

BEHIND OKLAHOMA PRISON BARS

Brittany McMillin, Contributing Writer

Charles Scott, 22, sat on the right side of the long table in the Joseph Harp Correctional Center's cafeteria in Lexington. His back faced the high window that showed the grim, cold day. Despite the colorless environment, with its gray walls and high fences, Scott's eyes shone bright as he spoke about his past, his opinions and his future.

"I stood up and I told them I did it, I admitted it," said Scott.

Scott was charged with attempted robbery with an armed weapon.

The robbery took place in Tulsa as he told a man the he didn't want to hurt him he just wanted the money.

With a gun pointed at him, the victim became frightened and ran. Scott pursued but was shot twice before he gave up.

He sought shelter at his ex-girlfriend's house but was rejected. Soon after, he received a call instructing him where to go for safety.

The police found him first.

When Scott was first charged, his sentence was 20 years. After the victim stated that Scott had not fired a shot and with other factors, his sentence dwindled down to four years with a year suspension.

At 18, Scott was imprisoned.

Why are so many African-American men being imprisoned? The simple answer seems to be because of drugs and gang life.

"It was fun to do dope, it's fun to gangbang, it's fun when you're young," said Scott.

In Oklahoma, according to the 2012 census, there are 3,815,780 people. Of that 75.5 percent are Caucasian, 7.6 percent are African-American and 9 percent are Native American.

But Oklahoma jails and prisons show a ratio of 4.4:1 black to white, according to the Sentencing Report in 2011.

"Instead of rehabilitation, we lock up our problems," said Pastor Theodis Manning, founder of Teaching and Saving Kids (T.A.S.K.).

In the past year, Oklahoma has incarcerated 24,546 people according to the 2013 Oklahoma Annual Report.

According to The Sentencing Project, Oklahoma has the third highest rate of incarceration, and since 1989, the rate has more than doubled.

"The incarceration is designed to keep people in," said Pastor Manning.

More than 50 percent of prisoners are incarcerated for nonviolent crimes and drug offenses, according to The Sentencing Project.

Pastor Manning created T.A.S.K. in 2007 in an attempt to help at-risk children and show them a better life than street life. He wants to direct children from the illusion and glorified gang life.

What makes Pastor Manning different from many others is that he was once a part of the street life himself. He ran with a gang and was hooked on drugs.

Before 1983, he lived in Arkansas but eventually moved to Oklahoma and began working at Tinker Air Force Base.

In 1992, however, he became addicted to drugs.

"My life just went into a tailspin," said Pastor Manning.

In 1998, he began to go to church again, but it wasn't until 1999 that he "got out of the street life" and became more involved in the church.

He moved up the ranks of the church from Deacon to Minister and then eventually to Pastor.

Pastor Manning states that because he was once in the gang life he has the ability to speak with members of gangs and Old Gangsters (OGs) in an attempt to quell gang violence in Oklahoma.

He believes this gang violence, and essentially all the issues with African American men, begins when they are children. Most children in the African American community grow up without a father.

Looking at the numbers, there is 7.6 percent of African Americans in Oklahoma and 4.8 percent of them are in prison.

"We're the big brother and father figures that these kids need," said Pastor Manning.

T.A.S.K. is plugged into to every major gang in the city.

Pastor Manning believes that to stop the violence and to slow down the drastic rise in the incarceration rate it will take a community effort.

"We gotta help people see the truth," said Pastor Manning.

He states that these children are born into this life and it's all they know.

He also believes that different groups are treated differently when it comes to applying laws.

In an article by Marc Mauer and David Cole called "Five Myths about Americans in Prison" they state that African - American men are charged and prosecuted differently than Caucasian men. They found this information from the studies done by sociologists at Ohio State University.

"I wanted to fit in," said Scott.

Scott expresses that when a child grows up without a strong role model that they look to the gangsters they grow up around. They look to the gangsters for guidance, as father figures and they join the gangs.

He states that the lack of a positive role model continues the cycle of the gang violence and the imprisonment of young and old men.

"In reality we are killing ourselves," said Scott.

African-American men, young and old, are imprisoned at high rates. On the surface the community sees drug use and gang lifestyle, but what about beneath the surface?

Children grow up around poverty and gangsters. With no one else to turn to where do they go. Lack of education, lack of opportunities keeps the vicious cycle alive.

"Success is a state of mind... success is getting out of prison," said Scott.

When Scott is released he wants to play football again and go to college. He was able to get his diploma in prison and he has worked hard to keep himself away from bad situations.

"People don't care about what you know until they know how much you care," he said, his smile brightened the dull room as he spoke.

In the past year, Oklahoma has incarcerated 24,546 people, according to the 2013 Oklahoma Annual Report. Photo by Aliko Dyer, The Vista.

The Man Behind UCO Musicians

Shaun Hail, Contributing Writer

He smiled as he thought about the influence he has been to several people over the years. And he talked about the rush of directing a band.

"It's a rush that they allow me the opportunity, that they open themselves to critique," he said.

As Associate Director of Bands at the University of Central Oklahoma, David Hanan expresses a dedication to student musicians and to the music they perform that leaves a lasting impact.

A native of Missouri, his journey into the world of music began in sixth grade with a trumpet.

He auditioned for the Junior Youth Symphony Orchestra and he was a member all through junior high.

"I got exposed to great orchestral music at a very young age," Hanan said.

In high school, Hanan moved up to the Youth Symphony, which kept him involved with band and music. It was high school where he discovered directing bands was what he wanted to do in life. His band teacher even gave him his own office, and from these experiences, Hanan learned that there is much more to directing than just conducting the ensemble.

"I liked all those fine details that you have to go through and all the different portions of what it's like being a band director," Hanan said.

Hanan received a B.M.E. in Music Education from Missouri Western State University and an M.M. Master of Music in Trumpet Performance at the University of Missouri. He is currently working on a Ph.D. in music education at the University of Oklahoma, which he plans to complete in 2016.

Hanan began teaching band in 1997 at a Kansas high school before becoming Associate Director of Bands at UCO in 2004.

"College students are just like high school students. They are just older," he said.

"I have appreciation for both levels. On the college level, I like the depth that we can achieve with the music," he said.

Hanan said that he feels he can open himself to college students as a human being more than high school students.

He is proud of seeing his students from the past come back to thank him for being their teacher and for being a positive influence in their lives.

Some of Hanan's favorite moments involving band were the trips in high school. He went to St. Louis for the regional competition. He went to Florida one year during high school, where it was his first time going to Walt Disney World.

See 'The Man Behind the Music' on Page 5



Betz enjoys Earth Day at UCO

During the 2014 Earth Day Fair on Tuesday, April 22, UCO President Don Betz takes a moment to visit one of the tables in front of Broncho Lake. The fair raised awareness about UCO's sustainability efforts and ways students, faculty and staff can help the environment.

Photo by Quang Pho, The Vista.

THE VISTA

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

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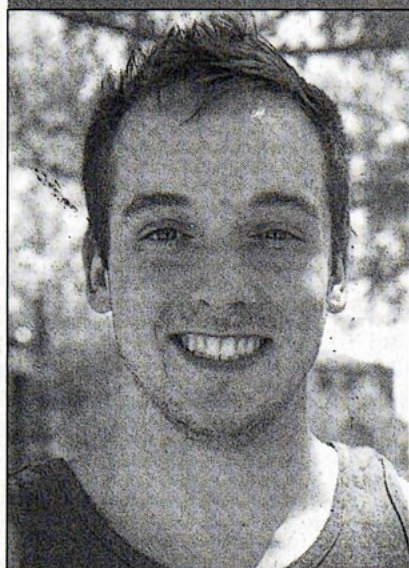
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CAMPUS QUOTES

When you see a tornado, what do you do?

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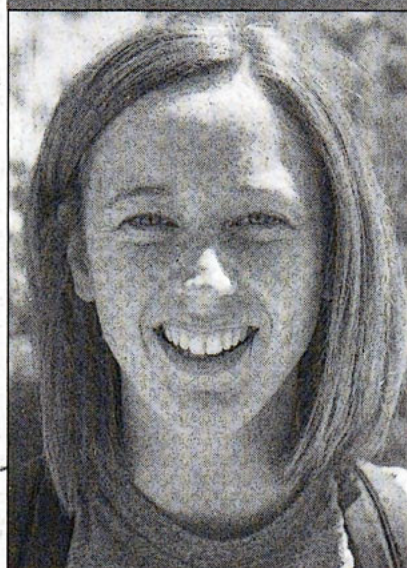
Applied Mathematics - Junior



"If I'm at home I mean the first thing I am gonna do is walk outside and stare at it."

MORGAN DAVIS

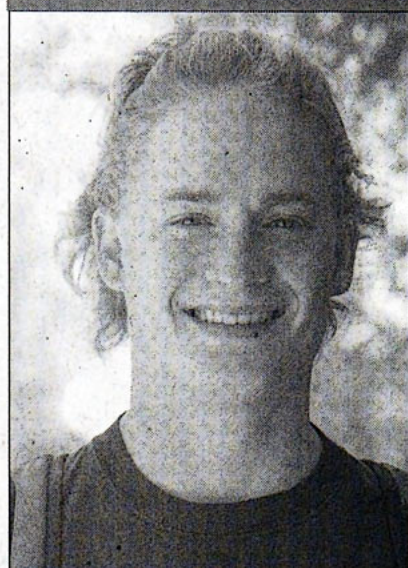
Biology - Freshman



"I look at it, common Oklahoma reaction. Then I look for a cellar if it's close."

ZACH ERNST

Undecided - Sophomore



"Watch it, sit outside and watch it."

ABBEY ELLIOTT

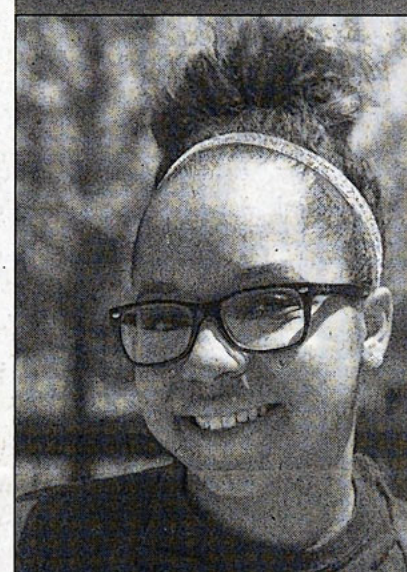
Mass Communications - Freshman



"Usually I take shelter, I say I don't want to but I do."

ROURY GRAHAM

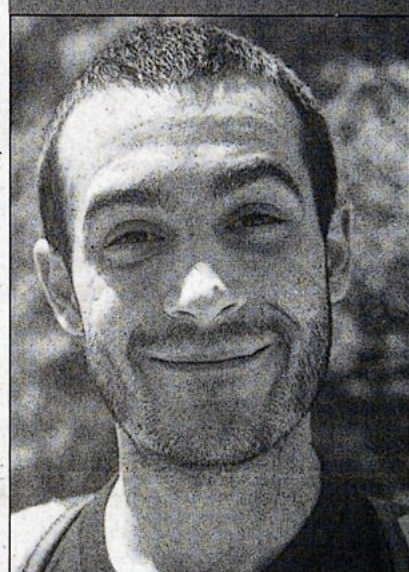
Biology - Freshman



"Run, just run away fast."

BRANDON SCHREINER

Applied Technology - Senior



"Just chill, it's nice. Well I like tornado weather so I'll just chill."

Will a Less Shady Liberal Please Stand Up?

Editorial by: John Drake
Contributing Writer

While the Republican nomination for 2016 is still very much up in the air, it seems almost inevitable that Hillary Clinton will be on the Democratic ticket that November. Liberals adore her and conservatives hate her and the idea that America could soon have its first female president, resonates with many voters. But would a Clinton presidency really hold the answers to the country's problems?

In recent years, income inequality has become an issue of great concern and both left and right hurl the term "class warfare" against their opponents. Private money clogs the electoral system, unemployment remains stagnant, organized labor is villainized and wealth continues to drift to the top tier.

Meanwhile, a bloated defense budget and inefficient social programs contribute to a massive deficit. And while politicians are happy to discuss cutting the latter, there seems to be a strict ban on talking about cutting military spending.

Clinton is not the person that would successfully combat these trends. She was originally a strong supporter of the War in Iraq and her campaigns have been heavily funded by the same banks that caused the financial collapse. According to OpenSecrets.org, Clinton's top three donors over her career have been CitiGroup, Goldman Sachs and JPMorgan Chase, with the infamous Lehman Brothers coming in later down on the list.

She represents just more of the

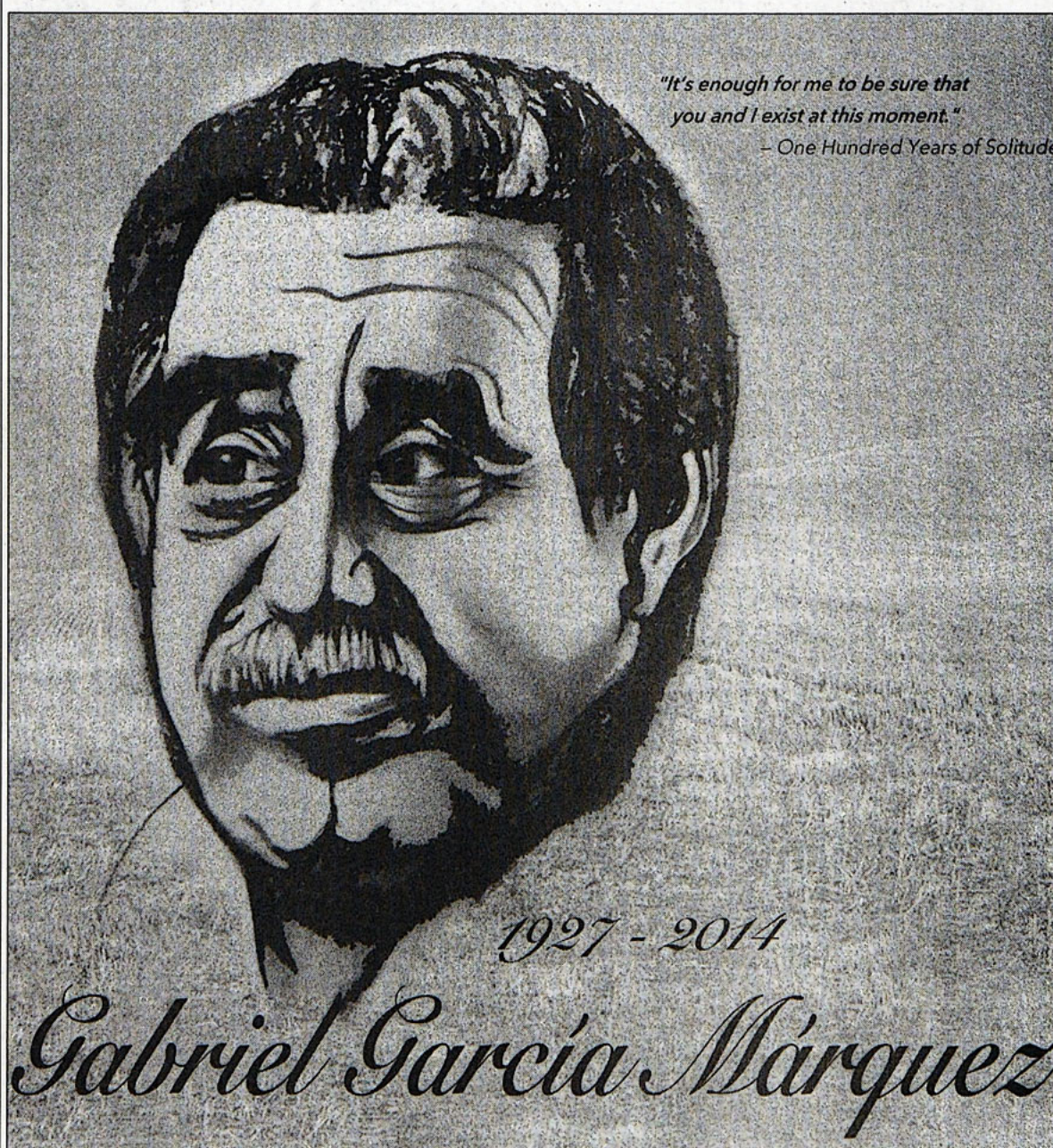
same: a faux liberal with heavy corporate ties representing the interests of funders, rather than constituents. Clinton talks the talk about reforming campaign finance laws, but already, a super PAC is lining up to back her after raising \$79 million for Barack Obama's campaign.

Admittedly, it is almost impossible to win an office that can affect real change without big funding these days and once someone cuts a \$100,000 check for a candidate, the situation is warped. It may not be Clinton's fault that she's beholden to corporate interests, but the American people would be naive to think that she would be in any position to tackle the issues of income inequality and the deficit.

Sadly, there seems to be little other alternative in the Democratic Party. Senator Elizabeth Warren is considered on the fringe of the party and former Congressman Dennis Kucinich seems to be finished with politics. An independent run by Senator Bernie Sanders would be ideal, but such a campaign would only recreate the 2000 presidential election and destroy Sanders's reputation and what little progress third parties have made since then.

Clinton certainly seems to be the most electable Democrat, but as PolicyMic's Sean McElwee pointed out, 2016 is still a ways off. Another two years of media exposure might cause her to wear out her welcome with American voters and turn the tide in favor of another Democratic candidate or even the Republican

CAMPUS CARTOON



Cartoon by Brenda Chavez Quintero.

Party.

Regardless, Clinton is not the best option for America. This nation does not need more status quo

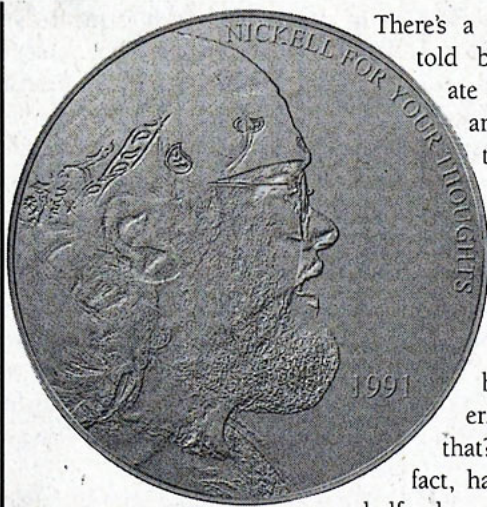
leaders who bend their knees to wealthy financiers. Until the American people are willing to work to put a populist in the White House,

however, that is the only thing we will get.

Opinion

RED MUD MEMORIES

By Brooks Nickell



There's a story I'm often told by my immediate family. Gathered around a dinner table or enjoying an Oklahoma sunset off the back porch, my mother would say, "Son, you were almost born on the river. Did you know that?" And, I was. In fact, had I arrived just half a day earlier, I very well could have been born into red mud.

My family spent a many hour on the stretch of Deep-fork River that runs from Sparks America to Stroud, Okla. We fished, hunted, camped and more joyous an occasion than any, we noodled.

By now, I'm sure everyone has been cultured into noodling by the way of cable television. In the last five years, I have seen several shows come out covering the art of hill-billy hand fishing.

If you haven't heard of the sport, then I'll give you a quick definition. As the fisherman, you search out holes in the riverbanks or under rocks in lakes. See, catfish of all variations clean out these holes with their tail fins, lay eggs and then rest in the hole. The idea is pretty simple. You submerge yourself until you can reach up in the hole, wait for the fish

to latch onto your hand and then you hold on tight.

Almost was as close as I was to actually being born on Deep-fork. But, I might as well have been. I can't think of many summer days in my childhood that weren't filled with my grandpa and cohorts loading down that green flat-bottom Jon Boat with beer and canned beans, grabbing me and a few of my friends and heading down to the river bottom. They did quite a bit of noodling, but in comparison, the drinking took first place.

I have more memories from those noodling trips than I can count on my fingers and toes. Sometimes I go back to the river when I have the time. I have friends that frequent the stretch on a weekly basis. Sometimes I can still find the tree that uncle Bob stuck a beer can in. Just the top sticks out now. The tree has grown to hide its given blemish. All the memories of that place seem to hold individual lessons, many of them unknown to myself until now.

On a particularly vivid thought, I can see myself standing knee deep in brownish red water, shirtless skin burned crimson from the sun and tears in my eyes. The first time I ever attempted hand fishing.

Dad cornered up a predominantly nasty tempered blue cat and said it was time I took a shot. The hole was shallow enough that I didn't have to submerge completely. This would have been fine, in fact, preferred, if I wasn't using the river to mask my fearful tears.

He had went in first to calculate the situation and I think my tears had started about the time he withdrew bleeding hands and let a few profane exclamations slip. See, Blue cats, a form of catfish, are very hostile and even more aggressive when nesting.

I remember that fish tore my hands apart. Bleeding needlepoint slashes textured towards Velcro. I remember it did the same to my friends. And, after sometime we hauled that fish up out of the hole, all of us teary eyed and bleeding, put him on the stringer and turned to join the rest of the troupe further down the river.

Most of the day I thought my dad was just being sinister. I thought that he just wanted to see a couple young pups, who thought they were river kings, get taken down a notch by a little old fish.

As we were walking, he spoke to us. I realize now that those words of wisdom and that whole experience was just a setup to the bigger picture, another lesson from dad. As we trotted, sloshing through the water, he looked down at us nursing our wounds, basking in our pride. Giving a little smile he said, "It never hurts as bad the second one, but catching the second never feels as good as the first."

I've learned many lessons in my life, no one more important than the other and I know that there are many more to come. But, there is just something about that red mud that reinforces what you've learned. Every time I kick off my shoes, jump into Deep-fork and feel it squeeze between my toes, I think back to that first fish I caught, to that first girl I kissed, the first time I rode a bike without training wheels, my first car. I think back to the words my dad said to me down on the river and I realize that he was speaking from the heart, from years of experience and ultimately saying, cherish the moment.

Follow me on Twitter @JbrooksNickell

The History of the Donkey versus the Elephant

Brittany McMillin

Contributing Writer

Through the many "I don't knows" about our political parties, one is left to wonder, "What do we know?" For example where did the mascots come from and why are they so generally accepted?

Many students and others outside the campus do not know where the two major political parties' mascots came about.

Most of the times when elections come up, we see a donkey for the Democrats and an elephant for the Republicans. In 2008, a donkey was escorted around to promote Obama.

In 1874, a popular political cartoonist, Thomas Nast, drew a cartoon that started it all. The picture depicts a donkey in a lion's pelt, scaring all the animals in the forest. A bull elephant is the only one not afraid and has written on its back "Republican Vote" and is trampling over the ideas of reform as it slips into chaos.

The inspiration for the picture came from a story that the Herald once ran about zoo animals getting loose and prowling. The donkey

is meant to represent the fear and uncertainty when President Ulysses S. Grant ran for a third time for presidency.

The donkey's first debut for the Democratic Party was in 1828, when Andrew Jackson ran for president. He was seen as a jackass for his stubbornness and populist views. And although cartoons with the donkey were meant to mock him, Jackson adopted the donkey. But the donkey did not become a serious symbol until Nast.

Because Nast was Republican, one would think that the bull elephant's role is clear, but as it were, there was not as much thought placed on the elephant.

Regardless, this cartoon influenced the elephant's role in the Republican Party.

The elephant stand for intelligence and dignity to the Republicans, but to Democrats, it is nothing more than a circus animal.

The donkey represents diligence and hard work to the Democrats, but to Republicans, it is a symbol for stubbornness.

Thomas Nast was influential in two of the most popular political parties in the nation.

Though the history of these logos may be forgotten, they have become a big part of the political icon in our nation.

Second Annual European Night

Shaun Hail

Contributing Writer

The University of Central Oklahoma European Student Association held its second annual European Night in the Nigh University Center Ballrooms to show European culture to students and bring European students together, said European Student Association President Ariane Papazoglou.

The event featured special guests from the Spanish, German and French Clubs, as well as the Italian class, said Papazoglou.

The event also served various European

dishes including prosciutto, gelato, French cheese and French crêpes, said Papazoglou.

Five students performed European music at the event, followed by special guest Kyle Dillingham, a world-traveling violinist who can be seen in Slice Magazine's top performing artists for 2013 and 2014, said Papazoglou.

Papazoglou also said that the French game La pétanque, a game in which hacky sacks are thrown across the room, was available for anyone at the event to play.

This event was held last year during the spring semester of 2013, said Papazoglou.



Abroad Awakening of Native Americans

Brittany McMillin

Contributing Writer

LeAnne Howe will be reading from her non-fiction memoir, "Choctalking on Other Realities," at 7:30 p.m. this Tuesday in the Pegasus Theater.

Howe is a scholar and author to a variety of works. She is also a citizen of the Choctaw Nation.

The book that Howe will be reading from is about her experiences as a Native American abroad. She wrote about her travels to many places like Japan, Romania, Jordan and many others.

"I wanted to write about them and how they affected my life and how I was perceived abroad as an American Indian writer," said Howe.

As an American Indian abroad, Howe was constantly told that it was thought that they were all dead, killed off by the Calvary.

"American Indians are not recognized unless they're wearing feathers. This goes for

most Americans too," said Howe.

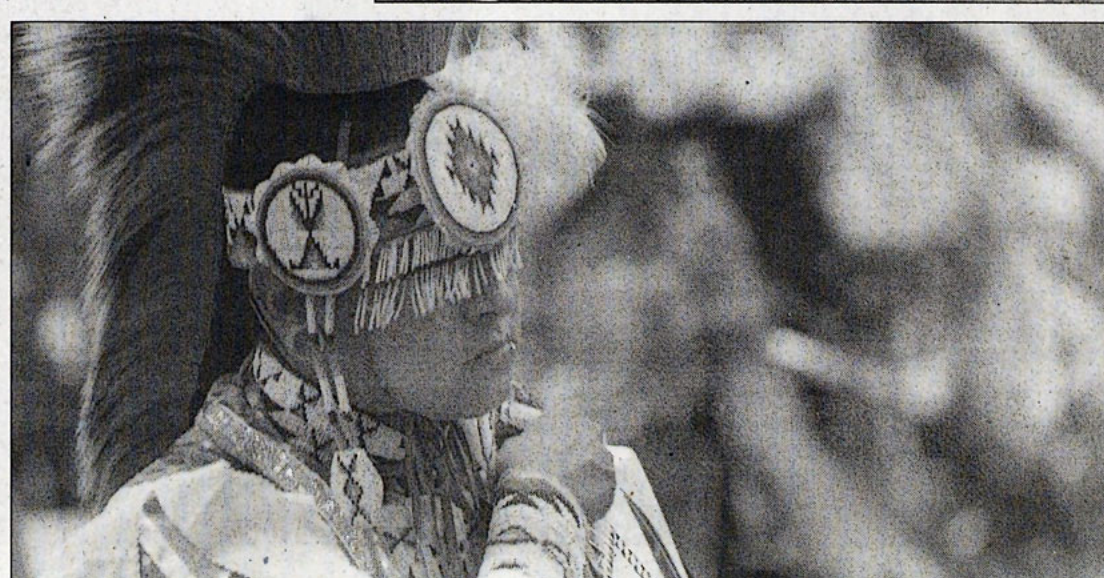
Howe teaches at the University of Illinois, where after 80 years, the mascot Chief Illinwek was taken down in 2007. But still, as Howe said, the mascot is still used in an offensive way at games.

"Our American Indian Studies department receives death threats at least once a year, as a result. Fans assume that we are the reason the Chief was retired," said Howe.

When Howe was young, her adopted Cherokee grandmother was a storyteller. Howe said she couldn't remember a time when she didn't want to be a writer. When she was young she wrote many stories whether they were bad or not and honed her skills as a writer.

When she was about to leave England after a book reading, Howe received emails of understanding from those at the reading. This gave her immense gratification in that the goal for her book had been accomplished, abroad at least.

Howe said, "I hope that readers understand more about American Indian 'story' - the way one thing connects to another in the way Natives tell or write stories."



LeAnne Howe is the author of the nonfiction memoir, "Choctalking on Other Realities." She will be giving a reading at 7:30 p.m. on April 29 in the Pegasus Theater. This photos feature Native Americans in traditional dress. Photos by Ailiki Dyer, The Vista.

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Bringing Clinton through a dark time, Hewitt reminisces



Political Science Adjunct Deborah Ferrell-Lynn sits at her desk on April 18, 2014. Photo by Rachel Brocklehurst, The Vista.

Rachel Brocklehurst

Staff Writer

Mr. Steve Hewitt, the city manager for Clinton, Okla. will be providing the Intro. To Public Administration students with first-hand details regarding his experience leading his community through crisis at 2 p.m. on April 24 in room 140 of the Liberal Arts Building.

Hewitt took office on Feb. 9, 2011. Prior to coming to Clinton, he served as the city administrator for the city of Greensburg, Kans. Hewitt managed the emergency, recovery and rebuilding efforts of the 2007 EF-5 tornado disaster that destroyed 95 per-

cent of the community.

Hewitt has been given multiple awards for his leadership, including being named one of GOVERNING Magazine's 2009 Public Officials of the Year and American City and County Magazine's 2008 Municipal Leader of the Year.

A public servant for 14-plus years, Hewitt is a graduate of Fort Hays State University, with a degree in communications and is also a graduate of the University of Kansas Certified Public Manager program.

He also conducted himself well on national and international media reports.

"I did a presentation on crisis management and leadership at a meeting of the city managers association of Oklahoma and that's when I got introduced to him," said

Political Science Adjunct Deborah Ferrell-Lynn. "He told me a story that a friend of his, he lives in another state, called him and said, 'Steve, buddy, you gotta change shirts. I've seen you in this same shirt.'"

Steve texted him back and said, "Bob, it's the only shirt I have. There's nothing left." This friend of his immediately went and bought clothes for him, his wife and his baby, shipped it to him and said, "Sorry, it didn't occur to me that you had nothing."

"What makes this story interesting is, number one, the devastation he had to deal with," Ferrell-Lynn said. "Secondly, the city of Greensburg decided, hey let's do something different. Let's become a green city. We don't have anything left."

They have implemented some sustainability, green energy and some other things, which have gotten some notice.

"They say it seems to be a very practical, smart, financial thing to do to find out where we can cut costs," Ferrell-Lynn said. "The burden on everybody, you know, you lose your tax base and you gotta start over."

Maybe there's something here you can look at and say, "We like the idea that it's environmentally cleaner, as well as cheaper too."

"If we can replace a traditional operation over here with another system that makes it cheaper, why not?"

Then we can take that additional money and transfer it someplace else where it's needed. That can also set up the fact that revenues are down, so it's a fiscally pragmatic thing.

"The reason I bring him here, is first of all,

in the classes that I teach, particularly Public Administration, we have a goldmine of folks who want to talk to students," Ferrell-Lynn said. "From my job with the city of Oklahoma City, as well as the board of directors from the national memorial museum, I was a member of that; I've got to know a lot of people in these fields."

In the Crisis Management class, they had Debbie Hoagland from the Red Cross talk about repair and response. They also had David Sid from the memorial institute for the prevention of terrorism talk about what we are seeing and what we are doing to help first responders.

It's bringing people from the real world into the classes to share their experiences. It's also about them being able to say, here's what I recommend to you as you go in to Public Service.

"I'm teaching Intro. to Public Administration right now, as well as in the fall," Ferrell-Lynn said. "Some people may look at that and go I don't need that because I'm not going to work in the government."

Some examples of government workers consist of: accountants, auditors, engineers and physicians. There are people who get their degree in Fine Arts who work for parks and recreation programs because some of the programs, they have for senior citizens for example, involve the Fine Arts.

"It's a little resumé enhancement," Ferrell-Lynn said. "It's a way of saying I might not be able to get a job in the private sector. Why don't I go in to the public sector? We still need engineers working in the public works. We still need people with management degrees."

Ferrell-Lynn is welcoming to students not a part of the Intro. To Public Administration class, however, it is on a first-come first-serve basis. If you are interested in attending Hewitt's speech, you can contact Ferrell-Lynn at dferrelllynn@uco.edu.

Recognizing International Achievement



Top Left: The Japanese Student Association performs traditional Japanese drums at the UCO International House 2nd Annual Night Market Gala on April 18, 2014 at the International House. Top Right: Chinese Singer Gun Wang performed at the 2nd Annual Market Gala on April 18, 2014 at the International House. Bottom Left: Dr. Dennis Dunham gives an award for Top Contributor to Cultural Understanding to Mr. Zhongying Wang on April 18, 2014 at the International House. Bottom Right: Flower bouquets decorated the tables as center pieces at the 2nd Annual Night Market Gala on April 18, 2014 at the International House. Photo by: Quang Pho, The Vista.



David Hanan

Staff Editorial

The man behind the music

Another moment was Claude T. Smith's visit to his band class. The famous director was good friends with Hanan's band teacher. When Hanan became a band director, he gained more appreciation for Smith.

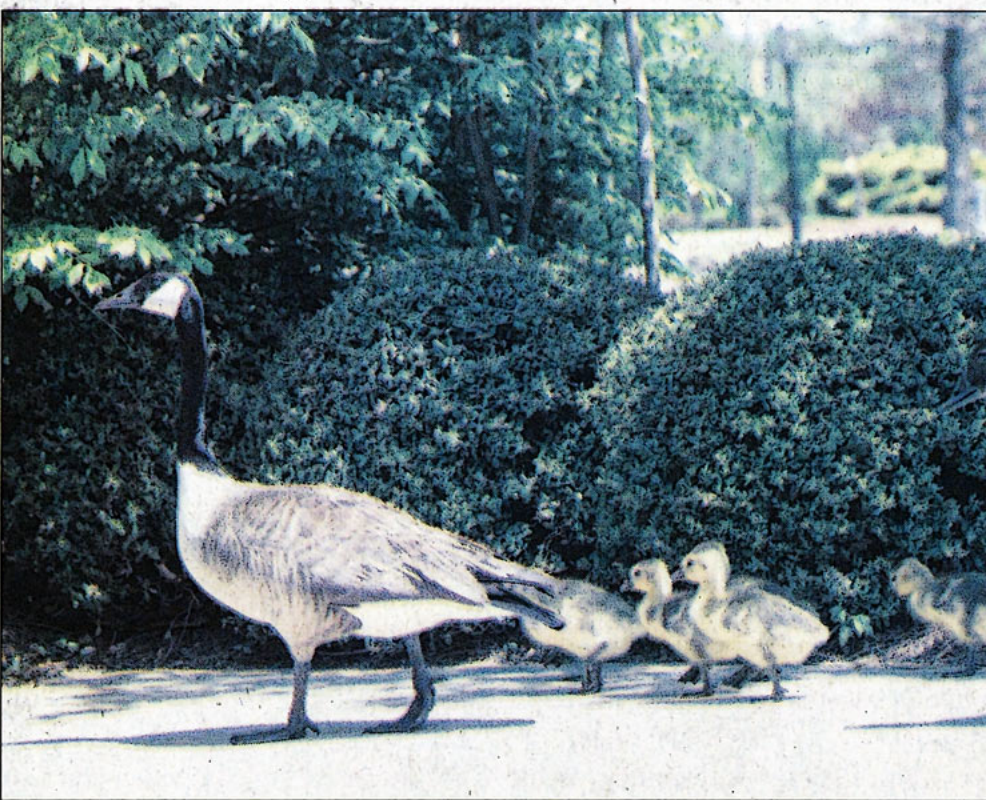
"After you see now as a band director, you see the music he wrote for all the different types of ensembles, bands like sixth grade, junior high and high school. You kind of have an appreciation for that when you look back, and you wish you had more opportunity to spend with him," Hanan said.

Hanan loves being out in the water on his bass boat, loves spending time with his wife, Rachel, and loves taking his two children, Aaron and Joel, to sports games and their sports practices.

To him, there is emotion created in the students when he works with them to produce the end-result sounds. It's a feeling he believes cannot be explained. But, at the end of the day, he just loves to be in front of the ensemble directing band.

Goose on the loose

"Hey girl, baby goslings are here but beware of overprotective parents."



The Canadian geese have hatched on the University of Central Oklahoma's campus and are roaming freely. The parents might attack if anyone gets too close to their newly hatched goslings. April 24, 2014. Photo by Alik Dyer, The Vista.

The Power to Choose: Weighing Quality of Life vs. the Right to Die in Challenging Circumstances

Josh Wallace, Staff Writer

Chances are that most college students are looking ahead to their future, the hopes and dreams they wish to fulfill once they graduate, but what if the road ahead was suddenly interrupted?

I'm not referring to events like your car breaking down, or an unplanned pregnancy. What if you were involved in a serious accident, or found out that you had a terminal illness? Have you contemplated what your life might be like afterwards?

For example, imagine you are seriously injured in a car crash, you suffered a major stroke, or you have a heart attack. Have you considered how you would want to be treated in a situation where you might not be capable of telling anyone?

If you've ever watched any medical dramas on television, like ER or Grey's Anatomy, you're probably conjuring up images of doctors or paramedics performing CPR and successfully bringing the dying back to make a full recovery.

In reality though, CPR isn't as successful as you might be led to believe. Analysis of ER shows that 68 percent of those portrayed on the show as receiving CPR survived and recovered, but studies on CPR's effectiveness in real hospitals puts the number far lower.

One of the more optimistic rates of survival comes from a 30-year study that found that of around 20,000 people that received CPR in hospital, only 15 percent survived to be discharged. Other figures released after the study put the number of successful revival in hospital at around the 5 to 12 percent range.

Now you might be thinking something along the lines of it can't hurt to try, or it would be irresponsible not to attempt CPR on someone when their heart stopped beating, it's a natural response for many to want to save others. But you have to question whether that person will truly benefit from such treatment or whether it could possibly bring about more suffering, especially when they've had multiple instances of cardiac failure already.

It's not uncommon for someone performing CPR to inflict further injury, the amount of pressure from receiving chest compressions is capable of breaking your ribs. In an interview with Reuters, a spokesperson for the American Heart Association, Dr. Michael Sayre, said that it was to be expected that your ribs will break while receiving the treatment.

That might seem like a small price to pay for being revived, but considering that such a low percent of patients actually fully recover, think of those that were resuscitated only to die a few hours or days later. Is that small bit of extra time worth the pain and suffering they will endure until they expire?

Far worse than suffering from broken ribs is the prospect of being revived and facing brain damage. It's widely accepted that you have a relatively small window of time, around four to six minutes, before your brain becomes completely deprived of oxygen and the cells begin to die off.

To some, that might seem like a long enough period of time to begin administering treatment to restore oxygen, but only if

someone witnesses the person going into cardiac arrest or ceasing to breathe. That would be the best case scenario, but imagine if there's nobody there when that person stops breathing, they'll most likely die, or even worse, someone will happen upon them past that small window of time and revive them to a vegetative state.

While technically alive, those considered to be in a vegetative state are thought to have minimal consciousness, generally not able to react or respond while awake, but able to maintain basic bodily functions such as breathing and digestion. While they are still living, how would you consider their quality of life?

People suffering from this condition often require feeding tubes to be installed, and require others to care for them. It is generally accepted that someone staying in a vegetative state for over a year has little to no chance for recovery.

In the past few years, doctors working with those thought to be in a vegetative state found that some patients actually had measurable levels of awareness, but it was only detectable through the use of MRI and PET scans of their brains. Are they trapped but still thinking?

So given the scenario that you were revived and found to be completely without brain function, and might require various life support systems to continue to live, would you agree to live?

In a long term research study of doctors from John Hopkins University, that scenario was posed, along with whether or not the participants would agree to a particular treatment. Ninety percent would decline CPR, 77 percent would decline a feeding tube, 87 percent would decline use of a ventilator, 80 percent would decline surgery, 87 percent would decline dialysis, 58 percent would decline the use of an IV drip, but 82 percent would agree to the use of pain medicine.

According to USC professor Dr. Ken Murray, the thinking behind the responses is that these doctors witness these medical conditions day to day, know how much people are suffering through what he refers to as "futile care," and would rather opt for quality of life rather than just "life."

He wrote in an article in 2011, "To administer medical care that makes people suffer is anguishing. Physicians are trained to gather information without revealing any of their own feelings, but in private, among fellow doctors, they'll vent. 'How can anyone do that to their family members?' they'll ask."

So if the people we trust and rely upon to maintain our health hold this point of view, why don't we? Why do we agree to put family members through fruitless, painful, and costly treatment?

Ultimately, we have the power of choice. We have the ability to request that we not be resuscitated under these circumstances. We have the right to choose quality of life, and the responsibility to honor the wishes of friends and loved ones who might make that difficult decision.

So as you wander down the road of life toward a long, mysterious existence, be on the lookout for sudden stops along the path.

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Help wanted

Student to clean vacant apartments, small office and private home. Part-time near UCO. Call Connie: 641-0712.

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KickingBird Golf Club Restaurant is now hiring friendly, smiling, outgoing staff. Restaurant and Beverage Cart positions available. Apply at City of Edmond 7 N. Broadway. Drug free workplace.

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RANDOM QUOTE

Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently -- they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do.
- Steve Jobs

RANDOM FACTS

A famous North American landmark, Niagara Falls, is constantly moving backward. The rim wore down about two and a half feet each year because of the millions of gallons of water that rush over it every minute. Attempts to control flow and divert the water has reduced erosion in recent years to one foot per year with a potential increase of one foot every ten years.

Opossums are the only marsupials native to North America.

"Aposiopesis" is the official name of the rhetorical style in which you deliberately fail to complete a sentence. ("Why you...")

CROSSWORD

Across

1. Hot drink
5. Large grassy South American plain
10. "Dang!"
14. Long, long time
15. Architectural projection
16. 100 cents
17. King or queen, e.g.
18. Gave a fig
19. Exec's note
20. Communities within a town
23. Costa del ____
24. Parenthesis, essentially
25. Senior petty officer responsible for discipline (3 wds, hyphenated)
32. ____ and cheese
33. Hokkaido native
34. Flock
36. Biscotti flavoring
39. "Dear old" guy
40. Gawck
41. Assign to, as blame
42. Film crew member
44. Bon ____

1	2	3	4		5	6	7	8	9		10	11	12	13
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			49						50					
	51	52				53	54	55				56	57	
58					59						60			61
62					63						64			
65					66						67			

45. Position of advisor
49. Cashew, e.g.
50. "Look here!"
51. That measured in joules (2 wds)
58. Basil, e.g.
59. .01 of rupee
60. Big laugh
62. "What's gotten ____ you?"
63. Cast out
64. Eye
65. Charon's river
66. Eastern wrap
67. Some deer

Down

1. Neon, e.g.
2. Curb, with "in"
3. Exude
4. Rock similar to granite
5. Spiral-shaped cavity of the inner ear
6. Kuwaiti, e.g.
7. Catalan painter Joan
8. Equal
9. Behind the times (2 wds)
10. Believer in social equality
11. Felt bad about
12. Kind of dealer
13. "____ bad!"
21. Caught
22. Certain exams
25. Bouncing off the walls
26. Kind of group, in chemistry
27. Chain of hills
28. Tangle
29. Part of a TV feed
30. Algoriquian tribe member
31. Razor sharpener
32. Accident
35. "Are we there ____?"
37. Resonating chamber in a musical instrument
38. Boredom
43. Turn palm downwards
46. Stirrup-shaped bone in the middle ear
47. "____ Cried" (1962 hit)
48. Profound fear
51. Cost of living?
52. Affectedly creative
53. Head-hunter of NE India
54. Ticket info, maybe
55. "____ quam videri" (North Carolina's motto)
56. Energetic (hyphenated)
57. Its motto is "Lux et veritas"
58. ____ Master's Voice, music trademark
61. ____ gestae (law)

APR 24, 2014

University of Central Oklahoma

VISTA SPORTS

The Student Voice Since 1903

NBA Playoffs: Eastern Conference playoff games don't disappoint

TORONTO:

Ian Harrison

Associated Press

TORONTO (AP) — DeMar DeRozan put his playoff jitters aside and turned in an All-Star performance for the Toronto Raptors.

DeRozan scored 30 points, Jonas Valanciunas had 15 points and 14 rebounds and the Raptors beat the Brooklyn Nets 100-95 on Tuesday night, evening their first-round playoff series at one game apiece.

A first-time All-Star this season, DeRozan struggled in his postseason debut on Saturday. He went 3 for 13 from the field and scored 14 points in Toronto's 94-87 loss.

On Tuesday, DeRozan eclipsed that total in the fourth quarter alone, scoring 17 of Toronto's 36 points.

"We knew he was going to bounce back from the first game," Brooklyn's Deron Williams said. "He took over the game, hit some crucial shots, some tough shots. We've got to do a better job of stopping him, especially late."

DeRozan made nine of 21 shots and went 12 for 14 at the free-throw line, hitting nine of 11 attempts in the final quarter.

"He bounced back, refocused," Raptors coach Dwane Casey said. "Making those free throws down the stretch was huge. For him to come through after a tough first game and everyone doubting him, I was really happy with that."

So was Raptors guard Kyle Lowry.

"Tonight he showed what he can do," Lowry said of DeRozan. "He did an unbelievable job of attacking, being aggressive."

Amir Johnson scored 16 points

and Lowry had 14 for the Raptors, who outrebounded the Nets 52-30. It was Valanciunas' second straight playoff double-double.

"There was no way we were going to lose that game," Amir Johnson said. "It was a must-win for us."

Joe Johnson scored 18 points, Williams had 15 and Mirza Teletovic 14 for the Nets, who will host Game 3 on Friday night.

"There's a lot of positive things that we've done in these first two games," Nets coach Jason Kidd said. "Now we've got to go home and protect home."

Hampered by foul trouble throughout the game, Brooklyn's Paul Pierce went 2 for 11 from the field, including 0 for 6 from 3-point range. He finished with seven points.

Pierce was upset that the Nets failed to take a 2-0 stranglehold on the series.

"We had them on the ropes," Pierce said. "Definitely."

Kevin Garnett scored 13 points and Shaun Livingston had 12 for the Nets, who led 66-64 heading into the fourth and couldn't take advantage of 21 Toronto turnovers.

"They did a better job of executing and we just couldn't stop them," Williams said.

Pierce converted a three-point play on his first field goal of the game to tie it at 83 with 3:48 left, but back-to-back jumpers by DeRozan on either side of a missed shot by Pierce gave the Raptors an 89-85 lead with 2:11 remaining.

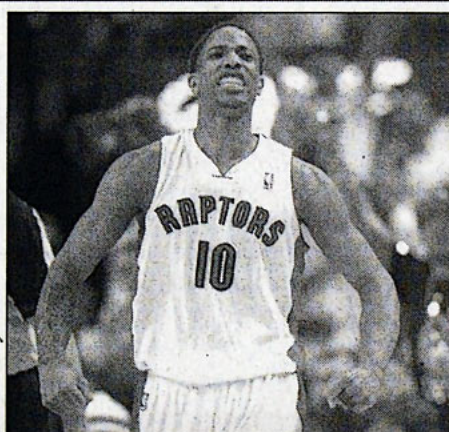
Garnett cut the deficit in half with a pair of free throws, but Lowry scored a driving layup, and then forced a steal that led to a Patterson foul shot that gave Toronto a five-point edge. Pierce answered with another three-point play, and the Nets trailed 92-90 with 59 seconds

remaining.

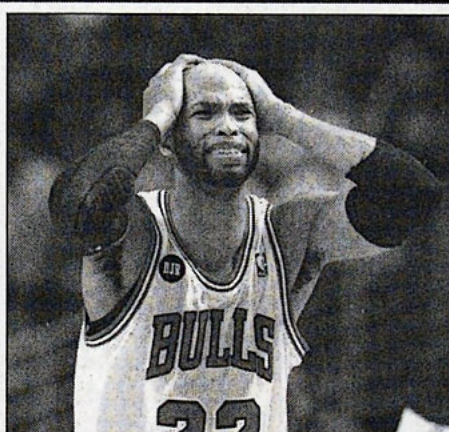
A turnover by DeRozan gave possession back to Brooklyn, but Pierce missed a 3 and the Raptors grabbed the rebound. DeRozan was fouled and made both with 20 seconds left, giving the Raptors a 94-90 lead.

Joe Johnson made a layup but Amir Johnson replied with a thunderous dunk, delighting the crowd of 20,382. Pierce missed again, DeRozan grabbed the rebound and sealed it with four free throws in the final 12 seconds.

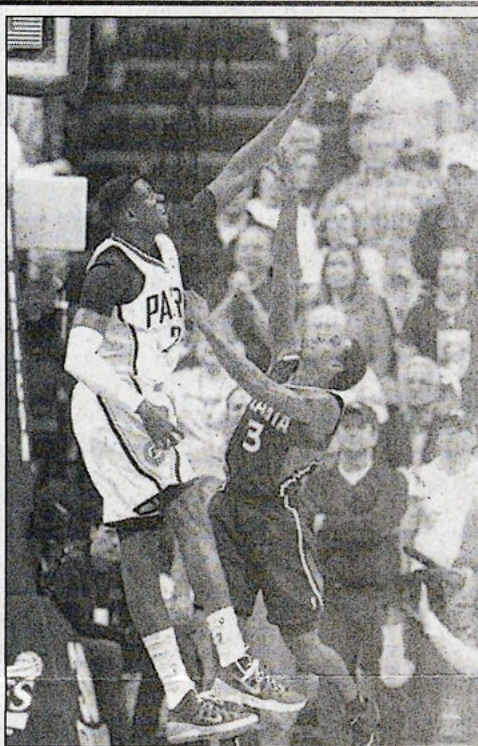
"It's everything you dream about, especially when you become a professional athlete, to be at the highest level and have the trust of your coaching staff and your teammates to have the ball in your hands and win a game for them," DeRozan said. "That's big."



Left: Toronto Raptors guard DeMar DeRozan celebrates during the second half against the Brooklyn Nets in Game 2 of an NBA basketball first-round playoff series, Tuesday, April 22, 2014, in Toronto. Toronto won 100-95. (AP Photo/The Canadian Press, Frank Gunn)



Left: Chicago Bulls forward Taj Gibson (22) reacts as things start going the Wizards' way during Game 2 in an opening-round NBA basketball playoff series Tuesday, April 22, 2014, in Chicago. The Wizards won 101-99. (AP Photo/Daily Herald, Rick West)



Right: Atlanta Hawks' Louis Williams (3) has his shot blocked by Indiana Pacers' Ian Mahinmi (28) during the second half in Game 2 of an opening-round NBA basketball playoff series Tuesday, April 22, 2014, in Indianapolis. Indiana defeated Atlanta 101-85. (AP Photo/Darron Cummings)

CHICAGO:

Andrew Seligman

AP Sports Writer

CHICAGO (AP) — This one looked like it was slipping away from the Washington Wizards. Then, in a flash everything changed.

Bradley Beal came on strong late in regulation to finish with 26 points, Nene scored six of his 17 points in overtime and the Wizards beat the Chicago Bulls 101-99 Tuesday to take a 2-0 lead in their first-round series. Game 3 is Friday at Washington.

"We've got to come out like we're down 0-1 or 0-2," said Beal, who scored 11 in the fourth quarter. "We've got to have that sense of urgency and just that drive and that motivation like we did early. We've got to be able to maintain that lead. We've got to continue to stay poised."

The Wizards couldn't maintain a 17-point first-quarter lead and had to rally from 10 down in the fourth.

Nene scored the first six points in overtime after being held in check by Defensive Player of the Year Joakim Noah in regulation, and the Wizards hung on after Kirk Hinrich failed to convert at the foul

line in the closing seconds of overtime.

Noah had just hit two free throws when Beal missed a jumper with 18 seconds left. Jimmy Butler got the rebound and Chicago called time.

Hinrich, a 76 percent free throw shooter this season, had a chance to tie it after getting fouled by Nene on a drive with 2.4 seconds left. But his first attempt hit the rim. He deliberately missed the second, and Trevor Ariza grabbed the rebound to seal the win for Washington.

"I went up there thinking I was going to knock them down," Hinrich said. "Tonight, I just couldn't do it. However, I really felt that I should've made the layup."

D.J. Augustin led Chicago with 25 points but cooled off late in the game with Ariza guarding him. Taj Gibson had 22 points and 10 rebounds. Noah added 20 points and 12 boards, but the Bulls find themselves in a huge hole after dropping two at home.

They blew a 13-point lead in Game 1 and couldn't hang on after rallying in this one. Both times, they struggled in the fourth quarter, and coach Tom Thibodeau bristled when asked if he might switch up his late-game rotation.

"We look at everything," he said. "Unreal."

John Wall had 16 points and

seven assists for Washington.

The Bulls appeared to be in good shape when they were leading 87-77 five minutes into the fourth. They were still leading, 91-85, when Beal shot the Wizards back into the game.

He nailed a 3-pointer that made it 91-88 and added a floater to make it a one-point game. Then, with a chance to put Washington ahead, he hit 1 of 2 free throws with 52.9 seconds left to tie it at 91.

Both teams had opportunities to win it in the closing seconds but couldn't convert.

"I think we did a great job staying calm and composed," Wall said. "Early in the season, we would get rattled and guys would try to make plays one on one on their own. Tonight, we trusted in our offense like we've been doing."

The Bulls were leading 87-77 after a driving layup by Noah and two free throws by Butler with 6:59 left regulation. But with Beal going off, the Wizards made a run.

"I can't take a lot of credit for the fourth quarter," said Beal, who scored 11 in the fourth after quiet second and third quarters. "I think we got a lot of offensive rebounds and kickouts, and John hit me on a couple. I was fortunate to be able to knock down some, and I just stayed with it."

INDIANAPOLIS:

Michael Marmot

AP Sports Writer

INDIANAPOLIS (AP) — The Pacers got tired of talking trash.

That left them with plenty of energy to handle the Hawks on Tuesday night.

Paul George scored 27 points, George Hill added 15 in the second half and that suffocating defense that seemed to vanish over the past few weeks was back in force. Atlanta couldn't contend with the Pacers' resurgent combination, falling 101-85 and into a 1-1 tie in the best-of-seven playoff series.

"We put our print on this game in the third quarter, which we've done when playing November, December and January basketball," George said. "We got back to that (Tuesday). I thought we did a great job of locking in after coming out in the second half. We just stayed the course."

For weeks, all the talk has been about the "implosion."

After starting 33-7, Indiana finished 56-26 yet somehow managed to hold onto the No. 1 seed in the Eastern Conference. On Saturday, they gave home-court advantage right back to the Hawks, prompting TNT commentator Charles Barkley to call the Pacers "wussies," reigniting the debate over whether they were worthy of a No. 1 seed.

For the next 72 hours, George and his teammates were constantly questioned again about what was wrong. For the next 72 hours, they defiantly insisted everything would be OK.

On Tuesday, it was.

Now Indiana must prove it can maintain this level of play, starting with Game 3 in Atlanta on Thursday. The Pacers have only two wins in Atlanta since December 2006, though one of those closed out last year's first-round playoff series in six games.

"We couldn't go down 0-2. We're still down in the series, but we feel good about where we are," David West said. "The most encouraging thing is the way we played defensively. We didn't allow (Jeff) Teague

to play playground basketball on us. We took that personally, a little bit."

Perhaps, a lot.

Indiana limited the Hawks to 33 second-half points and dominated the third quarter.

George added 10 rebounds, six assists, four steals and one block while going 9 of 16 from the field, 5 of 7 on 3-pointers, and 4 for 4 at the free-throw line. Plus, he contained Teague after the Hawks' point guard burned Indiana for 28 points in Game 1. George wanted the challenge of guarding Teague, who had seven points in the first quarter and seven more the rest of the game.

"I sat down and it was homework for me, just locking into his tendencies and figuring out where I will get beat or where I'm vulnerable against him," George said. "It's a challenge."

George was the catalyst, but he had plenty of help.

Hill, who had been mired in an offensive funk, made 5 of 6 shots in the second half. Luis Scola, who kept the Pacers close when West got into early foul trouble, finished with 20 points and seven rebounds. The defense that gave up 11 3-pointers in Game 1 and eight more in the first half of Game 2, allowed just two over the final 24 minutes.

"Our execution on both ends of the court wasn't at the level we need it to be," Hawks coach Mike Budenholzer said. "Give them credit, they were aggressive, they made a lot of plays and our execution, particularly in the third quarter, has to be better. That's what we'll work on."

Indiana appeared to be in trouble when it trailed 38-27 in the second quarter and was down 52-48 at halftime. But the Pacers stormed into the lead with a 31-13 third quarter.

West sparked a 25-2 run with a bank shot that made it 70-65 with 3:20 left in the third. George made a buzzer-beating 3 to make it 79-65 heading into the fourth, and the Pacers scored the first eight points of the final period.

"If that's what it took for everyone to understand how close this team is, that's what it was," George said. "We've got each other's back and that's what it felt like."

Upcoming Broncho Games

Thursday

Track and Field at Drake Relays (Hosted at Drake University) (All Day)

Friday

Track and Field at Drake Relays (Hosted at Drake University) (All Day)

Softball at Northwest Missouri State University 2:00 p.m. / 4:00 p.m.

Baseball vs. University of Central Missouri 2:30 p.m.

Women's Tennis at MIAA Championships (Hosted at the Cooper Tennis Complex in Springfield, Missouri) (All Day)

Saturday

Track and Field at Drake Relays (Hosted at Drake University) (All Day)

Track and Field at Missouri Southern Invitational

Women's Tennis at MIAA Championships (Hosted at the Cooper Tennis Complex in Springfield, Missouri) (All Day)

Women's Rowing at Southern Methodist University Duels (All Day)

Softball at Missouri Western State University 12:00 p.m. / 2:00 p.m.

Baseball vs. University of Central Missouri 1:00 p.m. / 3:00 p.m.

Sunday

Women's Tennis at MIAA Championships (Hosted at the Cooper Tennis Complex in Springfield, Missouri) (All Day)

Baseball vs. University of Central Missouri 1:00 p.m.

Monday

Baseball at Oklahoma Christian University 6:30 p.m.

Rowing makes waves at regatta in Tennessee

Austin Litterell

Sports Reporter

Two Broncho women's rowing teams went to Tennessee this week for the SIRA Regatta and saw some good results in what was a tough field of teams. The field consisted of Division I and Division II teams, including the defending champions of the event. The Bronchos still managed to get two boats into the Grand Final races.

It was a historic day for the Novice 8+ team. With a quick start, the team was able to take second in their heat and qualify for Saturday's semi-finals. The semis included Kansas State, Georgia, Purdue, Washington State, St. Louis, and Tennessee-Chattanooga. After a third place finish in the semi-finals, the Novice 8+ boat finished sixth overall in the first Grand Final in program history.

After a third place finish in the preliminaries to the College of Charleston and Tampa, the varsity 4+ struggled in the next day's semi-final race. They would come

in sixth place behind Tulane, Colorado, Oklahoma City, Purdue and Florida. The varsity 4+ did not qualify for the Grand Final and raced in the C final instead. The 4+ squad would finish sixth in the C final with a time of 8:43:60, less than a second behind the fourth place finisher, Florida.

The main race of the two-day event was the Varsity 8+, where the Bronchos put up a strong showing. UCO started off on Friday with a strong second place finish in their heat to advance. The semi-final race would prove to be extremely competitive, however. The top three finishers advance to the Grand Final, while the next two go to the B final. UCO grabbed the last spot in their race to advance to the Grand Final by sevenths of a second over Oklahoma City. The Grand Final was loaded with competition with three Division I schools and Division II National Champion, Nova Southeastern. The Bronchos would finish in sixth place in the final race with a time of 7:17:50.

On April 26, UCO will travel to Dallas, where the Bronchos will face Southern Methodist University in a duel event. The duel will feature

Litterell-ly Sports: Show Me the Money

Austin Litterell

Sports Reporter

Boxing's history and tradition can rival any other athletics in the history of American sports. Ali, Frazier, Joe Louis, Sugar Ray Robinson, Roberto Duran, I can go on, but unfortunately with the lack of big name fighters and the rise of the UFC, the sport has started to go downhill in recent history. Pay-per-view events and no major heavyweights outside of Klitschko, who is focusing on politics, now have also contributed to the downfall. There are names like your Bradley or Marquez that have managed to keep the sport afloat, but there is only one thing that can resurrect boxing into a major sport once again, and it involves "money."

Floyd "Money" Mayweather versus Manny Pacquiao at this point is the only fight that can save boxing. It's a fight that everybody would pay to see, even the casual fan, which is what the sport needs. These guys keep scheduling fights against lesser opponents, but at this point in their careers, no bout will be as big as them going into the ring against each other. Don't get me wrong. Timothy Bradley is great,

but come on. He is no Money Mayweather.

The possibility of this fight happening is still pretty small, but there might be a slight opening that could lead to some belief that maybe it will happen. Pacman's contract with manager Bob Arum is over at the end of the year. He has said he wouldn't leave after the contract, but at least that is something to maybe hang our hat on. One of the reasons why these two will not fight is because of the rivalry outside of the ring between Arum and Mayweather. But that makes this fight even more interesting. So many things go into this that the money spent would be paid in full by pay-per-view alone. The fight would almost come second as a storyline to all of the intrigue surrounding it.

There has been much debate on who would win this fight. Up until the last Pacquiao fight, I was thinking Floyd hands down as the victor. Manny surprised me though, with how well he came out and fought. He looked years younger again, to be honest. Still, it was not enough to change my mind. I think Floyd is too good and while not knocking out Pacman, he can control the match.

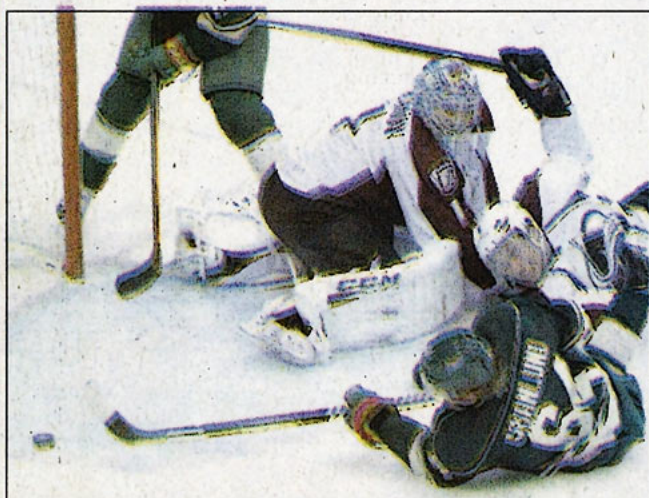


In this photo by the Las Vegas News Bureau, Timothy Bradley (R) and Manny Pacquiao battle during their 12 round World Boxing Organization welterweight title bout at the MGM Grand Garden Arena in Las Vegas Saturday, April 12, 2014. Pacquiao won by unanimous decision. (AP Photo/Las Vegas News Bureau, Brian Jones)

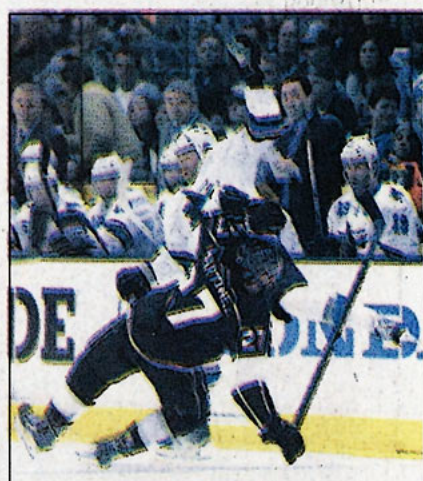
Best pictures of the NHL Playoffs



Boston Bruins goalie Tuukka Rask of Finland deflects a shot by Detroit Red Wings center David Legwand (17) during the third period of Game 3 of a first-round NHL hockey playoff series in Detroit, Tuesday, April 22, 2014. (AP Photo/Carlos Osorio)



Minnesota Wild center Mikael Granlund (64), of Finland, shoots the puck around Colorado Avalanche defenseman Erik Johnson (6) and Avalanche goalie Semyon Varlamov (1), of Russia, to score the game-winning goal during overtime of Game 3 of an NHL hockey first-round playoff series in St. Paul, Minn., Monday, April 21, 2014. The Wild won 1-0 in overtime. (AP Photo/Ann Heisenfelt)



San Jose Sharks left wing Raffi Torres, top, collides with Los Angeles Kings defenseman Alec Martinez during the first period of Game 3 of an NHL hockey first-round playoff series, Tuesday, April 22, 2014, in Los Angeles. (AP Photo/Mark J. Terrill)

MLB Baseball

Albert hits number 500

Howard Fendrich

AP Sports Writer

WASHINGTON (AP) — Albert Pujols reached 500 homers in a hurry.

The Angels first baseman became the first major leaguer to hit his 499th and 500th homers in the same game, driving in five runs to help Los Angeles beat the Washington Nationals 7-2 Tuesday night.

The three-time NL MVP connected twice off Taylor Jordan (0-3) — a three-run homer in the first inning and two-run drive in the fifth — to become the 26th player in big league history to reach the milestone.

"It tastes better with a win," Pujols said. "I knew this year, it was going to happen, whether it was tonight, tomorrow, two months from now. So my goal was just to prepare myself every day to try to help this organization win."

Pujols is the first player to collect his 499th and 500th homers in the same game, according to STATS. About three months past his 34th birthday, he's also the third-youngest to get to 500; Alex Rodriguez and Jimmie Foxx were both 32.

Making a quick recent surge, Pujols has eight homers this season, all in the past 13 games. His five RBIs on Tuesday gave him the team lead with 19.

"The homers he's hit this year, they've been long ones. He's squaring balls up," Angels outfielder Mike Trout said. "That's the Albert I'm used to seeing. Full, healthy, 100 percent healthy."

The 500th homer went to left-center field at Nationals Park, on an 89 mph pitch with the count at 1-2.

"That pitch was supposed to be low and away," Jordan said, "and I guess I tried too hard to get it there."

Pujols clapped his hands together a few strides before trotting home, then pointed both index fingers to the sky. As soon as he touched the plate, teammates, who streamed over from the visiting dugout.

"I was pretty emotional running

the bases," Pujols said.

Fans gave Pujols a partial standing ovation, and he acknowledged the spectators by tipping his red batting helmet as he approached the dugout. After heading down the steps, he came back out for a curtain call.

"To have more than 19,000 players who wore a big league uniform and to have only 26 players to do this, it's pretty special," Pujols said.

In other at-bats Tuesday, Pujols struck out swinging in the second inning and grounded to shortstop in the seventh.

Tyler Skaggs (2-0) gave up two runs in seven innings for the win. Jordan allowed six runs and eight hits in five innings. Washington entered the game with a majors-worst 22 errors and third baseman Anthony Rendon added two to that total.

After a couple of down-for-him years with the Angels following 11 transcendent seasons with the St. Louis Cardinals, a healthier Pujols appears ready to reclaim his spot among the game's elite hitters. He homered Friday and Saturday in games at the Detroit Tigers to lift his career total to 498, and now he's reached the round number of 500 — a total that remains hallowed despite losing its luster in recent years because so many players have surpassed it.

Of the 26 members of the 500-homer club, 11 have reached the mark in the last 15 years, according to STATS. Gary Sheffield was the most recent player to do it, hitting No. 500 on April 17, 2009.

"It's huge. That's a lot of balls over the fence. That's a lot of them. Albert's one of the great hitters of this generation," Nationals manager Matt Williams said before his team's series against the Angels. "The ability to not only hit home runs, but the ability to hit .330 and drive in 100-plus every single year — that's saying something. That's the ultimate guy you want on your team, because he provides it all."

The Cardinals selected Pujols in the 13th round of the 1999 draft, with the 402nd overall selection — a steal if ever there was one. Pujols stormed onto the scene as a 21-year-old rookie in 2001, hitting .329 with 37 homers and 130 RBIs.

He won a batting title in 2003,

National League MVP awards in 2005, 2008 and 2009, and World Series titles with the Cardinals in 2006 and 2011. Pujols was the first player to hit 30 homers in each of his first 12 seasons and the second — after Al Simmons in 1924-34 — to reach 100 RBIs in each of his first 10.

A nine-time All-Star, Pujols hit 455 homers with the Cardinals.

So many power hitters of this era have come under suspicion of using performance-enhancing drugs. Earlier this year, radio host and former Cardinals player Jack Clark apologized for and retracted comments he made in 2013 implying that Pujols used steroids. Pujols sued Clark for defamation in October.

After his decade-plus of excellence in St. Louis, Pujols signed a 10-year deal worth \$240 million with the Angels following the 2011 season. Almost immediately, the 6-foot-3 slugger appeared to be slowing down. He hit .285 with 30 homers in 2012 — impressive numbers for most players, but career lows at that point for Pujols.

Things got even worse in 2013. Injuries limited Pujols to 99 games, and he was sidelined from July 26 on. He ended up hitting .258 with 17 homers and 64 RBIs.

But not surprisingly, Pujols' bat did not stay quiet for long.

Sitting at a news conference with the balls he hit over the fence Tuesday resting near his left elbow, Pujols smiled as he said: "Now we've got to start on the next milestone, I guess."

NOTES: Washington RHP Doug Fister threw 44 pitches in three innings at extended spring training in Florida on Tuesday, and Williams said the starter "felt good with everything." Fister, acquired from Detroit in an offseason trade, went on the disabled list with a back muscle injury in spring training. The plan is for him to make his first of two minor league rehab starts Sunday and join the Nationals in early May. ... Angels manager Mike Scioscia on Pujols' defense so far this season: "He's played first base at the Gold Glove-caliber that you would expect. We'll have to monitor it; if he needs a day to refresh, we'll give it to him."

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