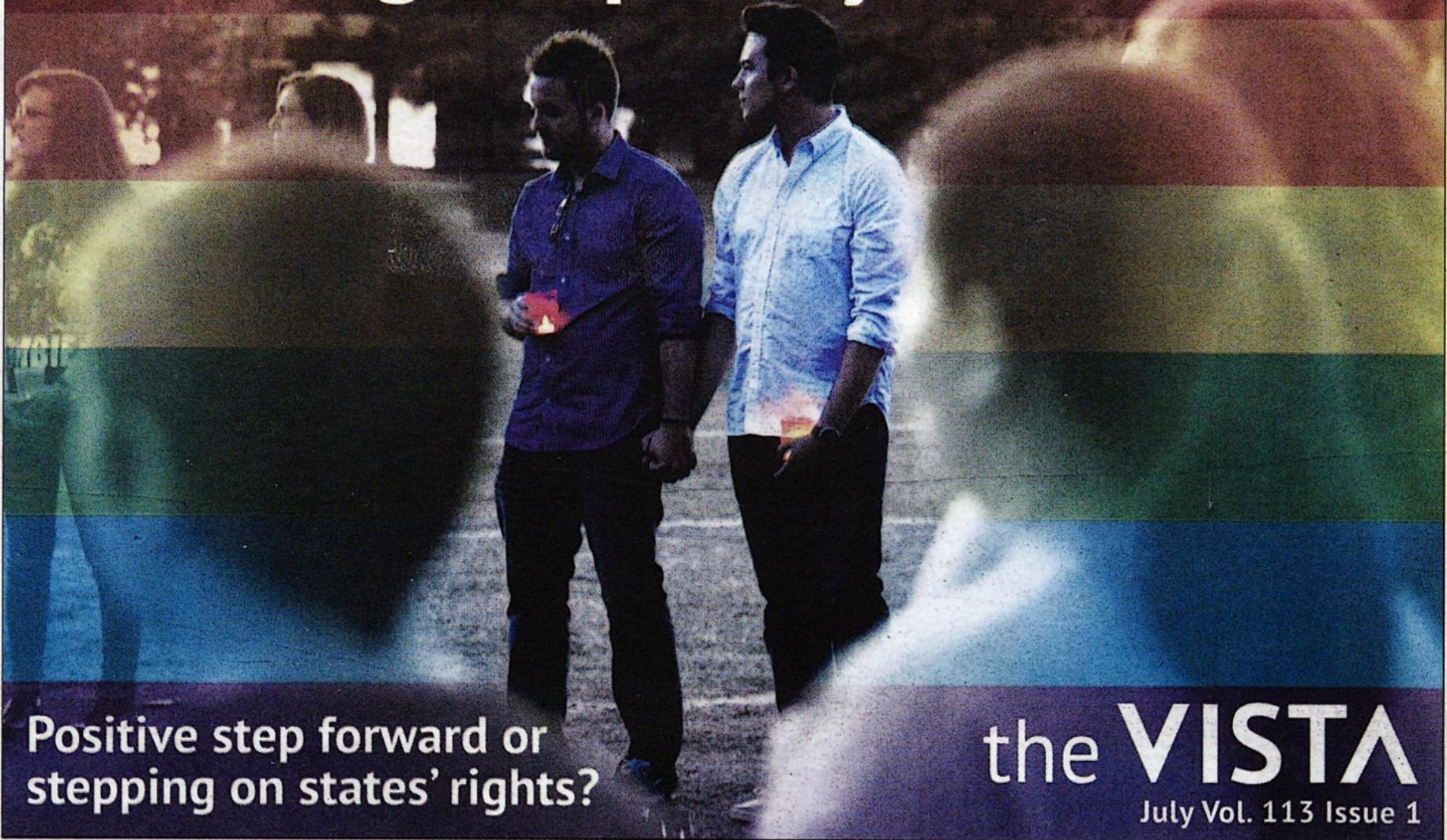


Marriage Equality in the U.S.



Positive step forward or stepping on states' rights?

the **VISTA**
July Vol. 113 Issue 1



News on Campus

Section A



Life in Edmond

Section B



Sports and Health

Section C

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ON THE COVER

In a historic decision, the Supreme Court of the United States ruled in favor of same-sex marriage in a 5-4 decision on June 26, 2015. There is still a lot of national controversy still surrounding the decision. Photo illustration by Daltyn Moeckel, The Vista.

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EDITORIALS

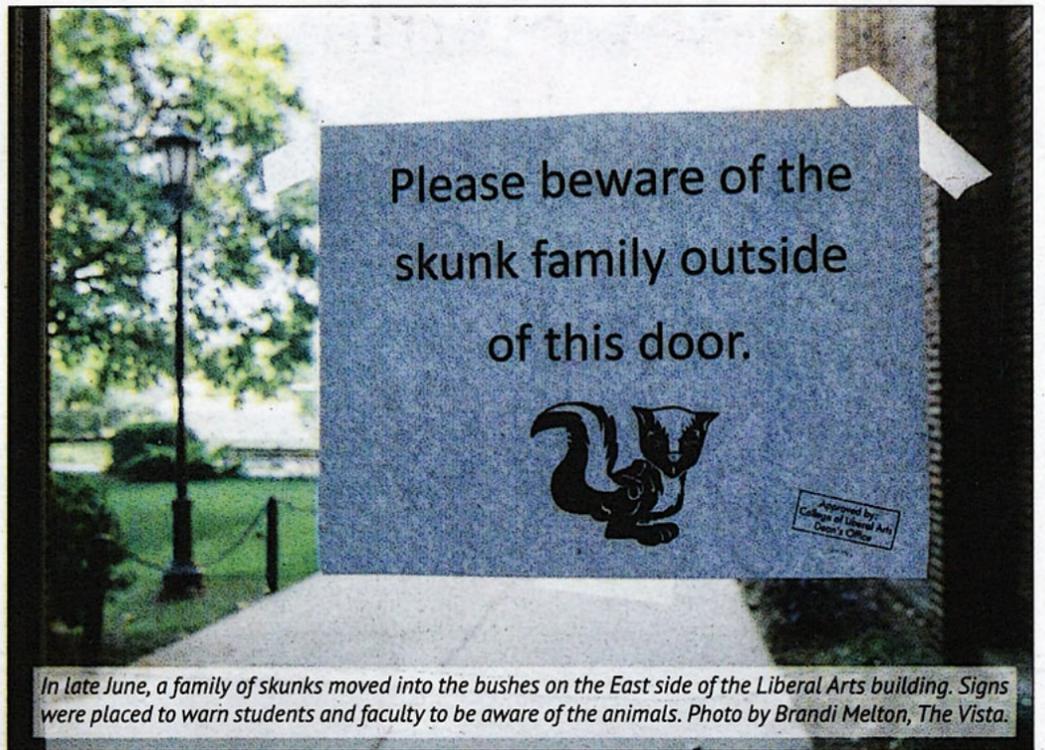
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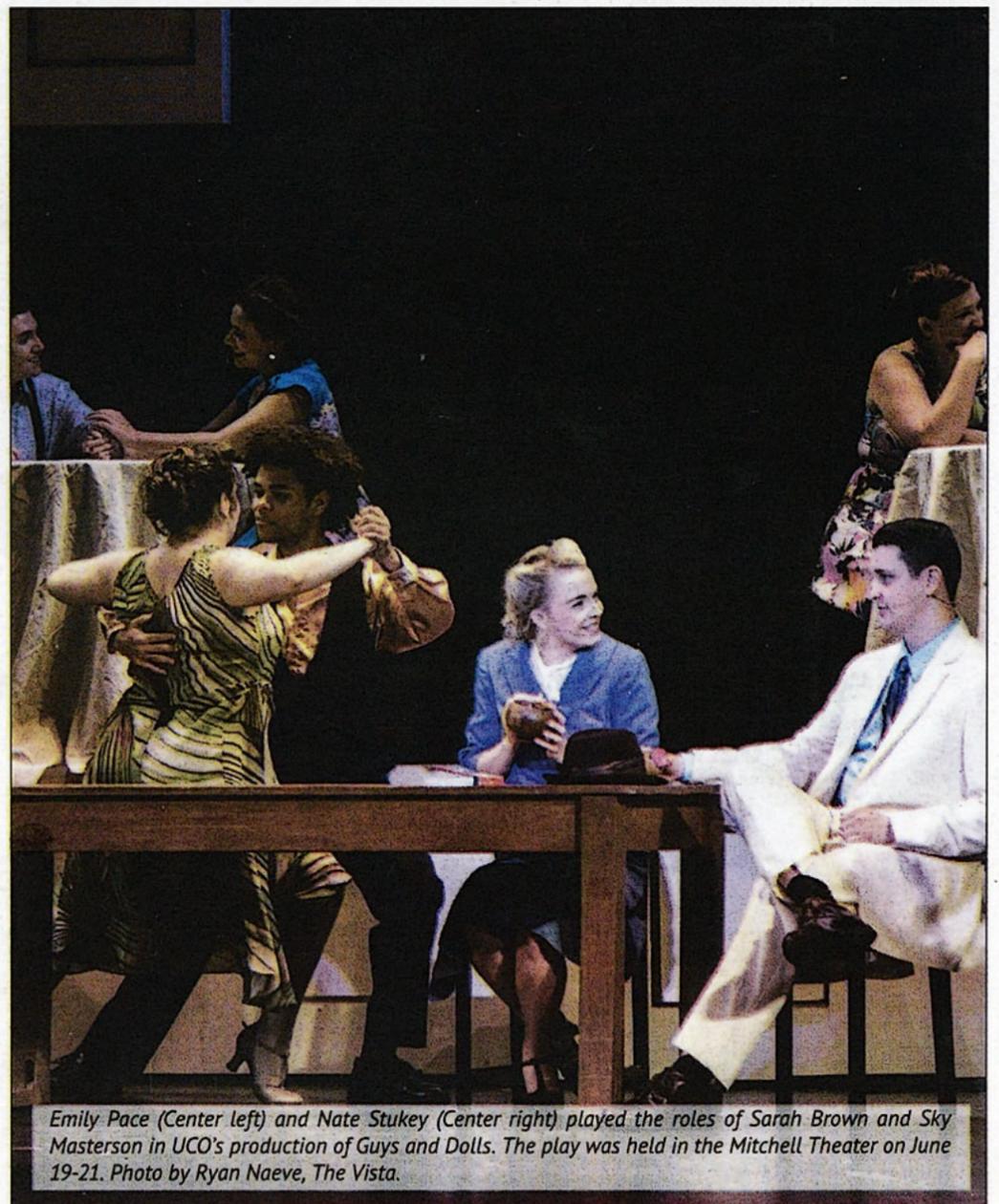


In late June, a family of skunks moved into the bushes on the East side of the Liberal Arts building. Signs were placed to warn students and faculty to be aware of the animals. Photo by Brandi Melton, The Vista.

CONTENTS

SECTION A

Featured Story.....	3	Letter to the Editor.....	7
Editorials.....	4-6	News.....	8-12
Movies.....	13-15		



Emily Pace (Center left) and Nate Stukey (Center right) played the roles of Sarah Brown and Sky Masterson in UCO's production of Guys and Dolls. The play was held in the Mitchell Theater on June 19-21. Photo by Ryan Naeve, The Vista.

Same-sex marriage ruling: Perspectives on UCO's campus



Eriech Tapia

Contributing Writer

The U.S. Supreme Court made a decision that affects every part of the country. However, many students at the University of Central Oklahoma believe it should have no effect on their perception of others.

"There are so many other equivalently worse things that are happening and we should be worrying about those issues instead of fighting over something that has already happened," Madelynn Short, UCO psychology student, said.

Same-sex marriage has been legal in Oklahoma since 2014 and the university has been helping students since 1989 with the formation of GLASS (Gay and Lesbian Alliance for Student Support).

"We are probably the most diverse campus in the state when it comes to the LGBT community and helping them be a part of the campus," said Dr. David Macey, faculty adviser for SAFE (Student Alliance for Equality).

Macey believes that since the U.S. Supreme Court allowed same-sex marriage across the United States, there will be more of a feeling of acceptance, however some believe the government overstepped its authority.

"I don't think the government should have even taken control of the issue, however I believe everybody should just have the right to marry whoever they choose," Connor Self, UCO concurrent student, said.

On June 26 the U.S. Supreme Court in a 5-4 decision lifted the ban and allowed same-sex marriage to be legal in all 50 states.

"It takes a while for everybody to change, but I believe that there will be a good brought about," Macey said.

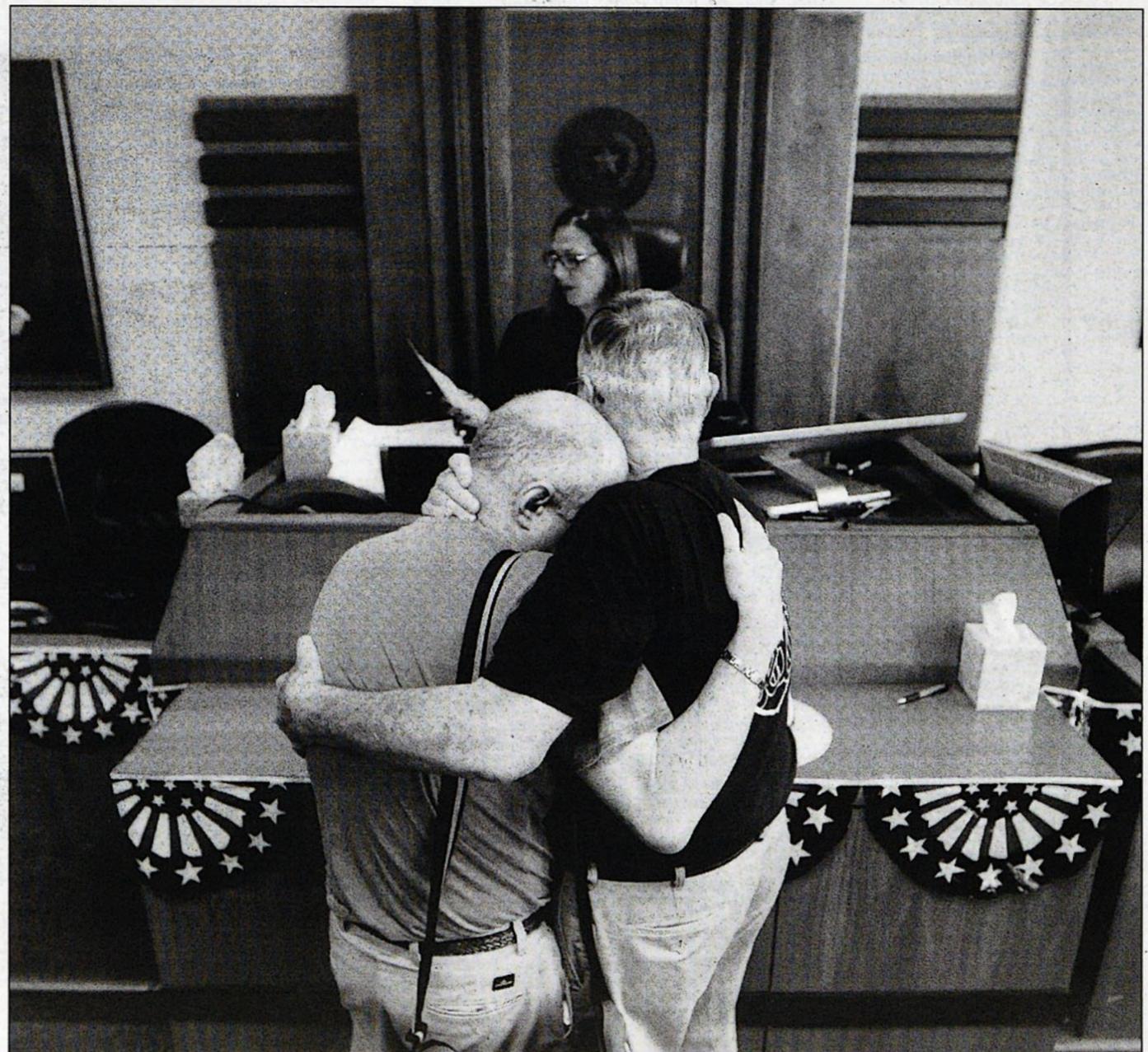
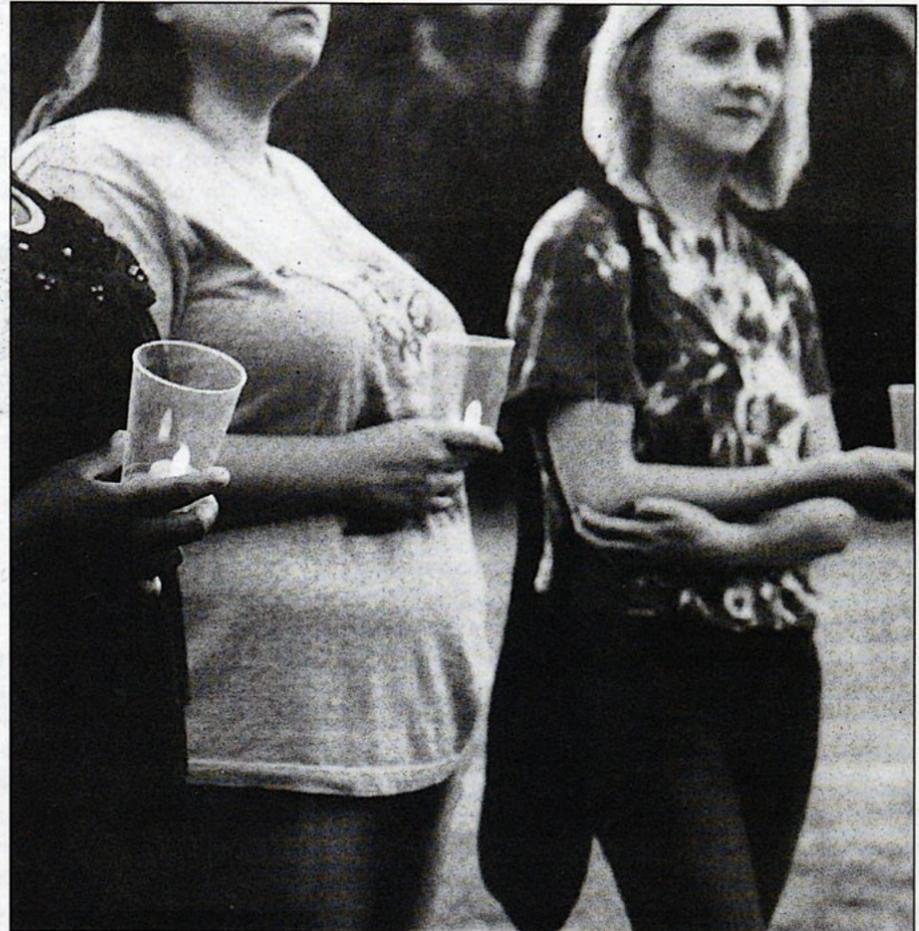
Christians on campus have also been brought into the conversation about same-sex marriage, as a large majority

of them do not believe that same-sex marriage is right. However, many are showing the other side of the issue and that is "love the sinner, hate the sin."

"So many people get offended when you talk about it and start arguing, however we should love them and accept them like we would any other student," Rachel Tessier, former UCO student, said.

The idea of love has been one of the major pieces in the debate over same-sex marriage with #lovewins and #loveis-equal being seen on major social media sites since the recent decision by the U.S. Supreme Court and many Christians agree that all they should do is love everybody.

"This decision doesn't mean that I love them any less than I did before," Kristen Russell, UCO Graduate Student, said.



(Top) When same-sex marriage was legalized in Oklahoma, the UCO organization, SAFE, held a candle light vigil in celebration. Photo by Ryan Naeve, The Vista.

(Bottom) Gerald Gafford, right, comforts his partner of 28 years, Jeff Sralla, left, as they stand before Judge Amy Clark Meachum to obtain a time waiver at the Travis County Courthouse in Austin, Texas on Friday, June 26, 2015 after the U.S. Supreme Court ruled that same-sex couples have the right to marry nationwide. Sralla broke into tears as the judge approved the waiver allowing the couple to get married this weekend. (AP Photo/Eric Gay)



Alex Brown
@ Aymae_baybay

Your First Amendment

Editor-in-Chief

The First Amendment is what most Americans agree to be the most important right for all citizens of our country. However, do you know what it really means besides the fact that you can say whatever you want?

The five basic liberties guaranteed to all Americans are the freedom of speech, freedom of religion, freedom of the people peaceably to assemble, freedom to petition the government for a redress of grievances and of course, freedom of the press.

In all reality, some of these unalienable rights are being stifled by not only the government, but by the people.

First on the chopping block would be the freedom of speech.

There is so much backlash whenever a public figure comes out and says their personal opinion, and whenever that backlash occurs it usually threatens their livelihood because they said something unpopular.

For example, when Phil Robertson came out about his beliefs toward the LGBT community, "Duck Dynasty" was almost cancelled, simply because a group of people didn't agree with what he said. As an American he has a right to say whatever he wants.

There are consequences to saying whatever you want, but it shouldn't come about simply because you hurt someone's feelings. People need to grow a thicker skin because otherwise they are shooting our country in the foot by trying to censor other's speech.

Sure what he said might have been offensive to others, but he's allowed to believe what he believes, and for lack of a better phrase, he shouldn't be crucified for that.

Americans should also be able to tell the difference between hate speech and fighting words. Hate speech is 100 percent legal.

You can say whatever you want about someone, but the second they become threatening and the other party feels like they are in danger of imminent physical harm, you have started to spout fighting words, which are 100 percent illegal.

Now, to continue on to the freedom of religion.

People are free to believe, worship and spread the word of whatever they choose, but this does not give religions a right to impede on public education or government.

If you don't believe that homosexual couples should be married because of your religious beliefs, and nothing else, this should not impede on national law. It is not up to you to decide on someone's happiness with another person simply because you think your God disapproves.

John Locke said, "Reason, which is that Law, teaches all mankind, who would but not consult it, that being all equal and independent, no one ought to harm another in his Life, Health, Liberty, or Possessions."

He goes on to describe a very important ideal that I believe many Americans have forgotten:

"... have a standing Rule to live by, common to everyone in that Society, and made by the Legislative Power erected in it; a Liberty to follow my own Will in all things, where the Rule prescribes not, and not to be subject to the inconstant, uncertain, unknown, Arbitrary Will of another Man."

Don't let your personal ideals get in the way of someone's happiness when they hold a different belief than you. It's 2015, and it's sad that this is still a discussion in society today.

For the matter of gay marriage and its legality to be a debate is ridiculous; yes our government is for the people, and that means all people-- not just the "straight" ones.

The right of the people peaceably to assemble is pretty clear-cut. If you are protesting for a cause you believe in, no matter what it is, the second you become a threat to even one other person, you lose that right.

Peaceably is the operative word here. There has been a lot of arguing about the "protests" in Ferguson and Baltimore, but there really isn't much of an argument if you take it down to the facts.

There was a curfew set for the protests to protect the people in the area, not just those involved.

When people didn't follow the curfew and stayed out late at night, there were people not involved in the protests that took advantage of the situation and used it for their own personal gain by looting and destroying other's property.

Thus bringing out an armed police force because the danger imposed upon the community. If the police are harming unarmed, nonthreatening citizens, the country will see it if the protesters stay consistent. Swallow

your own pride and don't fight, because your cause is supposedly bigger than yourself.

Hopefully, we all remember the famous sit-ins and danger protesters fighting to end segregation faced. If you believe your cause is worthy, then show that to the world by peaceably, but firmly, standing your ground.

Freedom of the press is something that is in danger as well.

Many Americans are very suspicious of the media because they feel that both sides of the story are not told, or a more biased side is only spoken about.

This falls on the media as a whole community to not be so lazy in their journalism.

Journalists need to have the passion the not only be sensational, or newsworthy, but honest. As someone going into this field as a career, journalism needs to be held to a higher standard.

Finally, there's freedom of the people to petition the government for a redress of grievances.

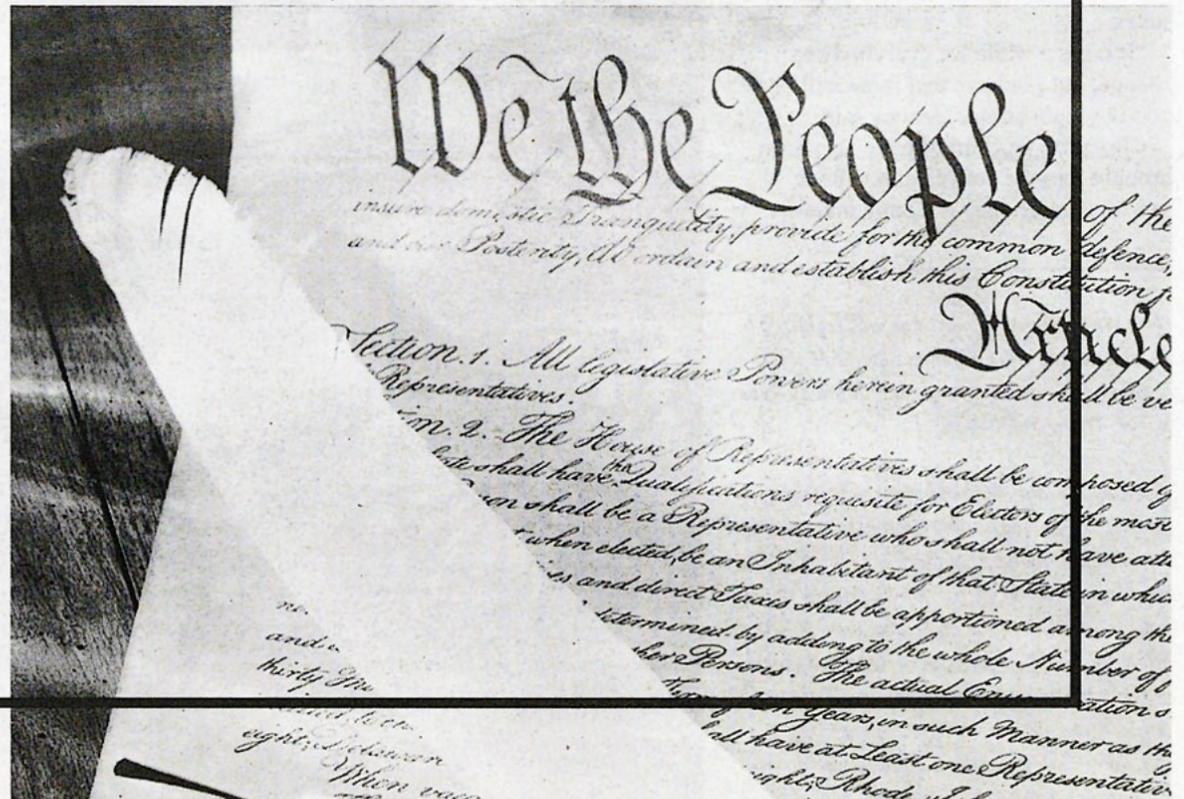
I'm guilty of this as well, but people will sit around and complain about what is happening with our government, but will literally do nothing to change it besides flap their jaws.

Get off your couch and make a difference. You don't work for Congress; Congress works for you.

The American government can be a beautiful thing if people stop waiting for a benevolent king to make decisions for them.

If you have a problem with something, you need to take action by getting involved with your local government because the government works from the bottom, up.

It's easy for me to sit here and tell you how to live your life, but it is ultimately up to you to educate yourself on your rights as an American citizen.



Gun accessibility in America



Queila Omena
@ queilaomena

Managing Editor



Dan Egar helps a customer shop for a handgun Feb. 13, 2014 in Tinley Park, Ill. Photo by Scott Olson, Getty Images

It's not difficult to buy guns in America. It's actually very simple.

With all the violence spreading around the globe, and the lives of innocents taken away because of acts of barbarity, I decided to study about guns and find out what gun buyers need to do before they purchase firearms.

Often people will purchase guns from family, friends and even neighbors without having to do much work.

Hundreds of stores sell guns, from family-run shops to big companies such as Walmart. They're easy to find, and easy to buy.

Gun shows take place nationwide, giving people the accessibility to buy guns in a matter of minutes. Let's not forget that some gun shows do not require background checks to purchase a gun.

Shocking, I know.

Most Americans live near a gun shows, and according to Gun Shows USA, there are dozens of shows every weekend.

Cities where gun laws are more restrictive, such as New York City, Chicago and Washington, D.C do not hold these types of shows.

But what are the requirements to purchase a gun from a store?

A background check is required only in store purchases, where gun buyers need to fill out a form from the ATF, or the Federal Bureau of Alcohol, Tobacco, Firearms, and Explosives.

Name, address, place of birth, race and citizenship are some of the required

information to purchase a gun.

Other questions include:

Have you been convicted of a felony?

Have you ever been convicted of a misdemeanor crime or domestic violence?

Have you ever been committed to a mental institution?

Are you an unlawful user of, or addicted to, marijuana, or any anti-depressant, stimulant, narcotic drug, or any controlled substance?

But what if they lie about their answers?

In my opinion, they can easily lie if they are using drugs or not. If they have never been caught doing such an act, there is no proof to show it, correct?

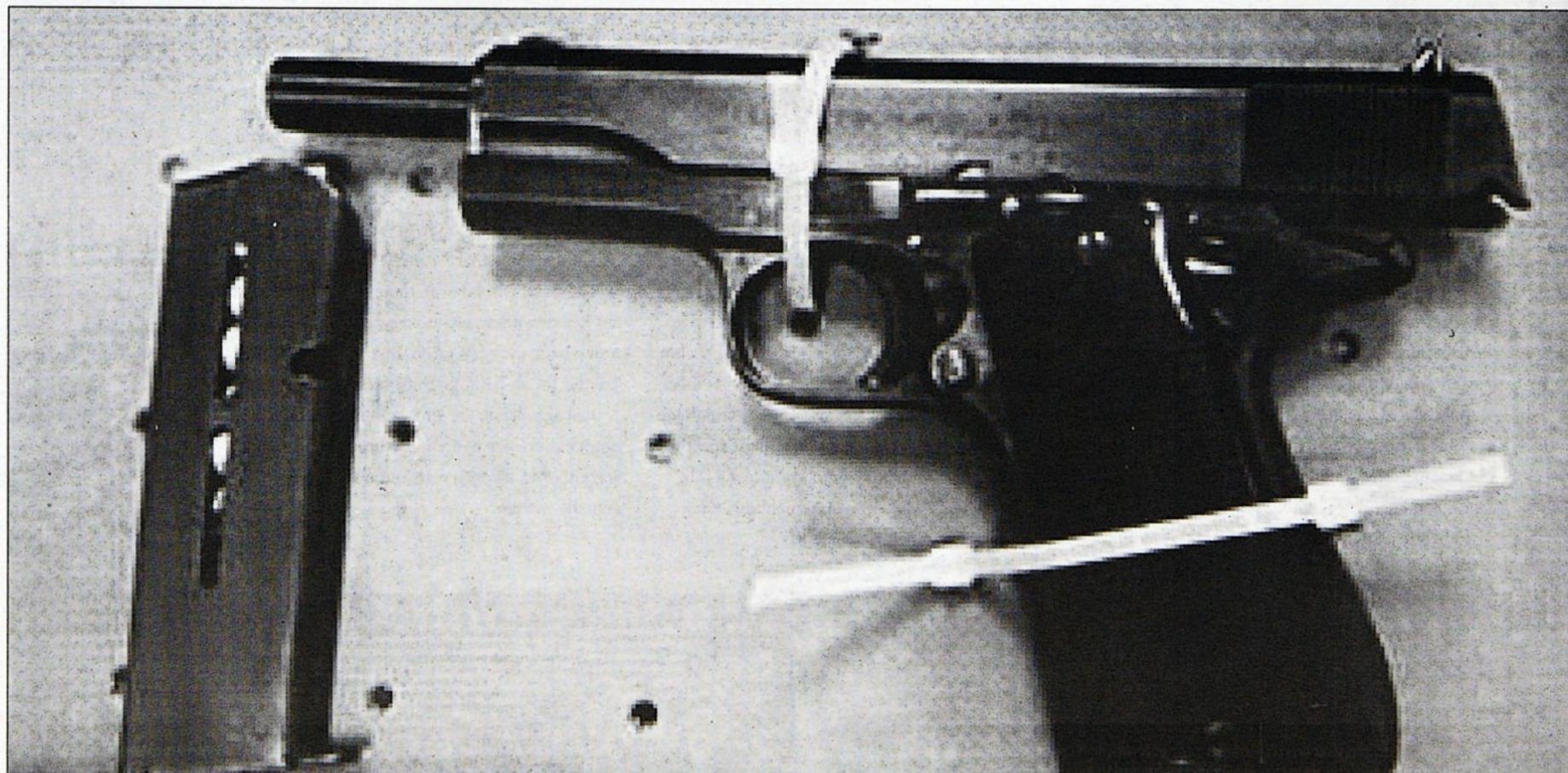
In that case, I believe there should be a drug test for those purchasing a gun. I'm not trying to be difficult, but that's the only way to prove gun owners are not currently abusing drugs.

According to CNN, the store calls the FBI which runs a background check through the National Instant Criminal Background Check System to check if the purchaser has been convicted with a felony, or misdemeanor with sentences exceeding two years, or has been declared "mentally defective" by a court.

Only 1 percent of gun buyers do not pass the background check.

Do you also believe guns should be more restricted? Do people that own guns for protection actually use it?

Leave your comments below or let us know @TheVista1903.



Buying a gun in Oklahoma is as simple as passing a background check and waiting a few days. Photo provided by NBC Connecticut.



Ryan Naeve
@ itwasryan

Photo Editor

Is technology making the human mind obsolete?

As the 21st Century progresses, it's getting more and more obvious that we are becoming increasingly dependent on technology, and it may be in our best interest to take a step back.

On the other hand, though, it's easy to be a bitter old curmudgeon and hate new technology, but it's easier not to. Every generation of people, since the beginning of time, has complained about how easy kids have it these days, and how things were better when they were younger, when in reality, they're just blinded by nostalgia. Nobody cares how far you had to walk to school, Grandpa. Eat your pudding.

The definition of technology is "The use of science in industry, engineering, etc., to invent useful things to solve problems." However, it seems that as of late, technology has created as many problems for us than it has solved.

Many people point the finger at advancing technology and social media for things such as anti-social behavior, plummeting education and unemployment.

The United States is, without question, at the forefront of technology consumerism. According to the Pew Research Center, 90 percent of American adults own some sort of cell phone, and 64 percent own a smart phone. Many people also use their smart phone as their primary Internet device.

The Pew Research Center also states that over three quarters of American teenagers have access to a smart phone and nearly one quarter go online "almost constantly" to check their Facebook, Instagram, Twitter and other social media platforms.

So what do all these statistics mean? People don't spend enough time experiencing the real world.

Technology is replacing real life social interaction. Instead of going out with friends to see a movie, one can simply sit in their bedroom and watch Netflix alone.

Why go out at a restaurant with people when you can just open up a group chat on Facebook? What's the point of going out and shopping when you can order things online for a lower price?

It's unfortunate that it's now the norm to stay at home connected to the Internet instead of going out and experiencing things, learning from mistakes, and enjoying nature.

In her article, "Tethered to Tech and resenting

it," in The Huffington Post, Carol Cassandra said, "As much as I love the way online access has expanded my world, I've lost the ability to, as Ram Dass first said years ago, 'be here now.' To feel the sun's warmth, to watch plants grow, to notice wind chimes tinkling in the breeze."

So while technology may be a nice convenience, and make life much easier at times, it's important to know when to step back, and enjoy reality.

Children especially are being dealt a bad hand with the advancement of technology. Most people are guilty of giving a kid an iPad or sitting them in front of a TV when they were too busy to talk to them or go outside and play with them.

As a result, many first-world kids are missing out on a good childhood. Who knows how children may be affected by all of the technology at their disposal?

All we can do is wait until the children of today grow up, and hope it doesn't cause problems for them in the future.

Another way technology is crippling people is in education. Over the last few decades the United State's education ratings have plummeted, being surpassed by other countries.

This isn't to say that other countries don't have the same technology, but again, America loves technology consumerism.

A reason that people are getting less intelligent may very well be the easy access to information. Just a few decades ago, if someone wanted to learn something then they would go to a library, and read about the topic.

They may even take a class or two about that topic, and in no time, they would be an expert on said topic. Now what do people do? Google it.

There's no effort involved in gathering information when it's right at our fingertips. So information is often forgotten just as fast as it is learned.

Easy access to information is also making higher education less relevant. People used to go to college to actually get an education and become experts on topics --and make it easier to get jobs.

Now, if you were to ask any number of college students why they're pursuing a higher education most, if not all of them, would say to get a job. Very few, if any of them would mention actual education and self-improvement.

Why blame them? Everything that they would ever want to learn is right at their fingertips, while a secure job isn't.

A higher education isn't the only thing being made less relevant by technology. While most people benefit from new technology, there are also usually people who are inconvenienced by it.

"The advantages and disadvantages of technology are never distributed evenly among the population. This means that new technology benefits some and harms others," said Neil Postman during his keynote address at the Inaugural Media Ecology Association Convention.

It's very easy to find people who are inconvenienced by new technology at some point or another. A photographer may be out of a job when everyone in the world has a camera on his or her cell phone, and newspapers aren't picked up quite as much when you can just log into Twitter to catch up on the news.

It's a sad truth, but those photographers or newspaper employees, sometimes both at the same time just have to change with the times or find a new profession

Look, technology is nice. Who knows where we would be as a species if we stopped advancing at, say, the wheel, or the printing press or vaccines?

A lot of things in life might be great, but chances are, most things would suck. Sure you would definitely have more of an appreciation for nature, and be that much closer to the people you love.

However, the constant threat of dying of the flu, or being attacked by wild emus at any second would always be present.

However, watching Breaking Bad on an iPad and being able to fend off wild emus with a machete are very different. They're both applications of technology; though, one is arguably more useful than the other.

The point is this: even though we wouldn't be anywhere without technology, people need to take a step back every so often. Instead of browsing Twitter for an hour, go for a walk.

Just appreciate the simple things in life and don't experience everything through a three-inch screen, or else you'll miss out on the things that actually matter.

DEAR EDITOR

J Michael Johnson | Student | General History | Senior |

The Vista
100 N University Drive
Edmond, OK 73034

25 June 2015

Re: Christophobia Taking Place Worldwide

Dear Editors:

This letter is a response to the recent article in the Vista from one of your managing editors. I do agree with what was written at the end in regards to living together in a diverse society. I do, however, disagree with the comments made about human suffering. The article stated an image of Christ was used to represent human suffering that the LGBTQ community is currently experiencing. The author also stated that it's impossible to compare the two. The Christian religion teaches that homosexuality is immoral and sinful. For myself, growing up in a predominantly Christian state, growing up you always hear "you're going to hell" or "change or die." Could that constitute as suffering? Although it's not physical but psychological. If you are looking for "physical suffering" LGBTQ people have suffered a great deal. Matthew Shepherd is one example of physical suffering. Comparing the suffering of Christ with the LGBTQ community, in my opinion is more than acceptable. It is also unfair to claim the entire LGBTQ community is a Christophobia. There are several LGBTQ people who are followers of Christ. I choose not to follow the Christian religion or any Abrahamic religions, but I still respect their beliefs. For myself, a Gay male, I'm certainly not a Christophobia.

With Best Regards,



J Michael Johnson

UCO's Outdoor Adventure Recreation



Katie Towler

Contributing Writer

The University of Central Oklahoma's Outdoor Adventure Recreation student organization has a lot of outdoor activities to offer faculty members, students and the Edmond community.

"Students and faculty get to go outside and be active," said Luke Parish, vice president of the OAR organization. "We offer fun outdoor activities for everyone, both on and off the lake."

Individuals get the opportunity to participate in activities such as camping, backpacking, group runs and water activities like, canoeing, kayaking and stand-up water boarding, among others.

Mountain bikes, stand-up paddleboards, kayaks and canoes are rentals and can be used for one-on-one or group instruction.

There are courses available such as "Leave No Trace" workshops, Wilderness First Aid courses, and American Canoe Association instructional courses that will help inform and educate participants.

Backpacking trips for UCO students are lead by OAR members and are both

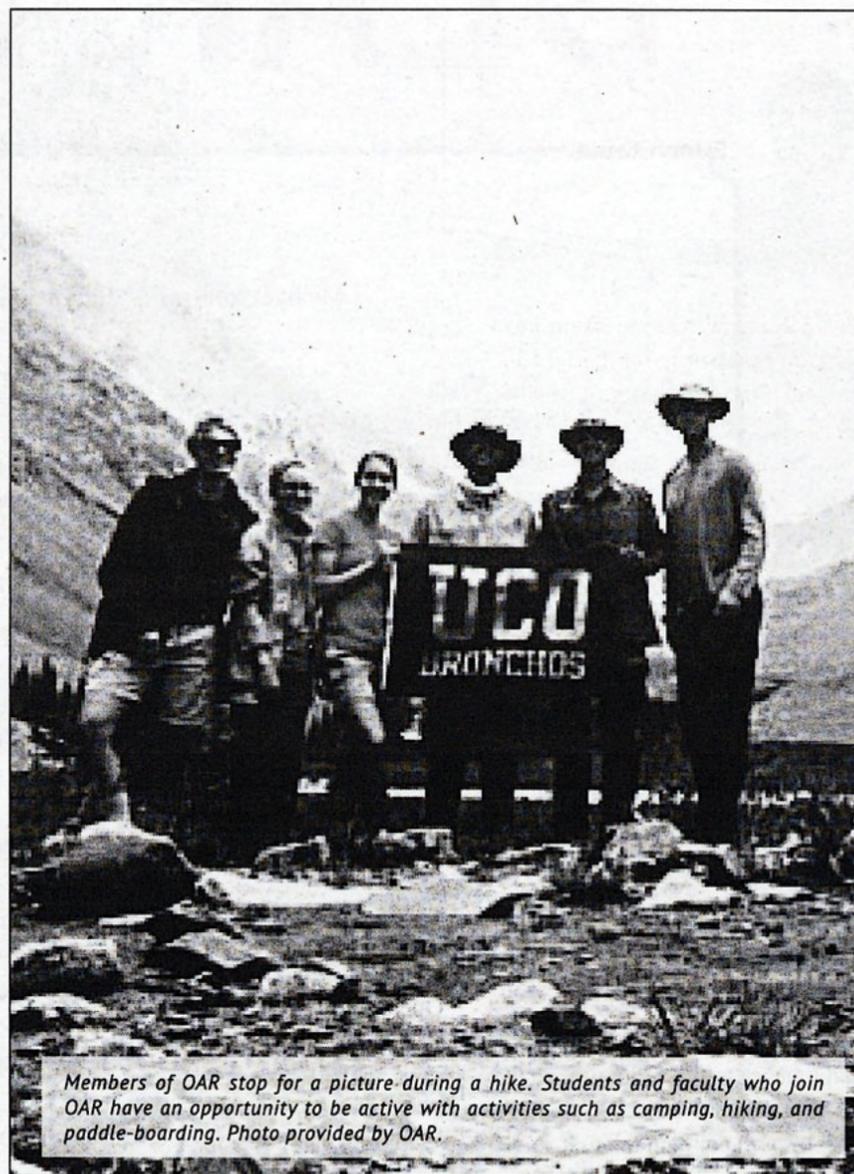
in and out of state. The first trip this year is August 3-7 in Pecos Wilderness, New Mexico. The second trip is August 10-14 in La Garita Wilderness, Colorado.

The cost for students is \$400 and students must attend at least three pre-trip meetings before going on the trip.

OAR is open from 9 a.m. to 5 p.m. Monday through Thursday, 9 a.m. to 7 p.m. Friday, and 9 a.m. to 4 p.m. on Saturday. Before planning to spend your day at the OAR, staff members ask that you call to make sure they are not booked and that staff members are available to assist you.

UCO students can become members by emailing OAR staff members, going to Arcadia Lake or by logging in to OrgSync, which is a website where students can get information about all UCO's organizations using their Uconnect username and password.

"By joining this organization students have the chance to gain outdoor experience that others may not get on a regular basis," said Parish.



Members of OAR stop for a picture during a hike. Students and faculty who join OAR have an opportunity to be active with activities such as camping, hiking, and paddle-boarding. Photo provided by OAR.



Members of OAR hike through the Wichita Mountains on a camping trip. Photo provided by OAR.

Construction in the Quad to finish soon



Eriech Tapia

Contributing Writer

Construction crews are working 12 to 18 hours days preparing for the July 15 completion of the single largest construction project to date at the University of Central Oklahoma's campus.

"Everything here is actually pre-conceived and there is no cookie cutter designs in this building," Don Betz, UCO President, said, "It will be cool to see what students do to customize this space when they get into it the first week."

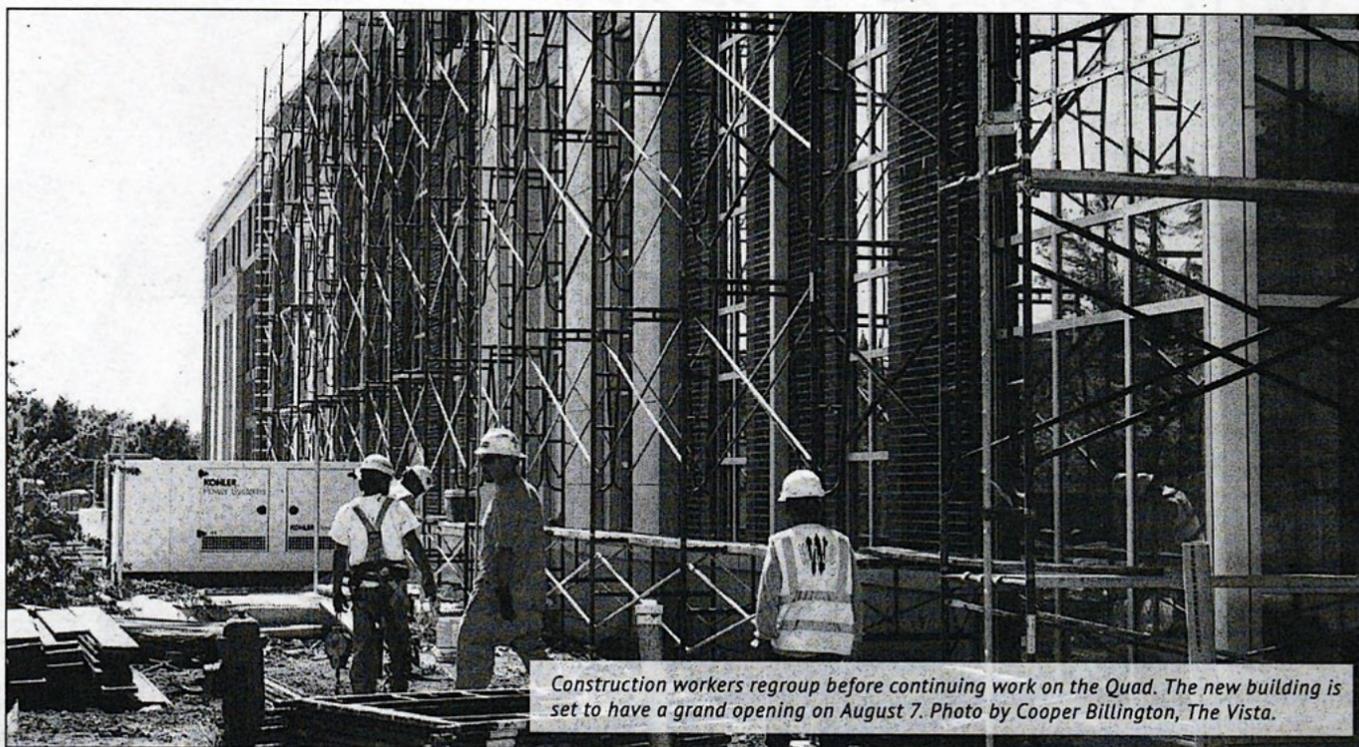
The building, the Quad, is already at 96 percent occupancy and crews have to have everything completed for students in all 220 resident rooms when students start arriving in August for the upcoming year.

"I know that a lot of people are really looking forward to [The Quads] being completed," Carolyn Hendricks, Senior at UCO, said.

However, students will be able to put the final touches to their rooms once they get there.

"Students will come in the first week and really make it their place and customize it how they want," said Josh Overocker, executive director of Campus Enterprises.

Rooms on the third and fourth floor are nearing completion as flooring and painting have already been installed and



Construction workers regroup before continuing work on the Quad. The new building is set to have a grand opening on August 7. Photo by Cooper Billington, The Vista.

hallways are being completed.

"We have a constant crew of four working from the top floor down cleaning and putting the finishing touches as crews finish up in these areas," said Ronnie Peace, vice president of Maintenance Operations.

Downstairs is filled with the sound of saws and nail guns, as crews are working on the new movie theater, kitchen and a gathering area for students to enjoy. These areas on the first floor will be for students of the whole building to use.

"This area downstairs will be the gathering place for the entire community. There is going to be pool tables, a piano and many other things for students," Overocker said.

The outside courtyard is also nearing completion as sidewalks are being poured and features like lighting, benches, grills and landscaping will be coming in the next few weeks.

"There are some things that this building has in common with other buildings and that is free laundry and access to the outdoor area, which I think allows people to make this place feel like home," Overocker said.

Parking for the new building has also already been addressed with the re-zoning of parking on the East side of the football field to allow a place for students to park. There will also be increased lighting and sidewalk improvements for students parking there.

"Some campuses tell their students to not bring their car because they will be walking everywhere, but we want to provide students with a close parking lot that is not too far from the building," Betz said.

The building also incorporated many aspects from other building and is planning the grand opening on August 7 being right before students move in for the semester.

"What you need to know as you look at this building and Thatcher, Murdaugh and Evans is that there is a lot of features off those other buildings that we have put into the design of this great new building," Betz said.



The Quad will contain 220 resident rooms for students to live in. It will contain a pool table, a piano, and other activities for students to partake in. Photo by Cooper Billington, The Vista.

UCO banners at the Will Rogers Airport



Abigail
Forrest

Contributing Writer

The University of Central Oklahoma entered a contract in 2012 with the Will Rogers World Airport, allowing the campus to hang banners with the schools logo and teaching endeavors printed on them, similar to the banners seen across campus.

The contract is scheduled for a five year period and is intended to promote the campus and draw publicity.

How this has impacted the campus directly may be reflected in the number of attending students since the banners went up.

In the spring of 2012 total attendance at the university was at a whopping 15,724 students.

The latest report for the spring of 2015 shows attendance drop to an estimated 15,580 students.

The decrease is not a huge hit to the school's attendance, but when you look at the numbers, growth hasn't been dramatic since the banners went up.

Lets hope this isn't costing the school very much money.

UCO president Don Betz said the banners are intended to bring publicity to the school.

"About three years ago all you saw was OU and OSU banners, lots of other schools are advertising now and it helps bring publicity to our school," said Betz.

Although attendance hasn't gone up, the banners still serve the purpose of informing

prospective students in Oklahoma about cheaper alternatives for higher education.

UCO is ranked No. 75 in the regional Universities. Meaning, universities that offer a full range of undergraduate programs and some masters programs, but few doctoral programs.

It's definitely one of the more affordable options when it comes to higher education in the Oklahoma metro area.

Although attendance hasn't spiked because of the banners, it's still a good way to catch the attention of travelers with school on their minds.

"Thousands of people a week pass through the airport, many of them are our people," said Betz.

The banners are contracted to stay up for another two years. Students can access information related to attendance trends on the schools web page and satisfy their curiosity for the changes ahead.

It definitely not just the banners that play a role in our attendance numbers. It may actually be a very miniscule factor.

At least we can say we are represented along with the other campuses in the state, UCO is an awesome school and it should be well represented.

Students are offered some of the best education from professors and staff who truly care, and it shows.



Pictured are multiple UCO banners at Will Rogers World Airport. Photo provided by UCO Centralities.



UCO banners, as well as TV graphics, now decorate the Will Rogers airport. Photo by Brandi Melton, The Vista.

Central Vets at UCO



Jake Stacy

Contributing Writer

What if we could give back to those who have actually served us? Well, at the University of Central Oklahoma we do.

In 2010, UCO became part of the nation's Student Veterans of America. The SVA organization is a somewhat umbrella system of student veteran groups who help provide higher education and benefits to military veterans.

The mission here is to provide military veterans with the advocacy, resources and support needed to further succeed in higher education after returning from their service and graduating.

SVA is a nonprofit organization composed of several local and on-campus organizations across the country. These groups are also called chapters, and now help support over 450,000 veterans.

"Our chapter/national office provides social activities, campus involvement and volunteer opportunities, local community and national networking and

events, veteran advocacy with local and national government policy making and so on", said Aviva Krause, vice-president of UCO's chapter.

The name of UCO's student veteran chapter group is Central Veterans. In the past school year alone, the chapter watched its members grow from 15 to above 60.

With the help of the University Administration, Central Veterans has also created an on-campus area for student veterans, called the Veteran Student Support office. This full-time assisting veteran center allows students to receive educational benefits from the DVA, if they are eligible, and continue following the criteria.

Last, but not least, the SVA organization named UCO's Central Veterans chapter the June 2015 Featured Chapter of the Month.

"SVA has over 1,300 chapters so



UCO Central Veteran's Office was recently relocated to the second floor of the Max Chamber's Library in Room 221. Veterans at UCO can go to get information regarding enrollment, financial information and even relax in the lounge. Photo by Ryan Naeve, The Vista.

being named a Chapter of the Month is a tremendous honor for our relatively new chapter on a smaller campus than many around the nation," said Krause.

For years now, UCO and others have continued their commitment to helping military veterans with chapter grants and internship programs and the letters of

support and peer-to-peer campus visits.

By joining the SVA and chapter team, your organization will become part of a united system, joining thousands in the peer-to-peer networking programs intended to help student and local veterans across the nation.

20 years since the Chambers Library's last deep clean



Eriech Tapia

Contributing Writer



The main entrance of the library has been closed to allow contractors to strip and repaint the support beams in the library. The beams have not been maintained in over a decade. Photo by Ryan Naeve, The Vista.

With construction crews at almost every corner of the campus, the Library is on the list for improvements as well and is receiving a cleaning that has not happened thoroughly in 20 years.

"This is the first major cleaning that the beams have had since the 90's and the beams have never been fixed," said Habib Tabatabai, Interim executive director for the Max Chambers Library.

Before the Library received a new roof last year, water leaks were a very common site and water dripped onto the beams. However, the replacement has allowed for work to be started on the inside of the building.

"The beams have had water dripping on them and since they are covered in drywall they need to be redone," Tabatabai said.

The first construction crew that was brought in first was soon replaced with a new crew and was one reason for the long construction process.

"The first few weeks of summer they brought the first crew in and they left and now they have finally started redoing everything," said Katherine Crawford,

Senior at the University of Central Oklahoma.

With drywall being replaced in certain area construction crews will also be repainting the beams and dusting off dust that has not been cleaned since the mid 90's, the library was built back in the late 60's. However to get to the beams crews had to bring in a lift inside the Library.

"I had noticed that they are finally starting to resurface the concrete stairs, which makes me excited to see progress finally," Tabatabai said.

Construction crews have also been redoing the main staircase, taking up the old flooring and replacing it with new flooring that is designed to create traction and reduce the risk of slipping on the staircases.

"The staircases were starting to look gross and they could have just cleaned them, instead of tearing up all of it up and replacing it," Crawford said.

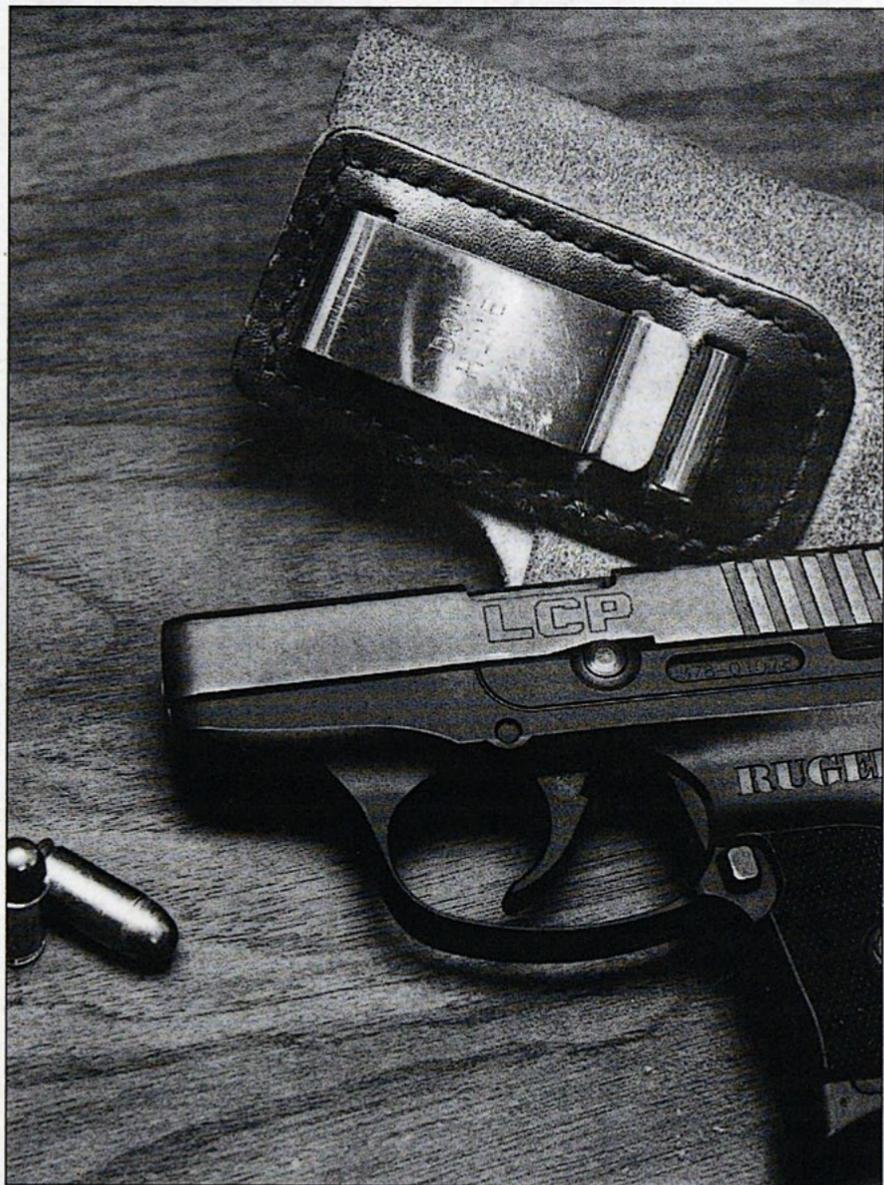
The project is expected to last until August and will be completed once crews have put the last coat of paint on the beams and re-installed the security gates at the front entrance of the library.

The unexpected consequences of the equal marriage ruling



Adam Ropp
@adamropp

Staff Writer



(Above) With same-sex marriage being extended to all 50 states, concealed carry laws are likely soon to follow. Photo by Ryan Naeve, The Vista.

As most people know, the U.S. Supreme Court has just extended same-sex marriage to all 50 states, but a dangerous side-effect came from the ruling that wasn't on the radar. The consequence is not a religious argument about the effects of same-sex marriage in society, but the ramifications from the process in which the Supreme Court favored it.

The Court used the 14th Amendment to justify their argument, which involves due process of law; nor denying any person within its jurisdiction the equal protection of the laws. The Court maintains that the clause extends "certain personal choices central to individual dignity and autonomy" that's already accepted in a majority of states and needs to be accepted by the remaining states.

Before the Supreme Court ruling, same-sex couples could already marry in 36 states and the District of Columbia, but now the remaining 14 states will have to comply.

Point being, if any issue can be claimed a right under the constitution there can be no state limits or regulations on said issue, especially if a majority of states have already set a standard.

For example, concealed carry permits are valid in 36 states, which just so happened to be the number of states in which same-sex marriage was legal before the federal ruling, but 14 states do not recognize concealed carry permits.

The Supreme Court has already ruled in the McDonald versus Chicago case

that the Second Amendment is incorporated in the 14th Amendment therefore using the same due process argument with same-sex marriage; concealed carry permits must now be recognized as valid in all 50 states and the District of Columbia.

Even Rachel Maddow, a MSNBC host and outspoken lesbian as well as CNN columnists and gay rights advocate Tim Holbrook brought up this very issue.

"Invalidating gun restrictions and same-sex marriage bans rest on the same principle -- courts strike down laws that were adopted through the democratic process but that run afoul of rights protected by the Constitution" Holbrook stated in a November 2014 column.

In fact, the four Supreme Court Justices who voted against the legalizing of same-sex marriage each declared that their decision had nothing to do with moral, religious reasons, but these ramifications.

Supreme Court Justice Antonin Scalia stated that the ruling was a "threat to American democracy," saying it robs citizens of "the freedom to govern themselves."

An even bigger threat from this newly created precedent is not just a nation-wide concealed carry, but any policy imaginable by any group in the United States, regardless of congressional approval or a presidential signature.

Concealed carry is already on its way and who knows what else.



(Below) A.J. Blanchet, middle left, of Madison, and Dallas Peters, right, of Madison, march down King Street in Madison, Wis., during a rally Friday, June 26, 2015. Gay marriage has been legal in Wisconsin for months, but supporters still trumpeted a U.S. Supreme Court ruling Friday legalizing same-sex marriage nationwide with relief and joy, saying it cements same-sex unions in the state. (AP Photo/Wisconsin State Journal, Steve Apps)

College of Fine Arts and Design presents: Movies @ Mitchell



Robby Harris
@robby_uco

Contributing Writer

We're all looking for ways to beat the Oklahoma summer heat, and The University of Central Oklahoma is offering a great way to do just that.

Movies@Mitchell is a summer event in its second season at UCO. This free movie series will focus on musicals this summer.

"Seeing a movie at Mitchell Hall is not only a free source of air-conditioned entertainment for families in our community throughout July, it's also a great way to experience a throwback to how movies were originally enjoyed

in the early 20th Century: in a lovely theater," said Meghan Brasuell, director of facilities and productions at Mitchell Hall Theatre.

"West Side Story" will be coming soon to Movies@Mitchell, on July 18, one week after "Little Shop of Horrors" starts the season on July 11.

"West Side Story" will serve as a primer in anticipation of the Central jazz division and dance department's premiere adaptation of the Leonard Bernstein production opening this fall.

"West Side Story" is a 1961 American musical directed by Jerome Robbins and Robert Wise, and is an adaptation of the Broadway musical of the same name, which debuted in 1957. The movie, as well as the play, was inspired by William Shakespeare's play "Romeo and Juliet."

The movie revolves around two rival gangs, a white gang, the Jets, and a Puerto Rican gang, the Sharks. Maria, the younger sister of the Shark's leader, Bernardo, falls in love with Tony, a member of the Jets, which sets the stage for a modern take on the classic tale of a pair of star-crossed lovers.

Other featured musicals, including "Oklahoma!" and "Singing in the Rain" were chosen based on an open-to-the-public Facebook survey.

Popcorn and a concession stand will also be available

Admission to the movies is free and audience members will have an opportunity to donate via text message to the Build Mitchell Hall capital campaign, which will nearly double the size of the historic theater.

"Movies@Mitchell started in July of 2014 because we didn't have any other events scheduled for the month of July. We wanted to do something different for the community and try to attract people who might not otherwise attend events at Mitchell Hall. Every year we want to show movies based on a theme. Attendees can expect a relaxed atmosphere in a historic theatre where they can sing along to the movies if they so desire," said Matt Fowler, the Front of House Manager of Mitchell Hall Theater.

For a complete listing of all UCO College of Fine Arts and Design events, including those at Mitchell Hall, visit <http://www.uco.edu/Cfad>, find them on Facebook, or follow them on Twitter or Instagram.

Production
Director
Camera
Date

free

Movies @ Mitchell

Several musicals will be presented in the Mitchell theater this summer including "West Side Story," "Little Shop of Horrors," and "Singin' in the Rain." Admission to the movies will be free and open to the public. Photo provided by the Mitchell Theater.

Movies to keep an eye out for in July



Adam Ropp
@adamropp

Reporter

BOULEVARD

Already Released

Director: Dito Montiel

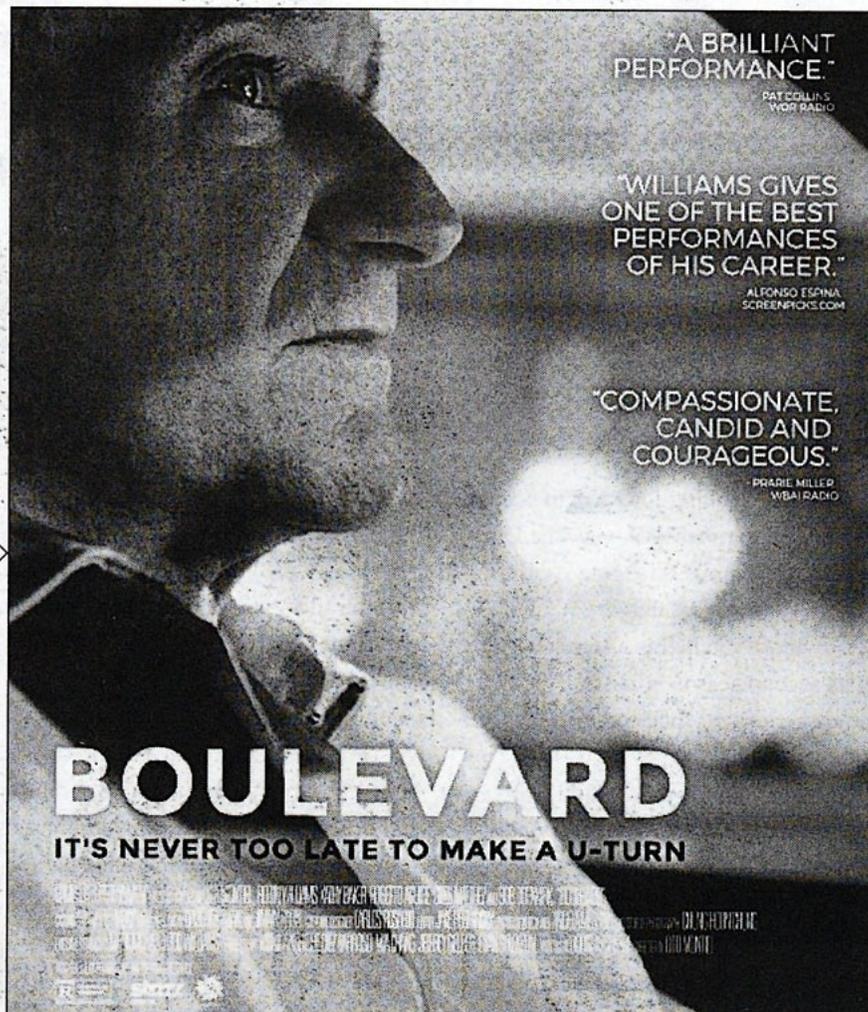
Stars: Robin Williams, Roberto Aguirre, Kathy Baker

Synopsis:

A devoted husband in a marriage of convenience is forced to confront his secret life. Unlike most marriages that deal with adultery due to boredom, this movie deals with a man who is in a loving relationship with a woman, but finds himself attracted to men and forcing himself to be something that he is not.

This film is a coming of age, independent drama and although Robin Williams shortly appeared in *Night at the Museum: Secret of the Tomb* and *Absolutely Anything* after completing *Boulevard*, it was Williams' last featured role.

With the unique, social relevancy of the plot and the fact that it was Williams' final performance, it's more than enough to give it a shot.



WHAT A LOVELY DAY.

MAD
MAX



MAD MAX

Already Released

Director: George Miller

Stars: Tom Hardy, Charlize Theron, Nicholas Hoult

Synopsis:

In the stark desert wasteland populated by a broken humanity driven with survival and the unending ravage for gasoline, a loner named Max finds himself caught in the middle of a chase while aiding the heroine Furiosa, and her female companions. She struggles to return to her homeland and escape the clutches of a ruthless desert gang leader, Immortan Joe. With the harsh desert sands in front of them and marauders behind, only the maddest will prevail the storm.

The film has been hailed by many critics as the best action movie they have seen in almost 10 years and ranked the 64th greatest movie of all time by moviegoers on IMDB.

A long awaited sequel to the late 70's, early 80's classic trilogy starring Mel Gibson, this apocalyptic action flick stars Tom Hardy and was made by the original director George Miller.

Miller brought back his use of a good story combined with amazing practical effects which is why this film sticks out among the current generation of action movies which are laced with lame plots and over-



ANT-MAN

Release Date: July 17

Director: Peyton Reed

Stars: Paul Rudd, Michael Douglas, Corey Stoll, Evangeline Lilly

Synopsis:

Armed with a super-suit with the astonishing ability to shrink in scale but increase in strength, con-man Scott Lang must embrace his inner hero and help his mentor, Dr. Hank Pym, plan and pull off a heist that will save the world.

With all the super hero craziness that has consumed the market for the past 10 years, it's nice to have a few superhero movies that finally give us something different like Guardians of the Galaxy.

I'm sure Ant-Man will have the typical hero's plot, filled with cliché lines and stereotypical characters, but at least the idea of having a superhero who shrinks into an insect is something refreshing in an odd way.

Dr. HOLMES

Release Date: July 17

Director: Bill Condon

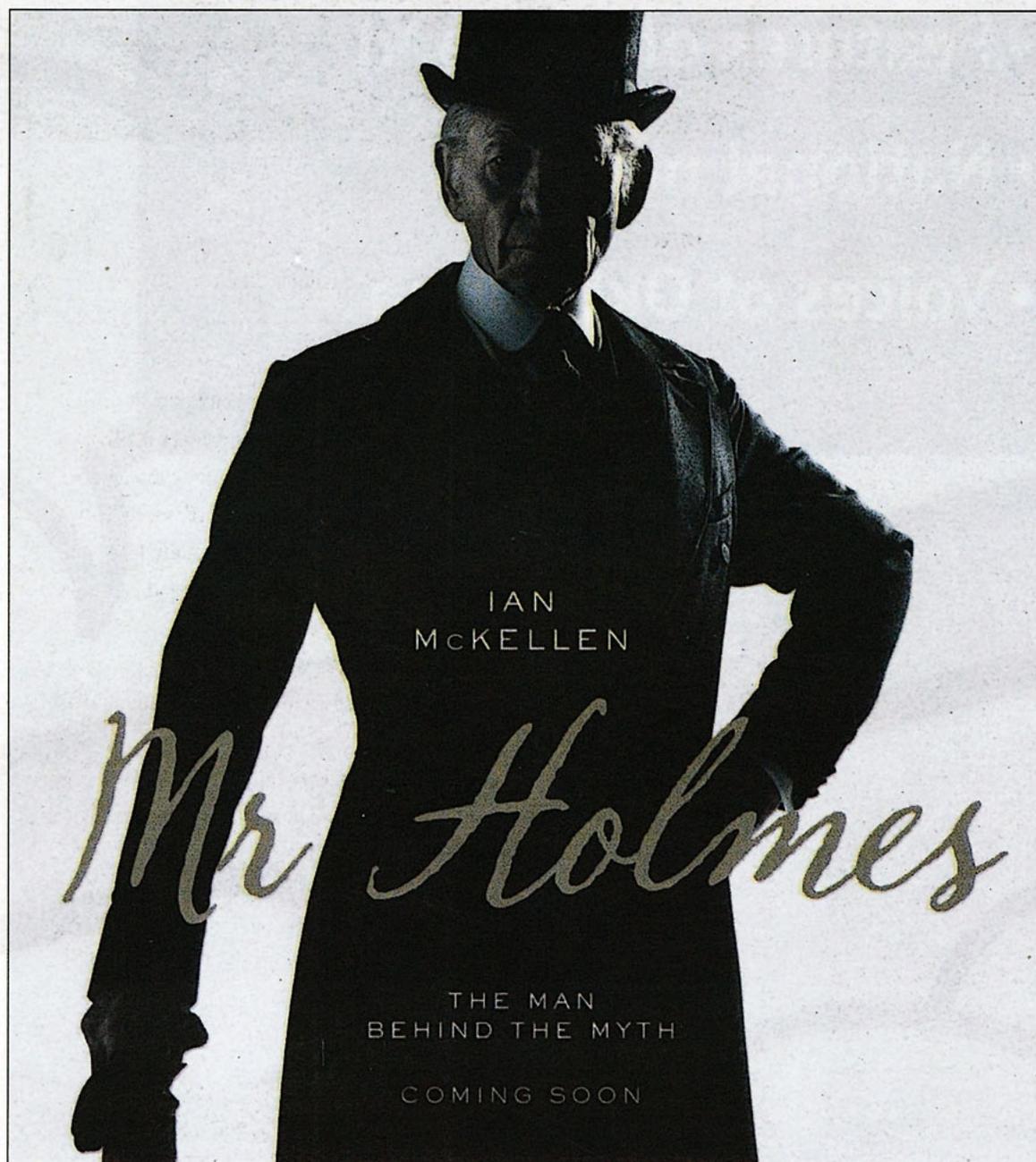
Stars: Ian McKellen, Laura Linney, Hiroyuki Sanada

Synopsis:

An aged, retired Sherlock Holmes looks back on his life, and grapples with an unsolved case involving a beautiful woman.

Unlike Ant-Man, an action sci-fi for the masses, Mr. Holmes swings to the opposite side of the spectrum for a different kind of moviegoer as a drama, mystery for audiences who enjoy a more realistic and thought provoking experience.

Is life a mystery? Why do we have to age? So if you were looking for something over the next two weeks that's not a shoot 'em up, computer graphics fireworks display then you most defiantly should check out Mr. Holmes.



All images provided by imdb.com.



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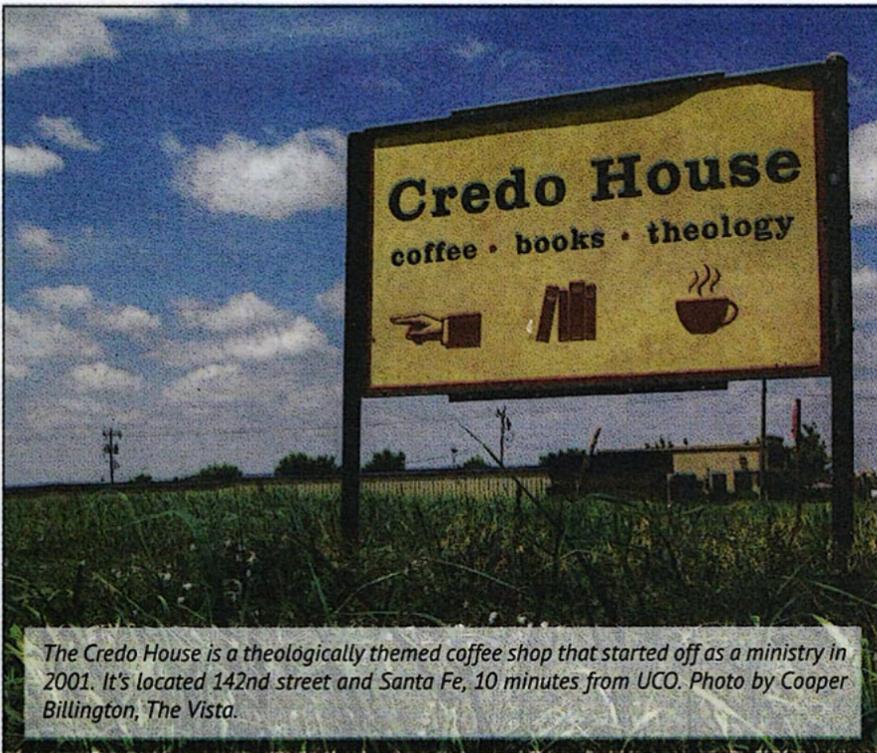
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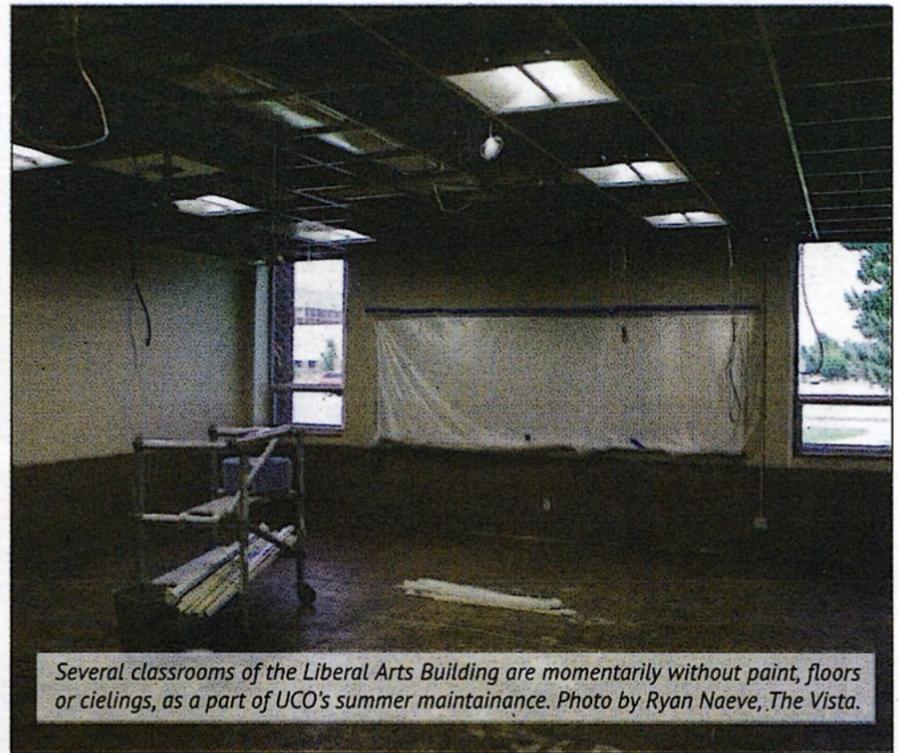
EDMOND



July Vol. 113 Issue 1



The Credo House is a theologically themed coffee shop that started off as a ministry in 2001. It's located 142nd street and Santa Fe, 10 minutes from UCO. Photo by Cooper Billington, The Vista.



Several classrooms of the Liberal Arts Building are momentarily without paint, floors or ceilings, as a part of UCO's summer maintenance. Photo by Ryan Naeve, The Vista.

CONTENTS

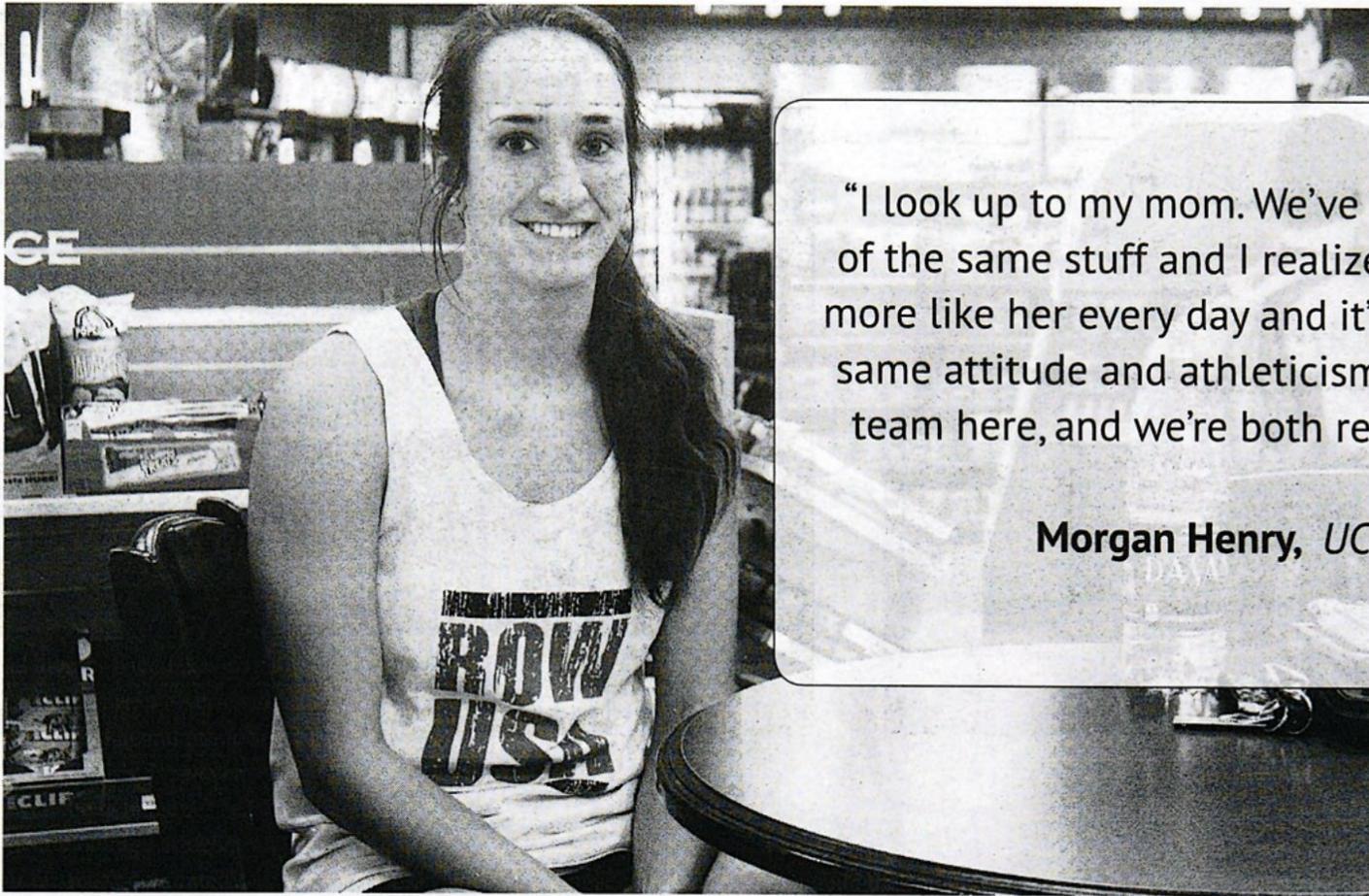
SECTION B

Voices of Oklahoma.....	3-5	Spotlights in Edmond.....	8-11
Food Truck Palooza.....	6-7	Feature.....	12
Columns.....	13-15		

ON THE COVER
"Innocence" is a statue made by David Pearson that stands on the sidewalk off of Broadway. There are many statues like this one located around downtown Edmond. Photo by Ryan Naeve, The Vista.



A group of vintage cars drives down North University Drive on July 4 during the Liberty Fest parade. Liberty Fest is ranked one of the top 10 Independence Day celebrations in the country. Photo by Cooper Billington, The Vista.

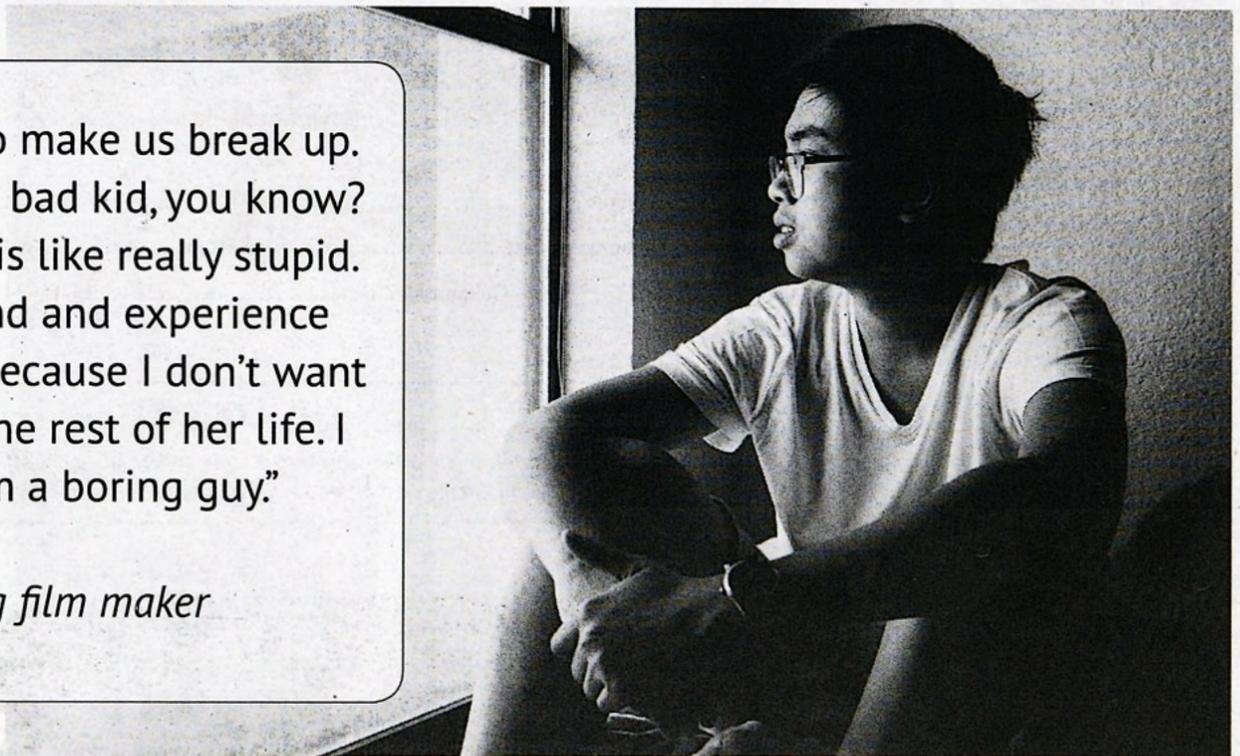


"I look up to my mom. We've been through a lot of the same stuff and I realize that I'm more and more like her every day and it's scary. We have the same attitude and athleticism, I'm on the rowing team here, and we're both really hard working."

Morgan Henry, UCO Senior

My girlfriend's dad is trying to make us break up. It sucks because I'm not like a bad kid, you know? The mentality of her parents is like really stupid. They want her to date around and experience stuff. I guess it makes sense, because I don't want her to be stuck with me for the rest of her life. I think it can get boring, I'm a boring guy."

Chris Nguyen, aspiring film maker



The Vista: "What are you struggling with right now?"

"Trying to be an adult."

-Janet Dodd



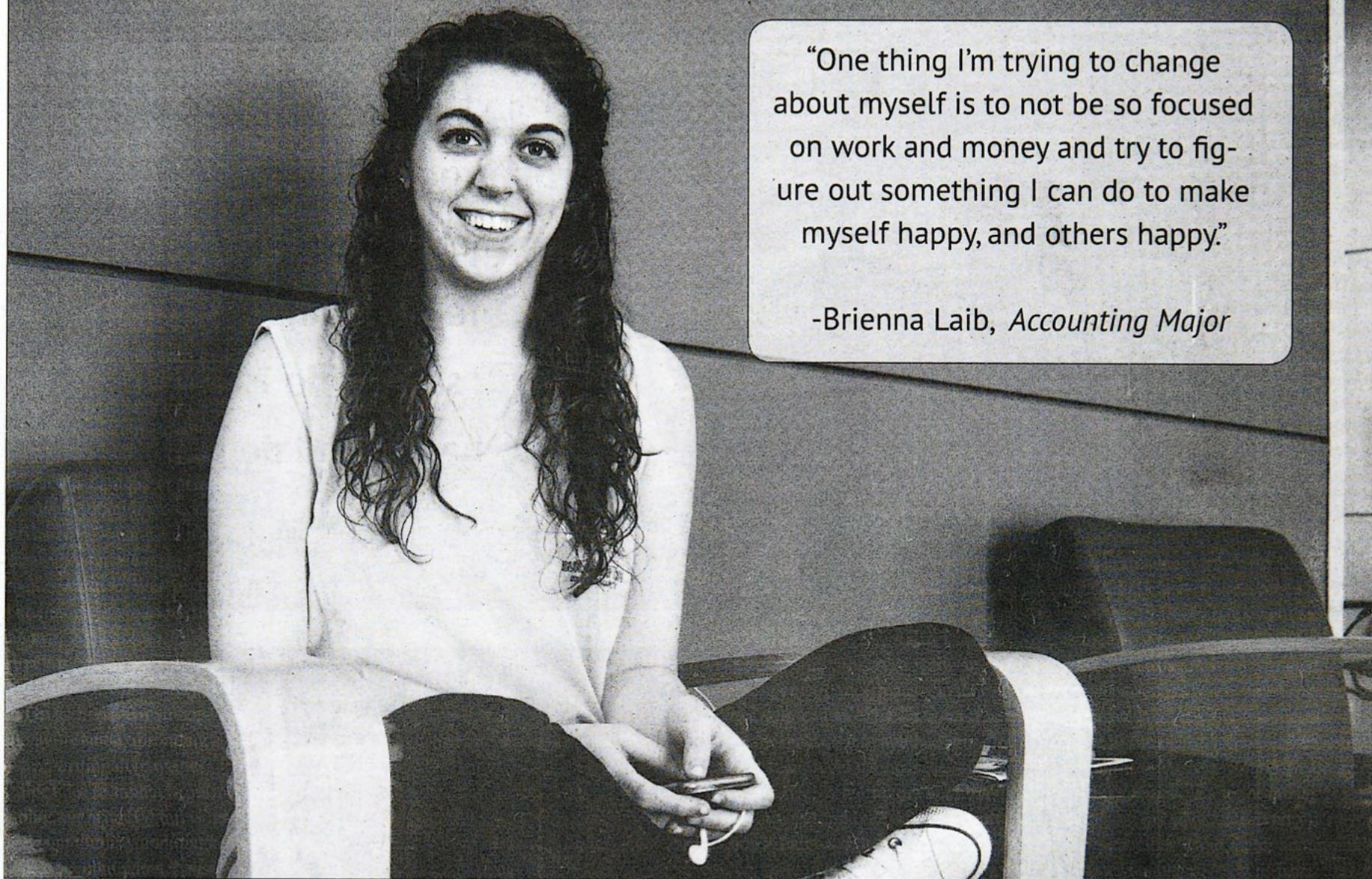
“If you’re the smartest person in the room, you’re in the wrong room. The reason that I think that’s relevant in any person’s life is because in this life all you should do is learn and do better and do more.”

**-Dana Mahmoud,
*Incoming Freshman***



“I miss the big holiday parties we used to have at my house. Every Thanksgiving and Christmas my whole family would come and eat and laugh. My parents passed away a while ago, and my kids are grown and married now. They are starting their own lives. It gets a little lonely now.”

-Leslie Douglass



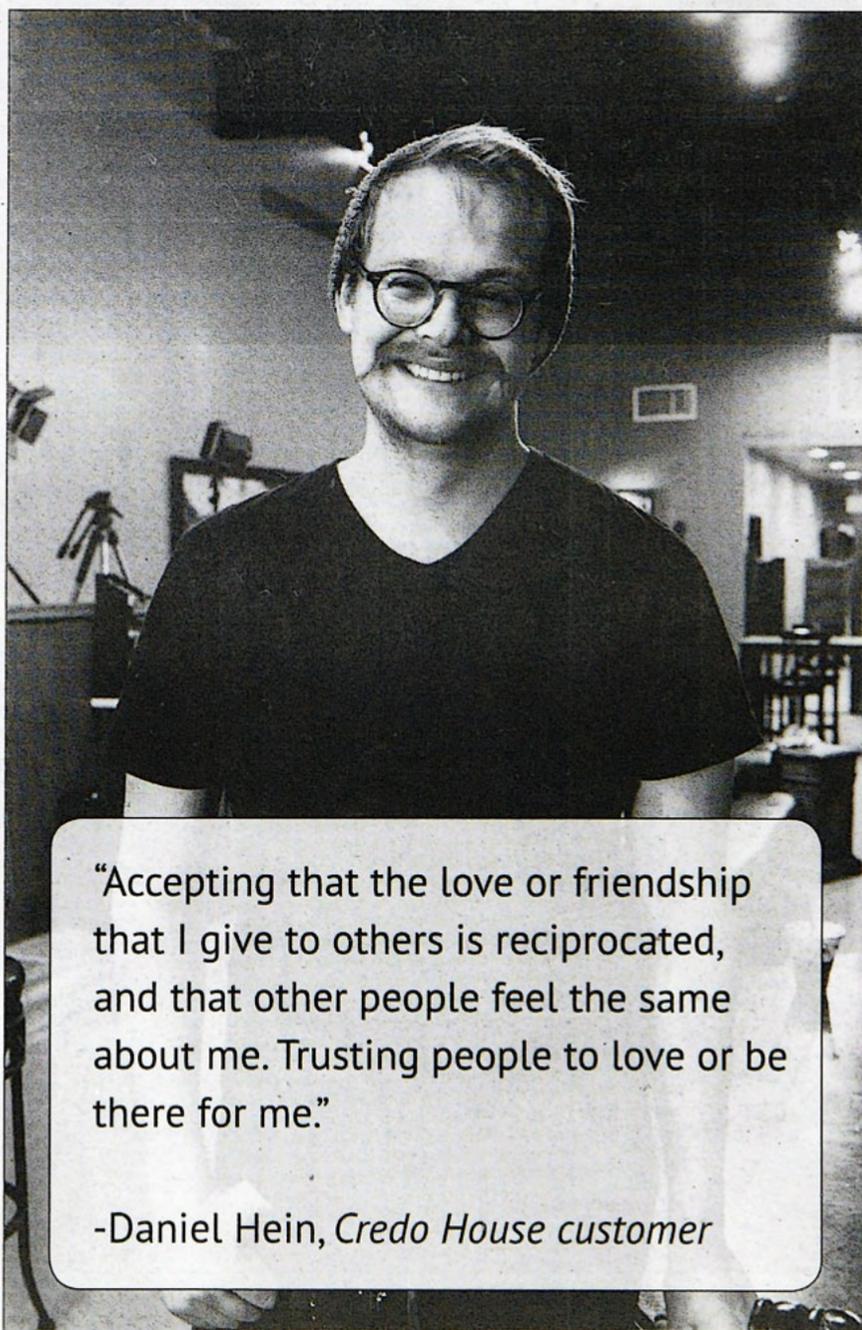
“One thing I’m trying to change about myself is to not be so focused on work and money and try to figure out something I can do to make myself happy, and others happy.”

-Brienna Laib, *Accounting Major*



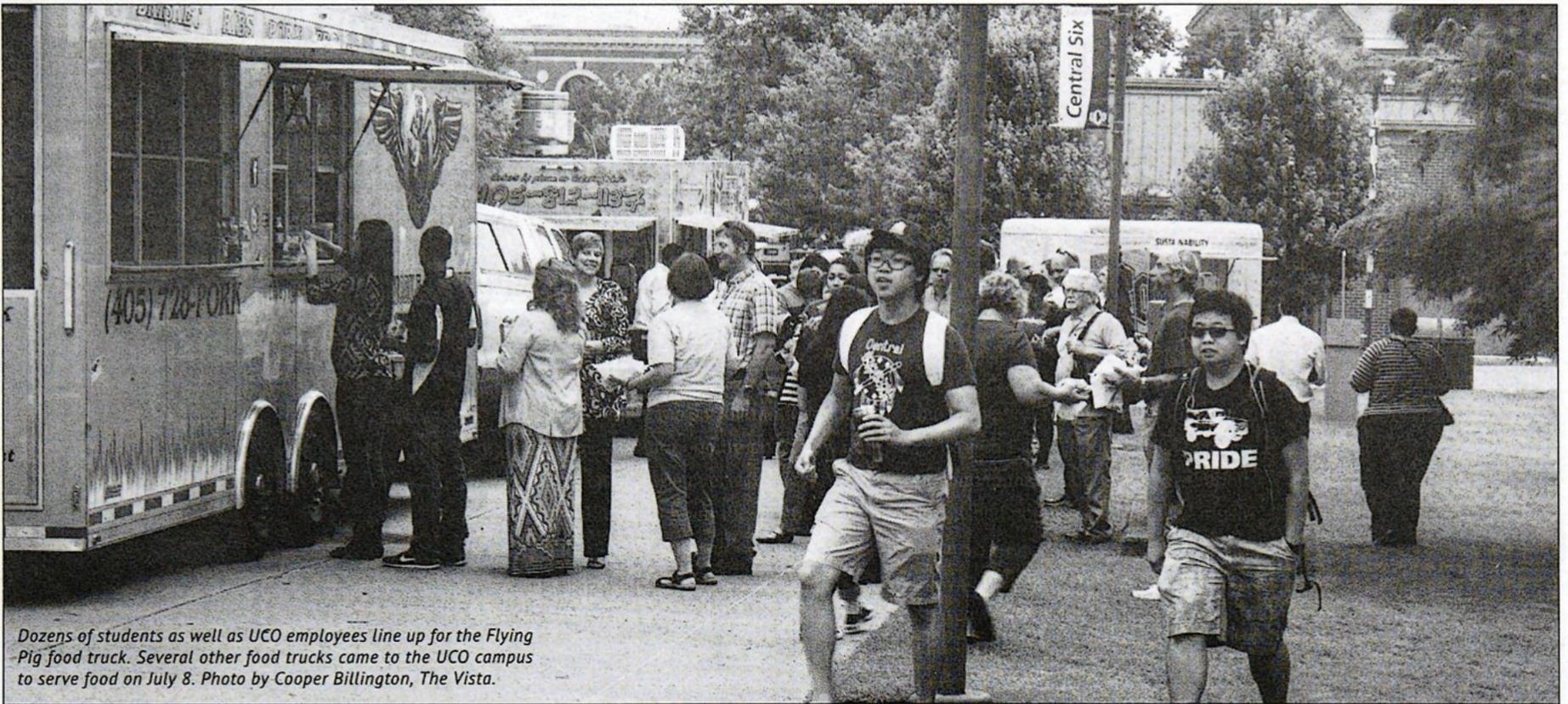
“I need my degree, right now. I’m already working so I’m taking classes over the summer to get my degree. It’s very important to me.”

-Tulasa Bhetuwall, *Accounting Major*



“Accepting that the love or friendship that I give to others is reciprocated, and that other people feel the same about me. Trusting people to love or be there for me.”

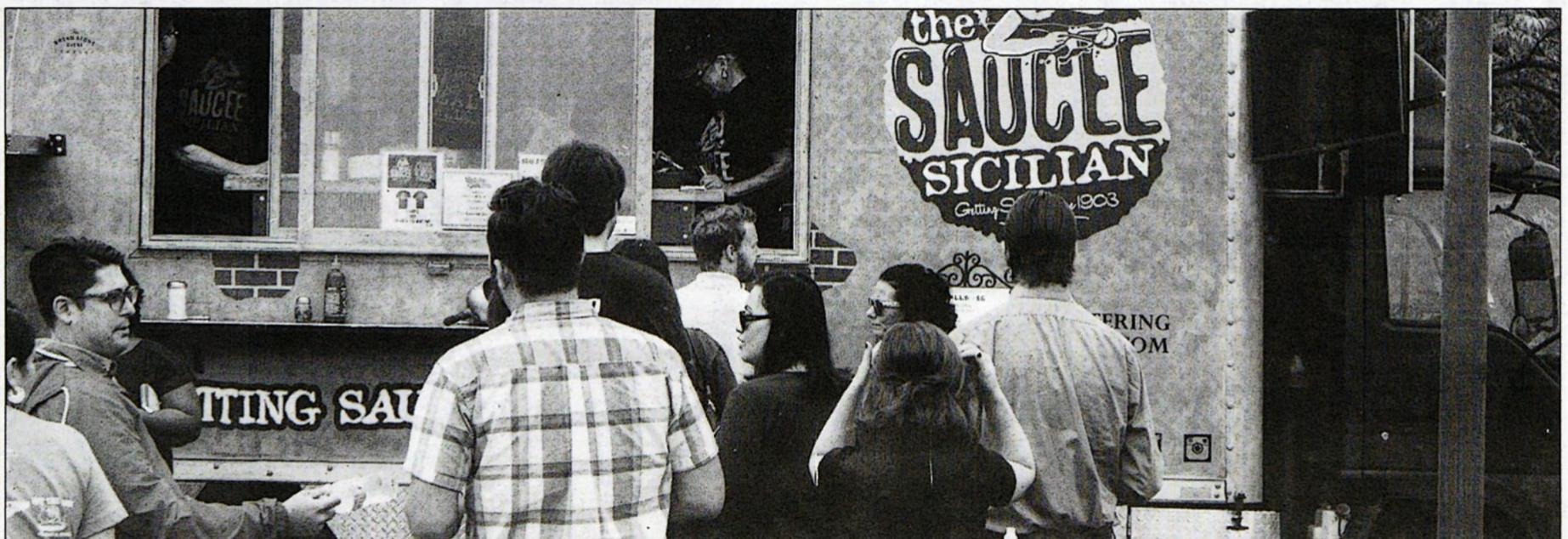
-Daniel Hein, *Credo House customer*



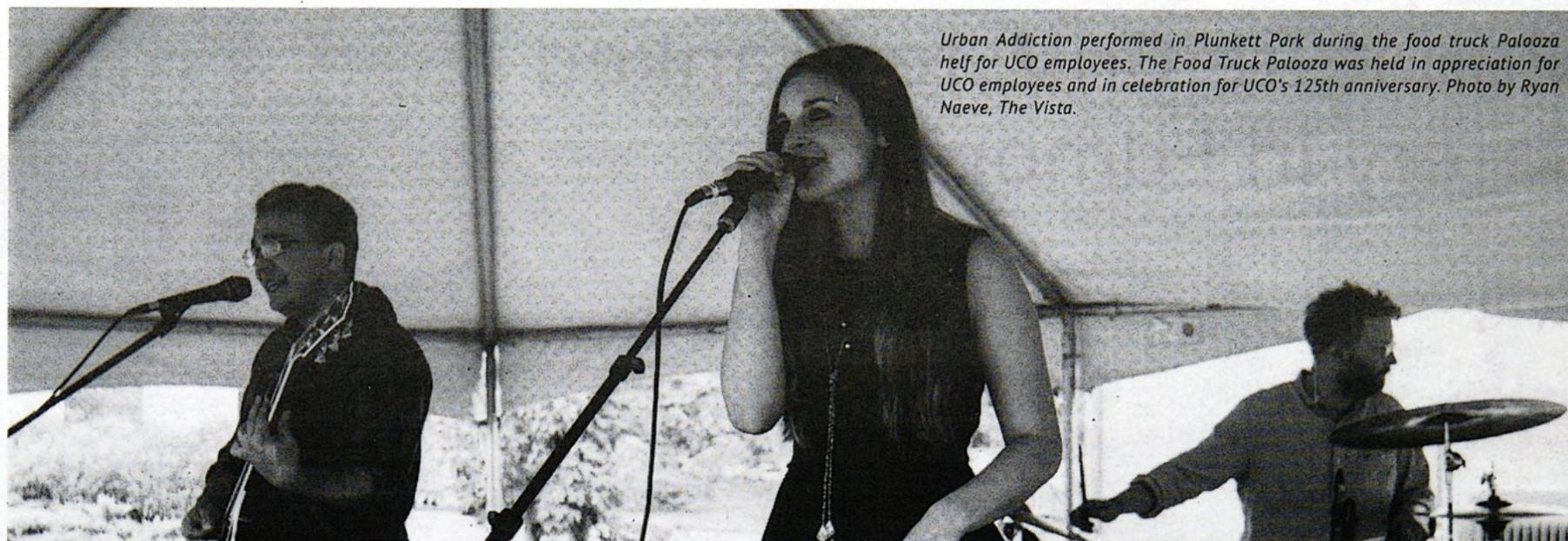
Dozens of students as well as UCO employees line up for the Flying Pig food truck. Several other food trucks came to the UCO campus to serve food on July 8. Photo by Cooper Billington, The Vista.



An employee of the the Mutt's food truck hands a hot dog to a customer. The food truck event was held in celebration of UCO's 125th work day of it's 125th anniversary. Photo by Ryan Naeve, The Vista.



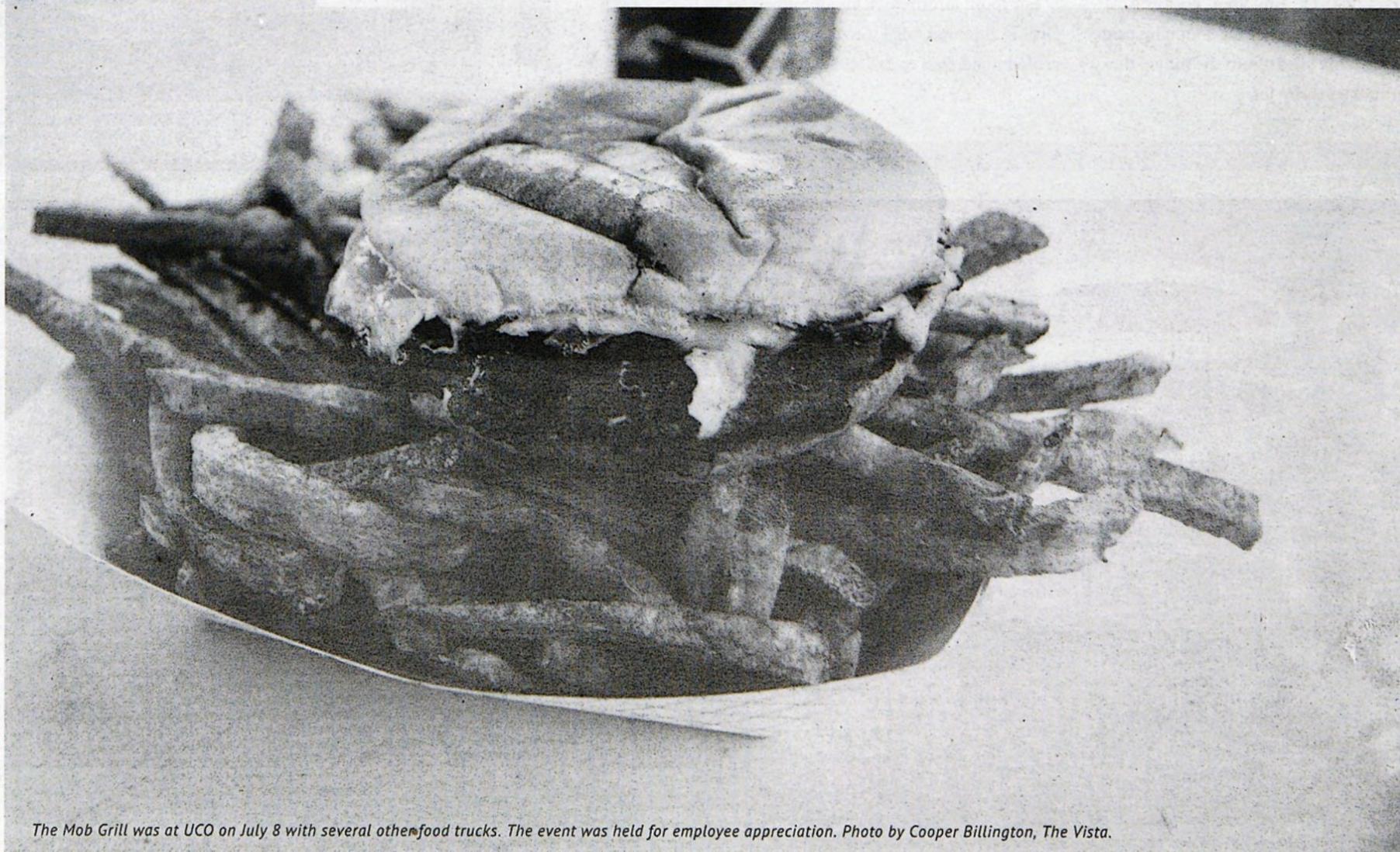
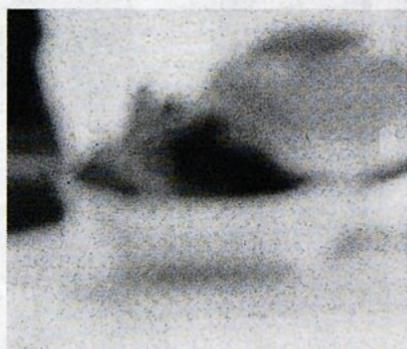
There was a long line for The Saucee Sicillian, as well as the other food trucks, at UCO's Food Truck Palooza. Photo by Ryan Naeve, The Vista.



Urban Addiction performed in Plunkett Park during the food truck Palooza help for UCO employees. The Food Truck Palooza was held in appreciation for UCO employees and in celebration for UCO's 125th anniversary. Photo by Ryan Naeve, The Vista.



A customer orders pastries at The Sugar Shack food truck on July 8. Photo by Ryan Naeve, The Vista.



The Mob Grill was at UCO on July 8 with several other food trucks. The event was held for employee appreciation. Photo by Cooper Billington, The Vista.

Signature Grill: top ranked eatery in Edmond



Jake Stacy

Contributing Writer

Are you tired of looking around for that hole-in-the-wall restaurant that literally just ends up reminding you of an actual hole in the wall? Well, your search may have just ended here in Edmond.

Signature Grill is a fine dining restaurant with a candle-lit atmosphere. Chef Clay Falkner and his wife Jennifer who serve a wide variety of freshly prepped and healthy continental-seafood dishes independently own it.

Casey Thompson described the restaurant as a hidden gem on Zomato, formally known as Urbanspoon.

"The food was perfectly prepared and very rich and flavorful. We enjoyed a lovely dinner including appetizers and wine for less than \$100 total," said Thompson.

The restaurant is located in the Kickingbird Square shopping center on the northwest corner of Danforth and Bryant, in Edmond. The tiny nook is tucked away in the corner of the shopping center and sits only yards from the movie theater in the nearby lot.

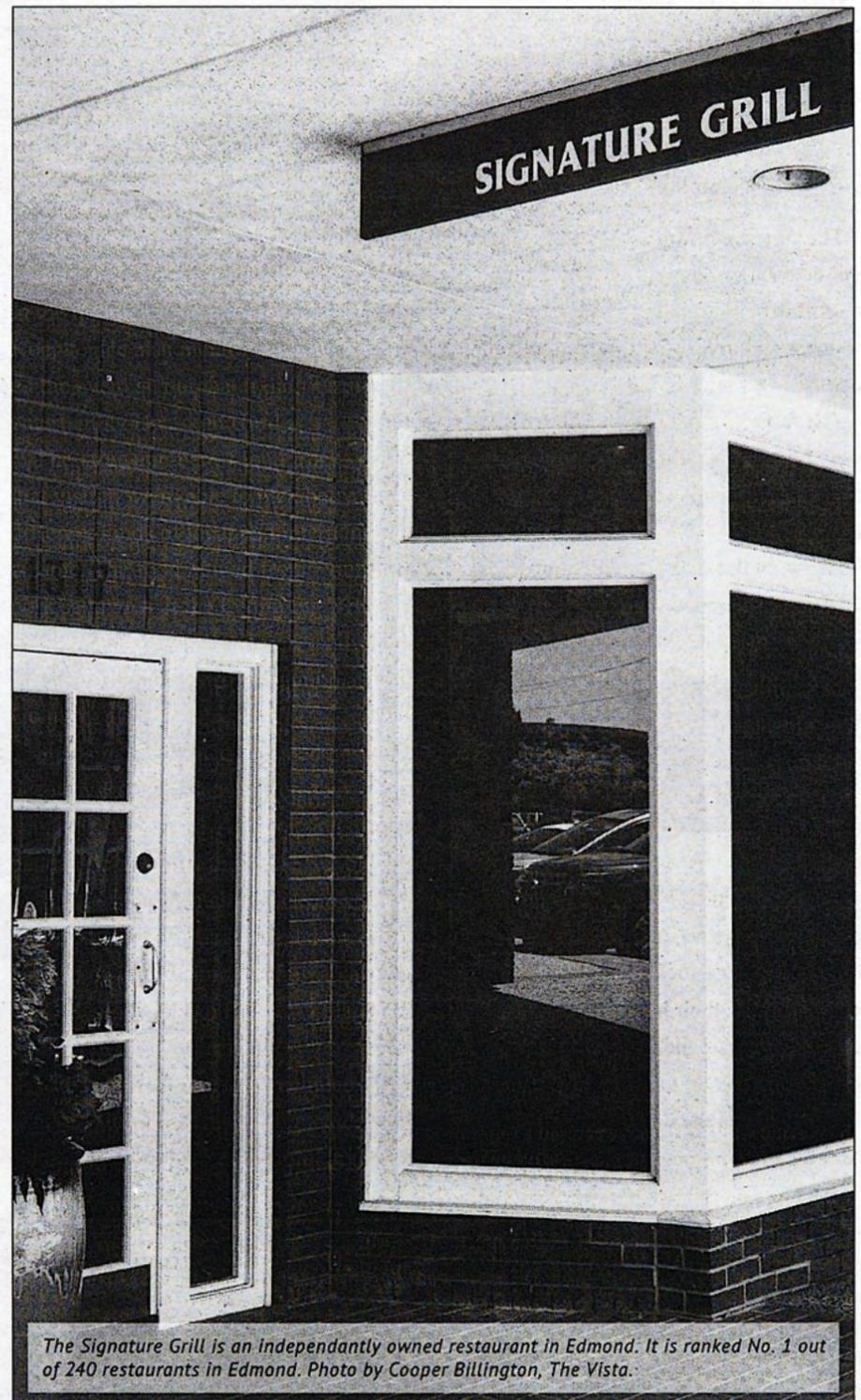
Signature Grill is currently ranked No. 1 of 240 Best Restaurants in Edmond on tripadvisor.com and No. 1 of 270 Best Places to eat in Edmond as well. The Certificate of Excellence was also given to Signature Grill for having consistent and positive reviews.

"They have great food and delicious cocktails in an intimate setting. The menu prices are very reasonable and it could be said that Signature is the best value for a nice dinner in the OKC/Edmond area," said Jeremiah Campo, a contributor on tripadvisor.com and frequent goer of the restaurant since 2009.

The restaurant's menu has a detailed list of appetizers and entrees and a preferred sauce of choice. They also offer healthy chopped salads with optional fruit and vegetables.

The restaurant is open Tuesday through Saturday from 5 to 10 p.m.

For more information about Signature Grill in Edmond, visit info@signature-grilledmond.com or call 405-330-4548.



The Signature Grill is an independently owned restaurant in Edmond. It is ranked No. 1 out of 240 restaurants in Edmond. Photo by Cooper Billington, The Vista.

Signature Grill

Signature Grill serves a wide variety of freshly prepared and healthy dishes. It's located in the Kickingbird Square shopping center at the corner of Danforth and Bryant. Photo by Cooper Billington, The Vista.

Don't miss Heard on Hurd this week



**Jeffrey
Gonzales**

Contributing Writer

The free street festival Heard on Hurd will be back in Edmond on July 18 for the fifth straight month to promote local business and give a fun time to the community.

The festival is curated by Citizen's Bank of Edmond and it has already attracted thousands to Edmond's downtown area.

"It's cool because you will almost always see someone familiar," said University of Central Oklahoma Senior Aron Koepke. "It seems like all of Edmond will make an appearance at some time or another."

Visitor numbers were at an all time high during Heard on Hurd in June, the numbers are expected to increase as the summer continues. The June 20 event saw multiple bands, nearly a dozen food trucks, and many local shops that attended or extended their hours.

The live music included Ripple Green, Josh Roberts, and Shane Henry Music. The music lasts the duration of the event, from 6 - 10 p.m.

"The food trucks are pretty much bumper to bumper and the live music is in the middle of the parking lot," said Koepke. He also mentioned how crowded the event is, but that it didn't ruin how entertaining Heard on Hurd is.

The large number of food trucks meant that visitors were able to pick between all different kinds of local and international cuisine. The food ranged from a pulled pork sandwich at the Flying Pig BBQ, a shredded chicken Parmesan sandwich at Two Brothers Bistro, or gumbo at La Gumbo Ya Ya.

Shops in attendance included home decor by Roost Oklahoma, custom apparel from MENT Apparel, and even handmade soaps by the Little Bubble.

"There were so many places to spend money, I ended up having to take trips back to my car to drop stuff off," said UCO Senior Carolyn Pickle. "I plan to do it all over again in July."

Kid's activities are also included at the festival. Heard on Hurd also included the Edmond Parks and Recreation Parklette

and carnival games so the entire family could enjoy the evening.

Bringing the entire family is encouraged by the CBE event and dogs are allowed as long as they stay on a leash.

The next Heard on Hurd will start at 6 p.m. on July 18. It will be in the same location in Edmond, the intersection of Hurd Street and North Broadway.



Mutt's hot dog's food truck distributes food to customers in Edmond. Photo by Ryan Naeve, The Vista.



Food Trucks operated by Big Truck Tacos in Oklahoma City, Okla. on Monday, Oct. 20, 2014. Photo by Chris Landsberger, The Oklahoman.

Edmond's study hot spot:

All About Cha



Jeffrey
Gonzales

Contributing Writer

All About Cha has been serving south Edmond various teas, coffees and different foods since 2010. In the last five years it has become a popular destination for anyone desiring a late night coffee spot to meet friends or study alone during the semester.

Upon entering All About Cha, the store is filled with a quiet blend of customers on their laptops and groups having intent conversations. The music is soft enough to be inviting and ambient.

"I used to go study and write papers there," said Adjunct Professor Kelly Temple. "It has a very clean and organized environment."

The atmosphere is different from other similar coffee and teashops like Starbucks; it seems designed for people to stay and relax instead of just getting your drink on the go.

"It has a cool vibe," said Strategic Communications student Laura Miranda. "They have a lot of options for tea, coffee, and food."

Their large menu begins with all the classic types of coffee and tea, but where it truly shines are the green and Korean tea options.

The green teas are highlighted with an original Korean green tea, a cappuccino, an iced and hot latte, and my personal favorite the White Mocha Green Freddo.

Their Korea Special menu features different herbal options boasting numerous health benefits, hot fruit blended drinks, and iced and freddo teas.

All About Cha also offers plenty of items for breakfast, lunch and dinner. Most food options are made in a wrap or sandwich.

Edmond is also their only location to not have sushi on the menu.

No shop that serves coffee and tea would be complete without tasty treats. All About Cha has a decent sized pastry cabinet that is stocked with everything from muffins to macaroons to chocolate delights.

The prices are very similar to that of

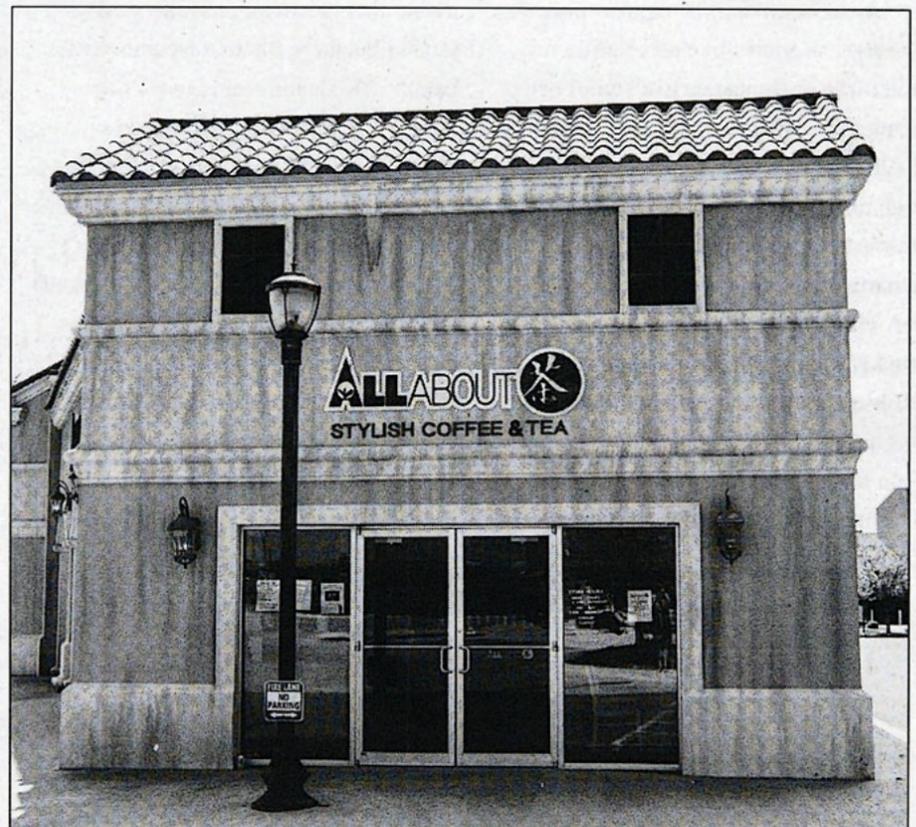
Starbucks. However, Starbucks doesn't have nearly the amount of options that All About Cha does-- except perhaps in the coffee department.

"It's pretty big for a tea place," said Miranda. The interior is big enough to be mistaken for two different shops.

Their front is brighter and has more alert seating options. The back of the

shop has a darker and dimmer feel, with softer chairs for the more relaxed visitors.

All About Cha is a great place to meet with friends, study alone or with a group or just to get a late night drink. Customers can enjoy their free Wi-Fi and drinks until midnight everyday except Sunday.



(Top) All About Cha is a very atmospheric and peaceful cafe located off the Broadway Extension and 33rd Street. Photo by Brandi Melton, The Vista.

(Bottom) Three employees of All About Cha talk during their shift. The menu offers a wide variety of coffee, Korean tea, and other blended drinks. Photo by Brandi Melton, The Vista.



Food every Oklahoman loves

Leah Singer

Contributing Writer

With Oklahoma's growing diversity and the constant popping up of new and unique eateries on every corner, one being able to pinpoint the most common, popular and delicious foods may easily vary between each Okie.

Rodney Brittain, UCO graduate and Edmond resident said that he enjoys Italian food and barbecue the most.

"I've always liked the 'smoky' taste barbecue has and I like the creamy texture of Italian sauces. Both types of cuisine just really seem to agree with my taste buds, I guess," he added.

Hanna Holmes, current UCO student and life-long Edmond resident, said that she particularly enjoys anything that's fried with a side of ranch, and paired with a good local beer, of course.

"I just love the taste of anything that's fried; I don't understand how someone couldn't like fried food. It's comfort food, it's delicious and it really does

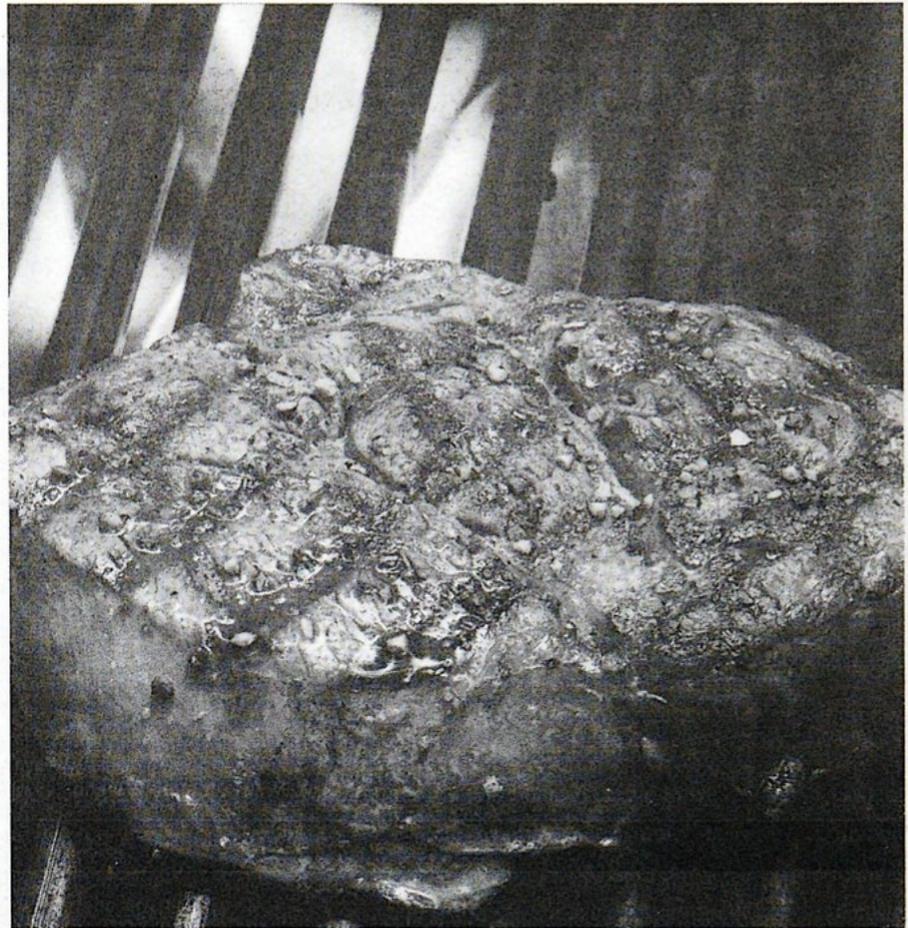
make me feel happy," said Holmes.

Lauren Farris, another UCO graduate and alumni, said her favorite food is mashed potatoes and sautéed mushrooms.

"It's delicious and a meal that I have shared with my family since I was little," she said.

According to a recent study and collaboration between the Huffington Post and Yelp, the top five most popular cuisines in Oklahoma are the following:

1. Tex-Mex -- 93 percent higher than national average.
2. Barbecue -- 88 percent higher than national average.
3. Steak -- 58 percent higher than national average.
4. Buffets -- 51 percent higher than national average.
5. Fast food -- 51 percent higher than national average.



Some of these numbers may be surprising, while others may not be so. With tex-mex being number one, Oklahoma does seem to offer countless numbers of tex-mex restaurants from fast food joints to sit downs.

Tex-mex items are even popular to order off the menu in predominately American cuisine establishments.

Nicole Evans, Employee at Chili's Grill & Bar in Oklahoma City, says that tex-mex is among their most popular and most frequently ordered menu items.

"People love our Margarita Bowls, Sour Cream and Green Chili Enchiladas, and our fajitas seem to be the most popular food item among diners

here" she said.

The fact that Oklahomans seem to love their fast food doesn't seem all too surprising when factoring in that we consistently rank within the top across the country for being among the unhealthiest with high obesity rates. The Intuit Consumer Spending ranked Oklahoma No. 1 in fast food spending per month in 2013.

On that note, let us not hold back and continue to celebrate our diverse taste buds by grabbing our cutlery, paper towel bibs and get to chowing down-- cheers Okies.

(Top) Oklahomans enjoy steak 58 percent more than the national average. Photo provided by Creative Outlet.

(Bottom) Oklahomans also love to eat pizza and other fast food. According to a recent study, Oklahomans eat 51 percent more fast food than other states. Photo by Ryan Naeve, The Vista.

Creative Writing to the next level



Eriech Tapia

Contributing Writer

Starting out as a conversation, one student has seen her writing grow into a play at the FIVES New Play Festival in Colorado, allowing others to enjoy themselves and see the joy in her story.

"In my creative writing class is where I started writing *Dad's in the Closet* and Dr. Givan pushed me to submit the play and this last weekend it was shown at the FIVES Play Festival," said Nicole Castillo, University of Central Oklahoma Grad Student.

The play was conceived while she was talking to one of her friends about her mother who had an experience after her house was broken into and had misplaced her husband's ashes.

"Her mother kept moving her husband's ashes around the house and after her house had been broken into she couldn't find them. However, the funny part in my play is that her friend had actually sent them off to the Helping Hands organization," Castillo said.

Pursuing her degree in creative writing, Castillo hopes that more of her plays will be published and that one day UCO will create a writing portfolio class to help writers like her.

"I believe this is one area that can help creative writing majors expand their field

and get more connections to help with their future careers," Castillo said.

While in her creative writing class under Professor Christopher Givan, students are encouraged to send out their work and try to have it be adapted into a play or a multimedia production.

"The students don't always send out their work to places like Nicole did, which I think is a very important aspect when you are a writer and want to pursue that area," Givan said.

Sending out work is encouraged in other departments across the university and Castillo and Givan hope that students will see the importance of sending it out in the creative writing department.

"I did not receive a lot of money from sending out my play, but what I did receive is credibility and that is something that people take into account when they read your plays," Castillo said.

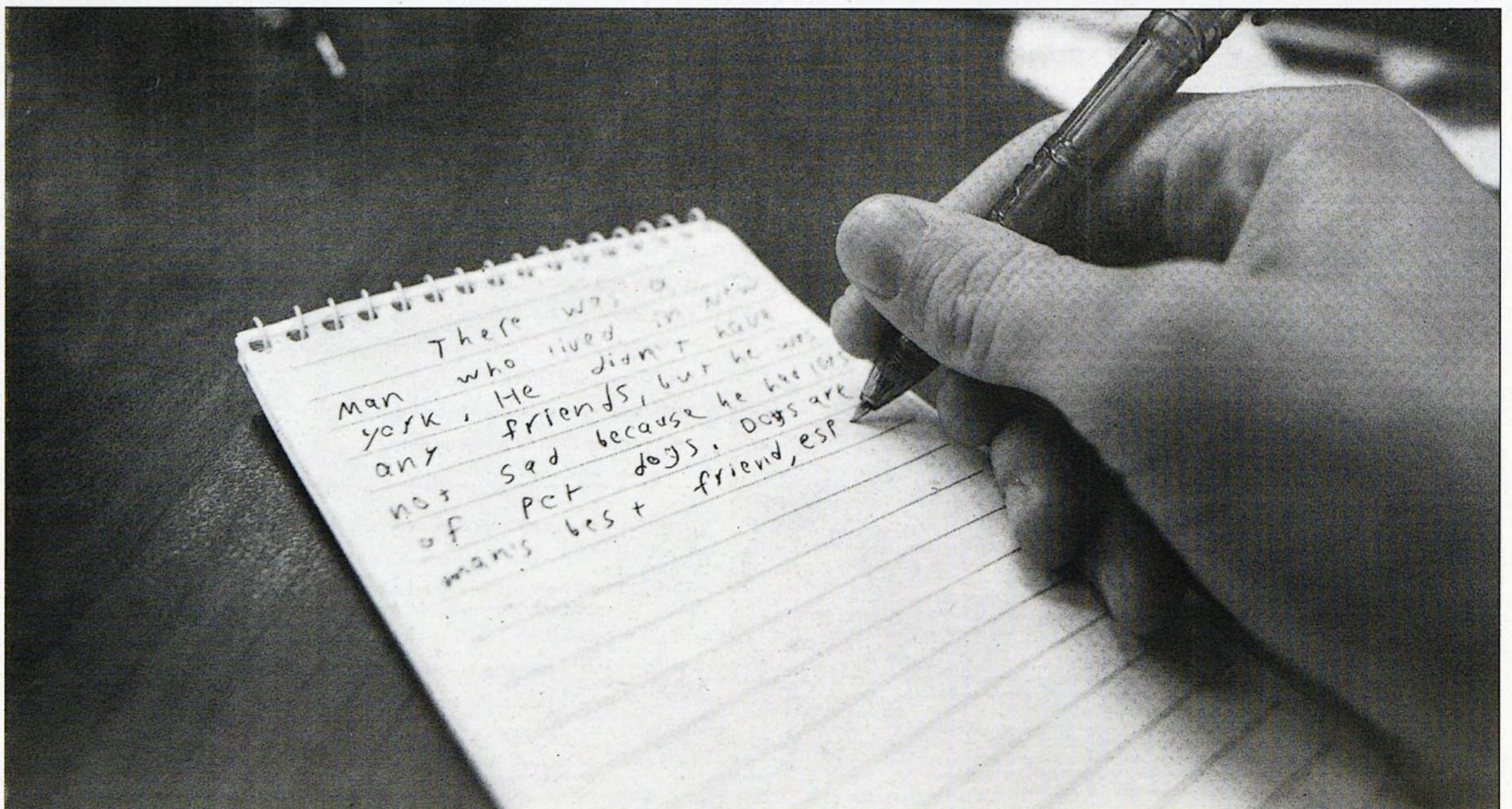
Dad's in the Closet took Castillo only a few hours to write her 10-minute script and she has 10 other scripts that she feels are great pieces of work and hopes to have them made into plays one day.

She said that Givan has helped her become the writer she is today and wants the university to expand its creative writing program.



(Above) Nicole Castillo had one of her stories turned into a play at FIVES New Play Festival. It took her only a few hours to write the 10-minute script. Photo by Brandi Melton, The Vista.

(Below) A UCO student jots down notes for a story. Students are encouraged to try to get their story's turned into plays or other types of media. Photo by Ryan Naeve, The Vista.



The benefits of summer school



Adam Ropp
@adamropp

Reporter

When I was an incoming freshman, had someone advised me on the possibilities of summer school it could have changed my entire college career and possibly my adult life.

Here is some summer school hindsight that I hope college students will take advantage of.

They're 10 percent the time of regular classes. Most summer and intercession courses are 10 day courses spread out over a two week period as opposed to fall courses which are around 60 days over a half-year period.

"Yeah but summer classes are 3.5 hours long."

Summer courses are only 3.5 hours long on paper. The truth is, no professor wants to be in class for four hours either, and that course realistically turns from 9:30 a.m. to 2 p.m. into 10 am to 12 p.m.

I've done six summer courses and not one of them came close to running the full length of time.

No busy work: The professor has no time to hand out fluff assignments to keep you busy. They have a short time to educate and test your knowledge so the homework you get is the homework you need.

You graduate mega early: If you take a couple of summer courses each year, your graduation date goes from spring 2018 to spring 2017. If you take a few fall or winter intercession courses that date goes to fall 2016.

Don't act like that doesn't sound nice.

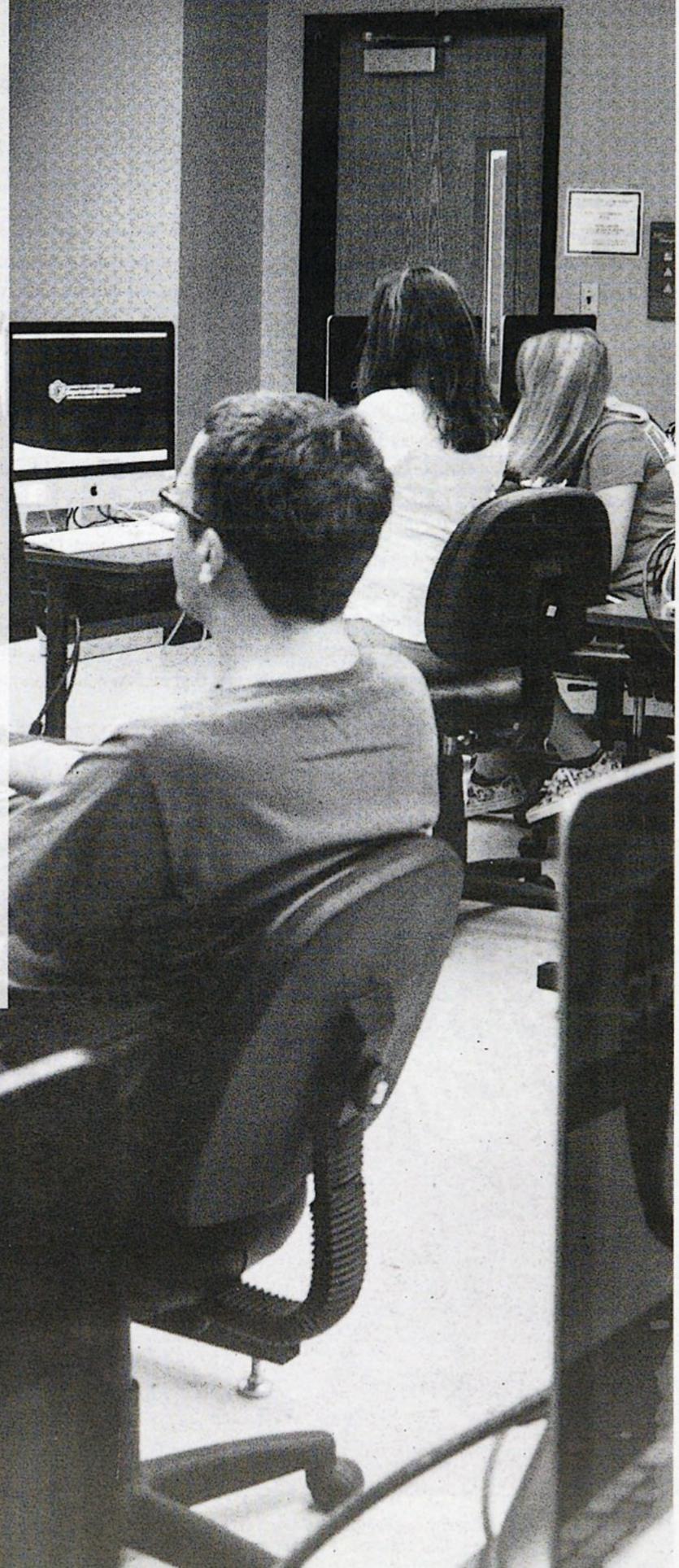
Access: Getting an appointment to see your department advisor during the spring or fall semesters is like seeing the Wizard of Oz. They have a student secretary or lackey out front that says "Nobody sees the Wizard."

Then about a week later you'll finally see the tired advisor, who has your class records blurred with about a thousand other students.

In the summer there is hardly a wait for anything in any department. Advisors, transcripts, professors, Deans, computers, campus restaurants etc. are all available at any given moment.

You own the school: Although students have some ownership of the university as tax paying citizens or paying tuition, you'll most defiantly feel like you own it during the summer. I went to the library last Tuesday at 10 am and was the only student on the entire first floor.

Professor Teddy Burch teaches his summer media writing class. Summer classes are often much smaller than normal classes, and allow the professor to give each student more attention. Photo by Ryan Naeve, The Vista.



America's UNSPOKEN movement



Erick Perry
@erickperry9fo

Reporter

As I logged on to Twitter Wednesday, June 17, 2015 I was presented with the news of a mass shooting in a South Carolina church. Nine church members were killed by an unexpected visitor, believed to be Dylann Storm Roof.

The attack was referred to as a racially motivated "hate crime" by police. Authorities claim that Roof purposely left one church-goer alive, who later informed law enforcement of Roof's apparent statements leading up to the attack.

He is quoted by the Wall Street Journal as saying his reasoning for the massacre was because of the blacks taking over the country and "raping our women."

The news of this massacre was surprisingly, not surprising, however. Racial tensions in the U.S. have escalated greatly throughout the past two to three years, largely due to the killings of unarmed

blacks.

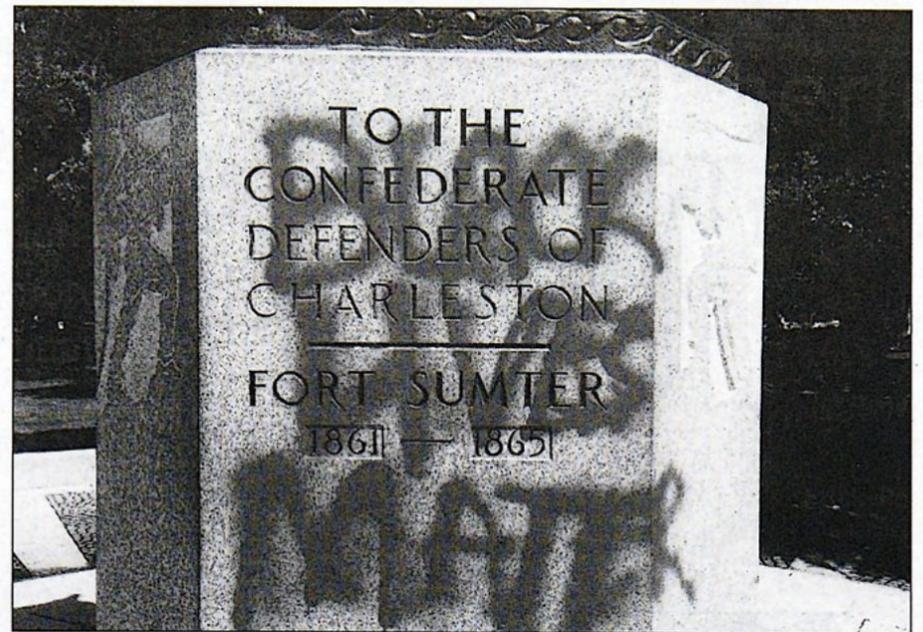
Facebook and Twitter have been social platforms for debate, with cries for justice by minorities and denial of racism and mistreatment by others. However, this time there were no denials.

In fact, I saw little outrage or debate at all, outside of the black community on my timelines. Of course, there were non-blacks who took to social media to mourn and discuss the topic.

However, the very people who had denied the presence of racism in America weeks earlier, were now silent. Why?

We are living in the midst of a civil rights movement that many refuse to acknowledge.

Now, this article is not a platform for me to accuse others of injustice or compare a premeditated massacre to a debate on police brutality. It is to bring attention to the fact that racism is not only present,



A statue memorializing the Confederacy is spray-painted with the message "Black Lives Matter" several days after a shooting at a historic black church Sunday, June 21, 2015, in Charleston, S.C. Police spokesman Charles Francis said city workers used a tarp to cover up the graffiti marking the stone pedestal beneath the statue. He said he didn't know when the graffiti was spray-painted there, but said it would be cleaned off. (AP Photo/WCSC-TV, Philip Weiss)

but extremely relevant in today's society, as well.

We, as a society, need to acknowledge the fact that we are living in a prejudiced country and take action in changing it. Those who refuse to accept that racism is a problem, are actually part of that very problem.

The idea that if we stop talking about racism, it will go away, is a lie. I mean, I stopped talking about my electric bill and it turns out that it still exists.

Contrary to the beliefs of Fox News anchor, Elisabeth Hasselbeck, the killing of nine black church members was not an attack on faith. Media sources, such as Fox, need to stop disregarding the underlying issue, which is race.

It had nothing to do with the faith of the victims or their viewpoints on gun control, as E.W. Jackson may lead you to think.

"I would urge pastors and men in these churches to prepare to defend themselves. It's sad, but I think that we have

got to arm ourselves. At least have some people in the church, who are prepared to defend the church when women and children are attacked," said Jackson.

While I don't completely disagree with the statement, I can't help but feel that Jackson is simply trying to take attention away from the root of the problem, by suggesting that if these Christian men and women, who were worshipping inside their church, were carrying guns that their lives may have been spared.

Perhaps, Jesus Christ, himself, could have avoided death if he were carrying a firearm.

We need to recognize this attack as what it truly is. This was a domestic terrorist attack -- not against blacks, African-Americans, or minorities -- but against citizens of the United States of America.

Nine innocent people were killed for nothing more than their complexion, and by next week our society will begin to disregard the fact that it even happened.



Eric Garner is placed in a deadly chokehold by New York City police officer Daniel Pantaleo. Pantaleo was not indicted for the killing of Garner, and that caused mass protests and riots. Photo taken from YouTube.



Gillette Bennett, right, comforts Clarissa Jackson, left, Sunday, June 21, 2015, while she waits in line for Emanuel AME Church's first worship service since nine people were fatally shot at the church during a Bible study group, in Charleston, S.C. (AP Photo/Stephen B. Morton)

Confessions of a 31-year-old



Adam Ropp
@adamropp

Reporter

Being the old man that I am at 31 – I can look back over my college years in hindsight.

In my younger years I would say I was the typical college student. More focused on partying with my friends than on my

studies and any extra money I had went towards my entertainment budget more than my schooling.

So what would I do differently if I could go back in time and do it all over again?

Saved Money

I would have saved my money rather than having spent it on what seemed like fun experiences that I now hardly remember. I would've taken more online classes as they are cheaper than average semester classes and I would have bought all of my college books online as used or rented them from Amazon.

Attitude and Appliance

Having been on the president's honor roll several times now, I would go back and tell my younger self that C's and D's do not equal degrees. I attribute my change in attitude to my age, it's amazing how someone can have the same character, but because of maturity rise to a higher standard.



Summer Classes

I would have taken as many as I could. They take less time, cost less money, and honestly are more fun because you focus on them for a shorter period of time and you don't have certain subjects drag over six months.

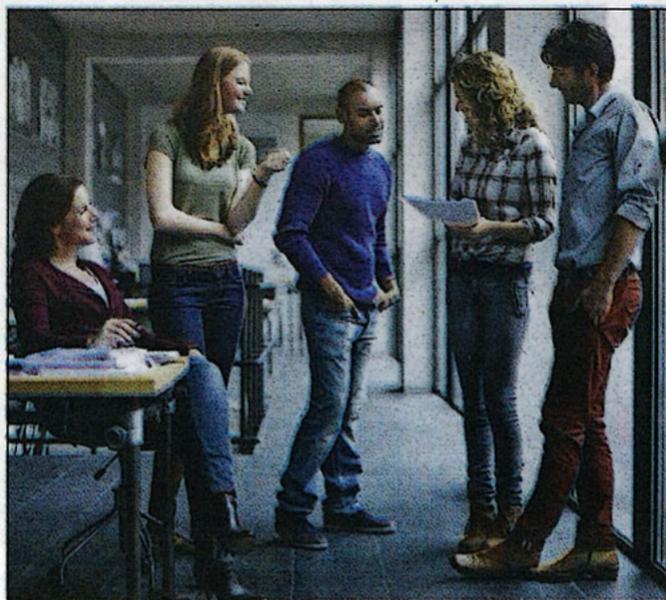


Intersession Classes

Those seven to 10 day accelerated courses are worth more than anyone could ever imagine. They're cheaper than a normal full semester class and you fill an entire set of credits in an average of 10 days.

Summer 2015

Course	Section	Component	Day(s)
MCOM 1133	0	Lecture	MTWR



Networking

It's amazing the power and resources that colleges have in their professors and students. I have had more opportunities open up due to being a student and getting to know my professors and classmates than I could've ever imagined.

Saved money and networking photos provided by Creativeoutlet.com. All other photos by Ryan Naeve, The Vista.

Celebrating the Fourth at

LIBERTY FEST



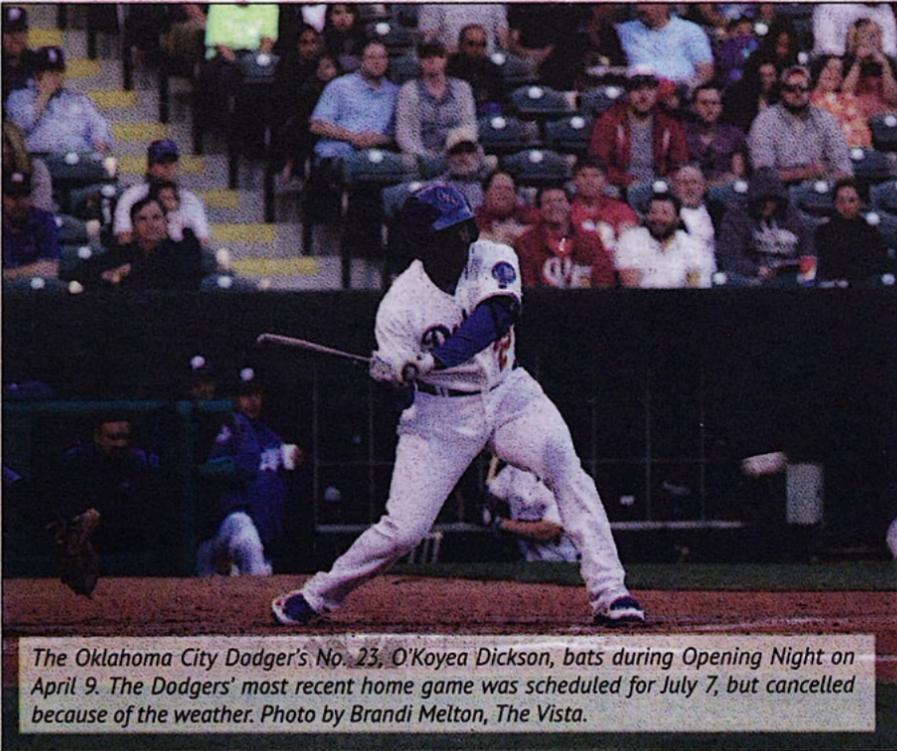
Fireworks explode over the UCO campus the night of Liberty Fest on July 4. Photo by Cooper Billington, The Vista.

SPORTS

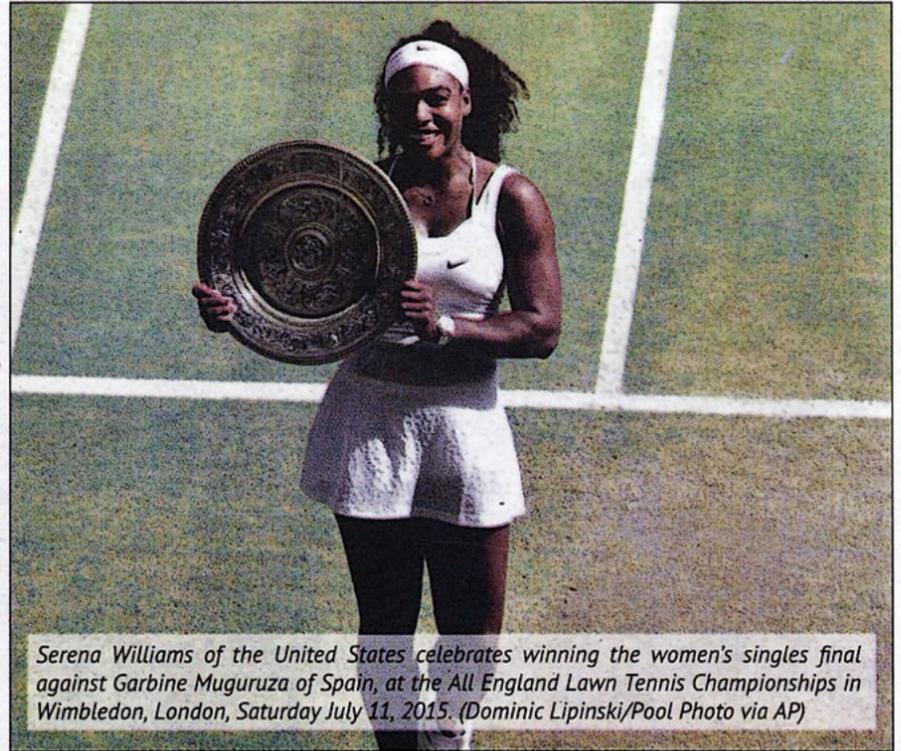
and health



July Vol. 113 Issue 1



The Oklahoma City Dodger's No. 23, O'Koyea Dickson, bats during Opening Night on April 9. The Dodgers' most recent home game was scheduled for July 7, but cancelled because of the weather. Photo by Brandi Melton, The Vista.



Serena Williams of the United States celebrates winning the women's singles final against Garbine Muguruza of Spain, at the All England Lawn Tennis Championships in Wimbledon, London, Saturday July 11, 2015. (Dominic Lipinski/Pool Photo via AP)

CONTENTS

SECTION C

MLB.....	3-8	OKC Thunder.....	11
Wimbledon.....	9	OKC Energy.....	12
British Open.....	10	Health.....	13-15

ON THE COVER

The Oklahoma City Energy midfielder Michael Byskov protects the ball from an Orange County Blues player. The Energy and the Blues tied 2-2 on Saturday's game. Photo by Brandi Melton, The Vista.



Japan's Rumi Utsugi, left, goes down as United States' Carli Lloyd, right, moves with the ball during the second half of the FIFA Women's World Cup soccer championship in Vancouver, British Columbia, Canada, Sunday, July 5, 2015. Lloyd scored three goals and the U.S. beat Japan 5-2. (AP Photo/Elaine Thompson)

The Vista's mid-season review: Major League Baseball

Garrott Scott

Contributing Writer

With the All-Star break right around the corner, now is the perfect time to give a midseason review on the ups and downs of a long baseball season.

It's been quite a season so far in Major League Baseball with all of the young talent pouring in. No one has ever seen so much young talent step into the league and make such a difference right away.

Some of the talent isn't just rookies, but also veterans such as Mike Trout, Bryce Harper, Yasiel Puig and Gerrit Cole, who have taken over the league for awhile now.

These young stars are aged 24 years or younger, and they are leading the way for young newcomers like Kris Bryant, Joc Pederson and Carlos Correa.

These three rookies didn't make the impact right away that the veterans guys had. However, that doesn't take away anything from them or their accomplishments.

Pederson, who plays center field for the Los Angeles Dodgers, has cranked 20 home runs before the All-Star break. He is likely to get the nod to be an All-Star for the first time in his rookie season.

Even while batting a poor .230, Pederson's power and play in center field should help him land on the NL team.

Bryant, who plays third base for the Chicago Cubs, may have a more difficult time landing on the All-Star roster.

With a line like .269/.376/.472 along with 51 RBI's, though, it should be a no brainer for him to be added as a reserve player.

Astros shortstop Correa probably won't have any chance to be on the

American League roster since he was brought up later in the season.

Some have called Correa "Jeter like."

There have many being disappointments this year, and the Boston Red Sox are one of the biggest.

With a total payroll of \$180 million dollars, Boston's 42-47 record doesn't show that it's paying off. They are currently 6.5 games back in the AL East.

After signing former All-Stars Hanley Ramirez and Pablo Sandoval to big contracts, to go along with an already proven championship-caliber team, the Sox are by far the biggest disappointment so far in the AL.

The biggest disappointment in the National League is 2014 MVP and three-time Cy Young winner Clayton Kershaw's record.

After one of the greatest seasons by a pitcher in the history of baseball, with a 1.77 ERA, 239 K's and a no-hitter, Kershaw is just not getting it done in the same way this season.

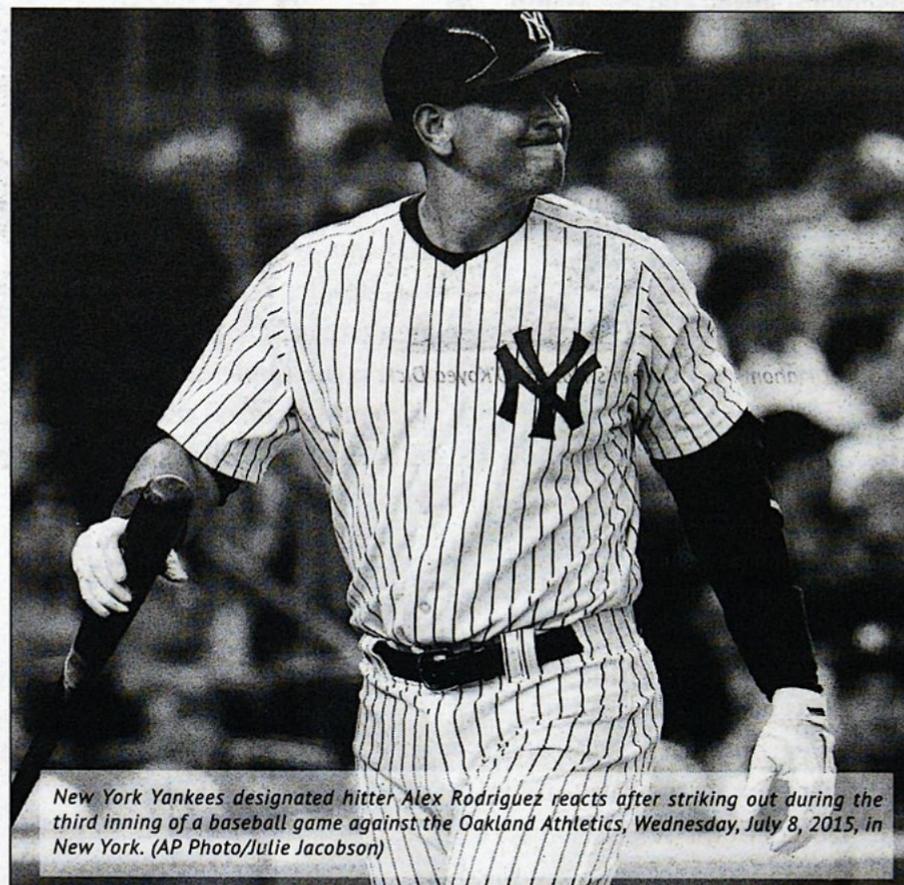
The Dodgers' prized possession is posting a 2.85 ERA, which is Kershaw's worst total since his rookie year in 2008.

He's also already allowed 11 home runs this season after giving up nine total last year and 11 in 2013.

He's striking out batters like he never has before with 11 K's per nine innings. He is also leading the majors in strikeouts with 160.

We don't know what it is about Kershaw that is different, but when he starts to click, it will get scary once again for the opposing team.

One bright point to the season is the



New York Yankees designated hitter Alex Rodriguez reacts after striking out during the third inning of a baseball game against the Oakland Athletics, Wednesday, July 8, 2015, in New York. (AP Photo/Julie Jacobson)

success of Albert Pujols and Alex Rodriguez. One player is making up for lost time, and the other is trying to make up for a few mistakes.

Pujols is enjoying one of his better seasons in some time and his best season with the Los Angeles Angels after departing from St. Louis.

Although his batting average isn't as high, he has produced 26 homers and 56 RBI's on the season at the plate. Pujols only hit 28 dingers in 2014.

Rodriguez, on the other hand, is trying

to fix his image the best he can before he hangs it up. The 14-time All-Star and three-time AL MVP is having one of his better years in a long while.

After missing all of 2014 with a suspension for steroids, A-Rod is breaking milestones left and right.

He earned his 3,000th hit on a home run. He also became one of only four other players to reach 2,000 RBI's.

While doing all that, he also became fourth all-time in career home runs, passing Willie Mays (660) with 669.

After being guilty and lying about doing steroids, Rodriguez may never fully regain respect from fans.

Now, though, he is doing well by showing how good he really is and that steroids don't matter—unless he's still juicing.

The 2015 season has been fantastic so far because divisions are back and forth.

The St. Louis Cardinals are again surprising everyone with the best record in the league by far.

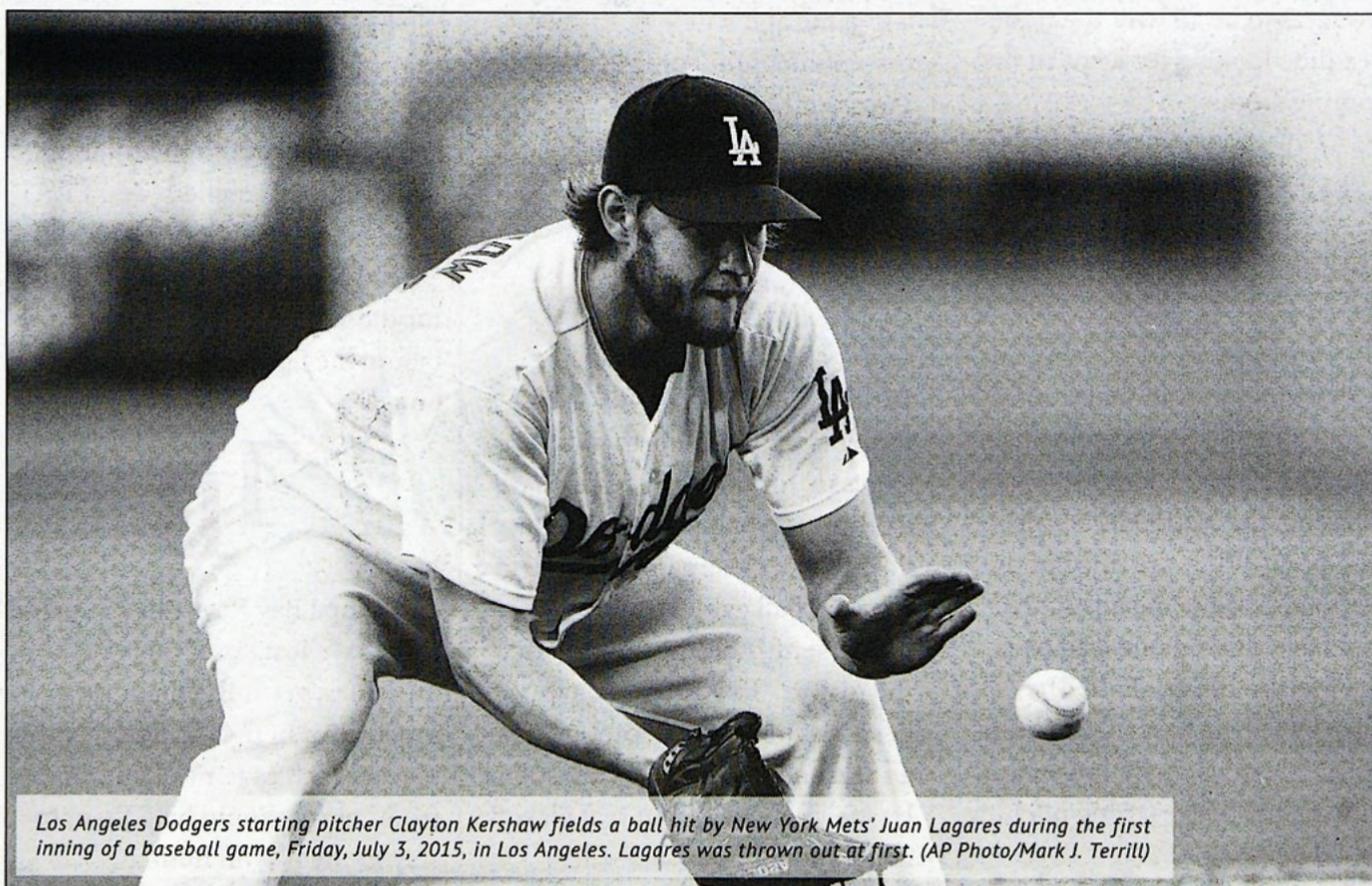
The defending champs, the San Francisco Giants, are doing what they always do—sitting back and waiting to turn it on in clutch time.

The New York Yankees are shocking everybody with their over-the-hill roster, but that's not stopping them with a 44-37 record.

The Philadelphia Phillies are of course done with 2015, but the real question is when they will clean shop.

The trade deadline is right around the corner. The second half of the season should be even better than the first as October gets closer and closer.

It's almost time to separate the contenders from the pretenders.



Los Angeles Dodgers starting pitcher Clayton Kershaw fields a ball hit by New York Mets' Juan Lagares during the first inning of a baseball game, Friday, July 3, 2015, in Los Angeles. Lagares was thrown out at first. (AP Photo/Mark J. Terrill)

The Vista's MLB Power Rankings



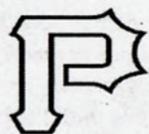
With the All-Star break approaching, the Vista's sports staff teamed together to bring you the Major League Baseball mid-season power rankings. Records are current, as of Monday, July 13.



1. St. Louis Cardinals (56-33) – The Cards own the best run differential in Major League Baseball (+91). The Cards were the fastest team to 50 wins since the 2005 Chicago White Sox (who won a World Series, by the way). The Cards have an NL-leading five players on the All-Star roster. They were simply the best team in the first half of the season.



2. Houston Astros (49-42) – It's time to recognize Dallas Keuchel as a legitimate Cy Young candidate. Keuchel leads the AL in wins (11) and holds the league's second-best ERA (2.23). He is also keeping his pitches low, producing an extraordinary ground ball to fly ball ratio.



3. Pittsburgh Pirates (53-35) – The Pirates hold the second-best ERA in Major League Baseball (behind the division-rival Cardinals). In fact, if the Pirates were in any other division, they would be in contention for the division title. The pitching is that good. Unfortunately, they remain saddled with St. Louis, but they will have plenty of chances in the coming months to make up some ground.



4. Kansas City Royals (52-34) – The team with the most AL All-Star starters is pretty high on themselves, and so are the fans. Besides the great all-around offense they have, their strong point is their bullpen. It picked up where it left off last year by carrying a 2.11 ERA, while holding the opponent to a .203 batting average. Expect the Royals to continue the dominance as long as the bullpen stays in line.



5. Los Angeles Dodgers (51-39) – The boys in blue are the best team in the NL West. Their offense came in looking unstoppable, but they've been on quite the downward slide as of late. With four All-Stars on the team, the Dodgers are still sitting in the top spot even with all the injuries to the starting rotation. Look for the Dodgers to be all over the trade deadline looking for arms in the coming weeks.



6. Washington Nationals (48-39) – Vaulted by the remarkable hitting of Bryce Harper, along with solid pitching, the Nationals are sitting pretty. They are third in the National League in runs scored and have a two-game lead over the Mets in the NL East. They also have by far the best run differential in the division, in large part due to Strasburg's strong pitching as of late.



7. Los Angeles Angels (48-40) – It's been a big year for slugger Albert Pujols. He has almost tied his home run total from last year, and he's only at the halfway point of the season. Pujols' resurgence is helping the Angels stay in the division race, and he is an All-Star Game starter for the first time in four years.



8. New York Yankees (48-40) – The Yankees find themselves in a dogfight in the AL East. They currently hold the top spot in the divisional standings, thanks to the red-hot hitting of Brett Gardner.



9. Baltimore Orioles (44-44) – Behind their strong pitching, the Orioles remain entrenched in the playoff hunt. While they lost two out of three against the White Sox, they crushed them 9-1 in the last game and will look to keep that momentum going against the Twins and Nationals.



10. Chicago Cubs (47-40) – The future is bright in north-side Chicago, for once. The Cubs have a promising ball team that knows how to win close games (19-16 in one-run ball games). They also have the fifth-best team ERA in the majors. The Cubbies have been playing some decent baseball all season long, but they are still at least a year away from real playoff contention.

11. Minnesota Twins (49-40) – Nobody coming into the season expected the Twins to be doing this good. Torii Hunter returned home where his career began. The ageless wonder just keeps on producing, with 14 home runs and 49 RBI's. We can't tell you whether it is just some fluke or if the Twins are a real contender for a playoff berth.



12. New York Mets (47-42) – The Mets' 3.23 team ERA is third-best in the National League, yet they are not quite within striking distance to truly threaten the Nationals for the division. Still, they have started the season with a great home record and their bats are coming around.



13. Detroit Tigers (44-44) – Former Triple Crown winner Miguel Cabrera has been on a tear this season, but what's new? He has an aggressive stat line of .321/.399/.564. The starting pitching has been ugly. They rank 27th in the league with a 4.31 team ERA. Ace David Price (2.38 ERA) is the bright spot in the rotation, while Anibal Sanchez (4.63 ERA) and Justin Verlander (5.34 ERA) are not their normal selves. Look for the Tigers to make some noise before the upcoming trade deadline.



14. Tampa Bay Rays (46-45) – The Rays have lost six of their last 10 games, yet still remain very much alive in the AL East. Getting players such as James Loney back from injury should help them to stay in the playoff hunt.



15. Toronto Blue Jays (45-46) – The Blue Jays' bats have been incredible this season. They have by far the most runs scored with 486. Additionally, their run differential is tops in the American League and second only to the Cardinals overall.



16. Texas Rangers (42-46) – The Rangers have been hanging in limbo all season. They're not good, and they're not bad. Texas is just kind of there. Although they have a winning percentage close to .500, their putrid home record (16-26) has kept them from making any real noise in the playoff race.



17. Arizona Diamondbacks (42-45) – With a very good offense intact, the Diamondbacks are struggling on the mound. Their 4.22 team ERA is ranked 26th in the league. Nobody in the league is having quite the MVP season like first baseman Paul Goldschmidt. His .300/.393/.537 stat line is untouchable, to go along with 21 home runs.



18. San Francisco Giants (46-43) – A team that's on a seven-game losing streak is not a team you'd think to call defending champs, but never doubt the Giants. This is another team who is stuck with a gimp starting rotation. With Matt Cain already out, they just recently got hit with injuries to Tim Lincecum and Tim Hudson. Look for them to be players during the upcoming trade deadline.



19. Atlanta Braves (42-47) – The Braves have struggled mightily to score lately, and have thus slipped to five games below .500. They will try to gain some traction after the All-Star break.



20. San Diego Padres (41-49) – The Padres thought they'd be in contention by now with all the roster changes that were made during the offseason. Not one of those moves is paying off. Kemp is hitting a subpar .289 with only eight home runs. Ace James Shields is probably the only bright spot. He's having a great season, despite a 4.01 ERA. His 7-3 record doesn't show the struggle with giving up runs.



21. Boston Red Sox (42-47) – The Red Sox are the hottest team in the AL East right now, having won six of their last 10. Still, they remain five games below .500 and six games back of the divisional lead. It's unlikely they can climb back into the playoff mix.



22. Cleveland Indians (42-46) – A team that a lot of people had making a strong run this season has been very disappointing to say the least. 2014 Cy Young winner Corey Kluber is a big part of this disappointment in Cleveland with a 4-10 record. He has struck out 154 batters already, but it doesn't help when you carry a 3.38 ERA. Looks like the city of Cleveland is going to be seeing another year without a championship.



23. Seattle Mariners (41-48) – Felix Hernandez has been his usual, outstanding self. Nelson Cruz was arguably the best free agent pickup of the offseason, as he is currently batting .308 with 21 home runs. Yet, the Mariners are still having trouble producing any other offense, and that is why they sit in fourth place in the AL West.



24. Chicago White Sox (41-45) – The Sox are looking pretty hot right now, going 7-3 in their last ten outings. Their offense is one of the worst in the majors, and their pitching isn't very good either. The team has managed to rack up only 60 home runs this far into the season. Don't expect any noise coming out of these parts of Chicago this year.



25. Milwaukee Brewers (38-52) – Remember when the Brewers were World Series favorites? That time seems so long ago. The Brew Crew has the second-worst record in 2015 so far, and things will only get worse with their putrid pitching staff. This franchise is in full rebuilding mode.



26. Oakland Athletics (41-50) – Despite holding a terrific run differential, the A's have had a lot of bad luck. They are a horrifying 8-22 in one-run ball games, and the offense has been struggling against left-handed starting pitching (they are 5-17 in those games). They also have the most errors (82) in the majors. We might soon see a fire sale from a team that won 96 games just two years ago.



27. Cincinnati Reds (39-47) – The Reds will have two players on the NL roster when they host the All-Star Game on July 14. Aroldis Chapman has been a star for years, and Todd Frazier is continuing his great run from last year. Frazier already has 25 home runs in just his fourth full year, and he has 3.7 wins above replacement level.



28. Miami Marlins (38-51) – The Marlins have had no shortage of misfortune this season, and the recent loss of Giancarlo Stanton adds to the list. As a team, they are already near the bottom of the National League in nearly every hitting category.



29. Colorado Rockies (39-49) – If you pay any attention to baseball, you'd know that it's only custom to have the Rockies at the bottom of this list or any list to be exact. Even with their offense always being at the top of every stat, they just can't seem to ever find the answer to their pitching problems. Their 4.82 ERA ranks 29th in the entire league. Maybe one day Rockies fans, maybe one day.



30. Philadelphia Phillies (29-62) – The hapless Phillies can't stop their sinking to the depths of the league standings. They are especially woeful on defense, having allowed 468 runs, worst in the National League. The only team left that hasn't won 30 games, this season has been a disaster for the Phils.

The Biggest Scandals in Baseball



Joshua Palmer
@_JoshuaPalmer

Sports Editor

It has been reported that former baseball player Pete Rose would bet on the outcomes of baseball games while still playing for the Cincinnati Reds.

There is now paper documental evidence that Rose bet on individual games and teams for at least five months in 1986. Many witnesses claim that the betting lasted well over two years, too.

Obviously, this act was a breach of fans' trust and at least slightly hurts the credibility of Major League Baseball. The good news is that, so far, it is believed Rose was the only rogue player betting on games in this time period.

The New York Times also recently discovered that the F.B.I. is serving subpoenas to the St. Louis Cardinals

on accusations that the ball club was stealing computerized, analytical information from the Houston Astros. The Cardinals are believed to have broken into the Astros' system to unearth their rival's scouting reports and other crucial information.

These are just the newest mishaps in a long line of flaws in the sport. Believe it

or not, there have been far more damaging scandals in the history of America's Favorite Pastime.

As we enter the summer dog days of baseball in the midst of these troubling reports, it got us to thinking: what are the worst scandals that have rocked Major League Baseball since it was founded in 1903?

5. Roger Maris breaks HR Record*

In 1927, Babe Ruth hit 60 home runs, a single-season record which stood for 34 years. It was the most renowned and well-known record in baseball. However, Roger Maris, another New York Yankee slugger, had other things in mind.

In 1961, Maris smashed 61 home runs in 162 regular season games. Fans hated him.

With each passing home run, he was booed and hissed.

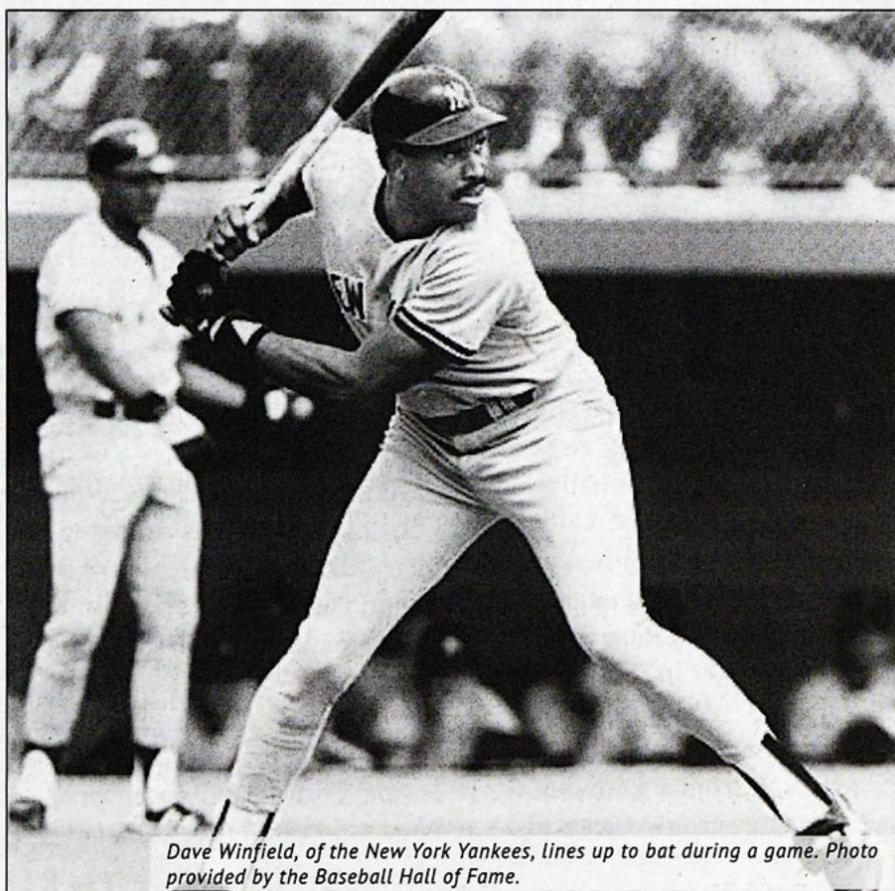
The idea that baseball's greatest player no longer held baseball's greatest record didn't sit well.

MLB Commissioner Ford Frick announced after the season that Ruth would retain the record because he hit his 60 homers in 152 games as opposed to Maris's 61 in 162. An asterisk was placed next to Maris's total in the baseball Hall of Fame.

Only three other players have surpassed Ruth's number since – Sammy Sosa, Mark McGwire and Barry Bonds. Each of them used steroids to do so, and asterisks plague the memory of their great seasons as well.



Babe Ruth bats during a game. Ruth held the record for the most homeruns, 60, until 1961 when Roger Maris beat his record. Photo provided by Baberuth.com



Dave Winfield, of the New York Yankees, lines up to bat during a game. Photo provided by the Baseball Hall of Fame.

4. George Steinbrenner vs. Dave Winfield

In 1980, Yankees owner George Steinbrenner signed star outfielder Dave Winfield to a multimillion dollar contract.

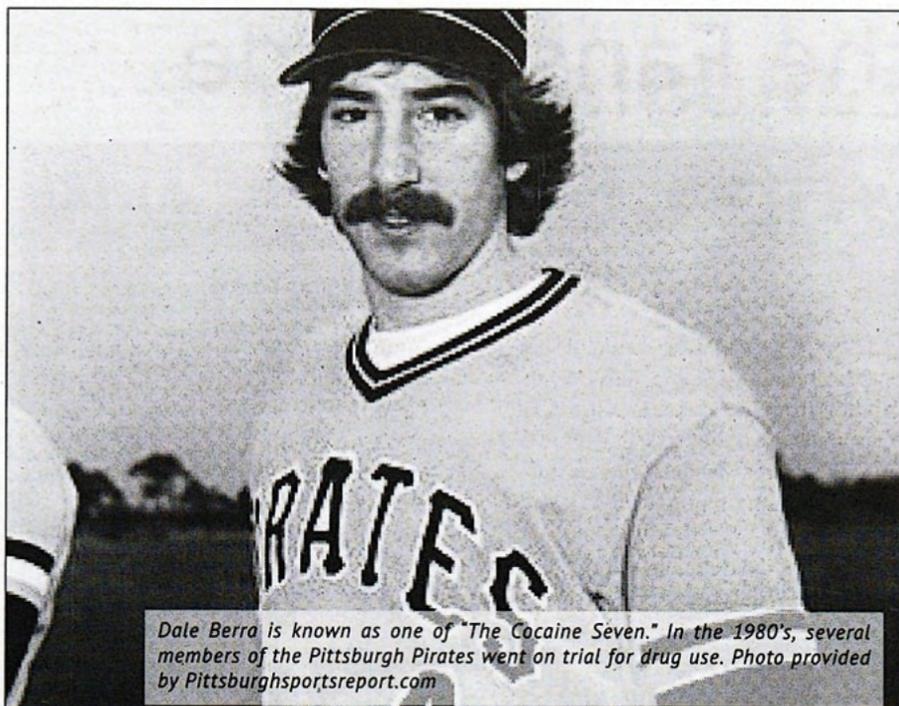
In his nine years with New York, Winfield was named an All-Star eight times and was consistently a candidate for the American League MVP title in that span.

However, being upset at the lack of World Series titles and the structure of Winfield's contract, Steinbrenner paid a

former gambler named Howard Spira to find dig up some dirt on Winfield.

Both men sued each other multiple times for various reasons. Eventually, the end result took shape.

Steinbrenner was banned from Major League Baseball in 1990, and Winfield made the baseball Hall of Fame, but had to spend almost two full years in jail.



Dale Berra is known as one of "The Cocaine Seven." In the 1980's, several members of the Pittsburgh Pirates went on trial for drug use. Photo provided by Pittsburghsportsreport.com

2. The Mitchell Report

In 2006, Bud Selig, then the Commissioner of Major League Baseball, appointed a former federal prosecutor named George Mitchell to investigate and determine the league's players that were using performance-enhancing drugs. These drugs, Selig feared, were tarnishing the credibility and enjoyability of the game, and he didn't want to lose the fans' trust.

Congress had been interviewing active players about PEDs for a few years at this point, and fans were beginning to lose the confidence in the dependability and honesty of the game they loved.

After about two years of investigation, Mitchell finally released his

findings to the general public. The now infamous report listed seven past MVPs and 31 All-Stars as having used PEDs at least once during their careers.

These weren't just small role players. No, these were the biggest names in the league.

These were guys like Roger Clemens, Barry Bonds, and Jason Giambi. Miguel Tejada, Gary Sheffield, and Andy Pettite were in there, too.

A lot of fans were turned off at these findings and left the game for good. Although it is recovering well, Major League Baseball is still feeling the effects of this critical piece of sports history.



Baseball players involved in the Black Sox scandal sit during their trial in 1919. Photo provided by History.com

3. The "Pittsburgh Cocaine Seven"

In the mid-1980s, it is estimated that up to 40 percent of Major League Baseball players were on cocaine on a regular basis.

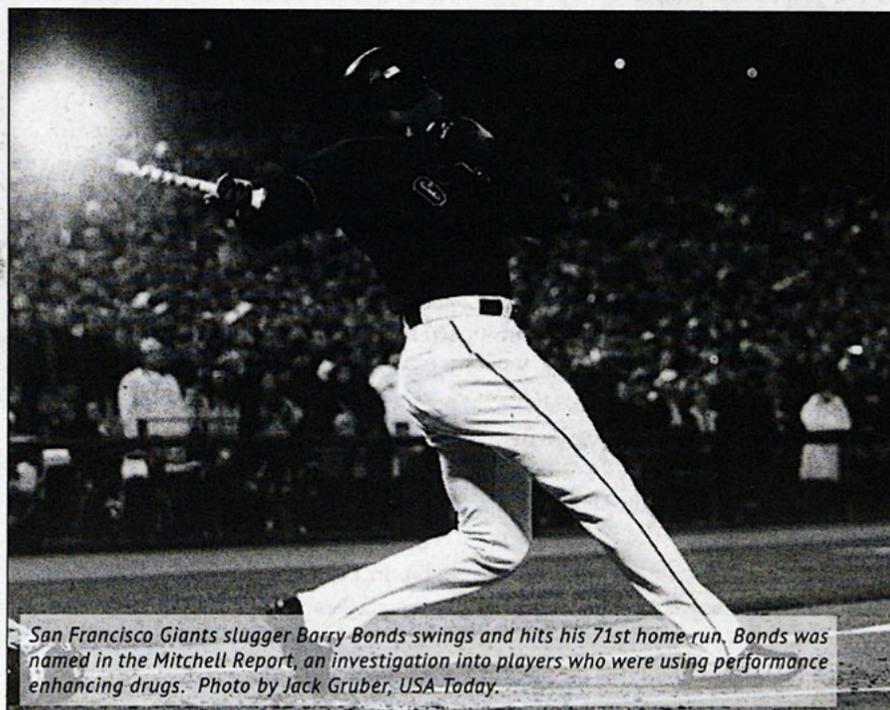
The problem became so bad as, years later, players actually confessed they were using cocaine during baseball games.

These issues resulted in one of the biggest sports-related federal investigations and court-hearings ever.

Although almost half of the players were using, eventually the public eye

rested on one city – Pittsburgh. Seven seemingly regular citizens were busted by the F.B.I. and later convicted of distributing cocaine to multiple baseball teams and players.

Meanwhile, almost all of the active players that were on cocaine received immunity from any repercussions from the government or Major League Baseball. Fans were outraged as the millionaires came away clean while their average countrymen were spending time in jail.



San Francisco Giants slugger Barry Bonds swings and hits his 71st home run. Bonds was named in the Mitchell Report, an investigation into players who were using performance enhancing drugs. Photo by Jack Gruber, USA Today.

1. The Chicago Black Sox

Nothing can top what happened in the 1919 World Series between the Chicago White Sox and the Cincinnati Reds.

The White Sox were heavy favorites over the Reds in this matchup. However, eight White Sox players turned to their bookies to bet on the outcome of this World Series.

As soon as the first Reds batter was plunked with a pitch, the fix was on. The White Sox were accused of intentionally dropping Games One and Two as they lost by a combined score of 13-3.

The White Sox bounced back to win Game Three behind a stellar pitching performance by an untainted player, but they then proceeded to lose Games Four and Five as well.

This was the first of three straight years that the World Series was a best-of-nine series. The White Sox, perhaps

to avoid any suspicion, played well in Games Six and Seven, before letting the Reds win the title in Game Eight. All in all, the White Sox committed 12 errors in a span of eight games.

After an abundance of questioning and investigations, the eight corrupted players finally confessed to betting on the outcome of the series before it was played. However, they were somehow acquitted in court.

The scandal forced the league to create a commissioner position to oversee all baseball activities and prevent any more corruption. The first, commissioner, Judge Kenesaw Landis, banned the eight White Sox players from baseball forever.

It still remains the blackest mark in Major League Baseball's long, storied history.

All-Star Rosters: Let the Fans Decide



Joshua Palmer
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Sports Editor

As Major League Baseball prepares for its upcoming mid-season All-Star Game, there seems to be one strange, yet humorous, phenomenon taking place.

One of the All-Star teams is almost entirely comprised of Kansas City Royals. Yes, the Royals - a franchise that, before last season, hadn't made the playoffs in almost 30 years.

Yet, if the MLB All-Star Game started today, the Royals would have six starters on the American League team. Keep in mind that each team is only allowed nine players on a baseball field at one time.

Now Kansas City isn't that bad this year - the second best-winning percentage thus far should mean something - but isn't this just a little over the top? How did we get to this point?

It all comes down to fan voting. Millions of fans fill out ballots, and the players with the most votes, often the big-name hitters or the dominating pitcher, get the honor of starting in the All-Star Game.

The most likely cause of an almost-all-Royals starting lineup, of course, is that more Kansas City fans are voting for their guys over every team's players. It is like a cult, or a team, sticking up for one another, to the degree that they have taken over the sport.

The other 29 fan bases simply don't seem to care as much.

So having the fans vote players into the All-Star Game needs to stop, right?

Wrong, and this is why: fan votes encourage fan interaction. This is exactly

what they're supposed to do.

Allowing fans to vote gives them a vested interest in the first half of the baseball season. It gives them the feeling that their ideas matter.

For years, there's been an ongoing story about the decline of baseball attendance and viewership. While this tale has since been debunked, many casual sports fans still argue whether or not baseball should continue to hold its title as "America's Pastime."

The only reason this argument still has legs is because two other major sports in the United States-- football and basketball-- allow their fans to actually get involved with the sports they love. The NFL has a public Pro Bowl vote, and the NBA lets their fans vote for the All-Star Game starters.

Would it really help Major League Baseball to disallow fans' privilege to vote and see their favorite players play on one of the most talented teams in the world for one night?

Wouldn't that take away the small amount of fan interest during the already stretched-thin first half of the season, when the NFL Draft and NBA playoffs are also taking place?

Besides, doesn't everyone want to see Sammy Sosa face off against Pedro Martinez?

There is precedence for this phenomenon. In 1957, the Cincinnati Reds had seven players voted in as starters.

The MLB Commissioner, Ford Frick, stepped in and replaced two of the



Kansas City Royals' Eric Hosmer beats the tag by Tampa Bay Rays catcher Rene Rivera to score on a double by Kendrys Morales during the fifth inning of a baseball game Wednesday, July 8, 2015, in Kansas City, Mo. (AP Photo/Charlie Riedel)

starters with players from other teams on his own accord. Frick also took away the fans' voting rights, and fans did not get to choose All-Star rosters again until 1970.

The consequences of that decision seemed to hurt the game, albeit not too badly. Baseball attendance dropped for six straight years, beginning in 1959, but never too drastically.

That was before the rise of the Internet and social media. If fans - attentive, caring, dedicated fans - had that right

stripped from them today, the backlash to the decision would be harsh, and perhaps crippling.

Baseball is already being perceived as boring and unpopular. Sure, six players from the Kansas City Royals is ridiculous, but if fans don't like it, they have the right to disagree and the tools needed to fight it themselves.

The MLB All-Star Game ballot empowers fans. It encourages them to watch baseball and make smart, educated decisions. Let them vote.



The Kansas City Royals All-Stars for the 2015 game in Cincinnati are Salvador Perez, Alex Gordon, Alcides Escobar and Lorenzo Cain, who gathered for a photo at Kauffman Stadium following the team's 3-2 win over the Minnesota Twins on July 5, 2015 at Kauffman Stadium in Kansas City, Mo. (John Sleezer/The Kansas City Star via AP)

Williams, Djokovic win at Wimbledon

Tennis



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Sports Editor

Two of the best tennis players in the world walked away with trophies after a picturesque week at Wimbledon.

Serena Williams and Novak Djokovic – the top-ranked women's and men's tennis players, respectively – preserved their elite status with championship match wins over the past weekend.

On Saturday, Williams faced a 21-year-old upstart in Garbine Maguruza. It was the Spaniard's first time in a major tournament final.

Maguruza, the 20th-ranked player in the world, began the match well. She broke Williams' serve in the first game of the match, only to lose her advantage later on in the set.

Williams went on to win the first set, 6-4.

Best known for her service game, Williams struggled serving the ball over the net for much of the match. She finished with eight double faults, although she also had 12 aces.

Williams took a quick 5-1 lead in the second set, but she again had trouble finishing off the feisty Maguruza.

Maguruza won a break point in the eighth game and was able to cut the lead back to 5-4.

However, Williams had just enough left in the tank to win her final service game and defeat Maguruza, 6-4, 6-4. She won 72 of 129 points overall.

For Williams, it was her sixth Wimbledon singles' title, and the first since 2012. At 33 years and nine months of age, she is the oldest female tennis player to win a Wimbledon championship.

It is the fourth-straight major title for Williams. In addition, Williams also earned her 21st major title, just one behind the Open Era record-holder Steffi Graf, who won 22 majors.

If she can win the U.S. Open, Williams will become the first female player to win the calendar-year grand slam since

1988. The Open begins on Aug. 31st.

On the men's side, it was a rematch of the classic 2014 Wimbledon Finals, in which Djokovic defeated Roger Federer 6-7 (7-9), 6-4, 7-6 (7-4), 5-7, 6-4.

This match ended with the same result, and it looked as if it would contain the same amount of drama after the first two sets.

The players were matched very evenly in the first set. It was Federer's 11 unforced errors that proved to be his undoing in a 7-1 tiebreaker.

The second saw much of the same. Both men won 51 points in a set that lasted well over an hour.

It was Federer that came out on top this time, winning a 17-minute tiebreaker 12-10.

However, the drama subsided for the remainder of the match, as Djokovic played clinical tennis in taking down the eight-time Wimbledon champion.

Djokovic feasted on Federer's second serves, winning an incredible 60 percent of those points. Federer, in contrast, only won 40 percent of his opponent's second serves.

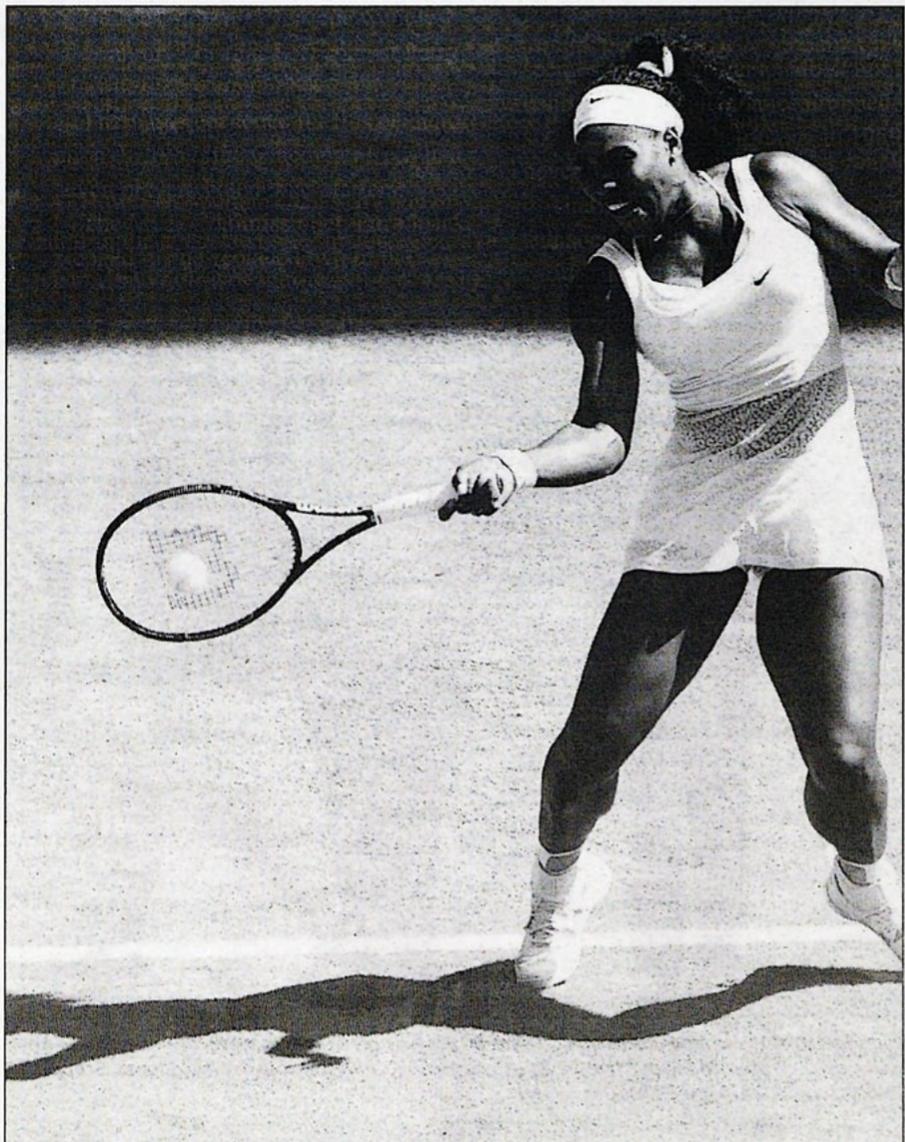
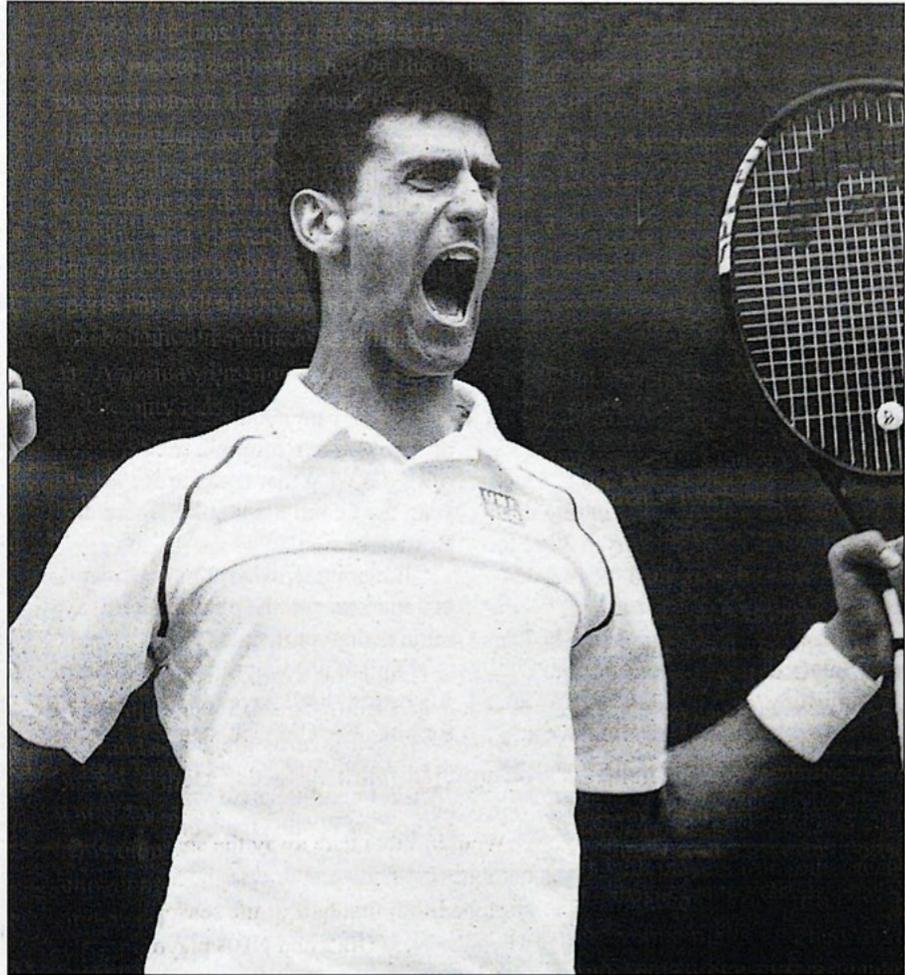
Federer also hurt himself with 35 unforced errors, compared to Djokovic's 16.

In a match that lasted just under three hours, Djokovic defeated Federer 7-6 (7-1), 6-7 (10-12), 6-4, 6-3.

It was Djokovic's third Wimbledon championship and his ninth major overall. Federer is the all-time leader in major singles titles, with 17.

Djokovic has now won three of the last five majors. He has a record of 48-3 so far in 2015.

He brings that hot streak into New York. In a few weeks, he will be trying for his first U.S. Open championship since 2011.



(Top) Novak Djokovic of Serbia celebrates winning the men's singles final against Roger Federer of Switzerland at the All England Lawn Tennis Championships in Wimbledon, London, Sunday July 12, 2015. Djokovic won the match 7-6, 6-7, 6-4, 6-3. (AP Photo/Pavel Golovkin)

(Bottom) Serena Williams of the United States plays a return to Garbine Muguruza of Spain during the women's singles final at the All England Lawn Tennis Championships in Wimbledon, London, Saturday July 11, 2015. (Dominic Lipinski/Pool Photo via AP)

Jordan Spieth seeks third major of 2015 with victory at British Open



Bradley Jayroe

Contributing Writer

GOLF

The British Open, one of golf's four biggest tournaments, is set to begin this week on July 16.

As always, the tournament will have a big draw and will garner interest from golf fans everywhere rooting for their favorite players.

However, no player will have more eyes on him than the 21-year-old phenom Jordan Spieth.

Last month, Spieth won the U.S. Open in a climactic conclusion, becoming the first player since Tiger Woods in 2002 to win both the U.S. Open and the Masters tournaments in the same year.

With each major championship he wins, Spieth takes one step closer to accomplishing the rare Grand Slam feat. While a few legendary players have accomplished this throughout their careers, no player has ever won all four tournaments in the same year.

So for the first time in over a decade, a golfer is halfway to making history and could cement himself as a legend of the game at a remarkably young age.

Despite this, the up-and-comer is taking a relaxed and easy approach as he prepares for phase three of his Grand Slam mission.

"I don't care about the added pressure of 'can you win multiple [majors] in a row?' Or what that could mean for this year, the Grand Slam talk," Spieth told *Newsday*.

"The point is, when I'm in contention at a tournament, the only thing on my mind is that tournament."

If Spieth is going to hoist the Claret Jug trophy, he'll have his work cut out for him. The Old Course in St. Andrews is a difficult course.

Additionally, Spieth will again be competing against the world's best

golfers.

As golf fans know, all it takes is a hot streak for an elite golfer to surge into the lead and dethrone someone like Spieth.

However, one of the world's best players was forced to withdraw from the tournament last week.

Rory McIlroy, the defending champion of the British Open and the top-ranked golfer in the world, is sitting out this year due to an injury.

According to the *LA Times*, McIlroy suffered the untimely ankle injury playing soccer with friends last week.

McIlroy wrote on Instagram that his "rehab is progressing well" and that he wants to return when he feels "one hundred percent healthy and one hundred percent competitive."

Spieth, on the other hand, also participated in the John Deere Classic this weekend. He ended up winning the tour-

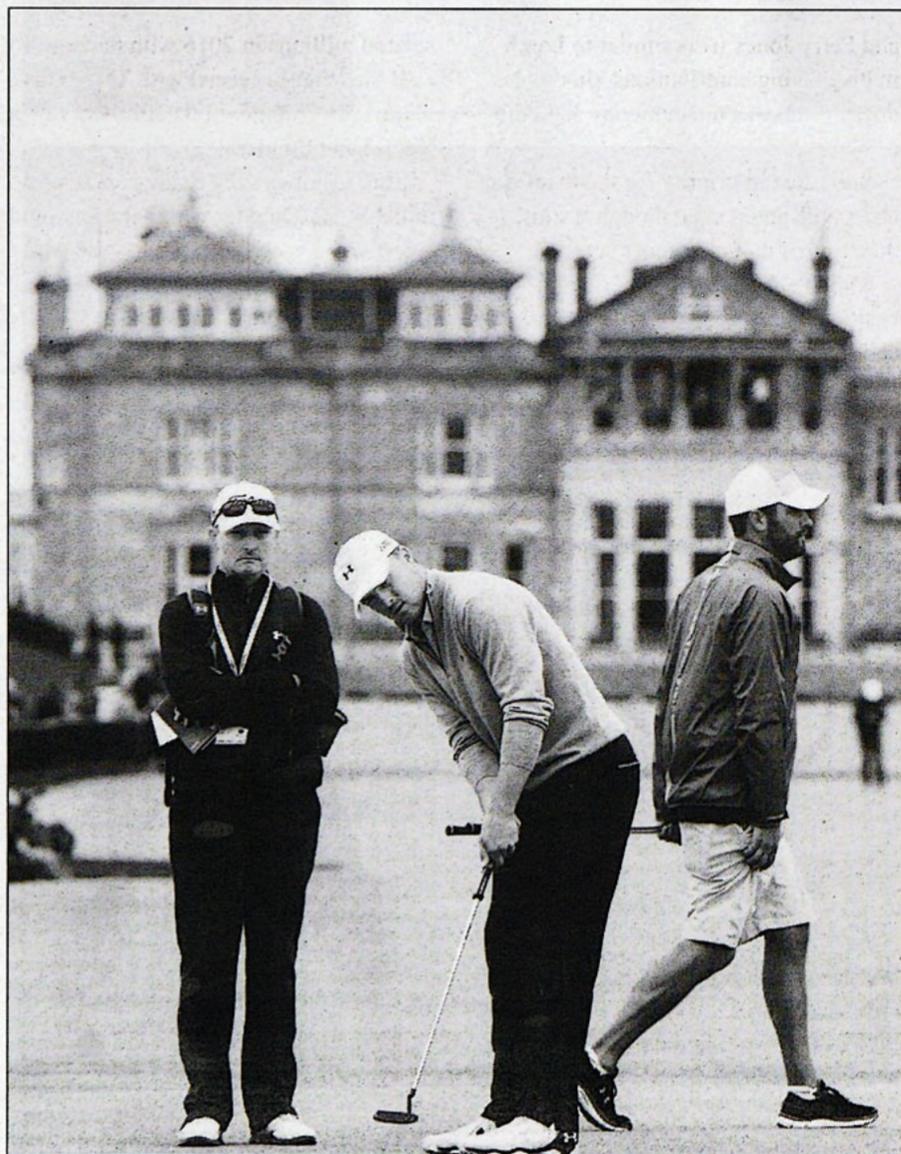
namment on the second hole of a playoff against Tom Gillis.

Spieth is hoping that this latest win got him into a good groove, just ahead of the British Open.

"To be able to shoot 20-under in three rounds is nice momentum," Spieth told ESPN. "The finish, when I really didn't feel like tee to green I had much [Sunday], gives me a lot of momentum to draw on if I don't have my best stuff."

Even with McIlroy sitting out and his grueling win in the John Deere Classic, Spieth still faces long odds of winning the British Open tournament; after all, a calendar-year Grand Slam would be history for a reason.

Nonetheless, the sports world will be watching to see if history is one step closer to being made.



Jordan Spieth of the United States plays a shot on the first green during a practice round at St Andrews Golf Club prior to the start of the British Open Golf Championship, in St. Andrews, Scotland, Monday, July 13, 2015. (AP Photo/Jon Super)



In this Friday, May 15, 2015 file photo, Russell Knox watches his tee shot on the 17th hole during the second round of the Wells Fargo Championship golf tournament at Quail Hollow Club in Charlotte, N.C. Knox has been given a place in the British Open, golf's oldest major tournament, after top-ranked Rory McIlroy withdrew Wednesday, July 8 because of a left ankle injury sustained while playing soccer with friends at the weekend. (AP Photo/Chuck Burton, file)

OKC Thunder and the NBA's Free Agency



Bradley Jayroe

Contributing Writer

The NBA Draft concluded on June 25, and the Thunder ended up with the rights to two new players: Murray State point guard Cameron Payne in the first round and Kentucky center Dakari Johnson in the second round.

Payne is a crafty left-handed playmaker who can create for others, and he has a good outside shooting stroke.

While it's unlikely Payne will get much playing time behind Russell Westbrook and D.J. Augustin in the upcoming season, he could very well be the backup point guard of the future with Augustin's contract set to expire next summer.

Injuries could, however, force Payne into action earlier than expected, and he could potentially earn his way into the rotation if he impresses in training camp.

Johnson, on the other hand, is a very raw prospect and will almost certainly spend the first part of his career with the Oklahoma City Blue, the Thunder's D-League affiliate.

At Kentucky, Johnson played behind several talented players, so his minutes were few and far between. Given all of the talented big men on the Thunder's roster, he finds himself in a similar situation.

At 7 feet tall and 265 pounds, Johnson has great size and is still only 19 years old. It's notable that he was a five-star recruit coming out of high school, and could turn out to be a valuable contributor for the Thunder in due time.

The Thunder also made a trade, sending seldom-used Jeremy Lamb to the Charlotte Hornets for Luke Ridnour's contract. Ridnour was waived in order to save the Thunder money for its free agency efforts.

Free agency officially started July 1. While there were several big names that changed teams and altered the landscape of the NBA, the Thunder was not expected to take part.

The team aimed to re-sign the players it already has.

The move for Ridnour's contract was reportedly made specifically to help the Thunder re-sign Enes Kanter and Kyle Singler. The Thunder went into luxury tax territory for the first time last season; therefore, the team must be careful to save money anywhere it can.

Lamb is probably not the last player the Thunder will move before next season. Steve Novak makes a lot of money for a player not firmly in the rotation,



Mar 28, 2015; Salt Lake City, UT, USA; Oklahoma City Thunder center Enes Kanter (34) reacts from the team's bench during the first half against the Utah Jazz at EnergySolutions Arena. Mandatory Credit: Russ Isabella-USA TODAY Sports

and Perry Jones III is similar to Lamb in his playing contributions, though he doesn't make as much money as Lamb or Novak.

Still, the top priority for the team was to retain Kanter, even though it came at the price of dumping more salary.

Kanter, 23, is considered one of the best young centers in the league, especially on offense.

He was magnificent with the Thunder, posting several double doubles. He thrived not only in the low post, but in the pick and roll with Russell Westbrook.

While Singler was inconsistent in his short Thunder tenure, he is regarded as a solid role player at the wing. For his career, he is a 38 percent three point shooter and a solid defender.

The Thunder will hope that he can regain his previous form.

Kanter and Singler were both restricted free agents, meaning the Thunder was able to match any offer sheet either player signed this offseason.

Last week, Kanter signed a four-year, \$70 million offer sheet with the Portland Trailblazers. OKC matched that offer and will keep the center for the foreseeable future.

Singler, meanwhile is signed with OKC for only a few million per year.

The salary cap is also set to raise

several millions in 2016 with the new TV deal the league reached with TNT. This helped the Thunder in its efforts to retain Kanter and Singler.

Still, even with the rising cap, it's unlikely the Thunder will make any other free agency moves. With all of the well-paid players on the roster- Kevin Durant, Russell Westbrook, Serge Ibaka, and Kanter- the Thunder will likely be right up against the cap or in the luxury tax.

One option the Thunder has is the taxpayer mid level exception. It could be used to sign a good veteran player, particularly one who is willing to take a pay cut in an attempt to win a championship.

One player the Thunder might consider is Jared Dudley. Dudley, 29, is a serviceable player who can defend multiple positions, and is a career 40 percent three point shooter.

That skill set is the type of player the Thunder needs.

In order for this to happen, Dudley would have to not only take a pay cut, but also opt out of his current contract. However, if he wants to have a real shot at winning a championship, he could decide to take his talents to Oklahoma City.

As of right now, though, it looks like the Thunder will have the same core players going into next season.



Cameron Payne, right, poses for photos with NBA Commissioner Adam Silver after being selected 14th overall by the Oklahoma City Thunder during the NBA basketball draft, Thursday, June 25, 2015, in New York. (AP Photo/Kathy Willens)

OKC Energy tie Orange County 2-2

Garrott Scott

Contributing Writer

The OKC Energy (7-5-5) played a tough game against the Orange County Blues FC (7-8-2) on Saturday, July 11, with the match ending in a 2-2 tie.

With almost 5,000 fans in attendance, OKC fans packed the house and saw the Energy and Blue put on a show.

The game went into halftime tied 1-1.

The second half started off slow until the Blues would score after some crazy passes were made to make the game 1-2 in the 56th minute.

The Energy made a nice comeback in the second half of the game when Danni Konig scored his second goal of the match in the 61st minute.

For the next 30 minutes, it was nothing but back and forth and tremendous play by both goalies.

With all the momentum after tying the game, the Energy seemed to have full control for the rest of the match Energy Head Coach Jimmy Nielsen told the Oklahoman that he thought they had the game under control after the tying goal:

“When we scored it 2-2, I stand there with that feeling that we would definitely get the third one,” Nielsen said. “We had the chances. In the last second we were very unlucky to not get the goal.

“The only thing that’s pretty annoying is the result.”

It seemed that way during the 88th minute, when the Energy went on a little run and pressed the ball into the Blue’s box.

Chuy Sanchez would give Konig a chance for one more shot on goal with



Several members of the OKC Energy celebrate after scoring a goal at their Saturday night game. Photo by Brandi Melton, The Vista.

a nice head pass which was just out of reach of Konig.

Konig finished the game with both of the goals. He would have had the first hat trick for the Energy if he was able to connect on that missed cross.

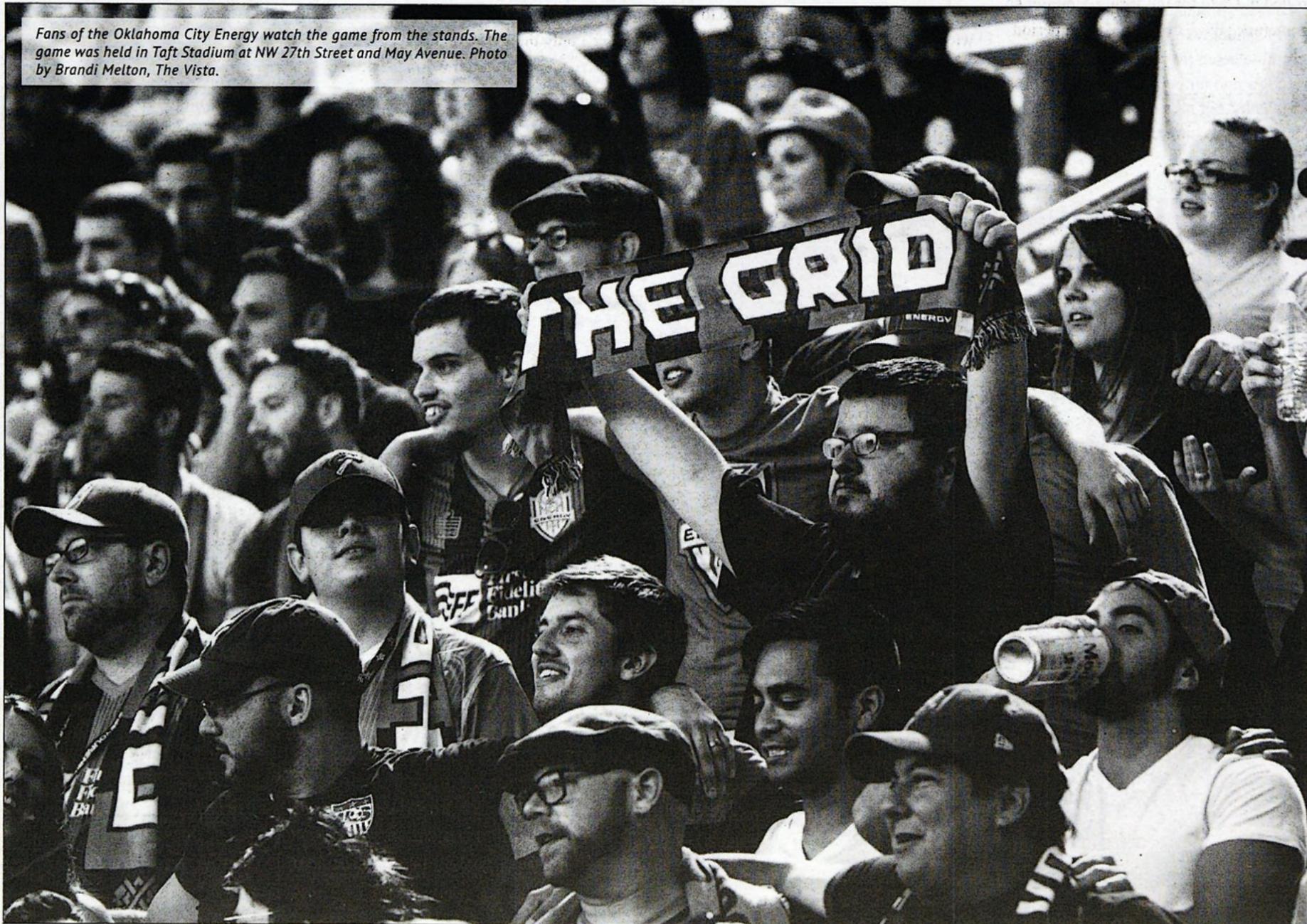
Konig would be named player of the match. With the two goals, Konig totals

13 on the season which puts him in the lead in the USL standings.

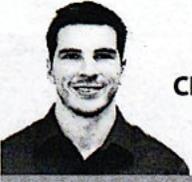
The Energy are struggling to find a win as of late. They haven’t won a game in six straight matches.

The Energy look to turn things around when they host their in-state rival – the Tulsa Roughnecks – next Saturday.

Fans of the Oklahoma City Energy watch the game from the stands. The game was held in Taft Stadium at NW 27th Street and May Avenue. Photo by Brandi Melton, The Vista.



UCO Cycology bike repair re-opens



Chase Buss

Contributing Writer

The Cycology Bicycle Service Center at the University of Central Oklahoma was closed for two weeks, but has now re-opened.

The bike center does not just offer bike repairs, you can also rent a bike through the Bum-A-Bike program.

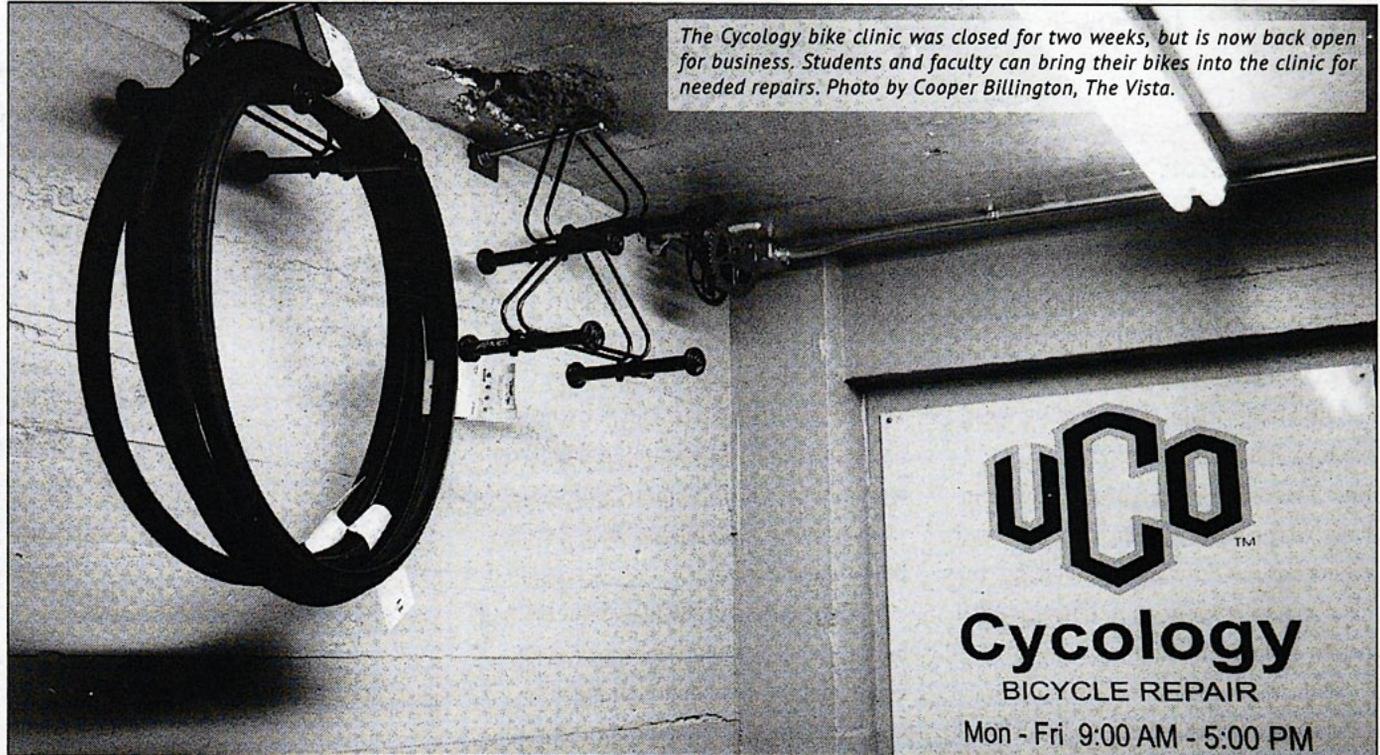
"The program works very similar to checking out a book at the library," said Bill Harpster, coordinator of Cycology Bicycle Service Center. He went on to say, "You rent a bike for two weeks and you return it back to the shop."

If no one has reserved your bike when you return it, you can recheck out the bike for an additional two-week period.

In order to rent the bike you must bring your UCO I.D. If you do not have your UCO I.D. on you, you cannot rent a bike.

"Make sure to reserve the bicycles in advance because we only have 50 bikes we can rent out," Harpster said.

There were over 15,500 students enrolled in UCO for the spring semester so sometimes they are booked for a period of time because there is only 50 bikes



The Cycology bike clinic was closed for two weeks, but is now back open for business. Students and faculty can bring their bikes into the clinic for needed repairs. Photo by Cooper Billington, The Vista.

and you have over 15,500 students here on campus.

The Bum-A-Bike program was not just made for students; faculty at UCO can also rent bikes with their UCO I.D.

According to University Language Services the top five reasons to ride a bike around campus are: to save money, to get to class quicker, to not have to deal with parking hassles, to exercise and to protect the environment.

The Cycology Bicycle Service Center also offers personal bike repairs. The repair is free for the labor, but you must buy the parts needed to fix the bicycle.

The staff at the Cycology Bicycle Service Center can fix most of your bike's problems including brakes, general tune-ups, gears, hubs, tires, chain replacement and cables.

"The only things we do not fix are hydraulic work and torch work," Harp-

ster said. You will have to take hydraulic work and torch work to a different bike shop.

The Cycology shop is open Monday-Friday 8:30 a.m. to 4:30 p.m. They are located in Murdaugh Hall's bottom floor, in the southeast corner.

Come by if you need or want to rent a bicycle.



The Cycology Bike Clinic, maintained by Bill Harpster, works similar to a library. One presents a UCO I.D. and they are able to check out a bike for up to two weeks. Photo by Cooper Billington, The Vista.

Self-image and healthy eating choices



Jake Stacy

Contributing Writer

How many times do you think you look at yourself in the mirror during a 24-hour period? Be honest. Better yet, how many times are you actually satisfied when you do?

Too often, we are distracted by what we look like rather than what we feel like. The way we have been psychologically warped into judging ourselves and others has not only effected you, but may also be ruining your overall necessary health and nutrition.

“Nutrition is the science and art of providing nutrients to the body for the purpose of obtaining and maintaining optimal health”, said Professor Tiffany Hull from the nutrition department at the University of Central Oklahoma.

As most of us know, we are too hard on ourselves at times, and often can become depressed when we can't seem to stick to a strict diet. Because of this overwhelming guilt, we can end up eating even more than intended.

However, it's not exactly a terrible thing to have a little extra desert. Many sweets contain several of the essential nutrients for our bodies, and with the right moderation can lead to a successful balance of health.

Leveling out your healthier food

intake with the occasional tasty treat not only helps with certain aspects of nutrition and dieting but also maintains our physical, emotional and psychological processes as well.

“I often tell clients, ‘There are no bad foods, just bad diets,’” said Hull on maintaining a healthy diet. “Enjoying what some would consider bad food is important too”.

Eating right isn't always about labeling foods as good versus bad or fat versus nonfat. It's about making sure you understand that the importance of the chemistry, science and the balancing systems of being healthy when dealing with the nutrition game.

In other words, knowing the rules and regulations is important, but don't always feel bad about doing what you want to do.

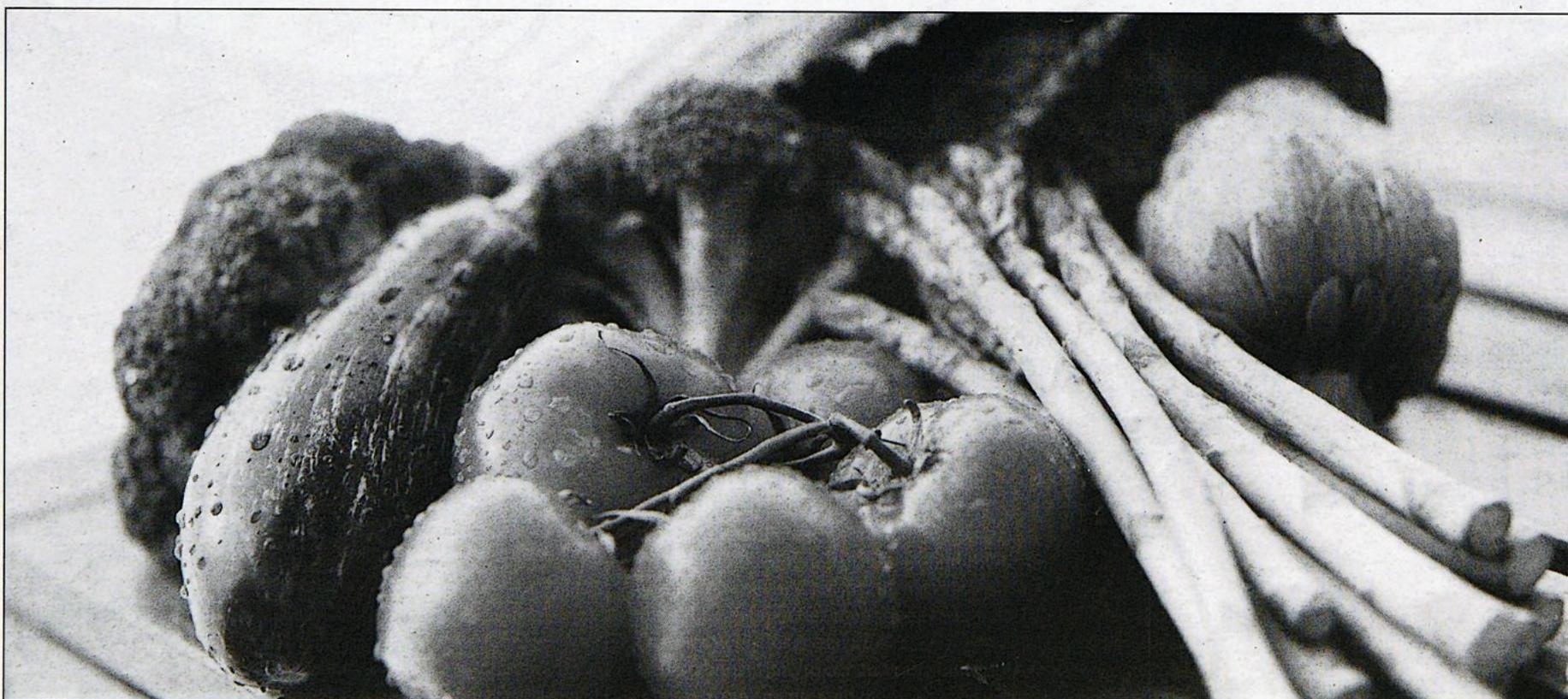
UCO currently provides several ways to help find your way out of battling health and nutrition, including their program Broncho Fit.

Stop thinking about the way you're supposed to look and start thinking about the way you're supposed to feel. You're beautiful just the way you are today, even if you do occasionally “break the rules.”



(Above) It's important to eat healthy, but it's also important to set aside self image and treat yourself every once in a while with something like donuts or cake. Photo provided by Creative Outlet.

(Below) Increasing fruit and vegetable intake is a good way to eat healthier. The average meal should be half fruits and vegetables. Photo provided by Creative Outlet.



Confessions of an ex-lifeguard



Alex Brown
@ Aymae_baybay

Editor-in-Chief

Theme parks are usually good place to take the family and tire out the kids, but there are things you need to be aware of when you visit public pool areas. Cleanliness is usually the first thing that most people worry about when visiting such places, and there's a good reason why.

Most lifeguards are usually in the age range of 16-23, and not to be stereotypical, but they aren't usually the most productive workers. I'm not going to sit here and tell you all lifeguards are lazy, but many public pools are very loose with up-keeping their facilities.

In the multiple pools I used to work at, our daily duties included checking the chlorine levels and pH, or acidity levels, as well as hosing off the deck and benches around the pool everyday. These are all very important aspects of keeping a cleanly swimming environment, but they were never kept up the majority of the time.

Hosing off the deck happened maybe once a week, and the boss barely

ever stayed long enough to make sure it got done, and the shift leader usually couldn't care less. That means every man, woman and child who walked around barefoot was susceptible to infections such as staph and athlete's foot.

According to the CDC, staph can be spread through direct and indirect contact. So, not only could you get it from walking or sitting on an infected surface, you could also get it just from swimming in contaminated water.

This wouldn't be a problem, except the CDC found that one in every eight pools inspected had to be shut down for serious sanitary violations. There weren't any reports from people being infected directly from contaminated water, but it is still listed as a precaution because there is still a possibility of infection.

If the chlorine and pH levels are off in the pool, this could pose serious sanitary risks. With any large volume of people in a pool, no matter whether it is indoor or outdoor, it is hard to keep these neces-

sary chemicals in control.

The pH is difficult to keep in control because the more people sweat, pee, poop or spit in the pool, the more the acidity level increases. You can usually tell how low the pH level is, or how many people have peed in the water, by how cloudy the water is-- the more cloudy the water, the more pee there is.

The chlorine level is easy enough to tell as well. If there is a very strong smell of chlorine in the air, then that means the chemical is reacting to contaminants in the water. This is a good thing because you can tell the disinfectant is working, but it can be bad because there could be a very high level of either the contaminants or chlorine.

Too much of either isn't good.

My best advice is this, if you can swim at home or at a friend's house, do that over going to a theme park. If you go to a theme park, be sure to ask the lifeguards or other staff about cleanliness in the pool.

U.S. women's soccer wins World Cup



United States players celebrate after they defeated Japan 5-2 in the FIFA Women's World Cup soccer championship in Vancouver, British Columbia, Canada, Sunday, July 5, 2015. (Darryl Dyck/The Canadian Press via AP)