



News

Features

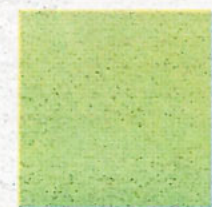
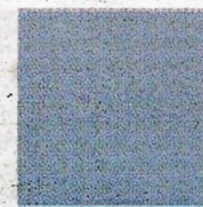
Sports



the **VISTA**

Back-to-School Issue

August 18, 2014



STAFF

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Tyler Talley, Managing Editor	Emily Hahn, Sports Reporter
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Teddy Burch, Advisor	Preston Drake, Editorial
	Quang Pho, Photos
	Ryan Naeve, Photos



SECTION A

Advertise with the Vista:

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

Email your questions to:

ucovista.advertising@gmail.com

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

EDITORIALS

Opinion columns, editorial cartoons, reviews and commentaries represent the views of the writer or artist and not necessarily the views of The Vista Editorial Board, the Department of Mass Communication, UCO or the Board of Regents of Oklahoma Colleges. The Vista is not an official medium of expression for the Regents or UCO.

LETTERS

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

Address letters to:

Editor, The Vista, 100 N. University Dr., Edmond, OK 73034-5209, or deliver in person to the editor in the Communications Building, Room 131. Letters can be emailed to vistauco@gmail.com.

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Ariana Muse
@arianamarie93

Contributing Writer

Study Spots on Campus

The Library

The Library is a great place to study. There are countless places to sit, whether you like a quiet environment to study alone or a place to study in a group. If you need to study before class or in a late-night group study session with your friends, you can always meet at the library.

The library is great because it fits any type of study preference. If the first floor, which mainly consists of "Group Zones," is not your style, then try a different floor. Find a spot that suits you best; not all rooms give off the same vibe. There are places marked "Quiet Zone" on the third and fourth floors, where there are numerous desks, and you can do your work with no distractions.



CTL Building

The Center for Transformative Learning (CTL) is a building that is located west of the LAR. There are quiet, secluded rooms that are perfect for studying. They are usually free and have great comfortable chairs with built in desks in the armrests. In addition, there is also quite a bit of outdoor seating. On the east side of the building, there are lots of tables and chairs tucked into the side of the building; they are great for getting things done.

The Nigh Center

The Nigh Center, which lies in the middle of campus, also provides plenty of seating and places to study between classes. It can get pretty loud sometimes, but if you walk past the cafeteria and the stairs, there is a perfect spot for studying. Right across from the Barnes and Noble Bookstore lies "The 19th Hole." There are a lot of comfortable, overstuffed chairs and tables to sit at if you're working on a project that needs more space. It is usually pretty quiet and hidden from all the hustle and bustle. There are tables and chairs along with a wonderful view of Broncho Lake. The Nigh Center has a perfect central location and is great for accommodating everyone's needs.



Howell Hall

Howell Hall is just west of the Nigh Center. Inside Howell Hall, there is an atrium that is located in the middle of the building. Here, there are lots of large tables that are great for group work. There are also many different kinds of preserved animals on the wall and plants everywhere, giving you the illusion that you are in a jungle. Despite the room's rectangular shape, it feels very open and plenty of light shines in through all the windows. Overall, the atrium is a wonderful, large space that is almost always quiet and gives off a cool outdoor atmosphere.



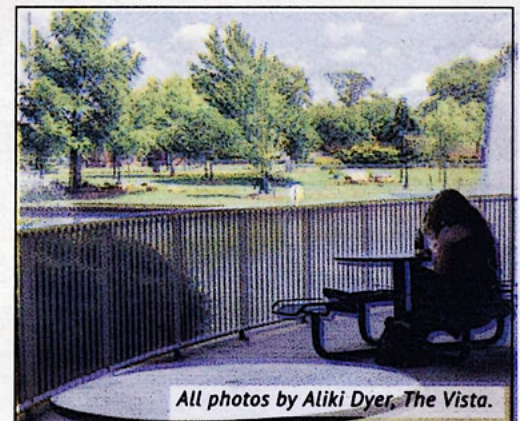
Liberal Arts Building

The Liberal Arts Building (LAR) lies on the east side of campus. Towards the back or west end of the building on the second floor, there are plenty of desks that are perfect for re-viewing before a test. They are lined up in a row and are great for staying focused.

Outside

Our campus is beautiful! If you can't find your niche indoors, why not just go outside to study? We have plenty of big shady trees to sit under, benches on every corner and lots and lots of grass. Find a tree that fits your back. As the weather starts to get cooler, why not take advantage of our beautiful campus and enjoy the nature that surrounds us?

There are plenty of places to choose from. Whether you like a quiet environment or background noise, there is a place for everyone, and there are plenty more to discover. You just have to go out and explore our campus to find them yourself.



All photos by Aliko Dyer, The Vista.

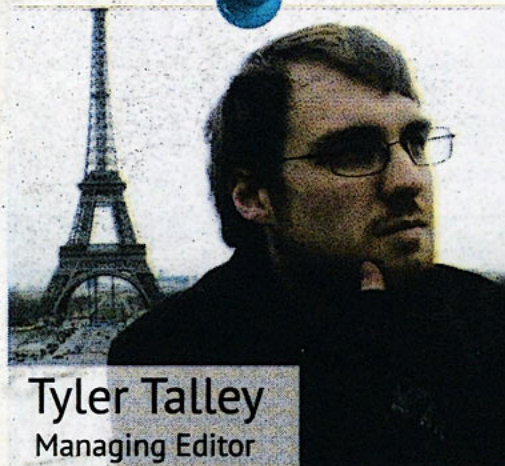


Meet the Editors



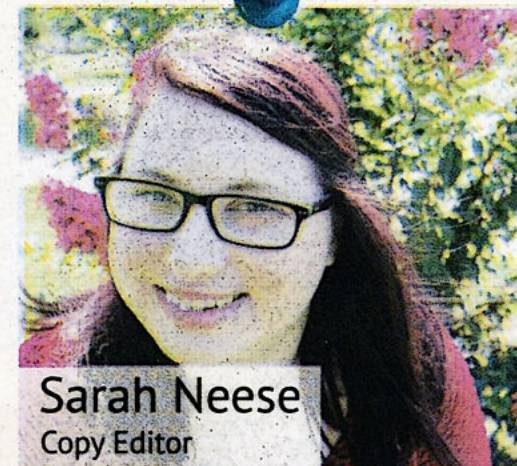
Stevie Armstrong
Editor-in-Chief

"I'm the Editor-in-Chief of The Vista. I'm a senior journalism major and creative writing minor, graduating this December. Besides working for the paper, I'm a full-time Divemaster at a local dive shop. A little college advice, don't take life too seriously. It's meant to be a gift to enjoy."



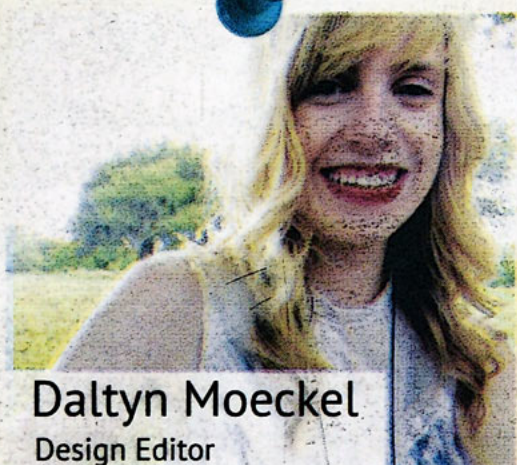
Tyler Talley
Managing Editor

"I am about to finish my final semester as an English undergraduate at UCO. In my free time, I like to hang out with friends and obsess about TV shows like *Game of Thrones* and *House of Cards*. If you spot me on campus, feel free to approach, but do so slowly as I frighten easily."



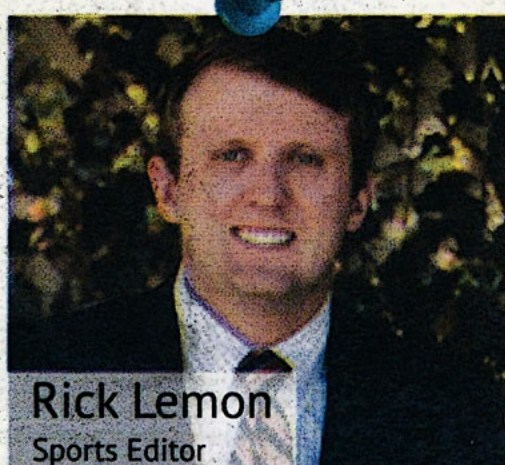
Sarah Neese
Copy Editor

"I'm a senior, majoring in Strategic Communications and minoring in Spanish. There are so many things that I love to do, but watching movies is at the top of the list. I love working with my fellow editors. Each one of us is a brain, an athlete, a basketcase, a princess and a criminal. Does that answer your question?"



Daltyn Moeckel
Design Editor

"Working at The Vista, I strive to create unique, clean and readable layouts. As a junior in the Graphic Design program, I look forward to many tough projects and late nights this semester. Even though design is challenging, I love it! Aside from school, I am a dancer. Everyone needs a break from reality at some point, dance is mine."



Rick Lemon
Sports Editor

"Starting the victory lap of my college career, also known as a fifth year of school. Whenever I'm not in the newsroom working with UCO athletics, you can find me either watching or playing any sports possible. If you are on campus and need to know what happened at the game last night, I'm your guy."

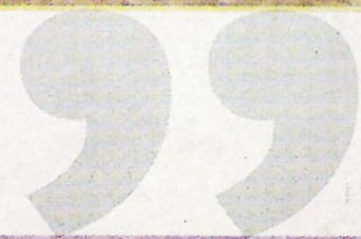


Aliko Dyer
Photo Editor

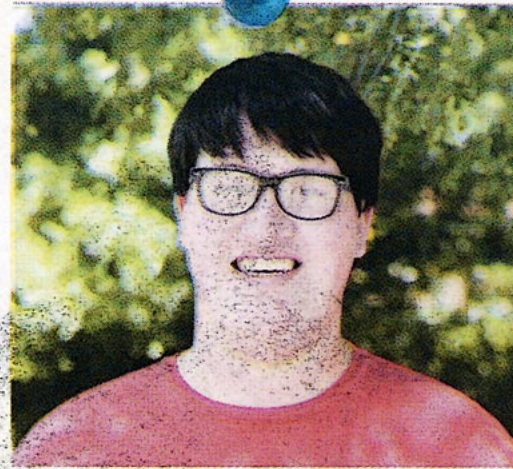
"Starting my sixth year at UCO, I consider myself a professional student, majoring in photography- who knows when I'll graduate. My favorite subject to shoot is sports. If you see me at any football games, you should say, "hi" because I'm really nice... sometimes. I'm a lover of Thunder basketball and all things caffeinated."



“Campus Quotes”

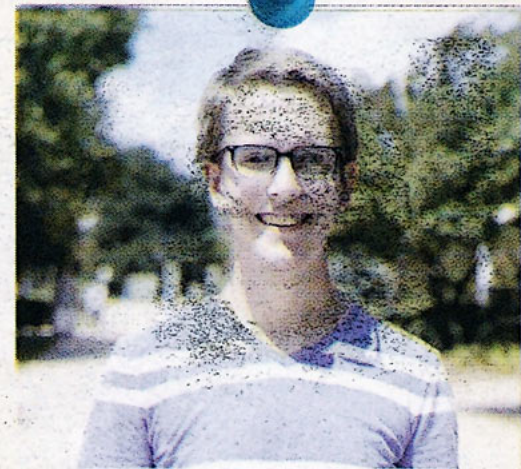


“What class are you most nervous about this semester?”



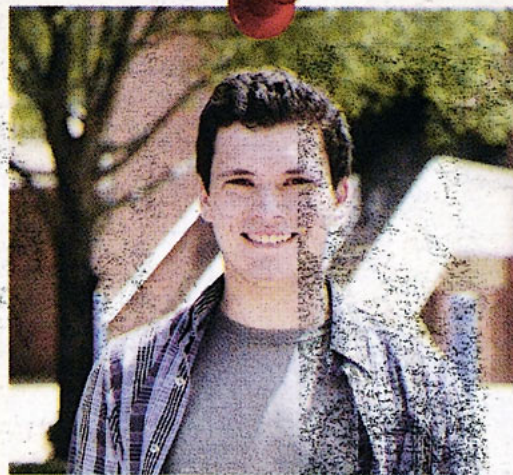
“Probably my English comp. class, because I’m not very good at English.”

-Austin Patterson
Freshman political science major



“My biggest fear is college algebra, because I’m not a big fan of math.”

-Tyler Corson
Freshman political science major



“My biggest fear is western civilization from 1350, because it’s from 4:15 to 7:30. I’m not looking forward to that.”

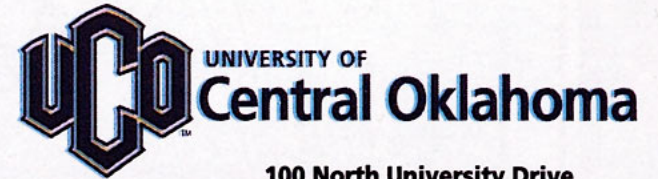
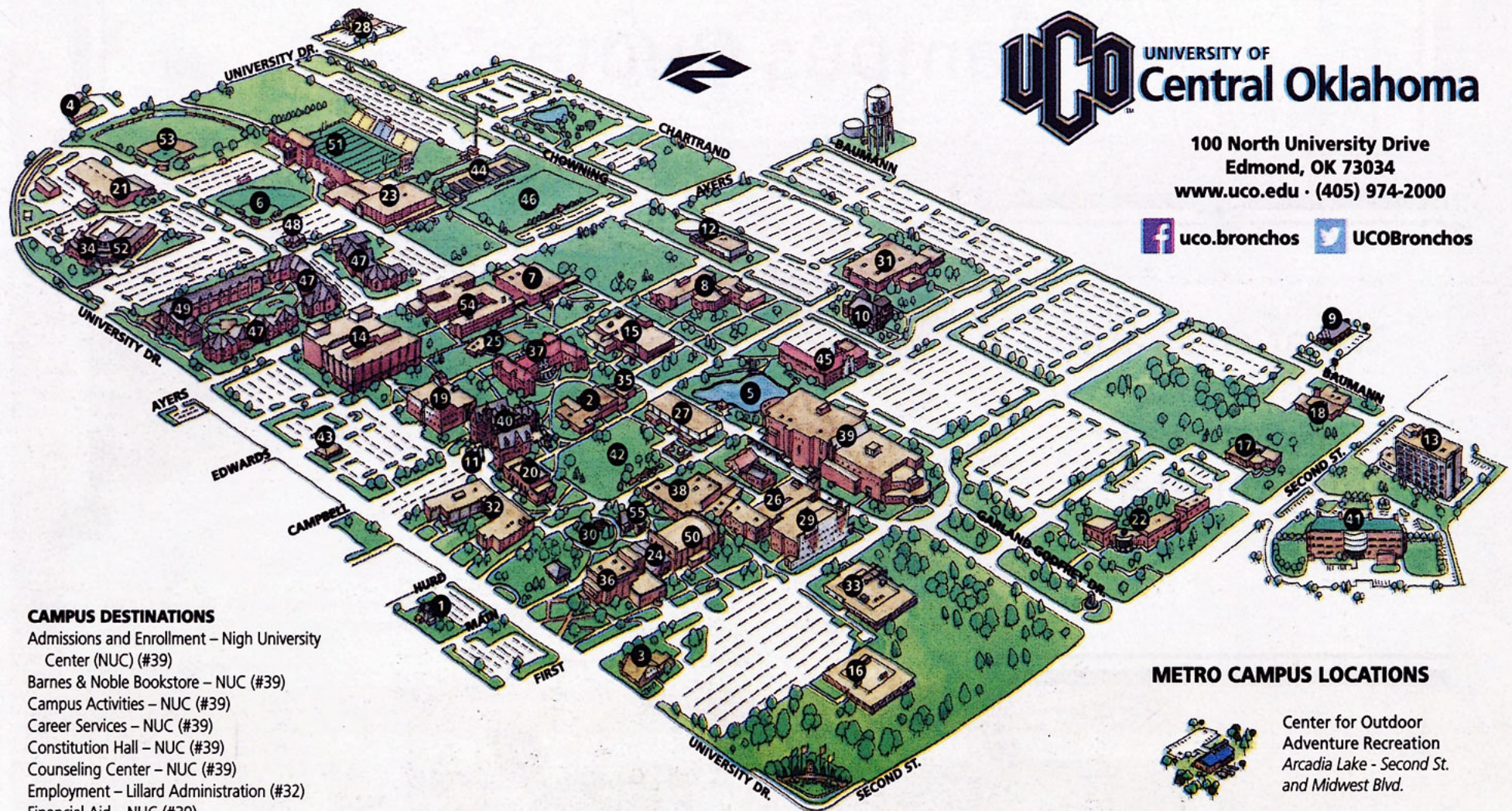
-Kevin Mandt
Freshman performing theatre arts & history major



“The class that I’m most nervous about is biology, because I’ve never been good at science and I just have to get it done with.”

-Jacye Gunsaulis
Sophomore theatre education major

Campus Map



UNIVERSITY OF
Central Oklahoma

100 North University Drive
Edmond, OK 73034
www.uco.edu • (405) 974-2000

 uco.bronchos  UCUBronchos

CAMPUS DESTINATIONS

Admissions and Enrollment – Nigh University Center (NUC) (#39)
Barnes & Noble Bookstore – NUC (#39)
Campus Activities – NUC (#39)
Career Services – NUC (#39)
Constitution Hall – NUC (#39)
Counseling Center – NUC (#39)
Employment – Lillard Administration (#32)
Financial Aid – NUC (#39)
Fraternity and Sorority Life – NUC (#39)
Global Affairs – NUC (#39)
Housing – Housing Office (#25)
MidFirstBank – NUC (#39)
Parking Permits – NUC (#39)
Pegasus Theater – Liberal Arts (#31)
Print Central – NUC (#39)
Radke Fine Arts Theatre – Center for Transformative Learning (#10)
Troy Smith Lecture Hall – Business (#8)
UCO Foundation – Evans Hall (#20)

DINING OPTIONS

Buddy's Cafeteria (#7)
Broncho Sports Grill – University Suites (#49)
Express Food Court – NUC (#39)
Central Plaza Cafe, Deli – Central Plaza (#13)
Legends Restaurant – NUC (#39)
Outtakes® – Chambers Library (#14)
Outtakes® – NUC (#39)
Starbucks® – NUC (#39)

MAP LEGEND

- | | | |
|--|----------------------------------|------------------------------------|
| 1. Alumni House | 18. Edmond Fire Station | 37. Murdaugh Hall |
| 2. Art & Design | 19. Education | 38. Music |
| 3. Baptist Collegiate Ministry | 20. Evans Hall | 39. Nigh University Center |
| 4. Broncho Apartments | 21. Facilities Management | 40. Old North |
| 5. Broncho Lake | 22. Forensic Science Institute | 41. OSBI Forensic Science Center |
| 6. Broncho Softball Field | 23. Hamilton Field House | 42. Plunkett Park |
| 7. Buddy's | 24. Health, Physical Education | 43. Police Services |
| 8. Business | 25. Housing Office | 44. Tennis Courts |
| 9. Center for eLearning and Continuing Education | 26. Howell Hall | 45. Thatcher Hall |
| 10. Center for Transformative Learning | 27. Human Environmental Sciences | 46. Tom Thompson Soccer Field |
| 11. Central Gateway | 28. International House | 47. University Commons Apartments |
| 12. Central Plant | 29. Laboratory Annex Building | 48. University Commons Clubhouse |
| 13. Central Plaza | 30. Labyrinth | 49. University Suites |
| 14. Chambers Library | 31. Liberal Arts | 50. Wantland Hall |
| 15. Communications | 32. Lillard Administration | 51. Wantland Stadium |
| 16. Coyner Health Sciences | 33. Math/Computer Science | 52. Wellness Center |
| 17. Edmond Chamber of Commerce | 34. Mercy Clinic | 53. Wendell Simmons Baseball Field |
| | 35. Melton Gallery | 54. West Hall |
| | 36. Mitchell Hall | 55. Y Chapel |

METRO CAMPUS LOCATIONS



Center for Outdoor Adventure Recreation
Arcadia Lake - Second St. and Midwest Blvd.



Jazz Lab
100 E. 5th St., Edmond



Small Business Development Center
One Santa Fe Plaza, Downtown Oklahoma City



Academy of Contemporary Music (ACM@UCO)
25 S. Oklahoma Ave., Downtown Oklahoma City



ACM@UCO Performance Lab
329 E. Sheridan Ave., Downtown Oklahoma City



CHK|Central Boathouse
732 S.E. 6th St., Oklahoma River, Downtown Oklahoma City

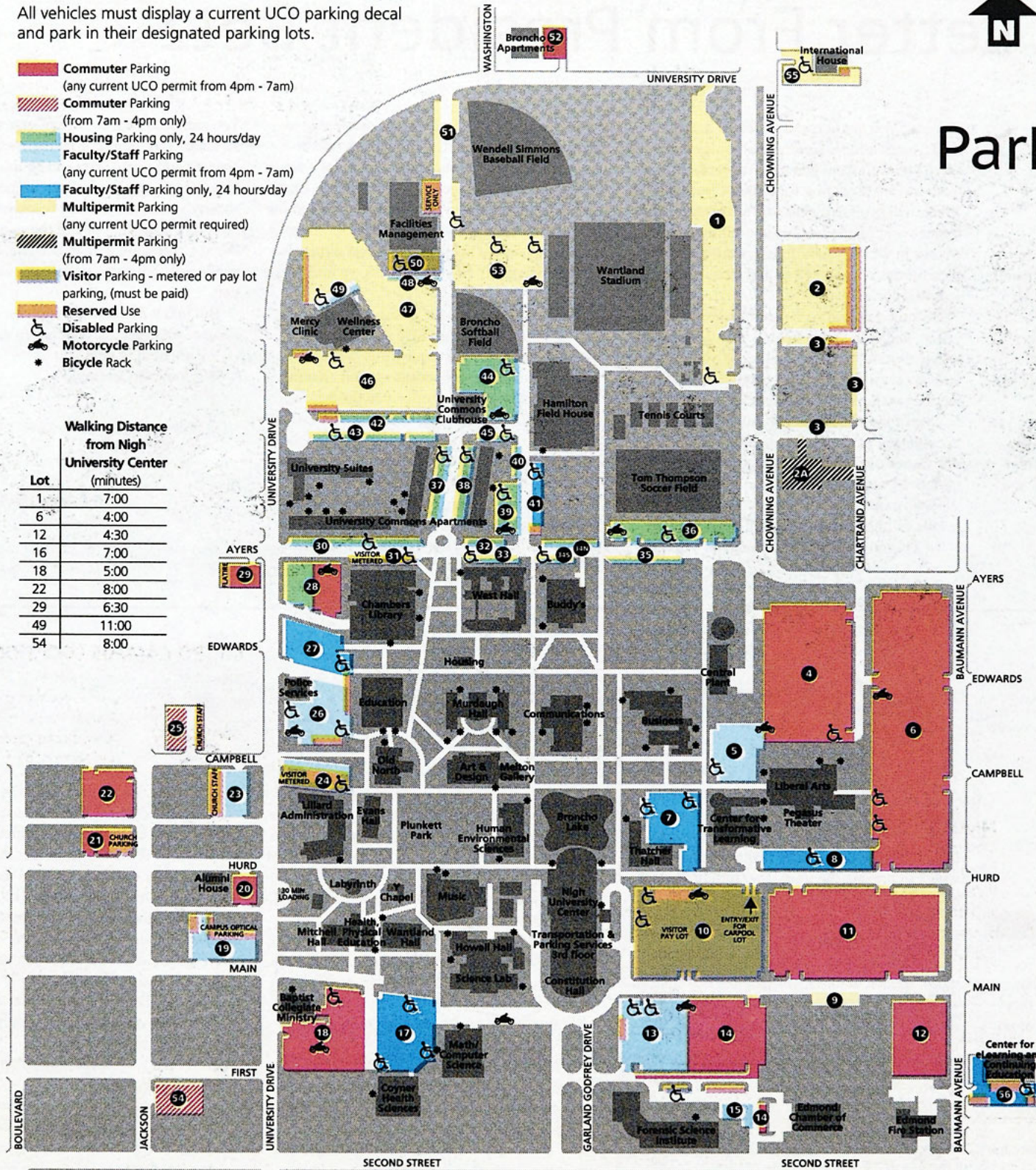
PARKING LOT DESIGNATIONS – VALID FALL 2014

All vehicles must display a current UCO parking decal and park in their designated parking lots.

- Commuter Parking**
(any current UCO permit from 4pm - 7am)
- Commuter Parking**
(from 7am - 4pm only)
- Housing Parking only, 24 hours/day**
- Faculty/Staff Parking**
(any current UCO permit from 4pm - 7am)
- Faculty/Staff Parking only, 24 hours/day**
- Multipermit Parking**
(any current UCO permit required)
- Multipermit Parking**
(from 7am - 4pm only)
- Visitor Parking - metered or pay lot parking, (must be paid)**
- Reserved Use**
- Disabled Parking**
- Motorcycle Parking**
- Bicycle Rack**

Walking Distance from Nigh University Center (minutes)

Lot	Walking Distance (minutes)
1	7:00
6	4:00
12	4:30
16	7:00
18	5:00
22	8:00
29	6:30
49	11:00
54	8:00



Parking Map

UCO UNIVERSITY OF CENTRAL OKLAHOMA
Transportation & Parking Services
www.uco.edu/parking | parking@uco.edu | (405) 974-2780

UCOParking UCOParking

THE BEST PLACES TO PARK THROUGHOUT THE DAY!
 If you arrive between 7 – 9am..... Look for open spaces
 7 – 9am..... In all parking lots
 9 – 11am..... North and east side of campus
 11am – 3pm..... North of Ayers



A Letter From President Betz

August 13, 2014

Hello UCO students!

Welcome to Fall 2014!

Whether you are a first time student or returning to continue your path toward graduation and your future, we are delighted you are here. Your vitality, creativity and collaborative skills are an integral part of the UCO experience.

You will find an exceptional faculty and resourceful staff focused on creating a transformative learning opportunity for you.

Our mission is clear. We are here to help you learn, persist, achieve and graduate. We will match your determination and diligent efforts to fulfill your aspirations with our passion and expertise for teaching and learning.

We believe in you.

There are no shortcuts to lasting, meaningful

success. You are pursuing a degree and the skills, motivation, values and attitudes that will serve you well from this time forward. In this way, you are preparing for a life of learning which will be essential as you adapt many times to the world of challenge, opportunity and change in which you will live, work and create possibilities for yourselves and those whom you will care for.

Become familiar with Central's mission and vision, and well as the Central Six, the high impact activities we believe will lead you to long-term success. Every major Central building has them on wall mounted posters for easy viewing.

One of the consistent ingredients for success in college is to get involved. Discover the abundance of organizations, activities, civic initiatives, sports and other ways that Central students gather together and create memorable results for themselves and each other.

UCO is an historic institution, 124 years

young, with a proud tradition of excellence in many fields. We are also known as a university that cares for its students. Our class sizes are designed to connect you with faculty. Our costs are among the lowest in the region and the nation for a comparable university. Our focus is on you striving to achieve the fullest dimension of your potential. In your success we find great joy.

We believe you are the change.

The challenges we all face in Oklahoma, the nation and beyond require that we master learning, adapting, collaborating, and creating. We are here with you to offer you the best we have from our experience, expertise and insight. We believe in the power of learning as the most effective instrument when confronting current issues and those unforeseen in the future.

Your ability to learn, create, communicate, and collaborate will serve you well in work and in life in the years and decades to come.

You can become a college of one, and enrich all about you, family, community, state, tribe, country and world. You can be the change. Your talent, passion and persistence make you society's most sustainable resource.

Today is the first day of the rest of your life. We at Central are here to educate, encourage, challenge, motivate, and occasionally, inspire you.

But you will make the choices. Choose persistence and success. Choose to graduate.

We are here to help you.

Welcome to Central!



Don Betz, Ph.D.
President

Advice Worth Taking



Sarah Neese

@sarahneese

Copy Editor

Let's be honest with ourselves.

Most good advice we receive isn't really appreciated in the way that it deserves at the time it's given. No matter how true the words seem to be, it doesn't make it anymore likely that you're going to follow them.

It's no secret that advice is rarely followed, but it's also no secret that good-intentioned advice often could have made the recipient's life a little bit better. So, why then does anyone bother to give any advice at all?

There often comes a time in a person's life when they learn a lesson, the hard way. The life lesson hits them like a freight train, along with

the reality that someone somewhere had warned them this moment would come.

And then it hits again. They have to warn others. Maybe they can be that someone somewhere to prevent the train from hitting anyone else.

Well, ladies and gentlemen, I have turned into one of those people.

I must admit that I thought I'd be a seasoned senior citizen before I was handing out advice to anyone who would take it, but it seems to have happened quite a bit sooner than my golden years.

I'm a busy 21-year-old college student, trying to work hard enough to make my goals a reality, overcoming the mistakes of those before me and making a desirable future for myself.

As is the case with most college students my age, I ended my junior year of college itching to finish the two semesters I had left, and then, summer happened.

I took on a "grownup" job, which included

dressing professionally, commuting in rush hour traffic twice a day and working for 40 hours per week for every week of the summer. I traded in my jeans and Chacos and got a preview of what the future holds.

After a summer of hard work and adulthood, I came to two realizations.

1. I had one year left of college, and I couldn't be more excited. 2. I had one year left of college, and I couldn't be more terrified.

I once heard a saying that struck me as true. As you grow up, you keep wondering when you'll feel like an adult, but the kid inside, who used to look up to adults, doesn't feel any different. The kid just gets taller.

The realization that I had one more year in college, one more year to not be a working adult, came as a relief. But, the realization that three years of college were already gone, and I only had one year standing in the way of adulthood, sent a new wave of panic crashing over me.

Of course, I will learn to adjust and the new will become routine. But, that doesn't mean that the lesson to be learned gets wiped clean.

Someone somewhere, in fact many someones in many somewheres, told me to cherish college. Enjoy my time and make the most of my youth. I took their advice, but didn't take it to heart as much as I should have.

So here I am. A person who has seen the other side and has come back alive.

I have no lists of do's and don'ts. I have no mythbusting revelations to guide you through your time in college.

But, I am a someone somewhere who doesn't want you to get run over.

College is a catalyst. You can either start a fire for your future or you can let your life fizzle.

Are you going to be the one driving the train or the one on the tracks?

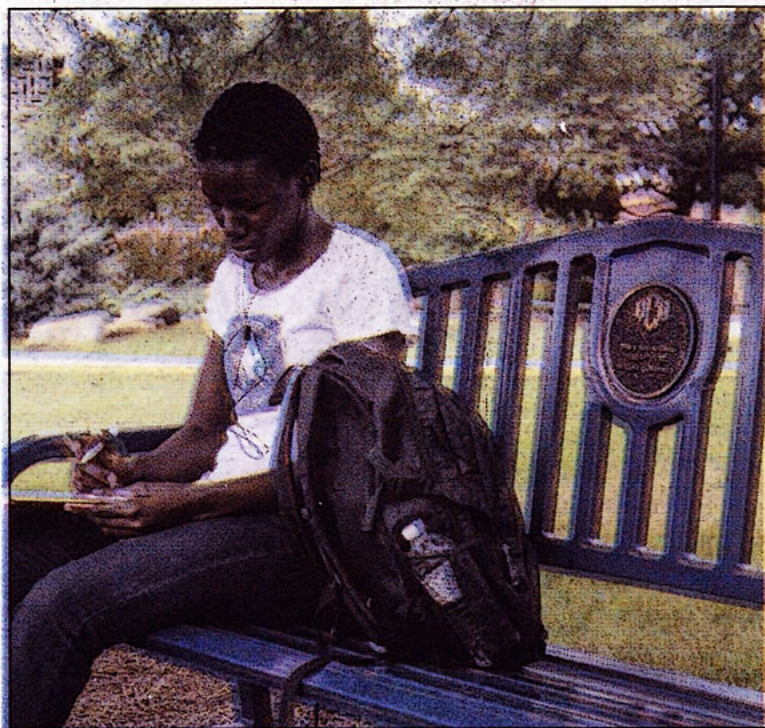


Lauren
Capraro

@laurencapraro

Contributing Writer

Campus Etiquette



- **DO** go to class. Professors do not enjoy teaching to an empty room. Going to your classes keeps you up-to-date on assignments and gives you opportunities to ask questions.
- **DON'T** be unorganized. Most college students have very busy schedules. Keep a planner or a notebook with deadlines and due dates for easy reference.
- **DO** be on time. Showing up late to class is not only distracting for the teacher but the other students as well. Also, UCO's parking lots fill up quickly, so be early to get a good spot.
- **DON'T** be messy. Do not litter on campus, and keep your dorm room clean.
- **DO** walk through the Nigh University Center. The Nigh is filled with helpful information about current events and always has loads of freebies.
- **DON'T** just show up for the final. If you expect to skip all of your classes until finals week, not only will you be confused during the test, you will most likely fail the class due to absences.
- **DO** turn off your cell phone. Texting during class is disrespectful and can wait. If you have an emergency, step out of the classroom before using your phone.
- **DON'T** throw away the syllabus. Professors make a syllabus for each class, so students have all information about the course at the beginning of the semester.
- **DO** go to the library. The library is a great place to study, do homework, read and research. Most students underestimate the benefits of the campus library.
- **DON'T** park in the wrong lot. UCO's parking is organized by category. Make sure to park only in a lot that matches your parking decal, or you will receive a parking ticket.
- **DO** rent books online. Websites like Chegg and Amazon can help you save hundreds of dollars on your textbook purchases each semester.
- **DON'T** walk on the grass. The UCO landscapers work hard to keep our campus beautiful. Be courteous and stay off of the grass and flowers.
- **DO** join organizations. The easiest way to be involved on campus is to join a club or organization. UCO has many different clubs to cater to every student's interests. Going Greek is also a great way to meet new people with common interests.
- **DON'T** bring food to class. Eating in class is distracting and inappropriate. If your schedule doesn't allow for meal breaks, keep granola bars in your backpack to eat on the way to class.



Aliko Dyer
@Aliko_Dyer

Photo Editor

Oh Snap! Welcome to the Jungle

So, you've graduated high school. That's cute. Good for you. I did that once too. In fact, everyone here has, that's how we got to college in the first place, to start that next chapter. That next chapter, which is honest to God, hands down, 100 percent better than anything you've experienced so far. The next four years (or more, for my less committed friends) are what you make it; welcome to the jungle, kids. Here are just a few helpful tips from someone who probably should have graduated a couple of years ago—trust me on these:

1. Unless you are in some sort of interview asking about extracurriculars, don't talk about what you did in high school. We really don't care how many times you went to state or what clubs you were the president of.

2. If you're not sleeping or working out in them, burn all of your high school shirts. You won't wear them. Or, make an adorable t-shirt quilt, because those are actually a thing now. Snuggling up with memories of when you actually thought you were cool. Awe.

3. Dressing up for class every day is the easiest way to show you're a freshman. If you want to wear those high heels and that tiara, by all means, go ahead. Some professors respect that. But just know that the rest of us slobs who have been here a few years are silently judging you.

4. "Due tomorrow? Do tomorrow." Just kidding, don't do that. Unless, of course, you're prepared for an all nighter/mental breakdown. When that happens, you'll always say you won't do it again, but you'll always do it again. For example, I wrote this column at 4:00 a.m. the day of layout. You don't like coffee? You're gonna learn to.

5. Freshman Fifteen: just don't let it happen. It's gross.

6. Get out there and have a good time. College is a time of reinvention and finding yourself. Don't be the kid who sits alone studying in Starbucks all day. I was her once. It's lame and a waste of college experience. Don't be lonely Starbucks girl/boy. It's not a good look.

Here's the bottom line. These next four years (or six in my case) are going to fly by. Seriously, don't blink. Be serious about your degree, but take some time to have some fun because it'll all be over before you even notice. Then, it's on to big-kid jobs and drowning in college debt. Super exciting, I know.

To quote my favorite movie, from the guy who knew how to do life right, Ferris Bueller himself, "Life moves pretty fast, if you don't stop and take a look around once in a while, you could miss it."

Oh, and get good at sitting through class with a hangover. It'll help you out a lot, I promise.

Welcoming a Healthy Start



Kchris Griffin
@kchriswitha_k

Staff Writer

Students seeking their ideal fitness level can find the resources needed on campus.

The UCO Wellness Center offers many ways for students to achieve a desired level of health. The wellness center offers students flexibility as the

semester sets to begin.

Whitt Carter, a UCO Wellness Center communications specialist, said it's important for students, when they get on campus, to continue to stay in shape.

"Eating right, exercising and living a healthy lifestyle will help students adapt to getting into their schedules in college," Carter said. "It will help them be able to fly around and meet a ton of new people and be in better shape. We have a lot going on over here so hopefully all the new people will come over here and check us out."

Through a revenue bond fund based on student fees, the University of Central Oklahoma opened the Wellness Center in March 2003. At the time, only four employees worked in the facility, but today, more than 28 people are employed at the Wellness Center.

The center breaks down into two sides, which are the health and fitness side and sports and recreation side, Carter said.

"On the health and fitness side we have things such as group fitness classes and personal training," Carter said. "On the sports side we offer

the intramural sports and the ORA Boathouse. We have a lot going on just besides being a workout facility."

The Wellness Center offers innumerable programs, such as the UCO Student Counseling service, aimed at providing a better experience for students.

Brittney Criswell, the health promotion coordinator, said health serves as the driving force for things people do.

"A healthy lifestyle is the cornerstone for academic success," Criswell said. "For people that are in college, a healthy lifestyle essentially translates into better grades and eventually going out and getting a great job."

Promoting good health serves as the initiative of UCO through its Healthy Campus Initiative and Healthy Campus Leadership Team.

It's important for all students to realize the different things the Wellness Center and UCO Healthy Campus offers to them, Criswell said.

"We like to look at health from a holistic manner," Criswell said. "We have services that can help students with their mental health, nutrition and time management because health is more than working out. We even have sexual health and stress management programs. We try to do these things in a fun manner to reach out to students."

10 Tips for College Freshmen



Emily Hahn
@emilyjhahn

Sports Writer

Welcome to college. Here you could spend the best or worst four (fingers crossed) years yet. It is a wonderful time where you get to become your own person, the person you will be for the rest of your life.

College is all about choices. You can choose your courses, friends, and career. The choice is entirely yours. There are some things you will need to know as you begin this journey, and here are a few.

1 Call home. Your parents care about you and you have been a big part of their lives for the past 18 years. You are not the only one going through a time of transition; they are too. So give them a call, tell them about the new things you are learning, people you are meeting and even shed a few tears when finals overwhelm you. This will help you keep your sanity and will also mean a lot to them.

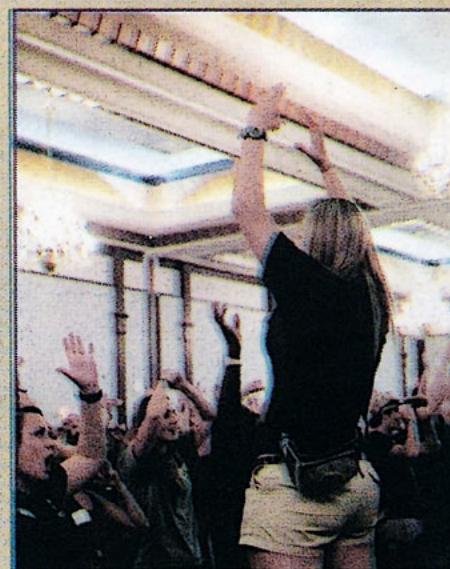
2 Get a planner/write things down. What was that assignment you had due sometime this week? Or was it last week? Nothing is worse than remembering you have something due at 8 a.m. the next morning. Write things down to the point where you find it silly. Your planner can help you stay organized, use it to your advantage.

3 Go to class. You are paying for this and the more classes you skip, the longer you will be here. While college is fun, it is not fun forever, so go to class. Professors appreciate it, and if you need help with your grade at the end of the semester, attendance can be your friend, or your enemy.

4 Read the syllabus. The syllabus is full of important information. Due dates of projects, tests and more can be found here. Professors treat their syllabus as their bible, you will do well to study it and live by it.

5 Your advisor is your best friend. This is the person who will guide you in the way you should go throughout your college career. Their profession is to help you find yours. Your advisor knows the ins and outs of adding classes and dropping classes, and they can give you helpful tips when it comes to selecting which professor to take. Listen to your advisor.

6 Find a good place to study. Yes, you will have to study. Where you do this is up to you. The library is at your disposal, along with the computer labs inside of it. Your dorm room is another place you can study. Make sure where you study is a comfortable environment but not distracting. The Nigh University Center is also a good place for studying, with its many food and drink options.



Orientation Leader, Danielle Morgan, leads freshmen in an activity during Freshman FORGE on August 14. Photo by Alik Dyer, The Vista.

7 Develop a budget. Whether you are spending your own money or your parents' money, be smart with it. It is uneconomical to eat out every day or even several times a week. Keep your shopping to a minimum. Reward yourself for acing a test every now and then, go to dinner with friends, but do so within reason. Let me introduce you to your new favorite word: FREE.

8 Join a club/organization/team. Yes, academics are important, but so is what you do with your free time. In college, you name it; there is a club for it. Bonding over something you enjoy with other students is one of the best parts about college. UCO offers Greek Life, Army ROTC, Baptist Collegiate Ministry and even a Bass Fishing club. Get out there and find the club for you!

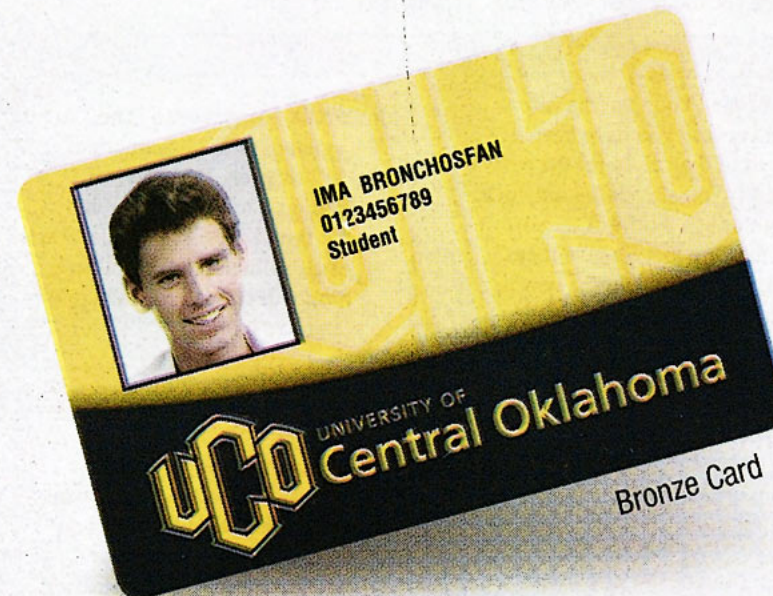
9 Go to on-campus activities. UCO's Student Association makes sure there is never a dull moment on campus. There will be hot air balloon rides, Ferris wheels, color runs and many more. On campus activities are also a great place to meet new people (tip #11) and see what your school has to offer. UCO also offers Division II athletics, get out there and support your Bronchos! Also, you can almost always get a free (your new favorite word) t-shirt.

10 Exercise. I repeat, exercise. Your metabolism is slowing down, and so will you. Don't fall victim to the "freshman fifteen." You now have a FREE (your new favorite word) gym membership, use it! The Wellness Center is a top-of-the-line facility. From the fitness classes they offer to the workout equipment, you will not want to miss out on it. Also, join an intramural team of the sport of your choosing. Whatever you do, be active!

So there you have it. Ten points of advice to help you, a college freshmen, get used to life on your own. One last piece of advice, listen to upperclassmen and professors. They have been there and experienced what you are going through. Got it? Okay, now go have some fun!

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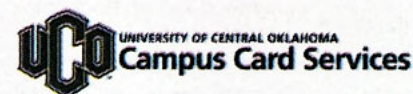
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For ID cards during the first week of school, please visit our satellite office on the second floor of the Nigh University Center across from MidFirst Bank





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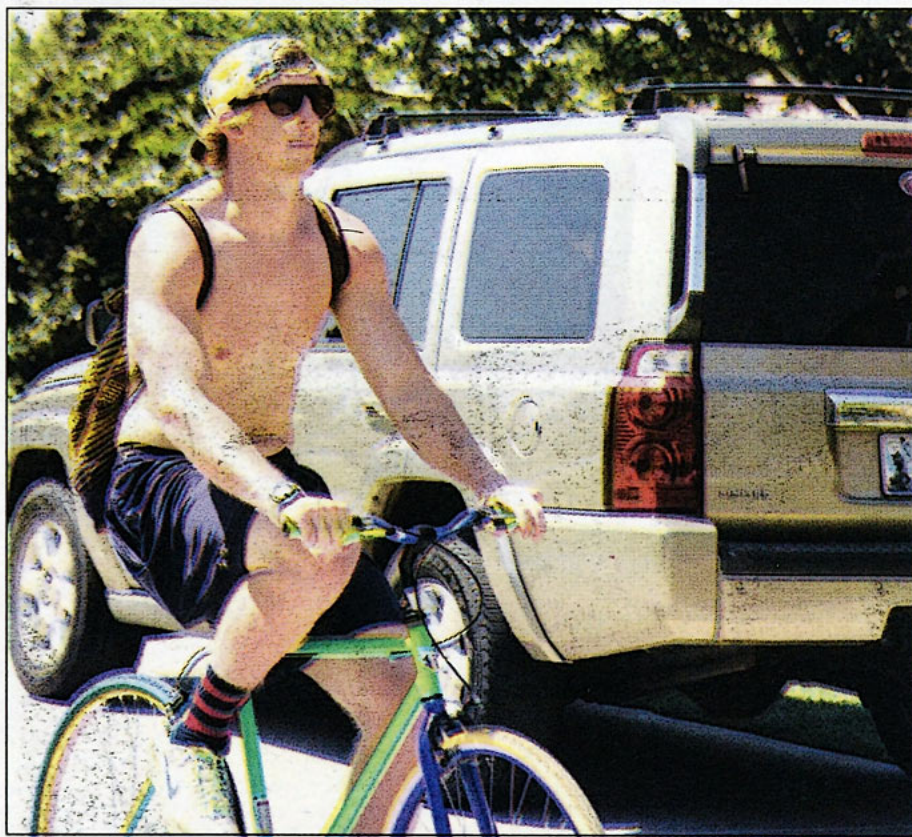
College Clichés: Fact or Fiction?



**Madison
Black**
@maddieblack20

Contributing Writer

If you've ever seen any movie depicting college, you know that you're obviously doing things all wrong. Movies like *Legally Blonde*, *Accepted* and *The House Bunny* all depict really attractive people doing super fun attractive people things. College clichés are rampant in Hollywood, but do any of them hold any truth?



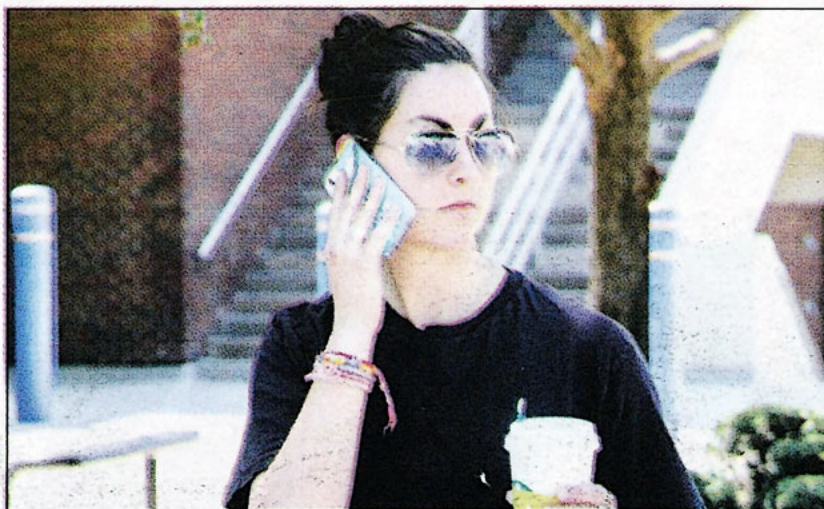
- You totally don't need to go to class! Fiction. Several departments at UCO count attendance as part of your overall grade and other universities such Oklahoma City University have a maximum amount of days you're allowed to be absent without having a doctor's note. Never attending class can also lead to below-par grades, because even though you're "totally going to study at home instead of going to class," the chances of that realistically happening are slim-to-none. Getting to class sometimes is harder than splitting an atom, but most of the time, once you're there, it's not that bad. Your grade is going to look a lot better at the end of the semester for going. Photo by Aliko Dyer, The Vista.



You will totally date a professor. Both. Your life might consist of dating a professor, but don't come into college with the idea that all your professors are going to look like Cameron Diaz from *Bad Teacher* or Ryan Gosling from *Half Nelson* and that you're going to live happily ever after with them.

Photo by Aliko Dyer, The Vista.

- Everyone's college experience is the same. Fiction. Society has perpetuated an idea of how college should be and makes it look the same for everyone. Not everyone parties and has the time of their life and some do. It depends more on the person than it does on the place. A person's personality is more of a factor on their experience than simply moving to a place they haven't been. It's okay if college isn't the best time of your life because, hopefully, you've still got plenty of life left to live. If college is the most fantastic thing in the world, then that's awesome too; just make sure you don't make people feel guilty for not being completely, head-over-heels in love with their "experience."



No one dresses nice in college. Fiction. Okay, so not that everyone walks around in prom dresses all day, but most people have the courtesy to change out of their pajamas for class. (Finals week not included) If you're so busy that you can't change out of the clothes that you slept in, you may need to cut back somewhere. Also, it's nice for everyone if you wear clothes that are appropriate for the season, because no one wants to hear about how cold you are in your mini skirt and Uggs in the dead of winter.

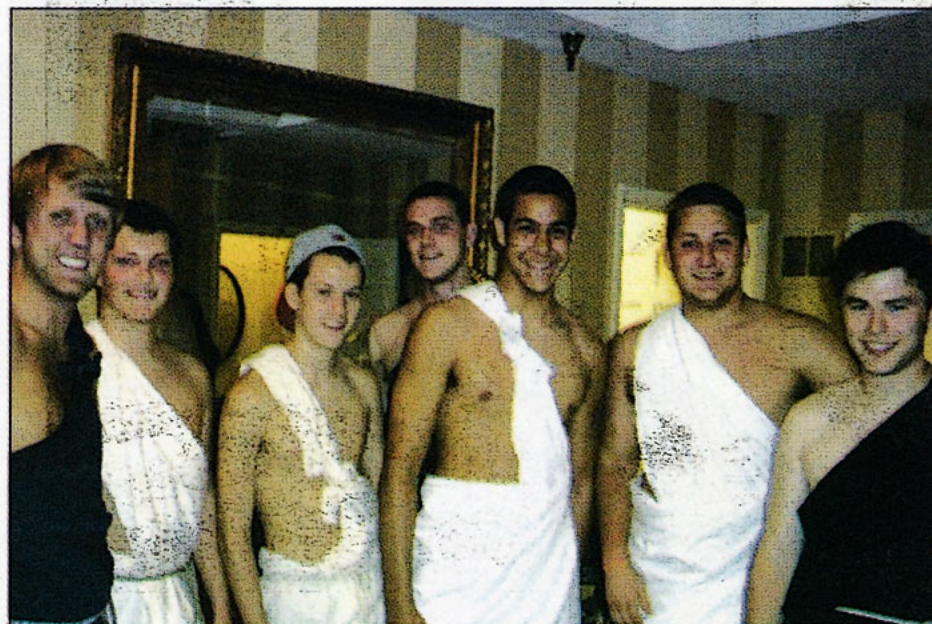
Photo by Alik Dyer, The Vista.



Sororities and fraternities rule the social scene. Fiction. For students that are in frats and sororities, they most likely spend a large portion of their extracurricular time with their brothers and sisters, but for those not involved in the Greek community, life goes on. Greek life can be a great way to meet new people, but don't stress if you don't go Greek, there are plenty of organizations on campus to get involved with where you can meet people and make a difference.

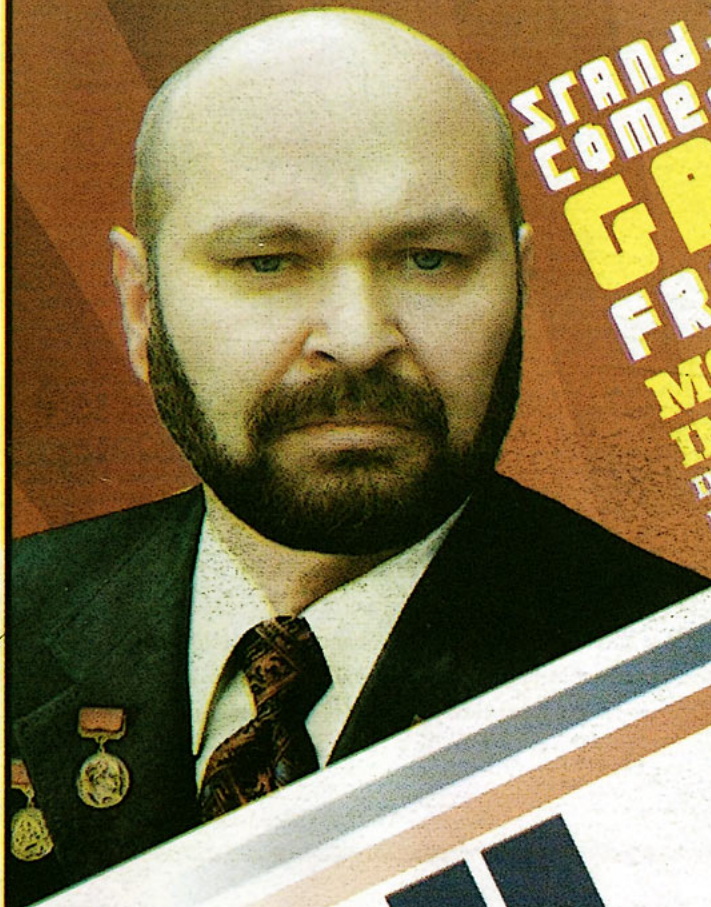
Photo used with permission.

- Everyone has a picnic for lunch. Fiction. If you visit a college website, see a university brochure or have watched Pitch Perfect lately, you might get the idea that all students do is eat lovely lunches while sitting on a quintessential plaid blanket in perfect weather. There's nothing wrong with picnics, but Oklahoma weather doesn't usually correspond with peaceful, scenic picnics.
- All college students play Frisbee. Fiction. This is similar to the previous cliché because any time there is a brochure with a picnic going on there are students also playing Frisbee. Why Frisbee is the chosen sport for college students is a mystery, but if students played as much Frisbee as colleges thought, the obesity epidemic in this country would be significantly lower.
- Adult students are total suck ups. Up for debate. Okay, so adult students may be just a little over eager to please sometimes, but maybe they're just better students than the average college-aged kid? Or maybe they're brown-nosers seeking attention? These are the questions that haunt any normal person.
- There aren't any cliques in college. Fiction. The cliques get a little different in college than they were in high school. There is no longer just one group of smart kids, there are multiple groups because there's one for every department. In college, there are still those students who are more popular than everyone else. As long as you can find your place, cliques won't be something that ruins school for you.



Toga Parties happen all the time. Fiction. Although lots of movies and TV shows depict crazy toga parties, not every party is a theme party and certainly not toga-themed. This is not to say you won't attend some wild, fun parties, just don't expect them all to have a uniform of togas.

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MONDAY EVENTS

All events are in Pegasus Theatre unless otherwise noted.

- Aug. 25 Opening Ceremony NUC – Heritage at 1 pm
- Sep. 8 *The Man with the Movie Camera*
- Sep. 15 *Russia's Toughest Prisons*
- Sep. 22 *Eastern Promises*
- Sep. 29 Comics & Screenwriter Joe Harris
- Oct. 6 *Black Lightning*
- Oct. 13 *Red Stuff*
- Oct. 20 *Dark World*
- Nov. 3 "Komiks" Scholar Jose Alaniz
- Nov. 10 *Systema* Documentary
- Nov. 17 *Lopushansky's Solo*
- Nov. 24 *Aelita, Queen of Mars*

WEDNESDAY EVENTS

All events are at Noon in the Library Room 226.

- Aug. 27 *The Hobbit* in Russia
- Sep. 3 Russian film history
- Sep. 10 Art and Architecture of Russian Identity
- Sep. 17 Criminal Justice in Russia
- Sep. 24 Debate: Russia's Backyard?
- Oct. 1 Chekhov's "The Boor"
- Oct. 8 Russian Politics & History
- Oct. 15 Russian Physics & Engineering Fair
- Oct. 22 Chekhov's "The Dangers of Tobacco"
- Oct. 29 Fishin' Buddies in Wild Russia
- Nov. 5 Russian Martial Arts
- Nov. 12 Arms Control Debate
- Nov. 19 Russian & Soviet Science Fiction



UNIVERSITY OF CENTRAL OKLAHOMA



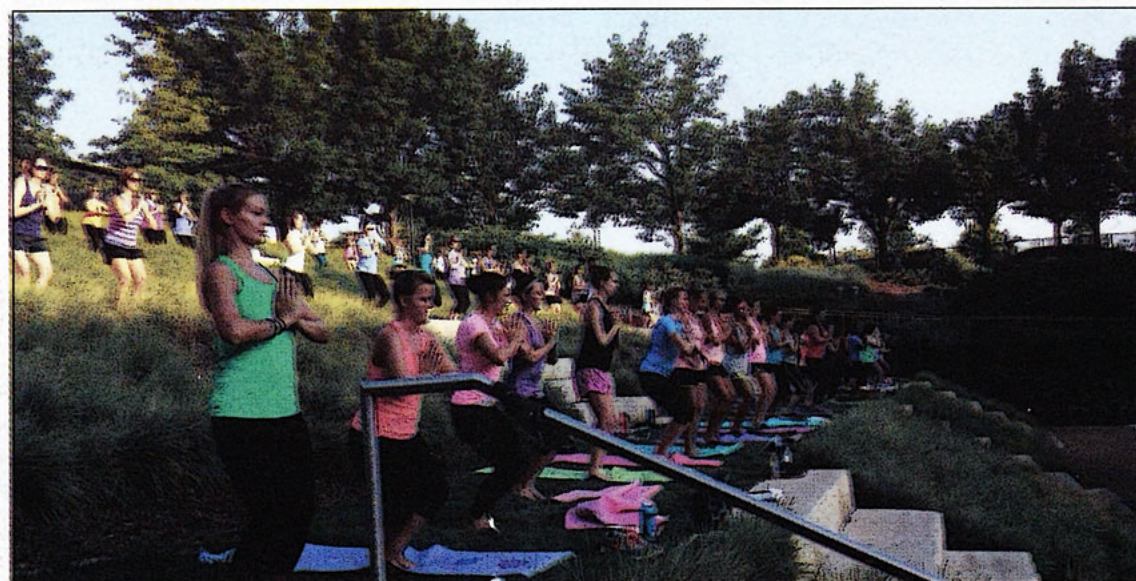
the **VISTA**

Section B: **News**

August 18, 2014

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SECTION B

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

Email your questions to:

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

EDITORIALS

Opinion columns, editorial cartoons, reviews and commentaries represent the views of the writer or artist and not necessarily the views of The Vista Editorial Board, the Department of Mass Communication, UCO or the Board of Regents of Oklahoma Colleges. The Vista is not an official medium of expression for the Regents or UCO.

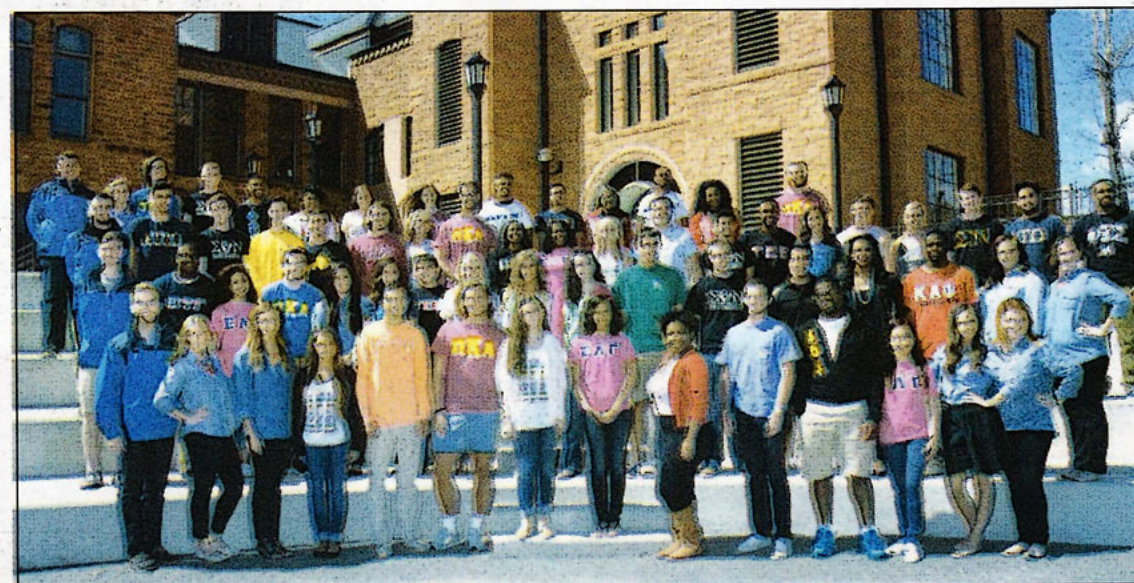
LETTERS

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

Address letters to:

Editor, The Vista, 100 N. University Dr., Edmond, OK 73034-5209, or deliver in person to the editor in the Communications Building, Room 131. Letters can be emailed to vistauco@gmail.com.

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“Going Greek”

Chase Reeser
@chasertheprince

Contributing Writer

The beginning of a new school year means many things, but to UCO's Greek Life it means the start of formal recruitment.

Recruitment practices vary from house to house, but there are some common themes. For instance, social media explodes with hashtags like “#WhyGreekWednesday,” “#GOGREEK,” and “#throwwhatyouknow;” sorority houses are filled with the sounds of chanting, clapping, and top-of-the-lungs singing, and volleyball courts are full of fraternity men and prospective members. Each house is getting ready for the second week of school when a new group of students will join the Greek family.

“I think rush is a great opportunity for young people to not only meet new people and join a fraternity, but to network and more importantly, find life-long friendships,” UCO Pi Kappa Alpha President Jason Mathis said.

Becoming Greek is much more than just finding friends, however. Data from the U.S. Department of Education shows that college students involved in Greek organizations graduate with a degree at a rate of 70 percent, while unaffiliated students graduate at a rate of 50 percent.

Robert Long, president of Sigma Tau Gamma fraternity, said through recruitment he wants to

“provide these young men with a family in the form of a brotherhood, as well as a place to learn and grow as better men and as leaders on campus and in the community.”

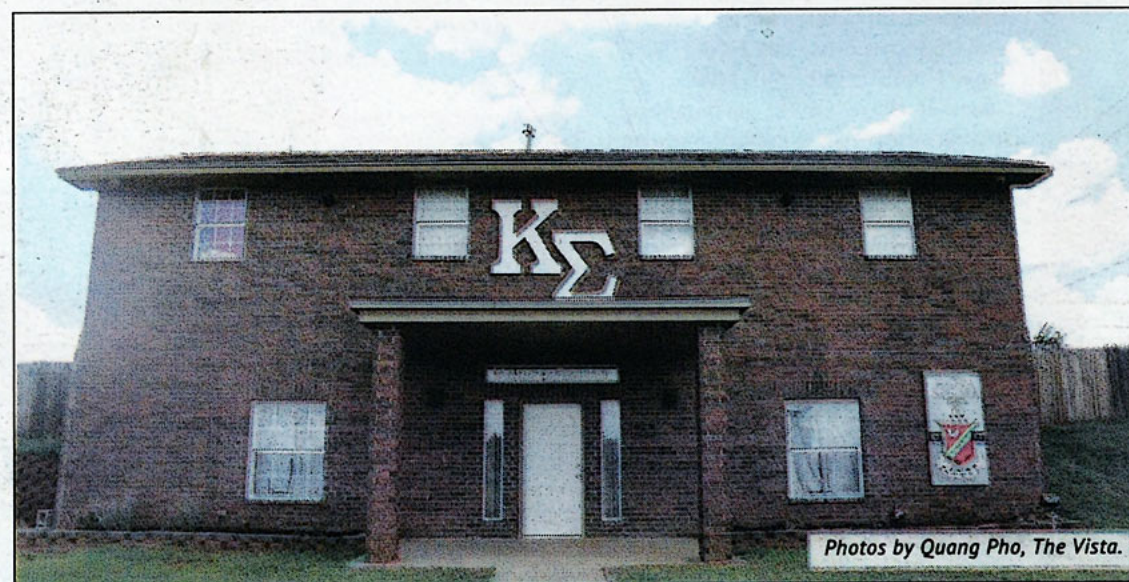
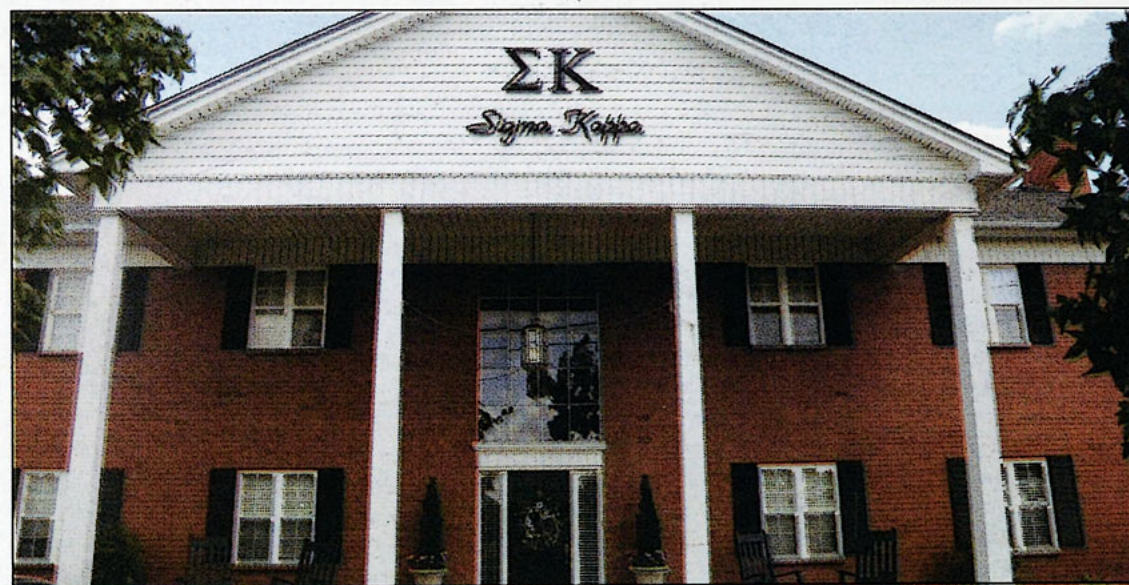
Over 210 students are signed up for Fall Recruitment, and the number is only anticipated to rise.

“...we are expecting more girls to register than ever before, so we are stepping up our game and making recruitment an experience that we hope will help the decision making process for potential new members easy in finding their home.” Audrey Biggs, president of Alpha Gamma Delta sorority, said.

Biggs and the other sorority presidents have been working to ensure that everything is ready for that first day of recruitment and that each girl finds the house that suits them best.

Bailey McCollough, president of Alpha Xi Delta, said of her sisters, “We are looking forward to meeting the incoming freshman class and showing them what Greek Life at UCO is all about.”

Sign up for sorority recruitment ends Friday, Aug. 22 and sign up for fraternity recruitment ends Saturday, Aug. 23. For more information on how to get involved with Fraternity and Sorority Life (FSL), visit the FSL office in the NUC room 422, or call them at (405) 974-2580.



Photos by Quang Pho, The Vista.

Metro Food Hangouts



Shannon Taylor

@shantays94

Contributing Writer

The Oklahoma City/Edmond area has numerous restaurants, coffee shops and cafés for college students to dine and study in. Most of the popular hangouts offer free wireless Internet and live music.

1) The Sushi Bar

Address: 1201 NW 178th St #123, Edmond, OK 73012

Phone Number: (405) 285-8484

Google Review: "Simple but chic spot serving sushi & Asian-inspired with late hours & live music on weekends." "I like the salmon sashimi," sophomore Anna Williams said. Sashimi is served raw and thinly sliced.

2) The Mule

Address: 1630 N Blackwelder Ave, Oklahoma City, OK 73106

Phone Number: (405) 601-1400

Google Review: "Casual, hip restaurant offering a large beer & cocktail menu plus sandwiches & more."

"Everything there has cheese in it. The Macaroni Pony is my favorite," senior

Sara Daugherty said. The Macaroni Pony is a sandwich with barbeque pulled pork and macaroni and cheese between two slices of jalapeño cornbread.

3) All About Cha

Address: 3272 S Broadway, Edmond, OK 73013 and 7300 N Western Ave, Oklahoma City, OK

Phone Number(s): Edmond: (405) 340-9959/ OKC: (405) 840-7725

All About Cha is local coffee franchise that has locations in both Edmond and OKC. The management puts an emphasis on its quality brews and quality social experiences. Junior Cara Nolan said she likes the green tea latte.

4) Ted's Café Escondido

Address: 801 E Danforth Rd, Edmond, OK 73034

Phone number: (580) 810-8337

Google review: "Laid-back restaurant crafting traditional Mexican dishes including house tortillas & tamales."

5) Café Evoke

Address: 103 S Broadway, Edmond, OK 73034

Phone number: (405) 285-1522

"I get the grilled cheese and a mocha coffee. I love Evoke because it is a great place to get away from stress and hangout with friends. I have never been disappointed with the service, food or overall environment," junior Morgan Denny said.

6) McLaren's Pantry, Edmond

Address: 3210 S Blvd, Edmond, OK 73013

Phone number: (405) 348-2336

McLaren's Pantry is a family-owned restaurant that is known for its variety of sandwiches and cookies.

"I like that it is family run so they are really friendly and the food is amazing," sophomore Mandi Sanders said.

Cafe Evoke, located in Edmond, offers coffee, some alcohol, and food. Photo provided.

Academic Advisors Guide Students' Futures



Alex Brown

@Aymae_baybay

Contributing Writer

Have you ever wondered how you could possibly decide what it is you want to do for the rest of your life or have you ever felt confused about what step to take next? The Center for Undergraduate Academic Advisement, located on the first floor of the Nigh University Center (NUC), is available to students to meet with an advisor for guidance in choosing a degree.

Stephanie Driver, assistant director of the academic retention and outreach, stated, "Students should feel comfortable to visit with their academic advisor anytime they have a question, concern or need that an advisor can address."

The academic advisement office has 21 advisors spread out across campus to help students reach their degree in the most academically beneficial way

possible. Out of the 12 advisors in the NUC, three of them are freshman advisors who specialize in helping UCO's newest members of the Broncho family realize what path they should take to obtain their degree.

Jeremy Corley, a freshman academic advisor, has been an advisor for a little over a year now and loves what he does. When asked whether he receives a large amount of students who seem unsure of what career path to choose, he responded, "Yes, but that's perfectly fine. Your freshmen year can be a good time to explore different majors and careers for your future."

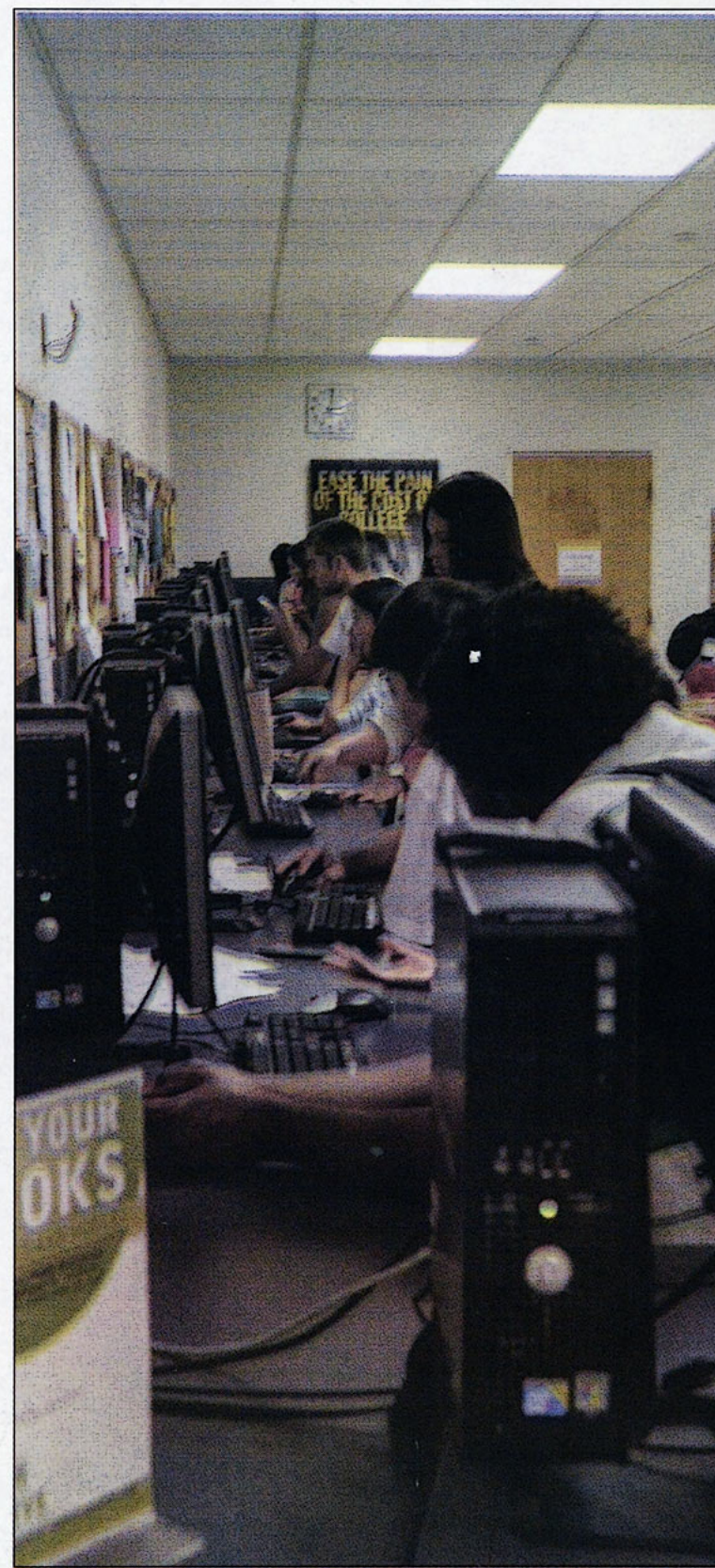
Academic advisors have different strategies that they employ to help students keep their options open until they are comfortable making a career decision. Whether you're a new student or have been a student for more semesters than you can count, UCO advisors are available and more than happy to provide guidance whenever there is a need for it.

It is recommended that students

meet with their advisor at least once a semester to guarantee that they are taking the required courses to reach a degree of their choice. The best time to meet is usually at the beginning of each semester to make sure your student schedule will be exactly what you want, and the sooner you meet with an advisor the better.

Course availability narrows down significantly the longer you wait to enroll, and this may result in students being waitlisted or not being able to get into the class of their choice. Advisors are crucial in making the enrollment process easy and to take stress off of students by getting them into their desired courses.

The academic advisors have one unified mission: to help UCO students achieve their academic goals and to realize their greatest potential. You, as a student, have already made the decision to obtain a higher education; academic advisement is the biggest advantage at your disposal and the advisors are only one easy appointment away.

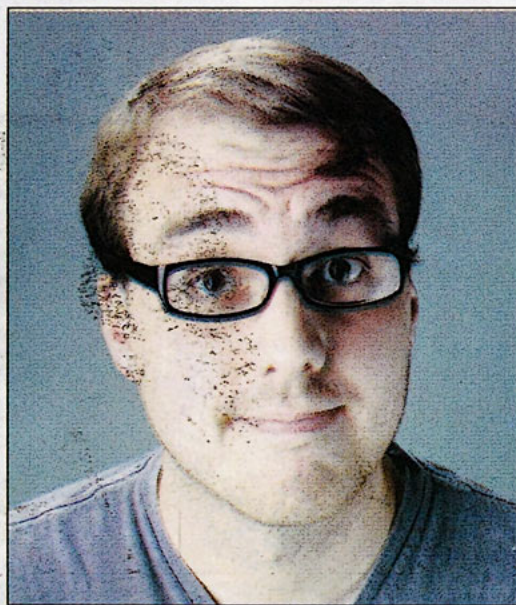


Left: Garrett Johnson helps Senior Jace Baker organize his fall schedule. Right: Students enroll in classes and print off schedules on the first floor of the Nigh University Center. Photos by Ryan Naeve.

TAKE A DEEP BREATH

By Tyler Talley

TALLEY



MARKS

August is a special time of year for all of those that find themselves on a college campus. A swarm of fresh-faced green horns will find themselves entering the colligate food chain while battle-hardened veterans will rush once more into the academic fray. In my first column, I want to find a way to both parties and anyone in between.

I finish my undergraduate studies at UCO this December and I find myself equal parts terrified and excited. The prospect of being done with school is mired by the anxiety of entering the job market.

As the end begins, I find myself confounded as to what advice I should pass on in the limited space I am allotted.

I could offer generic advice like "take a deep breath" or "everything will be all right" but neither of those things are true to my experiences here. There will be bumps in the road. Some will be fairly inconsequential in the grand scheme of things while others will affect your entire life. I do not say this to frighten anyone or gain pity. I have loved my time going to school here, but I would lying if I told you it was easy.

While I cannot prepare you for the bumps, I can at least offer you some tips that will help you get through them or, at the very least, make them bearable.

Do not bottle up your anxieties for another day.

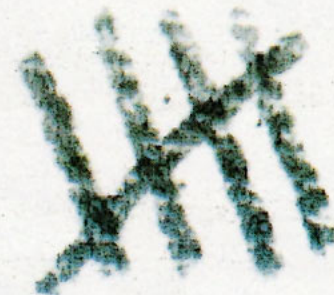
In college, anxiety is an inevitability at both the undergraduate and graduate levels. Homework, assignments and test preparation will all begin to add up at some point, and the stress associated with all of them seem to perpetually be on the verge of becoming overwhelming.

When all of this becomes overwhelming - and it will - take a break. Go for a run, go see a movie or simply find something that makes you happy. Never let your negative emotions fester.

This leads to my next point: never be afraid to ask for help. Friends and families are going to be your saving grace on more than one occasion, and when you fall, you will want a dependable safety net to help you pick yourself back up. Humans are social by nature and its important to remember that. There isn't any need to be a "lone wolf" all the time.

My final piece of advice is to not let the bad days define you. There will be a number of bad days, but they make the good days all the better. While the bad days don't always soften the good, you don't have to let them negate the good days at all. If you're ever at a low point, just look back to the good times and try to get back to that place.

I wish everyone luck getting through this new school year. It's bound to be fun, hectic, entertaining, horrible, relaxing, stressful and wonderful. Just try to enjoy the ride the best you can.



In Love with my Kidnapper

By Stevie Armstrong

A worst nightmare turned into a romance story? What? How can someone fall in love with their kidnapper?

This ironic and bizarre anomaly is called Stockholm syndrome. The name originated after a bank robbery in Stockholm, Sweden. Four bank tellers were held hostage for six days with explosives tied to them. When they were rescued, surprisingly, the hostages took offense and sided with their captors. They even set up a fund to pay for the thieves' legal fees.

It doesn't make sense, does it? When I first heard about this, I refused to believe it was real. I thought the person telling me about Stockholm syndrome was just messing with me. I had to research this and what I found was crazy. Victims end up developing sympathy, loyalty and dependence for their kidnapper.

About 40 years ago, 19-year-old Patty Hearst was kidnapped by members of the Symbionese Liberation Army (SLA). After her father gave \$6 million for her release, the SLA still refused to let her go. Two months later, an audiotape was released with Hearst announcing that she had joined the SLA. She began helping her kidnappers rob banks, resulting in

her being imprisoned. Because of her actions, she is often referred to as one of the most popular examples of a Stockholm syndrome victim.

During my research, I learned that this psychological phenomenon is a survival instinct that humans have. After being tortured, beaten, raped and abused, the victim tricks themselves into loving the kidnapper. By believing they have formed a deep emotional connection with this person, they are able to endure the trauma.

The kidnappers aid these mind games by showing small acts of kindness once in a while, such as allowing their victim to eat. This confuses the already mentally unhealthy victim.

As humans, our minds do strange things when we are scared or in a bad situation. We have survival instincts like all other living species. But, for our minds to throw a 180 and make us feel and believe the opposite of what we should, seems unreal. It amazes me what our minds and bodies can do.

Of course, I still don't believe that I would ever fall in love with someone who kidnapped me. But after research, it's scary to think it's even a possibility. Hopefully, I never have the opportunity to find out!

Sincerely, Stevie

Sincerely,



Stevie





STAMPEDE WEEK

2014

HIGHLIGHT EVENTS

SATURDAY, AUGUST 16TH

8:30pm • Wantland Stadium

123rd Freshmen Class Photo!

9pm- 1am • Wantland Stadium

9th Annual Wake Up in Wantland

SUNDAY, AUGUST 17TH

2:30-4:30pm • Old North

Central Locate

5pm • Hamilton Fieldhouse

Freshman Convocation

*Meet at Old North at 4:30pm

MONDAY, AUGUST 18TH

8pm • NUC Ballrooms

Central Comedy Presents:

Tommy Johnagin

with Chloe Hilliard



TUESDAY, AUGUST 19TH

8pm • Plunkett Park

SPB and Stampede Week Concert

featuring

SoMo

with Josh Sallee



WEDNESDAY, AUGUST 20TH

8pm • Plunkett Park

A Central County Fair,
brought to you by MidFirst Bank

THURSDAY, AUGUST 21ST

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Campus Activities
A DEPARTMENT OF STUDENT AFFAIRS



UCO Faculty Member Becomes Fulbright Scholar



Queila Omena

@queilaomena

Staff Writer

Associate Vice President for Academic Affairs at the University of Central Oklahoma Patricia LaGrow received a Fulbright Scholar award and will travel to France in October in a two-week group seminar on French higher education and international opportunities.

Patricia LaGrow is among the 11 administrators in the nation chosen to receive a Fulbright grant for the 2014-2015 International Administrators Program in France.

"The award provides the opportunity to learn from host institutions about how they teach their students global and cultural competency, one of our transformative learning tenets at Central, and to network to identify opportunities for partnerships with UCO. We will also learn about France's higher education and research system, including the connection between business and higher education, and common issues in higher education," LaGrow said.

LaGrow will visit several educational institutions, cultural events, meet the government officials and learn about global education. She will visit Lyon, Grenoble, Paris and Mains.

"So when we are talking about

students being globally competent, that is very much a part of who we are at UCO. We support that in many different ways. The reason that it's important for our students today is that the world is growing smaller, because of the way we communicate with each other and the opportunities we have. We want our students to be globally competent so they are able to work in another country and have an opportunity to be successful," LaGrow said.

The Fulbright Program is designed to increase mutual understanding between the people of the United States and other countries. The program provides academic merit and leadership potential to all participants.

The Program provides 318,000 participants with the opportunity to study, teach, or conduct research in global studies. The Fulbright Program also operates in more than 155 countries and grants 8,000 annually. The U.S. Department of State Bureau of Educational and Cultural Affairs sponsors the international educational exchange program.

For more information about the Fulbright Program or the U.S. Department of State's Bureau of Educational and Cultural Affairs, visit <http://eca.state.gov/fulbright>, contact Elaine Clayton, at 202-632-6445 or email ECA-Press@state.gov.



Patricia LaGrow will travel to France as a Fulbright Scholar this October. Photo by Alike Dyer, The Vista.

Africa to America: The Journey for a Degree



Ariana Muse

@arianamarie93

Contributing Writer



Melissa Tandi, originally from Kwekwe, Zimbabwe, traveled to Edmond, Okla. to pursue a degree in finance from UCO. Photo by Ariana Muse, The Vista.

She got off the plane three months ago and arrived in a completely different place to start a new adventure and begin her four-year degree program in Edmond, Okla. Melissa Tandi is an international student from Kwekwe, a small city right in the center of the southeastern part of Africa.

Tandi is 20 years old and about to start her freshman year here at the University of Central Oklahoma. Tandi came to the United States in June. She has taken one summer class so far and is eager to start on the upcoming fall semester.

"I love Oklahoma! I've been to downtown, I loved it, I couldn't stop taking pictures. I'm yet to explore though, there's more to see. I love it so far," Tandi said.

Tandi is a finance major and plans to stay at UCO to complete her degree. Tandi loves the school because there are many oppor-

tunities for her here. She enjoys playing basketball and hopes to make it on the team.

Tandi chose UCO, because she said it was affordable, there were many things to do here and she was offered a scholarship.

After graduating, Tandi hopes to find a good job. Tandi said that America is the land of opportunities and hopes that a finance degree from UCO will broaden her horizons and hopefully provide business opportunities for her in the future.

"I believe there is more coming for me, and I believe this is the place for me," Tandi said. Tandi hopes to get a job on campus this fall while she studies.

Tandi has always loved numbers and counting. She thinks that a finance degree will be good for her since she wants to start her own company one day. She said that if she wants to have a company, she should at least know how to do the

statements and budgets, so studying finance would be good for her. Tandi hopes to study other subjects on the side.

"I want to try a lot, 'cuz you never know what you're good at until you try it out," Tandi said.

Before she came to Oklahoma, she didn't know what it would be like. She said all she knew of it was what she saw in the movies. Tandi expected that she would be lost or confused and crying when she got here. However, when she arrived, she was met with quite the contrary. She said that people have been kind and friendly to her.

"The people are really nice, they are so welcoming, they are like: 'Hi, hi, I like your braids!'" Tandi said.

Tandi likes Edmond because it is so quiet and peaceful, and she has enjoyed her time here. She likes going bowling with her friends, sightseeing downtown, going to the movies, and she loves to travel.

"So far I'm ok with everything, no complaints, so far so good," Tandi said.

The things Tandi is looking forward to the most are Stampede Week with all the events and free T-shirts, hopefully playing basketball for UCO and shopping. She is also looking forward to achieving her goals and hopes to get A's in her classes, as well as more scholarships.

Tandi even offered up some advice to new students.

"I would say that UCO is a great place and it's all about you at the end of the day. If you choose to complain or if you choose learn, you choose to get to know people or you choose to seclude yourself, otherwise it's a great place. I love it," Tandi said. "We have tutors everywhere so there's no room for failing. UCO is what you make it, you can make it boring for yourself or very exciting. For me it's exciting."

The Finishing Touch



Kchris Griffin
@kchriswitha_k

Staff Writer

A myriad of students strive to graduate early, but for some, it's better later than never.

At the University of Central Oklahoma, students work towards their dreams to ensure a successful reality. Brandon Hughes, an industrial safety junior, said it's important to obtain his degree.

"I don't like the feeling of not ever finishing college," Hughes said. "I actually started here [UCO] nine years ago, and then got a job and got out of college. I'm still working there but I decided to come back. I want to work in the oil industry and try to work in the field safety area for a company like Chesapeake or Devon"

Hughes works as a firefighter and is 28 years old.

It's a really good school, because the teachers work well with students and the hours work well with work, Hughes said.

"I'm a firefighter now but I want to pursue a different career other than that and try to finish it and start a new career," Hughes said. "It's easy to come back here because I liked it when I

came here the first time. I like the students and the surroundings and the campus is really nice."

Only one out of three students graduates from a four-year bachelor's program in four years, according to collegexpress.com.

Finally graduating excites me, said Ben Cornelius, a business administration senior.

"It's exciting I guess because I've been here so long," Cornelius said. "I've been here for five years. After, I'm done I guess I will get a job but I might come back for Master's degree."

UCO offers innumerable ways to finish a degree plan, such as self-paced classes.

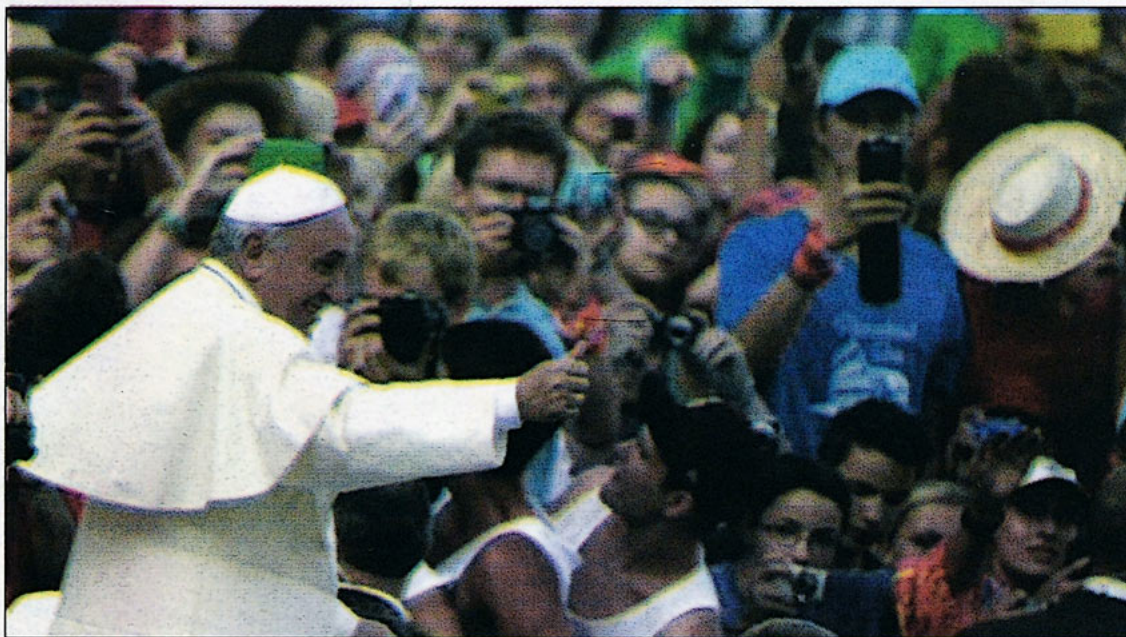
"I like how at [UCO], I can basically do some stuff online and some stuff offline," Cornelius said. "I usually take six hours online and six hours here. I like how available it is and how small it is. I went [to] Oklahoma State University and hated it."

The smaller classes allow you the chance to actually talk to your teachers and get a hold of them faster."

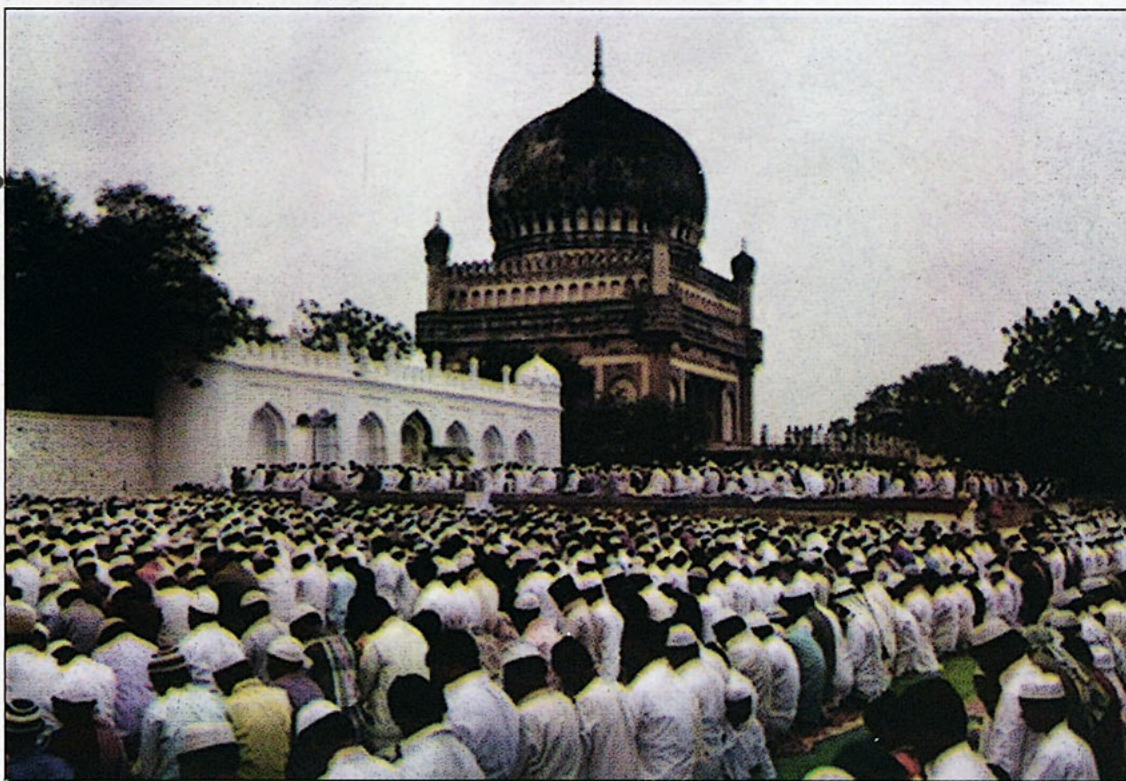
Photo by Aliko Dyer, The Vista.



Forget Religious Tolerance - Embrace Spiritual Empathy



FILE - In this Tuesday, Aug. 5, 2014 file photo Pope Francis gives the thumb-up sign as he arrives in St. Peter's Square at the Vatican for a meeting with altar boys and girls from the dioceses of Germany. During his visit to South Korea this week, he'll be bringing a message of peace and reconciliation to the war-divided peninsula. The Aug. 13-18 trip marks the first time a pope has been on the Korean peninsula in a quarter-century and the trip kicks off what is expected to be a very Asian-focused year for the 77-year-old pontiff: He will travel to Sri Lanka and the Philippines in January. (AP Photo/Andrew Medichini, File)



Indian Muslims offer Eid al-Fitr prayers near the Quli Qutub Shahi tombs in Hyderabad, India, Tuesday, July 29, 2014. Millions of Muslims across the world are celebrating the Eid al-Fitr holiday, which marks the end of the month-long fast of Ramadan. (AP Photo/Mahesh Kumar A.)



J. Preston
Drake

@jprdrake94

Editorial Writer

It is difficult for many to deviate from their faith. While most religions are now more tolerant, straying from the righteous path can lead to conflict with family, friends and community. Fortunately, compared to some regions of the world, America is fairly open-minded and the culture is not firmly planted in zealotry. With this level of religious freedom, Americans have a chance to explore a variety of faiths from a spiritual and academic standpoint. Doing so is the key to religious understanding and creates a wall against prejudice and hate.

Many Americans are suspicious of Muslims. A substantial number of Muslim Arabs disdain Israel. Indigenous religions are universally seen as primitive and usually violent. Hindus and Muslims clash constantly in and around India. All of this stems from a lack of understanding and a persistent absence of desire to understand.

Recently, I began visiting a Buddhist temple on a fairly regular basis, even though I was originally raised Southern Baptist. Despite only 1 percent of Oklahomans following these traditions, it is still the largest religious group in the state behind Christianity. There are numerous such temples in the OKC metro, but the one which I have come to frequent is the Vien Giac Vietnamese temple on the east side of the city.

The resident monks were slightly confused at my first arrival, but they have been nothing if not warm and accepting. They taught me styles of meditation and the basics of Buddha's teachings and asked nothing in return, not even conversion.

Religions worldwide that have a deity or deities generally describe the divine as a benevolent force. So, would a benevolent god really pick one group of people on Earth, based on geographical location, and give them all of the answers to creation, while leaving billions of other people to wallow in ignorance until they accepted those foreign teachings?

Or would this benign creator, instead, grant each population part of the answer, a piece of the puzzle? Perhaps, whatever divine force exists intended for humanity to overcome prejudice and violence and instead calmly and peacefully share their individual philosophies so as to put together the puzzle through open-minded exchange. It seems fitting that this creator would not deem fit to reveal the answer to all creation to humanity until they prove themselves capable of moving beyond petty sectarian squabbles.

Maybe one religion does hold all the answers. However, it is just as likely, if not more so, that this divine power intended for us to come together. If the people of the world could set aside zealotry and embrace an open-minded philosophy, perhaps, by piecing together the moralistic teachings of Jesus Christ and Mohammad with the contemplation of Buddha and the naturalistic inclinations of the indigenous Americans, humanity may finally become enlightened.

Or maybe that is all a load of hogwash. But in the absolute worst-case scenario, after such an exchange, humanity would find itself with a comprehensive and wide-reaching mutual understanding. With understanding comes unity and with unity comes peace. It is not enough to accept other religions; until there is real empathy between faiths, there will always be conflict.



WANT TO BE BUDDY ON BRONCHO? CREW?

Tryouts: Wednesday Aug. 27th

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SAFE

Student Alliance for Equality

The Student Alliance for Equality (SAFE) sponsors social events, educational programs, and advocacy and outreach initiatives for Bisexual, Gay, Lesbian, Transgender, Queer, Questioning, and Allied students.

Please join us as we celebrate our twenty-fifth birthday this fall!

Our first meeting will take place at 6:00 p.m. on Tuesday, August 26, in room 211 of the Liberal Arts Building.

For further information, please contact SAFE's faculty advisors:

J. David Macey

(dmacey@uco.edu, 974-5641)

and

Charleen Weidell

(cweidell@uco.edu, 974-5224)

or join our Facebook group (Student Alliance for Equality).



Kchris Griffin
@kchriswitha_k

Staff Writer

A Family Move

Although not accredited, a local company is offering students stress-free service this semester.

College Hunks Moving offers students a helping hand in a long haul to their living arrangements for the school year. College Hunks comprises of franchises in more than 30 states. Rick Turner, owner of the Oklahoma franchise, employs men and women that he considers to be not only hard workers but also his friends and family.

Shannon Gogle, the truck captain, started working at College Hunks in May 2013.

"It's been great because this company has taught me a lot about leadership," Gogle said. "It's taught me how to become more of an adult and how to take

care of business throughout anything that I do in my experience."

Every company possesses unique qualities. At this business, the family atmosphere adds to the service.

"This company is not only for moving or for labor services," Gogle said. "It's more to help young men like myself, between the ages of 18 and 25, to become better young men. It's helping us become more self-sufficient and more appreciative of what's given to us in our lives. The atmosphere here is real fun because all the guys here get along and were all hard workers."

Either at a home, apartment, office or workplace, College Hunks also offers junk removal services. These removals compose of

furniture, hot tubs and appliance recycling.

As a group we work up to 12-13 hours a day, Gogle said.

"It's gives us a job," Gogle said. "College Hunks is a way for you to work while going to school and paying for school. I went to school for occupational therapy and am now certified. This job has helped me with becoming better with customer service. It's taught me to become better with anyone I've crossed paths with."

College Hunks offers its customers free estimates and presents them with a price before doing any work.

After graduating from Oklahoma Christian University, Jacob Wilborn wanted to find employment quickly. Wilborn started as a

wingman before being promoted to operational supervisor.

"My first thoughts were that I liked the name because it stood out," Wilborn said. "It was a way that I could work with guys my age and that I could get along with. I would be able to go out and have a good time but also get my job done."

Turner brought the franchise to Oklahoma City after being turned away from jobs, because he was over-qualified. After a conversation with his wife, he started the business in hopes of helping his family and others.

"This job has really helped me with leadership and work ethic in general," Wilborn said. "Nobody has beefs here. We all come to work to do our job, but

at the same time after hours we can go eat together because we've become good friends. It's not like working at a big company where you don't know anyone. We all know each other on a personal level."

TV shows such as "House Hunters," "Hoarding: Buried Alive" and "The Pitch" featured the company in its programming.

The service here is great because we hold ourselves to a high standard, Wilborn said.

"We want to exemplify professionalism," Wilborn said. "We try to build leaders and help you grow as an individual while having a part-time job. Customers expect a standard, and we want to blow that out of the water."

Taking a Closer Look



Lauren Capraro

@laurencapraro

Contributing Writer



Locals enjoy watching Disney's Frozen on the Great Lawn on July 9, 2014.

Downtown Oklahoma City may look like a cluster of skyscrapers from the interstate, but if you take a closer look, you'll find an urban escape known as the Myriad Botanical Gardens.

Not only does the Myriad Botanical Gardens contain a 13,000-square-foot conservatory, filled with tropical plants, the gardens are also known to host numerous events. Currently, the gardens are hosting free Sonic Summer Movie Nights and a free Twilight Concert Series. Both events are held at the Myriad Great Lawn, located on the northern side of the grounds, directly south of the Devon Tower.

Every Wednesday during the summer, family-friendly movies are shown outside, free of charge. People of all ages can bring their lawn chairs and picnic for an exciting night.

The Myriad Gardens Executive Director, Maureen Heffernan, enjoys the environment that the downtown movie nights create.

"The Sonic Summer Movie Nights create the feeling of a drive-in movie theater, except that you don't have to own a car to attend," Heffernan said.

Movies are occasionally cancelled due to weather and are postponed. The Lego Movie has been rescheduled for Friday, Aug.

22 at 9 p.m. on the Great Lawn.

On Sunday evenings, one can hear live music coming out of the gardens. The Twilight Concert Series creates an exciting atmosphere downtown by providing free concerts. Artists of all genres have been featured in this series, including reggae, rock, jazz and even The Beatles tribute bands.

"We have had thousands of people in attendance at the concerts. They have been a great success for us," Heffernan said.

The night concerts will last well into the school year, with the last concert being held on Sept. 28. All concerts start at 7:30 p.m.

HOROSCOPES

August 2014 — Week 3



December 22–
January 19

Dream on, Capricorn. You've heard it all before. There is nothing different now. Pin your hopes on something more likely. A deadline is extended.



March 21–
April 19

A cause brings friends together and pushes them to set aside their differences. Celebrate with a party, Aries. A deadline is near. Get a move on.



June 22–
July 22

Not a chance, Cancer. Try as you might, you will not change a loved one's view on the situation. Leave it be. A coworker shares a secret.



September 23–
October 22

Magical moments are on tap all week long, Libra. Enjoy them to the fullest. A discussion at work finally concludes and the real work begins.



January 20–
February 18

A confrontation sends the rumor mill into high gear. Don't add fuel to the fire. Do whatever you must to maintain your neutrality, Aquarius. Someone is watching.



April 20–
May 20

Wishes of long ago are finally granted thanks to someone you least expect. Opportunity knocks once again. Don't miss out, Taurus.



July 23–
August 22

Idle chatter makes the chores go faster this week. Join in the fun, Leo. Travel plans shape up with news of a solid financial report. A mission is accomplished.



October 23–
November 21

Uh-oh, Scorpio. A friend makes a sudden turnaround. Be supportive but wary. It may have happened a little too easily and little too quickly to stick.



February 19–
March 20

A development at home puts everyone on edge. Work to resolve it quickly, Pisces, and then take everyone out for a little fun. A memo provides clarification.



May 21–
June 21

Great things are possible this week, Gemini. Seize every offer that comes your way. A change in protocol at work shakes things up—for the better.



August 23–
September 22

The issue is clear. Now it's time to find a solution, Virgo. Look to old friends for advice. A painstaking project ends with a flourish. Hooray!



November 22–
December 21

Yahoo! Good news all around, Sagittarius. A windfall makes a trip possible. A loved one recovers faster than expected. Romance heats up.

FOR ENTERTAINMENT PURPOSES ONLY

Classifieds

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

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Honor Flight



Rachel Brocklehurst
@r_broccoli

Staff Writer

"The whole thing was just a marvelous and long day."

The tall man sat like an oak with all the experience in the world when beginning to speak about events in his life. His hands were placed in his lap, his thumbs rolling one over the other, and his black ball cap had the letters NRA in gold. His shirt was a crimson-colored red with gray stripes running horizontally and three buttons near the collar at the top.

Hennessey's Robert C. Lovell, author of "Unlikely Warrior," sat at the newspaper office to talk, but not about his book this time.

Bob, as he's known by most, talked about his trip to Washington, D.C. in June with 80 other veterans as part of the Oklahoma Honor Flight program.

"I found out about the Honor Flight program because I used to go to the gun shows and sell my book and guys would come by and say, 'you need to go on the Honor Flight,'" Lovell said. "I'd keep telling them, 'Well, the older guys need to go because I can go anytime. Well, finally it got to the point where they convinced me I was one of the older guys.'"

Lovell, a retired associate district judge, is 88, and ended his service

in the U.S. Army as a sergeant first class during World War II.

"The one thing that really touched me was when we got back to Oklahoma City at the airport and came off the plane, there were hundreds of people waiting for us at 10 p.m. and they were all thanking us for our service," Lovell said.

They also said "God bless you" and shook the service men and women's hands.

"That touched me so much that I just had tears rolling down my face," Lovell said. "The whole thing was just a marvelous and long day."

The veterans go on the Honor Flight free, while the guardians have to pay \$500, Lovell said.

His advice to other veterans: "Don't wait too long to make the Honor Flight. It's an experience you

won't forget."

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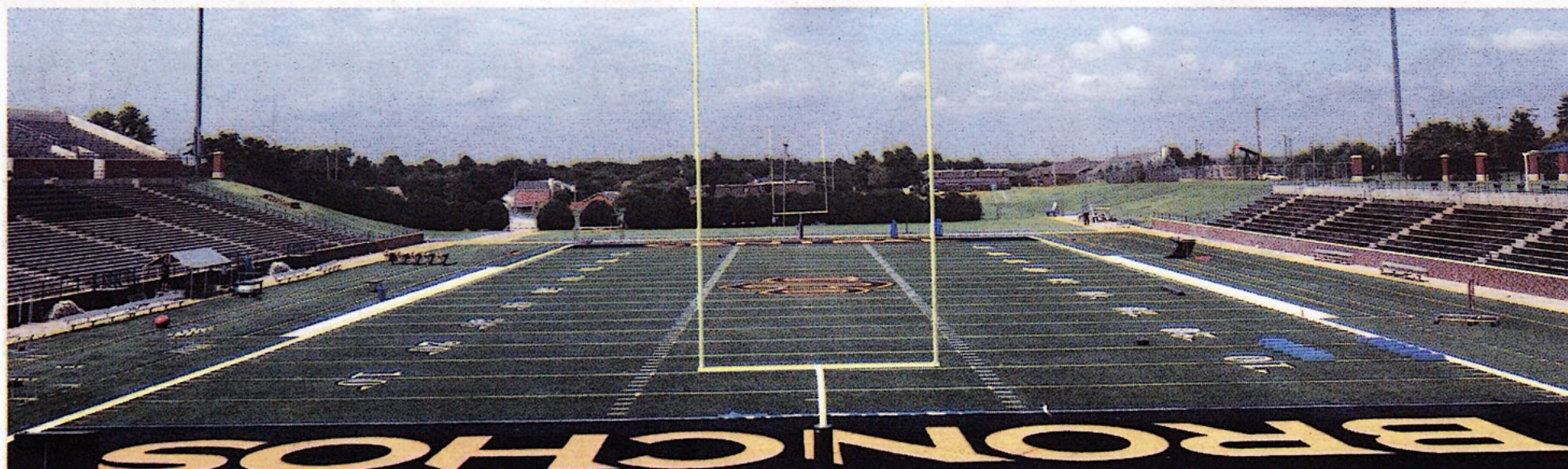
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the **VISTA**

Section C: **SPORTS**

August 18, 2014



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UCO Soccer: Reloaded and Hungry to Win

Below: In this archived photo from last season UCO '13 Sophomore Quinn Tookey looks upfield for the open pass during this MIAA Tournament game. Taken from The Vista archives.



Emily Hahn
@emilyjhahn

Sports Writer

Central Oklahoma soccer is back with a vengeance this year after a difficult loss in the Mid-America Intercollegiate Athletics Association finals last fall. Southwest Baptist defeated UCO 3-2 in golden goal to end the season.

With seven returning seniors on the roster, the Bronchos look to use their experience to spearhead their season.

Head Coach Mike Cook said of the seniors, "The biggest potential is experience. We're hoping they come in focused so they can be good leaders on and off the field."

Cook spoke with excitement about the upcoming year, "We have a clean slate and we're always trying to improve on things from last year."

Coach Cook started the soccer program at UCO in 1998 and has had tremendous success since with a record of 239-85-21. Coaching alongside him is Amel Muhamedagic, who will spend his eighth season with the Bronchos.

In the spring practices and games, Central Oklahoma showed great improvement from the fall.

"I think we had a great spring with all the returning players with

some fresh additions and excitement," Cook said.

The Bronchos will welcome a large class of freshmen for the 2014 season. Nine freshmen are joining the roster and look to make an immediate impact as they debut their college careers.

"New players always come in excited with pre-conceived ideas," Cook said. "There are some different abilities and positives, we're excited get everyone on the same page."

Coach Cook is looking for large audiences at the games, as soccer starts on Sunday, Sept. 7.

"We have one of the top programs in the country and it's a chance to watch us compete," Cook said.

The soccer team starts pre-season drills on Aug. 12 and will go through two-a-days until the start of school.

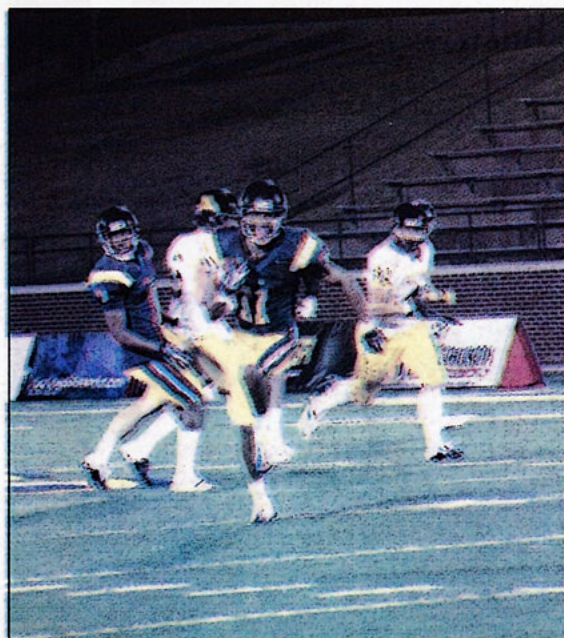
"We put in a lot of hard work to get things going this season and we are looking forward to winning our first MIAA championship," Cook said.

Games are held southeast of Hamilton Field House, and the schedule can be found on the official site of Central Oklahoma athletics. There will also be giveaways at the beginning of several games this season.

Football is back on campus: A Review of UCO's appearance at MIAA Media Day



In this archived photo from last season UCO then-Freshman Running Back Jake Gandara stiff-arms the Washburn defender while attempting to turn and take the ball upfield. Photo taken from The Vista Archives.



In this photo from last season UCO Senior Marquez Clark runs past the defense after catching a pass. Photo by Alik Dyer, The Vista.



In this archived photo from 9/14/13 UCO Senior Marquez Clark tackles a defender after having a pass intercepted. Photo from The Vista Archives.



Austin Litterell

@AustinLitterell

Sports Writer

Football season has officially begun in the Mid-America Intercollegiate Athletics Association. The conference held their media day on Tuesday in Kansas City. Head Coach Nick Bobeck brought along two of his players, pre-season All-American Marquez Clark and defensive lineman Tyler Newton. The Broncos were picked to finish 10th and 11th in the conference by the coaches and the media.

The transition to the MIAA, one of the most difficult conferences in Division II, has not been easy. Bobeck is still trying to rebuild this program in his third year after given sanctions from 2007-2012.

"We're rebuilding and coming up out of those ashes, we got a proud program at UCO. We're the fourth all-time winningest program in Division II history, we've got two national championships, we've had countless number of All-Americans who've come through our program. We're starting to build the talent pool back," Bobeck said.

In his third year, the Broncos are starting to build more depth in the program, which UCO has not had in the first two years of the Bobeck era, especially on the defensive side of the ball.

"We had games where we had defensive lineman taking 70 plays...we had three kids who redshirted as defensive tackles who will be ready to play this, we've got help com-



Left: In this archived photo from the 2012 season the UCO Spirit Squad runs onto the field carrying UCO's colors before the game. Photo taken from The Vista Archives.

ing. Defensive line-wise we're five deep now," Bobeck said.

Redshirting players has been an integral part of Bobeck's program, and this season, depth will be coming.

The defense did struggle to get stops last season. Bobeck mentioned that the offense needs to be better scoring touchdowns, while the special teams need to not allow long kickoff returns to help put the defense into better situations.

The MIAA does have its share of elite offenses in the conference. Nine teams, including the Broncos, averaged at least 30 points per game last season. Newton says that this defense feels good and that expectations will be high going into the season.

Offensively, the Broncos will have an open quarterback competition and have to find a way to replace Joshua Birmingham. Coach Bobeck was extremely high on sophomore Jake Gandara. At quarterback, T.J. Eckert did get experience after Adrian Nelson went down with an injury. Eckert struggled with turnovers in his playing time.

Wide receiver Marquez Clark lit up the MIAA defenses last season with incredible numbers. His play led him to being a Harlon Hill Trophy Candidate last season. Clark talked about the opportunity he has to be able

to play football with his teammates and MIAA opponents.

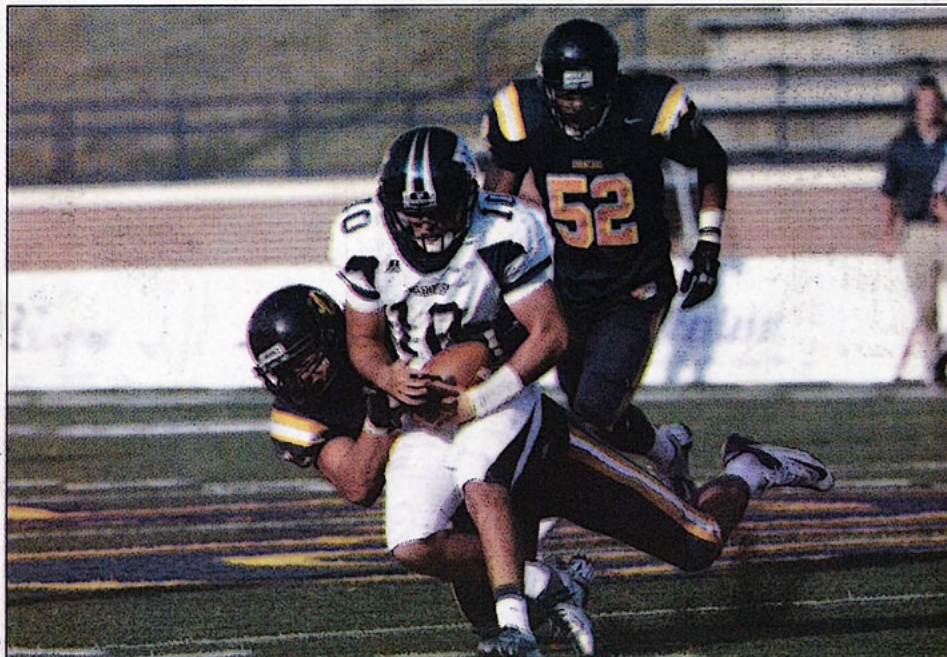
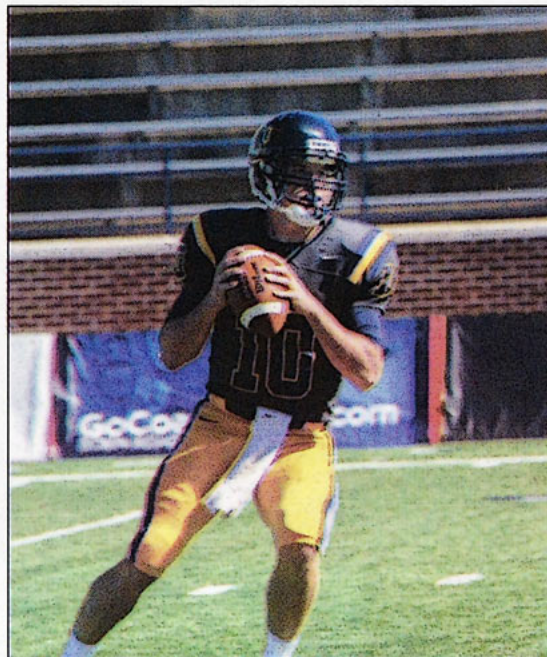
"It's a blessing to play against those guys but I don't see it too much as a tough task for me. I just keep the Lord ahead of my life and let me go out there and be with my teammates and play a hard fought game. It feels good to know that those guys get a chance to play on Sundays and I know if I do well against those guys I might have the same chance," Clark said.

The Broncos open up their season on the road against Fort Hays State on Sept. 4 and play their first home game on Sept. 13 against Missouri Western.

Right: In this archived photo from the 2011 season UCO then-sophomore running back Josh Birmingham runs through the competition in this game against Black Hills State University on October 27th, 2011. Photo taken from The Vista Archives.



Below left: In this photo from last season UCO sophomore quarterback T.J. Eckert drops back and surveys the defense in a October 9, 2013 game against Central Missouri. Photo from The Vista Archives.



Below: In this archived photo from the 2012 Broncos defenders pursue the running back and pull him down for a loss. Photo taken from The Vista Archives.

Chesapeake Energy Arena Gets Renovations



Emily Hahn
@emilyjhahn

Sports Writer

Since the Thunder organization took over the former Ford Center in the heart of Bricktown, it has brought many things to Oklahoma City. First and foremost, it brought a professional team for Oklahomans far and wide to come together in support of our team.

The Thunder have won the hearts of our great state with their spectacular performances for the past six years, and now, the arena they call home will match the caliber of athletes that it houses.

The Thunder Arena will undergo \$2.4 million worth of renovations in preparation for the 2014 fall season. Areas receiving updates include the suites, the players' family room and a new floor.

The suites are to be redesigned to make them more functional and additional seating will be installed, providing room for more people per suite.

Club level carpeting is also being replaced. The initial price estimated for new carpet was \$200,000 more than the final price accepted at \$916,000.

The 2008 original flooring, which has been used around 300 times, will be completely replaced for \$200,000 and has to be built according to NBA specifications.

Companies bidding to build the new floor in the Thunder arena had to turn in their final bid by Aug. 5. Once the Thunder accepts a bid, the floor will be ready to go

by the first game on Sept. 30.

The area set aside for players' families to watch games is receiving a major face-lift as well. There will be an addition of 2,600 square feet of space, as well as playrooms with televisions for children and other family members.

What once was a minor league hockey locker room will be converted into office space for tour managers and special event coordinators for concerts among other things hosted at the Chesapeake Energy Arena.

The city estimated the overall cost of the renovations to the family rooms and office space to reach \$600,000. The lowest bids received by companies, however, were around \$870,000.

W.L. McNatt & Co. was selected by the city council to make these game-changing renovations to the Thunder Arena. With top-of-the-line facilities and a new floor, the Thunder organization has all it needs to bring a championship to Bricktown.



A visual of Chesapeake Energy Arena before a playoff game last season. The 'Peake is undergoing renovations this summer to upgrade amenities for the upcoming season. Photo used with permission.



Logo for the Mid-America Intercollegiate Athletic Conference. The MIAA has just announced a partnership with Stretch Internet to stream all MIAA Football and Basketball games. Photo used with permission.



In this archived photo from the 2011 season the UCO running back avoids the defense and runs out of bounds to stop the clock. The MIAA has just inked a deal with Stretch Internet to film all of its member's football and basketball games. Photo taken from The Vista archives.

MIAA to Stream all Football and Basketball



Demetrius Wright
@wrightdemetrius

Contributing Writer

Rabid Broncho fans will travel to the edge of the Mid-America Intercollegiate Athletics Association (MIAA) conference just to get a glimpse of their team. But not all fans have the resources to follow the Broncos to every city in the country. Some fans have more important things to do: going to a job, a paper to write, or maybe they have an intense fear of travel.

As a fan of Central Bronchos what do you do when you can't follow the team? Panic! Cry! Lay in your bed with covers over your head! Don't worry! No need to drop out of school! The MIAA and Stretch Internet have announced a partnership that will resolve this problem.

Stretch Internet has signed a deal to stream all MIAA football and basketball games online, so you can still follow the Broncos from anywhere you want. According to Bronchosports.com, the fans can view all conference football and basketball games live through almost any Internet connected device including Smart TV's, Apple TV and Google Chromecast. The new GameCentral 2.0 platform will also allow fans to access live stats in the video stream. The new platform will also feature archived game footage and other video content.

Bronchosports.com interviewed the president of Stretch Internet, Ryan Ermeling, who said, "The MIAA is one of the preeminent conferences in the Division

II ranks, and we're thrilled to help tell their story."

He also told bronchosports.com "We think our new GameCentral 2.0 platform provides the perfect vehicle to highlight not only the conference, but each of the individual institutions as well. Fans will be treated to a one-of-a-kind immersive experience that includes crystal clear high definition video, integrated live stats and social media, and several other ground-breaking features."

According to Wowza Media Systems, Stretch Internet is a streaming provider specializing in live sporting events (more than 25,000 last year alone) and higher education, while also working with businesses and non-profits looking for support-driven service. Utilizing its client-customized, proprietary GameCentral, CampusCentral and EventCentral portals, Stretch delivers a one-of-a-kind experience that includes HD-optional video, integrated live chat, live blogging, social media and other features via free-to-view or pay-per-view models.

Unlike most content delivery networks and streaming hosts, Stretch provides live monitoring and support for every single event streamed through its platform. Through Bronchosports.com research we found that Stretch Internet is based in Gilbert, Ariz., and was founded in 2003 by a former college athletics media relation professional that saw a need to provide affordable, high-quality streaming to college and university athletic departments.

Since its formation more than 11 years ago, Stretch has expanded to provide services for more than 500 colleges and univer-

sities, collegiate conferences, high schools, organizations and non-sports entities while streaming more than 55,000 live events each year. A devotion to utilizing innovative streaming technologies and providing a first-class presentation – backed by the best customer support in the business – have helped Stretch Internet become one of the largest and most respected streaming media specialists in the industry.

Streaming will be available to Broncho Sports fans this upcoming season when football kicks off Sept. 9 at Fort Hays State. The game will be available through bronchosports.com.



In this archived photo from last season UCO then-freshman guard Jacob Richardson goes up for a layup. Photo by Aliko Dyer, The Vista.



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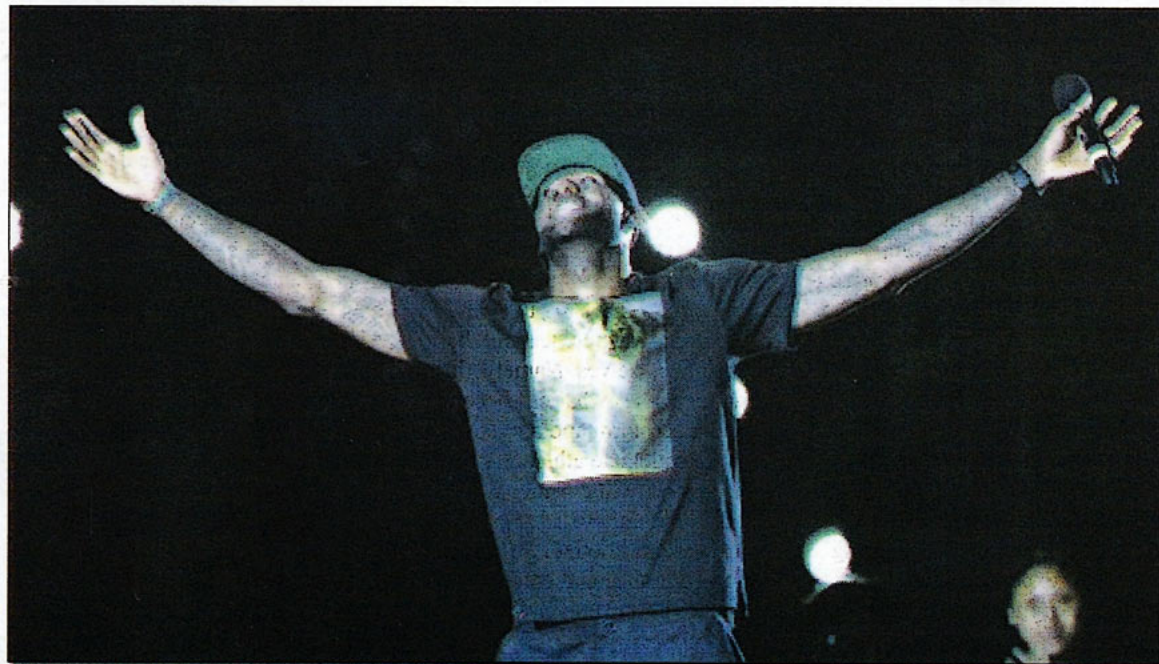
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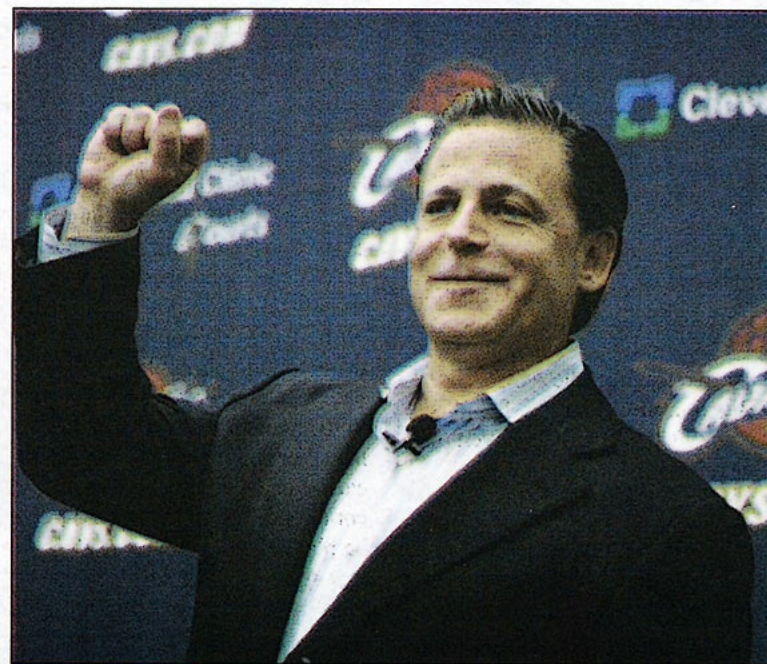
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*Offer ends 9/30/14. Available to new residential Cox Internet customers who newly subscribe to Flex Watch TV service. \$59.99 includes Cox High Speed Internet Preferred, Flex Watch TV, HBO, STARZ, and one standard receiver rental for 12 months. Other equipment options may be available and prices may vary. Monthly rate increases \$20.00/month for months 13-24. Flex Watch TV consists of Cox TV Starter with Advanced TV features like On DEMAND, Music Choice, and interactive on-screen guide. After promotion periods, regular rates apply. See www.cox.com. Prices exclude installation, additional equipment fees, additional outlets, taxes, surcharges and other fees. Not all services and features available everywhere. Offer may not be combined with other offers. A credit check and/or deposit may be required. Cable modem required for Internet services. 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 may vary. Fastest in-home WiFi based on June 2013 study of comparable in-home wireless routers by Allion Test Labs, Inc. HBO GO® and Starz Play are only accessible in the US and certain US Territories where a high speed broadband connection is available. Minimum connection of 3 Mbps required for HD viewing on laptop. Select titles not available in HD. Minimum 3G connection is required for viewing on mobile devices. HBO® and related channels and service marks are the property of Home Box Office, Inc. Visit starz.com for airdates/times. STARZ and related channels and service marks are the property of Starz Entertainment, LLC. STARZ Play is included with a subscription through participating cable, satellite or telco television providers. American Hustle © 2013 Columbia Pictures Industries, Inc. All rights reserved. Other restrictions may apply. © 2014 Cox Communications, Inc. All rights reserved.

Litterell-ly Sports: Dan Gilbert the hypocrite



Cleveland Cavaliers' LeBron James smiles as he is introduced at his homecoming at Info-Cision Stadium Friday, Aug. 8, 2014, in Akron, Ohio. (AP Photo/Tony Dejak)



Cavaliers owner Dan Gilbert was not pleased with a trade that would have sent All-Star guard Chris Paul to the Los Angeles Lakers and he put his thoughts in an email to the NBA Commissioner among others. (AP photo/Mark Duncan)



Austin Litterell

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Sports Writer

News broke on August 7th that the Cleveland Cavaliers and Minnesota Timberwolves finally agreed on a deal to send Kevin Love to Cleveland. In return, the Timberwolves receive the number one picks from the last two drafts in Andrew Wiggins and Anthony Bennett, as well

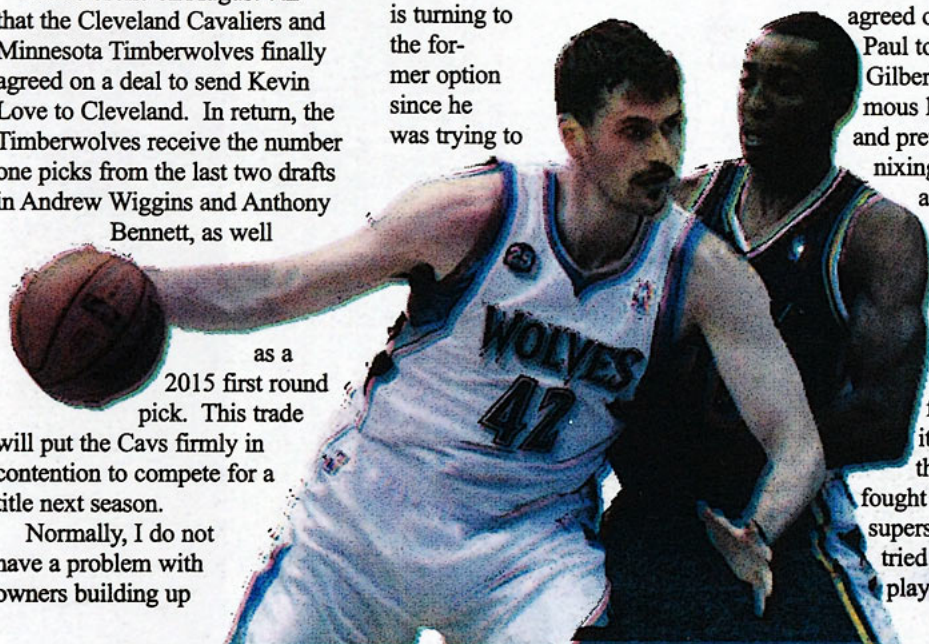
as a 2015 first round pick. This trade will put the Cavs firmly in contention to compete for a title next season.

Normally, I do not have a problem with owners building up

these kinds of super teams, but this is an exception. Whether owners "buy players" or build through the draft, is fine by me. It was still enjoyable to see multiple superstars play together on one team. It's ironic, however, that Cavs owner Dan Gilbert is turning to the former option since he was trying to

keep other teams from doing the exact same thing last offseason.

It does not seem very long ago that Gilbert was influential in denying the Chris Paul to Los Angeles move or speaking out trying to stop these super teams. The Lakers and then Hornets had agreed on a deal that sent Paul to the Lakers, but Gilbert sent one of his infamous letters to David Stern and pretty much started the nixing of the trade. A year after LeBron James went to Miami; he was one of several owners willing to sacrifice games during the season to limit these teams from coming to fruition by lengthening the NBA lockout. He fought for restrictions on superstars' salaries and tried to keep them from playing together.



So what has changed in Gilbert's mind? Losing.

The franchise has been an organization of mediocrity ever since LeBron left. They will be on their third coach since the infamous "Decision", David Blatt. Cleveland tried to find a winning coach with Byron Scott and Mike Brown, but neither of those options lasted long. The best move Gilbert has made was drafting Kyrie Irving, and maybe Dion Waiters, but the Cavalier's mediocrity over the past few years falls squarely on his shoulders. Losing the world's best player is hard to come back from, but Gilbert did not seem to have much of a plan outside of just plain luck.

Cleveland did get luck however, whether deserved or not is a different story (it wasn't). It seems however that no matter what the odds are, Cleveland always gets the number one pick. Two years in a row, in fact, they have drafted number one, both of which will

be heading to Minnesota in the aforementioned super-team building trade. Now for Gilbert and his franchise, being in the lottery can no longer be an option.

If anything can be learned, it is something that everyone should already know: the NBA is a business. Despite speaking against and fighting for the complete opposite in earlier years, adding Love and James is better for business. Making money and winning games can quickly change an NBA owner's belief system. In this case, it was Dan Gilbert's.

Left: In this April 16, 2014 file photo, Minnesota Timberwolves forward Kevin Love (42) drives against Utah Jazz forward Jeremy Evans, right. Two people with knowledge of the deal tell The Associated Press that Minnesota and Cleveland have agreed to a trade that will send All-Star forward Kevin Love to the Cavaliers for Andrew Wiggins, Anthony Bennett and a future first-round draft pick. (AP Photo/Ann Heisenfelt, File)

The Lemon Drop: NCAA Beats up on the Little Guy



Rick Lemon

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Sports Editor

The NCAA Board of Directors have taken another step against the majority of their Division I membership and have loosened the reigns on schools in the top "power five" conferences.

The top 64 schools in the richest five leagues (the ACC, Big 12, Big Ten, SEC, and Pac-12) plus Notre Dame have been given their own rule-making "autonomy." In a 16-2 vote by the Board of Directors, the NCAA has decided to give the conference all the power they have been asking for

since the NCAA became an organization. Giving them this power, however, means that they have essentially gained the ultimate upper hand on the other 275 institutions that make up Division I Athletics.

Of course not all rules can now be changed by the Power Five conferences. Rules pertaining to postseason tournaments, transfer policies, scholarship limits, signing day and rules governing on-field play do not fall under the autonomy umbrella and will still be handled by the NCAA in the manner that they always have been. Some of the rules that can be changed by each separate conference and are predicted to be planned out are things such as cost-of-attendance stipends, insurance benefits for players, staff

sizes and recruiting rules.

Now, how does the NCAA try and rationalize the fairness of this new doctrine they have enacted? By saying that smaller conferences that do not fall under the autonomy clause can adopt any of the rules proposed and enacted by the Power Five, which, in theory, makes sense, but, in practice, creates an even larger competitive imbalance between the major conferences and smaller competitors.

This is largely because the smaller conferences will not have the budgets or gravitas to be able to handle new rules, such as allowing cost-of-attendance stipends, money given to the athlete separate from their scholarship to pay for items such as housing and other expenses, thereby guaranteeing that any athlete who

is trying to decide if they should attend a institution in a smaller conference or go to a Power Five school will virtually always go to the Power Five option, especially if the athlete does not come from a wealthy upbringing. The Power Five school can now say that they will give him even more money to pay for everything.

This autonomy clause does fix many problems for the NCAA, even if by just shifting the burden onto the conference and the schools themselves. Namely, this new rule settles what has become a media firestorm and a major topic in collegiate athletics since the decision by the National Labor Relations Board to grant Northwestern Football players the right to unionize and collectively bargain with the university, aka

"their employer," on issues such as workers' compensation for injuries suffered while playing for the team.

The autonomy clause gets this entire debacle out of the NCAA's hands and puts the pressure on the conferences to make the decision on what to do.

Overall, however, this is just another move by the Power Five to shut out any competition to their self-imposed rule of college athletics. They used their higher budgets and connection within the NCAA to bully their way into being able to bend the rules almost however they want, and now every other school will get to suffer under their wrath.

NCAA



Logo for the National Collegiate Athletics Association. The NCAA Board of Directors have just voted to allow the largest five conferences in Division I Football and Notre Dame to effectively create their own rules covering a variety of topics. Photo used with permission.

2014 Broncho Football Schedule



Rick Lemon
@lemon_rick

Sports Editor

School is back in session, and for us UCO Sports fans (and just about anyone else in the state for that matter) that mean football. Here is a preview of how the Vista staff thinks this year will be for our beloved blue and gold. The Bronchos feature a favorable home schedule this year with six home games, out of eleven total, and even features two nationally televised games on back-to-back weeks. The two MIAA TV games (Oct. 4th at Nebraska-Kearney and Oct. 11th against Missouri Southern) will give our team huge exposure on a national stage and can be a jumping point for our program that is on the rise. Remember to check back each week here in Vista Sports for in-depth coverage your UCO Bronchos.

@ Emporia State

Emporia, Kan. - Sept. 20 - 2:00pm

Week Three brings one of the hardest tests of the season as the Bronchos travel us to Kansas to face Emporia State. The Hornets feature an offense that is all about attacking the other team. Their philosophy is to attack early to try and throw the other team off-balance and then grind out the clock after they have a sizable lead. With UCO's ability to make big plays through the air however, look for an interesting matchup against the Hornet's defensive backs.



Northwest Missouri

EDMOND, OK - Sept. 27 - 1:00pm

Possibly the biggest game in UCO's season happens Week Four when the defending NCAA Division II National Champions come to town. This game has the ability to be the defining point of the season if they can pull off the upset. The Bearcats are returning 16 starters from last year's squad so it will take discipline and strategy to beat them. If the corners can jam the receivers at the line and throw off their tempo offense then the Bronchos have a chance to stun the defending champs.



@ Fort Hays State

Hays, Kan. - Sept. 4 - 7:00pm

Week One, our first chance to make a statement, and our first chance at revenge that has been a long time coming. UCO has not player Fort Hays State since the 2011 season. In that game here at Wantland Stadium the Tigers used their patented big-play ability to torch the Bronchos early and UCO wasn't able to recover. Look for the 'Chos to return the favor in this matchup with our high octane offense featuring Marquez Clark and Christian Hood out on the edges.



Missouri Western

EDMOND, OK - Sept. 13 - 6:00pm

Week Two brings a more familiar foe in Missouri Western State and their deadly ground game. Our linebackers will have to keep their heads on a swivel to keep up with Raphael Spencer, who gouged UCO's defense for 221 yards on the ground last season. If the defense can come up strong in the home opener and limit the Griffon's efforts on the ground to control possession, then they have a real chance to use their speed and really put the MIAA on notice.



@ Nebraska-Kearney

Kearney, Neb. - Oct. 4 - 2:00pm

After the gauntlet that is the start of the season for UCO the competition starts to level out and make for a more positive outlook. Week Five comes as a huge opportunity for the Bronchos to not only continue what is hopefully to this point a strong start, but to do so on a national stage as the 'Chos play the first of their two MIAA TV games.



@ Central Missouri

Warrensburg, Mo. - Oct. 18 - 1:30pm

The Mules came into Wantland Stadium and racked up over six hundred yards on offense last season. Week Seven UCO has a chance to do the same. The Mules lost five starters on defense from last year including both of their starting cornerbacks. The Bronchos are going to have to exploit that fact early and often if they want to quiet what is always a rowdy crowd in Warrensburg.

**Washburn**

EDMOND, OK - Oct. 25 - 1:00pm

The Ichabods come to Wantland to start the final stretch of the season Week Eight. With teams in the heat of the playoff hunt by this time of the season expect this game to be heated no matter how the team's seasons have gone so far. Washburn currently has a ten year streak of over .500 football. The 'Chos have a great opportunity to do their part in ruining that streak is they control the tempo of the game. UCO's pass game will be key to success here.

**Pittsburg State**

EDMOND, OK - Nov. 15 - 1:00pm

The season ends with a tough match-up against Pittsburg State at home. Pittsburg State currently holds the record as the winningest program in Division II athletics. The Gorillas aren't without their weaknesses however. Interestingly enough those weaknesses match-up well with what should be the Broncho's biggest strength, their passing game. If UCO can exploit what should be a down year for the Gorillas defensive backs, they have a great chance of winning.

**Missouri Southern**

EDMOND, OK. - Oct. 11 - 2:00pm

The second week in a row of UCO being featured in the MIAA TV Game-of-the-Week has Missouri Southern coming to battle the Bronchos in Wantland Stadium. The defensive line for UCO will be tested this week with the Lions bringing a unconventional triple-option offense. Discipline on the offensive line and weak-side help from the linebackers will be the key to winning the game.

**Northeastern State**

EDMOND, OK - Nov. 1 - 2:00pm

UCO's hated rivals come to town in Week Nine. The Riverhawks and Bronchos have met up 74 times since 1912, making their rivalry one of the longest-standing in Division II football. The Riverhawks are returning 19 starters from last year's team however and you know that they will be trying their hardest to come into Wantland and come out with a win.

**@ Lindenwood**

St. Charles, MO - Nov. 8 - 1:30 pm

Just like what will happen in Week One, Week Ten of the season features a rematch three years in the making. 2011, the last time UCO played Lindenwood in football, was a difficult matchup for the Bronchos where Lindenwood pounced on miscues by the UCO offense to set up short scoring drives. The same lesson can apply with this game even with three years between though. The 'Chos will have to value ball security and possession time to keep the opportunistic Lions at bay.



Seven Inducted to UCO Hall of Fame



In this archived photo from last season UCO then-senior Nic Combs rises up over an opponent to try and get a clear shot at the goal. UCO just announced a historic alum of UCO's basketball team, Bill Ballew, to the UCO Athletic Hall of Fame. Ballew, a undersized center at 6'2" served his country in World War Two before coming back to school in 1946. He went on to become the first Broncho in school history to garner first-team All-Oklahoma Collegiate Conference honors. Ballew and the other six inductees to the UCO HOF will be honored at the UCO Hall of Fame Banquet October 31 in the University Center Ballroom. Photo by Cyn Sheng, The Vista.



In this archived photo from last season UCO defenders Jason Frimpong (26) and another player bring down the receiver after a catch. One of these linebackers UCO roll-models, Ed Desherow, has just been selected to enter into the UCO Athletic Hall of Fame. Desherow, a local high school standout at Edmond Memorial, was a hard-nosed linebacker for the Bronchos racked up 358 tackles in his three year career at UCO, ranking him seventh-best all-time in the school's tackle list. Desherow, who was a two-time First Team All-American and member of the 1982-83 UCO National Championship team passed away in 1994. Photo by Aliko Dyer, The Vista.



BronchoSports

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BronchoSports.com

Five of the best athletes in school history, a long-time administrator and one of the biggest supporters of the athletic department have been elected for induction into the University of Central Oklahoma Athletic Hall of Fame.

Making up the 2014 Hall of Fame class in the Athlete Category is 1940s basketball star Bill Ballew, football All-American Ed Desherow, soccer standout Kim (Brown) Kilgore and wrestling national champions Cole Province and Shawn Silvis, while Jeff McKibbin was chosen in the Coach/Administrator category and Chad Richison for Lifetime Achievement.

The seven new members will be formally inducted during the UCO Hall of Fame Banquet Oct. 31 in the University Center Ballroom.

BILL BALLEW

A native of Bray, Okla., Ballew served in World War II before coming to Central in 1946 and joining the basketball team as an undersized 6-foot-2 center. He went on to garner first-team All-Oklahoma Collegiate Conference honors four straight years, the first player in school history to achieve that honor.

Ballew averaged 15.0 points a game for his career and became UCO's first-ever 1,000-point scorer when he finished with what was then a school-record 1,092 points. He still ranks 31st on the school's career scoring list, one of just eight players in the top 40 to have played before 1960.

Ballew was a high school coach at John Marshall High School, Edmond Memorial High School and Putnam City High School before moving to California in the mid-1960s and continuing his coaching career there.

ED DESHEROW

Desherow was a local star at Edmond Memorial High School before signing with Arkansas, red-shirting his first year there and then sitting out the next season to injury. He came to UCO in the spring of 1982 and had an immediate impact the following fall in helping lead the Bronchos to the NAIA national championship.

The hard-hitting linebacker racked up 134 tackles -- the seventh-best season in school history -- with one interception and one fumble recovery in earning All-District Nine honors. Desherow made 43 tackles in three playoff games, including an astounding 25 in UCO's first-round win over Colorado State-Pueblo, and had 11 tackles with a broken up pass in a 14-11 finals victory over Colorado Mesa.

Desherow put together one of the best defensive seasons in school history as a junior in 1983 in finishing with 149 tackles, the fourth-most in school history. He made 12 or more tackles in eight games and was named District Nine Defensive Player of the Year and a first-team NAIA All-American as the Bronchos went 8-1-1.

Desherow battled injuries throughout his senior season in 1984 but still amassed 75 tackles, three fumble recoveries and two interceptions in picking up first-team All-District Nine and second-team All-America recognition as UCO finished 7-3. Desherow, who passed away in 1994,

ranks seventh on the school's all-time tackles list with 358.



KIM KILGORE

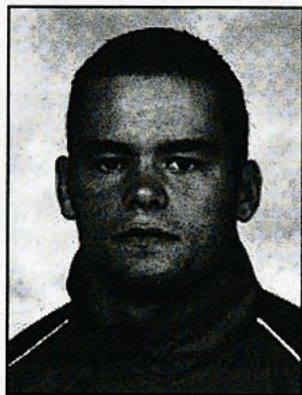
Kilgore helped put UCO's fledging soccer program on the map during her four-year stint as a high-scoring forward from 1999-02, leading the Bronchos to a 71-17-1 record, two Lone Star Conference championships and two NCAA Division II national tournament berths during that span.

She was a first-team All-LSC selection and the Freshman of the Year as a rookie in 1999 after finishing second in the league in goals (19) and points (46) as UCO went 13-5-1 in just its second season of existence. Kilgore came back the next season to repeat as a first-team All-LSC pick in addition to grabbing second-team All-Region honors after again finishing second in the conference in goals (18) and points (45) for a 21-3 team that captured its first LSC title and made its initial national tournament appearance.

Kilgore was even better as a junior in 2001 when she led the league in goals (34) and points (74), ranking third and fifth nationally in those two categories, while garnering LSC Offensive Player of the Year and first-team All-Region recognition for a 15-6 team. She was a repeat LSC Offensive Player of the Year winner and second-team All-Region pick during her senior campaign after again leading

the conference in goals (20) and points (44) as the Bronchos went 20-3 in winning the LSC and making the national tournament.

Kilgore finished with school and LSC career records for goals (91), goals per game (1.05), points (209), points per game (3.00) and shots (350). She owns single-game school marks for goals (five) and points (12) while ranking second, fourth and fifth on UCO's single-season goals list.



COLE PROVINCE

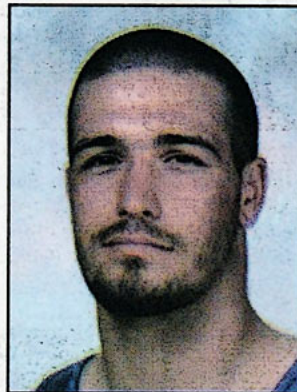
Province put together one of the best careers in UCO's illustrious wrestling history from 2000-04, capturing four consecutive NCAA Division II national championships at 133 pounds. He's one of just 20 four-time national champions in the history of collegiate wrestling at any level.

A prep standout at Claremore High School, Province red-shirted his first year with the Bronchos and then won the Midwest Regional and national titles in 2000-01 to cap a 34-10 season, becoming UCO's first freshman Division II national champion. He came back as a sophomore in 2001-02 to go 34-11 in repeating as regional and national champion while leading the Bronchos to their first team national crown since 1995.

Province missed the first semester of his junior season to an elbow injury, but was unbeatable upon his return and ended up a perfect 26-0. He claimed regional and national titles for the third

straight season, claiming Midwest Regional Wrestler of the Year and Division II National Tournament Outstanding Wrestler honors in the process as UCO won the team national championship.

Province capped his career in 2003-04 with another dominating season, going 36-1 -- the lone loss coming to the Division I national champion -- while winning the regional and national championships once again. He finished with a 130-22 career record, ranking fifth on UCO's all-time wins list, and had 60 bonus-point wins with a school-record 33 major decisions. Province, who never lost a home match, was inducted into the NCAA Division II Wrestling Hall of Fame in 2013.



SHAWN SILVIS

Silvis also enjoyed a productive career on the mat during the same span as a four-year starter and three-time All-American at 165 pounds.

A four-time state placer at Augusta (Kan.) High School, Silvis went 27-16 as a true freshman in 2000-01 and qualified for the NCAA Division II national tournament with a Midwest Regional runner-up finish. He rebounded from an early-season knee injury the following season to put together a 31-2 record en route to capturing regional and national championships to help UCO claim the national team title.

Silvis continued his dominat-

ing ways as a junior in 2002-03, going 32-6 and repeating as regional and national champion while the Bronchos won a second straight team crown. He was denied a third straight national title as a senior with a close finals loss in finishing as runner-up, but was named Midwest Regional Wrestler of the Year after winning that championship and ended up 41-4 -- the fifth-most wins in a season at UCO -- with 25 bonus-point victories.

Silvis ended his career with a 131-28 record, ranking third on UCO's all-time wins list and he was inducted into the NCAA Division II Wrestling Hall of Fame in 2013.



JEFF MCKIBBIN

McKibbin enjoyed a lengthy career with the Bronchos in various roles within the athletic department while impacting the lives of thousands of student-athletes and is still associated with the university.

A student assistant trainer at UCO during the 1970s, McKibbin took over as head athletic trainer in 1980 and served in that capacity until 2004, when he took over as chair of the Graduate Athletic Training Program. He assumed additional duties as assistant athletic director for facilities and equipment in the early 1990s and became associate athletic director in the early 2000s.

McKibbin has served as president of the Oklahoma

Athletic Trainers Association and chair of the regional division of the National Athletic Trainers Association. He was inducted into the Mid-America Athletic Trainers' Association's Hall of Fame in 2011.



CHAD RICHISON

Richison, a member of the UCO wrestling team in the early 1990s, has been a loyal supporter of the Bronchos for many years in addition to being deeply involved in many civic activities in the Edmond and Oklahoma City communities.

He started Paycom in 1998 and has built it into one of the country's most respected companies and one of the largest payroll service providers in the world. Paycom has been consistently ranked as one of the top work places in the state and in 2013 celebrated its eighth consecutive year as an Inc. 500/5000 honoree and 11th year on Oklahoma City's Metro 50 list.

Richison was named Ernst & Young's Entrepreneur of the Year in the Southwest Area in 2010 and earned the Oklahoman's 2013 Large Business Leadership Award. He has become one of UCO's top athletic donors and is a valued member of the UCO Athletics Strategic Advisory Committee.

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