

the VISTA

November Vol. 113 Issue 5

Cherish Connections, Broaden Perceptions

News on Campus..... *Section A*

Life in Oklahoma..... *Section B*

Sports and Life..... *Section C*

~~McDaniel, Scott~~
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~~COM 1221, p. 166~~

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Members of Fandoms Anonymous hand out candy during the week of Halloween in order to promote some of their events. Photo by Ryan Naeve, The Vista.

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ON THE COVERS

In today's society, it can be easy for us to take the people in our lives for granted. We are all busy in our own worlds and are focused on what we have to get done each day. As the holiday season approaches, the Vista staff would like to challenge all of you to cherish the connections in your life. We challenge you to show thanks for the connections you have and to be open to new ones. Life is short, so let's enjoy the time we have together. Photo illustrations by Daltyn Moeckel.

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EDITORIALS

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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.



Trees around UCO have begun to change colors and lose leaves with the arrival of the chilly fall weather. Photo by Ryan Naeve, The Vista.

\$10 million Largest donation given by UCO alumnus



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Reporter

The University of Central Oklahoma received its single largest donation of \$10 million from Chad Richison, CEO and founder of Paycom Software, Inc. November 10 as part of the university's Complete the Dream Program, which is designed to build a new multipurpose athletic building.

"With this gift we will, UCO will, be able to build a north end zone complex that we have been dreaming about for years," Joe Muller said, UCO Athletic Director. "Our coaches will have some of the finest facilities to develop young men and women into exceptional students and athletes."

The new building will be placed at the end of the north end zone and will be able to be used by every student athlete; new features at the building include new weight lifting rooms, locker rooms and a new academic center.

The new building is expected to be three stories tall and will someday include an indoor running track behind the building, though no final design plans have been introduced yet.

"I am very hopeful that the contribution that I have made today has the intended effect and that it is able to make a difference for the student athletes in this room and out there on campus today," Richison said.

"I came here to UCO as a student athlete in 1989 and during my athletic career I built many relationships ... I continue to hangout here and have very strong relationships with the people that I admire at UCO and consider friends," Richison said.

UCO President Don Betz welcomed and accepted the gift, signaling that the university was excited and how it would benefit not only today's generation, but how it affects future generations.

"It is designed to create the resources so that you can be the very best student and the very best athlete you can be to win on all accounts, but I am also speaking to those who aren't here today," Betz said.

Betz signaled that the young 4-year-old girl and the young man who nobody

knows yet would someday come to a university and be able to compete on a much grander scale.

"Those young men and women are going to come to the University of Central Oklahoma and, thanks to the vision and generosity of Chad Richison, they are going to have a whole different experi-

ence," Betz said.

The gift is also among the largest donations ever given to a NCAA Division II institution.

"The biggest benefit of this gift is that all us will stand a little taller and walk a little more confident, displaying our UCO pride more than ever before,"

Muller said.

Ground breaking on the new facility is not expected until later in 2016 or into 2017, as the university still has \$5 million left to raise on their \$15 million campaign.



UCO's Director of Athletics Joe Muller makes the announcement on Tuesday that UCO athletics will be receiving a \$10 million donation. This is the largest donation in the history of the university. Photo by Eriech Tapia, The Vista.

Breaking new ground on expansion of College of Arts and Design



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Contributing Writer

The University of Central Oklahoma College of Fine Arts and Design held a groundbreaking ceremony at Mitchell Hall Theatre. The groundbreaking ceremony was the inaugural step toward the construction of a 17,000-square foot addition to the historic building, initiated by the Build Mitchell Hall campaign.

The groundbreaking in this case was purely ceremonial, as actual construction will not begin until December.

Ten shovels broke the ground at Mitchell Hall, at the hands of UCO President Don Betz, lead architect Rand Elliot, as well as major donors of the

project.

After the ceremony, attendees were given a backstage tour of Mitchell Hall Theatre, as well as a sneak peek of the college's upcoming original choreographed production of "Side Story: Just West of the Musical."

Since the College of Fine Arts and Design's inception in 2011, there has been an increasing need for more space for their performing arts students.

"Our college has seen exponential growth and with that growth, we've outgrown our amenities," said Angela Morris, staff writer for the College of

Fine Arts and Design.

According to Morris, the college's theatre arts department has been spread out in eight different locations around campus. The dance department has reached maximum capacity and the School of Music continues to grow, making it increasingly difficult for all performing arts departments to fit into the backstage area at Mitchell Hall.

"Over the past several years since we've been a college, we've had amazing success stories with alumni that have gone on to Broadway, professional dance companies, and more. That kind of rep-

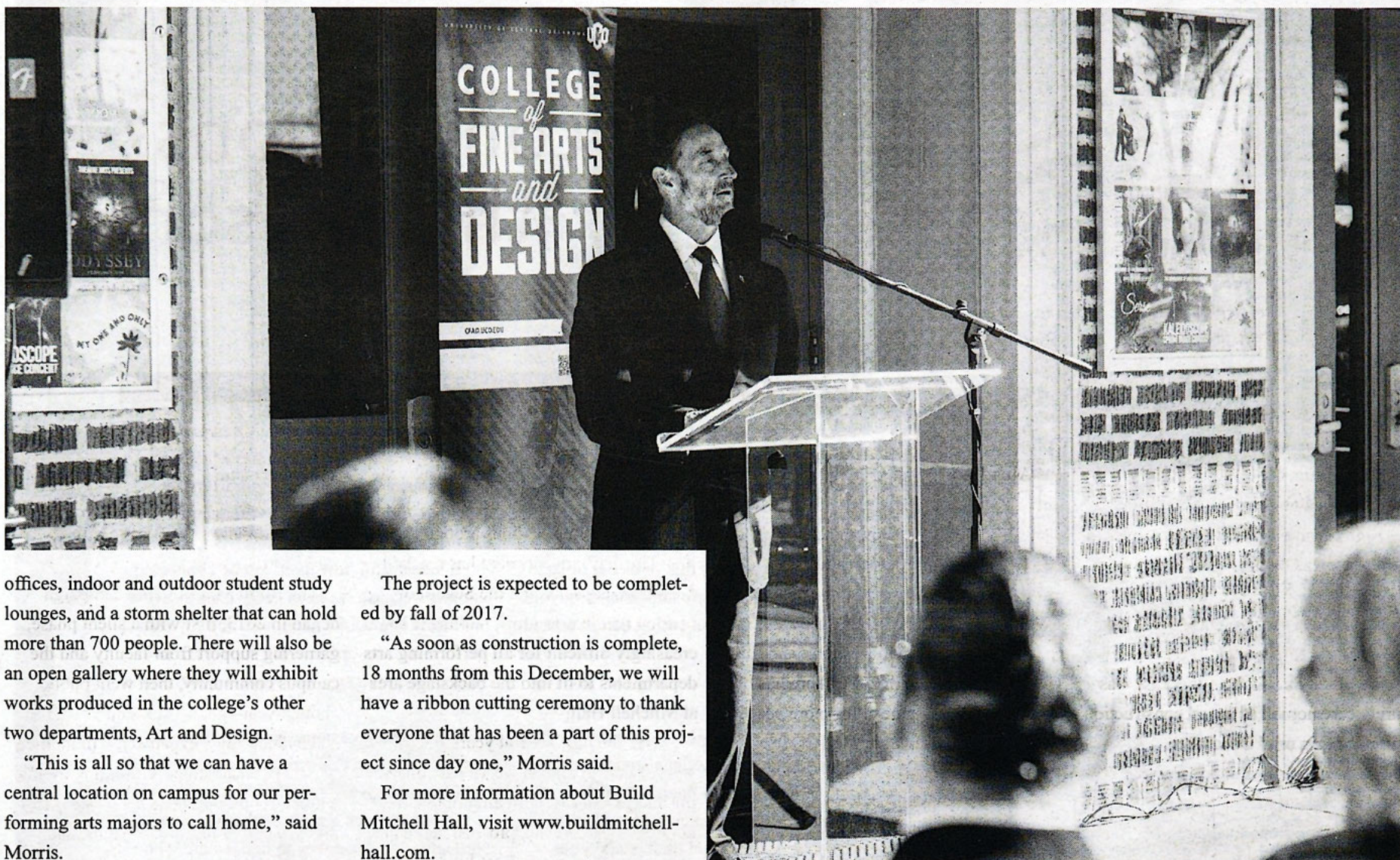
utation and accomplishment has gotten a lot of students that want to come here. With the growing number of students, we grew out of all of our other facilities," said Morris.

The Build Mitchell Hall campaign began in 2013, first with a silent phase, garnering support from faculty and the campus community, then went public about a year ago, Morris said.

The building's expansion will include two new rehearsal halls, dressing rooms, a green room, upgraded backstage amenities, a comprehensive costume shop and makeup lab, classrooms, faculty



Members of UCO's administration prepare to break the ground outside of Mitchell Hall. The groundbreaking ceremony was held on November 11 and it was the official start of Mitchell Hall's expansion. Photo by Lauren Capraro, The Vista.



offices, indoor and outdoor student study lounges, and a storm shelter that can hold more than 700 people. There will also be an open gallery where they will exhibit works produced in the college's other two departments, Art and Design.

"This is all so that we can have a central location on campus for our performing arts majors to call home," said Morris.

The project is expected to be completed by fall of 2017.

"As soon as construction is complete, 18 months from this December, we will have a ribbon cutting ceremony to thank everyone that has been a part of this project since day one," Morris said.

For more information about Build Mitchell Hall, visit www.buildmitchell-hall.com.

(Above) UCO President Don Betz delivers a speech to a crowd outside of Mitchell Hall during the ground-breaking ceremony for the theater's expansion. Photo by Lauren Capraro, The Vista.



A landscaping crew prepares the ground for the ground breaking ceremony outside of Mitchell Hall. The ceremony was held on November 11 and several UCO administration members were there to kick off the construction process. Photo by Lauren Capraro, The Vista.

Making connections this season



Quella Omena
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Managing Editor

We are born into a life that was given to us, with unique people in our lives that shape us to be the person we are today.

Despite our differences, we are more alike than you imagine.

Your grandmother that lives out of state might have a hard time understanding your decisions, but without taking that in consideration, your grandmother understands your expectations and desires, because she was once your age. She might not know what Skype is, but she might understand the frustrations of a young college student rushing through projects and finals.

Juan Pablo, your exchange student from high school, might not understand your culture views, but there are several similarities in the ways you two understand life. He didn't grow up in your city, or even spoke your mother language, but somehow you two found a way to bound and forget the differences.

It doesn't matter where you are, there is somebody that can relate to your experience and connect with your points of view. It can be somebody that knows you and your family for over twenty years, or it can be a stranger you just met at Walmart last week while talking about types of cheese.

No matter what, there is somebody out there that understands your struggles, and empathizes with you.

You are not alone in this world.

"I define connection as the energy that exists between people when they feel seen,

heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship," said American scholar Brené Brown.

It's beautiful how lives can be connected simply because we need each other to live a fulfilling life where happiness and joy lead to the same destination. It's important to appreciate diversity, and respect cultures and traditions.

We might have come from different places, but to live in this world we need companionship and love.

Being alone in a room with your own thoughts is a good way to understand who you are, but connecting with somebody brings a different perspective. People are able to shape our thoughts and give a unique insight just by connecting to us.

Holidays are a vital way to bring family and friends together; cherishing each other's company and appreciating the special moments is what is the most important this season. Food and presents let us celebrate and bond with each other at the dinner table over that holidays, but understanding why moments are special is what really counts.

Cherish each moment like it is the last.

Life is short and there is no reason to waste your minutes alone, especially when technology has connected us through this great social media bubble. Remember, your loved ones are just a click or a call away.

Two friends sit and have lunch together before a football game. No matter who you are, there is most likely someone out there that you can share your experiences, have fun with, and relate to. Photo by Lauren Capraro, The Vista.



The year of the movement: Starbucks' war on Christmas



Alex Brown
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Editor-in-Chief

It seems like the loud minority is getting a lot of attention this season about how Christmas is now tainted by a coffee cup. Some have already heard, but for the uninformed: the coffee shop giant, Starbucks, is waging a “war on Christmas” with their new, red cups for the winter season, according to the former TV and radio evangelist Joshua Feuerstein.

Feuerstein started the controversy when he commented, “Starbucks removed Christmas from their cups because they hate Jesus.” He also asked his 1.8 million Facebook followers to ask for Merry Christmas to be written on their cups instead of their names with the hashtag #MerryChristmasStarbucks.

The cup this year took a minimalist approach by displaying an ombre design from a fade from red to cranberry. Since the inception of the winter season cup in 1997, Starbucks has had seasonal cups displaying snowmen, snowflakes, and other themes representing the winter season—not holidays in association with the season.

This topic seems to be widely discussed on all platforms of social media, but the resounding response from the public is that the holiday cup had nothing to do with the traditional meaning of Christmas in the first place. So, in general: who cares?

At this point, it's getting embarrassing that companies seem to be in the wrong, no matter what they do. If they put “Merry Christmas” on their cups, they would be criticized for not being diverse.

The only ones “raging war on Christmas” are the ones smearing the holiday in negativity. Can we all just celebrate the holidays-- all of them-- without a social justice warrior getting upset that their holiday isn't getting the attention they feel it needs?

Let's propose that we did put Merry Christmas on everything this season. Since America is the melting pot of the world with many languages, cultures and traditions incorporated in the lives of our citizens, we should also be diverse to cater to all Americans.

If “Merry Christmas” is on everything, let's also incorporate Hanukkah,

Bodhi Day, Pancha Ganapati, Kwanzaa, the Yule Festival, and all of the other important holidays of the world. Feuerstein and some of his supporters just seem to be adding fuel to a nonexistent fire; every Christian I've spoken with has said that the cups aren't offensive and people are generally making a big deal out of nothing.

So then, why should people let a little red cup ruin their season? It seems that this may be a good time to take a step back and look at how you evaluate the world around you; the whole world

doesn't have to cater to the wants of one group of people so that they can feel like special, little snowflakes.

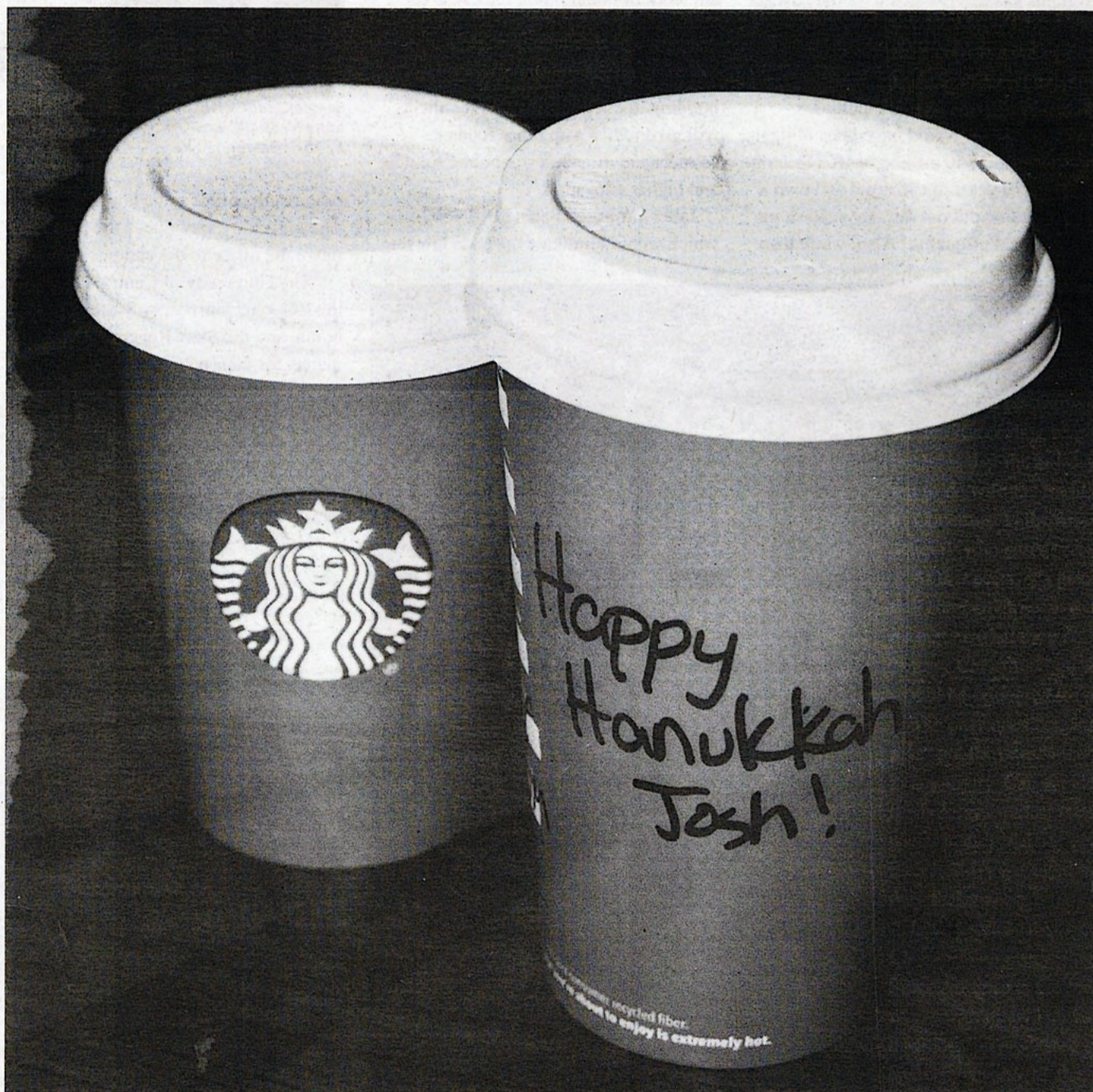
Unfortunately, some of the loud minority includes celebrities and even a frontrunner in the presidential race.

Trump mentioned in a rally in Illinois that he would be ending the lease to Starbucks in the Trump Tower in Manhattan, according to CNBC. In a poll on their website, 60 percent of the voters said they did not care on whether they like the design of the cups.

Twenty-seven percent of voters on this

news website liked them, while only 10 percent stated they did not like the new design. These numbers are out of a total of approximately 30,000 people, so try to take all of the controversy with a grain of salt.

It's a bit obvious that someone is stirring the proverbial pot, and honestly, the mass public doesn't seem to care. This red cup controversy seems to say more about our society and political correctness, than it says about how Starbucks treats the holidays.



For the winter season, Starbucks has begun selling their drinks in red cups, as opposed to cups decorated with holiday imagery, like the company has used in previous years. Customers have blamed Starbucks for waging a war on the holidays because of this season's design. Photo by Cooper Billington, The Vista.

Medical Examiner's Office in jeopardy of relocating



Jessica Phillips
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Contributing Writer

The plan for the State Medical Examiner's Office to be relocated to the University of Central Oklahoma's campus is in jeopardy as plans to move the office to the Oklahoma City-County Health Department develop.

Gov. Mary Fallin and State Sen. Clark Jolley believe that relocating the office to the Oklahoma City-County Health Department building will provide much needed space, save millions of dollars and help restore the office's accreditation, according to a press release.

The State Medical Examiner's Office lost its accreditation in 2009, primarily due to shortage of staff.

The prospect of relocating the office to campus has deteriorated over the past six years. Vice President for Public Affairs, Mark Kinders, said legislation would have required the university to construct the building and act as a landlord.

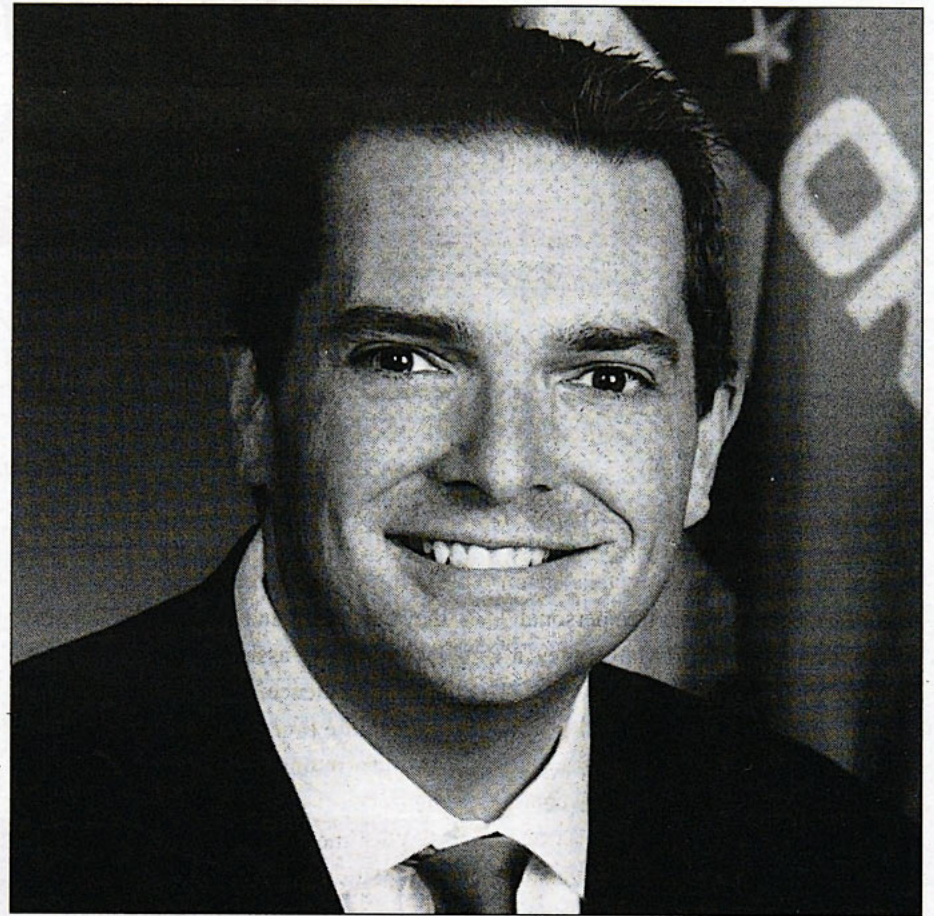
"Thus, UCO would have been obligated to commit \$40 million of UCO's money over 30 years to construct and own a building that did not directly support our educational programs. Also, while there

would be a promise, there could be no binding agreement, that the state would provide the annual \$2.5 million debt service to pay off the building," he said.

The Commissioners of the Land purchased space at the health department building for the medical examiner's office. Fallin is chairman of the group.

"This action gives the state a very good option to move the State Medical Examiner's office into a new facility and out of its old, cramped and dilapidated building. It lacks sufficient space for staff and agency operations, and it can't be expanded. This is a vital step in winning back accreditation for the medical examiner's office, which conducts the important work of determining the cause of death for victims of violent or suspicious deaths," Fallin said. "This is a win-win for the state. With the CLO owning the building, the lease payments it collects will go directly with other funds it collects and distributes to public schools and higher education."

Jolley proposed Senate Bill 866 which would eliminate the state law that



Senator Clark Jolley introduced bill 866, which would eliminate the state law which requires the State Medical Examiners office to be housed at the University of Central Oklahoma. Photo provided by Wikimedia.

requires the office to be housed at UCO. The university announced the plan to move the office to the campus in 2011.

"The University of Central Oklahoma, the Regional University System of Oklahoma, and the State Regents all deserve thanks for their efforts to find a way to make it work at UCO ... UCO President Don Betz and former President Roger Webb have been great partners in this effort," Jolley said in a statement.

"While all of us would have preferred to see the synergy between the Medical Examiner, the UCO Forensic Science Institute and the Oklahoma State Bureau of Investigation's Crime Lab, the fiscally conservative approach here is to save the money and expedite the renovation to get the accreditation back. I'm pleased to support this fiscally responsible move to support public safety," he said.



Oklahoma Governor Mary Fallin believes that it would be better for the state medical examiner office to be located in the Oklahoma City-County Health Department building. Photo provided by Wikimedia.



For several years now, there have been plans to move the state medical examiners office to UCO's campus, however Governor Mary Fallin and Senator Clark Jolley are attempting to stop it from happening. Photo by Lauren Capraro, The Vista.

BE BRONCHO FIT

Become Broncho Fit



Eriech Tapia
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Reporter

Taking their knowledge one-step farther than the books, students in the Kinesiology Department are showing teachers ways to work out and become healthier with the Be Broncho Fit program at the University of Central Oklahoma.

"The teachers there really take advantage of us, because it's a free personal workout for them," said Matt Bailey, a former instructor for Be Broncho Fit. "I really do think some people in the program really enjoy it and learn a lot."

The program, which was designed for faculty and staff, has been going on for several semesters and allows students to take what they learn in the classroom and apply it to participants of the program.

Once the semester starts the student and teacher are paired up, customized plans are made and the two work out at least once a week, however some instructors workout multiple times a week.

"They are committed to once a week, but if both their schedules work out then they can work out twice a week," said Jacilyn Olson, assistant professor of Exercise Science. "The student can either spend more time with their client or spend more time doing outside assignments."

When the students finish the customized plans they begin to coach or even work out with their client for a session that takes about an hour. The session can

include weight lifting, running and other physical activities.

"It really sounds pretty simple, but throughout the whole process the student is seeing how the workouts are going and what they need to change, what exercises they can add so that the clients get the best possible experience," said Olson.

Workouts start out with the two doing warm-ups and then will progress into harder activities like push ups and or weight lifting, then at the end they have a cool down period before the hour is up.

"The student writes a weekly journal out about their experiences and how the workout went," said Olson.

Students in the program are encour-

aged to participate as much as possible, which allows them to learn more about how things are different in the field compared to the classroom. It also allows them to have less outside assignments.

"When students are learning something, I have seen that they want to try it on you ... it really helps them out in the learning process," said Jackie Horton, administrative assistant in the Kinesiology Department.

UCO staff members are encouraged to apply for the program each semester as only a certain number are allowed to participate, however the program is hoping to expand its group workout sessions in the coming semesters.



A fitness instructor guides a weightlifting class in the Health and Wellness Center. The Be Broncho Fit program encourages students to take advantage of facilities like the Wellness Center in order to get in shape. Photo by Cooper Billington, The Vista.

Raising money for Syrian refugees



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Contributing Writer

Two students from the University of Central Oklahoma are trying to bring awareness and raise money for Syria. United Nations Club members at UCO are driven and determined to get the word out about a good cause for a nation in need.

Members Ting-An Yen and Nihaya Jaber feel that with respect to the current situation going on in Syria, they are hoping to get everyone on campus involved and to inform students of what issues are going on.

"We thought we needed to keep up the work of the UN so we thought the club should launch a big campaign to raise funds for the refugees," Jaber said.

There are approximately 4 million Syrian refugees. The role of the United Nations and several non-profit organizations are important.

"Through many years of effort, our club and the UN has ceased fire between nations, and has helped promote the importance of primary education," said Yen.

Reasons why there are so many conflicts within these nations are power, greed, lack of equality and democracy within those areas of the world. Those who are trying to reach power try to receive it any way without any regard for other people's lives.

Students can get involved in simple ways

such as praying and word of mouth.

"Telling others about the refugee crisis is a donation within itself," said Jaber. Earlier this month the club raised over \$550 by sending out paper origami and free chocolates to refugees and passengers.

They are now preparing for another event, "Tolerance Day". Since UCO has a very high number of international students, the club felt that such a day will spread love and understanding between internationals and Americans throughout the campus.

UN club is trying to pay attention to more worldwide important issues. Through the club students will raise awareness and make their best efforts to make a change in other people's minds.

Members said that even if it is a small change, they will be proud of themselves.

UCO's campus can help others get involved through social media and Orgsync. Orgsync plays a big role in having the word out and getting everyone on board.

The club also collects contact information and emails during all events to send out information, event dates and club meetings on a regular basis.

For more information on events or how to donate follow the club on facebook at UCO Model UN and Orgsync through UCO.



An elderly refugee from the Syrian town of Kobane rests after her arrival on a ferry from the northeastern Greek island of Lesbos to the Athens' port of Piraeus, Thursday, Oct. 29, 2015. Greece is the main entry point for people from the Middle East and Africa seeking a better future in Europe. Well over half a million have arrived so far this year. (AP Photo/Thanassis Stavrakis)



UCO student Nihaya Jaber discusses her experiences growing up as a refugee in the Middle East to a crowd in the International house. UCO's model UN organization hosts several events such as this per year in order to raise awareness for refugees in need. Photo from Vista archives.



Syrian refugee girls play at an informal tented settlement near the Syrian border on the outskirts of Mafraq, Jordan, Tuesday, Oct. 27, 2015. (AP Photo/Muhammed Muheisen)

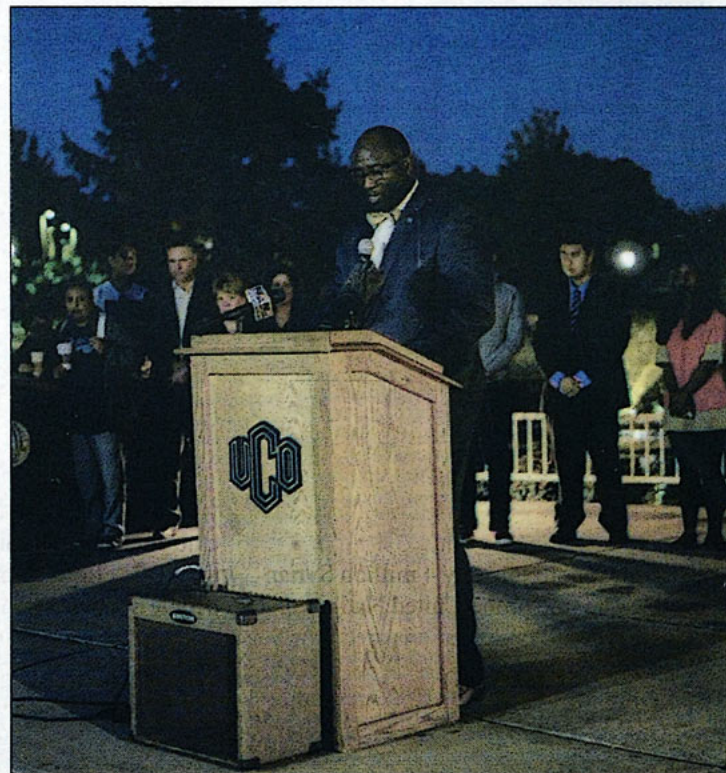
Remembering

Nikita Nakal



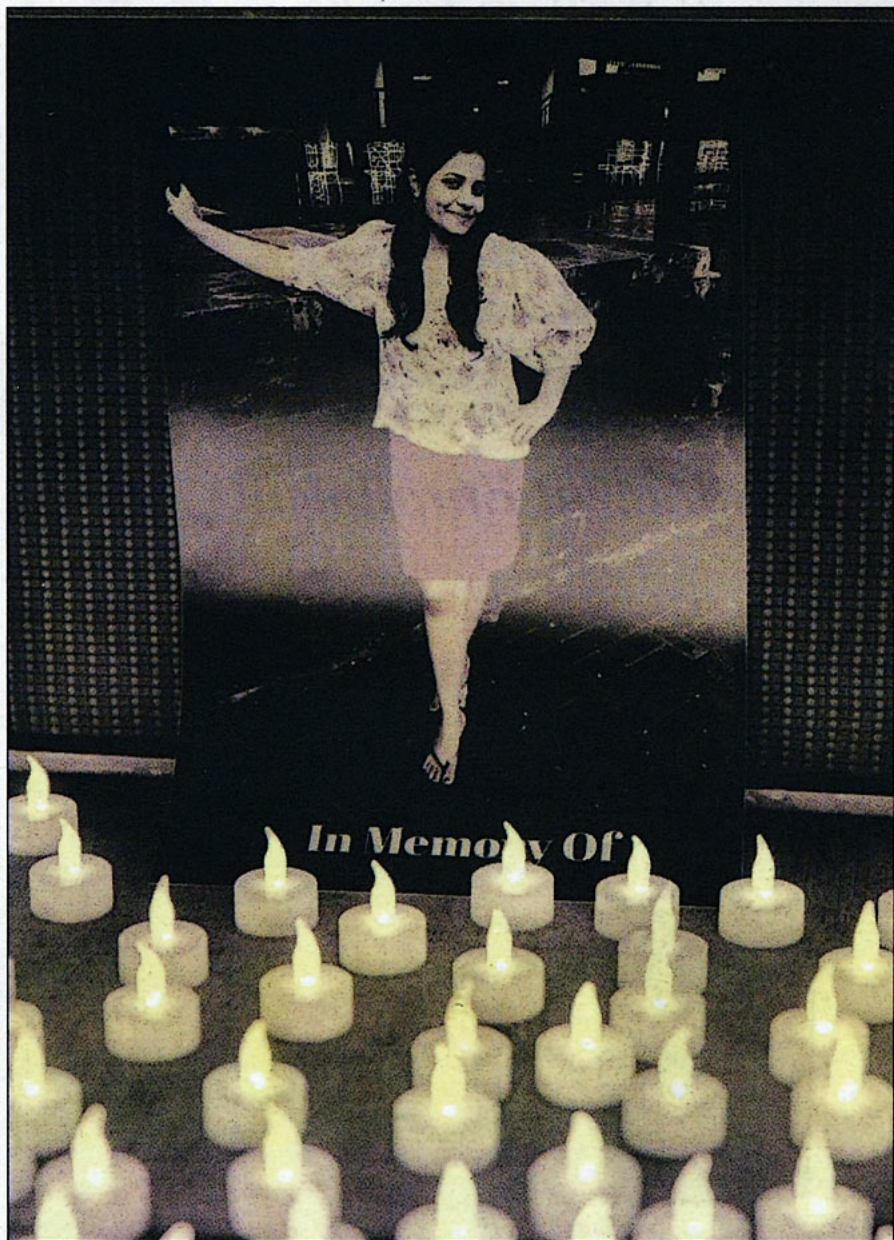
Lauren Capraro
@laurencapraro

Photographer



UCO students, faculty, and the community gathered in front of Broncho Lake for Nikita Nakal's candlelight vigil. Nakal was killed at OSU's homecoming parade when a car plowed into the crowd.

UCO Vice President of student affairs, Myron Pope gives a statement at Nikita Nakal's memorial service.



Candles were placed during the memorial in celebration of Nikita Nakal's life.



UCO students observe a moment of silence during the candlelight vigil. Four people were killed in the crash at the homecoming parade.



Dozens of members of the UCO community showed up and placed candles at Nikita Nakal's memorial.

Investigating 370 percent increase in administration



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Looking back 25 years, the University of Central Oklahoma has seen a 370 percent increase in the size of the administration, and a \$156 million budget increase. Enrollment rates have only expanded by 16.6 percent, while changes have come to almost every area of the school.

There is a similar article published by the Journal Record, citing data from the New England Center for Investigative Journalism. The article and study reported a growth of nearly 700 percent in administration and about a 57 percent increase in enrollment from 1987 to 2012.

Official records by the university show that these numbers are inaccurate.

ADMINISTRATION

Two years before UCO President Bill Lillard reached the end of his term, the university had 71 administrators. Currently under President Don Betz, there are 263 administrators across varying areas of the university.

The university does not have a criteria that clearly defines the difference between working titles and professional titles, however, the National Center for Education Statistics, an arm of the U.S. Department of Education, does define what an administrator is.

"We reclassified a lot of people, so they got moved around a lot, and so in one particular year there's a jump of more than 100 people," said Mark Kinders, vice president for Public Affairs. "It doesn't mean that we hired 100 more administrations; it just simply meant that we changed their working titles."

A Houston based management consulting firm, Huron Consulting Group, and consultants from the College of Business, were brought in by the university to recode administrative titles for employees. This resulted in an increase of title changes within the university in 2006.

"So, you know as a matter of policy and practice, we add administrative staff when we feel that we are required to do so by mandates and expectations set by federal or by the state government. We add faculty on a regular continuing basis because we need to be able to have students get a quality education on a timely basis, and that requires faculty in the classroom," Kinders said.

In recent years, the number of state and federal mandates have increased, with federal mandates alone rising to around 265 requirements currently.

"Compliance with federal mandates is a huge part of what our legal staff does at the system administrative office and we make sure to comply with every mandate we receive," said Sheridan McCaffree, executive director for the Regional University System of Oklahoma (RUSO).

RUSO is the governing body over the six regional universities in the state that provides legal structure for collegiate level education, sets policies and evaluates progress of those colleges.

Included in the list of mandates is Title IX, which does not require additional administrative positions to be created or filled. The university has hired four new positions that work either directly or indirectly on fulfilling the requirements of Title IX, which contributes to the size of the administrative staff.

"The mandates that we have to fulfill require thousands of hours of people's time," Betz said.

In addition to fulfilling state and federal mandates, the university is also required to attempt to achieve higher graduation rates through Complete College America, which has a goal of increasing the number of degrees and certificates annually earned in the state from 30,500 in 2011 to 50,900 by 2023.

"Complete College America is dramatic in what its expectations are. It says that over the course of the next decade or so, we have to increase the number of college graduates that we produce by pretty close to half. OK, in order to have our students graduate at that level, we have to have more students that are recruited and retained to go to graduation," Kinders said.

Recent data provided by UCO in the university's factbook revealed that graduates who started in 2010, and were on track to graduate in 2014, had a 14 percent graduation rate, which has increased by only 3.6 percent since 2000.

This can be compared to the university's six year graduation rate from 2008 to 2014 in which there was a 37.5 percent graduation rate, which is what the federal government tracks.

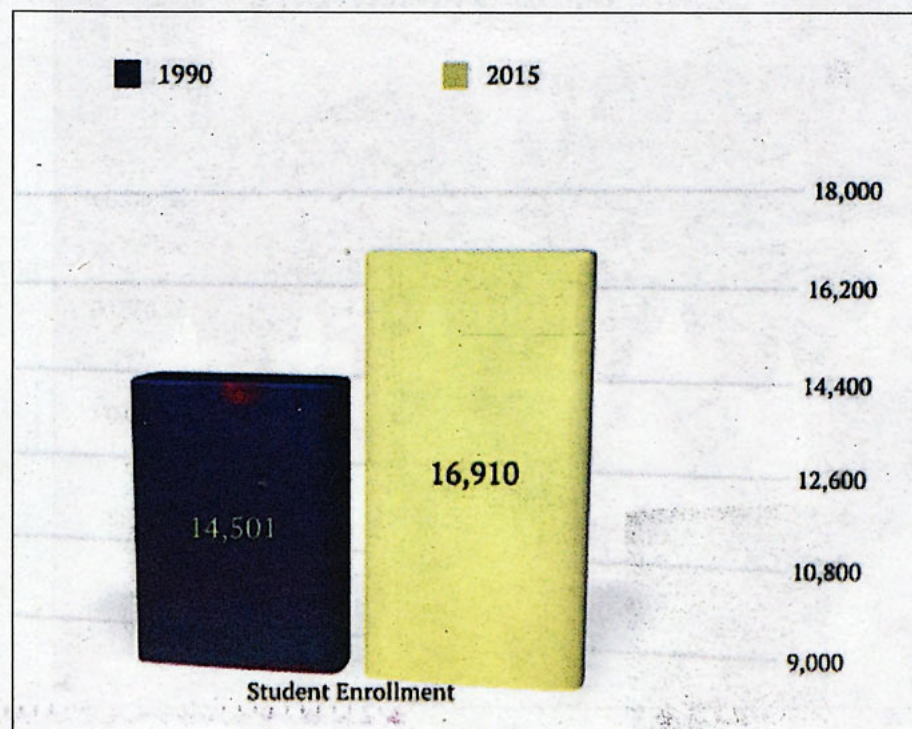
This is in comparison to the university's peer group, which is comprised of 10 other institutions in the country, including Boise State University and California State University-Fresno. Four-year graduation rates at these institutions range from 10 percent to 43 percent, according to usnews.com.

"Our main concern at this point is making sure every student who wants to get their bachelor's degree has the opportunity to do so," McCaffree said. "It is all



The Lillard Administration building sits on the West side of campus. Bill Lillard, of whom the building was named after, had 71 administrators when he was UCO's president. There are currently 263 administrators working at UCO. Photo by Ryan Naeve, The Vista.

Student Enrollment



All graphs and number totals calculated by Eriech Tapia, The Vista.

about enrolling students, retaining them, and giving them every opportunity to be successful.”

Several UCO administrators declined to comment on the growth of the administration, though employees at public institutions and state agencies are protected under the Whistleblower Act [§74-840-2.5], which allows those employees to report suspicious, fraudulent or illegal activity without retaliation.

BUDGET

Comparing a 25 year growth in spending by the university, it is shown that UCO, called Central State in 1990, has increased their budget from \$38.4 million in 1990 to \$194.6 million in 2015. This is an increase of more than \$156 million according to the 1990-1991 and 2015-2016 budget

Administration currently takes up a total of 7.3 percent of the budget, 5.7 percent below the state maximum on administration employment of 13 percent according to Charlie Johnson, vice president for University Relations.

During that same time, state funding for the university has increased by \$25 million from \$26.1 million dollars total of \$51.4 million. In 1990, that made up 69 percent of the budget and it accounts for 26.4 percent now.

Michael Blunck, head of campus development for UCO’s Student Association, said growing administrations are being seen more.

“You kind of expect some of this to happen because as an institute has more students, becomes more complex, you have to have people who can specialize,” he said.

In view of changes to the campus from 1990 until now, 11 new buildings have been added, which has been mirrored with new programs being introduced to UCO and more degrees being offered. All of this is despite the fact that a 10 percent minimum budget cut is on the way.

On October 26, Oklahoma Gov. Mary Fallin issued an executive order requiring all state agencies who are fully or



UCO President Don Betz sits with past presidents George Nigh and W. Roger Webb at the Night with the Presidents event at UCO. All three presidents have served UCO in the last 25 years, when there has been a 370 percent increase in the size of administration. Photo provided by UCO photo services.

partially funded by state funds to prepare for a 10 percent minimum budget cut, along with all non-essential out-of-state travel being cut.

“Anecdotally, my observation is that higher education has continued to grow and RUSO is always striving to serve people who want to continue their education,” McCaffree said. “Everything is going to be harder with a 10 percent budget cut, no matter where you are.”

INSTITUTIONAL GROWTH

Several new programs were developed and brought to UCO between 1990 and 2015. These include Information Technology, the CHK|Central Boathouse, the Outdoor Adventure Recreation program at Arcadia Lake, and the W. Roger Webb Forensic Science Institute.

“It is very important that we be very

transparent with everything we do no matter where it is,” Blunck said. “Unique places require specialized people.”

Kinders said the university offers UCO Downtown because they know there is a demand for that. Students can go through programs and have jobs when they graduate, but the university has to have resources to support them.

“The point that we make that’s really important, that students need to understand, is that we have two choices. We can provide students with access or we can provide them with quality,” he said.

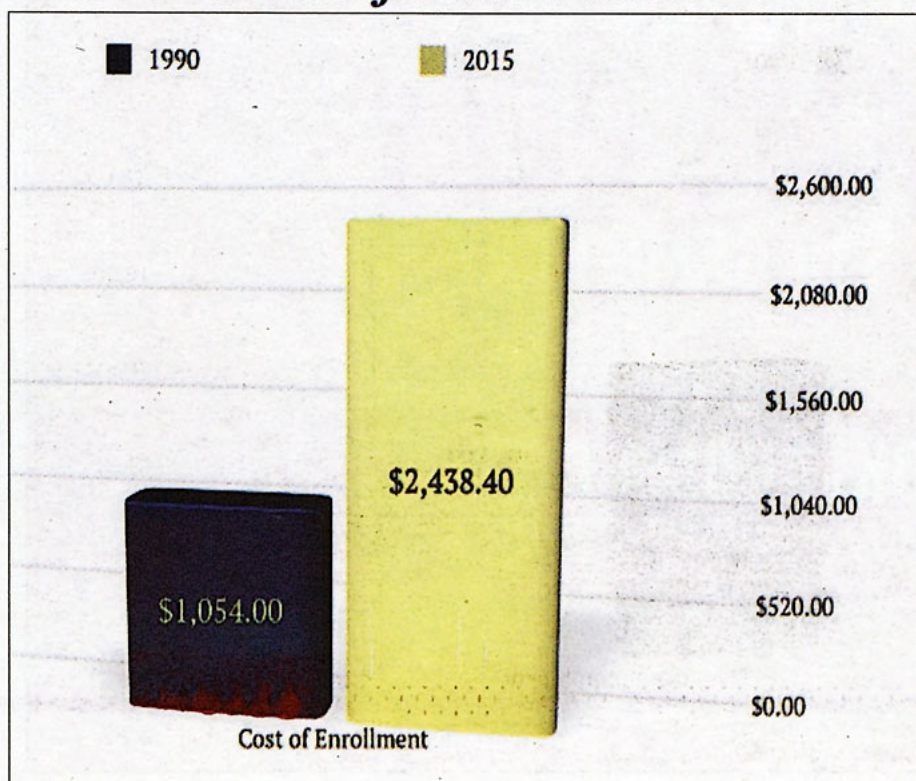
Data from 1990 and 2015 alone shows that the university added 2,400 students to their fall roster, increasing enrollment rates from 14,501 to 16,901, according to enrollment demographics, while state appropriated funds continue to make up less than a quarter of the entire budget.

“That’s a matter of efficiency,” Kinders said.

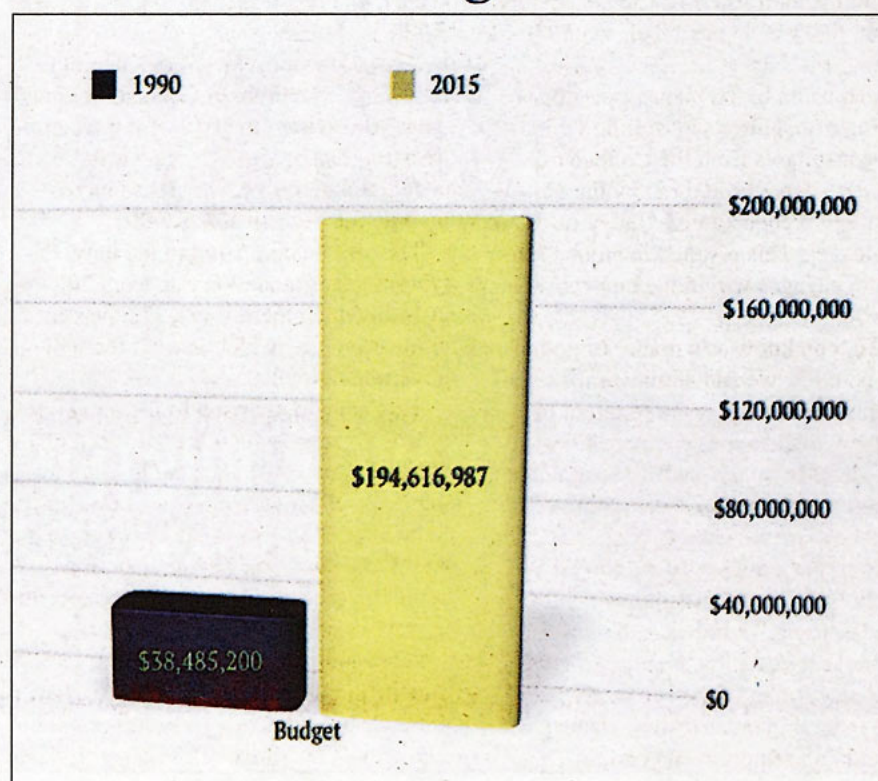
When new programs are added, administration has to increase the workload on its staff, in an effort to reduce the number of new hires.

“What I would stress is that a lot of the programs I have overseen, in just the two years I have been here, as provost, have really not added full-time positions to the mix. We have used existing resources and existing administrators. One example again is the Carnegie, where maybe I could have assigned a new dean to work to provide oversight to it, but what instead I told the deans is, ‘I would like you all to do what you always do, though it will be a little more on your workload,’” Dr. John Barthell said, provost and vice president for Academic Affairs.

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UCO's new Luminary Society



Eriech Tapia
@eriechtapia95

Reporter

A night full of celebrations and honoring distinguished alumni with the creation of the new Luminary Society, the University of Central Oklahoma's 125th Gala showed how the campus has changed in terms of growth and resources in the past 125 years.

"Many people were honored to be included in the group and had stories to tell ... they talked about what it meant to them," UCO President Don Betz said.

As a part of the 125th celebrations, the night started off with all 125 luminary inductees or their families receiving a medal for their contributions to the university, with inductees ranging from past university presidents, UCO educators and past alumni who hold various positions throughout the nation.

"This is a wonderful honor to be inducted into the Luminary Society and I have wonderful memories of going to UCO," Oklahoma Governor Mary Fallin said.

Each year luminaries will be invited back onto the university for lunch and will continue to induct more people in the society.

Guests in attendance before the gala enjoyed free champagne, conversations

with other inductees and the chance to see where the university has come with photographs highlighting UCO's past 125 years.

"I am very, very proud of how this university, how it has grown and the quality of education it provides to the students who are going here and certainly to those who are alumni," Fallin said.

Greg White, assistant dean of the UCO College of Fine Arts, spoke on the new Luminary Society and how far the university has come since it was first created a 125 years ago.

"This evening is really special, with this room full of nearly 500 of people who have made this university what it is today," White said.

Celebratory performances were also done by many UCO alumni and the UCO Jazz Ensemble was there performing Green Onions for a room full of guest as they enjoyed beef tenderloin and fall style desserts.

"We were busting at the seams with the number of people we had, but the entire night turned out to be amazing," said Reagan Hamlin, assistant vice president for Development. "We have had a really big year so far and it was great to honor

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all that we have done."

The 125th Gala is an event that brought together alumni, however this is one of the only years planned for a Gala at UCO.

Coming years will include a luncheon

for Luminaries in which roughly 10 new members who will be inducted every year to the Luminary Society.

"This Gala is special for the 125th year and coming years will probably be just a luncheon," Hamlin said.



The University of Central Oklahoma's 125th Gala was held on October 22. It was held in order to celebrate UCO's achievements over the last 125 years. Photo by Lauren Capraro, The Vista.

Feeling skeptical?

Alicia Couch

Contributing Writer

Is God real? How about Big Foot? Are you constantly asking questions? Do you want scientific proof? University of Central Oklahoma Skeptics is the club for you.

The Skeptics examine every theory and belief without bias, seeking proof through scientific evidence. "Fighting for truth, justice, and the scientific method" can be viewed as their motto.

Big foot, psychics, and God are just a few of the ideas that they have investigated by inviting professionals to come speak on campus. This past week's booth "Graveyard of the Gods" posed the question, "how long until your God is considered dead?"

"The Skeptics at UCO look at things scientifically without compartmentalizing anything," says Madeline Witzke, current club president.

The Skeptics are part of a national

organization called the Secular Student Alliance that allows students to express their questions about religion and other theories while searching to find truth through scientific evidence. Through being nationally sponsored they are able to have keynote speakers and nation-wide events every year.

Witzke makes it clear that the club does not hold any prejudice or judgement on any beliefs, they simply seek to find the truth through proof by using scientific evidence.

The best way to get involved is to request an invite from their closed Facebook page. By remaining a closed group only those in the group can see what is posted; protecting those who wish for their questions to remain private.

If you have questions that seemingly don't have answers, you are not alone.

Members of the UCO Skeptics club set up tables around campus the week of Halloween in order to recruit members. Photo by Lauren Capraro, The Vista.

How much
longer will
your God
last?

ZEUS
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-
200
ace

Sexual assault prevention on campus



John Box
@johnathanbox

Contributing Writer

Project SPEAK is set to survey University of Central Oklahoma students this November to raise awareness as well as gather information about sexual misconduct.

"We're getting ahead of the curveball," said Michelle Stansel, the prevention and advocacy coordinator of Project SPEAK, as a survey like this will be mandated across America but this one will be conducted before that.

Community Attitudes on Sexual Misconduct, or CASM, will be launched in November. The survey will work two-fold.

Once the information is gathered, the results will be published, which will tell anyone in or near the UCO community facts about sexual assault and sexual misconduct.

It will also provide vital information for Project SPEAK to enhance their program where needed, or even make changes to policies on campus.

Project SPEAK is an organization on

campus, covering more than just awareness for sexual assault. The group also strives to raise awareness of stalking, relationship violence and more, as well as training students, faculty and staff. SPEAK constantly combines with other organizations and movements across campus and the world, including It's on Us.

The launch of CASM will be one of the last tasks by Project SPEAK this year as the semester is quickly coming to a close. The schedule for next year, however, is just as active.

March 2016 will be Bring in the Bystander month, a whole month dedicated to training people to become proactive bystanders. It's no coincidence that this awareness month and spring break coincide. The hope is to prevent any possible harm during a time, which is synonymous with drinking.

A proactive bystander is a witness to a situation but uses the four D's to prevent any potential or present harm. Those

four D's are: direct, delegate, distract and delay.

"We don't all need to be Superman," said Stansel, but these seemingly small things can help stop an event before the fact.

Project SPEAK also provides a confidential setting in which victims of any situation can talk and discuss what happened and what the next step can be.

Many other universities around America do not have an equivalent to Project SPEAK. Most other faculty or staff has an obligation to immediately report any situation or event.

SPEAK and Stansel do not have such an obligation, meaning she is able to give counseling and advice without pressure.

"I don't make them do anything, I just give them referrals, information and get them connected," said Stansel.

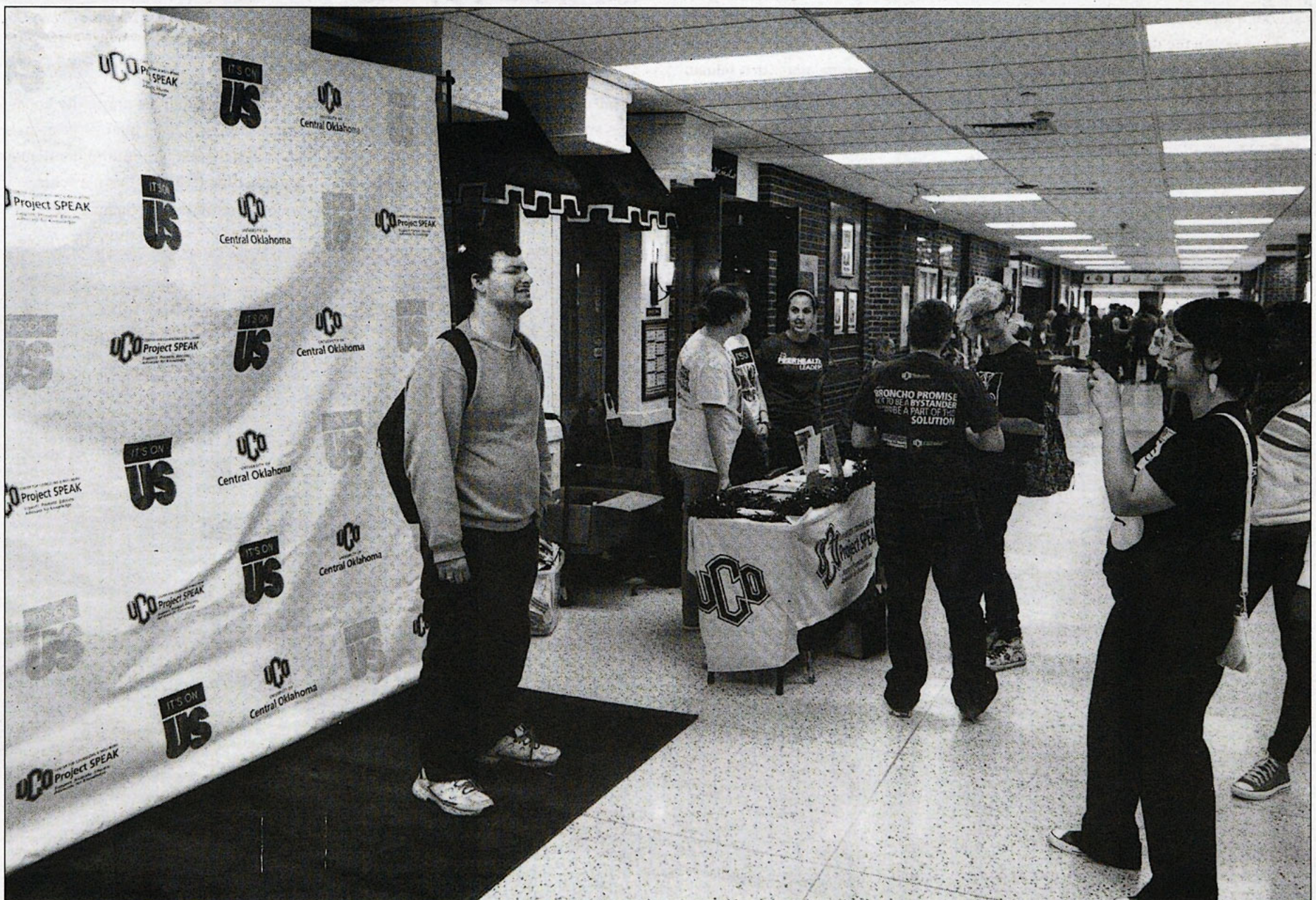
Project SPEAK also wants to dispel the rape myth acceptance, victim blaming, as well as any discourse or rhetoric from older sexual assault and prevention

programs.

"I believe in the past, the goals and initiatives were well intended, but there has been a turnover," said Stansel. This includes blaming sexual attacks on clothing, alcohol consumption and coincides with such changes as the change in California to "yes means yes," opposed to "no means no."

Students can volunteer at Project SPEAK and after a year, training and an interview process, they can become advocates, working directly with Stansel and any other student or faculty run events or organizations.

Anyone who feels they have been effected by anything covered in this article, or anything related to, can contact Project SPEAK by phone, 405-974-2224. Or stop by their office, which is on the fourth floor of the Nigh University Center in Room 402, within the Student Counseling Center.



A student has their picture taken as a part of the pledge they took for project SPEAK. Students who took the pledge were asked to change their social media photos to the ones taken at the event. Photo by Ryan Naeve, The Vista.

Unveiling the 125th statue



Eriech Tapia
@eriechtapia95

Reporter

Picturing the last 125 years in one statue came together during the homecoming celebrations as alumni, students and faculty cut the ribbon on the newest addition to the University of Central Oklahoma.

Christopher Domanski was the UCO artist behind the project and had been working on it for over a year, collaborating with the photography studio and other departments across campus to see how he could capture the university.

"How do you capture 125 years? I talked with others about having one place that had two main ideas, one would be a place for students to come and relax and constantly come back to and a place that would show the breath of the school," said Domanski.

Throughout the day, alumni were on campus touring where they made memories and some were there for events held in the morning. Many stayed around for the unveiling of the statue and wanted to see if their pictures were on the new panels at the reflection area.

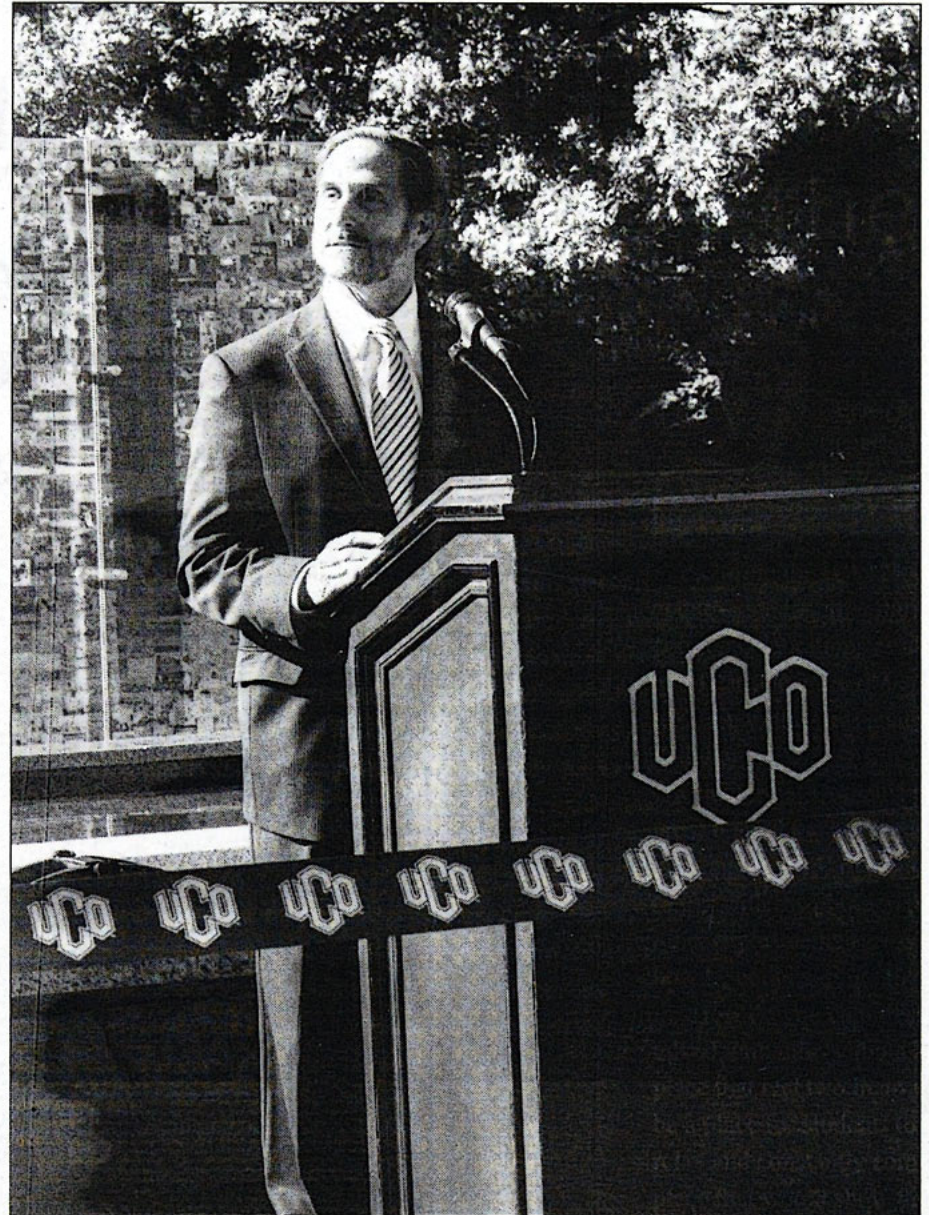
"I think this is neat...we have a lot of 125th anniversary things that are going on campus and this is just a special one that will recognize the 125 years of history," Dr. Virginia Peters said, a UCO alumna from the class of 1957.

The panels that are a part of the fountain area contained almost 2,200 pictures that ranged from the very first years of the university all the way to 2015 and had a black to color gradient that was in the form of moving water.

The pictures were compiled by Domanski and Daniel Smith, director of photo services, and also with the help of the UCO archives department.

"What I love about this piece is that it is about all of us. It is about everyone who has been here and everybody that will come after us and people are realizing that 125 years later...that human talent continues to be our upmost asset," said Don Betz, UCO president.

Reflection was one of the underlying principles of the statue and the area includes seating for guests who wish to

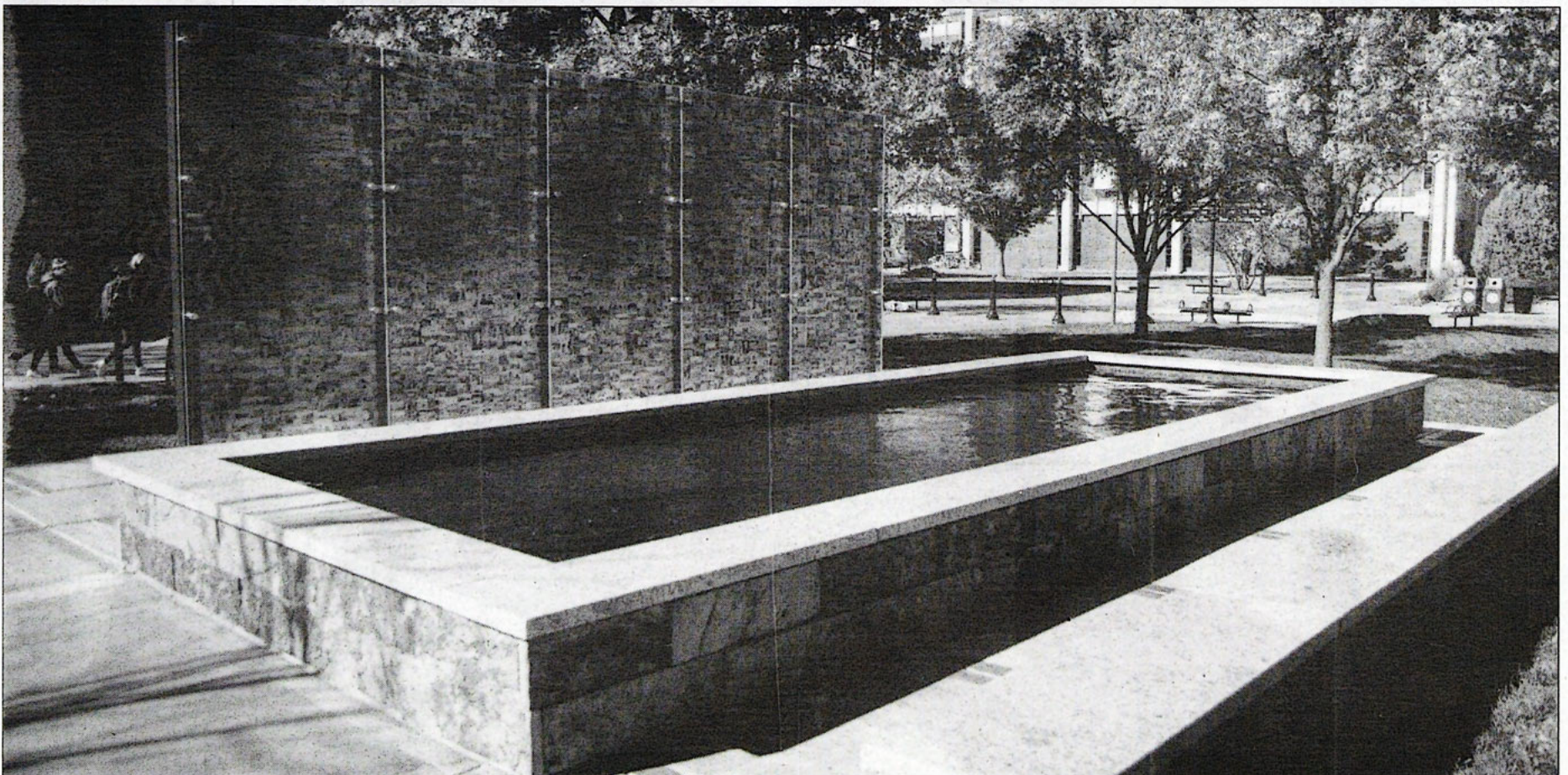


President of the University of Central Oklahoma, Don Betz speaks before cutting the ribbon to officially open the new reflection park. The ribbon cutting ceremony was held on November 6. Photo by Lauren Capraro, The Vista.

come and reflect on their life, time at the university or anything else, according to Betz. The statue will also be lighted for guest to enjoy during the evening hours.

The panels measure 20 feet wide by

eight feet high and the university hopes to one day include an interactive computer system that will inform guest about each picture, however that particular concept is still in the planning stage.



The new reflection park is located directly west of Murdaugh Hall. It contains several benches, new trees, and an art installation titled "Ubi Motus Est." Photo by Lauren Capraro, The Vista.

Eating disorders and student health



Queila Omena
@quellaomena

Managing Editor

Most people I know wouldn't mind losing a couple of pounds, in fact most of them strive to look thinner, slender and more fit.

Clothes fit better when you are smaller, you look thinner and healthier, and your world tends to be a happier place to live in. But is the burden worth it?

Anorexia is the third most common chronic illness among adolescents. The shocking result estimates that up to 30 million people in America suffer from an eating disorder.

Anorexia, bulimia, and binge eating disorders, having the highest mortality rate of any mental illness.

According to a survey with 185 female students on a college campus at the National Association of Anorexia Nervosa and Associated Disorders, 83 percent diet for weight loss, 58 percent felt pressure to be a certain weight and 44 percent were of normal weight.

College students tend to use unhealthy weight control behaviors such as fasting, smoking cigarettes, vomiting, skipping meals and taking laxatives to obtain their ideal weight goal.

Being cautious about your nutrition is great, but obsessing over your food won't get you far. The intense fear of gaining weight or becoming fat will allow you to be trapped in this mental disorder where your body seems to be the only problem.

Counting calories, measuring portions, being grossed out by food, and other behaviors are believed to be associated with anorexia.

"Anorexia nervosa is characterized by emaciation, a relentless pursuit of thinness an unwillingness to maintain a normal or healthy weight, a distortion of body image and intense fear of gaining weight, a lack of menstruation among girls and women, and extremely disturbed eating behavior. Some people with anorexia lose weight by dieting and exercising excessively; others lose weight by self-induced vomiting, or misusing laxatives, diuretics or enemas," said the ANAD.

A person with anorexia typically

weighs herself or himself repeatedly, excludes themselves from eating certain foods, and they are constantly thinking about food, how many calories, how much exercise is needed, how many grams of fat and protein and so on.

It's unfortunate that we live in a world where we need to look a certain way to fit in with others, especially when the body type portrayed in advertising as the ideal is only possessed naturally by 5 percent of American females.

According to statistics from the

ANAD "47 percent of girls in 5th-12th grade reported wanting to lose weight because of magazine pictures, 69 percent of girls in 5th-12th grade reported that magazine pictures influenced their idea of a perfect body shape, 42 percent of 1st-3rd grade girls want to be thinner, and 81 percent of 10-year-olds are afraid of being fat."

You might hear your 10-year-old cousin skipping the lake with friends because she or he might feel insecure about their body and looks. We are living in a gener-

ation where striving to look like a doll is accepted, and more encouraged.

After overcoming my own eating disorders, I realized how important it is to love oneself and accept who you are. I was once terrified of food and truly believed it to be my enemy, but now I can proudly say I beat anorexia and I no longer live in fear of weight or looks.

If you or anyone you know is struggling with an eating disorder, please seek help. Forget your weaknesses-- think courage.



A student pushes away a small amount of food that she can't bring herself to eat. Anorexia is the third most common chronic illness among young people in America. Photo by Cooper Billington, The Vista.

5 ways to earn a scholarship



Brittany Robinson
@brittdrobinson

Contributing Writer

It's no secret that college is expensive, but there are ways to avoid crippling debt after your college days are over. Scholarships are offered for a variety of reasons and a lot of students are not aware of how many they are eligible for. Here are the top five ways to earn a scholarship.

1. Tuition waivers:

OK, so it's not exactly a scholarship but this is one of the easiest ways to take some dollars off of your bursar account. Each college at the University of Central Oklahoma offers departmental tuition waivers. If you receive a tuition waiver, a set amount will be removed from bursar.

Each waiver depends on how much the department is able to give from semester to semester so to see what your department is offering and when the deadline is, visit uco.edu/em/your-central-investment/scholarships/departmental-scholarships.

2. Research each scholarship you apply for:

If you are applying for a scholarship from an organization or business, it's a good idea to use lingo they are familiar with. For example, if their slogan is "Always Do Your Best" you might talk about how you always strive to be your best self.

Of course you should always be honest, but most companies and organizations will appreciate you taking the time to make the application apply to them.

3. Keep your social media clean:

Believe it or not, you're not the only person who creeps on Facebook. If someone is considering offering you a scholarship, there's a good chance they are looking through your social media accounts.

Keep your tweets clean and make sure you are presenting yourself as a professional. Think about how you are portraying yourself to the public.

4. Fill out the entire application:

Don't leave anything blank, especially essay questions. Take the time to fill out every application in full and use any opportunity to tell them about your accomplishments.

It might be uncomfortable to brag on yourself, but that is exactly what you need to do. This is your opportunity to tell them why you deserve the scholarship.

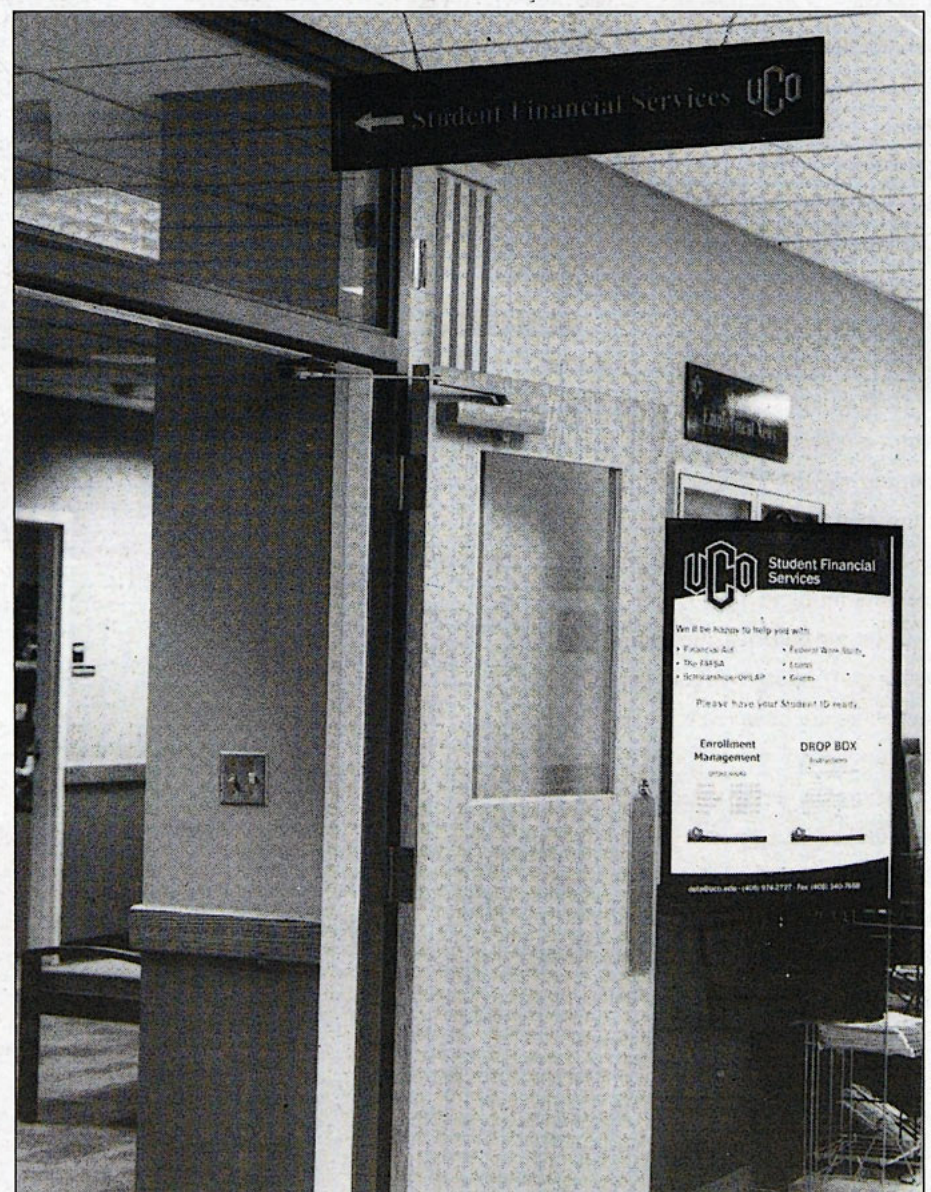
5. Apply for every scholarship you are eligible for:

Even if it's small-- apply. Less people apply for smaller scholarships so you have a better chance of receiving them.

Every penny counts when it comes to paying off debt so don't ignore the smaller scholarships.



Checking the billboards all around campus is a great way to learn about new scholarships. Photo by Cooper Billington, The Vista.



Information about scholarships can be acquired in the financial services office in the Nigh building. Researching all scholarships that you're eligible for is an important step. Photo by Cooper Billington, The Vista.

Is college killing the creative spark?



Rachael Corbin
@rachaelcorbin

Contributing Writer

Over several decades, public schools have been accused of squandering their students' potential by focusing solely on conformity and test-taking at the expense of fostering children's talents.

Some public school critics such as Sir Ken Robinson complained that children go into the school system brimming with possibilities and the willingness to learn, only to be told to follow directions to the letter and never think outside the box.

However, can the same criticisms be applied for institutions of higher learning

such as college universities?

Dr. Merry Buchanan, professor of Interpersonal Communications at the University of Central Oklahoma, believes that not only can college help foster creativity but those who go to college have more of an advantage over creative types who elect not to attend a university.

"People who go to college have more avenues to express creativity than those that don't," Buchanan said. "I think that there are very creative people who don't go to college, but then they hit a brick wall. Getting a college degree is a lot like having a large key ring filled with keys. Without a college degree I have one key and that's all I can do. But if I have multiple keys I have more options."

In a public school setting, teachers are dictated specifically what they can and cannot teach by the government and schools are threatened if they do not conform. However, a college environment is much different.

The professors have more control over their materials and the scope of knowledge a student may obtain is widened to

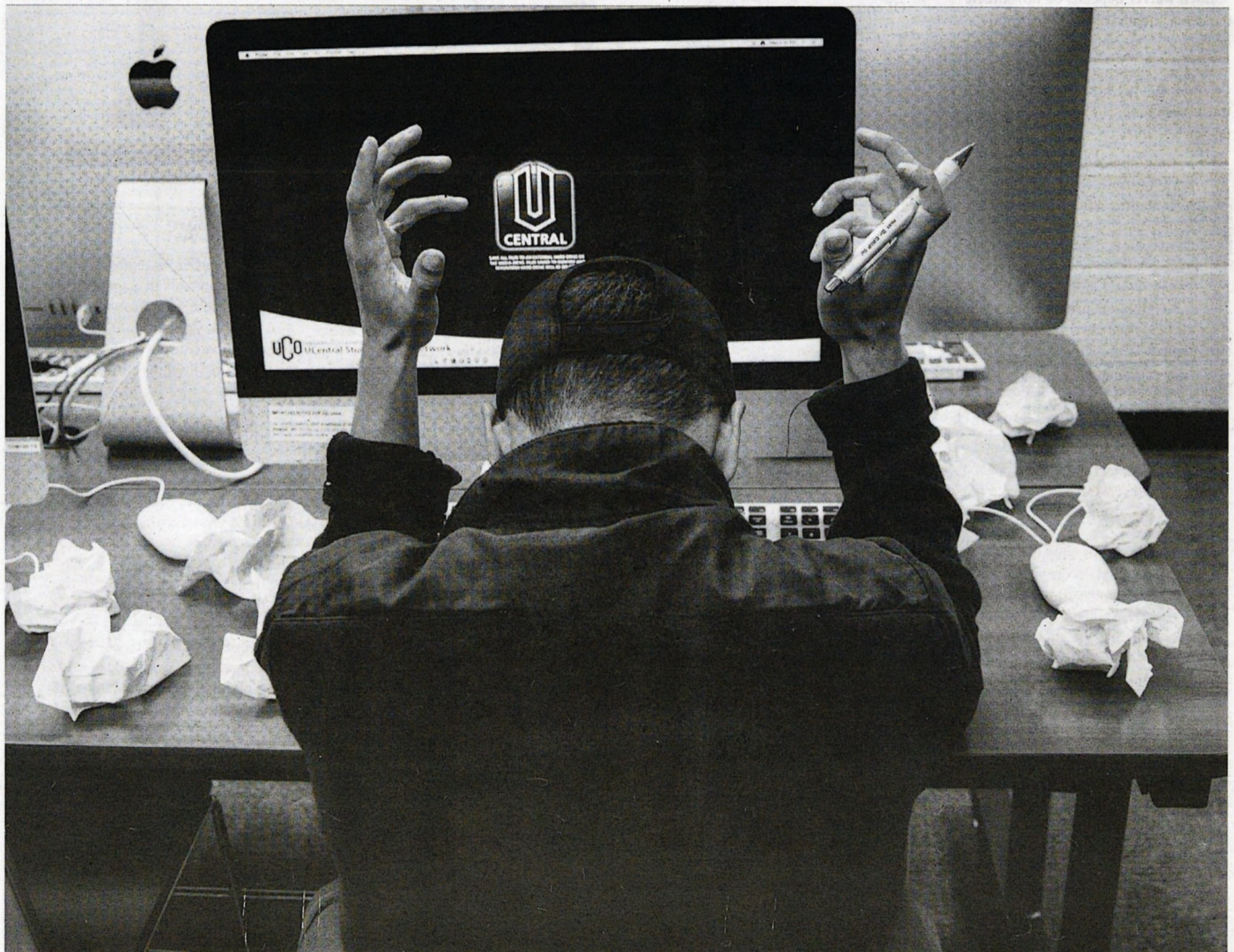
include views that they would not be able to hear in as great of depth outside of the classroom.

College also presents students with more opportunities to become part of an organization with like-minded people or become involved with the community through acts of volunteerism, said Buchanan. Creativity comes when individuals expose themselves to a wide scope of ideas, and UCO students have access to all of them:

For little to no money, students may attend the UCO Jazz Lab, cultural festivals that serve authentic foods, watch comedians, and listen to public speakers of all different political parties and religions.

College is a large breeding ground for creativity, and it is up for the students to take advantage of it.

"If someone offers to take you somewhere that isn't really your thing, go anyway," said Buchanan. "Go do stuff, that's what boosts your creativity, not being an observer. Creative people look around, look for connections. Say yes."



A student becomes overwhelmed with his workload. Changing study habits to conform more to multiple choice tests and research papers may burn someone out and kill their creativity over time. Photo by Cooper Billington, The Vista.



Kateleigh Mills
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Contributing Writer

To blog or not to blog



Blogging can be a therapeutic pastime for those who wish to put their lives in the realm of ones and zeros. However, is there something that can be overlooked when someone starts a blog?

Dr. Terry Clark, University of Central Oklahoma professor and expert on blogging, shed some light on the topic.

Reasons to Blog:

1. A quality, digital footprint

There are a great number of successful blogs out there, such as the pioneer woman, however, what is the one thing that they all have in common?

They all have what is called a quality digital "footprint" or, in other words, a brand.

Creating a quality "footprint" takes patience, but in the end starting a blog can be a great jumpstart in the competitive field of communication.

2. Passion and originality

To make a blog sustainable over a great length of time, the blogger needs to have passion and originality in their creation. This can be tricky to do since passion for some can seem like a rant to others. Therefore, Clark recommends avoiding blogging about politics and religion because of the ingrained controversy.

"There's not any privacy when it comes to the internet," said Clark. Your words may come back to bite.

3. Enjoy writing

Whether this one is obvious or not, it did make Clark's list. If you do not enjoy writing, then blogging probably is not for you.

However, there is an alternative to blogging, which is vlogging, or video blogging. Vlogging still requires time and patience as well as writing to keep up and maintain.

4. Time

"You have to be willing to work at it because quality blogging takes a lot of time," said Clark. Perhaps the saying "practice makes perfect" comes into play. The one thing that many college students complain about is not having enough time.

If starting a blog sounds like it would be in any way stressful to upkeep and maintain, you might want to take a minute to reconsider your choice in starting a blog.

5. Design and readability

For a blog to be successful and career-oriented, it needs to have some curb appeal. Dull looking blogs that are blank with zero design can detract from someone even reading a word of whatever is written.

Pages should be warm and inviting, something people feel an attraction to.

Don't worry too much; Clark says that the eye for design can be learned through studying successful blogs, or by taking classes in design, photography and typography.

Reasons not to Blog:

1. Grammar

If you have trouble with grammar and punctuation, it can be hard to make a blog successful.

Since ideas are spread through words on a blog, the writing portion of it should be precise and accurate in order to avoid any negative judgement or scrutiny from readership.

People who love grammar can be very particular about how ideas are presented

2. Avoiding the rant

It would be wise to avoid the "rant" when writing on a blog.

Because there is zero privacy on the internet nowadays, especially when it comes to job searching, ranting or griping about a particular subject-- especially one that is controversial-- can lead to someone reconsidering a job offer.

After all, there are some things that are hard or seemingly impossible to come back from.

3. "I think I can, I think I can."

If you are just looking to jump on the blogging bandwagon, you might want to take into consideration all of the responsibilities when it comes to starting and maintaining a successful blog.

Clark said that it is a bad idea to blog just because you think you should.

4. Laziness

This goes along with the time concept.

As said earlier, time is one of the major components in a successful blog; therefore, if you know that you are a lazy person or often find yourself in a constant state of procrastination, blogging probably is not for you.

5. Communication career

Newspapers like the Journal Record and The Oklahoman are using popular blogs to build readership.

This is one of many job opportunities that are new in the field of communication.

"To get a start on a career in the highly competitive communication field [a blog] can be part of that. I have former students whose blogs helped get them jobs," Clark said.

Think long and hard whether not a career in communication sounds right for you.

If blogging is something that interests you, Clark offers the class 'Blogging for Journalists' that teaches the skills needed to develop and create a successful blog.

You can also look to Clark's blog for inspiration and tools.

Dr. Terry Clark is a journalism professor at UCO, as well as the director of Oklahoma's Journalism Hall of Fame. Clark is also the author of an award winning blog, Coffee with Clark. Photo by Ryan Naeve, The Vista.



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UNIVERSITY OF CENTRAL OKLAHOMA

Life in Oklahoma





Several students play a game of volleyball behind the international house on Saturday, October 31 during the Pakistan Student Association's first event. Attendees also had the opportunity to eat free food and dance at the associations first meeting. Photo by Ryan Naeve, The Vista.



Children trick-or-treat in the Nigh Building for the annual UCO Child Study Center's Halloween parade. There were two parades held on Thursday, October 29. Photo by Cooper Billington, The Vista.

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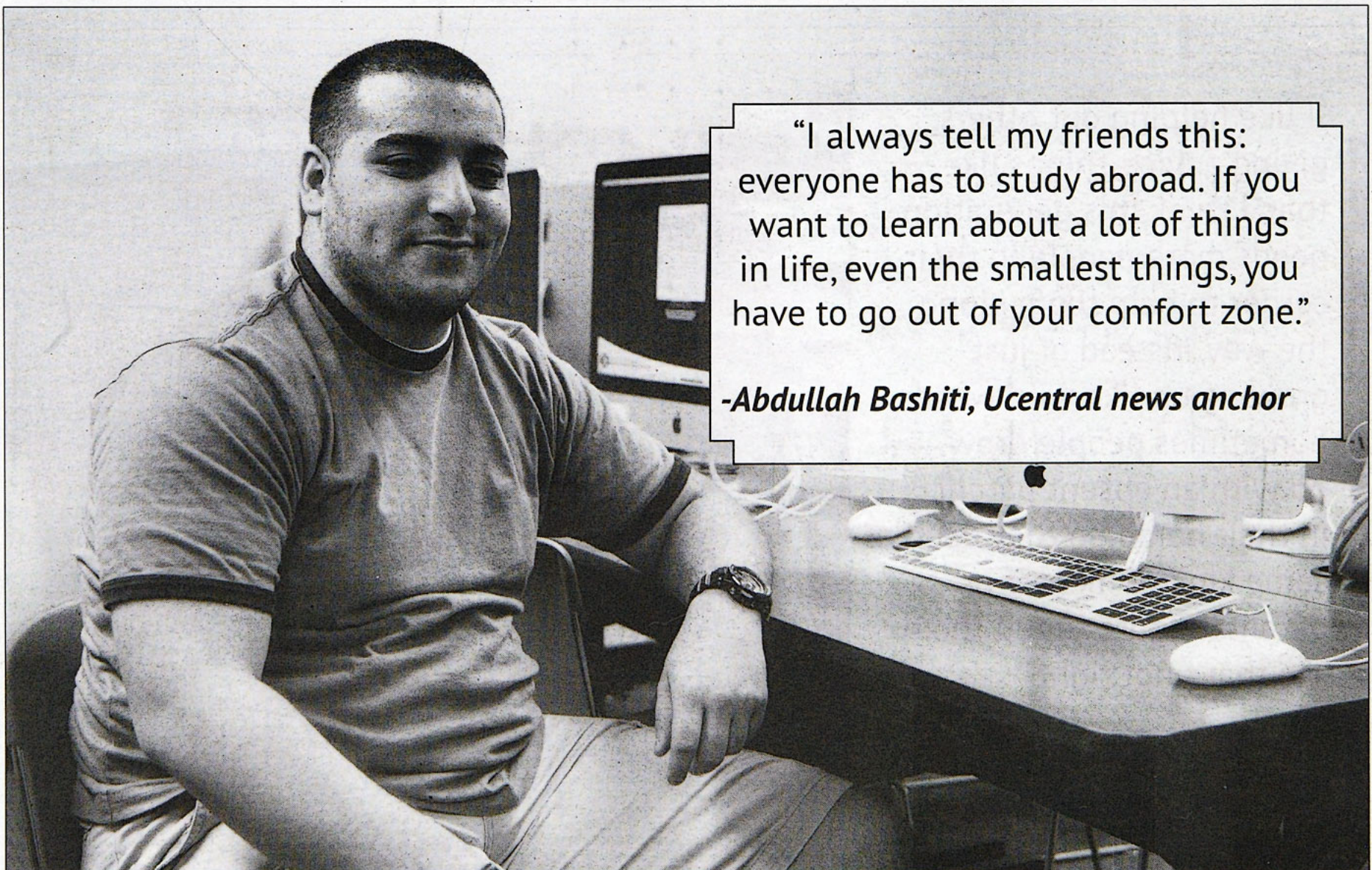


Hundreds of blue and gold flags decorated the lawn in front of Broncho Lake during homecoming week. Photo by Lauren Capraro, The Vista.



“I’m an idealist, I like to talk about big ideas, but I think a practical way to change the world is one person at a time. So like, if I see a homeless person and I just drive by them-- that didn’t take any effort from me. It’s not that hard to stop your car and engage them in conversation and make them feel loved and important. So I think that’s one way to change the world; go around and tell everyone that they’re loved. Not in a superficial, I love everyone way. Everyone have a specific purpose on this earth.”

-Jaid Owens, SPB member



“I always tell my friends this: everyone has to study abroad. If you want to learn about a lot of things in life, even the smallest things, you have to go out of your comfort zone.”

-Abdullah Bashiti, Ucentral news anchor



"About a week ago my mom was diagnosed diabetic, and I couldn't be there for her. I felt really selfish, and I sat there and looked at myself and decided I can't deal with people who aren't going to deal with me. I can't sit there and hold up the weight of the world, I need to take care of people who are always going to be there for me, like my mom. I've been trying to be with my family more and not be around people who aren't good for me."

-Marisa Brown, undecided major

"I like helping out others, giving advice, things like that. I think this generation needs more people in their corner to help them along the way, instead of just growing up like wild weeds. Sometimes people grow up with an absent parent in their home, so they need some kind of mentor or parental figure to tell them 'No that's not right'"

**-Pamela Crisp,
Night time food court supervisor**





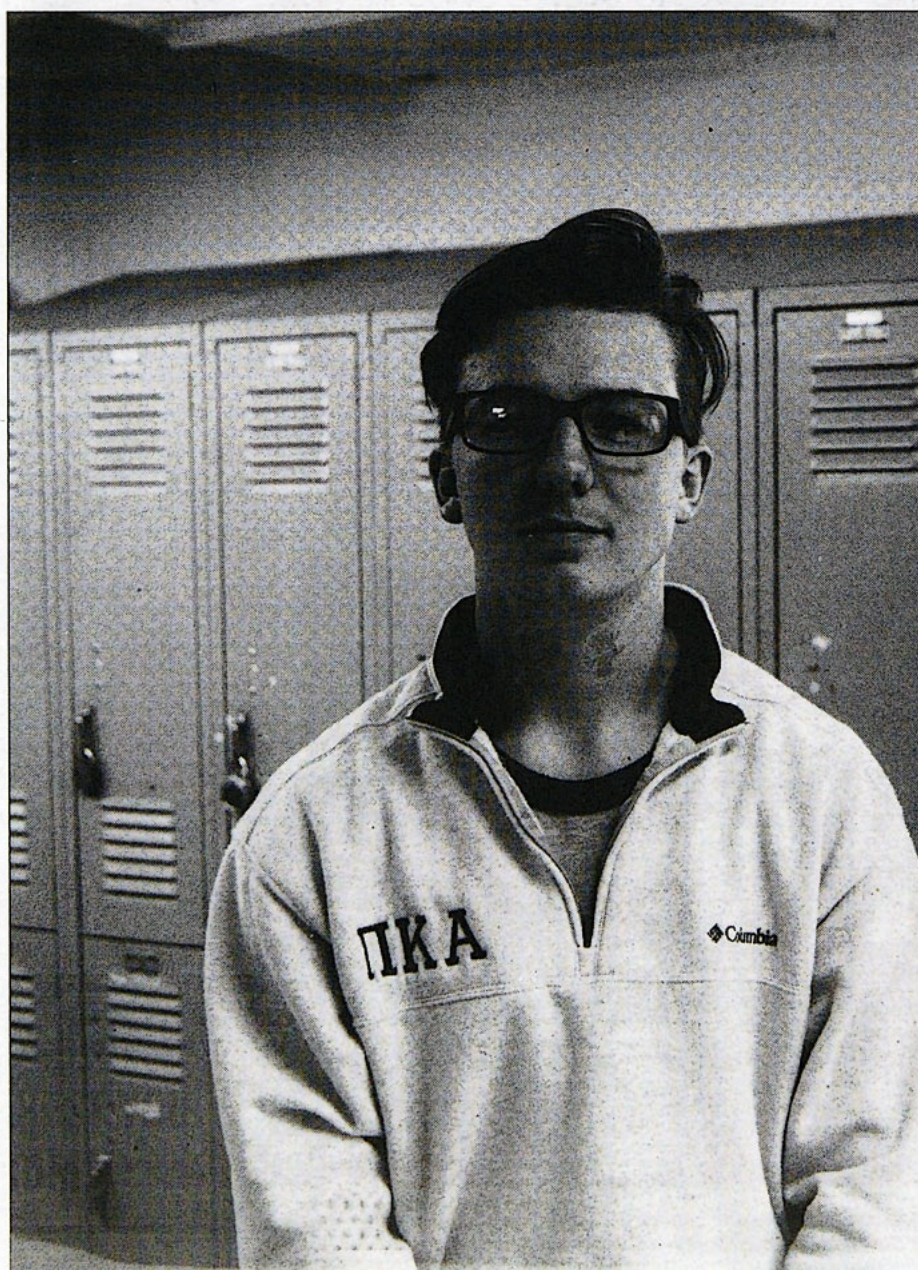
“I took a decade off of college, and then when I came back I said ‘I’m an adult now, so I need to figure out what I’m gonna do as an adult,’ and so I thought poverty sounded like a good idea. So a creative writing degree sounded like a good idea.”

-Micah Elliot, Liberal Arts deans office worker



“I wanted to be a concert promoter... The last show I set up, I wrecked my car on my way to the show, the P.A. that I went to get from someone had like five missing pieces, so it wasn’t functional, and then I think one person showed up for the show. It was like a touring band, and I had a show set up the next day at a coffee shop, and the coffee shop kicked us out, so I took that as a sign that maybe I should find something else to do.”

-Cory Castoe, UCO library technician



“You know the app, Vine? I wanted to get Vine famous, right? And we had just got done with our senior season of football in McAlester, so my buddy has this football helmet, and we see a T-ball bat. So I’m like ‘I’m gonna put this helmet on and let you hit me in the head with that, and we’ll see how this goes.’ He hit me in the head with the bat, I walked five steps, passed out, I had a mild concussion, woke up, put it on Vine, and we didn’t get Vine famous. So I went to the emergency room for nothing.”

-Michael Hyden, UCO freshman

Possible ban for Russia



from the 2016 Olympics



Kateleigh Mills
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Contributing Writer

The scandal in Russian athletics began with a report commissioned by the World Anti-Doping Agency, or WADA, that there was an apparent state-sponsored doping program. Doping, which in sports means to use certain chemical substances that have been banned by the International Olympic Committee to enhance performance, is an obvious serious allegation made against the Russian athletic system, that could possibly lead to their banning.

The WADA released a 323 page report that declared an extensive state-sponsored doping program. The report also recommended that Russia should be banned from the 2016 Olympics if it didn't impose extreme changes and improvements in its anti-doping efforts. The report also mentioned five athletes for Russia, which included gold medalist Mariya Savinova, should be banned from the sporting competition for life.

Lamine Diack of Senegal, who was the head of IAAF previously, is also under investigation in France for allegedly demanding bribes for covering up doping instances for Russia. Russian officials have disputed much since the shocking allegations were made by the WADA and have promised to take control immediately of their athletics and to take steps in order to improve and prevent doping.

The IAAF president, Sebastian Coe, held a teleconference where members voted leading to a decision against the Russian track and field athletes at 22 to 1. Mikhail Butov, a council member from Russia, was allowed to defend the athletic system, but wasn't allowed to vote in the teleconference.

"This has been a shameful wake-up call, and we are clear that cheating at any level will not be tolerated," Coe said.

The International Association of Athletics Federations announced that Russia will be provisionally suspended from track and field competitions after the

allegations were made against the countries athletes, trainers, doctors, coaches and officials. According to the New York Times, the ban will keep the athletes out of any track and field events world wide, possibly out of the 2016 Olympics in Rio de Janeiro.

"We discussed and agreed that the whole system has failed the athletes, not

just in Russia, but around the world," Coe said.

From here on, Russia will need to show compliance with WADA and IAAF in order to clear their name so they could be able to compete in the Olympics. Officials from track and the Olympics believe that Russia has time to meet the conditions in time in order to make it to

Rio.

Dick Pound, the president of WADA and author of the report also thinks that Russia could repair themselves in time.

"If they do surgery and they do the therapy, I hope they can get there," Pound said.



In this Aug. 11, 2012 file photo Russia's Mariya Savinova celebrates as she crosses the finish line ahead of South Africa's Caster Semenya during the athletics in the Olympic Stadium at the 2012 Summer Olympics, London. (AP Photo/Anja Niedringhaus, file)

Changes to Chinese family policy



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Contributing Writer

The one-child per family policy was adopted in China back in the late 1970's under the rule of Deng Xiaoping. The policy was established as a core Communist policy because of the belief that the effects would ensure that the fruits of economic growth are not devoured by population growth.

So, what made the Chinese leadership change their mind?

There was a concern among the Chinese Communist Party leadership that an aging population could possibly jeopardize China's economic rise. In response to this concern, the Chinese leadership removed the one-child policy and plans to replace it by allotting families the choice to have two children.

However, single mothers in China do not apply to the new policy according to Hong-Kong based academic and author, Leta Hong Fincher.

According to Fincher's article for BBC, the Chinese government makes it virtually impossible for single women to have children. Single mothers are required to have a valid reproduction permit in order for the government to grant birth certificates for their children.

Women that do not have a valid reproduction permit can also be denied a hukou, the official household registration, which helps children gain admission to schools and access to affordable healthcare.

University of Central Oklahoma Chinese international student, Summer Xie, a member of the Chinese Student Association, said she was relieved when she heard that China had re-

placed the one-child policy.

"We are the only child in the family, and sometimes we feel really lonely," Xie said.

According to an article in The New York Times by Chris Buckley, the one-child policy had created a great amount of public resentment for the leadership of China. Some families were forced to have abortions and burdening fines, which were found heavily in the countryside of China.

Izzie Luo is also an international student from China who is a part of the Chinese Student Association. Luo believes that the new policy will help eliminate the imbalanced ratio between the younger and the elder generations.

"The number of young to elderly people is imbalanced, so we need to have more and more children," Luo said.

The response from the public in Beijing about the new child policy initially had mixed reviews. There were some citizens that felt an indifference or reluctance to the question on whether or not they would have a second child. There were others that were also very pleased and supportive of the new policy.

"I think it is the most effective way to deal with the aging society. There are more and more elderly people in China these past years," Luo said.

The new policy will not go into effect immediately. It first has to be endorsed and refined by the central government and then implemented by the provincial-level governments. This process will take a lot of time to complete, perhaps months.



(Top Right) A child is wrapped up against the cold at a park in Beijing, China, Friday, Oct. 30, 2015. Shares of companies making diapers, baby strollers and infant formula were getting a boost Friday from China's decision to scrap its decades-old one-child policy. (AP Photo/Ng Han Guan)

(Bottom Right) A child rests against a woman as another is pushed past in a stroller at a park in Beijing, China, Friday, Oct. 30, 2015. Shares of companies making diapers, baby strollers and infant formula were getting a boost Friday from China's decision to scrap its decades-old one-child policy. (AP Photo/Ng Han Guan)

YOU TEXT, YOU DRIVE, YOU PAY



Rayven Boone
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Contributing Writer

Texting and driving has been an issue not only in our state but our nation for several years. There are countless drivers who are constantly on their smartphones texting, emailing, or checking up on social media all the time.

Not only is this dangerous for the driver but also the other drivers and pedestrians surrounding them.

Oklahoma has passed a new law, as of November 1 stating texting and driving is now illegal in the state of Oklahoma. Many hope that this will prevent the number of distractions for a driver and lower accident rates.

Police will be issuing a \$100 fine if people are caught texting behind the wheel. If a driver is caught by an officer texting, or looking at their phone while the vehicle is in motion, they will be charged with a fine.

Edmond Police Officer, Sergeant Hamm said, "There are several things police officers will be looking for

when potentially trying to catch distracted drivers." Officers are not sharing any details on what they are looking for and why, when looking for those breaking the new law.

Several students and citizens feel like this is a good thing. If more people are getting fined and pulled over for this issue it will hopefully reduce the amount of deaths and wrecks that are caused by texting and driving.

"I feel like the roads and highways will be a lot safer to drive on because drivers will be paying more attention to the road and not distracted by their cell phones," said University of Central Oklahoma student Lane Holt.

Others agree but some students feel that even with a new law, people will continue to constantly be distracted by their phones and not paying attention to the road.

Oklahoma has now become the 46th state to prohibit

a practice that law enforcement officials find as a dangerous distraction. The House Bill 1965 makes texting while driving a primary offense.

This has been a issue in our state for years and Governor Fallin feels like this could possibly put a stop to it.

Many people feel like this issue needed to be addressed after a tragic accident involving Oklahoma Highway Patrol Troopers, Nicholas Dees and Keith Burch. While on the job they were hit by a car earlier this year that left Dees dead and Burch severely injured.

The person responsible for this accident was supposedly on his phone and updating social media when the accident took place.

Governor Mary Fallin said she hopes that this new law will have a positive outcome.



A UCO student sends a text while behind the wheel of her car. Texting while driving is now punishable with a fine of up to \$100. Photo by Ryan Naeve, The Vista.

38th Mesta Park Holiday Tour



Kateleigh Mills
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Contributing Writer

As we get further into the holiday season, there are events all over Oklahoma City that incorporate the season of giving. The 38th Annual Mesta Park Holiday Home Tour is an event that not only incorporates an historic neighborhood in the heart of Oklahoma City, but an event that will help the preservation of part of the city's history.

Mesta Park was founded in 1902 that presents classic examples of architecture from the early 20th Century. The neighborhood is listed on the national register of historic places and is also labeled as a Historic Preservation District by the city of OKC.

The home tour will be a three-day event open to the public only on December 5 and 6. There will be a tour of five homes that are decorated in holiday themes as well as a tour of Wilson Elementary School which will be about a seven block radius from place to place.

The event will have complementary coffee at one of the homes from Elemental Coffee. From there, food trucks will be set up at Wilson Elementary, which will feature popular local trucks such as Murphy's Cookshack, Klemm's Smoke Haus, Let's Do Greek, and I Love My Taco Shop. Food trucks are not included with ticket pricing, so attendee's will need to bring extra money if they want any food from the trucks.

This is Sarah Jordan's first year as the 2015 Mesta Park Holiday Home Tour Chair and she said she is excited for the upcoming event. Jordan said that planning for the annual event has been incredibly rewarding as she has only been a resident in Mesta Park for only a short time.

"It's really rewarding to be in a neighborhood that is really invested in what's happening around town," Jordan said.

One of the homes on the tour was recently built in 2014 by Greg McAllister. He had to jump through many hoops

to build in the area, but the home still incorporates a historical image.

It also has green technology such as a geothermal system, which offers another way to use water to heat and cool a space, while lowering a heating bill down considerably.

This annual event is the biggest event for the Mesta Park neighborhood, and will need volunteers to help everything run smoothly. The ticket sales will go

directly to park improvements and other needed and future preservation measures. There will also be transportation provided by Mercedes Benz and Spokies Bikes as well as holiday carolers, and greenery provided by Calverts.

"The purpose of the event is to show you can live in historic homes like these," Jordan said.

Jordan is expecting around 2,000 people to come to this event. Tickets can be

pre-ordered on the website or purchased the day of the event.

However, tickets can also be purchased in local places and shops, such as Full Circle Bookstore, Plenty Mercantile, On A Whim, Cafe Evoke, and Forward Foods. December 5 will be the Candlelight Tour held from 4 p.m. to 8 p.m. and December 6 is the Afternoon Tour and will be held 1 p.m. to 5 p.m.



The 38th annual Mesta Park Holiday Home Tour is a holiday event that incorporates a historic Oklahoma City neighborhood. The tour goes through several homes and an elementary school decorated for the holidays. Photo provided by Chris Cook.

Germany's past captured in debut novel:

DARK MERMAIDS



Rachael Corbin
@rachaelcorbin

Contributing Writer

Steroids being used to unethically increase strength and stamina in the sports world is not an alien concept to Americans today. Despite the lengthy list of side effects, many continue to take them to improve their chances of winning sporting events.

However, imagine athletes being forced to take these drugs against their will at the expense of their physical and mental health. This was the reality for many athletes in East Germany during the former German Democratic Republic.

Dr. Anne Lauppe-Dunbar, lecturer of Creative Writing at Swansea University in Wales, digs deep into the doping scandal in her novel "Dark Mermaids."

She decided to write on the subject after stumbling across a document titled State Plan Theme 14.25 while researching her elderly mother's escape from East Germany, and worked on it while researching her thesis.

Her book tells the story of a fictional female athlete whose body has been so badly destroyed by doping she is slowly dying. Doctors refused to treat her, labeling her a lost cause.

At the time "Dark Mermaids" takes place, East Germany is trying to make gains as a world power, but had a small population and a weak economy.

"They wanted to be known on the world stage and they were trying to work out what they could do to become known," said Lauppe-Dunbar. "And they decided they wanted to be known for the world of sport."

East Germany found itself unable to accomplish such an undertaking through conventional means and began feeding their athletes steroids through supplements and food. The athletes were often not informed as to what they were taking.

As the athletes aged they became aware of what was

happening to them. Nonetheless, they could not tell anyone what was occurring for fear of being killed or imprisoned.

Oftentimes the athletes' families were rewarded for their children's participation in the athletic world with cars, television sets, and even fresh food. This made victims even less willing to speak out because their family would lose all of these things.

Prolonged exposure to the steroids did extensive damage to the athletes' bodies.

"A lot of them suffered really badly," Lauppe-Dunbar said. "Many of them had deformed children, liver failure, muscles so huge their bones were breaking; things like that."

Lauppe-Dunbar wrote "Dark Mermaids" over the course of seven years and is currently working on her second novel.



Members of the German Olympic handball team embrace each other after a victory in the 1980 Olympics. In her new novel, *Dark Mermaids*, author Anne Lauppe-Dunbar discusses Germany's history of doping their athletes during the Olympics. Photo provided by Wikimedia.

SHOUT breast cancer survivor



Ricarda Arroyo
@riccibobbi_

Contributing Writer

It is known that women over the age of 60 are at risk of getting breast cancer, but that is not always the case. Young women and even men can get breast cancer as well, like in Molly Ross's case. Ross is a breast cancer survivor and one of the co-founders of SHOUT (Strength, Healing, Optimism, Understanding and Together) who was diagnosed at the age of 31.

In 2005 Ross gave herself a routine breast self-exam while in the shower, when she felt a bump on her right breast. She wasn't as concerned because you didn't normally hear about young women getting breast cancer but she still went to get checked.

"I'm glad I did it, because I'm here 10 years later," said Ross.

After getting numerous exams the doctor confirmed that Ross had breast cancer. She said that her treatment was brutal but the most challenging part for her was when she was informed that she would have to do chemotherapy.

All she could think about was losing her hair. She described chemotherapy as 'hard-core,' it being the hardest because she was constantly tired.

"Young women do tend to have more invasive and aggressive types of breast cancer, so that's why it's so important for younger women

to be doing their breast health exam."

During her journey she didn't know anyone else her age with cancer because the average age was 60 or 65 years old. During her journey she attended 10 different support groups where later she decided that she wanted to help other young women, cancer survivors and started the organization called SHOUT.

"We are a young women cancer survivor group and we provide peer support for young women that are going through breast cancer," said Ross.

SHOUT was founded in the summer of 2006 by two young breast cancer survivors, Ross and Sandi Troup. This organization offers young women and others to come together to provide hope for one another as well as any other information they might not be aware of.

If you or someone you know is diagnosed with cancer or is going through treatment contact Molly Ross at 405-740-7705 or email info@shout-okc.org.

"My message is that breast cancer isn't our grandmother disease anymore, and that if you are a young woman, know your body, if you notice any change, or don't feel right, go check it out. Don't take no for an answer. The key to the cure is early detection so if you catch it early your prognostic is very good," said Ross.

October was breast cancer awareness month, so pink ribbons decorated dozens of trees around campus. Photo by Cooper Billington, The Vista.

The Tattoo



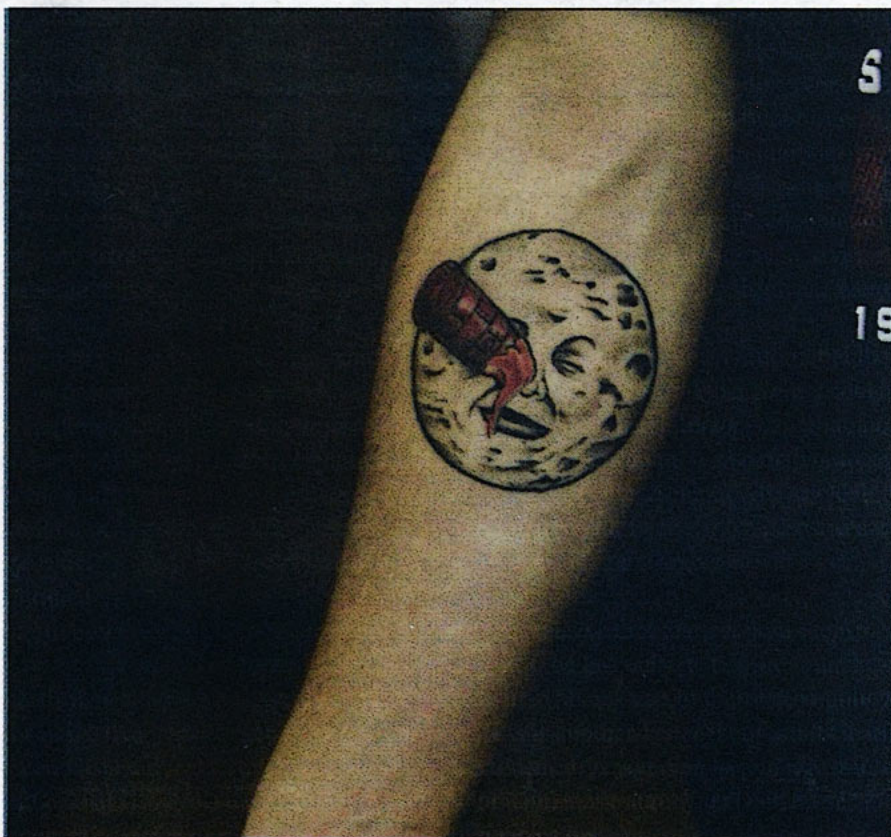
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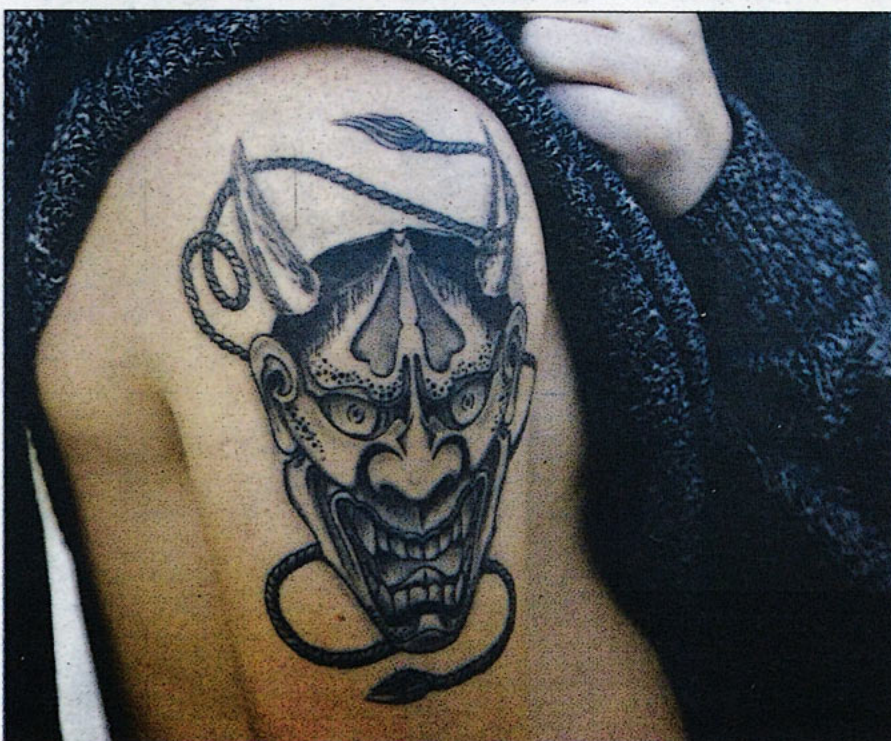
Contributing Writer

Photo Editor



"It's 'A trip to the Moon,' directed by Georges Melies. It is the first sci-fi film ever made, one of the first full narrative films ever made. I'm a film student and film is definitely my biggest passion in life. I enjoy studying film, I enjoy making films, everything about it, I absolutely love."

-Austin Stallings



"My tattoo is a Hannya mask, it's Japanese. If someone looks at another person and wants to be them, then their soul gets put into a mask [In Japanese lore.] I still haven't found out who I am as a person, I'm still looking, but I don't want to be like anyone else."

-Austin Pappas

If you look around campus, you might notice something quite frequently. That "something" is often perceived in the business world as unprofessional or distracting.

You guessed it-- we're talking about tattoos; but before you choose to go under the needle, there might be a couple of things to know regarding your tattoo and your future job.

It may not be a surprise to hear that tattoos are increasing in popularity among millennials. Some studies on the matter show that this is because millennials are having identity crises left and right, but what if that wasn't the case?

Society has stepped up considerably with tattoo acceptance.

Students on campus often choose a tattoo that has sentimental value, like junior Misty Jordan. She got her first tattoo on her foot after her freshman year when she interviewed her grandfather for one of her classes.

"One of my questions was 'if you could tell me one thing to remember for the rest of my life what would it be?' and

he answered my questions by writing his answers," Jordan said.

She got the tattoo done the summer of 2014 that incorporated her grandfather's handwriting.

"He wrote 'pray for peace' so I knew that I wanted to get that," Jordan said. Jordan has a peace sign on her foot with her grandfather's handwriting around the outer edge.

"I'm really happy that I have it to remind myself of him and his wishes for me," she said. Jordan's grandfather passed away last September.

When deciding what to get on your body, some people really take time to find a style that fits. Some styles of tattoos include American traditional, realism, black and grey, illustrative, biomechanical and lettering.

Some people like to get tattoos that show where they have been or done, like the singer Ed Sheeran. However, UCO senior Kyle Elliot also has tattoos that represent something he has done.

"I've been volunteering as a camp counselor for a kids camp for abused and



"It's three bear cubs. And it kind of just represents my brother, my sister and I growing up. I was the baby of the crew, and we were all in boy scouts and stuff, but we were a really tight-knit sibling group. And so just the cub mentality where we're together and stick together through everything. It's just like a nurturing family thing."

-Jon Michael Jackson

Tales

neglected children called Royal Family Kids Camp,” Elliot said. He has volunteered for the camp for four years now.

Elliot’s tattoo is the mascot of the Royal Family Kids Camp, the starfish, and is located on his calf. It is the mascot because of a story that is read aloud to the staff about a little boy who saves starfish on the beach by throwing them back into the ocean.

“Each year I make an unforgettable difference for a child that went through some of the worst things I can imagine, and each year I tattoo a starfish onto myself as a representation of my love for them and that I am always going to carry them and their story wherever I go,” Elliot said.

Because Elliot plans to join the Air Force, he has only two of the four starfish on his leg due to their tattoo policy. This is another factor that inhibits getting tattoos, so if you plan to join any military branch, make sure you check those policies out.

Some branches of the military might

make you remove some tattoos that are unauthorized.

Some people also choose a tattoo that they have seen on someone else. This concept also goes with people who choose to get matching tattoos. UCO sophomore, Mollie Myers, has a script tattoo on her ribs, which was inspired by someone else that she had not met.

“The one on my ribs, ‘for those I love I will sacrifice’ is actually from a picture my cousin sent me from Afghanistan. A soldier being medi-flighted out had it on his ribs and it just resonated with me,” Myers said.

On the positive side, tattoo acceptance is at an all-time high in comparison to ten years ago, but there are still companies and business that opt for tattoos to be kept under wraps.

Studies that have been done about this subject have also pointed out that getting a tattoo on a frequently exposed surface such as your hands, face, or neck should be considered carefully with whatever career path you are following.



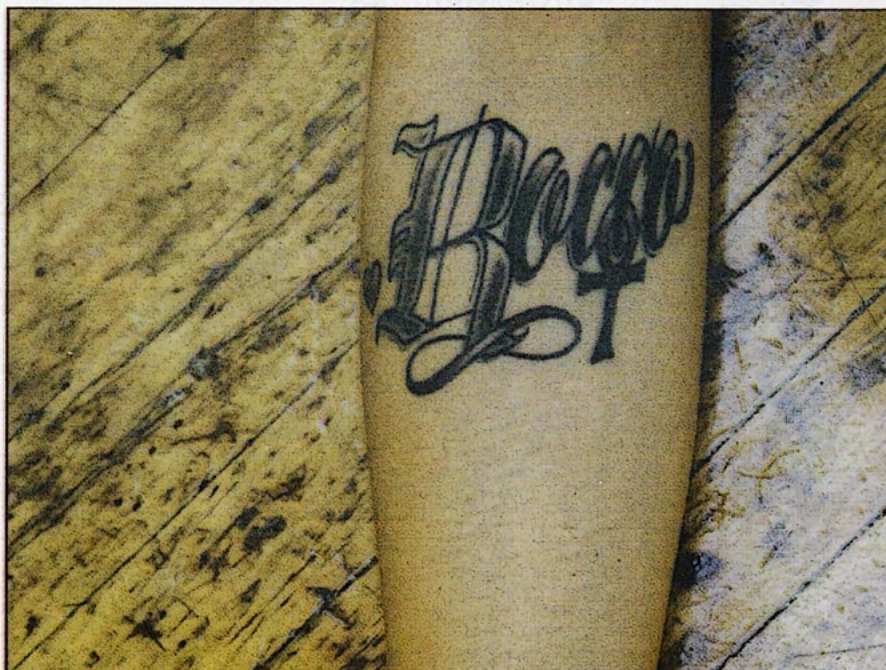
“It says ‘for those I love I will sacrifice.’ It was my first tattoo, I got it on my 18th birthday. My cousin, who’s in Afghanistan, sent me this picture of a soldier who had it tattooed on his side-- they were medi-flighting him out. I just thought it was really powerful, I don’t know, so I got it tattooed.”

-Mollie Myers



“My Tom and Jerry tattoo is my absolute favorite of all time. Originally it didn’t have any significance. I just wanted a really funny tattoo, so I decided to get Tom and Jerry on both legs like that. But then I started thinking about it while I was getting it, because that’s all you can do, is think. But I started associating it with my brother, because we used to watch Tom and Jerry growing up all the time. And so he’s my older brother, so he’s Tom, and I’m Jerry. But originally there was no idea, it was just like ‘whatever,’ but it’s funny.”

-Mike Ipong



“This is my Rocco tattoo. This is for my dog, and he passed away about two years ago. This is an old english R because he was adopted and he was super gangster. He was totally from the streets. He had a gimpy right leg that made him walk funny so we always called it his pimp walk, so that’s why I had to get an old English R. And then it’s got a heart, an infinity symbol, and an Ankh symbol, which stands for everlasting love and everlasting renewal of life.”

-Sarah Morgan

The Paseo

Arts District



Jake Stacy
@jestacy4

Reporter

Culture, change, art and style are some of the many things that have been constantly transforming throughout the masses recently.

With so many aspects of life affecting the way we think, shop, interact, behave etc., it's hard to keep up and know exactly where to go or what to do. Sometimes it's even harder to know where you and your friends "fit in."

The historic Paseo Arts District in Oklahoma City offers a unique, yet stylish, surrounding of 22 art galleries and is home to over 80 talented artists. Between these art galleries, which are all in walking distance from each other, you'll also be able to find several boutiques, trendy restaurants, live entertainment, a variety of art schools and other businesses for

the entire public to enjoy.

"The people around that area are as nice as can be, man," said Kolby Purdum, former UCO student and recent visitor of the Paseo. "We just went to some bars down there and had dinner with some friends, but it was amazing seeing this kind of a change in town scenery for once."

The Arts District is located near 28th Street and North Walker and stretches to 30th Street and North Dewey. Combined with several groups of artists along with helpful volunteering and support from the public, it is still considered the oldest arts district community in Oklahoma City and continues to build its legacy today.

Their website explains the history

and success of the Paseo's journey which dates all the way back to the early 1920's. Their mission is simple and provides a unique environment for visual, performing and culinary arts.

"The Paseo never fails to impress," said Maureen M. on TripAdvisor. "The environment including dining and shops is something everyone should experience at least once."

You can technically visit the Paseo arts district area whenever, but these people have to sleep too so you may want to check the hours of certain places before

you head down. The Paseo's website can show you details on shopping, gallery and studio, food and drink, education, business and more.

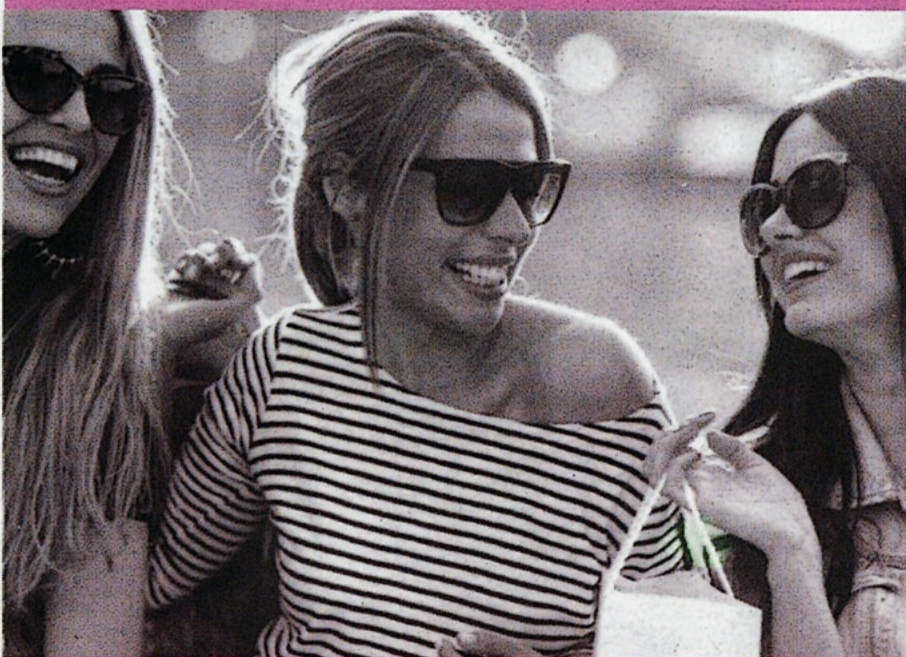
There are plenty of things to do in this area and membership is open to everyone, so bring your friends and family along too if you'd like. Several shops hold live entertainment to enjoy on certain nights.

You can also follow the Paseo district on Twitter, Facebook and Instagram or call 405-525-2688 for more information.

The Paseo district is home to 22 art galleries, and over 80 professional artists. here are dozens of things to do in the Paseo district, such as visit art galleries, eat at local restaurants, and on select dates, listen to live music. Photos by Lauren Capraro, The Vista.

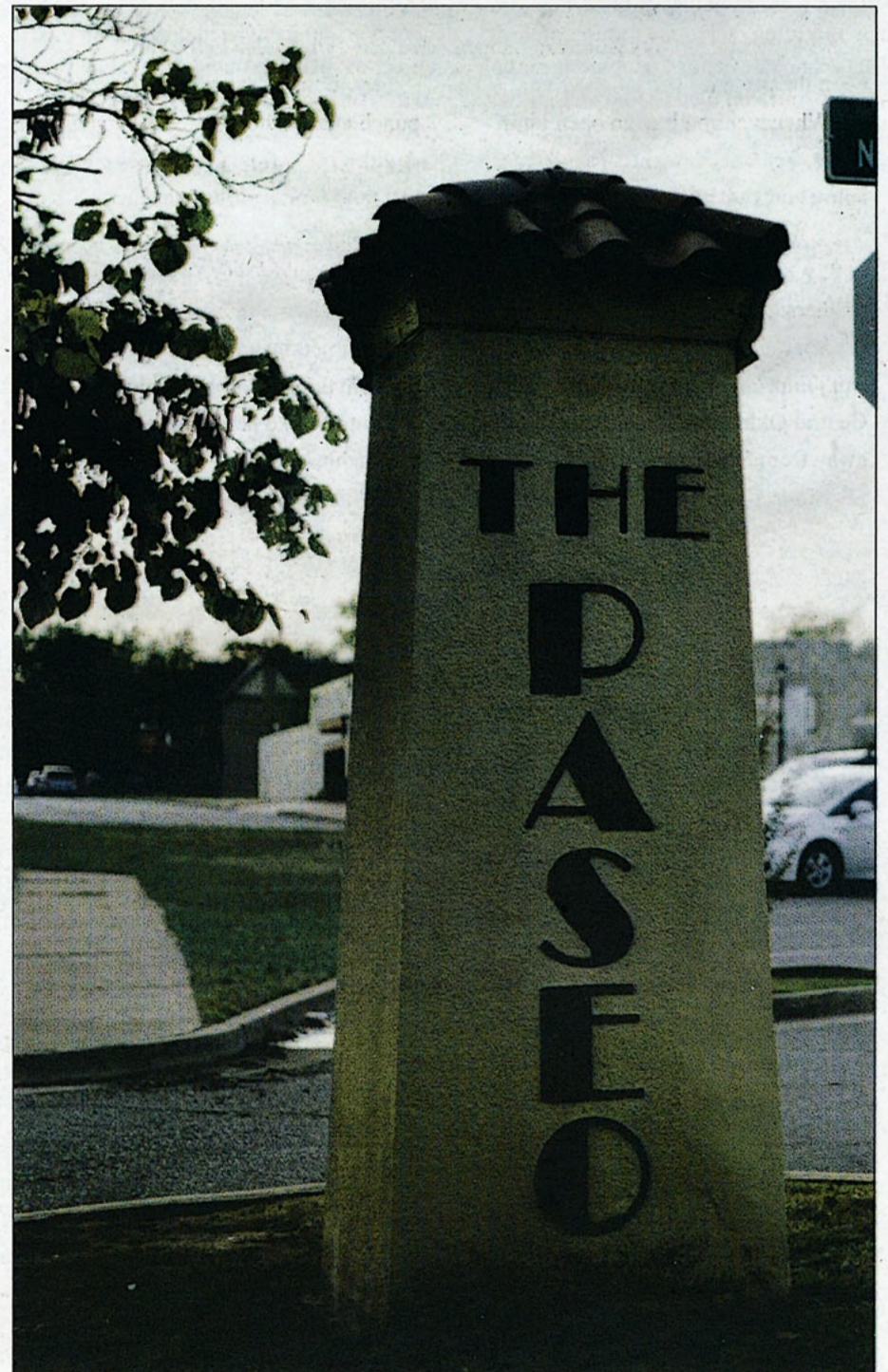
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Jump for fitness at SkyZone Edmond



Kristin Kenny
@kristinabigaalk

Contributing Writer

Sky Zone, the world's first indoor trampoline park has made its way to Edmond with a new franchise location at 2525 S. Broadway. The location held its grand opening event September 18.

Great win by the Thunder last night! Better yet KD scored 22 points which means if u mention this post u receive 22% off today!

Sky Zone is an all-walled trampoline park with five distinct courts for jumping and playing. Along with the large main court, there are two courts for Sky Zone's Ultimate Dodgeball, the SkySlam basketball court, and the Foam Zone which has a trampoline runway and a pit filled with 10,000 foam cubes.

All five courts at Sky Zone are included in the price for entry.

"Whenever you buy an open jump ticket, you have bought a pass to the entire park," said Ed Kleese, part owner and general manager at Sky Zone.

Sky Zone is open to all ages, from toddlers to seniors, big or small. According to Kleese, "If you can walk, you can jump." Which means University of Central Oklahoma students shouldn't shy away from Sky Zone thinking it is just for children.

Sky Zone prides itself in being an alternate, fun form of fitness and health.

"It's a great workout without having to

join a gym," said Kleese.

Jumping can burn up to 1,000 calories an hour. It is a different, more unique workout than anything else.

"If you play a game of dodgeball, it is an incredible workout, but it is also a lot more fun than running on a treadmill or something like that," Kleese said.

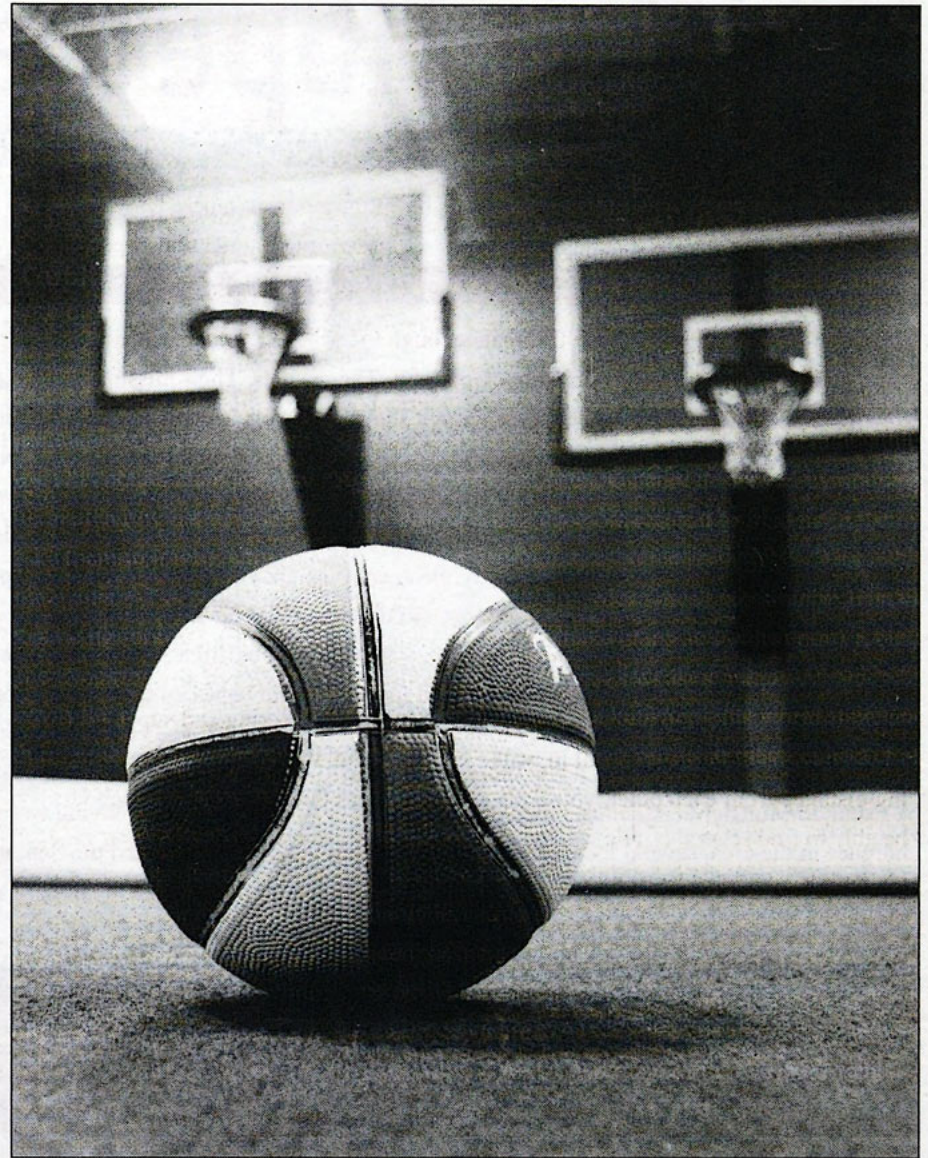
Recognizing the fitness benefits the trampoline park provides, Sky Zone even offers fitness classes. For \$10 per class, anyone, no matter their fitness level, can enjoy the low-impact workout of SkyRobics.

SkyRobics combines calisthenics, core exercises and strength building aerobics to build a workout that burns a ton of calories while also being fun.

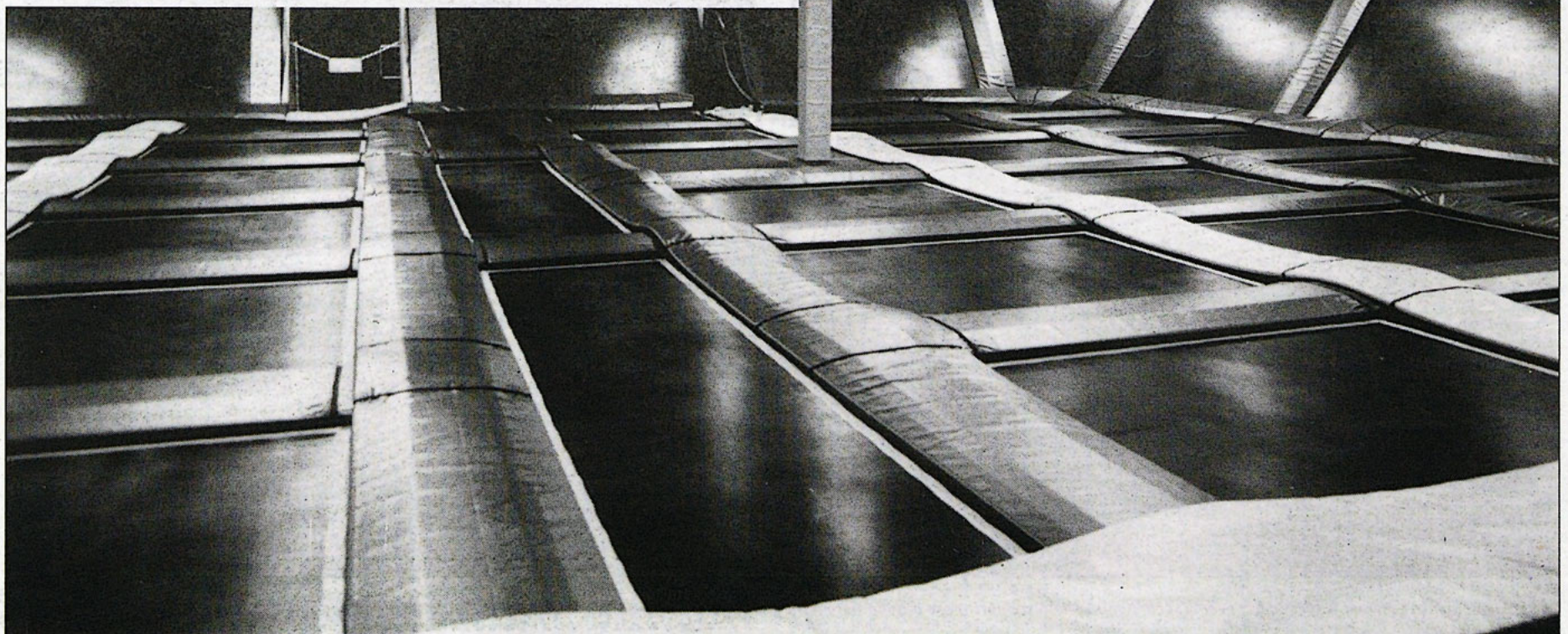
SkyRobics customers are given a punch card at their first class and every eighth visit is free. SkyRobics classes are offered Monday and Thursday at 7 p.m. and Saturday at 9 a.m.

"What makes Sky Zone unique is the fact that all of our courts are individual and distinct, meaning that we don't combine anything. Every court is all-walled. It's kind of like being in an arena when you're jumping," said Kleese.

With locations all over the world, including the U.S., Canada, Australia and Mexico, there are two locations within Oklahoma, Tulsa and now Edmond.



Sky-zone is an all-walled, indoor trampoline park with five courts for playing and jumping. Some courts feature basketball hoops and other facilities. Jumping on a trampoline can burn up to 1,000 calories per hour, and there are several fitness classes offered at Sky-zone. Photo by Lauren Capra-ro, The Vista.



Giving hope to the community: The Hope Center of Edmond



Rayven Boone
@rayvenboone

Contributing Writer

As the City of Edmond we are fortunate enough to have places such as the Salvation Army, Goodwill, The Hope Center of Edmond and other consignment shops in the area that offers a lot to those in need.

The Hope Center stands out among other agencies because of the true community support and background. Although it was founded over 30 years ago, the agency has continued to be financially supported through donations, fundraising and volunteers.

The Hope Center of Edmond was established for people around the metro, as an agency to help provide social services to those needed. The Center was started by Edmond Ministerial Alliance, other supporting churches in the area, several local volunteers, as well as a grant from The Edmond's Women Club.

The name stands for Helping Our People in Emergencies. Their mission is to help and assist others in need as well as provide during emergencies and crisis.

The main services the center helps to provide are food, clothing, and utility assistance. One thing that stands out is that not only do they have a Health clinic, they also have a resale shop known as Hopefully Yours.

With about 200 volunteers from churches, social clubs, high school and college students, and housewives the hope center is able to run smoothly through assisting the staff. The center and community are always looking for more volunteers and ways to get people involved.

They will be having two community events, a Christmas program and the Samaritan Fund Drive.

The sign ups to adopt or sponsor a child or family for

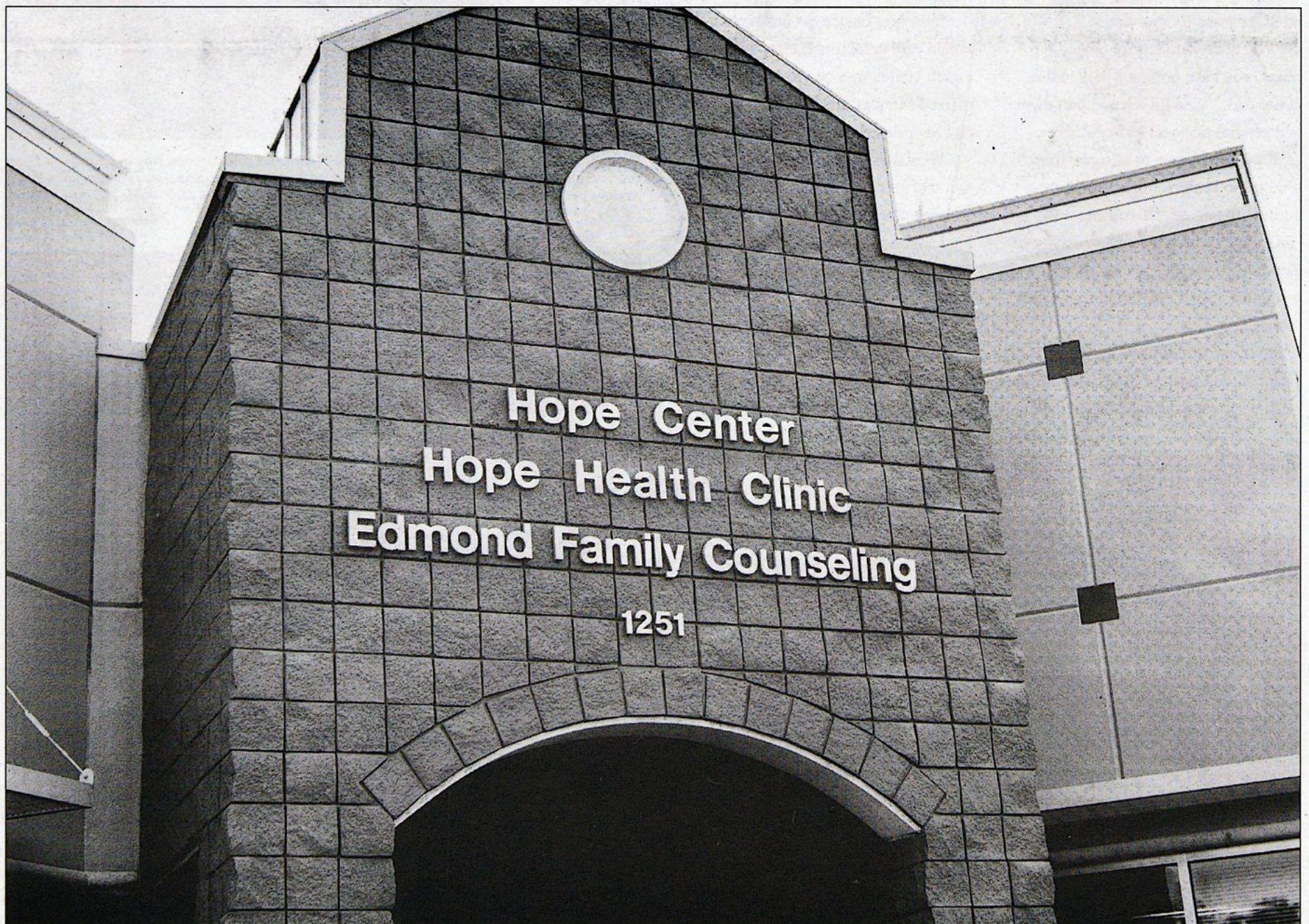
Christmas will begin November 2. What sponsors do is provide gifts for children and groceries for holiday meals for other families.

The Christmas Coordinator is Marsha Grammar you can reach her at 405-348-1340.

The Samaritan Fund Drive will be November 28. It is the biggest and only campaign the organization does for the year.

Donations can be sent to P.O. Box 2915, Edmond, OK 73083 or through their website.

If you would like to get involved or volunteer you can get more information on their website hopecenter-ofedmond.com or stop by the hope center. They do not currently have a Twitter or Instagram but post frequently on Facebook under HopeCenterOfEdmond.



The Hope Center in Edmond was founded over 30 years ago to help support those around the metro area who are in need. It is located at 1251 North Broadway. Photo by Lauren Capraro, The Vista.

Making donations one cup at a time



**Bryan
Huddleston**
@bhuddleston2

Contributing Writer

Located in Edmond at 1649 W 33rd St. sits a little coffee shop with a big heart. Perk Place Café is a locally owned business with a focus on generosity and community.

But what makes Perk Place Café different from the other nine coffee shops that are in a five mile radius around it?

With a drive-thru, a menu with breakfast and lunch, and catering, there is still more aspects that sets them apart from others. Giving back to the community is one of them.

About two years ago, the café was born with the main goal of transforming people's lives and giving out some free coffee as well.

From the birth of the store, the owners decided that they wanted to find an organization that had something to do with children. Every month a new

organization is selected.

The Regional Food Bank's backpack program was the organization they first decided to grab hold of and make donations for. Before they opened the doors they were going to do 25 cents of every transaction and donate to the backpack program, with the average donation for organizations raising \$500 to \$600.

Another organization that has felt the love from the café's donation is Water4. This is an organization with the purpose to help bring clean water to communities that do not have access to it.

Donations to this organization and others can help bring awareness to them or help them make a difference to the people affected.

To the owners, it's more than just getting a free cup of coffee early in the morning, it's about

helping out a certain organization and helping out the community. Other charities have started to take notice in the movement that Perk Place Café has started with their donation program and have reached out to them for help.

Now with two two locations, one at 33rd and Kelly and one at Crossing Community Church, Water4 has become a part of the 25 cents per transaction donation. With new locations hopefully becoming available as the business begins to boom, more organizations can be part of the donations and help make an impact.

You can help impact someone's life by donating to an organization while still getting a free cup of coffee. For more information on Perk Place Café or to get a quick bite to eat, you can call 405-285-2124.

An employee at the Perk Place Cafe prepares an order behind the counter. Unlike many other cafe's in the area, the Perk Place Cafe offers breakfast, lunch, catering, and a drive-thru. Photo by Lauren Capraro, The Vista.

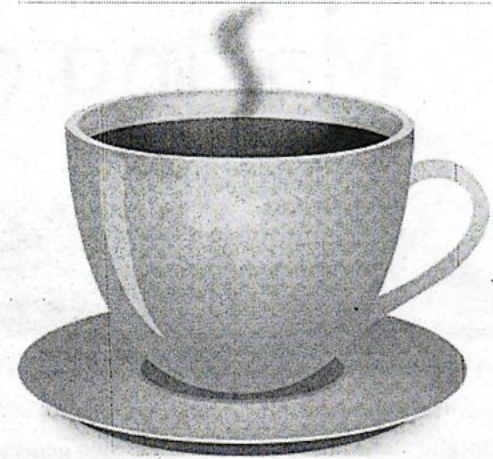


Aspen Coffee in Edmond



**Brittany
Robinson**
@brittDrobinson

Contributing Writer



For over a year Aspen Coffee Edmond has been providing students a great atmosphere just five minutes from the University of Central Oklahoma to study and relax with friends.

Aspen hosts a variety of different crowds but one of their biggest is certainly students. Those students not only include UCO, but also Oklahoma Christian and the surrounding Edmond High Schools.

While other coffee shops in the Edmond area are going out of business, Aspen Coffee is still going strong.

What is it about Aspen that makes it successful?

It's the laid back atmosphere and the

non-judgmental environment. It's okay if you have never had a cup of coffee in your life, you will be welcomed in with a smiling face.

Aspen serves espresso shots for the die-hard coffee drinkers yet also offers a granita, a sweet, frozen coffee treat, for those who are new to the coffee game. They keep their pastry shelf stocked all day long for those who need a late night snack while studying.

They even keep pastries from the day before in a half-price basket, so if a day old muffin is your thing then Aspen is your place. If you're looking for food a little more substantial they also offer sandwiches, wraps, salad, and breakfast

burritos all day.

If you've never been to Aspen Coffee, you may be unsure of what to get as a first time guest. No worries, the people behind the register will be happy to help you out and offer suggestions.

You might notice that Aspen hires young adults who are typically college students so you'll be ordering from a peer. Employees train for weeks to understand how to best serve their customers and to be knowledgeable about the coffee they're serving.

Aspen Coffee was originally started in Stillwater where there are currently three locations. All of the beans used are roasted in Stillwater and then delivered

to the Edmond location.

The Edmond location has white walls and is bright from the windows lining the coffee shop. You can find a table and sit for hours doing homework; it's a common trend at Aspen.

If you love their coffee you can take it home with you because Aspen has all of their different beans on display and available to buy. You can also buy their T-shirts, coffee mugs, and an assortment of other goodies.

For more information about Aspen Coffee Edmond call 405-334-6783 or visit their website at aspencoffeecompany.com



Aspen Coffee originally began in Stillwater, where there are three other shops, and has since sprouted up in Edmond. The shop is known for having a laid-back atmosphere and offering a nice environment to socialize and study. Photos by Lauren Capraro, The Vista.



The 23rd street Antique Mall offers a wide variety of rare and old collectors items. For 26 years now the store has been owned and operated by Bill and Denny McConnell. Photos by Ryan Naeve, The Vista.

Antiquing since '89



Ricarda Arroyo
@riccibobbi_

Contributing Writer

The 23rd Street Antique Mall has been in business since 1989, and offers a variety of items that can be used for gifts, souvenirs, or for your own collection. The antique store is filled with 70 of the best dealers to be found anywhere.

Most of the antiques are from the late 1870's to the 1930's, but nothing is newer than the 1960's. You will find everything from outstanding Victorian walnut and mahogany furniture to jewelry, glassware, lamps, pottery, clocks, toys, radios and more.

The owners Bill and Denny McConnell said they have been living their dream for 26 years.

"After 26 plus years, I still love coming to work every day; it's a great blessing to enjoy what you do," said Bill.

The McConnells said they have always had a love for antiques and started off as managers at the May Antique Mall in the summer of 1989.

There, an agreement with the owner of the mall came about where if the McConnells were successful in building up the new operation, then they could buy and lease the building-- which was exactly what happened.

Eight years later, the McConnells decided that they wanted a place they could

own, so they found their current location. It required a lot of renovation that would only provide that personal touch for the future to come.

"All my life, I've enjoyed antiques. When I was a little kid I loved antiques; I was the only one in my family that did," said Bill.

He said a major role in running his own antique business has been to maintain good dealers and good merchandise. He said they are very grateful to have great dealers and to have loyal customers who enjoy doing business with them.

Their goal is to provide outstanding antiques with great quality to all their customers with the respect they all deserve. Bill said that he likes to acknowledge every individual.

"One gift I do have sometimes, is to remember people's names," said Bill.

According to the Reader's Choice, the antique store has also been nominated year after year as the Best Antique Store in the city. It is located on 3023 NW 23rd Street in Oklahoma City and is open Monday through Saturday 10 a.m. to 5:30 p.m.

For more information call 405-947-3800 or email mail@antiques23.com.



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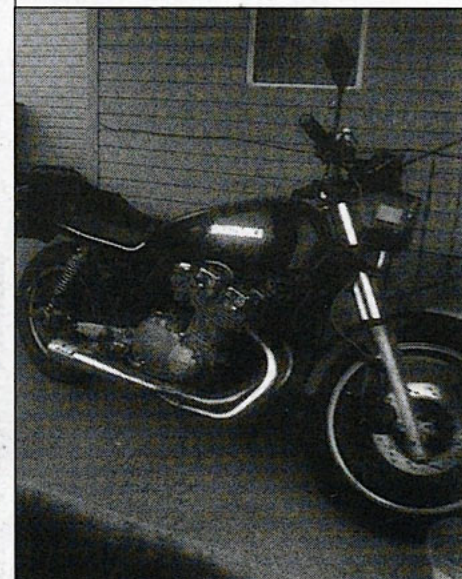
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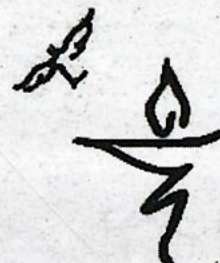
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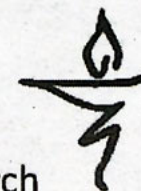
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HOLIDAYS

The reasons for the season



Skylar Baldwin
@skylarbaldwin13

Contributing Writer

With Halloween gone and Thanksgiving just around the corner, it seems that the holidays have come much more quickly than usual. Soon stores and streets will be filled with Christmas music and decorations.

With so many different holidays celebrated in different ways, it's easy to see that holidays are important to many people, what's harder to see is why. The holiday season means different things to each individual, and it's these personal feelings that create the magic of the holiday season.

"It's an opportunity for my family to get together and enjoy one another's company without worrying or stressing about what we're going to do but just enjoying the season," said David Ellis, a sophomore at the University of Central Oklahoma.

For many people, it's family that makes the holidays special, whether it be fond memories or future plans spent in each other's company.

"It really brings my family together," said Jonathan Ayala, a junior at UCO. "I get to see not only my closest family, but my aunts and uncles too. It's just a really fun time all around."

Others feel that holidays are made to be an excuse for seeing family, or even an obligation to see them, when in reality, family time could be any day of the year.

"It's just another day," said Terrell Cox, a freshman at UCO. "You shouldn't take just one specific day out of the year to be with family or to care about somebody."

Whatever one may feel about the holidays, it doesn't take away from the enjoyment many receive from the activities they partake in during the season. Whether one goes to parties or simply spends time with family.

"I'm not doing anything special," Ellis said. "Just going back home to Tulsa, and spending time with family."

Ayala also plans on going home for Christmas, but will be unable to leave work for Thanksgiving this year, much to his disappointment.

In addition to everyone's personal feelings about the holiday season, the cultural impact is also undeniable.

"I think it's important as a society to have certain days or seasons where we can all focus on a specific feeling or event or idea that can help us to be more

unified," Ellis said.

However, others such as Ayala, belong to the school of thought that America has lost its sense of culture when it comes to the holiday season.

"I think America has lost sight of what holidays mean," he said. "They're hidden

behind Black Friday sales and making the most money off of holidays."

The holiday season is special for many reasons and one of those reasons is the differing viewpoints of those who celebrate this time of year.



Cardboard penguins decorate the library during the holiday season. Photo by Ryan Naeve, *The Vista*.

The tablet showdown: APPLE V. WINDOWS



**Bryan
Huddleston**
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Contributing Writer

With the new Apple iPad Pro reveal this past September, and the new Windows Surface Book, it all comes down to who will catch the consumer's eye and make them want to buy. With each one having upgrades to their previous models, which one outshines the other and puts the other to rest?

Tablets have been around since the turn of the millennium when Microsoft coined the term "Tablet PC." About a decade later, Apple came out with the iPad that helped revolutionize the way tablets were manufactured and designed.

It also allowed for tablets to become more affordable for people and start major trends in the medical and business world.

Everyone seemed to be in the tablet race with Amazon making the Kindle back in 2007, Sony, Samsung, and many others decided to make their own tablet devices to try and win over the public.

The real competition comes with Windows and Apple trying to out do the other and sell the most product.

At a glance when you see the two side by side they have some noticeable differences. With the iPad Pro at a 12.9-inch display, the Surface Book comes in just a half inch shorter.

But what the Surface Book lacks in size, it comes back with a more vivid display with three more pixels per inch.

Both of these devices come out with the same 64-bit processor and Apple offers its own AX9 while Windows allows for Intel's i3, i5, or i7 allowing the user to tailor their tablet to their liking.

Where Windows really shines with their Surface Book is the ability to let it work as a fully functioning computer. We have now left the past where giant bulky computers sit under our desk or huge 17-inch laptops take up every space in our backpack.

We now live in a world where a 13-inch device that is no more than 9-millimeters thick can easily fit in our backpacks and ready for easy use in classrooms.

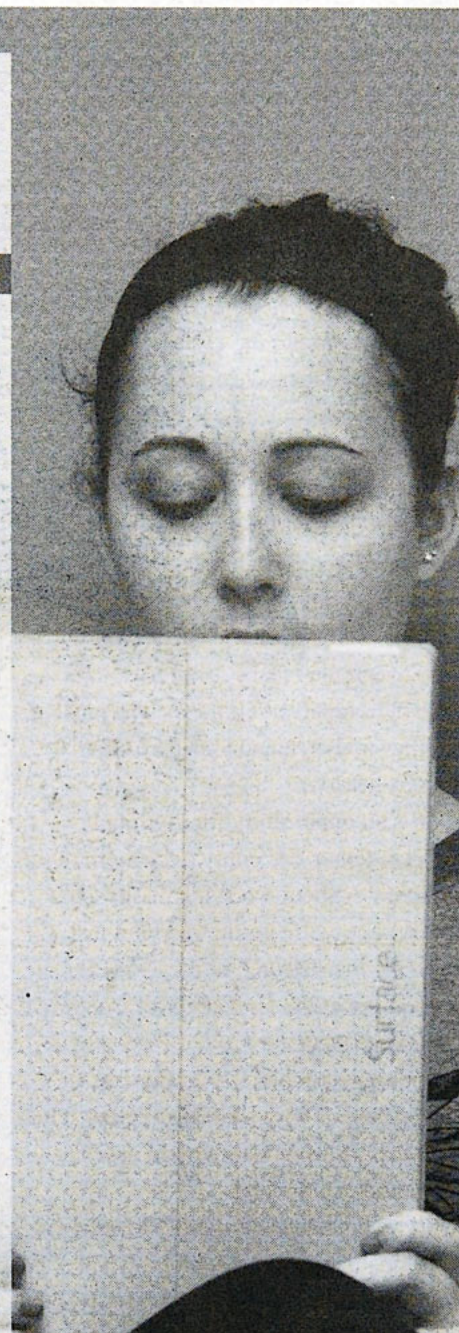
You may still be asking yourself, what is the right tablet to buy when it comes down to it? In all honest opinion, it all depends on who you are as a person.

What that all boils down to is how you like an operating system to work. It's like a car, do you like more of a standard or an automatic?

Apple will allow you to be able to operate its device, but it will do a lot more of the heavy lifting for you. Windows allows you to have more access into your device and gives you the ability to customize it.

Both of these items are similar and different in their own ways and allow for users to chose what is best for them.

The Apple iPad is considered the must have tablet, especially with the announcement of the iPad Pro in September. The Windows Tablet was the original tablet PC, appearing almost 10 years before the iPad. However some Windows tablets are able to function as laptops. Photos by Ryan Naeve. The Vista.





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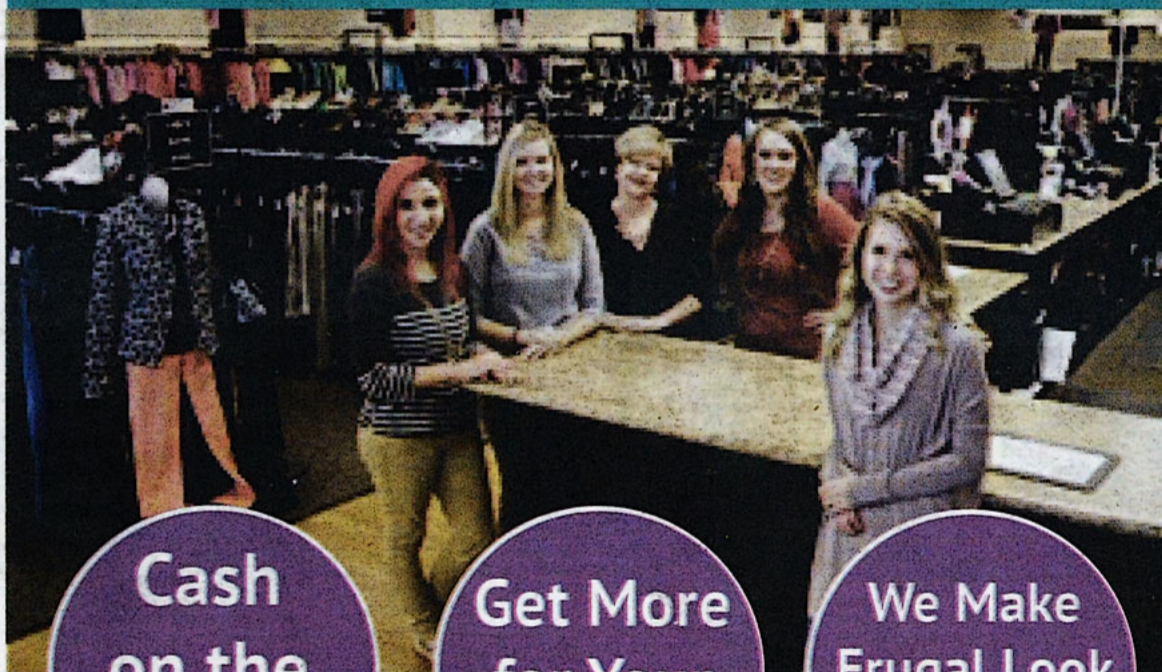
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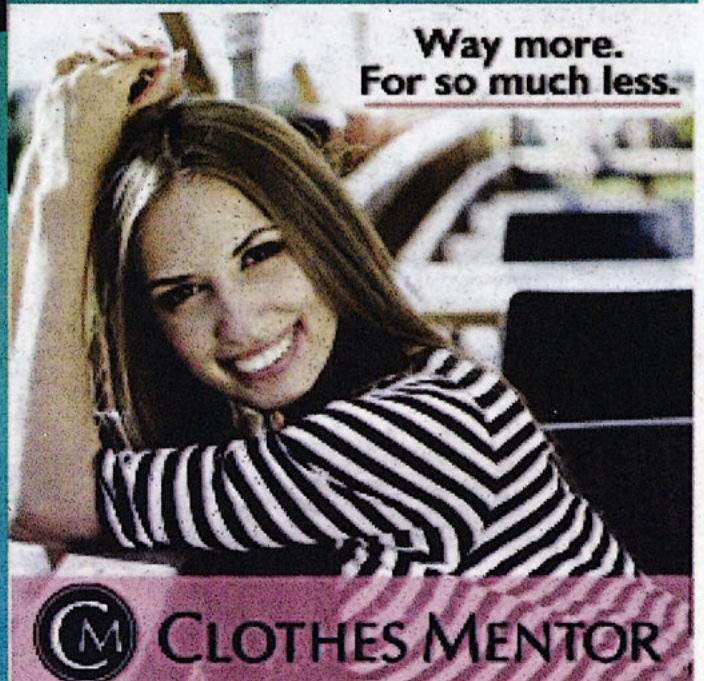
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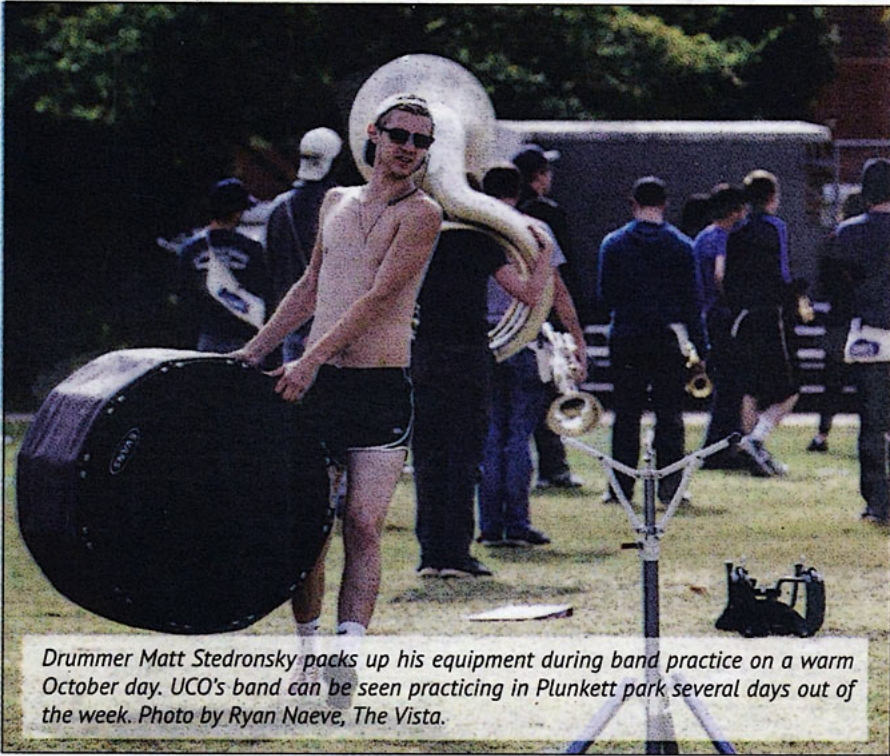


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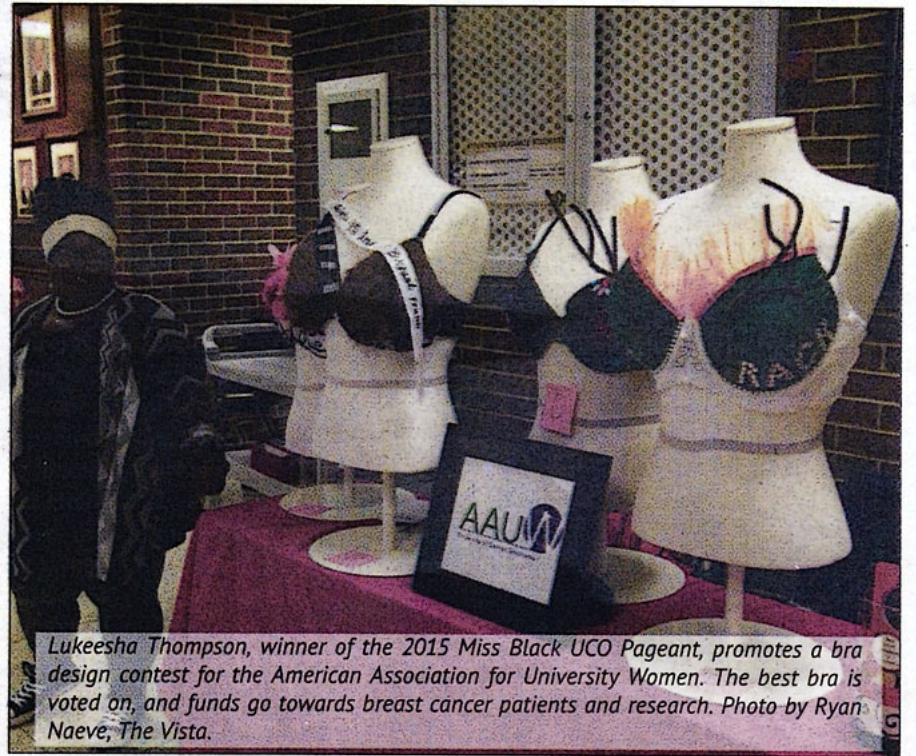
Sports and Life



Coming together for football, food and the holidays



Drummer Matt Stedronsky packs up his equipment during band practice on a warm October day. UCO's band can be seen practicing in Plunkett park several days out of the week. Photo by Ryan Naeve, The Vista.



Lukeesha Thompson, winner of the 2015 Miss Black UCO Pageant, promotes a bra design contest for the American Association for University Women. The best bra is voted on, and funds go towards breast cancer patients and research. Photo by Ryan Naeve, The Vista.

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Junior Ryan Harris navigates a wheelchair through an obstacle course during disability awareness week at UCO. He was assisted by Senior AJ Burton, who is a member of the student organization, Students for an Accessible Society. Photo by Ryan Naeve, The Vista.

Tips on being a true Thunder fan



Ike Wilcots
@ikewilcots

Contributing Writer

The Oklahoma City Thunder's 2015-16 season is still in its early days, and this season is considered to be a must-watch. There are numerous story lines from acquiring a new head coach in Billy Donovan, to the hype of having one of the league's best point guards in Russell Westbrook, to everything Kevin Durant.

This should be the best season for fan support to help motivate the Thunder back to the NBA Finals.

So what does it take to be a solid fan? It's not just going to every home game or even going to some away games because you have the money. It's also not just wearing the same Thunder shirt all season long, or running away friends and family because of the horrible smells of the NBA season.

Here are a few simple tips on how to support the Thunder during the good and bad this season.

Tip number one: fantasy basketball is

just fantasy basketball.

With the season approaching this is the time fantasy basketball is most popular. The drafting has begun and you probably have run into a problem: should I choose Durant or Westbrook?

Both are great choices when drafting your fantasy team, and if presented with an opportunity to draft both, well you might be in a weird league. The thing you have to remember as a fan of the Thunder is that you must always have a soft spot for any Thunder players on your league opponent's team.

You should never wish for Durant to score only five points or for Westbrook to not record a triple double just because they are not on your team. A win in real life beats a win in a fantasy world every time.

Tip number two: always check the stats.

If you want to make good conver-

sation with other Thunder fans, know what you are talking about. Don't just say Westbrook had a triple double just because you heard it being said on ESPN in the background.

Know exactly what he finished with at the end of the night. Or not knowing that Serge Ibaka's shooting skills have advanced the past couple of seasons so you get nervous every time he steps beyond the perimeter to shoot.

Understand how field goal percentages or free throw percentages work so that you know who should and shouldn't be shooting the ball at the end of games. With a knowledge of players' stats, you are ready to make an argument with other fans on why your favorite player is better than theirs.

Tip number three: don't bandwagon.

I understand that teams like Golden State and their three point extravaganzas are entertaining to watch, and the

Clippers' "Lob City" is the best dunking you've seen since your childhood playing NBA Jam; if you call yourself an actual Thunder Fan, be a Thunder fan.

Those two teams plus a few more are all trying to hold OKC back from winning the title. So, if you consider yourself a true Thunder fan try not to switch to another good team just because of a Top 10 Sports center play.

Tip number four: live in the present.

Yes this is Durant's last year under contract with the team. Yes, many organizations are going to try to find a way to bring him to their teams.

No, he is not going to L.A., shout out to Mr. Stephen A. Smith.

Fans of the Thunder must understand that they still have the determined, highly-motivated scoring machine Durant here in OKC for another season and he will do anything to bring the state a championship.

Take advantage now and go support and cheer him and the team on while he is still here. The only thing fans should think about for next year is not what team KD might be on, but hopefully where they should stand during the huge parade in Bricktown in June.

Tip number five: be passionate.

The state of Oklahoma is lucky to have just one professional team. The NBA season should be a time where Oklahoma University and Oklahoma State Fans, or our very own University of Central Oklahoma, come together to root for the state's team.

Forbes.com lists OKC as the number two fan base in all of the NBA, right behind the Miami Heat, because of the pride the city has shown during playoff runs and regular season games.

With a college atmosphere like Oklahoma, fans become insane, in a good way, for their home team, which causes players to take notice and get them motivated to win.

There will be some good and bad games, some minor and major injuries—cross your fingers for none—but sticking through it all shows your loyalty to the team and that is what ultimately makes you a true fan.



Oklahoma City Thunder guard Russell Westbrook (0) reacts after a dunk, near Washington Wizards guard Garrett Temple (17) during the second half of an NBA basketball game Tuesday, Nov. 10, 2015, in Washington. The Thunder won 125-101. (AP Photo/Alex Brandon)

The coin toss: who will be the 2015 NBA MVP?



Joshua Palmer

Sports Reporter



Bradley Jayroe

@bjayroe6

Sports Editor

From time to time, two Vista sports writers may have differing opinions on a particular subject. In this installment,

Joshua Palmer and Bradley Jayroe make their cases and predictions for the 2015-16 NBA MVP.

Joshua's Take

He's the reigning MVP of the Association, he has one championship ring, and he is the father of arguably the cutest daughter in America. Stephen Curry is winning in all aspects of life.

Oh, and he has also already virtually cemented himself as the NBA's most valuable player in 2016.

Nobody on Earth can touch the level of success that Curry is enjoying right now. Actually, nobody has even come close.

The rest of the NBA should be hiding in bed. Do you know why? In Curry's own words, his Golden State Warriors are "better than we were last year."

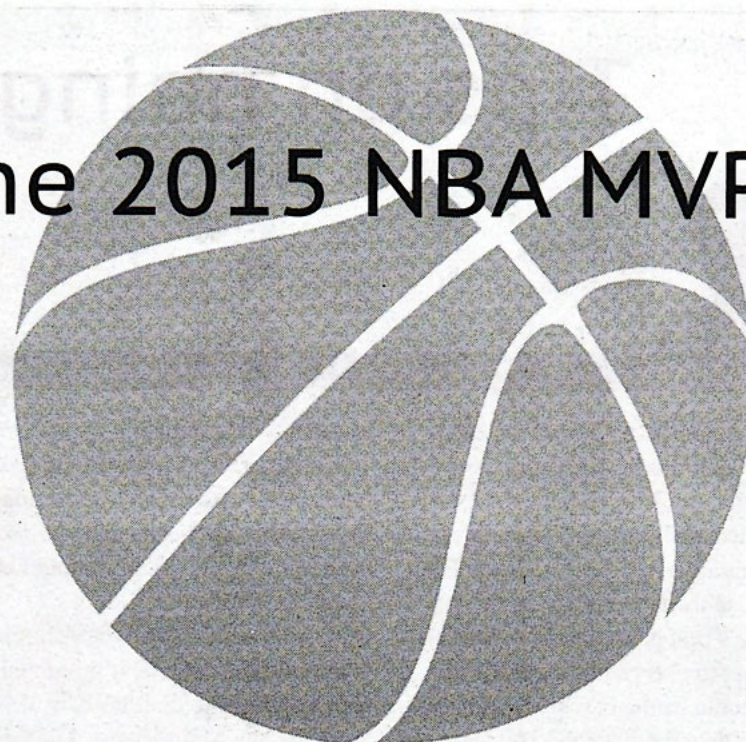
The Warriors won 67 games last sea-

son, yet this team is supposedly better?

It's hard to disagree. In seven games, the Warriors are 7-0 with a plus-18 point differential, marginally inflated thanks to a 50-point win over the Memphis Grizzlies. Still, Golden State certainly looks better.

So why do any of these team accolades matter in an individual MVP race? Here's the incredible fact you need to know:

In the past 27 years, the NBA MVP was on a team that finished in the top two in its conference. The last MVP to finish outside of the top two teams was some guy named Michael Jordan in 1988.



The point here is that the MVP trophy almost always goes to the best player on the best team at the end of the season. Jordan had a monopoly on the trophy when he played in Chicago, LeBron's teams are always near the top of the standings, and even Kevin Durant's Thunder had the second-best record during his MVP season.

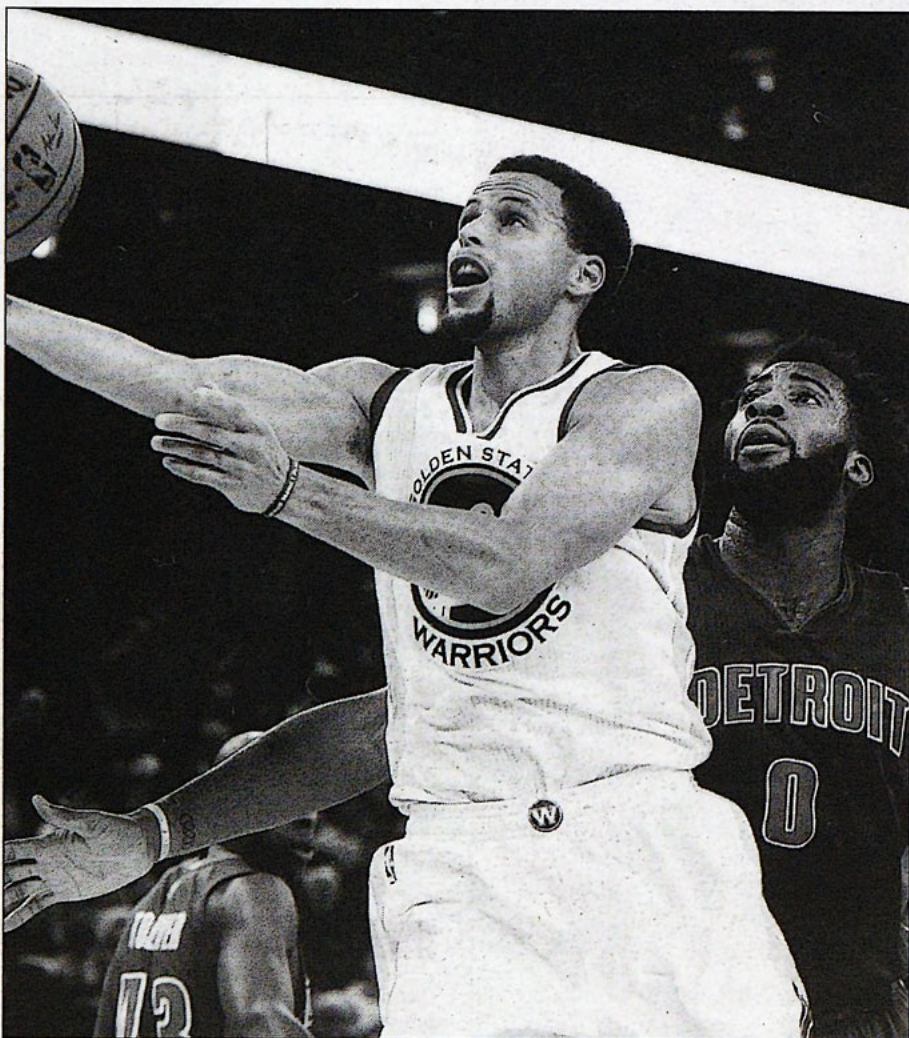
The Golden State Warriors are the NBA's best team, and it's not particularly close. Curry is the best player on that team. Case closed.

Oh, and if you must have the individual stats, during his 2014-2015 campaign, Curry shot 49 percent from the field,

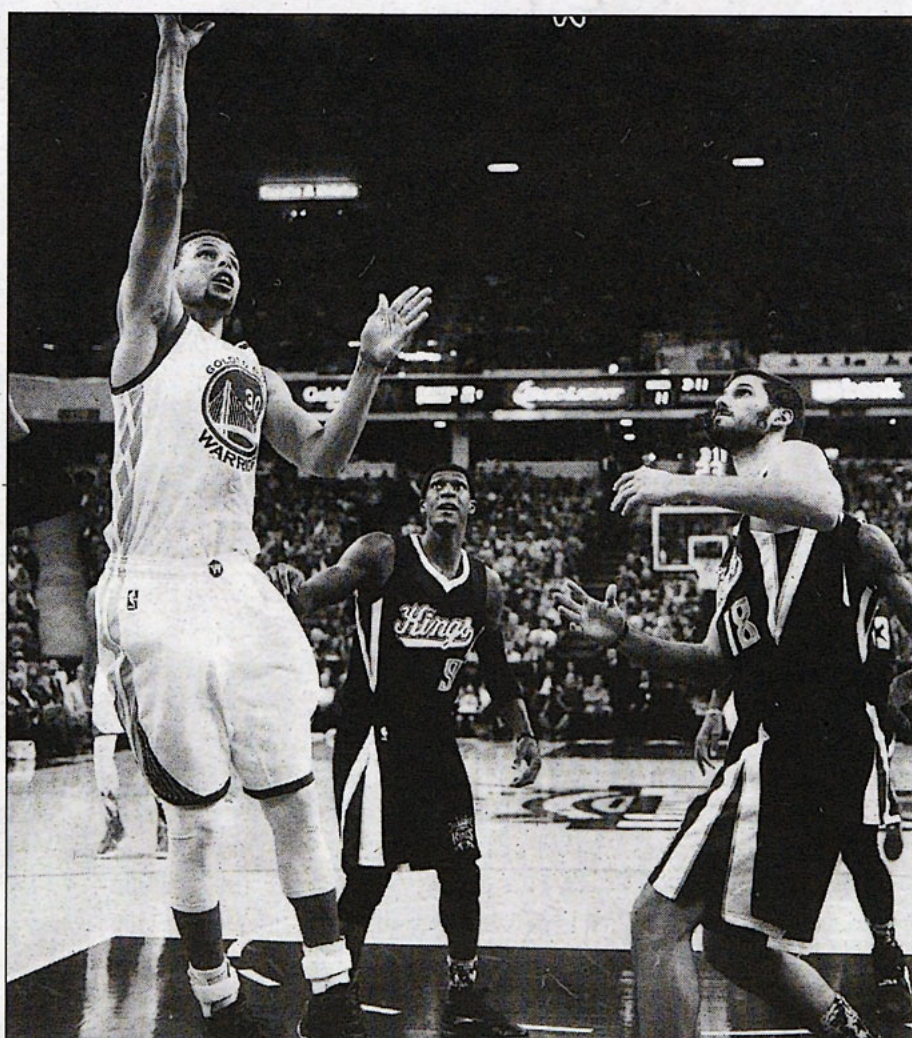
averaging 24 points and eight assists per game. He won 100 of 130 first-place votes in the MVP balloting.

In seven games this season, Curry is averaging 34 points, six assists and two steals. His player efficiency rating is 40.55; the average player efficiency rating is 15.00. Nobody is even close to matching his combined efficiency, usage rate and true shooting percentage.

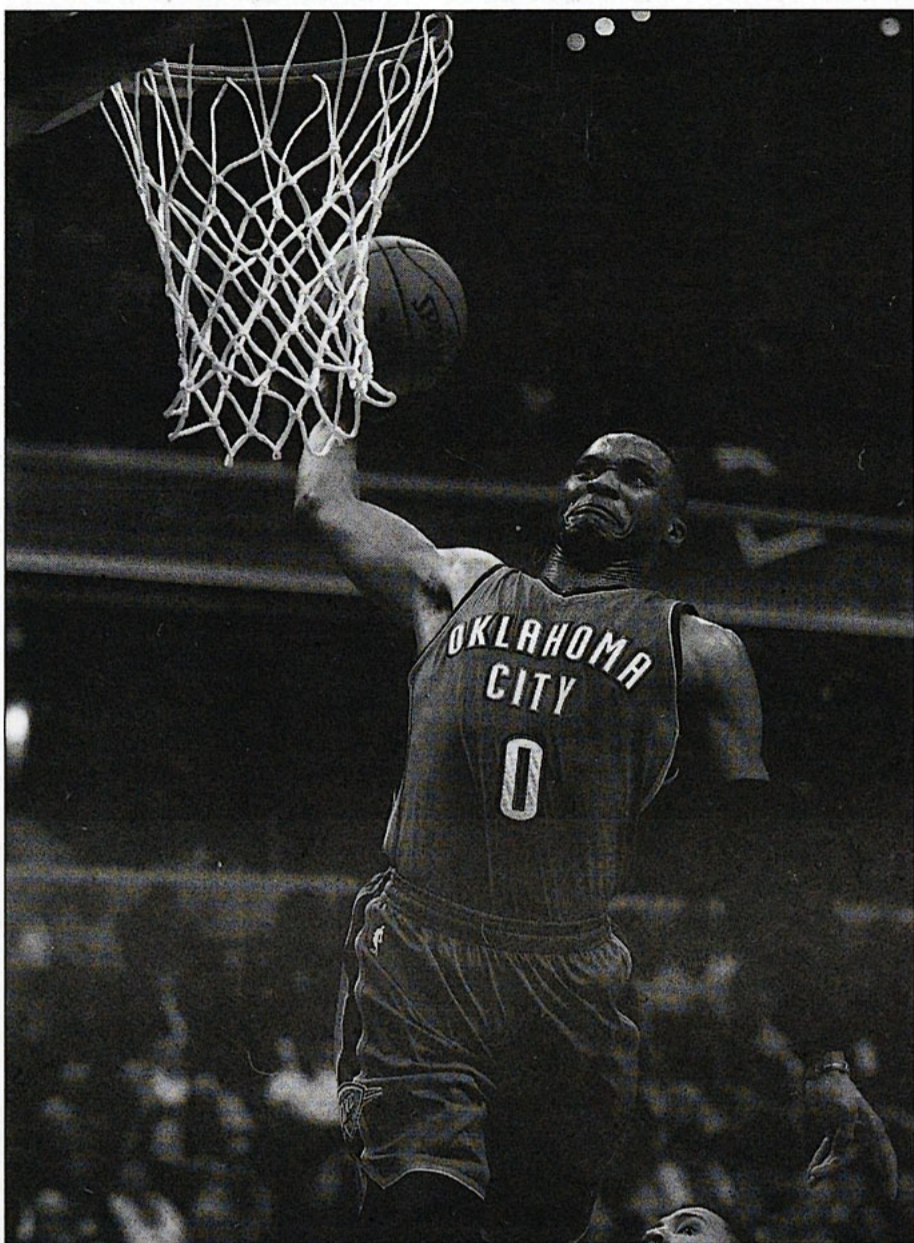
Put the women and children to bed. The MVP race has already been won. Just give the trophy to Curry and forego this trite ritual that is called the regular season.



Golden State Warriors' Stephen Curry, left, lays up a shot past Detroit Pistons' Andre Drummond (0) during the second half of an NBA basketball game Monday, Nov. 9, 2015, in Oakland, Calif. The Warriors won 109-95. (AP Photo/Ben Margot)



Golden State Warriors guard Stephen Curry, left, goes to the basket as Sacramento Kings' Rajon Rondo, center, and Omri Casspi, right, of Israel, defend during the first quarter of an NBA basketball game in Sacramento, Calif., Saturday, Nov. 7, 2015. (AP Photo/Rich Pedroncelli)



In this Nov. 10, 2015 file photo, Oklahoma City Thunder guard Russell Westbrook goes in for a dunk during the second half of an NBA basketball game against the Washington Wizards in Washington. The Wizards had just lost their third consecutive game, offering up little in the way of defensive resistance each time, and he had a point to make. (AP Photo/Alex Brandon, File)



Oklahoma City Thunder guard Russell Westbrook gestures after a 3-point shot during the second half of an NBA basketball game against the Washington Wizards, Tuesday, Nov. 10, 2015, in Washington. The Thunder won 125-101. (AP Photo/Alex Brandon)

Bradley's Take

It's generally perceived that there are four criteria a player must meet to win the most prestigious award in basketball: big numbers, unforgettable performances, a compelling narrative, and a team near the top of the league in wins.

Thunder superstar Russell Westbrook seemed to have met three of the four unofficial requirements last season, though an injury-plagued roster derailed any chance the Thunder had of being an elite team or even being in the playoffs.

However, it was a spectacular season for Westbrook individually, demonstrated by his fourth place finish in MVP voting. Westbrook nearly broke the record for most points in an All-Star game as he took home All-Star Game MVP honors. Westbrook also got his first scoring title after averaging a career-high 28.1 points per game.

Westbrook will look to build on these accolades as well as his incredible play last season as he aims to lead Oklahoma City back to the playoffs and ultimately the NBA Finals. With a loaded roster that is finally healthy, Westbrook is in prime position to have a season for the ages.

First, let's look at numbers. Although it's still early, Westbrook is picking up right where he left off last season, currently averaging 27.2 points, 10.5 assists, and 7.2 rebounds per game while shooting 48 percent from the floor.

It's unlikely these numbers will stay the same throughout the season. At the same time however, we saw Westbrook string together a multitude of high scoring games and eye-popping triple doubles when it was anything but likely.

There were games last season in which Westbrook was the only player the opposition had to stop, due to the injury-depleted roster. They threw everything they had at him and still couldn't stop him from nearly averaging a triple double.

For what it's worth, Westbrook's stats from last season as well as this campaign are very similar to the all-around numbers posted by LeBron James when he won back to back MVP honors with the Miami Heat. One thing Westbrook needs that James had with those teams? Wins.

The Thunder will almost undoubtedly win more games than it did last season. Winning 47 games is setting a low bar for a team which won around 60 games each of the two years prior.

The return of Kevin Durant as well as the better depth established via the Reggie Jackson trade last spring will allow Westbrook to score and slash away at defenses with much better efficiency than last season, leading to many more wins.

Westbrook had several unforgettable efforts last season, and he's already gotten an early start in the 2015 campaign. In just the second game of the year, West-

brook willed the Thunder to victory in a game the club had no business winning, overcoming a considerable fourth quarter deficit to win a thriller in overtime.

Westbrook tied the game near the buzzer with a pull-up three pointer from nearly halfcourt en route to scoring 48 points. If he did that in the second game of the season, it's easy to conclude that we're in for more heroic efforts from the dynamic point guard.

Lastly, there's the narrative. Truly the most underrated part of any NBA MVP season, having a compelling narrative is important. For Stephen Curry, it was his leadership of the juggernaut Golden State Warriors. For Durant the year before, it was his absolute dominance in the absence of Westbrook as he led the Thunder to a high seed despite missing such an elite player.

There's no telling what narrative will develop for Westbrook this season. Maybe he'll go on another triple double tear, shattering records of NBA legends. Maybe he'll average over 30 points for an entire month as the Thunder surges up the standings. Or perhaps he'll look to be more of a playmaker and average double digit assists as the Thunder leads the league in points per game.

Some of these things sound impossible, but if you've watched Westbrook play basketball recently, you've probably seen him do the impossible before.

Above the rim: Billy Donovan's early impact



Bradley Jayroe
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Sports Editor

We're only a few games into what's been billed as the most important season in Thunder history, and the biggest storyline is the impending free agency of superstar Kevin Durant.

Along with how Durant would bounce back from injury, the other biggest thing to watch for in Oklahoma City was also easy to pinpoint: how coach Billy Donovan would perform as he made the jump from the college ranks to the professional game.

The two sagas are relative to one another. College coaches have flopped in the NBA before; if Donovan can't live up to expectations and the Thunder takes a step back, that could be an enticing reason for Durant to seek employment elsewhere.

Not to mention, Donovan's relationship with Durant could also have an impact on what Durant does next summer. Durant, along with Russell Westbrook and several other players, were known to have a great relationship and friendship with former head coach Scott Brooks, whom Donovan is replacing. If he can't mesh well with the personalities of his stars and key contributors, it could cause friction and discomfort in the locker room.

Again, just another reason things may become complicated for Durant next summer as he makes the biggest decision of his career.

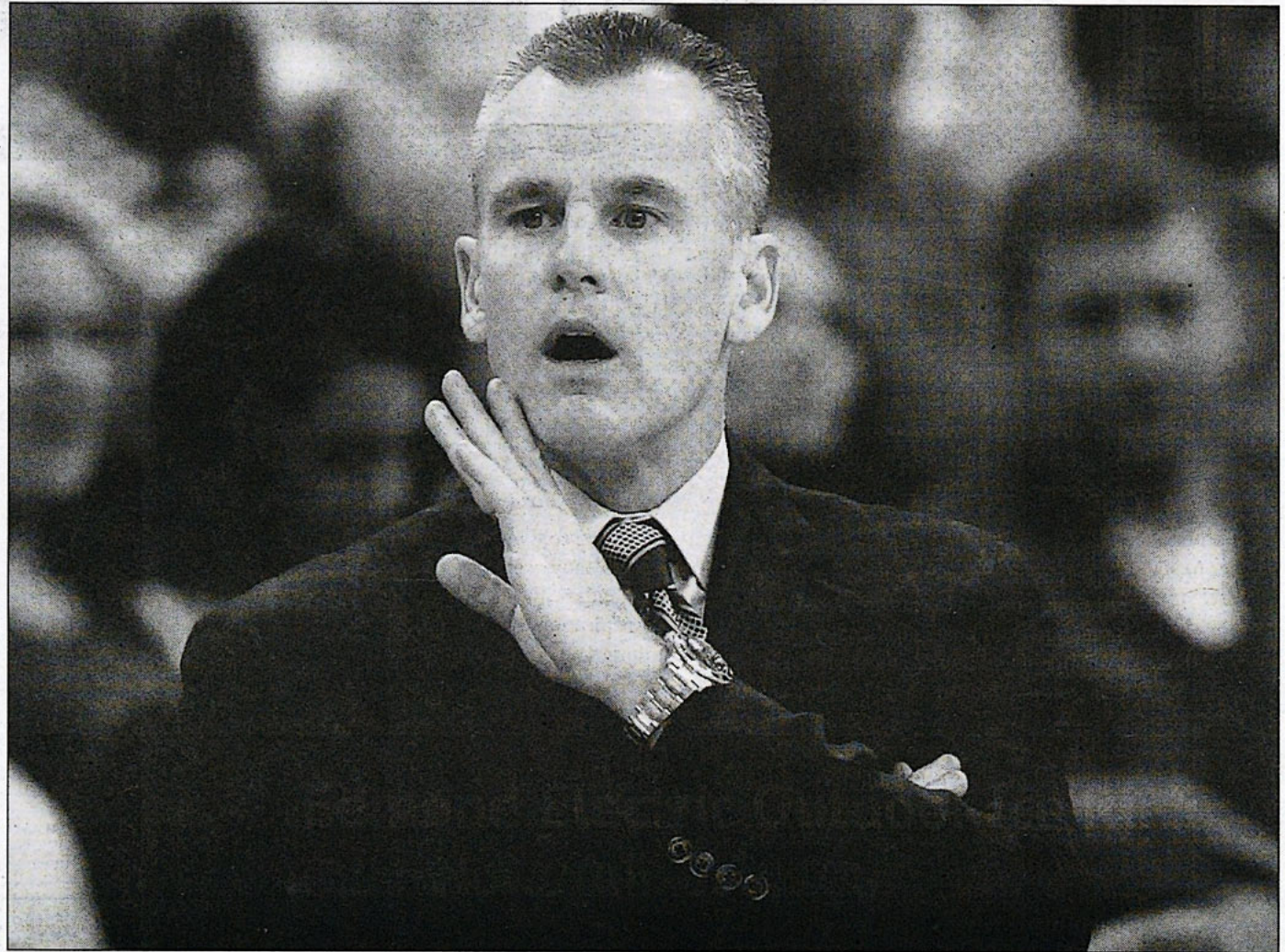
The decision to make the change to a rookie head coach coming into this season, particularly one with no NBA coaching experience, was a bit of a boom-or-bust wager. Donovan could be the next Steve Kerr or David Blatt; two first-year coaches with limited experience who took their teams to extraordinary heights.

Or, he could join Rick Pitino and John Calipari on a list of elite college coaches who couldn't make it in the professional game. Only time will tell, and anyone who knows anything about the NBA will tell you that each season is a marathon and not a sprint.

Since we don't know the inner workings of the Thunder and the interpersonal relationships, and such things are hard to evaluate anyway, we'll take an extremely early look into what we can observe: Donovan's management of lineups and minute allocations, two things Brooks was widely criticized and ultimately fired for.

While it's important to stress once more that it's still too early to draw any major conclusions, what we've seen in the first few games could be a sign of what's to come.

First, let's take a look at how lineups



Oklahoma City Thunder head coach Billy Donovan shouts to his team in the first half of an NBA preseason basketball game against the Utah Jazz, Tuesday, Oct. 20, 2015, in Salt Lake City. (AP Photo/Rick Bowmer)

have been handled by the coaching staff.

Heading into this season, it was a hot topic in Oklahoma City as to what Donovan's starting lineup would be. We officially found out on opening night: Russell Westbrook, Andre Roberson, Kevin Durant, Serge Ibaka, and Steven Adams.

What this tells us, at least in the early going, is that Donovan wants to set the tone early with physical, tough defense by his starters. By default, however, this front-loading of defensive talent in the game leaves a deficit on that side of the ball when the bench comes in.

In the early Thunder losses, this appears to have been an issue. Against Houston, as soon as the bench took the floor the Rockets went on a scoring tear, climbing right into a game the Thunder had controlled up to that point, maintaining a double digit lead. The Rockets would end up winning the game 110-105.

Will Donovan start Durant at power forward and match up with small starting lineups that teams like the Warriors and Rockets often deploy? This is one area where Brooks was heavily criticized, as he always stayed big with a true center and power forward starting regardless of matchups.

Only time will tell if Donovan shares the same philosophy. Overall, this is an area where he's done decently in the infancy of this season but there is definitely room for improvement.

The next important thing to examine is

minutes.

This has been an up-and-down area for Donovan. In the opener against San Antonio, his minute allocations were nearly flawless. In particular, his management of the shooting guard position was excellent; Dion Waiters, Andre Roberson and Anthony Morrow each played close to 20 minutes. He also didn't over-exert his stars, as he gave Durant, Westbrook and Serge Ibaka each close to 35 minutes. Giving Adams 30 minutes and Kanter 24 also seemed like a great balance at the center position.

It's probably no coincidence that the Thunder won the game 112-106.

Against the Magic on the road, the team fell back on its bad habits of relying too much on Durant and Westbrook, pulling out a win in an overtime thriller 139-136. In a blowout against Denver, the Thunder raced to a big lead and never really looked back. Therefore it's hard to gauge how well the minutes were allocated in those two contests.

Against both the Rockets and Raptors, the Thunder found itself in bad spots where no one could get anything going offensively. With the team desperately in need of a spark, sharpshooter Anthony Morrow and energetic big man Mitch McGary were left on the bench. To make matters worse, playing time was doled out to Kyle Singler and Nick Collison.

This isn't a hindsight evaluation; even at the time it was puzzling that Morrow and McGary weren't seeing minutes.

Per Basketball Reference, Morrow was the sixth-best three-point shooter in the entire league last year, and McGary was a big contributor off the bench several times last season, particularly on offense.

It should be noted that in contrast to those two losses, Morrow played at least 14 minutes in the first three games. The Thunder came away with three wins.

Obviously, fans should stay optimistic and remember that we are only five games in. All of these stats and metrics are based on very small sample size. However, if changes aren't made quickly and efficiently, the small sample has turned into a season-long narrative and the Thunder is looking at a mediocre record in a brutal Western Conference.

The main story so far has undoubtedly been the bench struggles, but one has to hope that a coach as intelligent as Donovan can figure out what each player is capable of, and how to maximize the talent on the roster.

It's reasonable to assume that in this early part of the season he's experimenting and determining what lineups and minute allocations work. This will take some time, and fans need to be patient.

But it can't be overstated that Donovan and the coaching staff needs to concoct that winning formula quickly.

Time is ticking until a championship-or-bust postseason begins in a bloodbath of elite competition.

Striving for wrestling greatness: Brandon Stanley



Bradley Jayroe
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Sports Editor

The Central Oklahoma wrestling program is one of the most successful and prestigious around. The Bronchos have won a total of fifteen national championships, and have produced countless All-Americans.

The journey to reach such lofty heights is a long and arduous one. It takes a considerable amount of hard work, dedication and perseverance to be successful as a wrestler. At a program like Central Oklahoma where some of the best wrestlers around are taking the mat, it's even harder to stand out and make a name for yourself in the school's storied history.

But every success story starts somewhere, and that's what Brandon Stanley is trying to accomplish.

Stanley, 20, is a redshirt freshman in UCO's wrestling program. While his collegiate career is just beginning, he has been a competitive athlete for most of his life and took up wrestling near the end of middle school.

"Growing up, I played football, baseball, rugby, gymnastics, just about everything," Stanley said. "In general, what made wrestling special was that it was so different from any other sport. People say that once you wrestle, everything else in life becomes easier. My brother started wrestling and I chased after it. I kind of stuck with it more than he did. It's just an awesome sport."

Stanley continued to wrestle in high school, and his freshman year was when he met one of his wrestling role models in Geoffrey Bostany. Bostany, a senior at the time, became friends with Stanley and was a source of inspiration to him.

"He did the best thing you can do as a high school wrestler- win a state title. It just inspired me to be as good or better than him," Stanley recalled.

Stanley was drawn back to wrestling at the collegiate level after he took some time off from the sport. "I didn't realize I would miss it so much," Stanley said.

Since he's started wrestling at UCO, he's been proud to be apart of the strong tradition and successful program.

"In my opinion wrestling at UCO sets the bar for any program out there. I think the tradition, the team, the history is amazing. To describe it, I think it's one of the best programs you can join. It's an honor just to be in that room."

When preparing for a match, Stanley likes to listen to music to either pump him up or calm him down. "It just kind of depends," Stanley said. "Sometimes I want to get hyped, sometimes I want to chill out. I like dubstep, but sometimes I'll even play classical music to get the jitters out."

When asked what role wrestling has in his life, Stanley said that wrestling is his life right now.

"I go in a room every day and get thrown around by these guys that are four-time state champs, some of them are national qualifiers at the NCAA tourna-

ment, you know, I'm always thinking about wrestling. Twenty-four seven. I'm just thinking about ways that I can get better and beat those guys. I just always catch myself thinking about it. My grades actually went up a lot after I joined wrestling. It's really helped me gain discipline and a respect for others."

Stanley said that what he's looking forward to most this season is just doing everything to be the best wrestler he can be. He's eager to learn from his teammates and correct whatever mistakes he's making.

When it comes to being successful, Stanley thinks it's imperative to just work hard and have a good vision, and to always keep your eye and focus on the goals you set for yourself.

With wrestling specifically, Stanley says that there's also a big mental component to finding success.

"It's all about what you do outside of it, not cutting any corners. Keeping your mind focused too. It's a big mind game. When we face our teammates, we go for about a minute and 15 seconds. Our coaches tell us that, you know if you take a second off of that, and within that day each second of that interval would be almost a minute, and then through a year that could be almost an hour of wrestling that you wasted. So I think it's just doing 110 percent of the work that's cut out for you."

Stanley recognizes that it's a very difficult road to get to where he wants to be, but he's determined to give it his best shot.

"I'm the underdog. But by my senior year, I just really want my name to be on the wall as an All-American. I'm just a guy who's trying to get to that level, working behind the scenes almost."

The UCO wrestling season is just getting underway, and Stanley says that he would love to see more fans backing him and his teammates at duels at Hamilton Field House.

"I think UCO, we have a big shot at winning a national title this year," Stanley said. "I think the fanbase has a lot to do with that. When there's a lot of people cheering for us, that gives us a boost and motivates us. So if I could give a message to the students it would be please come out to our duels. I think if we could get fans out to the duels, it would be so awesome. I think the wrestling team, we would notice it just like that. It would be really awesome to have more people show up to the wrestling. Because you know we have a team of tradition here, fifteen national titles, and I think once people realize that they could really get into the sport as fans."



Brandon Stanley, 20, has been a part of UCO's wrestling program for the last two years. Photo by Cooper Billington, The Vista.

Bronchos hockey



Bradley Jayroe
@bjayroe6

Sports Editor

After a practice this month, I met with UCO hockey player Rylan Duley and head coach Craig McAlister. We talked about the culture of the team, what it takes to be a champion, and

how the Bronchos are approaching their title defense as reigning national champions, as well as some personal philosophies and more.

Q & A

Rylan Duley

What do you think is the biggest key to success?

I always relate that to work ethic. You can't achieve any success without any sort of work ethic on and off the ice.

You've got to be accountable for your body, just getting prepared for the weekends, whether that's going for runs, always going to the gym, keeping your weights up, and eating healthy. It's all a part of the big picture of success.

Are there any hockey players that you grew up watching that you emulate or try to be like, or anything like that?

I mean there's always legends like the Joe Sakics, the Bobby Orrs, the Wayne Gretzkys, but Jonathan Toews of the Chicago Blackhawks has always been a role model for my game.

Since you've already been to that mountaintop, how do you stay motivated and avoid the so-called "championship hangover" we sometimes see in sports?

Two is better than one, and you always want to go out on top. This is my last year here at this program, and you want to leave at the top of the mountain. So it's always a good thing to strive for every day.

Do you have any pregame rituals that you feel like you have to do to have a good game or anything like that?

A lot of guys have them, but I try to keep it pretty simple. I always have a coffee, always have a nap. Other than that I just try to get up in the morning and be active and not sit around all day.

What was your favorite hockey memory?

Definitely winning the national championship last year that's something you always dream of doing, and accomplishing that with the group of guys we had was pretty surreal.

Do you play any other sports besides hockey?

Baseball, I like to golf in the summer all the time, yeah golf's a big one.

Did it feel like you had "made it"?

It's hard to explain in words honestly, it's just a feeling you've always wanted to achieve, and when you get to the top of the mountain that you always wanted to climb, it's just hard to explain in words, that's for sure.

How would you describe this team, such as the mentality, etc.?

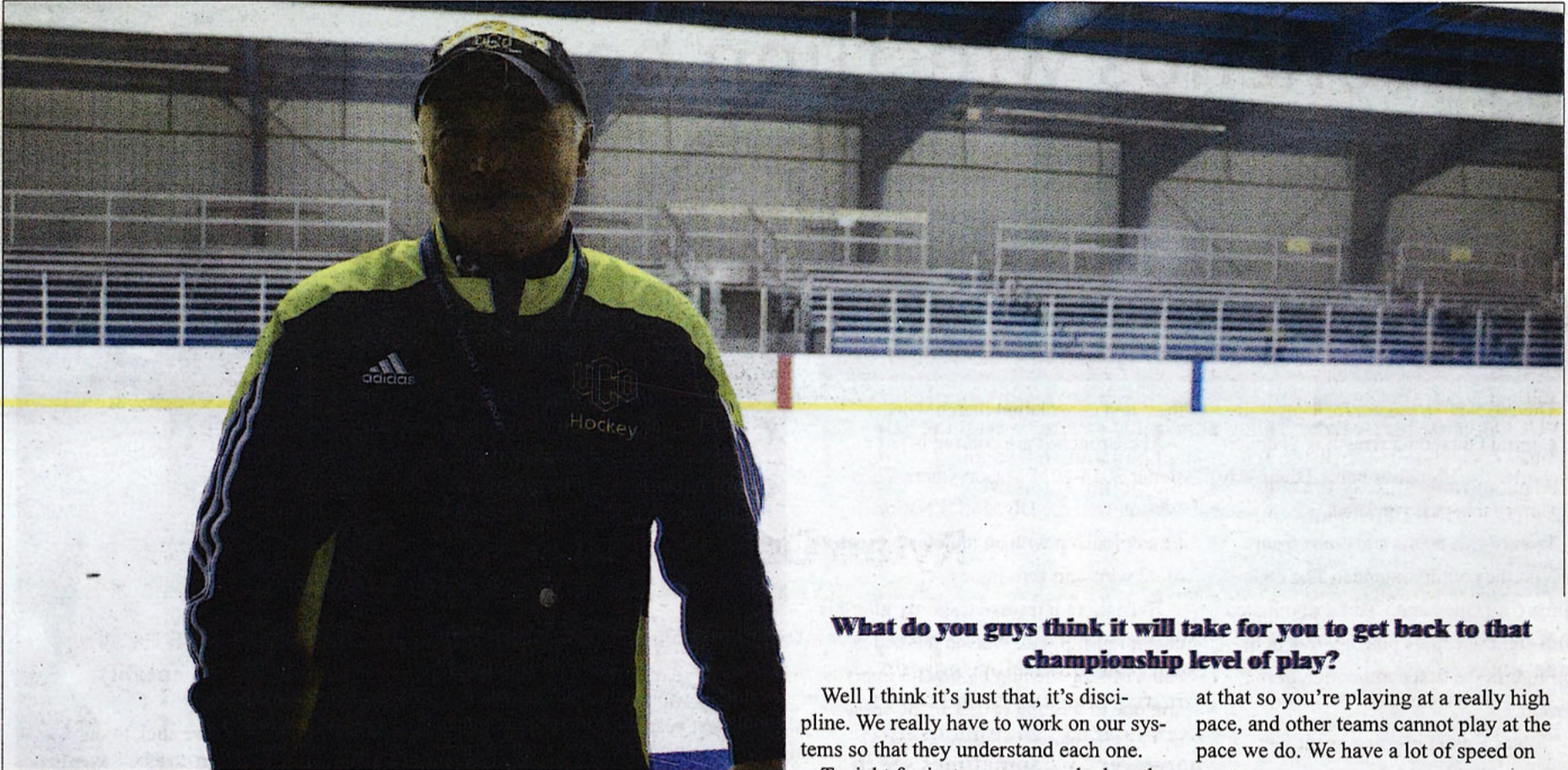
A lot of hard work, we stick to our system that we've been coached over the last four years, and just character. Guys that want to win and have a winning mentality. And you know if you play as a team, it's hard to get beat.

What drew you to hockey specifically?

Being raised in Canada it's kind of like your football. I've had skates since I was two years old.

Rylan Duley is No. 91 on UCO's hockey team. He is one of the leaders of the hockey team and he helped bring the Bronchos to the national championship last year. Photo by Ryan Naeve, The Vista.





Coach Craig McAlister is the reigning WCHL coach of the year, and he led the UCO hockey team to victory in last year's national tournament. Under his leadership, the UCO hockey team has made it to the national championship tournament six out of the last seven years. Photo by Ryan Naeve, The Vista.

Craig McAlister

How would you compare this year's team to last year's championship team?

It's very difficult, you know at the very beginning of the season we did a lot of comparisons to what we were doing, but we had to realize that this was a completely new team.

We have 15 new guys on this team. We lost eight really good players. Guys that we actually depended on to do a lot of things for us last year.

So as it goes down we also had that target on our back because we won, so the difference was half of them didn't even know what that target even was.

So we had to reiterate exactly what our game plan was, exactly what it took to get to the places that we were.

So it was a difficult little load at the very start. We started off against Missouri State but we had to go to Lindenwood, and I think that was an eye awakening event for a lot of the guys. I think we're refocused, have gotten back to the basics.

But it's important for those freshmen coming in to get them to buy into the team concept.

You talked about a target on your back. You guys feel like you're getting everybody's best shot on any given night, right?

Absolutely.

Just opening night against Missouri State, we hung the banner and so some of the guys were kind of focused on that, and we had to get their focus turned towards their opponent, because they certainly were focused on us.

They felt like 'hey, if we can shoot down the number one team in the nation,

then hey we've done a lot of things. It turned out okay against Missouri State, but with Lindenwood they were waiting for us, and they wanted to prove that they are the team.

They are a veteran team, and they did. So we realize that, and against Iowa State it was the same thing but we work and strive to get better.

Is there anything specifically you try to do to keep guys hungry and motivated?

Even the seniors and juniors that were here before that had to go through all that last year, it was not easy.

But they forget; they just remember the good stuff and forget all the hard work that it took.

So how you had to refocus those guys, we had to do an awful lot of battle drills and things where guys were always having to compete and compete against

themselves.

So that way they couldn't take a night off, or if they did take a shift or a drill of then it would show up, big. And then they would be the guy that would be embarrassed.

And you know if you're an older guy, and you're a vet, you do not want that to happen to you. So that kind of got the competitive juices flowing again.

What do you guys think it will take for you to get back to that championship level of play?

Well I think it's just that, it's discipline. We really have to work on our systems so that they understand each one.

Tonight for instance, we worked on the system work we have to do when we're getting inside the zone and some fore-checking. So it makes it harder for them to get inside our zone and when they do we're turning up the heat.

We really need to get faster and faster

at that so you're playing at a really high pace, and other teams cannot play at the pace we do. We have a lot of speed on our team.

That's generally what really helped us out last year. When they realize we have four lines that can keep going, and they only have one or two, or three lines max that have that kind of speed, we wear them out by the third period.

What kind of virtues and mindsets do you try to instill in the new guys?

Well that was a difficult thing when we first started. You look for your senior guys, and we have three really good seniors that are really- they want to go back to where it was.

You heard Dules say 'I want to go back' and 'two is better than one' and all that, but they really believe that. It's not just words to them.

So when they have that kind of lead-

ership inside the locker room, not just on the ice but in the locker room saying 'this is the right way of doing things, and then they just stress it to those guys, they show them, 'hey, this is how we got to the mountaintop before, we want to get there again, you gotta follow us.

You gotta do what we do. You gotta act like we act, and that means doing the right thing on and off the ice at all times.

How would you describe the culture and the mental aspect of the team, that sort of breakdown?

Hockey is a game where it's real easy to fail.

Because you can fail many times, so each line shift where you go out there and you compete against the other team, you could do three things wrong and then do one thing right, and think you've had a successful line until you come over here and you have to face the coaching staff; and we break it down and tell them exactly what they did wrong, or if they do it consistently wrong, they get sent back to a different line, then to a different line, and then suddenly they're not playing anymore and somebody else is

playing in their space.

So it's that mental game we try not to play on them, but they can play themselves into a roster spot and could be really good, or they could play themselves out of one.

And they all understand that, so it's competition every night. I think it breeds them harder mentally, and they feel like 'hey this is a battle', you know nothing's guaranteed.

And they really need to know that it's not guaranteed, and they have the right mindset when they come out here for practice.

Last question. When you come to a game, the fans are going crazy all of the time. Do you have any kind of message for the UCO hockey fans that come out and get rowdy here on the weekends?

It's fantastic to see.

Our guys get riled up when they see those guys going over there. We have guys who come over here and they're shirtless, but they have paint on, and signs and they're lining the glass, it's just

great.

So it's a great atmosphere, it's a fun atmosphere, and so it really pumps up our guys. The crazier they are, the better off it is for us.

Bronchos wrestling back in action



Emily Howsden
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Sports Reporter

The 2015-2016 season for University of Central Oklahoma wrestling is underway after the Bronchos battled their way to victory this past weekend.

Twenty-two teams and clubs from around the country attended The Oklahoma City Open and Central dominated with eight wrestlers placing, five in the top four in the first competition of the season.

"It was a good opening event for us and we had a lot of guys get some much-needed mat time," long-time Head Coach David James said. "We had eight placers and several others who were just a match away. I saw a lot of good things and it gives us something to build on moving forward."

Mason Thompson, a redshirt freshman from Bixby, OK took first place in the 174 weight class at the OCU open in his debut competing for the Bronchos.

Thompson had two major decisions against opponents, a 6-0 fall and a technical fall leading to him outscoring his competition 54-8. In the finals, Thompson shut out Tommy Rosen-St John of Wayland Baptist 11-0.

In the 197 weight class Caleb Cotter placed second with a last second take down in the sudden-victory period against University of Oklahoma's Joe Dixon in a 6-4 semi-final win. This was after Cotter took down the No. 2 seed Cody Sivertsen of Oklahoma City University.

Tyler Tustin, a redshirt sophomore took third for the Bronchos in the 141 division. Tustin bounced back from a quarterfinal loss to clench third place against OCU's James Landoll after previously losing to Landoll 5-0.

Central wrestler Danny Carillo took third place in the 165 weight class, winning four straight consolation matches after losing his first match. His 9-7 third place victory was over Kyle Terry of Campbellsville.

Rounding out the successful day for the Bronchos were senior Spencer Rutherford and heavyweight Evan McGee both placing fourth in competition, and coming back from semifinal losses in

their first consolation match wins.

The Bronchos are coming off of a stellar 2014-2015 season where Chris Watson won the Division II National Championship with an undefeated season of 42 wins and zero losses.

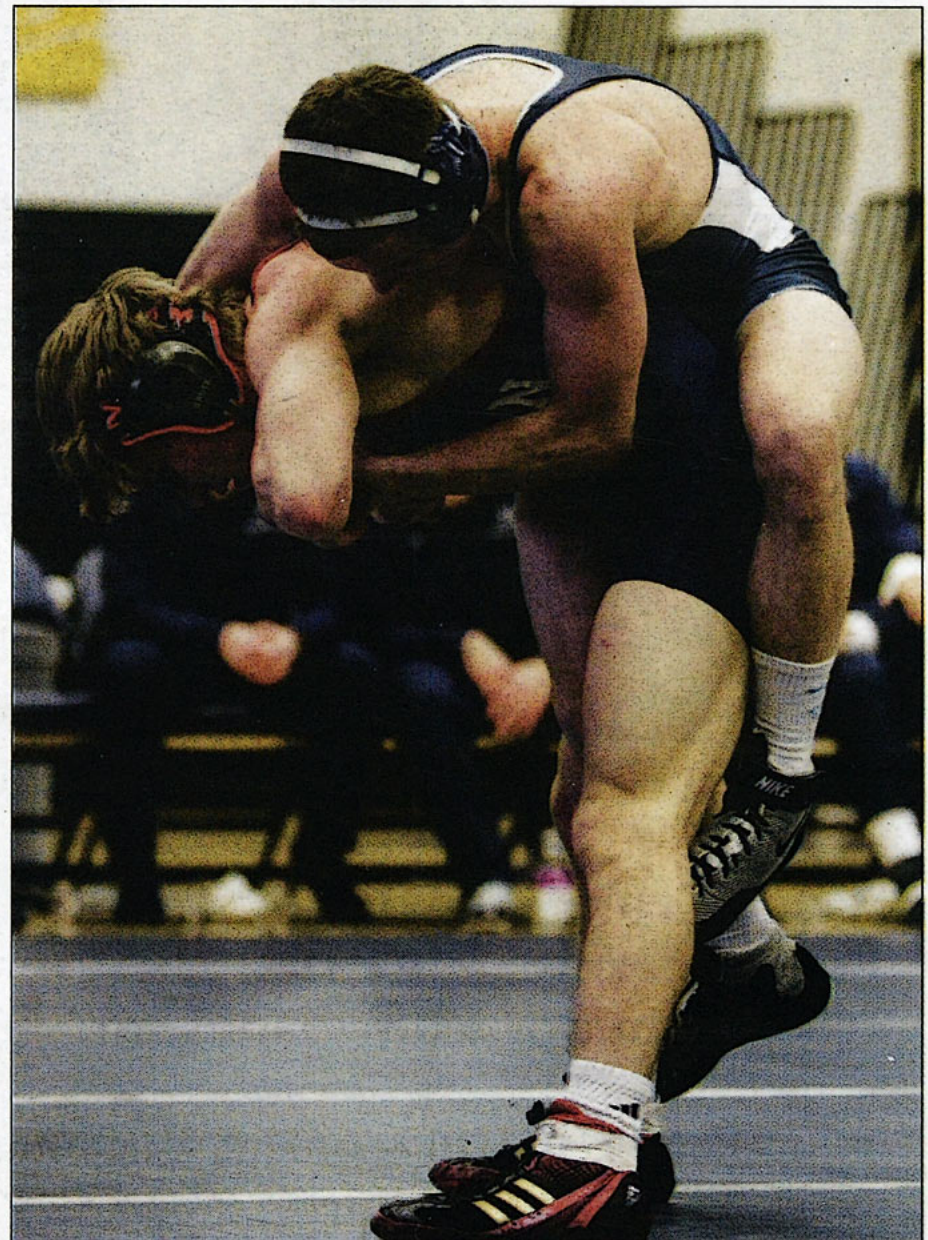
Even more impressive shortly after his championship win, Watson learned he had a life-threatening blood clot in his arm due to training earlier in the season and had immediate surgery to fix the problem.

UCO competes November 30 at the Lindenwood Open in St. Charles, MO.

Coach David James is in his 34th year of coaching here at UCO, which he has made a Division II powerhouse.

Coach James is one of the premier wrestling coaches in the country, with a rich history of success, being named coach of the year seven times total.

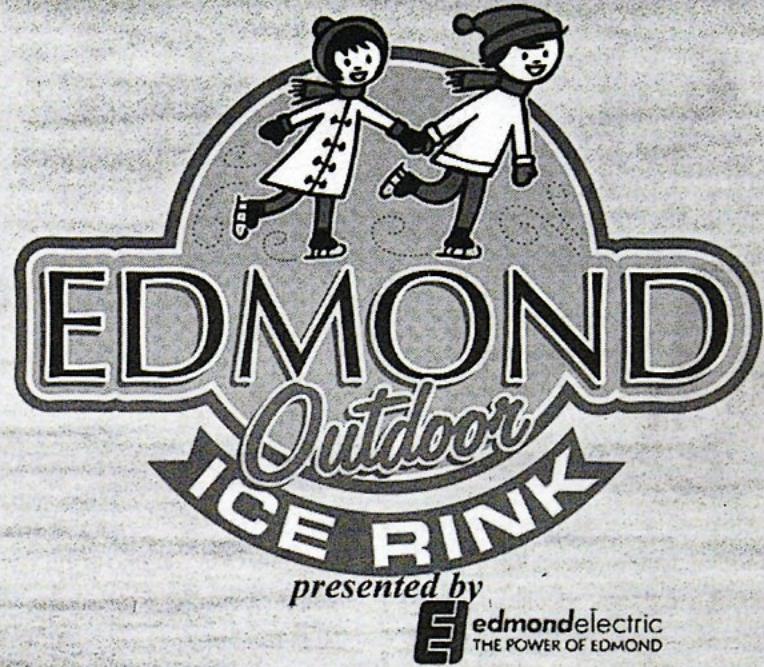
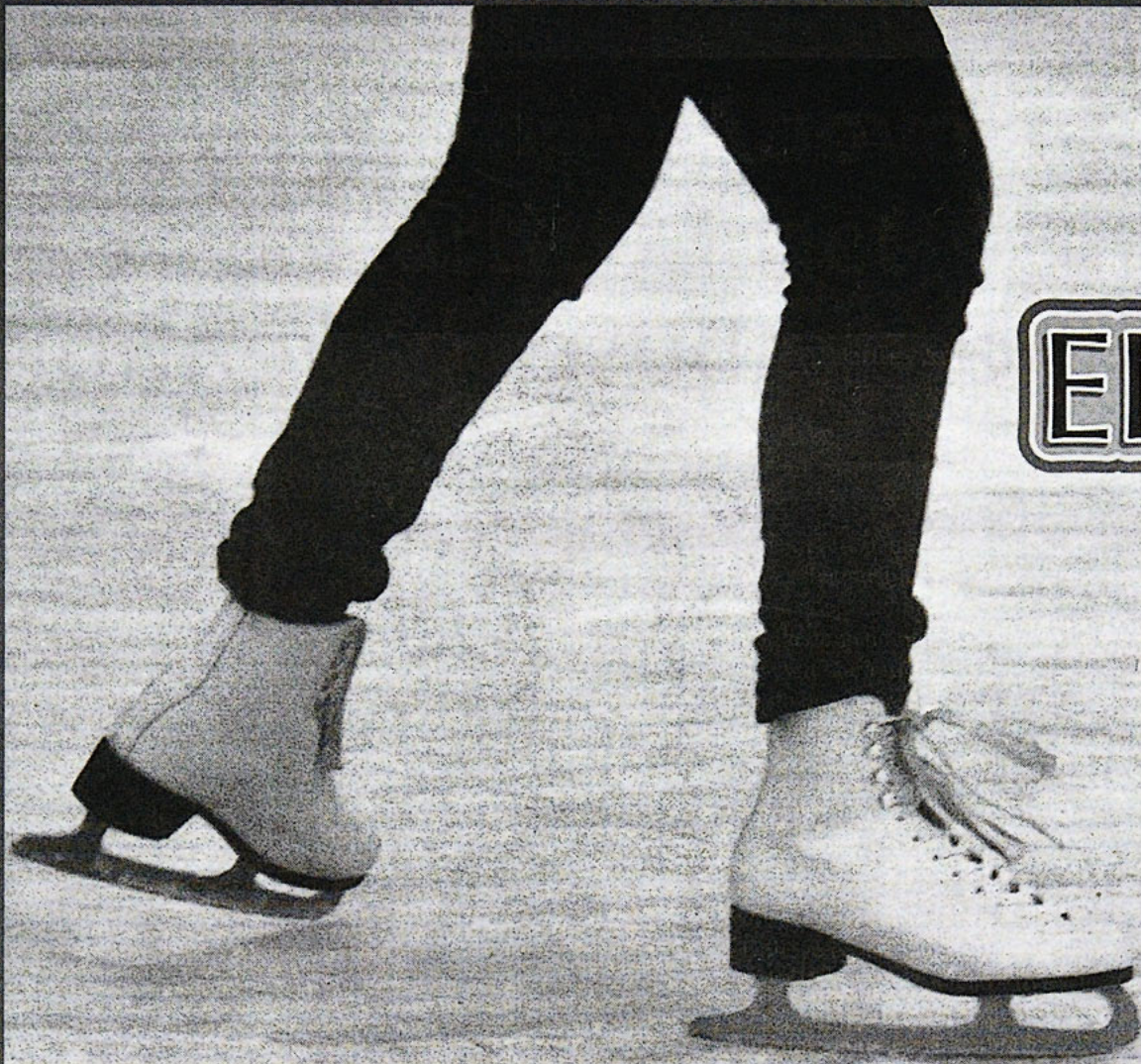
James' success at UCO goes back further than his coaching career though. In his own collegiate career as a Broncho, he was a four-time All-American, and two-time national champion.



Zac D'Amica grapples with his opponent during a game in January. Photo by Ryan Naeve, The Vista.



Central wrestler Spencer Rutherford is body slammed by an opponent during a game earlier this year. Photo by Ryan Naeve, The Vista.



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Alcohol Awareness

and abuse prevention



Jessica Phillips
@thejessphillips

Contributing Writer

Alcohol can be a delicious treat or a temporary escape for some. Knowing how to safely consume alcoholic beverages and recognizing the signs of abuse are essential to maintaining a healthy lifestyle.

Brittney Criswell, manager of Health Promotion at UCO, said college is a prime time for students to learn about alcohol awareness. Many are turning 21 and are experimenting with drinking, possibly for the first time.

One way to be alcohol aware is to know how much is considered a drink. Typically, 12-ounces of beer, 5-ounces of wine, and 1.5-ounces of distilled spirits qualify as one beverage, according to the National Institute on Alcohol Abuse and Alcoholism.

Criswell said another step in alcohol awareness is knowing what to do if a friend has had too much to drink.

Keep an eye out for signs of alcohol poisoning, which include loss of coordination and vomiting, and in more serious cases, irregular breathing and feeling very cold, according to drinkaware.co.uk. If you or a friend begin to experience alcohol poisoning, it is best to seek medical attention.

Drinking too much can have consequences, such as disorders, health problems, assault and even death. The NIAA stated that about 20 percent of college students meet the qualifications for an Alcohol Use Disorder. The institute also reported that about 1,825 students between ages 18 and 24 die each year from alcohol-related injuries.

About 696,000 students are assaulted by another student who has consumed alcohol and about 97,000 experience alcohol-related sexual assault or date rape each year, according to the fact book. Academically, one in four students report that drinking interferes with class attendance and grades.

It is possible to drink responsibly. DrinkAware lists some helpful measures to proactively prevent illness from over-drinking. Some measures are setting a limit of how much you will

spend on drinks, eating a full meal before going out, being sure to drink water with alcohol, and drinking at your own pace.

It is legal to drive if your blood alcohol content is below .08. Drivinglaws.org has a chart that shows the correlation between body weight and how the num-

ber of drinks will influence blood alcohol content levels.

UCO participated in National Collegiate Alcohol Awareness Week in October to educate students on how to safely consume alcohol.

"It is definitely a college health issue,

it's something that we've heard about for decades: students come in to college and drink too much. So we wanted to not give out that the method [should be] not to drink at all, but to drink safely if you choose to do that," Criswell said.



A bartender in a local bar pours a mixed drink for a customer. While alcohol can be a fun treat or a distraction, it's important to monitor your intake and not let things get out of hand. Photo by Cooper Billington, The Vista.

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Quella Omena
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Managing Editor

You don't have to wait for your hair to grow in order to try the new up-do. Man buns are a trend that is here to stay, but now they have been taken to another level.

The man bun trend found an easy way for guys to test out the trend without having to commit to the haircut. Some men mind may find it difficult to stick with the haircut, while others cannot grow naturally or are culturally prohibited from growing one.

A company has taken this obsession to reality, facilitating and targeting a specific type of man, "Who wears many hats, but no bun," and promoting the new up-do. The product has everybody—from fashion critics to

hipsters—talking.

"The average man won't have to feel envious of those with lengthy locks. Thanks to a running deal on the coupon site, every hipster, fixed-gear bicyclist and introspective Hollywood actor will be able to sport the do for less than \$10, according to the company's ad," said CNN reporter Kerry Clan-Laddaran.

The attachable and detachable hair piece, sold by Groupon, is made of artificial hair that comes in two different shades, brunette and blonde. According to Groupon, more than a thousand buns have been sold.

Instructions of the product state that the client needs

to comb the hair back toward the crown of the head and attach the man bun, using bobby pins to secure it.

Like most fashion trends, the man bun rage started after celebrities like Leonardo DiCaprio and David Beckham were seen with the new up-do. It soon became popular through hashtags on Instagram, becoming an obsession over a short period of time.

Groupon has offered many products similar to this for females, but now they have opened doors for men looking for a new style. Surprisingly the man buns are not hundreds of dollars. It only costs \$ 9.99.



A familiar face around Central's campus is Starbucks barista Nathanael Shaffer, who can be seen here rocking a man bun. Though, his man bun is the real deal. Photo by Ryan Naeve, The Vista.

A culinary art form:

TAMALES



Rachael Corbin
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Contributing Writer

Since before Christopher Columbus, tamales have been a staple in most Mexican diets. For centuries they have been a symbol of tradition and unity among family members.

Though some changes have been made to the recipe over the last 500 years, the fundamental steps of creating the tamale are very much the same as they were when they were first made.

Tamales are generally not difficult to make, they do take a lot of time and effort. The easiest way to prepare them is to have four people stand in an assembly line and have them do separate tasks.

"My family and I usually make tamales for family gatherings or whatever," said Emily Shay, a junior at UCO. "We aren't Mexican, but it's really fun. Most of the time, it takes about two days or so to make a whole batch so we just stand around and talk to each other while cooking."

The main components of tamales are dough, cornhusk wrappers, and filling.

The dough is typically made of corn flour which can be purchased at stores, but can also be made at home.

The filling is meat, usually chicken, pork, or beef mixed with roasted vegetables, cheese, or even seafood. It is cushioned by the breading of the tamale, or the masa dough.

The masa dough is made from ground lard, salt, and corn flour which is steamed until it is firm.

"Typically, in my family we add a little broth from the meat in the masa mix, and if the ball of dough doesn't float, we add more lard," said Tania Hernandez, a freshman at UCO. "It keeps the tamale from getting too dry."

Tamales are cooked in fresh cornhusks or banana leaves. While this portion of the tamale is not for consumption, it holds all the ingredients together like a cocoon.

Not only can you make tamales for dinner, but there are recipes for desert tamales as well made from fruit, chocolate, coconut or nuts. These deserts tend to take less time than the dinner tamales as there is no meat to prepare.



For centuries, tamales have been a staple of Mexican cuisine. They are typically made with dough, cornhusk wrappers, and a filling such as chicken or pork. Photo provided by Wikimedia.



A chef prepares a batch of tamales. Tamales have been around for over 500 years, but the basic recipe has remained the same. Photo provided by Eugene Kim.

Apocalypse



Cooper Billington
@cooperdoesstuff

Photographer

We are on the cusp of disasters everyday. Have you ever thought about the apocalypse becoming a reality?

It can take just one person, or a natural disaster at the right place and time to cause our ordered, structured society to crumble. It could be a small outbreak of Ebola in a NYC subway, a terrorist group triggering a war, or the irresponsible misuse of resources leading to famine and drought; this could destroy society as we know it.

We see chaos in the news everyday, but it may not directly impact our westernized lifestyle. It is easy to disregard because it doesn't seem real.

One of the most infamous places directly impacted by disaster is Chernobyl, Ukraine. Chernobyl was once a city

full of life and potential, but now it is a nuclear wasteland. The city is hazardous for people and will remain that way for hundreds of years.

This site is a glimpse into what life could look like or what we might face if there was a worldwide disaster. My Apocalypse series recreates this future if it were to become a reality.

My photographs evoke an emotional response by showing the struggle and hardship of living in this environment. The atmosphere created in my images can be striking, unsettling, and haunting.

This project was done with careful planning of the angles and posing of the models so that the viewer will feel as if they are actually experiencing it first hand.



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