



MEN'S BASKETBALL

CSUB cruises to first win



See page 6 for the game story and more photos of the Roadrunners' season opener.

CSUB redshirt-freshman guard Damiyne Durham dunks the ball against San Diego Christian College on Saturday, Nov. 14 in the Icardo Center. The Roadrunners beat the Hawks 93-69 in their season-opening game and Durham finished with a game-high 25 points.

Marisel Maldonado/The Runner

FACILITIES

Modulars on campus to be removed

By Katie Aubin
Reporter

Two of the modular buildings on the east side of the CSU Bakersfield campus are being prepared for removal, as their occupants prepare for relocation.

Modulars 1 and 2 are owned by William Scottsman, a company that owns and leases modular buildings.

By winter of 2016, CSUB will essentially be giving the modulars back.

According to Patrick Jacobs, assistant vice

president of facilities management, they were intended to be temporary when they were put in 1991.

Now, 24 years later, time has taken its toll on them.

"They're not in very good shape, but we're still paying rent on them," said Jacobs.

However, the buildings are currently in use by several classes and programs, notably the Intensive English Language Center and The Runner newspaper in Modular 1, and the College Assistance Migrant Program in Modular 2.

According to Jacobs, the plan for many of these programs is to move them into space in the old dorms once renovations are complete around January or February.

Denizens of the modulars are not thrilled by the task of moving, but are otherwise happy to be able to get out of the modular buildings.

"We really don't like this modular, especially for international students," said Lisa Ramirez, administrative support for the IELC.

The center is a part of the Extended University department, so it will be migrating to those offices when the time comes, which Ramirez figures will be around the end of the quarter.

"I think it'll give international students a

sense of pride, and a chance to interact with other students since they'll be having classes on campus," Ramirez said.

International students can expect to have classes in the Dorothy Donahoe Hall and the Education Building once the modulars are gone.

Ramirez said the center is excited to move to Extended University because it is a part of that department, and they're finally going to know how everything functions.

"There are a lot of programs and things they do that we only have an idea of," she said.

The third modular building is owned by CSUB and will remain on campus. The Runner will temporarily move into Modular 3.

"They're not in very good shape, but we're still paying rent on them."

— Patrick Jacobs
Assistant Vice President of Facilities Management

CAMPUS

La Gran Posada celebrates hispanic tradition

By Alee Gonzalez
Reporter

People gathered at CSU Bakersfield's Alumni Park on Thursday, Nov. 12 to celebrate and enjoy the 16th annual La Gran Posada which was hosted by Delta Zeta Tau.

Celebrating La Gran Posada is a Hispanic tradition performed around Christmas time.

Helia Corral is a professor in the languages department. Corral attended La Gran Posada as a guest speaker and Corral explained that the purpose of La Gran Posada event is to re-enact Mary and Joseph searching for lodging in Bethlehem before the birth of

Jesus Christ.

La Gran Posada was celebrated with dinner, a procession, Folklorico dancing, and music from the Mariachi band "Grupo La Plaza."

"Let our tradition live," said communications major Erik Perez.

Perez is a member of Delta Zeta Tau and was this year's coordinator for the event. He said that they are a Latin-based fraternity and they wished to let students truly know what the purpose and history was of the posada.

He explained that they received help from Associated Students Inc., Metra, Nu Phi Chi, Newman Club, Saint

Augustine Church and many other organizations.

He and his brothers are very grateful for the help that they received in creating a successful event that was representative of their Latin roots.

"It's a good idea to spread the culture," said Melissa Lovera.

She attended the Posada with friends.

She said that she enjoyed the music and had a fun time.

She is of Hispanic descent and enjoyed the prospect of sharing her culture with CSUB students. It reminded her of the Posadas that she attended as a kid.

"It was a beautiful experience. Everyone came out and

supported us and the Posada," said Delta Zeta Tau member and double major Octavio Martinez.

He was really happy with the turn out and explained that their fraternity has plans to keep expanding the Posada in years to come.

This year they had a Mariachi that helped liven up the festivities.

This was a great feat according to Martinez, because they didn't have that previously.

Martinez said that their fraternity had to make a lot of phone calls and put in a lot of effort to make it successful and is happy that everyone enjoyed themselves.



Dayshanae James/The Runner

The mariachi band "Grupo La Plaza" performs at the Alumni Park for La Gran Posada event on Thursday, Nov. 12.

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Check out our videos and audio at
therunneronline.com

VETERANS

Parade honors service members



Photos by AJ Alvarado/The Runner

The Veterans Day parade is an annual tradition that takes place in downtown Bakersfield.

By **Alejandra Flores**
Reporter

The 95th annual Veterans Day parade honored veterans from all branches in downtown Bakersfield on Wednesday, Nov. 11.

"I am a veteran, and I'm proud of it," said Arnold Moreno, an Army Veteran who attends the parade every year along with his family.

Before the parade starts, Moreno enjoys breakfast at Tina Marie's Café and then stations himself in his favorite spot in front of the restaurant at 20th and Chester Street.

Moreno stood through the entire parade honoring and

saluting other veterans.

Organizations like Wounded Heroes of Kern County, The Kern County Museum, Bakersfield Young Marines, Honor Flight of Kern County, Camp Valor and many more participated in the parade.

Schools from all grade levels also attended such as Stonecreek Junior High School, Frontier High School and Bakersfield College.

Local government officials like Mayor Harvey Hall, U.S. Congressman Kevin McCarthy, Assemblywoman Shannon Grove and Assemblyman Rudy Salas were also there.

"I like coming because of the spread of ages of veterans that

show up," said Ray Hutchison, who is an Army veteran that served during the Vietnam War from 1972-75.

Hutchison started coming to the parade four years ago, and served in the Vietnam Era from 1945-85 but was not able to make it to the Vietnam War because of being in the Cold War service in Germany.

According to Hutchinson, he falls in the gray area of people who served but did not.

"I didn't like what I was doing, but I took it seriously because I owed it to everyone else who came before me," said Hutchison, who was part of nuclear security in the military police when he served.



A veteran gives a high-five to a girl in attendance at the 95th annual Veterans Day Parade.

Army veteran Lawrence Garcia, who served from 1973-75 during the Vietnam War in the support Company, said that it was very nice.

"Sometimes they fall behind

and there will be gaps, but they were very good this year," he said.

Garcia attends the Veterans Day Parade every year. This year he was also there to see

his daughter participate in the parade through South High School's U.S. Army Junior Reserve Officers' Training Corps (JROTC).

EL NIÑO

Caltrans cautions commuters on road safety

By **David Kaplan**
Multimedia Editor

The heavy storm in Kern County on Thursday, Oct. 15 caused mudslides to cover one-and-a-half miles of roadway along Highway 58 with five to six feet of mud, according to Caltrans' Oct. 21 press release, which affected CSU Bakersfield faculty and students who commute to Bakersfield from Tehachapi.

Hwy 58 reopened for commuters on Wednesday, Oct. 21st at 8 p.m. after being closed since 6:07 p.m. Thursday, Oct. 15th, according to Caltrans' press release.

There were no injuries or deaths from the mudslides, but a total of 78 passenger vehicles, two buses, 36 trucks, one RV camp and one travel trailer were stuck in the mud.

The Hwy 58 was closed off and only Tehachapi residents with proof of ID were allowed through the checkpoints from Thursday, Oct. 15 to Wednesday, Oct. 21.

By Wednesday, Oct. 21, workers had cleared off approximately 75,000 cubic

yards of dirt.

Cal Trans District 9 Public Information Officer Florene Trainor said that Hwy 58 had not been shut down due to a mudslide in 18 years.

CSUB senior communications major and Tehachapi resident Justin Pool had plans after his five o'clock class at CSUB ended, until he got a call from a family member in Tehachapi telling him that he might want to come home due to the heavy rain.

"I was living in Indianapolis, [and] was like, 'The weather's nothing here now,' because I've experienced tornado warnings and such and I just thought no big deal," Pool said. "But for some reason I just had a gut feeling, so I'm just like, 'OK I'm just going to go back up to Tehachapi' and thankfully I did, because if I didn't at that time I would have been stuck down here in Bakersfield for a good long while, maybe two or three days and then I have work and I'll miss all that."

CSUB senior communications major and Tehachapi resident Natalia Tapia was at home in Tehachapi the day the storm

hit, but her family and boyfriend were not.

"Literally half my family were stranded in Lancaster, along with my boyfriend," Tapia said. "My family was shopping and my uncle was actually coming back from work, and they all got stuck."

Tapia checked news alerts on social media for her family deep into the night.

"[My family] had me go through Facebook, just to check if any other roads were open anytime of the night," Tapia said. "I stayed up until like one checking Facebook to see if they were opening."

Tapia found out through a dispatcher that the roads were going to stay closed.

"They slept in the parking lot in Albertson's," Tapia said.

"The next day they ended up driving all the way through the 178 (Highway). "It took them four hours to get to Tehachapi.

Manager of Student Financial Services and Accounting Operations at CSUB and Tehachapi resident Eva Hebebrand's was in serious danger.

When Hebebrand's niece

came up to Tehachapi through the back road (Tehachapi Willow Springs) her car was pushed to the side of the road by a mudflow.

Some drivers who saw what happened helped her get out of the car.

Hebebrand's niece was OK and got home safely, but she does not know what happened to her car, it's with the insurance company.

"Fortunately, she was able to get out, but those are very scary moments, when you're not sure where you're family is and you know that they're trying to get home as well," Hebebrand said.

Trainor says Caltrans has been getting ready for the predicted "Godzilla" El Niño Winter.

"We have been preparing all along, because we have been aware that this Godzilla El Niño was coming along and so we have been cleaning out the ditches and making V ditches for places for the water to flow, cleaning out all of our culverts and our water drainage, making sure the slopes are cleared out from any rock and debris,"

Trainor said.

Trainor says Caltrans does not have plans to build a wall on the sides of the Hwy 58.

"The last event that happened did come out of one of the canyons that it came out this time and we did build a wall along there, a capture wall to capture mud and water and that wall did work," Trainor said. "This flood would have been much worse if that wall wasn't there. Due to this event being an one-thousand year storm, we're not going to build anything additional, because we just can't prepare for thousand year storms."

Trainor says Caltrans is confident with the precautions they have made on the Hwy 58.

"[Besides the one-thousand year storm] We haven't had to close the roadway, we haven't had mudslides or additional excess rain or water on the road. So, we are very confident that what we have done is preparing for what we're going to see.

"Our number one priority is to make sure that the traveling public can use our roadways and our highways safely and

that we are providing them a way to get to where they want to go on our roadways safely.

Trainor suggests commuters from Tehachapi to Bakersfield hit the road prepared.

"We do also suggest that during the Winter season that everyone carry some kind of emergency packet to be prepared, because you just never know what you might run into with this type of weather and this type of year with this Godzilla El Nino," said Trainor. "So, just check the roads before you travel and make sure you have a warm blanket and maybe some snacks and some water in your car and that you're ready to go and the roadways should be ready for you to go on."

Trainor says commuters can check the roads by calling 1-800-GAS-ROAD, or by going to Caltrans' quick map site at quickmap.dot.ca.gov.

To watch the accompanying video news package of this story you can go to therunneronline.com and click on the "Video" tab.

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ABOUT
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STUDENT LIFE

A road trip may be the answer for the break

By Bre Williams
Senior Photographer

Fall quarter is coming to a close, so why not let the adventures begin? Sometimes we need to get out of the classroom and explore the world to gain knowledge. How about an epic road trip up the west coast? I know what you are thinking it sounds like a lot of planning and money. Let me help you out with that.

Pink Floyd said “money it’s a gas,” and your road trip will be no exception. You will burn most of your money on gas, so be sure to pick the most fuel-efficient car you have access to. Additionally, I found it helpful to download the Gas Buddy app on my iPhone, which tells you the cheapest gas prices based on your location.

Another way to ensure you will not waste your gas is to map your route ahead of time, and you can do this with another app I used on my recent road trip called Roadtrippers.

The next most expensive part of your trip will be lodging. Now, of course, the best way to save your cash is to utilize people you may know that live on your journey’s route.

This helped me and my trip buddies save a lot of money, but if you do not know anyone fear not.

Another app came to my rescue for a place to stay in



St. John’s Bridge located in Portland, Oregon was one of William’s stops during the roadtrip.

Seattle it’s called Airbnb. The app allows you to rent anything from whole apartments to just a room in someone’s house depending on the kind of money you want to spend. I rented a basement apartment in Seattle on my road trip and it made me feel like a local. Also, if you rent an Airbnb with a kitchen it will help you cut back on food cost. You can always rent camping spots for

cheap and get in touch with Mother Earth. One of my trip companions and fellow CSUB student Senior EMS major Jordan Portillo said, “My advice would be to go with friends who share the same interest and motives. Bump good music and get drinks wherever you go.” When choosing a route you will have to decide what is

most important to you and your fellow road trippers. There is plenty to do on the California coast, but on my road trip we jetted straight for the Pacific Northwest. Portland, Ore. continues to grow in popularity and honestly it’s no surprise to me. From hiking to skyscrapers to breweries galore PDX (Portland) is an adventure all in itself. If you take the trip up to



BC student Jacob Tover and CSUB senior EMS major Jordan Portillo on the Broadway Bridge in Portland, Oregon in summer 2015.

Portland, see all the bridges it is after all called the City of Bridges, and also hike Forest Park in the morning after the fresh taste of local Stumptown coffee.

For me, there’s something mystical about Portland from all the interesting people to the peace I feel surrounded by cloudy skies and giant trees. You can continue into the Northwest to Seattle, and then if you want to

get a passport you can head into Canada. Traveling is a different kind of learning experience and something you will remember for the rest of your life. It is important to plan, but also be prepared for sudden changes. Plan time to stop whenever you see something interesting, take lots of photos, and allow yourself to be engrossed in the culture of wherever the wind may take you.

FINALS

Last minute study tips to succeed during finals week

By Annie Russell
Reporter

Finals can be stressful enough with term papers, exams and presentations to prepare for, but some students are stressed with preparing for the holiday season and jobs on top of focusing on finals. To improve study skills for finals, students can look into the following tips.

First off, get plenty of sleep. Being sleepy can slow down the thinking process.

Enough sleep can do wonders to how much information students retain from materials they have gone over from class notes or read.

“Get sleep and don’t do all-nighters. Plan ahead,” said communications professor Donna Simmons. “Layout a study plan that you can follow.”

It’s very important to stay organized with a plan of study that

can show what has been accomplished and what still needs to be done.

One reason for falling behind in homework and classes is not organizing and managing time properly. Secondly, take small breaks in between studying times. Taking small breaks can help relieve stress.

“Take breaks,” said communications major Jessica Tolbert, 25, who sometimes finds herself distracted when immersed in studying. “I put the TV on mute while I study. It eases the tension.”

Along with taking breaks, students should also continue going to their classes until the end of the quarter because important information can be given out.

Going to class reinforces your knowledge on particular subject material and can be beneficial for gaining new information that may be on the exam.

Students struggling at writing reports or papers should consider

going to the writing center for extra help or asking a fellow student to proofread over the paper.

The Writing Resource Center here at CSU Bakersfield offers enrolled CSUB students free tutoring and workshops in many areas from APA citations to writing English papers.

Students can visit the Writing Resource Center’s page on the CSUB website or stop by the center for further questions.

Having a person look over written material can save professors from marking off points for overlooked spelling punctuation and errors.

In the case of having problems focusing, students should also consider changing their study locations.

A good place to study on campus can be the library. If too much silence isn’t in mind, there is food courts and study areas in the student union that make for good study locations for individuals and study groups.

What’s Going on Around Campus

WED., NOV. 18 BEST WEEK EVER & STUDY STRONG WEEK UAA ALUMNI SOCIAL 6 PM @ STOCKDALE CC RSVP: HMCOWEN@CSUB.EDU POET VISIT: MATTHEW ZAPRUDER 7 PM @ LIBRARY DECEMBER ROOM	THURS., NOV. 19 BEST WEEK EVER ALL DAY @ SU STUDY STRONG WEEK MASSAGES 11-2 @ SU CART 10 PM-12AM @ LIBRARY MEXICAN AUTHOR ANA GARCIA BERUA 5 PM @ LIBRARY DECEMBER ROOM	FRI., NOV. 20 MEN’S BASKETBALL VS FRESNO PACIFIC NOON @ ICARDO CENTER JAZZ ENSEMBLES 8 PM @ DORÉ THEATRE - \$5-\$10 WRESTLING VS PENN STATE 7 PM @ ICARDO CENTER
SAT., NOV. 21 CSUB CHAMBER MUSIC CONCERT 7:30 PM @ MUSIC BUILDING, ROOM 127 TICKETS: \$5-\$10 FREE FOR CSUB STUDENTS WITH ID	SUN., NOV. 22 WOMEN’S BASKETBALL VS SAN JOSÉ STATE 1 PM @ ICARDO CENTER	MON., NOV. 23 CAMPUS CLEANUP DAY NOON - 1 PM @ RUNNER PARK STUDY STRONG WEEK FREE LUNCH 1-2 PM @ SU ZEN ZONE 2-5 PM @ SRC LATE-NIGHT BREAKFAST 10-11 PM @ CAFE
TUES., NOV. 24 STUDY STRONG WEEK ROAMING SNACK SHACK AND MOTIVATIONAL MUNCHIES ALL DAY	WED., NOV. 25 STUDY STRONG WEEK ROAMING SNACK SHACK AND MOTIVATIONAL MUNCHIES ALL DAY	THURS., NOV. 26 A TURKEY IS A FUNNY BIRD, ITS HEAD GOES WOBBLE, WOBBLE. ALL IT KNOWS IS JUST ONE WORD, "GOBBLE, GOBBLE, GOBBLE." - ANONYMOUS HAPPY THANKSGIVING!

Calendar sponsored by CSUB Office of Student Affairs, School of Arts & Humanities, Walter Stiern Library, and the School of Business and Public Administration. To be included, contact runner@csub.edu.

STUDY STRONG

FINALS WEEK

WED 11/18
FREE BREAKFAST
SU 9-11 AM
MARLEY'S MUTTS
COME PET A PUPPY!
SU PATIO 12-3 PM
STUDY STRONG CART
@ LIBRARY 10 PM-12 AM
MON 11/23
CAMPUS CLEAN-UP
SU 12-1 PM
FREE LUNCH
SU 1-2 PM
ZEN ZONE
SRC SOLARIO 2-5 PM
MASSAGES
YOGA
COLORING
GUIDED MEDITATION
AROMATHERAPY
REFRESHMENTS
LATE NIGHT BREAKFAST
RUNNER CAFE 10-11 PM
MOTIVATIONAL MUNCHIES
ALL DAY!

THUR 11/19
COME IN FOR A RELAXING MASSAGE!
SU 11-2 PM
STUDY STRONG CART
@ LIBRARY 10 PM-12 AM
LATE NIGHT STUDY
SU 7 PM -12 AM
TUES 11/24
SNACK SHACK & MOTIVATIONAL MUNCHIES
ALL DAY!

FRI 11/20
SOCIAL MEDIA CONTEST

POST A PIC SHOWING US HOW YOU STUDY FOR A SPECIAL PRIZE!

#csubstudystrong @csubprogramming

WED 11/25
SNACK SHACK!

LIBRARY HOURS
MON-THUR 8 AM-1 AM
FRI 8 AM-5 PM
SAT 9 AM-5 PM
SUN 11 AM - 1 AM
11/25 8 AM-5 PM

MUSIC

CSUB goes ‘Beyond the Higher Skies’

Photos by
Marisel Maldonado



Euphonium player Nicolo Salum performs with the CSUB Wind Symphony at the fall concert on Friday, Nov. 13 in the Dore Theatre.



CSU Bakersfield’s Wind Symphony saxophone players Shaina Panga, James Russell and Salvador Rios perform the song “Beyond the Higher Skies” by Robert Sheldon during the Wind Symphony fall concert on Friday, Nov. 13 at the Dore Theatre.

GAME REVIEW

Storyline, player control highlight ‘Fallout’

By Martin Ramos
Reporter

Fallout 4 by Bethesda Softworks is so addicting it will have players feeling like they are binge-watching Netflix. Fallout 4 is a first-person shooter released on Tuesday, Nov. 10 for PS4, Xbox One, and PC. The story is what really makes the game hard to put down. You do not need to play Fallout 3 or Fallout New Vegas to enjoy this game, although returning fans will notice many Easter eggs hidden from previous games. Two people playing the same game may experience completely different endings. There is no level cap, which allows different perks in the game that help players by giving them more ammo, increasing luck for better loot finds in the

wasteland, and the occasional exploding bodies from a lucky bullet. The setting takes place in post-nuclear-war Boston. Players get to name the protagonist, as well as choosing the gender and choosing facial and body features using Fallout 4’s character creation. The game begins with your character and his or her family making it to fallout shelters, called vaults. Upon leaving the vault, players must fight off radioactive enemies. Players also have the option for companions that cannot die, and help in combat and carry more items. Equipment and base customization add a Minecraft-like element to the game. Trading becomes an important part of surviving. A lot of the more interesting story content revolves around ethics and morality, such as

characters throughout the game ask you for drugs. While these drugs are useful in combat, it is made clear they can cause addiction. The game even deals with issues such as slavery of robots, as well as the ethics behind deaths resulting from weapons. The sound track is amazing, and includes a lot of oldies from the ‘40s and ‘50s that stick to the theme of the game, such as “Atom Bomb Baby” by the Five Stars or Bing Crosby’s “Pistol Packin’ Mama.” The map is big and has an open world feel which reminded me of Grand Theft Auto V. Initially players must walk to a new area to discover it, but the game’s fast travel feature allows for players to move quickly from locations which have already been dis-



Photo from cinemablend.com

Fallout 4 allows for companions, such as a dog or robot, to help carry supply loads.

covered. The architecture of the buildings in the game resembles what people in the ‘40s and ‘50s thought the future would look like. I have experienced some glitches in the game, which

while slightly annoying did not affect my experience enough to dislike the game: it will only improve with updates and patches. I felt I received my money’s worth because of how hooked I

got to the story and how many hours I spent playing. I can’t remember the last time I purchased a game with no multiplayer, yet I was addicted to playing Fallout 4 without a multiplayer option.

MAJORS THAT MATTER
ARTS & HUMANITIES

Good luck on finals!

FALL 2015

TUTORING SCHEDULE

*Check availability during finals week by calling 661-654-2221 or stopping by the A&H Student Center in DDH B101.

History - DDH B115

MW 10am-1pm, F 9:30-11:30am
MW 3-5pm, Tu 12:30-2:30pm

Music - MUS 120

MW 8:30-10am, MTu 5:15-6:45pm

Spanish - DDH E102

MTu 9am-1pm, W (lab) 9am-1pm

Philosophy 102 - DDH B115

TTh 3-5:30pm
MW 3:30-5:30pm

Philosophy 316 - DDH B115

MW 8-9:30am and 2-5pm

Religious Studies - DDH B115

TTh 10am-12pm and 3:30-4:30pm

Need help? Visit DDH B101 or call 661-654-2221.

STUDENT LIFE

Daily balance the key to success

By Heather Simmons
Reporter

As one quarter ends and another begins, students will have new schedules. Maintaining a balanced daily schedule is just as important as selecting classes that will fulfill requirements. “It’s creating the schedule that’s not just what you have to do, but what you actually need to do... for your own well-being,” said Eric Lord, a counselor at CSU Bakersfield. An ideal schedule is based on priorities, and a student’s first priority should be his or her health. “We like to encourage our students to try their best to get at least seven hours of sleep and to make sure they are making sleep a priority,” said Lauren Ash-Anderson, health education assistant. Eating times should also be written into a daily schedule. “We would remind students to

try and eat healthy, to make sure that they’re eating breakfast, that they aren’t testing or doing a major project on an empty stomach, and to make sure that what they are eating is beneficial to them,” said Ash-Anderson, who mentioned that students should not make up for a lack of sleep with energy drinks, caffeine or alcohol. Aside from bodily needs, students should decide where school fits into their personal lists of priorities. “In general, family is number one, but right now, it’s school...[and] work, because I’ve got to survive,” said Dashayla Johnson, a sophomore majoring in kinesiology. Instead of focusing on all of the tasks that need to be done during the week, counselor Eric Lord advocates that students assign three or four important tasks to themselves every day. This includes breaking daunting projects into

smaller tasks that seem more manageable. “By breaking them down into manageable tasks, we feel accomplished, we feel successful, and we can...start checking off...those things that we’ve been successful at doing,” said Lord. Daily schedules should also include designated times for breaks, social obligations and hobbies. “I always make sure that I take time out of work and studying for rest and...things I like to do,” said freshman Kaylynn Cargill, “It makes school less stressful and more enjoyable.” Making time for enjoyable activities has health benefits, as well. “These are all things that release the right chemicals and help us be more productive,” said Lord. Schedules and priorities will differ from person to person. “We have to put boundaries

around things that are less of a priority, but they’re somebody else’s expectation of us,” said Lord. This could include talking to a job supervisor about a more school-friendly work schedule or telling family and friends that social activities may have to be reduced during the quarter. The ideal number of classes or units can differ from person to person as well. “If you’ve been really stressed out at fifteen or eighteen units one quarter, balance that out with maybe twelve units the next quarter,” said Lord. If students do feel stressed out, the health center and counseling center are valuable resources. “We want them to come in and take advantage of our services and make sure they’re staying healthy and getting the support that they need,” said Ash-Anderson.

Online Multimedia Videos

Runner on the Street

Reporter Julie Perez asks CSU Bakersfield students what is on their bucket lists.

Veterans Voices Luncheon

Reporter Julianne Mau learn how CSUB is serving student veterans on campus.

RUNNER ON THE STREET

By Alejandra Flores / Photos Chris Mateo

This week The Runner asked, “What are you doing to prepare for finals?”



Ariana Abarca, 21, Human Biology
“I am studying late at night every day until finals.”



Sirena Lopez, 18, Nursing
“I’m studying in my dorm and outside my dorm like in the library or studying with friends.”



Karen Vazquez, 20, Sociology
“Not sleeping.”



Nicolas Clever, 23, Business Finance
“Read the material that’s related to the study guide.”



Logan Power, 23, Psychology
“Basically, go over my notes, finish all my work, and make sure I understand what is being taught.”

COLUMN

Sewing gives perspective

By Patricia Rocha
News Editor

I don’t shop like a normal person because I know how to sew. It wasn’t apparent to me at first, but after a few shopping trips with friends who have never sat down at a humming machine and felt the sweet satisfaction of a presser underfoot, it was obvious: sewing makes you abnormal.

When other people look at clothes they think, “Cute dress!” or “I like this color.” I look at something, flip it inside out and think, “Whoa, princess seams with matching diagonal stripes? Daring!” or “I wonder what serger this was made with,” as I gently pull on the seams to test their strength.

When it comes to shopping, nothing is out of my reach. If something is too big, I can make it smaller to fit me. If something is too small, I simply add contrasting fabric where I need it in some visually pleasing way. It’s fun and allows me to be a creative participant in my shopping experience.

What always makes me sad to know is that not everyone realizes what it takes to be a “sewist,” the term becoming popular over the gendered “seamstress” or “tailor.” Ever notice how a cheap T-shirt sort of twists after a few wears? Or tears the second time you wear it?

That’s how manufacturers stay ahead of the game, by cutting corners and using cheap labor. Clothing is always made by a person. Machines are involved, but no machine can cut a pattern or guide fabric. It’s all done by human ability.

Unfortunately, with the rising trend of fast-fashion, most of the people who make our clothes are working in factories overseas, and very rarely are they being paid fair wages or working in adequate conditions.

The worst garment factory accident in history occurred in Dhaka, Bangladesh in 2013, killing 300 and trapping and injuring hundreds of others, with very little fallout. Retailers commonly rely on subcontractors, so they don’t always realize where their clothes are actually being made and by whom. The legal loopholes are astounding. According to the 2013 Huffington Post coverage, “for those attempting to overhaul conditions for workers who are paid as little as \$38 a month, it is a grim reminder that corporate social responsibility programs are failing to deliver on lofty promises.”

I argue that if more people actually looked at the stitches on each item of their clothing as a half-second of someone else’s life, we’d appreciate our clothing a bit more. You may be drooling over the latest fad, but some people actually died while making the last ones.

STAFF EDITORIAL

Don’t shun the people trying to tell your story

Last Monday, University of Missouri’s president, Tim Wolfe, announced that he was resigning. His decision came as a result of racial tension due to the lack of racial diversity on the campus. The next day, protesters known as Concerned Student 1950 were in the spotlight due to a confrontation they had with a Mizzou student trying to take pictures.

Tim Tai, a photojournalism student, was hired by ESPN that day to shoot photos of the protesters. While he was trying to do this, Melissa Click, a mass media professor on that campus, told him he didn’t have the right to take pictures and to respect their privacy. The other protesters started chanting, telling him to leave.

According to Click’s profile on Mizzou’s website, she holds a Ph.D in communications and some of her studies focus on media literacy. We would hope that if she earned a Ph.D and has dedicated research to media literacy, she should know that there is no such thing as privacy in public. She should also know that Tai, just like her and the other protesters, has First Amendment rights that include freedom of speech, press and assembly.

As a student newspaper, we feel concerned that student journalists at other campuses are being attacked while trying to report on campus issues.

If you don’t want attention,



By Jason Gabriel/The Runner

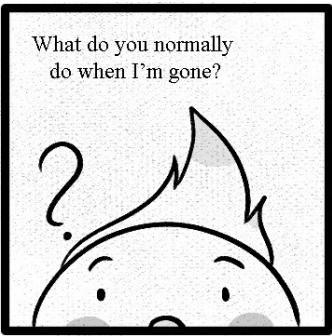
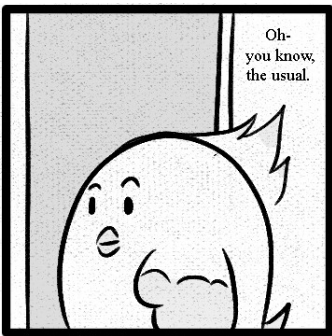
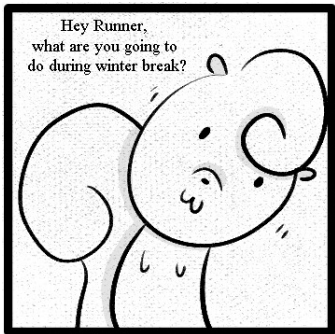
don’t do things that ask for attention. If you only want certain people to be part of your protests, don’t protest in a public place and then ask for privacy. Also, if you are teaching at a university with one of the top journalism schools in the country, don’t embarrass your credentials and the university by aggressively trying to deny a student his basic First Amendment rights.

Make sure that you know the lay of the land when you are professing to be some beacon of standards. If we can create a culture that is learned in the ways of what is and isn’t the proper ways to tell a story, this could have all been avoided.

COMICS

The Adventures of Runner, Nut and Kit

By Yvonna Maldonado



Airheads

By Jason Gabriel



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VOLLEYBALL

CSUB clinches No. 2 seed in WAC tourney



CSUB's junior middle hitter Katie Dunbar-Lowe blocks a Chicago State kill attempt on Saturday, Nov. 14 in the Icardo Center. The Roadrunners swept Chicago State.

By Esteban Ramirez
Editor-in-Chief

The CSU Bakersfield volleyball team swept Chicago State University (25-15, 25-12, 25-19) in the Icardo Center on Saturday, Nov. 14 and clinched the number two seed in the Western Athletic Conference Tournament.

The Roadrunners (12-14, 10-4 WAC) came in to the day tied with Utah Valley University (14-13, 9-5 WAC) for the No. 2 seed, but earlier in the day the New Mexico State, who will be the No. 1 seed, swept the Wolverines and allowed CSUB to clinch the No. 2 seed against Chicago State.

"We're in a great position," said senior outside hitter Kelsee Sawyer, who finished with a match-high 17 kills. "We're in second place and have a bye, so we have to go hard for two games to win it. It's awesome."

The WAC Tournament will begin on Thursday, Nov. 12 at Kansas City, Mo.

With CSUB earning the No. 2 seed, the Roadrunners will get a bye on Thursday.

Their road to repeat as WAC Tournament champions will begin on Friday at 5:30 p.m. as they play the winner of the first round match between No. 3 seed Utah Valley and No. 6 seed University of Texas Rio Grande Valley (11-18, 4-10 WAC).



3



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"It's really good to have [the bye]," Director of Volleyball Giovana Melo said. "It pays off with the work we have put out but it's just the beginning. "It doesn't really mean anything if we don't go in there and perform. Even though there is a bye, we need to go in there and perform."

CSUB's has been led this year in kills by Sawyer who has 367.

Senior setter Luiza Martins has led the team in assists with 856.

The top-seeded New Mexico State Aggies (25-4, 14-0 WAC) earned the other bye and will play the winner of No. 4 seed Seattle University (17-10, 9-5 WAC) and No. 5 seed University of Missouri-Kansas City on Friday at 7:30 p.m.

Before its final match, CSUB honored its four seniors. The seniors are: Kelsee Sawyer, outside hitter Edithza Urias, Luiza Martins and opposite Sara Little, who was injured at the start of the season.

CSUB continued to build

some momentum heading into the WAC Tournament as it hit .355 in the first set, while CSU hit 0.

Then, in the second set the Roadrunners hit .375, while the Cougars hit .103. In the third set, CSUB hit .405, while CSU hit .346.

Redshirt-sophomore middle blocker Sydney Haynes (.714) and Urias (.417) led the way hitting for the Roadrunners.

"Just winning today is a confidence-builder finishing strong here on our home court and then taking over the court in UMKC," said Urias.

Urias finished with 13 kills and 3 aces for the Roadrunners and Martins had 45 assists.

Sawyer, who scored the last point of the match in her final home match in the Icardo Center, said it was really emotional.

"When we were setting up for the last point, it was really hard because it was the last time it was going to happen to me," Sawyer said.

"It has been an amazing four years, and I'm so thankful for everything I have been able to do here. It is just a really good feeling."

Though Melo has only been at CSUB for two years, she expressed how important the four seniors have been.

"What our seniors have done for us not only means a lot to me but for our entire program," Melo said. "I'm very proud of what they have accomplished."

MEN'S BASKETBALL

'Runners roll to season-opening win

By Esteban Ramirez
Editor-in-Chief

The CSU Bakersfield men's basketball team was ready to start the 2015-2016 season, and it showed as the Roadrunners rolled past the San Diego Christian College Bulls, 93-69 on Saturday in the Icardo Center.

"I think we were just so excited," CSUB's senior forward Kevin Mays said. "Before this game, it was just building up. The anxiety was just so hot, and I was just happy to be back on the floor."

CSUB head coach Rod Barnes said that he was pleased with his team's effort. "I thought we were really consistent in our play until the last ten minutes but that had to do with substitutions," Barnes said.

"I thought we got out of the game what we needed to get out of it."

The Roadrunners never trailed as they started the game on a 12-0 run.

The Hawks missed their first eight shots of the game and didn't make a shot attempt until freshman forward Nathan Klekas made a layup to make it 25-10 with 10:38 left in the first half.

"Our first group got out there and really set the tone for us," Barnes said on the defense. CSUB took a 59-28 lead into halftime.



CSUB's senior forward Kevin Mays attempts a hook shot against San Diego Christian College on Saturday, Nov. 14 in the Icardo Center. Mays finished with 17 points.

CSUB didn't let up in the second half as the Roadrunners built a 50-point lead (83-33) with 11:36 left in the game. SDCC made a late push in the final minutes, but CSUB held them off to get the win.

"We played like a solid 30 minutes," Ahmed said. "That's good, but we are trying to be great."

CSUB shot 59.7 percent from the floor and had four players score in double figures.

Redshirt-freshman guard Durham had a team-high 25 points. Mays went 8 of 8 from the floor finishing with 17 points and ended with a double-double as he grabbed 10 rebounds, which is his ninth double-double performance at CSUB.

Senior center Aly Ahmed had 18 and six rebounds and junior guard Dedrick Basile added 13 points and 8 assists.

CSUB is scheduled to host its

WOMEN'S BASKETBALL

CSUB's 22-game win streak snapped

By Joe Macias
Reporter

It had been 22-straight games since CSU Bakersfield lost in the Icardo Center. CSUB women's basketball team gets its 22-game home win streak snapped by University of the Pacific 80-74 on Nov. 13th in its first game of the season.

"I thought that transition defense killed us," said CSUB head coach Greg McCall. "I think we're going to be ok. Game one, long season, we got to make sure the wheels stay on the bus and nobody falls off it."

This is CSUB's first home loss since Jan. 18, 2014 when they lost to Idaho State University 69-96. The Roadrunners are coming off a 23-9 season 16-0 at home.

CSUB shot 40.9 percent from the floor and only shot 22.2 percent from the three-point line in the second half.

Senior forward Batabe Zempare led the Roadrunners on the stat sheet where she had a double-double with 19 points and 19 rebounds. Although, Zempare gave up 6 turnovers as well.

The Roadrunners were struggling with their perimeter

defense and trying to keep up with the fast paced perimeter offense that Pacific had.

With 35 seconds remaining in the game the score was tied at 74. That changed as Pacific senior forward Erin Butler made a three-pointer to give the Tigers a 77-74 lead with 29 seconds remaining. Butler had 17 points and 8 rebounds with 5 made three-pointers.

"I think they got a lot of easy buckets," said McCall. "Pacific, they're a tough team. We knew that it was going to be tough coming in."

"Still thought we should've been the better team tonight."

Pacific sophomore guard GeAnna Luaulu-Summers led the team in scoring with 19 points and was one rebound away from a double-double as she grabbed nine boards.

This was the first time the Roadrunners played in a four-quarter format with 10 minutes per quarter. Also, teams will be awarded two free throws for each common foul beginning with the fifth team fouls in a period. There will be no more 1-and-1 free throws.

CSUB will play its next game in Santa Barbara against UC Santa Barbara on Nov. 19 at 7 p.m.



80



74



93



69

UPCOMING GAMES

Opponent	Date	Time
@ UC Irvine	Nov. 19	7 p.m.
vs. San José State	Nov. 22	1 p.m.
@ Hawai'i	Nov. 27	2 p.m.