



The Runner

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California State University, Bakersfield

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Konya has big shoes to fill as new CSUB athletic director

By Mark Nessia
Editor-in-Chief

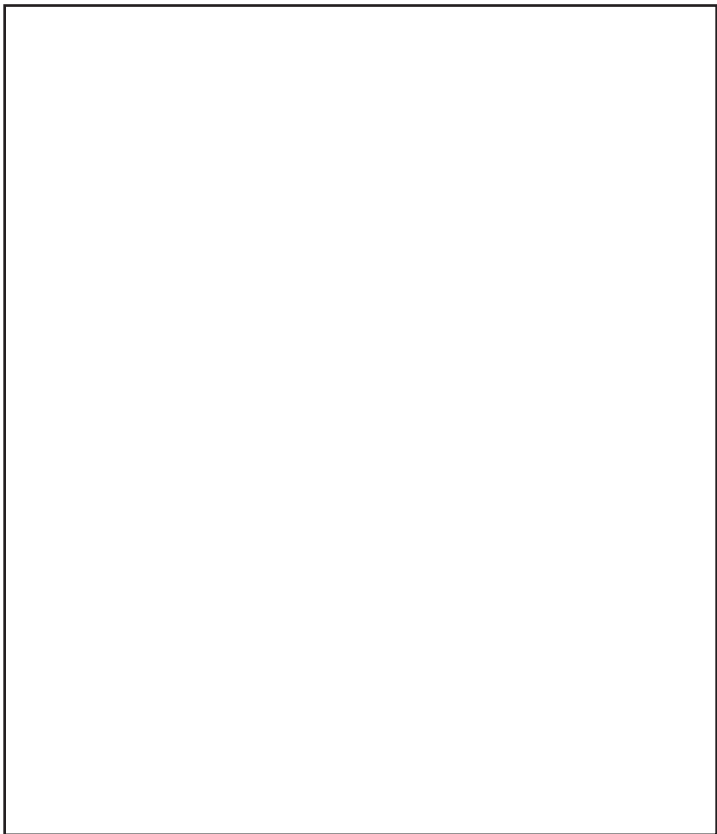
Jeff Konya is replacing a legend, and he knows it.

In fact, CSUB’s newly-appointed athletic director compared his predecessor to Christopher Columbus: He charted an athletic program from infancy, sailed it to 30 national championships in Division II, produced over 1,000 academic and athletic All-Americans and most recently saw the transition from Division II and “dropped anchor on the shores of a brave, new world in NCAA Division I.”

Konya succeeded Rudy Carvajal – CSUB’s founding athletic director who retired Dec. 31 after 38 years of service – Jan. 8 marking the beginning of a new era for CSUB athletics.

Konya came to CSUB from Division II Northeastern State University, where he was the athletic director since 2008. He also has experience at the Division I level as a senior associate athletic director at Southern Methodist University. His hiring was announced Nov. 24, ending a four-month national search.

“I was thrilled,” Konya said



Mark Nessia/The Runner

Jeff Konya replaced Rudy Carvajal as CSUB’s new director of athletics Jan. 8. Carvajal was CSUB’s founding athletic director and held the position for 38 years.

regarding the hiring. “It was right before Thanksgiving, so it was certainly something to be thankful for. It was a blessed phone call.”

Konya said he was drawn to position because Bakersfield is the 57th largest metro area in the country and CSUB is the only Division I institu-

tion in that population. He said if you can get an integrated Division I program, you will have something really special – something that is a “must-see event” that the community will get excited about.

“I see the potential to market CSUB athletics and help this region fully embrace,

internalize and support the NCAA Division I program so it becomes intertwined with the pulse and the pride of this wonderful community,” he said.

And Konya’s track record suggests he is more than capable of making it happen.

At NSU, Konya completed a successful all-sport conference change, increased fundraising by more than 50 percent, quadrupled season football ticket sales and oversaw nearly \$1 million in athletic facility improvements.

“He understands where we are,” CSUB President Horace Mitchell said. “He has a vision for what we need to do to fully maximize our Division I status. That’s going to mean bringing in some new ideas and new energy about things that we need to do, and he has those.”

Konya’s vision revolves around three main goals: To graduate the student-athletes, to win, and exhibit a set of core values that collectively represent the institution in the best way possible.

“In many ways, this will just be a continuation of the good work started under the

[See KONYA, Page 3]

Finding on-campus health food

By Sierra Lightner
Staff Writer

Food is a necessity for life. Without it we starve to death pretty quickly. The nutrients we get from food are necessary to sustain our bodies. We burn calories even when we sleep. Some food is good-tasting, while others are healthy.

So how are students supposed to obtain food that will help them in their search for food while on-campus? By going to one of the many places it is sold on campus. Togo’s, the Runner Café, the Dining Commons, Wahoo’s, and Peet’s Coffee Shop; these places are the options a student has for finding nourishment. Obviously some of these places are directed toward either being healthy or tasty.

Like the Café, it has various shops in it. Sbarro’s pizza and pastas are geared toward taste instead of nutritional value. I once saw someone try to reheat a Stromboli they had gotten from Sbarro and after a few seconds the Stromboli was reduced to a puddle of

grease, with more grease dripping off of it.

When I questioned a fellow student, Julian Rodriguez, Sociology major, about getting healthy food on campus and his reply was “We have that now?” That isn’t the response I was hoping for but it gets the point across well.

Another place in the Café, the Runner Grill offers burgers and other fried foods. Alexander Helland, another student that attends CSUB told me “Most of CSUB doesn’t have healthy food. As far as I know, one of the only places to get food that is even slightly healthy is the Cafe.

The Cafe usually has a salad bowl or fruit cup, though most of their other food seems to be swimming in sugar or grease.”

The Café does offer a small section of premade salads, fruit, and yogurts. On the opposite side of the Café is a salad bar where students can build their own salad.

Togo’s sandwich shop provides a variety of different [See HEALTHY, Page 4]

Victim Witness Assistance Center gets support from local fog run

By Anne Stephens
Staff Writer

It was a cool, early Saturday morning with low fog settling on the hills of Bakersfield as over 800 runners of all ages joined together to run the paths around Lake Ming.

The fog run was organized by the Bakersfield Track Club to support organizations such as the Victims Witness Auxiliary Board and Kern County Probation Department.

The runners were able



Adriana Vega/The Runner

Participants await the start of the 22nd annual Bakersfield fog run. The run benefits the Victim Witness Assistance Center.

to choose to run a 5K or 10K path, and a chance to win prizes such as free massages or a pancake breakfast. Not only were prizes available, but a free T-shirt was also given to the first 650 registrants. Many people showed up early for the

event and could be seen anxiously waiting in line for the race to begin. The cost to register was \$25 for adults and \$20 for ages 17 and under.

Organizations like the Kern County Probation Department support victims and witnesses of

crimes through the Victim Witness Assistance Center, also known as the VWAC.

Rosemary Esquivel, a volunteer for VWAC, explained the program in more detail, saying that the organization helps victims of violence such as elder abuse, child abuse, domestic violence, sexual assaults, and victims of all crimes. Esquivel also explained some of they ways that the VWAC helps these victims include attending

[See FOG, Page 3]

Rain puts a damper on locals’ winter break

By Eloy Vieyra
Staff Writer

Rain, rain and more rain. It seemed like the water would never stop. Bakersfield was hit with a continuous dosage of heavy rain for several days.

A few weeks ago, Bakersfield residents had the challenge of keeping dry. The rain hit Bakersfield hard and flooded streets all over town.

The flooded streets caused problems and residents fought back the water that was threatening their homes. The city provided sand bags for those who needed help keeping the water from damaging their homes.

Most of the streets from south all

the way to north Bakersfield were completely flooded. It seemed liked using a boat would be better than a car.

People were seen making the best of the situation. Kids were playing in the water; others were going down the street in their canoes.

“My block looked like we didn’t even have any streets. It looked more like we were living on small islands.” said Emily Barton, a CSUB student who lives in northwest Bakersfield.

While the water caused problems for those in flooded areas, CSUB students were glad that classes didn’t start until Jan. 5.

“I got lucky that I was off from [See RAIN, Page 3]

Valley fever: Even locals have to worry about it

By Christina Ramos
Staff Writer

Valley fever has existed for the past 100 years and has been present in southern and central California just as long. Doctors have warned

locals about the infectious sickness.

It’s been said that if you have lived here you’re probably not going to catch it. While that may be true, being less likely to contract it doesn’t mean it can’t happen. Not

enough is known about it, because our county is one of the highest endemic areas, more information needs to be spread about this potentially fatal illness.

So what is valley fever? Its medical term is called

Coccidioidomycosis or “Cocci” for short. It starts off as tiny fungal seeds or spores in the soil which become airborne and are inhaled into the lungs, where the infection begins. The people most likely to contract the illness

are people who have lowered immune systems, the elderly and the young and – sorry guys – males are more prone to get it than women, but pregnant women are highly susceptible in their third trimester.

Valleyfever.com states: “Valley Fever is a sickness of degree. About 60 percent of the people who breathe the spores do not get sick at all. For some, it may feel like a

[See FEVER, Page 3]

Seven-day
weather
forecast
*According to
weather.com*



Wednesday
Hi: 60
Lo: 42
Precip. 0%



Thursday
Hi: 59
Lo: 45
Precip. 10%



Friday
Hi: 61
Lo: 44
Precip. 10%



Saturday
Hi: 60
Lo: 45
Precip. 10%



Sunday
Hi: 61
Lo: 46
Precip. 10%



Monday
Hi: 61
Lo: 44
Precip. 10%



Tuesday
Hi: 62
Lo: 47
Precip. 0%

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RUNNER ON THE STREET

By Taylor Gombos, Photo Editor, and Stephanie Mahinan, Staff Photographer

This week, The Runner asked, “What is your New Year’s Resolution and have you failed at it yet?”



Justin Gant
Senior
Business Admin.

“I don’t have a resolution because I don’t believe in them.”



Johanna Sosa
Junior
Criminal Justice

“Not to cuss; I have freakin’ failed.”



Geovany Rodriguez
Freshman
Sociology

“To gain 10 pounds of muscle. I have not failed. Ineed 10 more pounds.”



Pete Crawford
Junior
Music

“I don’t give a shit about New Year’s resolutions.”

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The Runner
California State University,
Bakersfield
9001 Stockdale Hwy.
Bakersfield, CA 93311-1099
Telephone 661.654.2165
Fax 661.654.6905
E-mail runner@csub.edu

editorialstaff

EDITOR-IN-CHIEF

Mark Nessia
marknessia@yahoo.com

COPY EDITOR

Rhianna Taylor
Rhianna_taylor385@yahoo.com

FEATURES EDITOR

Melissa Villagomez
foldingamap@live.com

ENTERTAINMENT EDITOR

Racella De Guia
racelladeguia@gmail.com

SPORTS EDITOR

Manny Beltran
methtical9857@yahoo.com

OPINIONS & WEB EDITOR

Derek Bato
carcervinco@gmail.com

PHOTO EDITOR

Taylor Gombos
taylor_gombos@yahoo.com

VIDEO EDITOR

Ashley Sizemore
bookbabe89@yahoo.com

ADVISER/ADVERTISING

John Emig
jemig@csub.edu

newsroomstaff

Adriana Vega, Alexander Helland, Anne Stephens, Baleria Aguirre, Brian Farinas, Brady Cabe, Chris Davis, Christina Ramos, D’anna Stewart, DaraGholston, David Coker, Eloy Vieyra, Emmanuel Price, Grace Vega, Jesus Cardenas, Meagan Cook, Onesimo Miranda, Pablo Hernandez, Reina Santa, Reynaldo Juan, Rogelio Alvarado, Sara Gunn, Sierra Lightner, Soo Yean Lee, Stephanie Mahinan, Steven Gaede, Victor Maldonado, Zachary Gonzalez

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Making a New Year’s resolution is more uplifting than you think

By Sara Gunn
Staff Writer

New Year’s resolutions. They’re cheesy and superficial.

We make them so carelessly and then a week into January we’re all about brownies, beer and cigarettes. The problem here is that we build up New Year’s as a special time when magical things are possible when, in reality, it’s just another day where we still must work hard to get what we want.

While saying “I’m going to learn Japanese this year” may sound good on your Facebook wall, this isn’t the way to go about making a change in your life.

I have a real problem with New Year’s resolutions for this reason. It’s really easy, when you’re drunk with your friends on New Year’s Eve, to say “This is my last carb ever!” But, you don’t really mean it, especially the next day when you’re eating leftover Christmas pie. They’re just empty words. The day itself has no meaning.

What must happen is that you want a change for yourself, and the fact that it’s New Year’s has nothing to do with wanting to improve. You must desire it fully, and so you must take it now, not after the holidays are over.

Now that you’ve decided to take charge of your life, you must realize that your resolution must be something that you actually want to do. For example, it seems that lately everyone’s obsessed with health and eating organic.

There’s nothing inherently wrong with this, but it seems that it’s become rather trendy to obsess about this sort of thing. Do you really want be a vegetarian, or do you just want your friends to think you’re hip?

If you really want to change your life, it has to be a change you actually care about.

It’s also important to be realistic about your goals. Resolving to spend three hours a day at the gym is fine, but how can you do that when you’re working 50 hours a week and still trying to keep up with Oprah’s book list?

There’s a limit to how much one person can do, and the best way to accomplish nothing is to try to accomplish everything. Moderation is what will preserve your sanity, so maybe a better plan would be to spend an hour a day on the treadmill, work a little less, and keep up with the reading while you’re on the stationary bike.

Finally, there’s nothing quite like negativity to make you want to give up on everything, so let’s avoid it all together. If I say, “I’m going to quit smoking cigarettes,” the only thing that’s going to happen is that I’ll be sad that there’re no cigarettes in my future.

Instead, I should make a positive resolution by saying, “I’m going to walk more.” I’ll feel better from walking and, therefore, want to smoke less. If there’s focus on the

positive – feeling healthier – then there’s less stressing over the negative – nicotine withdrawals.

The biggest problem I have with New Year’s resolutions is that they’re commercial and fake, but that doesn’t mean I’m opposed to making a positive change. If I must be forced to label my positive self-esteem affirmations as “New Year’s resolutions,” it doesn’t diminish their validity or my ability to control my own life.



Victor Maldonado/The Runner

When choosing your New Year’s resolution, try not to bite off more than you can chew.

Resolutions are a waste of time and energy

By Baleria Aguirre
Staff Writer

Another new year, and many have made a New Year’s resolution.

It tends to be only for the first months of the year that we see the gyms filled with people trying to reach their resolutions by getting in shape every new year. Especially after all the holiday stuffing, people tend to invade

the gyms. I believe there are more cons than pros to making New Year’s resolutions.

Many people stress about keeping up with their resolutions for only the beginning of the year and then forget about their resolution toward the end. I believe it is more stressful for the body to try and find a new resolution in the end of the old year and then trying to meet it for the New Year.

Stress is something we need to avoid throughout the whole year and that’s why I manage not to make a New Year’s resolution. I don’t like pressuring myself into making a change with my life and waiting until the end of the year to come up with a New Year’s resolution.

I believe we don’t need a new to improve our lives.

If you commit yourself to a change you will obtain it; there is no need to stress over the last months of the year to work on a New Year’s resolution. Change happens on its own, there is no need for a new year to start improving our lives.

Should CSUB have fog delays?

By Rogelio Alvarado
Staff writer

It is that time of year again, when we welcome a New Year and a new winter quarter here at CSUB. Along with both of these beginnings comes the most feared forecast of them all, fog! Fog is a troubling situation when commuting to CSUB, yet CSUB should not have fog delays in their university system.

As I once learned in class, fog is a collection of ice crystals or droplets of water near the Earth’s surface or suspended in the air. Fog is also viewed as a cloud due to its white and large surface that it covers at a low-level atmosphere. The majority of fog is created by moist ground or around large body of water. Here in Bakersfield there are certain areas all around the city from where this can apply and create fog in the community and create chaos on the road while commuting to CSUB during this cold winter quarter.

Since CSUB is a university system, it is proud to admit responsi-

ble students who are determined to achieve their educational goals. If fog interferes with the daily routines of a student or faculty member, CSUB offers flexible schedules from which both can choose from to accommodate their preferences. There are classes that start at 7 a.m, 10:55 a.m, and after noon.

Jose Cruz, a third year CSUB student, states, “It is very helpful knowing that I can arrange my classes to carpool on the road with friends during this fog season where driving gets crazy.”

This is one of the advantages of dealing with fog here at CSUB.

If there is fog in the morning, then a student should plan ahead and leave earlier from home to have enough time on the road to drive safely. Furthermore, the good thing is that the visibility of fog changes every time. On a certain days we might not be able to see the front of our hand if we were to extend it forward. On the other hand, there are days when we there is fog but we can see a mile ahead on the road while driving safely.

I am confident that since we are all adults, we are able to manage our schedules and time on a daily basis to beat this feared fog. Additionally, not only does fog come down in the morning, but also in the late afternoon and in the darkness of the night, yet that is where planning a good schedule comes in to avoid this situation, with respect to every student’s schedule here at CSUB.

This university should not have fog delays also due to the fact that it would bring back memories of those furlough days we once had when instructors, students, and all faculty here at CSUB lost school time due to the situation in the economy. We want to make sure fog does not get in the way with our ability to learn in this great university of CSUB.

So next time you hear your alarm, go ahead and wake up knowing that your university is on-task and ready to deal with this fog. Make the most of your day with a positive mentality about the fog that sticks around the majority of this 2011 winter quarter.

New director of athletics sets bar high and expects program to achieve ‘lofty goals’

[KONYA, from Page 1] leadership of Rudy Carvajal,” Konya said. “But specifically for student-athletes, we need to promote them to be future civic, business and community leaders in society.”

Konya’s priorities include addressing CSUB’s conference status (men’s and women’s basketball, men’s and women’s swimming and diving, track and field, cross-country, baseball and volleyball are currently independent) and producing an attractive product for when the community comes to see Roadrunner athletics.

“The college atmosphere is different than any other kind of atmosphere, even professional,” Konya said. “You have the passion, you have the students there, the pageantry and tradition. I really believe that we have



Mark Nessia/The Runner
CSUB Athletic Director Jeff Konya, left, stands next to former athletic director Rudy Carvajal during a Dec. 6 press conference. Konya officially took over Jan. 8.

the infrastructure here to provide a wonderful game atmosphere and separate our product, in terms of entertainment dollars, from the other ones that are in the market.”

As for wrestling, men’s and women’s golf,

and women’s tennis programs, which must be self-sustaining in order to continue playing, Konya said he would like to keep them.

He said he is all about extending opportunities for student-athletes. Being a former student-athlete, he said he knows how great the opportunity is, in terms of lifeskills, for the people who can go through and participate. He wants to make sure that “we all have a chance.”

To do so, Konya said they have to be very aggressive with their external fundraising and must prioritize resources.

“I’m really excited,” CSUB wrestling coach Mike Mendoza said. “I like the energy he has. He’s got a vision and he’s ready to work right away and get the athletic department moving in a good direction.”

“Hopefully he comes in, takes a look at everything

and as he looks to grow the Athletic Department, we’re part of that plan.”

If that plan goes the way Konya envisioned, a bright future awaits CSUB athletics.

“Hopefully we’re competing for championships, either conference or NCAA championships,” he said. “We’re graduating our student-athletes, recruiting good-character individuals and our entire athletic department is something the entire community is proud to be associated with. If that’s the ends we have in five years, it will be a wonderful ride.”

CSUB Holds annual E-Waste Event



Steven Gaede/The Runner
Mike Hayes, left, helps unload a large machine as Andrew Lopez and Jelontay Killebrew correctly situate the machine on a wooden pallet, readying it for the forklift, Jan. 7 at CSUB’s dirt lot off of Southwest Drive. Hayes set the bar high by showing up with a trailer full of items on the first day of this two-day event.

By David Coker
Staff Writer

On Jan. 7 CSUB hosted its annual e-waste event. This is the 6th year that CSUB has held this event which promotes the proper disposal of electronic products.

E-waste events give opportunities to local residents to dispose of electronic waste safely and legally. Electronic waste is any item that is thrown away that uses a plug-in or battery. According to CSUB representative, Rob Meszaros, the e-waste event not only provides a much-needed service to Bakersfield residents, but the money received through the recycling of this e-waste event is actually pumped back to CSUB. Meszaros went on to tell me that the CSUB event averages about 150,000 pounds of recycled e-waste per year.

Knowing the symptoms of valley fever

[FEVER, from Page 1] cold or flu. For those sick enough to go to the doctor, it can be serious, with pneumonia-like symptoms, requiring medication and bed rest.”

If flu symptoms turn into more serious ones such as pain in the sides of the lungs and heavy labored breathing, seeing a doctor as soon as possible is crucial. Valley fever has the potential to get even worse than just pneumonia. It can actually spread out of the lungs into the bloodstream which in turn can affect the bones, skin and membranes around the brain and eventually develop into meningitis and even become fatal.

While the symptoms can progressively get worse, if not treated, there is

treatment available for valley fever.

According to valleyfever.com “Unfortunately, there is no ‘magic bullet’ cure, as all antifungal drugs effective for Cocci have downsides and none actually kill the fungus – they inhibit its growth and rely on the body’s defenses to contain it.” The medication that patients must take in order to contain the fungus is hard on them. The multiple medications that are ingested can make the patients feel worse at times. Although it can not be completely eliminated once contracted, scientists are working on a vaccine.

According to valleyfever.com: “Production of an effective vaccine, with public and private support, is the only way we can eliminate the person-

al and financial burden of this disease. As valley fever continues to take its toll, costs far exceed that of developing a vaccine. Preliminary research indicates that an effective vaccine could be developed within the next seven years at a cost of approximately \$6 million.”

Awareness is key in the fight against valley fever and being healthy helps too. It’s a new year and with it comes resolutions. Exercise and having a better diet will makes a person stronger to fight off all kinds of illnesses including valley fever. For more information please see the website valleyfever.com.

Hundreds participate in 22nd annual Bakersfield fog run

[FOG, from Page 1] all the persons criminal justice hearings, quickly responding to the needs of the person, giving automatic counseling for persons with murdered siblings such as shelter, financial care, or even bus tickets to other states. All of these benefits are at no cost to the victim.

They also specialize in crisis intervention, emergency assistance, recommendations to community resources, and having court escorts. One of their main goals which can be found in their mission statement is to teach these victims and witnesses what their rights are and give them resources so they can rebuild their lives. The fog run is a great help with its proceeds for this organization.

When Pam, who has been a runner for over 10 years, was asked if she felt that running was therapeutic for her she replied, “Oh absolutely! We can vent to each other. It’s girl time,” as she was standing with her friend after the run. Pam went on to say, “It’s a great way to start the New Year.” Many of these runners came with friends, family, and even their dogs. After the runners finished, they were given breakfast burritos and were able to eat with music being played by Clear Channel Radio. This is the 22nd annual 5K-10K fog run.

Rain floods Bakersfield



Photo courtesy of bakersfieldnow.com
Flooding came as a result of the rain Bakersfield received during winter vacation.

[RAIN, from Page 1] work and didn’t have classes I had to go to during the first few days it rained. I stayed home and only left the house when I absolutely had to,” said Jessica Paterson, CSUB student.

Later, the city advised residents not to play in the water because the water contained harmful bacteria that came from the overflowed sewage system. The city had trucks going to flooded areas and pumping water off the streets.

The rain lasted for several days, and when it finally let up, residents had a few days to prepare for another storm. The second storm that hit Bakersfield wasn’t as big as the prior week, but some areas still hadn’t dried up.

It was the most rain Bakersfield had seen in some time. Residents can now plan for the future and be better prepared for the next time we see a big storm hit Bakersfield.

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English Club, Sigma Tau Delta, hosts author Francois-Xavier Gleyzon

By Emmanuel Price
Staff Writer

Francois-Xavier Gleyzon, the author of “Shakespeare’s Spiral,” spoke in the Dezember Reading Room on Thursday, Jan 6.

The Sigma Tau Delta English Club hosted the event that began at 7p.m. Approximately 50 people listened to the presentation.

Gleyzon, who hails from France, described the symbolism in the writing during the Elizabethan Age informing the audience about the parallels between art, literature and political theology.

Gleyzon is currently working on his newest book, “Religion Hospitality and Terror in the Age of Shakespeare,” as he travels the globe sharing his knowledge.

According to Gleyzon, Richard II contained “two bodies,” and he described the metamorphosis, “the divine body splits and fractures itself.”

Richard II compared himself to Christ being betrayed by Judas: “water cannot wash away your sins.” In 1387 control of the government was taken over by the Lords Appellant. In 1389, Richard II regained control, and did not have any vengeance on the former opponents, but later he did seek revenge, executing many. Richard II’s kingdom was a “dying earth,” and the land of England equated to the land of death—“the glorious image of the kingship does not last it fades away.”

In the book “Shakespeare’s Spiral” Gleyzon explores the snail figure in the Shakespearian text, and in a Renaissance painting. Gleyzon described the metaphorical aspects of the shell and other Renaissance paintings. According to Gleyzon, Shakespeare used theater to influence religion and politics, and told the audience to think about the fissures, and gaps in tragedy found in the symbolic writing.

The author began reading Shakespeare at the age of 12 in England, and became a fan

nearly overnight. He grabbed the attention of the Sigma Tau Delta members as he elegantly spoke about the theatrics.

“I thought it was very insightful and a lot more intellectual than anything I can come up with right now,” freshman anthropology major Kournie Flanum said.

Gleyzon received his PhD in 2007 from the University of Lancaster, United Kingdom, and is currently an assistant professor at the American University of Beirut. Gleyzon has worked on various peer-reviewed articles on English Renaissance literature and visual arts.

“He (Gleyzon) has been a friend for a long time and I read his literature, and almost everything he published; he is an amazing guy,” professor of English and director of the Hawk honors program Mike Flachmann said.

“Theater must not be read. It has to be visualized to fully understand; one must see it on stage,” Gleyzon said.



Photo Courtesy of Runner Staff
Author Francois-Xavier Gleyzon

Dorm residents enjoy perks of living on campus

By D’anna Stewart
Staff Writer

For some CSUB students, life on campus seems to be easy, fun, and convenient. Residents seem to enjoy life on campus. Aside from class, these students share a living space with a total of 325 students who are of all different ages and ethnicities. It is like a small community to these students because they live and dine together.

Brittany Smith, a junior, moved out of the dorms and moved back in as soon as an open spot was available. She feels the best part about living in the dorms is the convenience. She enjoys the fact that she can wake up late and still make it to class on time. She likes not having to worry about getting up early and rushing to school for class, only to find that there are no available parking spaces.

Students are at home here on campus so they can wake up, grab a bite to eat, and head straight to class with no worries. Residents also have meal plans that offer them two meals a day in the Dining Commons.

Not all residents are fans of this meal deal. Resident Josh



D’anna Stewart/The Runner
Residents of the Rohan dorm live up their living space.

Williams likes living on his own and says it teaches him responsibility. He also says he likes to eat a lot and wishes the eating hours of the commons were open more or longer. He says, “I wish they had an in-between, maybe like a snack bar or something.” He explained how last year, the Dining Commons offered three meals a day, which were breakfast, lunch, and dinner. He says they took away breakfast because students weren’t taking advantage of it. Williams thinks taking away breakfast was “the worst idea ever.” He wishes they will reconsider that decisions and “bring the omelets back!”

The students enjoy socializing and dining together on a daily basis especially when they have music playing during dinnertime. Student Kara Skiles, a sophomore, says

she wishes they had music everyday. She enjoys the energy and the crowd that it brings. Kara says “not everyone eats dinner in the commons every night, but when students get word that there’s an event happening like a speaker coming or music being played, everyone comes out and I like that.”

Living in the dorms makes things a lot easier here at CSUB. Meeting and making new friends seems inevitable for these students. Resident Raiai Lee says she’s been living here four years and enjoys not paying bills. When asked what the worst part about her experience, she says sharing a bathroom with the other girls. She would also love to see new furniture and remodeling of the rooms.

After hearing from all the different students, living on campus doesn’t seem so bad. It’s also much more convenient than living off campus. The overall experience from all of these students was positive. There are some flaws and a few changes they would like to see but overall, they’re living well.

Healthy dining options on campus

[HEALTHY], From Page 1

sandwiches that are made fresh with whatever the customer wants on it. So for this place it depends on the student if they will get healthy or unhealthy food. Most of the sandwich ingredients are healthy so it’s one of the better places on campus to get healthy food.

Pete’s Coffee Shop sells premade food the same as in the Café, but in much less quantity. Peet’s is directed towards keeping the students of CSUB caffeinated. It stays open later than almost every other place on campus so

students can get their coffee after other places have already closed.

The Dining Commons is an all-you-can-eat buffet. It has a section where you can build your own salad, and sandwich, you can order burgers, a pizza bar is almost always there (occasionally replaced with pasta), a variety of cereals and a section with a different type of food every day. This sounds pretty good, but it’s only open a few hours every day. If you don’t make it within these preset time frames for lunch and dinner then you can’t get anything.

Wahoo’s is open the latest and they sell different types of Mexican food. It can be both tasty and healthy; it is also pretty cheap for some things, but some food is full of grease too.

Many students don’t know where to get healthy food on campus. Most will continue where they have been going and where they are comfortable going, but now the students should know what is available for them to get. The healthier the food, the less is actually needed, and the more you will need to spend.

Job hunting online? Don’t bother

By Alexander Helland
Staff Writer

Money is of vital importance to the busy college student. For most of us, it’s the first time in our lives where we have to make our own money and pay our own bills: Food, living expenses, car insurance, gas money and, of course, tuition. When scholarships fall short, the only solution is to find a job.

For the student short on both time and money, looking for a job online holds a certain allure. Applying for a job in person can involve driving through busy traffic, traipsing through bustling crowds, and going from store to store asking for application handouts, all the while being at the mercy of each manager’s or interviewer’s schedule.

Instead, job-searching online offers the calmness of searching and applying at one’s own leisure. Whether you’re up too early or too late, or if you only a handful of spare minutes between classes and studying, the internet is always open. If you don’t have time to fill out a long resume, you can save your progress and submit it when your schedule allows. You can check the website of a particular business or use a site with job listings such as Monster.com to find a job tailored to your interests and talents. When you submit a resumé, your digital copy isn’t removed from your computer, so you can send it to many potential

employers at once without wasting valuable time, paper, and energy.

To see what your fellow students thought of looking for jobs online, I took to the campus to find people to interview. Everyone I spoke with had attempted to find a job online, though they had negative results.

Clayton Bowen, a liberal studies major, used CSUB’s Community Engagement & Career Education website.

Unfortunately, he “was not able to find a job through using the program,” and he was not even contacted after posting his resumé, there. Furthermore, he told me he has “not known anybody that has gotten a job through using an online job search.” Clayton told me that over winter break he had worked for the Boys & Girls Club, and he had been made aware of this opening by a friend.

My next interviewee had used many more online job listings, though CECE’s website was not one of them. Julian Rodriguez, a sociology major, told me he had used the websites Craigslist, Monster, Hotjobs, and Bakersfield.com to look for a job. When asked how useful these sites were, he only said he was “not contacted,” and that he was “not employed.”

Despite the apparent ease of finding a job online, a trend began appearing. Sierra Lightner, a biology major, had a similar experience. She had used Monster, Careerbuilder, Craigslist, Bakersfield.com,

CareerStepUp, the CECE’s website, and “a few others,” though she did not remember which. While she was working as an intern at the time, she found the job through a relative. She said of her experience that she “was never contacted by any potential employers.”

My experience with searching for a job online was similar. While I used Hotjobs, Monster, Craigslist, and the resources at CECE, I was similarly disappointed with my experience. I was called by a potential employer looking for an intern at a local bank. When I informed the caller that I was a full-time college student, she told me she was unaware of that fact and said I was wasting her time and I should have included that on my resume.

Wondering how I could have possibly forgotten that, I checked my online resume that night. Sure enough, the first thing it said under my name was “full-time college student looking for a job.” Otherwise, I was never contacted and eventually found a part time job doing office work, which I found through a relative.

From the experiences of my interviewees and myself personally, it seems the best way to find a job is to know people. Although one might think it’d be easier to find a job online, everyone I interviewed had a negative experience and found online job listings to be unhelpful at best.

Are you a club or organization on campus interested in placing an ad in the Runner?

Contact the Runner at runner@csub.edu.
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Wonderland, a topsy-turvy interpretation

By Zachary Gonzalez
Staff Writer

The Doré Theatre will soon be the playing ground to a six-person interpretation of “Wonderland” on Jan. 15, hosting the 11th Hour Ensemble’s production of “Alice.” The 11th Hour Ensemble, based in San Francisco, has assembled a piece of experimental theatre about the classic Louis Carroll tale of, “Alice’s Adventures in Wonderland.” The plot-line of this interpretation of the well-known story strays away from the original Carroll novels. Alice, a young girl, is represented as an everywoman in this version as opposed to the curious little girl usually depicted.

“The show begins with her [Alice] normal, everyday routine,” said 11th Hour Artistic Director Allison Combs. “It’s exhausting, complicated, takes focus, and is all in all not desirable, but nonetheless a way of life, and something that

could go on forever. An opportunity presents itself in the form of a playing card falling from the sky, and is quickly whisked away by a Rabbit who tempts her to follow him. In a split-second decision, Alice drops her routine and chases the rabbit, who leads her down the rabbit hole & into a place foreign and very uncomfortable to her.”

“Alice” is the 11th Hour’s first production. The production now plays at the NOHspace in San Francisco.

The show does not rely solely upon spoken words to tell the story or costume changes, but rather uses physicality to drive the plot.

“The production has some dialog, but does not rely upon dialog to create the scenes or images,” said Theatre Department member Kamala Kruszk. “The actors do this without costume changes but by working together to create physical sculptures.”

According to Combs, performers



Photo Courtesy of Flickr

The 11th Hour Ensemble uses body shape and movement to communicate feelings, concepts and scenery.

were sent through an acting boot camp called the Suzuki method and learned skills such as gymnastics, ballet, cheerleading, and karate.

“With all of these tools at our disposal, we then set off to build the show, utilizing each one of them when we saw fit,” said Combs.

Kruszk invited the 11th Hour to CSUB in hopes of enlightening the growing theatrical community on campus. “Alice,” being a unique experience, according to Kruszk, will be a new image for CSUB to witness.

ness.

“With this kind of stripped-down theatre, where you aren’t given everything visually but need to fill in the forms and images, you can find it quite exciting to see things appear before your eyes that you didn’t see before,” said Kruska.

The physical element of the show is something Kruszk believes to be important and worth noting. The contortion of bodies through acrobatics and dance is what drives the story along.

“The production is physi-

cal theatre which relies on the performer’s body to create all the theatrical elements,” she said. “Performed without sets or props, the actors transform their bodies into the walls, doors, tables. They become multiple characters through changing their movement and are able to change setting simply through movement.”

Kruszk says this experimental form of theatre is something drama students and art enthusiasts can learn from.

“I think it is important for our students to see this type of performance so that they understand that the actors body can be used for so much more than just creating a character,” said Kruszk.

“For the community, it provides a movement theatre piece unlike dance or theatre which is really unique for our cultural offerings.”

CSUB theatre students will be participating in a workshop with The 11th Hour on

the day of the performance. They will be taught and discuss the approach to storytelling as seen in “Alice.”

“We only need to experiment with our perceptions of what we see in form and line and change that from using material objects to using the body as the means of expression,” said Kruszk. “They [students] will get the opportunity to explore some of the theory and techniques that make up physical theatre.”

Comb’s main goal with Alice is to have audience members leave the theatre with a sense of afterthought.

“I hope that each person walks away with a different impression of the show, and then argue about it on the way home,” she said. “That’s good theater, something that sparks conversation.”

The show begins at 8 p.m. Tickets for this production are \$10 general, \$8 for seniors, \$5 for students, and free for CSUB students.


WHAT’S HAPPENING THIS WEEK

| JAN. 12 WED | JAN. 13 THURS | JAN. 14 FRI | JAN. 15 SAT | JAN. 16 SUN | JAN. 17 MON | JAN. 18 TUES |
|--|---|--|--|--|---|-------------------------|
| Winter 2011 Club Fair 9:00 am - 1:00 pm Location: DDH Hallway | Get Noticed! Great Resumes & Meaningful Networking 4:00 pm - 5:00 pm Location: Cafeteria/Office Building, Room 102 (CECE Office-Next to the Runner Cafe) | SI Programming Committee Weekly Meetings 1:00 pm - 2:00 pm Location: DDH K104 Kaibigan Meetings 3:00 pm - 4:00 pm Location: DDH GJ102 | CSUB Men's Basketball vs. Idaho 7:00 pm - 9:00 pm Location: Rabobank Arena Guitar Arts Series 7:30 pm - 9:30 pm Location: Metro Galleries, 1604 19th St. Alice 8:00 pm - 10:00 pm Location: CSUB Doré Theatre | CSUB Wrestling vs. Oregon State 2:00 pm - 4:00 pm Location: Icardo Center | MLK Day of Service 7:00 pm - 12:00 pm Location: Martin Luther King Jr. Park, 1000 S. Owens Street. | HAPPY TUESDAY!!! |



IT'S YOUR REC CENTER

As the first people you see upon entering the SRC, the Member Services staff establishes a friendly, professional, and welcoming environment. They provide you with information regarding the facility, memberships and items available for purchase or rent. They are ready to serve you on your next visit to the SRC!



Group X

The following room names have changed:
Cardio Studio is now Sequoia
MBS Studio is now Mojave.

Winter Quarter 2011 Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|---|---|---|--|
| 6:30 AM | Sunrise Yoga Solario Valery 6:30-7:30AM | Self Defense Sequoia Tyler 6:30-7:30AM | Sunrise Yoga Solario Tyler 6:30-7:30AM | Self Defense Sequoia Tyler 6:30-7:30AM | |
| 8:00 AM | | | | | PEAK 101 Yoga Sequoia 8:00-9:25 AM |
| 8:40 AM | | PEAK 101 Indoor Cycling Mojave 8:40-9:30 AM | | PEAK 101 Indoor Cycling Mojave 8:40-9:30 AM | |
| 9:30 AM | | | | | PEAK 101 Yoga Sequoia 9:30-10:55 AM |
| 10:00 AM | | PEAK 101 Interval Train Sequoia 10:00-10:50 AM | | PEAK 101 Interval Train Sequoia 10:00-10:50 AM | |
| 11:00 AM | PEAK 101 Straight Up Strength Sequoia 11:00-11:50 AM | PEAK 101 Straight Up Strength Sequoia 11:00-11:50 AM | PEAK 101 Straight Up Strength Sequoia 11:00-11:50 AM | PEAK 101 Straight Up Strength Sequoia 11:00-11:50 AM | |
| 11:00 PM | | 1/2 Hour Ab: Sequoia Erica 12:00-12:30 PM | | 1/2 Hour Ab: Sequoia Erica 12:00-12:30 PM | |
| 12:20 PM | PEAK 101 Cardio Dance Sequoia Reina 12:20-1:10 PM | Isago Sequoia Reina 12:30-1:30 PM | PEAK 101 Cardio Dance Sequoia Reina 12:20-1:10 PM | Isago Sequoia Reina 12:30-1:30 PM | |
| 4:00 PM | Interval Training Sequoia Courtney 4:00-5:00 PM | Hip Hop Sequoia Justin 4:00-5:00 PM | Interval Training Sequoia Courtney 4:00-5:00 PM | Hip Hop Sequoia Justin 4:00-5:00 PM | |
| 5:15 PM | Indoor Cycling Mojave Miryam 5:15-6:15 PM | PEAK 101 Cardio KB Sequoia Miryam 5:15-6:05 PM | Indoor Cycling Mojave Miryam 5:15-6:15 PM | PEAK 101 Cardio KB Sequoia Miryam 5:15-6:05 PM | |
| 6:30 PM | Butts & Gums Sequoia Bean 6:30-7:30 PM | Hip Hop Sequoia Racella Bean 6:30-7:30 PM | Butts & Gums Sequoia Bean 6:30-7:30 PM | Hip Hop Sequoia Racella Bean 6:30-7:30 PM | |
| 7:45 PM | PEAK 101 Indoor Cycling Mojave 7:45-8:40 PM | Zumba Sequoia Racella 7:45-8:45 PM | PEAK 101 Indoor Cycling Mojave 7:45-8:40 PM | Zumba Sequoia Racella 7:45-8:45 PM | |
| 9:00 PM | Salsa Sequoia Diana 9:00-10:00 PM | Step Aerobics Sequoia Diana 9:00-10:00 PM | Salsa Sequoia Diana 9:00-10:00 PM | Step Aerobics Sequoia Diana 9:00-10:00 PM | |

Visit our website for more details and description on our Group X classes!

Student Recreation Center • (661) 654-4FUN (4386) • www.csub.edu/reccenter

Winter Sports

Leagues

5 x 5 Basketball

Indoor Soccer

Tournaments

Dodge Ball

Ultimate Frisbee

IM Sports Basketball sign-up ends on 1/12/10 and Volleyball ends on 1/10/10! Go to imleagues.com to sign-up. Type in CSUB in the search engine to find the school.

WINTER WELLNESS WORKSHOP

The next SRC Wellness Workshop will be held on February 3 at 7:30pm. The topic this quarter is “Sleep.” For more information, visit our website!

NOW AVAILABLE!

We now have a TV and DVD player available for check-out. Bring your own workout DVD or check-out one of ours!

SPONSORED MEMBERSHIP

Want to sponsor someone for an SRC membership? Take a look at our new Sponsored Membership option available for purchase at the SRC. Sponsored members must be at least 18 years old.

For more details, go to our Welcome Desk or visit our website!


OPERATING HOURS

| | |
|-----------------|----------|
| Monday-Thursday | 6am-11pm |
| Friday | 6am-8pm |
| Saturday | 10am-2pm |
| Sunday | 4pm-10pm |


ROCK HOURS

| | |
|-----------------|----------|
| Monday-Thursday | 4pm-10pm |
| Friday | 4pm-8pm |
| Saturday | 10am-2pm |
| Sunday | Closed |

www.csub.edu/reccenter



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The Week in pictures



Running in the fog

Participants in the fog run take off from the starting line Jan. 8 while bystanders look on.
Adrianna Vega/The Runner



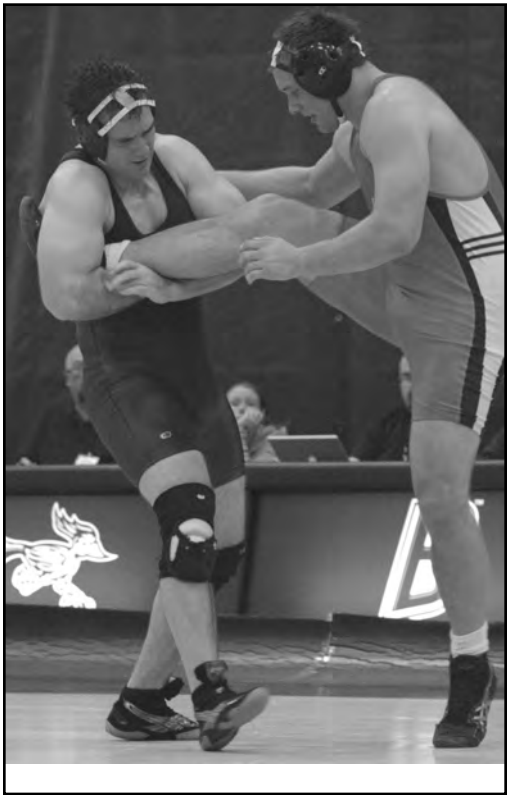
Driving the lane

Kristine Herman attempts a drive past Seattle University's Salena Dickerson on Jan. 9. CSUB defeated Seattle U 81-65.
Taylor Gombos/The Runner



Adrianna Vega/The Runner

Members of the color guard lead the flag salute before the fog run on Jan. 8.



On the mat

CSUB's Ricky Orozco attempts a takedown against Fullerton Jan. 9.
Taylor Gombos/The Runner

E-waste event goes off without a hitch



Steve Gaede/The Runner

Jelontay Killebrew finds the correct container to dispose of these electronics with the assistance of Juli Smith. This was one of the many items that were dropped off over the two-day drive.



Steve Gaede/The Runner

Andrew Lopez and Jelontay Killebrew help unload a copier, Jan. 7 at CSUB's dirt lot off of Southwest Drive.

A Roadrunner is better than a Redhawk

CSUB dominates Seattle University with a 81-65 victory.



Taylor Gombos/The Runner

CSUB's Kristine Herman drives past Seattle University's Salena Dickerson. Herman had 13 points in an 81-65 victory over Seattle.

By Chris Davis
Staff Writer

Four 'Runners scored in double figures as CSUB women's basketball team cruised to an easy 81-65 win over fellow independent Seattle University on Sunday at the Icardo Center.

With the win, the 'Runners improved to 13-9 on the season, while Seattle dropped to 5-12.

Sophomore guard Amber Williams led all scorers with 20 points on 8-of-14 shooting, including going 4-of-7 from behind the arc. This was Williams' team-leading sixth 20-plus point game of the season.

When asked what the team's mindset was early on, Williams said, "Just to play hard and keep pressure up on them."

Britney McGee, a senior guard, had an 18-point, 10-rebound performance for her second double-double of the season. "I do what I can do for the team," McGee said after the game.

Freshman Tyonna Outland is really making her mark in her first year with the program. The Compton native scored 12 points in her 26 minutes. Since breaking into the starting lineup against UCSB on Dec. 14, Outland has scored double digits in eight of the 10 games. The team has gone 6-4 over the same stretch.

Amber Williams keyed an 11-2 CSUB run to open the game by hitting a trey just 17 seconds into the game. The teams traded buckets but the 'Runners slowly started to pull away after the Redhawks pulled to within five points. The 'Runners started to pull away by

going on a 6-3 run, it doesn't sound like much, but it was the springboard the team used to get out to a 17 point halftime lead. In the first half, the 'Runners never trailed and really were never threatened after the Redhawks initial run that brought them to within three points.

The second half was much the same as the first half. Although the Redhawks sank the initial bucket in the half, the CSUB lead was never threatened. After extending the lead to 25 points midway through the second half, the Redhawks made two separate runs to close the 'Runner lead to 13 points, but the 'Runners pulled away at the end with 10-8 run over the last 6:45 of the game.

"We played some solid defense tonight against Seattle," head coach Tim LaKose said after the game.

Five Seattle players reached double-digits, led by Kacie Sowell, who came in off the bench and scored 12 points. SU outrebounded CSUB by 20 (55-35) and the Redhawk bench outscored the 'Runners 31-13. One of the stats that the 'Runners like to pride themselves on is being plus-12 in the turnover battle (SU - 29, CSUB - 17), and the 'Runners also shot better from distance going 8-22 (36.4 percent), while Seattle went 3-19 (15.8 percent).

CSUB will now take a 13-day break before they travel to UC Riverside to take on the Highlanders. That will be the beginning of a four-game road trip, which will culminate at Seattle. The team only has three more home games left in February.

CSUB swimming and diving suffers 182-92 loss against San Jose State



Mark Nessia/The Runner

Jordan Reed participates in the one-meter dive event against San Jose State Jan. 8.

By Chris Davis
Staff Writer

Sophomore Jordan Reed on the diving side and junior Rachel McCall in the races served as the highlights as the CSUB women's swim and dive team lost to San Jose State, 182-92, last Saturday at the Hillman Aquatics Center.

Serving as the lead diver for the 'Runners, Reed took both diving events as CSUB swept the Spartans. In the 1-meter event Reed compiled a score of 197.25 and on the 3-meter board she garnered a 233.03 score on six dives. Rachel Holm came in second in the 1-meter diving event with a 114.45. San Jose State does not field a diving team.

"I got one of my best scores in the three meter," Reed said after the meet. In fact the three-meter diving event was her best score (233.03) of the season.

"Our goal was to race well," head coach Pat Skehan said after the meet. "The 500 (yard) time was probably the second or best time in the history of CSUB. All those times were by people who don't swim those events were top five times. I think that will help us out as we go down into conference."

McCall had a stellar day in the pool as she took the 500-yard freestyle, in her first time swimming the event, with a time of 5:04.34. The time is the sixth best all-time and a season best for the 2010-11 season. In the junior's other event, the 100-yard butterfly, another event she was swimming for the first time, she had a very respectful time of 59.16 seconds, which was good for third.

The 'Runners will be back in the pool next Saturday as they host Fresno State on the women's side. The men will also be in the pool as they host San Diego State. The meet begins at 1 p.m.

Winter Break Recap

By Chris Davis
Staff writer

When going to a CSUB men's basketball game, there is a very good chance you will see a 3-pointer drained, and when going to a women's game, chances are you will see a win.

Head coach Tim LaKose reached a milestone this past week when the 'Runners defeated Weber State 72-58 at the Icardo Center. It was his 200th win here at CSUB. Prior to coming to CSUB he coached at Cal Lutheran where he went 135-67 in six seasons. Also during the break, the team went 7-9, with big wins coming against Oregon (82-78, at Oregon), UNLV (68-63, at Hawaii tournament).

Junior guard Alex Johnson leads the NCAA Division I ranks as the best 3-point shooter. Johnson has drained 48 3's in the 'Runners 14 games so far this season. The 48 places Johnson in a tie with Andrew Goudelock of College of Charleston. The closest West Coast shooters are a trifecta of players including Kevin Foster (Santa Clara), Greg Plater (Long Beach St.) and Jared Stohl (Portland) who are all one 3 behind.

As a team, the men went 6-5 during the break, including a five-game win streak that was snapped when Colorado defeated the 'Runners on the second of this month. Some of the bigger wins during the break were against Idaho State (75-56) and Portland State (92-77). As the quarter begins, the 'Runners have the most wins out of

all of the independent teams with an 8-7 record. The team will be back at Rabobank Arena on Saturday, Jan. 15, against Idaho at 7 p.m.

Shortly after coming back from the break, the 'Runners headed to Albuquerque to take on the Lobos of New Mexico in front of the largest crowd ever to watch a CSUB basketball game. New Mexico, and the 14,045 fans in attendance, overmatched CSUB who lost by a 102-62 score. The 'Runners were in the game early, keeping pace with UNM over the opening 10 minutes of the game. After Alex Johnson hit another trey the 'Runners and Lobos were tied at 20.

That was the last time CSUB was close as New Mexico went on a 19-5 run over a five minute span. At halftime the Lobos were ahead by 21 points (50-29). The second half was more of the same as New Mexico outscored CSUB 52-33.

Junior transfer Robert Hayes led the 'Runners with 16 points off the bench in only nine minutes. Alex Johnson continued his hot shooting from the perimeter as he hit on 30 percent of his shots. He still stands (as of publication) as the national leader in 3-pointers made (51).

The CSUB wrestling team is struggling this year, but continues a 34-match winning streak against San Francisco State as the team defeated the Gators 37-0. The 'Runners now own an all-time record of 34-2 against the Bay Area school.

CSUB wrestling takes nine of 10 against Fullerton

By Mark Nessia
Editor-in-Chief

Competing against a program that has fallen victim to the CSU budget cuts and facing potential termination themselves, the CSUB wrestling team showed that it's worth keeping Sunday night.

The Roadrunners won nine of 10 matches in a 35-3 win over Cal State Fullerton, which is eliminating its wrestling program at the end of the 2010-2011 season. CSUB's wrestling team must remain self-sufficient to continue playing.

"They showed some guts," CSUB coach Mike Mendoza said. "I thought they did really good."

The outcome wasn't as one-sided as the score suggests, however, as six matches were decided by three points or fewer.

The remaining four matches were not nearly as close.

CSUB seniors Trevor Hall (165) and Elijah Nacita (141)



Taylor Gombos/The Runner

Senior Riley Orozco wrestles Fullerton's Kyle Bergstedt. Orozco would win the match 14-4 to help CSUB to a victory.

each notched technical falls against Clayton Schuelke and Peter Hoang, respectively, while sophomore Tyler Iwamura (125) pinned Fullerton's Andre Gonzalez. Senior 197-pounder Riley Orozco beat Kyle Bergstedt 13-4.

CSUB's David Morgan claimed a 4-2 triple overtime win over Kurt Klimek at 285 pounds, while freshman 133-pounder Jose Mendoza overcame a six-point deficit to beat Fullerton's Marcus Orona, 11-8.

Morgan and Klimek neared

the second overtime tied, 2-2, when Morgan managed to score a takedown as time expired to get the win.

"I just didn't want it to go into any more overtimes," Morgan said.

Mike Mendoza said Morgan has wrestled in a lot of overtime matches, which works in his favor because of his conditioning. He said when it comes to overtime, he is confident in his abilities.

"I know I trained harder than the other guy, so I'm confident going in," Morgan

said.

Jose Mendoza found himself trailing 8-2 after the first period, but scored nine unanswered points over the final two periods to get the win.

"I just kept wrestling and didn't let [the point deficit] get to me," Jose Mendoza said. "Some stop wrestling and admit defeat, but I kept my head in it and kept wrestling."

"He showed a lot of guts, heart and character, even though he's just a freshman," Mike Mendoza said. "Some don't learn that right away."

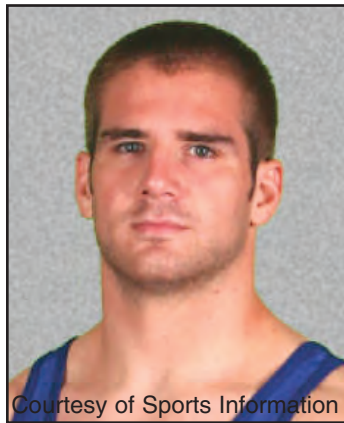
Fullerton's Chris Stinnett defeated Andrew Balch at 157 pounds to prevent the shutout.

The win was the second largest margin of victory of the season for the 'Runners behind 37-0 win over San Francisco State Dec. 12.

The 'Runners return to action Jan. 16 when they host Pac-10 foe Oregon State at 2 p.m. in the Icardo Center.

Male Athlete of the Week

Senior 285-pounder David Morgan defeated Cal State Fullerton's Kurt Klimek, 4-2, in triple overtime, scoring a takedown as time expired.



Courtesy of Sports Information

Female Athlete of the Week

Junior Rachel McCall earned first place in the 500-yard freestyle with a time of 5:04.34. McCall swam the 500 for the first time this season.



Courtesy of Sports Information