

CHAMPIONS



the VISTA

March 12, 2015

STAFF

Rick Lemon, Editor-in-Chief	Lauren Capraro, Reporter
Queila Omena, Managing Editor	Kchris Griffin, Reporter
Alex Brown, Copy Editor	Ariana Muse, Reporter
Daltyn Moeckel, Design Editor	Austin Rabon, Reporter
Emily Hahn, Sports Editor	Adam Ropp, Reporter
Ryan Naeve, Photo Editor	Cooper Billington, Photo
Teddy Burch, Advisor	

Advertise with the Vista:

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

Email your questions to:

ucovista.advertising@gmail.com

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

EDITORIALS

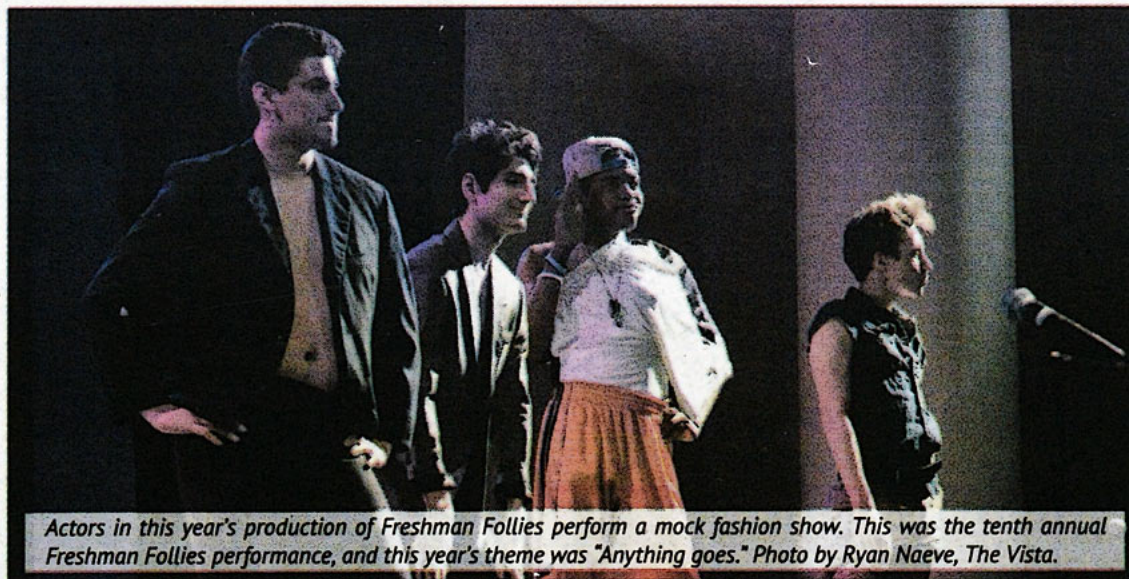
Opinion columns, editorial cartoons, reviews and commentaries represent the views of the writer or artist and not necessarily the views of The Vista Editorial Board, the Department of Mass Communication, UCO or the Board of Regents of Oklahoma Colleges. The Vista is not an official medium of expression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

LETTERS

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

Address letters to:

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



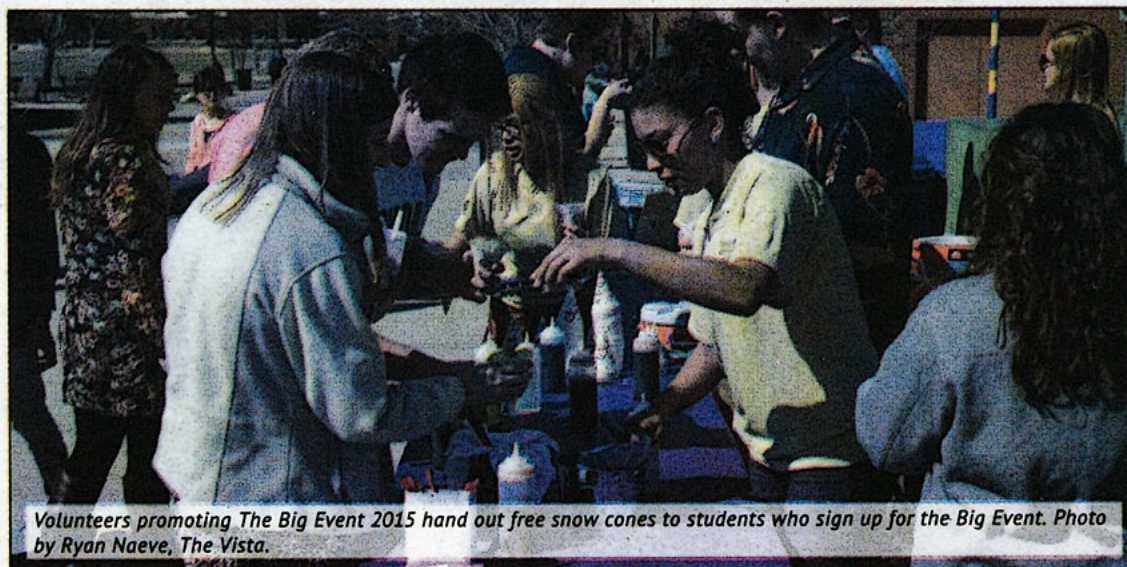
Actors in this year's production of Freshman Follies perform a mock fashion show. This was the tenth annual Freshman Follies performance, and this year's theme was "Anything goes." Photo by Ryan Naeve, The Vista.

CONTENTS

Campus Quotes.....	3
News.....	4-12
Features.....	12-15
Classifieds.....	18
Sports.....	19-23

ON THE COVER

The UCO Hockey team, colloquially known as "Chos on Ice, pose for a victory picture after winning the ACHA D-II National Championship, in Cleveland, Ohio on Tuesday night. Photo by Betsy Timken, American Collegiate Hockey Association. Photo illustration by Daltyn Moeckel, The Vista.



Volunteers promoting The Big Event 2015 hand out free snow cones to students who sign up for the Big Event. Photo by Ryan Naeve, The Vista.

“Campus Quotes”

What show have you been watching a lot of lately?

Nancy Tran

Early Childhood Education

“‘Friends,’ because I needed something new to binge watch.”

Freshman

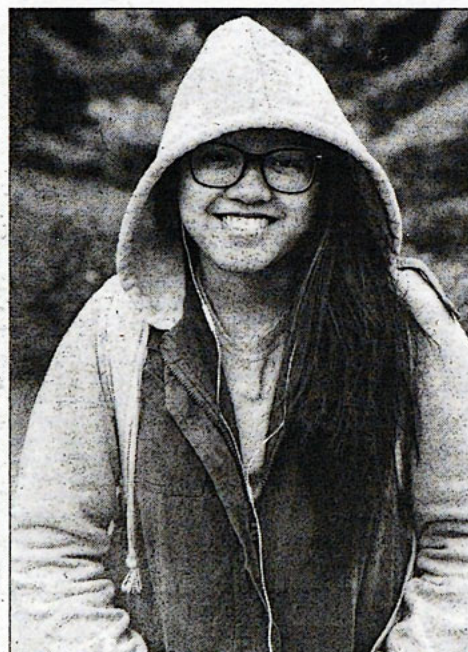
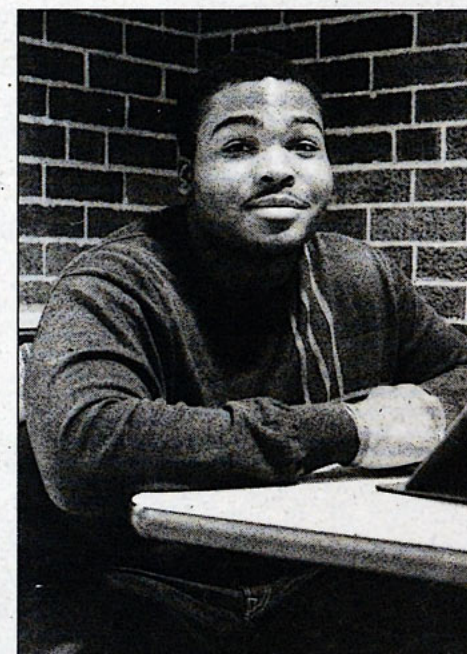


Sky Huff

Mechanical Engineering

“I’ve been watching movies. I replay movies like they’re songs. Stuff like ‘Inception,’ ‘Interstellar,’ ‘Cloud Atlas,’ stuff that makes you think.”

Junior

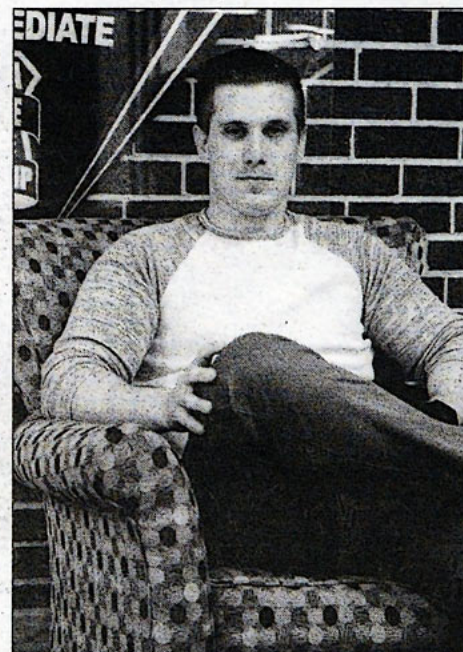


Ann Barber

English

“I’ve been watching ‘Dream High 2’ because I heard it sucked. It’s a Korean TV show.”

Freshman



Austin Anderson

Microbial Science

“‘The Walking Dead.’ I’ve been watching it because it makes you wonder how things would be if that kind of thing happened, but at the same time none of it’s real.”

Freshman

UCO to host five-time Grammy Award winner for special on-campus show



Lindsey Todd

Contributing Writer

Five-time Grammy Award-winner Sandi Patty will be performing "Broadway Stories" with the Young Voices of Edmond and the UCO Symphony Orchestra on campus at the University of Central Oklahoma in Mitchell Hall Theatre on March 13 at 7:30 p.m. This performance is a continuation of UCO's Broadway Tonight Series season titled "Oklahoma Voices."

"I had the opportunity to see the show in Broken Arrow. It was an incredible experience to get to see someone with this much talent cross over from being a contemporary Christian singer to performing Broadway music," stated Greg White, Ph.D., director of musical theatre and producer for Broadway Tonight at UCO. "She just has this amazing spiritual quality about her that touches

your soul."

Sandi Patty's accomplishments include, collaborations with the New York Pops, Boston Pops, Cincinnati Pops, the Dallas Symphony and performing The Star Spangled Banner at the rededication of the Statue of Liberty. Along with her five Grammy Awards, Patty has won four Billboard Music Awards, 39 Dove Awards, three platinum records, five gold records, 11 million albums sold, and the nickname "The Voice."

The performance of "Broadway Stories" will be a concert, including songs from musicals, such as

"Sound of Music," "Show Boat," "Phantom of the Opera," "Music Man" and more.

"Broadway Stories" will be a unique opportunity for about 80 UCO symphony and orchestral students and about 75 children ages 5-15 from a local children's choir in the community called Young Voices of Edmond. They will get to work with Sandi Patty through rehearsal time and an on stage performance," said White.

Patty will also host a master class at noon Thursday on campus for musical theatre majors at UCO, which will include a Q&A and Patty working with singers

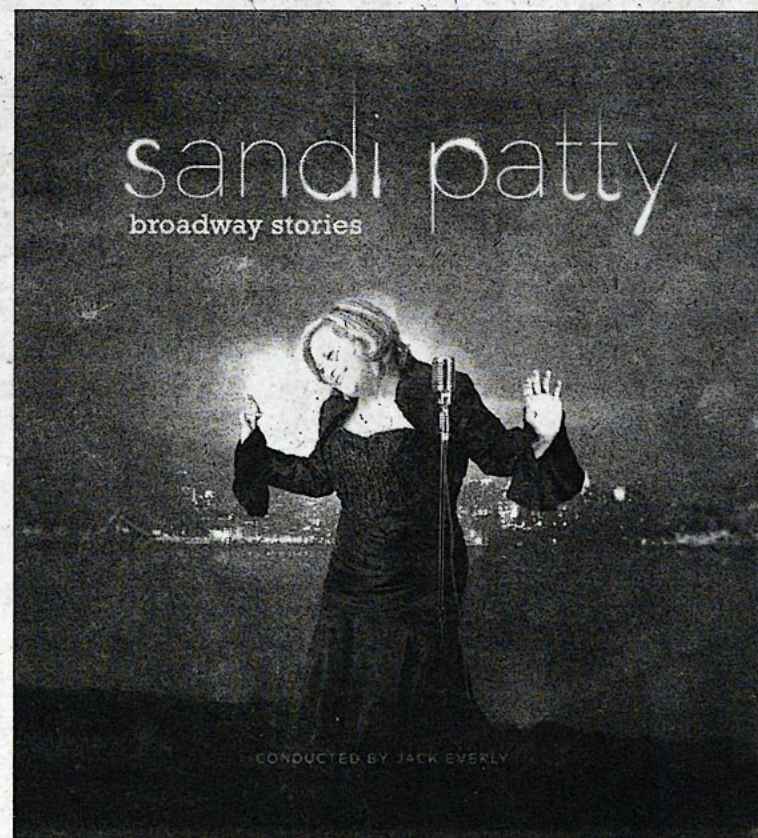
from within the class. This class will be free and open to the public. For more information about the master class, contact Broadway Tonight's office at 405-974-2609.

Tickets to Sandi Patty's "Broadway Stories" can be purchased by visiting www.uco.edu/cfad/mitchell-hall/index.com or by calling the Mitchell Hall Box Office at 405-974-3375.

For a complete listing of UCO College of Fine Arts and Design events and performances, including Broadway Tonight Series performances, visit <http://www.uco.edu/cfad/>.



UCO's Broadway Tonight Series continues its themed season "Oklahoma Voices" with a performance by five-time Grammy Award-winner Sandi Patty (pictured) at 7:30 p.m. March 13 at Mitchell Hall Theatre, located on campus. Photo provided by UCO University Relations. Used with permission.



The cover to five-time Grammy Award-winner Sandi Patty's newest album "Broadway Stories" which she will be performing on campus on March 13 in the Mitchell Hall Theatre. Photo used with permission.

UCO gears up for annual Big Event service day, sign-ups for event close TOMORROW



Rebekah Murphy
@ rebekahfm18

Contributing Writer

BIG EVENT 2015

Big Event is the University of Central Oklahoma's annual service day that brings college students out into the community for service work. Groups of four or more are assigned to different sites with various tasks to be completed.

Big Event Director Jordan Phillips explains that Big Event is an important day for UCO because it is a day dedicated to saying "Thank you" to the Edmond community that does so much. The goal of Big Event is to make

a positive impact on the community by displaying thankfulness as citizens.

Phillips shared that as a freshman Big Event opened his eyes to how great volunteering really was; this experience led him to apply to be a team leader his sophomore year at UCO. He said the community was so thankful because college students were spending a few hours to help clean up another's yard.

Students that volunteer with Big Event are simply dedicating

four hours on a Saturday to make a difference in their community. Phillips explains that as students we should all want to better the school and community.

Even more, he urges that Big Event is a great way to make this impact in the Edmond community.

Student volunteer, Denton Scherman, discussed his experience raking leaves on Broadway Ave. last year. Scherman said that it is important to represent the university in a community that so graciously supports the students

and their various opportunities.

The Big Event team looks for various sites in the Edmond and metropolitan area. The sites are picked through recruitment through homeowners associations, churches, elderly communities, non-profit organizations and public schools.

Other sites are from the previous years who continue to host UCO students for the annual Big Event.

The tasks assigned to groups at the different projects include

things such as packaging items, yard work and sometimes even painting. When volunteering students can expect to do more than just physical work, they have an opportunity to make connections with the families and get to know their stories.

Interested students can find more information and sign up on OrgSync. The Big Event is March 28 in the morning to early afternoon. The opportunity to sign up closes March 13 at 11:45 p.m.



Big Event 2014 Participants wait in line to get their instructions on exactly where and what type of volunteer work they will be doing. Photo taken from The Vista Archives.

		Located AT: 1389 E. 15th St. Edmond, OK 74013
Show your student ID and get free 24oz drink with any 10 inch pizza		

Office of Tours and Events looking for new Student Ambassadors



Chase Reeser
@ chasertheprince

Contributing Writer

The Campus Tours and Events office at the University of Central Oklahoma is accepting applications for new Student Ambassadors now through March 27.

"Applications are available now on Orgsync, or you can come by the office and pick one up," said Allison Fannon, coordinator of Campus Tours and Events. "We are looking for students that have an obvious passion for the University and are really good with people."

Student Ambassadors are the people in official UCO polos giving tours around the campus to high school students, parents and anyone else interested in life at UCO. They give a brief history lesson of the school's 125 years as an academic institution, and expose them to what college is really like for a couple of hours.

"I love being able to interact with the incoming students and parents, and telling them exactly why their children should go to UCO," said Bria Bowler, a student ambassador.

Being a Student Ambassador also has its perks. In exchange for putting in a required minimum amount of hours each semester as an ambassador, students receive a free commuter parking pass.

You read that right: free commuter parking.

"Student Ambassadors serve an important role because they help to sell the University to

students who may be on the fence about which school to choose, or who never thought about attending college in the first place but came on the tour through their high school and it changed their mind," Fannon said.

The job is not just about giving tours, though. The Office of Campus Tours and Events is in charge of putting on a number of events throughout both semesters including Central Close Up, a high school senior day; Edmond College Night, a college fair hosted by UCO for students of Edmond High Schools; and Advisor Day, when high school senior advisors from around the state are invited to UCO for the latest on all the school has to offer.

Ambassadors are in charge of registration and tours for these and other events.

"It's a lot of fun because you get to be Central's first impression. I know that when I was on a tour as a high school senior, I decided to attend UCO," sophomore Seth Williams said. "You also get to be completely school spirited everyday which makes it just so much more fun to be a part of the campus."

For more information about becoming a Student Ambassador, call the Campus Tours Office at 405-974-2610, or contact Allison Fannon at adavis36@uco.edu.

Junior Bria Bowler directs a campus tour for young, unsuspecting high school students as they enter the jungle. Photo by Ryan Naeve, The Vista.



The Office of Institutional Effectiveness wants to know Have you seen NSSE?



Lauren Capraro
@laurencapraro

Staff Writer

The University of Central Oklahoma Office of Institutional Effectiveness encourages chosen students to take the 2015 National Survey of Student Engagement.

The survey annually collects information at hundreds of four-year colleges and universities about first-year and senior students' participation in programs and activities that institutions provide for their learning and personal development. The results provide an

estimate of how undergraduates spend their time and what they gain from attending college.

The randomly chosen group of first-year and senior students received an email from NSSE, asking them to participate. Another email will be sent out March 4 that includes a link to the survey, according to Cia Verschelden, executive director of Institutional Assessment.

The survey doesn't assess stu-

dent learning directly, but the results point to areas where colleges and universities are performing well and aspects of the undergraduate experience that could be improved.

NSSE provides participating institutions a variety of reports that compare their students' responses with those of students at self-selected groups of comparison institutions.

"The survey tells the us how much, and in what contexts, students are engaged in various activities-- in and outside the classroom. Data on persistence and graduation indicate that students who are more engaged are more likely to be successful," said

Verschelden.

Institutions use their data to identify aspects of the undergraduate experience inside and outside the classroom that can be improved through changes in policies and practices more consistent with good practices in undergraduate education. This information is also used by prospective college students, their parents, college counselors, academic advisers, institutional research officers and researchers to learn more about how students spend their time at different colleges and universities and what they gain from their experiences.

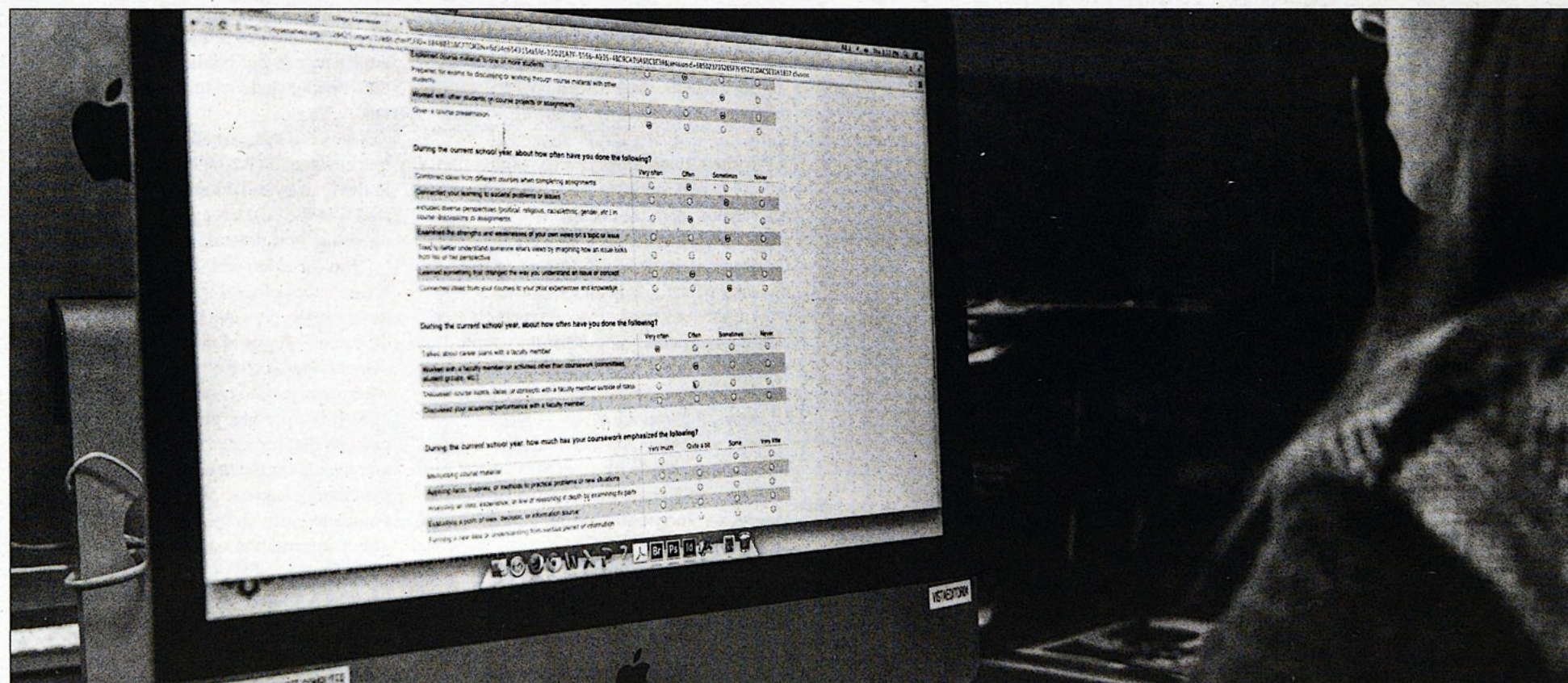
More than 1,500 different colleges and universities in the

U.S. and Canada have participated in NSSE since it was first administered in 2000. UCO has participated in the survey in 2001, 2003, 2006, 2009 and 2012.

Verschelden said UCO encourages all chosen students to take the survey to help improve the way the university operates.

The survey is open to the selected group of students until Spring Break. For more information on the National Survey of Student Engagement, visit <http://nsse.iub.edu/>.

"The more students who complete the survey, the more meaningful the results are and the more useful they are to helping us to improve," said Verschelden.



A Student completes the National Survey of Student Engagement (NSSE) on a computer on campus. The NSSE, which runs at hundreds of college campuses nationwide, measures student involvement and satisfaction on a national level so that universities can assess trends in what and how students use the resources available to them on campus. Photo by Ryan Naeve, The Vista.

E! Network personality, Michael Yo, brings laughs and insight to campus in stand-up event



Taylor Favell

Contributing Writer

COMEDY ON CAMPUS

Michael Yo, actor, TV host, Hollywood expert, and stand-up comedian, was featured in a comedy show March 3 at the Constitution Hall in the Nigh University Center, hosted by the Student Programming Board.

The organization met Yo while attending the National Association for Student Activities conference, where they were able to correspond with his agent and set up an appearance event for him at the University of Central Oklahoma.

The seats filled up in the hall very quickly and the show started with opening

act, Jesus Trejo. Trejo and Yo were linked together through the agency they both work for and they had only met hours before the event, but the two seemed as if they had been friends forever.

Trejo warmed up the crowd of students while Yo finished getting ready backstage; the audience was tickled while listening to him speak about his personal experiences.

First he talked about his struggles of balding at such a young age. He took off his hat and showed his comb-over to the crowd.

"I'm on twenty eight," he said while

laughing, "but already I'm balding. My hair is like Pangea. It used to be one piece but now it is starting to shift into different places and islands."

The audience laughed aloud as he went on speaking of his stories about life in California, his Mexican heritage and his 70-year-old parents. When his allotted time was up, he thanked the crowd and energetically introduced Yo.

Once on stage Yo immediately began interacting with the crowd. He asked questions to many of the students about their majors and desired career paths.

He incorporated his jokes into their responses and the crowd seemed very pleased to have the opportunity to be part of the show.

Yo spent the majority of the night talking about his experiences in Hollywood and his various jobs. He is currently working at E! News, but he has also worked at the Chelsea Lately Show, Extra and on the sets of many of the Kardashians' shows.

Comedy is a profession Yo recently got into; he has been doing it for only three years. He started off as a radio host, but one day he was approached by the president of E! network about a job.

Ever since then, he has made his living interviewing celebrities.

"I've met Kanye West, Justin Timberlake, Katy Perry and Jennifer Anniston, just to name a few," he said.

He talked about many celebrity interviews, what it was like to meet celebrities and how they act in real life.

"I interviewed Katy Perry around the time her divorce was being finalized. I remember her being very flirty with me throughout our entire time together," he

said. "Once the interview was over she leaned in and asked if the cameras were off. I told her yes, anticipating that she was going to reach over and hand me her number. Just as I leaned in to accept it and hug her she let out a huge fart. It was disgusting, but that's how Katy Perry really is. She's comfortable in her own skin."

He continued telling entertaining stories about celebrities. The audience never took their eyes off of him.

At the end of the evening, before he took pictures with everyone and signed autographs, he answered questions from any audience member bold enough to ask. More than twenty students raised their hands to talk to Yo.

Many students asked about his career journey and advice on how to get their foot in the Hollywood door. He gave what he said was the best advice he had for people pursuing their dreams.

"Have a video reel. It is all about the reel. Experience definitely counts, but more than anything people want to see your product on camera. If you'd rather be behind the camera, then intern everywhere and anywhere you can," Yo said.

SPB is a premier programming board on campus that provides free entertainment and events for the school body while also developing leadership. The organization is completely driven by students.

For information on upcoming events hosted by the SPB or to learn how to become a member of the organization go to <http://www.uco.edu/student-life/cae/studentprogrammingboard/index.asp> or contact spb@uco.edu.

Tummy Back

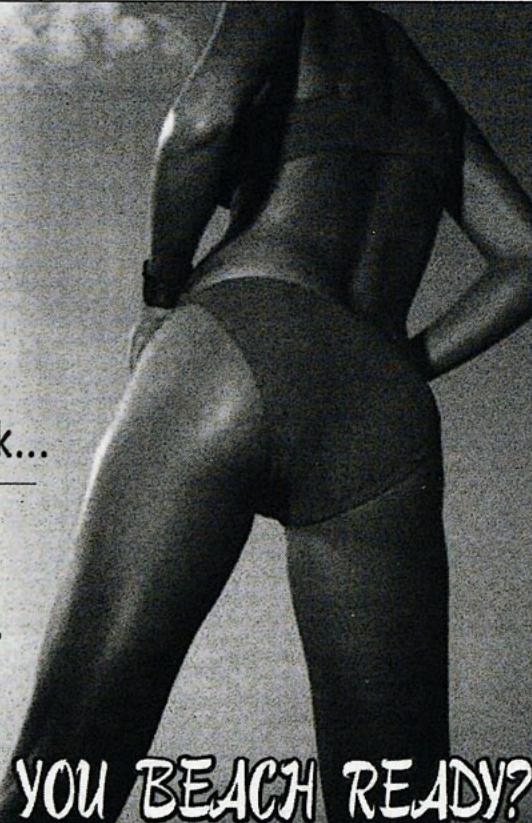
Arms Thighs

Before Spring Break...

Tighten, tone, firm in as little as 45 minutes!

405-714-7724

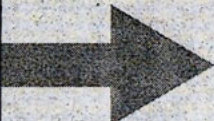




ARE YOU BEACH READY?

Could you use \$50?

Follow these steps to enter our giveaway and you could be \$50 richer!



1. Follow @TheVista1903 on twitter!

2. Tag us in your next tweet!



Two winners will be notified via twitter.

That's all! We will tweet you back to let you know you have been entered.

Random giveaway will take place April 28th - May 1st!

Vista promotion Contest rules:

1. No purchase necessary to be eligible to enter giveaway 2. Contest is open to all UCO students, faculty and staff 3. All followers of @TheVista1903 on Twitter are eligible to win the \$50 prepaid debit card. Winners are voided from further entries until promotion is completed. 4. All students associated with The Vista, UCentral Media, UCentral Radio are not eligible to win 5. Winners will be notified via private message Twitter 6. Winners must pick up their prize in the Vista Newsroom (Mass Communications building, Room 131 within 24 hours of notification) 7. Odds of winning depend on total number of @TheVista1903 followers at the time of the giveaway 8. The Vista, in its sole discretion, reserves the right to disqualify any person for tampering with the entry process



Lindsey
Todd

Contributing Writer

UCO professor elected president of Chinese Historians in the U.S.

The University of Central Oklahoma's Professor of History, Xiaobing Li, Ph.D. received news last November that he had won the election for becoming president of the Chinese Historians in the United States. His term will be from 2015-2017 and Li is the only member of CHUS from an Oklahoma institution.

"It's a great opportunity for me to be able to serve as the president of this organization and for my service and contribution to also be able to promote the University of Central Oklahoma, while also making UCO aware of the academic activities so we can combine our scholarly work and classroom teaching," stated Li. "Overall, bringing fresh ideas, new publications and scholars to our classrooms will benefit our students."

His obligations will include developing academic scholarly programs, promoting Chinese history studies and Asian study programs, connecting with other associations, fundraising for the organization, recruiting new memberships, accepting applications for memberships and articles for their monthly newsletter.

CHUS will be co-hosting an international history conference titled The Modern China in Shanghai, China this summer from July 5 to July 8, which will include guest speakers and 50-60 panelists reading their historical research papers to fellow historians and students from the surrounding area. The proceedings will be published after the conference for those unable to attend to document the information exchanged and for bilingual purposes.

Another international history conference is scheduled for this

November in the U.S. in Jacksonville, Florida.

"Everyone can make a difference and contribution to the mutual understanding of two different cultures," said Li.

By the end of this year, his new book titled "Modern China: Understanding Modern Nations" will be published by ABC-CLIO. Recent past publications from 2013-2014 include, "Oil: A Cultural and Geographic Encyclopedia of Black Gold," "China's Battle for Korea: The Spring Offensive 1951," "Evolution of Power: China's Struggle, Survival, and Success," and "Modern Chinese Legal Reform: New Perspectives."

He has taught at UCO for the past 22 years and is currently teaching four classes this semester, including two East Asian Civilization from 1500 classes, a History of U.S. Since 1877 class and one graduate student seminar class, China as an Evolving Superpower.

Li is very active on campus, sponsoring clubs such as the UCO Chinese Student Association, UCO Hong Kong Student Association, UCO Taiwanese Student Association and UCO Asian American

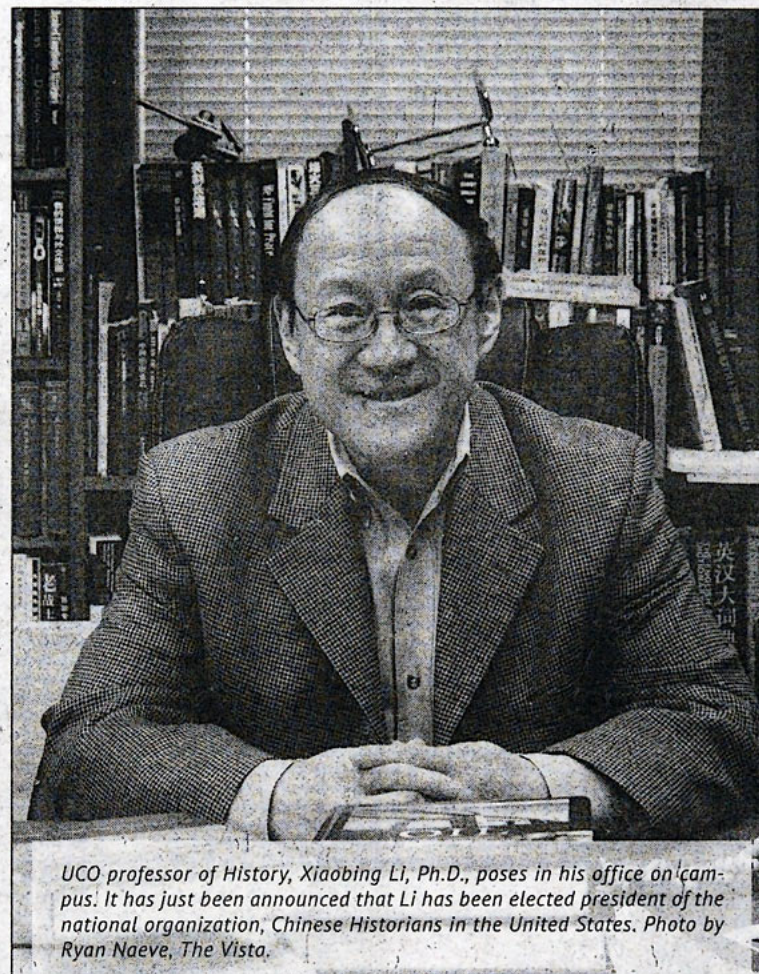
Student Association. He is also the director of the Western Pacific Institute and director of the Confucius Classroom Project.

He also served as the Chair of the Department of History and Geography from 2009 to 2014.

"I enjoy teaching at UCO and providing transformative learning experiences for students by introducing different cultural perspectives and by teaching them to interact with different socializations. This will prepare them for their careers and help them to become more open-minded and multicultural-oriented, while also giving them the ability to take on new challenges of the 21st century," stated Li.

In his spare time he likes staying up to date on his research, reading, attending Zumba classes at the YMCA and cooking Chinese food.

For more information, you can contact Professor Xiaobing Li, Ph.D. directly through his office phone 405-974-5483 or at his email bli@uco.edu. For more information about the Department of History and Geography at UCO, visit <http://www.uco.edu/la/history-geography>.



UCO professor of History, Xiaobing Li, Ph.D., poses in his office on campus. It has just been announced that Li has been elected president of the national organization, Chinese Historians in the United States. Photo by Ryan Naeve, The Vista.

Both Buying & Selling!

A Totally New Kind of RESALE Store!

We are always buying Apparel, Accessories & Designer Purses

ann taylor - avenue - banana republic - chicos - coach - dooney & bourke
express - gap - jill - jones new york - lane bryant - limited - loft
louis vuitton - talbots - white house black market - and many more!

Always 50-70% off!



CLOTHES MENTOR

Designed for all women sizes 0-26 & maternity.

3208 S. Broadway, Edmond
33rd & Broadway, Next to Hobby Lobby

285-8867
clothesmentor.com

Cash
on the
Spot

Is what you get
when you sell us your
women's fashions

10% off discount for
UCO students with ID
(Not valid on Designer
items over \$50)

UCO hosts Zumbathon for Oklahoma Teens



Lauren Capraro
@ laurencapraro

Staff Writer

The University of Central Oklahoma Wellness Center hosted a Zumbathon benefiting Oklahoma teens in need on March 7, where entry was free with any formal-wear donation and \$10 for all others.

The donations went to Bound4Glory & Beyond, a non-profit organization that sponsors an annual prom dress giveaway tour for Oklahoma teens in need.

The Zumbathon was open to all ages and fitness levels and did not require a membership to the UCO Wellness Center.

The event included four 30 minute Zumba dance sessions taught by instructors Sarah Crisswell, Susanna Ericson, Erica Hatchell and Patty Hull. Popular songs such as "Uptown Funk" and "Gangnam Style" were played during the sessions.

The Zumbathon had signs promoting the charity, including statistics for the average cost of a prom dress and Oklahoma poverty. Their event was also advertised on social media and at a table in the Nigh University Center.

UCO Mass Communication students Shahada Kari and Kayla Johnston hosted the event for their class, Health Communication and Promotion.

"We had to choose an event to

host for our class, and we decided that a Zumbathon would bring awareness and promote healthy lifestyles, and to promote Bound4Glory's prom dress giveaway," said Kari.

The students hosted the event alongside Shea Ware, UCO Wellness Center health and fitness specialist.

"Shahada and Kayla have done some much and have been a huge help for this event," said Ware. "We had 31 dresses, 8 shoes, jewelry and purses, as well as \$145."

The 2015 Prom Dress Tour Giveaway will be in Oklahoma City from 5 to 7 p.m. April 3 at the Boy's and Girl's Club of Oklahoma County, located at 3535 N. Western Ave.

"The prom dress giveaway event actually looks like a real dress shop. There will be lots of prom dresses and accessories to choose from, and it's free and open to all teens," said Johnston.

Ware says you can bring prom attire and accessories to her office in the Wellness Center until April 2. Accepted items include new or gently used prom-style dresses, suits and tuxedos, formal shoes, jewelry, and purses.

For more information about Bound4Glory & Beyond or how to donate to the organization's 2015 Prom Dress Tour Giveaway, contact Regina Roberts, CEO and founder of the organization, at 405-404-4118.

For more information about the Zumbathon, contact Ware at 405-974-3119 or sware1@uco.edu.



Dancers participate in the Zumbathon event held in the UCO Wellness Center last Saturday. All proceeds from the dancing marathon event went to Bound4Glory & Beyond, a non-profit that sponsors prom dress giveaways to teens in need. Photo by Cooper Billington, The Vista.



Dancers at the Bound4Glory & Beyond Zumbathon, held in the UCO Wellness Center, dance along to latin-inspired music for a marathon dancing philanthropic event. Photo taken by Lauren Capraro, The Vista.



Ariana Muse
@arianamarie93

Staff Writer

Feel less stressed before your next tests

Midterms. Oh, the dreaded word of the middle of the semester.

Either they're before spring break which gives you total relief and satisfaction, even if you didn't do that great at least it's over now, or you have to, wait for it-- study during spring break.

Unheard of, but sometimes must be done whether you like it or not. Midterms can be kind of intimidating and a pretty stressful part of the semester.

Here are a few ways to help you out and maybe help you not get too stressed out.

2. Look at what will be due.

Go through your syllabus', write a check list or put it in your calendar-- anything that will get you to do the work.

4. Schedule a time to do work.

Give yourself more than you think you'll need. Try to do everything in increments and space it out to ease your workload.

1. Do not procrastinate.

This can't be stressed enough. You've heard it time and time again, but seriously, just don't-- it's for your own good.

3. Get yourself organized.

Figure out what needs to get done and do it now. An early start, if possible, is also super helpful.

5. Get plenty of sleep.

This is extremely essential for success on your test. Don't forget to get some rest before your exam. You will feel better and do a lot better, because if you don't have enough sleep you won't remember what you stayed up all night studying for in the first place.



Photo by Ryan Naeve, The Vista.

SPB to host Stand Up to Bullying event



Austin Rabon
@ TheRabon

VistaSports Writer

"22 percent of undergraduate students reported being the victim of cyberbullying"

Victims of bullying are more than twice as likely as other people to contemplate suicide and about 2.5 times more likely to try to kill themselves.

Bullying is an issue that cannot be taken lightly, and it is time to stand up against bullying.

On March 25, the Student Programming Board of the University of Central Oklahoma will be hosting a Stand Up to Bullying event from 11 a.m. to 1 p.m. in front of the Nigh.

"We are doing this because we see bullying as an issue no matter where you go, and we are trying to decrease the amount that goes on at UCO by allowing students to pledge that they will no longer bully, or allow bullying to happen," said Mariah Wagner, Issues and Ideas director.

Anyone who wants to participate in the event can, and students will receive a stand up to bullying bracelet. Participants will also have the opportunity to decorate their own shoe key chain and will be able to write "I pledge" on the sole of the key chain's shoe as a reminder not to bully.

According to a study conducted by Buffalo University, bullying has been found to occur for college undergraduates with 18.5

percent reporting having been bullied once or twice and 22 percent reporting being the victim of cyberbullying.

Another study showed that 38 percent of students knew someone who had been cyberbullied, while almost 9 percent admitted to bullying someone else on the Internet.

"The more aware students are about bullying, the less likely that it will continue to happen. This is also a way to reach those who are being bullied, so that they know that we are trying to help it not happen as frequently," Wagner said.

Studies have linked experiences of being bullied with significant health and psychological issues, such as depression, emotional distress, low self-esteem and poor academic achievement.

Bullying cannot be ignored and it is happening all around the world-- even right here at UCO.

This event is an anti-bullying campaign to stop the continuation of bullying on UCO's campus. If a person has been bullied, bullied someone or know someone who has, come to the Nigh on March 25 and pledge to stand up against bullying.



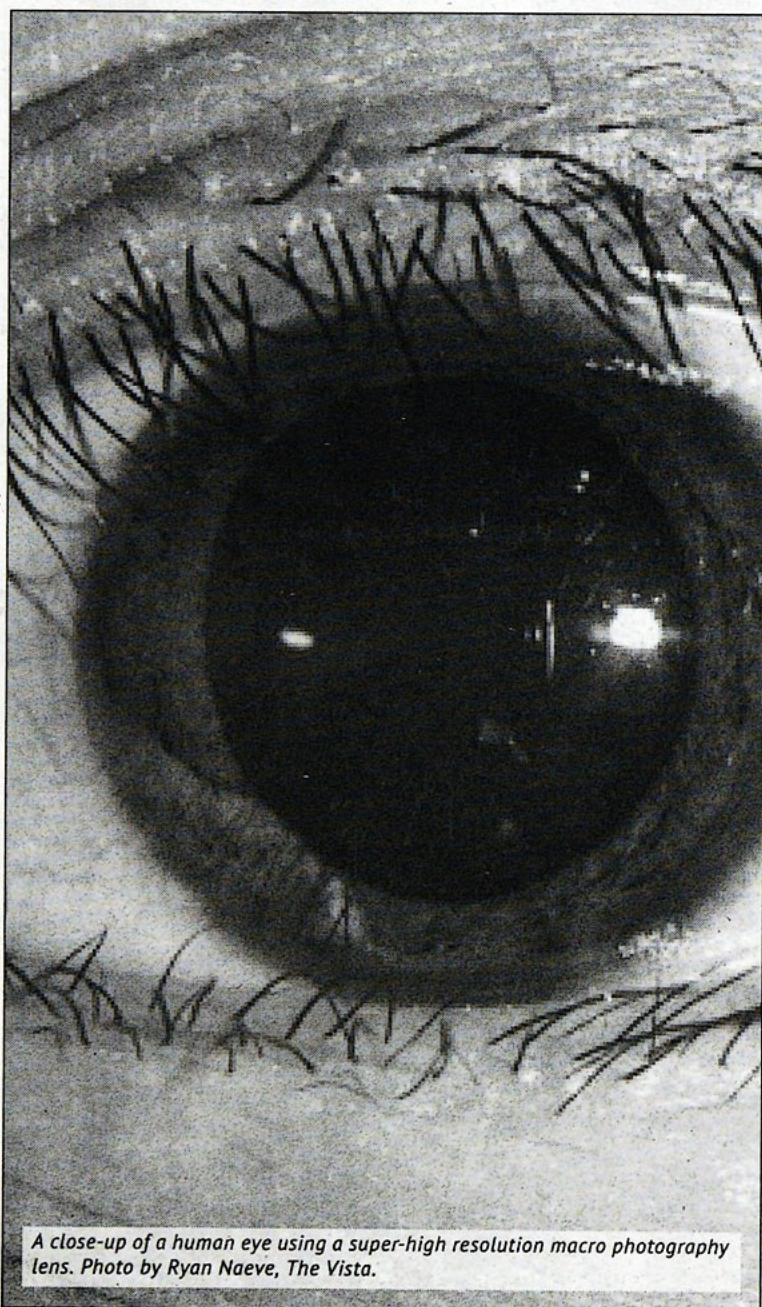
Photo by Karen Warren/Associated Press-Houston Chronicle

Ordinary turned Extraordinary: Everyday objects under extreme magnification

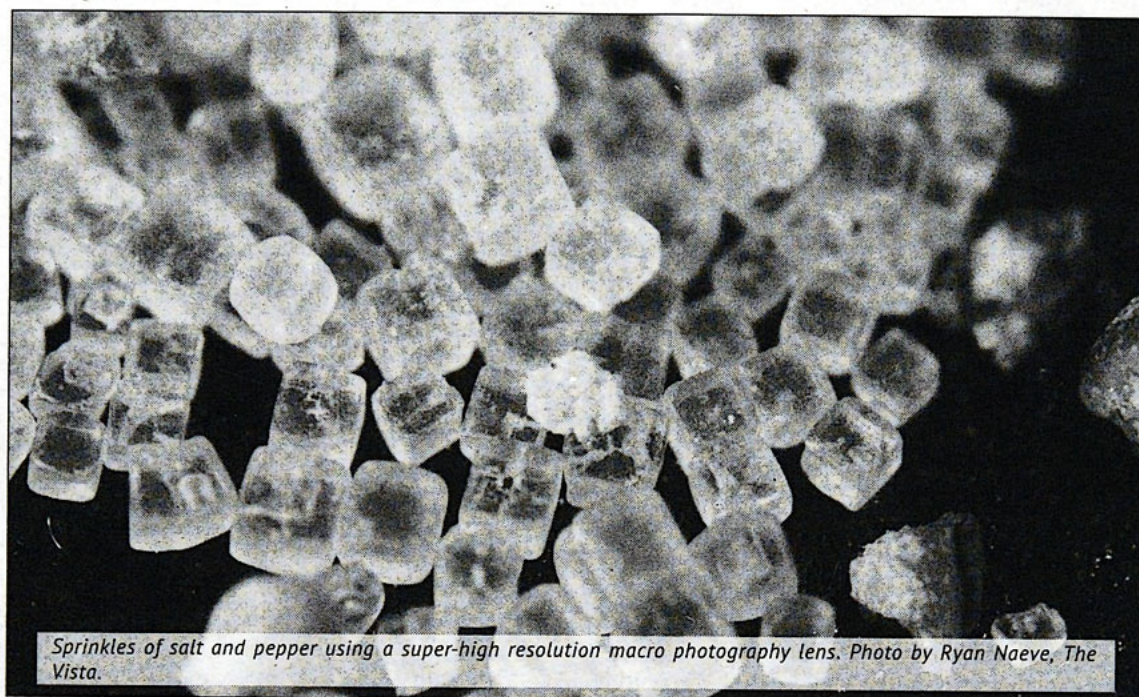


Ryan Naeve
@itwasryan

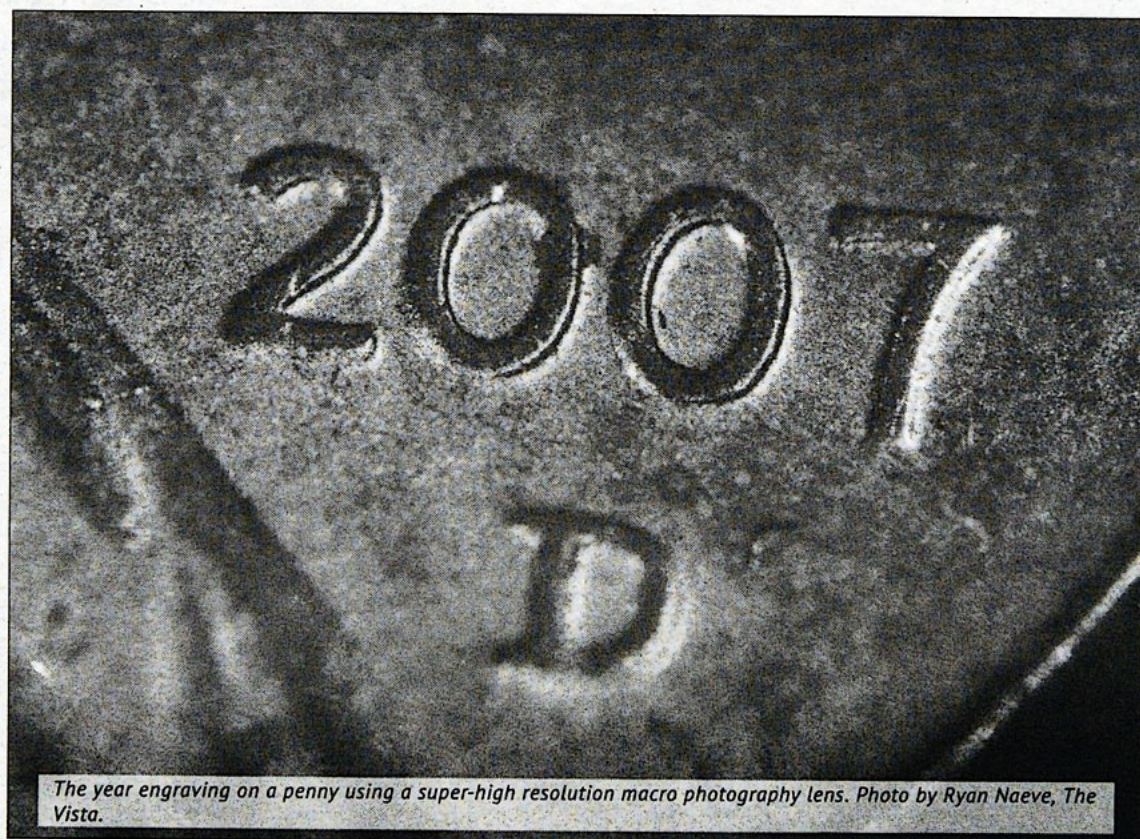
Photo Editor



A close-up of a human eye using a super-high resolution macro photography lens. Photo by Ryan Naeve, The Vista.



Sprinkles of salt and pepper using a super-high resolution macro photography lens. Photo by Ryan Naeve, The Vista.



The year engraving on a penny using a super-high resolution macro photography lens. Photo by Ryan Naeve, The Vista.

Make yourself a better commuter



Lauren Capraro

@ laurencapraro

Staff Writer

Almost late to class? Getting stuck at every red light on Broadway? All while scarfing down a honey bun because you didn't have time for breakfast? Commuting to class has many challenges, but the majority of students face similar scenarios every day.

According to the National Survey of Student Engagement, the majority of Central students reported spending between 1 and 5 hours commuting to class per week. Commuters make up a large percentage of the UCO student body; so how can we become a better commuter?

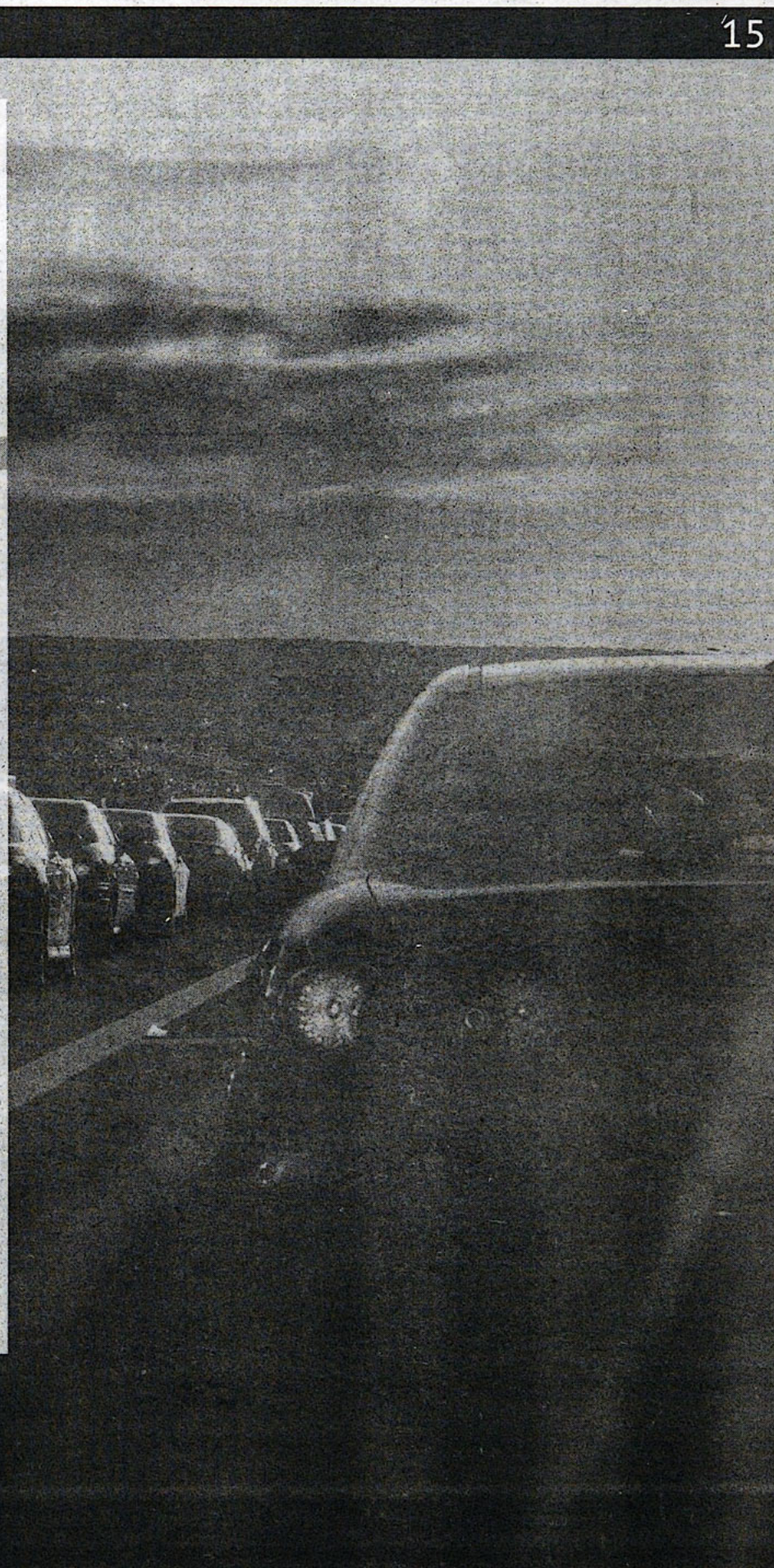
1. Eat Breakfast- Having an 8 a.m. class usually leads to skipping breakfast, for one reason or another. Many commuter students have long days at class, so eating breakfast will help fuel your busy day. Keep granola bars and a refillable water bottle in your backpack for those inevitable days when your alarm isn't quite loud enough.

2. Leave Earlier- Nothing starts a day off on the wrong note like not being able to find a parking spot. Leaving for your class earlier in the morning not only gives you more time to find a spot, you also beat the crowd and have a higher chance of finding a closer spot. Generally, the commuter parking lots on the South side of campus fill up quicker than others, so aim for the commuter lots North and East of the Liberal Arts Building.

3. Be Involved- Living away from campus can make you feel more isolated than students that live on or near campus. Try attending UCO sporting events or joining clubs and organizations. There are organizations specifically for commuter students such as Bronchos with Kids and Off-Campus Life.

4. Pack a Lunch- If you're like me, the time in between your classes is just big enough to squeeze in a lunch. The array of fast food options around campus can be tantalizing. Make a goal to bring a lunch to class once a week and save those delicious Chick-fil-A nuggets for another time. Good options for sack lunches are sandwiches with chips or a salad. If you bring something that needs to be re-heated, there are microwaves in several buildings on campus.

Photo used with permission.



Are you putting your life at risk?



Quella Omena
@ quellaomena

Managing Editor

It's sad that most Americans have sedentary habits and are not well-motivated to be physically active. It's alarming that a developed country would have problems with eating right and exercising correctly.

College students are in the spot light for not exercising enough: 55 percent are not getting the recommended amount of cardio in.

According to Healthy Life Skills, almost 40 percent of American adults are not physically active, and only 30 percent get the recommended amount of physical activity.

The benefits of being physically active are endless-- from a general feeling of well being to decreased depression and anxiety. Exercising can improve sleep and also increase oxygen and nutrients in the brain.

So I ask myself, if physical activity brings us so many benefits, why are we not exercising enough?

I have to blame the marketplace for two reasons. First, I blame it for not showing us that exercise is extremely important and for not motivating us enough.

It's unbelievable that we have numerous commercials of diet pills, but we do not have enough advertisements for being active outside with your friends, or enjoying a hike with beautiful scenery.

Second, I blame the marketplace for focusing on the biggest budget, and caring less about our health and nutrition patterns. Who cares if you will get diabetes in a couple decades if the food industry is getting

richer, right?

Food companies are changing their packages to look more appealing to kids, knowing the kids will go for the most colorful box. They are negligent about their products and the health issues that can happen in a couple years.

The burden is on us-- the consumers.

It's funny that we can sit down for five minutes, watch TV and be wowed by how many yummy meals we can delight ourselves in. In a couple minutes we are thinking about food and nothing else.

The cheese is melting, the steak is frying or the mash potatoes are extraordinary, so why not leave exercise for later if we can have a bite now? I would too.

By not exercising well, or eating right for that matter, Americans are putting their health at risk.

You can simply take the stairs instead of riding in the elevator. You can choose an apple instead of a bag of chips.

You can park far so you can have a little walk. You can split a meal with a friend or get a to-go box.

You can simply walk outside with your dog for a couple minutes.

There are so many small decisions we can make to have a better lifestyle. Don't wait until you have health problems to decide to take care of your body.

Care about your health and nutrition, because the world won't do it for you. Be active.

This Feb. 9, 2015 photo shows Grandma Odom's fresh ham with cloves and brown sugar in Concord, NH. (AP Photo/Matthew Mead)



Exploring the world in order to find yourself: Traveling and Self-exploration

Queila Omena, Managing Editor @queilaomena

It's sad that most Americans have sedentary habits and are not well-motivated to be physically active. It's alarming that a developed country would have problems with eating right and exercising correctly.

College students are in the spot light for not exercising enough: 55 percent are not getting the recommended amount of cardio in.

According to Healthy Life Skills, almost 40 percent of American adults are not physically active, and only 30 percent get the recommended amount of physical activity.

The benefits of being physically

active are endless-- from a general feeling of well being to decreased depression and anxiety. Exercising can improve sleep and also increase oxygen and nutrients in the brain.

So I ask myself, if physical activity brings us so many benefits, why are we not exercising enough?

I have to blame the marketplace for two reasons. First, I blame it for not showing us that exercise is extremely important and for not motivating us enough.

It's unbelievable that we have numerous commercials of diet pills, but we do not have enough

advertisements for being active outside with your friends, or enjoying a hike with beautiful scenery.

Second, I blame the marketplace for focusing on the biggest budget, and caring less about our health and nutrition patterns. Who cares if you will get diabetes in a couple decades if the food industry is getting richer, right?

Food companies are changing their packages to look more appealing to kids, knowing the kids will go for the most colorful box. They are negligent about their products and the health issues that can happen in a couple years.

The burden is on us-- the consumers.

It's funny that we can sit down for five minutes, watch TV and be wowed by how many yummy meals we can delight ourselves in. In a couple minutes we are thinking about food and nothing else.

The cheese is melting, the steak is frying or the mash potatoes are extraordinary, so why not leave exercise for later if we can have a bite now? I would too.

By not exercising well, or eating right for that matter, Americans are putting their health at risk.

You can simply take the stairs

instead of riding in the elevator. You can choose an apple instead of a bag of chips.

You can park far so you can have a little walk. You can split a meal with a friend or get a to-go box.

You can simply walk outside with your dog for a couple minutes.

There are so many small decisions we can make to have a better lifestyle. Don't wait until you have health problems to decide to take care of your body.

Care about your health and nutrition, because the world won't do it for you. Be active.



Getting out in the open road is a great way to find yourself. Photo by Ryan Naeve, The Vista.

HOROSCOPES

March 2015 — Week 2



CAPRICORN
December 22–
January 19

Watch it, Capricorn. Not everything is on the up and up. Join in only if you are sure the cause is legitimate. A financial snafu tests patience at work.



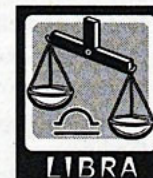
ARIES
March 21–
April 19

Hush, Aries. You've had your say. Time to let others have theirs. Only then will you be able to make an informed decision. A visitor drops by with a gift.



CANCER
June 22–
July 22

Feeling blue, Cancer? So are others. Put two and two heads together and find something fun to do to boost your spirits. A report receives rave reviews.



LIBRA
September 23–
October 22

Hesitate too long, Libra, and you will most certainly lose out. Make up your mind now. A frank discussion among friends turns ugly. Intervene!



AQUARIUS
January 20–
February 18

Alarms sounding in your head, Aquarius? Listen to them. You're a generous soul, but some people cannot be helped. Step away. A challenge is met.



TAURUS
April 20–
May 20

Amazing, Taurus. There is no other word to describe your tactics recently. You've got the goods, and the right people are noticing.



LEO
July 23–
August 22

Your opinion matters, Leo. Speak up. You have so much to offer. A confrontation at home ruffles feathers but settles an issue once and for all.



SCORPIO
October 23–
November 21

O, Scorpio, O Scorpio. You've loved and lost, but this time, it will be different. Let go of your reservations and give that special someone a chance.



PISCES
February 19–
March 20

Relax, Pisces. Yes, your to-do list is long, but if you are willing to delegate, everything will get done one way or another. A book answers a question.



GEMINI
May 21–
June 21

Youngsters strive to make a difference. Help them out, Gemini. Your boss makes you an offer. Don't take them up on it unless you are certain it is what you want.



VIRGO
August 23–
September 22

Your self-worth takes a real beating this week, Virgo, but not to worry. That special someone will find a way to help you rebound and recharge.



SAGITTARIUS
November 22–
December 21

Adventure is calling. Surely you hear it, don't you, Sagittarius? Additional revenue allows for a major purchase. Take your time shopping.

FOR ENTERTAINMENT PURPOSES ONLY

Classifieds

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

Are you looking for a fast paced environment? A place where you can grow and advance your hospitality career! If you are, than Kd's Southern Cuisine is the place for you. We are now looking for motivated, professional employees to join our team.

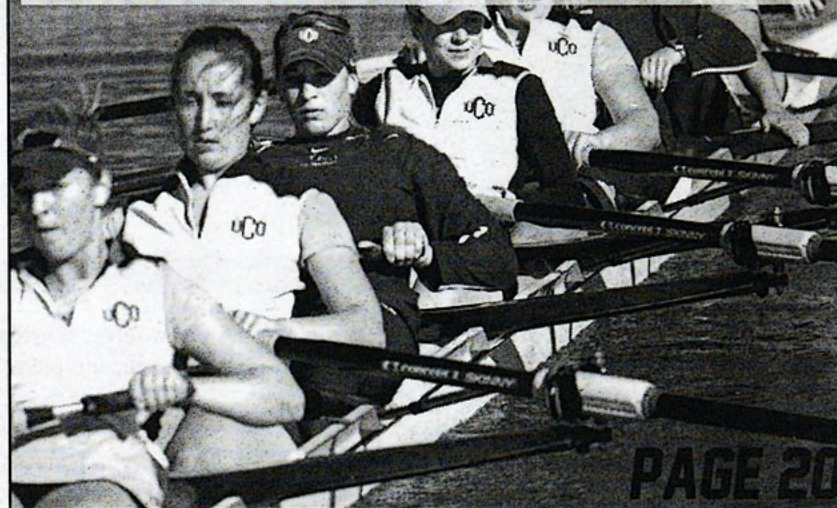
You can apply in person at Kd's Southern Cuisine:
224 Johnny Bench drive Oklahoma city, OK 73103.
Come and get started on a brilliant hospitality career now.

NOW HIRING!
Oasis Pools & Spas
Local Edmond business
1333 N. Santa Fe, Ste. 101
Santa Fe & Danforth
340-6442

VISTA SPORTS

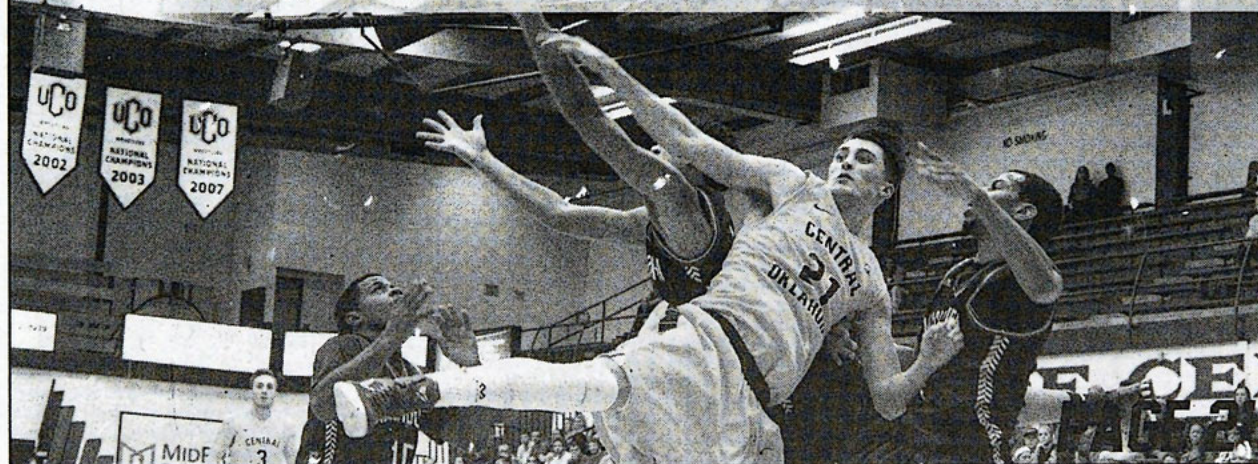


ROWING OFF TO A GOOD START AT HEART OF TEXAS MEET



PAGE 20

BASKETBALL FALLS TO CENTRAL MISSOURI



BASEBALL BEGINS SEASON ON A SOUR NOTE



PAGE 22

CENTRAL HOCKEY ACHA NATIONAL CHAMPIONS



PAGE 23

Broncho Rowing team takes fourth place in Heart of Texas Regatta last weekend



Joshua Palmer

@_JoshuaPalmer

Contributing Writer

After a long winter full of training and practicing, the UCO women's rowing squad began its 2015 campaign this past Saturday in Austin, Texas at the Heart of Texas Regatta.

The Bronchos performed very well in their opening competition of the spring, finishing fourth or higher in each race. Out of their three major events, the team brought two gold medals back to Edmond, as well.

In their first final on Saturday, the Women's Novice 8+, UCO won gold in defeating the University of Texas's rowing club by a full second and a half. The winning time for the seven-team race was 3:49.20.

Christine Cataldo manned the coxswain position, while her rowers consisted of Ashton Danker, Brenna Franklin, Andrea Messenger, Sydney Brennan, Deborah Means, Taylor White, Madison Wilfong, and Kristal Reynolds.

In the Women's Open 8+ Final, the Bronchos found

themselves finishing third, just six-tenths of a second behind second-place Texas A&M. UCO was twelve seconds short of first place.

On Saturday morning, two UCO Novice 4+ rowing teams competed in separate heats in hopes of qualifying for the finals.

The first team, made up by Danker, Brennan, Means, White and Aimee Witten as coxswain, won its heat by a second and a half. They moved on to the Novice 4+ Final, to be held later that day.

The second team, comprised of Messenger, Franklin, Wilfong, Reynolds and Cataldo as coxswain, finished second in its heat. It was still enough to advance them to the final race, as well.

Witten's group went on to capture gold in the Novice 4+ Final, beating the University of Texas's squad by less than four-tenths of a second. The official winning time was

4:07.40. Cataldo's group finished fourth.

Central Oklahoma's varsity squad faced off against rival Oklahoma City University last weekend, as well. Official results were not available at the time of publishing.

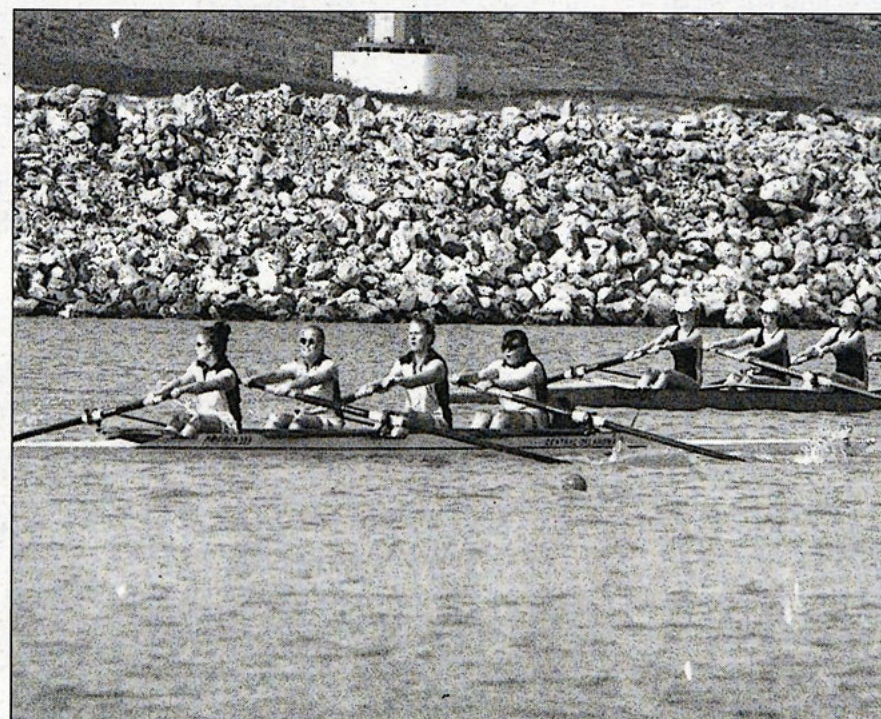
In other news, UCO rower Hannah Anderson was one of seven athletes chosen to represent the United States in the World University Games this summer. The Games are considered among the elite international events, second only to the Olympics.

Anderson, a standout Junior from McLoud, Oklahoma, will be the first UCO rower to ever take part in an international competition. The World University Games begin on July 3 in South Korea.

The next Central Oklahoma rowing event will be March 14 at Southern Methodist University in Dallas, Texas.

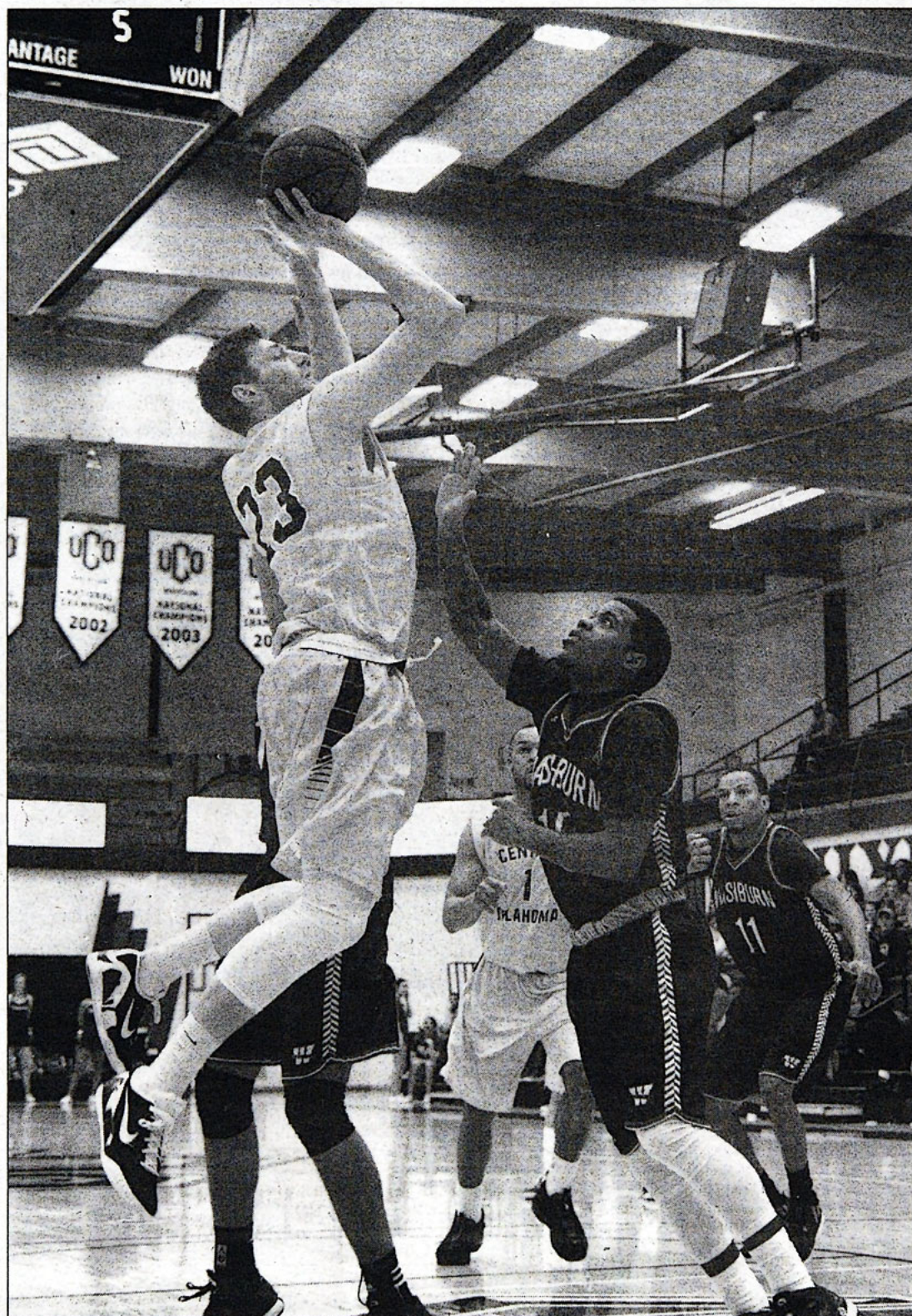


Broncho Rowing celebrates their fourth place title in the Heart of Texas Regatta this past weekend. Photo used with permission from BronchosSports.com



Rowing team in action earlier this season at a home meet on the Oklahoma River. Photo used with permission from BronchoSports.com

Bronchos Basketball falls by narrow margin in quarter-final of MIAA tournament



Andrew Baker

@ Andrew_baker22

Contributing Writer

After a long winter full of training and practicing, the UCO women's rowing squad began its 2015 campaign this past Saturday in Austin, Texas at the Heart of Texas Regatta.

The Bronchos performed very well in their opening competition of the spring, finishing fourth or higher in each race. Out of their three major events, the team brought two gold medals back to Edmond, as well.

In their first final on Saturday, the Women's Novice 8+, UCO won gold in defeating the University of Texas's rowing club by a full second and a half. The winning time for the seven-team race was 3:49.20.

Christine Cataldo manned the coxswain position, while her rowers consisted of Ashton Danker, Brenna Franklin, Andrea Messenger, Sydney Brennan, Deborah Means, Taylor White, Madison Wilfong, and Kristal Reynolds.

In the Women's Open 8+ Final, the Bronchos found themselves finishing third, just six-tenths of a second behind second-place Texas A&M. UCO was twelve seconds short of first place.

On Saturday morning, two UCO Novice 4+ rowing teams competed in separate heats in hopes of qualifying for the finals.

The first team, made up by Danker, Brennan, Means, White and Aimee Witten as coxswain, won its heat by a second and a half. They

moved on to the Novice 4+ Final, to be held later that day.

The second team, comprised of Messenger, Franklin, Wilfong, Reynolds and Cataldo as coxswain, finished second in its heat. It was still enough to advance them to the final race, as well.

Witten's group went on to capture gold in the Novice 4+ Final, beating the University of Texas's squad by less than four-tenths of a second. The official winning time was 4:07.40. Cataldo's group finished fourth.

Central Oklahoma's varsity squad faced off against rival Oklahoma City University last weekend, as well. Official results were not available at the time of publication.

In other news, UCO rower Hannah Anderson was one of seven athletes chosen to represent the United States in the World University Games this summer. The Games are considered among the elite international events, second only to the Olympics.

Anderson, a standout Junior from McLoud, Oklahoma, will be the first UCO rower to ever take part in an international competition. The World University Games begin on July 3 in South Korea.

The next Central Oklahoma rowing event will be March 14 at Southern Methodist University in Dallas, Texas.

Corbin Byford a sophomore for the Bronchos shoots over an opponent earlier this season in Hamilton Field House. Photo taken by Vista photographer Cooper Billington.

Baseball starting season off on a sour note with three game losing streak



Ryan Fields
@ RyanFields92

Contributing Writer

The University of Central Oklahoma's baseball team is off to a rocky start and it hasn't helped that several games have been moved or postponed.

The Bronchos were finally able to get back on the diamond Saturday for the first in a four game series against Emporia State University.

UCO fell behind early and was never able to recover, dropping the first game 11-4. After Dylan Tinkler hit a solo home run in the fourth inning, giving UCO a 3-2 lead, ESU scored four runs the next inning and never looked back.

The Bronchos knew this would be an uphill battle before the game even started, having to suspend three of their starters due to off-field issues.

The two teams had a double-header on Sunday, and just

like the day before not much went right for the Bronchos. UCO lead early in both games yet failed to win either.

The first game was scoreless until Isaac Hellbusch hit a two-run home run to center field in the third inning. UCO was able to hang on to that 2-0 lead until the fifth inning, in which Emporia State had three runs to take a 3-2 lead.

ESU found its rhythm and the Bronchos were unable to respond dropping the first game 6-3.

Central Oklahoma was able to bounce back to begin the night, scoring two runs in their first at bat.

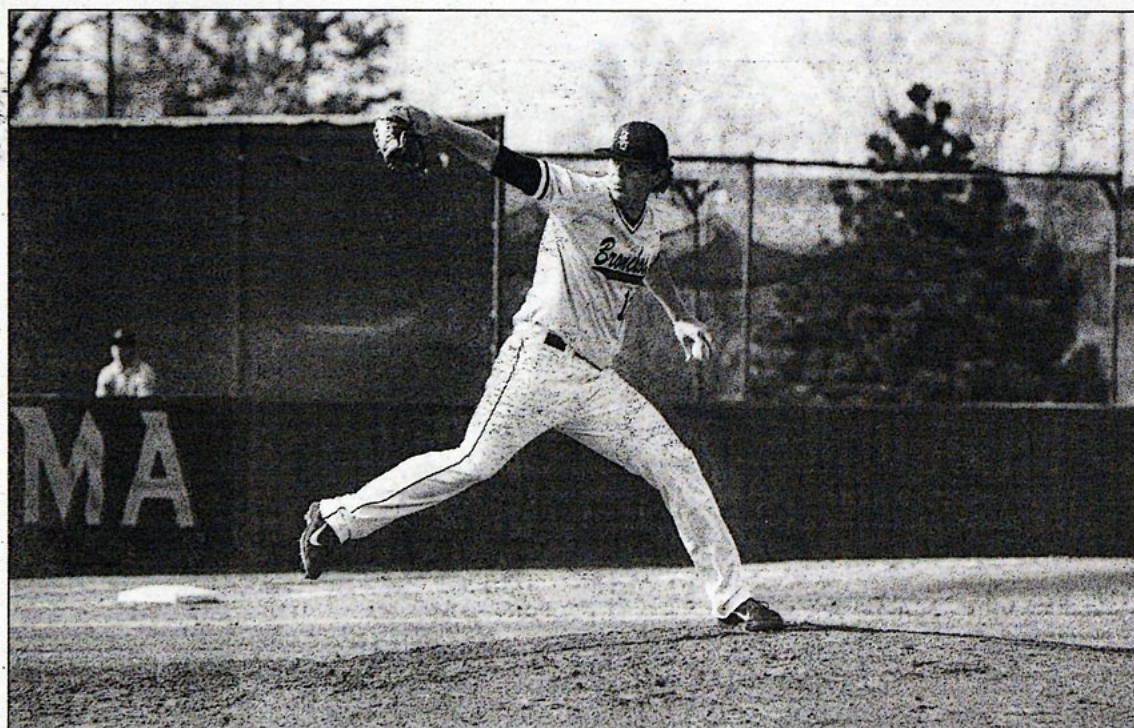
Hellbusch hit a single and then stole second immediately after. That was followed by Tinkler's base hit to bring in Hellbusch and Dylan Raper added another RBI single to make it 2-0.

This looked like a golden opportunity for UCO to get a big win and finally get some momentum this season.

That momentum was put to a halt as the Bronchos would not bring in another run the rest of the game. Emporia State would go on to get four runs in, and win the game 4-2.

The defending league champions have won all three games in this four games series as the Monday game was rescheduled due to rain.

Central Oklahoma dropped to 4-10 on the season and 1-6 in Conference play.



Broncho pitcher Carson Corff pitches against Emporia State in a four game series last weekend. Picture taken by Vista Photographer Cooper Billington.

Tummy

Back

Arms

Thighs

Before Spring Break...

Tighten, tone, firm in as little as 45 minutes!

405-714-7724

ARE YOU BEACH READY?

Bronchos on ice take the ACHA Division 1 National Championship over Arizona State



Joshua Palmer
@_JoshuaPalmer

Contributing Writer

After winning four tough rounds of postseason hockey, the UCO Bronchos have won their first-ever ACHA Division 1 National Championship.

The second-ranked Bronchos faced #5 Stony Brook in the title game. The two squads had not played each other in the regular season.

Entering the 20-team postseason tournament, UCO had earned a first-round bye. They played their first game in the second round against Niagara on March 6.

UCO quickly piled up a 2-0 lead in the first period, thanks to two goals from Michael Rivera. Goalie Tory Caldwell saved 29 of 30 shots for the Bronchos. The squad beat Niagara handily, winning 4-1.

In the quarterfinals on Sunday, UCO faced #10 Iowa State. The Bronchos had gone 2-1 against the Cyclones during the regular season.

Iowa State took the first lead of the game, but Rivera again scored two quick goals in the second period to put

the Bronchos up 2-1. Josh Wyatt, Tyler Minx, and Nolan Grauer also added goals later in the contest. Trevor Yee produced two assists.

Caldwell saved 24 of Iowa State's 27 shots. The semifinals on Monday night pitted the Bronchos against the 2013 National Champions, #3 Minot State. Although it was predicted to be UCO's toughest test yet, the Bronchos had gone 2-0 against the Beavers in the regular season.

UCO tallied up an early 1-0 lead only to see it slip away near the end of the first period. Wyatt, though, found the back of the net twice in the second period to give the Bronchos a 3-1 advantage. Grauer, Rivera, and Gaven Hohl also scored one goal apiece.

UCO goalie Bretton Patchett recorded 22 saves on 23 shots. #2 UCO beat #3 Minot State, 5-1.

Thanks to an upset of top-seeded Arizona State, the #5 Stony Brook Seawolves faced off against the Central Oklahoma Bronchos for the National Championship on Tuesday

night. It was the first Division 1 National Championship appearance for both teams.

Along with the upset of the #1 ranked Sun Devils, Stony Brook had defeated #12 Rhode Island and #4 Robert Morris in this postseason tournament.

In the seventh minute of the second period, UCO wingman Ryan Duley scored the title game's first goal. Wyatt also scored to give the Bronchos a 2-0 lead after two periods.

In the final period, Rivera and Wyatt each scored again, and Caldwell deflected away every shot on goal. The UCO Bronchos defeated the Stony Brook Seawolves 4-0 and became the 2014-2015 Division 1 National Champion. It is the first national championship ever for Central Oklahoma Hock.

Michael Rivera led all Division 1 players with six postseason goals. Rivera and Josh Wyatt combined to score 11 of the Bronchos' 18 goals in this tournament.



Bronchos celebrate after a goal earlier this season after a goal against Colorado. The Bronchos are the first hockey team in UCO school history to win a National Championship. Picture taken by Vista Photographer Ryan Naeve.



Tory Caldwell, the Goalie for the Bronchos gets ready earlier this season at Arctic Edge ice arena. Caldwell has proved a valuable asset for UCO hockey all season. Photo taken by Vista Photographer Ryan Naeve.



VISTA

DESIGN & ADVERTISING

For questions and direct quotes please call or email.

Contact Us

thevista.ads@gmail.com

(405) 974-5123

(405) 974-5549

Follow Us

www.facebook.com/vistadesignatuco

www.ucovistadesign.wordpress.com

Twitter: @ucovistadesign

- Announcements
- Business Cards
- Event Flyers
- Graduation Invites
- Letterheads
- Logos
- Mailers
- Menus
- Posters
- Promotions
- And more!

20% discount with
valid UCO ID