

THE PAINT BRUSH

A look at the life of Tim Felton

Brooks Nickell
Staff Writer

"Let me take you back in time if you will, 1986, OU and Nebraska. Late in the fourth quarter, the game was tied. You could hear Brent Musburger over Channel 9, going, and how many times in the fourth quarter has OU had a tremendous comeback?"

Tim Felton's voice booms, his hands making animated gestures as if he were painting the words into thin air.

"Right then, Charles Thompson down the line pitches to Patrick Collins at the corner. He's at the 45, 50... 45, 40... 35, 30... 25, 20... JIMINY CHRISTMAS, TOUCHDOWN OKLAHO-

MA. Patrick Collins has just gone 65 yards." The University of Central Oklahoma's paint shop supervisor sits at his desk in a loft office deep in the heart of UCO's physical plant. The walls boast autographed pictures of famous University of Oklahoma football figures alongside awards and some of Felton's other prized mementos.

He puts his two hands behind his head resting on his blue bandana and leaning back a bit in his office chair. Felton is just as much a blast from the past as his classic sooner commentary.

"In 1988 sport radio first came on the scene. This is before they really had regular people who would call in," Felton said. "All Ashback gave me the name Paintbrush. He said that when I'd call up on the radio I would paint a beautiful picture with words and he found out I was a painter, from there it just started up. I basically put the C in caller at sports radio."

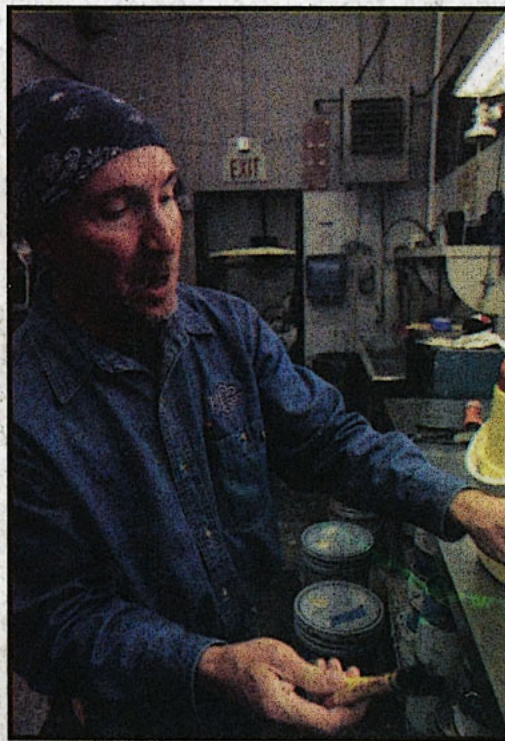
The Paint Brush continued John Brooks' classic Jiminy Christmas on the radio after he retired from OU play-by-play in 1986. Felton called into the Sports Animal radio show regularly and then was routine on the Billy Tubbs show live at Hooters.

Sports were a passion that started long ago for Felton. And as he reaches into his desk to pull out a calendar for November, it's clear that the passion remains steadfast. Every box labeled Friday is adorned with red ink. The Paintbrush saves all his vacation time for football season.

"I've played during 12 two-a-days in my life

from Altus, Okla. I was part of state championship wrestling teams. After high school in 1976, I went to the army for three years and then came out here (UCO) and walked on as a 21-year-old redshirt freshman."

Felton's love for painting runs just as deep as his passion for football. The two are intertwined in his story, not only in his radio moniker, but back in 1969 also, where they both kicked off. He smiles as if remembering the first time he touched the field or held hard earned money from a long day of painting.



Tim Felton, aka the Paintbrush, illustrates how to use some of the tools in UCO's paint department. Photo by Brooks Nickell, the Vista.

See The Paintbrush on Page 4

Earthquakes rattle the metro: local scientists debate the causes

Heather Dillingham
Contributing Writer

Researchers at the United States Geological Survey office are worried about the recent "swarms" of earthquakes in Oklahoma, believing wastewater disposal in the area may be related, said Robert Williams, Geo-Physicist for the USGS, but not all people agree.

Earthquake activity in Oklahoma, which has increased drastically since 2009, does not follow the standard pre-shock, shock and after shock pattern where the main shock is the most intense, he said. Oklahoma's quakes are presenting in a "swarm" pattern where there are multiple shocks around the same intensity, said Williams.

Wastewater is being researched as a possible cause because it is injected into wells and can leak out and lubricate the fault lines, he said. This reduces the friction that holds the fault together, said Williams.

Ph. D. Ron Miller, professor of earth science at the University of Central Oklahoma, said, "It's just nature's way of keeping life interesting for us."

Miller said the reason for the earthquakes is not man-made, but instead is due to the constant changing of the earth. Tectonic plates are like puzzle pieces on the surface of the earth, he said, they constantly move which cause stress.

Oklahoma is not on a boundary of a tectonic plate, but the state has fault lines or small cracks in the plate, Miller said. The movement of these faults is what cause earthquakes, he said.

Miller doesn't believe that the quakes are caused by wastewater because the wells are not deep enough to affect the fault lines, which are many miles down.

Both men said that Oklahoma's history is too recent to know if the increase in activity has happened before.

They said that those who are worried should look into earthquake insurance. Miller said that those who live on bedrock have strong foundation are less likely to have damage due to an earthquake, however sediment is the worst to build on.

Williams said that the best form of cover during an earthquake is under a desk or a dining room table. Do not go in a doorway or outside, he said, a doorway is not much stronger than the rest of the home and things can fall on you when you are outside.

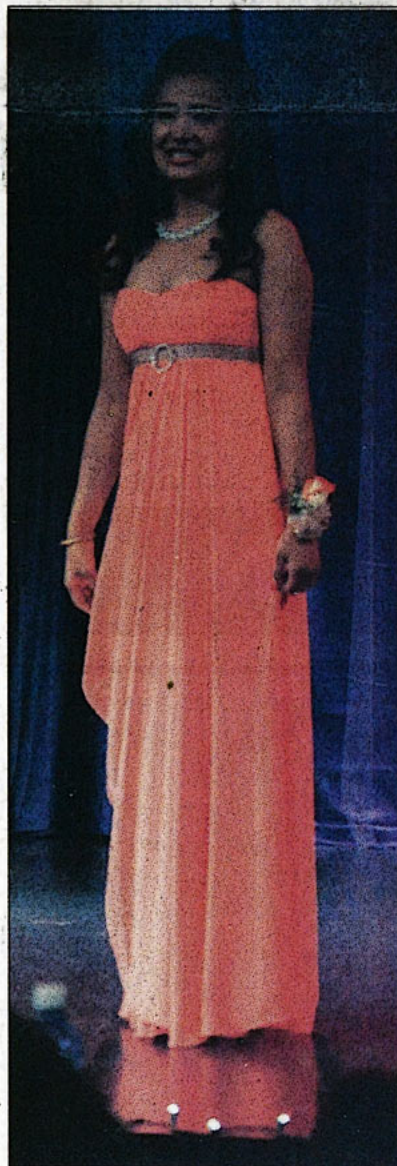
It is also important to have a pack prepared with supplies such as food and water, similar to the pack you would prepare in case of a tornado, he said.

The most recent shocks have been magnitude four or lower on the Richter scale, said Williams. Researchers cannot predict earthquakes, but Williams said it would be surprising if the recent activity suddenly ended.

Miller said the Richter scale goes from about one, the lowest magnitude, to a magnitude of nine or higher. Most people cannot feel under a three, he said.

"The earth has sneaky things going on," Miller said.

UCO freshman crowned as Miss Asian UCO 2013



Anuja Shrestha, a UCO freshman, was crowned Miss Asian UCO 2013 on Saturday, Nov. 16 in Constitution Hall in the Nigh University Center. The theme of the pageant this year, which the Office of Diversity and Inclusion sponsored and hosted, was "Night of the Eastern Pearl." The Asian American Student Association co-hosted the pageant and took donations to help those affected by the typhoon in the Philippines. Photo by Cyn Sheng Ling, The Vista.

Colore' Lincoln
Staff Writer

UCO freshman, Anuja Shrestha, was crowned Miss Asian UCO 2013 on Saturday, Nov. 16 in the Constitution Hall in the Nigh University Center.

"It feels really awesome (to win). I still feel like it's a dream for me. It's a dream come true," said Shrestha after winning the crown. "The Nepal Student Association has been pushing me so much and I owe them so much."

Shrestha was born in 1990 in Nepal and is the current Senator for the Nepal Student Association at UCO. Shrestha is majoring in nursing at UCO. Also, she is a registered nurse in Nepal and came to the U.S. with the dream of attaining higher education to continuing to help people as a nurse. During the inter-

view she was asked how she would help prevent Colon Cancer among Asian communities.

"Colon Cancer is one of those preventable cancers, which could be prevented when it is properly screen and proper food choices are made. So this is one of the reasons I want people to get prevented," she said.

"The things I could do to prevent Colon Cancer are I would team up with a couple of associations, like the Nepal Student Association and the Office of Diversity and Inclusion and organize events where people suffering from Colon Cancer and their families could come talk about their experience having a cancer in them. So that normal people can understand how difficult it is to live with a cancer," said Shrestha.

"The next thing I would do would be to encourage people to get their screening done because

in Asian communities it is thought that we are not allowed to talk about it because it is something that is forbidden for us to talk about and we feel shy," said Shrestha. "I don't want anyone to get Colon Cancer because they are shy."

Shrestha enjoys music, movies, novels and dancing. According to her biography, her friends describe her as funny, friendly, loving and lively. They sometimes call her a mirror because she has a very expressive face, which reflects everything in her heart and mind. She strongly believes that what you do makes a difference and you decide what kind of difference you want to make.

This year is the 13th annual scholarship pageant, with the theme "Night of the Eastern Pearl." The Office of Diversity and Inclusion was a sponsor and host for this event.

Mary Allen and Kim Pham were

the directors of the pageant. The Asian American Student Association was a co-host of the pageant. The AASA was also taking donations to help people affected by the typhoon in the Philippines.

"I think it was a great experience. I think through this process they all learned a lot, grew a lot and if anything, they really made friends for life so that's ultimately what we really want them to have," said Pham. "I think it's a once in a lifetime opportunity for some of them and it's something really special."

There were a total of nine contestants competing for the title and scholarship including: Lien Trinh, Anuja Shrestha, Tara Thorpe, Grace Philip, Christine Nguyen, Ari Chong, Stasijha Fulwiley, Linh Hoang and Lillian Mera.

See Miss Asian UCO on Page 4

THE VISTA

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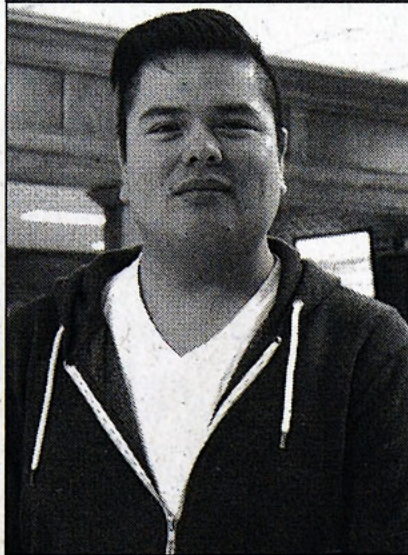
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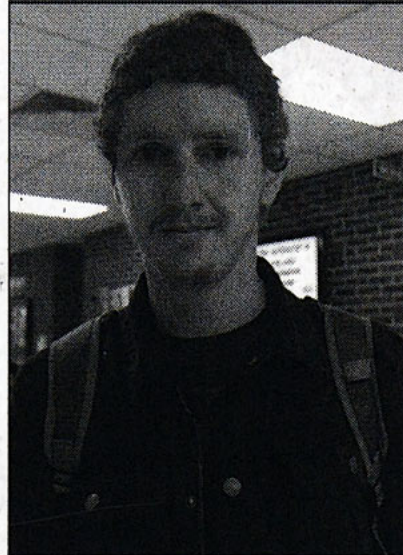
IMG Models is currently contracting models of all shapes, sizes, ages, and races. Do you agree with this transition?

J. MICHAEL JOHNSON
General History - Senior



"Absolutely, because it actually shows real people. It actually shows the face of America in a positive way."

TRAVIS LEBLANC
Computer Science - Sophomore



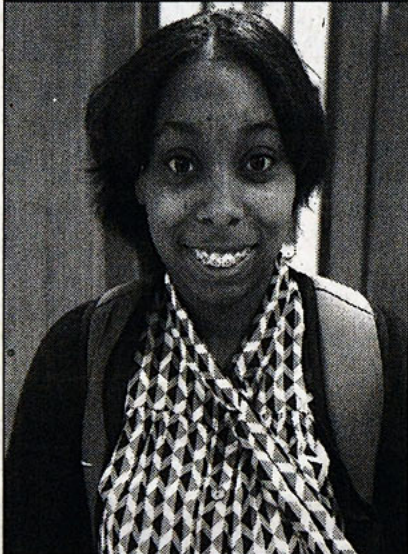
"Yes. There is no reason why they shouldn't."

DANIELLE CRONIN
Psychology - Sophomore



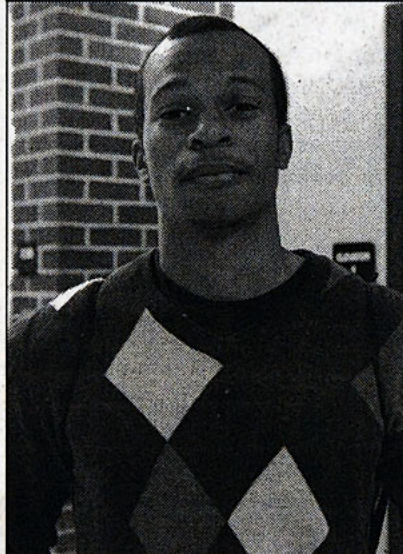
"Yes. Because I don't like limiting it. We have great diversity everywhere."

TAMARA REECE
Nursing - Freshman



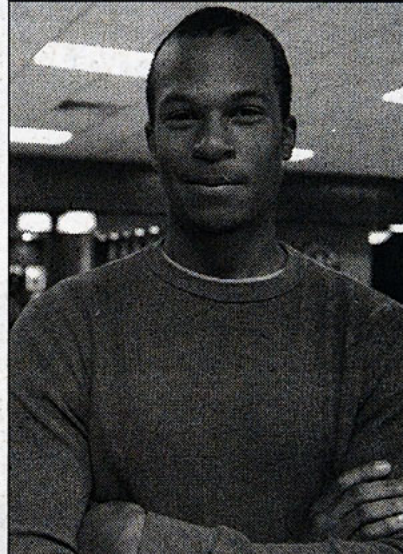
"Yes, because they do have petite models now."

LAQUANN GILKEY
Engineering - Sophomore



"Yeah, because in reality the ideal model shouldn't just be super skinny. Not all of our bodies allow us to be that type of 'ideal model'."

DAEZUAN GILKEY
Personal Development - Sophomore



"Honesty, I really don't look at women like that. My girl looks like an ideal model."

Perfecting the Plastic Pageants

By: Sarah Neese (Editor-in-Chief)

It was an ordinary Thursday and I walked into one of my classes as I do every week. As the class began, the teacher dispersed graded assignments and presented a series of notes.

Like nearly every class meeting, a class discussion began, seemingly random. Yet, I found that this particular class discussion struck a nerve.

One of my classmates, brought to the attention of the class that one of the guidelines of the Miss UCO pageant is that a contestant could not have previously been pregnant.

After further investigation, I found that this is, in fact, true. As is outlined by the Miss UCO official guidelines, "A CONTESTANT must be single and never have been married or had her marriage annulled. She must not be or ever have been pregnant."

A question raised in my mind. Was this just a rule that UCO has come up with or was this a universal requirement for pageants?

The official Miss Oklahoma pageant requirements state a similar guideline. "A contestant must be of good moral character and have never been pregnant and is not now pregnant and has not been involved at any time in any act of moral turpitude."

For those of you that don't know, moral turpitude is defined as "depravity" or "wickedness." Basically, your sex life should either be private to the point where no one will ever find out, or nonexistent.

The rules for Miss Oklahoma stem from the guidelines of the Miss America organization, set forth as guidelines to begin competition in the organization.

It is one thing to state that someone should never have been married, for there is a pageant competition available for women who have been married, called Mrs. Oklahoma and Mrs. America.

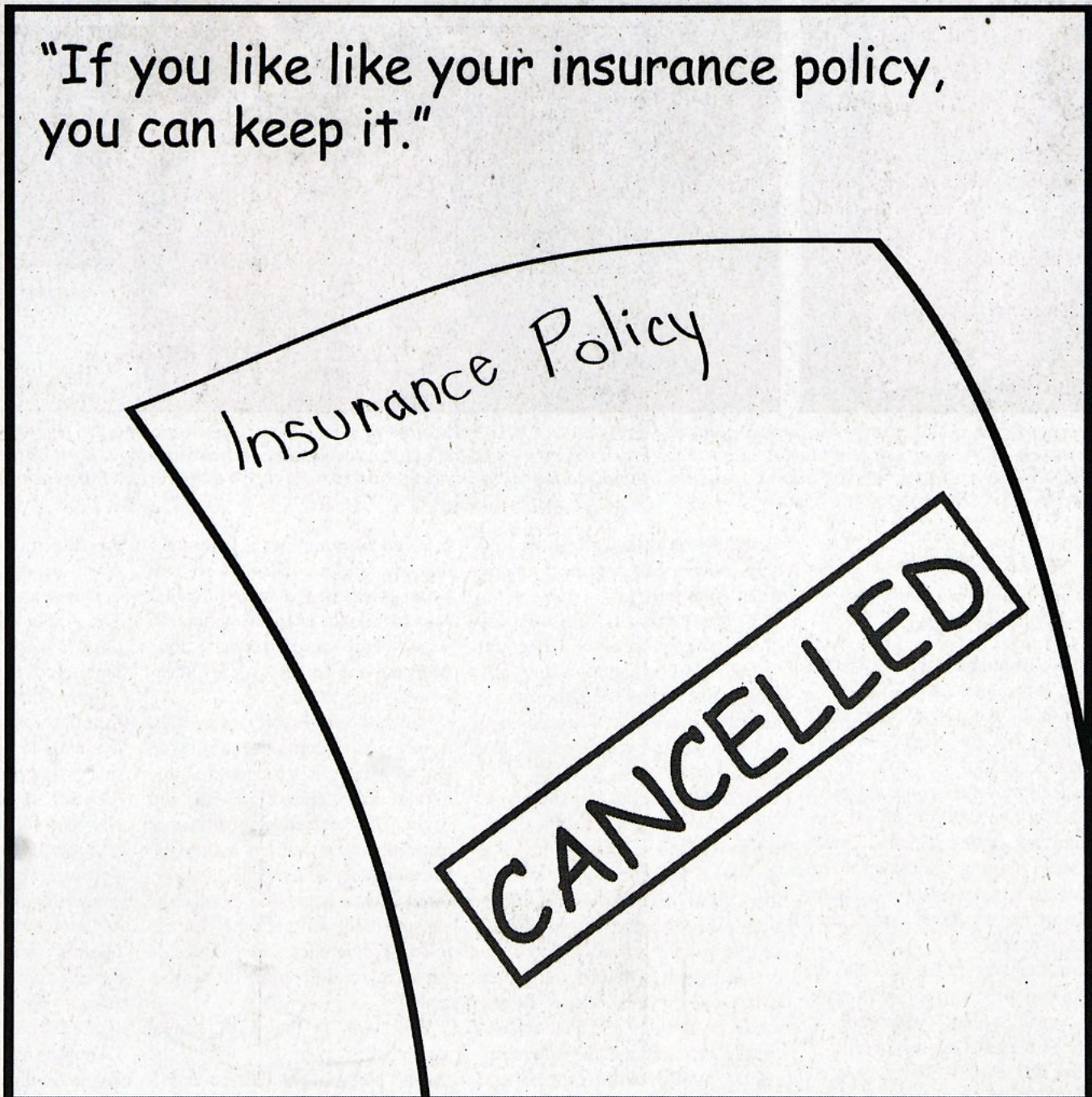
However, to limit someone's participation in a pageant based on her previous sexual interactions is absurd.

Pageants give a significant portion of scholarships awarded to women each year.

However, a beautiful, confident, intelligent, young woman cannot compete for well-deserved scholarship money because an age-old tradition judges the events of her personal life to be of "moral turpitude."

Everyone has conceived notions about beauty pageants being about beauty. But in this new-age society, this old-age competition doesn't reward true beauty.

CAMPUS CARTOON



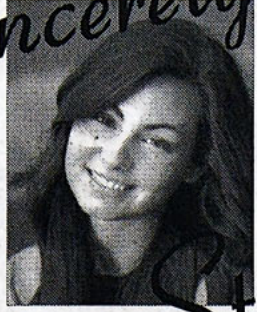
Cartoon by Matthew Gossom

Instead, they define perfection and inauthenticity as beautiful and award-worthy. To the young women with a child, you should pride

yourself on being a caring and loving mother. You are radiant in your beauty and kind in your heart. Miss UCO doesn't deserve you.

Opinion

Sincerely,



Stevie

Throwing in the Towel

By Stevie Armstrong

Do you ever feel like giving up? Just throwing in the towel and saying, forget this? You think everything is going well, until you find out otherwise. You realize you've believed life as something it's actually not. You were happy until you found out the truth. Therefore, the big life question comes into play. Is it true that what you don't know can't hurt you?

Personally, I think this statement is pretty accurate, for the most part. If someone is happier when the sun is out and it was sunny before they went to class, but during class it started storming, no need to burst their

bubby with someone announcing to them that the sun is gone.

Is it the same goes for a bigger situation? Say your friend really likes this guy, but you know he's somewhat with someone else, but he's been leading your friend on, as well. Do you tell her that he's been doing the same thing to another girl? Or do you leave it alone because you see how happy she is with him; at least, how happy she thinks she is with him?

Can what you don't know still hurt you? Maybe not...but eventually something will surface. Then what?

Then life becomes real, again.

And the temptation to just quit lingers. Next question: why does life have to be so difficult sometimes...no, most of the time?

What keeps you in this cruel game? It must be something worth it. Because when you think about it, it'd be a lot easier to just throw your hands up and yell, I'm done! When those times come looming and you decided again and again not to give up on life, your reason not to must be really worth it.

Remember that reason for staying in the game, take it, grasp it and never let go of it. When everything else in life

feels like it's not worth fighting for anymore, you still have that one reason, if not more, that has always kept you playing.

Life isn't easy and man, it hurts sometimes. It's during those painful hours that you have to remember why you continue to trudge and fight through those difficult days. And that reason, whatever it is, is a good enough reason to keep going.

Sincerely, Stevie

Follow me on Twitter @StevieArmstrong

Boulevard Academy Renovation Complete



Boulevard Academy, located on 215 N Boulevard, was built around 1924 and is 90-years old. Photo by Alike Dyer, The Vista

Tyler Talley

Staff Writer

Boulevard Academy celebrated recent renovations with a ribbon cutting ceremony followed by an open house on Monday.

According to NewsOK, the newly renovated building, which is the oldest school in the district, now has both hands-on science and computer rooms, an elevator to the second floor and up-to-date classrooms intended to enhance student learning.

Gone are the 1950s-era bathrooms, along with outdated heating and electrical systems "Boulevard Academy was built around 1924 and was the first high school in Edmond," Boulevard Academy Director Mark Andrus said. "After years of using the building in multiple ways, the district decided to

ask the patrons of Edmond to vote on a bond issue to renovate the historical site."

Andrus went on to say that renovations are not limited to the inside of the facility as the exterior received an update, as well. He stated the process began 15 months ago in August 2012 and the total cost of the renovations was \$3.3 million through a bond issue.

"I am very grateful to the public for supporting the bond issue to fund the renovations," Andrus said to the Edmond Sun. "We look forward to showing it off."

Bret Towne, who serves as associate superintendent of administration for the Edmond School District, told NewsOK that the challenges renovating such an old building were numerous as great care had to be taken in keeping the school's history in tact.

"When you renovate a school is 90 years old, you have to be very careful," Towne said.

"We were mindful of maintaining the character an rich history of the building, but giving it the face-lift it so desperately needed."

Towne went on to say he hopes the renovations and additions to the school will impact future students.

"I am excited to think that we extended the life of this building for many decades," Towne said.

Boulevard Academy is located on 215 N Boulevard in Edmond and is an alternative school for students who have not succeeded in traditional school programs, or may need additional help or encouragement to continue going to school.

The facility housed Edmond High School until 1994. It has also served as an administration building, junior high and eighth-grade center.

Broncho Confessions creates an outlet for social shaming

Heather Dillingham

Contributing Writer

Tweets, such as "Our drinking team has a baseball problem," "Gams act classy but get a few drinks in them and they are just as slutty as other girls" and others directly naming University of Central Oklahoma students and staff have been circling around a new Twitter page, created anonymously last week with the original intention of tweeting student confessions.

Broncho Confessions, created Nov. 12, currently has over 900 followers and was created to provide a laugh to students, said the creator(s) in a direct message. People are asked to visit a separate website, submit their anonymous statement and then the creator(s) post the statement in quotations on their page.

The creator(s) said they have their limits on what they will post, but that no one has crossed them, yet.

Chelsea Dockemeyer, a senior and public relations major, said that these forms of social media are popular around the university. They start out wanting to be funny, but they always turn negative, she said.

One of the past Twitter accounts like this, known as Gossip Girl, almost started a witch-hunt because of the negative and hurtful tweets, said Dockemeyer.

Ph. D. Caleb Lack, assistant professor, practicum coordinator and clinical psychologist at UCO, said that those who are submitting these hurtful comments are similar to those who wear a mask when committing a crime. They are using the anonymous nature of the act to break social norms and morals. They are essentially cyber bullies, he said.

Most people are unlikely to submit comments, he said. In these situations it is usually attention-seekers or those who want to cause harm.

He attributed the success of the account to human nature, which uses gossiping as a way to connect and know social standing and morbid curiosity.

"It's sort of like watching a train wreck, I would image," said Lack.

He said that the psychological affects caused by the "shaming" on social media sights like this are worse for women because Oklahoma has a "slut shaming" culture. The culture believes that women who are sexually active are sluts, but does not hold men to the same standard, Lack said.

Effects of the comments are not likely to be long term, said Lack, unless the bullying happens over a longer period of time.

Both Lack and Dockemeyer said that comments posted in such a public way could have a potential affect on reputations outside of the university, such as places of employment.

Dockemeyer said that the creator(s) of the account could potentially receive legal backlash for libel, despite the use of quotes, because of the statements they tweeted could be untrue.

The creator(s) said that if it gets to the point of retaliation, they would close the account.

Lack said the best way to stop the negative comments is to ignore the account and allow it to die out.

There are other accounts similar on both Twitter and Facebook. This isn't the first page and it won't be the last, Dockemeyer said.

UCO students fight to preserve endangered language

Kanasha Brown

Contributing Writer

The Native American Student Association hosted their third annual Endangered Language Event for Native American Heritage Month on Thursday in the Nigh University Center to teach students the language, culture and the importance of preserving them.

A diverse group of about 20 students attended, said Courtney Peyketewa President of Native American Student Association.

Trisha Fields was the instructor who taught the basic words of the Muscogee Creek language. She handed out vocabulary worksheets and wrote the Creek alphabet on a board for the students to repeat back after her.

Fields is not a fluent speaker, but she is studying the Creek language at the College of Muscogee Nation so she can be able to teach others. She has been the speaker at the event for the past two, said Peyketewa.

Fields gave information about her personal experience growing up in a home where the language was fluent, said Peyketewa. "She didn't see at the time that she needed to speak it, she was kind of stubborn... as she got older she started to seeing the significance in how the language isn't being spoken as often as it has been before," said Peyketewa.

Fields also talked about her tribe and the Polecat ceremonial grounds in Kellyville, Okla.

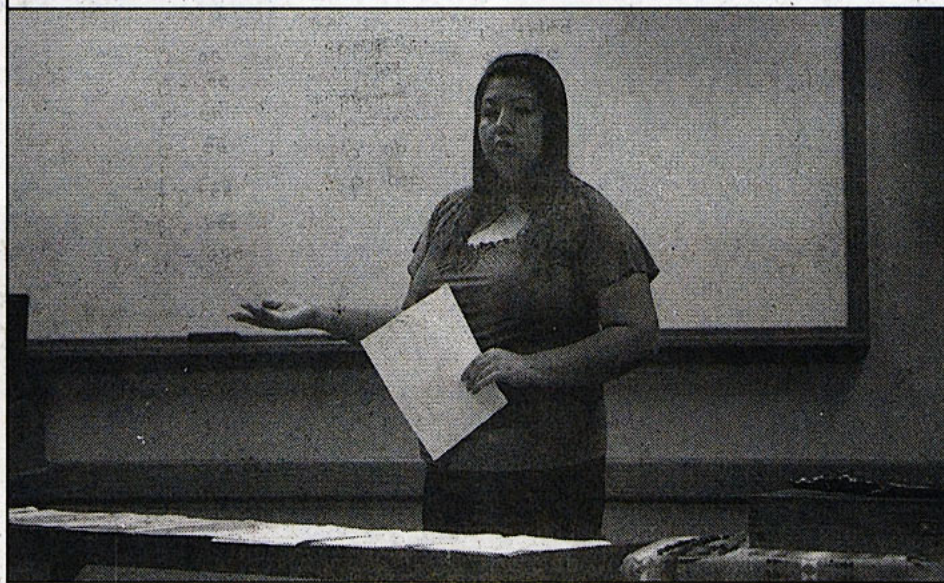
Fields presented background information of how the language first started to become extinct after the assimilation period, said Peyketewa.

During the assimilation period, the Native Americans were forced by Americans to convert and give up their language and religion, said Peyketewa. "They did bad stuff to them if they spoke their language," said Peyketewa.

Due to the white assimilation and Native Americans having to just speak English, over the years the language is becoming extinct because it is not being passed down to the younger generation, said Peyketewa.



At the third annual Endangered Language Event for Native American Heritage Month, Trisha Fields spoke about the importance of preserving the Native American language and culture on November 14, 2013 in the Nigh University Center at UCO. Photo by Quang Pho, The Vista.



The elders are the ones that know and teach the language, but as they are becoming deceased, there is no one to teach it to the younger generation, said Peyketewa. For the past two years, Choctaw was the language that was taught, but for next year's event they hope to combine the Choctaw and Creek language, said Peyketewa.

The Paintbrush



Tim Felton, the paint shop supervisor oversees the different painting projects on the UCO campus and works in the paint shop seen in the pictures above. Photos by Brooks Nickell, The Vista.



"When I was 12-years-old I started painting for a dollar forty an hour. When I was in junior high I was already finishing lacquer," Felton said. "I made a fortune painting brand new front door all through Altus. I could skip school and go make 50 dollars painting. I'd get back in time for football practice and the coaches would look at my fingers to see if I'd been staining. They'd say 'What did you do, skip school?' I'd say yeah, I skipped school and went and made 50 dollars. That was back when gas was 35 cents a gallon and a quart of beer was 69 cents."

After UCO, Felton started his own painting company, Paintbrush Painting, and worked there for 25

years before he retired.

"I got bored after I watched every episode of Star Trek Voyager and thought, I have to do something," Felton said.

That's when the Paintbrush came back to UCO and joined the paint department in the physical plant.

It has often been said that playing sports during school can teach you valuable life lessons. That's a statement that is strongly supported by Felton's attitude and work ethic. The next lines are said with an unwavering confidence.

"Wherever we go, we go out and dominant," Felton said talking about his team at the paint department. "You get up everyday, you go work no matter how you feel, or

what you did the night before. It doesn't matter. You get up and go work so that you can be somebody. Anyone who stays home not making money is a slacker."

Felton recounts answering one of the questions in his interview for the paint shop as he flings himself from the office chair and starts to duck walk across the second story office.

"They asked if I could move around well," Felton said. "A 56-year-old doing a duck walk. There aren't many people that can fire that out."

Felton returns to the chair laughing and gets back into his story. He worked his way up the ranks with-in the paint department at UCO

and took the supervisor position after 30-year veteran Joe Pardi passed away. The plan was to bring Felton, up to supervisor when Pardi retired. Felton worked closely under Pardi to learn the supervisor role.

While Felton's journey has encompassed many different endeavors, it always comes back to sports and painting. And for the paintbrush, those two things continue to walk hand-in-hand.

The calls still come in, people wishing to hear the Paintbrush's voice on the radio waves once more. While he has taken a step back from the Jiminy Christmas and hung up his Central State cleats, his field of play remains at UCO.

Felton's team, a six-person unit whose goal is to keep campus covered in a fresh coat. And it's a goal that Felton feels they achieve everyday, even when things occasionally go the wrong way.

"Being in sports your whole life, you learn that you can't win everything. You shake the hand of the guy and you go back and try to get better," Felton said. "With my guys, I try to impose pride and discipline. You go out and dominate. Talk to your customers and be polite. Always put the students number one. If it wasn't for the students, we wouldn't be here."



Anuja Shrestha, crowned Miss Asian UCO 2013 on Nov. 16 in Constitution Hall, is a UCO freshman from Nepal and was born in Nepal. She serves as a senator for the Nepal Student Association. Photo by Quang Pho, The Vista.

The Master and Mistress of Ceremonies was Chris Luu, from OU, and Jessica Nguyen, from UCO. The program for the night began the National Anthem sung by Joshua Wu Lim and an opening dance routine featuring the Miss Asian UCO 2012, Mariz Esobar, choreographed by Sarah Eichenlaub, a UCO alumni.

After the introductions, the contestants and the judges were introduced. The judges were Jenny Statler, former Miss Asian UCO 2001-02, Jennifer Myers, Miss Asian UCO 2006-07, Hunter Scott, Gabby Riddles and Allen Ibabao.

The contestants competed in five different categories including traditional wear, talent, an on-stage question about their platform, evening wear and a personal interview with the judges, which happened

the day before the pageant.

Esobar was also responsible for coordinating a volunteer event for all of the contestants to help with. She chose for them to help with Unity Fest during Homecoming Week. Esobar said it was a great opportunity for the contestants to get to know each other, as well.

The Second Runner-Up and winner of the \$300 tuition waiver was Grace Philip, representing India. The First Runner-up and winner of the \$800 tuition waver scholarship was Lillian Mera, representing the Marshall Islands.

The Top Entrepreneur Award for selling the more advertisements for the program was awarded to Lien Trinh.

The Congeniality Award, voted by the contestants, was awarded to Lillian Mera.

The Photogenic Award, chosen by the staff of the event, was awarded to Grace Philip.

The People's Choice Award, voted by the audience, was awarded to Christine Nguyen.

The Talent Award, which was the highest score from the Talent completion, was awarded to Stasijha Fulwiley for her flag routine.

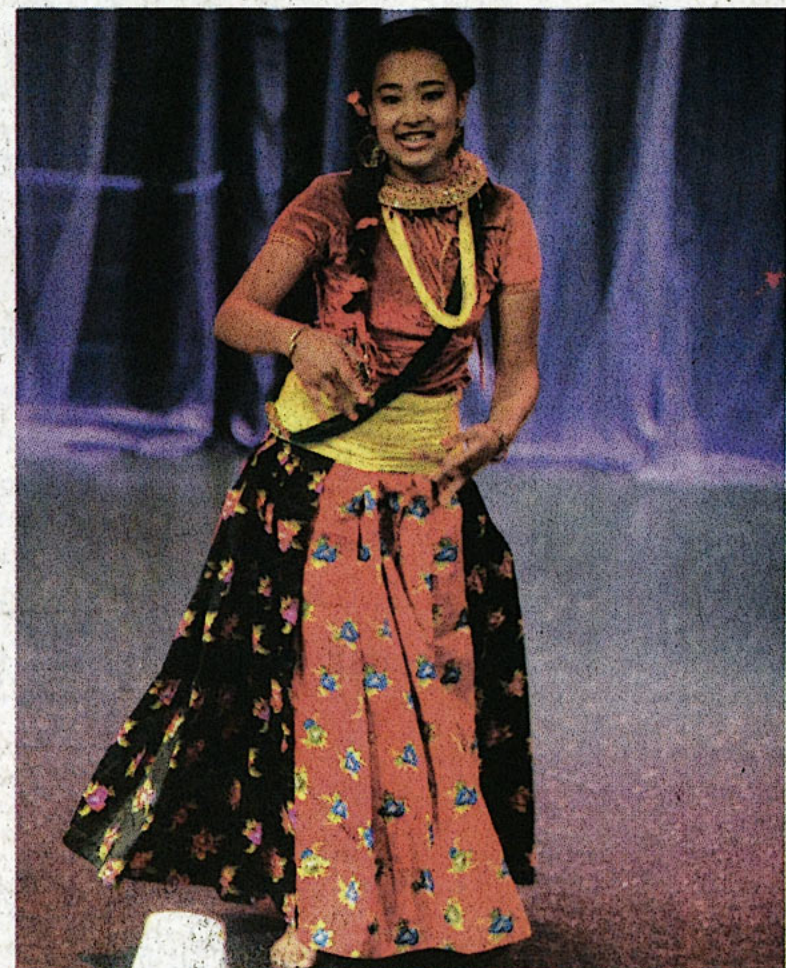
The Jenny Statler Director's Award was awarded to Christine Nguyen. This award recipient is chosen by the directors of the pageant and is awarded to the contestant who had had the least attitude while working on the pageant, who is professional, punctual, confident and easy to work with.

Each contestant was presented with an Official Plaque for Miss Asian UCO 2013 before the award ceremony.

Miss Asian UCO



The contestants of the Miss Asian UCO pageant pose for a group picture on Saturday, Nov. 16 in Constitution Hall. Photo by Quang Pho, The Vista.



Anuja Shrestha performs a native dance from Nepal during the Miss Asian UCO pageant on Saturday, Nov. 16 in Constitution Hall. She was later crowned as Miss Asian UCO 2013. Photo by Quang Pho, The Vista.



Left: Anuja Shrestha answers a question from Miss Asian UCO 2012 Mariz Escobar during the Miss Asian UCO 2013 pageant. Right: Miss Asian UCO 2013 Anuja Shrestha is crowned by Miss Asian UCO 2012 Mariz Escobar on Saturday, Nov. 16 in Constitution Hall. Photos by Quang Pho, The Vista.



A Mile in Their Shoes : Part One of Lt. Gov. Hopeful Cathy Cummings' Journey into the life of living on minimum wage



Lt. Gov. hopeful Cathy Cummings is working at Buy For Less off 23rd Street and Pennsylvania during the month long "The Living Wage Experiment" that she hopes will shed light on the struggles of living off minimum wage. Photos by Brooks Nickell, The Vista.

Natalie Cartwright

Contributing Writer

Democratic Lt. Gov. hopeful Cathy Cummings removed a basket of fried chicken from popping grease in the deli department at Buy For Less. Her hands, cracked and blistered from a long night spent washing dishes and a chilling bicycle ride to work, transferred the hot chicken into a silver pan, polished and ready for the display case.

"I feel like the majority of people in Oklahoma are struggling with something," Cummings said. "I think it comes down to that you can't make it on a minimum wage job."

Cummings and her husband, Sean, left their suburban home on Nov. 1 to begin "The Living Wage Experiment," an attempt to bring awareness to the minimum wage workers' everyday struggles. The couple has rented out a \$425 one-bedroom apartment by the state fairgrounds in Oklahoma City and has found minimum wage jobs.

Cummings is working at Buy For Less off 23rd Street and Pennsylvania. BFL pays their

employees a "living wage" of \$9 an hour. Cummings will work a total of 30-32 hours a week, which will equal out to be one full-time minimum wage job. She believes BFL is a great model for Oklahoma companies and that if more companies would pay a "living wage" it would lead to less people on government assisted programs.

Sean is working for Uber, an app based transportation service.

Cummings and her husband have approximated their take-home-pay, after taxes, for two minimum wage workers to be \$2,144. After paying all of their expenses upfront, including rent, utilities, car payment, car insurance, health insurance and medicine, they were left with \$228 for food and gas the remainder of the month.

The couple has been sharing one car and a bicycle.

Cummings got the idea for this project after working as a lunch lady in the Oklahoma City Public Schools system during the summer. Her first paycheck, \$259 for 39 hours, sparked the question how are these people making it, how are they supporting their families?

Political Science Professor at the University of Central Oklahoma Dr. Markus Smith said, "I think the experiment is a great way to shed light on the difficulties of living on minimum wage. Unless you actually work for minimum wage, you have no idea how to really survive on it."

Cummings has owned and ran Vito's Italian Restaurant and Sean Cummings Irish Pub in Oklahoma City, for the past ten years. She feels the need to shed light on the low unemployment rate in Oklahoma.

According to the Government website, Oklahoma's unemployment rate has held close to five percent for the past three years.

Cummings said, "With that low of unemployment, that tells me everybody's working and they still have to live on food stamps and all other kinds of government assisted programs, then why are they not making it?"

With the sound of struggle in her voice, Cummings challenged any politician to do "The Living Wage Experiment," not to give them publicity, but to give them empathy.

"If I'm going to be second in charge of the state, I want to know how people are liv-

ing, what their everyday struggles are," said Cummings.

Smith applauded Cathy in exposing a common reality to millions of Americans who could relate to the struggles that Cathy and her husband are enduring under this experiment.

"If you do not know what it means or feels like to live on minimum wage, then you are not able to relate to these individuals and simply turn a blind eye to the issue at hand," Smith said.

Cummings wants to be a voice for the people. She wants them to know that she is concerned about their welfare and that they can voice their concerns to her.

Like many minimum wage working Oklahomans, Cummings' eyes expressed the fear of living paycheck-to-paycheck, of not knowing what lies next. With only \$80 left for food and gas this month, Cummings remains hopeful.

"The main thing that I want people to take away from this," Cummings said, "is that you need to walk a mile in someone else's shoes to really understand what they're going through."

Healthy Holiday Eating

Stevie Armstrong

Copy Editor

Classes will be canceled and offices will be closed on the University of Central Oklahoma's campus from Nov. 27 to Dec. 1 for Thanksgiving Break. Three weeks after Thanksgiving Break, Winter Break begins. Winter Break is from Dec. 21 to Jan. 5.

With all the holidays coming up, the holiday feasts and treats tend to arise, as well. Making healthy food choices can be difficult for some people, especially during the holiday season, said the Coordinator of Health Promotion at UCO's Wellness Center Brittney Criswell.

"I suggest limiting yourself to the treats that you only can indulge in at this time of year," she said. "If you know that your mom's famous chocolate-pecan pie only appears one day out of the year—by all means, enjoy that pie!"

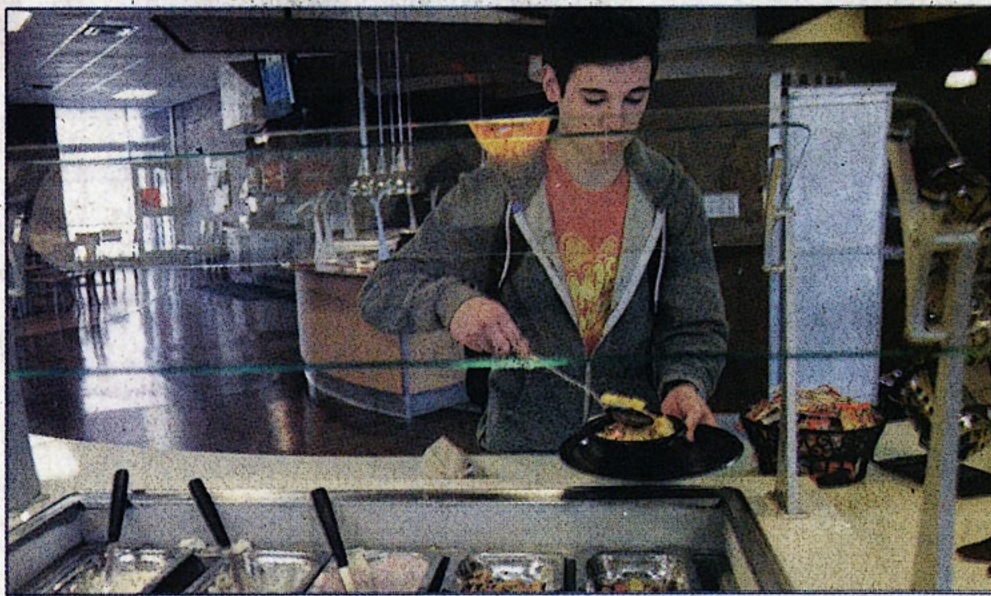
Criswell explained how adding more vegetables to your plate and substituting one treat for another is a good way to keep calorie intake low and also helps with not over eating.

Before eating, asking yourself if you really are hungry can make a difference when it comes to over eating, said Criswell.

"Often times, we will over eat because we feel like we have to eat all of the holiday treats before us. If we are only eating when we're truly hungry, we are less likely to over eat," she said. "Listen to your body and stop when you're overly full—that pumpkin pie will most likely still be there in a few hours."

Criswell explained how the winter break is an important time for students to recoup after the stress of the semester. She said they should rest and enjoy family time, while still remaining active.

Besides giving advice, as well as tips and tricks for making healthy choices over the holidays, Criswell explained how students can live a healthy lifestyle year-round.



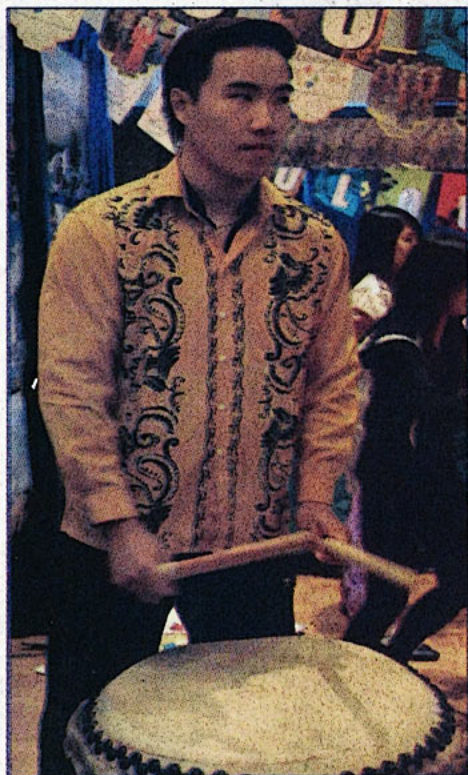
Braden Rundel, a freshman computer science major at UCO, made healthy food choices at Buddy's on Nov. 18. Photo by Cyn Sheng, The Vista.

"Remember to 'SEE'—sleep, eat and exercise," she said.

Criswell said people should aim for seven to eight hours of sleep every night. Making healthy food choices throughout the day, such as eating a lot of fruits and vegetables,

and about half-an-hour of exercise daily will help a lot when it comes to living healthily. Criswell said that making these types of lifestyle choices can also assist in reducing stress and illness.

A Look at the International Festival



(Left) A Malaysian student played the drums at the International Festival on Nov. 14 at UCO. (Right) Two Japanese students are dressed in their native wear at the festival on Nov. 14 at UCO. Photos by Quang Pho, The Vista.

(Top) A Chinese group of dancers performed at the International Festival on Nov. 14 at UCO. (Bottom) Idriss Gueye (left) and members of the African Student Association at the International Festival pose for a photo on Nov. 14. Photos by Quang Pho, The Vista.

EMPLOYMENT

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United States Air Force Reserve is seeking motivated college students. Call or email Staff Sergeant Quackenbush for information. Matthew.Quackenbush.1@us.af.mil or 405-409-5811

CROSSWORD

Across

- 1. Chooses, with "for"
- 5. "Aquarius" musical
- 9. Expert
- 13. "Charlotte's Web" girl
- 14. Pasta choice
- 15. Times to call, in classifieds
- 16. Guaranteed right of American citizens
- 19. Maybelline mishaps
- 20. "Mi chiamano Mimi," e.g.
- 21. Absorbed, as a cost
- 22. Japanese musical instrument
- 24. Counselor
- 26. "___ Ng" (They Might Be Giants song)
- 29. Follower of Mary
- 31. "Dig in!"
- 32. Defiance
- 37. 20-20, e.g.
- 38. Elephant's weight, maybe
- 39. Buddy
- 41. Influential people
- 46. Bauxite, e.g.
- 47. "Wheel of Fortune" choice
- 48. "Concentration" pronoun
- 49. Imply

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17					18			
19							20				21		
			22			23		24			25		
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32			33					34			35	36	
37						38				39			40
	41			42	43			44	45				
			46				47				48		
49	50	51				52		53			54		
55				56			57		58		59	60	61
62			63					64					
65						66					67		
68						69					70		

53. "Go, ___!"

Down

- 55. Egg cells
- 56. "Two Years Before the Mast" writer
- 58. Bliss
- 62. Convent heads
- 65. "Guilty," e.g.
- 66. Some showdowns
- 67. The "A" of ABM
- 68. Chuck
- 69. Accommodate
- 70. Detective's need

- 1. Ices
- 2. Make waves
- 3. Certain surgeon's "patient"
- 4. ___ preview
- 5. Alter, in a way
- 6. Buffalo subgenus
- 7. Prefix with red
- 8. Lives
- 9. "Fancy that!"
- 10. Middle layers of the eye
- 11. Odd-numbered page
- 12. One who puts you in your place
- 14. Bad way to go?

- 17. Facetious
- 18. 16th-century stately dance
- 23. Drops
- 25. Agenda entries
- 26. "___ we having fun yet?"
- 27. "Scream" star Campbell
- 28. Biblical shepherd
- 30. Fires
- 33. ___ a high note
- 34. Not fitting
- 35. "___ here"
- 36. Hasenpfeffer, e.g.
- 40. Charlotte-to-Raleigh dir.
- 42. Chip away at
- 43. Holds back
- 44. Jams
- 45. Related maternally
- 49. Comptroller: Abbr.
- 50. Convex molding
- 51. Buttocks
- 52. Arise
- 54. Fable finale
- 57. Fishing, perhaps
- 59. Durable wood
- 60. Bit
- 61. Bone-dry
- 63. Consumes
- 64. Final: Abbr.

RANDOM FACTS

According to a 2012 New York Times story, 1% of Americans still get on the Internet with an AOL dial-up connection.

The Edison Portland Cement Company was one of inventor Thomas Edison's countless business ventures. Despite supplying cement for the original Yankee Stadium, the company tanked because it insisted on producing concrete everything, including cabinets, pianos, and even entire houses.

Most supermarkets place their bakery areas near the entrance because studies have shown that the aroma of fresh-baked goods makes customers spend more money.

In early 1900s America, "jay" was a slang term used to describe a naive or foolish person. Thus, when such a pedestrian decided to ignore traffic signals and street signs, he or she was referred to as a "jaywalker."

RANDOM QUOTES

Everyone has the obligation to ponder well his own specific traits of character. He must also regulate them adequately and not wonder whether someone else's traits might suit him better. The more definitely his own a man's character is, the better it fits him.
- Cicero

You must give some time to your fellow men. Even if it's a little thing, do something for others - something for which you get no pay but the privilege of doing it.
- Albert Schweitzer

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Opinion

Litterell-y Sports: football, sorry I mean futbol



Austin Litterell

Sports Reporter

Starting in the spring of 2014, Oklahoma City will have its own professional football team; sorry, I mean futbol team.

Yes, it is true. OKC will have its own soccer team. The team will not be on the level of the MLS, but will be a minor league team of sorts. Honestly, I like the idea of having a pro soccer team in the area. It just shows how far Oklahoma City has come in the past several years.

The team is named the Oklahoma City Energy FC and will start their inaugural season in the spring. The Energy will be playing in the United Soccer League. Another soccer team from the North American Soccer League will be coming to the metro area in 2015. The Energy will be playing in a high school stadium until theirs is finished. Soccer hopes that it will take off in Oklahoma and they can eventually expand into an MLS team.

There are a couple reasons why I like the city getting some new teams. First off, I

actually enjoy soccer. Soccer is maybe the most popular sport in the world, but is lacking in popularity in this country. To me, it is a fun sport to watch.

It is the only sport that no matter who is playing I can find a team to root for because I don't really have a favorite team. I just enjoy the atmosphere of the game, the celebrations when someone scores that you can't get in any other sport. I like the feeling of a tie game at zero coming down to the final minutes into overtime. My heart pounds as I sit on the edge of my seat. Some of my favorite sports moments are in soccer.

Also, if we eventually do get an MLS team here, think of the revenue. With two professional teams in one city, the money and jobs available will both rise and that is a good thing.

Now the question is whether this sport

will be able to take off in Oklahoma when it really has not gained popularity in the United States. It is going to be a tough and long process. A soccer team playing at a high school stadium is not really a great chance to attract fans. So as much as I want this to succeed, there are doubts within my mind thinking that this will not.

The fact that people want to build professional teams in Oklahoma City does say a lot about how far we have come. The way we have supported the Hornets and the Thunder are a driving force behind that. Oklahoma City has shown that they are able to support a team. It's a reason why there are rumors about the Oakland Raiders wanting to come here. The difference between then and now is amazing.

Football

Central Oklahoma falls short in comeback effort

Austin Litterell

Sports Reporter

UCO's football comeback effort fell just short on Saturday in the battle for the President's cup. The Bronchos fell to state and conference rival Northeastern State, 45-38. UCO finished the season with a 2-8 record all games in the MIAA.

UCO struck quickly to begin the game. After a Chase Talbert interception the offense needed just two plays to take an early lead. Joshua Birmingham ran for a 61-yard score and the Bronchos lead 7-0 just four minutes into the game. The RiverHawks would tie the game later in the first quarter.

In the second, NSU went on a long 16-play, 74-yard drive and finished it off with a touchdown. Seth Hiddink would add a field goal to keep the game within four, but Northeastern would dominate the final five minutes. The RiverHawks scored on a 71-yard drive then added a 50-yard field goal to end the half with a 24-10 lead.

UCO scored on their opening possession of the half. T.J. Eckert was perfect on the drive and found Christian Hood in the end

zone from six yards out. The defense would force a punt, but then had to punt, themselves. NSU would take advantage extending their lead to 32-17.

The RiverHawks scored again off of Eckert's fourth interception of the ball game giving them what seemed like a commanding three score lead in the final quarter.

Marquez Clark started the rally with a 35-yard return. The drive would finish with Birmingham carrying for a one-yard score. After forcing another punt, UCO would strike again. Eckert came up with two big third down passes before finding Sam Johnson for a 20-yard touchdown pass.

NSU quarterback Thor Long would break off a backbreaking 85-yard run to set up their next score that would put them up by 14 with just under five minutes remaining in the game. UCO would be intercepted for the fifth time in the game. The Bronchos would manage to get the ball back and score again on an Eckert to Hood connection. The RiverHawks would recover the onside kick, however, to secure the victory.

T.J. Eckert had one of the best passing performances in UCO's history. He was 33-50 for 385 yards and three touchdowns. Joshua Birmingham finished last game with 114

yards on the ground and two more touchdowns.

Birmingham went over 1,000 yards for the third time in his career. Harlon Hill trophy Candidate Marquez Clark finished his season with another big performance. He had 13 receptions for 156 yards. UCO finished with 551 yards of offense.

NSU had 490 yards on the game, 280 of those yards coming on the ground. Thor Long had a balanced game with 161 yards passing and, as well as 90 on the ground. Running Terrance Dixon ran for 140 yards on 17 carries and added a touchdown.

This is the fourth straight time Northeastern State has won the President's Cup. Finishing winning two out of three games is still an accomplishment that should give them some momentum. UCO graduates 10 seniors from this year's team.



Senior running back Joshua Birmingham runs the ball on Nov. 2, 2013 against Lincoln. Photo by Cyn Sheng, The Vista.

Men's Basketball

Men's basketball suffers first loss of the season

Rick Lemon

Contributing Writer

UCO men's basketball suffered its first loss of the season Saturday as deadly three-point shooting by Southern Nazarene was just too much to overcome for the Bronchos.

The Crimson Storm rode career nights by their two top scorers, CJ Smith and Quan Conner, who both scored twenty-nine points to the 100-89 victory. It wasn't until later that

the Crimson Storm were able to pull away.

The Bronchos got out to an early lead to start the game and after taking a 16-10 lead on SNU, led all the way until a pair of 3-pointers by Smith started a 12-2 run by the Crimson Storm to end the half. At half-time, SNU led the Bronchos 45-42.

The second half was a back and forth battle where neither team could get the upper hand. It seemed as though every time UCO would make a go-ahead shot, SNU would nail another three or be bailed out by a foul.

The Crimson Storm led by only two points, 77-75, with only five minutes left to play. That's when Seth Heckart, UCO's leading scorer to that point, picked up his fifth personal foul, disqualifying him from the rest of the game.

Heckart's 28 points, going along with Josh Gibbs' 21 points at the time, has been the main catalyst in the Bronchos keeping pace. Once Heckart fouled out, the Crimson Storm started to pull away.

SNU pushed the lead to 88-78 with 2:45 left to go and forced the Bronchos to foul and in attempt to keep time on the clock. This strategy backfired as the Crimson Storm made 12 of their last 14 free throws to ice the game, and come away with the 100-89 victory, their first of the season.

The telling stat in the loss is that Southern Nazarene made 50 percent of its three point opportunities (14-28), something Bronchos' head coach Terry Evans discussed after the game with Bronchosports.com, saying, "Our defense wasn't good enough and we gave them too many open shots."

Even while fouling out, Heckart finished as the top scorer for the Bronchos with 28 points in 30 minutes of playing time. Gibbs meanwhile complimented Heckart's performance with a great one of his own, his 24 points and 11 rebounds giving him his third double-double in a row.

The Bronchos won't have to wait long to get back at the Crimson Storm, though, as SNU come to visit Hamilton Fieldhouse as part of the UCO Classic on Friday Nov. 29.

Before that rematch, the Bronchos play at Oklahoma Christian Tuesday at 7 p.m. and then next Monday at home facing the University of Science and Arts of Oklahoma.

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Investigative

UCO Athletics: THE COST OF WINNING



From left to right: football, wrestling, men's basketball, and softball. Photos provided by The Vista Archive.

Rick Lemon

Contributing Writer

It's common knowledge that college athletics is big business. But just how much money does a university spend in the name of winning? This article explores that question and asks just how much we as a university are willing to pay in order to bring on field success.

By comparing the salary information of some of the most visible and successful programs here on campus to their win-loss records last year, a cross-section can be made so as to compare the success of our UCO Bronchos sports teams, not simply in terms of wins and losses, but in terms of dollars.

By selecting the football, basketball, wrestling, softball and baseball teams as the focus for this investigation, the hope is to give a va-

riety of sports programs that are not only at different levels of success currently, but also operate with vastly different budget sizes.

When comparing the simple win/loss percentages of last year for these five teams, it is no surprise to see the teams that placed nationally at the end of the year excel.

Our National Championship softball team recorded a 51-11 record for the year, translating into a .823 win percentage. That number was only beat by the wrestling team, whose 13-1 season earned them fourth place nationally, with a .929 winning percentage.

These numbers seem almost gaudy when compared to say our football team, whose 2-8 season last year resulted in a .200 winning percentage, or our men's basketball team, whose 15-14 season translated to .517. None of these statistics, though telling of the teams' performances last season, really give any interesting revelations.

When all the winning percentages are correlated and compared with the salaries paid to the coaches of those teams, an interesting pattern emerges, however.

The teams with the highest salaries paid (football-\$376,980 and basketball-\$140,445) also posted the lowest winning percentages. In fact, when all of the numbers are plotted out, there is a direct inverse relationship between the amount of money paid in salaries and the winning percentages of the team last year.

Coaching salaries are contract driven and are heavily based on what other coaches at rival institutions earn. Based off of the findings from this investigation, the argument that the system of contract negotiations is outdated seems to be rational.

Sports teams and their coaches are judged based off of the performance put on the field, so shouldn't the coach's compensation be at

least partially based off of that metric?

This trend in winning percentages not reflecting the salaries paid to coaches is not local to just UCO. While investigating Emporia State and Pittsburg State, rival schools in the MIAA conference, the same issues were found. Interestingly enough, team salary rankings was found to be in the same order across all three schools. Football had the highest amount paid, with basketball, baseball and softball following behind, in that order, for all three schools.

While both schools' football programs were significantly more successful, with ESU recording a .833 winning percentage and Pitt State a .700, their coaching salaries were still significantly higher than any other sport offered at the school. The football coaching staff at Emporia State collectively was paid \$320,361 last season, while the basketball program was paid \$116,572.36.

Central Oklahoma:

Salaries:

Football- \$376,980
Basketball- \$140,445
Baseball- \$94,975
Softball- \$84,786
Wrestling- \$66,845

Salaries/game:

Football- \$37,698.00
Basketball- \$4,842.93
Baseball- \$1,938.27
Softball- \$1,367.52
Wrestling- \$4,774.64

Overall record and winning percentage:

Football- (2-8) (.200)
Basketball- (15-14) (.517)
Baseball- (30-19) (.612)
Softball- (51-11) (.823)
Wrestling- (13-1) (.929)

Salaries/win last year:

Football- \$188,490.00
Basketball- \$9,363.00
Baseball- \$3,165.83
Softball- \$1,662.47
Wrestling- \$5141.92

Emporia State:

Salaries:

Football- \$320,361.94
Basketball- \$116,572.36
Baseball- \$75,200.00
Softball- \$108,340.36
Wrestling- N/A (no wrestling program)

Salaries/game:

Football- \$26,696.83
Basketball- \$4,317.49
Baseball- \$1,556.67
Softball- \$1,867.94

Overall record and winning percentage:

Football- (10-2) (.833)
Basketball- (13-14) (.481)
Baseball- (26-22) (.542)
Softball- (38-20) (.656)

Salaries/win last year:

Football- \$32,036.19
Basketball- \$8,967.10
Baseball- \$2,892.31
Softball- \$2,851.06

Pittsburg State:

Salaries:

Football- \$614,792
Basketball- \$208,802
Baseball- \$134,010
Softball- \$108,340
Wrestling- N/A (no wrestling program)

Salaries/game:

Football- \$61,479.20
Basketball- \$7,457.21
Baseball- \$2,528.49
Softball- \$2,166.80

Overall record and winning percentage:

Football- (7-3) (.700)
Basketball- (18-10) (.643)
Baseball- (29-24) (.547)
Softball- (28-22) (.560)

Salaries/win last year:

Football- \$87,827.43
Basketball- \$11,600.11
Baseball- \$4,621.03
Softball- \$3,869.29

What is more interesting, though, is that even though Emporia State's softball team has only one paid full-time coach (the assistant is also a professor) they managed a 38-20 (.656) overall record.

This success in softball comes with a coaching salary of only \$108,340 with the assistant coaches salary included. The head coach's salary alone was only \$51,750. This means that the second winningest program investigated for Emporia State has an effective salary almost six-and-

a-half times less than that of the highest paid program.

Meanwhile, Pittsburg State has the largest overall athletic budget of all three of the schools in this investigation. Interestingly enough, these higher budgets haven't meant more success relative to the other two schools.

Even though PSU's football program has a coaching salary of \$614,792, almost a quarter of a million more than UCO's, their record last year was 7-3, which is worse than the lowest coaching

budget of the investigation, Emporia State, with a 10-2 record.

Pitt State furthers the case that having more money in your program does not guarantee success and therefore, success should dictate the money earned by the coaching staff.

The coaches with the best on-field performance should be compensated as such. There is a necessity to give coaches contracts with financial stability so as to lure the best available to our university, this investigation, however, makes the case for those contracts to have performance-based criteria and increased equality between the coaching salaries budgets and institutional programs.

*** I was thinking that it would be more helpful to have a couple of graphics with this article to display all the numbers in a manageable way. It's the only way I can think of to not bog the article down with lists of numbers. Something simple showing the coaching staff salaries for each team, each team's win-loss record and percentages, and then a graph showing the correlation***

UCO Winter Glow

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