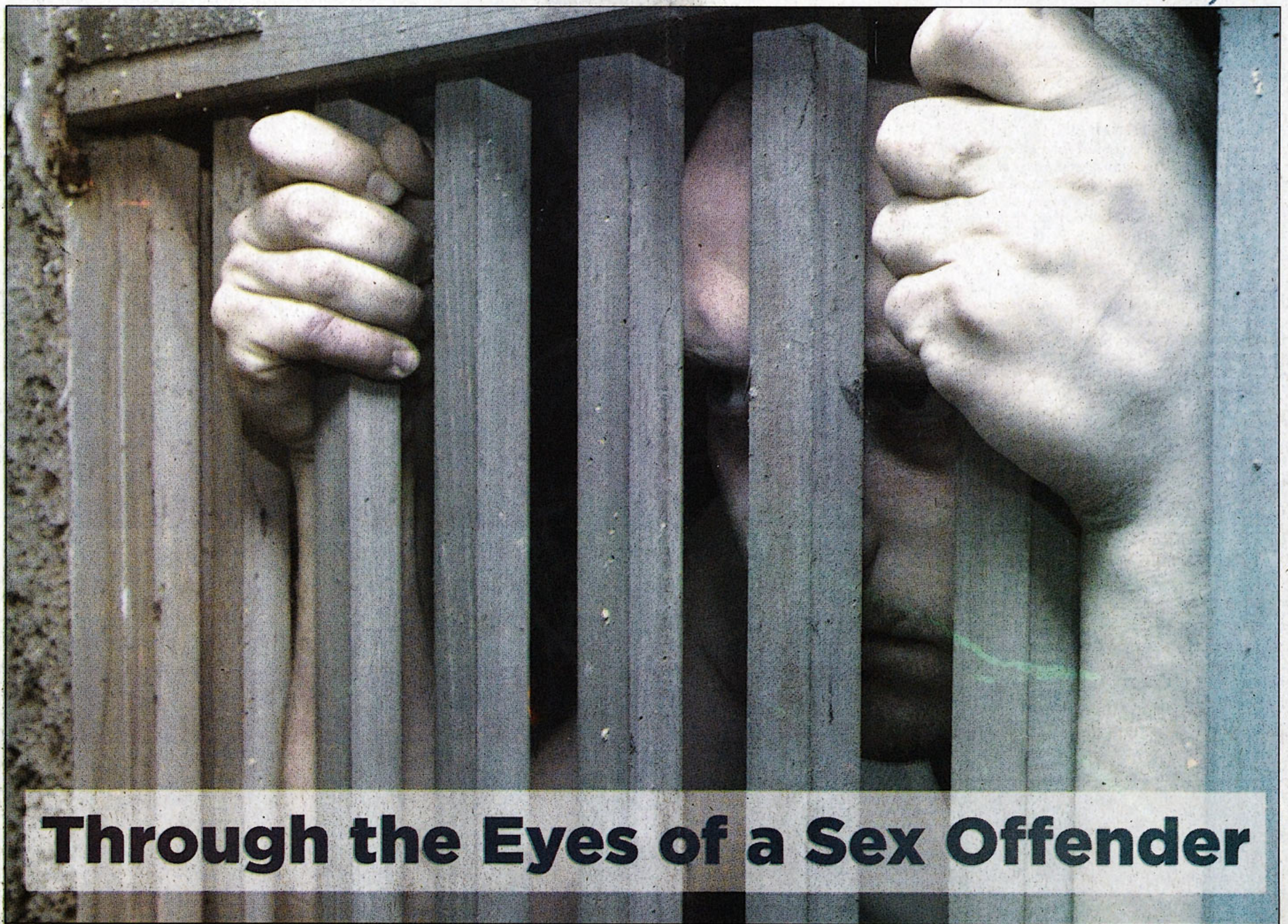




Through the Eyes of a Sex Offender

The Vista staff investigated the life of a sex offender and what he considers to be his biggest hardships of life, along with the difficulty of keeping relationships. The preconceived notions of sex offenders are that they never change, they re-offend multiple times, and they never get help after the offense. This article will list the Oklahoma state laws, the statistics, a Q & A, and will be followed by information for available help. Both the offender, as well as the individuals of the Vista staff will be kept anonymous.

See Through the Eyes of a Sex Offender on Page 4

UCO unites with OKC: employees raise funds for United Way

Olanrewaju Suleiman

Staff Writer

The University of Central Oklahoma exceeded their goal for the annual United Way Fundraising Campaign.

The goal was to raise \$60,000. This year, UCO was able to raise \$68,079 for the United Way of Central Oklahoma. On Wednesday Nov. 13 UCO presented a check to the organization. The money was raised by Central faculty and staff making donations through payroll deductions.

The theme was "We Can Make a Difference – Just Check the Box." UCO encouraged employees to donate by payroll deduction to make the process simpler.

The money raised will go to many of The Central Oklahoma United Way programs. They support over 100 community programs. One of the main programs is about helping

children and families have better lives.

They support children in various neighborhoods that have different ways of life. They partner with schools, churches and community centers to find families in need.

It is the United Way's belief that early childhood development is the cornerstone of a successful childhood. With donations, they are able to implement programs that allow children to improve their learning and social skills.

Positive Tomorrows, an organization dedicated to helping homeless families and their children, are partnered with The United Way of Central Oklahoma. They will be receiving part of the funds raised to help with their organization.

The United Way also promotes healthy citizens and strong families. They do this by giving families a chance to be financially stable and raising awareness for healthy lifestyle choices.

They assist the elderly and disabled, as well. Through their independent living programs, The United Way is able to give elderly and disabled people the tools to live productive lifestyles, while remaining self-sufficient individuals.

The fundraiser was stated as a way for the UCO community to raise money for those in need in Central Oklahoma.

Canadian County Director and Resource Development Account Executive for the United Way of Central Oklahoma Ashleigh Arnall and the 2013 campaign co-chair for the United Way of Central Oklahoma and President of Oklahoma City's Success Redesign Donna Lawrence were at UCO to accept the check.

UCO is one of the United Way of Central Oklahoma's largest educational partners. For more information about The UCO annual United Way Fundraising Campaign, visit www.uco.edu/unitedway.



President Don Betz presents a check, totaling \$68,079, to members of the Central Oklahoma United Way programs on behalf of the faculty and staff of UCO. Photo provided.

UCO awards excellence; Perkins receives E.C. Hall Scholar Award

Tyler Talley

Staff Writer

The University of Central Oklahoma Jackson College of Graduate Studies has awarded a prestigious award to UCO graduate Brittney "Nikki" Perkins.

Perkins was awarded the E.C. Hall Graduate Scholar Award for 2013. The award is given to the graduate student with the highest academic record throughout his or her academic career.

Perkins graduated from Weatherford High School in Weatherford, Okla. in 2006. She then enrolled in SWOSU and went on to earn her bachelor's degree in Early Childhood Education with a 4.00 GPA in May 2010.

In fall 2010, Perkins entered the Speech Pathology program in order to complete her prerequisites and would later apply to the graduate

program. She was selected in the first round and officially began her graduate studies at UCO in summer 2011.

Director of speech-language pathology at Central Scott McLaughlin praised Perkins and her many accomplishments on and off campus during her time at Central.

"Nikki was an outstanding student, student clinician and citizen throughout her graduate program at UCO," McLaughlin said. "She consistently set the standard and achieved at or near the top of her class in every course."

Perkins was elected to serve as an officer in the UCO National Student-Language-Hearing Association chapter. She was also served as an Inez Miller Endowed Chair graduate assistant during her first year in the graduate program.

"In her off-campus internships during the second year of her master's degree, she maintained the

highest level of conduct and performance, representing our program and UCO in the best possible manner," McLaughlin said. "In her internships at Valir Rehabilitation, Kindred Specialty Hospital and OU Medical Center in Oklahoma City, as well as in Choctaw Public Schools, she was praised for her initiative, creativity and 'natural ability' to relate to clients in a calm, effective manner."

Perkins completed her masters of science in speech-language pathology last May. She maintained a 4.00 GPA throughout her entire graduate course work.

"I am proud and confident that Nikki will continue to represent UCO in the best way while she makes significant contributions to our profession," McLaughlin said. "It is fitting that Nikki has earned the E.C. Hall Award because I believe she will carry forward the excellence this award represents."



The University of Central Oklahoma Jackson College of Graduate Studies awarded Brittney "Nikki" Perkins with the E.C. Hall Graduate Scholar Award for 2013. Photo provided.

THE VISTA

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

EDITORIALS

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

LETTERS

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

Address letters to:

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

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

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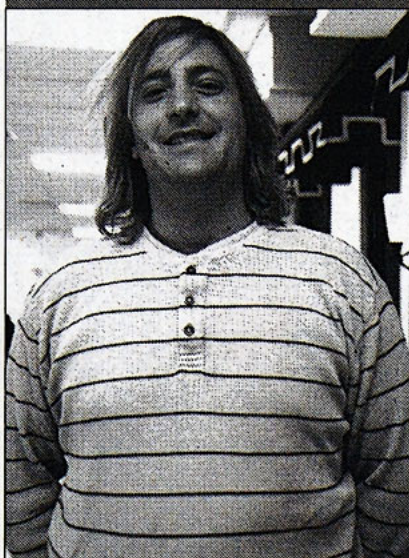
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CAMPUS QUOTES

What is your favorite Thanksgiving dish?

WILLIAM STAFFORD

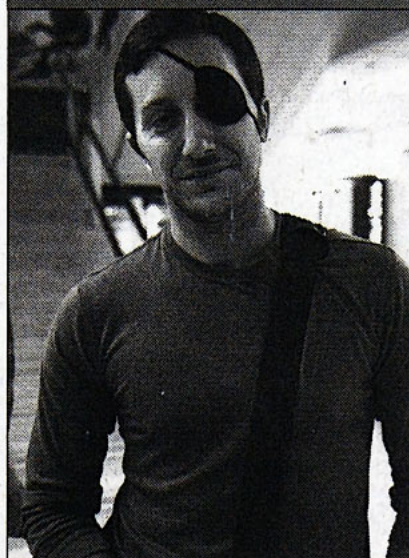
Public Administration - Senior



"Sauerkraut. Because of my German background."

PATCH STEELE

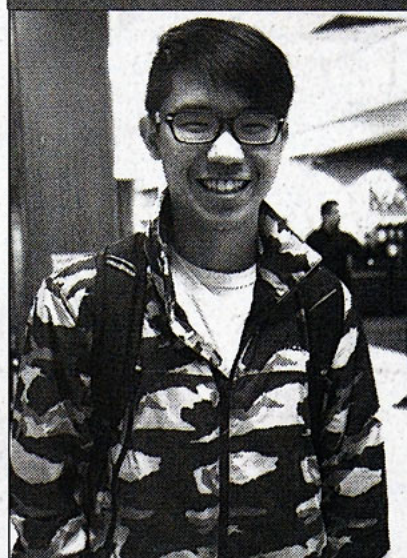
Actuarial Science - Sophomore



"Stuffing. It tastes great and lasts for days."

BRANDON WONG

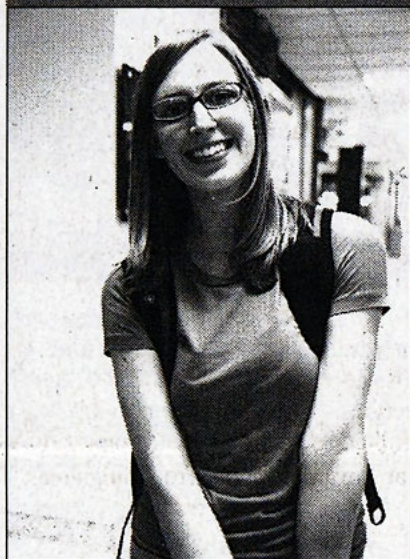
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"I like baked turkey. Because it's delicious and warming to eat with people you care about."

DIANA SMITH

Mechanical Engineering - Junior



"Mashed potatoes."

ORIANA DE SOUZA

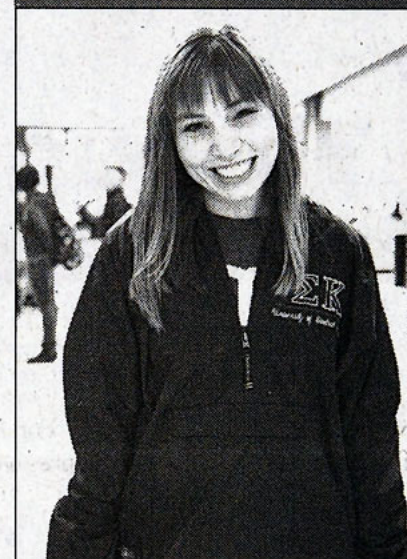
International Business - Senior



"Turkey. Mashed potatoes. Sweet potato soup"

HAYLEY STILES

Political Science - Sophomore



"Mashed potatoes. They're my comfort food. My mom makes great mashed potatoes."

The Path Least Taken

Editorial by: Lindsey Rickards (Managing Editor)

Around twenty miles away from the house that built me, a grand stained glass window is set in the Heritage's Center of Woolaroc's Ranch, Museum and Wildlife Preserve.

It has been around twenty years that I have frequented Woolaroc and stood staring at this epically beautiful depiction.

The window portrays two paths.

The one on the left leads through green trees and placid lakes toward the sun, while the one on the right leads through dry rough terrain toward dark clouds and lightning.

I have always been fond of this scene and find it simple to loose myself in it.

When observing the window I find it easy to derive many meanings and lessons.

I can interpret it's meaning as a good or bad choice, obtaining an optimistic or pessimistic outlook, or even that life can at times be pleasant or difficult.

Sometimes I like to reflect on my favorite poem by Robert Frost, The Road Not Taken, when reminiscing at the window.

When pertaining to the window, my favorite excerpt from the poem is as follows, "Two roads diverged in a yellow wood, And sorry I could not travel both, And be one traveler, long I stood"

Much like the dual paths, a dual sensation has been tugging at my mind and heartstrings.

A series of bittersweet events will sequent to the end of a life altering process, I will be proclaimed "College Graduate" this December.

The thought "Finally," might have crossed the minds of those who know me.

"Stay longer," may have crossed other like minds.

Each thought has crossed mine and I am content with either.

I am standing at this cross rode knowing which path I have to take, but uncertain to what other paths it will lead me to.

It will be the end, an end to many beginnings.

It will also be the beginning, the beginning to many new firsts.

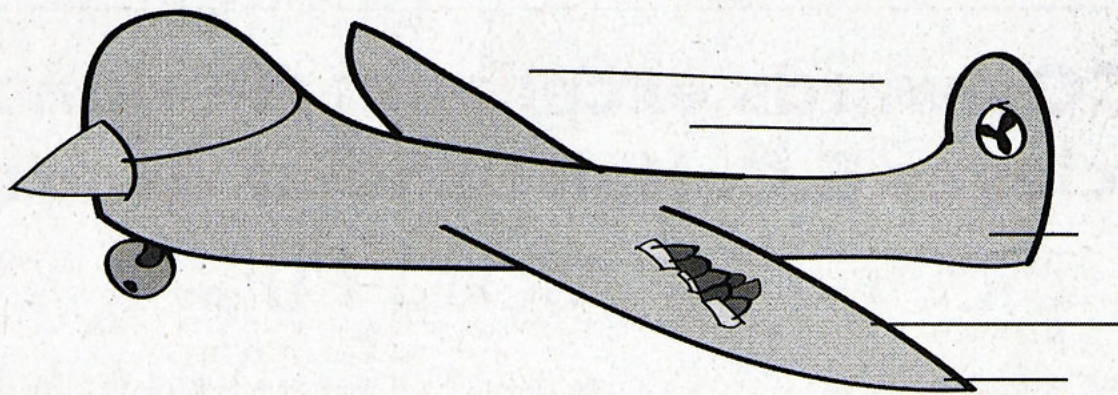
Like a good wine my emotions are blended, though not all of them are good.

Like a classified wine my emotions are 70 percent one thing.

The one thing I'm full of is excitement.

The kind of excitement that keeps you up remember-

CAMPUS CARTOON



Our new national bird

Cartoon by Matthew Gossom

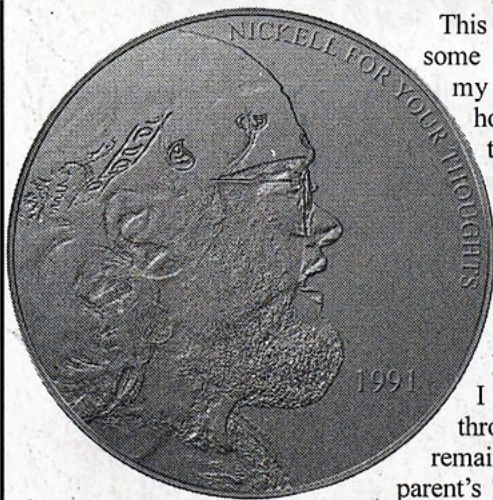
I will miss every familiar friend, affable acquaintance and endearing encounter I have been fortunate to have crossed paths with because of UCO.

I am a better person for them; leaving that behind makes me proud.

Opinion

A CRACK IN THE WALL

By Brooks Nickell



This past week I met some of my family at my grandfather's house in our hometown. They were finishing up the preparation for an estate sale. Tables were set up, holding kitchenware and knick-knacks. I was sifting through the concrete remains of my grandparent's lives and tunneling through the abstract.

I wish the memories were stronger. The old homage "a picture is worth a thousand words" has never rung more true. As I ran my hands along glass vases, old jugs and ceramic trinkets, I couldn't help but flashback.

The smell of a Thanksgiving feast fit for a king wafting out from the kitchen and into the living room. Turkey scented air dancing around in a festive fashion, waking uncles from football induced couch comas.

They'd walk into the front room of my grandpa and

grandma Nickell's house, rubbing sleep from their eyes and stretching arms sky-high. We'd gather around the table, join hands and strap in for one of Papa Bill's long-winded, but always-cherished prayers. The food, a picture perfect cut from a homemaking magazine, was passed around and taken down, while stories and laughs were shared.

Holidays were always a big one at my grandparents. We would gather at their home and revel in our love. Nanny Wanda passed sometime ago and I'll admit that it was around the same box on the calendar that traditions changed. Life has a funny way of changing things around on us, but I never really felt this one. Maybe we would lose a leaf in the table or spend Christmas at an aunt's house, but there we were, always together.

Standing in the same living room, void of furniture, I think I came to the realization that I wouldn't see many more holidays in that house. And, just like realizing I would never see my grandfather again, I couldn't help but feel a bit small.

Here's the thing, though. A house, no matter how many cherished memories held inside, is still just a house. It's a culmination of someone's sweat and carpentry. It's wood and nails, paint and primer, nothing more.

In the face of loss and change, we often lose sight of what we have. I'm thankful for the memories. But, even stopping there, isn't too satisfying. I'll push on. Let's see,

I'm thankful I've been lucky enough to call one of the strongest collections of kind-hearted and resilient individuals I've ever met, my family. I'm thankful that every year, holiday or not, I get to spend time with these people that have been, and continue to be, such a crucial dynamic in my life.

I couldn't help but smile as I tucked a red Prince Albert tobacco tin into my pocket, a small keepsake to hold a memory or two. I hugged my family and headed back Edmond way, a new sense of thankfulness belted in the driver seat. I thought about my grandfather the whole trip home and the adversity he faced during his life. All the times he could have chosen to give up and how hard it must have been to keep pushing forward. I thought, again, about the countless Christmases and Thanksgivings spent in his home.

It's silly that it takes a holiday for the good majority of us to step back and examine what we are thankful for. I know that some have more than others. And, I know that there are those that have very little, often times nothing so-to-say for material possessions. But, even when you think there's nothing to be thankful for, remember this...

Every breath's a blessing, Bud. The clock won't ever stop bleeding time and all you are is all you need. Give a little thanks, not just on turkey day, but everyday of your life.

Follow me on Twitter @JbrooksNickell

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

Natalie Cartwright

Contributing Writer

Rusty hinges squawked in the crisp air as Democratic Lt. Gov. candidate Cathy Cummings opened the door of the dusty brick duplex, her home for two more weeks.

Twenty-one days have passed since 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 \$425 one-bedroom apartment, located just a few blocks from Cummings' new minimum wage job at Buy For Less off Twenty-Third Street and Pennsylvania in Oklahoma City, holds the apprehensive couple, a bicycle and not much more.

"I'm worried we're going to run out of money by the end of the month," Cummings said.

Sean added that a flat tire would leave them completely broke.

"The biggest issue is gas," Sean said.

The couple has been sharing one car and

a bicycle as transportation. The Cummings' agreed to both having encountered close calls on the bicycle.

"If you have to be at work and you don't have any money for gas," Sean added, "that's what you have to do."

Cummings and Sean said they have attempted to use bus transportation, but were unsuccessful due to the fact that the busses stop running at 6 p.m. and Cummings' Buy For Less shift does not end until 10 p.m.

Cummings glanced at Sean, concern weighing heavy in her eyes as she mentioned his battle with asthma.

Previous tenants' pets and a molded bathroom left the Cummings with a disaster zone that has given rise to Sean's allergies. Cummings said she feels that this problem could become much more serious at any time.

"I'm waiting for him to say, 'Cathy we need to go to the emergency room, I can't breathe,'" she said.

Cummings added that on top of Sean's allergies, something could happen at any moment and leave them standing empty handed.

With nine days left in the experiment

and Thanksgiving around the corner, there is less than \$60 remaining and no money to spend on a family dinner, Cummings said.

"Usually our Thanksgivings are huge," Cathy said. "I cook for two days."

Sean said that this experiment has made him thankful to have options and opened his and his wife's eyes to some of the struggles many families face when trying to survive off of minimum wage.

Cummings said her clothes, which she washes in the kitchen sink and hang dries, are starting to fall off.

Sean said the couple's waistlines are shrinking as beans and rice continues to be a regular meal. Sean added that the area in which they are living is a food drought due to the lack of grocery stores in the immediate and surrounding areas. The only thing in walking distance is beer and cigarettes, he said.

Cummings explained how this problem has opened up her eyes to the need for a better bus system in Oklahoma City.

Cummings, suffering from withdrawals, scrounged up 64 cents between the lint and change in her pocket to purchase a soda at the convenient store down the road. That

small purchase stirred strife in the closing walls of their home, said Cummings.

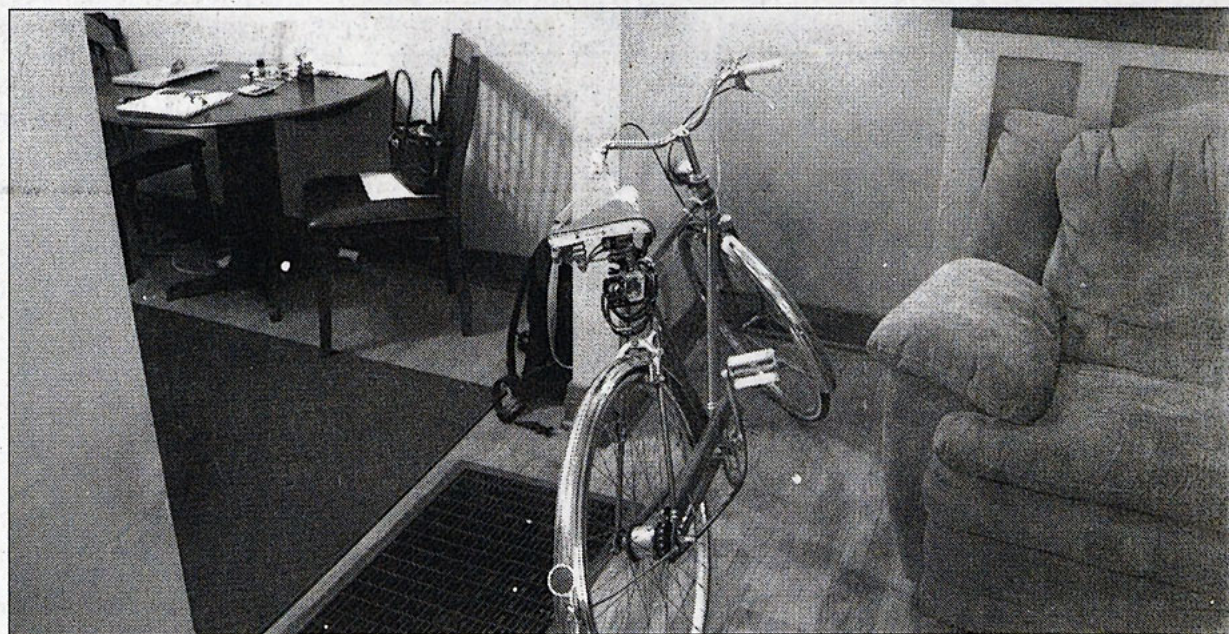
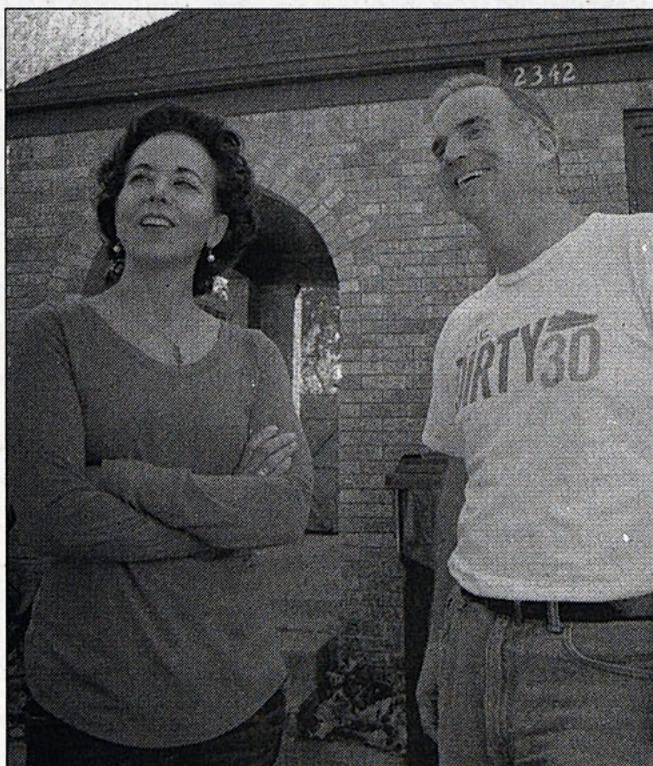
Safety has been her biggest concern during this project, having said that she feels trapped, as her own house has become a jail cell. Cummings said she has witnessed several drug deals at the corner of their street and that dogs run wild through the neighborhoods.

"I'm out of my element," said Cummings. She confessed to feeling uncomfortable due to the lack of familiarity with the neighborhood and has found herself pacing the floors while Sean is not home.

"We're lucky because it will be over in a few weeks," Cummings said.

Cummings said she hopes this experiment will bring awareness to the need of changing minimum wage to a "living wage."

The couple sighed a breath of relief, knowing that at the end of the month they will return to their comfortable home. But they also realized that for thousands of minimum wage working families, there may be no way out.



(Left) Cummings and her husband Sean stand outside of their temporary home during the "Living Wage Experiment" that they started at the beginning of November, photo by Brooks Nickell. (Right) The Cummings keep their bike inside in fear that this form of transportation that has become vital to them during the "Living Wage Experiment" might be stolen. Photo by Brooks Nickell, The Vista.

VSLC hosts "Pack-a-Purse"

Leilei Chen

Staff Writer

The Volunteer and Service Learning Center will host "Pack-A-Purse," which involves filling purses with donations to give to deserving women, from 2 to 4 p.m. on Nov. 21 in the Cherokee room of the Nigh University Center.

The goal of the event is to help women who leave Oklahoma's prison systems. In fact, many women are released from prison each month with little support from family or others.

The Volunteer and Service Learning Center will collect medium to large purses. They need new or gently used items. Such as the following: toiletry items, new undergarments (including plus sizes), or a gift card from Wal-mart, Target or other such places.

Pick-me-up items are also welcome, like make up, movie or restaurant gift cards. They also accept monetary donations. Checks or money orders can be made payable to University of Central Oklahoma.

When people enter back into society, they tend to need support in order to make the transition and maintain a on positive lifestyle. Most women who

leave prison in Oklahoma are only given \$50 and a bus ticket.

Based on research, Oklahoma currently incarcerates 132 women for every 100,000 females in the state — almost double the national average. In fact, Oklahoma has the highest rate of female incarceration in the country, with about 67 percent of the more than 2,700 women incarcerated for nonviolent offenses.

Therefore, the number of women who need support has increased. And the re-arrest rate for those completing a successful probation is about 38 percent and drug court graduates have a re-arrest rate of about 24 percent.

Even after two years of being out of prison, at least one woman is still wearing undergarments she was wearing while in prison. They also face challenges finding a job. Many jobs are limited either by law or by practice. And various nonprofits groups offer job training and opportunity for people who get released from prison.

People are welcome to sign up to volunteer for "Pack-A-Purse" at the Volunteer and Learning Center in the Nigh.



A purse, like the one above, would be filled to help and support recently released females from prison. Photo by Cyn Sheng Ling, The Vista.

Through the Eyes of a Sex Offender

The Statistics:

Oklahoma	Details of Crime	Duration	Appear to Update Info
Tier 1	Not Tier II or III	15 years	Every 12 months
Tier 2	Sex Trafficking	25 years	Every 6 months
Tier 3	Sexual Abuse	Lifetime	Every 3 months

Number of Tier 1 Sex Offenders Registered by State

State	2009	2010	2011	2012	2013
Oklahoma	6,790	6,563	6,907	7,170	7,701
Mississippi	4,440	6,088	6,777	7,027	7,696
Missouri	7,284	11,226	12,194	12,707	13,442
Kansas	11,617	9,677	6,047	6,275	7,409
Arkansas	9,219	10,151	8,996	11,474	12,919
Louisiana	9,592	7,823	8,346	10,614	8,271
Colorado	6,950	10,980	14,666	15,240	16,098
Texas	57,050	59,105	67,707	71,124	77,693



Every year hundreds of men become registered sex offenders after serving time in Oklahoma prisons. In 2013 alone, there were 7,701 registered sex offenders in the state of Oklahoma. Photo provided.

Oklahoma State Law:

Sex offenders are classified based off three different levels. The first is a low risk offender and has the lowest chance of re-offending. The second is moderate risk, and the third is high risk. Any offender, who fails to register, fails to verify their registration information, fails to provide notice of a change of address, or

knowingly provides false information will be punished.

A first conviction under the subsection shall be punished by imprisonment between six months and two and one-half years in a house of correction nor more than five years in a state prison or by a fine of not more than \$1,000 or by both such

fine and imprisonment. Community parole is a possibility for someone convicted within a level two or three system. The sexually violent predators have to be given a level three classification. If he should have a mental abnormality, that will be listed too.

Q&A with an offender:

Q How is the control over your habitat, or housing, manipulated?

A In Oklahoma, every sex offender has to register with the local police department, and, before you can move, Oklahoma City has a system to where you go to their office, you give them your address, and they will do a check and then they will give you a form that is notarized that says whether it's approved or not. They have your vehicle tag number, know where you work, every time you change jobs, go to college, have a child, get married, or anything that happens in your life, you have to tell the police.

Those are the jobs that 60 year old men have to work because there's nothing else.

These people have college degrees, some people have master's degrees, and now they're working on production lines because of that. It's not easy to have a graduate degree and then have it removed.

You have no hope of being anything better and the reason for that is because businesses are scared. They're scared to hire you, because if someone finds out, it could do damage to their client, or, if the government does contracting with them, they won't let them hire you. That doesn't apply to every single charge. For example, if you kill somebody, you have a better chance of getting a job and getting forgiveness.

But they'd rather hire the drug addict than the sex offender, I think it's because it's less embarrassing. Even McDonald's won't hire you... It leaves the offender nothing, nothing, absolutely nothing.

Q What is your response to someone making it known that they think you deserve punishment?

A My response to someone telling me I deserve the punishment would be that the constitution guarantees my rights, just like everyone else's, and that my rights shouldn't be removed without due process and law, and that me and every single sex offender in Oklahoma has had their liberties removed from this process.

Q Give me another hardship that comes with this life.

A Nearly no job will hire a sex offender. There are hard manual labor jobs that pay nearly nothing and they work you like a slave.

Q Do you think the situation could get better?

A I've always believed it's gonna have to get worse before it gets better. When it starts affecting every home, for example, will be a big deal because the number of sex offenders has increased. When it starts affecting that many people, and that many jobs that people are working, and it starts hurting the state, then things will change. On another level, I've been out of prison between six and seven years now, and even though I've come a long way, and have achieved a lot, it's every day that I think how much easier it was in prison.

Q How was prison life easier?

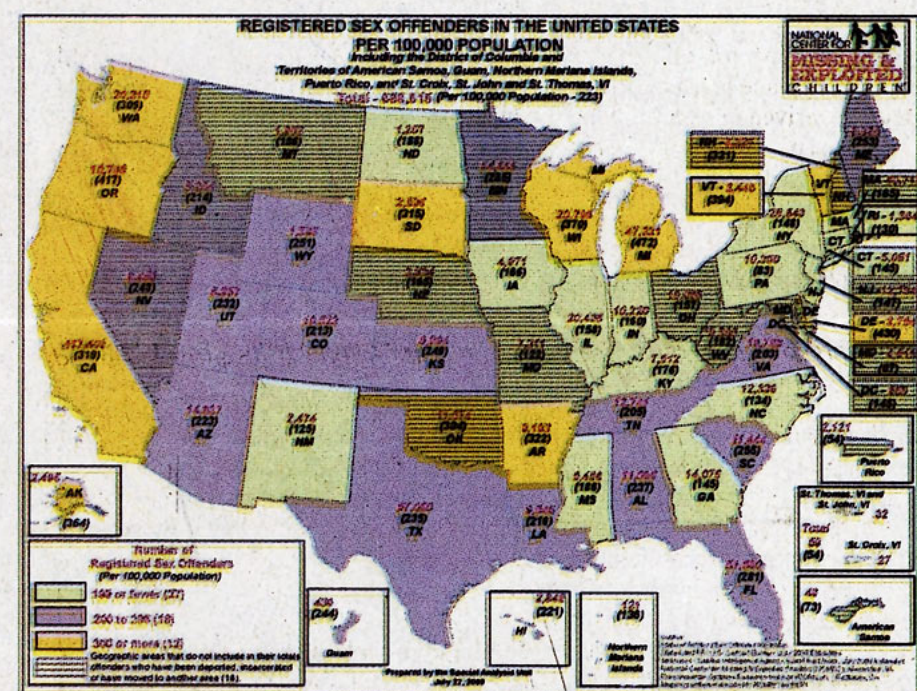
A You didn't have to fight for a job, you didn't have to scrape, your rent was paid for, you had a roof over your head, for the most part, you were safe and well. You can be lazy, lay in your bed, read, watch TV, granted, the food was nasty, but it was easier. That has never failed to cross my mind daily. I think about how this affects my family, and how much it's taken out of them, and still is. It hurts and takes the hope away.

Q Are you living a lie?

A I have pre-approved lies, I guess you could say, of lies that I've made up. I'm lying to people every day by hiding my story and going about, and it feels like I'm an actor on stage. It's easy to judge us and point fingers. Firstly, we've done our time. Secondly, you shouldn't be scared of us, you should be scared of your uncle, or brother in the house with your daughter.

Q Are there any second chances?

A There's no second chance or bargains. For the ones who can come off the registry, that's their second chance, but this will follow you regardless. There's no forgiveness.



"It's easy to judge us and point fingers. Firstly, we've done our time. Secondly, you shouldn't be scared of us, you should be scared of your uncle, your cousin, or your brother in the house with you daughter"

Available Help:

Hand Up Ministries is a faith-based prison after-care program for men and women that have just been released from prison. They provide housing, complete with utilities, transportation, meals, clothing, hygiene products and most importantly, a structured environment to help the men and women re-adjust to society. The program was started 17 years ago by a guy named David Nichols. Bill Bruursema has been with the Hand Up ministry for a year and a half now.

"He used to go into the prisons and speak to men in there and there was more and more that Nichols found that were in need of housing when they got out," Bruursema said. "We have a licensed counselor that comes once a week out here and we have two church services that the men are required to attend one of them."

They have a division of Genesis One that got started at Hand Up ministry.

"I'm grateful that this place is here, because if it wasn't here, I would be homeless like a lot of the other men here would be homeless if Hand Up ministry was not here," Bruursema said. "There's a stipulation, especially for men with a sex offense, they have to go to the pastor of that church and they have to get a letter signed from the pastor saying that they are accepted into their congregation."

John Easley founded the organization called Genesis One, which has been up and running for 12 years now.

"We have an intense in prison program linked to support on the outside of people who wanna help those who have changed, who wanna help themselves," Easley said.

Genesis One is a faith based organization where the offender has to accept God into his life as a requirement.

"Yes, sex offenders can and do change. It's kind of a myth about once a sex offender, always a sex offender and that they're worse than anyone else," Easley said.

Genesis One cares about the offender's character, moral compass, spiritual walk and things like that.

We found that to truly accept God into their life and start working, they peel off things that they need to get rid of," Easley said.

Genesis One tries to add the things into the character that they should have, such as accountability, forgiveness, trusting God and integrity. They work with the offender for a minimum of six months and sometimes it's several years while they're in.

Spain pianist could face jail for practicing

Ciaran Giles

Associated Press

MADRID (AP) — To most people, noise pollution is a jet engine roaring over their head. For one Spanish woman, it was a neighbor playing the piano more softly than a spoken conversation.

The woman has taken her neighbors in the apartment below — a 27-year-old pianist and her parents — to court. Now prosecutors want to send all three to jail for over seven years on charges of psychological damage and noise pollution.

In a country known for its exuberant noisiness, the case has raised eyebrows. Neighbors often complain about street and bar noise in Spain, but prosecutors seeking jail time for someone practicing the piano is unheard of — especially since that musician is now a professional concert pianist.

At the trial in the northeastern city of Gerona, Sonia Bosom claimed she suffered noise pollution from 2003 to 2007 due to the five-days-a-week, eight-hour practice sessions of Laia Martin, who lived below her in the northeastern town of Puigcerda.

Martin, 27, denies that she played at home that often, saying she took regular classes in other towns. She claims she mostly practiced at home on the weekends.

On Monday, the first day of the trial, the El

Pais newspaper reported that Bosom told the court she now hates pianos so much she can't even stand to see them in a film.

The prosecution claims that years of hearing constant playing has caused Bosom "psychological injury." Medical reports showed she suffered from a variety of problems, including insomnia, anxiety, panic attacks and gynecological problems.

Bosom and her family moved in 2007 and she says she has had to take time off work, reportedly due to her problems.

The prosecutor said tests by local authorities found that the sound levels made by the piano were repeatedly up to 10 decibels higher than the 30-decibel limit laid down for musical instruments in the town. City authorities asked the family several times to either stop the piano playing or soundproof the room.

The family told the court they carried out soundproofing work twice but the complaints continued, the newspaper reported.

Nuria Blanes, an environmental scientist at the Autonomous University of Barcelona, said noise around 40 decibels "is not very much." A normal conversation produces 55-60 decibels, with noise in a bar reaching 65-70 decibels and an airplane in flight producing 110-120 decibels, she said.

However, she also noted that some studies have established links to health problems such as sleep disturbances and cardiovascular disease if someone faces a constant noise



Pianist Laia Martin, center, leaves the courtroom in Girona, Spain, Friday, Nov. 15, 2013. To most people, noise pollution is a jet engine roaring over their head. For one Spanish woman, it was a neighbor playing the piano more softly than a spoken conversation. The woman has taken her neighbors in the apartment below, 27-year-old pianist Laia Martin and her parents, to court. Now prosecutors want to send all three to jail for over seven years on charges of psychological damage and noise pollution. In a country known for its exuberant noisiness, the case has raised eyebrows. A Catalonia Justice Tribunal spokeswoman said the trial will end Nov. 15 with the verdict issued at a later date. (AP Photo/Manu Fernandez)

level of over 40 decibels during the night.

"The norm is for 30 decibels as a nighttime limit inside a house, but some authorities are widening it to daytime, which is surprising," said Fernando Simon Yarza, a constitutional law professor at Navarra University. He said that may be due to the high fines that courts have forced some towns to pay for not taking action against excessive noise levels.

"Protection against noise and environmental quality is considered a human right," he

told The Associated Press.

The prosecutors have asked for all three defendants to be sentenced to six years in jail for noise pollution and an additional one-and-a-half years for psychological damage. They have also demanded that all three be prohibited from playing the piano professionally for four years.

A Catalonia Justice Tribunal spokeswoman said the trial will end Nov. 15 with the verdict issued at a later date.

Twenty four gold bars found in airplane lavatory

NEW DELHI (AP) — Cleaners found a stash of 24 gold bars worth more than \$1.1 million hidden in an airplane lavatory after a flight from Bangkok arrived in eastern India, officials said Wednesday.

The Jet Airways plane had landed in Kolkata and was being cleaned before a scheduled flight to Patna when the cleaners found two bags with the gold stashed inside,

Customs official Mona Priyadarshini said.

Priyadarshini said the gold bars weighed around 1 kilogram each. Customs officials confiscated the stash and are investigating.

India is one of the world's biggest consumers of gold. The government increased the gold import duty recently, which officials say has encouraged smuggling.



Left: Passengers are boarded back on the US Airways flight 2045 after it landed following a security concern Monday afternoon, Oct. 21, 2013, at Charlotte Douglas International Airport. The flight from Buffalo, N.Y., has been stopped on the taxiway in Charlotte after a threatening note was found. (AP Photo/The Charlotte Observer, Jeff Willhelm)

Gettysburg Address apology comes 150 years after speech

The Associated Press

HARRISBURG, Pa. (AP) — It took 150 years, but a Pennsylvania newspaper said Thursday it should have recognized the greatness of President Abraham Lincoln's Gettysburg Address at the time it was delivered.

The Patriot-News of Harrisburg, about 35 miles northeast of Gettysburg, retracted a dismissive editorial penned by its Civil War-era predecessor, The Harrisburg Patriot & Union.

The president's speech is now considered a triumph of American oratory.

The retraction, which

echoes Lincoln's now-familiar language, said the newspaper's November 1863 coverage was wrong when it described the speech as "silly remarks" that deserved a "veil of oblivion."

The paper now says it regrets the error of not seeing its "momentous importance, timeless eloquence and lasting significance."

"By today's words alone, we cannot exalt, we cannot hallow, we cannot venerate this sacred text, for a grateful nation long ago came to view those words with reverence, without guidance from this chagrined member of the mainstream media," the paper wrote, echoing the words of

the address.

Separately, the paper also recounted how it covered the dedication of the national cemetery (<http://bit.ly/1aVGGLS>), nearly five months after the pivotal battle in which federal forces repelled a Confederate Army advance from Virginia into Pennsylvania. More than 3,500 Union soldiers killed in the battle are buried there.

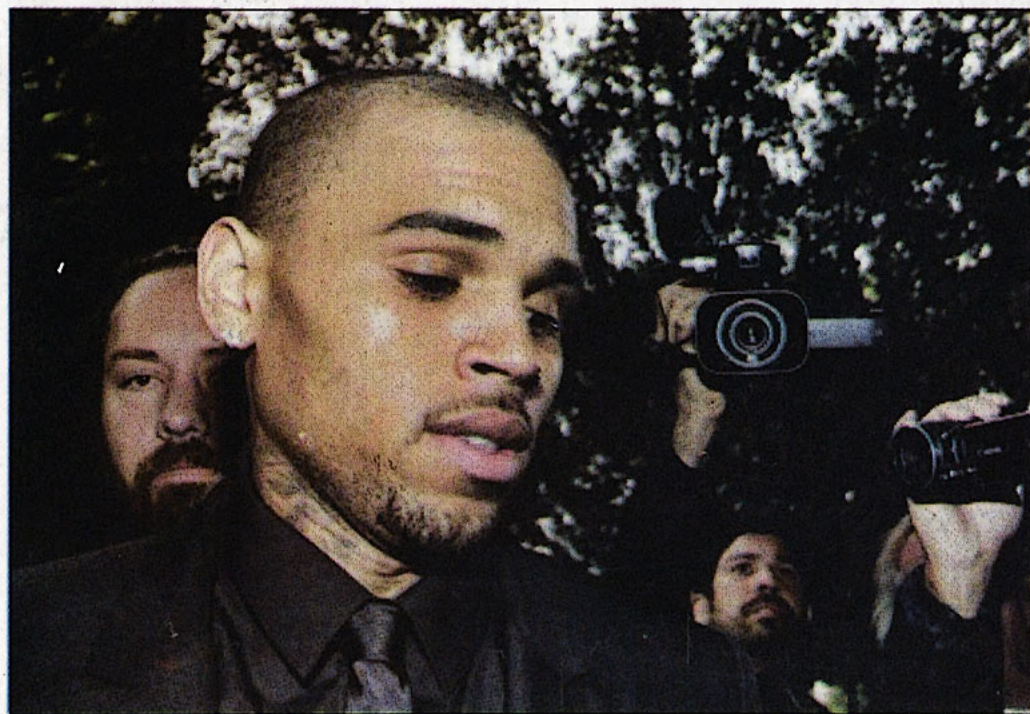
During the Civil War, the Patriot & Union was a Democratic newspaper that was staunchly opposed to Lincoln.

An event to remember the 150th anniversary of the speech is scheduled for Tuesday in Gettysburg.



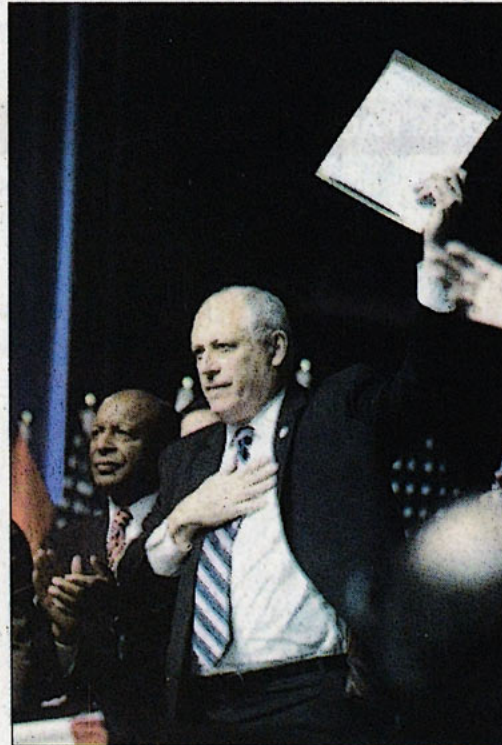
This Nov. 19, 1863 photo made available by the Library of Congress shows the crowd assembled for President Abraham Lincoln's address at the dedication of a portion of the battlefield at Gettysburg, Pa. as a national cemetery. "The battlefield, on that sombre autumn day, was enveloped in gloom," Joseph Ignatius Gilbert, a freelancer for The Associated Press at the time, wrote in a paper delivered at the 1917 convention of the National Shorthand Reporters' Association in Cleveland. "Nature seemed to veil her face in sorrow for the awful tragedy enacted there." (AP Photo/Library of Congress, Alexander Gardner)

Photos from around the United States:



Left: Singer Chris Brown arrives at court for a probation review hearing Wednesday, Nov. 20, 2013, in Los Angeles. Brown pled guilty, earlier to assaulting his girlfriend, Rihanna after the Grammys in 2009. Los Angeles Superior Court Judge James R. Brandlin ordered Brown to serve three months in a residential treatment facility and submit to drug testing. The judge also ordered the R&B singer to perform at least 24 hours of community labor per week. (AP Photo/Nick Ut)

Right: Illinois Gov. Pat Quinn holds up the Religious Freedom and Marriage Fairness Act after he signed it into law during ceremonies on the campus of the University of Illinois Chicago Wednesday, Nov. 20, 2013, in Chicago. Illinois becomes the 16th state to legalize same-sex marriage. (AP Photo/Charles Rex Arbogast)



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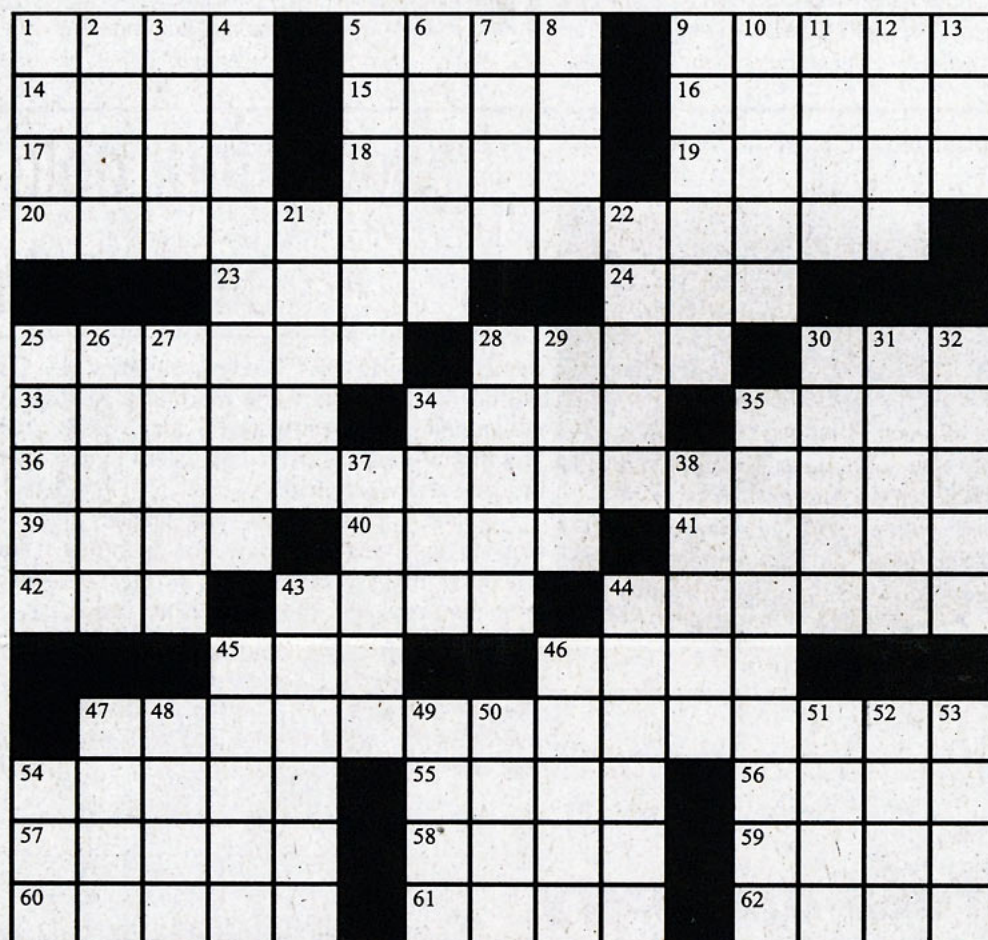
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CROSSWORD

Across

1. "Major" animal
5. ____ fruit
9. Reproduced in print
14. Fleshy fruit part
15. Indian bread
16. "____ Got Mail"
17. Asian tongue
18. Roloids rival
19. Spice
20. Conforming to certain standards
23. Carnival attraction
24. Follow
25. Blue moon, e.g.
28. Dilute
30. Ground cover
33. Biscotti flavoring
34. Its quarter says "Birthplace of Aviation Pioneers"
35. "Do ____ others as..."
36. Means of agency
39. Designer fashion label
40. Home, informally
41. Mike holder
42. Chester White's home
43. Bad marks
44. Area where vines are grown
45. "____ rang?"



46. Emily of "Our Town"
47. Tried by military law
54. Sky sight
55. Assortment
56. Forum wear
57. Kilns
58. Christmas decoration
59. Aroma
60. Hike
61. They're tapped
62. Medical advice, often

Down

1. "What've you been ____?"
2. Essen basin
3. Smeltery refuse
4. Beekeepers
5. Not picked up
6. Bandage material
7. Dalai ____
8. Acad.
9. Magnate
10. Offspring
11. Fast feline
12. "... there is no ____ angel but Love": Shakespeare
13. Animal house
21. Fertilizer ingredient
22. Dostoyevsky novel, with "The"
25. Busts
26. Theologian François ____
27. Hazardous
28. "____ are the days of our lives"
29. Clue
30. Marsh bird
31. Aquatic mammal
32. Composer Richard ____ Carte
34. Black cat, maybe
35. Capital of Mongolia
37. Full-length
38. Accused's need
43. Classical Greek verb tense
44. Turns down
45. Tentlike dwellings of Turkic peoples
46. Dry, in a way
47. "Bye now"
48. About
49. Faux
50. Sunburn relief
51. Bank deposit
52. Freudian topics
53. Blowgun ammo
54. Corn holder

RANDOM FACTS

-40 degrees Fahrenheit and -40 degrees Celsius are identical. That's the point at which both temperature scales converge

The male satin bower bird, found on the east coast of Australia, builds its bower (ground nest) with twigs and then decorates the nest with blue (sometimes yellow or shiny) objects it finds to attract a mate. Many people who live nearby have found long lost objects in the bowers such as car keys, toys, clothes pegs etc.

Credence Clearwater Revival has had seven songs hit #2 on the pop singles chart but has never scored a number one hit.

The German word kummerspeck "means excess weight gained from emotional overeating." Literally, grief bacon.

RANDOM QUOTES

When I was in college, I remember fearing that the dreary grind of adulthood would feature infinitely more existential dread than frat parties had, but the opposite has been true for me. I'm much less likely to feel that gnawing fear of aimlessness and nihilism than I used to be and that's partly because education gave me job opportunities, but it's mostly because education gave me perspective and context.

- John Green

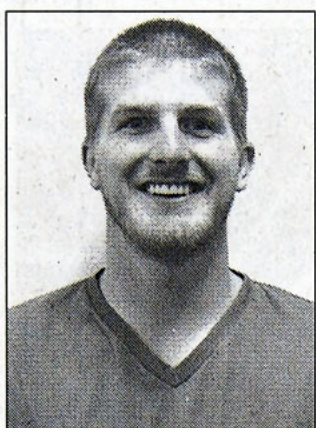
Chance is always powerful. Let your hook be always cast; in the pool where you least expect it, there will be a fish.

- Ovid

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Sports Decoded: Who was really the better man?



Cody Johnson

Sports Editor

Very rarely in the world of sports do you see two men go head to head with such force and brutality than in the world of UFC mixed martial arts.

Within the sport of mixed martial arts, the championship of the toughest weight class took place last week.

Two men entered into the arena prepared to beat each other into a bloody pulp.

Only one man completed that task and yet managed to "lose" the fight, according to the judges watching. Johnny Hendricks came to the fight with one goal; to take down the

reigning champion and give him the worst beating of his career.

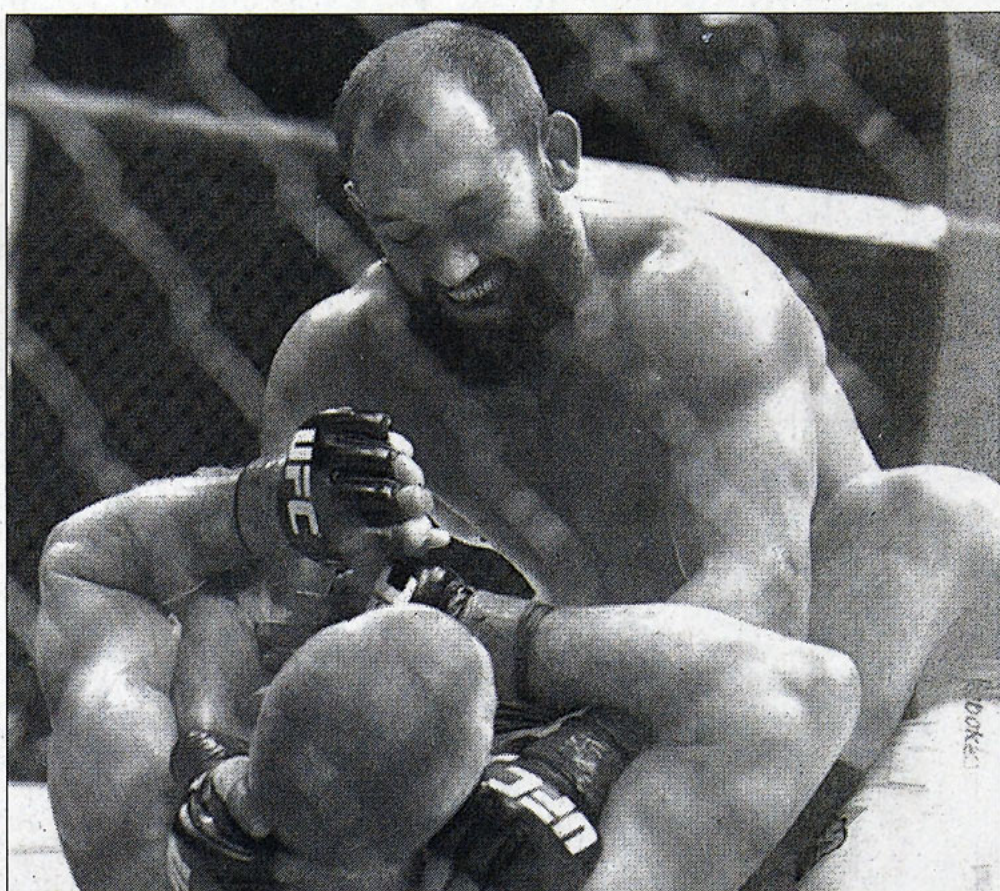
Hendricks did just that. George St. Pierre took quite the beating and the most powerful punches he has ever taken in a single bout of his career. Hendricks pounded St. Pierre 85 hard times and St. Pierre's face showed it after the fight and during the press conferences.

The reigning champ reported minutes after the match that he had memory loss and blurred vision, along with other signs of the shear force he absorbed.

Hendricks, on the other hand, walked out of the cage having fought a hard fight, but not looking like someone used his face as a punching bag, like St. Pierre did.

Don't mistake me, George St. Pierre is a tough fighter who belongs on the top of the MMA, however, Hendricks showed up and brought a force St. Pierre was not prepared to handle. To go five rounds with Johnny Hendricks, the knockout king, is a tough feat, but St. Pierre payed the price. It surprised most people when they announced St. Pierre as the winner.

Who should really be the winner of a fight? The man who walked away hardly scratched, or the man who has now reported trouble sleeping, memory loss, blurred vision, and has decided to step away from the sport for "a while," after sustaining such a walloping?



Johnny Hendricks, top, punches Georges St. Pierre, of Canada, during a UFC 167 mixed martial arts championship welterweight bout on Saturday, Nov. 16, 2013, in Las Vegas. St. Pierre won by split decision. (AP Photo/Isaac Brekken)

Men's Basketball

UCO Grounds Eagles

OKLAHOMA CITY (Nov. 19) — Josh Gibbs and Seth Heckart hit back-to-back 3-pointers in an early 8-0 run that gave Central Oklahoma the lead and the Broncos went on to grab a 72-58 victory over Oklahoma Christian here Tuesday night.

UCO trailed 5-2 when Philip Brown's layup started the early scoring spurt, with Gibbs and Heckart nailing their long-distance shots following OC misses to quickly give the Broncos a 10-5 lead just three minutes into the contest.

Terry Evans' crew never trailed again, taking a 31-25 lead into halftime and pushing its cushion to as many as 19 in the second half before coasting in for their third win in four tries.

"This is a tough place to play and we came out with a good win," Evans said.

"We executed on offense and our defense was really good most of the game."

UCO limited the Eagles to 31.4 percent shooting from the field, while the Broncos shot a solid 47.3 percent.

Heckart led the way, hitting 10-of-17 shots with four 3-pointers in a 24-point outing while also pulling down a career-high seven rebounds. Gibbs finished with 15 points and 10 rebounds for his fourth straight double-double.

UCO also got 13 points, six rebounds and six assists from Aaron Anderson and 12 points from Cal Andrews.

OC was within one (26-25) late in the first half, but Heckart hit a jumper and Andrews added a 3-pointer in the final minute to push the lead back to six at the break.

It was a five-point lead at 44-39 seven minutes into the second half when UCO put the game away with a 12-0 run. Andrews drilled a pair of treys, Heckart added another long-range bomb and Anderson had a conventional three-point play as the Broncos pushed their advantage to 17 (56-39) at the 10:38 mark and OC got no closer than 13 the rest of the way.

UCO doesn't play again until hosting Science and Arts of Oklahoma next Monday at 7 p.m.

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UCO sweeps Emporia in MIAA playoffs



Freshman defensive specialist Mikayla Bangasser digs the ball in the first round of playoffs against Emporia State on Nov. 19, 2013. Photo by Cyn Sheng Ling, The Vista.

Rick Lemon

Contributing Writer

Barbra Jackson and Allison Barr came up big again, as they have all season, in the Bronchos win in the first round of the Mid-America Intercollegiate Athletics Association volleyball playoffs.

The Bronchos' sweep of the Emporia State Hornets, their 16th of the season, sets up a second-round matchup against top-seeded Central Missouri in Warrensburg, Mo. on the home court of the Jennies.

Tuesday's matchup might have ended with

the Bronchos sweeping the Hornets (25-14, 28-26, 25-19), but Emporia State tried their best to make things interesting.

The first set went UCO's way without too much trouble. After running the score to 6-7, the Bronchos used a 11-2 run to pull away and from that point they were able to cruise to a 25-14 set win.

The second set was much more dramatic. Featuring 12 ties and five lead changes, the Bronchos had to rely on some late set heroics from Jackson and Mallory Fox to come away with the hotly contested 28-26 win and put the Bronchos up two sets to none.

The third set seemed to have shades of the

second, with both teams battling back and forth. Neither team seemed to be able to get an advantage, as they fought back and forth to a score of 20-19.

Most of the set had been decided by the teams going on small 3-4 point runs against each other, so it was only fitting that UCO used a four point run capped by two big kills from Jackson to finish the set and the match.

Jackson and Barr added onto what has been a spectacular season, adding 19 and 13 kills respectively. In addition, Taylyn Schwartz did a spectacular job setting up the Bronchos' attack. She recorded 41 of UCO's 46 assists for the game. On the defensive

side, Tate Hardaker contributed 18 digs, while Mikayla Bangasser added 11 and Katy Davis' eight.

The Bronchos now advance to the second round of the MIAA playoffs to face the Central Missouri Jennies on Friday. The winner of that semifinal game will face the winner of 2nd seeded Washburn and 3rd seeded Nebraska-Kearney on Saturday. Since home court is decided by the highest seed still remaining, the 4th seeded Bronchos will be playing away for the rest of the tournament.

Women's Basketball

Central Oklahoma takes another win

Austin Litterell

Sports Reporter

The UCO women's basketball team earned themselves another a victory on Tuesday night. The Lady Bronchos are off to a strong start this season. UCO moved to 4-0 on the season after defeating the Southern Nazarene Crimson Storm 78-65 at Hamilton field house.

UCO got off to a quick start against SNU and never trailed in the entire game. They jumped out to a 15-4 lead just six minutes into the game. UCO was able to force turnovers and move the ball around to find open shooters for three. Despite not shooting the ball very well, overall in the first half they were on fire from behind the arc.

"I think sometimes it depends how a team is guarding you. They let us come off those ball screens early. We got a lot of easy looks early. He made some pretty good adjustments at halftime. That's how they got back into it," said head coach Guy Hardaker.

The Defense was stout in the first half and UCO went into halftime with a 43-25 lead.

The second half was pretty much the same story until the Crimson Storm managed to make a second half run. UCO saw their 22-point lead be cut to seven after an 18-3 run with 10 minutes remaining in the game. The Lady Bronchos would regain their form, however, and push their lead back up to 20 before finishing the game with a 78-65 victory.

This game had about three bug runs throughout the game. UCO had their opening run to get ahead early; SNU cut it down to eight before UCO opened it back up with a run of their own. Hardaker mentioned that this type of offense can lead to runs from both teams.

"It just leads to some crazy runs offensively, they got it down to, I don't know six or seven, and next thing I know I look up and it's back to 18," said Hardaker.

It was a balanced offensive attack for the Bronchos. UCO had four players score in double digits. Leading the way for the Bronchos were the Mason sisters, each with double

doubles. Olivia Mason came off the bench and put in 14 points on 4-6 shooting, while grabbing 10 rebounds. Sister Julia added 10 points and 10 rebounds. They also got 12 points from Haley Weathers and Jill Bryan, who also put in six assists, as well.

The Crimson Storm was led by Callee Cox who put in 17 points. Six foot four Amintata Fall was a presence on the inside for the Crimson Storm. She scored a solid 13 points while grabbing 15 rebounds.

After just one home game, UCO will be back out on the road this weekend as they will travel to Denton, Texas. They will play Tarleton State and Texas Woman's University in the Marriott Champions Circle Pioneer Premier.

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