

New campus buildings: Math/Computer Science facility ready in January; Rec Center next fall

By Ashley Sizemore
Staff Writer

Many students are showing interest in the new Recreation Center and the Mathematics and Computer Science Building being constructed at CSUB.

The Recreation center is located at the outdoor basketball courts south of the Student Union.

The Math/Science building is located where Parking Lot E used to be.

Some science majors are excited for the upcoming building to be completed.

"I'm excited about it because I am a pharmacy major, so it'll help," said freshman Ben Bibay.

However, two sisters, who are both biology majors have mixed feelings about the Mathematics and Computer Science buildings.

"It's really hard as a science major right now, because there's not just one place to do everything," said senior Marilyn Rodriguez, "We'll have everything in one building."

Her sister, sophomore Jennifer Rodriguez, was excited but, also complained that 'the smoke and the dust that the construction puts out is annoying...also it used to be nice to have that parking lot there.'

Vice President of Business and Administrative Services Mike Neal was very confident that the buildings will be done soon.

"The math/science building will be ready in January and the



Still under construction, the Math and Computer Science Building should be finished in January 2008.

Ashley Sizemore/ The Runner

Recreation Center will open in the fall of 2008. January seems like a long time away but it's already the end of September," said Neal.

The vice president also said that the construction job has tried to stay close to the original time frame. He went on to say that they are slightly behind schedule and that there have been some challenges to overcome.

With respect to financial issues, Neal said that they are within budget. Tuition is paying for the Recreation Center and state funds are paying for the Math/Science building.

"Students voted for the increase in tuition a couple of years ago," said Neal.

The following amenities are all built into tuition.

The Recreation Center will have two floors containing bathrooms and offices. It will include a rock climbing wall, an indoor track, and space for activities such as martial arts and yoga.

CSUB will be hiring a new professional facility manager and also creating new jobs. However there will be job opportunities for students as well.

The building will have three floors and will include bathrooms and offices.

"It'll also have a combination of classrooms and labs,"

said Neal.

The contractor in charge of both buildings is S.C. Anderson.

"We go through a process of independent selection. It just turned out to be S.C. Anderson," said Neal.

S.C. Anderson is new to the campus. They're also currently working on the upcoming Miramonte High School, CSU Northridge, Taft College and Riverlakes Community Church.

Basketball open house set for Sept. 19

Information provided by Sports Information

Roadrunner basketball fans will be treated to a doubleheader opportunity at Rabobank Arena when the 'Runners will host the CSUB Basketball Open House Sept. 19 from 8 a.m. to 5 p.m.

In conjunction with the annual "Select -A-Seat" day in which fans may choose their season ticket location for the 2007-08 season, they'll also have the opportunity to hear CSUB Head Coach Keith Brown and Fresno State Head Coach Steve Cleveland speak about the beginning of the Roadrunner/Bulldog rivalry as the teams prepare for the first NCAA Division I home basketball game in Bakersfield history when CSUB and Fresno State square off Nov. 17.

Brown and Cleveland will speak at a noon luncheon scheduled on the arena floor. While the rest of the day's activities are free, luncheon tickets (\$16) must be purchased in advance at Russo's Books in the Marketplace, online at www.gorunners.com or by calling the CSUB Athletics Ticket Office at 654-BLUE.

"This event will provide a unique opportunity for college basketball fans in Bakersfield," says CSUB Athletic Director Rudy Carvajal. "Coach Brown and Coach Cleveland will help people get ready for what is sure to be the beginning of a great Valley rivalry between Bakersfield and Fresno. Then fans will have the first chance to guarantee the best seats available to see not only the Fresno State

game but all 16 home games as we kick off the NCAA Division I era of Roadrunner basketball."

The open house will feature live radio remotes with contests and giveaways throughout the day. Fans purchasing season tickets will receive a free game day t-shirt tailored for the Nov. 17 season-opener. Also, anybody who makes a new season-ticket purchase (two or more) on Sept. 19 will be entered into a drawing to receive their tickets for free.

For more information on the CSUB Basketball Open House for Sept. 19, please call the CSUB Athletics Marketing Office at 654-6226.

The world says goodbye to one of music's greats



photo courtesy of www.uwm.edu
Luciano Pavarotti performing with his trio, The Three Tenors.

Little known facts about Pavarotti

- Holds the Guinness World record for most curtain calls at 165.
- As a boy he excelled in soccer.
- He worked as a teacher and insurance salesman.

To read more about Pavarotti, turn to the Entertainment section on Page 3.

Career Development Center goes online

By Eman M. Shurbaji
Features Editor

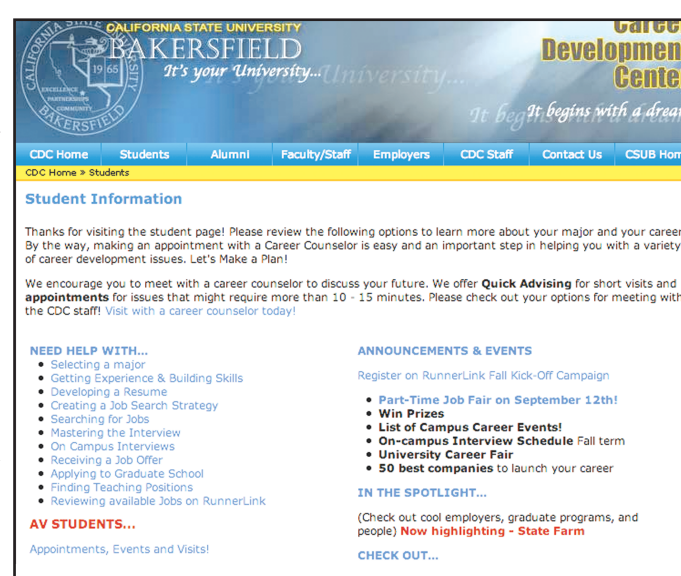
The Career Development Center (CDC) is opening its doors to students at all levels, including seniors and alumni. The new director, Jane Evorian has been working since April to make the CDC more attractive to faculty, employers and, most importantly, students.

Don David, an information technology consultant working with Web Services on campus, created a new website that had more relevant information and dates of importance to students.

"The goal of the website was to create a more logical flow of information," said Evorian.

The tagline for the website is, "it begins with a dream" which ties into the CSUB slogan, "It's your university."

"We are about empowering students by connecting academic experience with professional experience," said Evorian.



Career Development Center online job search site.

Runnerlink is an online database established by the CDC to help connect students with potential employers. Career-related events are posted on Runnerlink, as well as anything related to career or job options. The website is filtered by the CDC with an emphasis on more local jobs; however, there are jobs in other parts

of the country as well.

The website is connected with the National Association of Colleges and Employers. Employers looking for college grads or college students also have access to the site. "Runnerlink was launched on August 30 at 3 p.m. and within 18 hours 60 students were registered," said Evorian.

As of Sept. 13, 241 students and 114 employers were registered. There were also 241 job postings.

As an incentive for logging onto Runnerlink, the CDC is giving away a \$50 gift certificate to Target every week. With the new website running, the attention of CDC staff has been focused on outreach.

Goody bags and calendars were given to faculty and staff at the beginning of the year so they too would know of CDC services.

CDC cont. on Page 3

THE RUNNER

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5K Run/Walk planned

The Probation Auxiliary County of Kern is planning a 5K run/Walk to benefit at-risk youth.

The event will be held at 8 a.m.Oct. 6 at Beach Park in Bakersfield. There will be a free pancake breakfast for participants and refreshments and “goodies” throughout the day.

There will also be medals for first-fourth place in age groups and awards for the top male and female.

Race day registration is from 6-7:30 a.m. For information call 333-2492 or 868-4243 or go to “www.bakersfield trackclub.com/calendar.htm” for an entry form.

By Devonee Meyer

A record number of freshmen are expected to enroll at CSUB for the Fall quarter. As of September 14th, 860 students have registered and the number is likely to reach 900. Dr. Jacqueline Mimms, associate V.P. for the Division of Enrollment Management, contributes this increase to CSUB’s outreach efforts and its changing image. She remarked that when she first got here she was amazed by the uniqueness of this campus, with its stellar professors and the accessibility of the faculty.

One outreach program, which was used mainly in recruiting from Bakersfield College, has since been utilized with on-site admission at local high schools by evaluaters and outreach counselors. They determine if a student meets the enrollment requirements and can admit them right on the spot.

Another project includes the Council of Counselors, in which CSUB partners with high school counselors to

improve efforts in getting more students into CSUB.

According to Research Assistant Sue Wallace from the Institutional Planning and Research Department, 75 percent of this year’s first-time freshmen came from high schools within the CSUB region.

Mimms said they plan to extend the outreach programs to include outlying cities such as Porterville, Tulare, Antelope Valley and Palmdale.

“People are finally realizing what a unique campus CSUB is,” said Dr. Mimms. She adds that having this level of energy working in conjunction with the Math/Science buildings being developed and going Division 1 is exciting. Mimms commented that people are taking notice of the ongoing positive changes.

When asked what challenges CSUB may face due to the increase in enrollment, Mimms said CSUB’s opportunities include the number of classrooms available, the remediation of some of the incoming freshman, and how to get more students to stay on campus.

Nursing Department to conduct annual seminar

Story provided by Public Information

The California State University, Bakersfield alumni nursing chapter is holding its second annual "Spirituality in Mental Health" seminar Monday, Sept. 24, from 5:30 to 9:30 p.m. in the Doré Theater at CSUB.

The seminar will provide practitioners, spiritual advisors and families with insight and tools to provide stability and strength to those who are emotionally and physically ill.

Pamala McCarver, president of the CSUB alumni nursing chapter and registered nurse, has organized the event for the second year in a row. "Those of us that help people daily with mental disorders struggle with finding ways to re-energize ourselves," she explained. "I have discovered that as I care for my soul I am more effective in providing stability, strength, and a sense of hope to those who are emotionally and physically ill. My hope is that this seminar will nurture the audience's spirit and give us all hope as we care for people who are in great need of not only care for their mind and body, but also care for their soul."

And these types of discussions are important to have "because the public tends to see a mentally ill person only when the person is clearly psychotic or has been abandoned on our streets," McCarver said. "The mentally ill are burdened with stigmas and prejudices that only education can silence. I hope the issues that will be covered during the presentations will lead to discussion and action within our community so that we can better serve the people who struggle with diseases of the mind. But more importantly we treat each person individually in a way that will make a difference for the mentally ill in their own life."

Guest speakers include Edward Shafranske, psychology professor and director of the doctorate in clinical psychology program at Pepperdine University Graduate School of Education and Psychology. Shafranske is a past member of the American Psychological Association Council of Representatives. With doctoral degrees in clinical psychology and psychoanalysis, he is a faculty member of the

Southern California Psychoanalytic Institute (SCPI). He has served in the mental health field for over 28 years and written extensively on spiritual oriented psychotherapy. He will be addressing religious and spiritual issues in clinical practice throughout the United States and abroad.

Guest speaker Pete Earley is the author of "Crazy: A Father's Search Through America's Mental Health Madness," an emotional story of his college age son whose is stricken by a severe mental illness. "Crazy" received second place in the recent Pulitzer Prize awards for nonfiction books.

Earley a former reporter for The Washington Post, had written extensively about the criminal justice system. But it was only when his son in a manic episode broke into a neighbor's house and took a bath in her tub that he discovered what happens to mentally ill people who break the law while psychotic. Earley believes that "people with severe mental disorders should not have to become criminals in order to get meaningful treatment."

He has published 10 books including "The Hot House: Life Inside Leavenworth Prison," which is a New York Times best selling book.

The seminar also is an opportunity to raise funds for a new nursing building on the CSUB campus. McCarver added: "The seminars have been successful in creating awareness within our community for the need for a new building. My hope is that someone with the power and means will be able to provide an adequate building so future nursing students can learn in a productive environment."

Early registration for the seminar costs \$25 and includes syllabus materials and a continental breakfast. Registration after Thursday, Sept. 13, is \$50. Parking is free for the event on the north end of campus near the Doré Theater or the soccer fields.

Partners include KGET TV 17, Henrietta Weill Memorial Child Guidance Clinic, Adventist Health and San Joaquin Community Hospital.

For additional information or to register, please contact McCarver at (661) 331-3789 or [mailto:pamala.k@hotmail.com]

The building of the new Math/Science complex will help with the classroom issue and in regards to the remediation, Mimms said that most students who go through remediation can still be successful and graduate.

increased enrollment could have a positive impact.

“It’s a good thing we have more students because maybe we could start having a better campus life,” said Perez.



Juan Torres / The Runner

Freshmen students attending the annual Freshman Convocation.

“We are hoping that through focus groups and student input we can make a change,” was Mimms comment about student life on campus.

CSUB has been known as a commuter campus. J.R. Perez, a returning student who works in admissions, said

A senior in the business program, Wilfredo Cruz, believes the increase is due to more high school students getting more education about how to get into college through programs like the Hispanic Scholarship Fund.

“It’s awesome to see an increase in

the diversity of enrollment,” Cruz said.

Jonathan Ferrer, an incoming freshman from East High School, hopes to become more acclimated socially.

“It’s a growing campus that lets others grow with it,” said Ferrer.

RUNNER CRIME BEAT

By Sandra Vicuna
News Editor

Monday, September 10

Friday, September 7

6:37 a.m. Suspicious Vehicle

A U-Haul truck was reported in Parking Lot K. There appeared to be several electronic items thrown inside. Subject had an outstanding arrest warrant.

12:51 p.m. Suspicious Vehicle

U-haul called and stated U-haul that was in parking Lot K was extended beyond contract. Now treated as a repo. Officers were unable to locate vehicle.

5:27 p.m. Suspicious Subject

Black male, wearing red and a red hat not allowed inside Dining Commons. Subject had an outstanding arrest warrant.

8:51p.m. Suspicious Circumstances

Possible drug activity reported at Numenor Dorm. Unable to locate suspects.

Sunday, September 9

6:29 p.m. Disturbance on Campus

Reporting party’s ex-girlfriend broke their car windows and the windows in his apartment. Suspect description was a black female in her 20s, red hair/ponytail, wearing a white shirt with yellow writing and gray sweat shorts. No criminal action taken.

11:34 p.m. Vandalism

Officer initiated activity at the Student Union. Arrest was made and investigation is still ongoing.

12:35 p.m. Traffic Collision

Accident occurred outside Dore Theater in parking lot. Reporting party’s vehicle was a blue infinity other vehicle was a green pickup.

2:40 p.m. Burglary Report

Two laptop computers reported missing from the Faculty and Learning Center, which is located on the second floor of the library. Investigation is still ongoing.

3:22 p.m. Vandalism Report

Reporting party’s vehicle, Saturn Coupe, found in Parking Lot H with windows broken. Report was taken and investigation is still ongoing.

Tuesday, September 11

8:27 p.m. Petty Theft in Progress

Hispanic female, late teens/early 20’s, wearing a brown t-shirt attempting to walk out of the Walter Stiern Library with books. Investigation is still ongoing.

Wednesday, September 12

12:14 p.m. Disturbance on Campus

Subjects on microphone in front of Student Union yelling profanity. Subjects were advised and complied.

Thursday, September 13

6:48 p.m. Vandalism Report

Graffiti found in bathroom in Student Union. Report was taken.

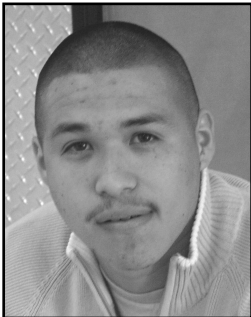
Information compiled from CSUB
Public Safety Reports

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RUNNER ON THE STREET

By Juan Torres

This Week, The Runner asked, “What are you looking forward to this school year?”



Daniel Rojas
Sophomore,
Biology

“Intramural flag football.”



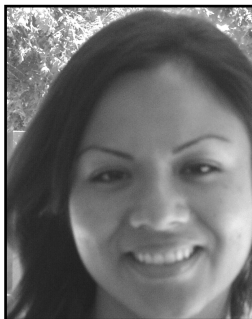
Darnisha Jackson
Freshman,
Criminal Justice

“Experiencing college life.”



Luis Castro
Freshman, Art

“Finishing math class.”



Mary Haddadin
Freshman,
Criminal Justice

“Meeting new people and getting classes finished.”

Goodbye to the ‘golden voice of tenor’

By Emily Shapiro
Assistant News Editor

With a physical stature that matched his luscious tenor voice Luciano Pavarotti took his final curtain call on September 6, 2007. He suffered a year-long battle with pancreatic cancer.

Known most notably as one of a trio of a classical group, dubbed “The Three Tenors”, Pavarotti became one of the most easily recognizable faces and voices of classical repertoire.

Pavarotti came from humble beginnings. His father was a baker and his mother worked in a factory. A giant of a man he once said, “I think a life in music is a life beautifully spent, and this is what I have devoted my life to.”

He was born on October 12, 1935 in Modena, Italy. His father was an amateur tenor who eventually steered him into singing.

At the age of 25 he was part of a male choir that won the top prize at the International Eisteddfod, in Llangollen, Wales, United Kingdom. A year later he made his operatic debut at the Reggio Emilia Theater in Italy. He performed as Rodolfo in Giacomo Puccini’s “La Boheme.”

Not only was Pavarotti the most recognized voice of classical music, but by his buoyant and charismatic personality, he rescued its’ waning popularity.

By pairing with other musical artists like U2’s Bono and Liza Minelli, Pavarotti was able to reach millions of fans.



Luciano Pavarotti during one of his many performances.

photo courtesy of www.nelsonguirado.com

His popularity soared to increasing heights in 1990, when he joined with Placido Domingo and Jose Carreras. Together they toured numerous cities and countries, as ‘The Three Tenors’. This group lasted for a 14 year period, and their album from 1994 ‘The Three Tenors in Concert’ remains the best selling classical album to date.

Opera singer extraordinaire, and dedicated father, Pavarotti was also a very big philanthropist, not only giving money but also raising money for numerous charities.

In 1995 he hosted a concert, ‘Concert for Bosnia’ that raised \$ 8.5 million for the war children of Bosnia. He also raised \$ 4.3 million for refugees from Afghanistan and Kosovo.

Even here in the states his popularity is unquestioned.

“The most famous operatic singer of all time,” said Phillip Provencio, a CSUB student when asked his opinion of Pavarotti.

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CDC cont. from page 1

The agenda of the CDC has shifted into becoming a more proactive force in attracting students. In the past, students had to make the effort to go there—today, the CDC is more visibly active. For example, a part-time job fair was hosted at CSUB on September 12. Among the companies and represented were Target, Bank of America and Motor City Auto Center.

Positive changes stressed by the CDC include advising methodology, resume development and an emphasis on networking. The new 30: 70 job hunting plan denotes spending 30 percent of your time looking on the internet for jobs and 70 percent of your time identifying companies of interest and contacting them.

Events and workshops are lined up for the year as well. On September 20, a “What’s your major?” workshop will be held in the Student Union Blue room. Carolina Sanchez, a junior majoring in liberal studies was looking for a part-time job when she decided to visit the CDC.

“Last year I went through the CDC and got hired by Minicorps,” said Sanchez.

Today, there are many opportunities for attaining a job through the CDC, and Runnerlink can make your dream job a reality.

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- Workshops and seminars on the graduate school process
- Academic Counseling and tutoring as needed
- Peer support and group activities



The Ronald E. McNair Post-baccalaureate Achievement Program

Kanye West and 50 Cent release albums

By Phillip Barnett
Sports Editor

We’ve all heard about the “battle” between two of hip-hop’s super stars, Kanye West and 50-Cent. Both artists dropped their third albums on September 11, a day that would otherwise be observed as the tragedy that it was six years ago, and are competing for sales. Instead of honoring the victims of the World Trade Center terrorist attacks, hip hop fans were over-involved in the consequent sales war.

One week removed from the album releases, album content instead of album sales are the talk of the hip hop world. The Runner reviewed both albums and rated each one.

50 Cent: Curtis (Rating: 2.8/5)

Curtis was originally supposed to be released in June of this year, but the lack of success of his first two singles forced 50 to get back in the studio, and add to the album that was initially titled ‘Until I Self Destruct.’

The album starts reminding listeners of his street attitude with songs like “My gun go off,” a track full of gun violence and murder on top of a dark and moody beat, “Man Down,” the quintessential 50 Cent track full of violence, drugs and sex and “I still kill,” that has elements from the two previous songs, with Akon singing on the hook. All three tracks go back to the thug mentality with heavy violence, gun talk and premeditated murders.

Lines like “Feel the flame when I aim/ for the top of your brain” in “My gun go off” and “Respect come from admiration or fear/ you can admire me or you can catch one in your wig” in “I still kill” run rampant throughout Curtis.

Those three are followed up with the single “I get money.” This song has all of the elements that made 50 Cent’s music as popular as it is today, but instead of lyrics telling one of his “rags to riches” stories, he explains how he made millions of legal dollars by selling his vitamin water to Coca-Cola saying “I take quarter water sold it in bottles for 2 bucks/ Coca-Cola came and bought it/ For billions, what the f**k?”

Unfortunately, this album only has three subject matters, guns, money and sex. 50 Cent collaborates with Justin Timberlake on “Ayo Technology” to glorify women on the latest released single. The song, like many others, is poorly written with no lyrical content. Justin sings “I’m tired of using technology/ why don’t you sit down on top of me,” while 50 raps about the way a girl moves her rear end.

The meat of the album is no different from the beginning and the end of it. All of the beats have that dark feel with the slow tempo, even though each song was produced by someone different, and all of the songs fall under one of the three subject matters that were mentioned above.

“Follow my lead” featuring Robin Thicke is about sex, “Movin’ Up” is more guns and violence and “Straight to the bank” is about the dollar signs and the cycle repeats with “Amusement Park,” “Fully loaded clip” and “Peep show.” “Fire” and “All of me” are the only two songs with a beat outside of the album’s norm. Nichole Scherzinger and Young Buck come together with 50 on “Fire” to create what you could probably hear at a club on any given night.

Mary J. Blige jumps on the album on “All of me,” with a beat that sounds like it was pulled off a Curtis Mayfield record. The horn selection and funk feel added with Mary J. Blige’s voice make this the most complete track on the album. 50 still adds his gangster bravado, but it is tolerable on a track produced so well.

Curtis as a whole is no different from his first two albums Get Rich or Die Trying and The Massacre in terms of content, but Curtis isn’t nearly at the level of the other in terms of lyrical content and overall

song structure. 50 has gotten away from his “underdog, I made it” ways to bragging about the money he’s making legally.

50 seemed to be lacking direction with this album, torn between his humble street beginnings and his multi-million dollar companies (Vitamin Water, G-Unit music and G-Unit Clothing). He is lacking the catchy hooks and the production that stood out on The Massacre and the hunger he had on Get Rich or Die Trying.

The album was a disappointment, even for 50 Cent, a gangster rapper with little variety in lyrical content to begin with.

Kanye West: Graduation (Rating: 3.5/5)

Kanye West made a name for him self producing on Jay-Z’s compellation album The Dynasty, and now he’s sitting in the aftermath of releasing his third solo album Graduation.

As soon as you pop in the album you hear a defining base along with the clacking of a cowbell for four bars until you’re hit with an array of euro-synths (a theme of this album) and an Elton John sample. You can sense confusion on Kanye’s part lyrically no matter how brilliant the beat is.

He says “You graduate when you make it up out of the streets,” along with various references, but also calls himself “A fly Malcolm X/ buy any jeans necessary” referencing his high maintenance dressing style, which is a completely different world from street life.

The album moves on to “Champion,” a half-hearted attempt at another Kanye West inspirational song which eventually turns into himself bragging about his talent when he says “Last week I paid a visit to the institute/ they got the dropout keeping kids in school/... they got the CD/ then they got to see me drop gems (gyms) like I dropped out of PE.”

“Stronger,” the overrated hit single, is no doubt produced by Kanye, but the Daft Punk sample is way over used with a hard hitting drum pattern and additional synthesizers over the top of it. The lyrics come and go with this track, but catches fans’ attention when he says “You know how long I’ve been on ya’/ since Prince was on Appelonias/ since OJ had isotoners/ don’t act like I never warned ya’.”

Kanye and T-Pain team up for the album’s third single “The good life.” T-Pain is annoying, the Michael Jackson “PYT” sample could have been left out and Kanye’s verses were mediocre at best, but the structure of the song has garnered positive responses from fans.

A first listen to “Can’t tell me nothing,” the beat takes over. Like “Good Morning” it’s another simple drum pattern with an array of synthesizers. The beat has a dark mellow feel to it, but doesn’t stray from what you’d

expect from a Kanye West production. Lyrically, you wonder what angle he’s taking. It seems like he’s calling out some of the more shallow emcees who rap about cash and jewelry, but he does the same thing throughout the song and sings “Wait ‘till I get my money right” in the chorus.

The next three songs “Barry Bonds,” featuring Lil’ Wayne, “Drunk and hot girls,” featuring Mos Def, and “Flashing Lights,” are just filler tracks, something he was able to stay away from on The College Dropout and Late Registration, his first two albums.

Kanye West goes back to the basics on “Everything I am” with one of his patented soulful beats with the soft piano riff and a Prince Phillip Mitchell sample a la “Family Business” from The College Dropout. He takes the time to explain that he isn’t the stereotypical rapper and how he takes a lot for not fitting today’s profile when he raps “okay fair enough, the streets is flarin’ up/ cause they want gun-talk, or I don’t wear enough/ baggy clothes, Reebok’s, or A-didos.”

The album ends with two of the better songs on the album in “Homecoming” and “Big brother.” In “Homecoming” he expresses his appreciation and relationship with the city of Chicago in a way that can come off as a story about a love interest. West opens the song saying “I met this girl when I was three years old/ And what I loved most she had so much soul/ She said, excuse me little homie, I know you don’t know me/ but, My name is Wendy and, I like to blow trees.”

In “Big Brother” Kanye shares the struggles of walking in the shadow of his mentor Jay-Z and pays homage to everything the Def Jam president had done for him when he raps “At the Grammy’s I said I inspired me/ but my big brother who I always tried to be.” The production was amazing on this track, and it happens to be the only track Kanye did not produce or co-produce on this album. DJ Toomp, put together a nice drum pattern over a deep electric guitar.

Graduation got rid of the skits that made his first two albums longer than they should be allowing the album to be straight to the point; however, the production and lyrical content is much better on The College Dropout and Late Registration. It seems like Kanye West has sold out moving from collaborations with Mos Def, Talib Kweli, Jay-Z and Common to working with Lil’ Wayne and T-Pain.

Kanye may have suffered from senioritis while recording this album. A few great Kanye-esque tracks on this album, but there are definitely a few songs on this album you could move past without thinking about it. An overall average album when compared to previous works by West.

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Wrestlers cutting weight

By Erica Juarez
Staff Writer

Losing weight is not an easy task for most people. However, for the CSUB wrestling team, cutting weight is an arduous necessity, that ensures that our team will have the maximum advantage when they hit the mat. Wrestling is a sport of strength, endurance, but requires also athletes to remain at a certain weight.

Assistant Coach, Mike Mendoza explained that on the first day of school wrestlers weigh in. Their weight is then tested on a program called NWCA (National Wrestling Coaches Association).

The NWCA tests the weight and hydration level of the athletes and the results lets them know what their minimum weight class can be. This information lets the wrestlers decide what weight class they want to wrestle.

Daniel Alejandro, 22, a senior, weighs 169 pounds and his goal is to drop down to 157 pounds, the weight he's going to be wrestling this year.

Wrestling tournaments do not begin until November however, practice and conditioning started in August. This gives wrestlers plenty of time to cut weight and condition their bodies for their upcoming matches.

How do they cut so much weight? Wrestlers such as Daniel Alejandro, Johnny Merryfield and Daniel Atondo, are on diets that consist of running 30 to 45 minutes twice a day and lifting weights to enhance strength. They also only eat protein foods

such as chicken and pasta. According to Daniel Atondo, 22, a senior, "We need as much energy as we can get because we burn so many calories a day".

Fast food is definitely avoided along with soda, red bulls and

cutting 30 pounds in one day and keeping it off. There are rules on how wrestlers are allowed to cut weight and these only apply to college wrestling.

Assistant Coach Gerry Abas explained what methods

water weight more quickly. Cutting 10 pounds in one day is very much possible, because it's all water weight.

Cutting too much weight in one day, however, is not healthy, because there are the risks of dehydration.

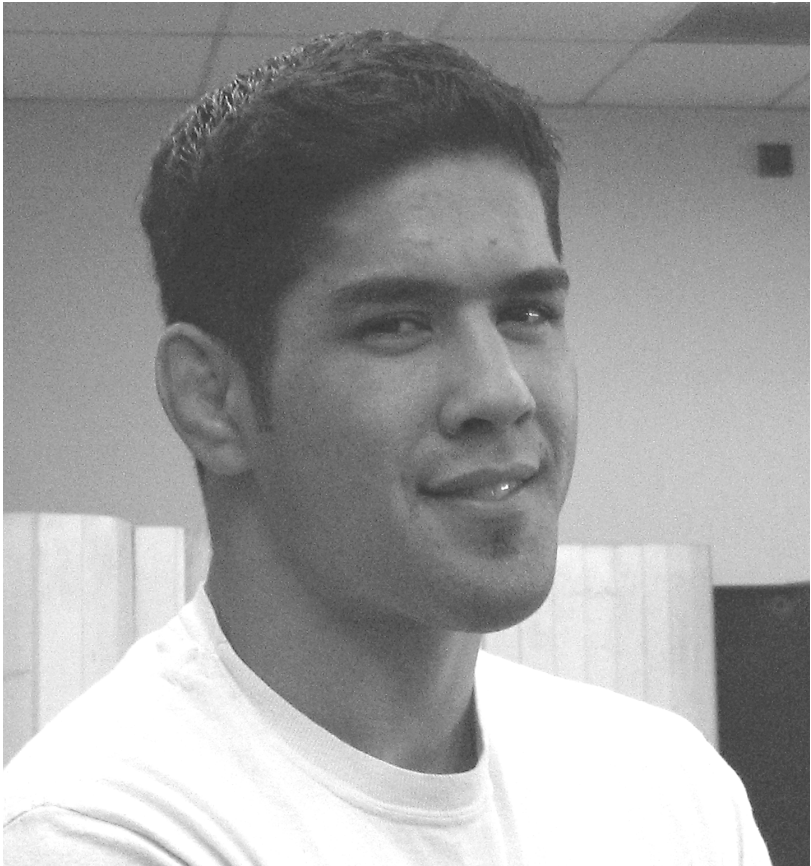
Head Coach TJ Kerr, whose been coaching CSUB 's wrestling team for 37 years, describes his team as being pretty smart when it comes to cutting weight. On the other hand, he makes sure to talk to each wrestler individually to make sure they know what they are doing. Coaches Kerr, Abas and Mendoza discipline their team as far as training and cutting weight.

"Discipline is learned with experience and is given by them," says Kerr, "Wrestling is a sport that demands different sizes. This is the purpose in cutting weight."

So what happens when the wrestler does not meet the demand? They have to forfeit the match and that does not look good for the team. In the beginning of training they spend a lot of time with the incoming freshmen because they think they know what they are getting themselves into, but they have no idea.

Wrestling Practice is Monday through Friday for one hour and half the training not only helps them improve their wrestling skills, but it also burns calories.

"We have a perfect blend of coaches that push us. We have the old school, the straight forward and basically a good blend of coaches" said Atondo.



Phillip Barnett/The Runner
Senior wrestler Daniel Atondo.

anything with sugar. Water and Gatorade are the two most valuable liquids that are consumed among the wrestling team.

Johnny Merryfield 18, a freshman, is not happy about not being able to eat pizza, but he has to cut 21 pounds to get to 197s, "Cutting weight makes you moody but it has to be done."

There are some myths behind how wrestlers cut weight, like

wrestlers can and cannot use when cutting weight. They are not allowed to use steam rooms and sauna suits to cut weight. It is illegal. Starvation is not healthy although some wrestlers have resorted to it, but it affects their performance a great deal.

Wrestlers are allowed to use plastic around their body underneath their sweat suits when running. This allows them to lose

Baldwin sets ace record at Arizona tourney

Courtesy of Sports Information

The CSUB volleyball team split a pair of sweeps on day one of the Regency Suites Classic in Tucson Friday, falling to host and Pac-10 power Arizona in the morning before coming back to sweep Davidson College in the afternoon. The split leaves Bakersfield at 4-9 on the season.

Arizona (8-2) played like a perennial national title contender in the opening match Friday, hitting .354 with 13 blocks and 10 aces in a 30-14, 30-13, 30-20 win. Junior libero Mystie McNaughton collected a match-high 12 digs, but it was the lone statistical highlight for the Roadrunners.

The afternoon match was more the CSUB's liking and the 'Runners raced in front of Davidson (5-6) early in each game en route to their third sweep of the season, 30-23, 30-21, 30-26.

Outside hitters Jodi Hardin and Sarah Norman had 14 kills apiece to lead a potent offense

that hit .324 versus Davidson. CSUB also served the Eagles off the court, collecting 13 aces, with four different 'Runners



Photo courtesy of Sports Information
Senior volleyball standout Erica Baldwin.

grabbing two or more in the match.

Senior defensive specialist Erica Baldwin led the serving corps with three aces against Davidson and another in the Arizona match. Those four aces give her 197 for her career, moving her past Erika Gulbranson (193) into first place on the CSUB career service aces list.

Bakersfield will close out play at the Regency Suites Classic Saturday when it faces Big West Conference power UC Irvine at 10 a.m.



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