we have is when buildings are built that way and then you get an earthquake [Old North] moves in all directions," said David Stapleton, University of Central Oklahoma architect.

Demolition crews started by taking out part of the front staircases inside the building to allow for heavy machinery to have easy access to the first floor of the building. The next step after that will be building the micro pilings to stabilize the structure.

"With this front staircase gone, we will be able to bring heavy equipment down there and that will make it easier to bring all of the concrete out that we will be taking out," said David Hovis, crew leader for Jackson's Wrecking and Demolition.

While the concrete pilings are being completed, crews will be replacing interior walls, building new floors on each level, and rein-

forcing the tower. They will also be adding insulation to certain areas that are needed.

"There is no insulation on any part of the old building and with this new remodel we will be able to add a lot to the building," Stapleton said.

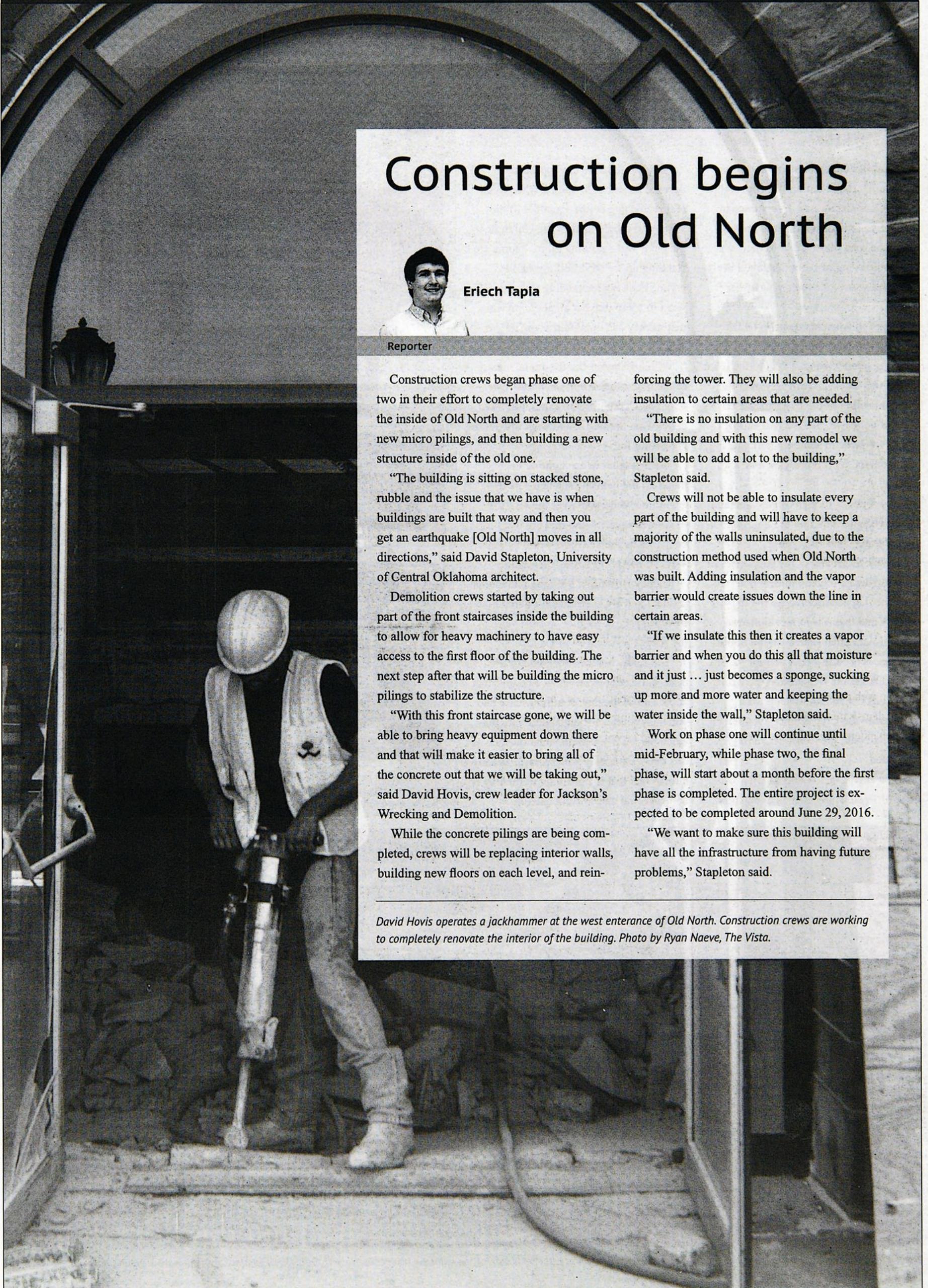
Crews will not be able to insulate every part of the building and will have to keep a majority of the walls uninsulated, due to the construction method used when Old North was built. Adding insulation and the vapor barrier would create issues down the line in certain areas.

"If we insulate this then it creates a vapor barrier and when you do this all that moisture and it just ... just becomes a sponge, sucking up more and more water and keeping the water inside the wall," Stapleton said.

Work on phase one will continue until mid-February, while phase two, the final phase, will start about a month before the first phase is completed. The entire project is expected to be completed around June 29, 2016.

"We want to make sure this building will have all the infrastructure from having future problems," Stapleton said.

*David Hovis operates a jackhammer at the west entrance of Old North. Construction crews are working to completely renovate the interior of the building. Photo by Ryan Naeve, The Vista.*



# Southern heritage or racism?

Leah Singer

Contributing Writer

Many Oklahomans, stemming from the South, are not unfamiliar with sights of the Confederate flag. Every once in a while you might see it while driving down the road plastered on someone's car window, tag or see it displayed in someone's yard or even on his or her T-shirt.

However, when residents in Oklahoma City had waved the Confederate flag upon President Obama's visit to the town earlier this week, controversy over the actual meaning of the flag had caused a major upheaval. Some say it simply stands for pride in southern heritage while others say it represents hate and racism.

Patty Shaw, a former Oklahoman and UCO graduate, said that the flag symbolized nothing short of bigotry.

"I think that many of the supporters of the confederate flag are in denial about what the flag actually represents for this country and that it is in fact about the African-American slavery in the South. Heritage is used as a thin veil for racism, and in Oklahoma it is used in the wrong context as Oklahoma was not even involved in the Civil Rights Act and/or associated with the Confederate flag," she stated.

Drew Davis, an Oklahoma City resident, differed from Shaw in his opinion.

"The confederate flag has been deemed a symbol of hatred, when in all reality, the flag is just a symbol of the states that fought against the Union in the Civil War-- nothing more. People are standing up for their heritage and everyone is misunderstanding that. People seem to try to make it all about racism just so they can complain about it," he said.

William Thompson, the actual creator of the flag, is quoted in the book "Our Flag" by George Preble explaining in detail what the flag is and what the South is fighting for:

"As a people we are fighting to maintain the heaven ordained supremacy of the white man over the inferior or colored race..." and that the flag "... be hailed by the civilized world as THE WHITE MAN'S FLAG," he wrote.

Rodney Brittain, a life-long Oklahoma resident and UCO graduate, offered his own perspective to give on both sides of the issue.

"I'm really not on either side of this issue to be quite honest, but I believe that at the end of the day, common sense and common courtesy should come into play when placed in a certain situation such as this one-; especially when it is an already known fact that the meaning of the flag is controversial and often debated."



An honor guard from the South Carolina Highway patrol removes the Confederate battle flag from the Capitol grounds in Columbia, S.C., Friday, July 10, 2015, ending its 54-year presence there. (AP Photo/John Bazemore)



(Below) People wave Confederate flags outside the hotel that President Barack Obama is staying the night, on Wednesday, July 15, 2015, in Oklahoma City. Obama is traveling in Oklahoma to visit El Reno Federal Correctional Institution. (AP Photo/Evan Vucci)

 /UCOLiveCentral

 @UCOLiveCentral

 @UCOLiveCentral

 housing@uco.edu



Housing & Dining

Did You Know?

**You can  
save while  
Dining on Campus**

*with a*

**Commuter Meal Plan!**

**Save time and gas, plus never pay sales tax!**

**UCO offers lots of different options for commuters, including a \$350 Flex Plan that can be used at any dining location on campus!**

**For more information: call the Housing and Dining office at 405-974-2746 or check out [dineoncampus.com/uco](http://dineoncampus.com/uco)**



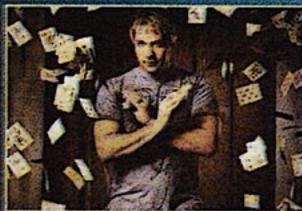
UCO  
2015  
**STAMPEDE WEEK**  
HIGHLIGHT  
EVENTS



**SATURDAY, AUGUST 15**  
8:30pm • Wantland Stadium  
**124th Freshmen Class Photo!**  
9pm- 1am • Wantland Stadium  
**10th Annual Wake Up in Wantland**



**SUNDAY, AUGUST 16**  
2:30-4:30pm • Old North  
**Central Locate**  
5pm • Hamilton Fieldhouse  
**Freshman Convocation**



**MONDAY, AUGUST 17**  
8pm • NUC Ballrooms  
**Mike Super:**  
**America's Favorite Magician**

**TUESDAY, AUGUST 18**  
8pm-11pm • Plunkett Park  
**Color Me Unity Paint Party**



**WEDNESDAY, AUGUST 19**  
8pm • Hamilton Fieldhouse  
**SPB and Stampede Week Concert**  
**featuring Andy Grammer**



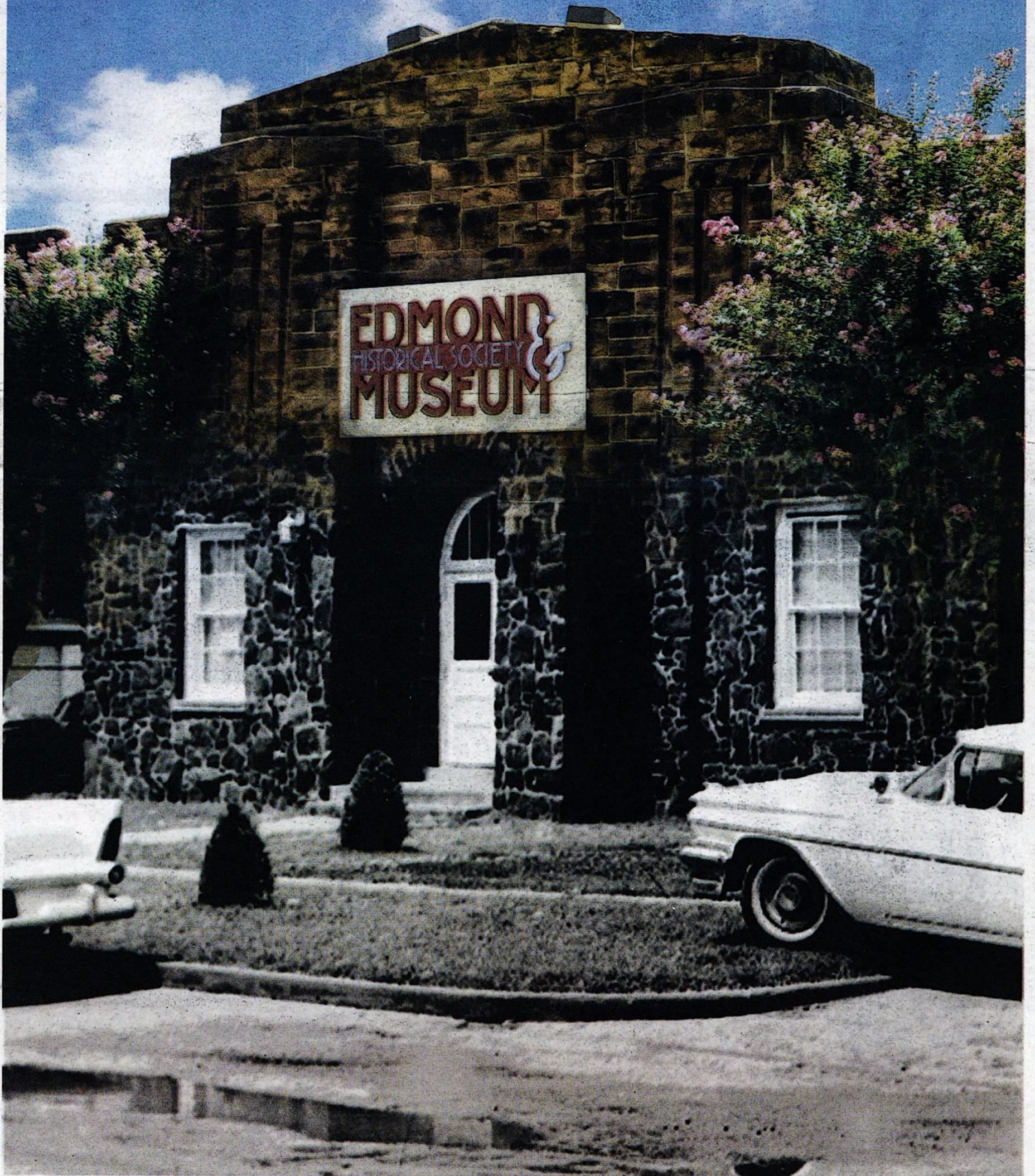
**THURSDAY, AUGUST 20**  
6pm-8pm • Plunkett Park  
**Broncho Difference**  
**& Meet the Greeks**



**For the full Stampede Week schedule,  
please visit [uco.edu/stampedeweek](http://uco.edu/stampedeweek)**

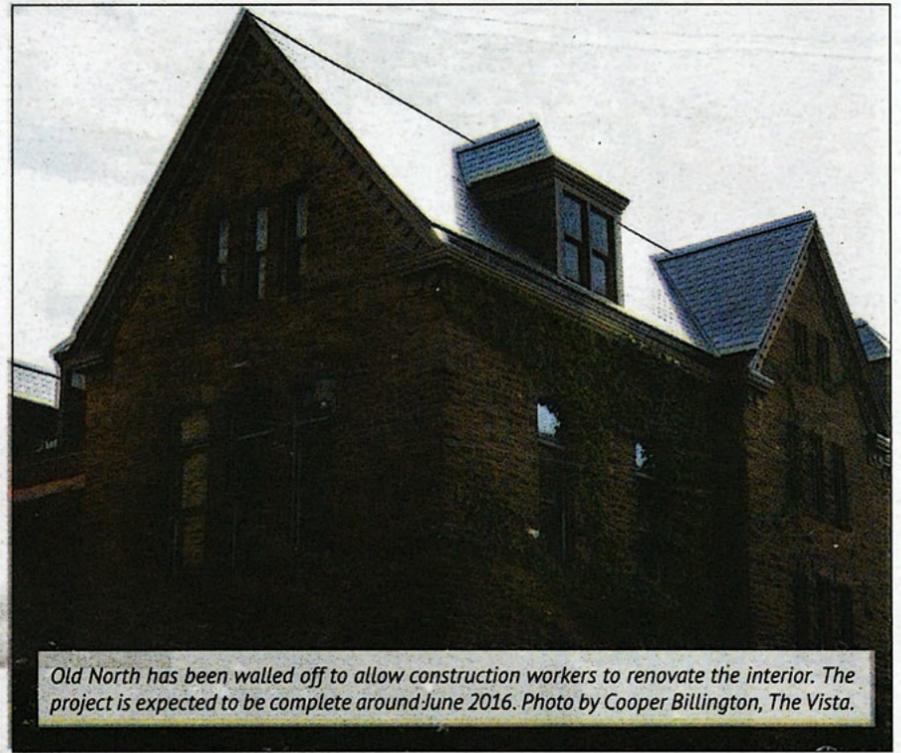
 **@uco\_ca #ucosw15**

Life in  
**EDMOND**





The cafeteria in the Nigh University Center was cleaned over the summer. For a few weeks it was bare of any tables or chairs. Photo by Cooper Billington, The Vista.



Old North has been walled off to allow construction workers to renovate the interior. The project is expected to be complete around June 2016. Photo by Cooper Billington, The Vista.

# CONTENTS

## SECTION B

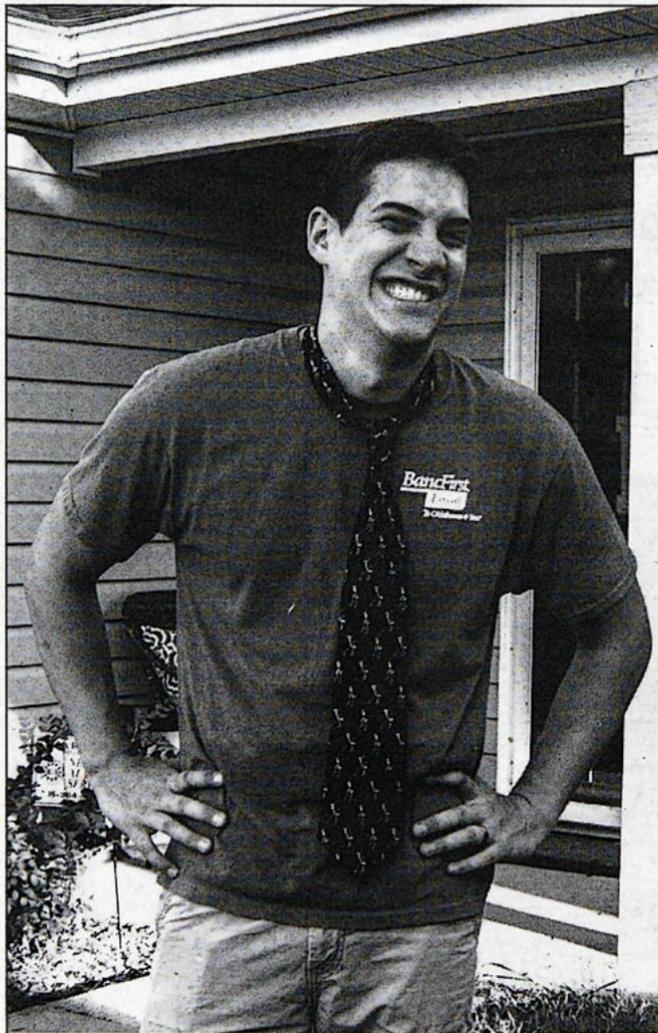
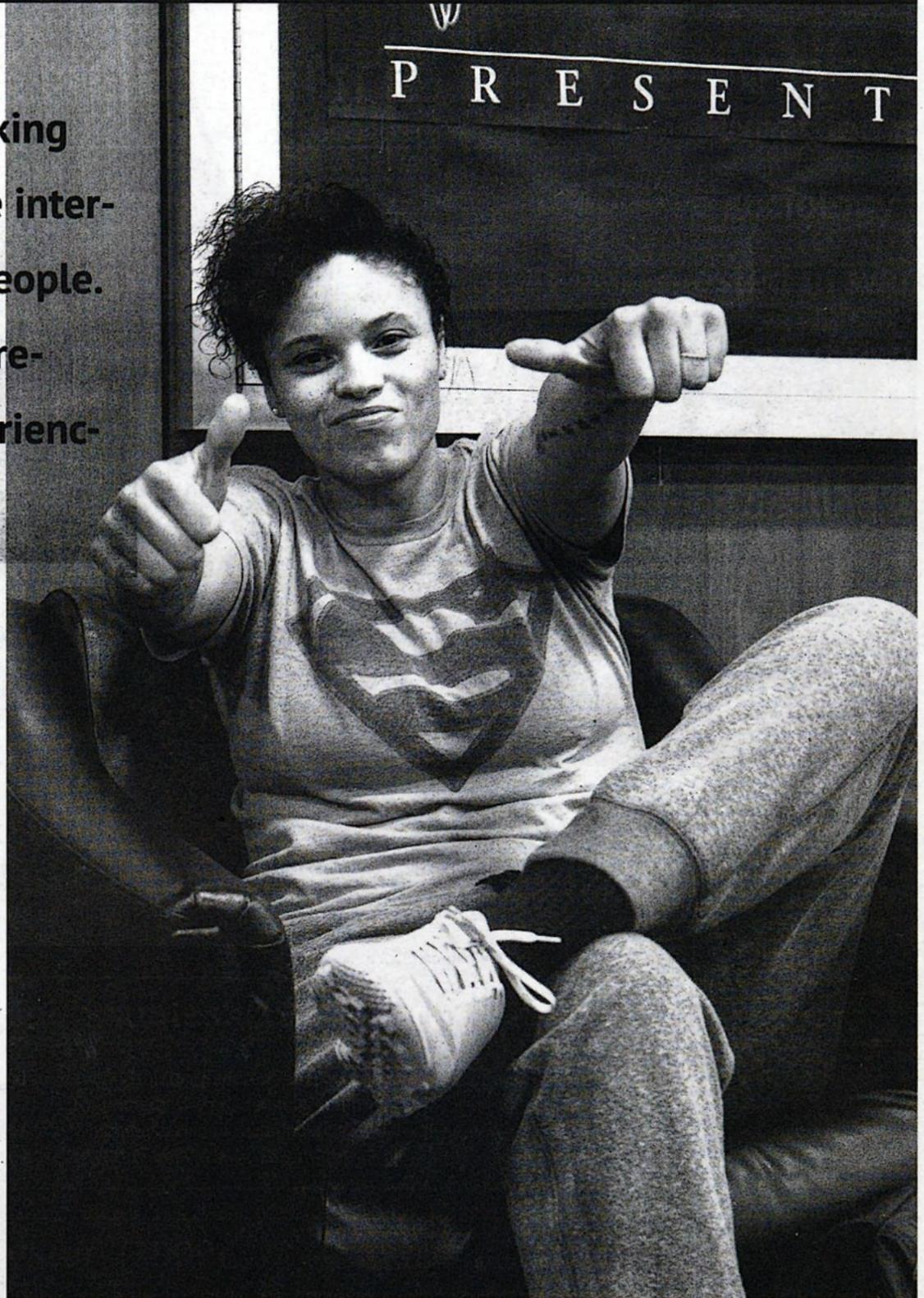
Voices of Oklahoma.....	3-5	Classifieds and Advertisements.....	10-13
Spotlights in Edmond.....	6-9	Features.....	14-16
Columns.....	17-22		



The freshly cut ribbon still hangs on a beam in the Quad. The ribbon cutting ceremony was held at 2 p.m. on August 7. Photo by Ryan Naeve, The Vista.

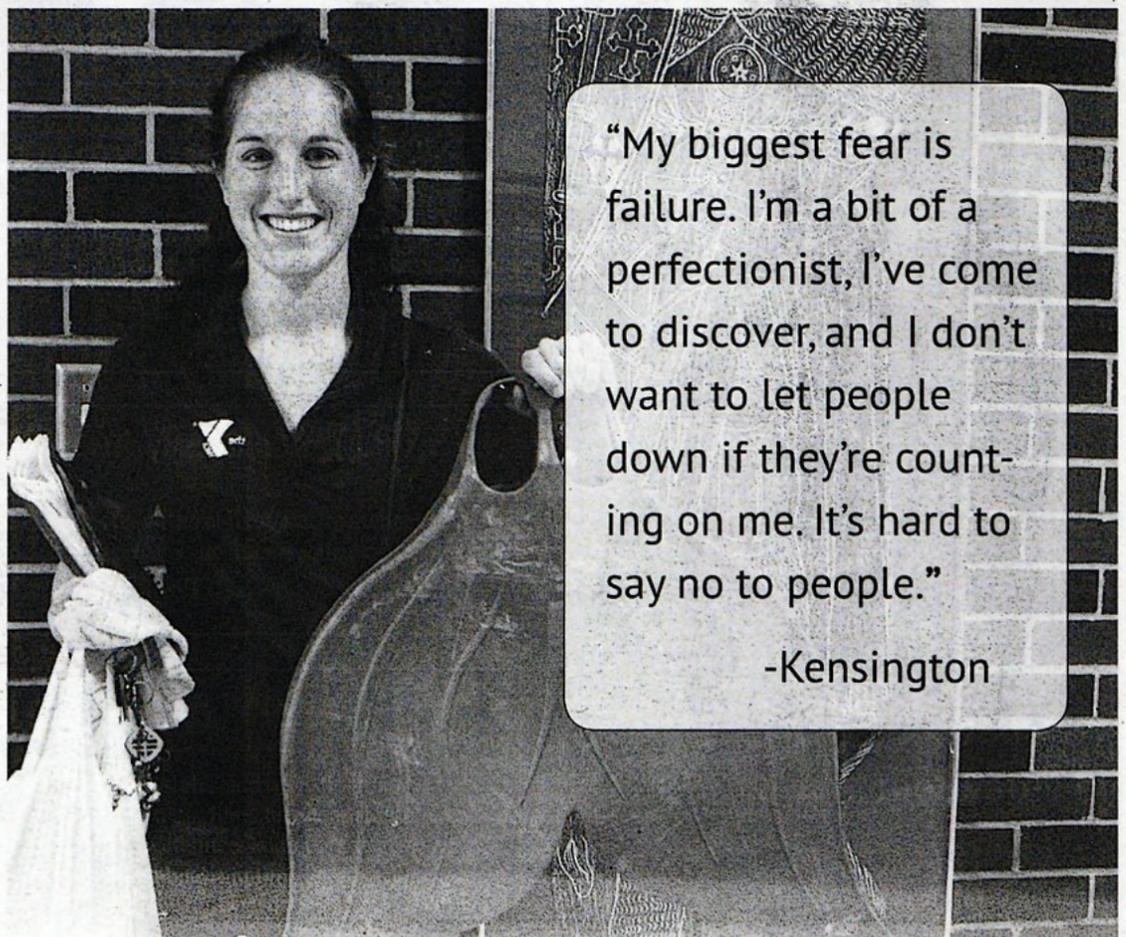
**“What led me to my major is taking a sociology course and it got me interested in wanting to work with people. Helping people and [my major] reflects back on my personal experiences dealing with my family.”**

**-Jazmine Robinson**



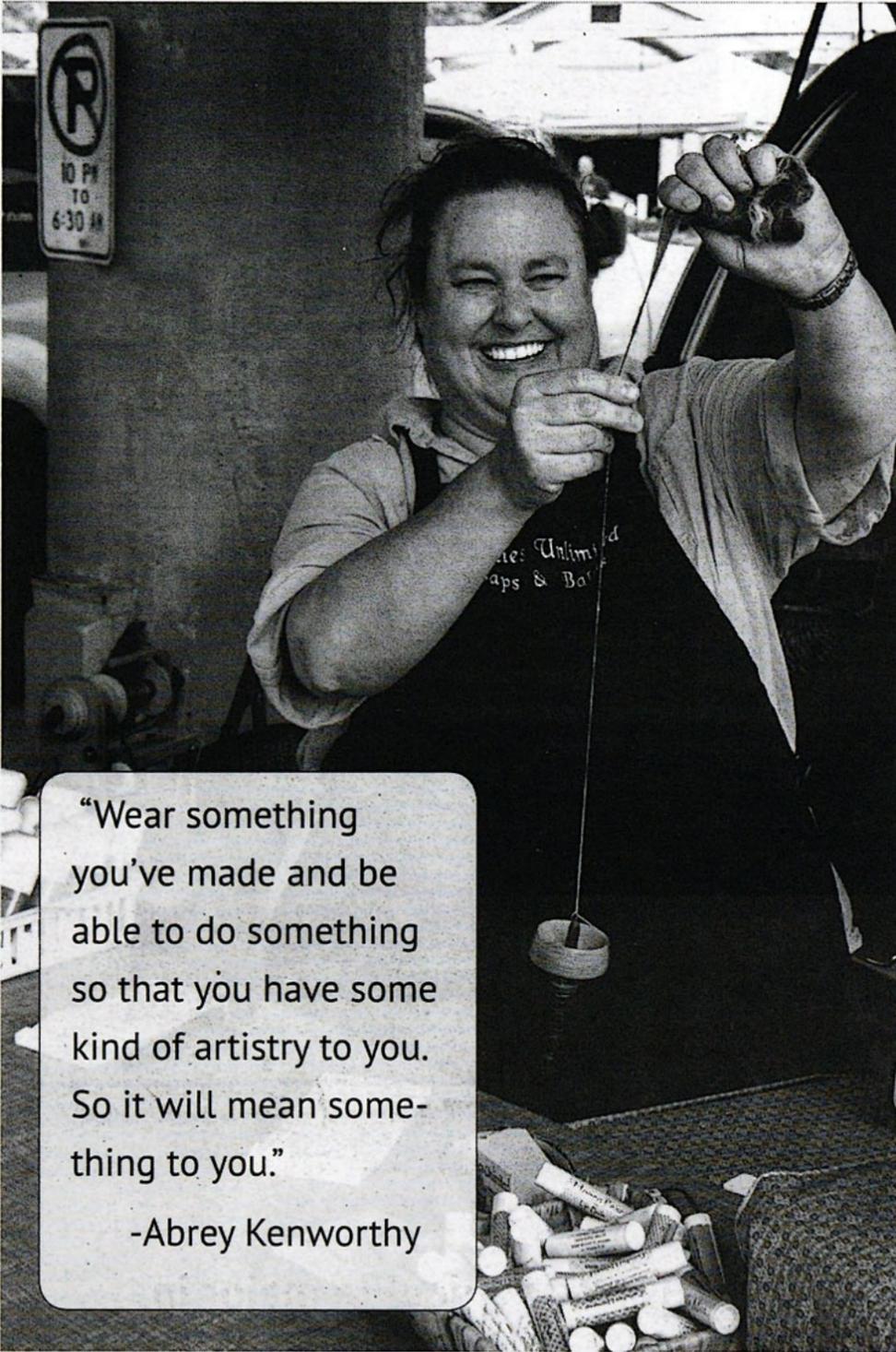
**“My family inspires me to get out of bed. Being the only one providing income it brings me great joy to provide for them that way, have a house for them to live in and be able to put food on the table. That’s what motivates me.”**

**-Matt Hudgins**



**“My biggest fear is failure. I’m a bit of a perfectionist, I’ve come to discover, and I don’t want to let people down if they’re counting on me. It’s hard to say no to people.”**

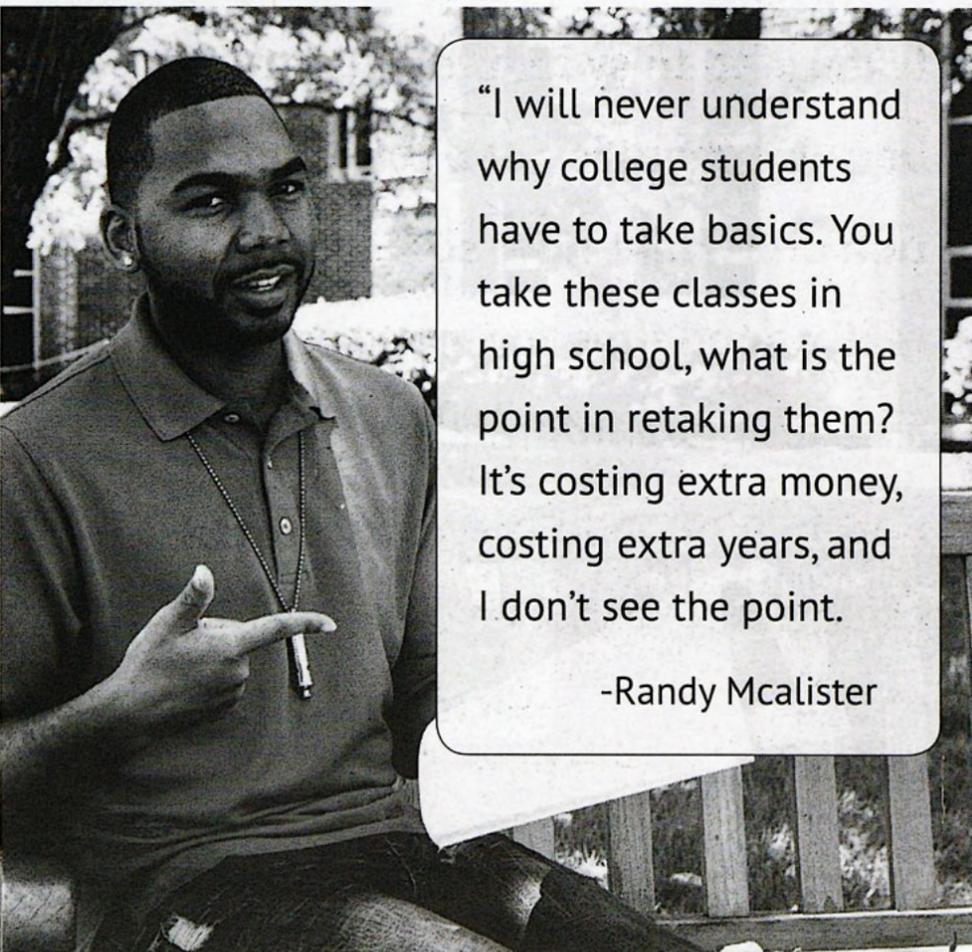
**-Kensington**



“Wear something you’ve made and be able to do something so that you have some kind of artistry to you. So it will mean something to you.”  
 -Abrey Kenworthy



“Who looks up to me most in life? My two thirteen-month-old boy, girl twins. Got a young girl named Dylan and a son named Hendrix. They are the love of my life.”  
 -Wes



“I will never understand why college students have to take basics. You take these classes in high school, what is the point in retaking them? It’s costing extra money, costing extra years, and I don’t see the point.”  
 -Randy Mcalister

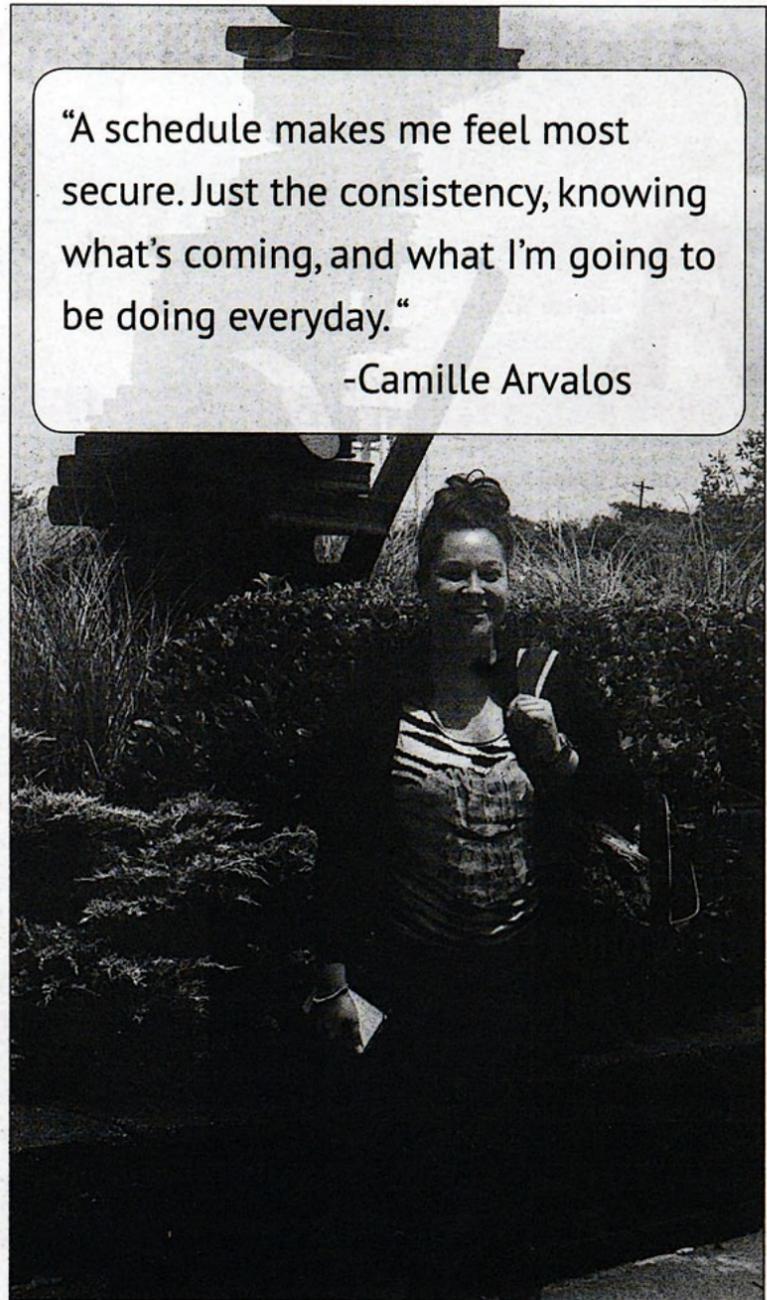


My life in three words would be, “emotional, sassy and over-educated”.  
 -Ashley Trattner



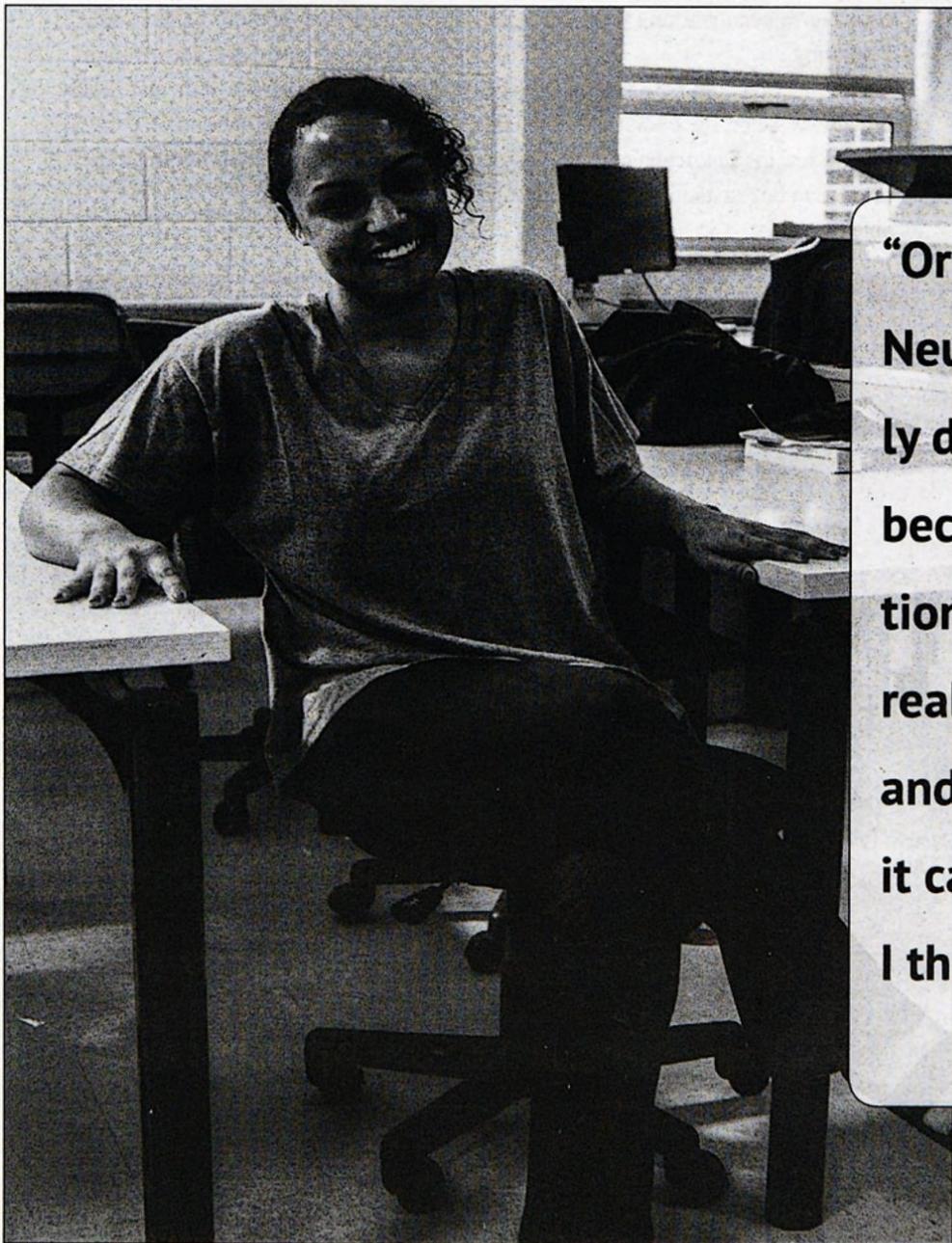
“Failure is my biggest fear. I took a big risk when opening my own business and there is always that thing in the back of your head that wonders ‘what if?’ The idea is to push through that fear constantly.”

-Cassie Neahring



“A schedule makes me feel most secure. Just the consistency, knowing what’s coming, and what I’m going to be doing everyday.”

-Camille Arvalos



“Originally I was a double major in Neuroscience and Psychology. I recently decided to switch to music therapy because there is not a lot of information on it right now, so it would be a really good time for me to research and get more information about what it can do for people and help people... I think that would be awesome.”

-Victoria Cudjo

# Zarate's Latin Mexican Grill



Katie Towler

Contributing Writer

Opening Zarate's Latin Mexican Grill was a bit of an accident. Owner Jorge Zarate decided to open his own restaurant on a whim and it turned out to be a success, seeing as it has been open for eight years now.

Zarate said he learned how to cook from his mom and got his first start in the food business in 1997, working at a McDonalds. After this he worked in 10 different restaurants in Oklahoma.

"In my business we treat people right," said Zarate. He doesn't like to see angry faces, not on customers or his staff.

"When I'm here I make sure you leave happy," he said.

The restaurant is unique in many ways; while a customer is waiting for a table, drinks are served to them. He said that he doesn't like how other restaurants have a 30 or 45 minute wait and don't offer their customers water or anything.

You can order whatever you would like from the menu, and since everything is cooked fresh, it's not a problem to

leave things out like foods you do not like or may be allergic to.

"We never say no to anything," said Zarate.

The most popular dish, and his personal favorite is Lomito Saltado, which also happens to be the most popular meal in Peru.

Although it could seem like this restaurant would have a lot of competition due to all of the Mexican restaurants surrounding them, it's not the case at all. Zarate's is the only restaurant you can get authentic South American food; otherwise, the closest place is in Dallas.

The menu is divided by nationalities of food and is always changing, Zarate said. As regularly as every two years, the menu is revised and has new dishes added.

As for future plans of the restaurant, you won't see it expanding or turning into a chain any time soon.

"I'd rather have one good one than three so-so ones," said Zarate.

He says you choose a restaurant to



Zarate's is located on 706 S. Broadway in Edmond. The restaurant was opened by Jorge Zarate eight years ago. Photo by Ryan Naeve, The Vista.

be taken care of, that's what he and his staff try to do at his restaurant-- cater to the customers' needs. Most waiters and cooks have been working there since the beginning.

People know him here and he likes being able to be on the floor, talking to customers and in the kitchen cooking. With more than one restaurant, he wouldn't be able to do that.

Zarate doesn't want his restaurant to be huge or fancy, and he's not selling fancy ornaments and decorations.

"I'm selling good food," he said.

Zarate's is open Monday through Thursday 11 a.m. to 9 p.m. and Friday through Sunday 11 a.m. to 10 p.m. The restaurant is located in Edmond, on 706 S Broadway.



Several customers have lunch inside Zarate's. Zarate's specializes in authentic South American food. Photo by Brandi Melton, The Vista.

Edmond's Newest

# Watering hole



Abigail Forrest · Contributing Writer



The Patriarch Craft Beer House and Lawn in Edmond is a haven for beer and food lovers.

Located at 9 E. Edwards St., the three story home formerly known as the Hunt House has been converted into a bar with a patio and a permanent food truck port.

Customers have the choice of 48 different types of local & national brews available to quench their thirst. In other words, there is a lot of beer for you to drink.

If beer isn't your thing they also provide a decent menu of whiskey and wine as well.

"I think it's awesome to have a quaint house to come hang out in and have a cold brew. That and the varieties of foods that come in everyday make it almost perfect," said Stella Harvey, frequent customer.

Yes that is correct-- along with delicious libations are a variety of delicious foods. The

choice of food is not permanent because it changes on a scheduled rotation of various food trucks that come in daily.

A monthly schedule will tell you what is on the menu on a particular day of the week.

Although they allow food trucks to come in and sell food, the bar is strictly 21-years or older because it is an official bar and the trucks operate independently, sorry kids.

Another cool thing about this place is that they allow man's best friend to hang out too.

There are some qualifications that the dog must meet before being allowed entry but it's nothing terribly strict.

According to the Patriarch's website, as long as the dog is not "spastic, angry, hyperactive, aggressive, barking, smelly, a 'marker of territory', a horse disguised as a dog, rabid, or suffering from excessive eye

boogers, you may bring them along."

Dogs are not allowed indoors but the Patriarch has you covered there too. They have it set up to where beer and food can be ordered from outside the house, and if you do have to run in, a designated dog area is available for Fido to patiently await your return.

"It's like they figured out my three favorite things and put them under one roof. Dogs, booze and food, what more could you ask for?" said Mark Starr, first time visitor.

The bar is open Monday - Friday from 3 p.m. to 12 a.m., 12 p.m. to 12 a.m. on Saturdays and closed on Sundays.

After a long day of being a responsible and hard-working student, you can grab some delicious food and a cold one with some friends, and drink responsibly too.

# The One Café



**Adam Ropp**  
@adamropp

Reporter

The One Café has only been around for two years and feels like a hole in the wall, but this hasn't stopped it from already having a successful business with loyal customers.

At first glance it resembles a typical mom-and-pop shop with classic diner tables, a few football pictures on the wall, and a peppermint basket next to the cash register, but when you get your food you'll know where all the attention goes.

When co-owner Benny Fong was asked why they have such loyal customers he simply smiled and stated, good food. Upon received the food, it was discovered that Fong was simply right.

The restaurant specializes in premium sandwiches like Panera Bread or Schlotzsky's. However, the One Café uses freshly made produce.

My Café Panini sandwich came with

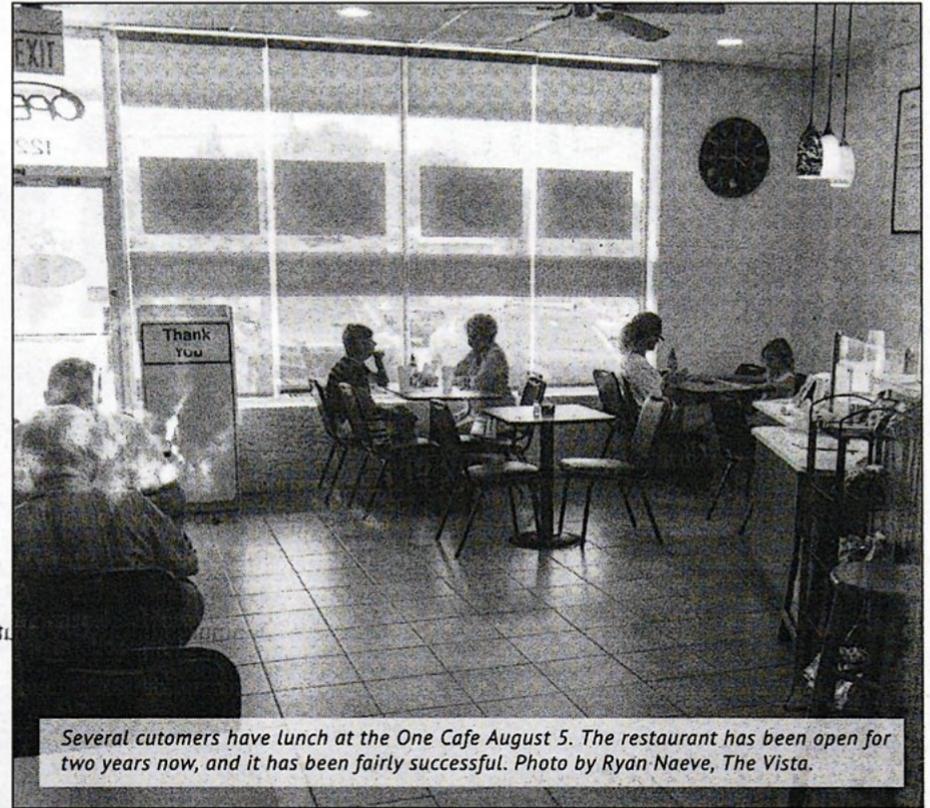
multiple layers of hickory smoked meat, smoked ham and random vegetables, however it also had that homemade taste accompanied with freshly made soup—not an hours old gumbo that had been microwaved.

If you're not in the mood for a soup or sandwich they also have a good array of healthy salads, savory crepes, pasta and grilled Paninis.

The café also prides itself on its multiple options of crepe desserts. One of them, the Puppy Love, came with vanilla ice cream, roasted almonds, strawberries, chocolate strawberries and whipped cream with nice culinary art.

It was all delicious to say the least and the service was even better.

The servers were not only prompt, but did something I had never heard of by asking everyone their names at the table



Several customers have lunch at the One Café August 5. The restaurant has been open for two years now, and it has been fairly successful. Photo by Ryan Naeve, The Vista.

so they could address you properly.

"I've tried multiple different things and I don't think I've ever had a meal that wasn't delicious. They also remembered our entire family from our first visit as well what we like to typically order," said Phil Switzer, a loyal patron.

To top it all off, the price was more than reasonable with around \$7 per meal

as well as free crepes for children ages 12 and under after 1 p.m.

Great service, great food and great price, what more do you need?

The One Café is located at 122 E. 15th St. Edmond, Ok 73013. Their store hours are Monday through Friday from 8 a.m. - 7:30 p.m., Saturday 8 a.m. - 5 p.m. and closed on Sundays.



**We Are A  
Welcoming  
Congregation**

**We Welcome YOU!  
Join Us Sundays—11:am**

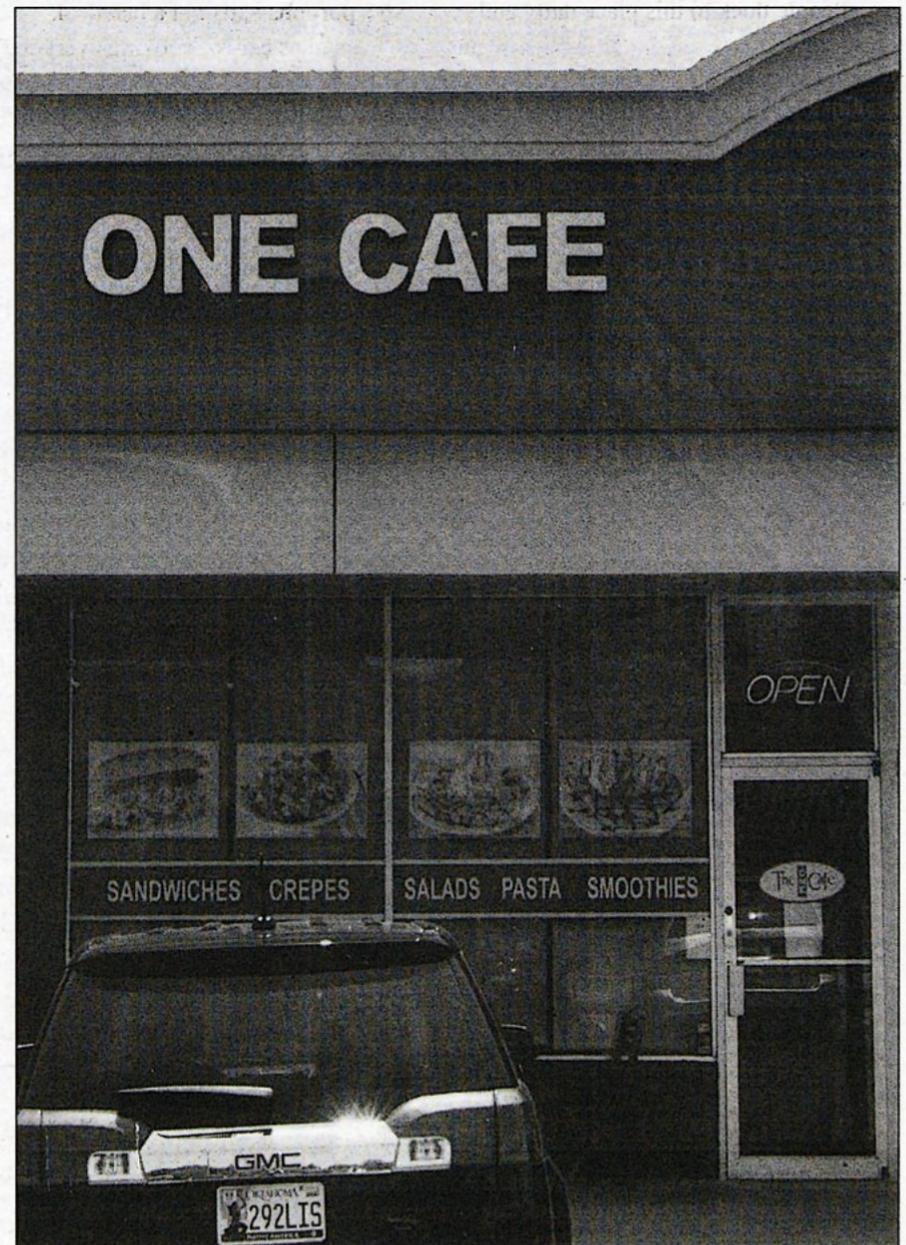
**Channing Unitarian  
Universalist Church**

2800 W 15th Street—Edmond, OK  
[www.channinguuc.org](http://www.channinguuc.org)

**New to UU Class  
Starts in Late September**

**See You at the Interfaith Fair on Aug. 21st**

Like us on Facebook at:  
[www.facebook.com/ChanningUUChurch](http://www.facebook.com/ChanningUUChurch)



The One Café is located on East 15th Street and South Boulevard. The restaurant specializes in sandwiches made with freshly made produce. Photo by Ryan Naeve, The Vista.

# Nic's Grill



**Abigail  
Forrest**

Contributing Writer

If you are looking for cheeseburgers as big as your face and twice as delicious, look no further than Nic's Grill in Oklahoma City.

Located at 1201 N. Penn. Ave., the tiny burger joint offers an intense experience of cheeseburger goodness that is worth the wait.

First, a couple of things you should know are that it's cash only and definitely not fast food.

The burgers are made to order by Nic himself and come with a variety of ingredients like bacon, mushrooms and spicy jalapeños, not to mention the amazing chicken fried steak that is sure to make your mouth water.

Because the food is so sought after, it is recommended to arrive with at least 30 minutes to order, eat and browse the menu.

People flock to this place daily and you may have even driven by before and seen the line of eager customers waiting to get their delicious fix of Nic's food.

"Anything worthwhile takes time," said Nic, owner and operator of the kitchen.

Stressing the importance of getting there with time to order and eat is of the utmost importance. This is certainly not fast food and the size of the crowd varies

throughout the day.

You might have a 10-25 minute wait given the time of day you show up.

"This is my first time here and I waited about 25 minutes for my food but it was worth it. The bacon cheeseburger is incredibly succulent and massive. Fair warning, it's a messy burger but it's delicious," said Erica Mainus.

The restaurant offers a bar and several smaller tables to eat at but it is a tight squeeze, so if tiny enclosures aren't your thing it might be best to order and wait outside.

As soon as you walk in you are asked what your order will be, then once Nic gets around to putting your order on the grill you will be asked what toppings you would like.

About \$13 will get you a burger, fries and a drink and -- considering the massive portions-- it's not a bad deal.

Nic takes care of cooking everyone's order as it comes in. It's a one-man operation but that's probably why the food tastes so good-- he must have a magical touch.

The grill is open from 10 a.m. to 2 p.m. Monday through Friday, but remember to give yourself plenty of time to take in the entire experience.



Burgers and fries at Nic's Grill, Friday, March 27, 2015. Photo by Doug Hoke, The Oklahoman.



Nic's Grill is a small burger restaurant located at 1201 North Penn. Avenue. The restaurant offers a bar and several small tables for customers to squeeze into. Photo by Brandi Melton, The Vista.

### Tutoring Central

Tutoring Central is a free-to-use service for UCO students, with two locations: one in the N.E. corner of West Hall and a new location in Room W112 of the Quad.

Get one-on-one help in:

**Writing, Math, Biology, Chemistry**

Hours: West Hall- Monday through Thursday: 9 am to 9 pm

Friday: 9 am to 1 pm

Sunday: 4 to 9pm

Quad- Monday through Thursday: 1pm to 9 pm

Sunday: 4pm to 9pm

Visit our website for more information: [tc.uco.edu](http://tc.uco.edu)

Or contact us directly: 974-2487

### Conversation Central

Meets at Tutoring Central location in Room W110 of the Quad.

**Tuesday: 1 to 2**

**Friday: 12 to 1**

**Sunday: 4 to 5**

This is free for ESL students. No registration or appointment required. Just show up and join in the fun!

Contact the TC for more info: 974-2487

If you or a loved one has been arrested and needs to be released from jail, trust **SPEEDY Bail Bonds**.

**You Ring! We Spring!**

405-589-2248 mobile  
speedybailbond@gmail.com

### SERVERS & HOSTESSES

Apply in person  
2p-4p Tues-Sat

**Mahogany<sup>®</sup>**  
PRIME STEAKHOUSE

3241 West Memorial Rd

### SUMO

1803 S Broadway, Edmond OK 73013  
Phone: (405) 340-3398

Mon - Thurs & Sun: 11am - 10pm Fri & Sat: 11am - 11pm

## CLASSIFIEDS

### Attn: Child Development Majors

Edmond Child Care Facility is now accepting applications for part time afternoon positions

**(405) 330-3077**

**Needed: Education majors** for teaching positions in Private Edmond Preschool for 3 - 12 years of age. Full and part time positions available.

**Phone (405)205-4299**

### Updated 2-4 student rental

1709 Apian Way  
3bd/1.5ba/2car  
appliances new carpet  
1.5mi to UCO  
\$1300mo \$750 deposit

**405-414-7510**

**Camp Counselor Camp Bow Edmond** is now hiring for full-time & part-time positions. Must love cleaning & dogs! Must have reliable transportation & be available to work shifts between 6:30 am and 7 pm, including weekends.

**801 Centennial Blvd, Edmond, OK 73013 [www.mycbw.com/edmond](http://www.mycbw.com/edmond)**

### Attention parents:

Do you want more for your child than a day care center? Churchill Academy offers Preschool, Pre-K and K-5 for working parents if your child is enrolled in an online state accredited program. State certified teacher with M.Ed. and laptop provided by center. Hours of operation 6:30 a.m. to 6 p.m. for working parents.

**Phone: (405) 341- 4314 for more information.**



**BucktheNorm.com**  
Wants you to win  
**\$2,000.**

**That's fresher than  
George Washington's  
wooden grill.**

Just go to [facebook.com/buckthenorm](https://facebook.com/buckthenorm) and enter to win.

And, since you're obviously not up to much and already messing around on the internet, check out **BucktheNorm.com**—where you can get solid advice like, **how to buy your first car**, or **tips for nailing the interview**.

It's the least you could do if you win that \$2,000.

ENTER TO WIN BY SEPTEMBER 22, 2015.

**BucktheNorm.com**

from Tinker Federal Credit Union  
Federally insured by NCUA

FINANCIAL EMPOWERMENT FOR ALL

# Apply Now to Study Abroad



CENTRE FOR GLOBAL COMPETENCY

Nigh University Center 137 • [cgc@uco.edu](mailto:cgc@uco.edu)



UNIVERSITY OF CENTRAL OKLAHOMA

NEED FALL CREDITS?  
INTERESTED IN MUSIC?  
NOT A MUSIC MAJOR?

**NO PROBLEM!**

These courses fall under the **UNIVERSITY CORE** requirements and can be used as electives during the Fall, Spring and Summer semesters:

**UCO Choirs, Bands, and Orchestras:**

Join in the music-making by participating in one of UCO's choirs, bands, or orchestras.  
Open to all students by audition!

**MUS 1113 - Intro to Basic Music Skills (online)**

Want to read music and understand chords, but don't know where to start?  
This course is for you!

**MUS 2123 - Music Appreciation (online)**

From Bach, Beethoven and Bizet, to the Beatles and Beyonce, learn what makes music magical and how to listen for deeper understanding and meaning

**MUS 2133 - Western Music Appreciation (online)**

This course traces the development of modern music from its roots in Western Europe, from the Middle Ages to the present.

**MUS 2443 - History of Video Game Music  
(CLOSED for Fall 2015)**

This course examines the genre of gaming music, its historical evolution, and function within the broader scope of game audio.

**MUS 2483 - History of Rock and Roll (online)**

Learn about the cultural, historical and social events that shaped the development of contemporary pop music. Rock-and-Roll, Rhythm and Blues, Folk Rock, Metal, Motown, Alternative - you get a little bit of everything in this rockin' course!

**MPER 1232 - Class Guitar**

Want to be the life of the party? Want to win friends and woo partners?  
Learn to play the Guitar. Beginners are welcome.

**MUS 2253 - Music in Film**

From cartoons to Star Wars and everything in between, learn how the art of musical sound affects our emotions and enhances our entertainment experience.

**MUS 2423 - Native American Music (Spring 2016, online)**

Learn about the unique and rich musical history and culture of America's native people, right here in the Center of it all: Oklahoma!

**MUS 2243 - World Music (Spring 2016, online)**

This survey course introduces the learner to music from diverse cultures around the world, prior to their exposure to Western media and influence.

# Local artist paints Bricktown



**Abigail  
Forrest**

Contributing Writer

A colorful piece by Jason Pawley named "Cultivation," now graces one of the many entrances to downtown Bricktown. If you've driven near downtown recently, you may have noticed it.

Specifically, at the entire underpass at South EK Gaylord Boulevard and West Reno Avenue.

A native to Oklahoma City, Pawley attended the University of Central Oklahoma and graduated with a Bachelor of Fine Arts in graphic design back in 2000.

His colorful display brings a spectacular view of art that, for some, has been a lacking aspect of Oklahoma City.

"You see some art in the city but not enough in my opinion. It's refreshing to see something like that in the metro. He is a talented artist and I am glad the city is encouraging his work," said Uriel Mendez, a resident of Oklahoma City.

The mural takes up the entire underpass and is viewed almost as an interactive piece.

"I think the artist was definitely keeping not just the location of the piece in mind but the way the viewer experiences

it too. There's a big difference in the way it looks and makes you feel when you are walking by or driving by," said Mendez.

Oklahoma City has experienced a recent boom of change when it comes to being a city that is fast growing with art, culture and architecture.

Pawley's work is also bringing a fresh breath of creativity to our city.

Public art is not as prevalent in Oklahoma City as it is in other cities in the United States. An interactive map that displays areas across the states with public art blatantly shows that our state is lacking when it comes to public art.

Of course it's not fair to compare Oklahoma's public art count with that of a coastal city like Los Angeles or New York, but we should step up our game when it comes to supporting the arts.

The piece by Pawley is proof that public art is important and should be encouraged in society.

Make sure to drive by and experience it for yourself.



"Cultivation" by Jason Pawley covers most of the bottom of a bridge in Bricktown. Pawley graduated from UCO with a Bachelor degree of Fine Arts in 2000. Photo by Cooper Billington, The Vista.



Visitors of Bricktown walk under a bridge covered in street art by Jason Pawley. The Bridge is located at South EK Gaylord Avenue and West Reno. Photo by Cooper Billington, The Vista.



Abigail  
Forrest

Contributing Writer

# UCO Alumna working Wall Street

Former UCO student and native of Edmond, Kelly Crow, is a prime example of what working hard as a journalist can do for you.

Crow studied journalism at UCO and though she never wrote for *The Vista*, she did write for the *Edmond Sun* and *Oklahoma Today Magazine*.

She was inspired by her favorite former professor Terry Clark to apply at Columbia University which led to her working for the *Wall Street Journal* in New York, covering the Art Market beat.

"I feel lucky and blessed," said Crow.

Who wouldn't feel lucky after landing a job with the *Wall Street Journal*?

Crow has been writing for the *Journal* for about 10 years now and gets to travel and experience amazing works of art first hand.

"I've traveled to places like Beijing, India and Brazil to see how the world's wealthy are investing in art; if a painting is selling for a million dollars, we should pay attention to that," said Crow.

Her advice for new journalists is to check your facts, don't go into a story thinking you know everything about it and of course stay accurate and unbiased.

"Come in neutral, you want everyone

to feel like you genuinely want to report the truth. I'm living this life right now and have become more meticulous about how I fact check-- always double check facts," said Crow.

Another great piece of advice for writers who are having a hard time getting their lead together is write down your curiosities about the story you are writing.

After all of your questions are answered and you are ready to write, go back to what sparked your curiosity first. This will help formulate a lead that will spark curiosity in your reader and keep them reading.

With the recent market plunge in China, Crow was able to provide some insight into how the art world is being affected.

"The art market in China is still getting along but collectors are buying art that is a safe bet like western art. They are also buying their own traditional art and not much contemporary art. They are definitely buying the older stuff but that is not the case in America, we are still buying everything," said Crow.

Crow now lives and works in Washington D.C. and continues to cover the world of art.

*Kelly Crow studied Journalism at UCO, and she worked for the Edmond Sun and the Oklahoma Today Magazine. She now works for the Wall Street Journal in New York. Photo provided by Kelly Crow.*

## Tea Garden

Chinese food & Bubble tea

38E 15TH, EDMOND OK73013. 405-285-6800

Spicy chicken  
Sweet & sour  
chicken  
Sesame chicken  
Bubble tea  
Curly fries  
Taiwanese food

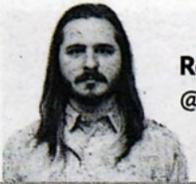


10% off

Any entree  
purchase.  
Dine-in only



# Mental Health Counselor Jade Bennight



**Robby Harris**  
@robby\_uco

Contributing Writer

The University of Central Oklahoma's Center for Counseling and Well-Being's staff works with students to help deal with the ups and downs of college life. The services are confidential, and can help resolve emotional difficulties, improve personal skills, overcome the effects of trauma or grief, decrease substance abuse and can help students achieve their intellectual, personal and creative potential.

Jade Bennight, Mental Health Counselor, spoke about her recent LCSW exam, work history and the Wellness Center.

"The [Licensed Clinical Social Worker] LCSW exam is an exam that all social workers must pass in order to provide clinical services to individuals and families," Bennight explained.

"A Social Worker must be under supervision under another licensed Social Worker for a total of 4,000 hours with 3,000 hours being direct face to face client care. Once you have collected all 4,000 hours you are eligible to take the exam. You have 12 months to complete and pass the exam," she added.

When asked what drew her to social work, Bennight said, "Growing up in a Christian home, serving others was a big part of my life. Being mission minded and service focused was developed into my nature at a very young age."

After starting her college path with plans of becoming an elementary school teacher, Bennight changed her major to social work. This was after she worked for the Americorps program, serving underprivileged children at a day camp in Oklahoma City.

Bennight graduated with a Bachelor's in Social Work from Southwestern Oklahoma State University, then became a certified case manager and took on the role of Care Coordinate at Great Plains Systems of Care in Clinton, Oklahoma. During that time she began pursuing her

Masters in Social Work at UCO.

After completing her Masters, Bennight began employment as a therapist in the Children's Outpatient Program at Red Rock Behavioral Health Center in Clinton, OK. She then became Trauma Focused Cognitive Behavioral Therapy (TFCBT) trained and began to implement this treatment to traumatized children in the foster care system.

"This is where I found my niche in treating sexual abuse victims," Bennight said.

Bennight also worked as a therapist at Sunbeam Family Services in Oklahoma City.

Following the May 20, 2013 tornadoes, Bennight serviced the Moore area for over a year, where she implemented trauma groups in schools, provided trauma education to teachers and provided individual and family therapy to people who were experiencing traumatic reactions to the storm.

"I have the opportunity to help broken people heal. I see a great amount of hurting people and their successes. I don't know that one story impacts me more than another. All successes are celebrated in my eyes," she said.

When it comes to working at UCO, Bennight explained, "UCO serves a great population of students, but we do it well. UCO believes in total wellness for our students. A person must address all portions of their wellness, including physical, spiritual, mental, emotional, social, environmental, financial, intellectual and occupational wellness."

Students can learn more about the Wellness Center by downloading the UCO Wellness Center app. The app provides information about services available to students.

The Center for Counseling and Well-Being is located in the Nigh University Center, Suite 402, and can be contacted at 405-874-2215.



## WOMEN IN STEM Peer Mentoring Kickoff

Howell Hall Atrium  
**Wednesday, August 26**  
11:30 to 1:00 (Lunch Provided)

**Empower**  
yourself intellectually & professionally.

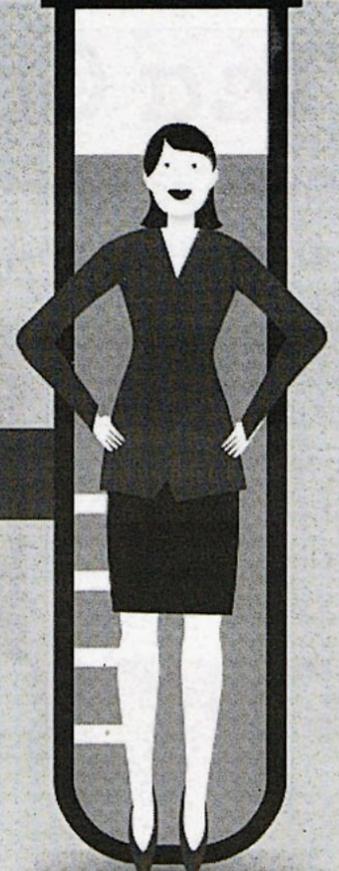
**Encourage**  
and support each other.

**Explore**  
STEM career paths.

**Sign up to join a  
peer mentoring group**

[www.uco.edu/womeninstem](http://www.uco.edu/womeninstem)

**Questions?**  
Contact Rachel Fairchild  
Women's Outreach Center  
woc@uco.edu | 405-974-3626



Jade Bennight is one of UCO's mental health counselors. The Center for Counseling and Well-being works with students to help them deal with the stress of college. Photo by Ryan Naeve, The Vista.

# Symbols in America taken out of context



**Adam Ropp**  
@adamropp

Reporter

As a western society we are trying to instill the idea that a minority does not represent the larger demographic as a whole, but should we do this with symbols?

Although it has been viewed by some as a symbol of racism for the past few decades, the confederate flag has remained low key until the shooting in Charleston, South Carolina on June 17 that claimed the lives of nine African-American church goers.

The suspected gunman, Dylann Roof, prominently displayed the confederate flag on his personal website causing the flag's racial symbolism to be brought into question with many states now debating on its removal from government land, as well as many other organizations like NASCAR and TV land to initiate bans.

The truth is that this symbol was never the flag of the confederacy, but the battle flag of the Army of Northern Virginia used for signaling military commands on the battlefield, which means the flag would have been flown by the army no matter what cause it was fighting for.

This battle flag was the last symbol a dying soldier would see and became a symbol of bravery and honor void of any political feelings.

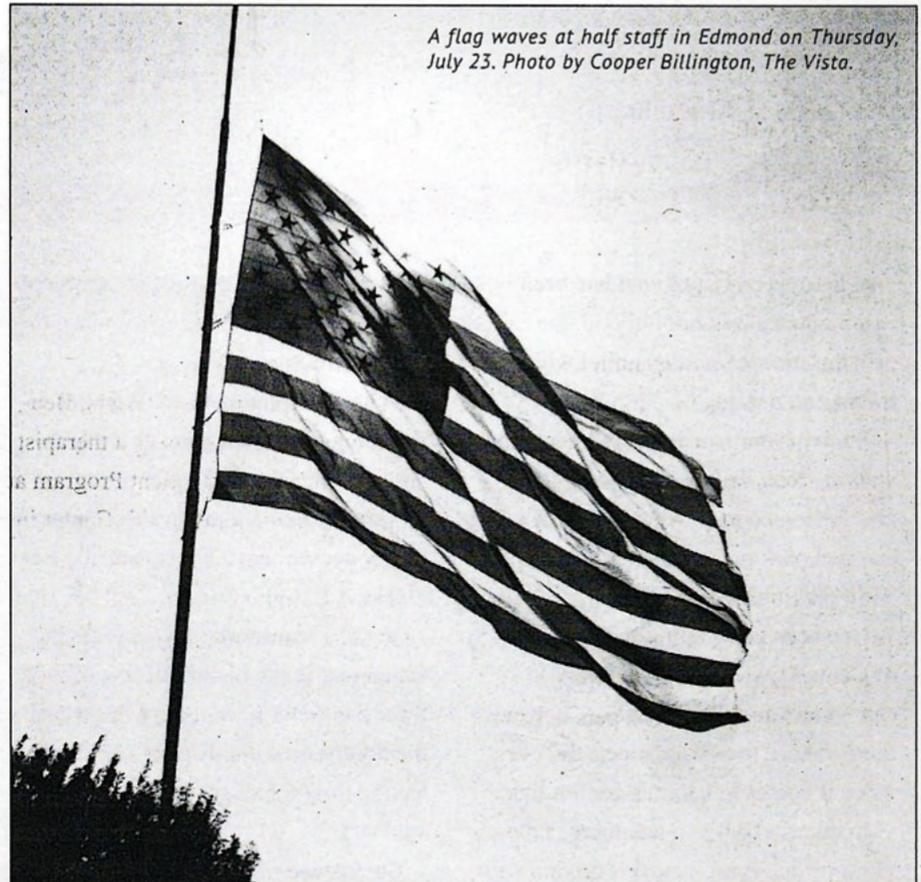
Many southerners today have kept this flag as a traditional symbol of bravery. However, over time, some people have fused the original meaning as a flag of honor with the political stance of the former confederate States of America and its uncivilized appetite for slavery.

The swastika also has an extensive history having been used as a sacred symbol in Buddhism as a meaning of "good fortune" for thousands of years before Adolf Hitler branded the swastika as a symbol of "Aryan identity" and German nationalist pride.

An image, which stood for thousands of years as a meaning of good fortune, changed in an instant to a world-renowned symbol of evil.

Don't get me wrong, having seen how some people wave the confederate flag I personally wouldn't choose to do so nor would I proudly display a swastika for good fortune, but where does it end?

If enthusiasts of child abuse start



A flag waves at half staff in Edmond on Thursday, July 23. Photo by Cooper Billington, The Vista.

wearing blue T-shirts at every meeting and public interview, do I have to burn all my blue T-shirts?

At what point does understanding go both ways with what we say, what we display and what we do? Is it the intensity of the past occurrence or stance in which the minority displays the symbol?

Should African-Americans understand

that most people who display this flag do so as a symbol of heritage or in consideration of the atrocities that occurred during slavery, should southerners who think of the flag as nothing but a badge of honor owe it to African-Americans to remove the icon in seeing how others use the same symbol for racial hatred?



In this April 27, 2001 photo, Pub owner John Russell Houser walks down a street under a banner he is displaying to compare a recent LaGrange City Council decision to pull his alcohol license to Nazi tactics. Houser, 59, stood up during the movie "Trainwreck" in Louisiana and shot at moviegoers, killing two people and injuring others July 23, 2015. (Nat Gurley/LaGrange Daily News via AP)



Vicksburg resident Nancy Pettway holds up a flag before a Confederate flag rally in Vicksburg, Miss., Saturday, July 18, 2015. (Justin Sellers/The Vicksburg Evening Post via AP)

# How to navigate UCO parking: Attention Commuters



Adam Ropp  
@adamropp

Reporter

If there is one thing that has been complained about not only on this campus, but most campuses nationwide, it's traffic and parking.

Students are worried about being late, walking long distances, paying tickets and feeling cheated when they can't find an open parking space after buying a \$150 parking pass.

I've been commuting to the University of Central Oklahoma for 3 years so I can understand the frustration, however there's more than what meets the eye when it comes to campus commuting.

In regards to being late there is the obvious tip of giving yourself more time to get to campus as well as walking to class.

However, the biggest mistake students make is circling a parking lot when they can't find a space.

What most students don't realize is that even during the prime time busy hours of 9 a.m. to 3:30 p.m. there are lots on campus that are always three-fourths empty according to Transportation Services.

In fact, Transportation Services has stated that in the history of this school there has never been a day where each of the 56 lots on campus were full despite having only 6,583 spaces for 17,000 students.

So, instead of circling a lot for 10 minutes because it's close to your building,

students would be better off driving to any lot north of Ayers and just walking to their destination.

As far as paying tickets, UCO usually cites around 26,000 tickets per year with the top violation being that of having no permit, which accounts for around 17,000 tickets.

I realize that students don't want to pay for a parking pass, but what students fail to realize is that five parking fines equal the amount of a \$150 parking permit so you might as well buy the pass and save the hassle of having to park off campus or dodge tickets.

Another misguided perception is the idea of having a parking garage or park-

ing off campus.

A garage would cause parking permits to go from \$150 to \$600 and Edmond police will tow collegiate vehicles for parking at gas stations which is not exactly what one would call a winning series of events.

Truth be told, students don't want to organize the proper time to get to school, they want to park in only one lot and not pay fees or fines. However, buying a pass, choosing different lots and willing to walk a few minutes will solve all the hassles of being a commuter.

Thousands of UCO students commute to campus for class every day. Parking lots are usually busy, but there's always a spot to park somewhere. Photo by Brandi Melton, The Vista.



# Avoiding debt in college

Katie Towler



Contributing Writer

# Student Debt

America is a nation largely in debt, and just about everyone knows that with our current debt at a whopping \$18 trillion plus. With credit cards it can be easy for students to get into debt, there are steps you can take to protect yourself and use credit cards in a smarter way.

“Our population is in debt as well, we like loans, we buy cars, houses, shoes with them, and if sometimes loans are extremely beneficial, they can be very hurtful as well, like in a case of large credit card debt,” said Mariya Burdina, assistant professor of Economics at the University of Central Oklahoma.

Obviously the easiest solution not to get into credit card debt is not to have credit cards, yet sometimes they are useful.

“The worst thing one can do is to make a large purchase with a credit card and only pay a minimum amount required,” said Burdina. “If you do that, the amount you will pay credit card in fees and interest rate could be as much as your original spending.”

UCO Junior, Chris Young said he only uses his credit card for inexpensive things, and tallies it up.

“At the end of the month I have a less

expensive bill that is easy to pay off from my income,” said Young. Keeping all his receipts and staying organized is how he prevents getting in debt.

Of course the organized and responsible way doesn’t always work. For some, different kinds of actions have to be taken.

For Cody Lake, a Senior at UCO, the best method is putting a limit on his card.

“If I know I don’t want to spend money I won’t take it with me when I go places, I make sure the card didn’t have a minimum purchase amount per month and that the interest is low on the card,”

said Lake.

According to Burdina if you need to make a big purchase a short term bank loan might be a better way to go.

“Sometimes banks offer much better deals on short term loans, and owing money to the bank may make you more responsible when it comes to paying a loan back,” she said.

The bottom line is the key to staying out of debt with credit cards, is to pay them off as quickly as you can. If you don’t feel responsible enough for it, don’t get one.

Right: One of the best ways to avoid credit card debt is to not have an excessive amount of credit cards. You should also avoid paying the smallest amount due each month. Photo by Ryan Naeve, the Vista.



## Potential Roommates

I am looking for two nice, quiet and responsible women to rent out two rooms at my house. The house will be available August 17th. The price for rent including all utilities will be \$650. You are required to pay a \$250 deposit.

Ladies who are receiving financial reimbursement are allowed to pay 4 month’s rent in advance. It is a nice house in a quiet neighborhood. There are tons of surrounding parks. I also have a nice large backyard.

Call 882-6308 for any additional information!



# Understanding Oklahoma weather



**Adam Ropp**  
@adamropp

Reporter

Explaining Oklahoma weather is not easy; you have cut through the myths due to media sensationalism, then fight through the ignorance of people whose only knowledge of tornadoes is from the movie *Twister*.

I once had a colleague come visit Oklahoma, but before she arrived she expressed over the phone that she was worried about dying in a tornado. When I reassured her that everything would be okay she asked, "Well, where do they usually hang out?"

"Hang out," like tornadoes are two dudes chilling outside a bowling alley.

A good summary of Oklahoma weather would be what I call the kindergarten chart. Remember in kindergarten when learning about the weather they showed you an over the top representational chart of the four seasons?

Well, those hardcore portrayals pretty much sum up Oklahoma. In the spring everything is blooming; the summers feel like Saudi Arabia; in the fall leaves will randomly appear in your house and during the winter it feels like a Russian arctic zone.

In fact, according to the US National Center for Health Statistics, more people die in Oklahoma per year due to the extreme cold instead of heat.

Another thing to understand about Oklahoma weather is randomness due to its position between zones of differing dominant temperature and winds.

During certain months, like October, you will drive to work in the morning wearing a wool coat while blasting the heater, but by the end of the same day go home wearing shorts and running the air conditioner.

One of the most extreme examples was on November 11, 1911 when the temperature in Oklahoma City went from 83 °F (28 °C) during the afternoon then crashed 66 degrees, down to 17 °F (-8 °C) by the early evening.

Many people actually bring a change of clothes to work, school, etc. due to the drastic temperature changes.

Although I ragged on a colleague earlier for her crazy question about

tornadoes, it's no secret that Oklahoma is the tornado hot spot of the world. To understand this, I think the science of weather is an obvious explanation.

Tornadoes occur when hot and cold winds clash together over an open space. Oklahoma is full of these open spaces in the central region, hence why it receives the most tornado activity.

In addition, the reason why certain spots, namely Moore, Oklahoma keep getting the burden of the blows is due not only from the science above, but because it's located directly South from Oklahoma City.

All the heat from Oklahoma City's concrete and metal structures rise into the air and rush downstream to Moore, causing havoc.

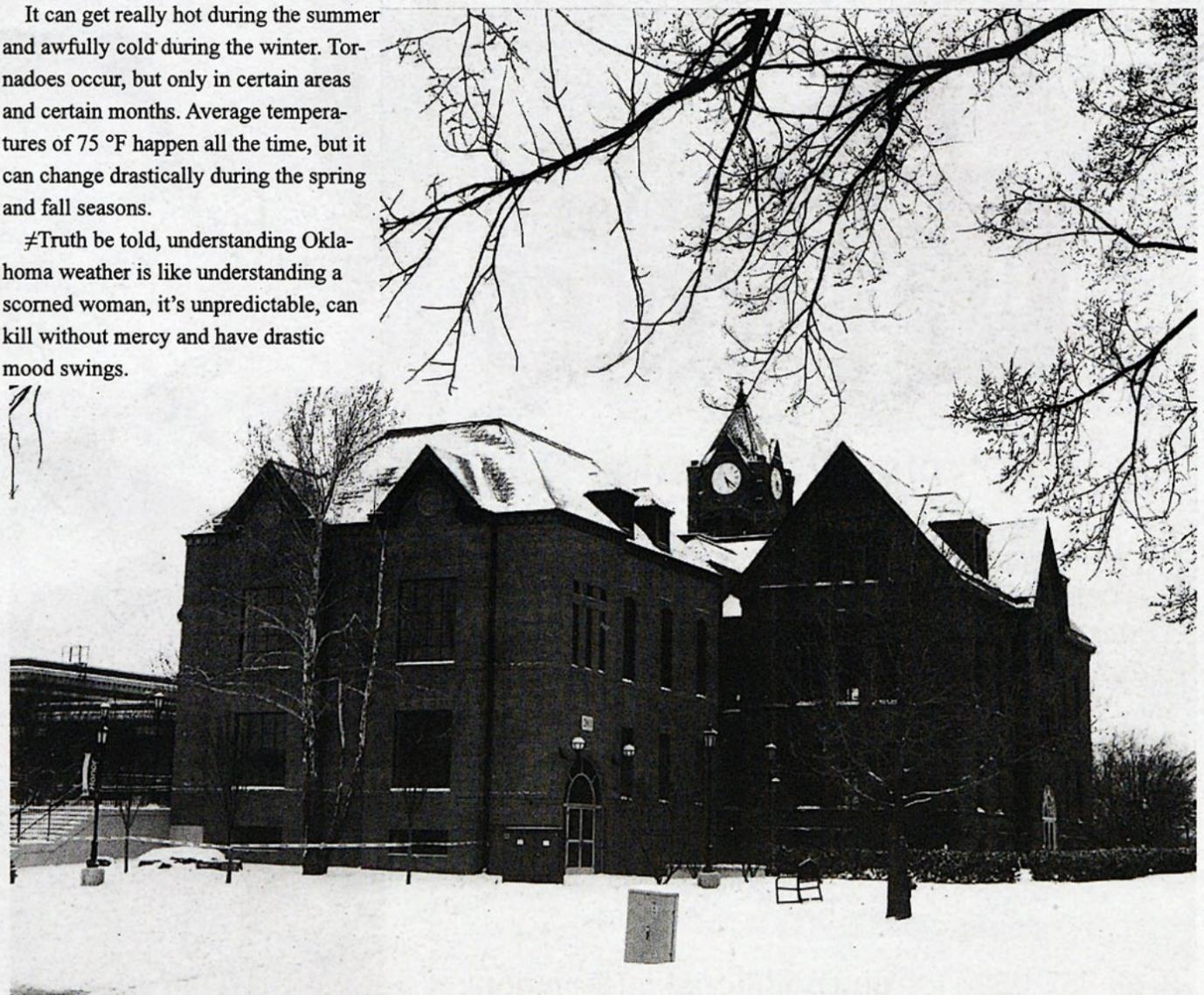
Understanding Oklahoma weather is actually pretty easy; it's just breaking the myths.

It can get really hot during the summer and awfully cold during the winter. Tornadoes occur, but only in certain areas and certain months. Average temperatures of 75 °F happen all the time, but it can change drastically during the spring and fall seasons.

Truth be told, understanding Oklahoma weather is like understanding a scorned woman, it's unpredictable, can kill without mercy and have drastic mood swings.



It's not uncommon for the temperature to reach 100 degrees during Oklahoma summers. Photo by Ryan Naeve, The Vista.



Oklahoma can get very cold during the winter, and there are usually several big snow falls every winter. Photo by Brandi Melton, The Vista.

# Ghosting: the new breakup trend



Jeffrey  
Gonzales

Contributing Writer

Ending a relationship can be a stressful and painful experience for the people involved. During the process there can be long conversations about the future, crying, walls being punched and even dramatic exits.

Whether the break-up is considered good or not, the final part is always closure. But what if one person just decides to disappear and never talk to their boyfriend or girlfriend again?

This is called being Ghosted.

Ghosting was made public last October by the Huffington Post, where they described the act as someone being pervasive to the person they're dating un-

til they are finally gone from their lives completely.

Most people have probably experienced some form of this in their lives. Even before this term was coined, there were times I would be seeing someone and suddenly they would stop responding to text messages and phone calls. With no real word to describe the situation, I would just say they were ignoring me or they were too busy.

Is this increasingly popular form of ending a relationship a bad way though? It's the easy way to break-up, but it may perhaps just be a way for the dumper to be more merciful.

"I think the worst part would be the feeling that you did something so serious that it caused a breakup," said UCO Senior Aron Koepke. "Even if the other person just lost interest, that's the long lasting kind of stuff that eats people up from the inside."

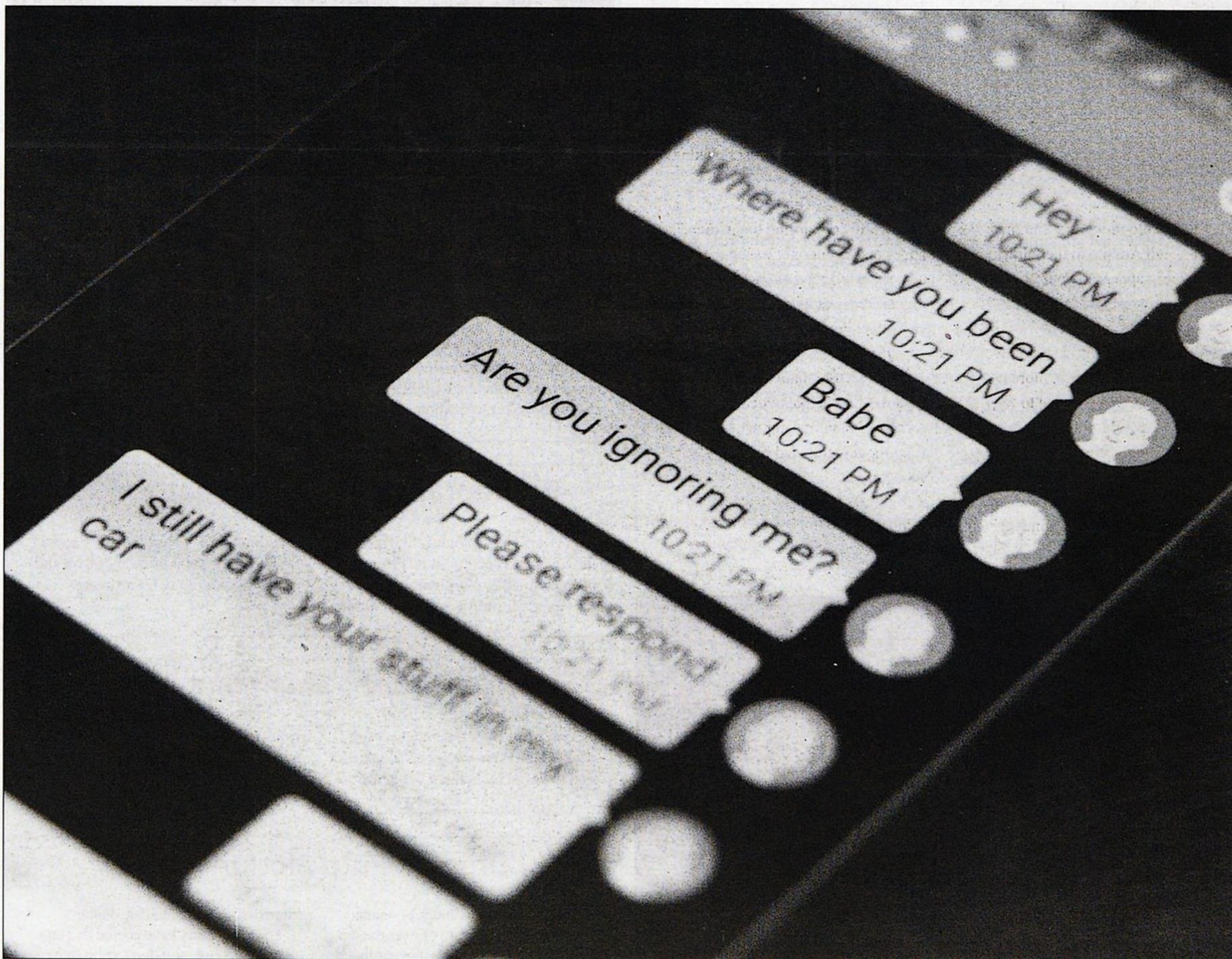
The person that's ghosted is left with no explanation and could regret everything that happened in the relationship. Ghosting leaves no scope or context for the dumped person to fix or do better for their next relationship.

"If I'm talking to a guy and he's not what I thought or I ended up not liking him I would just stop replying," said

UCO Junior Brooke Riley. "I feel like it would be even worse to tell him I'm not into him; that's just an awkward conversation."

While Brooke said she had never ghosted someone she was seriously dating, maybe it's the more appropriate response to someone you are just getting to know.

Different situations determine whether ghosting is right or wrong. No matter the reason, ghosting leaves many alone like wraiths in the night.



Ghosting is when someone ends a relationship by cutting off all contact with their partner. It is a relatively new way of ending a relationship in the digital age. Photo by Ryan Naeve, The Vista.

# Movies that changed their genre



**Adam Ropp**  
@adamropp

Reporter

The movies on this list are not necessarily great movies, but films that changed a genre. For example, Titanic was a profitable movie, but it didn't change the way audiences viewed a

film about action love stories.

These films not only set a new standard for audiences, but for the filmmakers who make them.

## Horror: "The Blair Witch Project" (1999)

Prior to Blair Witch, horror films used standard story narrations about gory monsters, ghosts and violent killers. The Blair Witch Project took the idea that "the less you see, the more you fear" to a whole new level.

With no soundtrack and a lack of traditional camera shooting, the movie gave the illusion that what audiences

were watching was a real video, discovered later by authorities then leaked to the public giving rise to the term "found footage."

Ever since Blair Witch, we've had an endless release of amateur found footage movies as well as professional franchises such as "Paranormal Activity."

## Superhero: "Superman" (1978)

Superhero flicks will always have a sense of childish endeavor due to their very nature of being a fantasy, but prior to the modern era they were beyond cheesy, had cheap effects and were primarily for children.

This all changed with director Richard Donner and "Superman." The film dropped all the cheesy one-liners, had great effects and geared the content to adults as well as children.

## Animation: "Snow White" (1937)

Animated films were originally only short films and primarily used as theatrical previews before full-length movies. However Snow White and the Seven Dwarfs was the first full length animated film released as a main

attraction.

The release was a major risk, but proved a major success by later paving way for feature animated films to have regular releases as main features.

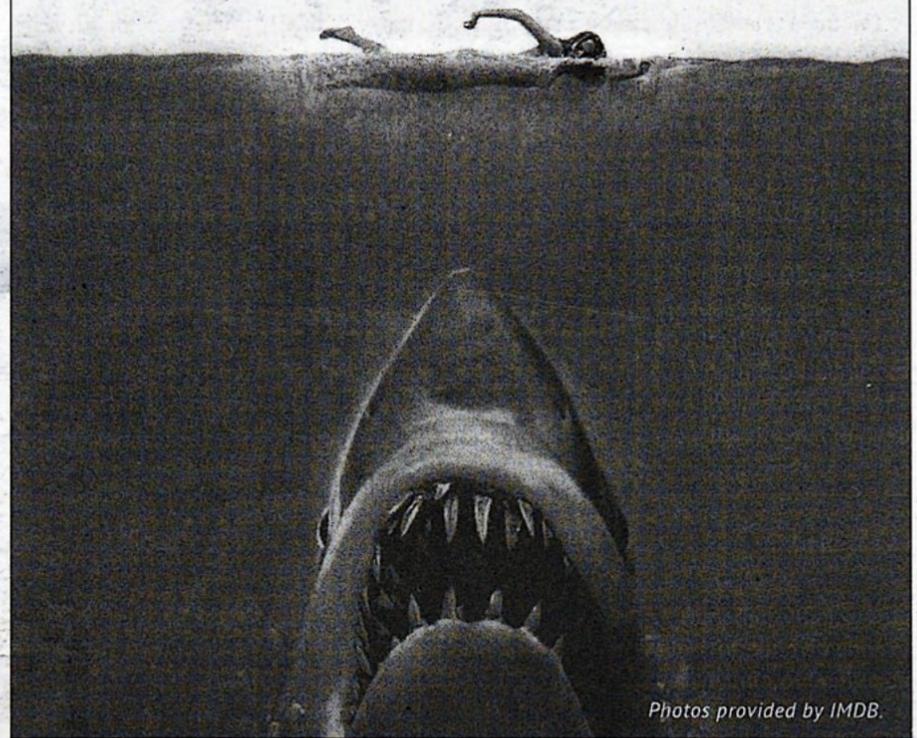
## Blockbuster: "Jaws" (1975)

Prior to "Jaws," Hollywood companies had the prideful goal of producing profitable movies that were stylish and grand, however "Jaws" was the first movie made for the masses in what

would be deemed the first summer blockbuster.

Since its release, movies are now loaded with saturation and marketed to the lowest common denominator.

# JAWS



Photos provided by IMDB.

## Comedy: "Blazing Saddles" (1974)

Comedic movies have been around since film inception and have been defined by the comedic cleanliness of Charlie Chaplin and Jerry Lewis. How-

ever, "Blazing Saddles" opened doors for comedy with its raunchy humor, which gave rise to the concept that anything goes.

## 3-D: "Avatar" (2009)

Although 3-D had been around for years prior to Avatar's 2009 release, this film took it to a whole new level

causing audiences to expect nothing less in almost every action or animated film that has come out since.

## Pornography: "Deep Throat" (1972)

If Deep Throat sounds like a porno movie, that's because it is. Prior to its release in 1972, pornographic movies were still sort of an underground

medium until "Deep Throat" earned a whopping \$600 million dollars and made pornography mainstream.

## Science Fiction: "Star Wars IV" (1977)

Much like Superman's quest for peace, Star Wars advanced the science fiction genre by making the genre se-

rious with realistic performances and advanced special effects.

## Drama: "Pulp Fiction" (1994)

Prior to the mid 1990's, dramatic movies were a mixture of over the top music, grander-than-life plots or intensely romanticized relationships. Pulp Fiction set the tone of subtly, artistic

camera styles and realistic dialog. Dramatic films have copied this template ever since, and don't seem to be looking back anytime soon.



THE BLAIR WITCH PROJECT

# CHOOSING BETWEEN PIZZA AND POTSTICKERS IS HARD.



COX HIGH SPEED  
INTERNET<sup>SM</sup>

Prices starting at

**\$29.99**  
per mo. for 12 mo.

WHEN YOU BUNDLE  
WITH ADVANCED TV\*

## CHOOSING COX IS EASY.

With Cox High Speed Internet you'll get everything you need to graduate to a better entertainment experience.

- Speeds up to 50 Mbps
- Access to over 400,000 WiFi hotspots
- Access to the fastest in-home WiFi
- Connection reliability

855-307-8213

[Cox.com/college](http://Cox.com/college)

Cox Solutions Store<sup>®</sup>



Offer ends 9/28/15. Includes residential Cox High Speed Internet Preferred when customer newly subscribes to both Internet Preferred and Cox Advanced TV or higher. Total bundle rate varies with Advanced TV package. After 12 months, regular rates apply. Monthly rate increases \$20/month for months 13-24. See [www.cox.com](http://www.cox.com). Price excludes installation/activation fees, equipment charges, inside wiring fees, additional outlets, taxes, surcharges (including \$3.00/mo. video Broadcast Surcharge), and other fees. Not all services and features available everywhere. A credit check and/or deposit may be required. Offer not combinable with other offers. A DOCSIS 3 modem is required to consistently receive optimal speeds for Preferred and higher tiers, and is strongly recommended for all other tiers. Uninterrupted or error-free Internet service, or the speed of your service, is not guaranteed. Actual speeds vary. Access to fastest in-home WiFi based on Cox-recommended 802.11ac equipment, available for purchase at Cox Solutions Stores. See [cox.com/hotspots](http://cox.com/hotspots) for available WiFi network coverage areas and hotspots. Other restrictions may apply. ©2015 Cox Communications, Inc. All rights reserved.

CAN'T FIND  
A CLASS TO FIT  
YOUR SCHEDULE?

---

TRY A

*Self-Paced  
Online Course.*

---

Enroll any day of the year

---

Up to **180**

days to complete  
each course

Same price  
as traditional  
online courses

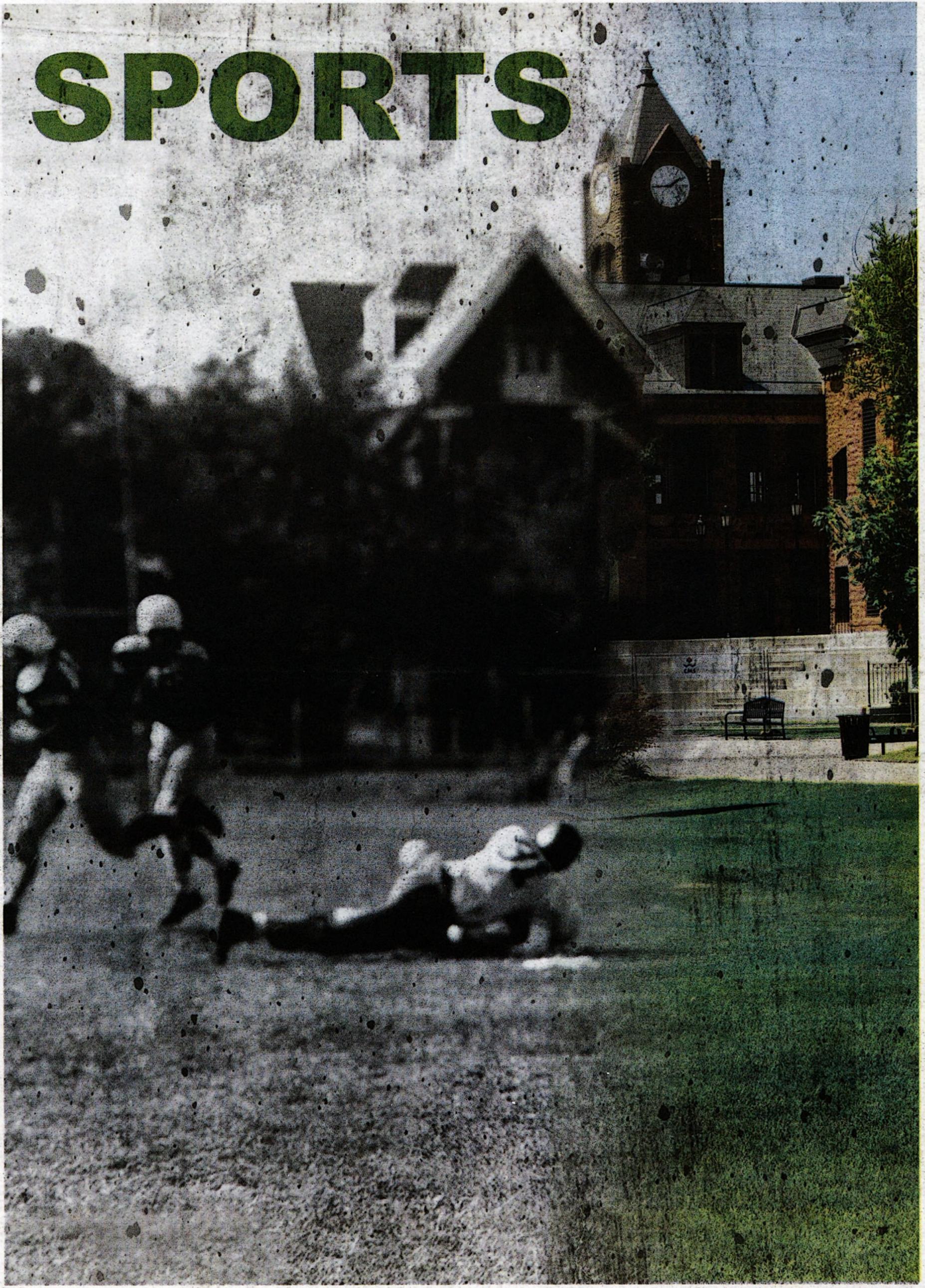
\*not eligible for federal financial grants or loans

*Visit our website for a list of available courses and enrollment information*

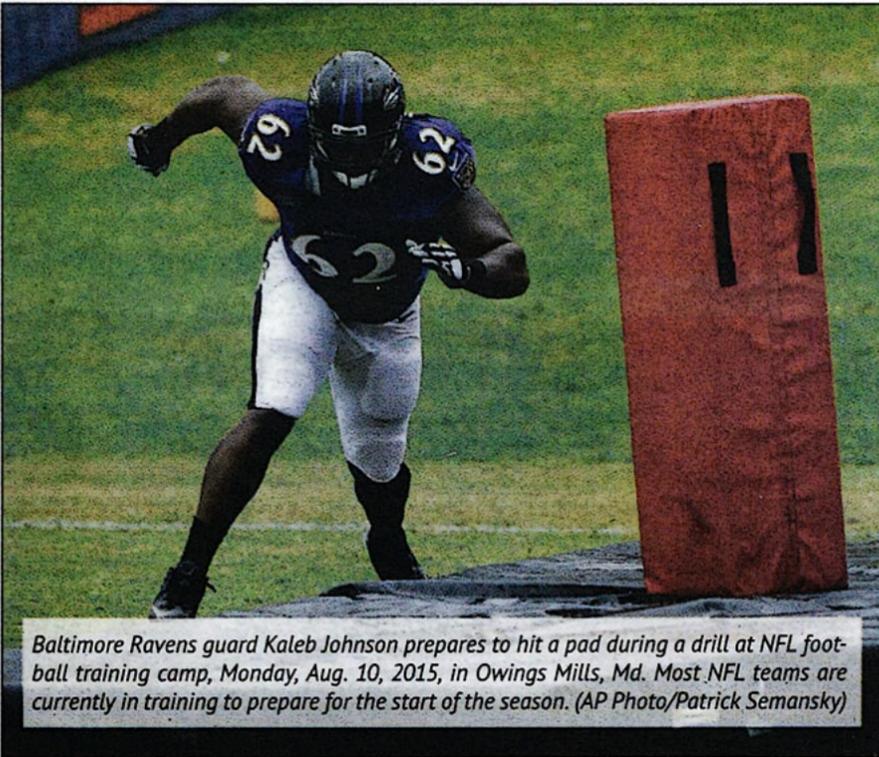
---

**WWW.UCO.EDU/SPOC**

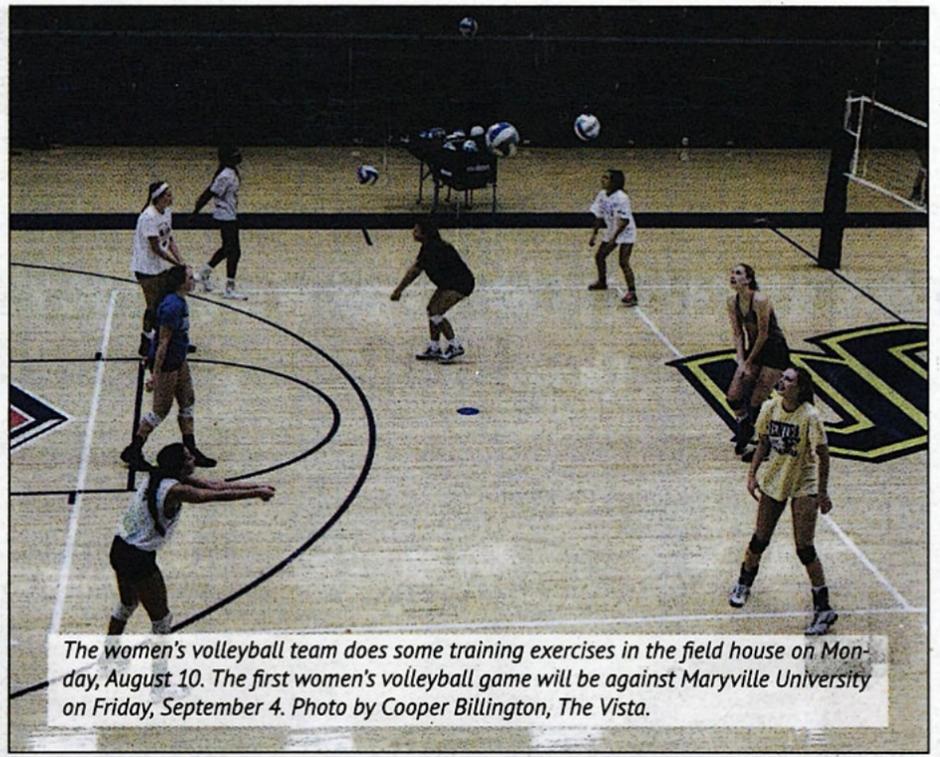
# SPORTS



August Vol. 113 Issue 2



Baltimore Ravens guard Kaleb Johnson prepares to hit a pad during a drill at NFL football training camp, Monday, Aug. 10, 2015, in Owings Mills, Md. Most NFL teams are currently in training to prepare for the start of the season. (AP Photo/Patrick Semansky)



The women's volleyball team does some training exercises in the field house on Monday, August 10. The first women's volleyball game will be against Maryville University on Friday, September 4. Photo by Cooper Billington, The Vista.

# CONTENTS

## SECTION C

Football by the Numbers.....3	Fantasy Football Risks.....13
NFL Predictions.....4-7	UCO and the Olympics.....14
Above the Rim.....8	Soccer in the U.S.....15
UCO and the MIAA.....10-11	Tips for Hiking.....19



Wantland stadium sits empty before a rainfall on Friday, August 10. Training gear is littered through out the field to prepare the team for their first game on Thursday, September 3. Photo by Cooper Billington, The Vista.

# A Closer Look into UCO Football

## Since 1902

The University of Central Oklahoma football team has:

- Over 600 Wins
- 2 National Championships
- 24 Conference Championships

## Award List

UCO Place-Kicker Seth Hiddink has been named to the Watch List of the 2015 Fred Mitchell Award.

This award is given each year to the nation's top place kicker for Subdivision, NCAA Division II, NCAA Division III, NAIA and NJCAA football teams

## Hall of Fame

Former UCO greats John Fitzgerald and Randy Page are listed on the 2016 ballot for the College Football Hall of Fame, the National Football Foundation has announced.

Ninety-two players from the divisional ranks (NCAA Divisions I-AA, II and III and NAIA) are included on the ballot, with 76 players from the Football Bowl Subdivision on a separate ballot. Voting ends in late June and the 2016 class will be announced Jan. 8, 2016 in Scottsdale, Ariz., site of the Division I national championship game.w

## Coach Howard

Head Coach Gary Howard led UCO to its second national championship with a 14-11 win over Colorado Mesa University (then Mesa State College) in 1982. Howard stepped down in 2002 as UCO's longest-tenured and winningest coach, with a record of 161-106-6 (.601) in 26 seasons.

## Wantland Stadium

Central Oklahoma will celebrate its 51st year of play in Wantland Stadium during the 2015 season.

The 10,000-seat facility has undergone massive renovations over the past several years and now ranks as one of the finest football stadiums in NCAA Division II

## Stadium Records

### Individual

*Rushing Yards* -- 312, Joe Aska vs. Langston, Sept. 24, 1994 (26 carries)

*Receiving Yards* -- 246, Dee Dee Carter, Central Oklahoma vs. Bacone, Oct. 26, 2002 (7 catches).

*All-Purpose Yards* -- 365, Marquez Clark, Central Oklahoma vs. Missouri Western, Oct. 5, 2013 (226 return, 139 receive).



Bradley  
Jayroe

Sports Editor

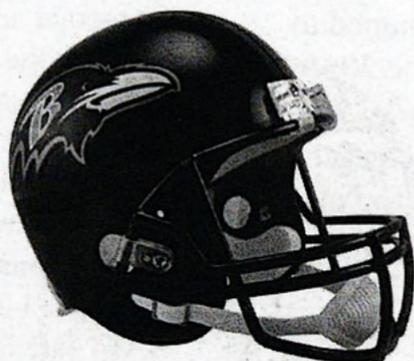
# AFC division picks and previews

## AFC North



### 1. Pittsburgh Steelers

The suspension of Le'Veon Bell could hurt the Steelers in the early going, but they will still have some great playmakers on offense such as Antonio Brown and Martavis Bryant. Still, Pittsburgh has a great chance to win a second straight divisional title. This division is always a dogfight, but Pittsburgh has more talent and experience than the other three teams and should be able to secure the division, even amidst a first-place schedule. They are the only true Super Bowl contender from this division.



### 3. Baltimore Ravens

Over the last two offseasons, the Ravens have lost a palpable amount of talent due to various reasons, from retirements to free agency and off the field issues. For example, they will start this season with an incredibly young and inexperienced wide receiver corps. It's also noteworthy that a lot of the Ravens' key players are aging and therefore a slight decline can be expected. John Harbaugh and Joe Flacco will find a way to have this team in the mix for the last wild card spot, but they aren't a true threat to win the division.



### 2. Cincinnati Bengals

This current squad of Bengals is one of those teams that is always at the tail end of the playoff race, but can't get over the hump to become a true contender. Expect more of the same this year. The Bengals are bringing back just about every player from last season's team. Though natural progression will help their young players, the Bengals will once again be a wild card team in the most likely scenario, with an outside chance at the division. It will be interesting to see how good the Bengals can be on an offense that is loaded with talent at the skill positions.



### 4. Cleveland Browns

The Browns have been the cellar dwellers of the AFC North for the past several years, and that trend looks likely to continue. Just like every year, they seem to have completely changed directions on the short-term and long-term future. They continue to have a quarterback carousel and no direction. This is a very dysfunctional organization, one that won't win any division titles anytime soon.

## AFC East



### 1. New England Patriots

The Patriots have owned this division for most of the last fifteen years, and they just won the Super Bowl. The only thing that could stop the Patriots from a 7th straight division title could be Tom Brady's suspension. While Brady's initial appeal was unsuccessful, a judge overseeing the case could file an injunction so Brady can play until the matter is settled. But with or without Brady, New England has the best-rounded team in the division and should have the best chance to once again win this division.



### 3. Buffalo Bills

The Bills had an interesting offseason, starting with their hire of former Jets head coach Rex Ryan. Ryan will try to turn things around in Buffalo. The Bills also traded for LeSean McCoy, a three-time Pro Bowler. The Bills hope that McCoy will give them the offensive spark they've been lacking for years, and he is certainly a player that fits the bill. Sadly, the Bills don't have any good options at quarterback, so McCoy is likely to see plenty of defenses stack the box against him. The Bills are probably another year or two away from threatening the Patriots.



### 2. Miami Dolphins

The Dolphins are ranked above the two remaining teams for one reason: quarterback. At football's most important position, the Bills and Jets will be trotting out either retread veterans or highly drafted disappointments. Meanwhile, the Dolphins will be starting Ryan Tannehill, who quietly had a breakout year last season. The Dolphins also improved on defense by adding defensive tackle Ndumukong Suh. If the Patriots do stumble at the beginning of the season without Brady, the Dolphins could sneak in and take the divisional crown.



### 4. New York Jets

The Jets enter this season with a clean slate. After going 4-12 last year, the Jets parted ways with longtime coach Rex Ryan and brought in Todd Bowles, a defensive mastermind from the Arizona Cardinals. Bowles will have a wealth of talent to work with in New York defensively, especially on the defensive line. The Jets also brought back Darrelle Revis to help the secondary. Despite this, the Jets still have a big question mark at quarterback. Like the Bills, it's for this principal reason they won't be able to compete for the AFC East this year.

## AFC South



### 1. Indianapolis Colts

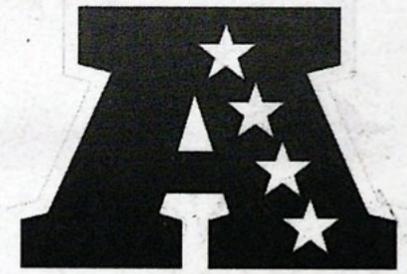
This division is probably the easiest to predict. Similar to the AFC East, the AFC South will be decided by a huge disparity in quarterback play. It really comes down to this: one team has Andrew Luck, and the other three don't. Luck led the league in touchdown passes last season with 40, (ESPN) and at age 25, he is just getting started. The Colts added even more offensive firepower this offseason with the additions of Frank Gore and Andre Johnson. The Colts will pretty easily stampede their way to the divisional title this season.



### 3. Tennessee Titans

The Titans suffered through abysmal season last year, finishing 2-14 as the worst team in the AFC and the second-worst in the NFL. Still, it may have been worth it for them as they landed them Marcus Mariota in the draft. Through the years, the Titans have had a hard time finding consistency at the quarterback. With Mariota, the Titans believe they've found their franchise cornerstone. The talent around him isn't great and there will be some growing pains, but Mariota should be able to elevate this team to at least a few more wins than last season.

## AFC West



### 1. Kansas City Chiefs

It's hard not to give this division to Peyton Manning and the Broncos for the fifth straight year. But look for the Chiefs to overtake the Broncos this time around. For starters, the Chiefs will be getting back one of their best defensive players this season. Eric Berry, a three-time Pro Bowl safety will return to the team after battling Hodgkin's lymphoma for the last several months. In free agency, the Chiefs also brought in the talented and seemingly always underrated Jeremy Maclin. The Chiefs also re-signed Justin Houston long term and will continue to have a strong running game.



### 3. Oakland Raiders

For the first time in a long, long time, there might be some hope in Oakland. Rookie Derek Carr played better at quarterback than anyone has for Oakland in years. They added an explosive target for Carr in the draft when they selected Amari Cooper fourth overall, and have acquired other young players such as Michael Crabtree and Trent Richardson, hoping to tap into their potential. On defense, they have a nice mix of young talent and savvy veterans. While the Raiders won't be in playoff contention, they appear to be taking steps forward.



### 2. Houston Texans

The Texans will bring to the table what they have for the last few seasons: a formidable defense, a strong running game while leaving a lot to be desired in the passing game. JJ Watt may legitimately be the best defensive player the league has seen in years. The Texans will pair him with Vince Wilfork, which will win them most battles in the trenches. Arian Foster will still keep the running game strong, but the Texans may actually take a step back offensively. Andre Johnson was released, and the young Deandre Hopkins will step in as the number one receiver. The Texans also will either start Brian Hoyer or Ryan Mallett, not exactly game changers.



### 4. Jacksonville Jaguars

A team that hasn't had a winning record since 2007 (ESPN), the Jaguars have been rebuilding for a while and will continue to that this season. Quarterback Blake Bortles struggled in his rookie season, throwing 11 touchdowns to 17 interceptions (Pro Football Reference). The Jaguars are, however, slowly adding some intriguing young players on offense, such as TJ Yeldon and Julius Thomas. This is a team that may start to be competitive after the upcoming season.



### 2. Denver Broncos

The Broncos are still a near lock to make the playoffs, but they don't have the look of a juggernaut anymore. Peyton Manning didn't look quite right at the end of last season, and that continue into this year given that the legendary signal caller is now 39 years old. The Broncos changed coaches, going from John Fox to Gary Kubiak which will take some time to adjust. The Broncos also lost Julius Thomas to free agency, and the once-vital Wes Welker won't be returning to the team. All signs point to a possible regression from the Broncos. While it wouldn't be shocking if they won the division, they are more likely to nab the first wild card spot.



### 4. San Diego Chargers

The Chargers don't have the look of a playoff team this season. Philip Rivers threw a lot of interceptions last season as the team lingered in mediocrity on the offensive side of the ball. They were even worse in the running game, where they finished near the bottom of the league in nearly every category. The Chargers hope rookie Melvin Gordon can change that. While they have the talent to do better than expected, it doesn't seem likely.



Joshua  
Palmer

Sports Reporter

# NFC division picks and previews

## NFC North



### 1. Green Bay Packers

The last time the Packers played meaningful football, the nation saw them give up a 19-7 fourth-quarter lead over the Seattle Seahawks in the NFC Championship Game. Entering this year, Green Bay has high hopes to redeem themselves and reach the Super Bowl for the first time since 2011. Has it really been almost five years since we saw Aaron Rodgers hold the Lombardi? Speaking of Rodgers, the NFL's reigning MVP returns for his eighth season as Green Bay's starting quarterback.



### 3. Detroit Lions

How could a team previously ranked second in first in rushing defense and third in scoring defense finish third in its own division? Losing two of the best defensive linemen certainly doesn't help matters. Yes, Ndamukong Suh and Nick Fairley are gone. In their place come Jason Jones and Tyrann Walker, two players that don't necessarily strike the same fear in opposing quarterbacks. With the Lions' defense almost certainly due for a large recession, the team will have to rely on its solid quarterback, Matthew Stafford, and stellar wide receivers to outscore their opponents week in and out.



### 2. Chicago Bears

It was an absolutely atrocious year for Chicago in 2014. They ranked next-to-last in scoring defense, giving up over 27 points per game. The offense didn't fare much better. Quarterback Jay Cutler threw 18 interceptions in 15 games, and Matt Forte was inconsistent from week-to-week (though he had some bright spots). Chicago fired both their general manager and their head coach after the season, as well as numerous assistant coaches. Fans are hoping these staff changes translate to a change in the team's success; otherwise, it will be an extremely long season in Chicago.



### 4. Minnesota Vikings

During last year, Minnesota feels they may have found their first true quarterback since Brett Favre in 2010. Teddy Bridgewater was forced into his first action with the starters in game three, after an injury. The rookie had his ups and downs throughout the year, finishing with 14 touchdowns, 12 interceptions and completing 64 percent of his passes. With these results, the Vikings believe he can grow into their quarterback of the future. Helping him will be the return of Adrian Peterson. The former MVP missed most of 2014 with off-the-field issues, but he is ready to make an impact again this season.

## NFC East



### 1. Dallas Cowboys

This might be one of the NFL's most talented and flawed teams. When this team is playing its best, it can beat anybody. However, the Cowboys have also been known to throw in a clunker or two every season. They lost DeMarco Murray, but they still have Tony Romo, Jason Witten and Dez Bryant. The defense should be at least average this year. The schedule sets up nicely for Dallas. Only three games – the Patriots and Seahawks at home, and a road matchup in Green Bay – seem really tough. If the Cowboys can play well with any consistency, they could make some noise in the playoffs.



### 3. Philadelphia Eagles

It was such a compelling offseason in Philly. Head coach and de facto general manager Chip Kelly traded his starting quarterback for a seemingly less talented starting quarterback. The surprising Sam Bradford trade may start to make a little more sense, when you consider that Philadelphia had the most turnovers in the NFL last season. Kelly also let his productive running back LeSean McCoy walk and signed a rival's running back in his place. DeMarco Murray had his best year in 2014, but he will be working with a less talented offensive line on his new team.



### 2. Washington Redskins

Robert Griffin III finished last season well, but it was easily his most trying year in the NFL. The former Heisman winner looks to continue his late-season success in 2015 under second-year head coach (and quarterback guru) Jay Gruden. He will be helped with star receivers DeSean Jackson and Pierre Garcon, as well as top-five running back Alfred Morris. The key for Washington this year will simply be to have better luck, both with health and turnovers (they gave the ball away 31 times last year). If Griffin can fully regain the form from his rookie season, and the Redskins can hold on to the ball well enough, Washington could possibly be fighting for a playoff spot as soon as this season.



### 4. New York Giants

Besides the incredible athlete known as Odell Beckham Jr., this Giants team is a complete mess. Quarterback Eli Manning bounced back last year from a horrible 2013 season, in which he threw a career-high 27 interceptions. Yet, the Giants' defense couldn't stop anybody, and their record suffered for it. There were not many notable changes in New York during the offseason, so don't expect much to change with this team. They are still mediocre.



## NFC South



### 1. Atlanta Falcons

Atlanta failed so horribly last season because of its defense. The Falcons had the worst passing defense in the league. A porous secondary is a death sentence in today's NFL. Quarterbacks are increasingly becoming smarter and quicker through the years. In a division that employs quarterbacks Drew Brees and Cam Newton (and now, Jameis Winston), a reliable secondary is a must. Meanwhile, Matt Ryan and Julio Jones will continue running up the offense at will, hoping to outscore their opponents. The easiest schedule in the NFL should help.



### 3. Carolina Panthers

The Panthers probably would have fired their head coach Ron Rivera if the NFC South hadn't been so terrible last season. Because somebody had to win this division, though, the Carolina Panthers received the honor of hosting a home playoff game, despite holding a losing record. Last year's team was never pretty, but they grinded just enough to see a moderate amount of success. The 2015 version of the Carolina Panthers hopes to do the same thing. This team is extremely ordinary, and if Tampa Bay strikes lightning with its quarterback, Carolina could fall to last place in this division.

## NFC West



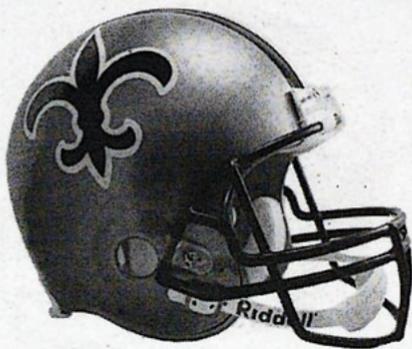
### 1. Seattle Seahawks

The Seahawks led the league in rushing yards, pass defense and scoring defense last year. Not a lot has changed since then, as 10 of the 11 starters on defense return. Marshawn Lynch and Russell Wilson will also be back after signing new contracts this past offseason. Seattle has more wins at home during the past three seasons (22) than any other team. The "12th man" represents the best home-field advantage in sports. When you boast a safe, accurate passing game and consistently brutal running, along with the league's best defense, there are not a lot of teams that can beat you.



### 3. Arizona Cardinals

When Arizona made the trade for Carson Palmer a couple years ago, the Cardinals looked like a team on the rise. Even last year, when the Cardinals started the season 9-1, people began believing this franchise had a real shot at winning the Super Bowl. Arizona finished 2-5 in their last seven games, including a 26-17 loss to the 7-8-1 Carolina Panthers. Now, Arizona seems like a stagnant team, doomed to another season of futility. To have hope for any real success, the Cardinals will need a dramatic increase in production from their running back this season.



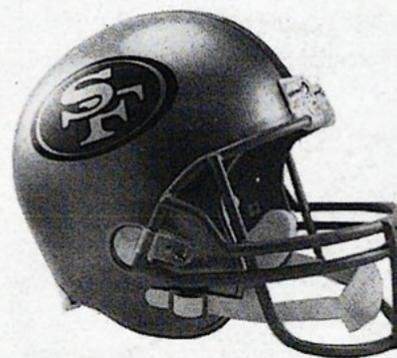
### 2. New Orleans Saints

New Orleans had problems on defense, too. However, their problem extended to defending the run game. The Saints had the fourth-worst rushing defense last season. New Orleans defenders also struggled to produce turnovers. They only generated 17, which was the fifth-lowest total in the NFL. Meanwhile, Drew Brees just keeps on rolling. He only needs 25 touchdowns to pass Dan Marino for third place as the all-time touchdown leader. The Falcons and the Saints are the favorites to win this division, and it may very well come down to which team wins their matchups against one another.



### 4. Tampa Bay Buccaneers

The major story out of Tampa Bay is the addition of a rookie quarterback (and a former national champion and Heisman winner) in Winston. He joins Doug Martin in the Buccaneers' backfield. Martin had a breakout rookie year, but he has been mostly quiet the past two seasons. The Bucs were bad on both sides of the ball last year. Their offense and defense will probably need some major personnel upgrades before the team can ever expect to contend. If everything breaks just right, Tampa Bay's best-case scenario would be finishing in third place in the NFC South.



### 2. San Francisco 49ers

In 2014, Colin Kaepernick wasn't the same quarterback that we had seen in previous years. His yardage and touchdown totals were similar, but he just didn't seem to have the same focus. Something was off. Expect the 49ers quarterback to shake off the doubters and reassert his authority this season. Kaepernick has the athletic ability to make some noise in the MVP race. Believe it or not, the 49ers have the talent to beat Seattle. If this dark horse team can catch some breaks – and if Kaepernick rediscovers his game – they could have a deep run in this year's playoffs. The schedule will certainly be tough, but it just might be a special year in San Francisco.



### 4. St. Louis Rams

The Rams are the final team in our extensive NFL preview. Obviously, we didn't save the best for last. St. Louis is finally a team on the rise, though. After giving up on the Sam Bradford project during this past offseason, the Rams are looking to new quarterback Nick Foles to lead them to the playoffs. After a fantastic season in 2013, Foles regressed mightily with the Eagles last year. He is still a young player, though. With a new offensive system and some talented, developing receivers, Foles will have a good opportunity for success in the league. Regardless of what happens, St. Louis will not play in the postseason this year.

# Above the rim: Why the Cowboys were wise to pay Dez Bryant now



Bradley Jayroe  
@bjayroe6

Sports Editor

Last Wednesday, Dez Bryant signed a new long term deal with the Dallas Cowboys. Bryant and the team had until 3 p.m. that day to strike a deal with the team, or else he would be relegated to the franchise tag. Under the franchise tag, Bryant would have earned \$13 million next season, the average of the five-highest paid wide receivers in the NFL.

However, Bryant and his agent stated publicly that the star player would sit out regular season games next season if a long term deal was not secured.

Most players, like Bryant, are not fans of getting designated with the franchise tag. While it may result in a sizable salary for one season, the majority of players prefer long term security over several years instead.

With the violent nature of the game, it's hard to blame them, as unfortunate injuries could happen at any time.

After back-and-forth negotiations, the two sides came to terms on a five-year contract worth \$70 million total, with \$45 million guaranteed.

Some have been critical of the move to sign Bryant for the long term. Many cite his troubled past as a reason not to trust him; he could get into legal trouble, and the team would still have his contract counting against the cap.

Others argue that the Cowboys should have extended their standoff with Bryant, in hopes of getting him cheaper after next season. Bryant had a career year last season, so his value is at an all-time high.

While these are valid points, overall the Cowboys made a wise decision to sign their superstar to a longer deal.

Here are three reasons the Cowboys made a good move breaking the bank for Bryant:

## 1. No Distractions

We've seen this in the NFL countless times: a superstar and his team can't reach an agreement, leading to holdouts and public barbs traded between both sides.

Things between Bryant and the Cowboys were definitely headed that way, from Bryant's tweets to interview comments from some of the Cowboys' front office officials.

Contract disputes tend to hang over a team like a dark cloud and are almost always a big distraction. It's always one of the first things asked about at press conferences and interviews.

It leads to speculation and trade rumors that also overshadow what's happening or going to happen on the field.

For a team with Super Bowl aspirations like the Cowboys, it was undoubtedly beneficial to avoid such problems.

## 2. Delaying the Inevitable

Since he entered the league, Bryant has been arguably the best pass catcher in the NFL, especially when it comes to touchdowns:

Additionally, Bryant has been highly consistent in his production. In each of the last three seasons, Bryant has had at least 1,200 yards and 12 touchdowns.

In other words, it was safe to expect more of the same from Bryant, whose work ethic has been praised by coaches and teammates alike.

His value was unlikely to ever go down, at least not significantly, so why put it off? Pay the man.

## 3. Potential Loss of a Play Maker and Leader

This is the most obvious of the reasons.

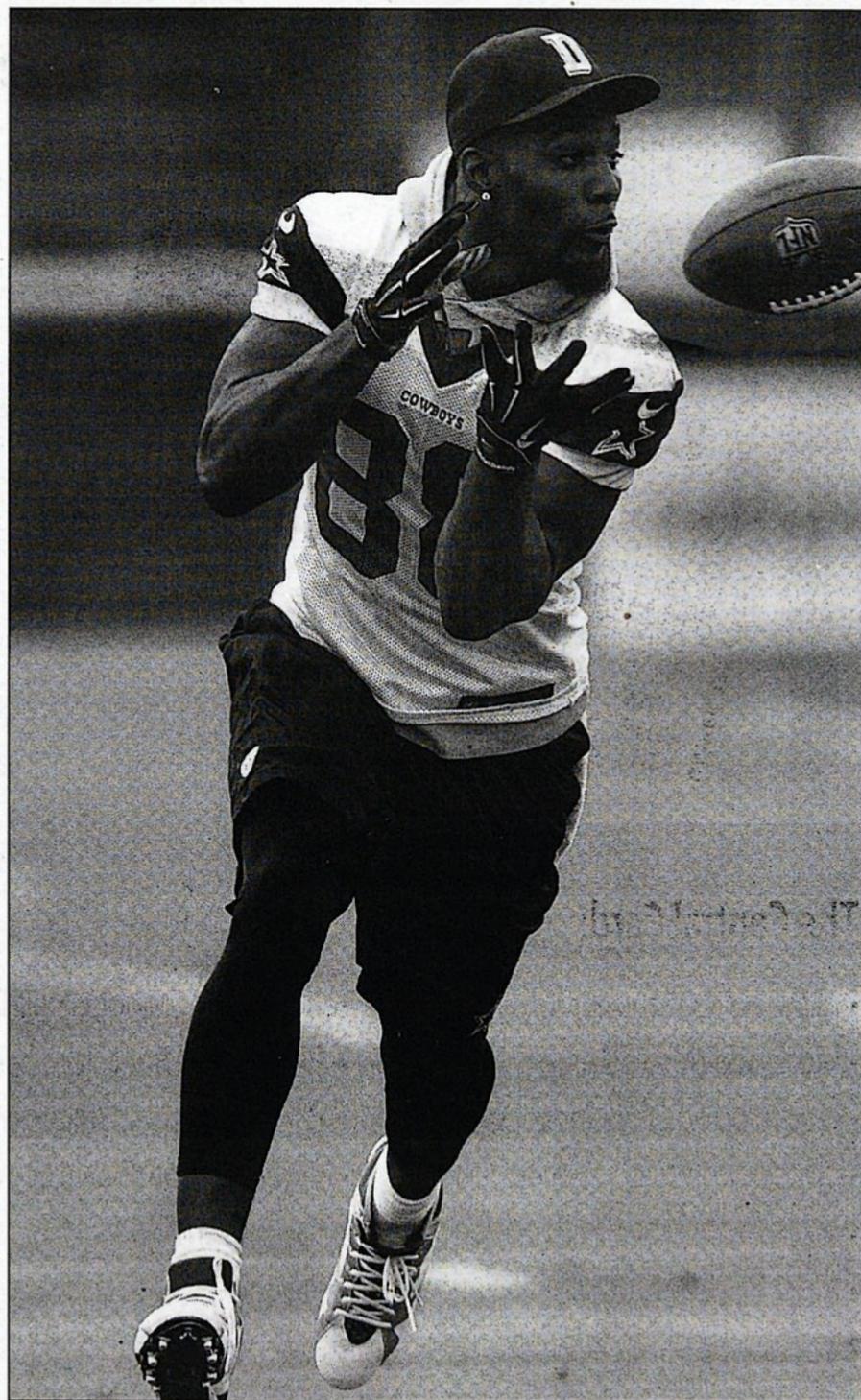
Potentially losing Bryant for any number of games would really hurt the Cowboys and more than likely derail any Super Bowl hopes.

With the free agent departure of DeMarco Murray, Bryant is even more important as a scoring threat and locker room leader.

If the Cowboys are going to contend for the championship, every game counts. Even if Bryant missed one game and the Cowboys lost, it could cost Dallas the NFC East division or home field advantage in the playoffs.

Not to mention, other Cowboys mainstays on offense - like Tony Romo and Jason Witten - aren't getting any younger.

They will need Bryant's spectacular play now more than ever if they hope to be holding the Lombardi Trophy next February.



Dallas Cowboys wide receiver Dez Bryant (88) makes a reception as he warms up during the team's NFL training camp, Thursday, July 30, 2015, in Oxnard, Calif. (AP Photo/Gus Ruelas)

## SNOW PEA RESTAURANT

304 S. KELLY AVE. EDMOND - (405) 509-6462 / snowpearestaurant.com

*Vietnamese/Chinese Gourmet Stir Fry & Charbroiled Grill*

NOW SERVING:



GRILLED PORK CHOP PLATTER



PHO - BEEF NOODLE SOUP



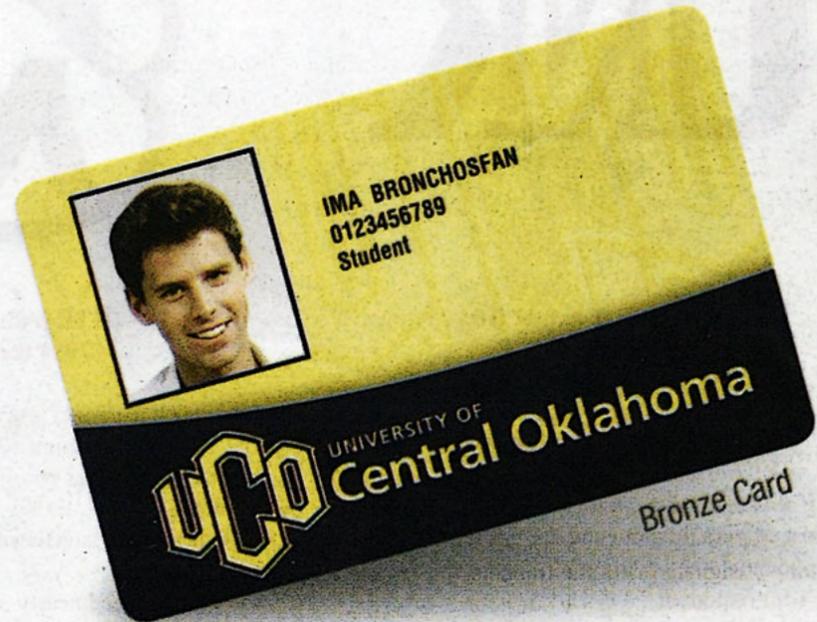
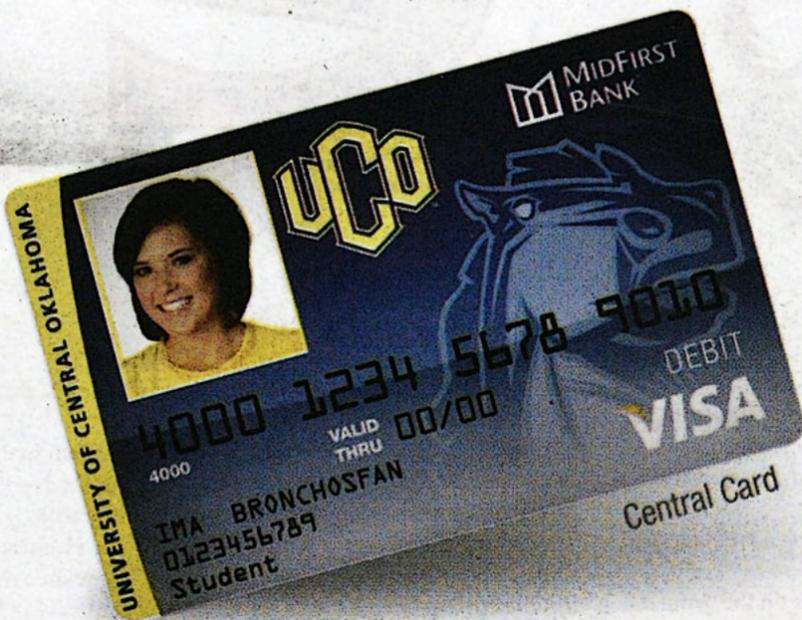
VERMICELLI NOODLES

\*\*\*FREE DRINK OR EGGROLL FOR UCO STUDENTS FALL 2015 SEMESTER

Drive-Thru, Pick-Up, and Dine-In (SE Corner of Kelly & Edmond Rd/2<sup>nd</sup> St)

# GET YOUR ID TODAY!

The UCO Central ID Visa® Check Card or the Bronze Card



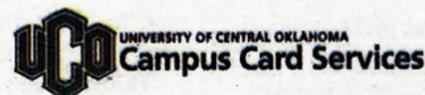
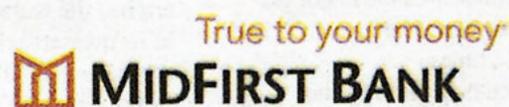
## The Central Card:

- Official UCO student ID
- Access to meal plans
- Access to UCO Wellness Center
- Access to library services
- Access to academic advising
- Access to UCO athletic events
- Access to campus activities
- Access to student financial services
- Access to Cyber Café
- Access to music instrument check out
- Access to ACM@UCO building and events
- Pay for UCO Bookstore items
- Pay for campus parking services
- Pay for campus health services
- Pay for vending machine items
- Pay for Mitchell Hall & Jazz Lab tickets
- Accepted at Visa® locations worldwide
- FREE checking account
- FREE access to all MidFirst ATMs, including six on the UCO campus

## The Bronze Card:

- Official UCO student ID
- Access to meal plans
- Access to UCO Wellness Center
- Access to library services
- Access to academic advising
- Access to UCO athletic events
- Access to campus activities
- Access to student financial services
- Access to Cyber Café
- Access to music instrument check out
- Access to ACM@UCO building and events

**For ID cards during the first week of school, please visit our satellite office on the second floor of the Nigh University Center across from MidFirst Bank**



# UCO Football Preview: MIAA Outlook



**Bradley Jayroe**  
Sports Editor



**Joshua Palmer**  
Sports Reporter



## Nebraska Kearney

**2014 record: 3-8**

The Nebraska Kearney Lopers lost their first five games of the season, ultimately stumbling to a 3-8 record, third-worst in the conference.

A big reason for this could be a big difference in the adeptness of passing games between the Lopers and their opponents; they averaged 143.8 yards compared to 226.4 for opponents.

The team had a good amount of yards rushing per game (181.3) to go along with a respectable yards per carry average of 4.4.

The Lopers will need to do much better on defense in 2015; they gave up an average of 5.7 yards per play last year.



## Northwest Missouri

**2014 record: 10-1**

Northwest Missouri had a great season last year, going 10-1 and finishing second in the conference by virtue of its only loss being to Pittsburg State, which also went 10-1.

One of Northwest Missouri's biggest advantages is in its run game.

The team gained nearly 3,000 yards on the ground while holding opponents to about 1,300 last season. Additionally, they scored 33 touchdowns while only allowing ten all year long.

Northwest Missouri was dominant in 2014, boasting an average margin of victory at 20.5 points per game.

The team will hope to maintain that dominance and strong running game going into this season.



**EMPORIA STATE  
UNIVERSITY™**

## Emporia State

**2014 record: 4-7**

We go from the most surprising team to the most disappointing team in the MIAA last year.

Emporia State was picked as the third-best team in the media poll at the beginning of last season, but the Hornets finished at a measly seventh place in the conference.

After starting the year with a 3-2 record, the Hornets just finished poorly and lost five of its last six. The team's main troubles in 2014 rested with its defense, specifically in the secondary. The Hornets ranked dead last in the MIAA in both pass defense and total defense.

Emporia State will return senior quarterback Brent Wilson and a solid receiver in Kavaski Ervin, who caught eight touchdown passes last year.

Expectations are tampered in Emporia – they have a preseason ranking of seventh in the conference – but the Hornets are hoping to surprise some teams this season.



## Fort Hays State

**2014 record: 7-4**

Fort Hays State turned in a fourth-place conference finish in 2014. After starting the year 4-4, the Tigers finished 2014 with a three-game win streak.

It was a nice season for the Tigers, as they were not expected to be very competitive. Quarterback Treveon Albert returns for his senior year. He threw for over 1,500 yards with 13 touchdowns in 2014.

However, he will be missing his top receiver this season, and the Tigers will be forced to rely on some of their younger players to produce.

In the preseason polls, Fort Hays was picked to finish sixth in the MIAA.

The Tigers begin their season at UCO on September 3.



## Lindenwood

**2014 record: 2-9**

It was a long season for the Lindenwood Lions in 2014. After a win against Washburn in the season opener, the Lions proceeded to lose nine straight games.

They finished the season with a 35-16 win, though. In just the fifth game of the 2014 season, Lindenwood was forced to make its freshman quarterback Graham Lindman the starter. Lindman finished his first collegiate season with 1,830 yards and nine touchdowns, but he also threw 16 interceptions.

In fact, the turnovers represented the major reason the Lions struggled last year. They gave the ball away a conference-high 36 times.

Things do not look much brighter for Lindenwood this year. However, if the team's young players improve and cut down on the turnovers, the Lions should finish with a better record in 2015.



## Missouri Southern

**2014 record: 4-7**

Missouri Southern faced some tough luck last season. The team had two overtime losses --one against UCO-- amidst a tough season schedule. Granted, there was not a lot expected from the Lions going into 2014.

Likewise, there seem to have no real hope for this season, either. The Missouri Southern Lions are predicted to finish in 11th place in the conference, based on the preseason media poll.

If the team wants to finish any better, they will need some real help from the passing game. Missouri Southern had the worst passing offense in 2014, as neither of its quarterbacks reached the 1,000-yard mark last season.

The expected starting quarterback, Scott Lathrop, should be helped by what was the best rushing offense in the MIAA last year. Missouri Southern will return three of its top four rushing leaders from 2014.



### Missouri Western

2014 Finish: 7-4

Missouri Western was very balanced on offense in 2014, evidenced by the fact that it had 85 first downs rushing and 81 first downs passing. This is probably why they were so good on fourth down.

The Griffons converted on fourth down at an impressive percentage; the Griffons converted roughly 42 percent of the time, or 5/12.

The Griffons also did a great job of getting after opposing quarterbacks while protecting their own. Missouri Western sacked quarterbacks 33 times for a total of 214 yards, while allowing 18 sacks for 114 yards.

The Griffons can be more efficient through the air, however.

In 2014 they only completed about 54 percent of their passes. Possibly as a result, Missouri Western also only converted 29 percent of third downs (45/154).



### Northeastern State

2014 record: 0-11

The Northeastern State Riverhawks had a season to forget in 2011 in which they did not win a single game. The Riverhawks struggled mightily on both sides of the ball.

They scored an average of 16 points per game while giving up an average of 35 points per game to opponents.

The Riverhawks relied a little too heavily on their passing game in 2014, perhaps due to playing from behind. The fact remains that they had only 33 rushing first downs compared to 115 passing.

The Riverhawks could benefit by developing a strong running game.

If they can control the clock this way and limit the other team's possessions, it could help the defense tremendously.



### Pittsburg State

2014 record: 11-2

The Pittsburg State Gorillas had an incredible season which saw it bring home the honor of first place in the conference.

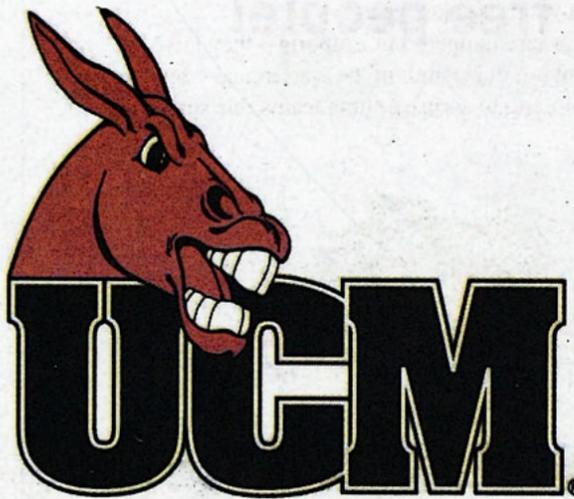
One of the most impressive things about this team is that its two losses were by four points combined.

The Gorillas outscored opponents by almost exactly 20 points every game. The team was adept at staying on the field by converting third and fourth downs, converting at 41 and 55 percent, respectively.

The Gorillas will hope to keep their offense rolling into 2015 after a season in which they scored nearly every time they made it into the red zone.

The team boasted arguably the best air attack in the conference last year at 307 passing yards per game.

If they can repeat last season's dominance they will have a better than good chance to win the league again.



### Central Missouri

2014 record: 8-4

The Mules were a middle-of-the-road conference team last year. After losing two of their first three games in 2014, UCM rattled off six victories in a row, including a 31-19 win against UCO.

However, Central Missouri lost its final two conference games and finished in a tie for fourth place in the MIAA.

The Mules were an offensive powerhouse last season. Their rushing game (221 yards per game) was tremendous, and it helped the team achieve the highest scoring average in the conference.

However, the offense will likely face a small decline in production in 2015, as both its quarterback and running back starters graduated last year.

Redshirt junior Garrett Fugate is expected to be the starting quarterback for the Mules this season. In 2014, he played in all 12 games as the backup quarterback and the starting punter.

Still, even with the new faces in the backfield, the Mules will be a force to reckon with and could challenge for the conference title.



### Central Oklahoma

2014 record: 8-4

The Bronchos were probably the most surprising MIAA team in 2014.

Before the season began, most prognosticators pegged them as either the second or third-worst team in the conference. However, UCO Head Coach Nick Bobeck and his crew turned the doubters into believers by the end of the season.

UCO began the 2014 campaign with three straight wins over higher-ranked conference teams. After a brief setback against Northwest Missouri, the Bronchos took five of their next six games.

UCO finished the season with an 8-3 conference record, good for third place in the MIAA. Two of the team's losses were against the eventual MIAA co-champions, Northwest Missouri and Pittsburg State.

Bobeck's team never excelled at any one skill, but they remained solid across the board. The Bronchos' offense was great at limited turnovers, as UCO led the MIAA in fewest giveaways. The Bronchos also had the top turnover margin in the conference.

UCO is projected to finish fourth in the conference this season, but you can bet that the Bronchos are motivated to prove the polls wrong again.



### Washburn

2014 record: 4-7

Although the Washburn Ichabods finished last season with a 4-7 record, the team was actually in the middle of the pack when compared with the rest of the conference.

The Ichabods are hoping to have a better passing game this season. Last year, they completed just over 50 percent of their passes and threw 18 interceptions.

They also turned the ball over nearly as many times as all of their components combined did against them.

If Washburn is going to be a factor in the MIAA it will also need to improve its run game, as the team only averaged 3.5 yards per carry.

They'll also need to hope for better run defense, as they allowed 180 yards per game on the ground in 2014.

# Living Free

Freedom Ministries



**Wednesdays 7-8:30 p.m.      Everyone Welcome!**

**Freedom ministry is designed to help people recognize our identity in Christ and learn how to remove obstacles that hinder us from experiencing life to its fullest. Be all that God created you and redeemed you to be!**

**Hurting people hurt people. Free people free people!**

## **Topics:**

**Bondage of the Will**

**Freedom from Grief & Loss**

**Breaking the Cycle of Defeat**

**Spiritual Warfare in Families**

**Freedom from Anger & Depression**

**Freedom from Addictions**

**Closing the Door to the Occult**

**Freedom from Negative Life Patterns**

**Need more Info? Jo McGuffin- 405.341.5200**

**or**

**Freedom@springcreekassembly.com Spring Creek Assembly of God 1600 SE  
15th Street Edmond, OK 73013**

# Three players who could disappoint this fantasy football season



Bradley Jayroe

Sports Editor

Football season, and therefore fantasy football, is almost upon us yet again. It's about that time to fire up those mock drafts and start thinking about the players you want to draft.

Maybe even more importantly, though, it might be a good time to think about players you want to avoid. After all,

fantasy football is all about minimizing risk and maximizing upside.

Taking players too high only to see them under-perform can harpoon your season. So let's look at some players that may disappoint relative to their average draft position, otherwise known as ADP.

## 1. Demaryius Thomas

He might be the best player on this list and has the highest ADP out of any of the players on it, coming in at 12.3. The concern here has less to do with the talent or abilities of Thomas and more to do with his situation.

Ever since Peyton Manning signed with the Broncos three years ago, he has been the engine that's made them go. Under Manning, the Broncos have had one of, if not, the most dynamic air attacks in the league.

However, Father Time catches up to all players eventually, and Manning at age 39 showed obvious signs of slowing down toward the end of last season. The Broncos went to a more run-heavy attack, and Manning threw for less than 300 yards in five of his last six games.

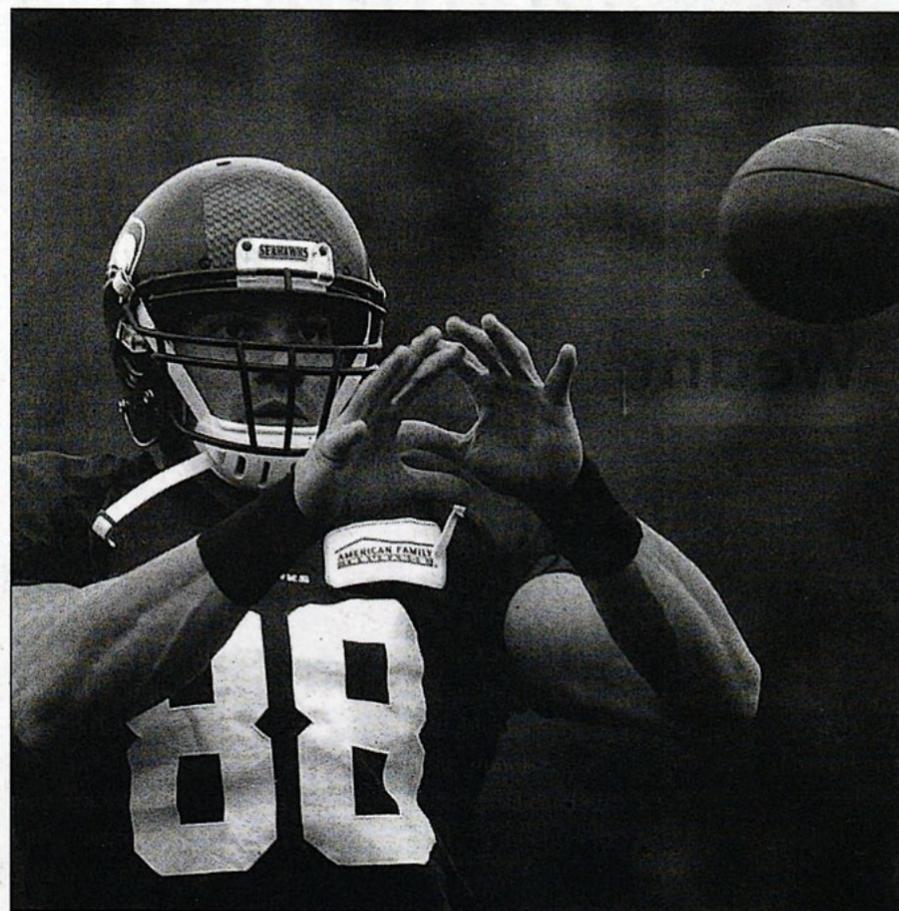
He appeared to have trouble throwing

the ball down the field, which is cause for concern when it comes to Thomas. This was especially evident in the Broncos' playoff loss to the Colts.

In Denver, the once-prolific Broncos went out with a whimper against the Colts. They were only able to score 13 points against the Colts' defense, the same defense that was carved up and humiliated by the Patriots a week later.

In addition to Manning's inevitable decline, the Broncos also lost Julius Thomas and Wes Welker this offseason. That's two less guys other opposing defenses will have to account for, and more attention they can apply to Thomas.

For the record, I still think that Thomas will be a good player this season, but in the first or early second round is a bit high for me.



Seattle Seahawks' Jimmy Graham reaches to catch a ball at an NFL football training camp Monday, Aug. 3, 2015, in Renton, Wash. (AP Photo/Elaine Thompson)

## 2. Demarco Murray

Right now, Demarco Murray is being drafted around the 13 to 14th pick. This is another fantasy player whose situation may contribute the most to fantasy disappointment.

Along with Murray, the Eagles have two other starting-caliber running backs in Ryan Matthews and Darren Sproles. The Eagles run a very up-tempo offense that plays to the strengths of Murray, who played a lot of up-tempo in college at Oklahoma.

However, even with added possessions it will be tough for him to get a lot of snaps with Matthews and Sproles on the team. All three backs are capable and even deserving of double digit carries, and you have to assume they'll all get opportunities given their pedigree and salaries.

But is the best-case scenario of the Eagles running the ball over thirty times

a game even feasible? At quarterback, the Eagles have the oft-injured Sam Bradford, who hasn't played in a regular season game since 2013 and uninspiring backups.

At wide receiver, the Eagles have some young and intriguing players, but none are particularly proven commodities that scare a defense. Thus, it's safe to assume opposing defenses will stack the box and try to shut down the running game.

So this goes for any of the Eagles' running backs: a deep backfield plus limited offensive weapons to take pressure away will really lessen their fantasy value. Couple these factors with Murray's durability concerns and you've got a risky play on your hands.

Murray had 416 carries just in the regular season last year, which was also his first season to play all 16 games.

## 3. Jimmy Graham

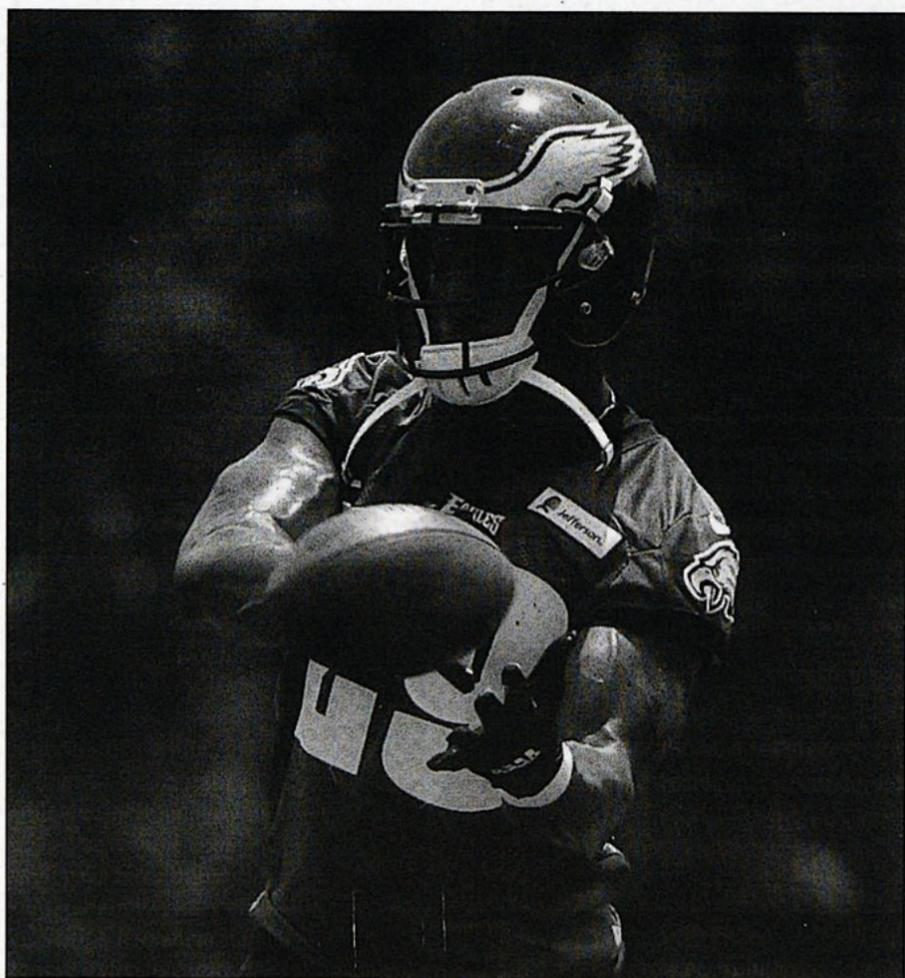
Again, situation is everything. Graham goes from playing in a pass-heavy offense with Drew Brees and the New Orleans Saints to the ground and pound style of the Seattle Seahawks.

Russell Wilson is a great young quarterback who is smart, accurate, and will have no problem getting Graham the ball. However, the Seahawks simply don't put it in the air enough for Graham to be a truly great fantasy option.

Right now Graham's ADP is at about 28 which would be ahead of some intriguing wide receiver and running back

prospects. I believe any owner would be better off looking at those options instead of Graham this early.

It's also worth noting that while Graham is most effective in the red zone, Graham had trouble getting touchdowns toward the end of last season. It could be possible that defenses have figured out how to defend Graham to really slow down his scoring. With a less accurate quarterback and more defensive attention, drafting Graham highly could provide disappointment in 2015.



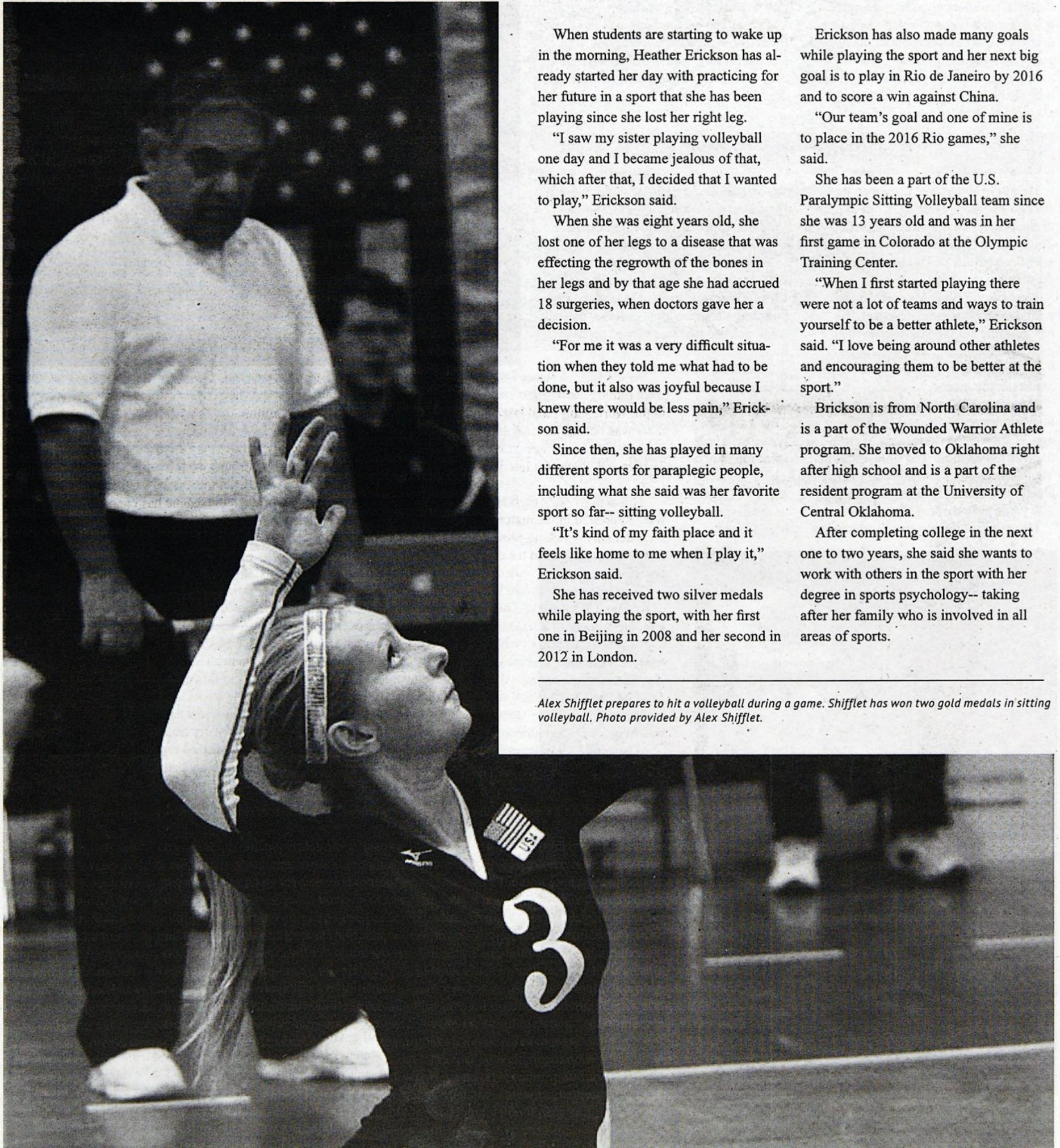
In this Thursday, May 28, 2015, file photo, Philadelphia Eagles' DeMarco Murray participates in a drill during organized team activities at the NFL football team's practice facility in Philadelphia. (AP Photo/Matt Slocum, File)

# UCO student takes her game to Olympics in Rio de Janeiro 2016



Eriech Tapia

Reporter



When students are starting to wake up in the morning, Heather Erickson has already started her day with practicing for her future in a sport that she has been playing since she lost her right leg.

"I saw my sister playing volleyball one day and I became jealous of that, which after that, I decided that I wanted to play," Erickson said.

When she was eight years old, she lost one of her legs to a disease that was effecting the regrowth of the bones in her legs and by that age she had accrued 18 surgeries, when doctors gave her a decision.

"For me it was a very difficult situation when they told me what had to be done, but it also was joyful because I knew there would be less pain," Erickson said.

Since then, she has played in many different sports for paraplegic people, including what she said was her favorite sport so far-- sitting volleyball.

"It's kind of my faith place and it feels like home to me when I play it," Erickson said.

She has received two silver medals while playing the sport, with her first one in Beijing in 2008 and her second in 2012 in London.

Erickson has also made many goals while playing the sport and her next big goal is to play in Rio de Janeiro by 2016 and to score a win against China.

"Our team's goal and one of mine is to place in the 2016 Rio games," she said.

She has been a part of the U.S. Paralympic Sitting Volleyball team since she was 13 years old and was in her first game in Colorado at the Olympic Training Center.

"When I first started playing there were not a lot of teams and ways to train yourself to be a better athlete," Erickson said. "I love being around other athletes and encouraging them to be better at the sport."

Erickson is from North Carolina and is a part of the Wounded Warrior Athlete program. She moved to Oklahoma right after high school and is a part of the resident program at the University of Central Oklahoma.

After completing college in the next one to two years, she said she wants to work with others in the sport with her degree in sports psychology-- taking after her family who is involved in all areas of sports.

*Alex Shifflet prepares to hit a volleyball during a game. Shifflet has won two gold medals in sitting volleyball. Photo provided by Alex Shifflet.*

# Soccer's growing popularity in the U.S.



Joshua Palmer  
@\_JoshuaPalmer

Sports Reporter



As the United States women were raining down goals on Japan in the World Cup Final last month, there was one major storyline beginning to take place on both Twitter and numerous Internet blog posts.

The majority of Americans were interested in the match. They were actually watching soccer, completely engaged in the outcome.

This may not seem like a big deal to you, but just a decade ago, it would have been a strange sight to see people rushing to their nearest sports bar for a soccer match. Yet, this is where we are in 2015.

In 1999, the USWNT had an average of 2.1 million Americans watching all of their games.

A total of 17.9 million Americans watched the United States-China World Cup Final, an exciting match in which the U.S. won on penalty kicks.

It was the second most-watched soccer match in U.S. history.

In 2003, an average of 679,000 Americans watched the U.S. women. That number dropped to an average of 288,000 spectators in 2007.

The men's side fared a little better during these dark years, but still remained a speck compared to the number of viewers the NFL and NBA drew in.

Sixteen point nine million Americans watched the 2006

World Cup Final between Italy and Japan. Just five months earlier, the Super Bowl garnered 91 million American viewers.

At this point in time, soccer in America seemed all but dead.

Then all of a sudden, sometime after the 2007 Women's World Cup, viewership numbers began to drastically rise.

It is estimated that an average of 4.4 million Americans watched the first five United States matches in the 2015 tournament.

The United States faced Japan in the Women's World Cup Final in 2011. About 13 million Americans tuned in for at least one minute of that match.

In 2015's Women's World Cup Final, a rematch of the U.S. and Japan, almost 23 million Americans tuned in. That's a 77 percent increase in American viewership in just four years.

It became the most-watched soccer event in U.S. history. The Women's World Cup Final garnered higher numbers than both the NBA Finals and the Stanley Cup Finals.

Television viewership hasn't been the only thing that has increased, though. The United States has also found a higher influx of fans flocking to Major League Soccer games.

In 1996 --when the league was first founded-- the average attendance for each match was around 17,400 spectators.

That number decreased every year until 2002, when attendance was at its lowest point, with only an average of 13,800 fans going to games.

However, MLS attendance bounced back in 2003, and the league has continued its momentum. In 2014, the MLS averaged over 19,000 fans at its matches, an all-time high.

Along with the rise in soccer's television viewership and actual attendance, the U.S. Youth Soccer organization has reported a growing interest as well.

In 1995, the organization registered about 2.4 million children into its programs. That number had risen to over 3 million kids in 2014.

There are, of course, other factors that contribute to the soccer's growing popularity, besides the public's sheer appreciation toward the sport.

The World Cup has been played at different locales, sometimes in time zones that are inconvenient for the American majority to watch.

A few major international stars have also joined the MLS -- most notably, David Beckham, and more recently, Giovanni dos Santos. These signings have raised higher interest in the league.

It would take decades for soccer to eclipse the popularity of basketball, baseball, or the other football

# Congratulations UCO Graduates!

Summer of 2015

Achemire, Elizabeth  
 Adams, Daniel  
 Adams, Ethan  
 Adler, Stephanie  
 Ahern, Kelsey  
 Akard, Alexis  
 Akinwale, Funke  
 Alahmed, Mohammed  
 Alarcon, Kathryn  
 Albright, Blake  
 Alfadhil, Mohammed  
 Alfardan, Ahmad  
 AlGhamdi, Majed  
 Alibrahim, Osamah  
 Alimoradi, Zinat  
 Alkadi, Hussain  
 Alkhalaf, Zahrah  
 Alkhaldi, Majed  
 Allison, Christine  
 Al-Rashdan, Hamzah  
 Alsafari, Jalal  
 Alshuwaikhat, Ahmed  
 Alsuwailem, Saad  
 Altaweel, Mohammad  
 Aman, Ali  
 Anderson, Naquesha  
 Anderson, Natalie  
 Argo, Mackenzie  
 Arnold, Taylor  
 Atkins, Jeremy  
 Atkinson, Victoria  
 Badhan, Faria  
 Bailey, Elijah  
 Bailey, Matthew  
 Baker, Andrew  
 Ball, Marlie  
 Banjara, Mahesh  
 Barnhill, Darren  
 Bates, Erin  
 Baucom, DeMarco  
 Becker, Zachary  
 Bell, Brooklyn  
 Bell, Nichole  
 Benear, James  
 Benson, Jesse  
 Bethea, Logan  
 Bhetuwal, Tulasa  
 Bieren, Stephanie  
 Blackburn, Colby  
 Blakey, Randi  
 Bohanan, Hailey  
 Bookout, Brittany  
 Booth, Brandon  
 Botkin, Ryan  
 Boutin, Christina  
 Bowen, Fallan  
 Bowen, Avery  
 Bowman, Jefferson  
 Bowyer, Paul  
 Bradley, Cliffalvion  
 Bragg, Julianne

Braly, Adam  
 Bridgeman, Lauren  
 Bright, Wadja  
 Brooks, Amy  
 Brown, Alyssa  
 Brown, Boston  
 Brown, Abigail  
 Brown, Zachary  
 Brown, Duncan  
 Brown, Jessica  
 Brumit, Christopher  
 Bryant, William  
 Burger, Jeffrey  
 Burgess, Christiana  
 Burke, Meagan  
 Burleson, Graham  
 Busch, Kerri  
 Basic, David  
 Buss, Chase  
 Butler, Kevin  
 Cai, Wenjun  
 Caldwell, Sawyer  
 Cartwright, Natalie  
 Castilleja, Diana  
 Castleberry, Kyle  
 Chambers, Travis  
 Chao, Christina  
 Chau, Yu  
 Chen, Sian  
 Chiles, Tyisha  
 Christian, Kegan  
 Christoffel, Katie  
 Cifuentes, Alexandra  
 Clark, Russia  
 Clark, Melissa  
 Clark, Zandra  
 Clemishire, Casey  
 Cline, Karis  
 Clonce, Caitlin  
 Cobb, Irey  
 Cobb, Irey  
 Cochran, Chris  
 Coleman, Sarah  
 Collings, Lauren  
 Conley, Paden  
 Cookson, Ann  
 Cool, Samantha  
 Cooley, Ross  
 Cooper, Ryan  
 Core, Anissa  
 Coshatt, Miranda  
 Coyer, Sydney  
 Creel, Marjon  
 Cross, Elizabeth  
 Culbertson, Amy  
 Daniels, Alexis  
 Davis, Andrew  
 Davis, Kimberly  
 Davis, Desirac  
 Davis, Brittany  
 Dawood, Omar

Dawood, Abubakari  
 Dawson, Kyle  
 Dawson, Sherry  
 De León, Angela  
 DeArman, Michael  
 Decker, John  
 Delisle, George  
 Dhungana, Richa  
 Dicken, Brandon  
 Dickerson, Taylor  
 Diniz Marques Ferreira, Jaqueline  
 Dinsmore, Mallory  
 Dirk, Duane  
 Dotson, Sade  
 Douglas, Denise  
 Douglas, Amy  
 Dowdell, Tyron  
 Draper, Don  
 Du, Xiao  
 Duong, Phong  
 Durant, Jacob  
 Dusenberg Casper, Kathryn  
 Dyer, Carly  
 Eberle, Myranda  
 Edmonds, Brooke  
 Edwards, Trista  
 Eilerts, Adrienne  
 Elliott, Jeff  
 Elrod, Ethan  
 Elroy, Ethan  
 Emard-Mellon, Miranda  
 English, Sara  
 Estrada, Carlos  
 Evans, Ronald  
 Farris, Terry  
 Fassino, Lauren  
 Ferrell, Collin  
 Fields, Rodney  
 Fisher, Mickayla  
 Flinner, Joshua  
 Flippin, Carl  
 Flores, Daniel  
 Foster, Jacob  
 Fowler, Kyle  
 Fowler-Shaklee, Stephanie  
 French, Alexandra  
 Fulkerson, Sheridan  
 Fulks, Susan  
 Gaden, Jake  
 Garrett, Denise  
 Garza, Naomi  
 Geary, Donald  
 Gentry, Charles  
 Gerrish, Kelsey  
 Gibson, Amanda  
 Gilliam, Lauren  
 Gillis, Nicholas  
 Glades, Kendra  
 Gomes, Brianna  
 Gossett, Amy  
 Graham, Alicia

Gramajo, Gerson  
 Gregory, Christopher  
 Griffin, Shyisha  
 Griffin, Wensdae  
 Grizzle, Amber  
 Guice, Nathaniel  
 Gunter, Shaye  
 Gutierrez, Raymond  
 Hache, Sylvain  
 Hack, Cassie  
 Hale, Bryan  
 Hall, Jared  
 Hamdi, Zakria  
 Hamil, Ashleigh  
 Hansen, Kendra  
 Hanyzewski, David  
 Harbort, Julie  
 Hardin, Caden  
 Harper, Alyssa  
 Harris, Emily  
 Hart, Breanna  
 Hatch, Megan  
 Hauck, Erik  
 Haymans, Aaron  
 Hensel, John  
 Hensley, Rhiannon  
 Herber, Logan  
 Heroneme, Benjamin  
 Herrera, Emily  
 Herrington, Amy  
 Hicks, Mariah  
 Hidalgo, Ava  
 Hill, Bryan  
 Hill, Cody  
 Hill, Amber  
 Hillhouse, Erin  
 Hoaglund, Jennifer  
 Hoffman, Keli  
 Holland, Christina  
 Hollis, Eulean  
 Holmes, Abby  
 Holt, Stephanie  
 Hood, Timothy  
 Horner, Natalie  
 Howard, Tessa  
 Huang, Shu-Ya  
 Huckabee, Joanna  
 Huckleby, Laura  
 Huddleston, Jacquelyn  
 Huff, Nathaniel  
 Hughes, Melissa  
 Hunt, William  
 Hunter, Britney  
 Hunter, Sandra  
 Hurley, Tyler  
 Ingram, Jennifer  
 Itty, Jaice  
 Jefferies, Rahmel  
 Johnson, Tiffany  
 Johnson, Torge  
 Johnson, Tiffany

Johnson, Colleen  
 Johnson, Jovanna  
 Johnson, Essie  
 Johnson J. Michael  
 Jones, Freedom  
 Jordan, Matthew  
 Jordening, Daniel  
 Jump, Derek  
 Keating, Shawn  
 Kelley, Brandi  
 Keys, Drake  
 Kilgo, Ellen  
 Kim, Hyunwoo  
 Kim, SooJin  
 Kimble, Magen  
 King, Lauren  
 Kiser, Lucinda  
 Klein, Kelli  
 Koenig, Annette  
 Koit, Ken Jee  
 Kressner, Peter  
 Kuo, Meng-Chieh  
 Kuriakose, Saumya  
 Lacy, Heather  
 LaGrow, Collin  
 Lane, Sydney  
 Larios Rodriguez, Mrs. Elizabeth  
 Lawrence III, Charles  
 Leang, Sovannary  
 Lee, Seonjoo  
 Lee, Seong Ryung  
 Lee, Donghan  
 Leemhuis, Darcy  
 Lees, Michelle  
 LeJeune, Sherae  
 Leonard, Shantel  
 Lester, Heather  
 Li, Shuqi  
 Lightfoot, Kasey  
 Lightfoot, Kasey  
 Lim, Oon Feng  
 Linton, Branden  
 Locke, Paige  
 Loney, Megan  
 Lopez, Maria  
 Love, Patrick  
 Love, Eleigha  
 Lovelace, Brandy  
 Low, Shiau-Ling  
 Ludolph, Alisa  
 Lynch, Rachel  
 Mackie, Jasmyne  
 Madsen, Sebastian  
 Maib, Katie  
 Marlow, Kirk  
 Marshall, Katie  
 Martens, William  
 Martin, Alaina  
 Martinez, Karen  
 Martinez, Lorena  
 Mathew, Sonya  
 Matson, Brianna  
 May, Devon  
 McArthur, Chelsey  
 McCarty, Andrew  
 McClelen, Jeffrey  
 McCollom, Kathryn  
 McConnell, Kasey  
 McCown, Margaret  
 McCray, Leslie  
 McCreary, Kayla  
 McGee, Abigail

McKamie, Curtis  
 Means, John  
 Meier, Danny  
 Metcalf, Lauren  
 Mitchell, Deja  
 Mohammed, Hadir  
 Moore, Geoffrey  
 Morgal, Christopher  
 Morgan, Stasha  
 Morgan, Benjamin  
 Morice, Shelby  
 Morris, Kristle  
 Muex, Romel  
 Munoz, Christopher  
 Myrick, Brandon  
 Nadeau, Lindsey  
 Nash, Kelcy  
 Navarro, Vincent  
 Newton, Carisa  
 Newton, Tyler  
 Nguyen, Kayla  
 Nguyen, Khanh  
 Nicholas, Brendon  
 Nie, Rongchu  
 Noah, Ericka  
 Nolen, Nickole  
 Norman, Chandell  
 Northam, Matthew  
 Norton, Riley  
 Ochoa, Antonio  
 Ogletree, William  
 Olstad, Amanda  
 Orr, Jessica  
 Ortiz, Richard  
 Owen, Timothy  
 Pagan, Bernice  
 Page, Bridgett  
 Page, Keeley  
 Pak, Bryan  
 Patel, Pooja  
 Payne, Anthony  
 Peach, Jordan  
 Peck, Sierra  
 Peek, Lauren  
 Pendleton, Kayla  
 Pennington, Ethel  
 Perryman, Stewart  
 Peters, Terri  
 Pinkerton, Amber  
 Poore-Rodgers, Paula  
 Potts, Kaela  
 Powell, Aaron  
 Pradhan, Sophiya  
 Pratt, Elizabeth  
 Pride, Nekia  
 Pride, Jazzmine  
 Pyle, Cindy  
 Quiring, Patrick  
 Rahe, Lauren  
 Ramsey, Kristen  
 Ramsfield, Morgan  
 Ratcliff, Austin  
 Ratliff, Emily  
 Ray, Debra  
 Redwine, Lesley  
 Reeser, Chase  
 Reeves, Miranda  
 Reichert, Kari  
 Reinke, Johnathan  
 Reiting, Peyton  
 Rhodes, Janae  
 Rice, Kerry

Richmond, Ashley  
 Riden, Charles  
 Riley, Kristen  
 Rios, Leslie  
 Rivera, Michael  
 Roberson, Amber  
 Roberts, Michael  
 Robinson, Derek  
 Robinson, Charles  
 Robinson, Bianca  
 Rodne, Rumer  
 Rogers, Chad  
 Rogers, Stephanie  
 Roland, Carolyn  
 Roley, Hailee  
 Rollerson, Joel  
 Rowbottom, Carolyn  
 Rucker, Lindsay  
 Rumbiak Saba, Ningrum  
 Runnels, Annie  
 Russell, Kristen  
 Ryu, Minji  
 Saldivar, Jenna  
 Saldivar, Jenna  
 Sapper, Sophia  
 Sargsyan, Ani  
 Saucedo, Javier  
 Saunders, Anna  
 Savill, Dennis  
 Schmidt, Brandi  
 Schotter, Edward  
 Schreiner, Brandon  
 Schultz, Josh  
 Schwab, Dallas  
 Selby, Rachel  
 Seo, Hyunju  
 Shah, Keyurkumar  
 Shank, Timothy  
 Shepherd, Skye  
 Sheridan, Kelli  
 Shiels, Kyle  
 Shin, Eun Kyung  
 Short, Megan  
 Shrestha, Manisha  
 Silva, Erick  
 Simmons, Amber  
 Simon, Vilienne  
 Singer, Leah  
 Sliger, Andrea  
 Smagge, Trey  
 Smith, Chelsea  
 Smith, Faye  
 Smith, Kayla  
 Smith Toves, Hannah  
 Solomon, Mia  
 Sorensen, Craig  
 Spaugy, Brittany  
 Speer, David  
 Spradlin, Jeanene  
 Stafford, Megan  
 Steichen, Jamie  
 Stewart, Katelyn  
 Stewart, Matthew  
 Stiggers, Briana  
 Strahorn, Sarah  
 Stretesky, Samantha  
 Stump, Ashley  
 Sullivan, Dylan  
 Swank, Brittany  
 Syed, Shelby  
 Szabo, Andrea  
 Tartt, Whitney

Taussig, Marissa  
 Tay, Vanessa  
 Tedford, Kinsey  
 Tettleton, Sarah  
 Thompson, Kristan  
 Timmermans, Nathalie  
 Tinkler, William  
 Todd, Joshua  
 Tofpi, Timothy  
 Towe, Trea  
 Tran, Tammy  
 Travis, Jennifer  
 Treadwell, Stephen  
 Trejo, Yanet  
 Trice, Jazzmine  
 Trumbula, Kylar  
 Tuggle, Hayley  
 Upshaw, Alysia  
 VanDeVenter, Katy  
 Vang, Mary  
 Vaughn, Tissy  
 Vaughn, Katrina  
 Vaughn, ChyAnn  
 Vaught, Chelsea  
 Villegas, Carla  
 Visser, Rhye  
 Vonfeldt, Brandon  
 Wade, Andrew  
 Wade, Tremaine  
 Waldrip, Allison  
 Walker, Kyley  
 Wall, Ryan  
 Wallace, Joshua  
 Walston, Tarrah  
 Wang, Hai  
 Ward, Willie  
 Ward, Matthew  
 Washington, Kionna  
 Watley, Aiesha  
 Watson, Katrina  
 Watson, Michelle  
 Weaver, Allyson  
 Wehrenberg, Jayci  
 Wells, Tanisha  
 Welter, Thomas  
 Wenzel, Morgan  
 Whitaker, Taylor  
 White, Joshua  
 White, Sean  
 White, Stacy  
 White, Daniel  
 Wilburn, Abigail  
 Wilcoxon, Adam  
 Williams, Brittany  
 Williams, Angela  
 Williamson, Laura  
 Wilson, Jenica  
 Wink, Kayla  
 Wong Plum, Wilvia  
 Woo, Yeonkyeong  
 Woods, Patricia  
 Woods, Kentrell  
 Wright, William  
 Wright, Jacob  
 Yancey, Fallyn  
 Yang, Mai  
 Ye, Chenjiang  
 York, Danielle  
 Youngblood, Devery  
 Zeliff, Allison  
 Zhao, Mengmeng  
 Ziemba, Rachel

# Football Rivalry Renewed With the Help of Chipmunks

**AP** @AP

Associated Press

LANSING, Mich. (AP) — A Lansing-based taxidermist used the longtime rivalry between Michigan State University and the University of Michigan as inspiration for his latest creation.

Nick Saade, a full-time taxidermist for 18 years, recently made a football display with 22 stuffed chipmunks wearing little Spartan and Wolverine helmets. The chipmunks are mounted to a small-scale football field in passing, throwing, catching and tackling positions.

Saade enlisted the help of his son, who's a football coach at Sexton High School, to help him plan the layout and plays in his display.

Saade, who owns Taxidermy by Nick Saade, told the Lansing State Journal that display shows the Spartans as they're about to score the winning touchdown, with the chipmunk quarterback winding up to throw the football to his teammate in the end zone.

The Wolverine players from the University of Michigan look "kind of cool, but everybody knows MSU is better — even the chipmunks," Saade said.

Four referees will be added to the display when another one of Saade's relatives, a doll-maker, is finished creating their uniforms.

After the display is complete, Saade plans to sell his creation for \$1,500. "I don't even care if it sells or not. It's just a cute thing," he said.

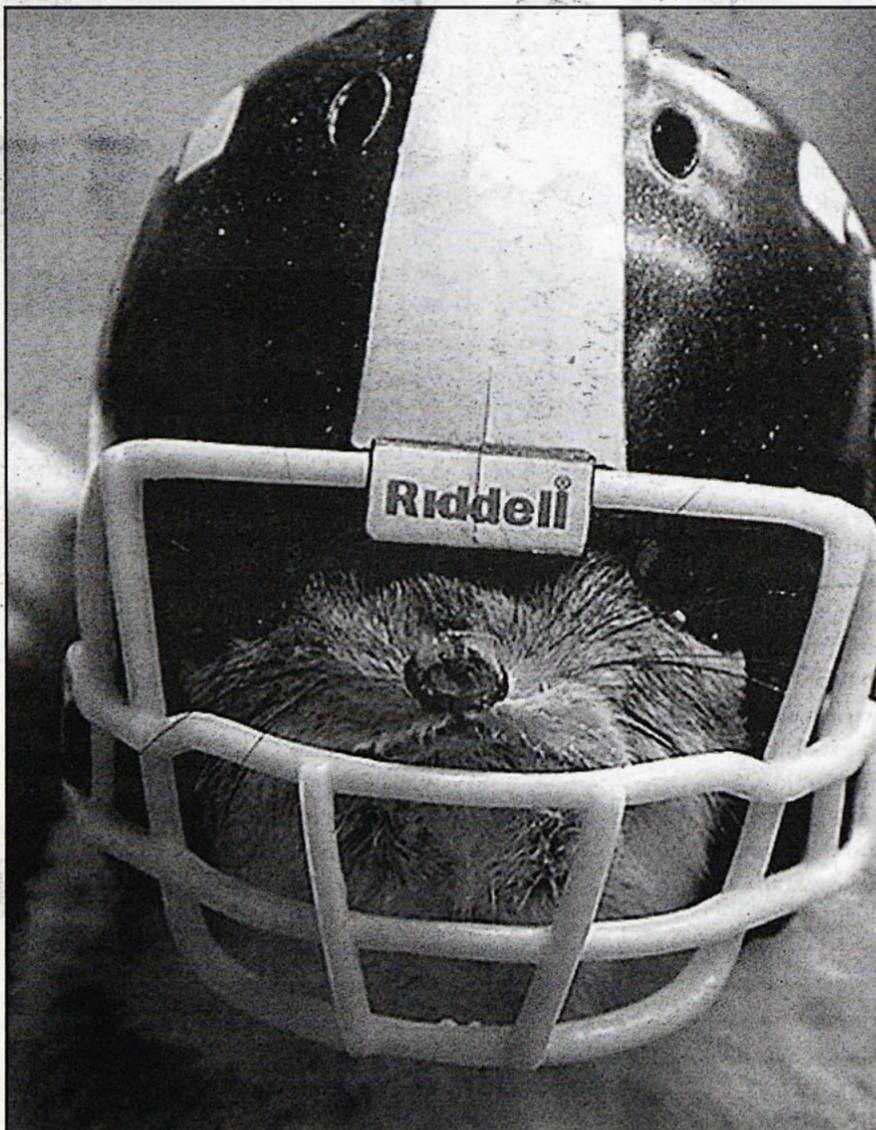
Saade said he doesn't kill animals specifically for his projects, and instead he uses road kill, nuisance animals and leftover parts from the hunting and fishing trophies he makes.

The chipmunks in the football display were trapped by several friends who wanted to rid their cabins of the rodents. When a friend donated a chipmunk, he put it in the freezer, then waited until he collected enough of them for his project. Other creations Saade has dreamed up are two fencing squirrels, an upright white-tailed doe holding a cocktail tray and a lounging muskrat.

"I basically do this because I love to do it, and I don't like to see any parts of animals wasted," he said of his self-taught taxidermy.



In a photo from July 29, 2015, the quarterback is poised to pass as 21 other stuffed chipmunks "play" an MSU vs. UM football game in Nick Saade's taxidermy shop in Lansing, Mich. Saade said these are nuisance chipmunks who were trapped in cabins up North. He doesn't like to see anything go to waste, so he decided to make the football display out of them. Saade, a full-time taxidermist for 18 years, recently made the football display with 22 stuffed chipmunks wearing little Spartan and Wolverine helmets. (Dave Wasinger/Lansing State Journal via AP)



In a photo from July 29, 2015, stuffed chipmunks "play" an MSU vs. UM football game in Nick Saade's taxidermy shop in Lansing, Mich. Saade said these are nuisance chipmunks who were trapped in cabins up north. He doesn't like to see anything go to waste, so he decided to make the football display out of them. (Dave Wasinger/Lansing State Journal via AP)



**The UCO Department of History & Geography welcomes Dr. Andrew Magnusson, Assistant Professor of Middle Eastern History. Dr. Magnusson will be teaching courses such as: History of the Modern Middle East and History of the Israeli-Palestinian Conflict. Welcome, Dr. Magnusson!**



Eriech Tapia

Staff Writer

# Want a better hiking experience? Don't forget the little things

Hiking can be seen as a workout or can be seen as a challenge for some, but is something that should be done while knowing what to expect.

Before you go hiking, the main thing to know would be your limits. Pride is something that can get in the way of an enjoyable hike.

Taking a 12-mile hike during the middle of the summer is challenging, but if you know your limits and have the right equipment any hike can be enjoyable.

Wearing flip-flops or forgetting your hat back at the car are a few examples of bad ideas. Choosing the right clothing can be a deal breaker in whether you make it all of the way up or not. Close-toed shoes and a hat with a brim all the way around are good things to bring on a hike. If you plan on rock climbing, pants

and repelling gear are good recommendations.

Drinking water is something that a hiker should do often on the trip, but also way before they even start hiking. This will help you stay hydrated along the hike, which is always a good safety precaution to take when doing outdoor activities.

During your trip, make sure that you look out for animals since you are out in the woods and, depending on your location, some animals can be lethal.

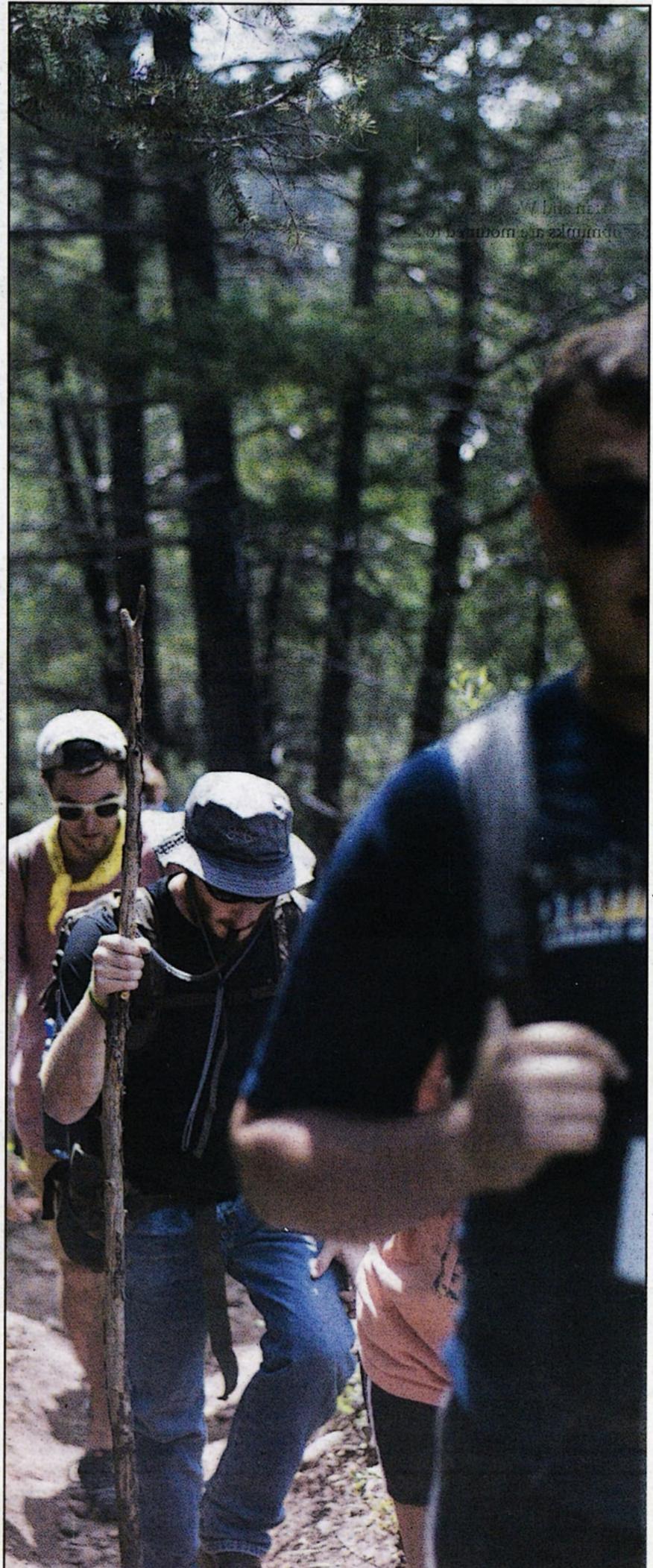
When on the hike make sure that you do not push yourself too hard, because getting a person who is sick down a mountain is not easy. Make sure that you take your time and look at the scenery, because enjoying the outdoors is what hiking is all about.

## DO:

- 1) Check the weather, know what conditions you are hiking into
- 2) Take the time to find good, comfortable hiking shoes. Uncomfortable feet, uncomfortable hike
- 3) Bring plenty of the right type of food to sustain energy and proper sodium/potassium balance.

## DON'T:

- 1) Hike until your exhausted; conserve energy to safely make it back to your car or your camp.
- 2) Underestimate the weight of what you are carrying. Did you know that one-gallon of water weights eight pounds?
- 3) Camp right next to lakes and streams, to prevent pollutants from entering water sources, set-up camps 50-75 yards from water.



Students from the BCM are hiking a 12 mile hike up a mountain in Glorieta New Mexico on their week long conference as part of a group building exercise. Photo provided by Eriech Tapia.

**FOX & HOUND**  
sports tavern

**WE'RE HIRING!**

JOIN THE PARTY EVERYONE  
IS TALKING ABOUT

**APPLY ON THE WEB\***  
[WWW.FOXANDHOUNDCAREERS.COM](http://WWW.FOXANDHOUNDCAREERS.COM)

**OR BY PHONE\***  
**1-844-FOXHOUND**

\*EN ESPAÑOL



# **It's Your Time. *Master It.***

Use your time to advance your career!

Join other busy adults in one of UCO's  
35 master's programs!

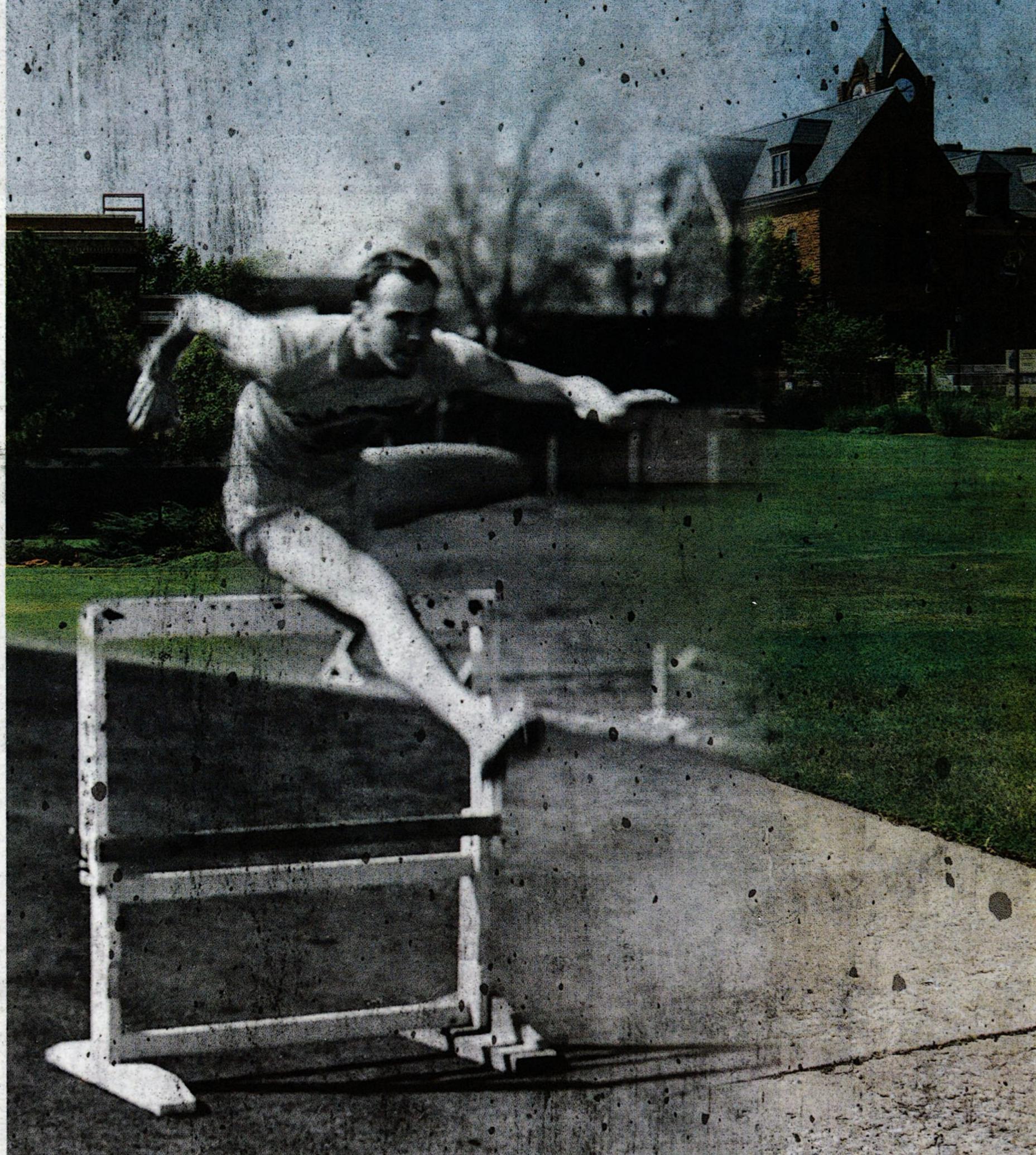
Get started today at [uco.edu/graduate!](http://uco.edu/graduate)



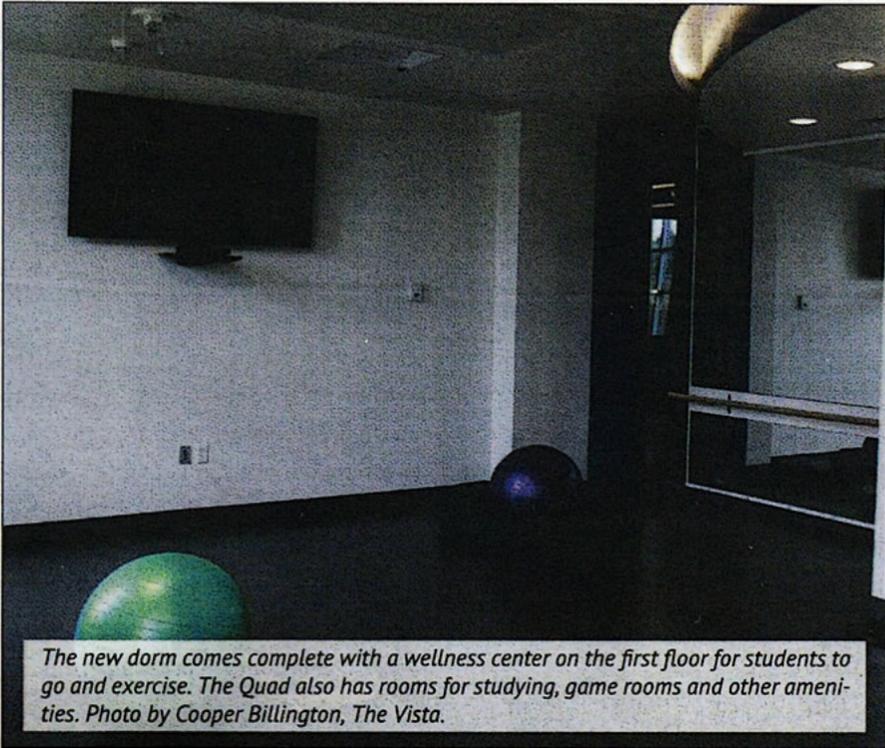
**UNIVERSITY OF CENTRAL OKLAHOMA**

# HEALTH

*and fitness*



August Vol. 113 Issue 2



The new dorm comes complete with a wellness center on the first floor for students to go and exercise. The Quad also has rooms for studying, game rooms and other amenities. Photo by Cooper Billington, The Vista.



Healthy vending machines such as this one are located in the Health and Wellness Center on campus. This machine distributes healthy food such as pistachios and protein bars. Photo by Cooper Billington, The Vista.

# CONTENTS

## SECTION D

Life.....6-7, 10

Health.....3-5,9,11



A student goes in for a layup while playing basketball with his friends in the Health and Wellness Center. The Health and Wellness Center is available for use by all students and staff to use. Photo by Cooper Billington, The Vista.



Alex Brown  
@ Aymae\_baybay

Editor-in-Chief

## The false Freshman 15?

Look out freshies: the concept behind the dreaded Freshman 15 may be a real deal.

In a study on the common weight gain occurrence, it was discovered by researchers at Utah State University that one in four college students gain an average of 10 lbs their first semester.

The study was conducted by following 159 students in the 2005 fall semester at a mid-sized university. These students were weighed at the beginning of the semester, as well as at the end.

By the end of their first semester, only about 3.3 lbs were gained by most of the students, but those that reported being less active-- about 23 percent of the students-- gained about five percent

of their body weight. Even more unsettling is that, according to this study, none of the students reportedly lost any of the weight that they gained.

According to a different study at a private university in the northeastern U.S., the average weight gain was only 2.7 lbs, and more than half of the participants actually lost weight during their first semester.

Though Freshmen don't actually gain 15 lbs their first semester, they do usually gain weight 5.5 times more than the general population. Think about it, after your first semester, if you gain three pounds every semester, you can easily gain 18 lbs by the time you become a Junior.

Lack of physical activity isn't the

only culprit for weight gain either; past studies show that adults and teens that skipped breakfast were more likely to gain weight than those that didn't miss it. As a college student, your life can get pretty hectic and it is easy to think that skipping breakfast won't do much harm.

Wrong.

There is a reason that your mom always told you that breakfast was the most important meal of the day. By skipping breakfast you negatively impact not only your weight, but your hormonal health, memory cognition and mood.

Try to make time in the morning to cook up some bacon and eggs or eat a muffin with some orange juice before

you head to class.

Most college students move out of their parent's house and have no one to tell them they can't eat a tub of ice cream for dinner or that they can't eat five burgers with fries after drinking all night. Your lifestyle changes into what you want it to be as you gain independence and become your own person.

As you get used to college life your first semester remember this: eat your breakfast, stay active and don't pig out too much. You may not gain the infamous 15 lbs the first semester you're here, but if you don't keep a healthy lifestyle then you will eventually gain that weight over time.



A shelf in Outtakes sits stocked with cookies and other snacks. Most college students will gain weight during their first few semesters. Photo by Ryan Naeve, The Vista.

# 10 healthy summer foods and drinks



**Robby Harris**  
@robby\_uco

Contributing Writer

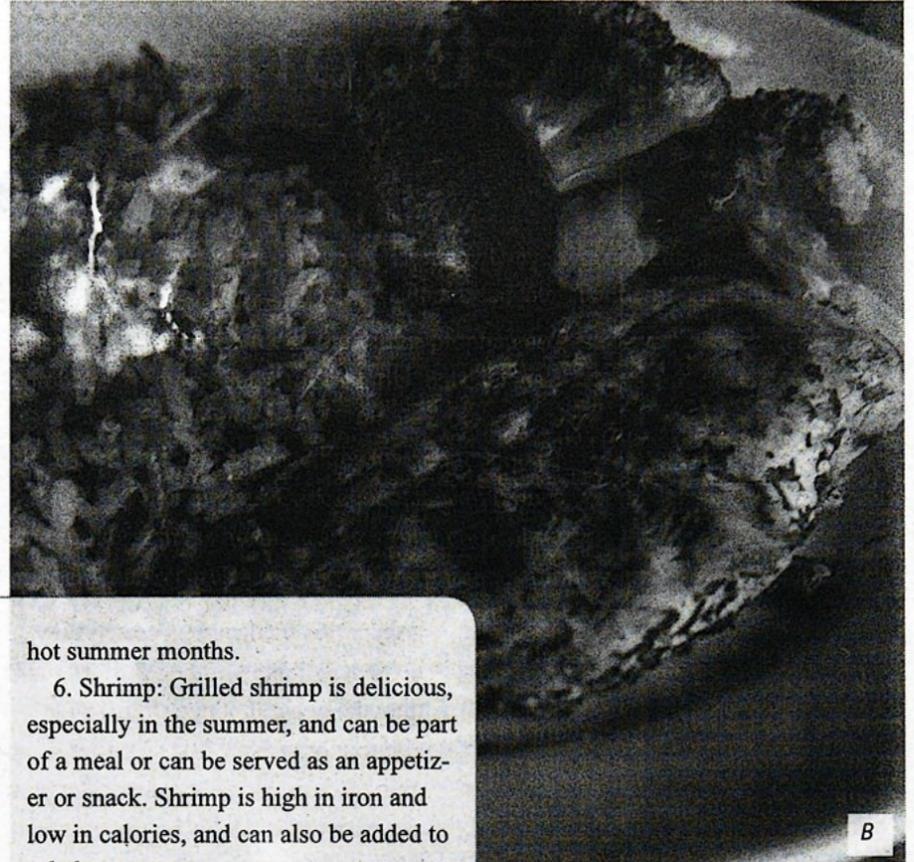
For many University of Central Oklahoma students, summer is a time to relax, soak up the sun and finally get a chance to put down the books to pick up some fun.

However, for many students, summer means intersession classes. I, for one, fall into the second category.

Working full time and taking summer

courses takes a lot out of me, and I often forget to eat well, often opting for the late-night pizza delivery, fast-food burger drive-through, or during the latest nights, ramen noodles. Sometimes I forget how much that cannot only affect your wallet, but also your waistline.

Here's a list of 10 healthy foods that go hand-in-hand with summer fun.



1. **Corn on the Cob:** My father is known for being a master grills-man. One of his favorite things to throw on the grill is fresh corn from his garden. It's delicious, low in calories, and high in fiber.

2. **Fruit Salad:** A highly customizable option that is enjoyable all year, but especially during summer. Fruit salad is packed with antioxidants and vitamins.

3. **Grilled Chicken:** Chicken can be made in many ways and seasoned so that it can accompany almost any side dish. Chicken provides plenty of protein and less fat than many other meats. One idea is to skip the cheaper, frozen and bagged chicken at the grocery store and go for something a little more expensive. That way, there is less fat to trim and more flavor to enjoy.

4. **Salmon:** Salmon is a staple around our house. It is relatively inexpensive, easy to prepare, healthy and tasty with just a bit of lemon and pepper. I usually enjoy it paired with sides of wild rice and mixed vegetables.

5. **Gazpacho:** Gazpacho is a soup made of raw veggies and served cold. It is usually made with a tomato base. I made some last week with tomatoes that I bought from the Edmond Farmer's Market and let me tell you, it was a hit. It's a refreshing and cool treat during the

hot summer months.

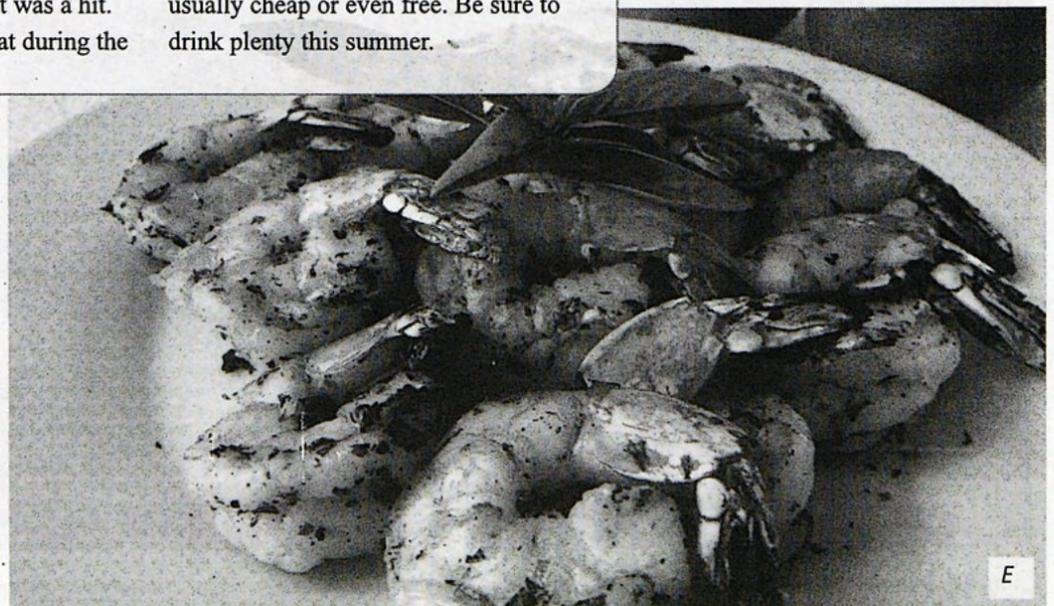
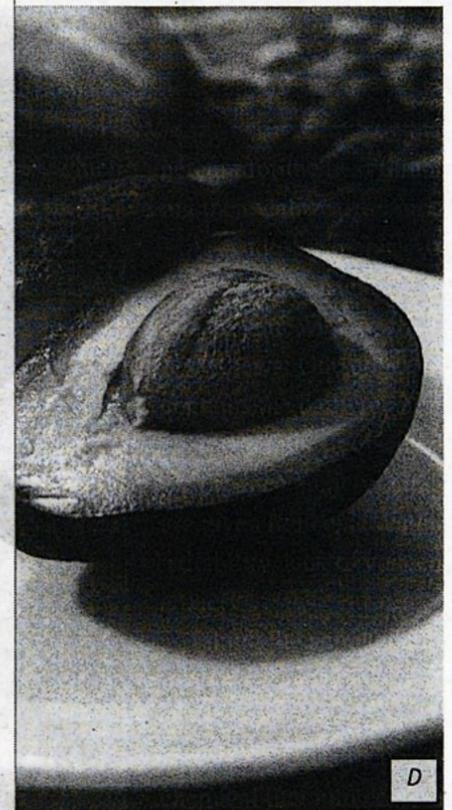
6. **Shrimp:** Grilled shrimp is delicious, especially in the summer, and can be part of a meal or can be served as an appetizer or snack. Shrimp is high in iron and low in calories, and can also be added to salads.

7. **Avocado:** Avocados are packed with monounsaturated fat, which sounds bad, but don't worry, it's the good kind. Studies have shown that there are over 20 vitamins and minerals found in this heart-healthy snack.

8. **Zucchini and Squash:** A perfect and light summer side dish. I enjoy cutting them up, garnishing them with a little olive oil, sea salt, and pepper, wrapping them in parchment paper, and putting them in the oven to accompany almost any protein. Zucchini and squash can usually be found rather cheap this time of year.

9. **Iced Tea:** I love iced tea. I drink it year round. I used to load it with sugar but nowadays I like it with a bit of lemon and honey. For maximum benefits, try making it yourself and avoid the bottled brands you see at the convenience store.

10. **Water:** You can't make iced tea without water. Honestly... How great is water? It's cold, it's refreshing, and it's usually cheap or even free. Be sure to drink plenty this summer.



# Learn the basics of healthy eating



Queila Omena  
@ queilaomena

Managing Editor

With all the crazy diets out there, it's hard to find the basics of healthy eating.

Magazines, commercial, ads and everything around us encourages us to adapt to an unhealthy diet leading us down the wrong path to nutrition.

Diets that require dramatic weight loss, for example losing three pounds per week, will often lead you to regain especially in the absence of exercise.

In order to preserve calories, your body will soon adapt to the lower food intake, and your metabolic rate, the rate at which food is burned for energy, will be lowered. As soon as you start eating normally again, you'll regain the pounds you lost, and maybe even gain more.

It's not recommended to lose more one to two pounds per week. If you desire to lose 30 pounds, you can lose two pounds per week and in a matter of four months you'll reach your desired weight.

"No, I can't gain it all again. What can I do to lose weight and maintain a

healthy body weight?"

It takes time, and also determination. Let's go through a couple of tips that can improve your overall nutrition and health:

Eat right, exercise and have fun.

Whatever you do to become healthier, enjoy the journey and have fun with this experience. Look for classes that you'll be interested in doing-- maybe yoga, Pilates or even jiu-jitsu. Invite your friends over and cook a healthy recipe with a lot of veggies, protein and grains.

Be grateful that you have the sources to improve your nutrition.

Enjoy your food but eat less.

I realized that I don't need to eat as much to enjoy what I'm eating. I used to think that the more full I was, the happier I would be, but that's not true.

Take small bites and enjoy each bite as your last one. Eat slowly and chew your food properly.

Also try to avoid oversized portions.

Make half of your plate fruits and vegetables.

Most people are not interested in broccoli as much as they are in pizza, but try to keep things in balance. Strange enough, I eat salad when I'm eating pizza.

First I will eat my salad with broccoli, lettuce, bell peppers, cauliflower and an assortment of nuts. After eating my healthy salad, I allow myself to eat a couple of slices of pizza.

Find a healthy snack that you can eat before enjoying your meal. Carrots and hummus are a great combination of fiber and protein.

Drink water instead of sugary drinks.

According to Wellness Mama, a single can of soda contains the equivalent of 10 teaspoons of sugar. This amount of sugar increase the blood sugar and causes an insulin reaction to the body.

It can cause further problems such as diabetes, insulin resistance, weight gain

and health problems.

Drinking water also helps maintain a healthy balance of bodily fluids, and it keeps your skin hydrated. It energizes muscles and controls your calorie intake.

Keep drinking water and avoid soda, chocolate shakes, energy drinks and even vitamin water.

Cook at home.

People that cook at home eat less calories, spend less money on food and have healthier diets all around. Cooking gives you confidence, and can improve your math skills and even your vocabulary, by measuring fractions and learning new words in recipes.

Be smart about your choices, and plan ahead.

Be organized with your meals and keep snacks with you. Fruits and grains are a great way to boost your energy and also stop unhealthy cravings.

Keep things organized and be motivated to be healthier. You can do it.



## SAFE

Student Alliance for Equality

The Student Alliance for Equality (SAFE) has been providing social, educational, and service opportunities for bisexual, gay, lesbian, transgender, intersex, asexual, queer, questioning, and allied students at UCO since 1990.

Please join us for our first meeting of the 2015-16 academic year!

7:00 p.m.

Tuesday, August 25

Pegasus Theater

(121 Liberal Arts Building)

Everyone is welcome, and refreshments will be served.

For further information, contact SAFE's faculty advisor, Dr. J. David Macey, at 974-5641 or dmacey@uco.edu, or visit us on Facebook (Student Alliance for Equality).



Adam Ropp  
@adamropp

Reporter

# Top 5 Wedding Mistakes

If it's the summer season, it's the wedding season. Having been a professional videographer for 12 years, I've filmed over 300 weddings currently. At this point I've pretty much seen it all so

I've decided to share a top five insight on the do's and don'ts through my own experiences.

Even if you don't take my advice, this is what you can expect regardless.

## 1 Outdoor ceremonies are risky.

You've always dreamed of a nice, 76 degree day with light winds; the golden sun tinkling through the trees, birds lightly chirping and the landscape is something out of Narnia.

The truth is, unless your wedding day is early March or late October, your day is going to be an uncomfortable 95 degrees with make-up running down your face, mosquitoes biting your guests and you have the

potential chance of rain.

The wind might blow lightly, but it also might blow so hard that your décor falls over or flaps uncontrollably and the guests can't hear the vows, music or the officiate.

Some outdoor ceremonies have had the misfortune of having all of the above with others having only one, however through my vast experience only one in five will get lucky and have none.



## 2 Get the Reception going.

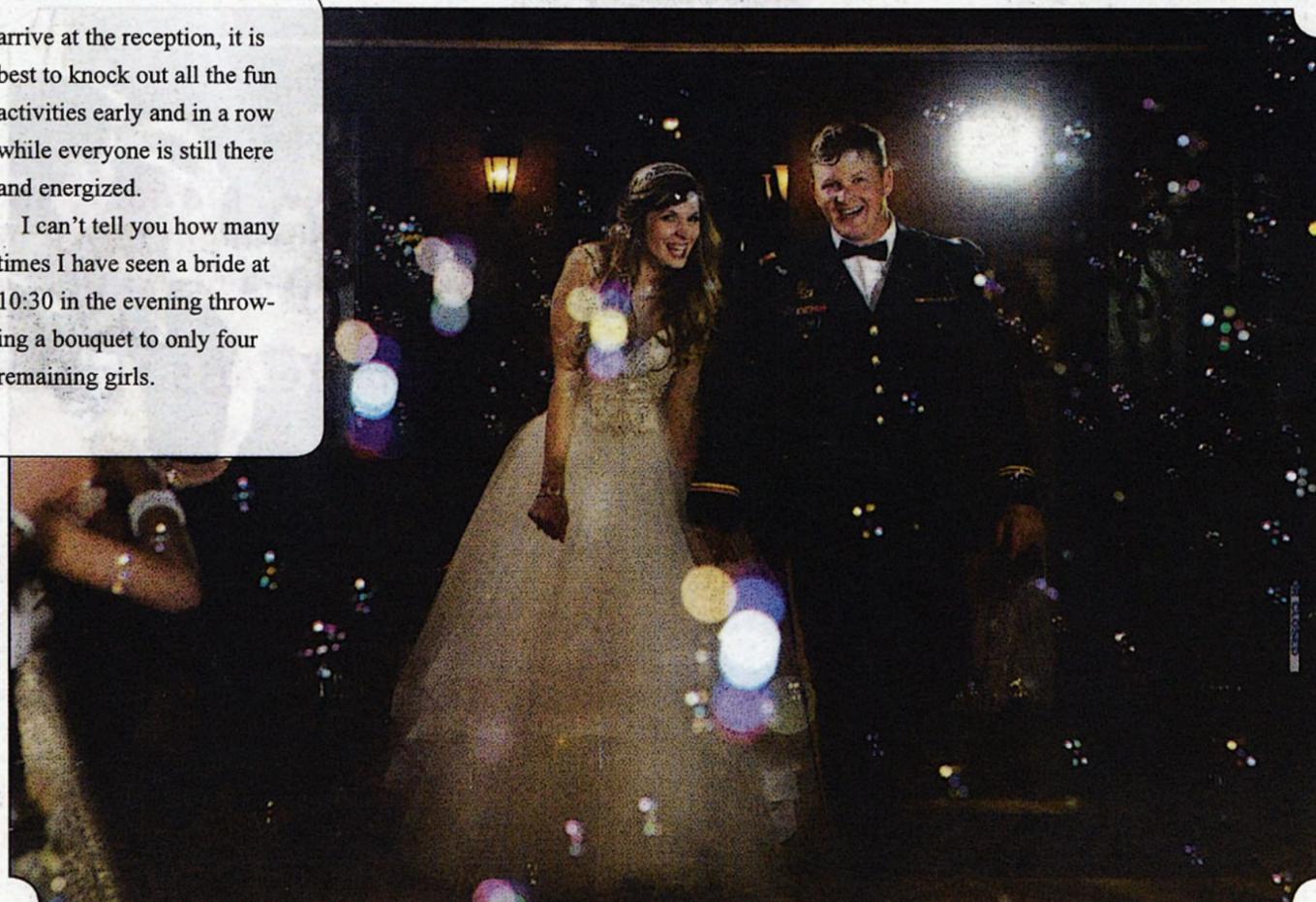
Separating your first dance, cake cutting, toasts and bouquet toss with 30 minute intervals is a bad idea.

Believe it or not, although your guests care about you they're not all going to stay around until 1 a.m. or even 10 p.m. for that matter.

When the newlyweds

arrive at the reception, it is best to knock out all the fun activities early and in a row while everyone is still there and energized.

I can't tell you how many times I have seen a bride at 10:30 in the evening throwing a bouquet to only four remaining girls.



### 3 The DJ will determine your reception.

Regardless of the décor, the great food and the fact that everyone knows each other at the tables nothing will take the life out of your reception than having a bad DJ.

They keep the party on schedule, let folks know what's going on and put life into the party through

music by feeling the audience.

I know that weddings are expensive and you're trying to save all the money you can, but choosing the cheapest DJ, using a friend or the guy that does your company Christmas party can be disastrous for your reception.



### 4 It's my day syndrome; it's not.

No, it's not your day, it's everyone's day that you just so happen to be the center of.

Making guests endure the heat, go without eating, wait for long periods of time in-between each activity is tiresome, boring and downright rude.

"It's my day" syndrome also causes brides to be bossy with

bridesmaids and family. Stop expecting them to shell out for needlessly expensive outfits, run endless errands, wear their hair and outfits in a certain way and to spend money for countless all-for-you parties.

You're someone getting married, not a demi-God worthy of enduring abuse.

### 5 Hire a videographer.

Hire a videographer- I know it seems completely biased, but according to a poll by the Huffington Post, the biggest regret by married women when it came to looking back at their wedding day was not having a video.

In fact, not having video is on

every regret list on every wedding website I have ever seen.

20 years down the road, the memories of your day are going to fade and although wedding pictures are good to have it's nothing like seeing and hearing the actual event in its every waking moment.



All photos provided by Ropp Studios.



# Leadership Central

Featured Leadership Central Events this 2015-2016 Academic Year

## UCO 125 DISTINGUISHED SPEAKER SERIES

a conversation with

### Barbara Bush & Jenna Hager



Barbara Bush

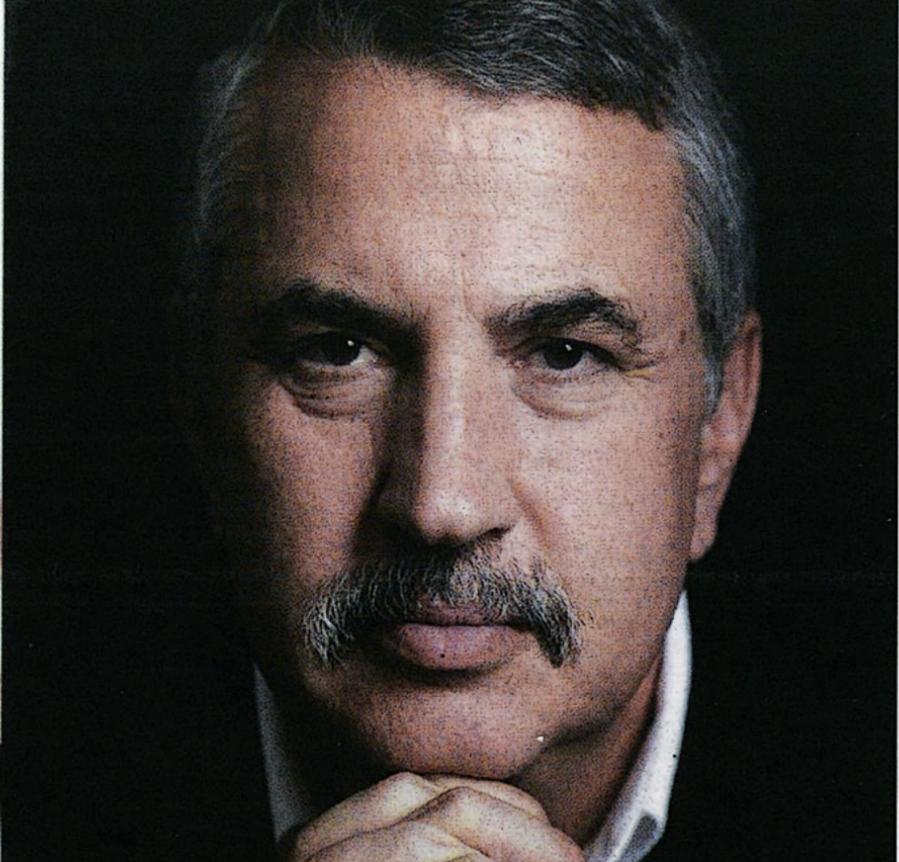
Jenna Hager

4pm, Tuesday, September 15

MITCHELL HALL  
UNIVERSITY OF CENTRAL OKLAHOMA

a presentation with

### Thomas Friedman



4pm, Tuesday, November 10

Constitution Hall, Nigh University Center  
University of Central Oklahoma

### Cuban Global Leadership Study Tour

March 12th through March 20th, 2016

Experience the Culture and History of Cuba this Spring Break with UCO.

The study tour will focus on educational, ecological  
and preservation eorts in Cuba

\$3400.00 (estimated)- includes ight, housing and meals

For more information contact Jarrett Jobe, PhD at [jjobe@uco.edu](mailto:jjobe@uco.edu) or 405-974-2626



# Stress-relieving superfoods



Queila Omena

@ queilaomena

Managing Editor

Some foods stabilize blood, sugar and even your emotional response.

Chose the right foods, and combat stress and relieve tension.

We know that any food can be eaten with much caution and moderation. Pizza, bread, chocolate, cake and muffins can all be eaten if there's moderation and portion control.

We might need some food more than others, but maintaining a pattern will help your overall nutrition.

Here are eight options for stress-relieving food:

**Turkey Breast:** You might add an extra slice of turkey breast to your plate if you are trying to improve your health. Research has shown that the amino-acids found in protein-containing foods help produce serotonin, which is the chemical that regulates hunger and feelings of happiness and

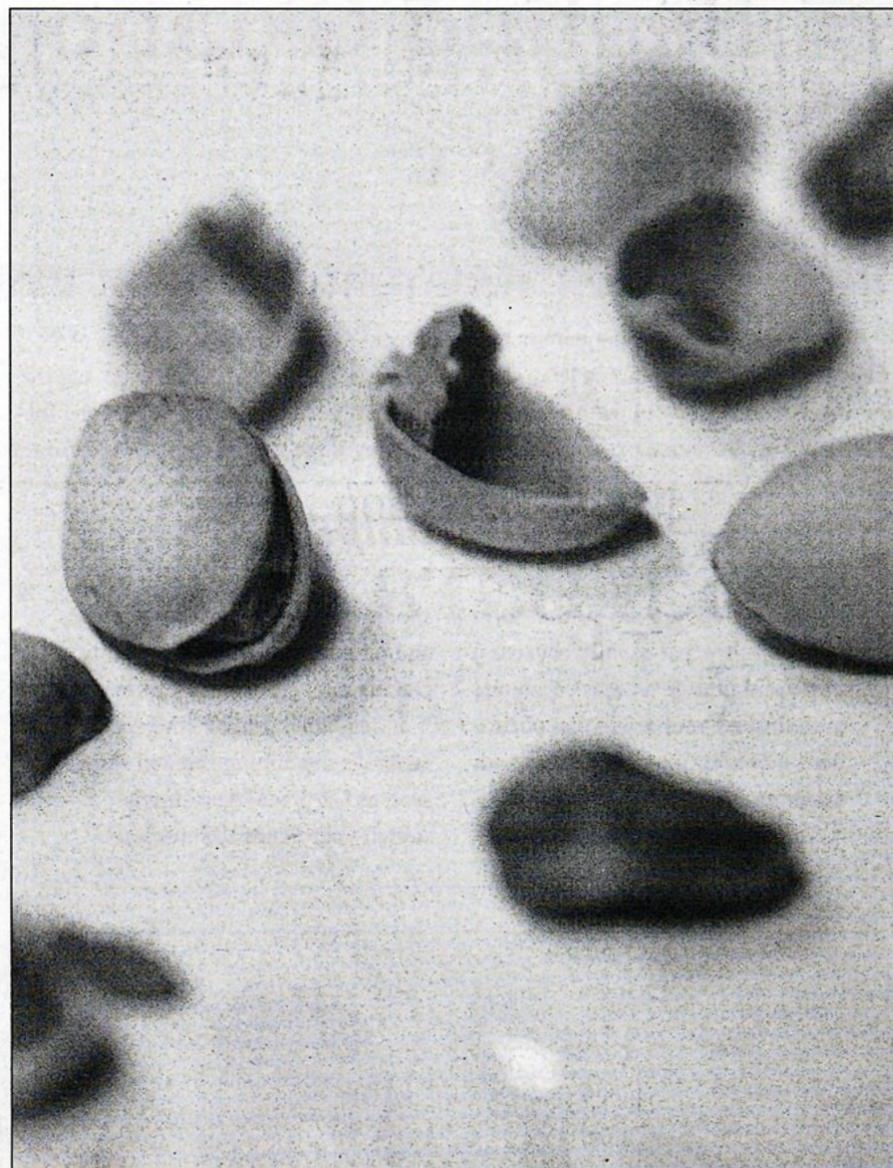
well-being.

Other foods high in tryptophan are nuts, seeds, tofu, lentils, oats, beans and eggs.

**Dark Chocolate:** Just a bite, not a whole bar. Dark chocolate can reduce stress hormones including cortisol, research says. It contains unique natural substances that create a sense of euphoria similar to the feeling of being in love.

No wonder we feel great after eating chocolate. It also contains fiber, copper, magnesium, iron and potassium.

**Avocado:** We know that avocados are high in fats and calories, but with moderation it can be a powerful food to combat unhealthy snacks when stress kicks in. Researchers at Loma Linda University had participants add half an avocado to their lunches, which reduced their desire to eat more by 40



percent for the next three hours following the meal.

Avocados also gives an extra flavor to salads and snacks, so be sure to grab one on your way to work or class.

**Cashews:** One ounce of cashews contains the daily recommendations of zinc, which is an essential mineral that may reduce anxiety. Zinc supplements are given to people diagnosed with irritability, lack of concentration and anxiety.

Taking the supplement shows a 31 percent decrease in anxiety, according to the Nutrition and Metabolic Insights. Zinc also effects the levels of a nerve chemical that influences mood, and it can be found in oysters, beef, chicken and yogurt.

**Milk:** This excellent form of vitamin D also contains a nutrient that helps boost happiness. People with sufficient vitamin D levels has a reduced risk of panic disorders, according to a 50-year-long study by London's UCL Institute of Child Health. Other foods high in vitamin D are egg yolks, salmon, and cereal.

**Pistachios:** When you are about

to explode with so many negative thoughts, using your hands repetitively to do something might help you distress. The rhythmic moves will help you relax. The added step of cracking shells also gives you time to chew properly, making it a diet-friendly snack. These nuts also contain key phytonutrients that provide support for cardiovascular health.

**Oatmeal:** Don't deny the craving but feed it with complex carbohydrates. Oats are low in fat, and are a great food to keep your tummy filled while you avoid binge eating. Carbohydrates can help the brain produce serotonin, according to MIT research.

**Yogurt:** The bacteria in your gut might be contributing to stress, weirdly enough. Research shows that consuming probiotics in yogurt reduced brain activity in areas that handle emotion.

In addition, yogurt is also high in calcium and protein.

Be smart with your food choices, and be aware of the dangers of unhealthy eating. Research has shown that some foods make us calm, when others act as a stimulant.



(Top) Pistachios are sold all over campus. Repeatedly cracking open this diet friendly snack can be therapeutic. Photo by Cooper Billington, The Vista.

(Left) Oatmeal is low in fat and filled with complex carbohydrates. Oatmeal also helps the brain produce serotonin. Photo by Cooper Billington, The Vista.

# Beating Oklahoma's summer heat



**Adam Ropp**  
@adamropp

Reporter

People have been making comments about the dreadful Oklahoma heat, however there's irony in that the weather will probably be worse in the following

weeks with an average forecast of 99 degrees Fahrenheit. Without taking the proper precautions it can cause the following three types of heat-related illness:

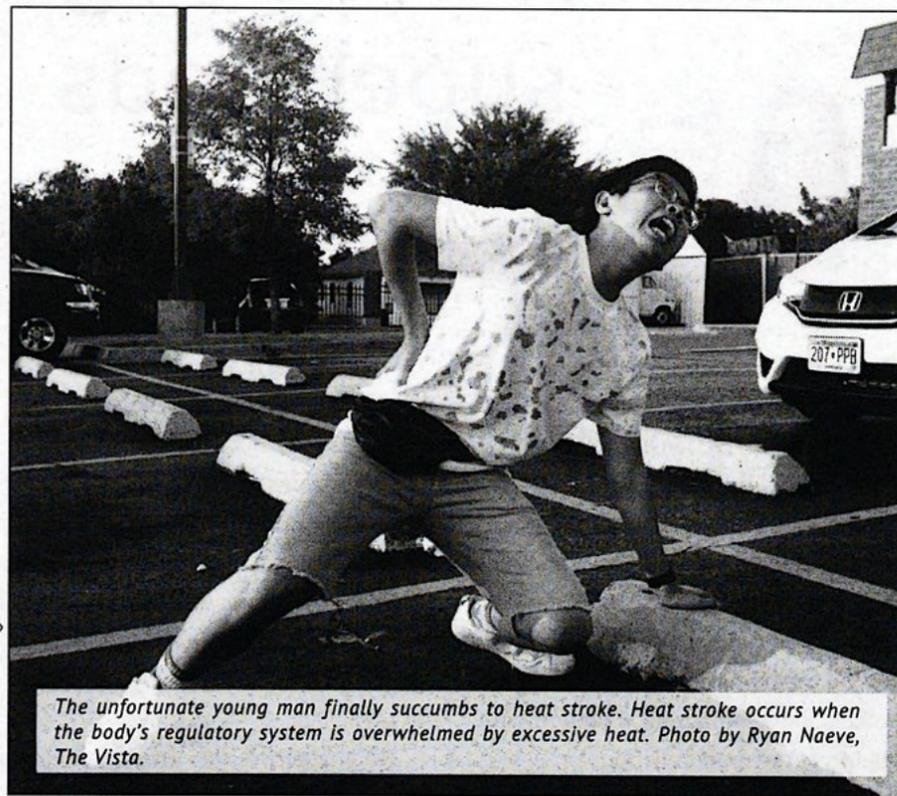
## Heat Cramps

Heat cramps are the mildest form of heat injury that usually consists of painful muscle cramps combined with flushed, moist skin that occurs during or after intense exercise and sweating in the heat.

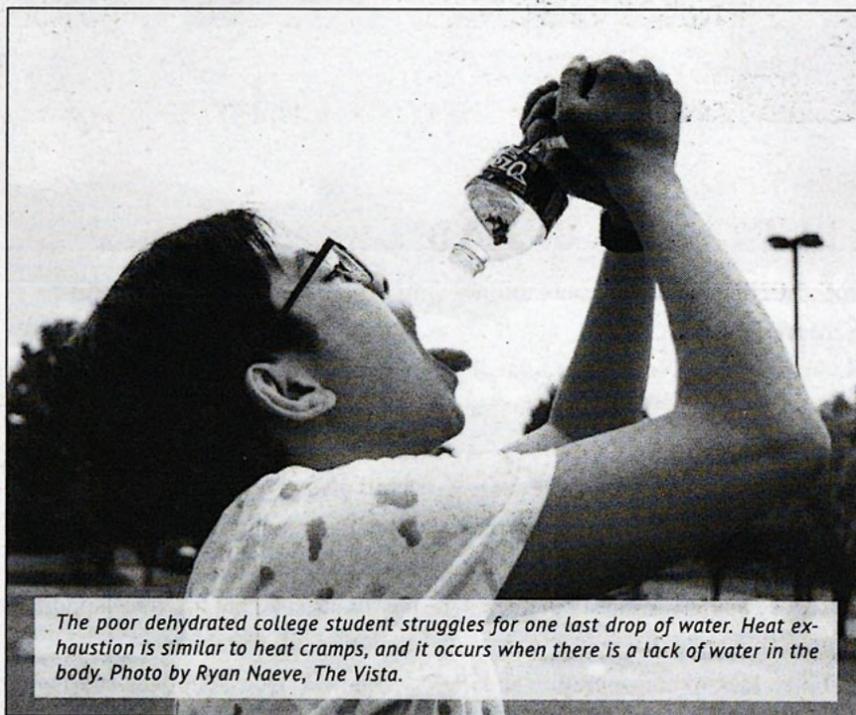
To alleviate heat cramps you

should move to a restful cool place and remove excess clothing while placing cool cloths on the skin.

If available, drink a cool sports beverage containing salt and sugar, such as Gatorade, then slowly stretch your cramped muscles.



The unfortunate young man finally succumbs to heat stroke. Heat stroke occurs when the body's regulatory system is overwhelmed by excessive heat. Photo by Ryan Naeve, The Vista.



The poor dehydrated college student struggles for one last drop of water. Heat exhaustion is similar to heat cramps, and it occurs when there is a lack of water in the body. Photo by Ryan Naeve, The Vista.

## Heat Exhaustion

Heat exhaustion is similar to heat cramps, but more intense resulting from a lack of water and salt in the body due to extreme heat and excessive sweating without adequate fluid and salt replacement.

Like heat cramps, heat exhaustion causes muscle cramps with pale moist skin, but can also be accompanied with a fever of over 100 degrees Fahr-

enheit, nausea, vomiting, diarrhea, headaches, fatigue, weakness, anxiety and faintness.

To alleviate heat exhaustion you should take all the actions of alleviating heat cramps, however if there is no improvement you might need to go to an emergency room for intravenous fluids. If untreated, it can lead to heat stroke.

## Heat Stroke

Heat Stroke is the most severe form of heat illness and occurs when the body's regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.

Most people suffering a heat stroke experience warm dry skin with a high fever of over 104 degrees Fahrenheit, rapid heart rate, loss of

appetite, nausea, vomiting, headache, confusion, agitation, tiredness, seizures, unconsciousness and the possibility of death.

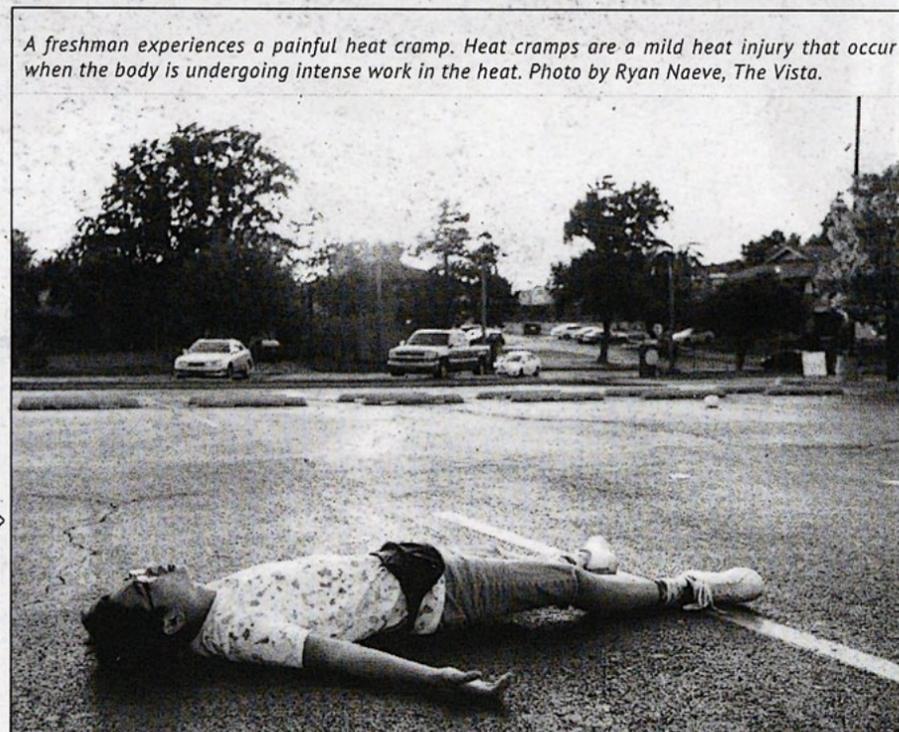
Due to the severity of a heat stroke one must take the measures of experiencing heat exhaustion, but is also advised to place ice bags on the armpits and groin areas, then dial 911 or a local medical service.

To avoid these circumstances while enduring the outdoor heat, people are advised to drink plenty of water and to avoid drinking excessive fluids containing alcohol and caffeine, which can lead to dehydration. Realistically, I know people drink alcohol in the summer, just make sure to drink plenty of water at the

same time.

It's also a good idea to avoid wearing dark colored clothing that attracts the heat and to wear colorful outfits that are lightweight and loose fitting.

Wearing a hat is also advised as well as sunscreen with a protection factor of at least 15. The protection from



A freshman experiences a painful heat cramp. Heat cramps are a mild heat injury that occur when the body is undergoing intense work in the heat. Photo by Ryan Naeve, The Vista.

sunscreen can wear off so you need to reapply it every few hours.

Timing is also very important by scheduling outdoor activities during the cooler times of the day, taking cool rest periods, increase time spent outdoors gradually to get your body used to the heat and avoiding the outdoors all togeth-

er during the hottest days.

So you might not want to schedule your epic float trips on a July day at 1 p.m. For a helpful heat safety tool you can download an app by the U.S department of labor that helps calculate the heat index, risk level and protective measures.

# The real benefits of bacon



Queila Omena  
@ queilaomena

Managing Editor

I'm tired of hearing how bad bacon is for you, how fatty it is and how obese you'll get if you are a bacon lover.

I understand that 68 percent of the calories in bacon are from fat, and that each ounce of bacon has over 30 milligrams of cholesterol, but can bacon be good for your health? I think so.

I believe all things can be good if taken in moderation, so I decided to focus on the positive side of bacon. Come on, it's bacon.

Bacon has a lot of proteins, especially the ones valuable to maintain our energy levels and keep our body functioning. Impressive enough, fat is actually very healthy for us.

I know many fighters that go on a diet where they eat zero carbohydrates, and all kinds of fat, including eggs, bacon, chicken, etc. Sounds like a diet that I can keep up with.

"The fats in bacon are about 50 percent monounsaturated and a large part

of those is oleic acid. This is the same fatty acid that olive oil is praised for and generally considered "heart-healthy."

I personally wouldn't worry about it much, especially if you're already avoiding vegetable oils, which are the biggest sources of Omega-6 in the diet," said Kris Gunnars, reporter from Authority Nutrition.

Bacon helps increase our intelligence and memory through choline, a very vital nutrient. Research shows that bacon can help individuals debilitate effects of Alzheimer's Disease and other chronic mental impairments.

Maybe eating bacon before your final exam isn't a bad idea after all.

Let's take a look of what 100-grams of cooked bacon contains, according to Authority Nutrition:

- 37 grams of high quality animal protein.
- a lot of vitamins such as B1, B2, B3, B5, B6 and B12.
- 89 percent of the RDA for Selenium.
- 53 percent of the RDA for Phosphorus.
- Decent amounts of the minerals iron, magnesium, zinc and potassium.

Advice: Make sure to cook enough in order to kill pathogens and try buying bacon from local farmers that use traditional processing methods.

Besides that, have fun and delight yourself with some super scrumptious bacon.

Remember: too much is bad, but too little can be worse.

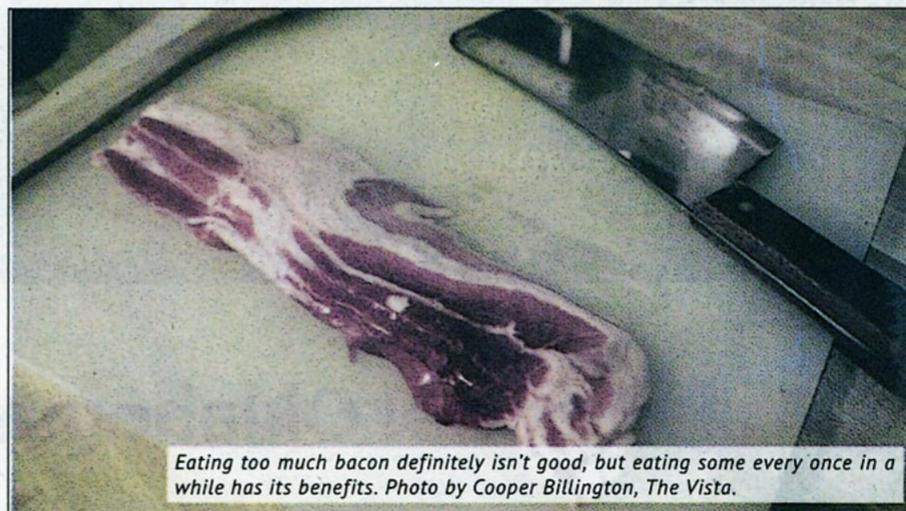
Bacon has been loved worldwide by people of all walks of life, and according to them, bacon makes you feel happy, satisfied, blissful and helps you relieve stress. It relieves the negative effects of life and gives great joy.

In a late research by Maple Leaf People, 43 percent of the Canadian recipients choose bacon over sex, and 23 percent

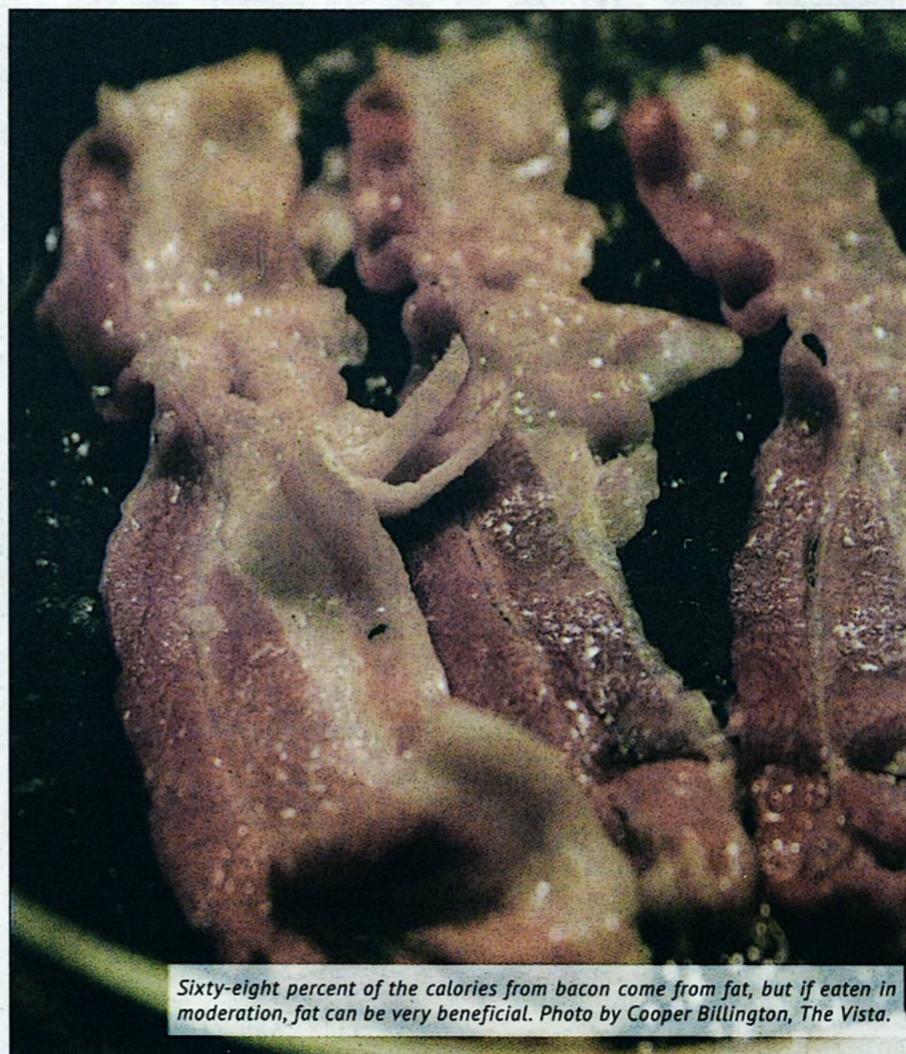
wondered if their partners loved them more than bacon. Yes, I said it, and you shouldn't be surprised with the results.

Bacon has essential vitamins and minerals, such as Vitamin B1, Vitamin B3, Vitamin b12, Zinc, Magnesium and the list goes on. With that said, don't make bacon your diet, but understand that everything can be healthy when there's moderation. Bacon is very nutritious, and help us maintain a good quality of life.

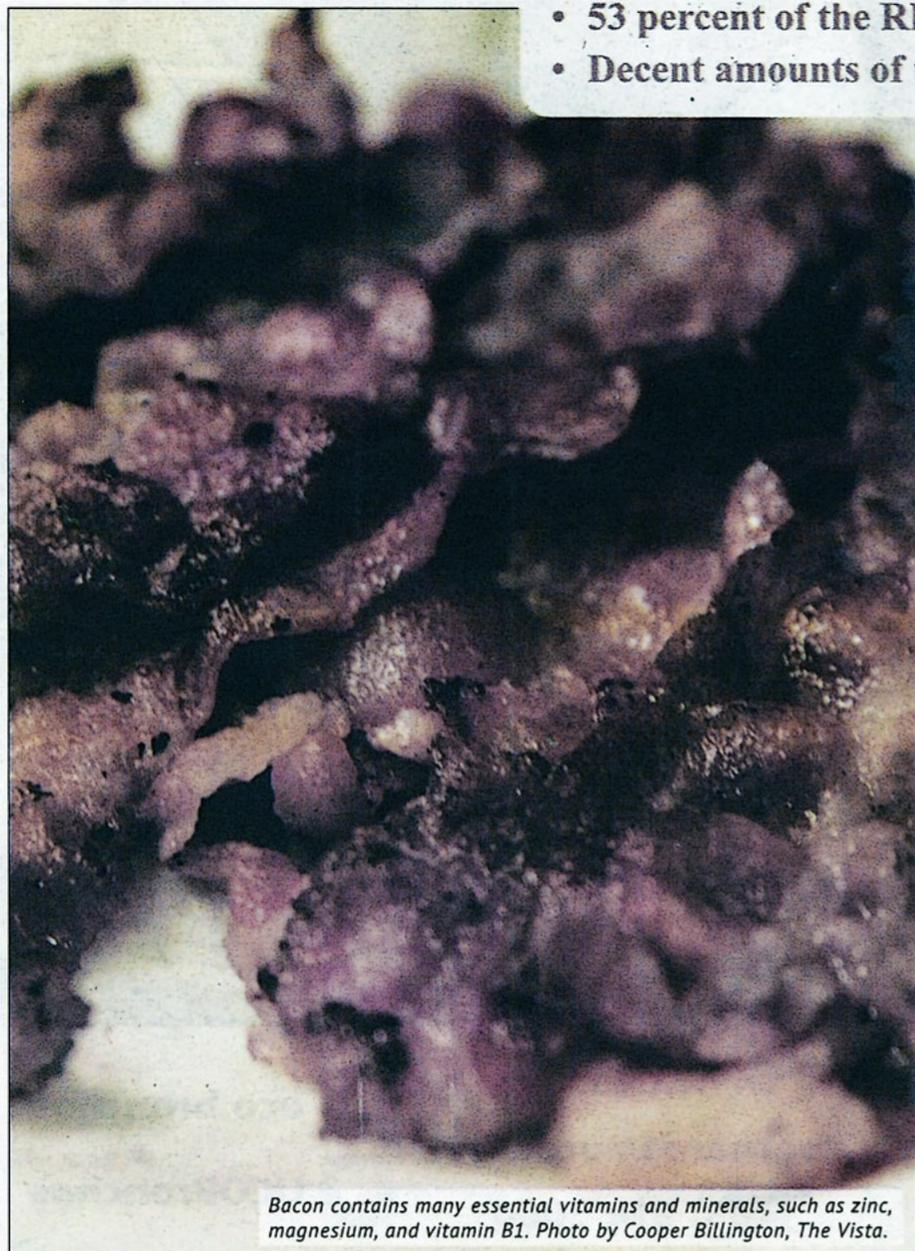
Next time you hear about bacon giving you heart disease, please, educate these people. Several studies have shown that the Omega-3 Fatty Acids and choline found in bacon can protect the heart from developing problems.



Eating too much bacon definitely isn't good, but eating some every once in a while has its benefits. Photo by Cooper Billington, The Vista.



Sixty-eight percent of the calories from bacon come from fat, but if eaten in moderation, fat can be very beneficial. Photo by Cooper Billington, The Vista.



Bacon contains many essential vitamins and minerals, such as zinc, magnesium, and vitamin B1. Photo by Cooper Billington, The Vista.

# a spot of tea to go with your Ph.D.

Now, you can earn a British Ph.D. right here in Oklahoma in just three years through Swansea University. UCO partners with Swansea, but only Swansea offers the degree.

A British Ph.D. requires a quality thesis but no classes or other requirements.

You'll have an advisor in Wales and one at UCO. Plus, two short trips to Wales included in the affordable tuition.

Apply by October 15  
for a January start.

Learn more at  
[uco.edu/Swansea](http://uco.edu/Swansea).



[www.uco.edu](http://www.uco.edu)  
[rbernard1@uco.edu](mailto:rbernard1@uco.edu)  
(405) 974-2000

