



THE RUNNER

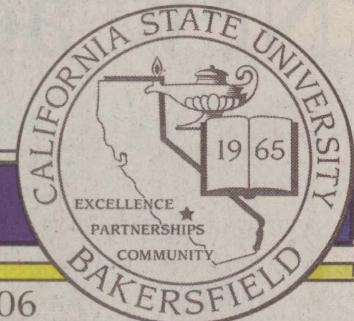
SINCE 1975

CALIFORNIA STATE UNIVERSITY BAKERSFIELD

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January 11, 2006



CSUB's \$6 million road to becoming Division I

By Isaac Rocha
Editor-in-Chief

CSUB has raised approximately \$2 million in what is a \$6 million campaign for a move to Division I, according to President Mitchell.

Though Mitchell has voiced some concern that the fundraising has gone a little slower than he had wished, he insists the university is still on track in terms of being a Division I institution.

The Big West Conference, the conference that CSUB hopes to join, is supposed to announce early this year if they are ready to consider new members, according to Mitchell.

"They haven't said yet if they are ready, which buys us a little more time on fundraising," Mitchell said.

CSUB is currently in what is called an exploratory year. The \$6 million goal is one that will finance the changes made athletically, academically and physically, according to Mitchell's master plan, to our campus. If the BWC determines that they are ready to accept a tenth member into their conference, then CSUB will apply for acceptance to the conference. Though CSUB could begin the transition to Division I as early as 2006/07, the exploratory year can take longer than a year.

"What I have said is, I want us to be ready when they [the BWC] are ready to entertain new members," Mitchell said.

Though it is still speculation at this point when CSUB will actually make the move to DI, the hopes are high for CSUB to become a Division I contender as soon as possible, not just at the university level but citywide as well. There have been several articles and editorials in *The*

Bakersfield Californian praising the move, citing economic and cultural benefits the move will have on the city. Also, there are talks about having CSUB and The Bakersfield Blaze share a stadium that will be built on university grounds. Baseball is a premiere sport in the BWC and a requirement for participating campuses.

"Everything we are doing is gearing up for the BWC making an announcement saying they are ready to add a tenth member," Kevin Gilmore, CSUB sports information director, said.

Many changes have come about in the university since Mitchell took over in Fall 2004. He introduced his master plan that includes, among other changes, new dorms to be built where the youth soccer fields are currently located. The student-fee referendum, also known as the rec-center referendum, was approved last spring to fund the building of a recreation center across from the old gym where the public safety office is now located. The hiring of a new provost and vice president of student affairs (see story on page 2) are part of an administrative restructuring. It is an exciting time for the university and Mitchell insists that academics, though all of the attention by media has been on athletics and the move to division 1, are and will always remain the chief concern.

Since President Mitchell began his tenure last fall and announced his ambitions of a Division I campus, the attention by local media has been focused mainly on two concerns, athletics and economics, and how a move to division will impact the city in both areas. But exactly how a move to Division I will transcribe to enhanced

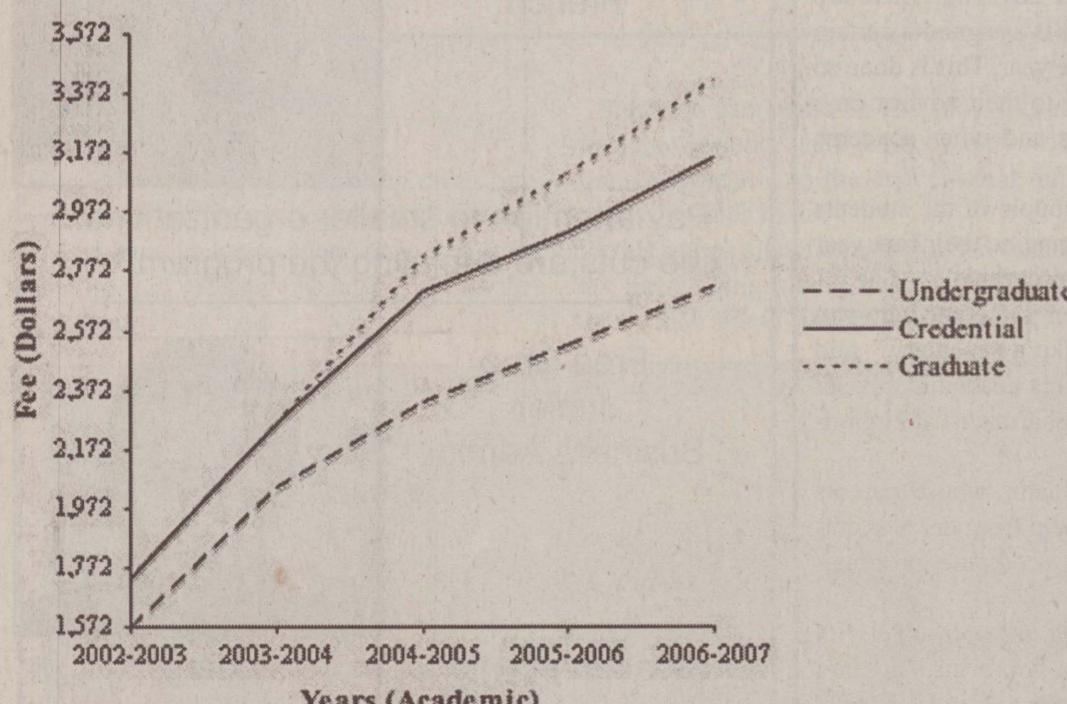
Division I, continued on pg. 3

Jesse R Garcia/ The Runner
Tara Rana watches the fountain at the pond near the Residence Halls.



Arnold's proposal: Fee increases won't be back

CSU Fee History



By Sandra Vicuna
Assistant News Editor

After four consecutive years of fee hikes, students may see some more money in their pockets thanks to Governor Arnold Schwarzenegger's new budget plan.

In October, the California State University system approved a fee increase of 8 percent for undergraduate students, 8 percent for credential students, and 10 percent for graduate students for the 2006-2007 school year, which will not go into effect until the fall of 2006.

On Jan. 10, Governor Schwarzenegger is set to unveil the state budget plan including a proposal to eliminate the fee increase passed in October.

According to Scott O'Rear, ASI Director of Statewide Affairs, approximately \$54 million will go toward the California State University system to offset the fee increase.

This increase would raise an undergrad student's yearly average state university fee cost of \$2,520 to \$2,724 for students taking 6.1 credits or more and \$1,464 to \$1,578 for students taking 6.0 credits or less. Credential students would see the fee rise from \$2,922 to \$3,156 for students taking 6.1 credits or more and \$1,698 to \$1,830 for students taking 6.0 credits or less. Graduate students would see an

increase in fees from \$3,102 to \$3,414 for students taking 6.1 credits or more and \$1,800 to \$1,980 for students taking 6.0 credits or less.

Dan Gianoutsos, ASI President, explained that CSUB's ASI officers have been very involved in the budget through their work on the CSSA (California State Student Association) board.

"During the Oct. 27 meeting at the Chancellor's office, over 200 students from all 23 of the CSU campuses met and spoke out on the proposed fee increase," says O'Rear.

While the Board of Trustees passed the fee increase, O'Rear believes this meeting made faculty, administrators and politicians aware of the difficulties students were having.

"Under the governor's proposal, CSU students would save about \$253 a year, or for CSUB students, \$84 per quarter," says Mike Stepanovich, Public Affairs Director for CSUB.

While this news is undoubtedly a relief for many students, it still has to be approved by the state legislature.

"It's encouraging that when they learned that there would be a surplus this year instead of a huge deficit that the first thing they thought of was California's university students," says Stepanovich.

James Dethlefson bridges music and theater at university

By Ranjanpreet Nagra
Staff Writer

Many students pass by Room 107 in the Classroom Building and wonder about the equipment in the room. It has several computers, bass monitors, MIDI boards, big speakers and the door has the name plate displaying 'James Dethlefson'.

Well, that room is the CSUB Music Department's MIDI Lab, which is maintained, and run by James Dethlefson. Dethlefson is the technician for the Music Department.

His duties include checking out musical instruments to students and overseeing and maintaining all the Music Department's instruments. He also tutors students on music production software, records all the concerts performed by the CSUB music department, and records and makes audio CDs of the Annual Jazz Festival held at CSUB.

Dethlefson started working at CSUB in 2003.

"I like CSUB because of the work environment. Lots of creative and open-minded people; students and faculty," Dethlefson said. Dethlefson, being a music major in college, plays string bass. In the past he has performed at the Jazz Festival and at Jerry's Pizza.

He works closely with the CSUB music instructors like Jazz Professor Jim Scully to help students with music technology. Dethlefson offers a tutorial course and currently has 13 students enrolled in his class.

"This additional instruction has allowed the students studying computer music to progress further and faster. James brought a level of computer expertise to the department that we had lacked prior to his hiring. The department has benefited greatly from his variety of talents," Scully said.

The MIDI lab is a recording studio where students can make their

own music with the help of a computer. The lab has notation software, which can transform played music into written music. Students can print written music from the computer to save the hassle.

"All students are welcome to the lab," Dethlefson said. The lab is open 9 a.m. to 5 p.m., Monday to Friday.

"Music students, music educators and people with general interest in music come to the MIDI lab with the desire to do music production" Dethlefson said. Communications students also come to the MIDI lab to work on Multimedia projects. The lab tremendously helps music students.

"The computer technology helps going from concept to object in

Dethlefson, continued on pg. 3

New administrator eager to support university life

By Isaac Rocha
Editor-In-Chief

Walk into Dr. Hibberd's former office in the Admissions building and the only remnants of his tenure as vice president of student affairs are the Sports Illustrated magazines that are still sent to his workplace.

Shelly Ruelas, a psychologist from Arizona State University, now occupies that office. Though she will not officially begin her role as vice president of student affairs until February 1, Ruelas brings with her a fresh determination and history of student interaction that has many around the university excited.

"I like her positive energy. You can feel she's excited about this challenge and is waiting to find out what Bakersfield student want," said Marina Avalos-Kegley, director of student activities.

Ruelas' hire, along with the appointment of Soroya M. Coley as university provost last spring, is part of an administration restructuring by President Mitchell as the university prepares for a move to Division I.

Ruelas, a vibrant and young achiever, earned her Ph.D. from UC Santa Barbara and has worked as a counselor, professor and residential life director at Arizona State University. Born and raised in Fresno, Ruelas is eager to begin her task.

"I plan to really talk with those who have been here and work closely with student activities and ASI to find out where the needs are," Ruelas said.

Ruelas' position will no longer require her to oversee enrollment management. That responsibility will now lie with academic affairs. However, Ruelas will have a new responsibility in the

student funded recreational center along with the task of managing the student union, ASI, the bookstore, student activities and food services.

While Ruelas is passionate about academia, even hinting she would like to make her way back in the classroom, she contends that diversity and student experience play an important role in the development of students.

"I think that universities are in charge of preparing students to really contribute to society. That means academic rigor, personal development and social engagement. If you talk about academic rigor and being able to work effectively as citizen in whatever career you have, you cannot separate that from issues of diversity," Ruelas said.

When students approved to have their fees raised in 2005/06 by \$117 per quarter last spring in the student-fee referendum, three of those dollars from every student goes toward student organization and activities, which Ruelas will be in charge of allocating.

According to Mitchell, that money is currently controlled by Bill Perry, assistant vice president of student life. While there are currently no strategies for that money, Ruelas plans to work closely with student activities and ASI to find out where the needs are.

"They (students) can expect me to be very dedicated and reachable. It's important for me to be available to understand student concerns, to hear students experiences and to work very closely with the students as I take on this position," Ruelas said.

Ruelas will begin her position on February 1. Her office is located in the admissions building, which can be reached at 654-2161.

Money restored to program that assists migrant students

By Alexis Stokes
Managing Editor

Maria Escobedo is elated. As director of the CSUB College Assistance Migrant Program or C.A.M.P., she along with her academic advisers are overjoyed that the program has been funded for another five years.

Originally founded at CSUB in 2000, the program is funded by the United States Department of Education, directly from the Office of Migrant Education, in Washington D.C. Escobedo has directed the program at CSUB since the beginning. The process of being refunded is complex.

Escobedo had to apply for refunding to the U.S. Department of Education. That application was then looked at by three readers who graded and scored the application.

Their program then competed with all of the C.A.M.P. programs in the U.S. to compete before being competing against just the programs with prior experience. After the scores were added up, CSUB was refunded.

There are currently seven college campuses in California with C.A.M.P. programs, five are on CSU campuses, and two are at Community Colleges. One campus, CSU Monterey Bay was not refunded.

Students wishing to join the C.A.M.P. program are eligible three different ways. The first is that their parents worked in agriculture as migrants, they themselves may also have worked in agriculture for 75 days or more, or they may meet eligibility under the Work Enforcement Act, which is funded under the Employers Training Resource.

Students are found eligible during high school, when they are

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informed about the opportunity to join C.A.M.P. at CSUB once they become first-year freshmen.

"The main objective of C.A.M.P. is to get students through their first year," Escobedo said. "Current statistics say that 50-60% of college students drop out in their first year."

Camp starts the year with up to 80 first-year freshmen, the summer before their fall quarter with a 4-week summer program that works to get them out of pre-requisite classes.

"95 percent of our students come in at remediation in English, 85 percent come in at remediation in Math," Escobedo said. The summer program focuses on math, English and grammar and also puts them through a skill development course.

"Our students also complete the remediation courses 20 percent sooner than students outside of the program," said Escobedo. "The goal of the summer program is to get these students out of at least one level of remediation before they start the fall quarter."

One year starts the ultimate goal is that they finish all remedial course work, while planning for their major and future careers.

In the fall, C.A.M.P. students go through Roadrunner Rush 100, the fall course made for C.A.M.P. students. During the winter the focus is switched to career development, where the students start to get an idea of where they want to go with their major, or what major to decide on based on a career they wish to pursue. During this quarter students are also trained in job search and resume writing skills and also learn a great deal about leadership development.

C.A.M.P. also offers these freshman academic advising. There are four advisers that work with the students; each is assigned a certain number of students that they stay with the whole year. This is done so that the students feel more comfortable talking to their adviser on a regular basis. Students discuss grades, classes and other concerns with the advisers.

Maricela Trujillo and Jose Flores are just a couple of the students currently involved in C.A.M.P. and could not imagine their first year at Cal State not having been involved with the program.

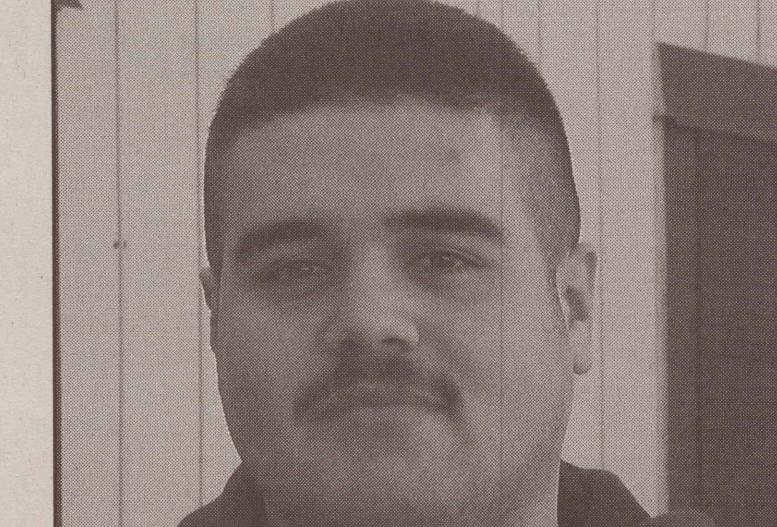
"When you're a freshman you're scared. When you come here you automatically have a family, this building is like a sanctuary," said Jose Flores. Flores is biology major, and says that his academic adviser helped him to decide that he wants to become a pharmacist after graduating from CSUB.

Maricela Trujillo is a Computer Science major whose parents worked in grapes for Grimmway Farms. With help from her academic adviser, Trujillo decided she wants to become a computer programmer after receiving her bachelor's degree.

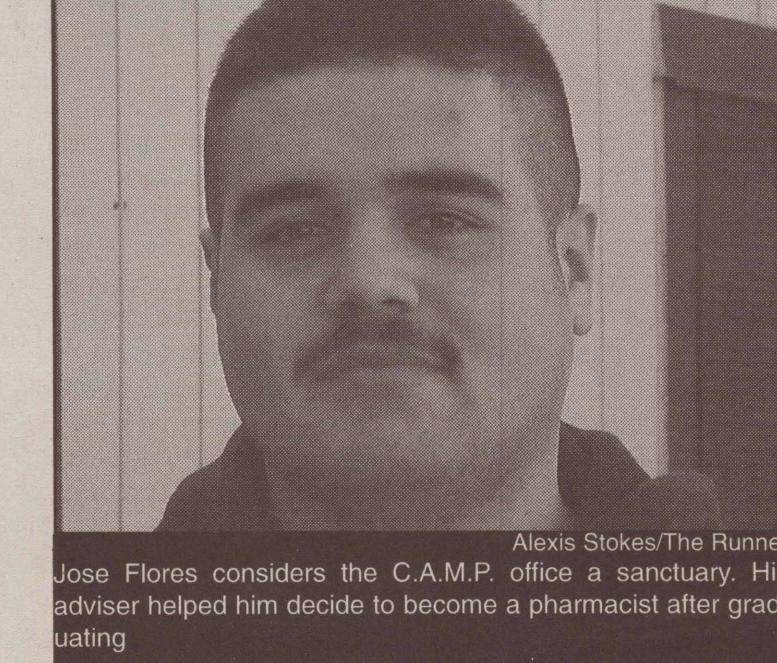
"I think if I wasn't in C.A.M.P. I would have more trouble with school. My adviser is helpful and I can talk to her, even if it's not school related. I don't just have a counselor, I have a friend," Trujillo said.

C.A.M.P. also offers follow-up programs for students after their freshman year, to keep them involved with the campus. Students often stay involved in, or close with their advisers in the C.A.M.P. program until and in some cases after they graduate.

For more information about the C.A.M.P. program contact Maria



Alexis Stokes/The Runner
Jose Flores considers the C.A.M.P. office a sanctuary. His adviser helped him decide to become a pharmacist after graduating



Jose Flores considers the C.A.M.P. office a sanctuary. His adviser helped him decide to become a pharmacist after graduating



Photo courtesy of Public Affairs Office
Shelly Ruelas, Vice President of Student Affairs, will begin on February 1.

New club lobbies toward the education of legalized marijuana

By Beverly Weber
Staff Writer

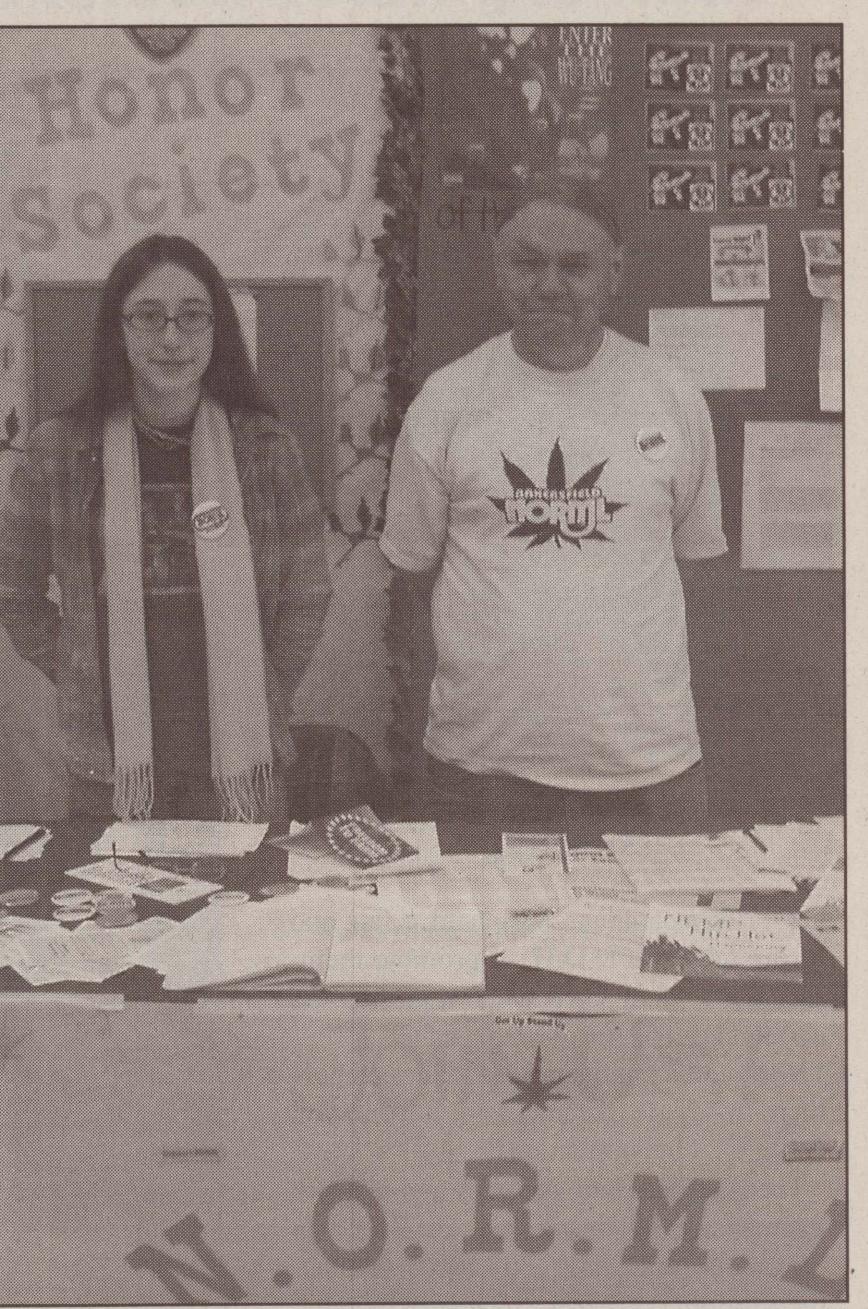
behavior. For example, driving or working with dangerous and heavy equipment while under the influence should have extensive consequences.

Marijuana also helps those plagued with painful medical circumstances. The president of the NORML on the CSUB campus, Toshia Goland, started her quest for regulation of marijuana when a close friend of hers was inundated with chronic back pain. Prior to having a marijuana recommendation from a doctor, Goland's friend needed over 25 pills a day to function painlessly. Upon receiving the recommendation, the use of pills currently used dropped to only five a day. Those working toward the cause strongly support the right of patients to use marijuana to relieve pain and suffering.

The legalization of marijuana may sound extreme to the conservative community of Bakersfield; however, the points that NORML offers should be heard to increase knowledge to ensure a better and more accurate opinion of the topic.

"Fear drives ignorance about marijuana. We are trying to encourage people to overcome their fear through education," Doug McAfee, president of the Bakersfield division of NORML.

Goland further articulates that whether you support the cause or not, it is the freedom of education that should drive you to better understand these controversial ideas. Before one can judge, one must be educated. All students are encouraged to attend the meetings regardless of personal beliefs. If interesting in attending, meetings are held on the CSUB campus in Education building 127. The first meeting is being held on Wednesday, Jan. 18, at 7 p.m. NORML encourages people to bring an open mind and educate yourselves to the possibilities of alternative healthcare.



Kyle O'Connor/The Runner
Toshia Goland and Doug McAfee await students ready to join N.O.R.M.L. at Friday's Club Fair

New program offers seniors the opportunity to take courses on campus

By Rosie Cruz
Staff Writer

California State University Bakersfield has been dutifully determined to meet the educational needs of diverse students for over a decade.

Now, through a new program, faculty and staff members will open CSUB's doors and campus to an entirely different populace. Through the Osher Lifelong Learning Institute (OLLI), senior citizens have the opportunity to enroll in a variety of courses offered by professors at CSUB.

According to the Bakersfield Californian, if CSUB is able to develop and extend its OLLI program it "could lead the university to consider for a \$1 million endowment funded by the Bernard Osher Foundation".

An underlying perk of the program is the fact that there will not be harsh grading scales or strict evaluations imposed on the students.

"OLLI is not a degree-oriented program. The object is not to earn a degree, but to expose people to different topics," Stepanovich said.

Participants are encouraged to sit back, relax, and simply learn.

Along with the opportunity to experience the joy of sheer learning, the social atmosphere will cater to senior citizens who often are deprived of companionship while being exposed to fascinating topics.

During this Winter quarter, several classes are being offered and have already started to show promise and potential. One of the most noted classes is taught by Robert Price, a columnist for The Bakersfield Californian, and is titled "The Bakersfield Sound: Migration, Poverty, and Twang." On a more contemporary note, Aaron Hegde, a professor of economics, will stretch to make the connection between the popular television show "Seinfeld" and money matters in a course titled "Seinfeld Economics." Another appealing class is "Painting Poetry." Advisory groups have already been in place to make decisions concerning courses to be offered and where they will be held.

In consideration to those who are limited in transportation, classes will be taught in different locations throughout the city. Officials are currently working with the Arvin and Lamont communities to offer the citizens there equal opportunities to benefit from OLLI. For more information, or to enroll in OLLI, contact Beth Rienzi at (651) 654-2222.

Division I, cont. from pg. 1
on campus, increased attention to enrolling students outside of Kern County, the new recreation and increased funding for student clubs and organizations are all ways in which the administration hope to attract more students.

Mitchell also hopes to expand academic programs and improve existing ones. Engineering is a program that, according to Mitchell, members of Kern County would like to see offered at CSUB. Discussions with Bakersfield College, CEO's of local hospitals, the Hospital Council of Central and Northern California and our Nursing Department have been under way to address the problem of nursing shortages.

A move to Division I will also lead to more contributions to the university from private sources, according to Mitchell.

"There are a lot of people who make their first contributions through athletics. Once in, they begin to see the broad array of academics and student support programs that the university offers and they decide to become involved as academic donors. In that regard, athletics becomes a window into the university for quite a number of people who otherwise would have no contact with the university," Mitchell said.

In 2003/04, student fees represented about 20 percent of funding, or approximately \$20.2 million. Enhancing enrollment will be the main source of new funds for the university in the coming years. The question now becomes how exactly CSUB can attract more students.

"One way is to make the campus more exciting, then you get more interest in students attending," Mitchell said.

Plans of new dorms to be built

Dethlefsen, from pg. 1

Students can come in the lab with no music experience and learn to play with tunes to give life to the concept that only existed in their mind.

Dethlefsen is also interested in theatre and has been doing sound design for theatre since 1997. He is currently working on the economic end of the theatre.

The Empty Space is the only donation-based non-profit theatre company in North America. It runs due to public support. In its first season in 2003, The Empty Space successfully ran "Taming of the Shrew" and "Hamlet." Most recently, "Anna in the Tropics" ran in September 2005. The Empty Space ran The Blacklist Comedy last Friday. The four members of The Blacklist: Michael Armendariz, Michael Chan, Rob Long, and Adam McCabe, are planning to perform at The Empty Space in the coming months.

Peter Schaffer's Amadeus. This play about Mozart will run at the Spotlight Theatre located on 19th Street from January 19 to 28.

Dethlefsen is also the new executive director of the Empty Space on 706 Oak Street. He raises money and looks after the economic end of the theatre.

Essentially, the issue boils down to money - how much the university has and how much it can spend on its various schools. To receive more money for our campus, the university can no longer depend on extra support from the state because of the budget crisis. In 2003/04, the support from the state was \$56.3 million, approximately 57 percent of total sources. So how is CSUB going to get more money when such a large part of funding comes from the state?

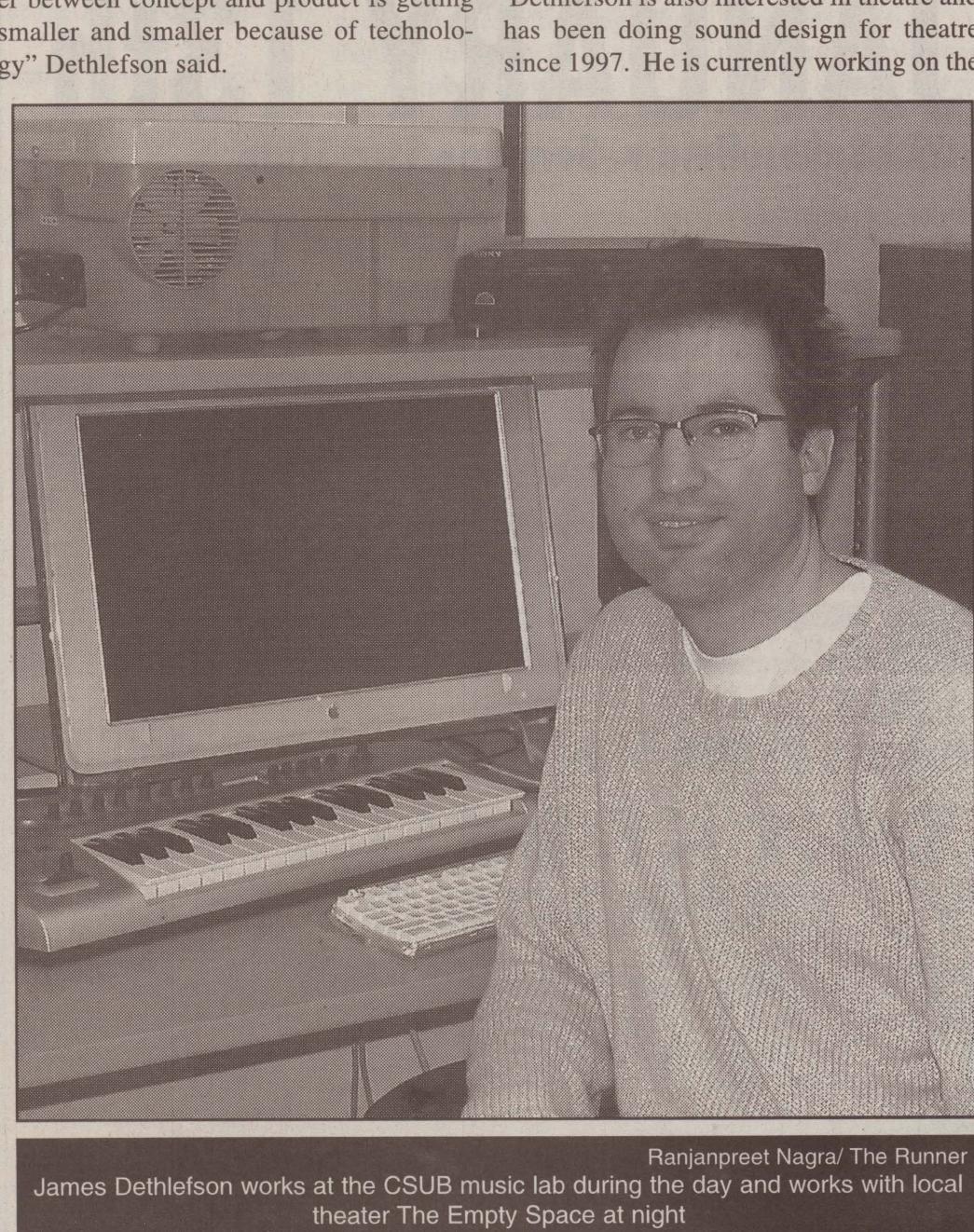
"Enrollment growth will be the basis of new resources. We need resources in order to add new academic programs, otherwise we will just stay where we are," Mitchell said.

In 2003/04, student fees represented about 20 percent of funding, or approximately \$20.2 million. Enhancing enrollment will be the main source of new funds for the university in the coming years. The question now becomes how exactly CSUB can attract more students.

His favorite music genres include electronic music, 20th century composition, and New York City Noise Rock.

Dethlefsen, being deeply involved in the theatrical and musical community of Bakersfield, values people making an effort to understand their community and

Ranjanpreet Nagra/The Runner
James Dethlefsen works at the CSUB music lab during the day and works with local theater The Empty Space at night



Students clubbin' in DDH



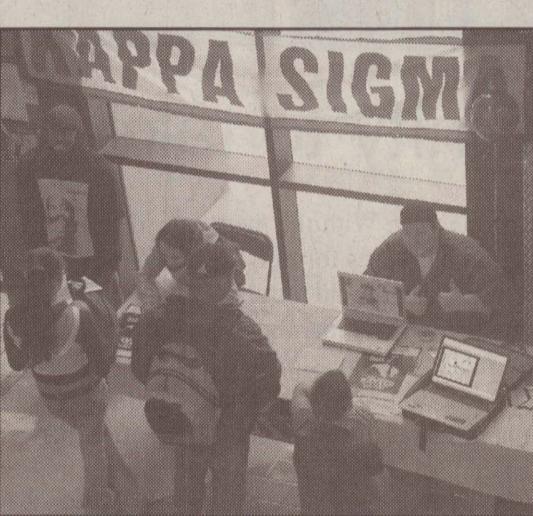
Story and Photos by Kyle O'Connor
Staff Writer

On Friday campus clubs held a fair and set up tables in D.D.H. to promote themselves and gain interest in what they are about.

Most clubs had pamphlets and members there ready to discuss and inform you about the clubs intentions.

The Art Club had sketches and artwork from some of their members displayed on their tables, the Judo club had a member there in full judo attire. The Fencing club had a member in fencing gear and had the weapons on display. The fraternities and sororities on campus such as Gamma Phi Beta, The Kappa Alpha Order, Kappa Sigma and Kappa Delta Nu, each had a table set up where interested people could discuss with the members how to get into the organization and what it takes to be apart of such an organization.

The club fair went well with most students taking an interest in at least one club.



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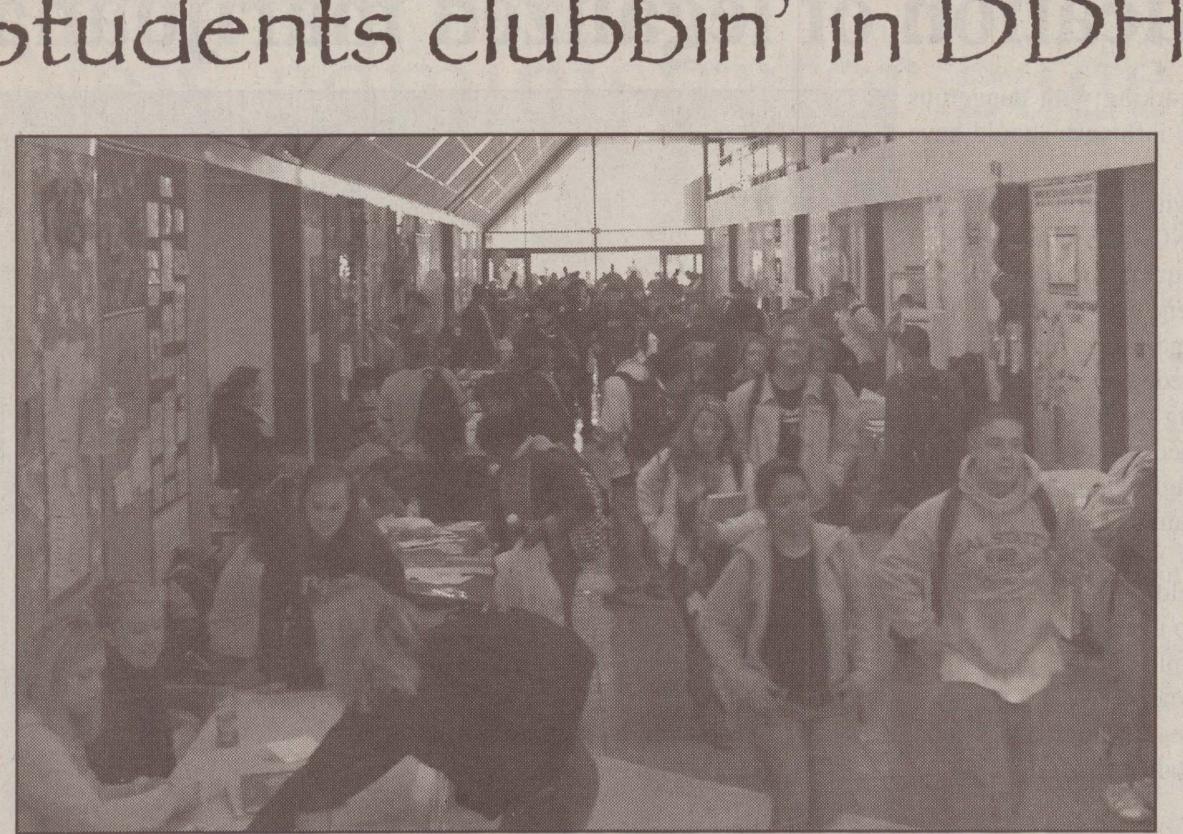
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Sports

Lady Runners improve to 10-1 after victorious weekend

Press releases and statistics provided by CSUB Sports Information.

It wasn't easy, but the Cal State Bakersfield women's basketball team found enough gas in the tank to outlast 2005 NCAA Tournament qualifier Cal State Dominguez Hills, 78-74, Friday night at the Toro Dome in Carson.

The victory continued CSUB's winning streak as the Roadrunners improved to 9-1 overall and 2-1 in the CCAA. Dominguez Hills falls to 6-3 and 1-2 with the loss.

Freshman guard Kelley Tarver played the roll of hero, knocking down a three-point with 1:04 remaining to give the Roadrunners the lead for good at 75-74. Tarver finished with a team-high 18 points.

Junior forward Rhonda Johnson shared team-high honors with 18 points, then completed her second consecutive double-double with a game-high 11 rebounds.

The game featured 13 lead changes as both teams took turns trying to control the game. CSUB led by as many as eight in the first half before the Toros came on late to take a six-point lead at halftime, 38-32.

Bakersfield came back to build another eight-point lead in the second half at 62-54. But the Toros fought back again and neither team would hold a two-possession lead until Johnson's free throws with three second remaining made the final margin four points.

In Saturday's action, the Lady Runners jumped to a big early lead then put the foot on the accelerator to post a decisive 90-47 win over five-time NCAA

Champion Cal Poly Pomona Saturday night at Kellogg Gym in Pomona stretching their win streak to eight.

CSUB (10-1, 3-1 CCAA) opened a double-digit lead at 13-2 five minutes into the game. Cal Poly (5-6, 2-2) made a brief run to cut the lead to seven at 15-8, but it was all Roadrunners the rest of the evening.

The Roadrunners held Cal Poly to just six field goals in the first half to open a 38-24 lead at the interval. They used a 19-2 run in the opening minutes of the second period to get the lead to 57-31. When all was said and done, the Roadrunners hand Cal Poly its worst-ever defeat at 43 points.

The 43-point margin of victory also was the third largest road win in Lady Runner history. The largest was a 54-point, 119-65 win over Western New Mexico early this season.

Senior forward Katie McElree bounced back from two sub par games to lead all scorers with 18 points. Gillian Lillieh, who always seems to have big games in Kellogg Gym, came off the bench to score 15 points in just 21 minutes.

The flow of the game gave CSUB Head Coach Tim La Kose the opportunity to give extended looks to much of his bench. In total, 10 Roadrunners played double-digit minutes. Eleven of the 12 Roadrunners who saw action scored.

CSUB returns home to open a three-game home stand against San Francisco State Friday, Jan. 13 in Rabobank Arena. That will be "Pack The House Night" with free tickets available at all area independent grocer locations.

CCAA WOMEN'S BASKETBALL STANDINGS • As of January 9, 2006

Team	W	L	Home	Away	W	L	Home	Away	W	L	Home	Away
Sonoma State	4	0	4	0	7	4	5-1	0-2	2	1	1	0
CS BAKERSFIELD	3	1	2	0	10	1	4-1	3-0	3	0	1	0
Cal State L.A.	3	1	2-0	1-1	9	2	5-0	2-2	2-0	1-0		
Chico State	3	2	2-0	1-1	9	2	5-0	2-2	2-0	1-0		
UC San Diego	2	1	1-0	1-1	5	1	4-1	0-2	1-0	1-0		
Cal Poly Pomona	2	2	1-1	1-1	5	6	2-0	2-1	1-2	0-0		
CS San Bernardino	1	3	1-1	1-1	5	6	2-0	2-1	1-2	0-0		
CS Dominguez Hills	1	3	0-2	1-1	6	4	4-2	0-0	0-0	0-0		
CS Stanislaus	1	3	1-0	0-3	5	6	4-0	0-1	1-1	0-0		
CS Monterey Bay	1	3	0-9	1-3	2	9	1-1	1-0	0-2	0-2		
San Francisco State	0	4	0-4	0-0	4	6	1-5	0-1	0-2	0-2		

CCAA MEN'S BASKETBALL STANDINGS • As of January 9, 2006

Team	CCAA GAMES	W	L	Home	Away	W	L	Home	Away	W	L	Home	Away
Sonoma State	4	3-0	2-0	2-0	2-0	7	4	5-1	0-2	2	1	1	0
Cal State Bakersfield	3	1	2	1	2	1	1	1	1	2	1	0	0
Cal Poly Pomona	3	1	2-0	1-1	7	4	6-2	1-0	1-0	1-0			
CS San Bernardino	3	1	2-0	1-1	4	6	4-2	1-0	1-0	1-0			
Chico State	2	2	1-1	1-1	5	6	4-2	1-0	1-0	1-0			
Cal State L.A.	2	1	1-0	1-1	5	6	4-2	1-0	1-0	1-0			
Cal Monterey Bay	2	1	1-0	1-1	5	6	4-2	1-0	1-0	1-0			
CS Stanislaus	1	3	1-1	0-2	3	8	3-2	0-2	0-2	0-2			
UC San Diego	1	3	1-1	0-2	4	8	2-1	1-1	1-0	1-0			
CS Dominguez Hills	1	3	0-2	1-1	3	7	2-3	0-2	0-2	0-2			
San Francisco State	0	4	0-4	0-0	0	9	0-5	0-2	0-2	0-2			

Men's basketball tames Toros, bucked by Broncos

Press Releases and statistics provided by CSUB Sports Information

The Cal State Bakersfield men's basketball team dug itself a 15-point hole then climbed out and hung on for a 79-76 win over Cal State Dominguez Hills Friday night at the Toro dome in Carson.

Senior forward Antonio Griffin led four Roadrunners in double figures with 19 points. Junior guard Randall Harding and junior forward Demetrius Orme each added 17 points to help the Broncos to a 65-54 win over Cal State Bakersfield Saturday night at Kellogg Gym in Pomona.

It was Cal Poly's (7-4, 3-1 CCAA) fifth consecutive win over CSUB (7-3, 3-1) in Pomona. The Roadrunners were uncharacteristically sloppy, committing 20 turnovers in the game. Combined with an uneven officiating effort that sent the Broncos to the line for 30 free throw attempts to Bakersfield's 11, the Roadrunners dug themselves a hole that proved too deep to overcome.

Bakersfield turned the tables in the second half. A Griffin jumper gave the Roadrunners their biggest lead a 61-49 lead midway through the second half before Dominguez Hills began its comeback. The Toros chipped away until catching Bakersfield twice late, the last time at 76-75 with 2:27 remaining.

Another Griffin jumper with 1:38 left put Bakersfield back in front, 77-76. The Toros had a final

chance for the win, but Shannon Brown could finish a put back off a wild Carlos Rivers jumper in the closing seconds. Griffin then made two free throws inside of one second to account for the final margin.

On Saturday night, the Cal Poly Pomona team that took the court was not quite the team that captured the NCAA West Region crown last season, their extra effort was enough to carry the Broncos to a 65-54 win over Cal State Bakersfield Saturday night at Kellogg Gym in Pomona.

Senior forward Antonio Griffin led the Roadrunners with 16 points. Randall Harding was the only other Roadrunner to reach double figures with 11 points.

Bakersfield returns home to open a three-game homestand against San Francisco State Friday, Jan. 13 in Rabobank Arena. That will be "Pack The House Night" with free tickets available at all area independent grocer locations.

Vargas grapples to 133-pound title

Press Releases and statistics provided by CSUB Sports Information

Senior Tommy Vargas made his return to Northwestern University a strong one, winning the 133-pound title to lead the Cal State Bakersfield wrestling team to a ninth place finish at the 43rd Midlands Championship at Welsh-Ryan Arena in Evanston Dec. 29th and 30th. Vargas, who earned his degree at Northwestern before transferring to Cal State Bakersfield to begin graduate work, won his first four matches of the tournament to earn a spot in the finals. In that match, the unseeded Vargas scored a late takedown to earn a 9-7 victory over No. 7 seed Jessie Sundell of Iowa State. En route to the final, Vargas knocked off the top seed Kerry Boumans, a two-time national champion and Olympic qualifier, and the No. 4 seed Andrae Hernandez of Indiana by identical 3-2 scores. Cal State Bakersfield finished in ninth place in the tournament with 62 points, placing four wrestlers overall. Illinois won the event with 115.5 points followed

McGee's is the place to be in Bakersfield

By Ariana Estrada
Staff Writer

A place out of the ordinary has come to Bakersfield to enhance the dining and nightclub experience. McGee's at the Icehouse has incorporated a sharp and classy restaurant with an energetic and vivacious nightclub.

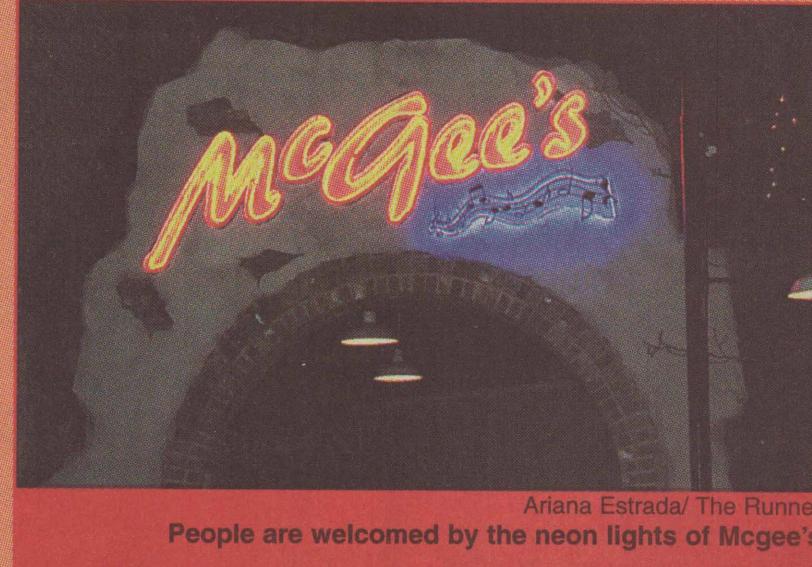
McGee's is located at 3401 Chester Ave. at the Icehouse next to the Sizzler Restaurant. The owners are Neal and Robin McGee who are also owners of the Sugar Mill located here in town at 2523 North Chester Ave.

McGee's has been open since September 19, 2005 and business has been booming ever since. As Robin McGee put it, "We kind of went from crawling to running. We never got to walk".

Immediately upon entering you can sense the energetic atmosphere and see the elegance and class of the establishment. During dinner, live music of jazz and blues fills the room capturing an up scale feel. Reservations can be made or you can walk-in and wait to be seated in the comforts of the elegant seating or in the bar which offers plentiful seating and two TV screens. Once seated, either down stairs or up in the loft area, the dim lighting and music set the mood for an elegant evening.

The menu offers appetizers such as Alaskan King cakes, boneless Buffalo wings, calamari rings, coconut shrimp, and shrimp cocktail ranging in price from \$8.95-\$15.95. Lunch is served from 11:00am to 4:00pm Monday thru Friday only, and offers sandwiches and burgers ranging from \$8.95-\$9.95. Pastas are also offered with lunch as well as with dinner ranging from \$13.95-\$19.95. The dinner menu offers steaks ranging from \$25.95-\$58.95 and seafood from \$19.95-\$49.95. The food is prepared by Steven Davis, a five-star winning chef.

My dining experience at McGee's was excellent. My companion and I enjoyed a lovely evening. I ordered the 7 oz. filet mignon with bearnaise sauce and mashed baby red potatoes and vegetables. It was prepared exactly to my liking, tender and with a little pink in the cen-



Ariana Estrada/The Runner
People are welcomed by the neon lights of McGee's

ter. Each morsel filled my mouth with delectable flavors. I had a few bites of my companion's meal, the Lobster tail, which when dipped into the melted butter caused my eyes to close so that I could truly enjoy the flavors rushing in my mouth. The food was great, but our server didn't come to check on us as frequently as we would have enjoyed. My companion waited 20 minutes before he received a refill on his drink; however, that by no means makes or breaks this restaurant. The restaurant is only one half of what makes McGee's a phenomenal hot spot.

Around 9:30 p.m. the restaurant slowly transforms into the nightclub by removing the tables along the middle of the room to make way for the dance floor. The nightclub at McGee's is unlike any other club in town. This nightclub is extraordinary with free valet parking on the weekends, a strict dress code, tight security, and DJs Triple Threat. Friday and Saturday nights are the hottest nights at McGee's. The line to get in starts at about 9:30 p.m. and it gets longer and longer as the night progresses. On some nights, Robin McGee has had to turn people away because they are filled to capac-

ity.

Security is very tight during the nightclub hours, and is operated by an active police officer. Considering the shootings that have occurred downtown, McGee's can offer safety as well as a good time.

To get into the club there is a cover charge: \$10 on Friday nights and \$15 on Saturday. There is no cover charge on Thursday nights. Not only do you have to pay, but you must also be dressed appropriately. The dress code is business/casual.

"I don't want people to feel like they have to wear a tie and jacket, by no means, I am not a tie and jacket kind of person, but I also want them to know they are coming to an upper class restaurant as well as night club. Dress like you're coming to a night club and not a bar" owner Robin McGee says.

Once you enter the club the music is bumping off the walls. DJ's Triple Threat: T-Dog, Spoon, and X-Ray mix it up with their incredible scratching skills making all in the club bounce there heads and dance to the beats. The DJ booth is located up stairs in the loft and oversees the dancing crowd. All are invited to come up and make requests to the DJ's, but most people are pretty satisfied with the music they choose. Flashes of colorful lights compliment the music and light up the dance floor.

Of course a nightclub is not complete without the bar and drinks. Cocktails and mixed drinks range from \$5 and up, bottled beer, domestic and imported, start at \$3, and wine and champagne varies by selection. There are two locations to get drinks in the club: one down stairs in the bar and another up stairs in the loft, allowing you to enjoy your time at the club, instead of wasting it in line.

The next step for McGee's and the New Year is promoting a college night. Thursday night is the night McGee's owner Robin McGee would like to see take off, considering there is no cover charge and most students need all the freebees they can get. So come check out McGee's at the Icehouse. You won't be disappointed.

How to shed that freshman 15

By Bianca Gutierrez and Wesley Coble



As the quarter begins, we would like to usher in the New Year with a new column. My name is Bianca Gutierrez and along with Wesley Coble, we are going to be writing about issues that students face on a daily basis.

A common issue students tend to come in contact with is the "Freshman 15." As most of us know, the "Freshman 15" is when students typically gain 15 pounds there first year of college.

Wes: It is time to get active because the "Freshman 15" is not just an urban legend.

Bianca: Students are continually finding themselves in an unhealthy eating rut and cannot find a solution to get out of it!

Wes: David Levitsky, a Cornell University researcher, found that on average students gain four pounds within the first 12 weeks of college. Therefore, it is time to get moving.

Bianca: At first, you might find it difficult to adjust to a healthy exercise and eating routine, but give it some time.

Wes: There is a routine out there for your life style.

Bianca: Let us begin with changing your eating habits.

Wes: The way to win the weight battle is to simply make smart

choices. Here are a few steps you can take.

- * Eat a healthy mix of nutritious foods
- * Take your time and eat slowly
- * Keep healthy snacks in your book bag (fruit, granola)
- * Say no to the vending machines
- * Drink more water

Bianca: Mixing these several steps into your diet can make a significant change to your body.

Wes: When you eat can play a huge factor in maintaining your weight.

Bianca: Make sure you eat as soon as you get up in the morning and three hours before you go to bed. When know it can be hard to keep up with this routine, but there are going to be days, perhaps weekends that will break this daily cycle. Such as a late night party, you might be attending...

Wes: I cannot stress this enough. Watch your alcohol consumption. Beer and alcohol are very high in calories and cause you to gain weight. If you are going to enjoy a drink do it in moderation. Because not only can it cause you to gain weight but it can harm your body as well.

Bianca: Let's not blame alcohol as a factor for gaining the "Freshman 15," there are other things to take into consideration such as smoking.

Wes: Now when it comes to smoking, many believe that lighting up a pack a week is

going to help you shed the pounds but all it has been shown to do is suppress your appetite. However, smoking will not help you get into better shape, if anything it will decrease your chances by attacking your lungs and making it difficult for you to even walk across campus without being winded.

Bianca: Drinking alcohol and smoking not only can affect your weight but your sleeping habits can also have an effect.

Wes: By sleeping, you will help battle against stress, which is one of the leading factors in weight gain. So go to bed make sure that your body can relax and you will be a happier person. Doctors recommend that you get around 7 to 8 hours of sleep a night.

Bianca: This is great method in order to prevent weight gain and to fight off the pounds. Once you feel rested, get up and make a trip to the gym.

Wes: If you can get in at least 30 minutes of cardiovascular exercise four times a week, you are going to decrease the chance of those pesky pounds packing on. So, if you are not a member of a gym, and want to hit the weights, you can utilize the weight room on campus, it is open for student use from 11:30 a.m. to 1 p.m. Monday thru Friday.

Bianca: Now, by following all these simple procedures, you will be on the right track to living a healthy lifestyle and breaking the curse of the "Freshman 15."

Faculty art exhibited in L.A.

By Evelyn Martin
Assistant Entertainment Editor

Any teacher at CSUB will tell you there is an art to what they do, but only those in the Art department can take that meaning to a whole new level and receive significant recognition for it.

Eight members of the CSUB faculty along with two staff will have original compositions displayed at their own art exhibit this month. The Todd Madigan Gallery, surprisingly, is not going to feature them. That duty has been taken up by the L.A. Artcore's Brewery Annex Gallery, which will showcase their works in an exclusive exhibit scheduled to run Jan 5-29. The artist lineup

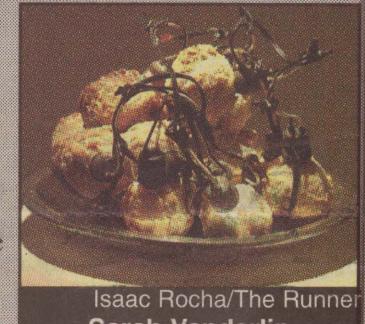
includes Michael Heivly, Ted Kerzie, Joyce Kohl, Drew Dominick, David Laughing Horse Robinson, Mary Slaughter, Margaret Nowling, Michael Johnson, Debbie Rodenhauser and Sarah Vanderlip.

The attendees at the gallery included local filmmakers, art lovers, CSUB art students and other artists.

"It's nice to get feedback from your peers," said Nowling.

The Todd Madigan Gallery in turn will feature an exhibit with works from artists in L.A.: Suthat Pinruethai, Suguru Hiraide, Ehja Kang, Jon Nguyen, Kristan Marvell, Scott Katano, Taraneh Mozafarian and August Highland.

The exchange of artists will assuredly provide a pleasant visual experience for Bakersfield and Los Angeles alike. Moreover, with each artist come



Isaac Rocha/The Runner
Sarah Vanderlip
"Untitled (sugar bulbs)"

different perspectives of art, which can function to enrich the local and regional sensibilities of art and culture.

The impact of the exposure of CSUB's own talented artists was recognized

by Kerzie, who is also the chair for the Art department.

"This opens up our university and makes us look very viable in the art community," said Kerzie.

Art featured involved a variety of techniques and media from Kerzie's modern take on pointillism in his paintings, to Kohl's stabilized adobe as a part of her kinetic sculpture.

"Content ranges from abstract, to symbols, to figurative photos," noted Kohl.

Kohl and other faculty involved stressed the importance of actively pursuing their artwork in addition to teaching.

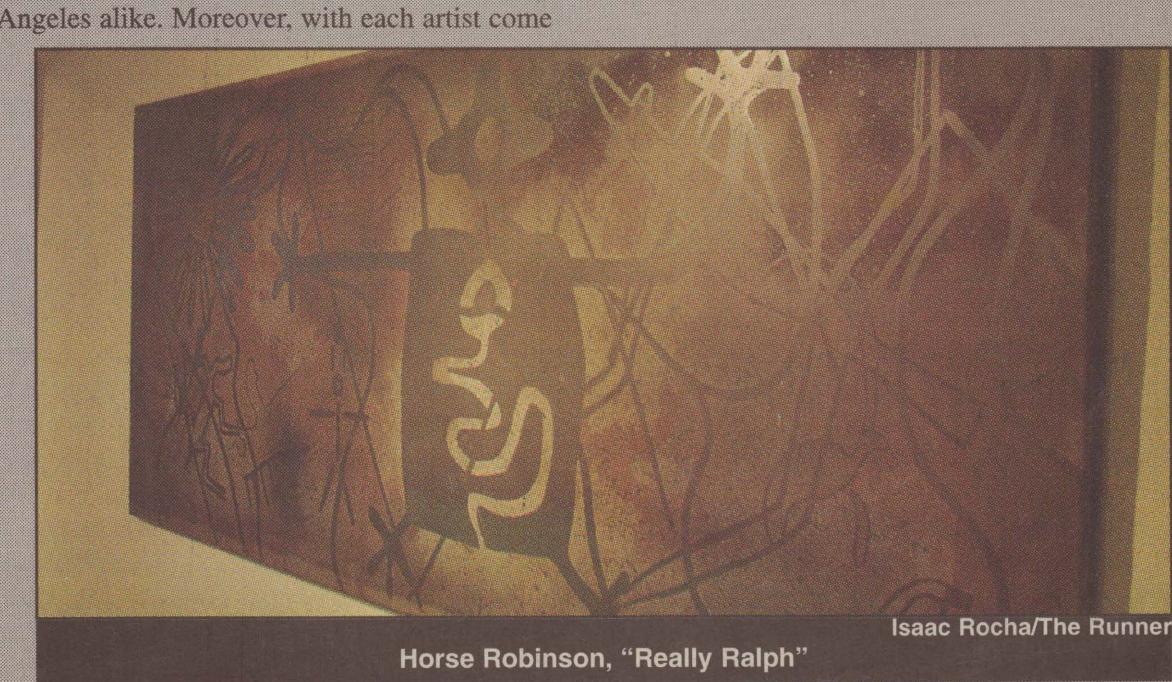
"All of our faculty are working artists-whereas often artists start teaching and stop making art," Kohl said.

The exhibit has been successful thus far and the faculty is being considered for biannual exhibits at the gallery.

The LA. Artcore Brewery Annex held an opening reception for the event Jan 8 and the exhibit itself is available for viewing Thurs-Sun from 12-4 p.m. The gallery is located at 650A South Ave. 21, in Los Angeles.

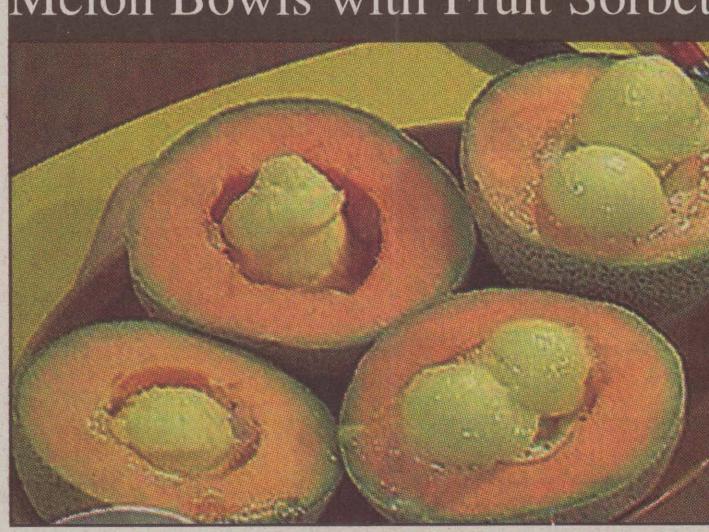
A reception for the free on-campus display was held Jan 5, and viewings are available Tues-Thurs. and Sun. from 12-4 p.m.

Any further information about either exhibit can be obtained by contacting Mike Stepanovich at 654-2456, or Jaclyn Loveless at 654-2138.



Isaac Rocha/The Runner
Horse Robinson, "Really Ralph"

Melon Bowls with Fruit Sorbet



Recipe courtesy
Rachael Ray

Ingredients

2 small to medium ripe cantaloupe melons
1 lime, juiced
1 pint fruit sorbet (your favorite flavor)

Directions
Trim a 1/2-inch from each end of both cantaloupes, then half the

cantaloupe right down the middle. Scoop out all the seeds and discard. Set the melons on a sheet pan and sprinkle the inside with the lime juice. Fill the melon bowls with the fruit sorbet when you are ready to serve.