



'Kiss Me Kate' opens curtain at Mitchell Hall

Tyler Talley

Contributing Writer

Summerstock Productions, in partnership with UCO, will present Cole Porter's musical, "Kiss Me Kate," on July 19-21 and 26-28 at Mitchell Hall Theater.

According to a press release, the musical tells the story of a production of William Shakespeare's "The Taming of the Shrew," now combined with the music of Cole Porter, as well as the on and off-stage conflict between the show's director, producer and star, Fred Graham, and his leading lady, his ex-wife Lilli Vanessi. It also highlights the budding romance between Lois Lane, and Bill Calhoun, who starts trouble with a group of gangsters.

Executive Director of Summerstock Shannon Hurlleigh, who also serves as the production's director and choreographer, said one of the major appeals of the show include its combination of both classic and Broadway theater elements.

"I love this show because it will appeal to a wide variety of folks," Hurlleigh said. "It mixes Shakespeare with classic musical theatre, it has beautiful romance along with raucous and rowdy comedy, fantastic songs and spectacular dancing."

A completely separate program from UCO's Musical Theater Department, Summerstock is a theater group that invites any member of the Edmond and OKC area to participate. The group offers auditions and staff positions that are open to the entire community.

The musical's four leads will be Mateja



Summerstock Productions will partner with UCO to perform "Kiss Me Kate." Photo provided.

Govich as Fred, Jenny Rottmayer as Lilli, Kylie Groom as Lois and Paul Mitchell as Bill.

Mitchell, who teaches freshman composition at UCO in Norman, said this will be his third season with the program, and this production has allowed him to participate yet another memorable experience with the cast and crew.

"I love working with Summerstock," Mitchell said. "Their choices of productions, the fantastic visions and abilities of the directors and choreographers, and the performers with which I get to work have made my summers better than ever, and provide some of the best musical art of which I've been able to be a part."



The production of "Kiss Me Kate" will take place on July 19-21 and July 26-28 at Mitchell Hall Theater. Photo provided.

Performances are at 8 p.m. on Fridays, 2 p.m. and 8 p.m. on Saturdays and 2 p.m. on Sundays. Ticket prices are \$20 for adults and \$15 for students, seniors and children, with discounts available for groups of 10 people

or more. Tickets can be purchased online at www.summerstockok.com or by phone through the Mitchell Hall Theater box office at (405) 974-3375. They will also be available at the door.

Paying it forward for a college education

Josh Wallace

Staff Writer

Oregon's plan to offer students free higher education at the state's public universities, Pay it Forward, passed the legislature in early July.

The program comes at a time when financial assistance is shriveling up, while costs continue to rise. As highlighted in a New York Times article from March, state and local financial assistance decreased 7 percent last year, universities reliance on tuition and fees for their budgets has jumped to 47 percent last year, compared to 23 percent in 1987, and the enrollment at public universities has increased 28 percent since 2002.

The Pay it Forward program will initially offer students tuition-free higher education at Oregon's public universities, which would alleviate the stress of incoming students having to deal with large amounts of student loans. On the same day the bill passed the state's legislature, July 1, interest rates on federal student loans doubled from 3.4 percent to 6.8 percent, with both parties in congress blaming each other for the increase.

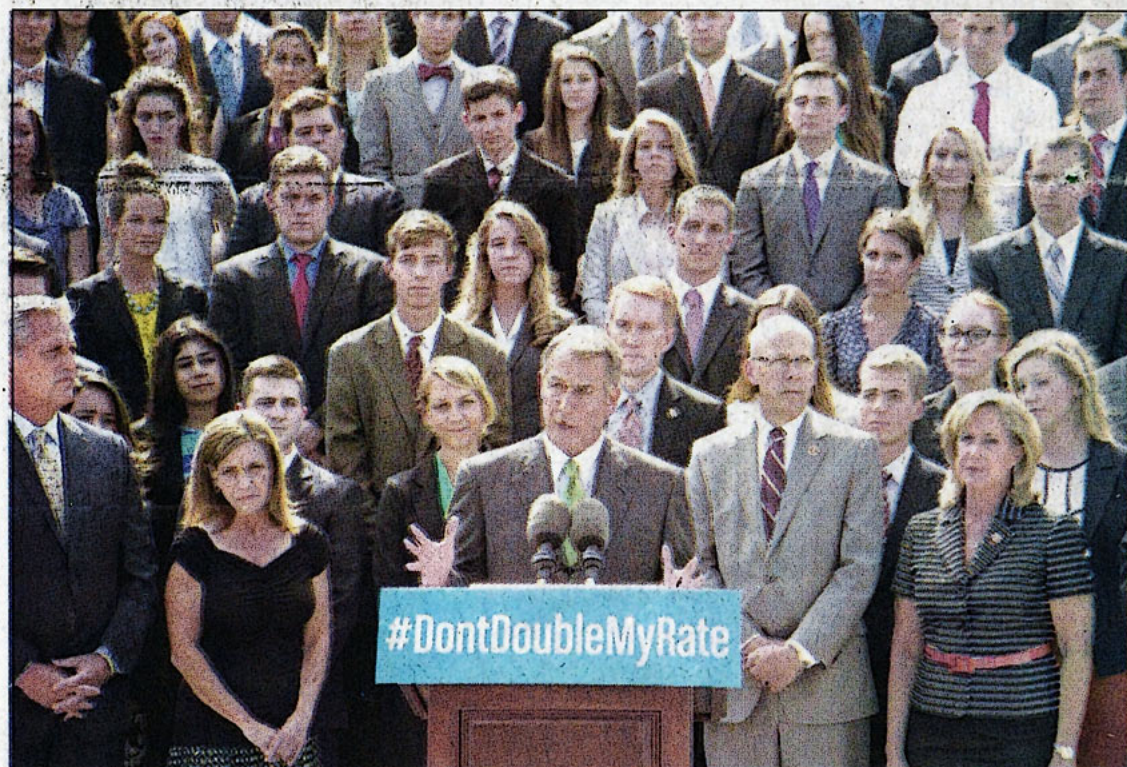
The program is estimated to initially cost the state \$9 billion, and would be implemented in a pilot program in 2015, once signed by Oregon's governor. Upon completing their degrees and entering the workforce, students who took part in the program would begin to pay a percentage of their earnings back to the university for their education.

John Burbank, executive director of the Economic Opportunity Institute, told the Associated Press, "This is not a loan, you're paying forward, essentially, so your contributions would enable the next generational cohort of students the same free access."

Students who attended two-year universities would pay back 1.5 percent of their gross income over a 25-year period, while those who graduated from a four-year university would pay back 3 percent. For example, if a graduate were to make \$750,000 over the 25-year period, they would pay back \$22,500, or if a graduate were to have no income over the period, they would pay nothing back to the university.

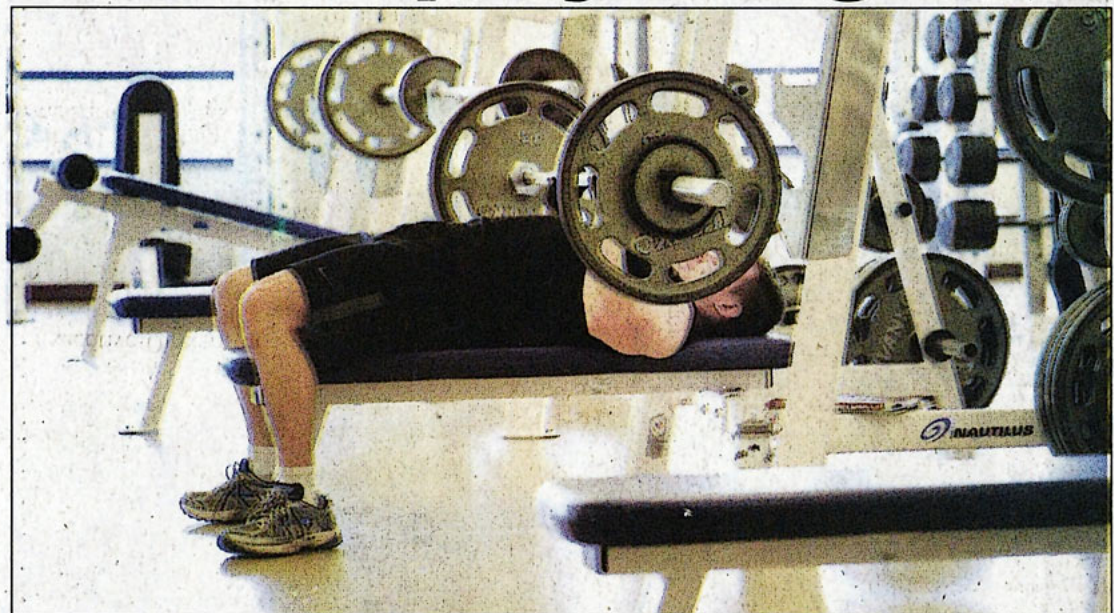
The program comes at a time where other states are looking at solutions to offer students affordable higher education, such as Texas, which is attempting to implement a college degree for available to students for a flat \$10,000, with Texas A&M set to offer the first this fall. Burbank mentioned that other states, including Washington, and New York, have express interest in the Pay it Forward program.

For those who support Oregon's efforts, the program offers a level playing field to all students, regardless of what their socioeconomic background might be, they will be able to seek higher education. Opponents of the plan have vocalized their concerns that it targets those graduates who seek more profitable career fields unfairly, as they will pay back a larger portion to the universities than those making a lower income.



In this July 8, 2013, photo, with a backdrop of college students on the step of the House of Representatives, Speaker of the House John Boehner, R-Ohio, center, and GOP leaders talk about the politics of federal student loan rates which doubled on July 1, at the Capitol in Washington. Senate Democrats are trying to restore lower interest rates on student loans. A procedural vote is scheduled for Wednesday on a Senate measure that would return rates on subsidized Stafford loans to 3.4 percent for one year. An earlier attempt in the Senate to keep rates low came up short and those loans' rates doubled to 6.8 percent on July 1. (AP Photo/J. Scott Applewhite)

UCO employees get fit



The Wellness Center set up a program for UCO employees to reward them for getting fit and going to the gym. The contest began Feb. 4 and ended May 10. Photo by Quang Pho, The Vista.



Cards like this one were used to keep track of employee visits. Photos by Quang Pho, The Vista.



Kandice McClain

Contributing Writer

The University of Central Oklahoma's Wellness Center hosted an incentive program that kicked off in February.

The program, set up by UCO employees, gave participants the opportunity to win prizes if they visited the Wellness Center more

than 25 times through May 10. Prizes ranged from water bottles, backpacks and gift certificates to the ultimate prize of a Nike+ Fuel band.

Many employees set out to participate in the program, with more than 30 staff members meeting the 25 visit mark that would get them entered into the prize drawings. There were four participants who exceeded the 75 visit mark: Stevie Tatum, Leon Franklin, Kailie Zhu, and David Thompson.

Throughout the incentive program, which spanned from Feb. 4 to May 10, employees checked into the Wellness Center 4,083 times. The grand-prize winner was library specialist, Stevie Tatum.

The Wellness Center has paired up with several different departments in the past to encourage healthy lifestyles among UCO employees. Previous programs have included free personalized fitness and diet plans, as well as fitness assessments.

For tips on healthy workout habits, the Wellness Center blog provides information for those making a change to healthier living at <http://blogs.uco.edu/wellnesscoaching-program/>

UCO's Wellness Center is open during the summer semester:

Monday - Thursday: 5:00 am - 9:00 pm
 Friday: 5:00 am - 8:00 pm
 Saturday: 8:00 am - 12:00 pm
 Sunday: Closed

THE VISTA

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

EDITORIALS

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

LETTERS

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

Address letters to:

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

ADVERTISE WITH THE VISTA

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

Contact Aaron at 405-974-5913 or email your questions to vista-media@yahoo.com for rates.

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Editorial

Shrinking Twinkies and Yellow Journalism

Reader, are you sitting down? If not, go ahead and do so because this news may take you to the ground. Twinkies are back, that's right, I said Twinkies. Some of you may already be witness to the second coming. Some of you may just now be finding out. Regardless, I guarantee that good majorities are salivating to the thoughts of golden submarine-shaped spongy cake, stuffed with cream and sitting on their local grocers shelves.

But oh the woe of the consumer, while many are rejoicing, there is always a seemingly large group of complainers. You might say, how can anyone complain about the comeback of the Twinkie? And just what are they complaining about?

The Associated Press, in a story published on July 16, said the new owners of Hostess have leaner operating costs now that they're no longer using unionized workers. They also reported that it turns out the spongy yellow cakes may also be a little smaller than the last Twinkies people ate.

So how much smaller will Twinkies be? Is this really as big of an outrage as some think? That is definitely the way it's being reported. Here is the truth; Twinkies are now... drumroll

please... a whopping 15 calories and 4 grams smaller. I know, it's a shame. How will we survive?

While many may want to crucify Twinkies their rive tour, stop and read into what's actually going on. The decision to make Twinkies smaller isn't one that falls on the new owners' shoulders.

The associated press also reports that a spokesperson for Hostess, Hannah Arnold, said in an email Monday that the size change was made in "mid-2012" by the predecessor company. That would mean it happened in the months leading up to its bankruptcy, as the company was trying to keep its head above water financially.

15 calories and 4 grams, that's not a huge difference, so why is it that this story of delicious treats and downsizing is so important, so "newsworthy" as it appears?

Twinkies are just this week's example of the media's ever-growing adaptation and constant spewing of yellow journalism, journalism that is based upon sensationalism and crude exaggeration.

Last week was the Zimmerman case that overshadowed almost every other story in the news with emotional ap-

peal, feeding off a still unstable issue in America, race relations, for higher ratings. What about the week before that? You remember what happened with Edward Snowden, right? Well, how about the fact that the media focused more on him than the information he was trying to get to the American people?

I understand the importance of ratings. It's a sad fact that money runs the media, ratings bring in money and yellow journalism grabs viewers and readers, but I think it's high time we get back to traditional journalism.

That starts with you, the recipient of the news.

Journalism is defined as the activity, or product, of journalists or others engaged in the preparation of written, visual, or audio material intended for dissemination through public media, with reference to factual, ongoing events of public concern. Let your broadcast stations and print or online newspapers know that you want hard news and not just stories about shrinking Twinkies.

Brooks Nickell
Sports Editor

A POTENTIAL AMERICAN FUTURE



Cartoon by Evan Oldham

“ CAMPUS QUOTES ”

Do you prefer taking classes online or in a classroom? Why?

TENAE RICHARDSON

Film-Junior



"In a classroom. I like the interaction with other students and professors."

MYNIAH PHILLIPS

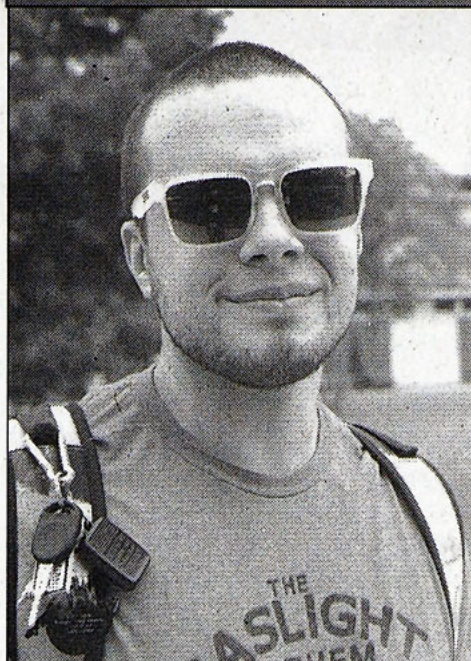
Forensic Science-Sophomore



"Classroom. If it's online I might forget to do my work."

ZACH DAVIS

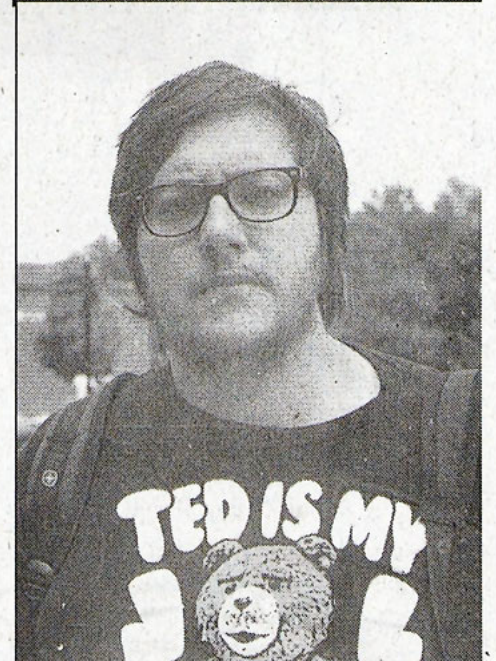
Graphic Design-Sophomore



"Probably online. I have the freedom to get stuff done based on my work schedule."

TED TAMAYO

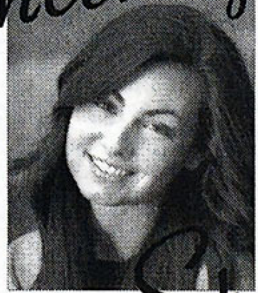
Music-Sophomore



"In class. You can ask your professor questions. It's more of a physical thing. When I did an online class I was always late getting work done."

Opinion

Sincerely,



Stevie

Studying in the Sand

By Stevie Armstrong

The sun beams down on your skin, while it gitters across the never ending turquoise water. Sand warms your feet as they morph into another part of the beach. The salty ocean breeze combs through your loose hair, taking away all the world's worries along with it as you ace a math exam.

With online classes, these types of fantasies can become reality. Personally, I shoot for as many online classes as I can. I understand that online learning isn't for everyone, but I think it's one of the best educational inventions, yet.

There are many universities that are only online, partially online, and a mixture of both. Fortunately, UCO has many great options for in-class

learning and online learning. Because of this, UCO appeals well to both parties.

I know a lot of adults who work full time, as well as parents who have to chase kids around all day, really enjoy online classes. They are able to do the work and learn when it's convenient for them.

I don't have a full time job or any kids to take care of, thank goodness, but I take advantage of online classes because it allows me to do more than just be a student who sits in class and doodles all over their notes. When I pull my computer out, I'm ready to work and I'm focused on my own will.

I'm also one who wants to see the world and experience life without being trapped by

something that I don't necessarily find enjoyable anyway. With online classes, I'm able to travel during the school year. Not just on fall and spring break, but in the middle of the week or whenever I have the option.

I have best friends who live in different states, who I can visit anytime. I dive in beautiful paradises all around the world and I'm able to without jeopardizing my academics. I can still work and make plans with family and friends without having to take in account what time I have to go and get out of class. I don't know if you can tell, but I get pumped when I think about everything I can do in the world while still getting my degree.

Like I said before, online

classes are not for everyone. They definitely take someone who is self-motivated and responsible; someone who doesn't need constant reminders to do their homework or studying for exams.

People question how I really learn from a computer screen. Honestly, I'm happier and more willing to learn when it's on my own terms. When I have sand between my toes and a computer on my lap, I know for a fact that I'm doing my best studying.

Sincerely, Stevie

Developing Students through the Oklahoma Student Leadership Institute

Olanrewaju Suleiman

Staff Writer

OKLAHOMA STUDENT LEADERSHIP INSTITUTE

WEDNESDAY AUGUST 7 • 10AM-2PM

UNIVERSITY OF CENTRAL OKLAHOMA • NIGH UNIVERSITY CENTER

Join student leaders from throughout the state as we discuss leadership styles, consistent branding, programming basics, and more! The lunch session will also feature an idea sharing opportunity for all schools in attendance!

Questions? Contact Courtney James at cjames24@uco.edu or (405)974-2363.

REGISTER BY FRIDAY AUGUST 2 AT UCO.EDU/SPB.



Photo Provided by The Student Programming Board

The UCO Student Programming Board is sponsoring the annual Oklahoma Student Leadership Institute.

SPB adviser Courtney James is in charge of this year's institute.

"The Student Leadership Institute is an initiative that we had on campus a few years ago," she said. "Students who attend will learn how to become better leaders in both their lives and their organizations."

The institute is not just for Central students; it is a collaborative opportunity involving schools across the state. The main purpose is for the institute to be a student development program.

"We want to bring everyone together to learn what's going on on their campus,"

James said. "We have revamped it to make it focus on student leaders."

The institute was started as a way to bring student leaders together and educate them while doing it.

The idea started at a conference program for national campus activities. James partnered with a professor from Cameron University in Lawton to begin a program. They both felt it could be of great benefit to students in the state.

"We saw it as a need to continue to develop our state and the leadership opportunities within it," she said.

Two of the main focus areas will be how students can refine and hone their skills as a leader and how to make their programs

more successful on their campus.

It will cover a multitude of topics, such as leadership styles and how to hold basic programs.

Attendees will be able to brainstorm and network with students from across the state.

James wants everyone that attends to have a memorable experience.

"We hope students would be able to walk away from this and reflect upon their personal leadership abilities," she said. "We want them to apply leadership with their group and to give them a way to network with other students."

The institute is not just for students in organizations. It is designed as a way for all students to become greater leaders. It is

open to any and all students wanting to go.

"Anyone can come," James said. "Even if you are just one person who may not be in a group you can still come if you want to be a better leader."

The institute is free to all students. Lunch will be provided to all in attendance. It will take place on Wednesday, Aug. 7 from 10 a.m.-2 p.m.

The last day to register is Friday, Aug. 2. Anyone interested should go to uco.edu/spb to apply.

For more information, contact Courtney James at cjames24@uco.edu or (405) 974-2363.

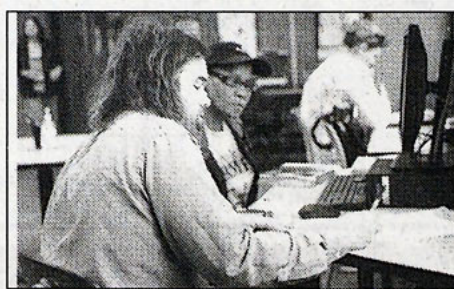
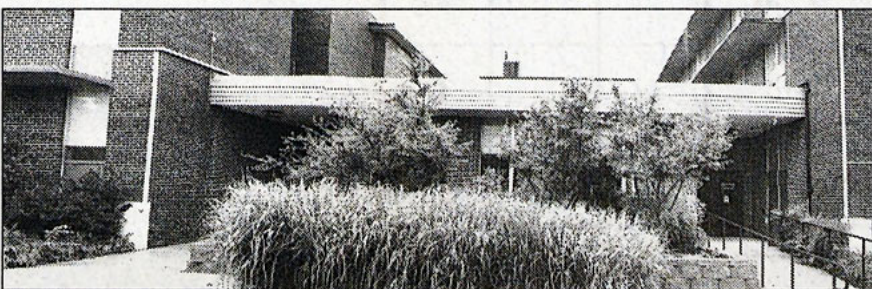
Correction:

In the Jun. 26 issue of The Vista, an error was made in a story about UCO's partnership with Swansea University in Wales. The story implied that UCO offers a doctorate program. In fact, UCO does not offer a doctorate program. It has partnered with Swansea's doctorate program to offer UCO students the opportunity to earn a degree internationally. We apologize for any grief or inconvenience this error may have caused.

Tutoring Central at UCO Welcomes Students



Students Utilizing Tutoring Central. Photo by Quang Pho, The Vista.



Far Left, Left, Middle, and Right: UCO's Tutoring Central offers students extra help. Photos by Quang Pho, The Vista.

Students can schedule appointments with a tutor by logging on to <https://uco.myconline.com> and selecting the subject you need help in, and then, a time and date.

"My favorite part was that I could just get online to make an appointment at whatever time I needed and I could even choose who I wanted to help me," she said.

Tutoring Central also offers conversation and pronunciation groups to help UCO international students improve conversational skills. These groups are led by English tutors and focus on discussing everyday English idioms and phrases that are used in common conversation, which promotes practice and fosters a better understanding of the English language. Conversation Group will be held Tuesdays at 3 p.m. at Starbucks in the Nigh University Center this summer.

Recent graduate Justin Warnock served as a student tutor at Tutoring Central for one semester while he attended UCO.

"I tutored because I like helping people. Just because people struggle in a subject does not make them stupid. They just need someone to break it down so they can understand it," Warnock said.

He compared his help as a tutor to the help of training wheels, saying that once they figure it out they don't need him anymore and they can take off the training wheels. He

said each person is different and tutoring takes a lot of patience. Sometimes, you have to repeat yourself many times and go through each step more than once.

"The UCO tutoring program is very important. Most professors at UCO teach many classes and they do not have time to sit down with every student and explain the coursework. This program helps give students the one-on-one attention they need," he said.

As a tutor, Warnock helped ten to fifteen people per week. He said that, during finals, that number nearly doubles.

"I believe I have made a positive impact on the students that I have tutored. I gave them keys to unlock the knowledge; however, it is up to them what they do with those keys," Warnock said.

Warnock graduated in May with bachelor's degrees in Criminal Justice and Asian Studies, along with a B.S. in Forensic Science.

Tutoring Central is located in the northeast corner of West Hall across from Buddy's Cafeteria and operates Monday through Thursday, 11 a.m. to 6 p.m. during the summer.

Emily Crowder

Contributing Writer

Tutoring Central is a year-round service offered as a free academic support program at UCO. The program focuses on areas of English, writing, math and science.

Incoming junior and industrial safety major Katie Loken utilized Tutoring Central as a freshman for peer editing and help with writing and revising papers.

"I used tutoring central quite often so that another student could review my papers that I had to write for several of my classes, such as psychology," Loken said.

Loken said she was always impressed with the welcoming atmosphere at Tutoring Central.

"Right when you walk in you are greeted by friendly students who are eager to help you," she said.

Loken said that by going to these tutoring sessions offered at UCO, she was given several tips on how to write more effective papers, no matter the subject.

"I would highly recommend TC to anyone who needs help," Loken said.

EMPLOYMENT

Help Wanted:

Handy Student. Painting & Lawn Maintenance. P/T near UCO: 641-0712

Help Wanted:

Housekeeper Needed - 10 hours weekly
M,W,F afternoons ideal
Please call: 425-9662

RANDOM FACTS

Any month that begins on a Sunday will include a Friday the 13th.

While mittens have been around since prehistoric times, the glove (with articulated fingers) dates to ancient Greece, popping up in some translations of Homer's Odyssey.

Crayola means "oily chalk." The name is derived from the French words craie, or "chalk," and ola, an abbreviation for "oleaginous," or "oily."

Ludwig Van Beethoven originally dedicated his 3rd symphony to Napoleon. However, when Napoleon took the crown out of the Pope's hands and crowned himself emperor, Beethoven was so disappointed that he changed the dedication to "Heroic Symphony...to Celebrate the Memory of a Great Man."

RANDOM QUOTE

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

- Mark Twain

RIDDLE

I weaken all men for hours each day.
I show you strange visions while you are away.
I take you by night, by day take you back,
None suffer to have me, but do from my lack.
What am I?

- Answer in the next issue.

RIDDLE ANSWER

Answer from the previous issue's riddle.

A pitcher.

SUDOKU

	7	9			3			
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CROSSWORD

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46					47			48		49			
50				51					52		53		
54			55					56		57			
58									59				
	60										61		

Across

- Anxiety
- Gap
- Venerating the Virgin Mary
- Characterized by emotion
- Inactivity
- Cocktail of orange liqueur, lemon juice and brandy
- Alias
- All together
- Comic Conway
- Numero uno
- Overhangs
- "___ Ha'i"
- Apprehensive
- American physicist
- Consumed
- Undertaking
- Hold back
- Impulse transmitter
- Connive
- Fleshy axis of a spike
- Product of a quantity by an integer
- Noblemen
- Triangular sail
- Banana oil, e.g.
- Align
- Selects
- Forum wear

50. What "it" plays

- Attached directly by the base
- More, in Madrid
- Ritzy
- Price below the standard price
- Culls
- More risqué
- Kind of artist
- Narrow roads

Down

- Friendly
- Durable fabric with a yellowish color
- Bribed
- "Dear" one
- "Soap" family name
- Rent payer
- Awry
- Set of rules, principles or laws
- Adaptable truck, for short
- Wink: Var.
- Helped
- Opening time, maybe
- Fine fur
- Large, strong, aggressive woman
- Affirm
- Foot lever
- Follower of Baptist-

- tic doctrines
- Part of a plane
- Be theatrical
- ___ populi
- Calamity
- Body of people sharing common interest
- Scraps
- Protective wall
- Member of the mustard family
- Metric units of volume equal to one thousandth of a liter
- Various amines formed by the action of putrefactive bacteria
- Someone to whom a legacy is bequeathed
- Implements used to erase
- In a careful manner
- Musical composition formed by selections from different authors disposed in a new order
- Aspersions
- Subdivision of a larger religious group
- And others, for short
- Affranchise
- ___ Victor

WORD SEARCH

ARCHERY	C	R	E	K	O	O	N	S	O	A	E	U	X	A	E
ATHLETICS	K	O	G	M	L	F	I	S	H	I	N	G	O	L	F
BADMINTON	M	W	H	E	N	O	T	N	I	M	D	A	B	A	P
BASEBALL	M	I	O	S	T	O	G	P	Q	R	Q	A	A	C	Z
BASKETBALL	Z	N	C	T	E	T	N	N	A	P	S	T	S	K	K
BOXING	V	G	K	R	K	B	I	C	K	K	W	H	E	B	Z
CRICKET	Q	Q	E	A	C	A	X	D	E	S	I	L	B	F	B
CYCLING	Y	K	Y	D	I	L	O	T	R	Q	M	E	A	L	D
DARTS	A	G	R	C	R	L	B	E	H	B	M	T	L	E	K
FENCING	R	I	N	R	C	A	Y	N	P	I	I	I	L	L	U
FISHING	C	U	O	I	L	Q	G	N	C	Q	N	C	D	U	V
FOOTBALL	H	W	G	L	L	R	M	I	C	S	G	S	Q	G	K
GOLF	E	J	G	B	U	C	G	S	G	N	I	C	N	E	F
HOCKEY	R	H	A	X	Y	U	Y	B	L	N	J	L	D	R	X
ROWING	Y	P	Q	I	R	P	O	C	W	N	N	U	W	F	G
RUGBY															
SNOOKER															
SWIMMING															
TENNIS															

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Softball

UCO Softball Coaches Recieve Honors

Head Coach Genny Stidham and Assistant Coach Cody White named Staff of the Year



UCO Softball Head Coach Genny Stidham ended her 16th season with a record of 475-289-2. Photo Provided by Bronchosports.com

Thomas Jones

Contributing Writer

UCO's national championship softball coach and her staff received another honor July 3. Head coach Genny Stidham and assistant coach Cody White were named the National Fastpitch Coaches Association's Division II National Coaching Staff of the Year.

The Bronchos received a unanimous 16 first-place votes and earned a number one spot in their division, according to the National Fastpitch Coaches Association poll, after a dominating post-season which led to UCO's first ever women's national title. On May 27, with a 5-2 finals triumph over the Kutztown Golden Bears, Stidham earned her 450th career win to cap a perfect 9-0 run through the national tournament, outscoring nine other teams 61-16.

The lady Bronchos completed a stellar post season to walk away with the Mid-America Intercollegiate Athletics Association crown in its first year in the league at 23-3. UCO won the Central Regional I Tournament and the Central Regional Tournament leading up to dominating the Championship Finals and finished with an overall record 51 wins and 11 losses.

Each player who made the trip to the NCAA Division II National Championship Finals in

Salem, Va., wore a "Pray 4 OK" ribbon in her hair to commemorate all those who were affected by the recent tornado in Moore, Okla. The team had to leave the morning after the tornadoes hit.

"It was just their way of saying we're thinking about you," Coach Stidham said.

Already the most successful softball coach in school history, Stidham ended her 16th season as head coach with a 475-289-2 record. She's turned the Bronchos from an annual NCAA Division II national contender to NCAA Division II National Champs, led them to the six of the most successful seasons in school history and seven national tournament appearances, including three trips to the Division II Championship Finals in 2006, 2012, and 2013.

White, who is in his second year as UCO's first-ever full-time assistant softball coach, is also a former Broncho baseball standout who helped lead Central to the NCAA Division II national championship in 2013. He played a key role in UCO's record-setting 51-11 season in 2013 and bringing home UCO's first-ever women's national title.

Stidham and White were also named the Central Regional Coaching Staff of the Year, beating out seven other regional winners for the national award.

MLB announces new policy



Baseball Commissioner Bud Selig, right, and New York Attorney General Eric T. Schneiderman speak to each other next to a poster outlining Major League Baseball's policies against harassment and discrimination based on sexual orientation, during a news conference Tuesday, July 16, 2013, in New York. The league announced its new policy during All-Star Game festivities on Tuesday with the players' union and Schneiderman, who helped draft the agreement. (AP Photo/Mary Altaffer)



Major League Baseball Commissioner Bud Selig autographs baseballs after a news conference at the All-Star FanFest, Tuesday, July 16, 2013 in New York. The league announced its new policy against harassment and discrimination based on sexual orientation during All-Star Game festivities on Tuesday. (AP Photo/Mary Altaffer)

The Associated Press

ALBANY, N.Y. (AP) — Major League Baseball says it will bolster its policies against harassment and discrimination based on sexual orientation, according to a new agreement provided to The Associated Press on Monday.

The league is scheduled to announce its new policy during its All-Star game festivities on Tuesday with the players' union and New York Attorney General Eric Schneiderman, who helped draft the agreement.

Under the new policy, the league will create a workplace code of conduct and distribute it to every major league and minor league player. It also will provide new training sessions and create a centralized complaint system to report any harassment and discrimination.

"Just making people aware," Chicago White Sox manager Robin Ventura said Monday night while the American League took batting practice. "I think that's part of

the reason, if they're going to do that, that's why they would do it. Just put it out there and kind of be ahead of it instead of behind it."

"I think it's already out there. I think what's happened in basketball and all this stuff, it's better just to get out there and be ready for it," he said.

The announcement follows Schneiderman's agreement this year with the National Football League to strengthen its policies. Some NFL prospects complained about questions they said were posed to them during the evaluation and hiring system called the NFL combine. The case prompted a look at harassment and discrimination policies in other sports.

It also comes after basketball player Jason Collins said in April that he's gay. The veteran center is a free agent.

Few professional athletes are openly gay, and gay rights groups have blamed the poli-

cies and atmosphere in sports for forcing gay athletes to hide their sexual orientations.

Schneiderman, a Democrat, called the new policy actions a "clear stand against discrimination."

"Our national pastime is showing national leadership in the fight to promote equal justice for all," he said.

Major League Baseball already has an anti-discrimination policy, but the new one specifically will prohibit discrimination based on sexual orientation. Commissioner Bud Selig said baseball won't allow any discrimination.

"We welcome all individuals regardless of sexual orientation into our ballparks, along with those of different races, religions, genders and national origins," Selig said. "Both on the field and away from it, Major League Baseball has a zero-tolerance policy for harassment and discrimination based on sexual orientation."

Said Ventura: "I mean, I think he's right."

"I think it's just better to put it out there and clean it up and make everybody more conscious about it. I would expect that from our team, too," he said.

The Major League Baseball Players Association said it supports the policy so that players can pursue their careers regardless of their sexual orientations.

"MLBPA embraces diversity and supports a workplace environment that welcomes all regardless of race, religion and sexual orientation," said the union's executive director, Michael Weiner.

Union official Tony Clark, who played in the 2001 All-Star game, echoed those remarks.

"Any time you can put pen to paper, to formally acknowledge that certain things won't be tolerated and post it in every clubhouse, that's a good thing," Clark said as the AL players loosened up.

Opinion

The Rounds: Baseball's All-star Triumph



Sam Philbeck

Sports Columnist

Monday proved to be unlike most Mondays for me.

While many dread the first day of the week, as it means we're four days away from the weekend and going out to have fun and making some mistakes that we'll probably come to regret in the morning.

This Monday was different though. This Monday brought along with it the 29th annual Home Run Derby in the city that never sleeps, New York.

I've always loved the Home Run Derby.

Whether it was the one featuring some of the game's best power hitters, or if it was in the backyard

with friends pretending to be those professional sluggers, with what seemed like un-humanly power and ability, to knock a white ball to distances and lengths that people have never traveled that far too.

Growing up, I was just amazed by the spectacle of how these men could make a ballpark, built more for pitchers, seem so small, but now, years later, we now know the truth that players like McGwire, Sosa and Bonds had a little help.

Even now, though, it doesn't bother me, because if the case for their use of performance-enhancers was pummel a baseball like Mike Tyson would pummel opponents in his early years, than they succeeded and then some.

The great thing about it though was that the greatest Home Run Derby hitter wasn't even a player who juiced, it was a sweet swinging, centerfielder with a slim frame and uncanny skills that most people haven't seen since Willie Mays himself walked on the scene.

That man was George Kenneth Griffey Jr. aka "The Kid."

The only three-time champ and only player to win back-to-back championships was the most exciting player to enter the derby with his backwards hat and customized

batting gloves and wristbands.

He was, to the derby, what Michael Jordan was to the slam dunk contest.

Even with Griffey retired though, and baseball crashing down hard on those who feel like getting an edge in the game, the home run derby is still the best major all-star event in sports.

For a while, the NBA Slam Dunk Contest was the most exciting all-star event, with stars like Blake Griffin, Vince Carter, Tracy McGrady (in his heyday), Dwight Howard and so on and so forth, attempting to leave their mark on the historic contest, but as of late that hasn't been the case.

Many of the contestants are players that you had to follow closely through their career to know who they were because players like LeBron James, the greatest player in the game and a notoriously top ten highflyer in the game just doesn't want to participate (my theory is keep an eye out for 2016 though, all-star weekend is in Cleveland).

So, what we are left with are guys who can dunk, but we don't care for them. They're like one-dimensional movie characters who we just don't want to follow. They may be good, but they don't bring that

gravitas that a matchup between players like Griffin and James may bring.

That's not the case in baseball. Every year we get stars enter the contest and showcase their talents, even when people are cautious that being in the derby could affect your swing for the rest of the season.

What do we get then?

We get performances like Phillies' Ryan Howard in '06 or Bobby Abreu in '05 holding off, then Detroit Tigers unofficial host, Ivan "Pudge" Rodriguez or Prince Fielder's two impressive wins in '09 and 2012.

We get moments like Josh Hamilton's record-setting, 28-home run round in the final season of the "House that Ruth built," with Hamilton doing his best Bambino impression and giving everyone in New York that feeling of being a kid again no matter the age.

Even if he didn't go on to win the event, it still felt like the night was his and that a former addict owned a ballpark that wasn't his team's park.

We get to watch dad's throw to their sons like the Canos and recently Bryce Harper and his dad Ron Harper.

The derby doesn't lack for drama

and it doesn't lack in that prime time television department; this past Monday was no different.

Watching Yoenis Cespedes, the Oakland A's leftfielder, absolutely blast balls from Flushing Meadows to Queens was a sight to behold as he went on to win the event.

What makes it even better is the 27-year old Cuban defector wasn't even selected to participate in the Midsummer Classic and was a selected replacement by AL captain Robinson Cano after slugger Miguel Cabrera wasn't able to go because of his back.

All Cespedes did was become the second right-handed hitter to win since 2007 and the fourth to win in many years.

He did all this in an epic finale against young superstar slugger Bryce Harper.

What more could you ask for? Maybe I'm too much of a baseball purist, I'm not sure.

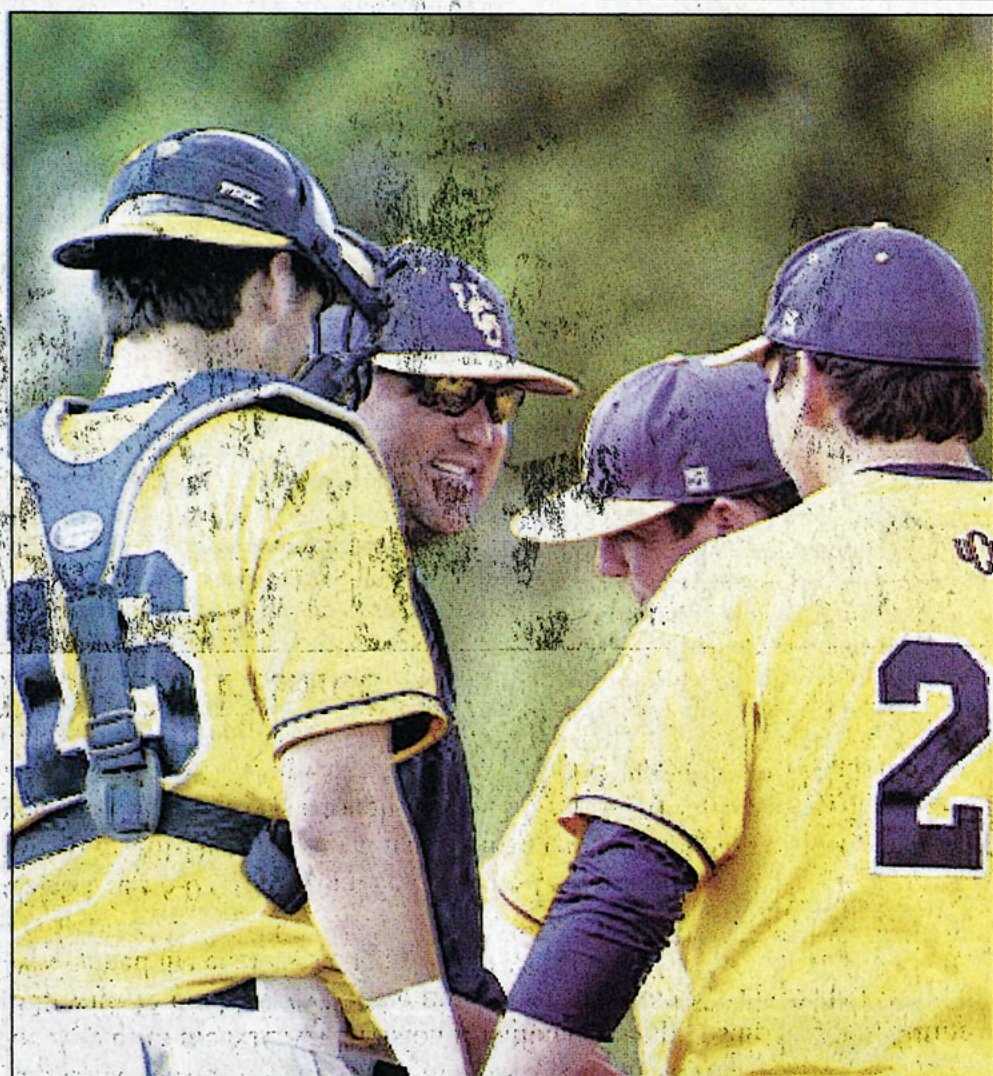
What I do know is that every year in the middle of July, I get excited for an all-star event more in baseball than I do for any other sport, because I believe they give the fans what they want.

So take notes NBA, because you might just learn something.

Baseball

Broncho Baseball adds ten to Roster

Head Coach Dax Leone Speaks to the Importance of This Year's New Recruiting Class



Broncho Baseball Head Coach Dax Leone addresses his team. UCO finished last season with 30 wins. Photo Provided by Bronchosports.com

Austin Litterell

Contributing Writer

The University of Central Oklahoma's baseball team has finished out its 2013 recruiting class by adding 10 new recruits to its roster for the 2014 season. This will be the third class at UCO for head coach Dax Leone.

The Bronchos have made improvements, under the helm of Coach Leone, by posting two straight 30-win seasons, including a third place finish in the MIAA standings last season. Leone allows that the Bronchos' recent success has helped with finding quality players saying that one of the biggest tools in recruiting for UCO is being able to win baseball games.

"It is really important. Facilities are the biggest recruiting tool but the winning we have done has had a lot to do with it. Also being in Edmond and being at UCO has been an important recruiting tool," Leone said.

Coach Leone is happy with the group of players that he has brought into the program. Going the transfer route with this class, eight out of the 10 recruits relocated to UCO from junior colleges. The other two new additions come from Baker University in Baldwin City Kansas and Oklahoma State University.

Two of the transfers, Josh Ingram and Jared Sterling both bring in National Championship experience from their last season

with Murray State junior college in Tishomingo, Okla. Ingram hit .325 in 64 games for Murray State last season, while Sterling hit .311 also in 64 games played.

Leone talked about the difference in physicality compared to his other classes and the experience that is coming with this new group of recruits.

"We are excited about them. We got a lot of junior college guys so that comes with experience. They are a physical group of guys, more physical than we have had in the past."

The rest of the recruits Leone has signed include pitchers Andrew Davis, Tanner Ferrell and Caleb Lee. Other position players are Ethan Elroy, Tyler Hatcher, Jake O'Brien, Dylan Raper and Phillip Wilson.

Coach Leone said that this recruiting class has also added depth to the Bronchos' roster. To compete at the highest level possible, depth on a team is a necessity and Leone is confident about the depth that he has built in his tenure with the program. He discussed the importance of depth and is confident that his new guys will be able to help the team right away.

"In college baseball having depth is a priority. I think these guys can come in and contribute right away."

The Bronchos only graduated eight seniors from last season's roster so depth should not be much of a problem for the squad this season.

The new players will hope to have an immediate impact this season on the team when play begins again in the spring.

A Look at Broncho Baseball's 2014 Recruiting Class

Provided by Bronchosports.com

Andrew Davis • 5-8 • 150 • Junior • Pitcher • Andrews, Texas/Labette CC
District MVP and All-State pick at Andrews High School . . . Played two years at Labette . . . Appeared in 14 games with four starts in 2013, going 3-1 with a 3.99 earned run average while striking out 30 and walking just eight in 47 1/3 innings.

Ethan Elroy • 6-3 • 235 • Junior • Outfield • Marlow/Cowley CC
Oklahoma Coaches Association All-Stater as a senior at Marlow High School . . . Hit 52 home runs during prep career . . . Played two years at Cowley . . . Helped lead team to 45-11 record in 2013, hitting .321 with five doubles.

Tanner Ferrell • 5-11 • 170 • Junior • Pitcher • Moore/Ranger College
Played at Moore High School . . . Spent two years at Ranger . . . Pitched in 21 games with one start in 2013, going 2-5 with four saves while striking out 27 in 35 2/3 innings.

Tyler Hatcher • 5-11 • 190 • Junior • Outfield • Willis, Texas/Labette CC
All-District selection at Willis (Texas) High School . . . Played two years at Labette . . . Had a .321 average in 2013 with seven doubles, two home runs and 16 runs batted in while going perfect in the field with 44 putouts and one assist.

Josh Ingram • 5-10 • 175 • Junior • Infield • Allen, Texas/Murray State
Two-time All-District pick at Allen (Texas) High School, hitting .451 as a junior and .404 as a senior . . . Played two years at Murray . . . Helped lead the Aggies to the NJCAA Division II national championship in 2013, hitting .325 with 15 doubles, five home runs, two triples and 57 runs batted in . . . Was named the conference tournament MVP.

Caleb Lee • 6-0 • 180 • Junior • Pitcher • Oklahoma City/Baker
Two-time All-District selection at Putnam City High School . . . Played two years at Baker . . . Was a tough-luck 1-7 for the NAIA-member Wildcats in 2013 despite a 2.43 earned run average, striking out 36 in 59 1/3 innings.

Jake O'Brien • 6-0 • 200 • Junior • First Base • Tulsa/Neosho
Two-time Tulsa World All-Metro and two-time All-Conference choice at Bishop Kelley High School . . . Spent freshman year at Oral Roberts before playing at Neosho in 2013 . . . Had a .304 average with 14 doubles, four home runs and 34 runs batted in to help lead the Panthers to a fifth-place national finish in the juco World Series.

Dylan Raper • 5-10 • 150 • Junior • Outfield • Glenpool/Seminole State
Three-time All-Conference and two-time Tulsa World All-Metro selection at Glenpool High School, earning All-State honors as a senior . . . Had .540 career average with 106 stolen bases and 21 home runs . . . Batted .271 with 10 doubles and nine steals in 2013 at Seminole in helping the Trojans to a 39-18 record.

Jared Sterling • 6-0 • 200 • Junior • Utility/Pitcher • Silo/Murray State
Played on five fall and spring state championship teams at Silo High School, earning All-District acclaim as a senior after hitting .339 with five homers and going 10-0 on the mound . . . Played two years at Murray and helped lead the Aggies to the NJCAA Division II national title in 2013 . . . Was named to the Region Two and national tournament all-tournament teams . . . Had a .311 average for the year with 10 doubles, six home runs, two triples and 37 runs batted in . . . Went 4-0 with a 2.56 earned run average in 16 games on the mound, striking out 25 in 38 2/3 innings.

Phillip Wilson • 6-1 • 190 • Senior • Cushing/Oklahoma State
All-Stater as a senior at Cushing High School after going 9-2 while also hitting .477 with 12 home runs . . . Played two years at Cowley County, going 6-3 with a 4.09 earned run average as a freshman and 1-2 with a 2.79 ERA and 26 strikeouts in 29 innings as a sophomore . . . Transferred to OSU and sat out the 2012 season to injury, then went 1-1 with one start for the Cowboys in 2013.

Tour De France



Stage winner Rui Alberto Costa of Portugal climbs Manse pass during the sixteenth stage of the Tour de France cycling race over 168 kilometers (105 miles) with start in in Vaison-la-Romaine and finish in Gap, France, Tuesday July 16, 2013. (AP Photo/Christophe Ena)

Stage winner Rui Alberto Costa of Portugal speeds down Manse pass during the sixteenth stage of the Tour de France cycling race over 168 kilometers (105 miles) with start in in Vaison-la-Romaine and finish in Gap, France, Tuesday July 16, 2013. (AP Photo/Laurent Cipriani)

