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THE RUNNER

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ABOUT

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Send letters to the editor 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.

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To be or not to be an English Major

By Anthony Jauregui
Staff Writer

Every time I tell someone I'm an English major I get the typical assumptions that I'm either going to teach or write. I can only imagine the assumptions other majors get told when they state their major, but when you declare a major, you're not declaring a career. What you do declare is a commitment to study a subject and master all the skills and techniques it offers.

Loving your major will make college enjoyable and memorable for you. Although it may not guarantee that writing career you always wanted or that professional artist gig you dreamed of, at least you can say you studied what you loved. But, at what point does choosing your major become following your dream or being realistic?

When deciding your major, you must have asked yourself this question before: "Can I even get a good job with this?" The answer: Yes, depending on your connections, experience and type of job. Do not under any circumstance choose a major simply because it is what you think employers want. That's what all the millions of other students are think-

ing. Think of how you'd be remembered by employers if you had a degree in theater and you applied for an executive position at a local retail store.

Major in what you love for two reasons. You don't want to screw up your grade point average taking computer science courses when your passion is English. And you don't want to wake up in your late thirties in a mid-life crisis remembering how you didn't take that improvisation class in college because you needed to take Big Business 469. More importantly, don't make the same mistake I did.

In an article by Susan Adams of Forbes.com, "One note of hope for humanities grads: The industry that is hiring the most is "educational services," which hired 452,700 new grads in 2013. The next top-hiring category is "professional, scientific and technical services," which hired 305,500."

Science majors have a more direct access to higher paying jobs, but that doesn't mean you'll get one. Every degree has its perks, but all degrees count for something.

Students choose certain majors because of 'job security.' Tyler Adkins, a 23-year-old senior environmental resource

management major said, "I didn't have a career path in mind, and after looking into it saw that it had a promising future with good pay."

Adkins went on to add, "I don't think humanities majors are going to find jobs because science majors get the highest paying jobs after college." That is, assuming that anyone gets a job after college.

I think that degrees signify much more than a straight shot to a good job. They signify perseverance, time management and hard work for four years in an institution, which I think is what employers want to see.

Carol Dell'Amico, an English professor at California State University, Bakersfield said, "Any B.A. is necessary to get a foot into a company these days." Dell'Amico added, "Any degree matters to an employer, because it shows that you persevered through 4 years."

I felt to make my point clear I needed to ask an employer what he looked for in a college graduate. Randy Schuessler, an executive team lead at Target and alum-



Alma Sandoval/The Runner

English majors are often generalized as having few job prospects.

nus of CSUB said, "Having a degree period just helps out and shows us that you put the time and effort in school."

Just because people say you're going to be taking their orders at the local diner after college because your major doesn't have a lot of job opportunities. It doesn't mean you will do it. All that matters is that you have an enjoyable time in college and major in something you love, even if it's ancient Mesopotamian art.

Campus band Crime Bison to roam West Coast

[BAND, Page 1] John graduated with a music degree in Boston two years ago before moving back to Bakersfield.

"I'm basically a musician at large. If I have the ability and skill to do something, I'll do it," said John.

James, Nicole and John all write original songs. The process is very collaborative.

"Whoever writes the song usually gets to sing it," said James. "I'll bring the words, bare bones, to them. Give them an idea of what I want. Let them build their own part for the song. It's cool to give them some space. Sometimes they'll bring something to it I would have never thought of. It's cool to see how many different ways it can go, can turn out just by bringing it to your band mates."

Nicole said she owes a lot of her school success to CSUB instructors Jim Scully and Richard Cope. Scully also serves as director of the university's guitar ensemble. Cope is Nicole's private lesson instructor on campus.

"The music program has been a great benefit to me and James," said Nicole. "They've really given me a lot of opportunity to play and be taught by accomplished musicians."

Other people have to travel, but they throw it at me and whatever guitar students are willing to do it. Thanks to Jim Scully and Roger I've had that opportunity. Because of that, I've really grown as a musician."

Nicole said learning classical guitar at school makes her hesitant at first, but she's learned so much that's helped her play electric guitar in Crime Bison.

Crime Bison plans to work on a music video next and start selling merchandise on their band website, available through reverbnation.com.

They are planning a tour this summer, travelling throughout California and Oregon.

"We figure right after the tour would be

the best time to record," said James. "We'll be super tight and the songs will all be realized. I don't care how big it gets as long as it gets me by. If it blows up cool, as long as it gets me by."

Nicole said their music is fun, catchy and rhythmically driven.

"It's a balancing act making music that is approachable for all audiences, but complex and interesting enough that music people will be stimulated by it and makes us happy."

Nicole Dandy

made her hesitant at first, but she's learned so much that's helped her play electric guitar in Crime Bison.

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From left to right: John Dandy, Anthony Bolaños, Nicole Dandy, and John Calanchini

said.

Each band member said they would always see music in their future, teaching, playing and writing songs. They all hope Crime Bison's success will grow.

"I'm wanting the band to go somewhere. I feel like that would be the best for me. That would be the most fulfilling," said Nicole.

CSUB speaker shares experiences

[SPEAKER, Page 1] great," said Rasmussen.

Dr. Elizabeth Jackson, a communications professor at CSUB, arranged for Simmons to speak on campus.

"She embraces the world with her experiences. She represents the globe and that is why I wanted to bring her here," Dr. Jackson said.

Simmons stated that the most important lesson she has learned when telling human stories is to let the person express him or herself.

She said her favorite place she visited is Nigeria because everyone there had an opinion about whatever story she was writing.

Throughout her experiences around the world, it became difficult at times for Simmons to continue on.

"What keeps you going is knowing that you are trying to inspire and you're trying to teach and tell people stories and make sure that people understand a particular situation. I think what keeps you going also is the fact that if you tell a story, you know that some good will come of it," Simmons said.

Simmons continues to work at the L.A. Times as a video journalist. She produces, reports, records and hosts online videos.



Fernando Miranda/The Runner

Ann Simmons shared her experiences as a journalist with CSUB students on Monday, Feb. 24, inside the Student Union.

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Spring break offers several escapes for students

By Kristen Garza
Staff Writer

As most students are acutely aware, because the week is highlighted in several different bold colors on their personal pocket planners bordered with countless exclamation points, spring break is quickly approaching. Since most of us are distracted by the thought of our week of reprieve rather than preparing for the even faster approaching finals week, let us capitalize on this distraction and explore spring break options. Although spring break is only a week long, think of it like a pre-party to the main celebration known as summer vacation.

The first stop on researching a spring break getaway is to explore popular vacation locations. For instance, travelchannel.com lists the top spring break hot spots for college students and also popular family destinations in case you're a parent like me.

Number one for college students is no surprise: Las Vegas. Following Las Vegas are the more unrealistic destinations: the Bahamas and the Dominican Republic. But if you're lucky enough to have a generous loved one or a trust fund, bon voyage!

The top family destinations according to travelchannel.com are the Atlantis Resort also in the Bahamas, a ski resort in Vermont known as Smugglers Notch and a dude ranch in Arizona known as Rancho de los Caballeros.

If you're staring wide-eyed, mouth agape at the website's impractical list of popular locations



Image from theofficialguidetospringbreak.com

There are many affordable ways to enjoy this upcoming spring break.

blink and breathe. An epic spring break does not have to break the bank. Possibilities may include a road trip to explore Yosemite National Forest or catch some amazing sights while driving the California coastline on Pacific Coast Highway.

For those over the age of 21 perhaps a tour of one of the many wineries in Paso Robles offers the perfect combination of relaxation and entertainment you're looking for. California also offers countless hiking trails, many of which are in Bakersfield's backyard. TrailLink.com is an easy-to-navigate site to help you find an appropriate trail.

For Beatrice Cueto, a 33-year-old liberal studies major, her trail through the mountains leads to Las Vegas. Just the thought of those bright lights and late nights is all that is needed to entice spring breakers over the state line. If you're on a budget, like most college students, perhaps you

can manipulate your Las Vegas plans to include friends who can share the room and gas costs.

Maybe you have some money saved up and want to experience more than a trip over the state line to Las Vegas. A three-day cruise to Ensenada, Mexico is relatively inexpensive and the ship is always bustling with activities on board and off. Typically, as an incentive with your ticket purchase all your meals on board are included.

If cruises, parties on the beach and Vegas extreme pools are not your style, perhaps some of the activities around Bakersfield are more inviting to your tastes and wallet. The Empty Space theatre has Major League Improv with free admission from 7 p.m. to 9 p.m. on March 22 and 29. Club Odyssey inside the Double Tree Hotel offers dance lessons for \$7 from 5 p.m. to 8 p.m. on March 23.

For those looking to branch out from singing in

the shower to a small stage Bakersfield also has a number of karaoke options from Whiskey Barrel Saloon on Calloway and Rockstarz on Meany to the Bull Shed on Rosedale Highway.

The Fox Theater is hosting Sugarland's Jennifer Nettles on March 28 and the Rabobank Arena showcases the rock musical "Hair" on March 27.

If you grew up watching MTV's annual spring break coverage don't be tricked into thinking that every spring break should involve nude beaches, dancing to your favorite pop artist in the sand and having your stomach pumped. Spring Break is whatever you want it to be. If you're simply

happy knowing that your kid's spring vacation is not until April and you get to stay in your pajamas until noon, then embrace that. If you plan to spring clean and garden then turn the music up and drown out the world.

"I plan to just hang out with my kids and celebrate their birthdays," Sarah Stutz, a 28-year-old liberal studies major, said. For some, simply catching up on lost time with family is satisfying.

If you're anything like me, your big plans include changing the batteries in the smoke detectors and getting a head start on reading the required texts for spring quarter. Can you say boring? 'Cause I can. Whether relaxing or partaking in the rituals of dance, adult beverage consumption and perfecting your mating dance is your spring break goal, make the most of it and enjoy yourself. Spring quarter is but a few booty shakes away.

Theatre of New Voices at CSUB exhibits talented student actors

By Illeana Angulo
Staff Writer

An outburst of passion and drama shone through during the Theatre of New Voices.

Students enrolled in the composition seminar class hosted, directed and composed their own plays. The actors engaged the audience with their remarkable performance skills.

About 40 people attended. Due to limited seating it was suggested to purchase tickets ahead of time. Theatre of Voices consisted of seven different three to five minute scenes. Opening night was on Feb. 26 at the Dore Theatre. The first performance was strictly reserved for CSUB students. The following performances anyone was welcome to attend.

In hopes of eliminating their anxious butterflies, actors do a group circle before the big show. "To prepare and pump up for the performance actors do a group 'Peace and Blessing', a prayer is exerted, but it is optional," said actress Shannon Smith.

"I was freaking out before because two theatre professors were present. Once you get out there you settle back," said communications major Shealtiel Dow.

One of the many tactics to get rid of nerves is to not make direct eye contact.

Actors are advised to build a "fourth wall" which is the separation between the character's world and the audience. If a mistake is made actors just go with it and improvise.

As the lights dimmed, the room got silent the audience waited for the show to begin.

Throughout the performances there was laughter, joy and sadness. The act that stood out most to people was "Who" which was written by David- Allen Alvarez and directed by Chad Alame.

"Who" was my favorite of all the plays. The actors made it feel so real," said Jiselle Cornejo junior sociology major.

Angelica Mena, theatre major and actress, played the role of the main character who suffered from a mental illness.

Her role required a lot of preparation. Mena rehearsed for about six months.

She stated her roll was tough. She wanted to portray the role without making fun of or offending those with mental illness.

At the end of the performance there was a meet and greet. The actors lined up through the hallway and attendees were given the opportunity to approach them.

Student Affairs Report

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Baseball Game
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6:00 pm

Baseball Game
vs Grand Canyon
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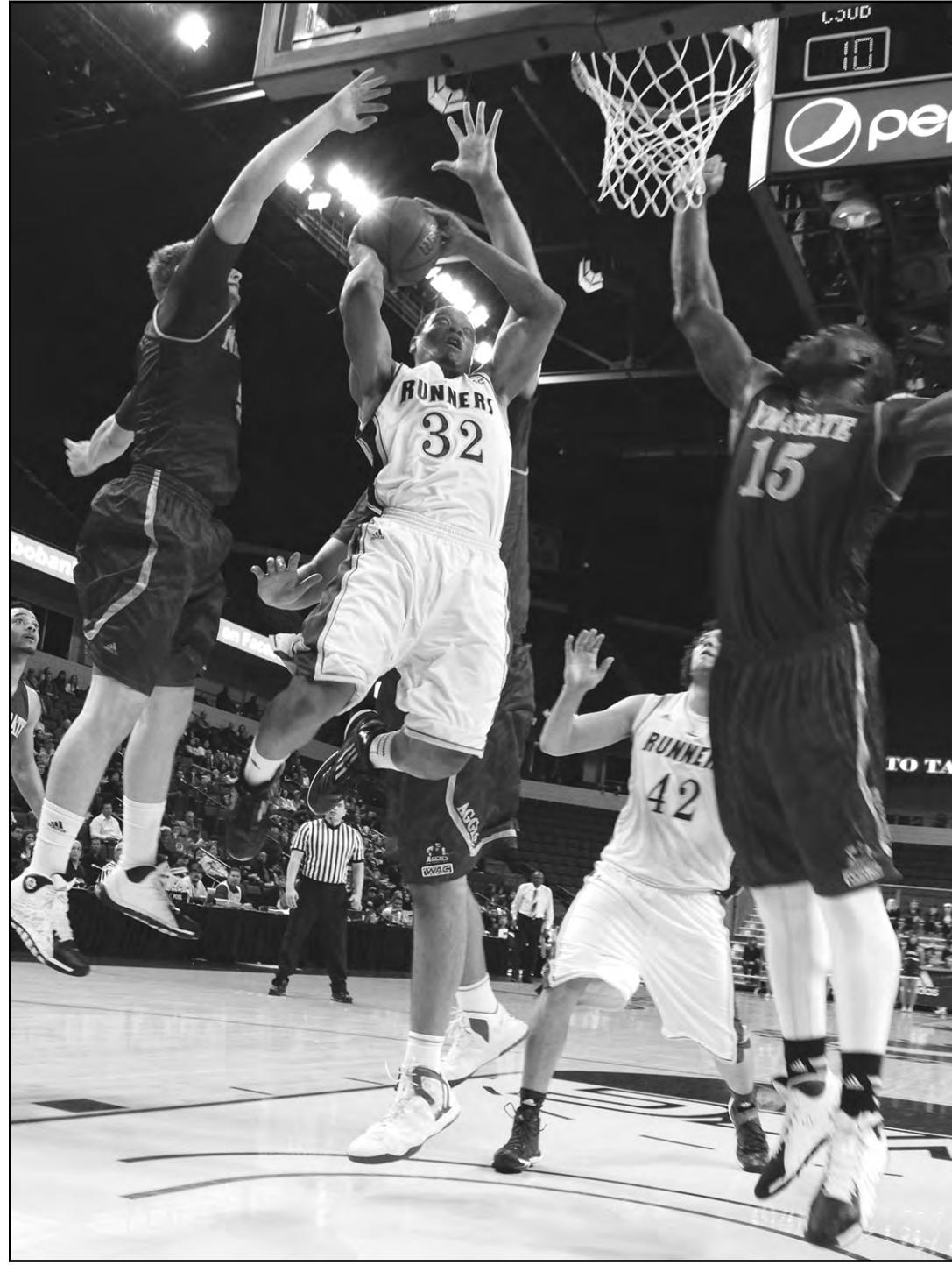
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MARCH 29TH, 2014
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NETHER BUILDING 127

Wed 3/5	Thur 3/6	Fri 3/7	Sat 3/8	Sun 3/9	Mon 3/10	Tue 3/11
Optimal Resume System Interview Builder Tutorial DDH 101 E 5:00 PM Accelerated Socializing Interaction Student Union (MPR) 2:00 PM- 4:00 PM	Quality of Life Lecture Series Student Union (MPR) 6:30 PM 7:30 PM	Blue & Gold Campus Spirit Day All Day	Women's Basketball vs Utah Valley Icardo Center 1:00 pm	Chamber Music Winter Concert Dore Theatre 4:00 pm- 5:00 pm	Prepare Now Get Ready and have a successful finals week	Taco Tuesday Rowdy's All Day

'Runners run over on Senior Night 72-57



Is juicing in sports ok?

With all the PED cases in professional sports, should we allow it, or continue cracking down?

By Nate Sanchez and Josh Bennett
Sports Editor and Assistant Sports Editor

NS: Let's talk steroids in baseball. I'm for them. What do you say?

JB: I'm against them. Most athletes naturally get better on their own and juicing is a shortcut that costs the user later on. When you have a player who is in the gym and is practicing throughout the offseason, it's not fair for someone else to stick a needle in their butt and gain unnatural muscles. Plus these drugs have awful side effects, such as increased anger, bone damage, and a decrease in penis size and performance, and nobody wants that.

NS: There's no escaping the competitive aspect of sports, even outside the lines. If there are 25 spots on a Major League Baseball roster with 30 teams, that's only 750 MLB jobs for an entire international player population. Any possible edge you can get should be welcomed. Level the playing field. Plus, penis size is a matter of pref-

erence. It's a sacrifice the player would be willing to make.

steroids, kids will start taking them, and that is not a good idea.

JB: I understand that, but the drug tests are so complex and in depth nowadays, it's nearly impossible for anyone to get away with using these drugs. Then you get people like Barry Bonds and Alex Rodriguez who will have asterisks next to their stats because they were caught, and fans will question the clean, legit players.

Look at the Seahawks, who won the Super Bowl this year. Since 2010, the Seahawks have been caught nine times, including twice this season. So why shouldn't a fan question the legitimacy of their Super Bowl win, if they have been caught so many times.

NS: That's the thing. For every guy who gets caught, there are 10 that get away with it. There's no way you can test everybody and there isn't enough time between games/series to do it if you had the resources. If steroids are allowed, everyone can take them and even the playing field.

JB: But you shouldn't take them. They aren't natural and can harm the body. If all pro athletes are taking

alive and kicking in their forties and (allegedly) took steroids.

JB: Right, but if it was not banned anymore, it would be a requirement to fill yourself with PEDs in order to play pro ball, and that is something that is not morally right or healthy. These players are still humans, they aren't supernatural beings or machines.

NS: There's the moral argument. Ty Cobb was a racist who slid with his spikes up, Shoeless Joe Jackson took money to tank in the World Series, and Pete Rose was a gambler. These men are considered some of the greatest to play the game. There's no reason someone should be burned at the stake for trying to be better at his job.

JB: You are right, there are better ways to play the game. Cheating, however, is not one of them.

[GAME, Page 1] and shot 51 percent from the field. CSUB only scored 24 of their 57 points from in the paint and shot 31.2 percent from the field.

After a quick 8-2 start five minutes into the game the Aggies dominated with a 19-2 run.

During that run, CSUB suffered from a six and a half minute scoring drought.

"When you miss shots and they're getting rebounds, you can't get out on the break. It's their kind of game," Head Coach Rod Barnes said.

The 'Runners will have their final regular season game Saturday at Utah Valley then will prepare for the WAC tournament beginning on March 13 in Las Vegas.

Photos by Diana Olivares/The Runner

Top Left: Brandon Barnes battles through a swarm of Aggies.

Top Right: Redshirt senior Issiah Grayson attempts a layup before New Mexico State sophomore center Sim Bhullar catches him.

Bottom Left: Redshirt senior Issiah Grayson tries to navigate a way around New Mexico State redshirt junior forward Tshilidzi Nephawé.

Bottom Right: Redshirt senior Issiah Grason tries to maintain ball control as he fends off New Mexico State junior guard DK Eldridge.

'Runner Rundown

by Nate Sanchez
Sports Editor

Women's Basketball: With their 96-90 victory against New Mexico State on Saturday, March 1, the 'Runners clinched a two-seed in their first year in the Western Athletic Conference. The 'Runners will end the regular season at home on Saturday, March 8 against rival Utah Valley University at 1 p.m. The 'Runners will also play the Wolverines, who have clinched the seven-seed, in the first round of the playoffs.

Wrestling: Redshirt sophomore Bryce Hammond took home his second consecutive 174-pound title at the Pac-12 Championships. By doing so, Hammond is the first 'Runner to accomplish this since heavyweight Mitch Montiero won in 2009 and 2010. Hammond's championship has earned him an automatic bid into this year's NCAA Division I Championship on March 20-22.

Water Polo: Senior Paige Tsuruda unleashed her talents Saturday, March 1 by scoring nine goals during the Cal Lutheran Posada Invitational. Tsuruda scored five against hosts Cal Lutheran and four against the University of La Verne. The 'Runners went on to record a perfect 4-0 record for the tournament.

Swimming: Junior Mitchell Huxhold and sophomore Michaela Paige won the 550-meter freestyle races at the WAC Swimming and Diving Championships on Thursday, Feb. 27. Huxhold set a new WAC record 4:17.23 in his preliminaries, and beat second place in the finals by almost four seconds. Paige beat her opponent by almost three seconds and trimmed six seconds off her own school record.

Baseball: The 'Runners lost both games of a doubleheader on Sunday, March 2 to the UC Riverside Highlanders. Runs were scarce in the first game, as two of the 'Runners' three runs came from sophomore infielder Chance Gusbeth's two triples. In the second game, the 'Runners fought back from a 3-0 Highlander lead in the first inning, but still lost by a score of 7-6.

Track and Field: The 'Runners concluded the WAC Indoor Championships on Friday, Feb. 28. Freshman middle distance runner Ariana Mariscal placed third in the 800-meter finals with a time of 2:15.37. CSUB finished in ninth place with 10 points.

For more information on 'Runner Athletics, go to gorunners.com

Athlete of the Week

Junior swimmer Mitchell Huxhold was named the WAC Swimmer of the Year this season. At the WAC Championships, Huxhold broke a 27-year-old WAC record in the 1650 freestyle with a time of 14:47.18. Huxhold was also the WAC champion in the 500 freestyle. He will swim the 1650 freestyle at the NCAA Division I Swimming and Diving Championship March 27-29 in Austin, Texas.

Photo courtesy of CSUB Sports Information

