

Athletes from Across the Americas: UCO Hosts PanAmerican Sitting Volleyball Championships

Natalie Cartwright

Contributing Writer

The University of Central Oklahoma Wellness Center hosted the 2013 ParaVolley Pan American Sitting Volleyball Zonal Championships Oct. 11-13. Five teams competed to earn a spot in the 2014 ParaVolley World Championships in Poland next year.

Men's teams from the United States, Brazil and Canada and women's teams from the U.S. and Brazil competed in the tournament.

"I'm very hopeful about our team. We have a lot of potential and we have a lot of fresh faces," said U.S. women's team captain Kathryn Holloway. "We have girls that are very motivated to get better. I get this sense that we're working towards something."

The U.S. Sitting Volleyball Women's team is ranked second in the world. In August, the U.S. women won the gold cup in Moscow by sweeping China, who was the gold medalists in London a year ago. They will face off with China again at the Olympics in June of next year.

While the U.S. women look to take the gold next year, for Holloway and many other players on the team, the story doesn't start there.

Holloway was born with Fibular Hemimelia, the shortening of the fibula at birth, or the complete lack thereof and had part of her leg amputated at 2 years old. She was introduced to sitting volleyball while playing college basketball at California State University Northridge and has now been playing sitting volleyball for seven years.

"It was very therapeutic for me when I first started playing because I didn't like myself with a disability and so it was very much therapeutic in a sense that I became confident with who I was with a disability," said Holloway, who found her career path while playing sitting volleyball, "and so for that reason, I wanted to go into using sports and recreation to rehabilitate someone, which is recreation therapy."

After the winning game against Brazil on Friday afternoon, Holloway said, "Getting to know each other on the court and our strengths really helps us. Overall, it's just a sense of trusting the person next to you."

Both U.S. National Sitting teams qualified for the 2014 World Organization Volleyball for the Disabled World Championships. The women's team won gold and the men's squad came away with silver.

UCO is an official U.S. Olympic and Paralympic Training Site where athletes can train for Olympic Volleyball and any Paralympic sport.

Elliot Blake has been Sitting Volleyball and Athlete Recruitment Coordinator in the Sport Recreation Department at UCO since 2008. His main focus is the grassroots development of sitting volleyball across the country.

Blake said, "That is to help communities create opportunities for disabled athletes to experience and learn to play the sitting volleyball game, as well as to identify athletes for national team consideration and or other Paralympic sports."

After Blake finished his Master's degree, he told himself that he'd take the very first offer with U.S.A. Volleyball.

"There's always that initial moment or the first time it happens when you're able to work with a disabled athlete and show them the abilities that they have and encourage them that even though they are physically disabled, they are more than what they may think they are," said Blake. "Anytime we are able to teach a new athlete and you can see them find success, it's easily the most rewarding experience of the job."

UCO hosted the 2010 Sitting Volleyball World Championships, the largest International Volleyball Tournament the U.S. had ever hosted with 36 teams representing 26 countries. The leadership of the World Para Volleyball International Federation recognized UCO for hosting and putting on the event.

"When you have an opportunity to make an impact at the world stage it is always significant," said Blake. "Anytime that there's an opportunity for an event to come to Oklahoma they always consider UCO and would love to see us do more to help the sport grow."

Blake went on to discuss the importance of the other UCO entities involvement with the sitting volleyball championships.

"We're always very appreciative of the support that we get from the students, the faculty and the staff," said Blake. "Several faculty staff and a good number of the fraternities and sororities signed up to serve as volunteers over the weekend. How well the event is run is based on the quality of the volunteers you get and there's no doubt about it that the UCO community and the City of Edmond Community really steps it up anytime we need them to and you just have to say thank you to that."



Top: Daniel Regan, a player for the United States Men's Sitting Volleyball Team serves a ball during the ParaVolley PanAmerican Sitting Volleyball Zonal Championships on Oct. 12, 2013. Left: Allison Aldrich and Nichole Millage, members of the U.S. Women's Sitting Volleyball Team, defend the net against Nathalie Filomena de Lima Silva of the Brazil Women's Sitting Volleyball Team on Oct. 12, 2013. Right: The U.S. Men's Sitting Volleyball Team plays against the Canada Men's Sitting Volleyball Team on Oct. 12, 2013. Photos by Brooks Nickell, The Vista.



UCO Civic Health Research Team Recognized

Olanrewaju Suleiman

Staff Writer

The University of Central Oklahoma Civic Health Index Research Team has recently been recognized by the Oklahoma Campus Compact for Excellence in Community-Based Teaching and Scholarship.

The organizations were brought together to show how higher education can lead to greater civic responsibility in the citizens of Oklahoma.

The focus of their research was civility, politics, voter education and citizen engagement.

The team was led by professor of psychol-

ogy and Director of the UCO American Democracy Project Janelle Grellner, Ph.D. and professor of history Patti Loughlin, Ph.D.

Lori James, a freshman strategic communication major, recognized how civility is important in everyday life.

"I always thought that the word civil meant polite," she said. "When I go out for the day, I would want people to be polite to me, so I would show them that same kindness."

James believes that even if someone is not civil to her, she would still try to be a kind person.

"I'm not sure who said it, but I always grew up hearing that phrase about treating others the way you want to be treated," she said.

The award also recognized the team's dedication to education at UCO. Their commit-

ment to UCO's Transformative Central Six can be seen throughout their organization.

The categories they focus on include problem solving through research with scholarly and creative activities, service learning and civic engagement, as well as discipline knowledge.

"I see the Central Six on all of my syllabuses," James said. "I never really knew what they were for. I only know that they are very important to UCO."

The Central Six represents UCO's mission to students by giving them experiences that allow them to be ethical and engaged citizens upon graduation.

The team consisted of faculty and staff, as well as students.

Faculty and staff members include Jan

Hardt, Ph.D., Ed Cunliff, Ph.D., Brad Watkins, Ph.D., John Maisch, J.D., and Emily Griffin Overlocker and Debbie Terlip, M.Ed., who is Associate Director of Oklahoma Campus Compact and student relations liaison for Oklahoma State Regents for Higher Education.

The student civic scholars were graduate student Lauren Craig, senior Danielle Hernandez, graduate student Jerry Shelton, graduate student Natasha John, graduate student Alyce Vigil and Sofia Price.

The complete report can be seen by visiting www.ncoc.net/OKCHI2012.

For more information on the UCO Civic Health Index Research Team, contact Janelle Grellner, Ph.D. at jgrellner@uco.edu.

THE VISTA

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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.

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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.

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CAMPUS QUOTES

"Flu season is coming up; do you think flu shots are worth getting?"

KAILEY MARCUM

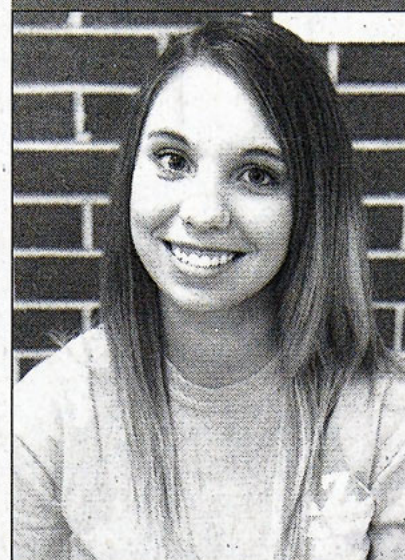
Strategic Communications - Senior



"No, I don't. Because its the instant flu. I think you get the flu when you get the flu shot."

KATIE DICKEY

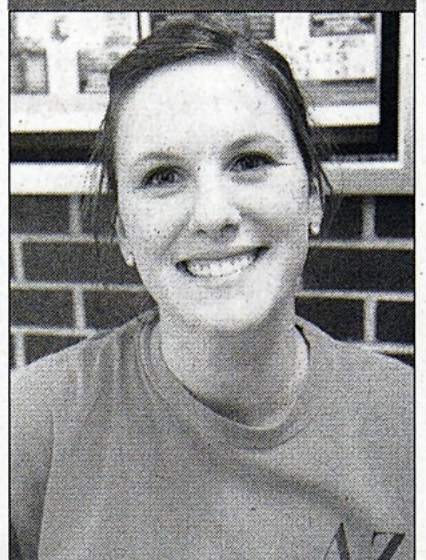
Forensic Science/Psychology - Freshman



"Yes, because I have a sore throat. I think its beter than being tested."

CLAIRE ASHWORTH

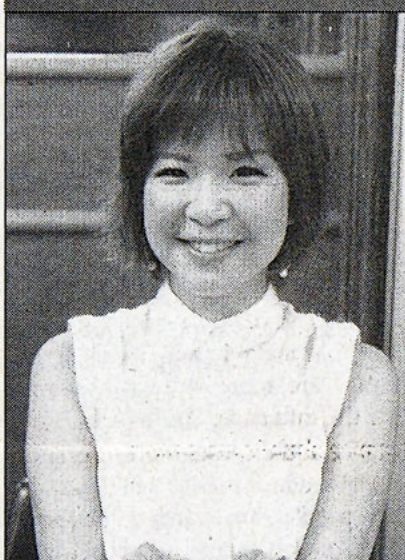
Kinesiology - Sophomore



"No, because there's health risks. But there are risks with many things."

MISIKI MIURA

Marketing - Freshman



"Yes, for our health."

HYUMN MURAKOSO

Business Administration - Junior



"Yeah, sure. It's kind of helpful to our lifestyle."

CODY STEVENSON

Biology - Junior



"Yes, because I see us hav-ing a really bad winter."

Who is Malala?

By: Sarah Neese (Editor-in-Chief)

Think back.

Think back to all the years ago, when you were still forced to ride the bus home, close enough to driving yourself to see your car in the driveway, but far enough away to be absent of a license in your pocket.

You're sitting on the back row of the bus with a group of your friends. After just having finished an exam, you discuss amongst yourselves the potential results.

The bus, unsteady with every dip in the road, rolls along, as you move to discuss next week's exam.

Unexpectedly, the bus slows to a stop.

You notice a man standing in the middle of the road, preventing the bus from moving forward.

Another man boards the bus; you look him in the eye, expectant. He asks for you by name. And as you think through your options, weighing whether or not you should identify yourself, he decides for you. He fires three bullets, one pushing its way into your head.

And then, everything goes black.

Though it seems like a scene straight from the pages of a Choose Your Own Adventure novel, these events have been reality to one.

Have you heard of Malala?

She endured the above scenario and is still standing to talk about it. In fact, she's doing more than talking; she's starting a movement.

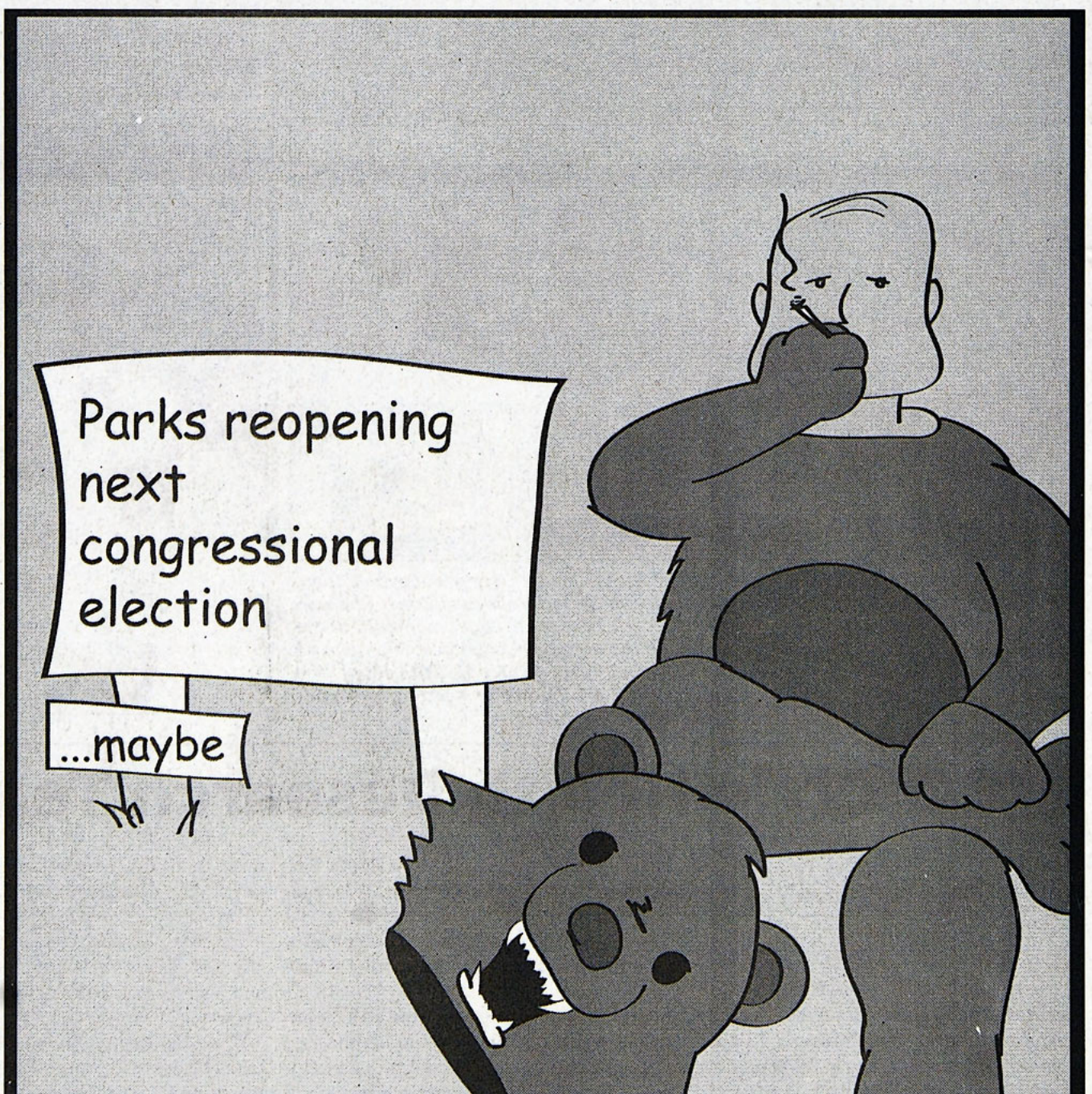
This week, as she spends her days visiting a slew of news stations, venues and events, advocating for her cause and speaking out against injustice, America will be focused on her story, as her much-awaited memoirs are released for the first time.

In a commercial for her interview with Diane Sawyer on ABC News, an array of people stood together, saying, "I am Malala." I began to question what that meant, and as I looked into it, I discovered a little bit more about what it is to be Malala.

Malala Yousafzai is originally from Pakistan. After the Taliban assumed control of the Swat Valley, the area in Pakistan where she lived, Malala was no longer allowed to attend school.

But, despite the surrounding dangers and occasional death threats, Malala continued to go to school.

In an interview with Christiane Amanpour of CNN, Malala voiced the power of education, saying "When the terrorists came, when they stopped us from going to school, I got the evidence. And they showed me a proof that, yes, the terrorists are afraid of education. They are



Cartoon by Matthew Gossom

afraid of the power of education."

Malala, now living in the United States with her father, mother and two brothers, continues her fight for equality and for education.

I found myself wondering what it was exactly that attracted me, specifically, to Malala's story.

Malala knew what she wanted. She immediately, with-

out blinking, stood up for her right to receive an education. She, quite literally, stood in the face of danger and survived and still fights for what she knows to be right.

She is the definition of advocacy. She is the voice for the voiceless. She is Malala.

Opinion

Sincerely,



Stevie

Campus Chatter

By Stevie Armstrong

"How was the party last night?" one frat guy asked another.

"Bro, I don't even remember it... so it must have been awesome!" the other replied.

College: a time when lifelong memories are made, if you're sober enough to remember them.

One of the biggest obsessions among society is college. What college students are wearing, drinking, how much they're drinking, where they're going for spring break, if they're studying, sleeping, or stressing, and especially what they talk about.

I won't give away all their secrets, but I don't mind disclosing some of the more popular campus chatter.

Because college students are...well... students, most would think that they discuss how hard they're working and how much time they spend studying. Not necessarily. The majority of students actually do

the opposite.

They tend to laugh and sometimes brag about how little effort they're putting forward. Sometimes those conversations include tips and tricks on how to get the best grade with the least amount of effort. Can you blame them?

With all the other priorities grabbing for students' attention, it's beyond difficult to find motivation to memorize more facts and continue to write paper after paper.

Another popular topic that never seems to dwindle is acceptance rates and what better schools kids could have gone to. It's a constant among students to come up with excuses for why they could be at a better school. Some say they were accepted into a more prestigious university, but couldn't afford it. Others say they're smart enough to attend an Ivy League school, but missed the application deadline.

Whether these topics are

meant to belittle their friends or make themselves look cooler, it gets annoying, especially for those who are proud of the school they go to. Also, I do not recommend this be a topic of discussion on a date with a girl you met in class. In case you forgot, she attends the school that you're bashing.

And lastly, the number one most talked about subject on probably any campus, how wasted you got last night. College seems to be the first time in life when people don't judge how drunk you get or how often.

For some students, the four or so years they're in college, ends up feeling like a four-or-so year party. And in college, no one needs the weekend to drink.

How do these kids finally graduate with this type of lifestyle? No worries, they still study. After every correctly answered question, they get rewarded with a shot. Hey, what-

ever works, right?

This topic excludes the freshman, of course, who we know are responsible and wait until they are of age to indulge in their first alcoholic beverage.

I hate to break it those who are unaware, but yes, drinking happens in college. And yes, it's the most talked about subject, even more popular than the latest governmental issue or what was on Dr. Phil that morning. Shocking, I know.

College students are practically their own breed. They do what they will because they're young and most don't have their priorities aligned correctly, yet.

As for the other campus chatter, it tends to come and go. But certain things never change.

Sincerely, Stevie

Best Selling Author Speaks at UCO over Alcohol Abuse

Kanesha Brown

Contributing Writer

Author of New York Times best-seller in 2005, "Smashed: Story of a Drunken Girlhood", presented a presentation Wednesday, Oct. 9, at the University of Central Oklahoma (UCO) about her recovery and solutions to alcohol abuse.

Koren Zailckas shared solutions to recovery through a PowerPoint, as she incorporated her personal experiences and struggles during her teen and college years.

Zailckas spoke about when alcohol was first introduced in her life at the age of 14 and how later on in her teen years, she was able to gain more access to it through other people.

Zailckas mentioned that research shows, "the longer you postpone the age that you have your first

drink, the less likely you are to be an alcoholic later in life."

She stated that she grew up in a family that was isolated and had little interaction among each other, along with a history of alcoholism.

"I think they did absolutely the best they could in the moment... it's not their fault just is what it is," said Zailckas when mentioning her parents.

There were lies she said she would say to herself to justify her drinking habits, "everyone is drinking as often as I am and getting drunk as I am," and "I can stop drinking, grow up, act more responsible whenever I want."

Zailckas spoke about her regrets during her college years at Syracuse University.

She regretted not taking advantage of the cheaper opportunities that were available in college that are now expensive as an adult, elsewhere.

"Use the 20s as a time when we have the freedom, time, and energy to explore our interests," said Zailckas.

She expressed that sharing interests with other people is how she rebuilt her life. Zailckas explained what happened after she found people with similar interests,

"My social life became more richer," she said.

When she was sharing her own and other solutions, she mentioned art, music and writing stories as therapeutic.

"Art is too important to leave to the professionals," said Zailckas.

She voiced that many artists believe that they are more creative when under the influence. She believes substance abuse causes more distractions, instead.

"Creative people are creative people," said Zailckas.

When asked of her plans during



Photo by Quang Pho, The Vista

Recovery Awareness Month in September, Zailckas responded, "My novel just came out in September... but usually in September I always find myself speaking at a couple of

schools."

The presentation was held at noon in the Constitution

Hall, presented by the Alcohol and Drug Abuse Prevention Office, UCO Wellness Center, Teen Recovery Solutions and the UrChOices grant.

The Secret Epidemic of Male Eating Disorders

Tyler Talley

Staff Writer

A lack of media attention has led to a re-examination of eating disorders in boys and men and how to treat them, according to Rhitu Chatterjee of NPR.

Chatterjee said, "Eating disorders are commonly thought to be a problem for girls and women, but an estimated 10 million American men have an eating disorder at some point in their lives, according to the National Eating Disorders Association."

Chatterjee continued to say, "Psychologists and psychiatrists who treat eating disorders say those numbers are the rise. The condition can be life-threatening."

The National Eating Disorders Association (NEDA) listed some of the suspected factors that have led boys and men to eating disorders. One factor that is also common among females that struggle with eating is the media and the presence it places on achieving the perfect body.

NEDA reports, "The muscularity of ideal male body representations has increased from the 1970s to 1990s, presenting a largely unattainable muscular body type."

Just like women, men are exposed to an idealized male image that sports perfect abs, chiseled pectorals and broad shoulders in magazines, movies, sports and commercials, Kim R. Lipsman, a specialist in Eating Disorders, said in an article for the National Association for Males with Eating Disorders (NAMED).

Lipsman said, "A desire for leanness and fear of fat, plague some men just like women. The appeal to be the big, dominant, protective, strong male is a feature of the eating disorder characteristic in men."

Lipsman continued by saying, "Both fears

are fuel for men to starve, binge then purge or enlarge their body mass. Just like females, males, tapering with the bodies nutritional needs, create a neurological imbalance which promotes the eating disorder."

According to Lipsman, there are three classifications of eating disorders with similarities and differences found in both the male and female population.

The first is anorexia nervosa and it is characterized by self-induced starvation.

Lipsman states that the illness distorts truth by making a person believe they have a body larger than it actually is and fear of becoming fat if eating increases.

She goes on to cite the book, "Making Weight" by Arnold Anderson M.D., Leigh

The other classifications Lipsman lists are bulimia nervosa and Eating Disorder Not Otherwise Specified (EDNOS).

Bulimia is characterized by a period of food binging followed by self-induced vomiting, laxative or diuretic abuse, fasting or excessive exercise. EDNOS in men can range from conditions such as body dysmorphia, where a male believes one cannot get big enough, to binge eating disorder and night eating syndrome.

The NEDA says the rampant promotion of masculinity in males plays into another leading factor in eating disorders, which are negative attitudes towards psychiatric help. The organization reports that due to the stigma of eating disorders primarily being a female

der." Weltzin is the director of the country's only residential eating disorder program for boys and men at Rogers Memorial Hospital, a nonprofit psychiatric hospital in Oconomowoc, Wis.

Sexuality is the other leading factor among male eating disorders, according to the NEDA. Almost half of the estimated 10 million men in the United States with eating disorders identify as gay, bisexual or transgender.

The NEDA said, "Gay males are estimated to comprise five percent of the general population, but among men with eating disorders, 42 percent identify as gay."

The organization attributed this to some of the stressful situations the LGBT community have to struggle with, such as coming out and harassment in school or the workplace. These can lead to unhealthy coping mechanisms, which in turn, can lead to an eating disorder.

While there are no simple solutions or instant cure for eating disorders for males or females, a growing body of research is leading to physicians and psychologists attaining a better understanding of the growing concerns and therefore, knowing how to treat the problems more effectively.

NAMED provides numerous ways men who may be suffering from eating disorders can get a better grasp at their disease and begin the road to recovery on their official website, which can be found at www.namedinc.org/tools. Any UCO students who believe they may suffer from an eating disorder or think they may know someone who suffers from one, are encouraged to seek help immediately. One helpful on-campus resource includes the Student Counseling Services, located on the fourth floor of the Nigh University Center.

Appointments are recommended. Please call 405-974-2215 for any additional questions.



Photo by Aliki Dyer, The Vista

Cohn M.A.T. and Tom Holbrook M.D., as it gives four primary reasons men develop anorexia found less often in women.

Lipsman said, "Anorexia for the males begins by avoiding being teased for chubbiness as a child, starts as a way to improve athletic performance, is to avoid having medical illnesses like their father's heart disease, diabetes or high blood pressure and to improve a gay relationship."

problem, men are less likely to address the issue due to the possibility of public embarrassment. This has led to fewer programs tailored to boys and men.

Psychiatrist Theodore Weltzin told NPR, "One of the biggest concerns for men is they feel a little bit like a fish out of water when they go seek treatment for an eating disorder."



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RANDOM FACTS

In 2003, the European Union came up with a novel solution for lowering soaring unemployment levels in Italy's Campania region. With a grant of 1 million euros, the EU opened First Tel School, a program designed to train students to become game show hostesses. Unfortunately, fewer than 100 spots were made available to the 1,200 Vanna White wannabes who applied.

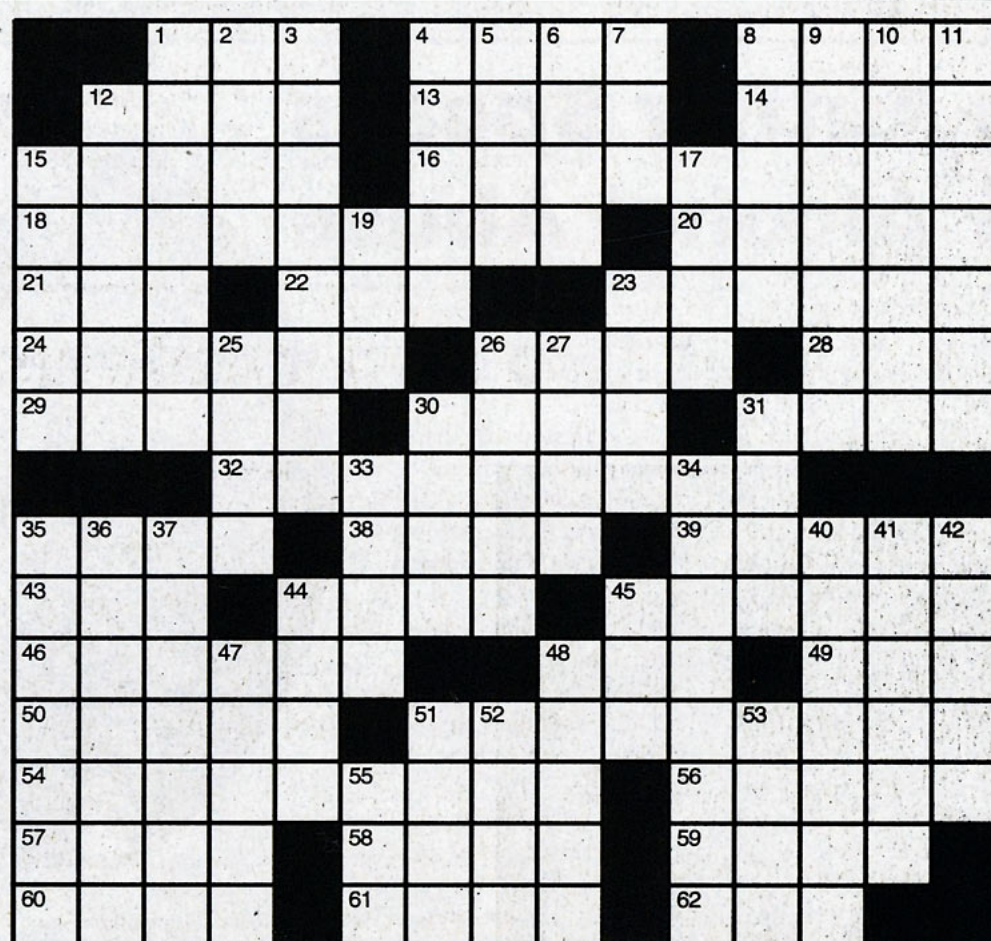
While in the contiguous 48 states federal highways are labeled with an "I" (as in I-95, I-84), in Hawaii they are labeled with an "H".

The name "The Birdman of Alcatraz" is a bit of misnomer: Robert Stroud was allowed to keep birds when he was incarcerated at Leavenworth, but not when he was transferred to Alcatraz.

CROSSWORD

Across

1. Tenth month of the Hindu calendar
4. Accomplished
8. Level
12. 100-meter, e.g.
13. Characterized by indicating poverty
14. Semitic deity
15. Oscine bird
16. North American river between the United States and Mexico
18. Crush
20. Giant with 100 eyes slain by Hermes
21. Small bird
22. ____ publica
23. Result
24. Inventor of the stock ticker
26. Absorbed
28. "____ the fields we go"
29. Odd-numbered page
30. Peewee
31. ____-European
32. Scar where the umbilical cord was attached
35. Attempt
38. Congers
39. Chain of hills
43. "____ we having fun yet?"
44. Uncle ____
45. Soak up



46. Distinguishing symbol
48. ____ grecque (cooked in olive oil, lemon juice, wine, and herbs and served cold)
49. "Seinfeld" uncle
50. Less cordial
51. Being one more than sixteen
54. Place of bliss
56. O. Henry device
57. Evasive
58. Handbag
59. Brother of Poseidon
60. Astronaut's insignia
61. Farmer's place, in song
62. Lizard, old-style

Down

1. Paralytic
2. ____-friendly
3. Area of display
4. ____-ski
5. Be hopping mad
6. Come into view
7. .0000001 joule
8. Eat or drink rapidly
9. Be contingent on
10. Rushed
11. Baton wielder
12. Split
15. Elector
17. Flat floater
19. Biddy
23. "Beowulf," e.g.
25. Torn part of a ticket returned as a receipt
26. Small channels
27. Cuckoos
30. Appearance
31. Egyptian fertility goddess
33. "Cold one"
34. Make more industrial
35. Japanese stringed instrument
36. Windpipe
37. Forward passes
40. Dispense
41. Leaves and stems eaten as vegetables
42. Black
44. Shipping hazard
45. A pint, maybe
47. Lake Turkana locale
48. Be of use
51. Locale
52. Twelfth month of the civil year
53. Not kosher
55. Cabernet, e.g.

SUDOKU

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RANDOM QUOTES

The number of books will grow continually, and one can predict that a time will come when it will be almost as difficult to learn anything from books as from the direct study of the whole universe. It will be almost as convenient to search for some bit of truth concealed in nature as it will be to find it hidden away in an immense multitude of bound volumes.

- Denis Diderot

Seize the moment of excited curiosity on any subject to solve your doubts; for if you let it pass, the desire may never return, and you may remain in ignorance.

- William Wirt

RIDDLE

I have holws on the top and bottom.
I have holes on the left and on my right.
And I have holes on the middle, yet I still hold water.
What am I?

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Austin Litterell

Sports Reporter

It was a weekend that all OU fans and player were looking for. They could not wait to beat Texas and beat them by a lot. Texas was just hoping to keep things close for more than a quarter, hoping to save Mack Brown's job. That weekend turned into a nightmare for Oklahoma and a dream come true for the Longhorns. The Longhorns shocked the world and there were things I noticed about the way the Sooners played.

1. Overconfidence

The number one rule in football is to never overlook your opponent. You have to be ready to play every single Friday, Saturday, or Sunday. If you do not come to play, then there is a chance of an upset. The Sooners figured that out this weekend. Fans all week on social media, especially Twitter, just kept tweeting about how bad OU was going to beat Texas. Call me superstitious, but it made me a little nervous.

The Players came onto the field and they looked like they were thinking the same thing the fans were tweeting, overconfident. The first half just looked like the Sooners thought they were going to come in and blow out Texas. After two straight dominating victories, it's easy to feel that way. Texas came out with nothing to lose and they played like it, dominating OU in every aspect of the game. The Longhorns seemed to want it more and they earned it.

2. Bad play calling and Poor Execution do not mix

I know it seems pretty obvious but it is a true statement. The play calling was confusing. Josh Heupel went away from what they do best, running it. Yes, at times they strug-

gled, but when Trey Millard and Keith Ford, possibly OU's best backs, were in the game, they were solid. They showed the aggressiveness and physicality not found anywhere else. Millard's and Ford's presence brought OU the most success. The problem is they were not in enough. We seemed to go away from the run a lot and when we did run, it was out of the Shotgun. And when we forget the run, then we must pass, which was below average today. The execution in the passing game was not very good, to say the least. No blocking, led to Blake Bell struggling. It seemed like every time Texas got pressure, he got happy feet and mad mistakes. That is why I would have liked to see more QB run. Bell has shown mobility so it did not make much sense to not run him just to get him going.

3. Depth is an Issue

If it is one thing that hurt the defense, it was the absence of two crucial starters: Linebacker Cory Nelson and defensive linemen Jordan Phillips. Both are out with injuries and both were missed. Nobody could plug the holes that Texas offensive linemen were creating. Texas could just run right up the

gut and get four or five yards per carry. No excuses, as the replacements needed to step up.

4. 3rd Downs are Important

The stat that absolutely killed the Sooners was third downs, on offense and on defense. The offensive could not stay on the field and defense could not get off of it. The sooners were just 2-13 on offense and Texas was 13-20. Most of theirs were third and longs with receivers running wide open. Another obvious statement, is if you cannot stay on or get off the field, there will trouble and to Texas' credit, they took advantage. This was just another statistic that the Longhorns dominated.

Texas just seemed to want this game more than OU. They came out and took it right to the Sooners from the first drive. In a battle of two former quarterbacks, Major Applewhite came out victorious over Heupel. Everyone is to blame for this loss though, let's remember it is a team sport. There were mistakes made everywhere on Saturday. A loss though, will make that drive a whole lot longer though.

Volleyball

Central Oklahoma split two non-conference games



Junior outside hitter/right-side hitter Sabetha Young hits the ball against Pittsburg State on Sept. 17, 2013. Photo by Cyn Sheng Ling, The Vista.

Rick Lemon

Contributing Writer

The Broncos have used a blistering start to the season to match their win total from last season, already.

With fourteen games left in the season, UCO has already accumulated a record of 13-5. Using a much improved offense and stout defense from several players, the Broncos have found continued success in this second season with head coach Edgar Miraku.

The Oklahoma City University Stars were able to take the first game of the day after a tough five set battle of 25-20, 25-22, 19-25, 16-25, 15-7.

When interviewed by Bronchosports.com, Miraku said this about the two game split, "We were too inconsistent against OCU and that cost us... We did a great job coming back after losing the first two sets and it looked like we had all the momentum, but we were sluggish in the fifth set for whatever reason."

The Broncos looked like they might be able to stage a comeback against OCU in the first game of the day, after losing the first two sets.

With kills recorded by Tyler Gromann and Barbara Jackson, who together had

26 of the Broncos' 53 points this match, UCO took the third and forth set and had what seemed like all the momentum going into the fifth.

In the fifth set the Stars took a lead of 8-3, which had the Broncos on their hooves. They were never able to get any momentum as OCU took the final set 15-7.

After the tough loss, UCO found itself having an easier time against the Langston University Lions. Hitting .380 as a team with 35 kills and only eight errors off 71 attacks, the Broncos took the game against the lions in three straight sets.

Juliette Smith had a stellar game against Langston, racking up a .778 hitting percentage with seven kills and no errors in nine attacks, also adding three blocks on defense (two solo and one assisted).

Both Jackson and Allison Barr recorded five kills against Langston, along with Bonnie Vernon adding four kills and three aces to round out the Broncos' stellar performance.

Tate Hardaker added 28 digs on Saturday to her career totals at UCO, moving her into second place all-time.

The Broncos are set to play again Tuesday night as they host the Southeastern Oklahoma State Savage Storm. The Game tips-off at 7 p.m. at Hamilton Field house.

Women's Cross Country

Bronchos Finish Second At Midwestern State

WICHITA FALLS, Texas (Oct. 12) – Central Oklahoma used a trio of top-10 finishes to come in second at the Midwestern State Cross Country Carnival here Saturday morning.

The host and No. 17-ranked Mustangs won the three-team meet with 15 points, while UCO finished with 46 points and Southwestern Oklahoma with 85.

Katie Kerns continued a strong season with her fourth top-10 showing in four meets this fall, coming in sixth in the six-kilometer race at 23:49.2. Rebekah Hickman placed eighth in 23:59.7 and Stephanie Fleig was ninth in 24:09.0.

Also running for the Broncos were Makayla Miller (11th, 24:25.2), Jacquelyn Skocik (12th, 24:30.2), Rachel Davis (13th, 25:15.2), Ashlyn White (14th, 25:52.1) and Rachel Parsons (15th, 25:58.9).

UCO is off next week before going to Pittsburg, Kan. Oct. 26 for the Mid-America Intercollegiate Athletics Association Championships.

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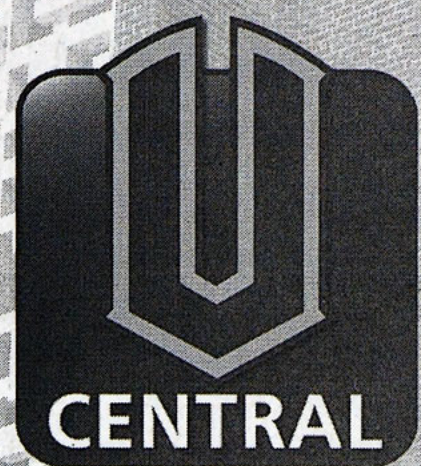
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Bronchos unable to upset No. 3-ranked NWMSU



Redshirt freshman tightend Connor Pulley runs the ball against Northwest Missouri State on Oct. 12, 2013. Photo by Darren Whitley, Northwest Missouri State University

Austin Litterell

Sports Reporter

The UCO football team was unable to pull off the upset of third ranked Northwest Missouri State. The Bearcats proved to be too much on both sides of the ball. The Bearcats

defeated the Bronchos by a score of 72-10.

"Well I'd say it's a continued growth as much as anything. We know what we've got to be in order to be successful in this league ear in and year out," coach Nick Bobeck said.

Northwest Missouri got off to a fast start offensively and did not look back. The Bearcats

scored on their first four possessions of the game, taking an early 28-0 lead. Northwest Missouri started their scoring with an 8-yard touchdown run from Robert Burton. Trevor Adams threw touchdown passes the next two drives, one of 37 yards and the other 89 yards. Robert Burton added his second touchdown of the day with a 24-yard run.

The second quarter proved to be about the same. UCO finally got on the board after a Seth Hiddink field goal. Adams added two more touchdowns to the stat sheet, one on the ground and the other coming through the air. Joshua Birmingham scored the only Bronchos' touchdown of the game from three yards out. The Bronchos trailed the Bearcats at halftime 49-10.

The second also belonged to the Bearcats. NWSU added 23 more points in the third and fourth quarters for a final result of 72-10 beating the 70 points they put on the board in last year's matchup.

NWMSU's offensive was unstoppable on Saturday. The Bearcats totaled 687 yards of offense.

Individually, quarterback Trevor Adams was 18-21 for 261 yards and three touchdowns. The Bearcats were balanced on the ground with four players each, having over 50 yards rushing. Phil Jackson led the team with 81 yards on the ground.

UCO was strong on offense during the first half of the game, but were corralled in the second half. UCO put up 246 yards of of-

fense in the first half, but were held to just 51 yards of offense in the second half. The Bronchos were quarterbacked by redshirt freshman T.J. Eckert, who was taking over for injured starter Adrian Nelson. Eckert finished with 229 yards through the air on 14-31 passing. They struggled to get the run game going, though.

The Bearcats defense held UCO to just 68 yards rushing on the game. Joshua Birmingham was limited to 45 yards on 15 carries. Wide receiver Marquez put on another impressive performance having 128 yards on five catches in the game.

"That's the great thing about playing the football teams that we're playing, playing Northwest Missouri, Pittsburgh state, and Missouri Western, Bobeck said, those guys are traditionally at the top of our league and we understand, our kids now understand what it takes for us to be successful. And at a high level so we got to continue to grow, we got to continue to get better. It's a physicality thing as much as anything."

It is safe to say UCO has had a brutal schedule so far this season. UCO will play their first game against the bottom half of the MIAA next week at home, as they take on Central Missouri. Central Missouri will be the first team UCO has faced this season without a winning record, but cannot be taken lightly. The game is scheduled for kick off at 1 p.m. Saturday at Wantland Stadium.

Soccer

UCO hands a 2-0 shutout to Nebraska-Kearney

Cody Johnson

Sports Editor

The University of Central Oklahoma Lady Bronchos handed a 2-0 shutout defeat to the Nebraska-Kearney Lopers on Sunday in Edmond. This was after the Lady Bronchos fell 1-0 to the Fort Hays State Tigers in a close fought game on Friday in Edmond.

After the game Sunday, Central Oklahoma improved to a 6-6-1 record for this season and 3-2-1 in MIAA league record.

"We played hard and came out with a good win," head coach Mike Cook said in an interview with Bronchosports, "I was proud of the way we came back after such a tough loss the other day and we just want to keep focused on winning every match from here on out."

Sophomore fullback Quinn Tooke

and sophomore forward Kimberly Linder scored the only goals of the game against the Lopers, both of which happened in the first half. Tooke received the ball from sophomore forward Caitlin Bond just three yards out and sent the ball into the net in the 40 minute of the game.

After this goal, the Lady Bronchos did not waste any time. Only two minutes later, Caitlin Bond passed another ball to Kimberly Linder for another goal, putting Central Oklahoma up 2-0.

In the second half Central Oklahoma took control defensively against Nebraska-Kearney. Lady Broncho freshman goalkeeper Emily Thornbrugh stepped up to defend the net, saving three shots from the Lopers and allowing the shutout for UCO.

In Friday's game against the Tigers, UCO preformed well, but it was not quite enough. The game against the Fort Hays State Tigers was also a MIAA

league game.

"It's a tough loss and we're disappointed, but we just have to find a way to put it behind us," Cook said in the interview with Bronchosports.

The Bronchos dominated the Tigers in shots, attempting 16 shots to the Tigers' eight shots.

Fort Hays State had an amazing 12 saves from their goalkeeper, with 10 of those saves being in the second half. The only goal of the game came from a free kick 30 yards away from the Lady Bronchos' goal off of a handball, called against UCO.

Central Oklahoma returns to action at 4 p.m. on Friday to take on the University of Central Missouri on Tom Thompson Field in Edmond.

Senior fullback Jordan Hutchison heads the ball on October 4, 2013. Photo by Quang Pho, The Vista





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