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The Runner

California State University, Bakersfield

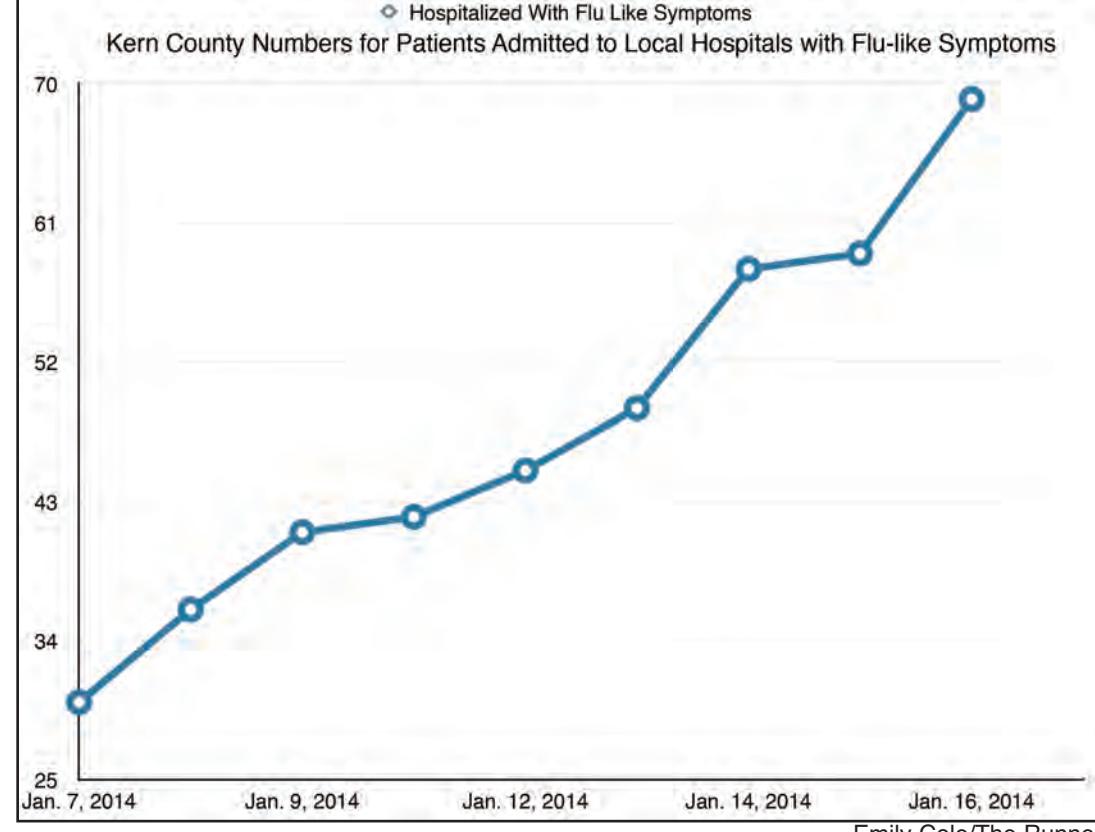
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COUNTY

Flu hospitalizations rise in Kern County



Flu-related hospitalizations in Kern County have been rising steadily in the last week.

CAMPUS

Bluegrass band plays Great Depression music

By Rachel Hill
Staff Writer

The sound of yodeling, fiddles, and banjos invited the community into the Dezember Reading Room at the Walter W. Stein Library on Jan. 14. The band, The Sisters Grim, performed traditional bluegrass music for CSUB students and Bakersfield residents.

CSUB continued its celebration of the 75th anniversary of the publication of John Steinbeck's novel, "The Grapes of Wrath," with the presentation, "Music of the Great Depression."

The Sisters Grim, comprised of Angelica and Christine Grim, Joe Ash and Larisa Pilatti, performed 12 songs along with special guest Paul Barton who filled in for Angelica's husband and the band's banjo player, TJ Doerfl.

Music from the Dust Bowl era was played, songs made famous by the Carter Family, Jimmy Rodgers and Rose Maddox. Angelica and Christine Grim are the founders of the group, singing and playing the guitar and fiddle, respectively.

"We play every day," said Christine. "It's our hobby, fun time, pastime, our passion. We love just playing and hanging out."

The Grim sisters started singing as soon as they could talk, encouraged by their father, a country singer in Vegas.

They started early on with the California Bluegrass Association. The CBA hosts festivals, concerts, and camps for bluegrass and folk musicians. They have a focus on children, providing them free lessons and workshops. This is in conjunction with the Darrell Johnston Kids Instrument Lending Library which helps kids learn to play instruments that otherwise they may not be able to afford.

Christine remembers her time in the association with her sister. "I remember my sister being three years old and me seven years old and getting to stand on stage. They bring big stars to motivate you; we got to play onstage with Alison Krauss. It's just incredible; they do so much for kids."

The Sisters Grim perform up to four times a week, often in Bakersfield at establishments such as Wine Me Up, Imbibe, The Prime Cut, The Padre, and Guthrie's.

"Usually we've been getting more word of mouth now, but before, we had to hit the phones and call people, give them demo tapes," said Christine.

The audience in the Dezember Reading Room ranged from children to senior citizens and included Eric King, a first-year graduate student in the Masters of Social Work program.

King has an interest in the Dust Bowl era, having grown up

[See MUSIC, Page 3]



Rebecca Grant/The Runner
Angelica Grim of the Bakersfield bluegrass band The Sisters Grim performs Jan. 14 at the Walter Presents event "Music of the Great Depression."

CAMPUS

ASI mulls student-only gen ed reform committee

By Stephanie Cox
Staff Writer

A meeting of the Associated Students Inc. took place on Friday, Jan. 17, in the multipurpose room to discuss various student issues and events.

The Student Union has been collecting signatures from students requesting The Wall Street Journal to be available on campus.

This addition of The Wall Street Journal would benefit all students, especially business majors. According to the Student Union and

Organizational Governance Liaison, EJ Callahan, the Student Union only pays for The Bakersfield Californian.

It is yet to be determined if ASI will approve the addition of The Wall Street Journal. If approved, roughly 25 copies will be purchased two days a week.

Another issue discussed at the ASI meeting was a student-only general education committee meeting on Jan. 28. A time and place for the meeting has not yet been decided.

This would enable students to discuss courses offered and

what students think should be considered cut or moved to general education status.

Thursday nights, from 5 to 9 p.m. is karaoke. Students can use iPads to connect with ASI's Facebook page, which enters students into a drawing to win a parking permit for the next quarter.

Some changes to the CSUB campus were also discussed, such as the art department.

With new art center being built, possible uses for the old art building were discussed.

One option was to alter the old building into private art

studios for students, while another option is to make an art lounge for art students to gather.

Among events mentioned, ASI Director of Social Sciences and Education Stephanie Compos, mentioned planning a DJ competition.

Some new ideas were also suggested for turning the lounge into a 24-hour room where students' ID card will allow access.

Obtaining new copiers and a printer for the Antelope Valley campus was also recommended.

CITY

Target security breach affects millions

By Sandy Ornelas
Assistant News Editor

During the holiday, Target's system was hacked and more than 40 million Target shoppers' personal information was stolen. The information taken from the system included names, debit card information, mailing addresses, phone numbers and email addresses.

The data breach occurred at Target stores between Nov. 27 and Dec. 15.

This situation has customers wondering if it is safe to shop at

Target again.

On Target's Facebook page, angry customers are sounding off about how they were affected by the security breach.

One customer, Ryan Rimmel, stated that his bank account was left in the negatives due to the security hack.

Banks are taking action by notifying their customers that they are at risk and are sending new debit cards in order to protect their customers from fraud.

According to Target's website, the issue has been resolved.

[See TARGET, Page 2]

CECE begins director search

By Connie Hayes
Staff Writer

With the current position of director of the Center for Community Engagement and Career Education vacant, Associate Vice President for Student Affairs Jim Drnek has stepped in as interim director.

Former head of CECE Jane Evarian decided to take a new job out of state. With the position vacant, Drnek stepped in as interim director.

With a background in student affairs at the University of Arizona and Cleveland State University, Drnek has a sense of what is needed by students.

"My goal is to have somebody in place on July 1, 2014," he said. "We are commencing the search process. It's already begun and the very early initial stages are always important to making sure the job description is appropriate and it matches what the current needs are."

"With this in mind, it is not as important to fill the position quickly, as it is to make sure the position and the candidate are a good fit."

"I am working with my supervisor, the staff and a couple students to make sure the job description fits the needs that we have," Drnek said.

Administrative Support Coordinator for CECE Kathy Velguth said, "He is very positive and an advocate for students' needs."

In addition to heading the department, the position of director also entails "supervising and providing a lead to the professional staff in CECE" including "serving as liaison to faculty, staff, and community organizations in furthering the mission and goals of CECE," said Drnek.

CECE is available on campus and online as an access to "career resources for students, alumni, employers and community partners," according to the website.

Drnek said the director would take on the role of counselor as well and meet with students "if needed to provide career counseling in education to students directly."

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THE RUNNER

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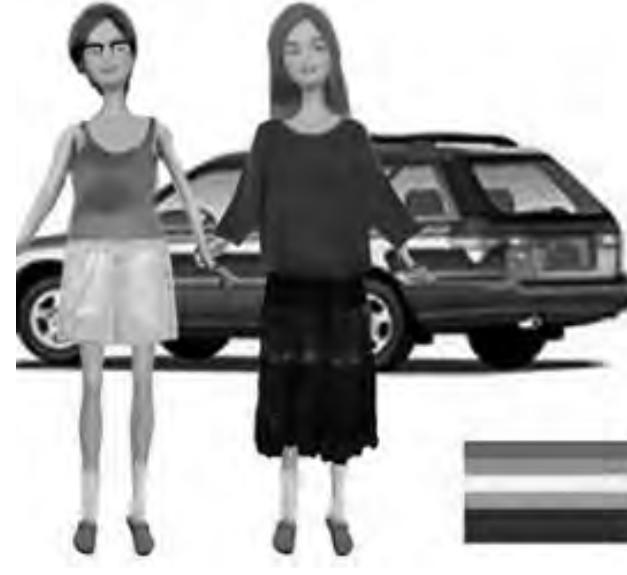
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Fictional Barbies expose local stereotypes



www.baketown.blogspot.com

Each Barbie has a specific generalization attributed to it such as the extremely liberal Tehachapi Barbie, left, and the shop-a-holic Rosedale Barbie, right.

By Alex Ripepi
Assistant Opinion Editor

A few weeks ago, Kern County became relevant on reddit.com with a link to "Kern County Barbies" becoming highly acclaimed by the site's users in a Bakersfield sub-forum. Naturally, my curiosity was piqued, because most of the time Bakersfield is relevant, it isn't in a positive light. This time I was sadly not surprised.

The Barbies depict different areas of Kern County (prominently featuring locations of Bakersfield) and try to capture the stereotype of the area. Unfortunately, each of the descriptions of these dolls presents them rather unfavorably, and in some aspects, are blatantly racist and classist.

However, that's not the worst part of the post. Looking through each of these different classifications of people, most of them ring true.

Aside from the Tehachapi Barbie (which is depicted as some sort of super liberal caricature and most online commenters on the original post

agree is inaccurate) I can easily remember seeing, hearing, or being acquainted with a person that matches that exact stereotype.

What does it say when our town can be so easily identified and categorized like this? Having lived here my entire life, it may just be that I'm cynical about Bakersfield, but to the outside observer, this paints a fairly bleak picture of our community (life as it should be, according to our motto).

"I don't think I've seen a single mega hippie or something similar to the described Barbies in Tehachapi except an occasional transient," said David-Alen Alvarez, a geology major and Tehachapi resident. "I see Tehachapi as more of a mega prep kind of Barbie or a pregnant Barbie. Or an elderly millionaire."

Although the creator of the post apparently misjudged Tehachapi, the implication that the described stereotype is some kind of joke remains. This seems less embarrassing to me than different areas of Bakersfield being described rather accurately.

Rosedale Barbie is described as a tracksuit-wearing power shopper who has no job, Seven Oaks Barbie is essentially pictured as a walking entitlement that "you won't be able to afford" while Oildale Barbie comes with an optional Confederate flag.

The issue remains that Bakersfield is a normal place to live in, but we constantly demonize it by bringing up the negative aspects. These parodies clearly aren't the only thing driving this feeling. Yes, we have some of the worst air in the country, but on a good day we've got amazing views of the surrounding mountains. Sure, we have low literacy rates, but every year our city donates millions of dollars for cancer research during Relay for Life.

Now this isn't to say that we should ignore the problems we have, and of course we can poke fun at our city every once in a while, but if Bakersfield really is ever going to improve, it needs to be taken seriously.

The post can be found at www.baketown.blogspot.com

Transgender law causes controversy

By Anthony Jauregui
Staff Writer

California was the first state to pass the transgender "bathroom law" that granted transgender K-12 students with the autonomy to choose which bathrooms they identify with.

Though this law was enacted in August of 2013, recent uproar by the Privacy for All Students Coalition and parents have brought the progress of the law to a grinding halt.

The concerns by parents are based on assumptions that children will dress up and sneak into opposite sex restrooms or locker rooms to catch a peek

at other children.

School administrators have assured families with and without transgender students that students acting inappropriately will not be tolerated.

Parents have the right to be worried for their children's safety, but the one way to clear up confusion for parents is by explaining the difference between the terms "transgender" and "transvestite".

Transvestites are individuals that dress as the opposite sex.

On the other hand, transgender is the state of a person's sexual identity which differs from the one assigned to them.

The law is designed for desegregation of facilities for transgender students, not to increase bullying, as some say it will.

Bullying, however, will be closely monitored by school administrators to minimize students being targeted for using the restroom of their choice.

AB-1266, the so-called "bathroom law", states that "this bill would require that a pupil be permitted to participate in sex-segregated school programs and activities, including athletic teams and competitions, and use facilities consistent with his or her gender identity, irrespective of the gender listed on the pupil's records."

According to The Washington Times' Jan. 8 article by Cheryl Wetzstein, while there are already laws protecting transgender children, "California schools are already required not to discriminate against transgender students, and they currently work with students and their families to address pertinent issues."

Regardless of sexual identity or sexual orientation, each student should be treated with respect.

Everyone is given unalienable rights. Choosing which restroom you can use isn't a privilege, it is a right.

Let transgender students choose the restroom they identify with.

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Target shop-
pers' credit
information
compromised

[TARGET, Page 1] "We closed the access point that the criminals used when we discovered the breach on Dec. 15," said Target's corporate website.

In addition, Target's President, Chairman and Chief Executive Officer, Gregg Steinhafel, addressed the issue to Target customers by sending out a letter via email. Steinhafel states Target is offering one year of free credit monitoring to customers as an apology for the inconvenience.

Cassie Stoats, a senior criminal justice major, says that her mother was one of the people affected by the Target security breach.

"When she found out she wanted to cancel her card, but the bank said they will send her a new card, so we are not as concerned anymore," says Stoats.

Stoats is not worried by the data breach and will continue to shop at Target.

"I don't like Walmart," said Stoats.

Other individuals were unaware of the security breach altogether.

Ariana Mariscal, a freshman geology major, had no idea that this situation was occurring. "That's terrible. That would piss me off," said Mariscal.

Target is continuing to investigate the situation and is currently working with the United States Secret Service and the Department of Justice to find out who committed this crime.

If you shopped at Target between Nov. 27 and Dec. 15, check your bank statements to see if there was any unusual activity.

Lack of flu vaccines impact Student Health Center

[FLU, Page 1] in terms of their immune system actually trying to generate a response. It takes up to two weeks to actually develop adequate antibodies for protection.

However, if people are scared of getting the shot, Gambrioli said there are other alternatives, like the nasal mist.

"That is a live virus so you can theoretically get the flu and it's a little more expensive," he said.

Communications major Paulina Gamez, 22, said she's never gotten the flu vaccine and she's not afraid of getting the flu, as she takes preventative measures months before the flu season strikes.

"In my house we do a lot of preventative measures: we drink more orange juice, eat healthier, my mom buys Echinacea capsules - they help boost the immune system," said Gamez.

On Jan. 7, the Kern County Public Health Services Department issued a press release confirming the first flu-related deaths in Kern County. According to Dr. Claudia Jonah, Kern County's Health officer, out of all the local hospitalized cases only one person had not received their flu shot.

"The peak of flu season is usually late January through February, so there's still time to benefit from a flu vaccine," said Jonah.

Flu shots are still available at the Health center on Mt. Vernon Ave. for only \$9.

Students work to achieve New Year's resolutions



Alma Sandoval/The Runner

Trainer Josh Thompson oversees his client Marisol Escudero, working hard to reach her goals at the Student Recreation Center on Jan. 16.

By Kristen Garza
Staff Writer

New Year's resolutions are common and CSUB students participated in the tradition. Students share goals of getting in shape and bettering their lives in some way. Many people devote time, energy and money in preparation of these yearly aspirations but few achieve success.

Between Jan. 14 and 16, 2014, I randomly chose 20 students on campus and asked what their New Year's resolutions are. The three most common responses were get fit, strive for better grades and to be a better person.

According to the website StatisticBrain.com, the top three New Year's resolutions for 2014 are lose weight, get organized and

spend less while saving more. Further, statistics show the percentage of people who usually make a New Year's resolution is only 45 percent. Within that 45 percent, the longevity of resolutions past six months is a mere 46 percent. These statistics put the struggle to succeed into perspective and prove just how difficult it is to make resolutions a priority in life.

There are resources available on campus for students, which may be useful in accomplishing resolutions. For example, an important resource for achieving fitness goals is the Student Recreation Center on campus. Also, any effort to organize the chaos of being a student will be beneficial and may in turn lead to better grades. Meeting with tutors in offices like the Writing Resource Center and also meeting with a counselor will start the path to a clearly organized, successful quarter. Lastly, spending less and saving more money is easier said than done as a student, but would be a healthy habit to adopt sooner rather than later.

For some students, like Shellie Billings, a 30-year-old junior PEAK major, a reevaluation of priorities took precedence as a resolution this year.

"This year I'm spending more time with people who want to spend time with me and worrying less about those who don't," said Billings.

The overarching question to ask students, with the aforementioned statistical results in mind, is will resolutions now become more of a priority knowing the success rate? Regardless, don't be discouraged, remember there are no rules to resolutions and maybe a simple reevaluation is in order. Advice to consider when evaluating resolutions is whether the goals set can be accomplished in the short term. Short term accomplishments may lead to the confidence needed to power through more ambitious goals.

FITNESS ALERT: Student works with a trainer from CSUB's Rec Center in order to achieve her new year resolution / Page 4

Musicians honor Dust Bowl

[MUSIC, Page 1] up with stories from his family, who migrated to the work camps set up just outside of Shafter.

His interest in the music brought him to watch the band perform.

"I loved it," said King, after shaking the hands of band members.

"They hit all the right notes."

Katherine Barrios, a 19-year-old sophomore and biology major, attended the performance for her America's Musical Life class with Professor Dr. Joel Haney, who lectured on the music and the Dust Bowl migration.

Although a class requirement brought her to the show, she also smiled and said she

loved it, staying until the very end.

The Sisters Grim is playing their next show on Jan. 24 at the West Side Theater in Newman, Calif.

More information can be found on their website, thesistersgrimband.com.

Local writer keeps theater fresh with 'The Book of Andy'

By Richard Garibay
Staff Writer

I recently watched a great production of the newly written comedy 'The Book of Andy' by Michael J. Mejia at Bakersfield's The Empty Space theater. My first impression of the donation-based theatre was that it's true to its name in that the set designed by Mejia was quite sparse. All of the scenes in the play contained only a single piece of furniture such as a couch, a table or a six-foot artistic rendering of a circumcised penis.

Rarely am I distracted from such a minimalist set, yet I didn't mind it in this play because of the wonderful cast of actors who really brought the characters to life.

As the play opens, Benny, played by Michael Pawloski, is sitting at a table and smoking a cigarette while reciting a flamboyantly comic rant about relationships and the plight of gay men. In walks Andy, played by Miguel Torres, with Peter, played by Billy Joe Fox, who are celebrating their anniversary over dinner. During their meal, trouble erupts when waiter Luke played by Robert Corona flirts with Andy.

In order to keep the dinner pleasant, Peter proposes to Andy who can only respond with, "Yes! No! I don't know..." and runs to the bathroom because of a serious colon problem. Jumping to the conclusion that Andy isn't serious about the relationship, Peter breaks up with him.

Unfortunately, this leads Andy to visit his ex-boyfriends Matthew and Mark in order to explore what went wrong in each of their relationships with him. Seeing how happy they are without him angers Andy, so he tells one that he has cancer and the other that his kidneys are failing.

Things get out of hand when an article he was being interviewed for throughout the play is published. Because of a worsening colon situation, Andy is rushed to the emergency room.

Largely, I felt that 'The Book of Andy' was very well-written. Under the great cast and solid comedic moments there were small issues I found.

Entirely on the surface, Mejia tells the very tired story we've seen in hundreds of Hollywood's romantic comedies. Meet the cliché couple with cliché problems that cause them decide to breakup, one of them gets into some funny situations leading the couple to reunite, rinse and repeat. Yet, this play avoided being a generic romantic comedy because the couple was comprised of two men.

Even though they might be stylistic in nature, I have two major criticisms of the play.

There was a lack of balance between the highly comedic first half and emotionally heavy second made it seem as though Mejia felt he had too much fun and wanted to tone it down midway through. Funny scenes were included in the second half but they weren't as blatant as the first.

The second critique is the ending, which was so abrupt and stunted that I felt as if Mejia had a deadline he had to meet and quickly sped through the second half.

It left me feeling as though there needed to be more and was underdeveloped.

Overall I enjoyed 'The Book of Andy', and highly recommend you watch it.



Experience Matters

Internships & Volunteering Workshops

1/29 5pm-6pm inside DDH 101E

Women's Basketball

January 30th VS New Mexico State

7pm at the Icardo Center

Women's Basketball

February 1st VS Texas Pan-American

1pm Icardo Center



Wed 1/22	Thur 1/23	Fri 1/24	Sat 1/25	Sun 1/26	Mon 1/27	Tue 1/28
-Roadrunner Resumes Workshops 5-6 in DDH 101E	-Brown Bag 12pm Stockdale room -Runner Rally 6pm at Rowdy's -Men's Game 7pm at the Icardo	-Table Tennis Sign ups begin all day in SRC	-Men's Basketball 7pm at Icardo	-Zipline Sign-ups begin all day in SRC	-Campus Cleanup 12pm-1am at the Student Union	-Horseback Riding Sign-ups begin all day in SRC

'Runners vandalized by Idaho in WAC basketball showdown

By Josh Bennett
Assistant Sports Editor

The CSUB women's basketball team lost to the Idaho Vandals 96-69 Saturday, Jan. 17, at the Icardo Center. Senior guard Melissa Sweat led the team with 18 points and 8 rebounds, despite the losing effort. This was the first home loss of the season for the Roadrunners.

The 'Runners, who fell to 8-8 overall and 2-2 in Western Athletic Conference play, seemed to struggle from the start, falling into a quick 16-3 hole, and never had the chance to recover like they did days earlier against Seattle University.

Idaho, who is undefeated in conference play and is on a six-game winning streak, ended up building a 38-point lead in the second half.

Idaho utilized a lock down defense for the majority of the game. The Vandals shot 57.6 percent field goal percentage and 56 percent from the three point line.

"They are a really good team. They run their stuff very well. We knew what they were going to do. It was just a matter of us going out and [following] what the scouting report said, and we did not do a good job at that tonight," said Head Coach Greg McCall.

Sweat said, "It is a frustrating loss, because we had the scouting report right in front of us. We had too many mental breakdowns and they shot well."

A killer for the 'Runners in the game was the three point shooting,

in which they only went 3-20 (15 percent), which ended many possessions for CSUB.

"We'll keep shooting and keep working at it. Our strength is attacking the rim and then kicking out for open threes," said McCall. "If we would have stayed patient and waited a little bit longer, we would have gotten a layup, or got that same open three, and that would have made a huge difference."

To accompany the loss, redshirt junior guard Tyonna Outland had a tough night shooting, with only 13 points. On a positive note,

CSUB sophomore forward Batabe Zempare recorded her fourth double-double of the season with 12 points and 11 rebounds.

"By far, [Idaho] is the team to beat [in the WAC]. They made a statement in the first half of the conference, and they have built a lot of confidence up in themselves. But I think that we are the team that will be able to beat them," said McCall.

"We know what kind of team they are now and what they can do, so when we play them at their house, we'll be better prepared and follow directions more and just take the win," said Sweat.

Hoping to build off splitting their two-game homestand, the 'Runners go on the road next week, playing Chicago State Thursday and Kansas City Saturday. Their next home game will be Jan. 30 at the Icardo Center against New Mexico State.

Senior Guard Melissa Sweat

"We know what kind of team they are now and what they can do, so when we play them at their house, we'll be better prepared and follow directions more and just take the win."



Diana Olivares/The Runner

Sophomore point guard Alyssa Shannon drives the ball to the basket at the Icardo Center on Saturday.

'Runner wrestling chops Menlo Park Oaks

By Nate Sanchez
Sports Editor

With their victory over Menlo College on Friday, Jan. 16, the Roadrunners improved their record to 4-6, staying in fourth place in the Pac-12 wrestling rankings.

The 'Runners took down the Oaks by a score of 33-10.

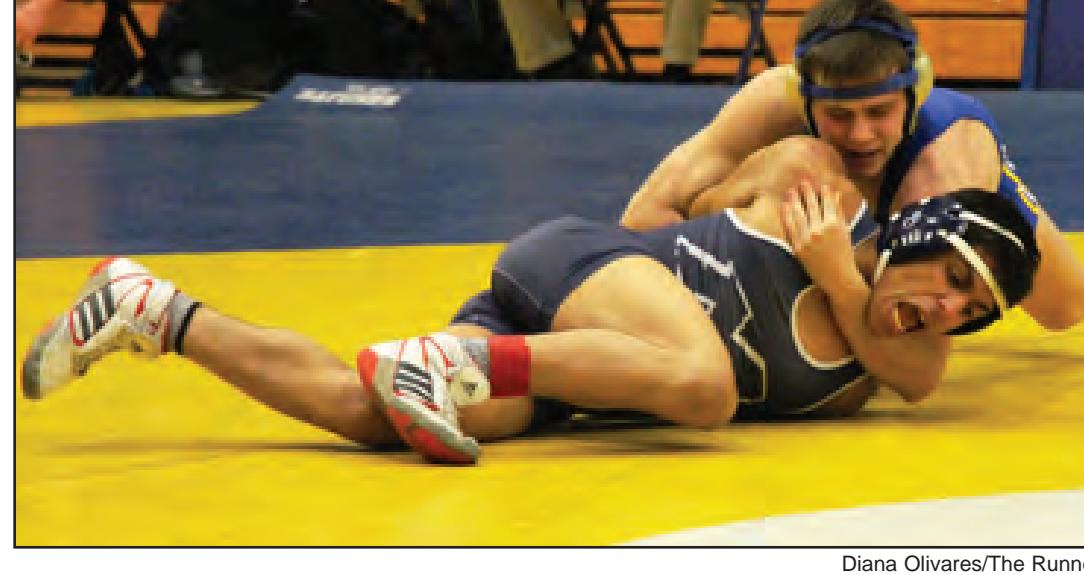
"As a whole I think we wrestled well," said CSUB Head Coach Mike Mendoza after the victory. "But I think there were a couple matches where I think we didn't wrestle as well as we could have."

The highlight of the dual was 174-pound redshirt sophomore Bryce Hammond's match against the Oaks' junior Paul Bracamonte. Hammond had suffered an injury at the Midlands Championships two weeks prior to Friday's dual, and had not wrestled since then.

The match was as short as it was one-sided. Within 31 seconds, Hammond had his opponent pinned to the mat, ending the match by a score of 6-0.

"I was a little disappointed in our performance as a team," said Hammond. "I think that's why I came out so hard."

"He wrestled great," said Mendoza.



Junior Zach Zimmer chokes his opponent en route to a tech fall on Jan. 17 in the Icardo Center against Menlo College.

"I would've liked for him to wrestle a little longer for a little bit more of a full match, but it's good that he's been able to come out and dominate and get the pin," Mendoza added.

Hammond's performance was well-accompanied by 133-pound redshirt junior Zach Zimmer, who shut out his opponent, Menlo's junior Juan Zorrilla, by a score of 5-0.

Zimmer recorded a tech fall, wrestling's version of a "mercy rule."

The 'Runners entered Friday's

dual undefeated against the Oaks and marched over them again. However, this meet was not as easy as their past meetings. According to the West Regional Poll, the Oaks came to the Icardo Center ranked 18th in the National Association of Intercollegiate Athletics.

The Oaks flexed their prestige Friday night when NAIA first-ranked 165-pound junior Eric Lopez beat CSUB's redshirt sophomore David Meza by 4-3 decision. The 'Runners' 125-

pound freshman Sergio Mendez

and 141-pound redshirt sophomore Michael Herrera also suffered defeats Friday night.

"It shouldn't have been this close," said Hammond. "They shouldn't think they can hang with us. I wanted the score to be closer to 60-0 not 33-10. We came out pretty well in a lot of matches, but some were not so good."

The 'Runners will not wrestle until the end of the month when they take on San Francisco State Jan. 31 in San Francisco.

CSUB hires new soccer coach

By Nate Sanchez
Sports Editor

After 27 seasons and 307 wins at the helm of CSUB's men's soccer team, Simon Tobin is headed for San Jose State to be the Spartan's new head coach.

To replace him, the 'Runners introduced Richie Grant, former head coach of Memphis University. Grant comes to CSUB as the Tigers' most decorated coach, accruing 135 wins in his 15-season tenure there.

Grant has won two Conference USA Coach of the Year Awards with the Tigers, and in 2004 won the Conference USA Championship and an NCAA Tournament berth.

"I am happy to begin a new chapter of Roadrunner men's soccer," Grant told gorunners.com. "I am looking forward to the new challenges ahead of me as I take over a program with a history of success."



Photo from gorunners.com

New men's soccer coach Richie Grant brings 15 years of Division-I coaching experience to CSUB.

Two of Grant's former players have been taken in the Major League Soccer Draft, while one more plans to take part in the MLS combine before the draft.

The 'Runners finished last season with a 9-9-2 record and second place in the Western Athletic Conference standings. With the promise of a maturing young team, why would Tobin leave?

"It's the resources," Tobin told The Bakersfield Californian. "At San Jose, they have the full compliment of scholarships. At Cal State [Bakersfield], you have to do a lot of fundraising to supplement everything else."

SRC helps students get healthier

By Ileana Angulo
Staff Writer

A new year often brings individuals the opportunity to reinvent themselves. Living a healthier lifestyle and attaining fitness goals are the top resolutions many decide to take on. On campus several students have also made fitness their resolution.

Marisol Escudero, a junior kinesiology major, has made leading a fit lifestyle her aim in order to become a firefighter. Escudero intends to reach her goals by working out daily.

With her busy schedule, Escudero manages to work out about four times a week and preps her own meals.

Clean eating habits contributes to weight loss and muscle building. Nutrition is important, but cheat meals can actually help you stay disciplined if done in

moderation.

"I still eat my doughnuts," said Escudero, who was able to lose five pounds and dropped to 19 percent body fat.

Josh Thompson, a senior kinesiology major, is Escudero's trainer at the Student Recreation Center.

His desire to help individuals started with himself. Struggling with his own weight, he changed his lifestyle around, which led him to help others through personal training.

He hopes to inspire students to commit to a fitness lifestyle.

Thompson believes being unable to find the time to work out is an excuse.

"If there is willingness and motivation individuals will find time to stay active," said Thompson.

Both Thompson and Escudero agree that motivation is more than a desire to look good. It

sets a foundation for weight loss, which is a lengthy process.

Lack of progress can be discouraging and often deters people from continuing to stay on course.

Goal setting is imperative for staying on task and Thompson suggests setting short-term goals en route to the long-term goal.

Linsie White, a sophomore who works at the SRC, said, "It's been really busy especially during the hours of 8 to 10 p.m. Students seem to come after class."

People struggle to uphold their resolutions throughout the year, especially weight loss goals. Typically, student utilization of the SRC declines.

Escudero said that in prior years "it never worked" to maintain her goals.

She intends on making this year different.

Athlete of the Week

Senior guard Melissa Sweat scored 26 points and had four rebounds in a comeback win against Seattle University on Jan. 16. She also scored 18 points and had 8 rebounds in a loss to Idaho on Jan. 18.

Photo courtesy of CSUB Sports Information



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