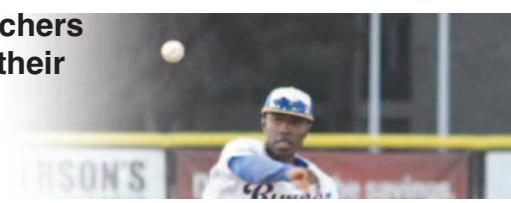


Are CSUB pitchers overworking their arms?

Page 5



Doré Theatre presents 'Hairspray'

Page 6



Breweries come to campus for Beer Fest

Page 6



The Runner

California State University, Bakersfield

Vol. 39, No. 24

therunneronline.com

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Delta Zeta Tau, Gamma Phi Beta, Nu Phi Chi, Phi Sigma Sigma and Kappa Sigma join together to participate in CSUB's annual Greek Week May 18 to May 23.



Nu Phi Chi's Beatriz Dominguez batters up at the Greek Week softball game.



GREEK WEEK



Left: Kappa Sigma rushes toward the finish line with their human sundae at Greek Week.



Right: Damon Hines Jr. plays an older version of the hero Frozone from "The Incredibles" movie.

Photos by Pablo Hernandez/Contributing Photographer

CSUB's high ranking skewed by affordability

By Kennedy Thomas
Web Editor

Time magazine has ranked California State University, Bakersfield at No. 47 out of more than 2,500 universities – for bachelor and graduate degree programs – using metrics based on a proposed White House method for ranking schools.

The list, published on Time's website on April 23, evenly distributes the values of graduation rates, percentage of Pell grant recipients, and overall affordability of attendance based on tuition costs and "the weighted average net cost for students."

Time's methodology for the rankings is similar to what was proposed by President Obama

in August of 2013, in "The President's Plan to Make College More Affordable: A Better Bargain for the Middle Class," although Time's article states that the metrics have been simplified.

The California State University website published a press release on May 5 promoting Time's rankings and stating that CSUB, along with seven other CSU campuses, were listed as being "among the top ranking universities."

CSUB President Horace Mitchell followed suit with a campus-wide email that stated CSUB ranked No. 39 on Time's list. Since that time, Time's listing has grown with the addition of more schools, bumping CSUB down eight places.

California State University Director of Public Affairs Michael Uhlenkamp believes that the CSU system's performance on the list demonstrates its value to students.

"I think that it does reflect positively, obviously, on the CSU campuses," he said. "It's something that goes back to the CSU mission of access, affordability, quality, and completion. It shows that CSU campuses are doing well in those areas, so it really does reflect our mission."

Although Time's article evenly distributes the values used to rank the schools at 33 percent each, a web application allows visitors to adjust sliders to personalize their own rankings based on what they may be looking for in a university.

Focusing on affordability – with a 98 percent focus – the application lists CSUB at No. 26 out of all the schools ranked. Adjusting the slider to focus 98 percent the amount of Pell grant recipients lists CSUB at No. 110.

CSUB's performance takes a hit when moving the slider to a 98 percent focus on graduation rates, dropping to 1,005.

Uhlenkamp said the CSU system is working on improving its graduation rates, with "a host of initiatives that are aimed at completion" in the pipeline.

If the White House does institute its own ranking system with similar metrics in the future, Uhlenkamp is confident that CSU campuses will maintain healthy positions.

"The things they're looking at are things that are part of the CSU mission," he said. "We're always trying to reach those goals."

Uhlenkamp said that the CSU representatives are currently "advocating for more funding to allow for more access," and planning to hire new full-time faculty members to "bolster the quality of programs" across the campuses.

Although he remains optimistic about the CSU system and its place on future university rankings, Uhlenkamp doesn't find listings like Time's to be a definitive measurement of a school's merit.

"Any time there are rankings, you need to take it with a grain of salt," he said.

Where do your campus fees go?

By Kassie Mullican
Contributing Writer

The rising cost of tuition throughout all CSU campuses is nothing new. But what about the recent rise in campus fees?

Each quarter students are charged mandatory fees to enroll or attend the campus, called Category II fees. This year, California State University, Bakersfield students paid \$435 per quarter in campus fees, totaling \$1,305 for the year in addition to their tuition.

But most students are unaware what those fees are for.

"I don't know what the fees are for. I just pay the amount due through financial aid," said Tracey VanEtten, a senior psychology major.

According to the CSU Schedule of Fees for the 2011-12, the most recent information available, the recommended fees for CSU campuses is \$1,209 per year.

That means that students at CSUB campus pay \$93 more than the CSU recommends.

CSUB students pay \$37 more in Student Union fees, \$5 more for health services, and a \$15 campus programming fee that isn't even in the schedule of fees for CSU.

However, students do pay \$26 less in Associated Student Body fees.

But what are these fees used for?

EJ Callahan, director of the Student Union, breaks it down this way: "Fees are used to support club funding, staffing, student organizations, and programming for students."

Callahan went on to say that "Student Union fees are used for the upkeep of the Student Union and the Student Recreation Center. Associated Students Incorporated fees are used to support student life events."

[See FEES, Page 3]

Local nonprofit raises awareness on child abuse

By Robin Gracia
Editor-in-Chief

David Dooley is a man with a dream. He would like to see child abuse become a distant, faded memory within one or two generations. He recognizes that this isn't a simple task to tackle, considering abuse isn't always easy to detect. Abuse can be verbal, emotional, sexual, psychological or physical.

For Dooley, the only way to face such a many-faceted monster is simple: parental education. According to Dooley, there are several kinds of parenting: voluntary and involuntary.

"Ninety-nine percent of the active parenting education that occurs in the world is involuntary," he said. "In other words, the parents were arrested, or hurting their child, and the court has now compelled them to take parenting classes. The one percent of active parenting edu-

cation is the kind where the parents, they're not criminals, but they recognize that their parenting skills need some sharpening, and they want to do better. They actively seek out organizations or programs, they seek out books at the bookstore, and they voluntarily make an effort to improve their parenting."

Dooley began his nonprofit organization, Advancing Parenting, in 2012 in Bakersfield. The project took off when Dooley sold his sailboat "to help pay all the fees with the IRS and the state and getting the nonprofit status."

"Advancing Parenting is the only entity on the planet that is doing public and passive parenting education," said Dooley. "There's no one else."

"Several years ago, my wife and I were shopping for a sofa over at R&D Leather on White Lane, and the proprietor there is a very nice woman and I said,



Photo courtesy of advancingparenting.org
Lawn signs with parenting tips decorated campus throughout the month of April for Child Abuse Awareness month.

'Hey, would you allow me to put a parenting tip on your window?' and she said, 'Sure,' because she saw it as a valuable public service.'

By putting words of advice on stickers and placing them on the rear windshields of cars, lawn signs and in the windows of local businesses, people can

ingest the information in a passive form, much like a public service announcement, but in a way that's impossible to not observe.

Advancing Parenting's tips can be found on the windows of many local businesses, such as Sweet Surrender, Prime Cut, City Neon and Caesar's Deli on

Brimhall, to name a few. There are about 50 businesses in town with tips on their windows and an equal number of cars on the road with tips on their rear windshields.

In the month of April, the California State University, Bakersfield Psychology Club partnered with Advancing Parenting to raise awareness for Child Abuse Awareness Month, bringing a myriad of lawn signs onto various parts of campus where they were sure to catch attention.

Each sign was adorned with one of 49 different pieces of advice from Advancing Parenting.

The majority of the advice was simplistic, such as having your child be held responsible for picking up after themselves, and others seemed to be common sense, such as not to tell your child that they are ugly or good-for-nothing.

"I think the signs serve as guidelines," said Cody Whitson, a 22-year-old psychology major. "They aren't telling people how to be a parent; they are providing tips for those who may need them."

Psychology Club President Oscar Sandoval agrees with Whitson.

"I personally feel that the signs fulfilled their purpose, which is to spark conversation and to have people think about their beliefs and practices regarding child rearing," he said. "I feel that some of the signs offer helpful tips to some parents and people that may not have known otherwise."

According to Dooley, keeping Advancing Parenting funded is a constant demand.

He is the proverbial "man behind the curtain" – the fundraiser, grant writer, website moderator and sole person who

[See ADVANCING, Page 4]

RUNNER ON THE STREET

By Juana Martinez, Staff Photographer

This week, The Runner asked, "What should we name the new dorms being built on campus?"

Andrew Marcha
Statistics & Economics
SeniorLauren Cook
Liberal Arts
SeniorAlyssa Valdez
Psychology
SophomoreHakim Rasheed
Criminal Justice
JuniorJordan Schultz
Art
Senior

Watch what you say; stupidity is my trigger

By Alex Ripepi
Opinions Editor

University of California, Santa Barbara's student government recently requested that certain literature classes containing mature subject matter to outline "trigger warnings" in the syllabus. Some suggested warnings involved notifying students of anti-Semitic sentiment in "The Merchant of Venice" and misogyny and graphic images in "The Great Gatsby."

While the intention behind the suggestion is admirable, the problem is that triggers and Post-Traumatic Stress Disorder are being trivialized in society quite frequently, similar in occurrence to the trivializing of attention deficit disorder anytime somebody is having trouble concentrating.

"Any kind of blanket trigger policy is

inimical to academic freedom," Lisa Hajjar, a sociology professor at UCSB, told The New York Times in a May 17 article. "Any student can request some sort of individual accommodation, but to say we need some kind of one-size-fits-all approach is totally wrong. The presumption there is that students should not be forced to deal with something that makes them uncomfortable is absurd or even dangerous."

I hate to pull this card, but I have a relative who's experienced serious PTSD, and, if serious enough, the disorder can cause literally crippling stress that can entirely interrupt a person's life.

This isn't a case of somebody being mildly discomfited by a mention of racism, violence or misogyny. It's a serious problem that can spiral out of control

if untreated or ignored, which is exactly what a blanket warning like this promotes.

Consider Obsessive-Compulsive Disorder as an example of this. It's a phrase that is now thrown around like it

"The presumption there is that students should not be forced to deal with something that makes them uncomfortable is absurd or even dangerous."

Lisa Hajjar

means you sort of maybe sometimes kind-of appreciate uniformity.

We live in a culture that is much too quick to jump to a conclusion, and even quicker to try and identify with somebody else's situation that they may have no connection to.

This isn't to say that trigger warnings in general are a bad thing, but assuming that college students have no prior knowledge of such influential pieces of literature is insulting. It really all comes down to the fact that this is enabling faux-PTSD claims.

As far as the damage this could do to the literature itself, how can one label "The Adventures of Huckleberry Finn"? Would it be more apt to imply the book is racist, ignoring any commentary that Mark Twain offered on the subject, or to ignore the several uses of the N-word and let the reader decide Twain's intentions?

This labeling of literature would cause more harm than good, and at a university level, at least a level of education, especially among those who have experienced severe trauma, about sensitive subject should exist already.

"A woman can murder a man and receive less punishment than a man who cannot pay his alimony or who urinates in the street."

I believe this applies to the situation because the offender is a woman.

If it were a male teacher abusing a male child the system would be more likely to handle the situation faster and with more severe consequences.

Steering away from gender, this crime should be taken seriously no matter what.

The teacher should be fired for breaking the law and for all the negative publicity she has given the school.

Abusive Ohio teacher should be fired

By Anthony Jaregui
Senior Staff Writer

left with a bruised skull and a lifetime of abuse stained into his memory.

Nelson's parents, six months prior, had contacted the school and asked for Nelson to be moved classrooms, but the school refused.

According to americawomennews.com, "Ian's father says he complained about his son's teacher to the principal in November but his concerns were swept under the rug."

This isn't the only mistake by the school and superintendents.

According to Eric Hoffman, the school superintendent, "To

tell you the truth we haven't dealt with this much at Riverdale."

There are some things that you should know how to deal with even though you haven't come across them before, like what to

that law and still has her job. But I, hypothetically of course, can go to jail for having a baggie of weed on me.

According to FoxNewsInsider.com, "Andrew Harris, a school teacher at

Glacier Creek Middle School, was fired for looking at porn on school grounds."

Porn is bad, I get it, but if this guy gets fired for looking at porn, and that Williams is allowed to keep her job after choking a kid in the hallway, I don't know what's going to happen to this country.

According to mensdefense.org,

Knowing how to handle an abusive teacher is something that doesn't take a Ph.D to figure out.

do in a car accident or earthquake. Knowing how to handle an abusive teacher is something that doesn't take a Ph.D to figure out.

In Ohio, corporal punishment is illegal, but Williams broke

According to mensdefense.org,



image from local21news.com

Barb Williams, the woman pictured, was put on a 10-day suspension after shoving 6-year-old Ian Nelson against a wall.

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ASI funds Caribbean Night

By Stephanie Cox
Senior Staff Writer

The African American Student Union will be hosting Caribbean Night: Jamaican Style on May 28 from 7:30 p.m. to 9:30 p.m. at the Solario Patio with funding from Associated Students Inc.

The AASU Vice President Linda Forrester, 22, business marketing major, said, "I feel like this event is so students can know what [Jamaican] food is like [and] what the music is like. There are other cultures..."

The AASU asked ASI for \$1,310.09 in funding for their event with \$220 in rental charges, \$658.09 for food and \$432 for supplies.

The event is expected to have more than 60 students.

Breakdown of fees for the 2013-14 academic year:

Student Union Fees: \$148 per quarter or \$448 per academic year
Runner Card Fees: \$4 per quarter or \$12 per academic year
Instructional Related Fees: \$53 per quarter or \$159 per academic year
Health Service Fee: \$93 per quarter or \$279 per academic year
Health Facility Fee: \$2 per quarter or \$6 per academic year
Campus Programming Fee: \$15 per quarter or \$45 per academic year
Associated Student Body Fee: \$119 per quarter or \$357 per academic year

Ally Rally moves to diminish prejudice

By Stephanie Cox
Senior Staff Writer

An event that started as a reaction to harassment has now blossomed into the Ally Rally, where anyone from the community can anonymously ask questions to a panel and learn how to be an ally to the lesbian, gay, transgender and bisexual community.

Psychology professor, Anne Duran, found a note posted on her door one afternoon, a bible verse stating that homosexuals are condemned.

Duran, who has a gay son, decided to react to the negative comment by starting the Ally Rally.

This year, the panel included Doctor Michael Harville, a counselor at California State University, Bakersfield; Ike Duran, spouse of Anne Duran and president of Parents, Family and Friends of Lesbians and Gays in Bakersfield; Wendy Montgomery, a mother of a gay son, First Congressional Church Rev. David Stabenfeldt, and Angel Armenta, 20, a psychology major and gay student.



Bre Williams/The Runner
Dr. Abramson, a psychology professor at CSUB, speaks out about why tolerance of gays is important at the Ally Rally on May 22 in the Student Union.

The goal of the ally rally is to reduce prejudice in Bakersfield. Duran said, "lack of knowledge is caused by a lack of knowing LGBT people."

Montgomery spoke on her son coming out and being Mormon, saying, "We were coming from a place of total ignorance. There wasn't any doubt of our love and acceptance of him."

For some LGBT people there are no resources when they come out.

Is it ok to ask someone if they're gay?

PFLAG is a non-profit organization in Bakersfield that meets at First Congressional Church the first Thursday of each month.

"We educate allies. We're a home for people to come to," said Duran.

One of the first questions asked was "What's the difference between queer and gay?"

Duran said, "I think queer can be used for those who think it's nobody's business."

Another question asked, "Is it ok to ask someone if they're gay?"

Montgomery said, "I don't think it's ok to out someone."

The panel also discussed how to be an ally. An ally is a person who is supportive of LGBT people and the community and offer safe places for LGBT people.

Anyone can be an ally, Shultz said, "Sometimes as an ally you have to risk rejection. There's going to be times it's not fun."

"Your orientation is one aspect of the self and masculinity and femininity are another aspect," said Duran.

One of the final questions asked was "what is an appropriate age to come out?"

It was generally established that after middle school. There is also a time when you come out to friends and when you come out to family.

"One person left a hate note on my wall and it has had a great affect. If anyone knows who that person is tell them thanks," said Duran.

Fees increase despite \$400,000 reserves

[FEES, Page 1]

At CSUB, ASI uses the fees of \$119 per student per quarter to pay the wages of the staff and the executive board, the upkeep of ASI, and to support athletics, the children's center, clubs and organizations and student life in addition to any activity related events such as leadership conferences for the elected student body leaders.

Any money remaining at the end of a quarter or academic year goes into a reserve account for future use.

That reserve account is then used to fund projects that students lobby to support.

These include projects such as Runner Park, the grassy area and sidewalk in front of the Student Union that is the hub of student life, which was added to the

Student Union in 2000 as a senior class project.

"We have not spent any reserves for future business in quite a long while," said Vice President of ASI Derek Stotler in the ASI board meeting on Friday, April 18, 2014.

Currently ASI has over \$400,000 in reserves. So if there is that much money in reserve, why have the fees increased over the last 10 years?

There was a 5 percent fee increase in AS body fees from the 2012/13 to the 2013/14 academic year. Over the last 10 years, AS body fees have increased 364 percent.

According to the meeting minutes of the Student Union on Oct. 8, 2009, Vice President of Business and

Administration Mike Neal reported that President Horace Mitchell had said, "The increase in fees is to preserve services in place for students."

So the increase in fees is to ensure that both current and future students continue to receive campus services.

The increase in fees is determined by President Mitchell after being advised by the Campus Fee Advisory Committee for the need

of a fee increase. Student voting is not required for all fees. For instance, the new Campus Programming fee (better known as the Spirit fee) that was applied this academic year did not require a student vote. If it had been added as a new category to the AS body fee, a referendum would have to have been made and

"The increase in fees is to preserve services in place for students."

Horace Mitchell, CSUB president

that would require a majority student vote.

Instead, a new mandatory fee, "The Spirit Fee," was approved by President Mitchell after the committee recommended the need for the fee.

The president has the authority of oversight and adjustment of Category II fees, and the chancellor has the authority for establishment of Category II fees.

All students must pay the fees or certain repercussions can happen.

According to the CSU system, if the fees are not paid, a student can be withheld from registering or be banned from using any of the campus services the fees are collected for. So whether a student uses the services or not, students still have to pay.

Student Affairs Report

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Room
Makeup
Walls
Drink
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Wed 5/28 2ND Annual Caribbean Night SRC Solario De Fortaleza 7:00pm	Thur 5/29 Karaoke Night Rowdy's 7:00pm	Fri 5/30 2014 Spring Fling Housing Quad 11:00am	Sat 5/31 2014 Black Graduation Ceremony SRC Solario De Fortaleza 3:00pm	Sun 6/1 Hairspray Dore Theater 2:00pm	Mon 6/2 Library Hours Extended 8:00am-1:00am	Tue 6/3 Library Hours Extended 8:00am-1:00am
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CSUB plans to cut water consumption drastically by 2020

By Steven Barker
Senior Staff Writer

In conjunction with state-wide efforts to reduce water use during the ongoing drought, California State University, Bakersfield has pledged to cut its water consumption by 20 percent by 2020.

The announcement is in accord with a Drought Emergency Order issued on Feb. 4 by the Chancellor's Office requiring universities to reduce water use by that amount.

Associate Vice President for Facilities Management Patrick Jacobs said CSUB has already developed a number of solutions to reach the CSU mandate.

While the university plans to install low-flow shower heads and faucet controls to lower building usage, Jacobs said that, since irrigation constitutes 80 percent of CSUB's total water use, many of the solutions target a reduction in campus irrigation.

The changes are expected to have an immediate and lasting influence on CSUB's vegetation.

"Color in all of these materials can change substantially, becoming brown or yellow,"

Jacobs wrote in an April 15 memorandum addressed to the campus community.

"There will be an increase in tree breakage or death around campus with various tree varieties (pine, eucalyptus and redwoods for examples)."

"Induced water stress may cause irreversible damage to all plants. Weed developments in grass areas may also increase throughout campus and take years to control."

According to the same memo, the following areas will be unaffected by the irrigation changes: Hardt Field, the competition soccer and practice fields, the softball field, the amphitheater, the AYSO soccer fields, the sand volleyball courts, Student Recreation Center play fields and the Children's Center.

To further reduce water consumption in campus buildings, CSUB has installed 20 waterless urinals and new flushing mechanisms on toilets over the



Emily Cole/The Runner

New plantings can be seen around the Visual Arts building, which could potentially suffer the consequences of campus water conservation efforts.

last two and three years respectively. Taken together, the installations have saved a combined 866,000 gallons of water per year, savings which roughly equal a single day's total water use during September.

The university's reduced water consumption will also bring financial savings. Per Jacobs, assuming water rates remain constant, the 20-percent reduc-

tion will result in an annual savings of \$55,000 in irrigation costs.

A number of students were pleased with the university's announcement.

"I think it's great that we're trying to save water," said Lorena Mendoza, a sophomore kinesiology major. "As a school, we use so much water on our grasses and trees and in

our buildings. Anything we save is a big help."

While Jesus Gutierrez, a junior geology major, also supports the reduction in water consumption, he questions the foresight of the university when it decided upon its landscaping.

"Bakersfield is literally a desert," Gutierrez said. "Did the university not think, when it was designing its campus, that plants that could thrive [on] low rainfall would be a good idea?"

Jacobs also said that, while the CSU is pursuing state funding to offset the costs of implementing arid landscaping, a current lack of monies is limiting the planting of arid vegetation to the new student dorms currently being constructed near CSUB's east entrance.

Both he and Marcos Rodriguez from Facilities Management also said that the installation of drip irrigation systems and

modifications to CSUB's sprinkler systems are also being considered.

Executive Assistant to the President Evelyn Young said CSUB President Horace Mitchell is open to feedback from students, faculty, staff and university supporters regarding the school's course of action.

"President Mitchell has created multiple vehicles and avenues to engage students and faculty in dialogue, including broad-based committees and forums for campus discussion on any topic of interest," Young said in an email.

"The President's Fireside Chats are designed specifically to hear from students on any topic of interest. Other opportunities for campus dialogue, suggestions, and feedback include University Council, which meets every third Friday of the month at 10 a.m. in the Albertson Room and is open for any member of the campus community to share ideas on any topic of interest."

She also said interested individuals could send emails to excellence@csub.edu as a means of communicating with the university and sending feedback.

Controversial lawn signs on campus stir conversations

[ADVANCING, Page 1] goes to businesses to inquire about putting decals in the window.

Each window tip costs \$30 to produce.

The signs are \$10 each and the bumper stickers are \$5.

Fifty signs were placed around CSUB during the month of April, and according to Dooley, three were defaced by unknown individuals.

Some signs received Post-It notes on them, with sayings

such as, "My parenting is none of your business," and "Mind your children and I'll mind my own."

"I think those signs go a little too far," said Emily Hopstead, a 23-year-old history major. "As a parent, I don't want anyone hitting me over the head about the job I'm doing raising my daughter. I have a family and friends who help me make sure my kid turns into a respectable person. I don't need some ran-

dom person telling me what's best."

Hopstead, who is a single parent, also said that the signs, for the most part, were "common sense."

Agree or disagree with the signs, they got people talking, which is ultimately what Dooley wants for people to do.

Having progressive conversations about the different types of parenting, from a non-denominational and non-cultur-

al standpoint, Dooley believes, is crucial to raising children that are mentally and physically healthy.

"I think the goal of the signs, whether you agree with them or not, is to make people stop and think, and possibly even talk about their own ideals," said Dawn Oxford, a 30-year-old senior psychology major. "I realize that some of the signs are common sense and that you think to yourself, 'Well, duh!',

but the reality is that in this day and age, many of our parents need to be reminded of these things...common sense is no longer common."

Oxford went on to say that it was not the intention of the Psychology Club to offend anyone with the signs that were on campus, but being controversial incites conversation.

"The truth is there is no one way to be a good parent," said Oxford. "Each situation is

unique. Each family faces their own different set of challenges, abilities, and children. The common factor, in my belief, of all good parents, is that they love and support their children."

For more information about Advancing Parenting and their mission, to inquire about window decals or to donate to their cause, visit advancingparenting.org.

"Above all else, the professors made my experience a truly memorable one."

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Are our pitchers being overworked?

By Nate Sanchez
Sports Columnist

Pitching is not easy, and I commend anybody willing and able to go out onto a mound and, without any special protection, throw a ball at a guy with a two-pound stick whose only goal is to hit that ball as hard as he can.

But aside from the immediate threat of getting hit with a screaming line drive to the head, there lies a danger within the pitcher himself: the ulnar collateral ligament. Also referred to as the medial collateral ligament, it's basically the fibers that connect your upper arm to the ulna in your forearm and pitching can tear it apart.

The Roadrunners, like all baseball teams, should be cautious as to how long their players are left on the mound. They could be injured, and their future careers could be in jeopardy.

I started to think about this when I was at a high school baseball game the other day where I watched a player finish off nine innings of work. Where I'd normally be impressed, my sentiment grew into dismay and, the more I thought about it, anger.

"Oh god," a parent behind me said. "He's up over 165 pitches now. If I was that kid's dad I'd be throwing a fit."

According to Sports Illustrated's Tom Verducci, the American Sports Medicine Institute performed a study on cadavers to find out how much force the human arm could sustain. They found that a typical major league pitcher's arm is subjected to a staggering 40 pounds of force pushing down as he assumes the "loaded position" to release the ball. They also found that the human arm broke apart at 40 pounds of force.

In Verducci's words, "Pitchers routinely work right up to the line of the body's limit."

Imagine pushing the limits of your body for 100 pitches in a game, every week. It happens more often than you might think. CSUB has a basic three-man rotation, consisting of James Barragan, Taylor Aikenhead and Austin Davis. In some

occurrences, Alec Daily, Hayden Carter, Steven Gee and Nick Rogowski would start as well. But 40 of the Roadrunners' 59

threw 100 pitches or more. Four of them consisted of 120-plus pitches. Barragan's eight 100-plus starts included two in which he threw over 120 pitches. Another thing to keep in mind is that these pitchers are operating on a level on which they throw in the range of 90 miles per hour. Consistently throwing this hard for seven innings is dangerous for a young arm.

We knew going into this season that offense would come at a premium, with Cael Brockmeyer and Tyler Shryock going to play professionally. Pitching was heralded as our saving grace, and it was. But did a lack of offense lead to overuse of our most prized assets?

They say too much of a good thing can be bad. Pitching fits this mold perfectly. Sure, these guys get seven days of rest, but then they have to push themselves up to the very limits of what their bodies can handle. It's almost like subjecting a rubber band to an extreme stress test once a week.

We need to keep in mind that these players aren't just amateurs. Their official status says that's what they are, but they represent something bigger. I've seen as many as 18 Major League Baseball scouts see Davis pitch. They come out for Aikenhead, Barragan and others too. These players have aspirations beyond CSUB. Many of them hope to play professionally, but they won't get far if they're overworked to the point where they are in danger of being injured before they have a chance to get to there.

I can't blame the kid who's been taught all his life to play through the pain for the betterment of the team. I can't lay the responsibility onto the guy who's been told to "play his guts out" even after his arm is long gone. To him, putting on the brakes and exiting the game early can be viewed as giving up on the team.

So far this season, 20 Major

League Baseball players have sustained arm injuries requiring season-ending surgical procedure known as Tommy John surgery. The reason for the epidemic is still shrouded in mystery, but a major factor is certain: overexertion by exceedingly high pitch counts. The problem is that it doesn't start on the professional level — it takes root on high school fields and our own campus.

Date	Pitcher name	Pitches Thrown	Innings
2/15	H. Carter	108	6
2/16	Davis	103	6
2/19	Aikenhead	110	7
2/21	H. Carter	110	7
2/23	Davis	107	7
3/2	Davis	125	7
3/4	Barragan	126	9
3/8	Davis	135	8.2
3/14	Aikenhead	122	9
3/21	Aikenhead	127	8
3/23	Davis	121	5.2
3/28	Aikenhead	120	7.2
3/29	Barragan	114	6.2
3/29	Davis	119	7
4/5	Barragan	103	6
4/5	Davis	149	7.1
4/11	Aikenhead	114	6
4/12	Barragan	100	5
4/13	Davis	114	7
4/17	Aikenhead	132	8.2
4/25	Aikenhead	111	7.1
4/26	Barragan	115	10
4/27	Davis	105	7
5/2	Aikenhead	110	9
5/3	Barragan	117	7
5/4	Davis	132	8.2
5/6	Gee	100	6
5/7	H. Carter	120	9
5/10	Barragan	106	5
5/10	Rogowski	119	7
5/22	Aikenhead	107	9
5/23	Barragan	123	7
5/24	H. Carter	116	9

Graphic by Nate Sanchez/The Runner

CSUB pitchers have exceeded 100 pitches 33 times over the course of seven pitchers. Redshirt sophomore Austin Davis "leads" the team by going over 100 pitches ten times.

games have been started by the "Big Three." Those three have combined for a total of 27 starts in which they throw over 100 pitches. Of those starts, 11 had the starters' pitch counts over 120. Davis had the lion's share with five in which he threw 132, 149, 125, 121 and 135 pitches.

Aikenhead had 10 outings in which he

sustained arm injuries requiring season-ending surgical procedure known as Tommy John surgery. The reason for the epidemic is still shrouded in mystery, but a major factor is certain: overexertion by exceedingly high pitch counts. The problem is that it doesn't start on the professional level — it takes root on high school fields and our own campus.

'Runner Roundup

By Josh Bennett
Sports Editor

Baseball: The team finished third at the Western Athletic Conference Championship over the weekend. As the number four seed in the tournament, they opened up on Wednesday against Seattle, where they won 6-5 after a walk-off RBI single by junior first baseman Solomon Williams. Williams finished the game going 3-3 with four RBIs.

The 'Runners advanced to the second round of the tournament on Thursday, where they upset the number one seed Sacramento State 4-1. Freshman second baseman David Metzgar opened up the game for the 'Runners in the top of the ninth with a 2 RBI double, his only hit of the ballgame. Senior pitcher Taylor Aikenhead hurled a complete game, only allowing the one run off of seven hits.

On Friday, the team dropped their first game of the tournament, losing to Utah Valley 5-2 in the finals of the winner's bracket. The Wolverines broke open the game early with a four-run first inning effort, forcing the 'Runners to play from behind the entire game, a deficit they were unable to overcome.

Last week, the WAC year-end awards were also announced and three 'Runners were honored. Aikenhead was named to the first team All-WAC team, sophomore outfielder Chance Gusbeth was named to the second team All-WAC, and junior outfielder Jordie Hein was also named to the second team All-WAC.

Track and Field: Junior thrower Bryan Wilmert will head to the NCAA West Regional Track meet on May 29-31 in Fayetteville, Arkansas to represent CSUB in the hammer throw and battle against the rest of the best throwers of the West. Wilmert won the hammer throw event at the WAC Championships last week, becoming the 'Runners first WAC champion. If Wilmert places in the top 12 of the event, he will qualify for the NCAA Championships in June.

CORRECTION: In last week's article about Battle of the Badges, Greg Jehle's last name was misspelled. Jehle should have been included as being honored in the retirement ceremony.

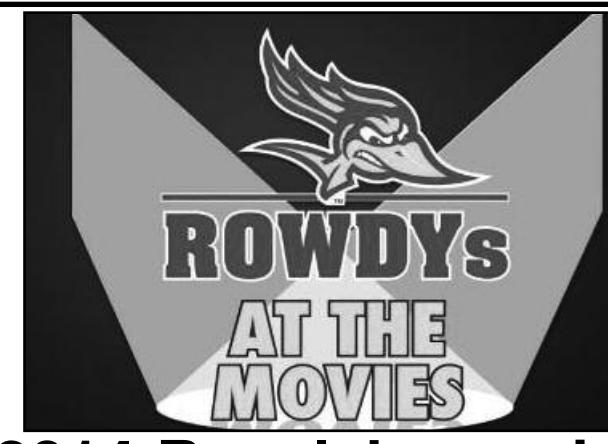


Image from CSUB Athletics Facebook page

2014 Rowdy's preview

By Josh Bennett
Sports Editor

show it during the show. Each team will also be represented with at least one nominee for an award.

Major Award Nominees

The President's Award

Erica Shelton - Women's Soccer
Karissa Viega - Softball
Scott Luedke - Men's Soccer
Issiah Grayson - Men's Basketball

The Flachmann Award - Male

Mitchell Huxhold - Men's Swimming
Bryce Hammond - Wrestling
Issiah Grayson - Men's Basketball
Taylor Aikenhead - Baseball

The Flachmann Award - Female

Michaela Paige - Women's Swimming
Tyonna Outland - Women's Basketball
Fernanda Gonçalves - Volleyball
Debora Araujo - Volleyball

Most Improved Athlete

Malea Miller - Women's Golf
Batabe Zempare - Women's Basketball
Molly O'Hagan - Volleyball
Joe Masumiya - Men's Soccer
Jose Mendoza - Wrestling

Newcomer of the Year

Melissa Sweat - Women's Basketball
Aly Ahmed - Men's Basketball
Max Carter - Baseball
Hedda Regefalk - Women's Soccer

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Top: Petra Carter, left, plays as Amber Von Tussle and Jessica Brown, right, as her mother, Velma Von Tussle
Bottom: Robert Corona, left, plays as Link Larkin and Norma Camorlinga, right, as Tracy Turnblad.

'Hairspray' can't stop the beat

By Richard Garibay
Senior Staff Writer

I recently watched "Hairspray" as produced by our very own Theatre Department and I have to say, even though I don't like the musical, I enjoyed this production.

The musical follows early 1960s teenager Tracy Turnblad, played by Norma Camorlinga, as she struggles with a superficial world that judges people on the color of their skin along with the size of their waist.

When she gets the opportunity to become a dancer on her favorite music program she is told by her mother, Edna, played by Miguel Torres, that she shouldn't audition because of her weight.

Tracy auditions, becomes a dancer, and soon realizes the struggles African Americans must face.

First, it's worth noting the sheer amount of work the show's participants had to go through.

For actors specifically, they not only had to act well, they also had to be able to sing and dance.

Because of the triple talent requirement, the actors had to spend hours upon hours rehearsing.

"We had two months to rush and put it all together. It was basically Monday through Thursday, three hours, from 7 p.m. to 10 p.m. rehearsals," said Jessica Brown, a 23-year-old engineering major.

These three-hour rehearsals

were very trying, as well.

"We'd normally go in, warm up for a little while, and then start learning the dance. The choreographer, Marilyn, would give us a big chunk of choreography, we'd go through it, stage it, and then later we'd add most of the songs," said 19-year-old petroleum engineering major Courtney Wahlstrom.

Even more interesting is the unique challenge the produc-

"We had two months to rush and put it all together. It was basically Monday through Thursday, three hours, from 7 p.m. to 10 p.m. rehearsals."

Jessica Brown

tion faced as a whole.

"Hairspray" is a musical that depends heavily on an actor's race, being a work about civil rights.

Traditionally, only African American and Caucasian actors are needed to fill the very specific character requirements and the department did not have enough African American male actors to fill the roles.

How did CSUB's Theatre Department overcome this obstacle?

"CSUB is really diverse so we also had Hispanic actors. They were either black or white depending on the role," said

Brown.

I loved how the department handled this issue.

They could've used the lack of appropriate actors as an excuse not to perform the musical, but they didn't.

They found a way around the obstacle and made the production more inclusive in the process.

This is what "Hairspray" tries to teach its audience: Everyone should be included no matter what they look like.

The main reason I found this production so enjoyable was the passion I could see in it.

From the meticulously designed set that made me see the '60s and enhanced the spectacle, costumes that transformed the actors, and choreography to the wonderful music, brought to life by student musicians, everyone seemed so dedicated to what they were doing.

This passion and dedication translated very well to the average audience member like me.

"Hairspray" will be playing May 30 and 31 at 8 p.m. and June 1 at 2 p.m. at the Doré Theatre.



Top: The second annual Bakersfield Craft Beer Festival took place on Saturday, May 24 at the CSUB amphitheater.

Above: Kern River Brewing Company representatives volunteered at the Craft Beer Festival.

Right: The Craft Beer Festival hosts breweries from all over the valley to allow Bakersfield residents to "drink something better."

Sipping brewskies

Breweries, local and out of town, come together for beer fest

By Layne Ogle
Staff Writer

"Drink something better" was the slogan for the second annual Bakersfield Craft Beer Festival.

Imbibe, Eureka, Jake's Tex-Mex and Moo Creamery teamed up to create an event for the public interested in tasting and learning about craft beer.

Jeremy Stemen, manager from Eureka, explained why he wanted to be a part of the festival.

"There is more that goes into a beer than just tasting it; it's about what you can learn from beer by smelling, observing and analyzing it," said Stemen.

started Barrel House with three of my friends, so it was important to us to be a part of the valley that we grew up in," said Vaughn.

The event had unlimited beer samples for attendees, but was closely monitored by security who was prepared to cut off individuals who had exceeded their limit.

There was also a free cab escort for any who were not

"There is more that goes into a beer than just tasting it; it's about what you can learn from beer by smelling, observing and analyzing it."

Jeremy Stemen

able to drive home safely.

CSUB Alumni, Andrew Pelle, enjoyed his time at the beer fest-

tival and did not believe that he hit his limit when security asked him to stop dancing with the music.

"I was dancing because I like to make people laugh. I guess there's not that many people trying to go out and have a good time," said Pelle.

The festival was a huge success compared to the previous year because there was more organization as well as a better understanding of how to set up each stand.

CSUB Alumni, Jacob Gonzalez, enjoyed his relaxing day tasting the many beers that were available to sample with ample room for the large crowds of people.

"I am glad that it is more spread out so it doesn't feel like there are a million people here," said Gonzalez.

Tickets sold out five days before the event took place and the event impressed everyone with the breweries that attended as well as the large beer selection available for sampling.

Layne Ogle/The Runner

Top: The second annual Bakersfield Craft Beer Festival took place on Saturday, May 24 at the CSUB amphitheater.

Above: Kern River Brewing Company representatives volunteered at the Craft Beer Festival.

Right: The Craft Beer Festival hosts breweries from all over the valley to allow Bakersfield residents to "drink something better."

Jazz music keeps playing at coffeehouse

By Crismat Mateo
Staff Writer

Is there anything better than to spend your Saturday night listening to fine jazz music?

On Saturday, May 24, friends and family of California State University, Bakersfield jazz ensemble members gathered inside the Music Building room 127 to listen to their loved ones perform original compositions and classic jams.

The event was under the direction of Dr. John Davis.

The show opened with traditional jazz music, with tunes such as "Yes or No" and "Pin Up House."

Among these modern pieces was a composition by a CSUB student, Joe Johnson, entitled "Waiting on What."

This audibly vivid piece featured Johnson on the piano.

Jay Smith, a CSUB music stu-

dent, performed two compositions including "Solitary," which was a crowd favorite.

Additionally, Alejandro Arvizu was able to showcase two of his pieces that night.

The first was a beautiful love song titled, "The Rest of Our Lives," while the second one was a "fun song that combines my name and our bassist's name," Arvizu says, "Ale-Dan-Dro" a combination of

Alejandro and James Dandy, the bassist. Both songs featured Arvizu on the trumpet.

The Jazz Coffeehouse closed with compositions by "the newest member of the band," Dr. Davis says, Tony Rinaldi and two cover songs.

As he gets on to play the piano, Rinaldi says "this first song commemorates our very own Dr. Davis because this is a phrase that he tends to use often

during a conversation--'As It Were.'"

Another Rinaldi original,

"Fountain Mountain," followed.

The ensemble took on Geoffrey Keezer. Finally, they performed Chick Corea's "Morning Sprite."

"There are semesters when we get some vocalists and some semesters that we don't; this is one of the semesters that we didn't get a vocalist enroll into the class," said Dr. Davis when

asked why there are no vocalists with the ensemble.

The Small Jazz Ensemble class, MUSC 236 and 436, is offered every spring for anyone interested in learning about, or playing, jazz music.

"I like having talented students and stretching them and their abilities so that when they get out of this class, they have grown as musicians," Dr. Davis says.



From left to right: John Luevano, James Russell, Alejandro Arvizu and Merritt Holloway play at the California State University, Bakersfield Jazz Coffeehouse. Photos by Marisel Maldonado/The Runner