



The Runner

F O R T I E T H **XL** A N N I V E R S A R Y

CSUB music spring concert
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BASEBALL

A tip of the cap to our 'Runners

By Esteban Ramirez
Sports Editor

Though the CSU Bakersfield baseball team did not advance to the NCAA Super Regionals, it did achieve something unprecedented in the program's history: making the NCAA Baseball Regionals and earning the school's first NCAA D-I Tournament win.

"They put it out there pretty hard every day and have been able to do some things that they possibly really shouldn't be able to do," CSUB coach Bill Kernen said to gorunners.com. "There are a lot of universities in this country that spend a lot of money building stadiums and do a lot of other things to try to be able to play at a NCAA Regional. It isn't that easy.

"These guys have been able to do that with much more limited resources than a lot of other universities have been able to. That's been due to the effort of our coaches and players."

After winning the Western Athletic Conference Tournament, CSUB (37-24-1) clinched an automatic berth to the NCAA Baseball Regionals. Once there the Roadrunners lost the first game to UCLA on May 29 at Jackie Robinson Stadium in Los Angeles. However, CSUB bounced back against in an elimination game against the University of Mississippi. The Roadrunners beat the Rebels 2-1 on May 30. That win not only gave CSUB its first NCAA D-I Tournament win but also eliminated Ole Miss, which had been in the 2014 College World Series.

"It's very significant because every step you take with a new program is big," said Kernen on the significance of the program's first win. "We've taken many of them over the seven years. To get here was another one that we haven't taken yet, and now we've done that... To come out from where we did, from nothing in 2009, and to be able to say that we won a NCAA playoff game is something we're extremely proud of."

CSUB then played in another elimination game but this time it was against UCLA on May 31. For

6 2/3 innings, the Roadrunners stayed in the game as they trailed the Bruins 1-0 behind a gutsy performance from sophomore pitcher Steven Gee and the Roadrunners defense.

However, with only one more out to get out of the inning, UCLA's sophomore Brett Stephens lined a ball to junior shortstop Mylz Jones but the ball bounced off his glove and the Bruins' sophomore Darrell Miller Jr. scored. Then junior Ty Moore hammered a three-run home run to right field to blow open the game and give the Bruins a 5-0 lead. UCLA added another run and took a 6-0 lead and sparked its 9-1 victory over the Roadrunners. This was Kernen's final game as baseball coach for CSUB.

"I told them that they're in position to feel horrible right now but that it won't last," Kernen said. "What I told them was that they did something no other team here has been able to do, and they brought the program forward another big step, and they were the ones that did that. No one can ever take that away from them."

CSUB also tied its record for most wins in a season with 37.

Senior Jordie Hein said that it's bittersweet that his career is coming to an end.

"It's hard to put it into words," Hein said. "I've put four years into this program, and to see where it's come and to see where it is right now, there are feelings of happiness.

"It's been the four best years of my life," Hein said. "There's nothing else I could ever compare to in collegiate athletics. It's so amazing. The city of Bakersfield getting behind us and leading the way ... it's been so much fun. I've enjoyed every minute of it."

Gee (5-4), who went 6 2/3 innings, gave up five runs but only one earned run, received the loss in the final game. He said that he only sees the team going up from here.

"Bigger and better things," Gee said. "We're going to keep moving on. Next year's going to be good. We're going to get to another regional next year, hopefully."

CSUB impresses in NCAA Regionals despite elimination



AJ Alvarado/The Runner

Senior pitcher James Barragan walks off the field during Friday's NCAA Regional game against UCLA. The Roadrunners dropped both games to UCLA, but earned their first ever postseason victory against Ole Miss on Saturday in a 2-1 win.

CAMPUS

Student Film Screening to be held on campus

By David Kaplan
Multimedia Reporter

The CSUB art department has its senior projects art showings every spring, the theater department has plays throughout the year, and the music department has concerts throughout the year.

On the evening of Wednesday, June 3rd there will be a first for the communications department. The communications department at CSU Bakersfield is sponsoring its first annual Student Film Screening event at 6:30 PM in the Multi-Purpose Room in the Student Union.

The event is free and open to the public.

The screening will feature short films that students have made in their digital media classes at CSUB, which range from documentaries, to fiction films and animation.

Communications professor Mary Slaughter was in charge of putting this event together.

"I thought we were long overdue for showing student work on campus, because we were have a lot of great young filmmakers and it's an opportunity for people to see what they're making," said Slaughter. "It just seemed like the right time."

"I think people will see by our showing on the third there's a

from Slaughter's classes and other techniques like subtlety and sound mixing.

Michael has a comedy group project that will be showing at the Student Film Screening about two private detectives in a car on a stake out and one documentary of "Big Fish" actor and world's tallest sword swallower, George McArthur titled "George the Giant."

CSUB communications major and aspiring cinematographer Brandon Resendez said he has learned about filmmaking from Slaughter's classes as well as from watching movies, which is why he is looking forward to seeing other student's work.

"I'm a huge fan of films," said Resendez. "By watching other people's films it will only help me grow as a filmmaker."

While expressing his interest for the other films of the festival, he is also happy with his submissions.

"I submitted my project because I'm proud of my work and I think as an aspiring filmmaker it will only do me good to submit a project and receive the feedback," Resendez said.

"If they're making films they're making them for an

audience," said Slaughter. "So, it's important for students to see how they're work is perceived."

Michael believes that films don't get the attention they deserve.

"We make a big deal about going to sports games," said Michael. "I think it's just as important as athletic endeavors."

Slaughter thinks the event will benefit the audience as well.

"It's going to be interesting," said Slaughter.

Resendez thinks having this Student Film Screening become an annual end of the year event will be beneficial.

"I think that having this every year will help motivate aspiring filmmakers," Resendez said.

Slaughter started an annual film festival when she was a professor at Baylor University in Waco, Texas and it turned into a big festival in her time there.

"I think that's something students would look forward to," said Slaughter. "I'm really hoping to turn it into a campus wide film festival."

Starting next year, Slaughter said that she would like all students at CSUB to be able to show their project at the film festival.

ASI

Stotler bids farewell to board in final meeting

By Steven Barker
News Editor

During the campus committee report section of the May 29 Associated Students Incorporated weekly board meeting, Kamalneel Singh, ASI's vice president of finance, informed the Board of Directors that ASI has exceeded its allotted funding by approximately \$6,000.

ASI's operating budget for campus events to begin the year was \$30,097.

On April 24, the Board of Directors voted to draw an additional \$15,000 from reserves.

As was previously reported by The Runner, ASI President Derek Stotler said that vote was unanimous.

According to EJ Callahan, director of the Student Union and Student Organizational Governance, ASI could reallocate the remaining salary of retired ASI director Taren Mulhouse before seeing if another withdraw from reserves was necessary.

"In order to spend reserves, you have to spend your current

operating budget," Callahan said. "So seeing that you guys had salary savings in line-items, before you request reserves, you have to exhaust your current operating budget. So we'll know at the end of the year if we really have to move forward with that request."

Mulhouse announced her retirement on Jan. 9 and left office on Feb. 28.

She worked at CSU Bakersfield for 22 years.

Bidding farewell

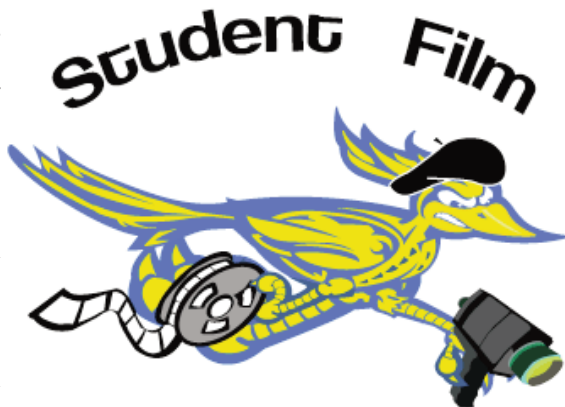
The meeting, which is the last of the year for the current ASI board members, was both brief and poorly attended by the ASI board.

After taking roll call, the meeting was briefly paused to determine whether enough members attended to have a quorum.

Only 13 of ASI's 25 members were in attendance.

During his executive report, Stotler thanked everyone for their hard work and hoped to maintain contact with everyone.

"It's been a pleasure just working with all of you over the years," Stotler said. "It's been a really enjoyable time for me."



Screening

lot of talent here," said Slaughter. "Passion is something you can't teach. It bodes well for the student because it's something you have to have to excel."

CSUB art major Barry Michael has submitted several film projects to the Student Film.

Michael said that he has learned patience and technique

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Multimedia



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CAMPUS

University changes discussed at townhall meeting

By Steven Barker
News Editor

In his annual campus town hall meeting, California State University, Bakersfield President Horace Mitchell and other ranking officials recapped some of the changes to key university positions, provided an update on the quarter-to-semester conversion and discussed the status of the CSU budget, among other topics.

The Vision Statement and Administrative Changes

The event began with Mitchell's review of the university's vision statement. Written in 2004 when Mitchell was appointed President of CSUB, the statement is as follows: "By 2014-15, California State University, Bakersfield will be the leading campus in the CSU system in terms of faculty and academic excellence and diversity, quality of student experience, and community engagement. Realization of our vision will be advanced by recruit-

ment, development and promotion of an excellent and diverse staff within an organizational culture committed to excellence in all areas."

Of the changes made to the mission statement, Mitchell said there was a decision to remove the 2014-2015 deadline to the mission statement.

Mitchell said the original vision statement included a date to inspire activity among campus staff and faculty.

"Vision statements are supposed to be aspirational, meaning that they don't have ending dates," Mitchell said. "But I wanted an ending date on this one because, as we developed the mission statement, we wanted to achieve these things by a certain point in time, which would hopefully motivate behavior, as opposed to the idea that someday we would get there."

Mitchell then recapped changes among campus administration. Most notably, Jenny Zorn has been hired as CSUB's next Provost and Vice President

of Academic Affairs. The position was formerly held by Soraya Coley, who is now President of Cal Poly Pomona.

Q2S Implementation

Speaking on the academic changes being made in CSUB's quarter-to-semester changes, Jacquelyn Kegley, department chair of Philosophy and Religious Studies, said programs have been transformed and confirmed for the conversion.

Kegley also announced that the Academic Senate has created a newsletter to inform others about what AS has accomplished.

Kal Shenoy said CSUB's technological infrastructure should be reading in time for the conversion.

Ron Radney, Director of Financial Aid, said the quarter-to-semester planning committee was formed in January 2013 and has been meeting regularly. He said they have made significant progress for the Q2S conversion in Fall 2016.

Among the plans to inform the student body about the nature of the Q2S change, Radney said there are plans to publish interactive Q&A's for students.

Updates on the budget

Although the CSU system received an additional \$38 million in funding as a result of Governor Jerry Brown's May revision to the California budget, Thom Davis, CSUB's vice president of business and administrative services, said the CSU system was lobbying for an additional \$59.1 million dollars.

As was reported in a previous issue of The Runner, the additional \$38 million in funding was allocated for the purpose of improving student success and retention.

Davis and Mitchell said it was uncertain how much funding CSUB would receive out of either the \$38 million or any additional funding if such money became available.



Marisel Maldonado/The Runner
California State University, Bakersfield President Horace Mitchell speaks during the townhall meeting on May 29.

OPINION

The upside of failing: Advice from a super-senior

By Robin Gracia
Managing Editor

I have been in college, off and on, for about seven years. I started my academic career at Bakersfield College fresh out of high school. I thought it would take two years, in which I would take all the correct classes and pass with flying colors.

I was a moron for expecting college to be as lenient as high school.

Professors could not care less if you don't show up. Many classes offer no extra credit assignments, and would rather you not cry in their office at the end of the quarter when you

have earned your 'F'.

If you fail, you fail, and fail I did. I was too busy having a good time with my friends and ditching class to worry about all the failing grades piling up, but they came back to bite me when Bakersfield College kicked me out of school.

It's called academic disqualification, and it forces you to take a semester off because of a poor GPA and record.

Getting kicked out of community college feels like getting body slammed by Macho Man Randy Savage. It is painful and humiliating. However, I did not stay splayed on the ground in self-pity. I picked myself up and

marched forward.

I chose to take my failure and turn it into inspiration.

The stuff I had to endure while earning my AA reads like a bad Christmas song: 7 years-a-slavin', 6 months of academic disqualification, 5 parking citations, 4 crappy jobs, 3 times failing pre-calculus, 2 times failing Spanish, 1 academic renewal – all of which resulted in a damn associate's degree.

My associate's is my badge of honor, because I had to dig myself out of a hole to achieve it.

I carry the memories of my failures with me, not in shame, but with pride.

Being a failure is the best thing that ever happened to me. Failing allowed me to see where I did not want to be.

Failing can be a great catalyst. It served as a push to do well as a CSUB student, and to prove to myself that I can conquer anything.

I will be graduating in several weeks with honors, having garnered several scholarships, memberships with honor societies and awards.

As a senior who is signing off, I beg you, take a lesson from my life.

Here are, arguably, the best pieces of advice I can dispense to others.

- 1. You are not too good to work at a bad job.** Money is money.
 - 2. Take responsibility when you screw up.** No one, from your boss to your professor, wants to hear excuses.
 - 3. Get out of the habit of half-assing.** Mediocrity gets old very quickly.
 - 4. Surround yourself by people with goals.** People with goals tend to build each other up.
 - 5. Never stop bettering yourself.** Also, kick anyone out of your life that tries to stop you from reaching your goals.
 - 6. You are entitled to absolutely nothing.** Most everything you really want in life is earned, not given to you. Learn this quickly, or life will be very hard.
- Take it from the ghost of college present – fall down, but ever stay there. I am off to graduate now, and wish you all the best of luck.
- I will greatly miss writing for The Runner, and I will fondly remember the friends I have made.
- It's been real. Deuces.

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Join Comm 214/414 for the fall quarter!

THE RUNNER Volume XL, Issue 25 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 therunneronline.com	editorialstaff EDITOR-IN-CHIEF Josh Bennett MANAGING EDITOR Robin Gracia NEWS EDITOR Steven Barker OPINIONS EDITOR Richard Garibay FEATURES EDITOR Heather Hoelscher	SPORTS EDITOR Esteban Ramirez PHOTO EDITOR Diana Olivares WEB EDITOR Cassie Sandrini ART DIRECTOR Eric Garza MULTIMEDIA EDITOR Michael Wafford COPY CHIEF Andrea Calderon	businessteam ADVERTISING MANAGER Maisy-Jane Raper DISTRIBUTION MANAGER Monica Martinez ARCHIVIST Donato Cruz ADVISER Jennifer Burger jburger1@csub.edu	ABOUT The Runner is a laboratory newspaper published weekly, in conjunction with the Communications Department at California State University, Bakersfield. Steven Barker is a beast. LETTERS TO THE EDITOR Send letters to runner@csub.edu . All letters must be signed and verified and be no more than 300 words in length. Letters may be edited for clarity and length. DISCLAIMERS Views and opinions expressed in The Runner are not necessarily those of the editors, staff or the Communications Department. The staff of The Runner reserves the right to refuse or omit any advertising or material which advocates illegal activity, or which may be considered libelous, irresponsible or tasteless. The Runner does not accept tobacco-related advertising. COPYRIGHT Copyright belongs to the Communications Department at California State University, Bakersfield.
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Jet setting for the future



Crismat Mateo, senior fashion columnist, gives his input on this summer's top fashion needs for traveling. May 28

By Crismat Mateo
Senior Reporter

Rascal Flatts put it best in their song, when they sang, “Life’s like a road that you travel on—when there’s one day here and the next day gone.” Like turning pages of a book, every journey is like a chapter, with a beginning and end.

I often look through old photos on my phone to remind myself to not shy too far away from the traits that I like about myself. Inevitably, though, changes are obvious—whether it be my hair, my style, my smile, my relationships with people, and even new and old faces.

College is not an easy journey; it isn’t cheap either. However, with the right mindset and a strong support system, the journey becomes worthwhile. My CSU Bakersfield journey started with me flying back from a birthday trip from Hawaii in 2013. Ironically enough, the trip was for my grandfather’s funeral, not really my birthday. We just flew out there on the day of my birthday. With a heavy heart, I started my CSUB journey, after obtaining an associate’s degree in communication and liberal studies from Bakersfield College, focused on just finishing up school.

These new faces became part of my support system, study groups, party buddies, and shopping companions. We took classes together; some we really liked and some we thought were really pointless. Making a positive impact has always been a goal of mine. And as a communications major, I thought I had the perfect platform to do so. This was proven to me when Jennifer Burger, communications lecturer, discovered my gift for photography in our photojournalism class during the winter 2014 quarter.

Seeing my photo assignments on the newspaper made me proud of myself, but just as I felt the year was getting better, my Aunt Femy gives in to her battle with breast cancer. Despite the tragedy, my family became united, and I connected with cousins that I did not think I would ever be close to. Moreover, this event made me realize how, not only my siblings, but also our cousins look up to me. I saw this as an honor but also as a tremendous challenge. I felt my achievements get recognized, but my mistakes amplified.

Making big mistakes and isolating myself because of them became my biggest challenge during my senior year. At twenty-three, I thought I figured out who I was, but my mistakes made me lose who that is; I’m still picking up the broken pieces and trying to figure out how to dismiss all the negativity in my mind. Despite the setbacks, I’m close to the last page of my CSUB chapter.

Staying optimistic is the hardest thing to do when so many challenges are thrown at you, but I’m blessed to be surrounded by amazing people at school, at home, around the community, at work, everywhere.

As graduation nears and my undergraduate journey ends, it is time for me to pack my bags and relax. Besides, I have a few trips planned for the rest of the year: Hawaii, Manila, Tokyo, and Singapore. And I have a few tips for you to keep in mind during your summer travels.

Under-packing is better than over-packing. Keep your baggage light to maximize ease of travel. Besides, I’m sure that there will be stores at your destination where you can buy a pair of shorts, shirts, even lotion and toothpaste, in case you decide to leave those at home. You can always fill the extra

space in your bag with new pieces that you get from shopping!

Live on samples. No, not from Costco. Prior to your trip, go to your favorite stores and ask for samples of your moisturizer, fragrance, and make up if you wear that. Not only will customs not worry about the size of your packed fluids, you will also save even more space in your bag.

Invest in sturdy luggage. Price tags can get intimidating, but for something that you can use for years to come, don’t be afraid to splurge. A sales associate from Tumi, a luxury travel accessories brand, told me that they have had customers come back to their store twenty years after their purchase for minor repairs. Twenty years! Classic style. Awesome quality.

Stay safe. I’m all for adrenaline experiences—cliff diving, sky diving, zip lining—you name it. Next on my to-do list is bungee jumping. However, we have to make sure that no matter where you go, your life is your optimum priority. Your loved ones want to see you back in one piece.

Spread positivity. Smile at strangers. Learn to say “thank you” in different languages. Explore different foods; food is always positive. And have nothing but good days on your vacation.

As for myself, I have had the best time writing fashion related stories, styling photo shoots, and getting feedback from people about my stories. Thank you for a great journey. Follow the last few weeks of my senior year on YouTube.com/PrinceCrismat, where I vlog my daily endeavors. The good. The bad. The fashionable. The bad-hair-days. See you later, Runners!

CSUB chamber music spring concert a success

By Barry Reporter
Senior Reporter

The CSU Bakersfield Music Department held its annual spring Chamber Music Concert on Sunday in the music building. And there were more styles than there were musicians who played for an eager and crowded room. The selection ranged from classical compositions such as a xylophone rendition of Johann Sebastian Bach’s Fugue in G minor, to a reworked classical guitar version of Michael Jackson’s “Billie Jean.” All performances were given loud ovations.

With the swoop and silent flick of the maestros wrist, the first performance of the evening was a trumpet rendition of Johann Ernst Altenburg’s. The sound was classic and nothing short of royal as if the trumpet players (Alejandro Arvizu, Angel Gonzalez, Martin Mejia) and the timpani player (Robert Cevantes) were welcoming home a king or even preparing troops for battle.

This performance was followed quickly and bizarrely by a

dark heavy German selection of Melody Bobers that Joel Lyva and Luz Rodriguez thundered on the piano—leaving the audience sadly captivated.

Although oddly juxtaposed, the success of the spring concert lied largely in this ability to contrast the variety of sounds from a variety of eras so that the audience members were kept in a constant state of tension. This occurred not only emotionally, in the style of music that was being performed, and the instruments of the players who performed them.

This tactic was most successful in the performance that followed the somber selection played by Rodriguez and Leyva. Nicole Nalupa and Sharyn Absher played a quirky and humorous flute/French Horn duet composed by American composer Jan Bach. In a piece called the Second Lieutenant—described as a military officer whose position doesn’t reveal his true nature—a large triumphant sound of the French Horn is disrupted by the light twittering of the flute, suggesting the officer’s more feminine, kindly

nature. In another piece called Calliope, the contrast sounded more like a drunk circus band. The French Horn wailed like an elephant with a fatal cold, while the flute softened this blowing of the nose sound. But that isn’t to say it wasn’t pleasing. After every one of the Nalupa’s and Absher’s renditions, the crowd erupted into laughter as did Nalupa and Absher.

This pattern repeated itself when music director Jim Scully and five other guitarists (Eric Borja, Joaquin Calderon, Bernardo Flores, Salvador Rios, Quoc Trieu) performed light classical pieces like Thomas Morley’s “Dainty Fine Sweet Nymph” and Isaac Albeniz’s “Pavana.” However, the most applauded song of the evening was Michael Jackson’s “Billie Jean.” The audience couldn’t refrain from nodding their heads.

Andrew Raymond, a 22-year-old audience member who attended the spring concert with his wife, said “I really enjoyed it. There was a wide variety going from classicals to classic rock.”



Patti Morris/The Runner

The CSUB Guitar Ensemble performed their final recital of the year at the CSUB Chamber Music Concert on May 31.

What's Going on Around Campus

Calendar sponsored by CSUB Office of Student Affairs, School of Arts & Humanities, Walter Stiern Library, and the School of Business and Public Administration. To be included, contact Runner@csub.edu.

WED., JUNE 3 STUDENT FILM SHOWCASE 6:30 P.M. FREE TO ALL STUDENTS @ STUDENT UNION MULTIPURPOSE ROOM EXTENDED STUDY HOURS 8 A.M.-1 A.M. @ WALTER STIERN LIBRARY	THURS., JUNE 4 STUDY STRONG WEEK LATE-NIGHT STUDY 8 A.M.-12 A.M. @ STUDENT UNION SPRING OLYMPICS 2-4 P.M. @ SCI III LAWN EXTENDED STUDY HOURS 8 A.M. - 1 P.M. @ WALTER STIERN LIBRARY	FRI., JUNE 5 CONCERT BAND SPRING CONCERT "SOUTHERN HARMONIES" 7:30 P.M. @ DORÉ THEATRE STUDY HOURS 8 A.M.-5 P.M. @ WALTER STIERN LIBRARY
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STUDY STRONG

FINALS WEEK S '15

Tuesday, 6/2

Get Ready for Finals Week
All Day | Campus Wide
Campus Programming will be passing out free finals week survival kits that includes everything you'll need to ace that final...including scantrons!

Wednesday, 6/3

Runner Ride to Beach Park
6:45 a.m. | Runner Park
Join us on a biking adventure to promote alternative transportation! Meet up at the big bike in Runner Park.

FREE Build Your Own Pancakes
9 a.m. | Student Union Patio
Kick off your finals week with free breakfast! Join us in the Student Union for a pancake bar that will include all your favorite toppings!

Snack Shack
All Day | Campus Wide
Find the snack shack for free treats all day!

Late Night Breakfast
10 p.m.—11 p.m. | Runner Café
Bookend your day with a free late night breakfast provided by Aramark!

Thursday, 6/4

Free Prizes
All Day | Student Union
Come to the Student Union for your chance to win awesome prizes, that includes gift cards! Who doesn't LOVE free gift cards?

All Day/Late Night Study
8 a.m.—12 a.m. | Student Union
All study rooms in the Student Union will be open after hours for your studying needs! Free food and snack will be provided all day.

Friday 6/5

Spirit Day!
All Day | Campus Wide
Show your CSUB spirit by wearing your best blue and gold! Prizes and giveaways will be happening all day...stay tuned!

Six Flags Ticket Giveaway!
All Day | Online!
Check out CSUB Campus Programming on social media including Facebook, Twitter, and Instagram for your chance at free Six Flags tickets!

Monday 6/8

FREE Lunch
11:30 a.m. | Student Union Patio
Enjoy a free lunch at the Student Union! We will be serving hamburger sliders and other delicious treats!

FREE Massages
11 a.m.—2p.m. | SU Blue Room
Unwind at the Student Union with a relaxing massage! First come first serve!

FREE Snacks
All Day | Student Union
Stop by the Student Union in-between finals for a free treat to keep you going 'til the end!

We've got the events that you want to attend!
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ATHLETES OF THE YEAR

The best of the best

Through determination and hard work, these student athletes have dominated the pool and the court



Marisel Maldonado/
The Runner

Mitchell Huxhold
Swimming



Eric Garza/
The Runner

Tyonna Outland
Women's Basketball

By Esteban Ramirez
Sports Editor

As a walk-on to the CSU Bakersfield swimming team, senior Mitchell Huxhold never thought that he would achieve the level of success he has achieved this past year.

Huxhold, who grew up in San Diego, walked on to the CSUB team and has not looked back.

“I had no clue I was going to accomplish all that,” said Huxhold.

CSUB swim coach Chris Hansen said Huxhold was great to have around.

“He was fun to have around, and he worked hard,” Hansen said.

Huxhold holds the school’s all-time best time in four different events: the 200 freestyle, the 500 freestyle, the 1000 freestyle and in the 1650 freestyle.

Huxhold said that his first year he wasn’t being pushed to go on the conference team, and that is what has motivated him to get where he’s at.

“The motivation to earn a spot on the conference team and to get the scholarship is what forced me to train harder and get to the next level,” he said.

At the beginning of this year, Huxhold had to deal with an injury and with a coaching change, but he was still able to reach the 2015 NCAA Swimming and Diving Championships.

Even with all those hurdles to jump through, Huxhold was still able to repeat as 500 freestyle Western Athletic Conference champion on Feb. 26.

Hansen said that what he is going to miss the most about Huxhold is just how fun he was to have around and all the points he scored for the team.

By Esteban Ramirez
Sports Editor

Between breaking the CSU Bakersfield’s women’s basketball all-time scoring record and leading her team to one of its best seasons in the program’s history, it’s safe to say that Tyonna Outland had a pretty good final year at CSUB.

This season she averaged 19.7 points per game, 5.5 rebounds per game. On Jan. 22, she surpassed former CSUB women’s basketball player Katie McElree (1,798) for the school’s all-time scoring leader.

Then on March 7, Outland became the 339th women’s basketball player to break the 2,000 career point mark in Division I.

“It’s great to know that my goals that I put forward, my long-term goals and my short-term goals are actually coming through,” Outland said.

CSUB women’s basketball coach Greg McCall said she is the best player in CSUB’s history.

“There have been some good ones that come through here, but she has been the best hands down,” he said.

Behind Outland, CSUB had one of its best years by going 23-9 and 11-3 in the Western Athletic Conference and finished 16-0 at home. On April 16, she signed with the Los Angeles Sparks accomplishing one of her biggest goals.

“I was just really excited and didn’t really know what reaction to do because there was a lot going through my mind,” Outland said. “My dream was actually coming true.”

For the full stories on Outland and Huxhold, go to therunneronline.com

FAN OF THE HOUSE

High pitch count poses danger to college athletes

By Nate Sanchez
Senior Columnist

Looking at the pitch counts for CSU Bakersfield’s starting pitching staff for the past few years upset me as a fan of the game.

My immediate thought was that promising, young talent was being used to exhaustion before they could monetarily capitalize on their skill.

To me, allowing a pitcher to stay on the mound for an excessive amount of pitches is a gamble with little to no downside to anyone but the player.

I spoke with Dr. Christopher Hamilton and Dr. Todd Shapiro, orthopedic surgeons with a combined 30 years of experience in dealing with sports injuries.

The problem, I learned, was two-pronged.

“Overpitching and poor form,” Shapiro said. “Those are the two major things.”

“By and large, the elbow injuries are overuse injuries, and many have to do with poor mechanics,” Hamilton agreed. Among CSUB’s three top starters, James Barragan, Hayden Carter and Nick Rogowski, I found 30 instances in which they threw over 100 pitches.

“One hundred is not a magic number, but it’s a reasonable number in terms of looking at it because it’s convention,” Shapiro said.

It’s a widely held belief that 100 is just a number, which mathematically, is true. However, in baseball terms, it’s a threshold. One hundred is a checkpoint.

I understand that guys who can throw more, will throw as much as they can. They’re athletes, it’s not in them to stop short of

their abilities just to uphold a convention. But to allow the player so close to a higher risk of injury is irresponsible.

To say that just because there exists a means of fixing the problem, doesn’t mean we should risk it. According to Hamilton, this is one of the more common misconceptions. “The common feeling is that you’ll come back bigger and stronger and that’s not true,” Hamilton said. “I’ve heard some people say ‘go ahead and blow your elbow then get it fixed and you’ll come back stronger,’ and that’s just not true.”

In a 2013 Baseball Prospectus article called “Baseball Therapy: Prioritizing the Pitcher’s Health,” Russell A. Carleton examined every pitcher injury in the 10-year period from 2003-2012 in regards to how many pitches were thrown.

Carleton found that throwing 100 pitches in a start added a 6.59 percent risk to future injury. Passing 130 adds 10.19 percent. It’s understood that pitchers will get injured. Going past 120 will enter what Carleton refers to as a “danger zone.”

More frustrating than watching this happen and not being able to do anything about it is the unconditional positive regard doled out by CSUB’s media. In an awkward Twitter conversation, Assistant Athletic Director for Communications

Corey Costelloe stated, “...the word ‘tired’ doesn’t exist when you’re playing for a championship.”

He added that just because Hayden Carter wasn’t poised to get drafted this year, pitching on two days rest was rational. So because you see no future earning potential for him, it’s okay to risk a future he might still pursue?

An attempt to get a quote from current coach Bill Kernen was made, but due to the team’s recent success, that was difficult. Subsequently, I could not get in touch with him or any other CSUB coach.

Pitch counts are not the only problem facing college pitchers. But it’s a variable coaches can control, if they’re willing.

Date (all 2015)	Name	Pitches/Inning
2/20	Carter	101/7
2/22	Rogowski	104/7
2/26	Carter	104/7
2/28	Rogowski	107/6.2
3/6	Carter	124/9
3/8	Rogowski	125/9
3/13	Carter	107/7
3/15	Rogowski	125/7.1
3/18	Barragan	113/5.1
3/22	Rogowski	129/8
3/27	Carter	133/8
3/28	Barragan	152/9
3/29	Rogowski	145/8
4/3	Barragan	130/9
4/4	Rogowski	133/9
4/10	Carter	132/9
4/17	Carter	113/9
4/18	Barragan	129/9
4/19	Rogowski	125/5
4/24	Carter	122/9
4/25	Barragan	112/7
4/26	Rogowski	126/9
5/1	Carter	149/9
5/2	Barragan	129/8.1
5/3	Rogowski	155/8.2
5/14	Carter	113/6
5/23	S. Gee	114/9
5/24	Carter	101/5.1
5/29	Barragan	114/5.1
5/30	Carter	117

Nate Sanchez/The Runner

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