

# The Runner

1975 2015

F O R T I E T H XL ANNIVERSARY

Vol. 41, No. 3

@csub\_runner

facebook.com/runnercsb

@runnerphoto

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

CAMPUS

## DIGITAL OVERLOAD

### New campus email frustrates the masses

By Esteban Ramirez  
Editor-in-Chief

The new email for CSU Bakersfield appeared to be a good idea for students; however, many students have faced problems with it.

According to Associate Vice-President and Chief Information Officer Faust Gorham, students have had the biggest issues with changing their passwords and learning to use the new program.

"A current disadvantage we are facing is the entire self-service-password-reset process," said Gorham. "Since we implemented Office 365, there was an unexpected issue with not having the ability to reset the password, so we had a whole bunch of students call us at the help desk. That's one serious disadvantage that we have been having."

On Sept. 25, Gorham sent out an email to CSUB students stating that "in troubleshooting the self-service password reset option within our Microsoft Office 365 environment, an unexpected change occurred which affected all passwords. Your Runner email account was most certainly affected."

He added that students should use the myCSUB or Blackboard password to log in to the Runner email account.

He said that they are trying to solve the problem with the password by linking the myCSUB password with the email password.

"An unanticipated change happened when our support team was working with Microsoft when all of a sudden

all the passwords have synched from what we used to access myCSUB for Office 365," he said. "We're putting messaging in the self-service portal, so that our students know to use their myCSUB credentials as opposed to using another password."

According to a data chart from Sept. 18, which was provided by Gorham, there have been over 6,000 students that have logged in, but it still leaves over 3,000 that haven't logged in.

"I would like to increase that number to almost all of them," Gorham said.

He added that a couple more changes they want to make is once you log in to one of the applications, students will be able to log in to all of them. The other thing they want to do is increase the support for mobile.

Despite the struggles, Gorham said that the email has had plenty of benefits.

"We have kind of done two things: we moved ourselves up a level of sophistication, so before we may have been operating on dirt roads now we are kind of on a highway," he said.

"We kind of changed the level of how we have to work, and two, we also have the student's advantage, which means that Word, Excel and any of the PowerPoint tools can essentially be brought on and installed in devices.

"You can install in your laptop or your desktop at home and run these tools as opposed to just using the web versions of those tools."

He added that there were two other positives. The other posi-



Graham C Wheat/The Runner

Eric Nickerson, who is a junior marketing major at CSUB, works on his computer at Walter Stiern Library on Sept. 28.

tive is that the email system has 50 gigabytes of storage, and the other positive is that it allows students to know how to communicate with every student.

Eric Nickerson, who is a junior and marketing major, said he is having trouble accessing

his email through his phone.

"I'm having an issue because I can't access it through my phone," he said.

"My Runner ID is not working, and it's a problem because we can't get in contact with teachers, might be late to class and don't know about assign-

ments."

Nickerson suggested that they should provide a step-by-step process of using the email.

Itzi Andrade, who is a junior and undecided major, said that the email has a lot of bugs.

"It's not working," Andrade said. "The logins haven't been

working, and it could be the infrastructure in the server or something else. I mean Bakersfield College has an email system that works so I would expect CSUB to have one that works too."

#### ONLINE



• The Tejon Tribe was given the opportunity to host its first powwow at CSUB. Watch the multimedia video at [therunneronline.com](http://therunneronline.com).

• The CSUB baseball team recently hired its second head coach in the program's history.

• Reporter Heather Simmons writes about her struggles being blind.

• Read up on the seasonal jobs students can get around Bakersfield.

#### MUSIC

### Celtic fun for everyone

By Patricia Rocha  
News Editor

The fresh fall weather rolled in just in time for the 7th Annual Celtic Music Festival hosted by the Kern County Scottish Society held at CSU Bakersfield on Oct. 2 and 3.

People dressed in clan tartans and other traditional clothing spread over the grassy area of the CSUB amphitheater to enjoy music by bands Celtica, Wrenwood Sessions, Banshee in the Kitchen, Sligo Rags, Bog Iron, Whiskey Galore and Al Wadi and Poso Creek.

"We play lots of different festivals, and I love the feel of

this one," said Kat Edmonson, guitar and bouzouki player for local Celtic band Banshee in the Kitchen. "It sounds kind of corny but it seems like a very nurturing atmosphere here where people are very caring about the musicians."

Many families dancing together and sharing picnic blankets were a great example of this atmosphere.

Even Whiskey Galore member Kevin Briley took a moment during the band's set to yell, "Hi Mom!"

Diane Briley waved back from her seat, smiling.

See **CELTIC**, Page 4



Marisel Maldonado/The Runner

Celtica band member Jane Espie performed with the group on Oct. 2 at the Celtic Music Festival at the CSUB Amphitheater.

## INSIDE THIS ISSUE

**Protection:** ASI talks about security issues at CSUB. **Page 2**

**No Room:** Increases in enrollment causing problems for classes. **Page 2**

**Brewing:** Temblor shakes up the drink scene **Page 3**

**Sleepy Hollow:** Students react to sleep deprivation. **Page 4**

**Not Togo's:** We write on the impending closing of Togo's. **Page 5**

**Comic:** Read the latest adventures of Runner, Kit and Nut. **Page 5**

**Kickin' it:** CSUB men's soccer defeats Pacific, 2-0. **Page 6**

**Celebration:** CSUB volleyball team gears up for banner. **Page 6**



Check out our videos and audio at

[therunneronline.com](http://therunneronline.com)

CAMPUS

# ASI members discuss security issues

By Graham C Wheat  
Features and Opinions Editor

The Associated Students Incorporated meeting on Oct. 2 addressed more campus issues and heard from Campus Chief of Police Martin Williamson, voted to change some by-laws of the group, and a few funded clubs on campus.

The recent acts of theft from cars, on and off campus, were a major concern for the group. Chief Williamson was there to answer questions from the board and present the current state of the campus. Williamson said that “campus is still pretty much safe,” but reminded the board that the lots where many of the break-ins occurred is not CSU Bakersfield property. The board questioned Williamson as to the feasibility of more security cameras on campus. He responded that it is a matter of funding. However, he is not giving up on the idea of more cameras, but that “it is one or two at a time.”

Campus issues continue to dominate much of the group’s

discussions. Jenny Sanchez, executive vice president, alerted the group to customer service issues in the Media lab. Danielle Kinsey, VP of external affairs, found that a vending machine was charging five dollars for any item.

Discussion to resolve the issue was made. Continuing from last week, the finance department has found a tutor, reported Anish Mohan, VP of university affairs.

Much of last week’s meeting was focused on changing some bylaws for ASI. The bylaw, which concerns who is officially the representation of CSUB during California State Student Association—CSSA is an organization of 23 Cal State Universities that address education policies at a state level.

A decision was made to make Mike Kwon, ASI president, the official vote for the group’s representation at CSSA. There was no official vote on this matter, but the board did make it a part of their larger agenda, saying that next year would be the best time to enact the change.

“I want us to make objective decisions going forward so that we are not holding our school back,” said Sanchez.

A revision of an internal affairs item was voted on and passed by the board and directors. The revision addressed conflicts of interest concerning votes from members of the board. The ‘yes’ votes counted at 16 with only one board member voting against it.

The Vice President of Finance, Parmeet Sidhu, reported that three clubs on campus received funding for events. The most major funding is being given to the Campus Gamers Club. They received \$3,000 for the “Extra Life” event that will take place in November. The Psychology club received funding of \$750 for an upcoming event and Muslim Student Association also received \$200 for an event.

Next week’s ASI meeting will be moved from the regular time of 3:15 p.m. to 2:00 p.m. as special guest Senator Jean Fuller will be speaking at the board meeting.



Karina Diaz/The Runner

VP of external affairs states her response to an ASI issue on Friday, Oct. 2. The ASI meeting focused on current issues such as bylaws, campus security and Media lab customer service.

CAMPUS

# Classrooms too small for increasing enrollment

By Esteban Ramirez  
Editor-in-Chief

With the constant increases in class sizes, CSU Bakersfield is facing a big problem with full classrooms.

On Sept. 16, the Geology 309 Sedimentations and Stratigraphy class taught by David Miller was full of students with many left standing.

Geology major Rick Fewtrell posted on the Facebook page “CSUB students interested in buying/selling/swapping” to spread the word about it.

Fewtrell said that there are 38 students in the class, and 40 is the cap.

“I was kind of curious as to why we had that classroom,” he said. “He first contacted the head of the department with Sue Holt, and then they talked [John Dirkse] and because they based what classroom they get off like in August.”

Director of Academic Operations & Support, Dirkse attributes this to rising enrollment rates and how difficult it is to get new classrooms approved and funded.

“We have a lot more students now than we had before,” he said. “We had increases in enrollments every year for the last five years. We had no increases in rooms and even a few rooms were lost.

“The campus is trying. You may know that there is a humanities faculty office building that will replace faculty towers and as of part of the plans for the building, there’s a possibility of adding a couple large classrooms in a wing in the building.

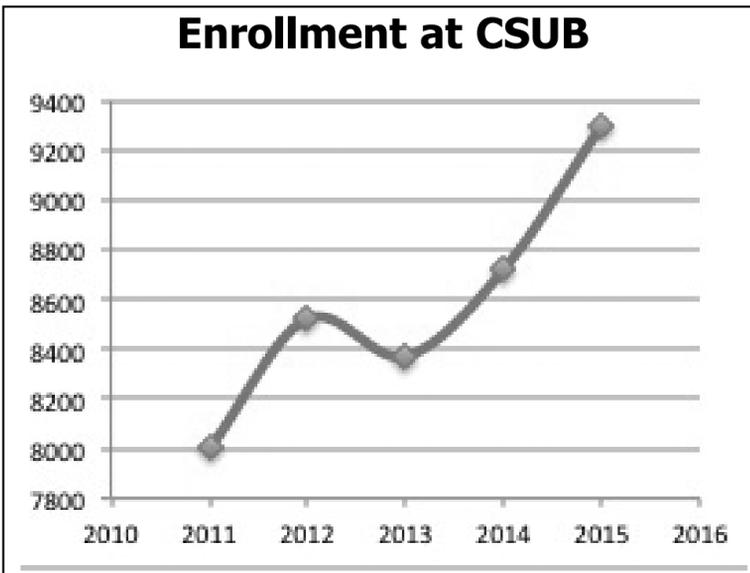
“Then again that’s a lot of politics and a lot of dollars. We just don’t have enough rooms of the size that we need to accommodate for the students we have,” he said.

Associate Vice-President and Facilities Management, Patrick Jacobs said that their biggest problem is that they have an awful lot of small classrooms on this campus that were meant to accommodate 30 to 40 or 30 to 45 students.

“There are a large number of classes that tend to be taught in a larger setting and very simplistically what that really means is, if we have a class and we have 60 stu-



Photo from CSUB buying, selling and renting books Facebook page  
Students sit in a packed Geology 309 class that was in room 107K of Dorothy Donohue Hall, which was then moved to room 128 of Education building.



dents who either want to take two classes or we help to tell the students wanting to take it that they can’t take the class,” Jacobs said.

Jacobs added that a few projects to expand classrooms that they are working on is to build two additional very large classrooms, and it will be in the arts and

humanities building.

However, he said the Faculty Towers are not ADA efficient and neither are the old dorms.

On Sept. 18, Fewtrell said that they studied Dorothy Donahoe Hallway 107K, and then they moved Education building 128.

# September police log

The following is a sample of incident reports provided by the California State University, Bakersfield Police Department from Sept. 1, 2015 through Sept. 30, 2015 from the department’s crime log.

**Vandalism:** At 12:45 p.m. on Tuesday, Sept. 1 vandalism of an item worth less than \$400 occurred in Dorothy Donohue Hall. Pending additional leads.

**Failure to Stop:** At 10:32 a.m. on Wednesday, Sept. 2, a driver was found to be driving with a suspended license after failing to stop at a stop sign in Parking lot D. The driver was cited.

**Property Damage:** Between the hours of 11 a.m. and 6 p.m. on Thursday, Sept. 10, a hit-and-run causing property damage occurred in Parking lot C. Pending additional leads.

**Burglary:** Between the hours of 10:30 p.m. and 7 a.m. on Friday, Sept. 11-12, a second degree robbery occurred in the Old Gym. Pending additional leads.

**Burglary:** Between the hours of 10:30 p.m. and 1 a.m. on Sept. 13-14, a second degree robbery occurred in Parking Lot K2. Pending additional leads.

**Hit & Run:** Between the hours of 7 a.m. to noon on Monday, Sept. 14, a hit-and-run resulting in property damage occurred in Parking Lot H. Pending additional leads.

**Hit & Run:** Between the hours of 8:40 a.m. and 4:50 p.m. on Tuesday, Sept. 15, a hit and run resulting in property damage occurred in Parking Lot I. Pending additional leads.

**Disturbance:** At 4:37 p.m. on Wednesday, Sept. 16, a non-student refused to leave campus and used offensive words in public in Parking Lot B. Information only.

**Grand Theft:** In a time span between Thursday evening and Friday morning on Sept. 17-18 items greater than \$950 were stolen from the library’s lower level computer lab. Pending additional leads.

**Drug Possession:** At 6:15 p.m. on Friday, Sept. 18, a culprit was cited for possession of marijuana under 28.5 grams in Parking Lot I and was cited.

**Transporting Alcohol:** At 11:25 p.m. on Friday, Sept. 25, a culprit was cited for underage transportation of alcohol, possession of an open container, and expired registration in Parking Lot L.

**Driving Without a License:** At 1:33 a.m. on Monday, Sept. 28, a culprit was cited for driving without a license near Togo’s.

**Petty Theft:** At 1 p.m. on Tuesday, Sept. 29, petty theft occurred in the Recreation Center. Information only.

**Vandalism:** As reported at 6:35 p.m. on Tuesday, Sept. 29, vandalism of property worth less than \$400 occurred in the library. Pending additional leads.

**Burglary:** At 9:29 p.m. on Wednesday, Sept. 30, a culprit was arrested for second degree burglary of property worth over \$400 in the library.

**Get Connected**  
Stay Up to Date with BPA

[www.csub.edu/bpa](http://www.csub.edu/bpa)

[www.facebook.com/BPACSUB](https://www.facebook.com/BPACSUB)  
[www.twitter.com/CSUBBPA](https://www.twitter.com/CSUBBPA)  
[www.instagram.com/csubbpa](https://www.instagram.com/csubbpa)

SCHOOL OF BUSINESS AND PUBLIC ADMINISTRATION

**THE RUNNER editorial staff**

Volume XL, Issue 18

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

Telephone 661.654.2165  
Fax 661.654.6905  
E-mail [runner@csub.edu](mailto:runner@csub.edu)  
[therunneronline.com](http://therunneronline.com)

**EDITOR-IN-CHIEF**  
Esteban Ramirez

**NEWS EDITOR**  
Patricia Rocha

**FEATURES AND OPINIONS EDITOR**  
Graham Wheat

**PHOTO EDITOR**  
AJ Alvarado

**MULTIMEDIA EDITOR**  
David Kaplan

**ASSISTANT EDITORS**  
Marisel Maldonado and Julie M. Perez

**COPY CHIEF**  
Andrea Calderon

**ADVISER**  
Jennifer Burger  
[jburger1@csub.edu](mailto:jburger1@csub.edu)

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

**LETTERS TO THE EDITOR**  
Send letters to [runner@csub.edu](mailto:runner@csub.edu). All letters must be signed and verified and be no more than 300 words in length. Letters may be edited for clarity and length.

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

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

LOCAL

# New brewery opens to the public

By Bre Williams  
Senior Reporter

The Temblor Brewing Company opened their large warehouse door to the public this September. It is owned by three partners; Don Bynum, Tom Maxwell, and Derrick Miller and located in the heart of Bakersfield history at 3200 Buck Owens Blvd. The brewery started originally with five beers on draft but has since released five additional beers to their unique menu.

Inspiration struck Don Bynum on a trip to Belgium and ignited in him a love for the art of brewing beer.

“I went there and was totally blown away by the culture and the whole Belgian way of making beer and presenting it,” said Bynum.

“All of our beers are either 100% barley or mostly barley, wheat, or rye, and we are using very few adjuncts which is a term for flavor enhancers,” explained Bynum.

The beers at Temblor are ran through a centrifuge during the brewing process, which brings all of the solids out of the beer without taking away from the flavor. They have a small batch system aside from their main system, which houses 250 beers a batch. They produce a new beer weekly on this system, and “these beers are going to be more obscure styles,” said Bynum.

Temblor’s head brewer is Mike Lahti who joined the company from Indiana. Lahti was looking for a change and met the owners of Temblor in



Matt Schauer talks with customers on Oct. 1 at Temblor Brewing Company. The brewery hosts live local music in addition to offering beer. The concerts are for those over 21, usually taking place on the weekends.

Bre Williams/ The Runner

Portland, Oregon at a convention. Lahti has 12 years of prior experience. Along with brewing the beer, he has artistic input in the process.

The atmosphere at Temblor is relaxed with open seating and a walk-up ordering system. The beer names such as the “661” and “Street of Bakersfield” give the brewery a true local vibe. Many of the beers are

named after songs or bands such as, “Meeting People is Easy,” which is named after a documentary by Bynum’s favorite band Radiohead.

Accompanying their beer list is also a food menu, which Bynum says is meant to compliment the beers they brew. It includes items like beer-battered onion rings, sandwiches and flat bread pizzas.

Junior communications major Shelby Baird said, “The food and beer were really good and not too expensive.”

Their tapped beers are \$5 for a 16-ounce pour, and they also offer take home cans, howlers or growlers.

Also they have a Temblor Tasting Flight for \$8, which contains tastes of five of their flagship beers. Bynum said

within the next six months, they hope to have cans in stores for purchase.

Along with beer and food, Temblor has activities for customers as well.

They have a table of board games for customers to use while they hang out in the pub.

The warehouse also holds separate room for concerts from Bakersfield’s local bands.

These events are for those 21 and older, \$5 cover charge and happen mostly on weekends.

The brewery is open Monday through Wednesday from 11 a.m. to 9 p.m., Thursday from 11 a.m. to 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m., and Sunday from 9:30 a.m. to 8 p.m.



## The Runner is holding a LOGO CONTEST!

We’re seeking new branding for the student newspaper, website, podcasts, videos and future app.

WINNER RECEIVES \$50!

Deadline: Oct. 23, 2015  
Details: [therunneronline.org](http://therunneronline.org)

## What’s Going on Around Campus

### WED., OCT. 7

CALCPA NIGHT  
5:30 PM @ STOCKDALE  
COUNTRY CLUB

LUNCH WITH LEADERS  
12-1 PM @ STUDENT  
UNION LOUNGE

SUCCESSFUL LATINOS  
PANEL  
6-8 PM @ STOCKDALE  
ROOM

### THURS., OCT. 8

KIE FALL LECTURE:  
CAN HUMANITY  
SURVIVE ARTIFICIAL  
INTELLIGENCE?  
7 PM  
@DORÉ THEATRE

VOLLEYBALL VS.  
UTRGV  
7 PM @ ICARDO  
CENTER

### FRI., OCT. 9

WOMEN’S SOCCER  
VS. MISSOURI-  
KANSAS CITY  
5:30 PM

MEN’S SOCCER VS.  
GRAND CANYON  
7:30 P.M.  
@MAIN SOCCER  
FIELD

### SAT., OCT. 10

VOLLEYBALL VS.  
NEW MEXICO STATE  
1 PM  
@ ICARDO CENTER

99 MUSIC FESTIVAL  
2-6 PM @ OUTDOOR  
AMPHITHEATRE  
TICKETS: \$40

VIA ARTE ITALIAN  
STREET PAINTING  
@ THE MARKETPLACE

### SUN., OCT. 11

WOMEN’S SOCCER  
VS. CHICAGO STATE  
10:30 AM

MEN’S SOCCER VS.  
UNLV  
6 PM  
@MAIN SOCCER FIELD

VIA ARTE ITALIAN  
STREET PAINTING  
@ THE MARKETPLACE

### MON., OCT. 12

APOCALYPSE TAG  
9 PM  
@ RESIDENCE HALL  
LAWN

### WED., OCT. 14

FALL INTERNSHIP &  
CAREER FAIR  
10 AM - 2 PM  
@ RUNNER CAFÉ  
QUAD

RUNNER LETTER DAY  
ALL DAY @ STUDENT  
UNION

FALL BLOOD DRIVE  
10 AM - 4 PM  
@ RUNNER PARK

### WED., OCT. 14

ACCOUNTING/CPA  
INFORMATION PANEL  
5:30 PM @SRC  
SOLARIO ROOM

### THURS., OCT. 15

DISABILITY AWARE-  
NESS CELEBRATION  
10 AM - 2 PM  
@ RUNNER PARK

WELLNESS  
WORKSHOP  
7-8 PM @ SRC

TRAVEL AROUND  
LATIN AMERICA  
11:30 AM - 1 PM @  
RUNNER PARK

Calendar sponsored by CSUB Office of Student Affairs, School of Arts & Humanities, Walter Stiern Library, and the School of Business and Public Administration. To be included, contact [Runner@csub.edu](mailto:Runner@csub.edu).

**CSUB**  
**LUNCH**  
*with our*  
**Leaders**

**OCTOBER 7, 2015**  
**STUDENT UNION LOUNGE**  
**12PM**

HAVE QUESTIONS, COMMENTS  
OR SUGGESTIONS FOR CSUB?

PLEASE JOIN PRESIDENT MITCHELL & **YOUR** CAMPUS LEADERS  
FOR AN INFORMAL OPEN DISCUSSION AND **FREE LUNCH**

**CAMPUS PROGRAMMING** CSU Bakersfield  
Division of Student Affairs

LIKE & FOLLOW US FOR UPDATES ON EVENTS, CONTESTS, & GIVEAWAYS  
CSUB CAMPUS PROGRAMMING | @CSUBPROGRAMMING | 654.3091 | CSUBPROG@CSUB.EDU

## MUSIC

## Laddies and lasses alike let loose

[CELTIC, Page 1]

"I'm glad to see there's so many people out here," she said.

The festival was the first since the band's yearlong hiatus and was a crowd favorite playing their originals as well as a clever rendition of Johnny Cash's "Folsom Prison Blues."

Briley reflected on the experience of raising a musician.

"The great northern pipes that he plays are actually a war instrument, so when you're learning to play those in a one-story home..." she said laughing. Briley became interested in the instrument at age 14.

"[When] he finally got so he was comfortable enough with it, he played in the neighborhood. He would play his pipes and march around the block to learn how to play and march at the same time."

Edmonson also reflected on her start in the genre, calling it a challenge because it wasn't something she was used to

playing before joining the band.

"It's very challenging and intricate so I fell in love with that," she said. "I love the history."

Banshee in the Kitchen has played all seven of the festivals, with Edmonson as a member for the last four.

"A lot of the songs really strike chords, no pun intended, with people because even if they haven't been to Ireland, they certainly have experienced loss and a broken heart or war," she said.

Another interesting aspect of the band's music is the arrangement process the women go through when creat-

ing their songs.

"We're still very traditional, but we arrange it so it makes it a little bit more interesting and [we've] coined the term 'ban-shee-fying,'" she said.

"We ban-shee-fy it. So we might change it in a non-traditional key or speed it up or change key in the middle of the tune that will make it just a little bit more interesting than it just straight traditional."

Also switching things up with a little non-traditional flavor was headliner Celtica, most known for their pyrotechnic displays and twists on old classics.

"People enjoy what we do in

terms of music, but when we bring out the fire effects, obviously people's interests [increase] by a factor of 10, because it's not every day you see that," said Duncan Knight, member of Celtica.

"There are other bands that use fire, [but] no one expects to see flames shooting out of a set of bagpipes."

Knight and his band mates have played the festival previously and enjoy coming to Bakersfield.

"There seem to be more people here this year than there were last year," he said. "It's good for cultural events like these to keep on growing, and that's what seems to be happening."

Aside from the musical entertainment and a host of vendors, event goers also got the change to experience whiskey tasting and themed cuisine such as bangers, a traditional UK-style sausage.



Marisel Maldonado/ The Runner  
Duncan Knight of the rock band Celtica brings the entertainment at the Celtic Music Festival held at the CSUB Amphitheater on Oct. 2.

## HEALTH

## Lack of sleep can have greater consequences

By Alee Gonzalez  
Reporter

College students balance schoolwork, jobs, extracurricular activities, a social life, and fitness.

This demanding time in a student's life requires prioritizing obligations, and for most students, sleep is not a priority.

This seems like a trivial fact because it is so common for students to function without sleep. With caffeine and energy drinks students are able to keep abreast of their responsibilities but not without detrimental effects.

"Sleep is a restoration period," explains Dr. Christopher Gambrioli in the Student Health Center.

Without an adequate amount of rest, cardiovascular problems, negative mental effects, mood swings, high blood pres-

sure and anxiety result. Dr. Gambrioli highlights how valuable sleep is by introducing a rare disorder that prevents individuals from sleeping at all.

This disorder affects a small percentage of the population where sleep is completely unattainable. The individual is given just a couple of months before the effects of not sleeping become fatal. Dr. Gambrioli is aware that this is a severe case of sleep deprivation, but it outlines just how valuable sleep is to the human body.

He knows that students are unaware of the seriousness of not sleeping because it is so common, but he advises students to allow themselves enough time to sleep. Enough time may range between 6 to 10 hours, depending on the individual. He understands that with work and school it may

be difficult to fit enough time, but that it is important to try. If need be, take a nap in the day no longer than 30 minutes because anything longer messes up the circadian clock.

In the article, "How Sleep Deprivation Affects Psychological Variables Related to College Students' Cognitive Performance," PhD June J. Pilcher and MD Amy S. Walters analyze a study that was conducted to test brain performance.

In the study, the students that were sleep deprived tested worse in the cognitive task than the students that were well rested. What was interesting in the study, however, is that after the students were tested, they answered a questionnaire assessing their own performance levels. The students that were sleep deprived assessed themselves as more

alert and motivated than the students that were well-rested.

This is a great way to illustrate the invincibility that sleep deprived students feel when they manage through their days.

Eula Dayanghirang is a perfect example of a student experiencing lack of sleep.

"On average, I'm finding myself only getting about four to five hours of sleep a night," explains Dayanghirang.

She is involved in CNSA, which is the California Nurses Students Association. This group requires 24 hours of community service a quarter, on top of the 30 hours a week that Eula works between her two jobs.

She is also involved in Community Preventative Health Collaborative, a club that also requires 24 hours of community service a quarter.

Lack of sleep makes Dayanghirang feel inadequate. She feels as if she can't function the best that she is capable of, and she gets short-tempered.

"When I have a good night's rest, it feels like I'm in a better mood, and I'm able to do a better job, both at work and school," she said.

There doesn't seem to be a clear solution as to how Dayanghirang can attain more sleep, but she understands the negative effects of not sleeping enough and makes efforts to ensure she gets enough rest.

Ultimately, reminding herself that this strenuous time in her life is temporary is what gets her through her day.

"Mostly, what keeps me going is knowing that all this hard work will pay off one day." Other students have similar

testimonies.

"I sleep less in order to handle business," Michael Nieto explains.

He is a criminal justice major that also works two jobs.

He is involved in a fraternity that requires community service on top of the 48-hour work week that he experiences. He gets through his days by taking frequent naps at 30-minute intervals.

He aims for four hours of sleep per night, which doesn't sound like much, but it is necessary for him to prioritize his other obligations.

Lack of sleep is so common amongst students that it goes unrecognized as something of importance.

Getting a couple of hours a sleep a night should be taken with earnestness, but so many students relate that it is actually taken with unimportance.

MAJORS THAT MATTER  
ARTS & HUMANITIESFALL 2015  
TUTORING SCHEDULE**History - DDH B115**

With Andy:

MW 10am-1pm, F 9:30-11:30am

With Mackenzie:

MW 3-5pm, Tu 12:30-2:30pm

**Music - MUS 120**

With Sharyn:

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

**Spanish - DDH E102**

With Maribel:

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

**Philosophy 102 - DDH B115**

With Mark:

TTh 3-5:30pm

With Christian:

MW 3:30-5:30pm

**Philosophy 316 - DDH B115**

With Sarahbeth:

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

**Religious Studies - DDH B115**

With Hala:

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

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

## CSUB MBA

"Developing Innovative Business Leaders"

A worldwide accredited  
program is on YOUR campus

Only 5% of business programs  
worldwide are AACSB-accredited



Enroll Now

Website: [www.csub.edu/mba](http://www.csub.edu/mba)

MBA Office: (661) 654 - 2780

E-mail: [mba@csb.edu](mailto:mba@csb.edu)

## COLUMN

Question purchases  
before you buy

I only spent \$10.75 on myself last month because of a self-imposed ban I called "No-Spend September." I gave myself one basic rule: groceries, gas and bills but nothing else. Thanks to a little thing called tuition fees there wasn't much to play with, but what I did have was kept safely in my bank account because of one crucial practice: mindfulness.

This ancient Buddhist awareness technique really takes you out of your busy day-to-day self by delving further into your moment-to-moment self.

As a society, we have been programmed to consume the things we want at a greater rate than the things we need. Personally, I often have to stop myself mid-shopping trip to think, "Do I need all of this?"

Coupons, sales, commercials, clever packaging and novelty items are some of the major money spending culprits, but if a consumer stops to actually think about how these tactics are being used against them, it gives them and their money more power.

The first thing a person should ask themselves is "Do I need or want this?" If it's not on par with food or rent it's not important. Would you rather have another outfit or be able to pay for a surprise

car maintenance bill? A family emergency?

This is not to say you can't have nice things because you're constantly in fear of the unknown. It should just be used as a perspective point. If you can't get a pair of shoes out of your mind, you know you'll be able to wear them with at least 60 percent of your current wardrobe, they're made well and will last, then you've got yourself a great purchase. Another crucial question is "What is going to happen after I buy this?"

Think about where those clothes are going. Do you have room in your closet? Are they worth the time and cost of laundering? Are these items for you or are you trying things simply because you've seen them currently trending or you can't pass up the sale? Being mindful means asking yourself all of these questions and more while you're still in the store and can put items back. It's a known sales trick that once you try it on or hold it around while you shop you're more likely to make the purchase. You cannot creatively and actively curate your own style with lasting investment pieces if you let these outside forces take your hard earned cash from you first.

-Patricia Rocha



**MEN'S SOCCER**

# CSUB cruises to 2-0 victory over Pacific

By Joe Macias  
Reporter

CSU Bakersfield took an early 2-0 lead at home against University of the Pacific on Oct. 4 as the Roadrunners got their third win of the season.

"I felt like I just needed that first goal, and I think it helped me get a little relaxed," said red-shirt-sophomore forward Julian Zamora, who scored in the fifth minute.

CSUB (3-3-2, 0-1 Western Athletic Conference) showed up with a great attacking presence with Zamora, who was assisted by senior forward Simon Doherty.

Good possession and control of the ball helped lead the Roadrunners to another goal by Doherty just three minutes later.

"We addressed (scoring early) in the pre-game," said coach Richie Grant. "I thought we were opportunistic and the chances fell. We just took them, and that was the biggest difference in the game tonight."

This is the first game where CSUB has been able to establish a scoring presence, open with some early goals and control the game from the start.

In the second half, the Roadrunners seemed to be on the defensive side of the ball more as CSUB freshman goalkeeper Oscar Gloveus

stepped up in his first start and made some big plays that kept CSUB ahead.

"The most important thing is that we win," said Gloveus. "I believe we can play better than this but (we kept) a clean sheet so we won that's the most important thing."

Gloveus had four saves in his first start and came off his line twice to prevent the Pacific offense from getting a chance on goal.

Grant said that they looked like they could've scored the third goal, but they needed Gloveus to come up big and protect what they had.

That third goal almost came off a free kick in the 72nd minute of the second half as senior mid-fielder Christian Duarte sent a shot in from about 23 yards away but was denied by Pacific sophomore goalkeeper Curtis Goldsmith.

It was also a physical second half for the Roadrunners as sophomore midfielder Marshall Garcia, freshman midfielder Sam Gomez, and freshman defender Samuel Zimmerman were all issued yellow cards in an effort to keep the lead and not let any momentum build for Pacific.

"So the positives here you know when you score first, particularly early, backed it up with a second goal, and then to give up nothing it's a good night at the office," said Grant.

The Roadrunners will host Grand Canyon University next on Oct. 9 at 7:30 p.m., as they try to earn their first WAC win.



AJ Alvarado/The Runner  
CSUB senior midfielder Christian Duarte attempts to challenge a sliding tackle against Ronnie Bartenstein of the University of the Pacific on Oct. 4 at the Main Soccer Field.

**VOLLEYBALL**

# Roadrunners excited for new WAC championship banners

By Nick Fequiere  
Reporter

The CSU Bakersfield women's volleyball team will be honored on Oct. 8 at the Icardo Center with a banner commemorating its championship effort in the Western Athletic Conference Tournament last season.

Although the team already received their rings at a volley-

ball game last spring, the upcoming event was made possible through the efforts of Associate Director of Athletics Advancement Karen Langston.

Director of Volleyball Giovana Melo said she is "very honored to be able to reveal that banner."

She hopes that she and her teams can bring many more accolades to the university in the years to come.

She acknowledged that being successful and highly competitive at any level can help teach both coaches and players how to create a winning culture.

Only five players from the championship team have returned this year, leaving a large void to be filled by a combination of experience and youth. Two such returnees and veterans on the team, senior setter Luiza Martins and senior

outside hitter Kelsee Sawyer, echoed their coach's sentiments. Martins has been playing for Melo for four years since their time together at Western Nebraska. Sawyer has been with the team since her freshman season. Although this is only Sawyer's second season under Melo, she has seen what Melo can do with a group that wants to work hard and strive to win.

"I have always been on a team where we work so hard, and we come up short," Sawyer said.

"Last year with everything being new, it was really hard to know if we were going to be successful or not." Martins described some of the difficulties inherent in trying to defend a championship with a less experienced roster.

Martins' desire to come to CSUB to play for her coach

and mentor is a testament to Melo's positive influence both on and off the hardwood. Although the team is off to a rough start this year, both Martins and Sawyer attribute their record to growing pains and acknowledge that last year's started off a little shaky as well. Melo's talent, work ethic, and ability to inspire her team has the program in great hands.

**YOU'RE INVITED!**

**Friday, October 23rd**  
**5:30-6:30 VIP**  
**6:30-9:00 General Admission**  
**CSUB Alumni Park**

**CSUB – CELEBRATING 45 YEARS**  
 FOR TICKETS, PLEASE VISIT:  
**WWW.CSUB.EDU/PARTYINTHEPARK**

**Must be 21 years of age**

**PARTY IN THE PARK**

CSU BAKERSFIELD  
**ALUMNI**  
 ASSOCIATION

**SPONSORED BY:**

