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Feb. 11, 2015

# The Runner

California State University, Bakersfield

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**PROFILE**

## On the edge of glory

A CrossFit warrior's story



AJ Alvarado/The Runner



**Above Right:** Monica Morley drops down from the rings to powder her hands and try again, hoping to maintain a better grip. She feels powerful, and suddenly, she is without limits. The pain is temporary, as she often reminds herself, and every repetition and every second counts. She's got it this time.

**Above:** In a smooth and fluid movement, Morley jumps and clasps the rings above. She hoists herself with elbows slightly bent until she is able to transition and straighten her arms so that she is now suspended above the rings. She holds the position for a moment.

**Right:** Morley turns herself upside down, supporting herself with her hands to perform her set of head handstand push-ups. She seems to get a burst of energy and speed as she releases a stream of continuous repetitions. Her goal is to get out of the push as fast as she can, and she does so flawlessly.

By Athena Skapinakis  
Editor-in-Chief

### Inside the dark

gym known as CrossFit CrazyHouse, those who gather dare to push themselves far past their limits.

To a stranger, the room almost resembles a dungeon with various torture devices strewn about or a battlefield with unknown enemies and obstacles. However, to the warrior, CSU Bakersfield senior Monica Morley, the chamber is a familiar place. It is a playground full of thrill worth seeking and trials worth enduring. This is where the warrior comes to conquer.

Morley and the other CrossFitters prepare themselves with a series of warm-ups for the challenge ahead. Low, animalistic sounds escape their mouths as they lift massive barbells into various positions: Knee, ankle, power clean, overhead squat and a full snatch.

Unmistakable from the rest of the CrossFitters, Morley's presence burns brightly in the low-lit room. There's some-

thing about her that captures attention immediately. Perhaps it's her petite stature combined with her resolute gaze that draws you in. At 5-foot-3 inches and 121 pounds of lean muscle mass, she can overhead squat more than her own bodyweight. How can someone so small appear so fierce?

"CrossFit is efficiency," instructor Crystal Becks tells the class.

Morley looks up to the dangling rings, dips her hands into a bucket of chalky white powder and brushes her palms together. She wants to make sure she gets a good grip.

"You've got this, stay focused," she thinks as she readies herself for her first ring muscle-up. "Get your mind right."

All other thoughts are absent from Morley's mind as she recites the cues to perform her next movements.

Strong kip, loose elbows, quick turnover. She latches onto the rings, pulls herself up and

Two rings dangle above her head. She isn't the least bit intimidated because her

warrior's mindset is unbendable. She sees her goals ahead of her, and she's ready for it.

"Let's do it," she yells out.

...

Twenty-five-year-old Morley comes from a competitive athletic background. She was a cross-country runner for five years, and during her sophomore year of high school, she was the number one runner in Kern County. She's also a two-time champion of the Volkslauf, a Marine-designed 10k run, which features a waist-deep mud pit about a quarter-of-a-mile long as well as obstacles that require participants to crawl, crawl and climb.

She sought to expand her athletic interests. As a personal trainer and a group exercise instructor, she was used to coaching others.

"I was always pushing people, and I was looking for something to give me that back as well," Morley says. "That's what CrossFit gave to me."

[See CROSSFIT, Page 3]

**SPORTS**

## Mayor honors volleyball team

By Esteban Ramirez  
Sports Editor

It continues to be a year to remember for CSU Bakersfield's volleyball program.

On Feb. 6, Mayor Harvey Hall presented the volleyball team with Mayor's Medal of Appreciation and the coaching staff with Certificate of Appreciation plaques at the Icardo Room for being the first CSUB team to win a Western Athletic Conference Tournament Championship and making the NCAA Division I Volleyball Tournament.

Senior middle blocker Molly O'Hagan said it was a huge honor to receive the medals from Hall.

"It was an insane honor," O'Hagan said. "It was great to meet the Mayor and to hear that he was proud of us and that we made Bakersfield proud. It was nice to make CSUB proud, but it means even more to make Bakersfield proud."

"It's just so surreal. It's crazy what winning a few volleyball games can feel like and what it does. It's just such an amazing experience to share with the girls and to meet new people. It's just great and unreal."

"I think it's an amazing recognition," CSUB Director of Volleyball Giovana Melo said on Hall recognizing her team and coaching staff. "It's an honor and I'm proud of the team and everything that they have accomplished. It's crazy and I think things like this remind you a little bit of that moment and it really put things in perspective. It was a good season and it deserved this kind of recognition. It has sunk in, but every day things like this happen that remind you of it."

On Nov. 22, the 'Runners swept Seattle University (25-22, 25-21, 25-17) in the WAC Tournament Finals and earned an automatic bid to the NCAA Division I Volleyball Tournament where they played at the time number-one ranked Stanford University. The 'Runners were swept by the Cardinal (25-21, 25-21, 25-18), but played them tough in all three sets.

CSUB recognized the memorable season that the team had by extending Melo's contract by one year.

"I'm so happy to have this opportunity to bring recognition to the volleyball team and the coaching staff," Hall said. "I'm proud of the players and the coaches for the success that they have had this season."

"Anytime we can bring further identity to California State University, Bakersfield through our athletic programs and through our education opportunities then that's a positive thing for the university. That's what I tried to do today. I wanted to give the players and coaches a pat on the back because it really is special when you're tournament champions."



Image Courtesy of the CSUB Athletics Department  
**Mayor Harvey Hall awards redshirt-sophomore libero Sophie Flemion with the Mayor's Medal of Appreciation on Feb. 6.**

## NEXT WEEK

Take a look back at four decades of campus news coverage as The Runner celebrates its 40th Anniversary with a special edition next Wednesday, Feb. 18.

- Timeline of major news events
- Past entertainment and music on campus
- Former championships and student athletes
- History of Student Life and fashion
- Trivia and unsolved mysteries

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Check out our videos and audio at [therunneronline.com](http://therunneronline.com)

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## RUNNER ON THE STREET

This week, The Runner asked, "What is the perfect gift for Valentine's Day?"

By Bre Williams

	<p>"I would have to say time is the best gift... well, that or Taylor Swift tickets."</p>		<p>"The best gift would be saying that you don't have to care about Valentine's day."</p>		<p>"The perfect gift has gotta be chocolate. Everyone loves chocolate."</p>
	<p>"The perfect Valentine's gift is watching House of Cards."</p>		<p>"The best Valentine's gift would be flowers, because they make you happy."</p>		<p>"I don't really like big things, but going to dinner would be nice."</p>

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In defense of fracking:  
Benefits of oil production outweigh the criticismsBy Richard Garibay  
Assistant Opinion Editor

For the laymen, "fracking" is short for hydraulic fracturing which is a method of oil and natural gas production that pumps water, sand and chemicals at very high pressure into the ground in order to break rock formations and release the resources.

As with all things that benefit oil production this method has drawn a great amount of criticism from certain groups.

One of the more dramatic fears of fracking is an unfounded belief that it causes earthquakes so large that they will cast the entire state of California into the Pacific Ocean.

It is true that fracking does cause earthquakes, like the much cited magnitude three in Ohio not only are these rare they are also quite harmless. According to the United States Geological Survey's website, "Hydraulic fracturing, commonly known as 'fracking' does not appear to be linked to the increased rate of magnitude 3



Illustration by Eric Garza

## Hydraulic fracturing, or "fracking," stirs passions on both sides of the argument.

and larger earthquakes."

To put this into perspective the USGS goes on to state that earthquakes between magnitude 1.0 and 3.0 are, "Not felt except by a very few under especially favorable conditions," and produce "vibrations similar to the passing of a truck."

The second criticism is the fear of pollution whether it is water or air. Many people who disagree with fracking cite

usage of water in a drought-rid-

den United States. Granted, this water becomes unusable, but, scientific-alliance.org states that, "a considerable proportion of the water used is recovered and reused for subsequent fracking purposes."

This means this water is not dumped into the ground wells of orphanages as many opponents would have you believe.

Also true is the fact that frack-

ing releases some chemicals into the air, but because this method has made it easier and more cost effective to drill for oil coal is no longer the preferred option for electricity production.

Because of this the Scientific

Alliance's website goes on to argue that, "the evidence in America is that gas has displaced coal and given real benefits in terms of air pollution as

well as reducing carbon dioxide output."

Producing electricity by using coal defeats the purpose of using electric vehicles to reduce pollution because it inadvertently causes more.

So, fracking is a great benefit as it produces clean electricity.

One of the greatest benefits can be seen in its effects on the US economy.

According to a Yale study found on the California Independent Petroleum Association's website, "Had drillers not cracked the code on shale gas with horizontal drilling combined with hydraulic fracturing, the United States would have been forced to do what experts expected five years ago: import massive of quantities of gas in the form of LNG from countries like Qatar, Australia, even Russia."

Fracking has created an energy independent United States.

No longer does the country have to fear the overseas political climates and their effects on oil production.

## Students should make the most of college experience

By Anthony Jauregui  
Senior Reporter

Every day I'm on campus I hear one of three things: A club is promoting an event, someone is giving away free food to bring attention to a club or, "Oh my God, there isn't anything to do on campus."

Everyone's perspective of college is different. To the baby boomers, its somewhere the young generation goes to get blown and protest Nixon. To the 80s and 90s kids, it's a place to party, get a degree, and live.

To us, it's a combination of apathy and procrastination.

Along with feeling apathetic

and entitled to everything, what I've learned about this generation of ours is that criticizing flows through our veins and exits out of our mouths or right back into our brains.

Maybe not every day, but quite often, I hear in passing or in class about how there's nothing to do in this town but more importantly on this campus. How this is a "dry" school and we need more entertainment.

I'm constantly puddled and muddled with negativity on this campus and I've grown a minuscule amount of outrage for it.

I feel like I go to college with a bunch of high school mean girls who think they're better than everyone and deserve everything handed to them on a silver platter.

If you want entertainment, go to it. Join clubs, go to theatre shows, watch a basketball game, do anything but sit on a

horse from atop a mountain and think you're too good to attend.

I know the things offered on campus may not appeal to everyone, but I promise, there is something out there for you, and if there isn't, create your own fun.

I used to think this campus was the worst.

I'd park, walk fifteen minutes to a classroom in BFE, take some notes then I'd walk back to my car and leave.

Those were the most depressing moments of my life, aside from "The Office" ending in 2014.

Discovering clubs and activities at CSUB, and joining and being a part of something, the quality of my life grew exponentially.

I'm constantly working on projects and still doing a mediocre job in my required classes.

Instead of saying there isn't anything to do on campus, I challenge you to do this: Walk down the cold, long desolate hall of DDH on a Friday night and just look at all that is offered here. There's a freaking gaming club for dang nabbins sake.

There is so much offered here at CSUB.

Off the top of my head there are clubs such as: Club Gen, Film Club, Muslim Student's Association, Fashion Club, Veteran's Outreach Club and Japan and Beyond. There are clubs for everyone.

Don't let your failing buddy who attends UCLA or USC tell you different, you'll be seeing them soon.

And if you think this a dry campus, think again. There's booze in the Student Union at Rowdy's.

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CSUB offers plenty of entertainment

In the editorial "CSUB in need of entertainment," the author cited musical and comedy performances at other CSU campuses that are missing from the CSUB calendar.

The author also cited the need to drive to Los Angeles or Fresno for quality mainstream pop entertainment, and mentioned that "water refilling stations" are not morale boosters. I'd like to address a few of these points.

First: CSUB is the smallest "full service" CSU campus, with about 8,000 students. Chico, which was mentioned in the editorial, has double the student population of CSUB. San Jose and Fullerton have 30,000 and 36,000, respectively. They have more students, more

money, and larger venues. In addition, CSUB's largest indoor concert venue only has a capacity of 494 people.

Second, by mentioning Fresno and L.A., the author unknowingly acknowledges another issue. Bakersfield is at a disadvantage when it comes to major tours. It is sandwiched between two larger cities, in a state with a total of eight larger cities.

Third, water-refilling stations aren't here to entertain you. They are here to benefit the environment, not just on a grand scale, but the small one. It keeps fresh, cold water available for students and reduces the litter of empty water bottles laying around campus, which will later go on to fill up

garbage dumps. It also eliminates the sanitation issues related to drinking fountains, and, it saves students the cost of a bottle of water every time they want a drink. Not every dollar spent with ASI exists to create an exciting atmosphere. Some of it is used for purposes greater than that.

Fourth, and this is the big one, CSUB has art shows, theatrical performances, opera, musical performances, a dance marathon, speakers, movie nights, karaoke nights, and more. If there is something you feel is lacking, do something more than whining about it. Make it happen.

Ed Webb  
MPA Student

# CrossFit trainer: 'I will give it my all'



With the cold metal in her grip, Monica Morley squats low and then hauls the weight up to her chest, elbows flared out, to complete a string of sumo deadlift high-pulls. "Not afraid," by Eminem plays through the speakers and fills the room. "I'm not afraid to take a stand...."

[CROSSFIT, Page 1]

**A year ago**, she nervously

walked into CrossFit CrazyHouse for the first time. It was like jumping into a thick fog. She felt intimidated, uneasy and unsure if she was ready to come out on the other end of the mist swirling before her. After trying a week's worth of class sessions and learning that Becks also had ties to CSUB as the housing director, her mind was made up. CrossFit was for her, and it would become something that would encompass her whole life.

CrossFit is high-intensity training, based on functional and natural body movements. Everything needed to become a well-rounded athlete can be found in the sport. It increases speed, strength, balance, core and stamina. According to CrossFit Inc., the first training facility began in Santa Cruz, Calif. in 2000, and now there are more than 11,000 affiliates around the world.

Her smiles are full of enthusiasm, and her excitement bubbles up whenever she speaks about fitness, particularly CrossFit. She loves the saying, "If you know anyone who does CrossFit, the first thing they will tell you is about CrossFit."

The sport bleeds into Morley's life so much so that she got her certification to become a CrossFit coach. She instructs at CrossFit CrazyHouse. She also finished third at the Jan. 31, 2015 WOD (Workout of the Day) Wars in Porterville, Calif. for the highest division of combatant.

She incorporates the fundamentals of CrossFit in her 30-minute Abs and Butts and Guts classes, which she teaches at CSUB's Student Recreation Center. She does the routines with her students and demonstrates proper and improper form so that they can understand the difference.

Erica Smith, Morley's best friend, says she's like the Energizer Bunny. In an anonymous survey by a class member, one student credited Morley for helping her lose 20 pounds and changing her life.

There is no quick fix, she tells her students. She says getting in shape is very basic but requires discipline and determination.

"There's no easy way out. So, it can't be a habit," says Morley. "It has to be a lifestyle."

Even for Morley, she can recall times when she's given in and quit.

Six years ago, she was in the middle of a race. She fed herself negative thought after negative thought until she had convinced herself she was physically sick. The only sickness was her self-doubt. Her entire body ached, and her breath became shallow. Suddenly, she felt as if she couldn't breathe at all. Morley dropped out.

She isn't proud of self-doubt, and understands it helped fortify her iron will. When negative thoughts creep in, she releases them immediately because she knows that to doubt herself and give up is by far the greatest of failures. She knows the power of her mind is greater than any muscle in the body.

**"No matter how tired, sore, hurt or in pain I am, I won't give up."**

Monica Morley

She hangs onto the bar as her repetitions grow higher and higher, she feels the pressure. The 65-pound weight isn't the challenge though. The hard part is the 100 unbroken hang power cleans, a movement in which she brings the bar from the floor to a front rack position, elbows tucked underneath. The bar isn't to touch the floor, not even once. If the bar drops at any point during the exercise, her repetitions will reset to zero and her hard work erased. To drop the bar is to have to start again, leading to more pain and more frustration.

Forty, fifty, sixty repetitions.

Pain consumes her forearms like scorching fire, but still, she clings to the bar. She tries to filter out the negative thoughts clawing at her. Even with the stakes high, she refuses to contemplate dropping the bar.

Morley has been training for a year, and while still new to CrossFit, she is ready to show how hard she has worked. She treats each and every workout as if she were in competition, getting her mind ready for the real thing.

Looking into the future, Morley is confident; she believes this is her chance to prove how far she has come.

"I'm not really nervous," says Morley. "I know I will give it my all and that's all I can ask for."

The author works as a part-time personal trainer at the Student Recreation Center, but does not work with Monica Morley.

## Symposium on Discrimination to bring awareness to students

By Jeanette Sevilla  
Reporter

The Symposium on Discrimination will be held on Feb. 11 from 5:30 p.m.-7:00 p.m. in the Student Union's Multi-Purpose Room at CSU Bakersfield.

Discrimination continues to pervade our culture and our campus. CSUB clubs show how passionate they are about the subject of discrimination as they collaborate with each other and announce their Symposium of Discrimination.

The Sociology Club paired up with M.E.C.H.A., The Newman Catholic Club, Psychology Club, MSA, MCC, AASU, ASI, Student Programming, Japan

and Beyond, and the Veterans Outreach, to deliver an inspiring event.

The event is free to attend and also will offer free food.

The event will, in hope, provide our students and faculty as a whole, the crucial effects of discrimination amongst each other.

Dr. Anna Duran (PhD) will be speaking at the event in behalf of the Psychology club to discuss discrimination from a psychological perspective.

Additionally, Angel Armenta will speak about male homosexuality and Kamela Meadows will speak about mental disorders. MSA brings Hala Alnagar to speak about the experience discrimination towards

Muslims. Sociology club brings Dr. Dugan to speak about discrimination within society.

President of the Psychology Club, Chris Sanders says, "It's disheartening to think that our campus would need to do an event like this, but it would ignorant to think that we don't."

"Cal State Bakersfield is the most educated and most advanced area in this town, but discrimination still happens on our campus. And we want to shed light on that to make it known that the students here will not stand for it."

The clubs are driven about this subject and event and their actions speak for themselves as they stand together to defeat discrimination.

## Interested in joining The Runner?

Join Comm. 214/414 for the spring quarter or send an email to [jburger1@csub.edu](mailto:jburger1@csub.edu)

**Do you ask questions and wonder about things around campus?**

**Are you interested in news reporting, sports, features, opinions, photography, or multimedia production?**

**Are you a salesperson who wants experience selling ads to local businesses?**

**Are you a journalism major looking to beef up your portfolio for job interviews in the field?**

**Then join The Runner for the Spring 2015 quarter!**

**Some of the greatest superheroes were journalists.**

**Homecoming '15 Schedule of Events**

**CAMPUS PROGRAMMING**

**SATURDAY, FEB. 14**

**Women's Basketball vs. New Mexico State**  
1:00 p.m. | Icardo Center

**Baseball Game vs. Creighton**  
6:00 p.m. | Hardt Field

**MONDAY, FEB. 16**

**Campus Clean-Up**  
12:00 p.m. - 1:00 p.m.  
Runner Park  
(Led by Homecoming Court Candidates, all faculty, staff, students, alumni are invited to participate in cleaning house! Wear your blue & gold, and show your school spirit!)

**Homecoming Kick-Off**  
1:00 p.m. - 2:00 p.m.  
Runner Patio  
(Meet your homecoming court candidates; BBQ; DJ.)

**TUESDAY & WEDNESDAY, FEB. 17 - 18**

**THURSDAY, FEB. 19**

**Runner Rally**  
5:30 p.m. - 6:30 p.m.  
Runner Cafe  
(Pre-game party for students.)

**Men's Basketball vs. Chicago State**  
7:00 p.m. | Icardo Center  
(Freshman, Sophomore, and Junior homecoming court winners will be announced during half-time. Top two Senior finalists for King/Queen will also be announced!)

**CAMPUS SPIRIT DAY**  
All Day  
(Wear your blue & gold/CSUB attire and show your Runner spirit! Spirit scouts will be searching the campus and giving away prizes to those showing the most school spirit!)

**Outstanding Alumni Ceremony**  
12:00 p.m. | Solario, SRC  
(Celebrate alumni from each school and hear about their journey from CSUB to career.)

**Baseball Game vs. N. Kentucky**  
6:00 p.m. | Hardt Field

**FRIDAY, FEB. 20**

**SATURDAY, FEB. 21**

**Homecoming Pre-Game BBQ**  
2:30 p.m. - 4:30 p.m.  
Lawn between Sci. III & Health Center  
(Fun activities, free food, and drinks.)

**Homecoming Men's Basketball Game vs. Kansas City**  
7:00 p.m. | Icardo Center  
(FREE for CSUB students. Homecoming court winners will be crowned during half-time!)

**Homecoming Dance**  
9:00 p.m. - 1:00 a.m.  
Westchester Hall  
2081 F. Street, Downtown  
(Dance the night away Gatsby style!)

**Baseball Game vs. N. Kentucky**  
12:30 p.m. | Hardt Field

**Homecoming Men's Basketball Game vs. Kansas City**  
7:00 p.m. | Icardo Center

# Black History Month kicks off

By Kabria Dodley  
Reporter

On Monday, Feb. 2 from 7 to 9 p.m. the African American Student Union held their Black History Month kick-off in the multipurpose room of the California State University, Bakersfield Student Union.

The meeting included the singing of the Black National Anthem, club introduction, upcoming events, information regarding the African American Recognition Ceremony, and a slide show titled "From Then to Now" presented by CSUB student Morgan Cortez.

At the beginning of the meeting all of the attendees stood from their seats while 21-year-old junior Rachel Brown sang the Black National Anthem. Flyers were passed out prior to Browns' singing for anyone who wished to follow along and sing as well.

A club introduction was given shortly after by CSUB student Brittney Watkins. "Our purpose is to promote African American Students at CSUB with the intention of creating a strong voice on campus and to make an impact on decisions regarding students of the university community" said Watkins.

Another presentation of the night included one by June Grimes who is an Office of Supportive Services counselor

"Applications aren't out yet



A.J. Alvarado/The Runner  
Micheal Ogundare passing out information sheets to students at the Black History month kick off on Monday, February 2, 2015, in the student union on the CSUB campus

## Kidzania, A new kind of theme park

By Barry Ramirez  
Reporter

There is a new type of theme-park that eager children across the world are giddily lining up to enter. This isn't the easily imagined theme-park of our youths—where roller-coasters loop curiously against the clouds and sky, where bulbous, life-size characters frolic and greet pedestrians. There isn't even an arcade. Indeed, from Mexico to Mumbai, children at Kidzania are entertained by role-playing as adults.

Kidzania is a scaled-down, corporate metropolis. On entering, children are assigned bank accounts, given 50 Kidzos (the currency at Kidzania) and wallets to holster their debit cards by Zupervisors. To remain solvent, children can make additional Kidzos by joining activities and taking up certain occupations like becoming a dentist, fireman, judge, fast food worker, or pilot. These occupations are sponsored by multinational corporations. If the children work in a restaurant, then it's Burger King or Pizza-Hut; there's a smoothie making activity that is sponsored by Coca-Cola. If they wish to become dentists, then it's in an

office endorsed by Crest.

In a recent article in *The New Yorker*, Rebecca Mead, who visited the first created Kidzania in Santa Fe, wrote, "Children can spend their kidzos on renting a car—small electric vehicles moving around a go-kart track that is sponsored by companies like Mercedes-Benz or Renault—or at the mini city's department store, which bears the name of a regional chain and is stocked with covetable trinkets."

That isn't all: Kidzania is a nation. It has Congrezzmembers, Rightkeepers, an anthem, a flag. Mead commented that, in one of the quasi-governments proceedings, the children looked "like participants in synchronized performance celebrating the birthday of Kim Jong-un." Children are chosen to represent the body-politic through an online selection of regular attendants that is tinkered with by clinical psychologist and marketing experts.

Most of the argument that has been offered in support of Kidzania has been cloaked pragmatism: it is useful and healthy to teach children how to properly manage their finances, to get a job, and to be active in the political process. Initially, this seems enticing.

ing. While it must be admitted that it is important for children to eventually learn how to navigate the world they occupy, it's not difficult to criticize the manner it's being done in at Kidzania.

The most alluring feature of Kidzania should be it's most horrifying: its realism. It would be an error to think that it's innocuous for children to role-play as adults in the uncreative and structured way they do at Kidzania.

For every activity, there is an implicit, corresponding ideology. When, for example, children work as fast food workers at Burger King or dentists at the Crest office, when they are compensated unequally and one is allowed to have more than the other—perhaps he rents a Mercedes-Benz when the other can't—it occurs to the children that society ought to be structured the way that it is. In other words, there should be economic inequality and a class system. When they participate in the political process, it's affirmed that a government ought be comprised of a congress and a president.

Put another way, Kidzania becomes a quiet vouch for the status quo.

## Do's and don'ts for the day of love

By Marizza Espinosa  
Reporter

It's that time of the year again, everyone! Valentine's Day! This Saturday! Yes, I said this Saturday. Sorry, but there is no way of getting out of doing something with your significant other this year. You don't have the excuse that it's on a weekday and you have school, work, etc. Let's get straight to the point though. Who else is struggling on deciding on where to take their significant other on this lovely day? Well, no need to stress anymore! I've got some do's and don'ts on what to do for this Valentine's Day.

### Do's Movies

Are you at that beginning stage of your relationship where you two don't do much but go to the movies all the time anyways? No point in changing it up then, right? All you need is \$40 for Edwards Cinema. The cost of two movie tickets is \$15. If you two are the "kid at heart" type of couple, then The Spongebob Movie would be a perfect fit for you two! It's animated, funny, and who doesn't love Spongebob! If you two are the more "serious love lust" type of couple, Fifty Shades of Grey comes to a theater near you on this special day.

### For the couples that are so in love they just want to keep each other to themselves, Redbox is for you! Grab a blanket, pop some popcorn, open a bottle of

wine and snuggle up on the couch to watch a romance. You could go "old school" and watch The Notebook, The Fault In Our Stars, or If I Stay. Watch a romance, enjoy each other's company and love. Don't get me wrong. There are some couples that hate the lovey dovey movies and prefer action, comedies, suspense, etc. Go for it! It's your night.

### Dinner

You know what they say - the way to someone's heart is through their stomach. Make a romantic reservation for two. P.F. Changs is offering a 3-courses special for only \$45 until the Sunday after Valentine's Day - so, there's still time. Wine and dine your valentine. Cafe Med on Stockdale is the perfect place to do so! On Valentine's Day, Cafe Med is offering two specials. Go and enjoy some filet mignon and prawns for just \$54.95 or filet mignon and lobster for \$79.95. You and your date's stomachs will be fairly satisfied.

For those couples who have got a big sweet tooth, go out for some ice-cream. Go to Dewar's and order a large sundae for two for only \$6.30! Or if you just want to stay in, make brownies or cookies from scratch. You get the best of both worlds - sweets and each other.

### Park

What better way to enjoy your Valentine's Day than with a stroll in the park with your love bug? Make some sandwiches,

grab some pie, a blanket and head out to the park. Enjoy a picnic. It's simple, sweet and inexpensive. And you get to enjoy the fresh air. A win win for all.

### Flowers

Girls love flowers. Even if we say we don't, we do. You can even pair some chocolates with them! Trader Joe's has a dozen roses for only \$12.99! Just try to steer away from picking flowers from her front lawn. Any other day, that'd be a cute gesture. But, it's Valentine's Day - buy her flowers.

### Dollar Theater

Don't be that guy to take your girl to the dollar theater. It's one day out of the year for you not to be cheap. Maybe aside from your anniversary, but your anniversary is definitely not guaranteed if you take her to the dollar theater on Valentine's Day. I mean, come on. What says I don't love you like only willing to spend \$1 on her. You've still got time - put \$5 away every day and save up till then! You got this!

### Drive thru

Do not, under any circumstances, take your significant other to a cheap drive thru. I don't care if they say they are a cheap date jokingly - abort mission. McDonald's is a big fat McNo. Taco Bell - ding ding ding, loser. Though you can have it your way at Burger King, things will not go your way. Drive thru's are a no go.

# Love is in the air, everywhere you look around

By Shelby Parker  
Senior Columnist

I have always loved Valentine's Day. Maybe it's my obsession with hearts, love songs or those Sweetheart candies, but ultimately I love that we have a day to celebrate the love that is all around us. Have I ever had a 'Valentine' for the occasion? Well, no. Then, why do I like the holiday so much?

The evening also included a slide show regarding many cases of police brutality throughout the years. CSUB student Morgan Cortez presented this slide show for anyone who may not be aware of just how many cases of police brutality occur in the U.S.

The purpose of the slide show is "to inform students of all the police brutality that really does happen all over the country, not just to men but women as well" said 21-year-old CSUB student Rachel Brown.

After the slide show, a calendar of events was passed out to the attendees about all of the Black History Month events happening this month on and off campus.

The AASU believes strongly in letting students who want to join make new friends and feel comfortable within the club. They believe in creating a place where students do not have to worry about discrimination and can have an environment where everyone is welcome.

We all spent the evening together; ate dinner, then stayed with her for a few hours in the hospital, trying to make light of the situation. We were all together, laughing and joking, even in the midst of a crappy situation and that was what mattered. Looking back, that's one of my favorite memories and favorite Valentine's Day.

Other times, I've crashed my parents' dinner plans, since I'm an only child. Sometimes I'd have date night with my cousin, and we'd go to the movies and grab a bite to eat. More recently, I invited my best friend over.

If you ask me, being in a relationship or feeling the pressure of having to be in one is extremely overrated. I get that couples should be celebrated - If you're in one, great! If you're not, that's great, too.

As the great philosopher Taylor Swift has said, "You can have love all around you without being in love, and find romance in your everyday life without being in a romantic relationship."

So, this year, I choose to celebrate Galentine's Day. I'm celebrating with my best gal pals. There are a couple ways you can do this!

### Girl's Night In

If you feel like doing things the laid-back way, invite your closest friends over or meet at someone else's house for the evening. Have everyone bring something for a potluck style meal or cook it from scratch, like heart-shaped pasta or heart-shaped pizza to stick with the theme. You can even bake treats to snack on while you watch that list of chick flicks.

Some of my favorite films include, "Sweet Home Alabama," "13 Going on 30," "A Walk To Remember" and "Titanic." You can always crank up the tunes and have a dance party to songs like Whitney Houston's "Dance with Somebody." If you're stuck on where to start with party planning, Pinterest will have you scrolling for days with ideas for decorations, food and everything in between.

### Girl's Night Out

Who needs a guy to go out on the town? Get your girlfriends together, get dolled up and eat at your favorite restaurant. While the night is still young, check out a local band or go out for a fancy dessert. Take too many selfies, eat until you're too full to move and laugh until you're near tears.

I might be single, but I'm not bitter towards the holiday. One of these years, I will have a Valentine to spend every day with, not just Valentine's Day, but until then, I will celebrate with those I am closest to. Love should be celebrated in all variations on Feb. 14. So, don't take it so seriously and celebrate with whoever you want.



## Last minute Valentine's Day ideas

Cristmat Mateo  
Reporter

Valentine's day planning can get stressful and expensive—which makes it even more stressful. However, with a little bit of creativity, this day can still be enjoyable and budget-friendly. Here are a few fun and simple activities to try out for last minute planners!

### Day-Date: Brunch-Game Day

Early birds—wake up and prepare breakfast for you and your significant other. Cook omelets and turkey bacon, transfer orange juice into a glass pitcher, and pick up a fresh batch of bread from your favorite bakery.

Pack everything into a nice picnic basket with silverware, napkins, and a board game. Also, for a little more fun, bring a bottle of champagne—to add to the orange juice or enjoy separately.

While enjoying brunch, bring out your favorite board game! Not only will you both burp from all the food that you just ate, but you will also share laughs and make memories.

Since brunch is such a casual event, dress it up. For the ladies, wear a nice, romantic dress, and make it more casual with some sandals or even sneakers. Gentlemen, whip out your nice spring jacket, dressy shorts, and boat shoes. Don't forget to wear your favorite pair of sunglasses and sunscreen.

Try Betty Givan's, cookbook author and host of YouTube cooking channel BettysKitchen, "Fantastic Spicy Mexican Omelet" recipe:

#### Fantastic Spicy Mexican Omelet

- 6 whole uncooked eggs (I use 4 yolks and all 6 whites.)
- 1/2 tablespoon of margarine for sauteing vegetables
- 1/4 cup green bell pepper (chopped fine)
- 1/4 cup red bell pepper (chopped fine)
- 1/4 cup onion (chopped fine)
- 1/4 teaspoon chili powder, pinch of cumin, salt and black pepper to taste
- 1/2 cup shredded Mexican-style cheese

#### Stay Fit: Sporty Day

Who says athleticism is necessary to play sports? Keep it light and fun. Start the day with a delicious, light lunch. Refer to "Day-Date: Brunch-Game Day" for an

omelet recipe to use.

Since the sun is finally starting to come out, enjoy the nice weather with your significant other and get active. Make use of what you already have to avoid the hassle of planning. If you own a basketball, go to a local park and play. Tennis is also another

exceptional option. However, if you are not very sport savvy, you can always put on a pair of running shoes and just take a walk around the block. For added competition, try jogging, then racing each other.

Kendyl Chavez, a communications student at California State University, Bakersfield has been in a relationship for two years. She says, "friendly competition is good because I feel like you push each other to do or be better."

Fashion should not be compromised for fitness. Since perfect weather has been upon Bakersfield lately, fun and colorful fitness clothes can be worn. Ladies, it is time to sport your racer-back tank tops paired with your favorite gym shorts and running shoes. Fellas, show a little skin with a nice tank, fitness shorts, and your training shoes.

Keep it light and breezy, as the heat can get overwhelming. After a fun, sporty date, maybe this can turn into a fitness regime. Hello summer!

#### Date Night: Dance Away

Receiving your tab after a fun night at the club can be surprising, depending on how much fun you have had. So here is an idea that all ages, and all budgets, can enjoy.

"I once paid over \$300 for a bar tab," Jonathan Santiago says, a former CSUB employee.

Girls, put on the dress that makes you feel most beautiful and confident. Pair it with your favorite pair of dancing shoes. Guys get dressed in your most dapper suit, wear your freshest cologne, and your most comfortable dress shoes.

For this activity, do not be afraid to get "dorky." Couples are supposed to be most comfortable with each other anyway.

Make a poster with both of your Twitter or Instagram names on them. You can also make an additional poster that says, "Happy V-Day!" Make it fun.

While dressed in your fanciest outfit, go around town with your posters and look for local businesses with surveillance cameras by the front door. This activity is most fun when businesses are already closed. Since most surveillance videos are silent and appear black and white on screen, it would be fun for you and your partner to create a short black and white film or a silent music video.

At the end of your film, get your posters and show it to the camera. The business owners will definitely be surprised and entertained when they watch the videos. Who knows, they may post the videos online, go viral, and you instantly become an Internet sensation!

You can also bring your own camera and record yourselves while making your silent films. Go to as many businesses as you can, record yourselves, and edit the videos to connect all the clips, make it black and white, and put background music.

Valentine's day should not just be about fancy dinners, movies and popcorn, and date nights anymore. Make it fun, affordable, and create memories with your loved one. Last minute planners, if you choose to incorporate any of these ideas for your V-Day date, I would love to see them! Tag me on Facebook, Twitter, or Instagram. Have a safe Valentine, and for those who are of age, enjoy responsibly.



Bre Williams/The Runner  
Kayla Dacoron and her boyfriend, reporter Cristmat Mateo, enjoy a picnic together.

## WHAT'S HAPPENING?

FEB 11	Wrestling vs. Cal Baptist – Icardo Center 7 p.m.
FEB 12	Brown Bag Discussion – Stockdale Room at 12 p.m. Women's Basketball vs. Texas-Pan American – Icardo Center 7 p.m.
FEB 13	Baseball vs. Creighton – Hardt Field 6 p.m.
FEB 14	Women's Basketball vs. New Mexico State – Icardo Center 1 p.m.
FEB 15	Baseball vs. Creighton – Hardt Field 6 p.m.
FEB 19	Men's Basketball vs. Chicago State – Icardo Center 7 p.m. Voice Recital – Music Building, room 127 An evening of Art Song and Aria. Students of Vicki Wikoff and Peggy Sears. For more information email <a href="mailto:vwikoff@csub.edu">vwikoff@csub.edu</a>
FEB 20	Campus Spirit Day – All Day Wear your blue and gold CSUB attire. Outstanding Alumni Ceremony – 12 p.m. Baseball vs. Kentucky – Hardt Field 6 p.m.
FEB 21	Baseball Game vs. N Kentucky – Hardt Field 12:30 p.m. Homecoming Pre-Game BBQ – Lawn between Sci. III & Health Center 2:30 p.m. Homecoming Men's Basketball vs. Kansas City – Icardo Center 7 p.m. Homecoming Dance – Westchester Hall, 2081 F street, Downtown. "Dance the night away Gatsby style!"

Calendar sponsored by CSUB Office of Student Affairs, School of Arts and Humanities, and Walter Stiern Library.

If you would like your event to appear in this calendar, contact [runner@csub.edu](mailto:runner@csub.edu).

## COLD BEAKS

BY MIGUEL A. OCHOA

In only a few more days, humans actually intend on celebrating this so-called "Valentine's Day" by offering their own hearts to each other.



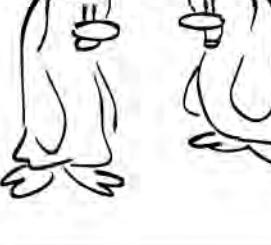
Humans sometimes practice the strangest traditions. Clearly, the human brain carries all emotions.



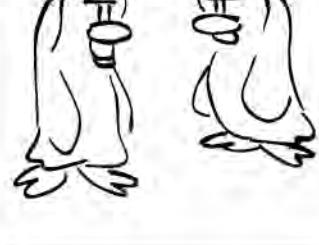
I believe so. I just cannot understand their odd customs to charm significant partners.



Feathers! I have forgotten to collect pebbles for my mate.



Be calm, friend. Surely, she cannot wait to hear your reasoning for this year.



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## FEATURE

## The Hammond wrestling bloodline runs deep in CSUB

By Esteban Ramirez  
Sports Editor

Wrestling has always been in the bloodline of the Hammond family.

Their father, Ray Hammond, wrestled at Bakersfield High and then at CSU Bakersfield in 1985. Then just about 24 years later, Hammond's son Bryce and his younger son Coleman followed in his footsteps as they are wrestling for CSUB.

"Even when we weren't wrestling we were always around it for as long as I can remember," Bryce said. "It's kind of all we have known. I can't really compare it to anything just because we have always wrestled every day, but it has kept us busy and out of trouble."

Bryce, who is a redshirt-junior, competes in the 174-pound weight class and Coleman, who is a redshirt-freshman, competes in 149. Both wrestled at BHS before going to CSUB.

Coleman said that everyone in their family understands the sacrifices they have to make.

"There is more respect towards it and there's understanding of what we are doing every day," Coleman said.

Bryce and Coleman started wrestling at a young age and other than two years—when Bryce was a freshman in high school and was a freshman at CSUB—they have always wrestled on the same team.

Bryce: "It's how it has always been. We were on the junior high team together, then high school together and now in college together, so it's nice to have your brother and your friends all on the team together. It's comfortable."

Coleman: "That was a little different because we had grown up going to the same tournaments and stuff. So now being on the same team is nice because we are in the same place. I'm not worrying about how Bryce is doing at a national tournament or something like that. We have classes together too, so it's kind of fun. It kind of takes the stress away before a big tournament."

Bryce is a two-time PAC-12 champion for CSUB. He went 34-10 in his redshirt-freshman year, and went 24-14 and earned All-American honors last season. This year he is currently 14-7. After being the first four-time All-American wrestler in California history at BHS, Coleman was redshirted last year but is currently 17-9 this season.

Coleman said that what Bryce does well is his ability to scramble and control position very well.

Bryce, who he said is not as athletic as Coleman added that he wishes he had as good of an offense as Coleman.

Coleman: "People in the wrestling community know that Bryce is tough on the mat, but

## MEN'S BASKETBALL

## 'Runners lose down the stretch

By Esteban Ramirez  
Sports Editor

In a back-and-forth Western Athletic Conference game that had 11 lead changes and 10 ties, Grand Canyon University's three-point shooting and free throw misses by CSU Bakersfield proved to be the differences as the 'Runners fell 78-76 in the Icardo Center on Feb. 7.

The Antelopes (14-11, 5-3 WAC) used a heavy-guard lineup with only one forward to spread out the floor and it gave the 'Runners' (9-15, 4-4 WAC) defense problems for most of the game.

The Antelopes shot 53 percent from the floor, made 10 of 22 three-point shots and 18 of 22 free throws.

CSUB had its struggles at the free-throw line going 14 of 23 for the game.

Despite that, the score was tied 70-70 with a minute left in the game.

Then GCU's redshirt-junior guard Ryan Majerle, who is the son of ex-NBA player and GCU coach Dan Majerle, hit a three point shot from the right corner that put the Antelopes up 73-70.

The 'Runners were looking to cut into the lead with junior center Aly Ahmed shooting two free throws but he missed both and the Antelopes were able to get possession and pull away.



78  
76

CSUB coach Rod Barnes said that they made some big shots.

"We got to give them credit," CSUB coach Rod Barnes said. "They made some shots. They're a good offensive team, and their offense was better than our defense tonight. I thought we play into a position where we can win the game, but they made big shots."

CSUB was able to build an early 21-11 lead in the first half thanks in part to its own offense which shot 56.5 percent in the half. The Antelopes responded with 15 first half points from redshirt-freshman guard Joshua Braun. Braun finished with 20 points. GCU outscored CSUB 26-13 in the

final 11 minutes of the first half and went into halftime with a 37-34 lead.

Ahmed led the way for CSUB with 16 points and 11 rebounds. Junior forward Kevin Mays had 15 points and seven rebounds. Redshirt-senior guard Javonte Maynor had 15 points and senior guard Tyrell Corbin added 13 points.

"I feel like we didn't execute well on the defensive end as well as we should have," Mays

said. "I feel like overall we played really hard, stayed together but we just didn't come out victorious. I feel like I missed a big shot. I had a corner shot and I missed it. Then they made a big shot with the three in the corner. We had a mental lapse on defense, but we're going to watch film and get it right for the next game."

CSUB will play at the University of Texas-Pan American on Feb. 12.

## WOMEN'S BASKETBALL



Utah Valley

70



CSUB

58

## MEN'S BASKETBALL



CSUB

72



Utah Valley

69

## WATER POLO



CSUB

12



CSU Monterey Bay

6



Janeane Williams/The Runner

Bryce Hammond, left, watches his brother Coleman Hammond, in red, practice in CSUB's Antonino Sports Center on Feb. 4.

they might not know that he also has a deeper side to him. He's very theologically sound, he's a good Christian guy and in a lot of instances I go to Bryce with regards to a question on religion."

Bryce: "I don't think people

know how funny Coleman is. He's a funny guy. When all you know someone from is wrestling and that fighter side, I think people forget that these wrestlers still have personalities."

CSUB wrestling coach Mike

Mendoza said that Bryce and Coleman have added a family atmosphere to the team.

"They're very family oriented and there are guys on our team that are out of town who they have kind of adopted into their family thing," Mendoza said.

"There's definitely some closeness on the team. It's great having the Hammond brothers on the team. They're obviously great wrestlers, good kids and good students. They raise the caliber in the room and the quality of our wrestlers."

## WOMEN'S BASKETBALL

## CSUB rallies for comeback win

By Esteban Ramirez  
Sports Editor

man guard Mikaela Connor.

The Rodrunners then went on a 10-0 run in the next 5:30 to take a commanding 62-53 lead and gave the Roadrunners a cushion to close out the game with some free throws from junior guard Alyssa Shannon and redshirt-senior guard Tyonna Outland.

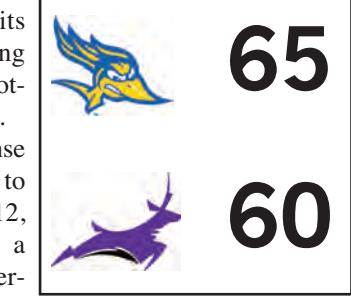
"Against Utah we didn't play very well," McCall said. "We played a little sluggish and we kind of took a few steps back just the way we were doing things. We didn't do things the way we usually do, so against Grand Canyon as a coach it was something I realized we have to get back to our old habits and our old ways. We did that against Grand Canyon and we came out with the win."

"This win was very huge. It says a lot about our players that we can still go out there and compete and play on the road. Outland led the way with 17 points and four rebounds. Junior center Batabe Zempare finished with 11 points and a game-high 16 rebounds.

"We need to win," McCall said on what he wants to see from the team against University of Texas-Pan American on Feb. 12. "We want to take care of home. No one should know our home like we do."



CSUB junior center Aly Ahmed attempts a hook shot over Grand Canyon University's senior forward Daniel Alexander in the Icardo Center on Feb. 7.



65

60

final 11 minutes of the first half and went into halftime with a 37-34 lead.

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## 'Runner Roundup

## WOMEN'S BASKETBALL



Utah Valley

70



CSUB

58

## MEN'S BASKETBALL



CSUB

72



Utah Valley

69

## WATER POLO



CSUB

12



CSU Monterey Bay

6