



Men's spring fashion
Page 4

The Runner

FOURTIETH XL ANNIVERSARY

April 29, 2015



Baseball nearing first place
Page 6

Vol. 40, No. 20



@csub_runner



therunneronline.com
facebook.com/runnersub



@runnerphoto



One copy per person of each edition is free.
Additional copies 50 cents each.

CAMPUS

8th annual Celebrate CSUB bigger than ever



Abraham Tellez/The Runner

Top: At the Judo Club booth, a member of the club lets an attendee practice an one-armed shoulder throw during Celebrate CSUB on Saturday.

Bottom-Left: Members of the Instrumental Club show off their instruments at their booth during Celebrate CSUB on Saturday.

Bottom-Right: Cristion Moore performs during the finals of Bakersfield Got Talent during Celebrate CSUB on Saturday. Moore won the competition and claimed the \$1,000 prize.



Patti Morris/The Runner

By Josh Bennett and Heather Hoelscher
Editor-in-Chief and Features Editor

It was a cold and rainy morning on Saturday, April 25, but that did not deter CSU Bakersfield faculty, current and future students, and the surrounding community to Celebrate CSUB.

The air was filled with smells of food, sounds of the CSUB band and the finalists of Bakersfield's Got Talent, as people of all ages flocked to campus for the eighth annual event, despite the unagreeable weather, to learn about the diverse learning opportunities and clubs that CSUB has to offer to students.

The Bakersfield's Got Talent finalists performed at Celebrate CSUB and were enjoyed by the audience and judges who voted for their favorites. The finalists included Julie Popek, who finished fourth; Sarah Behill, who finished third and Connie Conrad, who was the runner-up. The winner of the competition was Cristion Moore, who took home the top prize of \$1,000.

"This is the second year [of Bakersfield's Got Talent]. It is the brain child of the idea of having community

talent here during one of our busiest times on campus," said Arthur Smith, CSUB spirit coordinator.

"That's why we wanted to run it parallel to Celebrate CSUB, which if you don't know is our open house for the campus...this talent show really fit into that."

Along with informing the masses on the inner makings of our campus life and entertaining the audience with the sounds of music, other events were held, such as the 5K Fun Run and Walk in the early morning and a Spring Carnival which included an inflatable gauntlet for the younger children to play on, outdoor laser tag, and a dunk tank which was hosted by the Psychology Club.

Other clubs also had interactive activities, such as the Judo Club, who demonstrated different throws, and Campus Gamers who held the Extra Life mini-thon inside of Student Union.

All in all, the weather couldn't hold back CSUB from showing off to the Bakersfield community, and to prospective students ranging from high school seniors to grade school students, and the event will continue to grow along with the University for years to come.



Abraham Tellez/The Runner

CAMPUS

ASI dips into reserves for club funding

By Esteban Ramirez
Sports Editor

Associated Students Inc. voted to give nearly \$6,500 to four student clubs and dipped into its reserves to get \$15,000 more for student clubs and organizations at its meeting on April 24.

Those four clubs are Psi Chi International Honor Society in Psychology, Movimiento Estudiantil Chicano de Aztlan (M.E.Ch.A.), Pre-PA Club and the Fashion Club.

Psi Chi International Honor Society in Psychology was funded \$1,900 for its Research Conference, which is the longest student-ran conference. It will take place on May 29 from 10 a.m. to 2 p.m. in the Student Union Multipurpose Room.

M.E.Ch.A. was funded \$1,403 for the Cinco de Mayo Week. Cinco de Mayo Week will start on May 4 going through to May 8.

The Pre-PA Club, which stands for physician assistant, was funded for \$1,879 for a Professional Conference, which will be on May 15 from 12:30 p.m. to 7 p.m. in the Student Union Multipurpose Room. President Jesse Suits said this conference will give students the opportunity to interact with various medical institution repre-

sentatives.

The Fashion Club was funded \$1,287 for a fashion show at the Student Union Multipurpose Room from 6 p.m. to 8 p.m. on May 29.

ASI also decided on getting additional funding for clubs and organizations. Since so many clubs and organizations have been requesting funding for events, ASI is at a negative budget because of the number of applications that were received, so ASI decided to get \$15,000 from its

reserves so that it is able to fund more clubs and organizations for their events.

"We have received triple the amount of applications as apposed to last year," Kamalneel Singh, vice-president of finance, said. "It's huge because the purpose of ASI is to improve and increase campus life and building new leaders."

ASI President Derek Stotler added that it

is good that so many clubs are sending in applications to get funding for events.

"I think it's awesome," Stotler said. "I think it's really good that we have so many invested clubs. I know last year we had a lot of money and, we didn't utilize all the money. The fact that we still have six more weeks, and I was told that we have seven more applications for funding is just awesome. It means that there's more student life on campus, more students are getting engaged and that's always a good thing."

"I think the board felt that [the \$15,000] was very important. I didn't see anyone that was against it, so they were really excited about funding more clubs."

ASI meets every Friday at 3:15 p.m. in room 155B of the Business Development Center.

RELATED STORY: ASI board member Mercedes Macias publicly criticizes fellow members at Friday's meeting. See page 2.

Derek Stotler
ASI President

EVENT

Dance Marathon helps local hospitals

By Heather Hoelscher
Features Editor

The Dance Marathon Club is an international organization that partners with Children's Miracle Hospitals. The Club is a part of the hospital, and went through a new branding of Dance Marathon. It is now called Miracle Network Dance Marathon.

Desiree Hernandez, the acting president of the Dance Marathon Club, has been involved in Dance Marathon since the beginning, four years ago.

"All of the schools [involved], including our own, put on one big event a year. Some schools put on more events throughout the year, and that is something we are working towards growing and being able to do that," said Hernandez.

"It raises money for the local hospitals here in Kern County."

All money stays in Kern County, specifically at the Lauren Small Children's Medical Center at Bakersfield Memorial Hospital."

It is the same format for all Dance Marathon Clubs across the nation.

If a school decides to start a Dance Marathon club, they too will be raising money for their local hospital.

The funds directly impact the community.

"The money we donate to the hospital comes from the registration fees that the students pay to attend the event. The registration fee is a donation. We are a completely non-profit organization; we don't keep any of the money outside of expenses to put on the event. And everything that goes to the hospital comes from that and other small fundraising efforts throughout the year,"

[See MARATHON, Page 4]

INSIDE THIS ISSUE

News

Say Cheese: The dangers of sexting. **Page 2**
The sound of the police: CSUB Crime blotter for March and April. **Page 2**

Features

A beautiful world: Earth Day celebration held on campus. **Page 3**
Love Story: Our columnists talk about "The Longest Ride" **Page 4**

Opinion

Just say no: Fast food workers shouldn't get \$15 an hour. **Page 5**
Turn it off: Our water must be conserved. **Page 5**

Sports

Simply the best: Baseball closing in on top of WAC. **Page 6**
Ain't that peculiar: Boxing superfight not all that it seems. **Page 6**

Multimedia

 Check out our videos and audio at therunneronline.com

To sext or not to sext: How private are your privates?

By Robin Gracia
Managing Editor

Lights, camera, topless selfie. Sending and receiving risqué messages and photographs, or "sexting", is becoming the new normal amongst millennials. Taking racy or nude photographs is seen as a thrill – with naked pictures, videos and sexualized texts being used as personal pornography. But how private are those pictures?

As it turns out, your privates aren't nearly as private as you think.

"Girls I talk to send me nudes if I ask for them sometimes," said Mark Robertson, 23. "It's really hot. I save all those pics, they go into my 'spank bank'. If a chick is super-crazy hot, though, I'll show a friend or two, but only if I'm not too serious about her. If she's girlfriend material, or like, I am pretty interested in her and it might go somewhere, I can't be showing her tits off to my boys."

A "spank bank" is a collection of photographs and videos a person possesses to use as masturbatory material. With more than 89 percent of college-age individuals admitting to having sent or received a scantily clad or full-on nude photograph, there's a chance a photo you have sent has been saved – or shared.

"It will be a cold day in hell before I ever send another nude," said Jacqui Parson, 27. "An ex-boyfriend traveled a lot for work, and he'd call me up and ask for me to send him some pictures so he could get off... We split up about six months in. No big deal. A couple weeks later, a mutual friend calls me up, and tells me that



Eric Garza/The Runner

my ex put my pictures online. I called the cops, and they said they had no legal recourse because those pictures were his property and I wasn't a minor...

"I had to call him up crying and begging before he took them down... I don't know how many people saw me naked or saved those pictures... It was violating."

According to a 2014 poll conducted by Cosmopolitan, 9 out of 10 millennials have taken nude photographs of themselves either partially or fully nude. Of the 850 poll participants, with an average age of 21 years old, 72 percent of individuals felt fine about their decision to show their bodies, and 14 percent of people said that they regretted taking the pictures.

When the poll asked if they would take nudes again, 55 percent said they would and 26 percent said yes, but only if

they were not recognizable in the photograph. Only 10 percent declined baring their birthday suits again for the camera. But some people find it liberating, even artistic.

"My body is awesome," said Brandy Flemming, 23. "I am very body-positive, and I feel empowered when I take pictures of myself in a way that makes me feel sexy. There's nothing wrong with that."

Becoming the victim of revenge porn, like Parson, is not as uncommon as one would assume, and it can cost you – literally.

Sites such as UGotPosted.com, which have been taken down, would blackmail men and women whose photographs had been uploaded without permission to the tune of thousands of dollars. Personal information would also be displayed next to the pictures.

However, the law is starting to catch up with creeps.

According to an article written by Elisabeth Ponsot on PBS.org, Kevin Bollaert, the owner of revenge porn sites UGotPosted.com and ChangeMyReputation.com was found guilty on 27 counts of identity theft and extortion in Feb. of 2015. He was sentenced to 18 years in prison.

California Attorney General Kamala Harris said, after this ruling came out, that sitting behind a computer "will not shield predators from the law or jail."

Sexting seems innocent enough. Realize that trying to play it safe and sending nudes through Snapchat because they will disappear can always be saved as a screenshot. Digital can live forever. Be careful when sexting, or better yet, save all that sexy time for when you're in person – cameras off.

CRIME BLOTER

Crimes on campus

By Steven Barker and Marizza Espinoza
Runner Editors

The following are incident reports provided by the California State University, Bakersfield Police Department from March 3, 2015 through April 26, 2015.

Vandalism: At 8 a.m. on Wednesday, March 11, vandalism less than \$400 occurred at Dore Theater. It was cleared by complaint.

Suspicious Circumstances: At 8:33 p.m. on Wednesday, March 11, a driver was driving without their license and was suspected of driving under the influence. This incident occurred at Kroll Wy/CSUB.

Petty Theft: At 5 p.m. on Friday, March 13, a petty theft of \$50 occurred at the Printshop. Additional leads are pending.

Traffic: At 12:13 a.m. on Tuesday, March 17, a traffic offense occurred on Camino Media blvd/Old River Rd.

Suspicious Circumstances: At 10 p.m. on Saturday, March 21, a possession of a controlled substance without prescription occurred at Roadrunner Drive.

Grand Theft: At 5 p.m. on Friday, March 20, a grand theft greater than \$950 occurred. This incident was located at Visual Arts. Additional leads are pending.

Suspicious Circumstances: At 8:45 p.m. on Friday, March 27, a disorderly conduct of alcohol occurred in Parking Lot C.

Burglary: At 1 p.m. on Thursday, March 19, a second degree burglary occurred at the Science I building. Additional leads are pending.

Hazardous Situation: At 2 p.m. on Friday, March 20, a hazardous situation occurred at Antelope Valley where the school, public, officers, and employees felt threatened.

Petty Theft: At 11 a.m. on Wednesday, April 1, a petty theft occurred at Dorothy Donohue Hall. Additional leads are pending.

Threatening a School and Public Official: At 11:59 a.m. on Wednesday, April 1, a school or public official was threatened on the Antelope Valley campus. The issue has since been cleared.

Petty Theft: At 4:22 p.m. on Wednesday, April 1, a petty theft occurred at Dorothy Donohue Hall. Additional leads are pending.

Petty Theft: At 9:45 a.m. on Friday, April 3, a petty theft occurred in Parking Lot C. Additional leads are pending.

Grand Theft: On Monday, April 6, a second-degree burglary occurred at 3:08 p.m. in the library.

Vandalism: At 5:02 p.m. on Wednesday, April 8, a vandalism of less than \$400 occurred in Parking Lot C.

Disorderly Conduct: At 1:44 a.m. on Sunday, April 19, a disorderly conduct involving alcohol in Housing East was reported. The charge resulted in an arrest.

Receiving Known Stolen Property: At 5:32 p.m. on Sunday, April 19, a misdemeanor for receiving \$400 of known stolen property was reported. The charge was cleared by a complaint.

Petty Theft: At 3:51 p.m. on Thursday, April 23, a petty theft occurred in Science III.

Control Substance Paraphernalia: At 9:23 p.m. on Friday, April 24, a citation was issued regarding the control of substance paraphernalia and false ID's.

If you have any information about any of the incidents above, please contact campus police at 661-654-2677.

CAMPUS

ASI to reject faculty-exclusive parking

By Steven Barker
News Editor

Faculty and staff hoping for exclusive parking spaces on campus will have to wait.

According to Associated Students President Derek Stotler, ASI is drafting a resolution that opposes efforts from some CSU Bakersfield professors to acquire parking spaces exclusive to faculty.

The issue arose during both a Transportation Committee Meeting held on April 21, and

the University Council meeting on March 20. During the latter gathering, Stotler said he and ASI oppose the idea of faculty and staff having reserved parking.

In an interview on Friday, April 24, Stotler maintained his stance.

"One suggestion [by professors] was that they would be willing to provide some sort of shuttle service for students if they got parking spaces," Stotler said. "And I said, 'Okay, that's fine. If you want to take

the shuttle, you guys can take the shuttle and we'll take the parking places.'"

"Then they started proposing, 'Well, what if we put bicycle stations out there where you can check them out and ride them into campus.' And I said, 'Well let's flip that same way; why don't we have bike stations for you and you all can ride into campus?'"

CSUB professor BJ Moore, who was listed in the University Council notes as supporting faculty-exclusive parking,

could not be reached for comment.

While Stotler said he, from general conversations with fellow ASI executives, predicts his peers will reject faculty parking, ASI Vice President of External Affairs Ricardo Perez says he has heard nothing regarding the initiative.

"It's never been discussed at our level," Perez said. "It's never been brought up."

Stotler expects the resolution will be presented and passed within three weeks.

CAMPUS

Conflict occurs within the ASI executive board

By Esteban Ramirez
Sports Editor

At the beginning of the weekly Associated Students Inc. meeting on Friday, April 24, the director of legislative affairs, Mercedes Macias, accused some of her fellow executive board members on ASI of secretly trying to vote Ricardo Perez, vice-president of external affairs, off the board.

"There have been a lot of rumors spread, and that's not fair for anyone involved," Macias said during the meeting. "I had to hear from other schools [California State Students Association] that there were exact vote counts of who was going to vote Ricky out before we even discussed it on our board. We were at a school function, and we had to hear about it outside of this organization.

I don't think that's right. I think that's unethical. I think there's some serious abuse of authority."

Macias and Perez were not available to comment on the issue. The Runner will be looking into past meeting minutes and continue to research this issue.

Stotler said after the meeting that this is an issue they are dealing with right now, but that it shouldn't have been addressed at that moment.

"She brought up some things that we are working with internally," Stotler said. "I don't think it was the appropriate time to bring those concerns up, and I'm not going to get into the details of it. I'm glad she voiced her opinions, but I think there is a more appropriate manner to do so."



Karina Diaz/The Runner

ASI President Derek Stotler conducts the weekly ASI meeting on Friday, April 24 in BDC 155B.

THE RUNNER

editorial staff

Volume XL, Issue 20

The Runner
California State University,
Bakersfield
9001 Stockdale Hwy.
Bakersfield, CA 93311-1099

Telephone 661.654.2165

Fax 661.654.6905

E-mail runner@csub.edu

therunneronline.com

EDITOR-IN-CHIEF

Josh Bennett

MANAGING EDITOR

Robin Gracia

NEWS EDITOR

Steven Barker

OPINIONS EDITOR

Richard Garibay

FEATURES EDITOR

Heather Hoelscher

SPORTS EDITOR

Esteban Ramirez

PHOTO EDITOR

Diana Olivares

WEB EDITOR

Cassie Sandrini

ART DIRECTOR

Eric Garza

MULTIMEDIA EDITOR

Michael Wafford

COPY CHIEF

Andrea Calderon

business team

ADVERTISING MANAGER

Maisy-Jane Raper

DISTRIBUTION MANAGER

Monica Martinez

ARCHIVIST

Donato Cruz

ADVISER

Jennifer Burger

jburger1@csub.edu

ABOUT

The Runner is a laboratory newspaper published weekly, in conjunction with the Communications Department at California State University, Bakersfield.

LETTERS TO THE EDITOR

Send letters to runner@csub.edu. All letters must be signed and verified and be no more than 300 words in length. Letters may be edited for clarity and length.

DISCLAIMERS

Views and opinions expressed in The

Runner are not necessarily those of the editors, staff or the Communications Department. The staff of The Runner reserves the right to refuse or omit any advertising or material which advocates illegal activity, or which may be considered libelous, irresponsible or tasteless. The Runner does not accept tobacco-related advertising.

COPYRIGHT

Copyright belongs to the Communications Department at California State University, Bakersfield.

COLUMN

The Student Body

There's a Better Way to Cardio — Ditch the Machines

By Athena Skapinakis
Senior Columnist

When it comes to cardio most people automatically think about running on a treadmill, sitting on the stationary bike or using the stair climber and elliptical. However, there's a better way to cardio. Machine-oriented cardio usually demands that you take a trip to the gym, and for some people, machines tend to be extremely boring. However, there are fun and efficient methods to burn massive amounts of calories in a shorter duration of time.

Jump Rope

I picked up the jump rope for the first time since childhood once I began mixed martial arts training. At first, I hated it. I thought it was a human torture device made to destroy me. Then, after I improved my jump rope game, I quickly saw the light and discovered that jump rope is indeed one of my most favored forms of cardio.

It incorporates fast-paced calorie burning as well as muscle strengthening and improved coordination. Jump rope burns over 10 calories per minute. You could easily burn 1,000 calories a week with two ten-minute sessions of jump rope a day. Meanwhile, you will see improved strength in your shoulders, arms, butt and legs. That's a win-win situation.

Another reason I love jump rope is the convenience of it. While I cannot carry a treadmill with me everywhere I go, I find it very easy to pack my jump rope in my gym bag or purse. I bring my jump rope everywhere with me. That way, when I find free time, I jump rope

and get a quick calorie-burn in. It's absolutely fantastic.

Plyometrics

Also known as plyo and was referred to as jump training for a time, this requires explosive compound movements. Plyometrics contains exercises like jump squats, split squats, ankle hops, one-leg hops, deadlifts, bench press, bench jumps, bench sprints, medicine ball throws and several other intensive activities. All the jumping stretches your muscles and allows you to jump higher on your next attempts. The repetitions

your fast-twitch muscle fibers, the largest and strongest in the body. Gains, gains everywhere.

Try plyometrics for an explosive calorie-burn. However, you shouldn't do plyometrics every day because your body needs time to rest and recuperate.

Boxing

There's nothing quite as cathartic as slipping on the hand wraps and boxing gloves to take out your aggression on a punching bag. Boxing for an hour using a heavy punching bag can help you burn between 300-700 calories, depending on your weight and the level of intensity you're putting into your workout.

Some may not always have the stamina to box for an hour-long session, but that doesn't mean you should throw in the towel. Just use it to wipe off your sweat and do a 15-minute or 30-minute session instead.

It gives you the opportunity to burn calories as well as enhance your coordination, stamina and level of bad assery. If you're using a heavy punching bag, you should combine

punches with kicks. The important thing is to keep your feet moving. The more movement, the better. A typical boxing workout can have six to eight three-minute rounds with about a minute of rest in between. Boxing workouts should also include calisthenics.

Tabata

Named after the Japanese Doctor Izumi Tabata, this workout is based on 20 seconds of exercise and 10 seconds of rest in between,

A.J. Alvarado/The Runner
Athena Skapinakis, Senior Columnist, demonstrates her cardio and jump roping.

are kept at a minimum while intensity and effort are kept at maximum production.

During plyo, your heart rate remains elevated and you're working several muscle groups at once while your fat cries in the form of sweat. Your heart rate stays up well after you're done working out, and you end up burning more calories at rest. Plyometric training will also increase your strength for weight lifting because it develops

endurance. If you're using a heavy punching bag, you should combine

punches with kicks. The important thing is to keep your feet moving. The more movement, the better. A typical boxing workout can have six to eight three-minute rounds with about a minute of rest in between. Boxing workouts should also include calisthenics.

Tabata

Named after the Japanese Doctor Izumi Tabata, this workout is based on 20 seconds of exercise and 10 seconds of rest in between,



Earth Day

in

BAKERSFIELD

Illustration By Eric Garza

Earth Day event held on campus

By Kristin Galetano
Reporter

On Wednesday, April 22, the Kern County Hispanic Chamber of Commerce hosted its Third Annual Earth Day luncheon in the Solario de Fortaleza at the CSUB Student Recreation Center in celebration of Earth Day, which focused on conservation in the workplace and community.

"We started this event three years ago. We felt that there is a lot of resources out there in the community, from recycling to going green, and thought that this event would shine light on business owners and the community in general to conserve at home and at work," said Jay Tamsi, the president and CEO of the KCHCC.

"We have many resources in Kern County from recycling, green certification, anti-litter and utility programs; it's important to inform our members and community of these services," said Tamsi. "We need to take advantage of these vital pro-

grams in the workplace, home and surrounding environment."

Cal Water and Kern Green were some of the companies that attended the luncheon to talk about the environment and local issues.

Earth Day began on April 22, 1970 when Gaylord Nelson, a former U.S. senator from Wisconsin, came up with the idea of Earth Day after witnessing the disaster of a large oil spill in Santa Barbara, California in 1969.

Senator Nelson was influenced by all the student anti-war movements and announced to the media an idea for a national "teach-in on the environment."

On that day, over 20 million people took to the streets for the rallies that were meant to demonstrate a healthier, greener way of living.

Groups that had been fighting against various causes for the deterioration of the environment, oil spills and toxic dumps realized they were all fighting for the same thing and came together to spread knowledge

about the environment.

The United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts were all a result of the first Earth Day.

In 1990, Denis Hayes, the national coordinator for the first Earth Day in 1970 began another campaign.

During the second campaign, Earth Day went global. 200 million people in 141 different countries were mobilized to help lift environmental issues on to the world stage, and recycling efforts nationwide were given a huge boost.

You can find more information about the history of Earth Day at <http://www.earthday.org/earth-day-history-movement>.

Men's must-have accessories for spring

By Crismat Mateo
Reporter

Spring has fully swung into Bakersfield, and we are definitely feeling this heat. Luckily, it is a Sunday night, and I am sitting on a giant rock listening to the sound of water crashing into the shore while the fresh air brings in the scent of a beautiful summer ahead. Men, take notes. It's your turn this week for this season's must-have accessories.

Backpack

For all the outdoor activities and the road trips ahead, put all of your essentials in a backpack. Whether you're staying overnight, a weekend or a month, a spacious, sturdy backpack will come in handy. This week, we are showcasing an olive green backpack with leather details by the company Will Leather; available at Snead's for Men here in Bakersfield. Not only is this bag practical, it will also show the ladies that you have a little fashion sense in you—definitely plus points.

Bold Socks

People used to say they are crazy, but the fashion industry now refer to them as a statement—statement

socks to be exact. Whether you are dressed to the nines for a boy's night out or enjoying the sun on a boat ride, a bold pair of socks will definitely complete a dapper look. Marcoliani, an Italian brand specializing in luxury socks, has a variety of socks ranging from a classic stripe or polka dot pattern to a more vibrant and abstract tie dye or splatter paint pattern to show the "Detail of an Italian gentleman," Marcoliani's slogan.

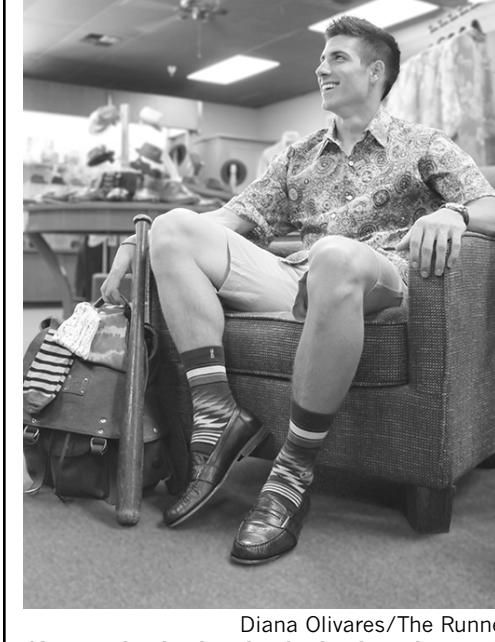
Wide-Brimmed Hat

Pharrell Williams's style has always been an inspiration to a lot of the pieces in my wardrobe. Hence, my obsession for hats. Snead's for Men was referred to me by one of my fashion stylist friends when I wanted to wear a formal, fedora hat to my cousin's wedding last year. The moment I stepped foot into the door, I knew I would want to come back into the store. They have a wide selection of hats that will help you stand out in a crowd while protecting your moneymaker—your face. On my wish list right now is a cream colored, Bailey Panama hat with a black ribbon.

Aviator Sunglasses

Channel your inner Channing Tatum or Jonah Hill, as "22 Jump Street" police officers, and invest in a pair of aviator sunglasses. They make you look cool, but they will also protect your eyes from bright sunrays.

"Sunglasses improve your vision in the dark," a Bakersfield optometrist once told me—perfect for the long night drives this summer. One of my favorite pair of sunglasses is Ray-Ban aviators; they go with everything.

Diana Olivares/The Runner
Chance Gusbeth, Physical Education and Kinesiology major and CSUB baseball player, sports bold socks.**Try My Routine**

Warm-up
100 jump ropes
5 push-ups
(Five rounds)

Workout
5 box jumps
5 push-ups
20 seconds of jumping jacks

5 box jumps
5 burpees
20 seconds of jump squats

Cool-down
100 jump ropes
5 push-ups
(Five rounds)

End in abdominals
30 crunches
30 strict crunches
30 jack-knife sit-ups (lying flat on your back, legs up and reaching for your toes)
30 Russian twists with medicine ball
30 plank jacks
30 bicycle kicks
30 glute bridges
20 flutter and scissor kicks
(20 each)

SAVE THE DATE!

KEEP UP TO DATE WITH ALL CAMPUS PROGRAMMING EVENTS!

INAUGURAL STUDENT LEADERSHIP HALL OF FAME 2015



The California State University, Bakersfield Student Leadership Hall of Fame is the highest honor bestowed upon CSUB student leadership. The Hall of Fame is reserved for twenty students annually who have shown integrity and achievement through leadership activities, community involvement, participation in campus life, and scholarship while attending CSUB.

NOMINATION MATERIALS DUE: May 1, 2015 by 10 p.m.

For more information visit www.csub.com/studentorg

**CELEBRATE CSUB**

Celebrate CSUB! welcomes incoming freshman, transfer students and their parents to campus each year, as well as students deciding to become CSUB Runners. Each year, CSUB departments and student organizations roll out the blue carpet, bring out their knowledge to share a warm welcome to these families.

WHEN: April 25

WHERE: Campus-Wide

CAMPUS CLEAN-UP

Clean-up, clean-up, everybody clean-up! Join us as we help keep our campus beautiful!

WHEN: April 27 at 12 p.m.

WHERE: Runner Park

(661) 654-3091
campusprog@csub.edu



COLUMN

Stage and Screen

'The Longest Ride' holds you tight and won't let go

By Shelby Parker
Senior Columnist

As a faithful Nicholas Sparks fan, I'm always excited to see his films, not only to compare the novel to the story on screen, but because I'm just a sucker for a good chick flick. His films have become more frequent with Oct. 2014's "The Best of Me," and his latest, which was released earlier this month, "The Longest Ride."

Starring the handsome Scott Eastwood and lovely Britt Robertson, the film follows two couples from different time periods whose stories come together by an act of fate. Luke is a country boy to the core, living the rodeo circuit life, who meets Sophia, who is unlike any other girl he's ever known, being that she's from the city and an art major. But, it's about more than just their love story and chance meeting, as the pair comes across an accident one evening. They meet an old man, by the name of Ira Levinson, who is stranded in his car, which has caught on fire. As Luke saves Ira, Sophia grabs a box of letters in the passenger's seat that unlocks the true heart of the story. Sophia strikes up a friendship with the wise old man, and through flashbacks, we see the way he met the love of his life, Ruth,

and the timeless tales, like "love requires sacrifice...always" and that it is not always "happily ever after" but learning to work with what you have.

The chemistry between Eastwood and Robertson's characters is undeniable from the awkward first date moments to learning each other's quirks as the relationship progresses. Jack Huston and Oona Chaplin also do a fantastic job of portraying young Ira and Ruth, as they give us a sense of what true love should be.

While it still follows the typical formula that Sparks has conjured up over the years - boy meets girl, the two are from very different worlds. And though, they face a challenge that is bigger than both of them, it seems to be much more realistic. What I love about these particular chick flicks is that there is rarely a happy ending, but more of a silver lining in the tragedy that occurred. There's usually a valuable lesson that was learned along the way and goes to show that it wasn't in vain. "The Longest Ride" is no different.

Being a country girl at heart, I adored the movie and think there's something in it for everyone, even if you aren't a Nicholas Sparks fan.

From The Best-Selling Author of *The Notebook* and *Dear John*

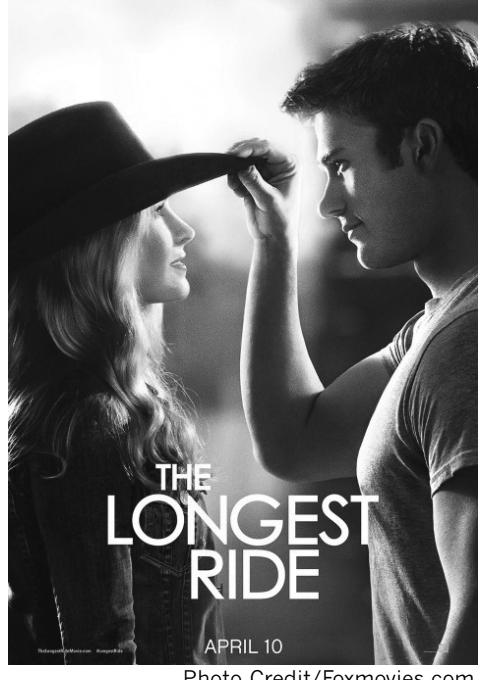


Photo Credit/Foxmovies.com

REVIEW

Just let me go 'The Longest Ride'

By Nate Sanchez
Senior Columnist

I had the privilege of seeing "The Longest Ride" with fellow senior columnist, Shelby Parker, who undoubtedly is taking this review seriously.

While on the surface, this film is about a brave bull named Rango and the facing off against a stubborn professional bullrider. A closer look reveals that the latest Nicholas Sparks film adaptation contains deep emotional themes.

Sophia, a human female, conveniently sums them up on her first date with fellow human, a male cowboy named Luke. "Love, anger, passion, sadness, history..."

Like most of Sparks' novel-films, there are two attractive white people in love with each other. Their story is paralleled with a wise old man's love story, which ultimately serves as the final lesson the youngins have to learn in

order to be happy. It's kind of like beating the final boss in a video game, if the objective is to find love instead of unlocking some sweet extra levels and awesome weapons.

The name of the film most likely refers to the lasting power of love. Or, it could refer to the shower sex scene. An unexpected minute of sexy screentime feels like an hour when you're sitting next to your friend, with whom you've never seen such a film.

Symbolism in the film was so in-your-face it distracted from the highly-predictable storyline. For example; Ruth and Ira's art collection was a symbol of their love for each other, remaining intact after their deaths in the hands of their young counterparts. The thing that I disliked most about this film is that it was a two-hour reminder that there are guys who are stronger and more handsome than me.

There were two redeeming qualities to the film: the scenery and the bull riding. The natural beauty of the North Carolina wilderness was a brilliant breath of fresh air as I drowned in thematic undertones so heavy they're as obvious as the overture.

I've seen two more Nicholas Sparks films than anyone with my palate of entertainment should see. For something you should see, check out the video of Shelby and I previewing "The Longest Ride" on our way to see it.

Check out that video and others on therunneronline.com

Curious Kitchen

Ebelskiver? I barely know her!

By Alex Ripepi
Senior Columnist

Every once in a blue moon, it's nice to branch out and appropriate another culture's food so that you can stuff your face with international goodness. This week, I attempted such a meal in making the ebelskiver. No, I didn't just sneeze and write out the sound it made; the ebelskiver is essentially a round pancake with space in the middle to stuff full of jelly, jam or whatever your heart truly desires – but nothing sexual, please.

Ebleskivers are a traditional Danish

food that has been called a mix between a pancake and a popover, but what really stands out about the ebelskiver is the cooking process and the tools you need to make them. The ebelskiver pan, which is reminiscent of an egg poacher, is a must, and they aren't very expensive at about \$25.

Unlike many of the other things I've tried for The Curious Kitchen, this has a very active cooking process after making the batter. Before pouring any batter into the pan, be sure to use some oil or butter in each one to allow for an easy turning process. The recommended amount of batter for each well of the pan is two tablespoons.

Once each well has been filled, you should immediately check to see if you can rotate the partially cooked ebelskiver. Traditionally, the rotating is done with a knitting needle, as a wooden skewer can stick to the batter and cause problems with consist-

tent shapes.

If it is ready to turn, gently coax the inside of it until it is about halfway out of the well and the rest of the batter fills the well. Continue to turn them until there is only a very small opening about the size of a dime on each one. This is a very active process; do not leave the pan while batter is cooking under any circumstance.

If you don't get the proper shape for your ebelskiver, don't worry and just keep cooking away until you get it down, this isn't a recipe that you can walk into and get it perfectly right away. Now for the curiosity! While cooking these is much simpler without any filling, all manner of things can be shoved into the batter as it starts to cook. If you do decide to try to fill it before they are finished cooking, put the filler in when about half of the batter is added, then cover the filler with the rest of the batter. Try not to use as much batter

because the filling will take up space.

While frying away, I decided that sweet ebelskivers were getting too much love, and added sausage to the mix. After they finished, I added some cheese, cheddar for some and gorgonzola for others, and they were delicious. But while turning, it was very difficult to get the shape right. Others I filled with nutella or fig jam, and while those were easier to get the right shape, I would suggest being very careful when using a semi-liquid because they can and will leak.

If you can get past the intimidating cooking method, ebelskivers are delicious at any time of the day, and learning new things about another culture is never a bad thing.

****It's not immediately clear HOW you're supposed to cook these things. You need a special kind of pan, which makes me think of an oven, but then you talk about turning them which makes me think of frying them.



Marisel Maldonado/The Runner
Senior Columnist Alex Ripepi, cooking a unique Danish dish called Ebelskiver (above). After preparation and mixing ingredients (below) and lastly the finish product!



"Ivory League" in TOLERANT TENURE

Created by Eric Garza



WHAT'S GOING ON AROUND CAMPUS

29 WEDNESDAY
12:00 P.M.-1:00 P.M.
ASI MIXER
@ STUDENT UNION PATIO
MEET ASI BOARD
OF DIRECTORS
FOR LUNCH

6:00 P.M.-8:30 P.M.
TAKE BACK THE NIGHT:
UNSPOKEN
@ STUDENT UNION PATIO
HONOR
SURVIVORS OF
SEXUAL/
DOMESTIC VIOLENCE

1 FRIDAY

1:00 A.M.
SPRING FLING
@ RESIDENCE HALL
SOCIAL EVENT/
OUTDOOR ACTIVITY:
PRIZES, PIZZA, THEMED
DANCES

10:00 A.M.-5:00 P.M.
GENDER WOMEN'S
EVENT
@ STUDENT UNION
MULTI-PURPOSE ROOM
RESEARCH SYMPOSIUM
GENDER/WOMEN/
SEXUALITY

3:00 P.M.-
5:00 P.M.
MUHAMMAD
@ DORE
THEATRE
HISTORY OF
MUHAMMAD

6:00 P.M.-
NORTHERN COLORADO
VS.
NORTHERN COLORADO
@ HARDT FIELD

2 SATURDAY

3:00 P.M.-
5:00 P.M.
MUHAMMAD
@ DORE
THEATRE
HISTORY OF
MUHAMMAD

6:00 P.M.-
NORTHERN COLORADO
VS.
NORTHERN COLORADO
@ HARDT FIELD

3 SUNDAY

12:00 P.M.
BASEBALL
VS.
NORTHERN COLORADO
@ HARDT FIELD

6:00 P.M.
BASEBALL
VS.
NORTHERN COLORADO
@ HARDT FIELD

4 MONDAY

11:30-3:30 P.M.
SILENT
AUCTION
@ DDH
HALLWAY
AUCTIONING
DONATE
MERCAN-
DISE

Calendar sponsored by CSUB Office of Student Affairs, School of Arts and Humanities, Water Stein Library, and the Department of Business and Public Administration. If you would like your event to appear in this calendar, contact runner@csub.edu

EVENT

Dance Marathon to raise money for hospital

[MARATHON, Page 1]

They are looking to grow the club, and keep the dance marathon in the minds of students year round, instead of when the time comes for the event.

"We want to build awareness the whole year round with doing some mini events, and some fundraising events while collaborating with the community, restaurants and businesses alike," she Hernandez.

The Dance Marathon event is different than what some may think. There is a misconception that you have to dance for the whole time, and if you stop you're out. This kind of dance marathon is more about having fun, dancing and staying on your feet, games, food and other activities. The goal is to be entertained the whole night and into the morning. They even had a choreographed dance that was taught

throughout the event.

Getting involved with the club includes planning and organizing the event. Hernandez has become very passionate about this event.

"This event and this cause has come really close to my heart and so it is a year round thought in my mind. A lot of people are looking for that opportunity to give back but may not know the right avenues or where they can help. Some people have hospitals close to their heart, children close to their heart, and so there are ways to make sure this event happens and to be giving to the hospital all year long," said Hernandez.

"One day we will, hopefully, be able to grow to huge scales like other schools have grown. Millions of dollars are raised at other schools on the east coast. That's what I want for our school," she said.

RUNNER ON THE STREET

By Karina Diaz, Photographer

This week, The Runner asked, "Do you think minimum wage should be over \$10?"

Noeli Cervantes
19
Sociology



"I think it should pay more than \$10 because of the issues regarding the customers, or the labor. It should be based on what [a person] works on a daily basis."



Jonalu Blaza
19
Nursing

"It seems like a good idea, but it does affect the economy. When there is a rise everything else goes up."

Liliana Gonzalez
18
Business



"I don't think they should. Higher education jobs will be affected and I think the limit for entry level jobs should stay at \$10."

EDITORIAL

Campus staff deserves to be compensated

Regardless of personal feelings toward unionization and collective bargaining, the stories told in the California Faculty Association's third Race to the Bottom publication cannot be characterized as anything but saddening.

In the report, a number of professors throughout the California State University system, some anonymously and others with their names attached, provide tales of financial

hardship they are currently experiencing as employees of the CSU system. For example, one teacher from Cal Poly Pomona said he must occasionally rely on food stamps and federal aid; another professor expressed concerns she would never retire.

We at The Runner recognize that teachers are exceptionally hard-working individuals – and it was with delight that we received on April 21 that CSUB

President Horace Mitchell is implementing a campus-based equity program regarding faculty salaries.

Effective in June, the program is intended to provide raises for tenure and tenure-track faculty who are making below the CSU median at their positions.

However, while we applaud the university for addressing salary inversion and compensation here at CSUB, we are disappointed that a similar agree-

ment has not yet been reached for our campus staff.

Bar none, CSUB's staff workers are among the hardest working people at this university.

It is they who work to construct props and backdrops for our quarterly plays in the Dore Theater.

It is they who, without complaint, clean the stains and sugar residue left by untreated soda spills, who clean our classrooms and bathrooms and

exterminate ants left by forgotten food.

For a university to operate smoothly, both within the classroom and a lot of other departments and services provided by a college, there must be an extensive team of hard-working individuals collaborating to tackle a lot of issues both big and small, public and unpublished.

It is our university staff – our health center staff, our janitors,

our assistants – that resolve these issues and do the work many would shirk from. These jobs are incredibly important to the university, and should be compensated as if their jobs are appreciated.

We urge the university to thus reward campus staff with a salary that reflects the hard work they do.

Reach an agreement with campus staff soon.

Fast food workers don't deserve \$15 an hour

By Richard Garibay
Opinions Editor

I've recently heard a lot of talk about minimum wage being increased to \$15 from the already increased \$9 an hour.

This comes from a measure approved in May of this year by the California senate.

I cannot tell you how much I disagree with a \$15 dollar minimum wage.

First off, what is some pimply face high school kid doing at McDonald's that is worth \$15? I didn't know flipping patties was so dangerous or was such a valuable skill that it demanded that kind of money. Some active members of the military earn don't even earn \$15 an hour, and they occasionally get shot at.

The reason these jobs pay so little is because they are

unskilled, hence the name "entry-level". If you want more money you should earn it. Just take a look at jobs that pay \$15, according to the California Employment Development Department website. They are bus drivers, pre-school teachers and broadcast technicians just to name a few.

The reason they deserve \$15 is because of education.

These jobs require specialized skills that aren't taught with a company training video or manual.

How could anyone demand that a food server be paid more? They don't have any skills that aren't common knowledge.

The main argument for the huge increase is that people working these jobs can't earn a living. I hate to break it to you, but these are not careers for

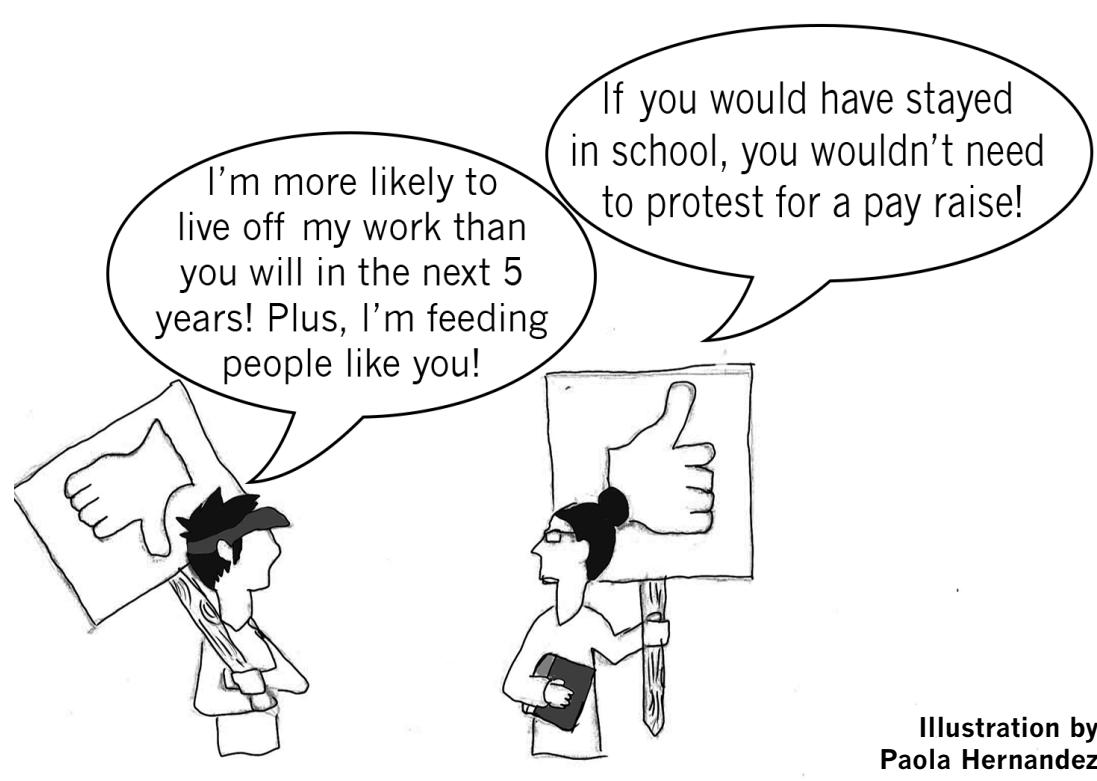
making a living. The only way to make a living with minimum wage is working multiple jobs and that shouldn't change. Soon minimum wage workers will start demanding full benefits stock options. Instead of fighting so hard for a higher wage at an awful fast food restaurant why not look for a better paying job?

California lawmakers should do the same. Instead of passing legislation that will raise wages for these low quality jobs they should make it easier for people to get an education and find the higher paying careers.

The jobs you're trying to improve are terrible jobs. It's a lot like trying to gold plate a turd.

If you want more money, that's fine. But don't try to convince me that you deserve it for doing some job that a seventeen year old gets for the summer.

Illustration by Paola Hernandez



Water must be conserved

By Natalie Loyd
Reporter

Every student and staff member at CSU Bakersfield should have received the Administrator Message in their email on the water conservation on the campus. I believe CSUB should be considered our second home, since we do spend a great deal of time here. Plus, everyone should be taking precautions in conserving the water not only at home but at school as well. With as much time a student devotes at school, little things can be done to help the water conservation.

For example, reporting broken sprinklers by calling Facilities Management helps conserve water, as does taking shorter showers at the SRC, and making sure faucets turn off after use.

It is about time to make this a call for arms to help make conserving water a priority.

Let's all open our eyes and hearts and become aware to help out with this major issue. This should be on top of our lists.

Let's replace checking our Facebook statuses with checking water.ca.gov.

This is an informative website that pop up when searching California water. You can even

get an App for the website.

One proactive measure to conserving water would be to replace the lawn by the CSUB amphitheatre with AstroTurf. While it would be costly, and possibly considered radical, desperate times call for desperate measures.

Another way to help out could be to write letters to the administrators about different types of gardens to lower water usage, or any other ideas for landscaping to help lower the use of water on campus. Certain types of plants can last much longer without water than others.

Allison Stutsman, a 27-year-old liberal studies major had many thoughts and opinions regarding what the university could do in order to conserve water.

"I noticed they drained the pond and made me sad, but they are trying I guess," she said. "The shade of the trees around campus is wonderful. I would hate to see them disappear."

I agree that CSUB is a very beautiful green campus, but the trees are more important than rolling hills of green grass; so watering at night would be an improvement. It would also cut down on the water evaporating during the day.

Biochemistry assistant professor Sarah Forester, 35, didn't

want to come off as too negative but the standing water around campus is something she has observed and knows that isn't good for the drought we are in plus it attracts mosquitos.

Also, right now is the critical time to conserve water; it has to happen now.

The Bakersfield City Council recently imposed ordinances regarding when watering is allowed for residences and businesses, limiting watering to certain days with the threat of a fine being issued to those who do not comply with conserving. This is a step in the right direction; however, whether this type of rule is enforceable is questionable at best.

Forester recently visited CSU Fullerton and the campus was beautiful due to the vast amounts of succulent plants: cacti, Queen Victoria Agave, etc., which are all drought tolerant plants. Drought tolerant plants are a great idea to replace the plants around campus to help with the drought along with rocks and wood chips within the planters.

Next year could be the year we completely run out of water; therefore, we should start conserving water now.

6TH ANNUAL GENDER MATTERS

An interdisciplinary student research symposium

May 1st, 2015

9 AM - 5 PM

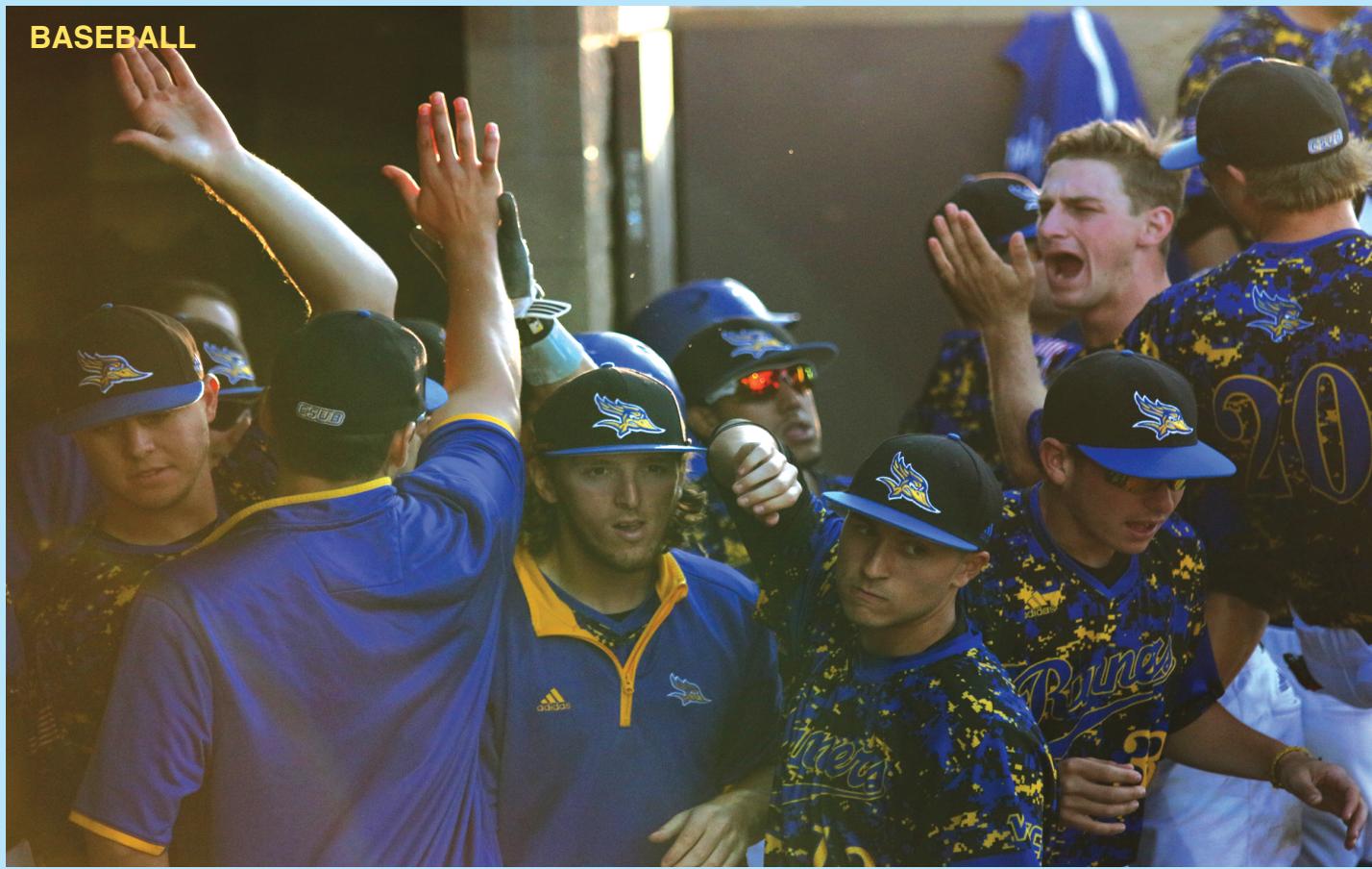
CSUB Student Union
Multipurpose Room



Keynote Speaker
Dr. Loretta Kensinger
3:30 PM

"Out of the Chaos":
Taking the Politics of
Women's Lives Seriously

Co-sponsored by Interdisciplinary Studies and Club GEN



CSUB's dugout celebrates after they tacked on a few runs in the 3rd inning on some timely hitting against Seattle University on April 24 at Hardt Field. The Roadrunners beat WAC rival Redhawks 5-0 on April 24.



AJ Alvarado/The Runner
Sophomore Joey Sanchez rounds third base and scores easily on April 24 at Hardt field against the Redhawks.

CSUB climbs to top of WAC

By Esteban Ramirez
Sports Editor

The CSU Bakersfield baseball team continued its winning ways this past week. CSUB has now won 13 of its last 15 games and the Roadrunners (25-16-1, 12-5-1 Western Athletic Conference) have vaulted themselves to a half game behind the No.1 Seattle. CSUB went 2-1 against first-place Seattle.

Quote

"What I [saw] from this series is that we are the best team in this conference. I don't think there's a better team than we are." -Bill Kernen, CSUB baseball coach

April 24
CSUB 5,
Seattle 0

MVP

Senior pitcher Hayden Carter (6-3) pitched a complete game going nine innings strong, striking out two batters, gave up zero runs and earned the wins.

Key Moment

In the top of the seventh inning with a 5-0 lead, Carter was in a jam as the bases were loaded with no outs. However, Carter struck out the next batter and then forced two more outs to end the threat.

April 25
CSUB 10,
Seattle 5

MVP

Sophomore infielder David Metzgar went 2 for 3 hitting with two runs scored, two RBIs and drew two walks.

Key Moment

After Seattle cut into the lead in the top half of the eighth inning, CSUB, who was holding on to a 6-5 lead, came right back in the bottom half, scoring four runs. CSUB had two hits in that inning but had help with two errors by Seattle. It gave the Roadrunners a 10-5 lead.

April 26
Seattle 4,
CSUB 0

MVP

Seattle's sophomore starting pitcher Tarik Skubal pitched six innings, finished with eight strikeouts and earned the win.

Key Moment

With CSUB down 3-0 in the bottom of the fourth inning, the Roadrunners had the bases loaded with two outs and sophomore Mylz Jones at the plate with a chance to tie the game. However, Jones grounded to Skubal for the putout to end the threat and the inning.



Abraham Tellez/The Runner
Sophomore Joey Sanchez steps up to bat against Seattle University on April 26 at Hardt Field.

COLUMN

Fan of the house

Behave out of the boxing ring



By Nate Sanchez
Senior Columnist

"Only God can judge me" has been the mantra of boxing's current golden boy, the undefeated Floyd Mayweather Jr. as he lives his opulent lifestyle free from the consequences of his sin.

This Saturday, May 2, he will fight Manny Pacquiao in the most anticipated boxing match in recent memory.

Mayweather has been unrepentant of his actions, and while he's served time for some of them, he has continued to serially physically abuse women.

Melissa Brim, mother of one of his daughters, alleges that he struck her in the face with a car door.

Shantel Jackson, alleged that Mayweather choked her and threatened to shoot her when she told him she wanted to leave him.

Josie Harris, mother of three of Mayweather's children, was

brutally assaulted and threatened as her children were forced by threat of violence by their father to watch him beat their mother.

The Nevada State Athletic Commission has the power to revoke a fighter's license for any legal violation above a traffic ticket.

It has done no such thing. The man's actions are sickening to say the least, but his opponent is merely the lesser of two evils rather than the knight of honor and good by comparison.

Pacquiao is an elected leader in his native Philippines.

One wouldn't know that given the man's boxing, acting and singing careers.

On top of these, Pacquiao is an alleged womanizer, fielding multiple reports of marital infidelity. Boxing needs Mayweather and Pacquiao to survive.

Without the anticipation, speculation and media buzz surrounding these two fighters, boxing will assume it's rightful place in the public's conscious: relegated to the same sports wasteland occupied by the likes of lacrosse.

That's why the fight has taken so long to come to pass. Fans have grown tired of played-out, one-sided rivalries.

Even the most casual of sports fans will tell you this fight is seven years too late.

Both fighters are on the closing end of their thirties, knocking on heaven's door by sports standards.

Boxing isn't giving you the fight you've been fighting for. It's conceding a product it knows won't have value in a few years.

The debate over who will or should win is becoming as intense as that stupid Internet argument over the color of that dress, only there's no right answer.

Everyone is picking a side, but no one is right. I can't wait until all of this blows over.

I'm sick of ESPN and other news networks coming to stand alongside Mayweather.

The power of a boxer's record extends as far as the ring. That's how it works.

It's not a get out of jail free card neither does it excuse him from the consequences of the law. Saturday's match will be a battle not between good and evil, but will follow the formula that's come to be expected of most sports: millionaires competing against each other for more money.

Regardless of the winner, we all lose.

Congratulations, Class of 2015!

You
Are a
Member of
The Class of 3 Million!

During Spring of 2015,
the California State University
will reach 3 million alumni.

You are helping us reach this milestone!

Join the official yearbook by May 1, 2015 at CalState.edu/Classof3million for a chance to win one of three \$10,000 scholarships, courtesy of Herff Jones.

ALL YOU NEED TO SIGN UP IS

- EMAIL ADDRESS
- CURRENT CONTACT INFORMATION
- YEAR OF GRADUATION
- PHOTO OF YOURSELF

#CSU3MIL



'Runner Roundup

SOFTBALL
4/24



11

SOFTBALL
4/24



7

SOFTBALL
4/25



5



2

CSUB vs Seattle Softball Score: 11-7 on 4/24 and 5-2 on 4/25.