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THE RUNNER

California State University, Bakersfield

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Mark Nessia/The Runner
The 'Runners took on Longwood University on January 9. See Story on Page 6.



Photo and Story By
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Hundreds of people of all ages stood waiting at the starting line in the frigid 37-degree Bakersfield weather on Saturday for the Bakersfield Fog Run. The run is held once a year in January at Lake Ming.

An estimated 724 people participated in Saturday's Fog Run, which lived up to its name as the race was delayed due to people arriving late because of the fog-shrouded roads.

People of all ages could be seen running in the event, includ-

ing some who ran with their dogs, or even an occasional stroller. The entry fee was \$30 and runners chose to run a distance of either 5k or 10k.

Key sponsors of the run were the Victim/Witness Auxiliary Board of Kern County and the Kern County Probation Department. Race entry proceeds benefit the Victim Witness Assistance Center's emergency fund, which is used to assist people of Kern County who have been victims of violence.

Returning Fog Run participants say that the event has seen more participants each year, which can be partly

[Cont. on Page 4]

Parking permits 101

An easier way to get a parking permit

By Josh Wuillamey
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Your first class starts in a few minutes, and you have been standing in the freezing cold waiting for the line to dwindle down so that you can pay for a parking permit for the new quarter.

You do know that you don't have to stand in a line, don't you?

Parking permits can be paid for online, and sent to students by mail. According to Kimber Hines from Cashiering, the online payment option is available from the time open registration begins until approximately one week before the quarter starts.

The only exception is during the Fall Quarter, when the new supply arrives. In this case, they make the parking permits available online as soon as they are delivered.

Another option for paying online is to place a \$36.00 credit on your account and then go to the Cashier's Office to swap that credit for a parking permit. Unfortunately, this still requires the students to wait in line at the window.

Judging by the length of the lines stretching from the window at the Cashier's Office, not many students realize that parking permits can be bought online. Hines says "We would love to help educate the campus population in any way we can, that quarterly permits are available online during the available time period and we will be more than happy to show anyone how to do so, if they need assistance."

Because of the dual purpose of the Cashier's window, paying tuition as well as paying for a parking permit, it would not only help the other students in line but also those working dili-

gently within the Cashier's Office if more students realized the online payment option and utilized it. The line could be shortened considerably, and less time would be spent standing out in the cold in few short minutes before class starts.

Hines states that 30 percent of the campus population that pays for their parking permit before the quarter starts uses the online method. If you compare this number to the total number of parking permits bought over the course of the entire quarter, that number represents only 5 percent of all purchases.

A good portion of students who buy their parking permits early do so online. Overall, however, it is still quite an insignificant number.

On the bright side, there has been a 39 percent increase in parking permits by mail for this Fall and Winter quarters over Fall and Winter of 2008. The more students that learn about this option, the shorter the line to pay for your tuition will be in the early days of the new quarter.

So spread the word!

Most students understand how their fellow students pay for their parking permits, having stood in the line themselves. But how many students know how their professors buy their parking permits?

According to Professor Gary Byrd, most professors' pay for their parking permits yearly, or they can request a monthly payment option. They do not get special parking areas anywhere on the campus, but at least they get to skip the lines.

So remember, students, that you can avoid the lines this spring. Pay online before the quarter starts, and you can avoid the \$2.00 one-day parking pass and the slow-moving line to the Cashier window.

Check out an opinion on the parking issue on Page 2.

RUNNER ON THE STREET

By Roxana Chavez, Staff Writer

This week, The Runner asked, “Do you think parking is an issue on campus?”



Anna Herder
Senior, Political
Science

“I actually don’t think that it’s that bad compared to other schools, but I don’t think that we should have to pay so much for parking permits.”



Vanni Banducci
Sophomore, Art

“I think that people complain a lot more than they should. Having to walk 5 minutes to get to your class can count toward your exercise for the day.”



Mai Shabasaki
Freshman, Sociology

“Personally I don’t know much on the subject, but I do feel really bad when I hear my friends complain when they can’t find parking.”



Sherry Thomas
Freshman, Business

“I live in the dorms, but I have been harassed on the way to my room by people that are desperate to find somewhere to park.”

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What is the deal with parking?

By Tricia Berman

Staff Writer

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Anyone who has ever been a student at CSUB has had to deal with getting a parking permit. There has got to be a better way to go about purchasing this darling little sticker that goes in my window.

I stood in line for 45 minutes in the freezing cold along with dozens of other students, some having to leave the line so they could make it to their next class on time after they endured the cold line for several minutes or hours. I heard that the day before school started that this line was even longer so I didn’t even bother to go get it. I figured that the line would be shorter on the first day of classes. Well I was wrong again and there I was in line.

Then I started thinking, as I was standing there freezing, I wondered if this infamous parking permit could be purchased online and then sent to me by mail. I was told by a student that could be done however, I did not know where to look. So I set out to do some investigating on my own.

I found on the CSUB web site that you could purchase a parking permit by mail during the first registration period of each term. Well, where does a person go online to do such a thing? They do not make this easy.



Patricia Berman/The Runner

I searched and searched until I was frustrated and had to take a break. Then I came back and looked under everything that even sounded like a place to purchase a permit and even if it did not sound like a place I checked anyway. Then I called the admissions and records and by the time I pressed one for that and two for this no one answered the phone. No luck! Finally, I called the main number here at CSUB and spoke with a lady that was so helpful. She told me step by step how to do this.

So people listen up!

Here is how it works.

When you register for classes through your “myCSUB” when you click on make a payment one of the options there will ask if you want to purchase a parking permit. Sounds better than standing in the cold right?

No one ever told me that you could purchase a parking permit that way. Then I thought if I didn’t know then others probably don’t either, and when I spoke with other students they said that they were not aware they could

purchase this online.

Next quarter make sure you purchase this online and don’t forget that it has to be done during the first registration period of each term. If not then you won’t receive it in the mail on time for classes to begin.

Yes, it was just that easy and all of this time there we are standing in a line that never ends. So there you have it. Next quarter there will be no standing in line, at least not for me.

Get your books as soon as possible

By Roxana Chavez

Staff Writer

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Returning to college can be difficult after a long, well spent vacation, and the rising cost of tuition doesn’t make going back any easier. But tuition isn’t the only expense students have to worry about; they also have to worry about the rising cost of textbooks as well. And there is always a worry that the bookstore may not even have all or any of the books that you need.

This can be a real problem. If you can’t do the work the professor assigned because you need to read the required materials and were unable to purchase them, you will have already started the semester on the wrong foot.

California State University Bakersfield Junior Breanna Cooper had no trouble finding sections in which her textbooks where supposed to be located in the bookstore, the only problem was that one of the sections was empty. When she went to the help desk to ask for assistance, the clerk informed her that the book she was looking for would not be in stock for a few days.

So how would Cooper do the assigned readings that were due at the next class meeting?

“This is the first semester out of three in a half years of school I have ever had to order books online. It’s alright, I guess the



Roxana Chavez/The Runner

only thing I am worried about is that my books arrive in time,” Cooper said.

Alumni Liliانا Chavez told of a similar problem while she was at CSUB. There was a class in which none of the books that were required for the students to buy were in the bookstore.

“When I compared the prices of the books at the bookstore, to those of the website from which I was buying them online, I was actually pretty pleased,” stated Chavez, “I was going to be paying so much less for my books by ordering them online.”

But there was another problem. Apparently the cost is only significantly cheaper when you take advantage of deals certain websites offer that provide free shipping and handling. This option is

ideal when students order their books a few days or even weeks in advance. Otherwise, there is no way students could expect their books to arrive on time.

The longer you take to order your books online, the longer it will take for you to get them. So if you want to get them sooner, you will have to pay extra. Take for example Amazon, the total shipping cost, varies by the differences in per shipment cost, in addition to the differences in cost per item.

Delivery for books within three to five business days costs \$3 per shipment plus 99 cents per item. Delivery for books within two business days costs \$9.99 per shipment plus \$1.99 per item. Finally, to get your book within one business day, which is usual-

ly the time in which most students need their books, the cost is \$12.99 per shipment plus \$4.99 per item.

Chavez, who ordered a book at Amazon.com, recalls paying more than half the cost of the book she ordered for the cost of shipping. These are the extremes many students have to go through to get their assignments done on time.

Chavez suggested, “A good tip to avoid paying a ridiculous amount of money on shipping and handling is to find your class syllabus online before classes commence. That way you can be aware of what books you need to buy, and order them in advance, you’ll find that sometimes ordering books online does save you some money.”

But whether you order your books online or you are able to find and purchase them at the bookstore on campus there was one thing that both Cooper and Chavez could agree on, that the cost of textbooks is ridiculous.

Having to dig deep into your pockets to find the money to pay for your textbooks isn’t the nicest way to be welcomed back to the university. Especially after experiencing the most wonderful time of the year, eating celebrating and catching up with family and friends, in addition to spending all your money on the holidays during winter break.

Upcoming Legends of Jazz

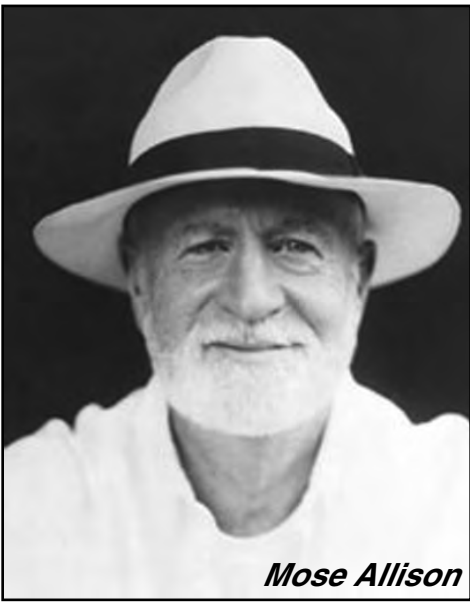
By Breanna Cooper
Staff Writer
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CSUB will be holding a Legends of Jazz Series in the Dore Theatre Friday, Jan. 15, at 8 p.m. General Admission is \$18, Seniors are \$12. Liz Gergian, a student, confirmed that students with a major in music are free and students with their school ID are \$8.

According to Doug Davis, the director of the music department, Mose Allison will be the attraction at the event. As states in a brief biography of Mose Allison, he has been singing and writing music since he was in high school, but began playing the piano when he was only five years old.

Vetta Uraine, office coordinator for the Music Department, said, “He’s a legend.”

Allison mixes blues and jazz as he delicately puts his own spin into real world situations.



Mose Allison

“The jazz festival is one of the coolest things that the music department does here, its one of the most outreach-ing things we can do that the most people will enjoy,” says Gergian.

Gergian went on to say, “We do other things like choir concerts and band con-certs, but the jazz festival has so many people that it caters to.”

One song Allison wrote called “I Don’t Worry About A Thing,” goes “You sitting’

around wondering just what to think, well I got some con-solation... I’ll give it to you if I might, you know I don’t worry bout a thing cause I know nothing going to be alright.” Allison’s is 70 years old, still touring and making music.

Impressive!

Each quarter the Music and Theatre Department devel-ops a calendar events brochure that can be picked up in the music building, and various places on campus.

If jazz happens to be a genre of music you’re inter-ested in, then please come join the Roadrunners, and be a part of the annually held Legends of Jazz Series. Every year a different Jazz legend comes and perform, you should be a part of the celebration.

For more information on Mose Allison,



Photo courtesy of cooprentals.com

A short drive to the snow can lead to fun activities such as skiing and snowboarding.

Escape to a winter wonderland

By Olivia Duncan
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How would you like to escape from the tedious tasks of your day-to-day life and only put a small dent in your wallet? At the Alta Sierra Ski Resort and Terrain Park this dream could easily become a reality. In these tough economic times spend-ing money on items other than necessities seems unheard of, but at the prices Alta Sierra is offering it would be crazy to pass them up.

Alta Sierra is located in the Sierra Nevada Mountains about an hour and a half north of Bakersfield in a city called Wofford Heights. They just completed their 2009/2010 holiday season and are now open Friday through Sunday from nine a.m. to four p.m. As well as offering ski and snowboard rentals, they also offer vaca-

tion rentals for those staying longer than a day, and a Tube Park.

Their price for rentals varies depending on if you are renting skis or snow-boards. For skis the cost will be \$20 for a full day and \$15 for a half day and for snow-boards the cost will be \$35 for a full day and \$25 for a half day.

Mary Blackstone, a ticket employee at Alta Sierra explains that, “Business has been a little lighter than last year. We are currently offer-ing a Friday Special that includes a lift ticket, rental, and lesson that costs \$60 for adults and \$50 for children between the ages of four and twelve.”

If you are planning on stay-ing longer than one day, you might want to check out the rates they have on vacation rentals. These rentals are private cabins that you can rent for a night, a weekend, or an entire week. Prices

may vary depending on the type of cabin and the season you wish to stay. For the winter season at the Old State ‘48 Cabin that opened in 2009, which is the closet to Alta Sierra Ski Resort, it will cost you \$125 per night for the weekday, \$150 per night for the weekend, and \$600 per week.

Randy Birt, the owner of the Old State ‘48 Cabin, said, “I get the impression that business is fairly good in spite of the economy. Very few folks are buying vaca-tion homes now, but people still want to come up and stay on the mountain. Also, as the economy flounders, people are less likely to take expensive/long distance vacations. A trip up to our cabin to get away is much more economical.”

Other than snowboarding and skiing, Alta Sierra also has a Tube Park that is rea-sonably priced. For a two- [Cont. on Page 4]

Bundle up: Winter fashion

By Porshay Spencer
Staff Writer
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Goodbye to summer Farewell flips flops, halter-tops and mini shirts, short shorts and terry cloth pool-side dresses.

Hello winter!! Its time to greet leather, lace, trench coats, nylons, thermals and boots.

Winter Session at California State University Bakersfield began January 6, 2010 but winter weather had already registered on campus. The chill, fog and rain are a couple of chal-lenges students have to face as they travel to and from class. Knowing that the tem-perature has quickly gone down toward Antarctica, has

people running to the near-est department stores trying to bundle up to keep warm with the latest in winter fashion styles. However, mastering the art of layering is no easy goal to achieve. This winter layering can be a very tricky. Staying fash-ionable and cozy takes patience persistence and P.S (ME!!). Here are a couple of trendy tips to help you when learning to layer up;

1.) Confidence - a trait that will allow you to weather the chill in a fall color pea coat.

2.) Humor - an ability to embrace the freezing cold temperatures with laughter, joy and a pair of cute leg-gings.

3.) Smile - to warm up every one of those cold days

Mother Nature throws at you this winter. Not to men-tion a few pairs of the cutest boots to warm up those little toes.

4.) Companionship - Whether it be nice romance novel with Fabio on the cover, a funny romantic comedy movie or even a loved one to wrap up with. A knitted scarf will add warmth and comfort to any chilly night!

I caught up with a few CSUB students and asked: What is your perfect idea of frozen fashion?

McCoy Edwards - Nursing/Psychology Major Skinny jeans in Dark denim. A dark jean is always a must in winter but light can be

[Cont. on Page 4]

Editors’ movie picks of the week



Ashley Sizemore,
Editor-in-Chief

“Avatar”
Incredible – and defi-nitely worth the cost of a movie ticket.



Manny Beltran,
Sports

“It’s Complicated”
Old people need lovin’ too.



Melissa Villiagomez,
Features

“Princess and the Frog”
You’re never too old for Disney.



Mark Nessia,
Managing and Photos

“Avatar”
It was a three-hour movie that didn’t feel like a three-hour movie. Very entertaining.



Derek Bato,
Web and Opinions

“Family Guy Presents: Something, something, something dark side”
Cheap Laughs and good animation parodying the best star wars film ever made. Bump for Justice.



Racella De Guia,
News

“Avatar”
It makes you feel like you’re a part of the movie.

WHAT’S HAPPENING THIS WEEK?

Wednesday Jan.13	Thursday Jan. 14	Friday Jan. 15	Saturday Jan. 16	Sunday Jan. 17	Monday Jan. 18	Tuesday Jan. 19
Quarterly Club Fair 9 a.m. to 1 p.m. DDH hallway	William Lobdell lecture 7 p.m. Multipurpose Room	Legends of Jazz 8 p.m. to 10 p.m. Doré Theatre	Women’s Basketball vs. Seattle University 7 p.m. Icardo Center	Disney Live! Rockin’ Road Band 1:30 p.m. Rabobank Arena	Men’s Basketball vs. Montana State 7 p.m. Rabobank Arena	Mary Bucholtz lecture 7 p.m. WSL Dezember Reading Room

Bike Bakersfield strives to improve community

By **Geoffrey Taylor**
Staff Writer
taylor.geoffrey@gmail.com

Taking on the streets of Bakersfield on a bicycle is one hell of a challenge, but the local non-profit cycling advocacy organization Bike Bakersfield strives to make this city’s streets more friendly to daily cyclists by getting people to choose pedal power over horsepower.

“Our main goal is to get as many people on bikes as possible here in Bakersfield,” said Kevin Talley, head mechanic for The Bike Kitchen at Bike Bakersfield. “We want people biking to work and school, but we want them to have fun.”

A large blue awning shades the way into their small, yet inviting shop in Downtown Bakersfield. Located at 1708 Chester Ave, their storefront and repair facility, known as the Bike Kitchen, is easily accessible with plenty of bicycle-shaped racks for locking up your ride right out front.

“Our mission and goal is to get people cycling for everyday transportation,” said Tina Chapa, director of Bike Bakersfield.

With some ambitious goals for 2010, Bike Bakersfield strives to not only unite the cycling community, but has worked with Almondale and Palla elementary schools to create and implement a Safe Routes to School program for children that commute by bike to take a pre-planned route from home to school and back. An additional three Safe Routes to School are in the works and

will be arriving at a school near you soon.

There are around 200 active members of Bike Bakersfield, the group’s membership is up from 160 last year. Hopes are high for an increase in membership and ridership in Bakersfield over the course of the year.

“There are a lot of cyclists in town, but we’re really set-up for helping the everyday individual to make the shift towards cycling instead of driving,” said Chapa.

Bike Bakersfield is modeled after similar organizations which exist elsewhere in the state, such as the Bike Church in Santa Cruz, and the San Francisco, Davis and Sacramento Bike Kitchens.

These groups aim to make our communities more aware of cycling and cyclists, the impact that mass ridership can have on our air pollution problems and the benefits cycling can have on our health and wellness.

“I tried to model it [The Bike Kitchen] after the San Francisco Bike Kitchen,” said Talley, “If you help us out with some time and effort, we’ll get you riding.”

One way of getting the community involved at Bike Bakersfield is the Recycle-A-Bike program. The organization takes donated bikes and bike parts in good working order and utilizes volunteers to work hands on, doing repairs on bicycles and get them back on the road. After 15 hours of volunteer work, you can receive a recycled cycle of your own.

“There’s a two-month waiting list for Recycle-A-Bike,” said Talley. “Only five or six people can be in the Kitchen at once, so it

gets cramped easily.”

Beyond just recycling bicycles, the groups offers bicycle maps and route plans for your daily bike commute, bicycle safety courses for children, bike maintenance and repair classes for any and all to enjoy and a bike buddy program to help beginners get used to riding the wild streets of Bakersfield.

“We believe we have a community that is viable for cycling,” said Chapa, “By being more active in the community, we want to have more involvement in getting people riding and getting city and county leaders to help plan a more bike-friendly area.”

For more information about BikeBakersfield and their programs, classes or services, check out www.bikebakersfield.org



Geoffrey Taylor/The Runner
Community members can get involved by participating in the Recycle-a-Bike program.

Fog Run

[Cont. from Page 1]

attributed to the great cause that it supports.

“I think it’s a good cause, it’s been growing every year,” said Ryan Lucker, 22.

Lucker, member of the CSUB track team, was the winner of the 5k run on Saturday with a blazing time of 16 minutes, 17 seconds. Saturday’s event was Lucker’s 5th Fog Run, and he tries to attend all of the local runs when it isn’t track and field season.

Not only were there returning participants, but plenty of people coming out for the first time. Bakersfield College student Melissa Campe, 20, had a first impression of it being “a great event for a really good cause.”

Campe also recently participated in the Bakersfield Police Memorial Run on Nov. 7, a similar local run

with proceeds going to our local law enforcement.

Not only did the entry fee support an outstanding cause, participants also received a Bakersfield Fog Run 2010 shirt, breakfast burrito, and a ticket to be entered into a raffle drawn at the end of the run. Prizes for the raffle included gift certificates and various running gear and apparel. There was also a tent offering free leg massages.

There were also various booths set up for sponsors of the event such as Kern County Sheriff’s Activities League, Alarm King Home Security, All-In-One Beauty Salon (which offered free face painting), Victim/Witness Auxiliary Board of Kern County and the Kern County Probation Department. The Fox radio station also had a booth set up with music playing

throughout the event.

Many participants in the event were members of the Bakersfield Track Club, a group which organizes several races a year, as well as holds numerous club events for its members to get together and share their passion for running.

Their website, www.bakersfieldtrackclub.com, is a great resource which includes information on all the upcoming local races, as well as race results and a membership application for those who are interested in joining the club.

The next Bakersfield Track Club sponsored event is the Bakersfield Unofficial Marathon Run held on Saturday, Feb. 6.

On Saturday, Feb. 13th there is a Valentine Run put on by CSUB’s very own PEAK department, and is held on campus.

Escape to a Winter Wonderland

[Cont. from Page 3]

hour session on Friday, Saturday, and Sunday it costs \$15 per person and is available from 9 a.m. to 4 p.m.

Mary describes the Tube Park by saying; “This is a great option for both adults as well as children. They go down the trail in the tube and

then the rope tow pulls them back up. The ticket is good for two hours so they are able to go as much as they can in that time.”

Alta Sierra Ski Resort and Terrain Park has something to offer for everyone. No matter if you are looking to get away for the day or the

entire week the deals they have to offer are hard to beat.

If you would like additional information about Alta Sierra Ski Resort and Terrain Park give them a call at (760)-376-4186 and for more information about Old State ‘48 Cabin call Randy Birt at (559)-212-4470.

Bundle up: Winter fashion

[Cont. from Page 3]

pulled off as well with curtain tops. Lace camisole under shirt with a nice bright mellow color three quarter length plaid shirt i.e. soft peaches’, yellow, cream, or beige.

Tall thigh high or mid calf suede or leather boots (P.S But make sure you spray the water repellent on them, don’t want to mess up that suede!)

Janie McQueen - Sociology Major
Her motto All back! A

leather jacket over a zip front hoodie. Complete with a cotton V-neck, the itchy tag-free ones. Finished up with a pair of leggings and tall black boots with a medium height heel. Don’t forget the leather gloves!


Alyssa Simone Wiley - Theatre Major
Alyssa likes to keep it trendy yet subtle with a nice cream sweater dress, a little longer than mid thigh. Accented with black tights and cream, brown, red or black heeled boots. In addi-

tion she likes to add a scarf that compliments the color scheme of the outfit. She states it’s a dual purpose for the heat and for the fashion.

P.S On a last note: Cozy up with a good movie, snuggle up with someone you adore. Make some yummy hot cocoa, do not forget the little marshmallows, and wrap up with some of this years hottest winter wardrobe pieces.

Cal State Bakersfield
Free Thinking Society
presents
William Lobdell
Thursday, Jan. 14, 7 p.m., CSUB Student Union

Losing My Religion: How I Lost My Faith Reporting on Religion in America—and Found Unexpected Peace



CAREER CORNER
The Center for Community Engagement & Career Education

Welcome to Career Corner and to the New Year! The Winter Term brings exciting change for the Career Development Center! Our role has expanded to include Service Learning, Volunteerism, and Academic Internships! This means we have more to offer YOU! And, to reflect our new responsibilities, we changed our name! We are now **The Center for Community Engagement and Career Education**. Our mission is to prepare students for life long learning and development through community engagement and career education by forming strong partnerships with community organizations, employers, and CSUB students, faculty, and staff.

This term we are offering a variety of career education workshops, recruiting events and our premiere event, Project Runway! Also, be sure to check out our unique Job Search Strategy workshop, the Furloughs, Frito Boats and Fridays Program! We look forward to seeing you this term and to helping you with all your career related needs!

Furloughs, Frito Boats & Fridays Job Search Workshops
Dates & Time: 1/22/10, or 2/12/10, or 2/26/10, 12:00 PM
Location: Community Engagement & Career Education Center - FREE FRITO BOATS!

NSM Virtual Career Fair Preparation Workshop
Date & Time: 1/20/10, 12:00 PM
Location: Science Building III, Room 102

Education Career Fair Preparation Workshop
Date & Time: 1/27/10, 5:00 - 6:00 PM
Location: Community Engagement & Career Education Center

EDUCATION RECRUITMENT FAIR
Date & Time: 2/3/10, 3:00 - 6:00 PM
Location: Student Union

Get Noticed! Develop Your Best Resume Workshop
Date & Time: 2/10/10, 5:00 - 6:00 PM
Location: Community Engagement & Career Education Center

Interview Skill Building - Tips from the Real World!
Date & Time: 2/17/10, 5:00 - 6:00 PM
Location: Community Engagement & Career Education Center

CSUB PROJECT RUNWAY
Date & Time: 2/25/10, 5:00 - 6:30 PM
Location: Runner Café, Stockdale Room

- Check out Event Details at www.csub.edu/cece
- Use **RunnerLink** to check out jobs and events, view campus visits by Companies that want to hire YOU, and schedule on-campus interviews at www.csub.edu/cece
- Schedule an appointment by calling 654-3033 or send an email to career@csub.edu

Winter health

Food to fight the blues

Combating weight gain

By Emily Hedlund
Staff Writer
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You have probably already been hit at least once this winter with some type of bug – flu, cold, even the blues. What with the days getting dark earlier and the temperature staying below 50, you need nourishment to look forward to that is not only delicious but healthy. That candy bar may look mighty tempting, but after consuming it you will probably still feel hungry and you might even feel a little worse. All that sugar running through your body can make you unfocused and edgy.

The Student Health Center, located on campus across from the Icardo Gym, will be most helpful in prescribing medication for that cold or for your personal needs. The staff is professional, discrete, and friendly, making you feel better when you walk in looking a little sickly, looking for some antibiotics. Yet, to avoid having to make a trip to the Health Center, here are some of the top essentials you need to keep your body healthy and your mood happy:

Start your day off with a delicious Rick’s Breakfast from Bagels & Blenders, located across from the college by Vons. This tasty food consists of three eggs and mixed veggies, topped with cheese. Eggs contain protein, and veggies give your body sustaining nourishment. If eggs do not sound appealing, then there are many other options consisting of delectable bagels, (such as the poppy seed, wheat raisin, garlic parmesan, and onion), oatmeal, and fresh fruit to enjoy for your breakfast. The atmosphere is friendly and laid back, perfect to sit and enjoy breakfast before a hectic school day starts.

In a rush? Then order your

breakfast to go and enjoy in class.

If you are fighting a cold, then try Jamba Juice’s Cold Buster. This beverage consists of orange juice, peaches, bananas, orange sherbet, and Antioxidant Power boosts. Your bug will take one look at how many nutrients and vitamins are in this drink and run the other direction. I personally have been on the verge of being consumed by the dreaded COLD!, but after enjoying this beverage I felt better and much happier!

Other drinks low in calories and high in essentials your body needs are the Caribbean Passion, which has 2.5 fruit servings and 360 calories, or the Acai Super-Antioxidant, which has 2.0 fruit servings and 410 calories. If you are just looking for something healthy but not over the top, try the Mango Mantra, which has 1.5 fruit servings and 170 Calories.

Since the Bakersfield fog reduces the amount of sunshine your body receives (and makes you feel a little dismal), your skin and attitude might start to wane. Not to worry! Just take the Wheatgrass shot, as recommended by Amanda, part of the friendly team at Jamba Juice. This shot has only 5 calories, but it is not to be taken before class, as it literally cleans out your system. This shot is good for keeping your skin looking healthy and your insides clean.

Yet another company has launched a Health and Wealth Program, Starbucks. In addition to the already healthy breakfast sandwiches offered, two tasty beverages

have also become popular, the skinny cinnamon dolce latte and the skinny vanilla latte, which contain only 90 calories each. If you would rather not warm up on a cold day with coffee, try the new Tazo Full Leaf teas

that contain 0 Calories and more nutrients for your body are offered.

One Starbucks partner said, “The Tazo Full Leaf tea tastes better and makes this cold weather more bearable.”

As well as having beverages and sandwiches, Starbucks offers oatmeal topped with brown sugar, fruit, and nuts.

Ironically enough, not all things healthy taste the best. Yet after eating them, your body and mood seem to feel better and more functional. So next time you feel as if the blues or the bugs are going to get you down and ruin your day, stop off at one of these local places and grab some delicious healthy food to brighten your day and get you through the winter!

By Rebecca Flanum
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It is obvious that everyone puts on a few more pounds during the winter season compared to the summer

son that seems to fall off once summer hits. The health of a patient is not going to drastically change from one season to another, but if they do not do anything all winter, then obviously they are going to gain weight and be

between the summer and winter there are certain departments that tend to do better during certain seasons.

During the winter Kurt said, “Despite the holiday rush, the electronics department (PS3, Xbox, etc.), had an excessive overall profit margin, as well as the food. While in the summer, they have an excessive profit in the toys department (where they sell pools), in the garden (barbeques and accessories), and in the sporting goods section.”

People are not so focused on outside activity during the winter, like they are in the summer. They tend to buy things that they can do sitting down, such as video games, board games, food, and anything that does not cause you to exert yourself.

Although these help us to see further into the reasoning behind different weight gain in the winter rather than summer, different shopping habits during the seasons show us a deeper insight.

I recently discussed with Cindy Underwood her various shopping habits throughout the seasons. She said although “I make an excessively large Thanksgiving and Christmas dinner, all of my other shopping is relatively healthy and consists mostly of meals. While during the summer, I mainly buy easy to cook meals like burritos, taquitos, frozen lasagna, pizza rolls, etc. I also try to buy more snacks because I am always out and about.”

Though she does tend to buy the same amount of food, the foods that she buys in the summer are much healthier than those that she buys in the winter.

There is substantial evidence in the fact that the cause of weight gain over the winter, rather than the summer, is not so much the food, but the lack of physical activity.



Emily Hedlund/ The Runner

Some of the nutritious options available at the local Starbucks.

however; no one seems to question why?

I have come to find out that the cause for weight gain during the winter compared to summer is not so much what you eat, or how much of it that you eating but a lack of exercise and physical activity during the cold times.

Cindy Underwood, an RN at Memorial Hospital explained, “while many of the patients that I see are unhealthy, it is not only their eating habits that cause them to be so unhealthy, but their activity. There are no apparent changes in health between the summer and winter seasons, however, people do gain substantial weight during the winter season

unhealthier than they were before.”

This is a result of more people

“People do gain substantial weight during the winter season” -
Cindy Underwood

ple turning to new video game systems, like the PS3, rather than going outside and doing physical activity.

During a conversation with the store manager of Wal-Mart, Kurt, I found out that while the overall sales at the store is relatively the same

Resident assistants – a way of life

By Blanca Martinez
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Few people have a broad spectrum of what a resident assistant undergoes. I had the pleasure of interviewing two of our dedicated RAs and got an insight of what it is like to be on the job. Evana Croda of Lorient and Michael Lane of Rohan.

The RA’s obvious duties consist of maintenance on rounds for locked doors, ensuring people are safe in the halls, responding to incidents and talking to residents.

However, they describe their job as community building; they put on a lot of programs that help with academic success, life skills, education and cultural growth and collaboration. Also, each RA works together to put on fun activities for the residents of the building they work on.

The funnest thing about their job, they both agree, is the interaction with the residents.

Croda comments, “It’s not just a job, it’s a way of life.”

They understand that this job is above all other activities including sports and clubs, with one reasonable exception.

“My only priority is my education,

which is nursing,” Croda said.

Time management is key if they want to be able to be with friends and family. There is no need to give up doing the things they love, but must have communication with everyone so they can understand their commitment to this job.

“You get a lot of respect from people that like you ... those people who have gotten in trouble don’t disrespect you but they don’t like you ... but I’ve never felt like someone is being rude or disrespectful. I wouldn’t tolerate that,” said Croda.

Lane comments, “It’s not personal if we have to report something. It is against the action, not the person.”

Residents have the opportunity to discuss a conflict resolution. With the key goal to “improve a lot of respect in this position.”

The training they undergo involves policy and regulation of drugs and alcohol. They do mock situations to know how to respond. Among the skills they learn are conflict resolution, basic counseling and listening to know when to refer out.

Lane who was an RA the previous school year for another university said, “We are here because of you. That is our primary mission.”

He also describes his job as one that is evolving, every day they encounter something new so they must be open to change.

This is the first year for Croda as an RA. She said that there are really rare moments when it may be really overwhelming. With only six RAs, there is more workload on them.

However, the small number of RAs on campus means that they are very tight-knit and are a very cohesive unit.

They are always on duty even when they are not required to because when there is a problem the residents come to them for assistance. Nevertheless, they have each others’ backs in case anything comes up.

They count on the support of the housing directors and have meetings each week to be able to perform their duties.

The reason they chose this job first and foremost is wanting to be there for the residents they serve and to ensure they do well academically, emotionally, and socially. Also, to make sure residents feel respected and valued, have a great time, build friendships and become great leaders.

“We want to inspire residents to be more active in their community,” said Lane, “I have integral loyalty and dedication to my residents.”

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COMING SOON!

CSUB loses thriller against Longwood University 82-81



Senior forward Trent Blakley puts up a shot against a Longwood University defender.

Racella De Guia
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The CSUB men's basketball team lost at the Rabobank arena against Longwood University by one point on Saturday, Jan. 9, 82-81, after Stephon Carter's desperation 3-pointer bounced off the rim as time expired.

Sophomore Donald Johnson said, "we just need to

"... we just need to put our best game forward and we'll be able to dominate...we have a good line up."

— Sophomore
Donald Johnson

put our best game forward and we'll be able to dominate...we have a good line up."

Santwon Latunde of Landover, Md. who is currently a senior this year helped his team by grabbing 12 rebounds and scoring 29 points. Forward Trent Blakley of Alta Loma HS, who is also a senior this year, added an additional 21 points for CSUB.

Longwood University dominated the end of the first half, by scoring 52 points, the most the 'Runners have surrendered this season. At the end of the first half CSUB was seven points behind scoring 45 points.

The 'Runners rallied from a 58-47 deficit after going on a 17-6 run in the second half. A jumper by freshman guard Carter tied the game 64-64.

The 'Runners caught up with the help of junior Donovan Bragg of Inglewood HS.

Bragg contributed to the team by scoring six points including a jumper that gave the 'Runners a 66-64 lead with only 10 minutes remaining.

The 'Runners scored 36 points in the second half and held Longwood to 30 points; however, it was not enough to take the lead for good.

At the end of the game Longwood University took the win but for the 'Runners the game had to have been the most exhilarating of the season.



Senior forward Santwon Latunde splits two Longwood defender for two of his 29 points.

Upcoming Home Games

Women's Basketball

Sat, Jan. 16 vs. Seattle University @ 7 p.m.

Mon, Jan. 18 vs. UC Davis @ 1 p.m.

Men's Basketball

Mon, Jan. 18 vs. Montana State @ 7 p.m.

Runner Round-up

Compiled by Mark Nessia
Photo Editor
marknessia@yahoo.com

MEN'S BASKETBALL

The CSUB men's basketball team lost to the University of Cincinnati, 87-58, on Jan. 6 at Fifth Third Arena after a slow start led to a 50-16 halftime deficit.

The Bearcats used a 23-3 run to take an early 23-6 lead over the Roadrunners after eight minutes of play.

The 'Runners shot 23 percent in the first half, but shot 45 percent in the second out-scoring the Bearcats 42-37. Senior forward Trent Blakely had a game-high 17 points to lead the 'Runners, while fellow senior Santwon Latunde had 14 points and a game-high nine rebounds.

Sophomore Dion Dixon leading the way with 13 points and 12 of the 13 Bearcats who saw playing time scored. The Bearcats got plenty of help from their bench, which contributed 56 points.

The 'Runners will travel to Hattiesburg, Miss. to take on the University of Southern Mississippi before returning home to face Montana State Jan. 18 at the Rabobank Arena.

WOMEN'S BASKETBALL

Senior guards Katie Williams and Phynique Allen combined for 49 points to help lead the CSUB women's basketball team to a 85-70 win over UC Riverside Jan. 6 at the Icardo Center.

Williams led all scorers with 26 points, while Allen put up 23 and had a game-high six assists. Junior forward Nikki Leon also scored double-figures with 11 points.

The 'Runners (8-8) have now won four of their last six matches.

The Highlanders suited just seven players and were led by junior Brittany Waddel, who was one of four players who scored in double-figures. Waddel scored 18 points in the contest.

The 'Runners will go on the road to take on California State University, Northridge, before returning to the Icardo Center on Jan. 16 to take on Seattle University.

WRESTLING

The CSUB wrestling team won seven of 10 matches to get its first win of the season, defeating Pac-10 rival California State University, Fullerton 26-12 on Jan. 8 at Titan Gym.

No. 14 Elijah Nacita (141) pinned Eddie Garcia, while fellow juniors Riley Orozco (197) Joey Granata (165) each earned major decisions.

Granata's major decision over Blake Ginsburg to start the dual gave the 'Runners a lead it would not surrender en route to the win.

The 'Runners (1-3, 1-2 Pac-10) face consecutive Pac-10 duals starting on Jan. 17, when the team travels north to take on Oregon State before returning to the Icardo Center to face Boise State on Jan. 23.

Student Recreation Center

Intramural Sports Winter Schedule

Leagues

	Sign-up Deadline	Cost
Outdoor Soccer	1/13	\$30
Basketball 5x5	1/13	\$30
Volleyball 6x6	1/13	\$30

Tournaments

Badminton	1/11	\$10
Passing League 4x4	2/8	\$10

Contact: Intramural Sports Student Manager
Casey Spinetti (661) 654-2733

Wellness Workshop

New Year's Resolutions & How to Make Them Stick

January 20, 2010 @ 7:30pm
SRC Solario

Locker Rentals

Tired of lugging your gym clothes to and from the SRC? Starting this winter quarter, the SRC will offer rental lockers for \$30 a quarter.

Rock Hours

Monday- Friday	3:30pm – 10:00pm
Saturday	12:00pm – 4:00pm



(661) 654-4FUN

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Fall Intramural Sports Champions

3x3 Basketball

Kappa Sigma



3x3 Volleyball

PEAK Pounders



7x7 Flag Football

PEAK Punishers

Group X - Three new classes offered!

Yoga	MWF 12:00pm-1:00pm F 8:00am-9:25am & 9:30am-10:55am
Salsa – New!	TTh 7:30pm-8:30pm
Karate	MW 7:30pm-8:30pm
Running – New!	TTh 6:15pm-7:15pm
Hip Hop	MW 8:00pm-9:00pm
Sunrise Yoga	MWF 6:30am-7:30am
Aerobics	TTH 10:30am-11:30am & 11:30am-12:30pm
Boot Camp	MW 6:15pm-7:15pm
Sports Yoga	MW 5:00pm-6:00pm
Butts & Guts	TTh 5:00pm-6:00pm
Indoor Cycling 10:30am	MTWTh 9:30am-
Strength & Stretch – New!	TTh 4:45pm-5:45pm

100% Student Fee Funded. You've paid for it — Come use it!