November 4 is election day. Then the legislative process for the 2015 session begin to pick up in earnest. So, what can UCO expect on the state and federal level?

In Oklahoma, if Governor Fallin wins re-election, we can expect to see “second term” issues to emerge. Governor Fallin has made it a major point that she has energetically consolidated government, saving an estimated $1 billion in her first term. Expect more consolidation in government operations that can impact UCO in a variety of ways. Past legislative approaches have included IT consolidation, purchasing authority, and an interim study on the efficiency of separate higher education systems.

If Democrat Joe Dorman is elected, expect challenging legislative times. The House and Senate currently have veto-proof majorities. The GOP margin is expected to increase, and the chambers last year even over- rode their Republican governor on school issues.

Other legislative issues to keep an eye on include these potentials:

- Guns on campus, whether through passing a state statute or referring to voters a Constitutional Amendment that allows carrying guns on campuses. This will be the eighth session that legislation is introduced to allow guns on campuses.
- Adjustments to the Teachers Retirement Pension fund. Past legislation, yet to pass, has included consolidating all administrative operations for Oklahoma’s several retirement funds. Teachers could see legislation introduced similar to that passed for State Employees pension fund that has new employees provided 401(k) accounts rather than becoming enrolled in the state pension plan.
- The budget. Revenues continue to grow in Oklahoma, but earmarking for schools and transportation continues to take money off the top for budgeting purposes. Oklahoma leaders continue to have a shrinking pie to allocate to all agency operations, including public higher education. The result in 2014, is that UCO was slated to take a 5.5% budget cut. Although we avoided that reduction with legislative help, we did not receive funding for our mandatory cost increases such as pensions, health care premiums, and unemployment compensation.
- College and work force readiness through PASS Standards and End of Instruction testing. This has been an annual hot button with dozens of pieces of legislation introduced in recent years. The decisions made will impact the preparedness of our incoming students.

As I write this article, I am in Washington, D.C. The expectation is that Republicans will capture the Senate and make slight gains in the House. No one is sure if that will lead to compromises that ends the grid lock between the House, the Senate, and the Executive. The potential for UCO will be found in two areas:

- Federal agencies funding for UCO’s grant programs.
- Reauthorization of the Higher Education Act. Passed every five years (or at least required to be), the HEA sets federal policy that affects UCO in such areas as student loans and grants, and accountability measures in retention and graduation rates.
Leadership UCO (LUCO) is an annual program where the selected participants work to develop their professional leadership qualities and interpersonal skills; build stronger relationships with colleagues across campus; and spend dedicated time to develop one’s health and wellness as a means to developing into a more integrative, conscious, healthy, productive leader.

This year’s leadership program is titled, LeadWell©, offered by Dr. Shanna Teel. This program is an integrative approach to developing leadership skills, and deepening one’s health and wellness. LeadWell© will utilize the MBTI® as a foundational component for better understanding our personalities, communication styles, and lifestyle choices. This integrative leadership program will give participants an opportunity to assess their own health and wellness, and begin implementing positive rituals that promote leadership and life optimization.

Each annual class is kept to approximately twenty participants, to maximize the interaction between the members and provide for one-on-one work with the instructors. The program kicks off with a Welcome Reception, hosted by the Leadership UCO Alumni members and the class starts building relationships during their day at the Challenge Course together. Class members also serve their campus and community through volunteerism projects during their year of LUCO. The program closes with a Graduation Celebration, again hosted by the Leadership UCO Alumni members.

We are pleased to introduce LUCO Class Twelve Participants:

Andreanna Allyn - Mass Communication
Brittney Criswell - Wellness Center
Kirsten Davis - Chambers Library
Teresa Delaney - Facilities Management
David Herd - Human Resources
Randyl Holmes - Administrative Services
Courtney James - Campus Activities
Jean Longo - Research and Instruction
Adrienne Martinez - Office of Student Conduct

Marissa Merritt-Pierson - Leadership Central
Sarah Moore - CEPS
Barby Osborn - Career Services
Pamela Platz - Academic Advisement
James Provine - Information Technology
Adam Rogers - Housing and Dining
Brandi Smith - Legal Counsel
Molly Smith - Student Affairs

DPS WELCOMES NEW CAPTAIN

The Department of Police Services is pleased to welcome our new Captain, Paul Ciesinski. Paul joins UCO after a successful career with the Hartford, Connecticut Police Department. Ciesinski is a retired U.S. Army lieutenant colonel (serving in the active Army, Army National Guard and Army Reserve), veteran of the Iraq War, and the recipient of the Legion of Merit, Bronze Star (for meritorious service) and Combat Infantryman’s Badge. He holds a B.A. in Political Science and Government from Providence College and graduated summa cum laude in 2013 with an M.A. in History from Trinity College, Hartford, Connecticut.

Ciesinski has been married for 14 years to his wife Annette, and together they have three sons, twins Aidan and Declan (11) and Ronan (10). Paul will be responsible for the supervision of all patrol officers and investigative functions within Police Services.
### NEW BRONCHO STAFF MEMBERS HIRED IN SEPTEMBER

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Position</th>
<th>Department/Role</th>
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</thead>
<tbody>
<tr>
<td>Paul Aguilera</td>
<td>Plumber Helper</td>
<td>Plumbing Shop</td>
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<tr>
<td>Elizabeth Zamorano</td>
<td>Manager Development</td>
<td>UCO Foundation</td>
</tr>
<tr>
<td>Spencer Alkire</td>
<td>Instructional Technologist I CPDE Course Fee Special Instr.</td>
<td>CPDE Course Fee Special Instr.</td>
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<tr>
<td>Michael Zin</td>
<td>Research Analyst II</td>
<td>Institutional Research</td>
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<tr>
<td>Mark Brenneman</td>
<td>Acad Deg Completion Advisor Operation Degree Completion</td>
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<td>Brian Blevins</td>
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<td>Undergraduate Admissions</td>
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<td>Elizabeth Brown</td>
<td>Library Technician I</td>
<td>Chambers Library</td>
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<tr>
<td>Megan Castle</td>
<td>Admin Assistant II</td>
<td>Computer Science</td>
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<tr>
<td>Megan Clewell</td>
<td>Accompanist</td>
<td>Music</td>
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<tr>
<td>Paul Ciesinki</td>
<td>Captain</td>
<td>Police Services L</td>
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<tr>
<td>Toni Hetzler</td>
<td>Administrative Assistant I</td>
<td>Student Support Services</td>
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<tr>
<td>Scott Deboard</td>
<td>Process Improvement Coord</td>
<td>Process Improvement Center</td>
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<tr>
<td>Barrett Jones</td>
<td>Ropes Course Facilitator Wellness Ctr Adv. Experiences</td>
<td>Wellness Ctr Adv. Experiences</td>
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<td>Clinton Hays</td>
<td>Manager Call Center</td>
<td>Communications Center</td>
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<tr>
<td>Jessica Mascote</td>
<td>Community Outreach/Scholarship Spc. Rose/OCCC</td>
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<tr>
<td>Cheyanne Hintze</td>
<td>Administrative Specialist I</td>
<td>Safety Management</td>
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<tr>
<td>Cooper Morris</td>
<td>Ropes Course Facilitator Wellness Cntr Adv. Experiences</td>
<td>Wellness Ctr Adv. Experiences</td>
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<tr>
<td>Kerry Housley</td>
<td>Asst Director Technical Svcs Student Financial Services</td>
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<td>Allyson Kubat</td>
<td>Project Assistant</td>
<td>Oklahoma Ctr for Arts Education</td>
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<td>Ruth Lange</td>
<td>Counselor Mental Health Counseling</td>
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<td>Denethi Mahaliyanage</td>
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<td>Lorena Matlock</td>
<td>Administrative Assistant I</td>
<td>CPDE Course Fee Special Instr.</td>
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*NEW BRONCHO STAFF MEMBERS HIRED IN SEPTEMBER*
NATIONAL CYBER SECURITY AWARENESS MONTH

Dr. Cynthia Rolfe, VP Information Technology

NCSAM is an initiative that began several years ago to promote online safety and security in a changing landscape. The University of Central Oklahoma joins universities and other organizations across the nation in highlighting best practices, safety tips and security checks for online users. Cyber awareness can be viewed from two perspectives: People using technology resources and those who provide and support the technology. While UCO has security policies, procedures, and processes in place, it is employees' use of the systems that ultimately protect the information.

Annual training is a critical element of cybersecurity. At UCO, we need to understand the value of protecting student and colleague personally identifiable information or PII. Good judgment when online makes all the difference in securing data or experiencing an intrusion. Being alert while online makes a significant difference. Following are some considerations while online accessing UCO resources:

- Never assume sites you access are safe, even when they say they are.
- Before downloading an application, ensure it has been developed by a reputable company and comes from a reliable source.
- Never click on an email link unless you are expecting to receive information from a trusted partner.
- Use strong passwords. Longer passwords reduce the risk of compromise. Even better is to use a combination of upper case and lower case letters, numbers, and where allowed, use special characters.
- Sensitive data should never be kept on a mobile device and most of the time should not be stored on a desktop computer. Use file shares on a secured server where your files also are backed up.
- Speaking of storage, individual cloud storage accounts rarely are secure. Carefully read the user agreement – most will indicate they do not secure and/or they may use your data as they wish.
- At any time you are unsure of whether to open a link, contact your Service Desk for assistance. Send an email to support@uco.edu or call 974-CALL (2255). You will be praised for being cyber aware!
- Social networking is fun, but not at work. Many social networking sites include viruses, spam, malware, and other dangerous programs.
- Remember, UCO technology resources are provided for you to Help Students Learn. UCO computing and networking are not provided for you to check your bank statements, pay your bills, place retail orders, and perform other personal actions.
- Be aware of people you don’t know who ask leading questions about IT staff and systems. Social engineering plays a significant role in security breaches.

The Office of Information Technology has several events planned for October to assist you in being cyber aware. Students, faculty, and staff can participate in weekly quizzes for a chance to win prizes. Each entry has an opportunity to vie for the Grand Prize – an iPad Mini.

Posters will be placed in various locations across campus. Individuals can try to guess the password used for the page by looking at the personal information shown on the posters. This will help prove how easy it is to guess someone’s password by looking at their social networking page. Individuals will be given an opportunity to enter their answers for a prize.

Join us at Broncho Lake to learn useful information in a fun and engaging environment. Have some popcorn on us, spin the prize wheel, play the scam email game, engage in a scavenger hunt, and play Let’s Make a Deal!

The Office of Information Technology is proud to serve you and to assist you in staying Cyber Aware!
I am excited to Chair the United Way Campus Campaign for UCO this year. I am fortunate to have inherited a great group of people that helped with the campaign last year. We, Jaci Olson (Co-Chair) and the Task Force Team will be working hard to add to last year’s efforts by creating some campus-wide events.

The Campaign will kick-off at the Oct. 11th football game and continue through Homecoming on Nov. 1st. We will also have a presence at Volleyball and Soccer during the 2 weeks. Another event that we are excited about is the "United Way Parking Day" scheduled for October 22nd. During the campaign, we will be selling "chances-to-win" tickets for various prizes to include parking passes!

Many more details to come through centralities and social media regarding the up-coming events and how to get involved with this year's United Way Campus Campaign. Our goal for the campaign is to encourage employees and students to work together to raise $65,000. I look forward to working with all the different departments on campus this year. Go Team!

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. The theme for 2014 is "Expect. Employ. Empower."

NDEAM's roots go back to 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month." Upon its establishment in 2001, ODEP assumed responsibility for NDEAM and has worked to expand its reach and scope ever since.

Plan to attend the October 15 workshop: ER-CPR

This session will help UCO managers and supervisors identify, diagnose, manage, and resolve challenging employee relations issues. We know that prevention and early intervention are keys for supervisory success. Opportunities for networking, and technique and resource sharing will be provided. Managers/supervisors can submit their most challenging issues or questions prior to the session for anonymous group resolution ideas and suggestions.

**Date:** Wednesday, Oct. 15  
**Time:** 2:00 p.m. – 4:00 p.m.  
**Location:** Nigh University Center, Heritage Room  
**Session Format:** Facilitation, Case Studies, and Q&A.  
**Facilitators:** Diane Feinberg, AVP Human Resources  
Carrie Irwin, Manager Employee Relations  
**Registration Deadline Date:** Friday, October 10  
**Deadline to Submit Questions or Challenging Issues for Group Discussion:** Friday, October 10  
**Enroll:** Learning Center  
**Questions?** Contact Carrie Irwin, Manager Employee Relations at cirwin3@uco.edu
Open Enrollment is the annual opportunity for benefits-eligible faculty, staff, and retirees to review their current benefits and make changes for the next calendar year. **Open Enrollment for 2015 benefits is set for October 1 - October 20, 2014.**

**What's New for 2015?**

**Dental** – Rates are going down!

**FSA** - Employees with Flexible Spending Accounts (FSAs) now have a little more flexibility. A recent rule modification from the Internal Revenue Service (IRS) now allows FSA holders to roll over up to $500 of savings for use in the following year.

**Medical** – Dependent children 18 and older can now complete the Health assessment for the $250 deductible credit. Once a child turns 18 they can complete the health assessment for credit. The pharmacy out of pocket is going away as of January 1, 2015. The maximum out of pocket for medical and pharmacy on the High Plan will be $3,300 and $5,500 on the Basic Plan.

**The good news, if you are not making any changes, then no actions are required. Your current elections will remain the same.**

**What can you do to get ready?**

The Benefits Department will host **EIGHT** different meetings across campus to discuss plan coverage and changes. To better understand how these changes will impact you, plan to attend one of the following meeting:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wednesday, October 1</td>
<td>9:30AM - 10:30AM</td>
<td>Virginia Lamb Living Room, HES Building</td>
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<tr>
<td>Wednesday, October 1</td>
<td>2:30PM - 3:30PM</td>
<td>Forensic Science Auditorium</td>
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<tr>
<td>Thursday, October 2</td>
<td>9AM - 10AM</td>
<td>Nigh University Center 201B</td>
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<tr>
<td>Thursday, October 2</td>
<td>2:30PM - 3:30PM</td>
<td>Virginia Lamb Living Room, HES Building</td>
</tr>
<tr>
<td>Friday, October 3</td>
<td>9:30AM - 10:30AM</td>
<td>EDU 101</td>
</tr>
<tr>
<td>Friday, October 3</td>
<td>2PM - 3PM</td>
<td>BUS 205</td>
</tr>
<tr>
<td>Monday, October 6</td>
<td>9:30AM - 10:30AM</td>
<td>Virginia Lamb Living Room, HES Building</td>
</tr>
<tr>
<td>Monday, October 6</td>
<td>2:30PM - 3:30PM</td>
<td>Virginia Lamb Living Room, HES Building</td>
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</table>

The 2015 Open Enrollment page is now available on the Human Resources website, and you can view all your current coverage by logging on to UCONNECT. Forms will also be available at all meetings. All changes and forms must be submitted to the Benefits Office **NO LATER THAN OCTOBER 20th.**

Please visit [2015 Open Enrollment](#) for additional information.

If you have any questions, please call the Benefits Team at (405) 974-2575 or send us an e-mail. We’re here to help you!
Please be advised of the upcoming deadlines for Purchasing, Payment, Services & Travel

**November 4th Travel Deadline**
For Out-of-State Travel and In-State Travel reimbursement request, through the paper process. This deadline guarantees that payment will be processed prior to the holiday break, if all required supporting documentation is completed, signed and approved.

**November 10th, Purchasing Deadline for Requisitions**
Submit requisitions by this date for purchases that need to be placed prior to December 5th.
We cannot guarantee that a purchase order requiring competitive bids, quotes, or contract agreement execution will be completed and approved for requisitions submitted by the November 10th deadline. As a reminder: Contractual Service Agreements for Individuals, Contracts for Guest Speakers and Entertainment Contracts require five business days to process. This processing time is in addition to the time required to process the requisition. Vendor contracts which may entail more in-depth terms and conditions require 4-6 weeks to review.

**November 14th Payment Services Deadline**
For Non-travel related reimbursements and check request. This deadline guarantees that payment will be processed prior to the holiday break, if all required supporting documentation is completed, signed and approved.

**Bursar Notice:**
Petty Cash is not available the week of Thanksgiving.

**STAFF SENATE WEBSITE**
Josh Stone, Assistant Director of Transportation/Parking & Webmaster/Historian for UCO Staff Senate, recently volunteered to create the brand new Staff Senate information hub, now available on UCO’s website.

Josh stated, “I think this website will be great because it will open a brand new branch of communication between UCO Staff & Faculty.”

The Staff Senate Website has a clean layout that will allow users to easily access Meeting Minutes, find their respective Staff Senator, view Bills & Resolutions, and so much more!

The next Staff Senate meeting is scheduled for **Tuesday, October 7**. Visit the Staff Senate website today for more information at [http://www.uco.edu](http://www.uco.edu)

**Save the Date!**
The annual **Employee Anniversary Celebration** is November 3, 2014 from 2:00 p.m. – 4:00 p.m. in the NUC Ballrooms. More information coming soon.
CELEBRATING BIRTHDAYS

Barbara Streets
Elizabeth Lott
Kelsey Hubble
Justin Walke
Timothy Richardson
Joy Morgan
Claudia Matallana
Jeffrey Kidwell

Brandon Vincent
Patricia Stowe
Levi Pennington
Douglas Paulsen
Sandy Hudson
Cynthia Guthrie
Nathan Goad
Mario Gaytan
Carmen Esqueda
Gloria Caddell
Chris Burkey

Katherene Terrell
Wiley Simpson
Sherri McCann
Jill Langston
Nadeeka G.J. Siriwardana
Edward Crim
Elizabeth Coleman

Sun
5 Sandy Adams
   Elizabeth Coleman
   Edward Ditt
   Nadeeka G.J. Siriwardana
   Shari McCann
   Wiley Simpson
   Katherine Terrell

6 Joe Herbst
   Owen Howell
   Elizabeth Lane-Harvard
   Kay Ott
   Christina Perrine
   Brian Rains

7 Jennifer Bargor-Johnson
   Caroline Kyger
   Kristopher Masby
   Dragan Nidic
   Justin Poutorkan
   Joyce Rey
   Sudaharan Sangaran

8 Patrick Foster
   Edward Walder

9 Kurt Hochensaur
   Aaron Shetja

10 Jamal Danshibar
    Louis Furmanski
    Elaine Harris
    Camille Kilbourne
    Michael Lopez
    Cynthia Murray
    G. Pace
    Akreee Barker-Ng
    Linda Stahler

11 Samantha Aldridge
    Anne Blakel
    Mark Clune
    Darian De Bilt
    Robert Epstein
    Jiena Ferguson
    Cheryl Fresh
    Delina Gabbard

12 Dina Albert
    Chris Beal
    Bruce Babcock
    Mariah Bair
    Mithli Bhardwaj
    Cynthia Batiste
    Nabiha Bhai
    Shannon Bedard
    Marie Bousquet
   30 Savannah Benbow

13 Taylor Bard
   Gary Davis
   John Ferguson
   Linda Hoffs
   Pamela Kunnikri
   Alan Rice
   Gang Xu

14 Charles Bobb
   Robert Brennan
   William Holmes
   John McCue
   Rebecca Moore
   Justin Mosher
   Kaile Zhu

15 Andrew Brooks
   Barnett Chaitain
   Miko Falen
   Jim Kao
   Kuk Lluch
   Brad Mitchell
   Jared Slocum
   Matthew Stutgen
   Renee Wilson

16 Rebekah Johnson
   Haeqing Wu

17 Kera Duks
   Christine Gruelf
   Elizabeth Jackson
   Teresa Lefleur
   Christen Pickard
   David Shaffer

18 Dante Elitwhale
   Lea Garcia
   Zane Swanson

19 Jarek Aresou
   Jeffrey Kidwell
   Claudia Mataliana
   Jay Morgan
   Timothy Richardson
   Justin Walkie

20 Mohamed Binbar
   Jessica Duggan
   David Martin
   Jennifer Rucker
   Chris Snoddy

21 Sandria Harding
   Robert Kaiser
   Jeremy Rogers
   Philip Silverman
   Sonya

22 Mary Edwards
   Talisha Griffin
   Katrina Lacher
   Joshua Seymour
   Judith Wakefield

23 Nancy Gein
   Melissa Scott

24 Kristiely Delman
   Fenris Hotland
   Jeffery Mueschhlin

25 Ruth Ann Bell
   Alasann Butler
   Gary Casino
   Debra Colombe
   Hope Deprince
   Carol Ludic
   Antia Reynolds
   Anthony Starcampanio
   Harold Weston

26 Ronnie Gravel
   Kellya Hubble
   Elizabeth Lott
   Barbara Streets

27 John Cushing
   Sara Fogel
   Charles Hill
   Lucy Thompson

28 Brian Alexander
   Keith Higa
   Tracy Morris
   Jeannetta Simax

29 Taylor Bowes
   Joan Caldwell
   Tony Gregory
   Frances Money
   John Motson
   Bori Stewman
   Summer Stohin

30 Susanna Ericson
   Dini Hornsey

31 Samsiel Ferguson
   Beth Waddo

Course Title
- Staff Screening Committee Training
- Originator (Hiring Manager) Training (PA 7.6)
- New Employee Training
- The New “His & Her” Workplace
- Intro to Purchasing, Payment Services & Travel
- Web Time Entry & Time Keeper
- UCO Travel and Expense Management
- Introduction to Professional Development
- Banner Finance
- Purchasing Compliance & Customer Service
- NET 2.0
- ER/CPR
- Team Collaboration
- Jungle Escape
- Faculty Screening Committee Training
- Correction Not Punishment/Power of the 3 R’s
- Safety Training (Classroom Training) FY 14-15
- Lean Thinking
- PCard
- Advanced Banner Finance

Start Date
- Oct 1
- Oct 13, 27
- Oct 6, 20
- Oct 6
- Oct 8, 22
- Oct 8, 22
- Oct 9, 23, 28, 30
- Oct 13, 27
- Oct 15
- Oct 15
- Oct 15
- Oct 15
- Oct 17
- Oct 21
- Oct 22
- Oct 23
- Oct 23
- Oct 28
- Oct 29

Classroom
- EDU 301
- EDU 110
- NUC 312
- NUC 202
- ADM 101A
- ADM 101A
- ADM 101A
- ADM 101A
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- ADM 101A

If you are an employee who would prefer not to have your name included in the birthday section of the Bronco Beat, please email cirwin3@uco.edu
<table>
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<td>Terry French</td>
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<td>Drew Duke</td>
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<td>Steven Sump</td>
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<td>Dustin Jones</td>
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<td>Yvette Polite</td>
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<td>Margaret Tolbert</td>
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<td>Charles Johnson</td>
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<td>Charles Ingram</td>
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<td>Charlene Wiles</td>
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<td>Deborah Shannon</td>
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<td>Mark Rodolf</td>
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<td>Justin Taylor</td>
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<tr>
<td>Cynthia Guthrie</td>
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<td>Sharday Kay</td>
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Thank you
Living a healthy and active lifestyle helps not only lower your risk of disease and illness, but reduce your risk of cancer. October features the annual Breast Cancer Awareness month campaign, which is focused on increasing awareness and prevention of the disease. Other than skin cancer, breast cancer is the most common cancer among American women. In the United States, about one in eight women and one in 1,000 men will be diagnosed with breast cancer over the course of their lifetime. The National Cancer Institute reported that when breast cancer is detected early, in the localized state, there is a 5-year survival rate of 98%.

The best way to fight breast cancer is to have an early detection plan to help you detect the disease in the early stages. John Hopkins Medical Center states, “Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.” Websites and phone apps have made it easy for people to create a free early detection plan, as well as step-by-step direction on how to perform a breast self-exam. Healthy habits such as maintaining a healthy weight, staying physically active, eating fruits and vegetables, limiting alcohol consumption and not smoking can help reduce your risk of cancer. To learn more about breast cancer, visit: [http://www.nationalbreastcancer.org/about-breast-cancer?utm_campaign=Homepage%20Test&utm_source=A%20FB%20Test&utm_medium=VWO&utm_term=Education](http://www.nationalbreastcancer.org/about-breast-cancer?utm_campaign=Homepage%20Test&utm_source=A%20FB%20Test&utm_medium=VWO&utm_term=Education)

How should a breast self-exam be performed: [http://www.nationalbreastcancer.org/breast-self-exam](http://www.nationalbreastcancer.org/breast-self-exam)

Create an early detection plan now at [www.earlydetectionplan.org](http://www.earlydetectionplan.org) or by searching ‘early detection plan: breast’ in your App Store.

For more information on male breast cancer, visit: [http://www.nationalbreastcancer.org/male-breast-cancer](http://www.nationalbreastcancer.org/male-breast-cancer)

The UCO Outdoor Adventure Recreation (OAR) Center, located at Lake Arcadia, is open to UCO students, faculty and staff, as well as community members. We offer mountain bike, kayak, canoe and standup paddleboard rentals as well as instruction in each discipline. Rentals are free to UCO student’s faculty and staff. American Canoe Association (ACA) kayaking lessons are also available upon request.

This fall, the OAR Center will offer hiking trips to some of our favorite places around the state. We will also offer various workshops geared towards getting people outside. Other events coming up will be outdoor movie nights, as well as guided group paddling trips at Lake Arcadia.

Don’t forget that we are also a conference and events center and would love to help plan your next student organization, faculty or staff retreat/adventure. For more information visit [www.ucooutdoorrecreation.com](http://www.ucooutdoorrecreation.com) or contact Joe Ready at [jready1@uco.edu](mailto:jready1@uco.edu) or (405) 844-4560.