

In the Trash: Wasting Food at the Student Level

By Brooks Nickell
Staff Writer

"According to the USDA, in the United States, 31 percent—or 133 billion pounds—of the 430 billion pounds of the available food supply at the retail and consumer levels in 2010 went uneaten."
- USDA

According to the USDA, in the United States, 31 percent—or 133 billion pounds—of the 430 billion pounds of the available food supply at the retail and consumer levels in 2010 went uneaten. Retail-level losses represented 10 percent (43 billion pounds) and consumer-level losses 21 percent (90 billion pounds) of the available food supply. Chartwells serves food to UCO students in the food court and in Buddy's. Questions have arisen about what UCO does with its food waste, like what's shown above at Buddy's. Photo by Brooks Nickell, The Vista.



Evan Doolittle, an employee at Buddy's, works at the dish pit, throws students' leftover food in the trash before rinsing their dishes. Photo by Brooks Nickell, The Vista.

When you look around the metro area, perhaps even the small rural town you might live in, it's hard to imagine that there could be a shortage of food. Maybe, in a developing country where there aren't so many advances, people struggle, but not here. Citizens of other states might have a food shortage on their hands, but not in the heartland. It might be a little easier to sweep under the rug here at home. And while Oklahoma doesn't rank as the highest state amongst food insecurity, sitting at number 16 is nothing to be proud of. According to Share Our Strength's No Kid Hungry Campaign, 25.3 percent of children, under the age of 18 years old, in Oklahoma are living in households that experience limited or

uncertain availability of nutritionally adequate and safe foods at some point during the year. The numbers go on to illustrate that this food insecurity exists in 17.2 million households in America, 3.9 million of them with children. With statistics like this, it's clear to see that the problem lies in food waste and it's no surprise that a handful of corporations are moving around parts so that they are geared towards food conservation alongside their traditional company values. Doug Rauch, the former president of Trader Joe's, is opening a new market early next year in Dorchester, Mass., that will prepare and repack food that is perfectly edible, but past its expiration date. And, he is doing so at deeply discounted prices.

See IN THE TRASH on Page 5

UCO gears up for the 2014 Big Event



Students volunteer at Big Event 2013. Photo provided.

On March 29, 2014 the University of Central Oklahoma will be having their annual day of service. The Big Event is a way for students and faculty to give back to their community. See BIG EVENT on Page 3

New law proposes guns on campus

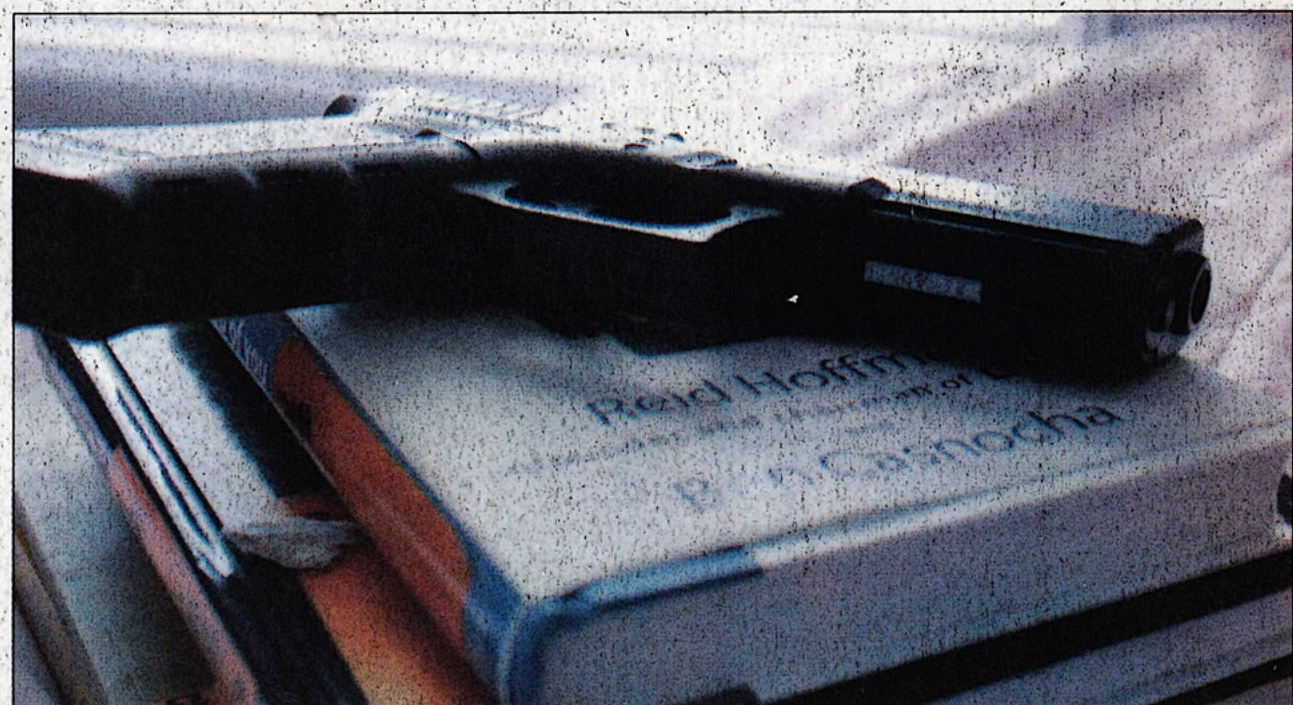


Photo by Alikei Dyer, The Vista.

Lilei Chen

Staff Writer

The National Rifle Association drafted legislation to allow guns on college campuses in Idaho this week. However, college students in Idaho have banded together in opposition against the bill.

The Idaho House passed the bill this week, by a vote of 50-19, but leaders from all eight public universities and colleges in Idaho have voiced their disagreement with the bill.

Idaho State University is still deciding whether or not to allow weapons on its campus. The passage of the bill introduces the possibility of guns being allowed at all public institutions.

According to Oklahoma law, "no person in possession of a valid handgun license issued pursuant to the pro-

visions of the Oklahoma Self-Defense Act shall be authorized to carry the handgun into or upon any college, university, or technology center school property, except as provided in this subsection."

"In my personal opinion, allowing students or staff to carry guns within UCO campus could be a method to protect ourselves. People might think that campus is a very safe place; however there were crimes such as robbery that took place on the UCO campus before. For staff and students who have night classes, carrying a gun with them might actually be a comfort for them when they alone during the night," Angela Chen, a criminal justice major and a student worker of Office of Global Affairs, said.

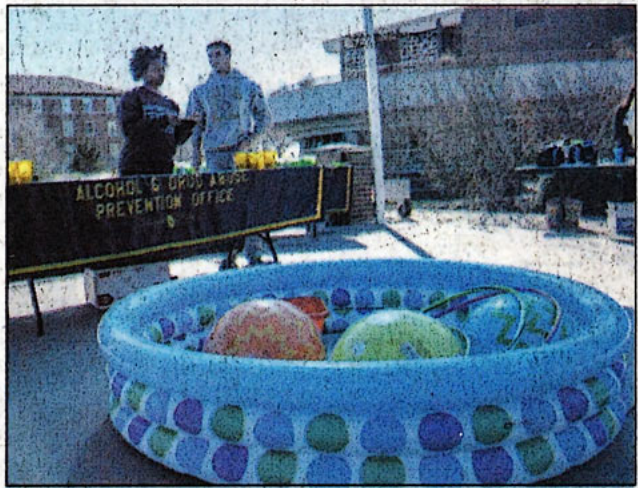
She feels that students will feel safer if they can protect themselves by carrying

weapons on campus, especially for students who have night classes. However, she also feels that the legalization of the carrying of firearms on campus could make campus more dangerous.

Some students may feel uncomfortable with the presence of guns on campus, due to the fact that they have never owned or operated a gun. International students, who are not allowed to own guns, may feel disadvantaged and unsafe living in an area with guns.

Other UCO students are also concerned that allowing guns on campus may lead to threats and intimidation of students and faculty. Sharing this concern, college students in Idaho delivered a stack of papers in an effort to derail the bill. The papers included nearly 3,000 signatures on a petition against guns on campus and personal letters from 752 students.

Across Campus



The Alcohol and Drug Abuse Prevention Office set up awareness activities under the Blue Tent in front of Broncho Lake on Wednesday, Mar. 12, 2013. A variety of other organizations connected with students around Broncho Lake. Photo by Alikei Dyer.

See AROUND CAMPUS on Page 4

THE VISTA

100 North University Drive
Edmond, OK 73034
(405)974-5549
vistauc@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 vistauc@gmail.com.

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 for rates.

STAFF

Management

Sarah Neese, Editor-In-Chief
Cody Johnson, Managing Editor
Stevie Armstrong, Copy Editor
Rick Lemon, Sports Editor

Graphic Design

Michael McMillan, Design Editor

Circulation

Kevin Choi

Advise

Mr. Teddy Burch

Editorial

Brooks Nickell, Senior Writer
Josh Wallace, Staff Writer
Tyler Talley, Staff Writer
Natalie Cartwright, Staff Writer
Kanasha Brown, Staff Writer
Rachel Brocklehurst, Staff Writer
Olanrewaju Suleiman, Staff Writer
Leilei Chen, Staff Writer
Austin Litterell, Sports Reporter

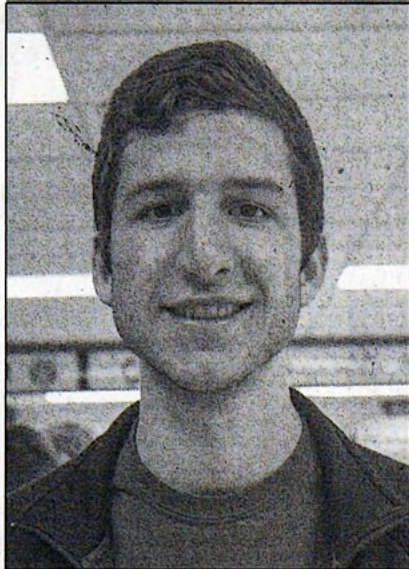
Photography

Aliki Dyer, Photo Editor
Quang Pho Duc Phuong, Photographer
Shea Hussey, Photographer

CAMPUS QUOTES

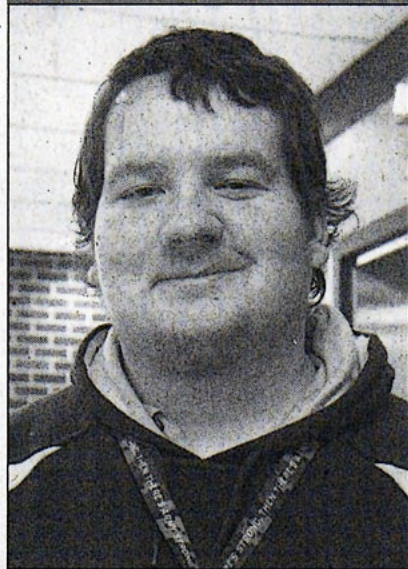
What are you doing for Saint Patrick's Day?

CHRIS MILLER
Kinesiology - Freshman



"For St. Patrick's Day I will be a leader at a kids' camp."

GREGORY MUNDAY
Political Science and Economics - Junior



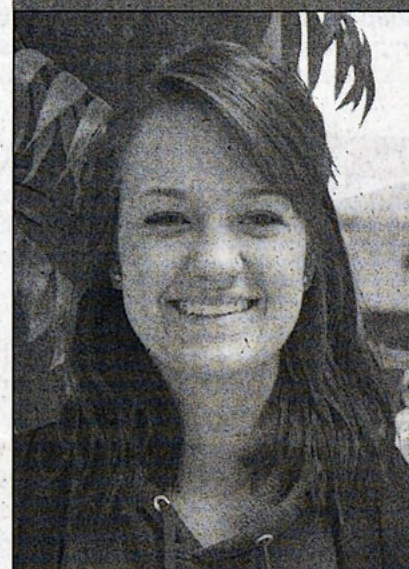
"I am going to wear green and be extremely Irish."

LINDSEY EDMONSON
Speech Pathology - Senior



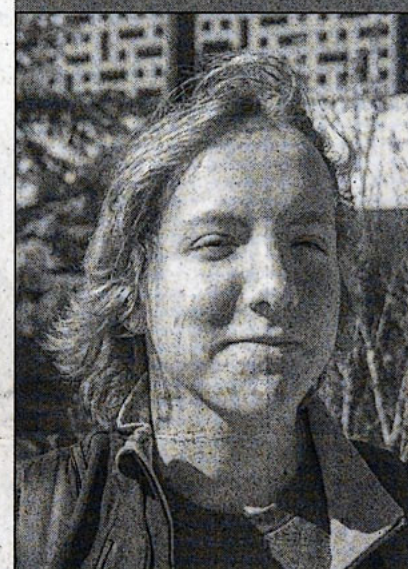
"I might be in Nashville, TN or I might be in Branson."

JENNIFER FOISTER
Nutrition - Freshman



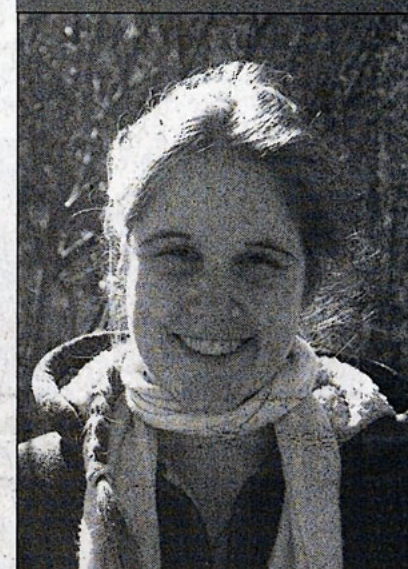
"I have no idea. I'll wear green because I really don't want to be pinched."

CHRIS PRATHER
Music Education - Freshman



"It's just gonna be a normal day for me."

RACHAEL MCDANIEL
Mechanical Engineering - Freshman



"I'm going to a concert and my sister is coming to town."

Targetting the Wrong Way: Ad by Target Photoshopped Out the Curves

Editorial by: Sarah Neese

So, in case you haven't heard, Target messed up big time.

In a swimsuit ad on their website, a photo appeared of a model wearing a swimsuit that had quite obviously been photoshopped.

I'm not going to lie and say that I'm appalled with the practice of photoshopping models, because it really is a mute point.

Companies have been photoshopping much more for many years.

However, I will say this.

If you're going to take the time to photoshop the real parts of a woman's body, some of which make women characteristically beautiful and unique, please do me a favor and photoshop a little better.

Target, I know you don't want to sell your swimsuits to the public using a model like me, however, I'd like you try a little harder when altering images in an effort to plummet my self esteem.

Please, for the love of women, take a little more time and effort to remind me that I don't have a gap between my thighs and that my arms aren't slim and toned.

It reminds me of the phrase "Don't pee on my leg and tell me it's raining."

Attention companies, we women know what you're doing. In fact, in many cases we accept it as just the way things are.

But, when you butcher your attempt at trimming and cutting apart the sensuous curves of a woman, especially one who has the confidence to put her body up in front of the world, it helps us women snap out of our temporary low self confidence slump long

enough to acknowledge that we will not be buying your product.

Which is a shame for you Target, because we are your biggest customers.

I'd like to say that I had the means necessarily to boycott Target and refrain from supporting their cause. That, however, is just not realistic.

Not to mention, Target isn't the only one doing this type of thing.

To the poor soul who attempted to use Photoshop with skill: I think you should probably watch some tutorial videos on YouTube. Or, I could give you a few pointers if you want.

To the model that posed for the picture: I'm sure you knew what you were getting yourself into before you posed, but I really am sorry that they turned your body into a botched example for the world to see.

To the swimsuit designer: You probably won't be getting very many sales for your products. I mean, to be honest, I sure as heck wouldn't buy this swimsuit after this fiasco, even if I could fit in it.

And finally, to Target: Thanks for the slap in the face. You can't stop the curves on a woman any more than you can stop the flow of the tide. I suggest you get used to the idea of a nice pair of hips and a non-existent thigh gap, because they aren't flattening and the tide isn't ceasing.

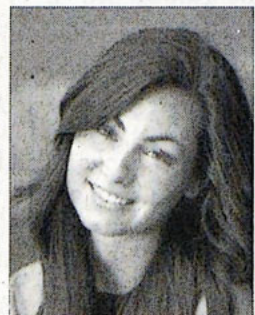
Or, if you'd like, we could extend the same non-curve campaign to your wives and daughters. But, I'm not sure you'd be very happy about that.



The photo above appeared as a Target swimsuit ad. Photo provided.



CATCH
"A NICKELL FOR
YOUR THOUGHTS"
EVERY THURSDAY ON
UCENTRALMEDIA.COM!

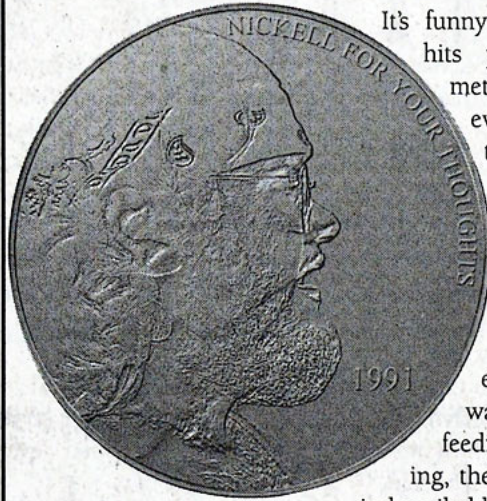


Check out *Sincerely, Stevie* every
Tuesday on *UCentralmedia.com!*

Opinion

WHEN THE MUSIC'S OVER...

By Brooks Nickell



It's funny when the music hits you. Literally or metaphorically, however you want to take it. I apply the statement to life in general. All those moments of realization, all those clarity popping eye openers snaking there way through life, feeding into the molding, the shaping. I feel an indescribable high when I'm

in those moments. It's like the universe has aligned in some fashion, or all the cosmic energy flows from my center. It feels like everything just makes sense. When the music hits you... that's an experience. But, when the music's over...

Everyone has their own collection of stories. I'd put a stack down saying anyone reading has probably had their clock cleaned by life a time or too, as well. We've all probably loved and feared, lusted and wept, smiled and laughed uncontrollably. I guess what I'm trying to say is that we've all had our fair share.

Given the circumstances of my existence in the twenty-three years and nine months so far, I'd have to say my ups out scale my downs. Sad to say that I know quite a few

folks that have had more down than up, as well. I'm not here to say anyone has an absolute understanding, instead just nodding to those brief moments in life where we feel we do. We feel we understand it all, and then... well, we try to figure out what to do when that feeling's over.

The music most recently hit me on sunny Oklahoma afternoon sitting on the back porch of a man's house, a man I had just met that day. I was invited by a friend to join a Sunday afternoon jam session. We stood out back drinking good beer, smoking cigarettes and talking about the tunes.

An elderly gentleman I grew quite fond of that day started talking about how some musicians just have this unexplainable power in their songs. He talked about how he wasn't a teenage romantic, but that there was still some kind of magic that the Beatles brought over. He talked about how Led Zeppelin had it and the Stones. I took it all in. I listened to this man, much wiser than myself tell me how these musicians had changed his life. How they held such a special place.

Later we were inside jamming a bit. The gentleman was coming out of a heavy blues solo. I looked up when I felt his presence, his face just a foot or so away from mine. I felt him beckon me to sing, to belt out a little emotion. And, I was feeding off the magic. That magic he had found in music.

I thought about how I attach to music and how it can do the same thing for me. I thought about the universe and how clarity and enlightenment can hit you just as hard as Jimmy Page riffing through Communication Breakdown, or Hendrix asking, "Are You Experienced?" And, I thought

about those infinite feelings of understanding.

All the flashes are bliss and there is no denying that. They are intangible almost, indescribably beautiful. But, how do you cope with the come down. How do you fill the space between those intense realizations and the meditation that follows? Driving home that evening I wondered if I'd ever experience another moment like that. I wondered if I'd ever understand what I was feeling. There has to be some tangible way to fade back into normality.

I think we tend to search for something that isn't there during the in-between. There's a problem in that. The whole reason that the music hits you is because the universe knows when you need to feel whatever it is you need to feel. And, once you've felt it you just have to let go.

What do you do when the music's over? Often times it's hard to just let the moment be an experience and move on. So many times I find myself chasing another moment when one has just ended. I'll leave you with one of my favorite Doors lyrics.

"When the music's over, turn out the lights... turn out the lights."

Follow me on Twitter @JbrooksNickell

World Sleep Day: Newest Holiday Addition

Austin Rabon

Contributing Writer

People all around the world celebrate Hump Day, St. Patrick's Day and Valentines Day. It is time to add a new day to the calen-

dar...Sleep Day.

On March 14 it will be a new "day" and that day is World Sleep Day. It is a time to recognize and value sleep.

According to the Los Angeles Times, a 2013 poll by the National Sleep Foundation, nearly four in five Americans don't get as much

sleep as they should during the workweek.

Adults are thought to need at least eight hours of sleep to feel well rested and be fully productive, although some can get by with less and some won't do well without more.

According to the Los Angeles Times, Dr. Alon Avidan, director of the UCLA Sleep Dis-

orders Center says, "When you lose even one hour of sleep for any reason, it impacts your performance the next day."

good nights sleep, I feel my attention span is less and my ability to retain information is less," Newberry said.

Activities like Greek life, sports, and homework are some of the many things that cause college students to lose sleep.

What many college students don't think about are the health concerns with not getting enough sleep.

According to the University Health Center at Georgia, issues caused from not getting enough sleep can impact the immune system and its ability to fight off infections, obesity, impacts on the brain causing mood changes and attention span, and sleep deprivation can even cause death.

Avidan says, "Sleep is not like a bank account, for one hour of sleep loss, you need 24 hours to recover."

Chaz Newberry, a student at UCO, said, "I have worked 40 to 60 hours a week and gone to 12 hours of school for the last five years and so I do not get much sleep at all."

Recent research on college students and sleep indicates that insufficient sleep impacts our health, moods, GPA and safety.

College students are faced with a lot of stress and extra curricular activities that could impact sleep.

Newberry said, "Sleeping definitely affects my performance in school." Students who get less than six hours of sleep per night have a lower GPA than those whom get more than eight or more.

According to the Los Angeles Times, a good way to sleep better is to avoid caffeine after noon, avoid alcohol and technology too close to bedtime, and make a point to get plenty of sunshine as soon as you wake up.



Sleep loss can have a huge impact on academic performance. World Sleep Day, taking place on March 14, is meant to bring attention to the value of sleep. Photo by Alike Dyer, The Vista.

BIG EVENT

UCO makes preparations for this year's Big Event

Olanrewaju Suleiman

Staff Writer

UCO senior, Joel Richardson, is the 2014 Big Event chairperson.

"Big Event is UCO's largest day of service," he said. "It is a way for students to bring support to community around us."

The day is to show that there will always be people there to help someone in need.

"Big Event understands, we're here to help you," Richardson said.

The day is meant to be one giant thank you. It is meant as a way for students to connect with each other and the community outside of the classroom.

Richardson believes that the Big Event can also allow students to make bonds with other students, as well as members of the Central community.

"Usually students just go to work and go to school," he said. "This gives them something to bond over."

Richardson thinks that students should volunteer because it helps with learning outside of the classroom.

"College is not just about the classroom projects, it's also about experience," he said. "Volunteering is an opportunity and another experience for their college life."

UCO junior, Ellen Bruce, is the 2014 assistant director of outreach for the Big Event.

Her position is to reach out to UCO students and to encourage them to volunteer and to be team leaders.

Bruce encourages people to volunteer because it can give them a new perspective.

"It's a great outlook for people if they want to be

able to have the opportunity to serve the community and to give back," she said. "Students will be able to build friendships with other UCO students and the Edmond community, as well"

Bruce wants the idea of selfless service to be taken away from the Big Event.

"Things that you can do in life can be bigger than yourself," she said.

She does not want the Big Event to be the only day that students give back to the community.

"It doesn't have to just be one day," Bruce said. "People can realize that they can do these types of things all year round."

She believes that serving can be ordinary things that can be done everyday.

"It's keeping the spirit of Big Event alive," Bruce said.

All students, faculty and staff are encouraged to volunteer with the Big Event.

"Even the smallest work can do so much for the community," Richardson said.

He affirms that it is not just making connections and visiting communities.

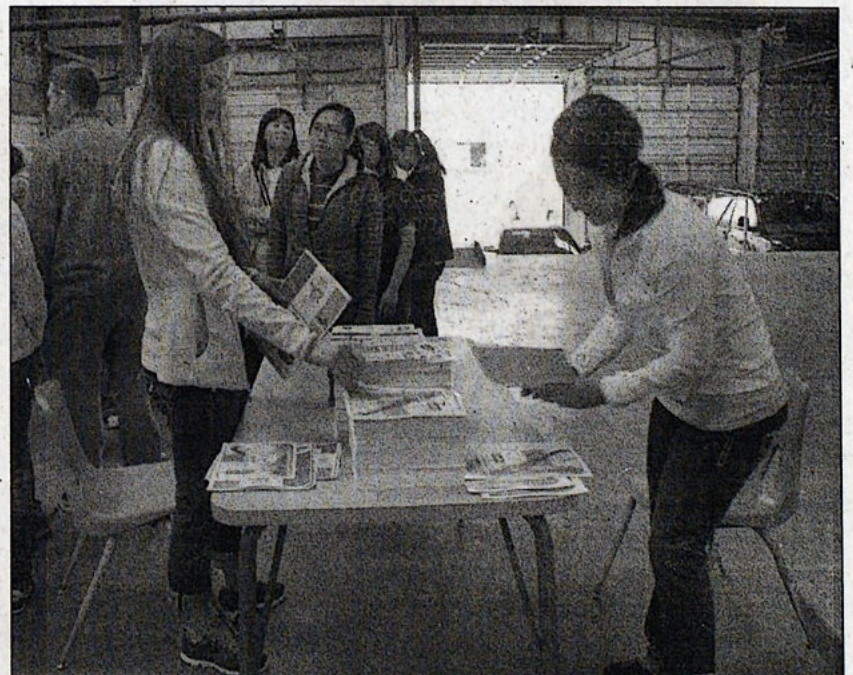
"Sometimes people don't know what it feels like to give back," Richardson said. "This is one small way for students to know what it feels like."

The Big Event is in its 12th year. It has become an annual UCO tradition. There is also the Little Event during the fall semester.

To sign up, visit uco.edu/volunteer. Click on the Big Event tab. That will take you to an online form on how to be a part of Central's biggest day of service.

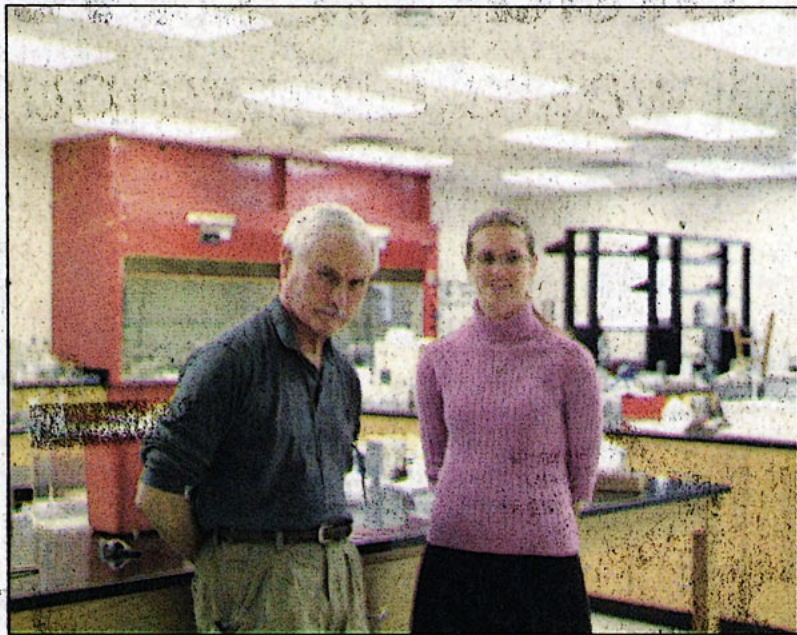
Applications are due this Friday March 14.

For more information on the 2014 Big Event, contact the Volunteer and Service Learning Center at 405-974-2621 or email bigevent@uco.edu.

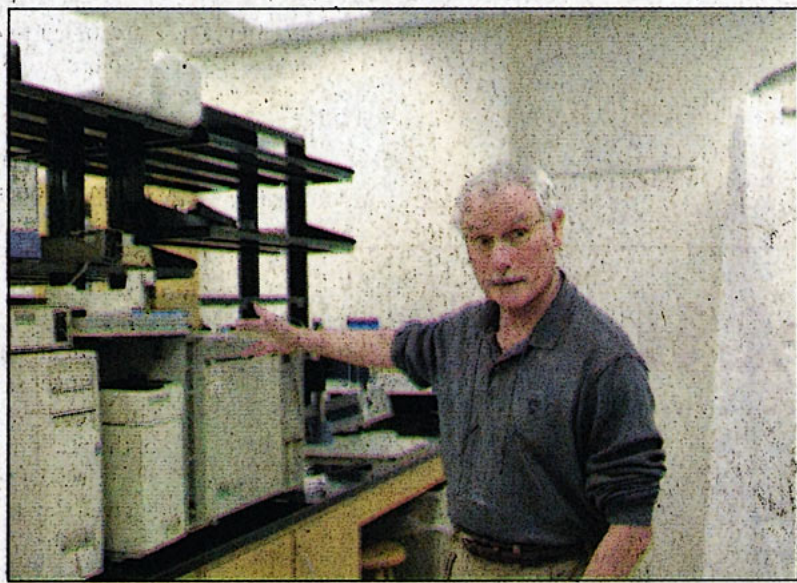


UCO students volunteer at Big Event 2013. Photos provided.

UCO professors to present disease research



Associate Professor of Chemistry, Dr. John Bowen and Biology Adjunct Professor Mary Tappert will present their research at the ACS conference in Dallas on March 16-20. Photo by Quang Pho, The Vista.



Dr. John Bowen showcases one of the machines used to conduct his research on proteins. Photo by Quang Pho, The Vista.

Rachel Brocklehurst

Staff Writer

A group of chemistry professors is set to present their research at the American Chemical Society (ACS) in Dallas on March 16-20.

Associate Professor of Chemistry Dr. John Bowen is one of the faculty members attending the conference. "I have one paper to present, and we have three posters we're presenting. What we're trying to do is to build biosensor for diseases that afflict sheep," he said.

The diseases are bluetongue disease and the other one is called Epizootic hemorrhagic disease virus, or EHDV. These two diseases are hard to tell apart. They're trying to detect the antibodies that the sheep will produce for these, and be able to tell which of these viruses has affected the sheep, or both of them.

"The cool thing is we're trying to make it on basically, a piece of paper, so that the biosensor would cost maybe a nickel," Bowen said.

This would allow people to have a whole shirt pocket full of them and test their sheep whenever they wanted.

"This is an adaptation of a scientist in Harvard," Bowen said. "His name is George Whitesides and he came up with this paper based biosensor analytical device is what he calls it. They are also called microfluidity because we have a wax printer to make these little channels that will channel the material into the right place."

Hopefully they will be able to tell the difference between these two diseases and see that the thing works.

"It's very similar to a pregnancy kit the way we're doing it," Bowen said.

They have discovered that they cannot actually use paper.

Biology Adjunct Mary Tappert is also one of the principals on one of the bits of research that they are working on. "We're trying to do a very different application than Whitesides is doing," she said.

She started in the research group September 2012, while Shaffer started one semester before then.

"All he cared about was that the chemical was in the paper, whereas we need it attached to the paper so that things can flow through it," Tappert said. "The chemistry to get that attachment was just not working for us. We switched to a different kind of paper that sucks proteins. We have very much modified Whitesides's method, but that was, I guess, what inspired us."

For another part of the study, they have Hazim Amaireh driving back and forth to Stillwater to OSU where he's working on quartz crystal microbalance and they were trying to test the protein to build up a biosensor.

In other words, they have to put down a protein, have another antibody attached to that, have an antibody attached to that, and so he's trying to sort that out on this quartz crystal microbalance.

Evan McIntyre is going to do a

paper on what they're looking for with this one, which is gastro chromatic mass spectrum or mass spectral analysis of a compound called dibutyl phthalate in water.

"This dibutyl phthalate is actually an endocrine disruptor. If you get it in utero, in other words, before you're born, it tends to mess up your genitalia," Bowen said. "It tears things up like that."

The problem with it is that it's everywhere. In fact, you haven't been drinking water ever that didn't have it in it.

"We're finding it about three to four parts billion everywhere," Bowen said. "In looking in pipes, it usually comes out of plastic, that's where it's coming from."

It's a plasticiser. It can have really deleterious effects on some kids if they get too much of it.

"Apparently, it's not very good for you, even if you're an adult. We had to modify our study quite a bit for this stuff, because normally, what you'd do is take a sample of water that doesn't have the stuff in it, and you can build a calibration curve to where it has the stuff in it, and then you run the water samples, and then you find out how much is there. The fact is that it's in every water sample and we can't get rid of it, so we have to do a different kind of thing called the standard edition type of analysis," Bowen said.

Evan is involved in that study, and will present a poster on that one.

Oklahomans argue over gay marriage

Shaun Hail

Contributing Writer

U.S. Senior District Judge Terence Kern ruled Oklahoma's ban on same-sex marriage unconstitutional on Jan. 14, 2014, said Tulsa World.

According to the Tulsa World, Oklahoma Gov. Mary Fallin was described being "disappointed" with this ruling, and she mentioned that this ban passed in 2004 with a support of 75 percent.

According to Chris Casteel from NewsOK on March 9, more than 50 briefs were filed arguing over this issue.

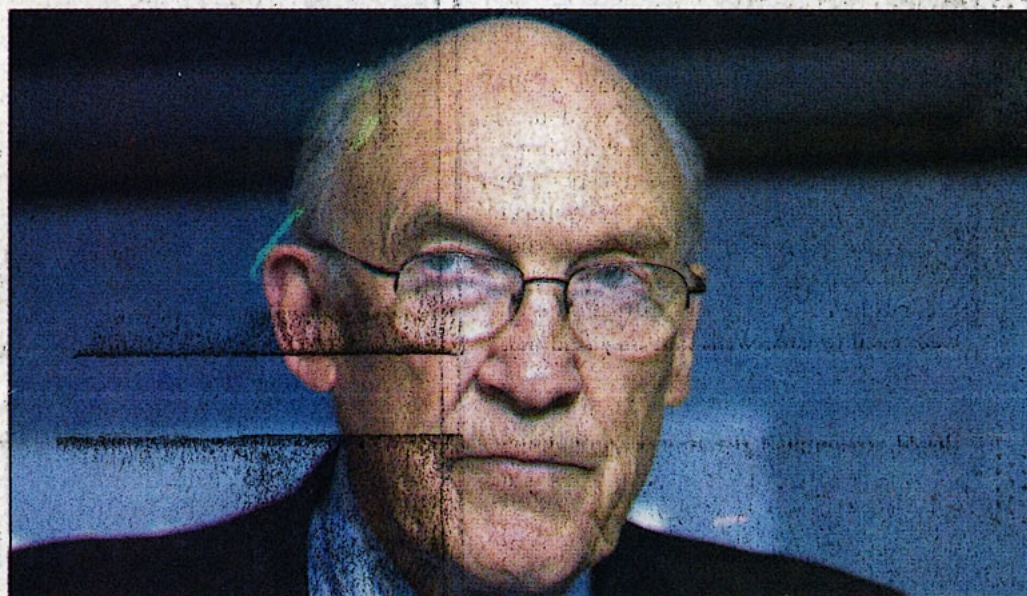
Cases for Oklahoma and Utah on this ban will most likely end up in Supreme Court based on appeals court rulings, said

Casteel. If the cases do go through to the Supreme Court, then these cases could prove once and for all if same-sex marriage can be banned by any state, said Casteel.

But what do UCO students think about the issue of same-sex marriage?

Abigail Pappas, a music education major, said she believes that people should express their beliefs, and if they want to complain, then they should. Pappas also said she wouldn't stop people from marrying a person of the same gender, as she has friends who are like this.

Tyler Mattioda, another music education major, said he believes people should marry whom they want. He said that if two people of the same sex marry and one partner dies, the family would get the benefits and the spouse would get nothing.



FILE - In this Sept. 12, 2011, file photo, Alan Simpson, speaks in Washington, D.C. A group of Republicans have come out in support of legalizing gay marriage in Utah and Oklahoma, arguing that allowing same-sex unions is consistent with the Western conservative values of freedom and liberty once championed by Ronald Reagan and Barry Goldwater. The group that includes former Sen. Alan Simpson of Wyoming and former Sen. Nancy Kassebaum of Kansas plans to file a friend of the court brief Tuesday, March 4, 2014, to a federal appeals court in Denver that is reviewing same-sex marriage bans in Utah and Oklahoma, said Denver attorney Sean Gallagher, whose firm wrote the 30-page argument. (AP Photo/Evan Vucci, File)

AROUND CAMPUS

Puppies, Tacos and Condoms

Broncho Lake busts boredom between classes



On Wednesday, Mar 12, 2014, Broncho Lake served as a make-shift center for students to participate in activities and gain safety information. Top Left: Students play with puppies in front of Broncho Lake. Bottom Right: Students bring sexual safety and spring break safety by handing out condoms in front of Broncho Lake and the Clocktower. Right: SPB presented a walking taco bar for students to enjoy between classes. Photos by Aliko Dyer, The Vista.

IN THE TRASH

Wasting Food at the Student Level

How UCO is addressing food waste on campus

"The estimated total value of food loss at the retail and consumer levels in the United States was \$161.6 billion in 2010."
- USDA

Photo by Brooks Nickell, The Vista.

On a more local scale, members of the Oklahoma City community garden pick up out of date produce from the metro Whole Foods Market to use as compost.

And, at the University of Central Oklahoma, dining options, all under Chartwells Dining Services, recycle their fryer grease to be turned into bio diesel fuel at UCO's on campus location.

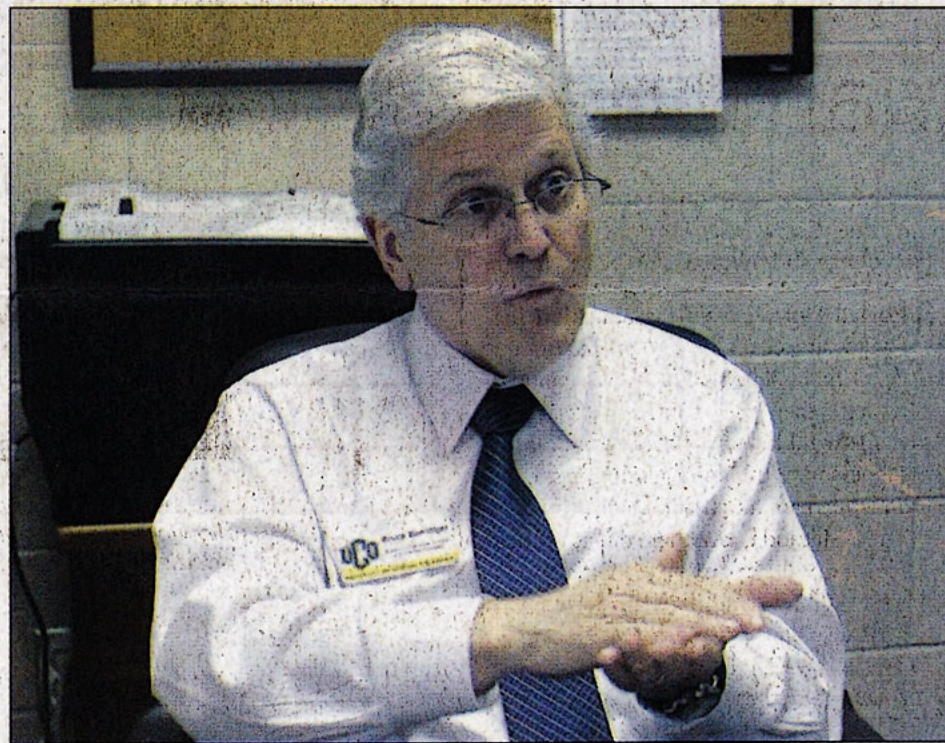
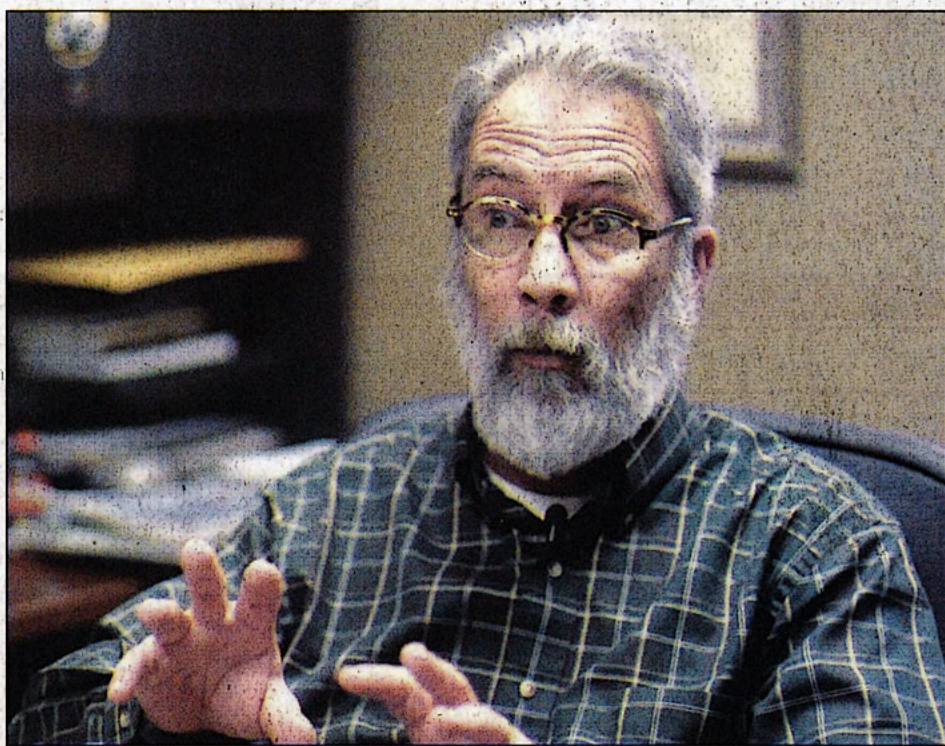
But, how else does a large metropolitan university work to conserve food and eliminate waste?

UCO's sustainability coordinator, Tim Tillman, allowed that just a few years ago there was a student driven program in the works to help eliminate food waste by gathering up edible food that was out of date and transporting it to a recipient program such as a homeless shelter or soup kitchen.

"There's a national organization called Food Recovery Network. We were set up as an affiliate and there were several meetings with Chartwells. We looked at their whole operation trying to figure out where we could get some leftover food to take to different entities. The problem was we'd identified some leftovers, some waste food that would be perfectly good and transportable and work for our needs, but we couldn't find a recipient organization," Tillman said. "We finally made contact with the Homeless Alliance in Oklahoma City. At that time we went back to Chartwells and they said that they'd streamlined the process and didn't really have enough waste to matter. At that point we were kind of dead in the water."

Bruce Barringer, Senior Director of Dining Services at UCO doesn't deny that food often goes from UCO student's plates to the trash, but he allows that the process of serving meals to the student body has been streamlined to produce as little waste as possible. Barringer said that most of the food was repurposed already and that often times certain foods could be repurposed as casseroles or reheated, but only if the food was still edible and safe. Barringer also went on to say that in the more retail areas under Chartwells, such as Chicfila or Flat Tire Burgers, the initiative to recover and transport food was more likely, but that even there the over under made for such a small amount of leftover food that repurposing and transporting wasn't feasible.

"You really can only do that in a retail operation," Barringer said about recovering food waste. "We will make the decision if it's a repurposable item or not. If it is, we will



Top: Tim Tillman, UCO's sustainability coordinator, discusses his efforts in reusing UCO's food waste. Bottom: Bruce Barringer, the senior director of dining services at UCO, explains how UCO deals with their food waste on a daily and weekly basis. Photos Brook Nickell, The Vista.

repurpose it. If it is not then we throw it away. We're a very environmentally concise company. I just received a bunch of biodegradable coffee cups we use for catering. We use a lot of sustainable products, cage free eggs, antibiotic free poultry and pork,

antibiotic free milk. We are very cautious about the food we purchase to begin with making sure it's healthy and sustainable for the environment."

On top of preparing sustainable food, Barringer illustrated that the food for on

campus dining was purchased based upon its need for that weeks menu build.

Another initiative coming out of UCO dining is Project Clean Plate, which, according to Barringer, is designed to make customers aware of food waste in the operation. Barringer went on to illustrate that a series of events were held to identify in the students mind what steps could be taken to reduce food waste.

"We try to produce just the right amount with not too much left over," Barringer said. "When it comes to the actual food waste within our operation, one of the best things you can do to determine where we are going with food waste on any given day is to stand in the dish room and watch the trays come back.

While no numbers could be provided as to just how much tonnage of food waste made it's way out in a UCO dumpster, Barringer's advice was eye opening. Within just a few minutes of being in the dish pit, at a buffet style student diner on campus named Buddy's, there were already two to three plates coming down the conveyer that were practically untouched. Even with all the fail-safes Barringer illustrated, there is still a large amount of food waste being produced.

Evan Doolittle has worked at Buddy's around four months. He throws students' leftover food in the trash before running their dishes through the wash.

"I'd say I see anywhere from five to twenty pounds of food or more come back a day," Doolittle said. "When I see it, I really think about people that don't get a chance to eat, people who might not have a meal."

Stand in Buddy's, or the dining area in the UC for long enough and you can see where the real food waste comes in on an individual scale. Doolittle's estimate of five to ten pounds of food waste a day doesn't seem so drastic when you see the amount of food left on student's plates.

It's a concept that comes down to personal awareness and responsibility. If every student took only what they needed and trashed as little food as possible the amount of food waste at UCO could be drastically reduced.

Doolittle captured that simplicity of reducing the stream of food waste as he scraped a half eaten pork chop into the trash.

"Honestly, it's just about being useful," Doolittle said. "It's about being useful, cutting back and not using as much."

Lawyers of prisoners in Oklahoma suing the state over lethal injection procedures

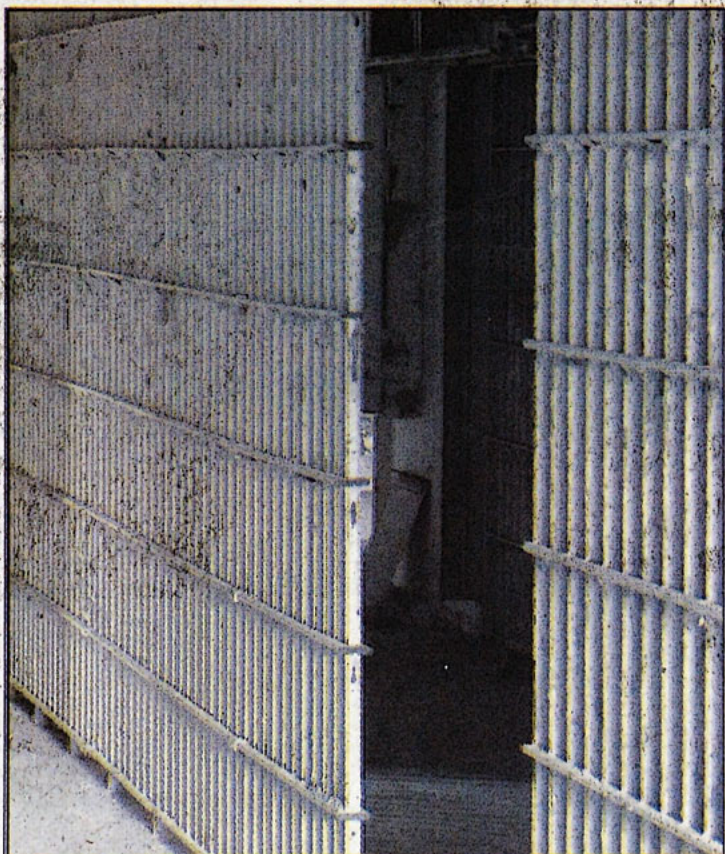


Photo provided by The Vista Archives.

Tyler Talley

Staff Writer

OKLAHOMA CITY - Lawyers representing two death row inmates suing the state over its practices concerning lethal injection drugs asked the Oklahoma Supreme Court for an emergency stay of execution on Tuesday.

Clayton Lockett, 38, and Charles Warner, 46, are currently suing the Oklahoma Department of Corrections over its ability to keep the source of its lethal injection drugs secret. Lockett and Warner are both scheduled to die this month, and are seeking a restraining order that would halt their impending executions. Lawyers Seth Day and Susanna Gattoni represent the pair.

Lockett is scheduled for execution next Thursday for the 1999 shooting of 19-year-old Michelle Neiman in Perry, Okla.

He, along with three accomplices, forced their way into a home, in which its residents were beaten and four were kidnapped. Neiman was raped and killed and later found buried in a shallow grave.

Warner faces execution on March 27 for the 1997 rape and death of his girlfriend's 11-month-old daughter, Adriana Waller. He was given the death penalty for the killing, as well

as 75 years for the rape.

The inmates are not appealing their sentences, but are instead asking for their executions to be delayed until their case is adjudicated.

Under current state law, no one is allowed to reveal or disclose who exactly provides Oklahoma correctional facilities with the three drugs used to execute condemned prisoners. The state shields the identities of suppliers to protect them from potential legal reprisal according to Department of Corrections spokesman Jerry Massie.

The lethal drugs used in Oklahoma executions come in a quick sequence, starting with an anesthetic that is used at a high dose to render the prisoner unconscious in less than 30 seconds. This is followed by a non-depolarizing muscle relaxant that leads to a quick and complete paralysis of the skeletal striated muscles.

Finally, potassium chloride is injected, which stops the heart and causes death by cardiac arrest.

The lawyers pointed out that if the first two steps are compounded, they could lead to immense pain for the inmates that will be covered up by the drugs.

"There will be at most only a few seconds for them to make any physical or verbal sign of distress before they are paralyzed," the lawyers said

in their joint lawsuit. "Plaintiffs will experience extreme pain and suffering when the third drug - potassium chloride - is administered to stop their hearts, but their paralysis by vecuronium bromide will mask their suffering from witnesses."

The inmates' lawyers stated in their lawsuit that with this secrecy there is a risk that the two inmates could suffer as they die, which would violate their constitutional rights against cruel and unusual punishment.

"Plaintiffs have no means to determine the purity of the drug, which may be used to execute them, and whether that drug is contaminated with either particulate foreign matter or a microbial biohazard that could lead to a severe allergic reaction injection," the inmates' lawyers said.

Under old protocol, death row inmates were granted a sedative continuously, while paralytic drugs killed them. As the supply of these sedatives waned, the state dropped this requirement and began shielding its suppliers.

After many major drug makers based in Europe stopped selling the drugs for lethal injections, Oklahoma and other states that have the death penalty have scrambled for substitute drugs.

EMPLOYMENT

Now Hiring

Looking for an energetic teacher for our one year old classroom. If you are interested in this position please apply at Ms. Felicia's Blessed Ones Childcare 1130 Chowning Avenue Edmond, OK. No phone calls please.

Help Wanted

HANDY STUDENT. Lawn maintenance, painting, general maintenance and repairs. Will train. P/T near UCO. 641-0712.

Now Hiring

Become a distributor in the direct sale of energy. Energy Deregulation is law. Now is the time to become an Energy Consultant. Call 405.474.7708

Help Wanted

Professional insurance and financial service office seeking a dynamic individual for part-time position. The qualified individual needs to have a positive attitude, excellent work ethic and be able to communicate effectively with both clients and agent. Website experience helpful along with excellent computer skills. For the right person, the position could evolve into a full time position. \$10-12.00/ hr.

E-mail resume to croberts@farmersagent.com

Help Wanted

River Oaks Golf Club is hiring in our food & beverage department. Flexible schedules work well with students. Come apply at 10909 clubhouse road Edmond, OK 73013 or email resume to mbivens@uco.edu

SLIM CHICKENS
NOW HIRING

All positions Flexible hours and schedules. Competitive pay. Apply in person at: Slim Chickens 555 S. Kelley or online at slimchickens.com

Sales

Tuxedo Junction at Quail Springs Mall needs part-time help for our busy prom & wedding season. Some sales or customer service exp. needed. Salary + incentives
Call Ms. Roberts for appt. 946-7853

CAR FOR SALE

"2006 Nissan Sentra, 91,000 miles", "sales price: \$5,900", "phone contact: 214-717-7074"

RANDOM FACTS

The 1984 film Red Dawn was the first to garner a PG-13 rating.

Henri Breault, a pediatrician from Windsor, Ontario, invented the child-resistant medicine cap in 1967.

Johnny Cash's "A Boy Named Sue" was written by Shel Silverstein.

RANDOM QUOTE

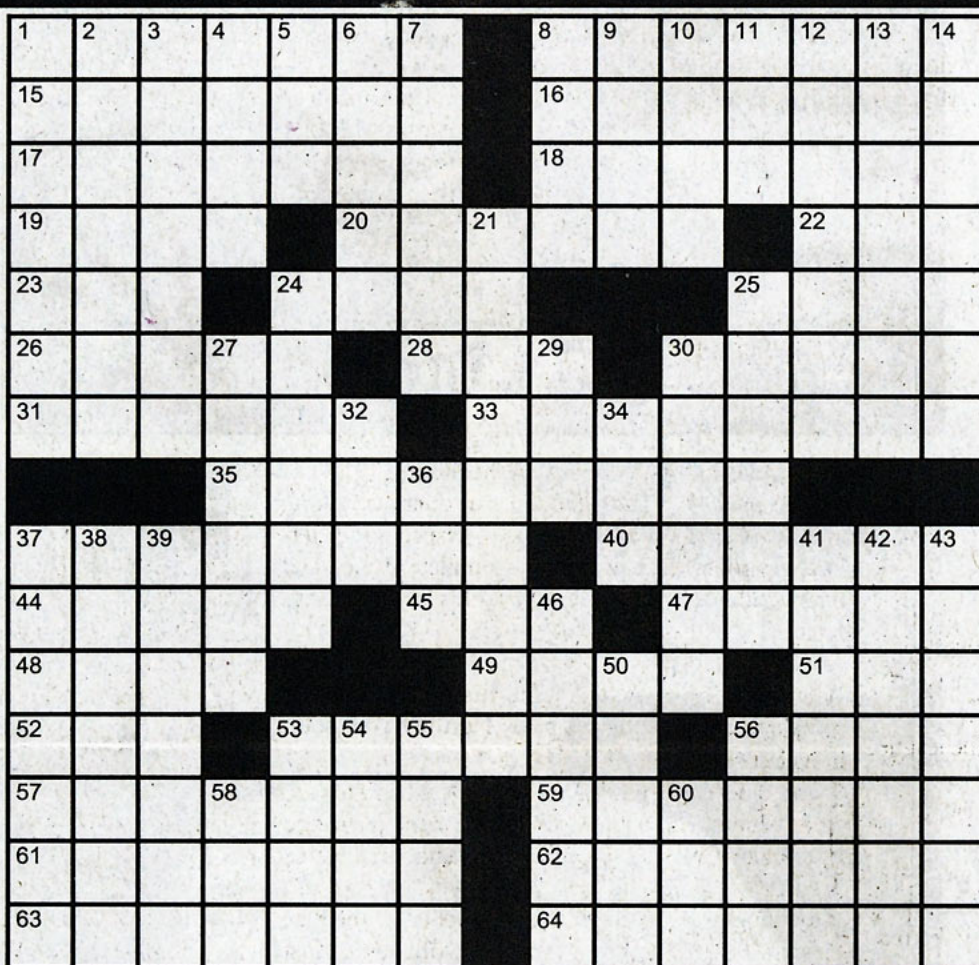
We are continually faced with a series of great opportunities brilliantly disguised as insoluble problems.

- John W. Gardner

CROSSWORD

Across

1. Office desk accessory
8. Densely populated slum areas
15. Halo
16. Preclude (2 wds)
17. Melted cheese with ale over toast
18. Canadian province
19. Above
20. Spill
22. A.T.M. need
23. Be worthwhile
24. Arid
25. Cleave
26. Jagged, as a leaf's edge
28. 40 winks
30. Bulrush, e.g.
31. Walk nonchalantly
33. Small knotlike protuberance
35. Opening through abdominal wall to small intestines
37. Broken down by hard use
40. "Stop right there!"
44. Earthy pigment
45. Chair part
47. Boredom
48. Denials
49. Brand, in a way



51. After expenses
52. "___ Ng" (They Might Be Giants song)
53. Sensationalistic newspaper (hyphenated)
56. Fly, e.g.
57. Shrubs clipped into shapes
59. Football play
61. Boston college
62. One who mourns
63. Junction across which a nerve impulse passes
64. Blind

Down

1. Colorful Mexican shawls
2. Lizard-like reptile in New Zealand
3. Dry gulches
4. Chick's sound
5. Court ploy
6. A-list
7. Yield
8. Catch
9. Naval base?
10. Dresden's river
11. Athletic supporter?
12. Sink
13. Pleasure trips
14. Straphanger
21. Inquiry to determine public aid eligibility (2 wds)
24. Undercoat
25. Trust (2 wds)
27. British counties
29. Ale holder
30. Crater on moon's far side
32. "Sure"
34. ___-eyed
36. Black gold
37. Contributes
38. Careful management of resources
39. Reduce
41. Dismay
42. Conjectures
43. Baseball players at bat, hopefully
46. One-spot
50. Mimicry
53. Coarse file
54. "Aeneid" figure
55. Fraction of a newton
56. Leave in a hurry, with "out"
58. Bank offering, for short
60. Compete

WORD SEARCH

Appear	E	E	R	A	M	O	I	Y	D	Y	C	R	R	Q	U	R
Are	D	P	E	V	N	E	L	A	B	P	I	F	M	L	S	E
Be	S	F	L	A	U	N	B	E	I	K	C	E	E	O	A	S
Become	I	Q	A	O	E	G	C	S	O	E	G	O	E	Y	H	S
Changes	S	W	A	S	D	O	N	D	X	T	O	R	S	G	N	S
Feel	U	C	E	I	M	N	G	U	D	F	I	E	O	T	N	I
Grow	N	H	R	E	S	A	G	E	S	X	R	O	L	W	L	G
Is	T	A	A	S	T	H	O	D	O	T	G	E	E	G	K	O
Look	E	N	Q	A	U	O	I	B	C	A	I	U	F	S	I	E
Seem	F	G	D	U	H	R	H	D	D	S	G	L	E	T	S	I
Taste	T	E	E	V	M	K	S	A	O	T	S	U	R	E	I	E
Was	O	S	O	I	I	O	K	U	P	E	E	P	R	O	B	U
	I	H	D	I	R	O	S	F	E	E	L	E	U	E	N	A
	T	N	N	D	G	L	E	R	O	C	T	S	R	O	N	F
	F	N	U	F	D	Q	N	O	I	A	P	P	E	A	R	I
	H	G	G	C	U	E	H	S	D	I	E	R	J	A	B	A

VISTA SPORTS

The Student Voice Since 1903

Opinion

Litterell-y Sports: Berry Bonds attempting to muscle his way into Cooperstown?

Austin Litterell

Sports Reporter

As an anti-steroid person, I have never been one to have much good to say about Barry Bonds. I just have really been a fan of him and with the hearing, he has become one of my least favorite players in baseball.

He never tested positive, but judging from his growth spurt, it's not a huge jump. That being said, the fact that he is coming back to the Giants does not bother me, in fact, I think it's a good thing.

My opinion on this subject surprised me, to be honest. With my dislike for Bonds, I did not expect to be OK with him coming back. Everybody does deserve a second chance, though, and this is his: a chance for redemption and to change the minds of the

Hall of Fame voters. It has the makings of a great story and that is what I like about it.

We forget how good of a player Bonds was before he went to the Giants and bulked up like he did. This guy had a great career in Pittsburgh, including a couple of Most Valuable Player Awards.

That's what he will be able to bring to the table for the Giants. Not the steroids or anything like that, but his ability to hit. These players are going to learn a lot from him and he should be able to help them.

Back to the redemption part of this story.

Bonds certainly has an ulterior motive to doing this and that is to finally get inducted into the Hall of Fame. Most of the writers don't want to vote him in because of steroids, but he probably should get in based on his career before, that alone.

If a player has a great career before he starts using, than he should get into the Hall

of Fame. Keeping them out for a mistake, even though they have played great before, is wrong. Now if they suddenly just out of nowhere start putting up numbers, than that is understandable.

Anyways, Bonds wants to prove to the voters that he has changed and improve his image. Whether or not this will help his chances, remains to be seen. It definitely will not hurt them, though.

He realizes that America does love a good comeback and that includes voters, as well.

Unfortunately, the attempt may be futile because I think their grudge against Bonds is too strong to let him in at this point, even though based on his body of work before, he probably should be.



Former player Barry Bonds speaks at a news conference before a spring training baseball game in Scottsdale, Ariz., Monday, March 10, 2014. Bonds starts a seven day coaching stint today. (AP Photo/Chris Carlson)

Baseball

Baseball prepares to host Lincoln

BronchoSports.com

Central Oklahoma returns home to face Lincoln for a four-game Mid-America Intercollegiate Athletics Association series beginning Friday at 2:30 p.m. The two schools will play two seven-inning games Saturday at 1 p.m., before concluding the series Sunday at 1 p.m.

Scouting the Bronchos

The Bronchos are 12-4 overall and 8-4 in the league after winning the final three games of a four-game series against Southwest Baptist last weekend. UCO has won the last two conference series after taking three out of four from Washburn the week before.

Phillip Wilson continues the lead offense, batting .500 with eight home runs and 21 runs batted in. Matt Johnson has been hot over the last six games, going 9-for-20 with four homers, three doubles and 10 RBI during that span.

Ricky Reeves and Jared Sterling have both been spectacular for the Bronchos on the mound.

Both pitchers pitched shutouts in their last outing and sport ERAs of 1.12 and 0.99, respectively. Sterling has pitched back-to-back complete games and has not allowed an earned run over his last 18 innings pitched.

Scouting Lincoln

Lincoln is still searching for its first win of the 2014 campaign after getting swept by Northwest Missouri in its last series.

The Blue Tigers are led on offense by Ben Stewart, who is hitting .273. Stewart is tied for the team lead in doubles (two), home runs (one) and runs batted in (six).

Joe Jungmeyer has been the top pitcher for the Blue Tigers with an ERA 3.64. He's still looking for his first victory, but opponents are hitting just .219 against him. LU has scored a total of four runs in Jungmeyer's three starts.

Bronchos Batting Around

The UCO offense has been torching opposing pitchers having scored at least 10 runs in exactly half of its 16 games.

The Bronchos have also had at least a dozen hits seven times this season. According to the last NCAA update on March 2, the Bronchos were third nationally with a .356 team batting average and are currently batting .353 as a team.

UCO has also bashed 22 home runs, which is among the national leaders. The Bronchos have hit at least one home run in 10 of their 16 games.

Right: UCO Senior Joe Hollowell throwing a curve to the opposing batter as UCO Senior Matt Johnson takes up his position at second base. Taken from The Vista Archives.



UCO Junior Tyler Price throwing a pitch. Taken from The Vista Archives.



Follow The Vista sports writers on Twitter



@allitterell729

Austin Litterell

@lemon_rick

Rick Lemon

@ch_Johnson91

Cody Johnson

Upcoming Broncho Games

Thursday

Track and Field at Southwestern College Relays (Winfield, Kansas) (All Day)

Friday

Softball at Missouri Southern State University 1:00 p.m.

Women's Tennis vs. Newman University 2:00 p.m.

Baseball vs. Lincoln University 2:30 p.m.

Softball at Missouri Southern State University 3:00 p.m.

Wrestling at NCAA D-II Championship (Cleveland, Ohio)

Women's Track at NCAA D-II Indoor Championship (Hosted by Winston Salem State University)

Saturday

Wrestling at NCAA D-II Championships (Cleveland, Ohio) (All Day)

Track and Field at Southwestern College Relays (Winfield, Kansas) (All Day)

Track and Field at Tulsa Duals (Hosted by Tulsa University)

Rowing at Oklahoma City University Invitational (All Day)

Softball vs. Pittsburg State University 12:00 p.m.

Baseball vs. Lincoln University 1:00 p.m.

Softball vs. Pittsburg State University 2:00 p.m.

Baseball vs. Lincoln University 3:00 p.m.

Track and Field at Tulsa Duals (Hosted by Tulsa University)

Sunday

Women's Golf at Monterey Invitational (Hosted at Del Monte Country Club)

Baseball vs. Lincoln University 1:00 p.m.

Women's Tennis vs. Georgia College (Tournament in Pensacola, Florida)

Donate plasma today and earn up to **\$300 a month!**

Who knew I could earn money, save lives, and get free wi-fi at the same time?

716 NW 23rd St., Oklahoma City, OK 73103

405-521-9204

Scan for an insider look at the plasma donation process

To scan and view content, you must download a QR code reader from your App store.

*Applicable for eligible, qualified new donors. Fees vary by weight. New donors must bring photo ID, proof of address and Social Security number.

CSL Plasma
Good for You. Great for Life.

CSLPlasma.com

Wrestling

Wrestling ready for national championship

Bronchosports.com

UCO TO NATIONALS: No. 13-ranked Central Oklahoma will send a five-man team to the NCAA Division II Wrestling Championships this weekend in Cleveland, Ohio.

First-round action at Cleveland Public Auditorium begins at 11 a.m. Friday and continues at 6 p.m. The tournament resumes at 10 a.m. Saturday and concludes with the championship finals at 7 p.m.

Top-ranked Notre Dame (Ohio) is the heavy pre-tournament favorite after qualifying nine individuals in winning the East Super Regional.

Two-time defending champion and No. 2 Nebraska-Kearney captured the rugged Central Super Regional title and has six qualifiers, as does No. 3 Lindenwood.

Fourth-ranked Indianapolis, the Midwest Super Regional champion, advanced seven wrestlers to the national tournament, and No. 5 Western State also qualified seven in taking the West Super Regional crown.

Other teams expected to contend are No. 6 St. Cloud State (six qualifiers), No. 7 Newberry (eight), No. 8 Pittsburgh-Johnstown (six) and No. 9 McKendree (six), with 10th-rated Fort Hays State (five), No. 11 California Baptist (five), No. 12 Mercyhurst (six) and UCO considered dark-horse threats.

THE LINEUP: Here's a look at UCO's national tournament lineup:

133 - Casey Rowell, Sr. (32-5); 149 - Jordan Basks, Sr. (37-6); 157 - Cory Dauphin, Sr. (33-0); 165 - Chris Watson, Jr. (35-2); 184 - Znick Ferrell, Sr. (15-9).

Four of UCO's national tournament participants are returning All-Americans -- Dauphin (first), Watson (fourth), Basks (fifth) and Rowell (fifth), while Ferrell was a qualifier last year.

ABOUT THE BRONCHOS: UCO finished 14-4 in duals, winning its last nine of the season.

The Bronchos were second in the Mid-America Intercollegiate Athletics Association dual race with a 5-1 record and took third in the MIAA Tournament held Feb. 15 at Hays, Kan.

Casey Rowell (133) and Cory Dauphin (157) won individual titles at the league meet, while 165 Chris Watson finished second. UCO also got third-place efforts from 141 Dustin Reed, 184 Znick Ferrell and 285 Cody Dauphin, with 125 Josh Brece, 149 Jordan Basks and 197 Garrett Henshaw taking fourth.

UCO finished sixth in the Central Super Regional that featured five teams ranked in the top eight.

Dauphin and Watson both went 4-0 in winning individual regional titles, while Rowell went 5-1 in taking third. Basks and Ferrell both had 3-2 records in placing fifth.

NATIONAL SUCCESS: Few collegiate programs on any level can claim UCO's national tournament success, which includes 15 championships and eight runner-up finishes.

The Bronchos claimed eight NAIA titles from 1979-89 and have won seven Division II crowns since 1990 (1992, '93, '94, '95, '02, '03 and '07).

UCO has finished in the top four in the national tournament 23 of the last 29 sea-

sons.

ABOUT THE COACH: UCO head coach David James is in his 32nd year at the helm and has enjoyed one of the sport's most successful careers.

A seven-time national Coach of the Year, James has led UCO to 12 national titles and five runner-up finishes. He has a 377-130-5 dual record, which ranks in the top 40 all-time among college wrestling coaches.

James has coached 46 national champions (36 Division II, 10 NAIA) and 178 All-Americans (135 Division II, 43 NAIA) while at UCO.

WHAT COACH JAMES SAYS: "Obviously we're disappointed we don't have more qualifiers, but we didn't perform as well as we needed to in some weights at the regional and that's what happens. That being said, I like the five guys we're taking and I think they've all got a great chance to do very, very well this weekend. We're not going to concede anything to anybody and I'm looking forward to seeing what our guys can do."

A look at the UCO wrestlers headed to nationals

133 Casey Rowell • Senior • Duncan

Senior standout and two-time All-American enjoying another stellar season for the Bronchos. Enters the national tournament ranked fourth and is 32-5 with 17 bonus-point wins. Qualified for nationals with tough third-place finish in the Central Super Regional. Opened that tournament with a first-period fall before getting pinned in the quarterfinals, but back with four straight wins to claim third. Routed then-No. 1-ranked Andy Pokorny of St. Cloud State 8-1 in the consolation semifinals before winning another 8-1 decision in the bronze medal match. Has won three tournaments this season -- the Central Missouri Open, Jet Invitational and Mid-America Intercollegiate Athletics Association Tournament. Knocked off defending national champion and current No. 1 Daniel DeShazer of Nebraska-Kearney 6-5 in the MIAA finals. Has won 30-plus matches all four years as a starter and ranks in a tie for fifth on UCO's career win list with a 130-32 record. Has 69 career bonus-point wins, ranking third in major decisions (30) and third in technical falls (17). Went 31-10 at 125 as a true freshman in 2009-10, but missed out on national tournament berth with fifth-place regional finish. Redshirted the following year and then returned at 141 in 2011-12, going 31-12 and finishing fifth nationally to earn All-America honors. Dropped to 133 last year and put together a 36-5 campaign, capturing a regional title and earning repeat All-America honors with another fifth-place finish. Three-time state champion at Duncan High School, finishing with a 136-9 career record.

149 Jordan Basks • Senior • Claremore

Returning All-American and senior veteran who enters into the national tournament ranked fourth. Is 37-6 with 25 bonus-point wins, including a team-high 17 falls -- 12 of those in the first period. Qualified for nationals with fifth-place finish in the rugged Central Super Regional. Opened that tournament with a fall and 7-2 win to make the semifinals, but lost a 7-5 sudden-victory decision to eventual champion and top-rated Frank Cagnina there and then fell in the consolation semifinals to St. Cloud State's Jay Hildreth. Scored a dramatic fall in the final 10 seconds of the second period in the fifth-place bout to secure national tournament berth. Started the season 20-0 with titles in the Central Missouri Open, Nebraska-Kearney Open, Fort Hays State Open and Jet Invitational, earning Outstanding Wrestler honors at the UCM meet. Is 2-2 this season against Cagnina, winning the first two. Was 33-2 entering the Mid-America Intercollegiate Athletics Association Tournament, but lost twice there in finishing fourth. Came in as a junior college transfer last year and went 31-6 with 13 falls in winning a regional title and finishing fifth nationally. Is 68-12 with 44 bonus wins, including 30 falls, at UCO. Two-time state champion at Claremore High School, finishing with a 160-24 career record. Spent two years at Labette Community College, finishing third in the national meet as a sophomore.

157 Cory Dauphin • Senior • El Reno

Defending national champion and top-ranked senior star who is a perfect 33-0 on the season with 14 bonus-point wins. Enters the national meet riding a school-record 51-match winning streak. Broke the previous record of 47 straight with 6-1 win in first round of the Central Super Regional and added three more victories in claiming his second straight regional crown, capped by 10-7 finals victory over St. Cloud State's fourth-ranked Clint Poster. Won the Central Missouri Open and was named Outstanding Wrestler after taking the Nebraska-Kearney Open title the following week. Missed two duals and two tournaments in November and December to injury. Was named Mid-America Intercollegiate Athletics Association Wrestler of the Year after winning the conference title. Has wrestled every match of his career at 157 and is tied for 16th on UCO's career wins list with a 111-21 record that includes 53 bonus wins, including 32 falls. Went 29-8 with 15 bonus wins (eight falls) as a true freshman in 2010-11, finishing runner-up in the regional and sixth nationally to earn All-America honors. Returned the following season to go 21-10 with 13 bonus wins (nine falls) and earned another national tournament berth with third-place regional finish, but went 1-2 and failed to place. Put it all together last season, going 28-3 with 10 bonus wins (eight falls) en route to becoming UCO's 41st national champion. Finished the season with an 18-match winning streak in taking the regional and national titles. Four-time state champion at El Reno High School, finishing with a 144-13 career record.

165 Chris Watson • Junior • Andover, Kan.

Returning All-American who goes into the national tournament ranked No. 2. Has a 35-2 record that includes 17 bonus-point wins (11 major decisions, six falls). All six falls have come in the first period. Advanced to third straight national tournament with championship effort at the Central Super Regional, going 4-0 in that event. Opened with consecutive major decisions before beating then-No. 1 Brock Smith of Nebraska-Kearney 7-4 to avenge his only two losses of the season. Captured regional title with 8-3 final win over top-seeded Kyle Begin of Southwest Minnesota. Started the season 19-0 before losing 5-3 decision to Smith and then reeled off 12 straight wins before losing to Smith again in the Mid-America Intercollegiate Athletics Association Tournament finals, this time 6-5. Won titles at the Central Missouri Open, Fort Hays State Open and Jet Invitational, scoring three falls and two shutout major decisions at FHSU. In his fifth year at UCO, redshirting in 2009-10 and then suffering season-ending injury early the next year. Started all at 165 all season in 2011-12 and finished with a 27-16 record. Earned national tournament berth with fourth-place regional finish that year, but went 1-2 and failed to place. Missed the early part of last season to injury before coming on to go 20-7 and earn All-America honors. Finished third in the regional meet and then placed fourth at nationals. Has an 85-27 career record with 42 bonus wins, including 21 falls. Two-time state champion at Andover High School, finishing with a 159-13 career record.

184 Znick Ferrell • Senior • Sand Springs

Senior making his second straight trip to the national tournament. Qualified at 197 pounds last season, but dropped to 184 this season after missing the first two months to injury. Finished fifth in the Central Super Regional to claim national tournament berth, earning two last-second wins on the final day. Drew a first-round bye in the regional and then lost 9-6 to eventual champion Jon Inman of Fort Hays State. Came back to two straight consolation matches, scoring a last-second reverse to force overtime before winning 6-5 in the second tiebreaker in

the second of those. Fell to Lindenwood's Jon McArdle in the consolation semifinals before punching national tournament ticket with another tiebreaker victory, this one 4-3 on a last-second reverse. Didn't compete until the NWCA Division II National Duals and earned a forfeit in his first match before knocking off returning 174 national runner-up Blake Sorensen of Upper Iowa 11-5 in his second outing. Is 15-9 on the season and 12 of his 21 matches have been decided by two points or less. Placed third in the Mid-America Intercollegiate Athletics Association Tournament, bouncing back from a

semifinal loss with two straight consolation wins. Wrestled one match at 197 this season, earning a 5-1 victory. Joined the Bronchos last year after a lengthy layoff and started all season at 197, going 25-14 with seven bonus-point wins. Qualified for nationals with a third-place regional finish and won his first match there before losing two straight. State champion as a senior at Charles Page High School in Sand Springs and then played football two years at Emporia State.



Softball

Softball sweeps Lincoln doubleheader

Austin Litterell

Sports Reporter

The Bronchos swept another doubleheader on Monday at Edmond North and will play their first home games on campus this week.

UCO hosted the Blue Tigers of Lincoln on Monday in a rescheduled doubleheader that was to be held on Saturday afternoon, until weather conditions forced the change.

The Bronchos were strong in both games in all aspects. UCO shutout Lincoln in both games, behind three different pitchers.

Kalynn Schrock and Nicole Brady combined for the shutout in the first games, as UCO came out on top 9-0. The bats continued to be hot as the Bronchos had 10 in the game.

Kaylee Brunson led the charge, going three for three in the game and added three more steals to her record. Catcher Tori Collet sent three runs across the plate with a triple in the second and a two run single in the third.

Schrock pitched the first four innings of

the game, striking out seven batters. Schrock improved to 9-4 on the season. Brady came in and pitched a perfect fifth inning to secure the victory.

UCO was strong again the second game, resulting in a 5-0 win over the Blue Tigers. Amanda McClelland went the distance in the matchup.

A key in these games was getting ahead early. UCO was able to do that, scoring two in the first. The Bronchos added three more in the sixth inning, putting the game out of reach.

Now, the team will head back to their normal facilities. They will return for their actual home debut in a doubleheader on Friday and Saturday.

The Bronchos will host Missouri Southern at 1 p.m. and 3 p.m. on Friday and Pittsburg State on Saturday.

The Bronchos are coming into these games 4-0 in league play and 4-8 overall. They are looking for their first win in conference play. The Gorillas are 2-0 in MIAA play and have won five straight games.

UCO has won their last five games, as well and seem to be hitting their stride as the season progresses.

UCO has outscored their opponents in the last four games, 30-1.



Top: UCO '13 Junior Hayley Hudson stretches out to make the play. Taken from The Vista Archives. Middle: UCO '13 Senior Kacie Edwards staring down the pitch. Taken from The Vista Archives. Bottom: UCO '13 Senior Kacie Edwards lines a pitch out into the field. Taken from The Vista Archives.