

Stress on the brain

Stress of finals can cause illness

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Battle of the 'Big 3s'

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Life at CSUB after the military

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The Runner

California State University, Bakersfield

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Exhibition game shows strong start



Brady Cabe/The Runner

CSUB head basketball coach Rod Barnes discusses strategy at the beginning of the second half of their exhibition game against Whittier College Nov. 9, eventually winning 85-67. **Roundup on Page 6.**

Armed to the classroom

Pen, notebook, highlighter; none of these school supplies can stop bullets. Across the country, students and politicians are fighting for the right to carry guns on university campuses.

By Marie-Michèle Sioui
Staff writer

Danger is everywhere. University campuses are not as safe as they appear to be, and Americans should not be forced to abandon their right to bear arms when they step into a school zone. There goes the reasoning that led to the creation, in 2007, of Students for Concealed Carry on Campus (SCCC), a group who stands for the right of students and academic staff to carry concealed weapons on the grounds of post-secondary institutions. Where there are people, there are threats, and Americans ought to stay on the semi-automatic mode.

SCCC calls itself a brain-child of the media wave. Through its website and via social networks, the organization tries to prepare the population to face danger because people are too often comforted by the idea that the world is safe.

[See GUNS, Page 4]

'Letters for Africa': The effectiveness of 'Smart Aid'

By Leonardo Sanchez
Staff Writer

On Saturday Nov. 12, CSUB's chapter of ONE, a popular advocacy and campaigning organization that fights for people in third world nations throughout the world, hosted "Letters for Africa" in the Multi-Purpose Room in the Student Union.

Hilda Nieblas, ONE chapter president, explained that the purpose of the event is to "raise awareness about what's going on in the Horn of Africa."

"Right now 13.3 million Africans are affected by the worst drought in 60 years. People are starving to death, and it shouldn't be happening. It's been estimated that 30,000

children have already died. 200,000 Somali refugees have gone to Kenya. Overcrowded refugee camps are causing the rapid spread of deadly diseases," said Nieblas.

The event invited both the public to voice their concerns and also guest speakers from ONE and Bread for the World to raise awareness and ask for support from the community.

The purpose of the event was to address ways to combat extreme poverty and preventable diseases, particularly in Africa, by raising public awareness and pressuring political leaders to support "smart" and effective policies and programs that save millions of lives, help put kids in school and

[See AFRICA, Page 4]



Roscoe Mapps, a staff member of ONE, presents opportunities and results from aid to Africa in the Multi-Purpose Room Nov. 12.

CSUB soccer invited to 'Dance'

Congratulations to the Men's Soccer team, which has been awarded the program's first bid into the NCAA Division I Men's Soccer Tournament and will host a first round match Thursday night. The winner of that match will advance to the second round and face the eighth overall seed, UC Irvine (16-5-1) on Sunday, Nov. 20 at 6 p.m. **See Page 6.**



Brady Cabe/The Runner
"I think ... you are going to get a lot of Cal State Bakersfield teams playing with the very elite of Division I." – Coach Tobin

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Dining Commoners watch Mitchell, Corral, some students eat like kings

By Daniel Musick
Staff Writer

Thursday night at "Dining with the Director" in the Dining Commons, Director David Corral wanted to give student's the opportunity to get to know him over a nice dinner, and invited President Mitchell along as a special guest. While the handful of students at the table may have achieved the desired effect, the rest of the Dining Commons frequenters felt cheated.

Evabelen Ventura, marketing intern for CSUB Dining, said the purpose of the event was to create a welcoming environment for students to approach the director and administration with ques-

tions or suggestions.

Mitchell, Corral and students were seated at a table covered with a white tablecloth with fancy dishes and well-polished dining utensils. While Ventura said they were successful in getting students to approach them, others in the room got an entirely different message.

Kelsi Hall, as she watched a private chef personally serve plates of gourmet food never before seen by any of the students in the Dining Common to Director David Corral, Dr. Mitchell and a few select students, said: "How can they not understand how bad this looks? They just had a meeting last week asking for our input about the deplorable living conditions and horrible food here

at the dorms, and they have the nerve to sit there and eat like kings in front of us while we eat the same crap they have been serving us all year.

"It's unbelievable."

All of the students sitting at Hall's table agreed with her statement that having the Director and Dr. Mitchell come to the Dining Commons and eating different food than everyone else was "a perfect example of how completely disconnected the administration is to our concerns, a slap in the face," she said.

Ventura said the dish served at the table actually has been served on regular days at the Commons.

[See COMMONS, Page 4]

Seven-day weather forecast According to weather.com							
Wednesday Hi: 65 Lo: 44 Precip. 0%		Thursday Hi: 67 Lo: 45 Precip. 10%	Friday Hi: 64 Lo: 44 Precip. 20%	Saturday Hi: 55 Lo: 43 Precip. 20%	Sunday Hi: 60 Lo: 43 Precip. 30%	Monday Hi: 62 Lo: 44 Precip. 20%	Tuesday Hi: 63 Lo: 45 Precip. 0%

RUNNER ON THE STREET

By Ashley Zaragoza, Features Editor, and Ally Jones, Staff Photographer

This week, The Runner asked, "How has end-of-quarter stress affected you?"



Ameer Hamid
Senior, Sociology

"I get a lot less sleep. But I get to drink more Rockstars."



Kat Cruz
Grad Student,
Counseling
Psychology

"It's affected me a lot. After week 7, everything just gets crammed."



Miguel Ruiz
Freshman,
Criminal Justice

"It's helped me to write better papers."



Paige Hoffmann
Sophomore,
Psychology

"It's not that tough."

THE RUNNER

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ABOUT

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Letters to the Editor are encouraged; however, they must be signed and verified to be considered for publication and should be no more than 300 words in length. All letters may be edited for clarity and length.

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that are made by me. [Faculty] decide what courses can substitute for other courses in student's degree programs. Those are not decisions that are decided by the president," said Mitchell.

When Mitchell was then asked, "If the classes the faculty are substituting are hurting students' chances and credibility outside of this campus in terms of their graduate studies, do you feel that might be a problem that should be corrected?"

"Again all of the curricular decisions are made by the faculty. I don't decide what courses students can take, and what courses students can substitute," was Mitchell's response.

This reporter rephrased the question yet again, asking, "If faculty is making BAD decisions that are NEGATIVELY impacting students, what is done then?"

"We need to be clear, curricular decisions are made by the faculty. When it comes down to decisions on what courses can substitute for other courses in meeting degree requirements – I am uninvolved with that. That is entirely up to the faculty. The person [students] should talk to if they are unsatisfied with the decisions of the individual faculty would be the department chair, if not them then the dean of the school," repeated Mitchell.

"I am entirely responsible for decisions that get made here at CSUB whether I make them personally or whether those decisions are made by people to whom I delegate responsibility for making decisions. People to whom I delegate those responsibilities are the four vice presidents, as well the deans..." said Mitchell in a previous interview.

The issue was not so much that substituting the classes was a bad decision as much as it was Mitchell would not address what would be done if it were. The decision to substitute anthropological linguistics with sociolinguistics was a decision made collectively by faculty in the Anthropology Department according to Dr. Hemphill. Faculty understood the issues with substituting the class, however they were left with no choice as a result of Mitchell's allocation of funds.

This reporter was unable to contact a department chair about the substitution because "there is no department chair for anthropology. The anthropology program is not worthy of departmental status," said Hemphill.

Mitchell's contradictions don't stop there. There was the comment Mitchell made in reference to the \$6.7 million Chancellor Reed gave to administrators saying, "It's just a drop in the bucket." Though \$6.7 million is only \$1.3 million less than what CSUB was cut this year. It isn't just a "drop in the bucket" when it's a figure used to justify laying off staff and cutting core classes.

When Mitchell justified this decision further, he

said, "You're making the assumption it was a new \$6.7 million. What happens at times is positions and responsibilities are reallocated. So sometimes positions are cut and others pick up some of those responsibilities."

It was pointed out that it doesn't seem fair to let some people go in order to pay other people more. Mitchell said, "No. No. No. People retire, and people take other positions, and those positions are not necessary filled." Really? \$6.7 million worth of jobs just became obsolete as a drove of people retired? The plausibility of these answers became thinner and thinner.

Even if this were entirely true, with economic times so dire those administrators should be willing to do a little extra and give a little back. Instead of using the \$6.7 million for individual increases, the money could have been used to substantially help programs here on campus. If that money had been evenly divided amongst the 23 CSUs, CSUB would have received \$291,304.

When asked if students could get a detailed breakdown of exactly where the funds CSUB receives are allocated, Mitchell said, "I'm telling you: You're missing the point." His point seemed to be that searching for small funds to reallocate will not be very helpful within the context of the massive system-wide budget cuts.

That may seem true; however, the entire budget for what's left of the anthropology department is only \$160,000. That is for both the bachelor and master programs in anthropology. So, the bonuses that were a "drop in the bucket," according to Mitchell, would actually be enough funds to more than double the Anthropology Department's current budget. So some departments get a bucket while others get a Dixie cup.

It should be made clear that students do understand Mitchell's point. They do understand there have been large system-wide budget cuts, and that those cuts make it much harder to continue to offer to students everything that was available to them before. However, Mitchell does not seem to understand their point. People think of the president as a person that is supposed to have students' best interest at heart and being willing to stand-up for them when need be.

When higher administration makes decisions that negatively impact students it is Mitchell's job to say, "This isn't right" - then do something to help fix the problem that has been created. Mitchell kept explaining what the problem was. At no point did he offer a solution. He tells students to go to Board of Trustees meetings but that's what we pay him for: To be our voice at those meetings. So why is he making over a quarter of a million dollars a year if he's not responsible for curricular decisions, and he won't speak up for us?

Opinion: An analysis of Mitchell's job on campus

By Elizabeth Miller
Staff Writer

For nearly two months, students and SQE members have been trying, unsuccessfully, to resolve issues with President Mitchell regarding the way funds are distributed on campus.

Students have been straightforward with their goals from the beginning, consistent in their claims and reasonable in their questions and expectations. Mitchell, on the other hand, has been hard to reach and unhelpful in providing real answers to students' legitimate concerns.

Every time students attempted to get a meeting with Mitchell from his secretary, she would tell them there was no time he had available to meet with them. Then there were the accounts from Cori Wright, claiming that she and several others saw Mitchell deliberately dodge them by sneaking out the back door of his office.

Finally, after ambushing Mitchell outside his parking space, and with the media there to record his reaction, Mitchell agreed to a meeting with students. The meeting (covered in The Runner on Nov. 2) did not help students resolve their issues.

Instead, Mitchell ran most of the conversation by repeating the same statements, rehearsed to distract students. While Mitchell claims there is transparency in how funds are allocated, he gives large figure amounts dedicated to vague categories.

"Eighty-four percent of the budget was dedicated to instruction this year," said Mitchell.

This statement sounds great and would lead some people to believe that 84 percent of what CSUB received went directly to teachers. However, the definition of "the budget" and what expenses are attributed to "instruction" remain under question.

It was always unclear exactly which funds pay which expenses because Mitchell's responses were often lengthy and did not focus on the question asked. He would often start by saying, "Well, first you have to understand ..." and then go into a long explanation about how the Board of Trustees votes on fee increases, or how system-wide budget cuts means less money and literally makes it impossible for him to do a better job.

A good example of Mitchell's dodging questions with unhelpful answers was when he was asked why he would authorize a substitution of anthropology classes with sociology classes. Such a decision could seriously hurt students' chances at graduate school, or cause them to have to retake undergraduate classes, thus costing them valuable time and money.

"These decisions are made by the faculty. Not by me. Let's just be clear. These are decisions that are made by faculty members. They are not decisions

Ally Jones/The Runner



Stephanie Azurdia/The Runner

Through the lens



Ally Jones/The Runner



Brady Cabe/The Runner



Brian Farinas/The Runner

Top left: A group of student athletes choreographs reading The Runner newspaper during The 'Runners' exhibition basketball game against Whittier College Nov. 9.
Above: The red brick road during rush hour.
Immediate left: Enthusiastic student athletes throw confetti into the air during The Runners' exhibition basketball game against Whittier College Nov. 9.
Bottom left: Regional Coordinator for the Young Americans for Liberty Andrew Weinberg explains the Free Speech Wall on campus in front of the Student Union Building Nov. 14.

From the battlefield to the classroom

By Ashley Zaragoza
Features Editor

Friday was Veterans Day. Veterans can be anybody we know – our teachers, friends and family members.

Even our colleagues.

Two CSUB students, junior nursing major Noemi Castro and sophomore criminal justice student Tim Wahl, served in the military before beginning their academic careers.

Castro joined the Air Force only two weeks after completing high school. While her classmates enjoyed their last summer before

college, Castro was in training to be deployed to Kuwait for 7 months.

"It was an interesting experience," said Castro. "It definitely made me grow up really fast."

Castro recalled the differences between the U.S. and Kuwait, especially for women.

"As a woman and military member it was a bit of a challenge."

"In Kuwait, women have to be accompanied by men everywhere they go. They have no rights, no freedom to believe what they want. I definitely appreciate everything we have here in the U.S.," said Castro.

Wahl, a Navy veteran who served 4.5 years, had a different experience. He spent his first three years as a Marine Corps security guard protecting strategic assets, and spent his last year serving more of a law enforcement role.

Wahl, a master-at-arms, was never in combat nor wounded.

For these veterans, college was the next step in their lives.

Castro is a first generation student. "I always wanted to go to college," she said. "I didn't have the money to attend straight out of high school so I joined the military and decided to go afterward."

After his time of service, Wahl attempted to be employed by the Bakersfield Police Dept., but due to the 2008-09 economic collapse, local officers faced extreme layoffs so he decided to go to school.

Wahl has also become very active in the community and Hire Heroes USA, a free service for veterans seeking job assistance.

Wahl recently helped Hire Heroes USA raise \$1,078 for an event. He has also volunteered for the Kern County medical health hotline and completed the Marine Corps Marathon. In addition to his volunteer success, Wahl has maintained a 4.0 GPA.

"I want to work for some type of law enforcement agency," Wahl said, "but since I'm doing so well in school I'm considering going to law school to become a military lawyer."

Castro plans to work as a registered nurse for two years in the emergency room. Additionally, she hopes to receive a master's degree in nursing aesthetic.

The two veterans looked back on their military experience with pride. Castro enthusiastically stated, "I would do it all over again."

Wahl said while laughing, "I got a lot to complain about but I'm glad I did it."

Tutor system helps CSUB students find employment

By Roxana Chavez
Staff Writer

College students are facing many struggles as of late including the decrease of jobs available in our hurting economy, the decrease in classes available due to the massive state cuts to the CSU system, and tuition hikes.

However, while many students are hurting economically, many are taking advantage of the job opportunities that there are available by balancing school and work.

Sullivan Learning Systems is a company that not only provides quality reading intervention tutoring for children through grades K-8, they also provide many college students with a satisfying and flexible job.

SLS provides private, in-home tutoring that is free to qualifying families. Due to the No Child Left Behind Act and the supplementary education services provision under Title I, school districts are required to offer tutoring services to low-income students attending underperforming schools.

While the company is based in Fresno, over the past five years SLS has served students in approximately 80 different school districts, the majority of which are in the central valley.

Many children of Bakersfield and its surrounding cities have and are benefiting from the SLS programs and many college students, such as those who attend CSUB, are also benefiting from the availability of employment the company offers.

SLS hires tutors throughout the state of California and they do so primarily through its colleges and universities. In order to be eligible for a tutoring position students have to have at least 60 college credits as well as pass Live-Scan background check and tuberculosis tests.

Once the tutors are hired they are submitted to an extensive training program to teach them how to teach students the curriculum for reading.

After completing the training they can begin tutoring, which takes place three days a week, an hour each day, for seven weeks. Independent studies show that during



Courtesy of Janet B Castillo
Audelia Molina watches as Leonardo Sanchez tutors her daughter, Fernanda Maria Molina. Sanchez provides tutoring for three children in this household.

those seven weeks, students show a doubling of reading fluency.

Yadira Cadena, an SLS tutor, said she really enjoys working for the company. "It's exciting to see how happy the children are to see you and to learn. These children come from low-income families and wouldn't otherwise have the opportunity to get one-on-one instruction," said Cadena.

In addition to being able to offer children that one-on-one attention, SLS also makes several other guarantees. They guarantee the tutor assigned to the family will be fluent in their home language and will strive to develop a personal relationship with the parent and child.

They also guarantee to meet with the child's tutor after each session to review progress and documentation of attendance as well as intermittent monitoring and session observation by a quality manager.

SLS provide children with all the material needed for the tutoring sessions and they get to keep the material after the program has been completed; however, the best thing they

will receive from the program is at the end of the seven week tutoring session: The child's reading fluency will double and they will be awarded a certificate of achievement.

Cadena is happy to be able to help children reach that goal and she is grateful to have a job that allows her to continue going to school and work with her schedule. "The parents are really nice and helpful and will not only accommodate the space you need to tutor the children but are almost always willing to work with your schedule. I go to school in the morning and work in the afternoon, and some parents don't even mind me tutoring on the weekend," said Cadena.

Rick Sullivan, vice president of SLS, said that there are many job opportunities within the company and they are always looking for tutors, adding that tutors really love their job. "There's something terribly satisfying about sitting down in a home with a child for seven weeks and watching them improve with every session," said Sullivan.

Campus Voices

The Dispatch: But this is a college campus!

By Sgt Justin Gildner
University Police
jgildner@csub.edu

Almost everyone that has become a victim of a theft while at CSUB says the same thing, "But this is a college campus!" Yes, this is a college campus.

Unfortunately, not everyone that frequents our campus has the best of intentions. The odd hours, the large amount of people coming and going throughout the day and night, and the unassuming mentality of a college campus makes it a prime target for those with crime on the mind.

Take, for example, the easy opportunity our parking lots offer to criminals. Criminals know that their chance of successfully breaking into a car is highest when the vehicle's occupants will be gone for a predictable length of time. It's safe for a criminal to assume that once he sees you park your car and walk toward campus, you will not be returning for at least an hour and a half. Ninety whole minutes to deprive you of whatever you may have left behind that holds any value.

Ideally the best thing to leave behind in your car is NOTHING! Thieves will take phones, briefcases, purses, wallets, gym bags, jewelry, watches, and clothing.

Placing a towel or blanket over any of these items does not necessarily prevent or discourage theft from your vehicle.

Most cases of theft on campus are opportunistic. Students continue to leave bags with valuables or their laptop in plain view while they go and use the bathroom. When they return, they are shocked to find that their items are gone.

Not losing sight of your book bags and laptops when you are in public spaces – especially when you use the restroom – just might prevent that thief from targeting your belongings. Thefts on campus are not limited to students, either. Faculty and staff tend to leave their offices unlocked, providing criminals an opportunity to discover valuables, credit cards and cash in purses and desk drawers. Locking office doors when leaving, even for a short period of time, can minimize your chances of becoming a victim of theft.

CSUB provides an extremely safe campus and an ideal learning environment. Help us in striving to make it even safer by calling University Police and report anything or anyone that seem out of the ordinary at x2111.

Be safe.

CSUB coach: '... out there to teach'

[CAGERS, From Page 6]

the exhibition game feeling, as the 'Runners committed 22 turnovers, most of which occurred in the second half.

Barnes mentioned with the style of play the 'Runners have, he thought 12-16 turnovers would fit the style more than the 22 that his team committed.

"Tonight 22 [turnovers] was about six too many," said Barnes.

Aside from the turnovers, the 'Runners shot 28 for 52 (53 percent) from the field and 9-25 from three point range.

Barnes said the problems the 'Runners endured during the

exhibition gave him and his staff the opportunity to teach the players.

"I'm out there to teach. I have a passion for coaching and teaching. Almost every possession I'm going to teach until our guys know exactly what we're trying to do," Barnes said.

On the flip side of the turnover battle, the 'Runners forced 24 turnovers and turned them into 31 points.

Barnes, who has coached in several huge Division I games in his career, admitted to being nervous before the game.

"As a coach, it's your first game. You don't really know

what you're going to get. I didn't know exactly how our guys would react, he said.

Senior forward, Rashad Savage added 12 points and five rebounds; junior Zachary Lamb scored 11 points; while Carter had 10 points, six assists and six steals.

The 'Runners fell to Oregon State 86-62 on Nov. 12 to officially kick off the season. In the loss, junior guard Issiah Grayson shot 6 of 8 from the field, but 27 turnovers plagued CSUB.

The 'Runners (0-1) will travel to Cal Poly Nov. 16, before hosting Pepperdine Nov. 19 at 7 p.m. in the Icardo Center.

MAUI WOAH!
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- In the Student Recreation Center - In the Student Recreation Center - In the Student Recreation Center -

'Smart Aid' for Africa

[AFRICA, from Page 1]

improve futures.

Roscoe Mapps, Southwest Regional Field Director for ONE, said, "Our goal is not centered on sending money or food to these nations but instead giving them the resources to prosper on their own."

Mapps pointed out that through collaborative effort with different non-profit organizations, 5.3 million children have been saved merely by providing them with the proper vaccines.

David Gist, regional organizer for Bread for the World, explained that those with concerns regarding the massive debt in America and our government's ongoing support to these underprivileged people shouldn't be worried. "Our government spends less than one percent of the annual budget on aid for these people," said Gist.

Gist and Mapps encouraged the attendees to spread the word about this major issue and pointed out the power the Bakersfield people have. "The citizens of Bakersfield are fortunate to have Kevin McCarthy in congress. His role as majority whip puts his voice, the voice of Bakersfield, in a higher state than the voice of people of New York or LA," said Mapps.

Although the event is not currently held annually, Nieblas hopes that it will be.

"Other schools around the country have been successful with similar awareness raising events and we're hoping this is just the beginning of something great in the future, particularly with the world getting smaller. American history shows that what happens in other parts of the world really has an impact on America. Today we are even more connected than ever before, so it's important that students lead the charge in educating themselves and others about issues that cause instability around the world," said Nieblas.

"I think sometimes students feel like their voices are not strong enough to make change in the world but I believe that coming together as one we can make change happen," said Nieblas.

Those who are interested in joining the ONE club are encouraged to attend their weekly meetings every Tuesday at 10:30 a.m. in the Blue Room in the Student Union.

Those who wish to join ONE or Bread of the World, or both, are also encouraged to visit their websites at: www.one.org and www.bread.org.

By Paul Rivas
Staff Writer

Finals and term papers at the end of the quarter cause severe stress for students. During this time, procrastination catches up to them, creating horrible anxiety. Stress is a mental disorder that overwhelms people's lives. According to Dr. Michael Harville, physical symptoms that occur from stress are fatigue, muscle tension, or nausea. Harville defines stress as pressure or strain on a system that taxes it beyond what it can manage.

Harville added to his defini-

tion that stress is a source of the mind. "It is one's perception, based on experiences, of what is going on in your environment, and your perception of your ability to handle what is going on," said Harville.

He also said that the brain uses up a majority of people's energy; as one of the busiest organs it consumes "80 percent of glucose in the body."

If students don't take care of the brain, it leads to stress. "When students don't eat properly and get enough sleep it impacts the way they feel and think. Their emotional stability is challenged," said Harville.

Counselor Gia Marks said students' lack of sleep diminishes their cognitive abilities. "When they have to take a test or work on a term paper, the knowledge they learned is not accessible, which causes anxiety," said Marks.

Communications major David Little becomes stressed at the end of the quarter but is motivated by it. "I feel I am more focused on the situation," said Little.

Isabelle Navarro is a Spanish major who becomes fatigued during finals. "Stress makes me want to stop studying. I need breaks in between my home-

work and those breaks are helpless because they cause me to procrastinate," said Navarro.

Harville and Marks said that stress is a constant thing that needs to be managed. They both said to overcome stress, students should be calm and rational. Both counselors added that students should have a proper diet with protein, fruits and complex carbohydrates. The most important advice that Harville and Marks said was that students should get plenty of rest and not to procrastinate.

Attempt to make CSUB Dining approachable achieves mixed results

[COMMONS, from Page 1]

"It looked different because of how it was plated – it was the same food," she said

J.R. Perez, ASI VP of External Affairs, attended the dinner and said, "The food was good." He did ask why the food they were eating was different than what was being served in the Dining Commons and learned David Corral's goal was to entice other students to come and speak about their concerns. He added that other than being plated and served by the chef, he felt the food wasn't very different from what is regularly served at the Commons.

Patrick Fields asked, "Why did the director get served different food than me, by a chef, on a table cloth, and I had to eat Commons food?"

He said, "I want some steak. I would settle for some fried fish, or even chicken fried steak." As he spoke, a bug crawled out of the corn on his plate. Several students at his table seemed horrified.

Ventura, when told this of this occurrence by a member of The Runner staff, said, "If



Courtesy of CSUB Dining on Facebook
Students, Corral and Mitchell smile at their table in the Dining Commons Nov 11.

the student comes forward, we can discuss that."

Jimmy Aziz said, "I am a little upset because I sent an RSVP, but I was not chosen to sit with the other students at Dr. Mitchell's table. They didn't tell anyone, they just posted it on Facebook. It seemed a little unfair. Why didn't they just have a forum with all the students at the dorm and speak to everyone?"

Ventura said if he had come to the table and said so, he would have had a place immediately made for him. She was "sad-

dened at the fact that they thought [the event] was 'preferred person only.'"

When asked if the food was any better now after the story came out in the paper, students had some interesting things to say. Derek Stotler said, "Last weekend, the food was the best it's ever been, but tonight it's not so good."

Kelsi Hall said, "Last week, when the administration came out to talk with us, they had many different varieties of fresh fruits and vegetables, but the very next day, poof – they were all gone."

When she confronted the chef about this, he told her that they could only get fruits and vegetables seasonally. She asked how that was possible when just the day before they had them, and now they don't. "He just ignored me," she said. A few minutes later, they put out fresh grapes.

Other students expressed the same sentiments with regard to the continuing poor quality of the food. Noemi Hernandez said, "The food is still gross, but I was hungry."

Campus gun policies questioned

[GUNS, from Page 1]

"People don't go through their normal day thinking about the evil that could happen," explained the spokesman of SCCC, David Burnett. "That's why they're unprepared when those incidents occur, because criminals never attack when you expect them."

Like Burnett, a 25-year-old University of Kentucky student who carries his gun as often as he can, the 40,000 supporters of SCCC can prepare themselves for a event like a shooting by browsing through the photo album the group displays on its Facebook page.

VULNERABLE. Educators love all their ducks in a row. So do armed killers," reads a sign. The words, aligned under a picture that shows rows of empty school benches, explain the threat that awaits students.

"Signs don't stop armed killers," said Burnett, mocking the no-gun signs, on which a red diagonal line is drawn across the picture of a gun. "You have to be prepared."

At CSUB's criminal justice department, assistant professor Dr. Charlene Taylor-Kindrick believes that many Americans have an incorrect perception of danger. "Violent crimes get a lot of media attention and it gives an erroneous view of how

prevalent crime is," she said. "There is a threat, but a lot of people believe that crime is more common than it actually is. In fact, the likelihood of being a victim is pretty low."

So far this year, at least 14 states have submitted 35 bills that would make it legal for students and faculty to carry concealed weapons on state colleges and universities or reduce regulation surrounding their ban on university campuses. Of all those bills, compiled by the National Conference of State Legislatures, none have passed so far.

Gun culture

When they wrote the Constitution in 1789, the Founding Fathers were already concerned about the right of self-defense. After the prerogatives of freedom of religion, speech and press, Americans were guaranteed "a well-regulated militia" and "the right of people to bear arms."

Today, the gun culture is still an important part of American society, as Taylor-Kindrick explained it.

"It's very regional. The southern states – Texas especially – are more accepting of guns," she said. "A lot of Americans take pride in the Constitution and believe that it is the ultimate document."

In 2005, a Gallup poll

showed that three in ten Americans personally owned a gun. Among men, this proportion climbed up to 47 percent. According to SCCC, a total of 26 U.S. universities allow weapons on their campuses. "Twenty states forbid them on campus, and 22 states say they leave it up to the colleges and universities to decide," said Andy Pelosi, executive director and founder of GunFree Kids, an organization whose 12,000 supporters nationwide oppose what they call the "gun lobby's" agenda to push guns into college campuses."

"There is some kind of paranoia out there," said Pelosi. "By allowing guns on campuses, we are taking an environment that is safe and creating the potential to make it unsafe."

The federal government does not prohibit weapons on college campuses. The decision is rather left to the states, which often let universities decide on their policy regarding this issue.

Only Utah allows weapons on all its public university campuses, while many institutions do so in Colorado. California state law forbids guns on any campus, including CSUB.

"If you would have asked people the day of the shooting at Virginia Tech if they felt safe, they would have said yes," said David

Burnett. "But the killer proved that feeling safe is not the same as being safe."

Burnett believes the answer to violence is more guns, and his logic is simple: Just like he buckles his seat belt when he gets into his car, Burnett feels more prepared to face danger when he carries a gun. "If somebody breaks into my classroom, I will feel much safer if I have a gun, rather than to just sit there and hope the police will run to my bleeding body in time," he said.

According to Pelosi, this reasoning does not hold water. "For the most part, campuses are very safe environments. There are very few homicides and the majority of crime occurs off-campus," he said.

"There is a lot of alcohol, there are drugs ... We do not want to add guns to the mix."

Taylor-Kindrick believes better law enforcement is the only way to respond to violence, and Pelosi agrees.

"Let's start addressing the issue of crime instead of looking at reaction. Let's think about better security escorts, better law enforcement," Pelosi said. "A lot of things can happen first, before we start arming students."

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The war between two modern shooters rages on

By Dallas Plater
Entertainment Editor

War. War never changes. Well, in some cases it does by taking the form of a few new perks or maps, but the formula that's made two of the most popular video game franchises has remained relatively stable. Yes, I'm talking about the two "big threes" to hit shelves this holiday season: "Modern Warfare 3" and "Battlefield 3." Chances are you've been following at least one of these titles if you're a fan of first person shooters. Assuming you're not a die-hard fan of either series, you're also likely conflicted on which one might be worth your hard-earned cash, and those review sites can be incredibly vague and biased.

Fortunately for you, I don't have Activision or EA breathing down my neck or bribing me with cool stuff to bump up their game's ratings by a few points, so I'm here to offer as unbiased of a review as possible. As far as my "gaming credentials" go, I've played every "Call of Duty" game fairly extensively (I still have the boxed PC version of the first one lying around), and I've played "Battlefield" through the

years as well, first as 1942 (yes, the first one, not the 1943 one they released as that standalone game not too long ago), "Battlefield 2," and the two "Bad Companies" as well. As for "Modern Warfare 3" and "Battlefield 3," I've sunk at least a good 25 hours or more into each of them, and throughout that playtime I've noticed a lot of differences that don't necessarily boil down to how good either game is, but how each one plays out. There's a lot of heat on Internet message boards right now with fans duking it out over which series is "better," but from what I can tell both are very fun and well put together, but very, very different in gameplay.

As a fairly important side note: I'll be looking at aspects solely from the multiplayer point of view. If you want a great single player game, you'd be much better off with something like "Skyrim" or "Arkham City." "Modern Warfare 3," much like its predecessors, hasn't changed much in its design formula. They've rebalanced perks and killstreaks a bit (there's no stopping power or nuclear missiles this time

around) and they've lumped quite a few previous perks into "weapon attachments," which are unlocked as weapons level up. Yes, weapons now level up as well; the addiction factor continues. There's also a new game mode that's an attempt at rewarding those who don't

order to get on a streak. While they've added "support" killstreaks that help your teammates by providing them with things like bullet-proof vests and such, the game still revolves solely around your ability to get a bunch of kills while trying not to die in frantic, fast-

longer; in a conquest match it can last anywhere from fifteen minutes to half an hour. This is in large part due to the size of the maps, and while they're not large enough to get desolate or annoying to cross, they do a good job at keeping the action fairly sporadic. That's not to say that things get boring because you're not running into enemies every five seconds; in fact, it can feel quite the opposite. Being the lone guy capturing an objective only to

have an enemy tank roll up and start blowing up the walls around you feels exhilarating. Yes, most buildings and other structures can blow up or collapse right on top of you.

It's the vehicles and teamwork aspect of "Battlefield" that's always made the series stand out and it's no different in "Battlefield 3." While you can be the lone wolf Rambo capturing objectives and blowing up buildings, the game really rewards you for doing things for your team. You can heal or revive team mates, repair someone's vehicle or even just spot other enemies (there's no automatic UAV, unlike "Modern Warfare 3"), and doing so rewards you with

points that go towards unlocking upgrades for your infantry or vehicle class (there's that addiction factor again). That's not to say that depending on such a team play aspect is always a good thing; occasionally there's always some guy who tries to do a barrel roll in a helicopter and ends up killing himself and 4 other passengers - I'm usually that guy. But overall, it's a game that rewards helping out your team more than going solely for kills.

I think both "Modern Warfare 3" and "Battlefield 3" are fantastic games. They follow the same basic formula as their predecessors with some generous balancing tweaks and gameplay improvements, but these two series are entirely different beasts.

If you're more inclined to faster-paced gameplay that rewards going solo, "Modern Warfare 3" is likely the right choice, while if you're more inclined to being a team player and enjoy larger maps with a much greater emphasis on vehicular manslaughter, "Battlefield 3" is the game for you.



Courtesy of saveandquitgaming.com

like to camp, called "kill confirmed," where you have to physically run up to the guy you shot and take his dog tags to get points, which was a bit of a refreshing change from sitting in a corner the entire game while trying to rack up kills.

However, the overall gameplay still consists of mostly being the lone wolf attempting to get enough kills in

paced environments. There's a few new guns and a few positive tweaks to gameplay, but the gameplay is still mostly the same from its predecessor "Modern Warfare 2." Not like that's necessarily a bad thing.

"Battlefield 3," on the other hand, is an entirely different type of game in terms of how things play out in a given match. Games can take a lit-

Blackadder: Vintage BBC

By Sean VanSickel
Staff Writer

While most people today know Hugh Laurie only as Dr. House and Rowan Atkinson as Mr. Bean, they worked together alongside Stephen Fry in the BBC comedy "Blackadder," which ran from 1983 to 1989. The tone of the humor of the series is very dry and British, relying heavily on wordplay and verbal gags, as well as historical and often very literate references.

There are four series, or seasons, each set in a different time in British history, with Atkinson always playing a scion of the Blackadder family. In each new series he becomes more clever and devious, although selfishness, greed and cowardice are traits he exhibits throughout the entire run of the show.

The best series by far was the final one, "Blackadder Goes Forth," aired in 1989. Set in the trenches of WW1 in 1917, it details the attempts of Captain Blackadder to avoid being killed by the incompetency of the British Army. "Blackadder Goes Forth" has a much darker tone than the other series, but it deals with large themes like needless death. When a self-serving con artist like Blackadder makes more sense than



Courtesy of BBC.com

attempt to force "Green Week" into every one of their shows. Normally funny sitcoms like "30 Rock" fell flat with cameos by Al Gore, and other shows did even worse. The fact that "Blackadder" was able to tackle such complicated ideas and thought provoking subject matter while still keeping the belly laughs coming is a testament to the skill of the writers in a conceptu-

al sense as well as the versatility of the actors.

Another refreshing aspect of "Blackadder" is that, quite often, one has to think a bit to get the joke. While there is no shortage of slapstick humor and sight gags (Hugh Laurie in drag as 'Gorgeous Georgina' winning the heart of Stephen Fry), these are not the only kind of laughs. Quick witticisms and puns are common as well as long, elaborate and grandiose put-downs. After Blackadder asks if his servant Baldrick has been to Wales, Blackadder continues on.

"Well don't, it's a ghastly place. Huge gangs of tough sinewy men roam the valleys terrifying people with their close-harmony singing. You need half a pint of phlegm in your throat just to pronounce the placenames. Never ask for directions in Wales, Baldrick, you'll be washing spit out of your hair for a fortnight," he said.

Complex criticisms of authority and those in power are common, cutting, and riotously funny. The kind of commentary and humor are so rare in comedy today, and the historical bent is an absolute treat for anyone with even a passing interest in the archaic.

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Coming Events at CSUB

Thursday, Nov. 17

CSUB Guitar Recital
4:00 p.m. to 7 p.m.
Location: Music Building Room 127
Info: Music for solo and multiple guitar
Admission, FREE

Friday, Nov. 18

Interfaith Student Alliance
1:45 p.m. to 2:45 p.m.
Location: DDH 107 k
Admission: Free
Parking: regular fees apply
Info: Dialogue about and understanding of the many diverse cultural and religious traditions

MSW Information Session -

12:30 p.m. to 1:30 p.m.

Location: Dorothy Donohoe Hall 100G
Info: Learn more about Social Work

The Academic Program

Financial Aid

The Professional Internship

The Broad Career Opportunities

CSUB Chamber Music

7:30 p.m. to 9:30 pm

Location: Doré Theatre

Admission: General Admission \$10

Info: General Admission \$10

Seniors/Students \$5

CSUB Students with ID, FREE

November 19

CSUB Concert Band

7:30 p.m. to 9:30 p.m.

Location: Doré Theatre

Admission: General Admission \$10

Info: Featuring guest composers

Seth Custer, and Aaron Stanley

General Admission \$10

Seniors/Students \$5

CSUB Students with ID FREE

November 21

Study Abroad Information Session

12:30 p.m. to 1:30 p.m.

Location: EDU 125

Men's Soccer wins first-ever bid to NCAA tourney

Courtesy of CSU Bakersfield
Athletic Communication

CSU Bakersfield (12-3-5) has been awarded the program's first bid into the NCAA Division I Men's Soccer Tournament and will host a first round match Thursday night.

"This year at the beginning of the selection show they said there is a lot of parity, and there is. I am proud for our team, I am proud for CSU Bakersfield. We've been Division I for two years and a lot of schools would like to be in that selection. It is a good feeling."

said CSUB head coach Simon Tobin.

The Roadrunners, the MPSF runner-ups, will host Saint Mary's (8-6-5), the West Coast Conference champions in a first round match that will be scheduled for a 7 p.m. start at the CSUB Soccer Field. This will be a rematch of a Sept. 18 match in which the two teams played to a scoreless tie.

"Saint Mary's is a good team," Tobin said. "They won the WCC, which is a very competitive conference this year. We think our conference is a little bit better, but yesterday said it all – we went to the MPSF

Championships game. We tied the No. 1 team in the country so there is no one on that whole board that we should be scared of. Not only did we tie, but I think at many stages, we were the better team. It was a fantastic battle."

The winner of Thursday night's match will advance to the second round and face the eighth overall seed, UC Irvine (16-5-1) on Sunday, Nov. 20 at 6 p.m.

Tobin and the Roadrunners hosted a watch party on campus and a large crowd turned out to support the program.

"I have been doing this for 25 years and with my eye sight I didn't see our name pop up on the board, but certainly the boys' reaction showed me we were up there," Tobin said.

Tickets will be available through the CSUB athletic department by calling 661-654-BLUE. Ticket prices will be \$10 for adults and \$7 for children. Tickets will also be made available on GoRunners.com. CSUB Athletics is showing its appreciation of CSUB students by covering the cost of admission for students, with ID.



Brian Farinas/The Runner
Sophomore guard Cebrina Johnson
attempts a shot against Fresno
Pacific Nov. 8.

'Runners run over FPU in first game

By Owen Millette
Staff Writer

CSUB's women's basketball team dominated the Fresno Pacific University Sunbirds 111-66 on Nov. 8 in the Icardo Center.

While the game was only an exhibition match, it demonstrated just how much hard work and effort the 'Runners have put in to developing their skills on the court. The Sunbirds were the first to take the lead, but CSUB quickly took it back and maintained it for the rest of the game.

The 'Runners are excited overall about their upcoming season. For some of the women on the team such as redshirt freshman guard Marilyn Naderhoff, this exhibition marked their first game on the court.

"It's really exciting because this is not only my - but a lot of other people's – first college game because we redshirted or are freshman so it's really exciting to get on the court again and get the feeling of a real game," said Naderhoff.

After a first half that saw CSUB leading 54-30, the second half started with CSUB guard Tyonna Outland putting the pressure on early by making a jumper only 10 seconds in.

FPU did improve a bit in the second half, topping their first-half output by 2 points to 34 in the second stanza. Fortunately, CSUB improved as well, maintaining their pace and coming out of the second half with 57 additional points, making the final score 111-66.

Even though CSUB did win the game by 45 points, they still have quite a bit of work to do to prepare themselves for the remainder of the season. The team's three-pointers are solid, making the same amount as the Sunbirds with less attempts, but there are other areas they need to

Athlete of the Week

Women's
Basketball vs Santa
Clara Nov. 11
Junior guard
Amber Williams
scored 32 points
and shot 10 of 19
but the 'Runners
still fell to Santa
Clara 93-87.



work on, such as their large amount of personal fouls, totaling 19 to FPU's 20. CSUB was the only team to have a player – guard Dajy Vines – fouled out. This could cause problems for them in future games and is something that definitely needs improvement.

One thing the team also does well are free throws. A shining example of this is Carter, who made a total of nine free throws and missed only one. Naderhoff also made many free throws, with a record of five out of six made by the end of the game. The entire team has this aspect of

the game covered, as the overall score for free throw by the game's end was 21 successes out of 29 attempts.

Carter realizes that while the team does have its advantages, there are distinct disadvantages that need to be improved upon.

"We really need to work on our rebounding every game and be sure we're up there ready to rebound and go hard since the boards are smaller. That is going to be a big obstacle for us this year," said Carter.

McCall feels that his team's best assets are their speed and pressure defense. He also said the one of the team's biggest weaknesses is height, with many of the players being fairly short.

"A disadvantage would be our height, but I know that we're quick, and so we can use that as an advantage and get out and run them," said guard Madison McKenney.

After the exhibition, junior Amber Williams scored 32 points but the 'Runners still fell short of a victory against Santa Clara 93-87 Nov. 11. On Nov. 13, Kristine Herman recorded her first double-double of the season scoring 23 points and grabbing 15 rebounds to lead the 'Runners to yet another 111-66 win against Southern Oregon.

The 'Runners (1-1) will face off against UC Irvine Nov. 16 in the Icardo Center at 7 p.m. before going on the road to face UC Riverside Nov. 19.

Men cagers launch season with exhibition victory

By Taylor Gombos
Sports Editor

CSUB men's basketball coach Rod Barnes wants to put his stamp on the team.

Barnes is well on his way to that as the 'Runners, lead by 18 points from junior forward and guard Tyrone White, defeated the Whittier College Poets 85-67 in an exhibition game Nov. 9.

Senior forward Donald

Johnson felt that the exhibition game was a good way to help the team gel.

"It was good for the experience. We haven't played together much. [We have a] brand new team, brand new coach. We just wanted to see how we molded together. I think we had good team chemistry and that's a good start for us this season," he said.

Junior guard Stephon Carter

said that Barnes told them before the game that he expected the team to come out and play hard. Carter feels that the team achieved that expectation.

"I wanted to see us play hard. I thought they gave great effort. I saw us make some extra passes, set some good screens. I thought they had a good flow about what they needed to do," said Barnes.

During the game, Barnes seemed to be quick to pull players out of the game if they did something wrong, something that seemed different than the previous coach staff.

"The great thing about [Barnes] is when he takes you out, he sits you right next to him he lets you know what you did [wrong]. He lets you know how to correct it," Carter said.

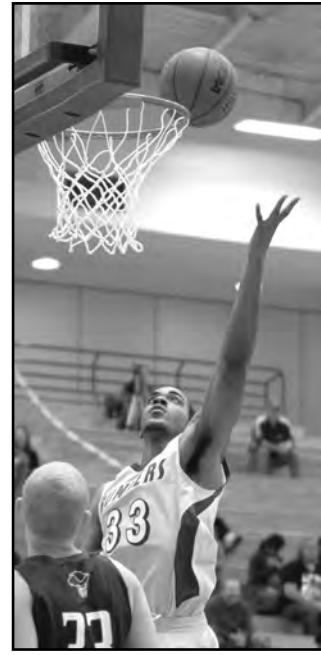
Barnes added that the quick pulling-out of players would be something that the team will go through for a while.

The 'Runners opened the game with a 10-0 run but after that the game took on

[See CAGERS, Page 3]

Brady Cabe/The Runner

CSUB senior forward
Rashad Savage goes up for
a shot against Whittier
College Nov. 9.



Week at a glance

Men's Swimming and Diving

The 'Runners nearly doubled the score of UC Santa Cruz 191-98 by winning 14 of 16 events in a dual meet on Nov. 12.

Sophomore Garrett Hubbard won the 100 backstroke with a time of :55.46 and the 200 backstroke with a time of 1:57.80. Freshman Troy Neklason also won two events; he won the 1m (242.00) and 3m (283.85) diving events.

Seven other CSUB swimmers

won individual events.

The 200 freestyle relay team of senior Peter Bardessono, junior Mitchell Wurm, senior Chris Pipes and junior Mark Silvius won the event with a time of 1:26.10. The

200 medley relay team of Bardessono, junior Jason Corbett, junior Dan Wicksheimer and sophomore Fran Cverle took down the event with a time of 1:35.34.

The team will take part in the

Arena Invitational Nov. 17-19 in Long Beach.

Women's Swimming and Diving

The CSUB women won 15 of the 16 swimming and diving events in the 183-101 win against UC Santa Cruz on Nov. 12.

Junior Lily Donahue and sophomore Taylor Hanson each won three events. Donahue won the 100 back (1:00.12), 200 back (2:10.40) and 200 butterfly (2:13.16). Hanson won the 100 free (:53.58), 200 free (1:55.01) and the 200 individual medley (2:11.27); Hanson won the 200 IM by an impressive seven seconds.

Senior Isabell Nystrom, junior Rachel McCall and junior Jordan Reed each won two events. Nystrom

won the 500 freestyle (5:15.57) and the 1000 freestyle (10:53.28).

McCall won the 50 free (:24.37) and the 100 breaststroke (1:06.46). Reed won both diving events, the 1m diving (227.85) and the 3m diving (242.75).

Freshman Madison Goodvin won the 200 breaststroke (2:31.95). The squad of McCall, Nystrom, senior Chelsea Ankeny and senior Sara Brady won the 200 free (1:44.61). The squad of Donahue, Goodvin, McCall and Hanson won the 200 medley relay (1:50.49).

The Roadrunners will travel to take part in the Arena Invitational Nov. 17-19 in Long Beach.

Men's Wrestling

The wrestling team split a pair of duals against Menlo College and Stanford on Nov. 13.

CSUB beat Menlo College 35-6 in the first part of the dual meet; the 'Runners won nine of the 10 matches. The team won every match at each weight division except 285.

"I thought we wrestled well throughout the day," CSUB head coach Mike Mendoza said to CSU Bakersfield Athletic Communications.

The Roadrunners lost to Stanford 28-9 to conclude the day. CSUB won three of the 10 matches. The wins came in the 125, 141 and 165 weight divisions.

"We had good effort all the way around. We have several true freshmen in our lineup and they are working on adjusting to the collegiate level," Mendoza said to CSU Bakersfield Athletic Communications.

CSUB will host Cal Poly on Nov. 18 at 7:00 p.m.

Volleyball

The women's volleyball team beat Montana State 3-1 (25-20, 23-25, 27-25, 25-17) in the first of two meetings on Nov. 11.

Sophomore outside hitter Haleigh Haratyk led the team in kills (26) and digs (10). Sophomore setter Lisa Bartsch had a whopping 44 assists in the match.

CSUB captured the first set off a Haratyk kill but lost the second set on a service error. The 'Runners were facing

defeat in the third set but Haratyk was able to tie up the score at 25; CSUB scored the next to points to capture the set.

The Roadrunners had their way with the Bobcats in the fourth and final set, winning by eight.

CSUB lost to the Bobcats 3-0 (26-24, 25-19, 25-12) to wrap up the season Nov. 12.

The 'Runners had a 23-18 lead in the first set but the Bobcats went on an 8-1 run to capture the set. CSUB scored

fewer and fewer points as the sets passed; the team put up 19 points in the second set and 12 points in the third set.

Haratyk had a total of 17 kills over the three sets. Sophomore setter Lisa Bartsch had 23 assists and setter Danielle Gong, the lone senior on the team, had eight assists.

Gong played at CSUB for four years and earned 1,119 assists; she ranks 11th on CSUB's all-time assist list. The 'Runners finished the season with an 8-18 record.

Men's Soccer

CSUB took down Air Force 1-0 with a spectacular goal in overtime Nov. 11.

Junior defender Kory Kindle proved to be the game's hero; he scored 4:21 into overtime to lead CSUB to the win and the MPSF championship match. Kindle received the ball from freshman Lucas Dall'Orso at the top of the 18 whereupon he put the ball into the top right corner of the net in spectacular fashion.

CSUB put up 19 shots during the game, eight of which were on goal. Air Force put up 16 shots on the game but was unable to convert on their opportunities. Junior goalie Eric Shannon had four saves during the match.