

President reviews past decade at university

By Steven Barker
News Editor

Editor's Note: This interview has been edited for length. To read the full interview and others, go to therunneronline.com.

In July 2004, Horace Mitchell became the President of California State University, Bakersfield. The conclusion of the 2013-2014 school year marked his tenth full year in office.

Before becoming CSUB's president, Mitchell served as an assistant dean of the College of Arts and Sciences as well as an associate professor of counseling psychology and African-American studies at Washington University in Saint Louis, spending five years in each role. He then spent 17 years at University of California, Irvine in a number of roles, including an adjunct assistant professor, Special Assistant to the Vice Chancellor for Student Affairs, Assistant Dean of the medical school at Irvine for Student and Curricular Affairs and Vice Chancellor of Student Affairs. Following his departure from UC Irvine, he served as Vice Chancellor for Administration at UC Berkeley for almost 10 years.

The following entry is a question-and-answer article in which Mitchell reflects on the progression of his career, some of his highlights during his 10-year-presidency, the current state of the university and his

future plans for the university.

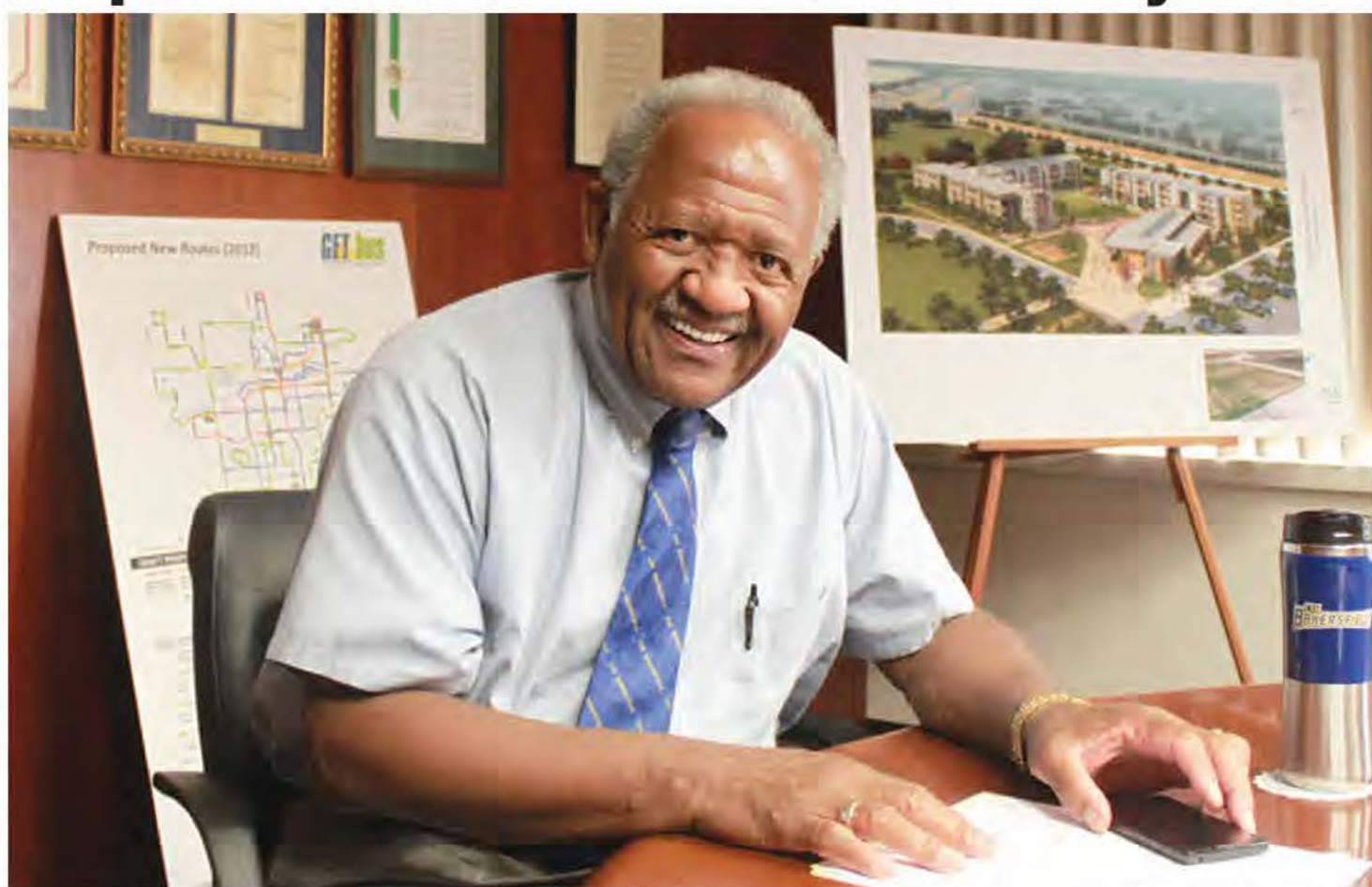
Steven Barker: What have been some of the highlights for you during your 10 years here as President of the university?

Horace Mitchell: During the 10 years, about seven of those years we had consistent budget reductions, which was just a major, major challenge for us. But at the same time, we made a decision early on that we wanted to see more students who are in high school here in Greater Bakersfield go straight to a four-year institution. The year I started, there was roughly about 750 or so first-time freshmen coming straight to CSUB from high school. I can't remember what the exact percentage was, but among the students who are eligible, this was a minority of students coming to CSUB and, in fact, going on to college at all. Our college-going rate at that point was about half of the state college going-rate.

We set up some goals to increase the freshman enrollment from that 750 to, initially, 800, then 900, then 1,000, then 1,100, 1,200 and last year it was over 1,300 first-time freshman. We expect that again this year as well.

[...]To this point, we've never denied admission to any eligible student from this region. That's been very important to us, and that's consistent with the goals that we have about educational attainment.

SB: What benefits has CSUB seen from being in Division I, and why join Division I instead



Steven Barker/The Runner

With the beginning of the 2014-2015 school year, Horace Mitchell enters his 11th year as President of CSUB.

of [remaining] in Division II?

HM: It was clear that the only way we could get new resources to add new academic programs was to grow our enrollment. By enhancing the quality of the student experience, it would make this a more attractive campus particularly to students right out of high school. By being a more attractive campus, more students would come, not only from our immediate region, but from other parts of the state,

and that has happened: from other states, and that has happened, as well as more international students.

The move to Division I wasn't an end in itself, it was a means to a broader end, namely getting more resources to add more academic programs. Now, as it turned out, we didn't get new resources and academic programs; we had to be very entrepreneurial to gather together non-state funds to start the pro-

grams that I mentioned earlier.

SB: What are some of the goals you have looking ahead for CSUB?

HM: The real emphasis is around student success. We probably don't have much more opportunity to grow in the short-run because the state underfunded the CSU Board of Trustees request for an additional \$90 million to enroll an additional 20,000 fully-eligible students. With the absence of

that funding, then, there [are] essentially ceilings on our enrollment growth. We'll keep trying to push it some, but there's a limit to how much you can push it, because if you have the students but you don't have the resources to have faculty and academic support staff, then you're hurting your own graduation rates.

Meet your reps: ASI execs talk plans for the year

By Steven Barker
News Editor

Editor's Note: This interview has been edited for length. To read the full interview and others, go to therunneronline.com.

During the spring quarter of California State University, Bakersfield's 2013-2014 school year, students Derek Stotler and Mike Kwon ran for and were elected ASI President and Executive Vice President respectively for the 2014-2015 school year.

The following is entry is a question-and-answer with Stotler and Kwon regarding their objectives for the upcoming school year.

Steven Barker: What were some of the reasons you first decided to make the decision to run for office?

Derek Stotler: My sophomore year, I actually was President of the sensational sophomores, which is an academic club on campus that gets involved with the community. [...] My sopho-

more year, [Emily Poole] told me to run, so I decided to run for Executive Vice President. It was really just a way to accomplish my goal of helping others. I felt like you get complacent if you don't get involved, so a huge goal of mine is to get as many people involved as I possibly can. That is how I initially got involved [with ASI], and once I saw the possibilities and the opportunities that you can affect students with, I definitely wanted to run again.

Mike Kwon: I think the biggest factor of why we chose to run is just to branch out to the students. That was what we campaigned on. We were basically going to branch out to the students. Derek being an R.A. last year, he had good ties with the dorming students, and I was a dorming student as well, so we got to see what the dorming students' perspective was on the campus. Derek also being a past athlete, he had past experience with those students as well. So I think, because we touched upon so many different students and

what their needs were - what their academic concerns were, what they wanted to see on campus - I think that was a big motivational push for us to run.

SB: In recent quarters, there's been a huge push to get more students involved. There's been the Spirit Squad and the Spirit Fee. We've seen a more prevalent mascot around campus. How do you feel about school spirit as it is now?

DS: As of right now, I think it's a work-in-progress. Since my freshman year, I've seen the school spirit on this campus grow a lot. I think in some part, it had to do with the campus spirit fee, which allowed us to do a lot of things that we weren't able to do before. I think that opened a lot of doors in terms of being able to actually fund some of the things that students wanted to see.

MK: There's going to be foodie fairs, a majors fair and all that good stuff. I think the biggest part is collaboration to increase spirit life so that students can get involved, different depart-

ments can get involved, and reaching out, branching out to the students in whatever way to spark campus life here at CSUB.

SB: We've touched on the 'goals' part of our discussion. What are your main, this-is-what-I'm-going-to-do goals for this year?

MK: What we campaigned for is being transparent and branching out to the students. Whether it's criticism or positive feedback, we welcome it, just so that we as an organization can always grow better, we can represent the students better. For me, it would be, again, branching out to the students, talking with them, collaborating with different clubs and organizations just to spark student life. I mean, we have tons of projects and events and programs that we want to throw, but if we don't talk to the students - if we don't tell them what's going on - then we are the only ones celebrating them, and that's not what we're aiming for.



Emily Cole/TheRunner

Derek Stotler, shown left, and Mike Kwon, shown right

Camps Health Center strives for student wellness

By Alex Ripepi
Managing Editor

After last year's flu season, with Kern County experiencing 18 deaths as of February, the California State University, Bakersfield Student Health Center is making strides to ensure that as many students as possible can receive Influenza vaccinations.

Because the initial order of last year's 250 vaccines was depleted, this year 50 additional vaccines were ordered to allow for more coverage of the student population. Erika Delamar, the assistant director of the SHC said that the order was placed earlier, and in greater number, in the hopes that more vaccines could be acquired should the

initial order be completely utilized. The hope is that unlike last year, the first order will run out before vaccines are spread too thinly and the SHC is unable to order more.

"We want to make sure that as many students as possible are vaccinated," said Delamar, who explained that even though complete usage of the vaccine stores means that more students won't be covered, it lets the SHC know that more people are interested in trying to prevent the flu for future orders or the next season.

Additionally, the SHC has recently made and continues to make broader attempts at increasing the accessibility of vaccines, having had two clinics active during New Student Convocation and preparing for three more during the Week of

Welcome, two on Sept. 17 at 8:30-11:30 a.m. and 1:00-4:00 p.m. and one on Sept. 18 at 1:00-4:00 p.m.

The SHC also was able to reduce the cost of the vaccines on campus from \$20 to \$15, although even cheaper alternatives do exist, such as \$9 clinics around the county if last year's trend is to be expected.

While the SHC clearly cannot cover the entire student population of around 8,000 students, the faster vaccines are used, the easier it will be for the Health Center to replenish them and more students to get vaccinated. And while last year's deaths from Influenza were less than the 2012-13

flu season, hopefully Kern County will see less than 18 deaths this season.

Aside from the flu, Delamar addressed another concern that the SHC is facing: students who aren't getting the required vaccines for registration at CSUB. Currently, there are approximately 2,100 prospective students that have not received either the Hepatitis B or MMR vaccinations, both of which will result in a hold on registration after a period of time. This poses the problem of students being unable to finish their degrees if they don't get the vaccination or vaccinations causing the hold.

"We want to make sure that as many students as possible are vaccinated."

Erika Delamar

Getting involved is the best way to enjoy freshman year



Members of Phi Sigma Sigma, Delta Zeta Tau, Kappa Sigma, Gamma Phi Beta and Nu Phi Chi show their school spirit during Greek Week, an annual CSUB celebration, on May 18, 2014. Pablo Hernandez/Contributor

By Athena Skapinakis
Editor-in-Chief

There are many preconceived notions you stuff into your backpack and take with you as you enter your first year of college. One of those is that you will graduate on time in four years.

You're not just embarking on a quest to pursue your degree. You're following a contorted, twisting and winding path to find the person you are meant to grow into and become.

Freshman year is one of discovery and fantasy. You've followed the white rabbit down the hole, and now you're in a wonderland of research papers, over-priced text books, clubs and organizations, mediocre school spirit, flirtations and romances, parties, procrastination and more Netflix during studying than should be deemed appropriate.

Nonetheless, it is a remarkable journey you should make the best of.

Proceed With Caution

"College is definitely a different experience that I thought. I have enjoyed my time finding who and what I want to do with my life," said Cassie Staats, a 24-year-old criminal justice major.

Staats, who is the president of the Criminal Justice club, also said that she has dealt with students who "seem to be trying to re-live their high school years by being petty and causing drama." This serves as a reminder that although college is a place for growing up, some may take longer than others. Varying personalities run rampant on college campuses, and there will be some you just can't mesh well with.

To avoid the drama, just don't

take part in it. While some friends or people play a role in your journey, not every one of them is meant to make it to the end of it.

A good rule of thumb is to consider if something or someone still serves a meaningful purpose for you or not, and if the answer is the latter, to just let it go.

Freshmen should also take time before deciding their major rather than switching it several times. Staats suggested waiting until junior year to make the decision.

"You should try different courses and see what classes actually click with your mind, and once you find that class that just clicks, take a few more classes in that field, and then decide if that is what you truly want to do," she said.

While you're here at college to explore and have fun, remember that the most important rea-

son you are here is to graduate and find a career.

Study Your Pants Off

"This isn't the place to slack off," said Sequoyah Coodey, a 21-year-old nursing major. Now in his junior year, Coodey volunteers at Community Preventative Health Collaborative where he offers basic health education among other services. Coodey said that he's seen friends put in hard work to graduate in only three years, and he's also seen the opposite. Some of his friends took more than five years to finish their degrees. He advises freshmen to put great thought into what they want and then to "go for it as soon as possible."

He said that college is more or less what he expected. "From a classroom aspect, it's been hard work and a lot of studying for me in some classes. From a

social aspect, campus life is pretty lively at CSUB with all the events we have," he said.

Do Everything You Can

Monica Guzman, a 21-year-old in her fifth year as a child and family studies major, spent four years as a part of the cross country and track teams. She said that she felt that her participation in sports has helped her make friends on campus. Because freshmen classes were less difficult than her upper division courses, she found that she had more time for campus activities, and that's why she "by far loved freshman year."

There will be several clubs and organizations on campus beckoning you to join. The main recruiters are fraternities or sororities. There is a right fit for every person. It is important to figure out what fits for you and to become involved. College

can be the longest four or five years of your life, or it can be the most fun if you make it that way. There is a club for nearly every major, interest or hobby on campus, and it's up to you to find them out.

"I think I had an idea of how college would be, but every year things changed and so did my perspective," said Guzman. "I matured, and I felt that my perspective for my education changed as well."

Change is normal. You'll have to roll with many punches and embrace them too. It will all be worth it once you take that walk across stage and receive your diploma.

"Never give up. I know it sounds cliché, but it's the truth. Every year you will have new struggles, but every year you will overcome them, and in the end you will remember your success and not your struggles," said Guzman.

Take it from a senior: Things to know as a freshman

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By Robin Gracia
Opinion Editor

College is one of the most rewarding experiences a person can engage in. There are countless chances to meet new people, network and broaden your horizons. More than likely, family and friends have given you advice about college, which is valuable, but advice from a fellow student can be particularly helpful.

Here are just a few pieces of advice about how to get the most out of your time at California State University, Bakersfield.

Only Borrow What You Can Afford

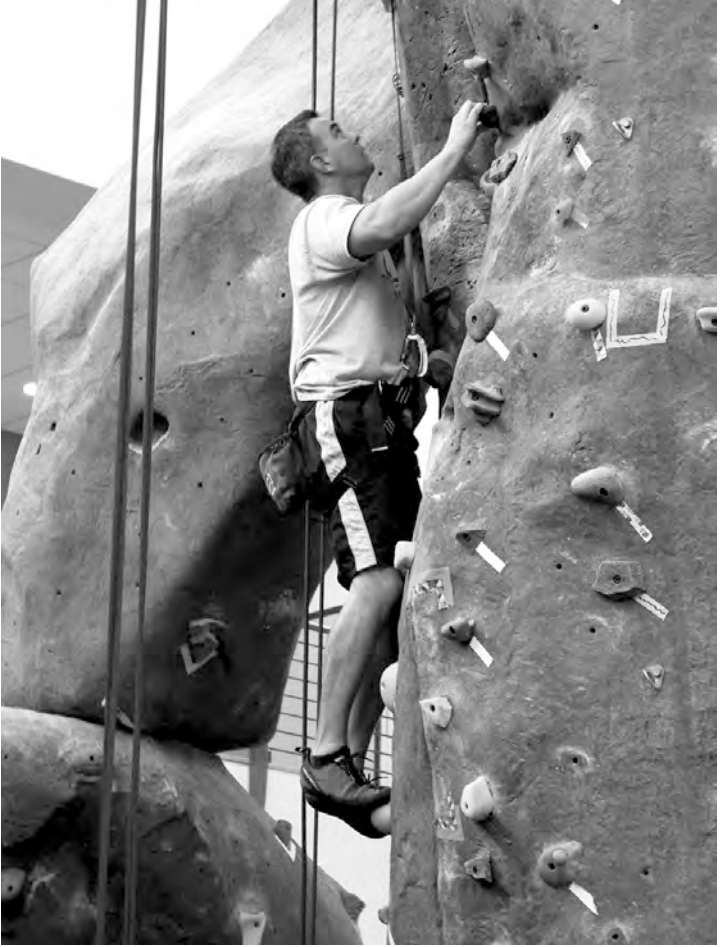
A full course load at CSUB can cost more than \$2,000, not counting the cost of materials and books. Most students don't have that kind of money lying around, so taking out a loan is an unavoidable reality. Before signing that Master Promissory Note and borrowing money, learn about the different kinds of loans being offered.

If you have the option, sign yourself up for a subsidized loan. This is the kind of loan that I have because it doesn't start accruing interest until after you graduate.

An unsubsidized loan accrues interest as soon as you receive the funds, which means debt can add up fast. Graduates also have a six month grace period before they must begin repaying debt, so only borrow what you absolutely need.

Have Fun Responsibly

There's nothing wrong with going dancing downtown with friends or meeting up at happy hour. There is a problem, however, when the good times keep on rolling and you let your obligations fall by the wayside. Don't skip your classes and miss deadlines for papers because you were too busy partying. College is nothing like high school, there are consequences for not putting in effort. Professors don't want you in their office crying about your



Emily Cole/The Runner
A man, who asked to remain anonymous, climbed the rock wall in the Student Recreation Center on Sept. 10, 2014.

failing grade when they haven't seen you in class for the entire quarter.

Another thing professors don't want to see is your obituary. Despite the fact that the motto "don't drink and drive" has been pounded into our heads since elementary school, people just don't seem to get the message.

On Saturday, Aug. 30, three women were headed home around midnight after enjoying a Bakersfield Blaze game. Jessica Magee, 20, Pavinder Claire, 22, and Jackie Kvasnicka, 27, were hit at high speed by a drunk driver, which led to the car catching fire. Magee would be the only woman to survive the crash. She was dragged out of the wreckage by witnesses and sustained major injuries.

Don't contribute to the numerous accidents and deaths. Call a friend, a cab, or crash on a couch. Your life and the lives of others is far too valuable to be cut short over something so avoidable.

Know Your Available Services

CSUB has a wealth of amenities available, most of which go unnoticed and utilized by the majority of students. The Student Recreational Center is one of the nicest gyms I've ever been to, with fantastic equipment and knowledgeable trainers.

The SRC's crown jewel, arguably, is the 34-foot-high rock wall which can handle up to seven climbers at once. No matter what your fitness level is, not using a gym of this caliber is downright foolish.

Another service that's available to you is the Student Health Center. The clinic on campus is supported through student fees and provides services at little or no cost. The SHC is capable of providing X-rays, administering flu vaccinations and birth control.

Part of being in college is taking responsibility for not only your physical well-being but your sexual health as well. The health center provides con-

doms, spermicides, pap smears, and HIV, STD and pregnancy testing.

The health center provides mental health services, as well. Please take advantage of the counseling that's available if you are overwhelmed, stressed out or feel you'd feel benefit from speaking to a professional about private matters. The Student Counseling Center provides information regarding suicidal thoughts, cutting, sleep issues, addiction and much more. There is no shame in seeking help. It's free and confidential.

Get Academic Assistance

The university provides, free of charge, tutoring. This is especially handy if you are new to the fast-paced quarter system and think you may have trouble passing your classes.

There are tutors available in the arts and humanities, sciences, engineering, chemistry, physics, mathematics and education, as well as labs to assist with writing papers.

There is no excuse for not doing well in your classes if you show up, take notes and get help.

Get Involved

There are more than 50 clubs on campus, ranging from academic to religious interests. Joining a club is for more than just padding your resume. College becomes much more personal and enjoyable when you engage yourself beyond just papers and lectures.

Getting involved in a club or organization is a way to meet like-minded people and create friendships, which under other circumstances, you may never have forged.

Greek life is a fantastic way to meet new people, have a positive influence on your community through charity work and create professional networks for yourself.

There are two fraternities on campus and several sororities. Sadly, we are not one of those universities that have individual Greek houses, but that doesn't

mean that the groups are any less spirited or present.

And Most Importantly... Arrive Early

This is a point that cannot be stressed enough. Getting to school on time for class means you're going to be late, and some professors lock their doors to make a point to students to be on time. The only way to be on time to your classes is to arrive early.

Allow yourself a twenty-minute cushion of time to find a parking space. This is time to slowly stalk people who are walking through parking lots to take their spaces, sit idly behind three cars that are stopped for pedestrians and circling the numerous lots to find a space that's not taken. This time allotment isn't even accounting for the walk to your building or using the restroom.

There are far more students than spaces, and there is always the possibility of parking lots being blocked off by campus police because the university is holding an event.

The \$45 parking ticket for parking illegally or in a reserved space is not worth it.

Important Contact Numbers and Services

Financial Aid: 654-3016
Monday through Thursday
(First week of school only)
8 a.m. to 6 p.m.
Friday
8 a.m. to 5 p.m.

Health Center: 654-2394
Monday through Friday
8 a.m to 5 p.m.

Counseling Center: 654-3366
Monday through Friday
8 a.m. to 5 p.m.

Arts and Humanities Tutoring: 654-2613

Mathematics Tutoring Center: 654-2403

MyWritingLabPlus Center: 654-2823

Changes you might have missed this summer



Photo by Emily Cole
The new visual arts building will be open for classes beginning this quarter.



Photo by Emily Cole
Build on the Kroll Way entry to California State University, Bakersfield, the new student housing complex will be open for students beginning in January.



Image from bbpassport.com
The Athletic Department's decision to host all of men's basketball's home games at the Icardo Center ends a 17-season practice of playing selected home games in the Rabobank Arena.

By Steven Barker and Josh Bennett
Editorial Staff

Construction has been completed on the new visual arts building. Located behind the Doré Theatre, the building will host classes beginning this quarter.

The new student housing complex being constructed on California State University, Bakersfield's eastern entrance is nearing completion.

According to Horace Mitchell and Patrick Jacobs, President of CSUB and Vice President of Facilities Management respectively, construction is expected to be finished between late October and early November. Students will be able to move into the new dorms in January.

New vegetation has surfaced around campus. In accord with a California State University system initiative that is requiring campuses to reduce their

water consumption by 20 percent by a 2020 deadline, CSUB has implemented arid landscaping and new irrigation methods in the new student housing center.

Since irrigation constitutes 80 percent of the school's water use, Jacobs cites arid landscaping as an efficient means of reducing the school's water cost.

CSUB is currently on the search for a new Athletic Director as former AD

Jeff Konya left the school to take the same position at Oakland University in Michigan.

While the search continues for Konya's replacement, Kenneth Siegfried will serve as the school's interim AD.

The men's basketball team will play all of their home games exclusively on the blue court at the Icardo Center for the first time since the 1997 season. The team previously would hold

games at Rabobank Arena.

CSUB men's soccer has been rolling through their opening portion of their schedule and freshman forward Julian Zamora was named the Western Athletic Conference Offensive Player of the Week for the week of Sept. 1-7.

In the two victories over Howard and IPFW, Zamora came off the bench and scored two goals in each game.

THIS WEEK

Volleyball

Friday, 7:30 P.M. vs. Long Beach State
Saturday, 11 A.M. vs. Oregon State
Saturday, 6:30 P.M. vs. Fresno State

UPCOMING MEN'S SOCCER

Sunday, Sept. 28th 1 P.M. vs. Sacramento State
Saturday, Oct. 4th 7 P.M. vs. San Jose State
National TV on Campus! & The Rowdy Run!

DON'T MISS EVENTS

Volleyball, Oct. 2nd 7 P.M. vs. Chicago State
Women's Soccer, Oct. 3rd 7 P.M. vs. Utah Valley




FREE FOR STUDENTS

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Student Affairs Report #gorunners

Week of Welcome

MONDAY SEP 15	TUESDAY SEP 16	WEDNESDAY SEP 17
Open House Hispanic Heritage Month Kick-off 10am-2pm Student Union Patio MUSIC, HANG & FREE FOOD	Open House Continues Roadrunner Roundup: Online Radio Broadcast live from CSUB 10am-2pm Student Union Patio FREE FOOD MEET THE SPEED SQUAD	Community Service: 12pm-3pm Community Action Partnership of Kern Flu Clinic: 8:30am-4:30pm Student Health Services COMMUNITY SERVICE STAMP IN THE SU FLU SHOTS RS
Brown Bag Discussion: Hispanic Heritage 12pm-1pm Stockdale Room Flu Clinic 1pm-1pm Student Health Services Movie Night 8pm-10pm Student Union Patio FIRST 30 STUDENTS RECEIVE FREE BROWN BAG LUNCH	Volley Ball Game vs. Long Beach State 7:30pm Icardo Center STUDENTS GET IN FREE WITH IDK	BE SURE TO STAY UP TO DATE WITH UPCOMING EVENTS ON SOCIAL MEDIA  Like us on Facebook  Follow us on Instagram  Follow us on Twitter CONTACT US AT: CAMPUSPROG@CSUB.EDU 654.3091

Join us for a week of activities and opportunities to kick-off the new school year with WOW! Hashtag #CSUBCampusProgramming for free prizes all week long!

Volunteer Opportunity:

Wednesday, September 17th

12pm-3pm

Community Action Partnership of Kern

Sign-up today in the Student Union Involvement Office or by phone/email at: campusprog@csub.edu | 654.3091

One student's all-purpose guide to staying in

By Shelby Parker
Features Editor

Friday nights are popular for going out on the town. But, with hectic work schedules and long days, sometimes you just need a night in. Being more of a homebody myself, I tend to opt for quieter evenings. If it has been one of those exhausting weeks, and you just don't feel like getting dressed up or going out to dinner, make dinner yourself and invite some of your closest friends. It's perfect during midterms or final exams, or even if you're trying to save money.

Staying at home doesn't have to be boring, and doesn't have to be spent alone. These are just a few ways that you can spend the evening, but surely you can get creative and come up with something, if nothing else seems appealing.

Game Night

Call me old-fashioned, but I love games. There's nothing better than getting a group of your close

est friends (or family) while screaming "Yahtzee" at one another. You can't go wrong with a classic board games, such as Clue or Monopoly. If you're into more modern games, try something like Quelf, acting out stunts and crawling under tables or Cards Against Humanity for something more outrageous. If that's not your style, make your own trivia night - like the episode of "Friends" where Monica and Rachel lose the apartment to Joey and Chandler.

Get Crafty

With so many DIY blogs and websites like Pinterest, there's no excuse for not getting in touch with your crafty side. If you're like me, you're constantly creating boards on Pinterest or thinking of a million different ideas you'd like to try. But, life gets in the way and you never do them. Set aside a Friday night and start some of those projects you've been wanting to. If you don't want to do it by your lonesome, invite your guys and gals over to experiment together. A couple of my favorite sites that include DIY projects,

crafts and lifestyle tips are: abeautifulmess.com and blog.anthropologie.com.

A Night in the Kitchen

It's so easy to grab a large pizza or zap popcorn in the microwave. But, there is nothing more rewarding than baking a dessert or fixing a dish from scratch on your own. I personally love making desserts, especially around the holidays, as it gives me a chance to be festive and creative. Pinterest is filled with random recipes and over the years, I've tried a few. Cheesecakes in mason jars are a personal favorite of mine.

Binge-watching

Apparently binge-watching is the new "thing" that everyone does. Thanks to Netflix, HBO Go, Hulu Plus or On Demand, it gives you a chance to start a new series that you might not have otherwise had time for. My friends and I used to get together and we'd introduce each other to new shows.

One night was "Dexter," the next was "One Tree Hill" and another, it was "The Walking Dead." We were already spending time with one another, so why not try something that your friends are into? On the other hand, if everyone else is busy or you're bored out of your mind, pick a show you've always been curious about and see what it has to offer. Over the summer, I started catching up on "New Girl," and it was a great decision.

Watch a Bad Movie on Netflix

If you're just looking for a one-time thing, watch a really cheesy movie on Netflix. It doesn't take up quite as much time as adding your own commentary. Isn't that usually more entertaining

While it's great to have simple nights, like some of the suggested ideas, always remember to not get too comfortable doing the same thing week after week. Sometimes it's great to get out and explore the city, meet new people and try new things. That's what college is about.

Bakersfield's featured dining: Hispanic heritage

By Silent McCarthy
Business Manager

If you're willing to step away from your typical daily diet, Bakersfield has a lot of food options to offer. With dining locations featuring food from around the world, Bakersfield is sure to please its residents. For all the foodies at CSUB, let us direct you to some diverse places to get a bite to eat. In celebration of Hispanic Heritage month, here are a few places to embrace the culture.

Red Pepper Restaurant

Red Pepper Restaurant has both a dining area and bar so it appeals to all ages. The restaurant separates itself from other Mexican dining establishments because it offers traditional Mexican food, not just the typical tacos and burritos. Their slogan reads: "There is

Mexican food then there's the Foods of Mexico." The restaurant has set the bar for traditional Mexican cuisine and would be an excellent location to celebrate the culture. 2641 N Oswell St 93306 661-871-5787

Rincon Cubana

Rincon Cubana also known as the Cuban Café is a small, family owned business that has been serving the Bakersfield community since June of 2012. Rincon Cubana serves Cuban cuisine that blends Spanish, African and Aboriginal flavors. Rincon Cubana is completely worth the drive to the other side of town because all the food is of the best quality and made by people who were born and raised in Cuba. The Cuban Café offers indoor and outdoor seating as well as dine in and carry out options.

1907 S Chester Ave 93304
661-310-0807

Victor's Mexican Grill

Victor's Mexican Grill was a summer hotspot with its authentic Mexican food. When customers walk into Victor's Mexican Grill, they walk down an assembly line similar to Chipotle or Freebird. With an array of toppings every customer will be satisfied. Victor's Mexican Grill is owned and operated by Victor Lopez. Victor Lopez has also owned one other restaurant called El Adobe which was open for twenty successful years. Lopez chose to close down El Adobe in 2011 and that summer he opened Victor's Mexican Grill which would be known for its fresh food. 9500 Brimhall Rd Suite 504 93312 661-588-0004



Silent McCarthy/The Runner
Victor's Mexican Grill offers quick and delicious Mexican food options for those who appreciate local dining.

Information Technology Services

ITS provides CSUB with desktop support (both software and hardware), maintains and oversees the Runner ID card office, test scoring services, campus user labs and smart classrooms, and operates the campus technology helpdesk for faculty, staff and students.

For more information, call 654-2115 or visit <http://www.csub.edu/its/index.html>

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F: 7 a.m.-5 p.m.
Sa: 9 a.m.-5 p.m.
Sun.: 11 a.m.-7 p.m.

Location: Lower level of the Walter Stern Library (Lab 1A, WSL-1)



The open computer lab is available for currently enrolled students, containing both PC-based and Macintosh computers. The open lab is staffed by Lab Consultants able to assist students in most aspects of software support and print services.

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Support is provided to address system and data access, hardware and software in desktop and laptop computers, peripherals, and palm devices. In addition, training is offered on the use of smart classrooms and campus supported software. Service is provided in the labs, over the phone, via e-mail, walk-ins, or by appointment.

M-TH: 7 a.m.-10 p.m.
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2014 CSUB fall sports preview

By Josh Bennett
Sports Editor

One of the biggest parts of being in college is supporting the school's athletic teams. Since tickets are free for all students, and parking is now free for everyone, there is no reason why the students of CSUB cannot go to any of the games this season. Here are some short previews of the teams that will be playing this fall season.

Volleyball: The 'Runner volleyball team is coming off a very successful season. After falling in the finals of the Western Athletic Conference Tournament, the team found itself without a head coach as Coach Jolene Shepardson left CSUB to become head coach at San Jose State. In her place



Image courtesy of gorunners.com
CSUB Director of Volleyball Giovana Melo

Melo on if there is any pressure or momentum from last season's successes. "It is a long process."

The 'Runners, who were ranked fifth in the WAC preseason polls, will be led by senior middle blocker Molly O'Hagan, who was awarded WAC preseason all-conference honors.

The team has already had their season begin, as they were runner-ups at the Sam Houston State Tournament, defeating Mississippi State and Louisiana-Monroe before falling to eventual tournament winner Sam Houston State.

The 'Runners then participated in the Flyer-Raider Invitational in Dayton, Ohio where the team dropped all four matches they participated in over that weekend.

"Honestly, I just want us to get better every day," said Coach Melo on team goals for the season. "We have so much to learn."

The first home game for the 'Runners will be Sept. 19 and 20 as they host the Roadrunner Classic at the Icardo Center.

Men's Soccer: The CSUB men's soccer team also lost their head coach to San Jose State during the offseason, as longtime coach Simon Tobin also went to San Jose State to leave the door open for new Head Coach Richie Grant. Grant has a successful resume of his own, as he is the all-time winningest coach in Memphis soccer history. He also has two Conference USA Coach of the Year



Image courtesy of gorunners.com
Men's Soccer Head Coach Richie Grant

call on your own experiences that you've gained on the path that you've been down. I've brought Gerry [Cleary] alongside me, who's a very experienced head coach to come in and assist with reaching the goal we had with the program."

The 'Runners were picked third in the WAC preseason poll. Two student-athletes were also awarded with All-WAC honors; senior midfielder Joe Masumiya and junior midfielder Christian Duarte.

The team opened up the season strong as they traveled to San Diego State and left with a 1-0 victory. CSUB earned two more shutouts to open their season by defeating Howard 5-0 and IPFW 3-0, to open the season with three straight wins.

The next home game for the team will be on Sunday, Sept. 28 against Sacramento State.

Women's Soccer: Another team and another new coach for the 'Runners' former head coach Melissa Phillips resigned over the offseason, causing new head coach Gary Curneen to step in. Curneen was the assistant coach at Cincinnati last season, and previously coached at Wingate University for 11 years.

"We are looking to change the culture of the program by developing successful habits in our training, academics, and game performances," said Coach Curneen.

The team looks to improve from last season's disappointing season, and being ranked fourth in the WAC preseason poll seems to be a step in the right direction. Sophomore forward Hedda Regefalk was also awarded with All-WAC honors.

The team has struggled to get out of the gates to open up this season, dropping five of their first six contests, only mustering up a 1-1 draw against Northern Iowa. of their difficult out of conference schedule.

"We showed outstanding commitment and resilience on Friday night against a nationally ranked program (against Gonzaga). It was huge growth for our team and showed us what we are capable of when everyone is moving in the right direction."

"(The Eastern Washington game) was nowhere near the same level and we got nothing out of the game as a result. The challenge now becomes that consistency and we must be prepared to commit ourselves to being successful every single time we come together."

The team won't have a home game until Oct. 3 against Utah Valley, but Curneen expects the team to be prepared. "The energy that this group can drive is phenomenal and can be pretty cool to see up close. I hope excitement and goals are on the agenda too!"

Cross Country: The only fall sport to not replace their head coach was the Cross Country team, and Director of Cross Country Marcia Mansur-Wentworth expects the team to improve upon last year's results.

The top five runners for the team are: Redshirt senior Megan Thompson, who coach Mansur-Wentworth said "had great success on the track and is translating that to solid workouts thus far." Sophomore Lashya Morgan – "who lead each race for the us last year as a freshman, is showing progress and maturity in her workouts. She has always trained hard but we hope that she can translate into good races this season." Sophomore Ariana Mariscal – "was two time all-conference on the track in the 800m and has put in a good summer and will be a much improved runner this fall."

The final two scorers in CSUB's top five are freshman Angel Valdez, and junior Orieth Rodriguez.

The team finished last at their first meet, the Mark Covert Classic in Brea, but many personal times were improved upon, and the scoring team as a whole improved by 23 seconds, compared to last year's result. The 'Runners also finished last at the Fresno State Bulldog Invitational 4k but improved upon past times yet again.

The team's next meet will be the Mustang Challenge 5k in Santa Clarita on Sept. 20.



Image courtesy of gorunners.com
Women's Soccer Head Coach Gary Curneen

Getting to know new Condors coach

By Josh Bennett
Sports Editor

A hot ticket in town for all ages has always been the Bakersfield Condors hockey club. Coming off the heels of a crushing loss to the Alaska Aces in the ECHL Western Conference Finals, the Condors will try to improve upon their best season in franchise history, and will attempt to get over that hump and qualify for the Kelly Cup Finals for the first time in franchise history.

With its success last year, some players and former head coach Troy Mann have moved onto higher level clubs to further prove their worth. Leading the Condors, which has a favorable sized return from the team last season, along with many new faces, this season is new head coach J.F. Houle, who is fresh off an over four year stint coaching in the QMJHL.

Houle was also drafted by the Montreal Canadiens in the fourth round of the NHL Entry Draft in 1993, and spent five seasons playing in the AHL and ECHL.

I had the opportunity to pass along some questions for Coach Houle regarding the upcoming season.

Q: How does it feel to be coaching in one of the leagues you played in?

Houle: It's great to get my professional start in the ECHL. I am familiar with the league from my playing career and am excited to get going this year. The ECHL is a league that has been on the rise and some really good players have come from the league. The level of play is high and should be even better this year

Q: Will there be any difficulties for you in coaching some older and more experienced players, rather than the college and junior levels you have coached previously?

Houle: There will definitely be an adjustment for sure. The pro game is much different than college

and junior. The schedule is different for the players, and the players are at different levels of maturity. But at the end of the day, hockey is hockey and I am excited to get my start here in Bakersfield.

Q: I know the roster isn't fully completed yet, but can you comment on your roster so far and how it may shape when the season begins?

Houle: We're going to be a fast team with a good amount of returning players from the very successful season last year. It's important to have that nucleus. I like my teams to be creative in the offensive zone, but very structured defensively and aggressive.

Q: What are some goals you have for the Condors going into this season? Is there anything you would like to achieve?

Houle: We want to build on the success the team had last season. With the support of the Edmonton Oilers that will be possible and our goal is to put the best product on the ice as possible every night.

Q: How do you feel about the hockey culture in California and other "non-traditional" markets? Is it going in the

right direction and will it become a successful hotbed for teams and players in the future?

Houle: Hockey in California is fantastic. With the success of teams like the Kings, Ducks, and Sharks in recent years, it is great to see hockey taking off in California. My son is playing on the local Dragons teams and it's awesome to see how many kids here in Bakersfield are interested in the game and playing the sport.

Condorstown will be abuzz when the team opens up its regular season on Friday, Oct. 17 and Saturday, Oct. 18 at Rabobank Arena when they host their bitter rivals, and a team they defeated in the Kelly Cup Playoffs last season, the Stockton Thunder. Both games begin at 7pm.



Image courtesy of bakersfieldcondors.com
New Bakersfield Condors Head Coach Jean-Francois (J.F.) Houle is taking over a Condors team that is coming off the best season in franchise history.



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- President Horace Mitchell

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