

Zelezny reveals rule for freshmen to live on campus



Tony Hernandez/The Runner

President Lynette Zelezny sits down with The Runner in a special 28 minute podcast interview where she reveals the new first-year resident requirement plan among other topics.

By Sam Underwood
Editor-in-Chief

Watch or listen to the full interview with President Zelezny from our website therunneronline.com

CSU Bakersfield is facing major changes to the campus with regards to student housing. Beginning next Fall, some first-year students from outside the city of Bakersfield will be required to live in the dorms.

In a Sep. 4 Runner podcast exclusive, President Lynette Zelezny revealed her First Year Resident Requirement. The First Year Resident Requirement plan targets students from areas outside of Bakersfield, such as Delano and McFarland. The program would require incoming freshmen who live more than thirty miles from CSUB to live on campus for the first year.

“Where students are driving in and driving back, that is not providing them with the best possible collegiate experience so we will be moving forward for freshmen for mandatory housing in the residence halls,” said Zelezny.

A fact sheet being shared by the university to promote the new requirement says graduation rates are higher among first-year students who live in the dorms versus students who commute. Inquiries with the administration concerning the source of this data are still pending at this time.

Zelezny confirmed that the requirement would take

into account a long list of exemptions, including family and cultural needs. “We know that in a rural place like Delano, we will have to go one student at a time.”

Zelezny also said the administration is working closely with the financial aid department to put together packages for students to cover the cost of housing. The fact sheet states that 51% of incoming students will have “exceptional financial need,” and that those students will have the “vast majority” of their fees covered.

Since CSUB’s first classes 50 years ago, it has been known as a commut-

er college. Nearly 80% of incoming freshmen come from Kern County. Bakersfield is surrounded by small rural communities, and many students commute daily. One such student is Hilario Carrasco. Carrasco is a senior and an engineering major who commutes to CSUB from McFarland. Carrasco wouldn’t have been able to live in the dorms his freshmen year because of his job.

“The 30-minute drive is annoying, but my work is in McFarland,” says Carrasco. “At home I have a kitchen, at the dorms you only get a microwave.”

According to Carrasco, the commute has inspired him to be more involved in campus life rather than less.

“I got into Greek life because of the drive from McFarland. I had long breaks between classes and didn’t want to drive back and forth for an hour, so I got involved with a fraternity to have something to do,” says Carrasco.

Nabdeep Hans is a freshman from Pixley who chooses to live on campus because of the commute. Hans’ dorm expenses are covered completely by financial aid. Hans stated that living on campus has been a great experience, and that he has met a lot of new people.

In response to the new residency program, Hans stated that, “It’s just another rule. If they want to commute then let them commute and find out the hard way.”

Tierra Latham is also a freshman living in the dorms. Latham moved to CSUB from Los Angeles.

“I moved to campus to have a better experience, get away from family, and have some space,” said Latham. “People who struggle financially would probably be better off living on campus.”

ASI President Aaron Wan stated that, “ASI believes that the freshmen initiative will increase retention as it has with other CSU campus’, evidence can be found online”

This story is continuing to develop and updates will be made as new information comes in. The full podcast interview with Zelezny is posted on the Runner website.



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Blackboard Competitor Pilot Program Halfway Complete

By Angie Saavedra
Reporter

Beginning in Spring 2019, CSU Bakersfield Information Technology Services has been conducting its first ever pilot of Canvas. According to CSUB’s online news center, “The Canvas pilot will last for two terms: Spring 2019 and Fall 2019. After the second pilot, the campus will decide to move to Canvas or stay with Blackboard.” This semester starts the second term of the Canvas pilot program. Blackboard and Canvas are online class management tools used by both professors and students.

CSUB’s Office of the Provost stated that there is no firm decision made yet and they would be making a decision in the spring. Few students are aware of Canvas, currently being tested as a possible replacement for Blackboard. Diana Garcia, a biology major, asked “What’s Canvas? I wasn’t aware of CSUB having a new program that might replace Blackboard.” When shown the Canvas app, Garcia said, “Canvas seems to be more efficient, much simpler than Blackboard. Everything that you could possibly need is located on the site instead of having to jump from site to site. Perhaps all professors should be required to use Canvas instead of Blackboard for the remaining time of the trial.”

English major Hana Ayoub said, “I like that I have the option to



Mari Woomansee/The Runner

Kim Mishkind professor of the management and marketing department participates in canvas training session of Friday September 6, 2019.

set my notification preferences for due dates and course content and everything. I think it’s a little redundant to use Blackboard and Canvas, but I understand [since] it’s a new trial and error thing. I also think that the calendar on [Canvas] is great once you get it setup with your outlook and events you can [add]. I believe [Canvas] is a good platform to

combine everything that a student would need through CSUB, as opposed to multiple websites and links where things can be found.” Ayoub also mentioned that she wouldn’t have known about the website if she wasn’t asked about it, since CSUB has not sent her any emails or notifications about the new launch.



Mari Woodmansee/The Runner

Students use school computers on the lobby floor of the Walter Steirn Library to use canvas on September 3rd.

CSUB gives website new look

Sofia Martinez
Reporter

CSU Bakersfield’s last major homepage update was in 2013. Fortunately, this year on August 15, 2019 the IT department launched their new homepage design. The main purpose of the redesign according to the ITS website was to have a “Responsive, user-friendly design and choose relevant content on the campus homepage that matched the needs [of the campus]”

Some new features the new website include are specific tabs that correspond to the needs of the navigator. The website also includes, designated tabs for faculty, future, and current students. Under the current students and faculty tabs both allow access to Canvas, Blackboard, and Office 365. There is also a section for students to see upcoming events, latest stories, and CSUB academic calendar where they can find important dates and deadlines.

Besides the new allocation of the links, programs, and apps, the website also includes more color, pictures and life on the homepage. Those who come to the website can see pictures of current students actively participating at events which gives the school a dynamic personality by providing users an insight to CSUB events coming up and learn about ongoing activities held by the students and campus. The new reorganization of the website has helped make searching easier for both



Illustration by Alex Torres /The Runner

students and faculty.

A senior, Beatriz Munoz, a psychology and CAF’s major stated, “I like how well organized and professional [the new homepage] looks. I also like that [the website] has a lot of images. [The new homepage] was a bit confusing at first because I was used to the old layout. I don’t like that I can’t find the blackboard link [as easily anymore]. I recommend [IT to make] Blackboard and Canvas more visible or on top of the homepage.”

A junior, Daisy Paniagua, a psychology

major said, “I personally like the new update because it’s user friendly and well organized. In all honestly there isn’t anything that I personally disliked about the new update.”

Paniagua hopes that the next update will include more sections for student activities such as a, “Greek life” section that would allow incoming and current students more access to student life and a greater understanding of activities available through involvement.

Some other students had some diffi-

culty in finding information because of the new design. Another junior, Hannah Warner, a geology major stated “that the new homepage setup is cool, easy to use, but I still can’t find a quick way to get to Blackboard and MyCSUB without using the search key.”

Professor Gonzalo Santos, in the sociology department, wrote in an email, “Frankly, we have an ‘Administration-Centered’ approach on the campus web site, and a lot of cheerleading images that boost the campus’ PR needs, but that we faculty can’t use much in our classes, research, or professional lives.”

Gonzalo Santos also wrote, that in the past faculty used to have their own websites which were created and maintained by staff. The shift to a “Blackboard centered” focus has taken away faculty contributions. He points out that many of the faculty working under FERP, Faculty Early Retirement Program, are no longer listed on the campus directory.

So far only phase one has been released and phase two and three will be updated during spring and summer of 2020. These last two phases will include more sites, pages, and school information. On CSUB’s information technology services webpage gives a more in-depth version on how to use it and their priorities in the phase one update. Although updates can be helpful, the new update will take some time to become familiar.

Tesla vans acquired for new vanpool program

By Jessica Wright
Assistant News Editor

The CSU Bakersfield’s Office of Sustainability is piloting a new transportation system for staff and students. The office received a grant allowing them to acquire two Tesla Model X vans in order to create a vanpool transportation program for the school.

“It [the vanpool program] is subsidized by the California Air and Resource Board,” said Jennifer Sanchez, Sustainability Coordinator of CSU Bakersfield.

The vehicles are not owned by the university. Instead, the vehicles are owned by Green Commuter, an all-electric vanpooling company.

The price for vanpooling will be divided among the participants. Each Tesla van allows for up to seven people, for a total of fourteen vanpoolers. However, a minimum of five people in each van would be needed in order to keep the program sustainable. The vanpool program is open to both the staff and stu-

dents of CSUB. In order to participate in the program, students and staff need to fill out an application. The routes to specific areas have not yet been mapped out.

“We are targeting rural communities,” said Sanchez.

The program and participant selection will be largely based on schedule availability and route cohesiveness.

One benefit for those who participate in the Tesla vanpool is the ‘guaranteed ride-home program,’ in which a refund will be given in case the vanpool driver has an emergency and needs to leave campus. This allows you to use the funds to get an alternative ride home. To further address the issue, each van will be assigned to at least two drivers.

In addition, as Dustin Balico, Sustainable Transportation Student Associate and human biological sciences senior pointed out, “Our vanpools will have priority parking since

they are electric vehicles.”

A few students have offered their opinions on the topic.

Chris King, business administration junior, said, “I think it would be a waste that it’s only fourteen seats.”

Another student, history junior Tristan Wieser, felt that the location choices were too narrow.

“It’s an injustice to deny vanpool to our densely packed urban residences,” said Wieser.

Aware of these concerns, the Office of Sustainability acknowledges the program’s limitations, and also its potential benefits. “This is a pilot test run. We can apply for more funds in the future,” said Sanchez. If the pilot goes well, the program may be expanded. As of right now, the program is still under construction. Details like concrete pricing, specific route, locations, and how to apply have not been fully assessed.



Supplied photo of a Tesla van like the new ones coming to CSUB.

Dream center to open this fall

by Isis Gallardo
Reporter

It is the beginning of a new school year for CSUB, and it is crucial for Dreamers to have financial aid figured out before the CSUB deadline closes on the 13th of September. Although the CSUB Financial Aid Office aims to help all students regardless of their citizenship status, Dreamers often times need help figuring out where to fill out residency forms, understanding of DACA, and other resources available to them.

According to Claudia Catota, J.D., M.A., Chief Diversity Officer and Special Assistant to the President, the previous CSUB President, Horace Mitchell, created a task force to make CSUB more inclusive for the AB540 Dreamer students. Before his retirement, Dr. Mitchell left Claudia Catota in charge of the AB540 and Dreamer task force, along with the initiative to create a dreamer resource center at CSUB. Unfortunately, the Dream Center will not have its grand opening for another couple of weeks. Although the Dream Center has been completed, the final candidate for director has not been selected. According to Catota, “Final candidates for the Dream

Center position came to CSUB two weeks ago [and] once a candidate is chosen for the director position, the center will be open.”

Once the Dream Center is ready for their grand opening, an announcement will be made inviting all the Dreamers to come and learn about the different types of resources available to them. Some resources available to Dreamers are: help with visas, deportation, financial aid, and the DACA application. Although the Dream Center will not be open for another couple of weeks, students can stop by anytime at the Financial Aid and Scholarship Office for advice or counsel from financial aid counselor Stephanie Perez.

According to Perez, “All students regardless of status, [economically or residency], can come for questions or help.” Perez is responsible for awarding the middle class scholarships, the Dream Act application, and processing grants to the university. If Dreamers have any questions or concerns regarding their financial aid award, Dream Act processing, application, or dream loan, Perez is available to help answer

any questions regarding the financial aid process for all students, including our Dreamer students at CSUB.

Another resource available at the Dream Center is the TRIO program. According to the Head Director of TRIO, Jesse Quintanilla, “My job is more about helping the community, including the Dreamers. We help students with filling out paperwork, workshops, and the Dreamer application. I also work with the club L.U.P.E, [Latinos Unidos Por Educación], at BC in the transitioning to CSUB. I am a big advocate for Dreamers and I always try to help, even though I am not part of the Dreamer Center I have been helping Dreamers for over nineteen years.” Quintanilla is also in charge of directing the talent search program, administering and caring out the responsibility of helping low-income families, helping students who lack academic support, and helping incoming freshmen and transfer students make the transition to CSUB. The TRIO program also includes four advisors who help students from low-income families, foster youth, first-generation students, and Dreamers.

Regarding Dreamers, on Sep. 4, the CSU Chancellor’s Office announced a plan to provide immigration legal services to students and faculty members at all 23 CSU campuses. According to the California Faculty Association, “Funding to support these services was first authorized in the 2018-19 [...] Assembly member Ash Kalra created protections for undocumented students, faculty, and staff in the CSU system, as well as the state’s community colleges and also addresses their access to financial aid, legal representation, and constitutional right to due process.” California Faculty Association President Charles Toombs stated, “It’s about time CSU took this important next step in ensuring undocumented students, faculty and staff are provided the services they need to ensure their safety.” Until the Dream Center opens, CSUB and other CSUs is offering resources to our Dreamers and AB21 students and faculty through a variety of sources. CSUB’s ultimate goal for the Dream Center is to have all the resources available in one place for our Dreamers.

Students suffer from lack of mental heath care counseling

by Audrey Tobola Escano
Reporter

It has been more than a week since the semester started at CSU Bakersfield, and psychology counselors are already overtaken by students who need an appointment. With more than 10,000 students on campus and only 5 full-time counselors at the Counseling Center, students who need help are being asked to wait.

According to the National Survey of Counseling Center Directors, the recommended ratio is 1 counselor per 1,500 students. If the university were to follow this recommendation, the Counseling Center would need to hire at least two more counselors to provide the appropriate help to CSU Bakersfield’s students.

Janet Millar, a licensed marriage and family therapist, has worked at the CSUB Counseling Center since 1999. 20 years ago, students could get 16 sessions per year. This year, it’s about four to six sessions per semester. Miller said, “We are understaffed. We want the students to tell to President Zelezny and the vice-president ‘We want more counselors.’” Millar goes on to say that only students can actually make things change by expressing their needs, because no matter what the Counseling Center wants to put in place, only students have the power to be heard and get funds.

The Counseling Center has planned a meeting for Sep. 9 to discuss what they can implement to help students. Counselors and faculty will meet and talk about service delivery process, individual help, access to workshops for anxiety, and about the Let’s Talk program and program shifting.

Although there are 10 crisis appointments available per week (one every morning and one every afternoon on

weekdays), to get a regular appointment, according to Trinity Brown, ASC, “you have to wait one or two weeks.” If students try to get an appointment from mid-term, “it’s more likely to be four weeks,” says Brown.

The Counseling Center does not only need funds to hire counselors, but also to find solutions to help more students at the same time. Demand to see a counselor has increased so much that regular and individual therapy cannot be offered to everyone requesting that service. Nationwide, the percentage of students seeking appointments at school counseling centers between 2009-10 and 2014-15 has risen 30%, according to the American Psychological Association.

Vanessa Gonzalez is a kinesiology senior. Even though she has regular appointments at the Counseling Center, she says “It will be great to have appointments more often.”

Ryan Taylor, a fourth year student in psychology who has made his first appointment, said, “As a psychology major, I encourage having more people available to talk to.”

While the lack of psychology counselors is a priority for the Counseling Center, it is not the only issue they face. “We are very limited. There is not enough space,” says Millar, commenting on the need for additional office space for a larger counseling staff.

“There is a lot of pressure to provide mental health care,” says Millar. According to her, CSU Bakersfield is in conversation with Kern County to see if they can provide resources, for mental health care or help to build a larger office space.

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Lakhvir Kaur speaks on the Sikh community in Bakersfield

By Lauren Hill
Feature Editor

CSU Bakersfield is a campus that shines with the light of diversity in its students. Each community plays a lead role in the story of CSUB with many achievements and contributions. Luis Vega, professor of psychology, says that on campus, an “invisible minority” is the Sikh community, our third largest group, with Punjabi as the third most spoken language in Bakersfield.” The Runner spoke to Lakhvir Kaur, a CSUB psychology graduate pursuing their master’s degree in school psychology, in order to take a deeper look into the challenges and growth within the Sikh community in Bakersfield.

RUNNER: What does being part of the Sikh community at CSUB mean to you?

KAUR: Being part of the Sikh community is coming together and showing deep respect for all people. If there is an act of injustice, Sikh community does not hesitate to come together and fight for justice. Being part of the community is our values that define our identity.

RUNNER: In what ways do you feel that CSUB has supported or not supported the Sikh Community, and what could be done for improvement?

KAUR: When I first entered the CSUB, I was surprised to know that not a lot people knew about Sikh community. Since the third most spoken language in Bakersfield is Punjabi, I was expecting that people were aware of Sikh community, but it was not the case. So when people were interested about my race, I shared with them that I’m a Sikh. I believe the best way to support Sikh community is just awareness about us and what we stand for such as our faith, values, and history would be a good way to inform society.

RUNNER: How can students of CSUB come alongside the Sikh community here

in support and learn more about your history?

KAUR: There have been a couple of hate crimes that happened this year, such as an attack on a priest in Modesto. The attacker said “Go back to your country.”

The suspect later admit that he thought we are Muslim. But it is not about attacking, it’s about perception. Perceiving a person as a threat by judging them from their looks does not justify their actions.

RUNNER: Is there anything that we haven’t covered in this interview thus far that you would like to add or want our readers to know?

KAUR: There are many organizations representing the Sikh community that I would like to shed a light on, as they do a wonderful job for the community. One being Jakara Movement, which is a

community-building organization. They are actively representing Sikh community in the city via community organizing and social activism. Students can learn more about Sikh community through interacting with Sikh students and getting more exposure to our values and beliefs.

Lakhvir Kaur is an avid spokesperson for what it looks like to embrace diversity and to stand firm both with and in the Sikh community. In Bakersfield, the South Kern Sol News has brought to light an opportunity that the Bakersfield City Council will name a park after Jaswant Singh Khalra. Khalra showed extreme heroic actions for the Sikh community after the Indian government waged a “dirty war” in Punjab in the 1980’s. The final decision for this movement is to be made on October 16th. To learn more, read “Commentary: Bakersfield needs landmark to honor Jaswant Singh Khalra and the Sikh community” by Manpreet Kaur in the South Kern Sol. You can make a difference here on campus, and in Bakersfield, by voicing your support for this movement and the Sikh community.

“Being part of the Sikh community is coming together, and showing deep respect for all people.”

Lakhvir Kaur
Psychology Graduate

Kern County Fair features Nelly on opening night

By Andrea Rabago
Feature Writer

Fall is upon us, and so the countdown begins to the return of the Kern County Fair.

The Kern County Fair is a tradition for many families here in Bakersfield. It is a place where families go to enjoy an abundance of live music, food, and ride attractions. The fair starts start Sep. 18 and runs through Sep. 29. Hours of operation are Monday through Friday from 3 p.m. to 10 p.m., and Saturday and Sunday from 12 p.m. to 11 p.m. There will be additional security screenings at the entrance gate. Metal detectors will be put in place, along with handheld wand detectors to ensure a safe and secure event for everyone.

Tickets are available online at KernCountyFair.com, where fairgoers can also find discounted tickets, wristbands, and parking at local supermarkets and businesses. Discounted parking can be found at multiple O’Reilly Auto Parts in Bakersfield. Discounted tickets and wristbands can be found online or at various Vallarta Supermarkets. Prices at the gate for adult admission start at \$12 while discounted tickets are \$10. Admission for children at the gate is \$5 while discounted is \$4. Wristbands at the fair will cost \$35, and discounted will be \$28 or higher until Sep. 18.

There is so much more to enjoy at the fair than just rides. There will also be live performances, livestock, various food vendors, a monster truck show, and a rodeo. All live performances, the monster truck show, and the rodeo will require a separate



Jared Mann/Runner File Photo

Group of attendees gather near a ride at the Kern County Fairgrounds.

ticket which must be purchased online. Some of the artists and bands that will be performing at the fair this year include Nelly, KC & The Sunshine Band, Tracy Byrd, and Mariachi San Marcos. Hundreds of people are expected to come see the live performances and other entertain-

ment shows. A few students talked about their fair experiences, and Jansen Mamauag, a kinesiology major, mentioned how he enjoyed going to the fair for some of the live performances.

Mamauag attended the Kern County Fair for the first time last year, and enjoyed

watching both Ashanti and the Beach Boys perform. He became overwhelmed with joy at the sight of the atmosphere and excitement around him when attending both shows. Mamauag said this was the highlight of his first visit to the Kern County Fair.

Jesus Garcia, another kinesiology major, has attended the fair in Bakersfield numerous times throughout the years. Garcia says he enjoys the variety of activities that the fair has to offer, such as fun and exciting rides, including his favorite, the tall carousel swings. Garcia also enjoys the different foods sold at the fair. He believes some items are a bit overpriced, but very well worth it. Out of all the food offered, Garcia says he enjoys a classic funnel cake, sometimes just with powdered sugar, and other times with seasonal fruit toppings and a whole lot of ice cream.

Both students encourage any Runner who has never been to the fair to get out there this year.

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Club Fair offers students ways to get involved

By Maria Hernandez
Feature Writer

The CSU Bakersfield Club Fair took place at the Runner Café Quad on Thursday, Sep. 4, 2019. The fair started at 11:00 AM and ended at 1:00 PM. During that time, students were able to learn about the clubs and organizations available at CSUB. CSUB has more than 100 clubs, but only fifty of them participated in the fair. The main purpose of the Club Fair was to show students why joining a club can benefit them and to “Give students the opportunity

to interact with the clubs offered on campus,” said Edward Webb, student organization coordinator at CSUB. The clubs who were able to participated in the fair were some of the clubs that had the most students who decided to join.

Clubs and organizations, help apprentices learn new skills. Apprentices can collaborate with experts who are not necessarily professors, “When you’re in college there is a lot of different ways that you

can learn things and not all of them come from the classroom,” said Webb. At the Club Fair, various club members were trying to persuade other students to join a club or an organization. Club members are connected to the real world, and they know how to succeed while they train their capabilities.

One of the clubs participating in this event was the Nursing Club. Club members talked about the benefits a student can get by joining. Most of the clubs and organizations at CSUB help the community, too. “It is enjoyable, it is a good way to practice my clinical skills, and I go places where I normally [don’t] go, like the homeless shelter,” said Haleigh Hayes, nursing major and class of 2020. The Nursing Club accepts new members who wish to participate in helping the community. For example, through the Nursing Club students can go to new cit-



Ruuna Morisawa/The Runner

Students interact with the mecha club leaders at the Club Fair on September 4, 2019 outside the Runner Café.



Ruuna Morisawa/The Runner

Student Karla Avina speaks to Global Affairs Club members Ali Whitlachand Monike reynozo during club fair on September 4, 2019.

ies and states to learn from different professionals in their nursing job. This is a great opportunity for students who like to spend their time wisely, while having fun.

The Club Fair motivated some students to join a club. Many of them feel motivated to join clubs that are related to their majors. “I am actually thinking of joining the kinesiology club this year,” said

Senorina Diaz, kinesiology major and class of 2020. When learners stay motivated in one organization associated with their major, that can help them achieve their career goals. Numerous students choose to join an organization because they like what they hear from other people, especially if they hear it from family or friends already in the club. “Having this Club Fair was a good idea

because I could learn about the kinesiology club that I would like to join,” said Diaz. The Club Fair has a big impact on students focusing more on school because they get more interest in their career.

Any student from CSUB are welcome to unite with their peers and join a club. Students can visit the university website at any time to find out what clubs CSUB has to offer.

Food Pantry: Producing healthy students

By Ashley Balcaceres
Feature Writer

The Food Pantry here at the University is at work daily helping students to combat Food Insecurity. “Four out of ten CSUB students experience some kind of food insecurity,” says Fernando Miranda, a senior at California State University of Bakersfield and Food Pantry Graduate Student Leader. Food insecurity is just another label for people who cannot afford to buy food, and it can happen to anyone at any time. In response to the high number of students experiencing food insecurity, the university opened the CSUB Food Pantry on Sep. 18, 2017. The Food Pantry is available to all attending students and faculty. It is located between parking lot M, the Student Union, and the Runner Cafe. The pantry is open all week, Monday through Friday, during set times. The CSUB Food Pantry is administered by the CSUB Food and Housing Security Committee, the Sustainability Department, and the Associated Students, Inc.

The pantry has a system set up where everyone is allocated 16 points each week. No matter what day of the week students visit the pantry, these points refresh every Monday. With the points, students can get a variety of items available at the pantry. Anyone using the pantry should bring their own reusable bag and must show their CSUB ID. The pantry has all kinds of items: canned vegetables, bread, cereal, hygiene products, and fresh produce.

The Pop-Up Produce Pantry happens every Monday from 10 a.m. to 2 p.m. A table is set up with fresh produce either grown in CSUB’s Edible Garden, or donated from various places like Haggin Oaks and F St. Farmers Market. This is invaluable to people who cannot always get fresh produce because of the fact that stores prices have increased for the same produce that has been donated or grown at CSUB.

Food insecurity is something that not everyone is comfortable about talking about. There are some

students who would never talk about their food insecurity because they feel embarrassed. There are others who do not have any problems at all admitting that there are times when they need help, especially if the food does not only feed them but family members as well. One volunteer at the pantry, Marisol Luna, an educational counseling and student affairs major, says that the pantry really helps her, especially during the winter months when her parents are not working as much. Luna volunteers at the pantry not only because she uses it at times, but because she “likes the message that they are sending.” Luna admits to, “mostly us[ing] the pantry for the fresh produce, especially the fruits.” While she does admit to not using the pantry for the other available resources, the fresh produce is something she cannot deny due to the fact that she can get an unlimited amount of fresh produce when they put



Stephani Williams/The Runner

On Tuesday, September 3, 2019, Brandy Laat, a Biology major, stocks up on fruit at the pop-up Food Pantry. Located near the Student Union and the Café.

up their Pop-Up Produce Pantry.

Students who do not need to use the Food Pantry can still help by either volunteering at the pantry, in the Edible Garden, or by donating items. Anyone can donate to the pantry provided the donations meet

the guidelines available at the pantry’s website. The pantry accepts non-perishable food items, non-expired food items that are unopened, fresh produce, and bags for those who cannot bring their own. The Food Pantry is one of the ways CSUB is striv-

ing to help fight against food insecurity. CSUB’s mission is to give everyone the privilege to have healthy, fresh, foods to eat. The Food Pantry’s hours are subject to change, so keep an eye out onn your student email for updates!

Dealoz offers low cost options for books

Jovana Espinoza
Opinion Columnist

Are the Real Deals Online?
Dealoz Review

Dealoz is my favorite website during back-to-school season; not only does it relieve that anxiety and pressure I feel when scrambling around trying to find my required textbooks for my upcoming classes, but I also find all my required textbooks for a decent price.

Books are essential to enhancing our learning experience, and yet so many students are discouraged from purchasing textbooks due to prices. In fact, according to the article *Are College Students Buying Required Textbooks, "75% in US Say No,"* by Publishing Perspectives. Nine out of ten students find textbooks too expensive, resulting in 76.6% of US students making the decision not to purchase the required books. This number is surprisingly high when there are many alternative sites online.

Dealoz, for instance, is a student-oriented site that does exactly what its name implies, deals for textbooks, and yet so few students know of its existence. Not only does this site facilitate your tiresome endeavors of finding the right books for all your classes by aggregating well-known and reputable websites—such as Amazon, Abebooks, Barnes&Nobel, eBay, and Chegg to name a few—but

it also compares prices to assure students pay a minimum amount for books they will, most likely, only need for one semester.

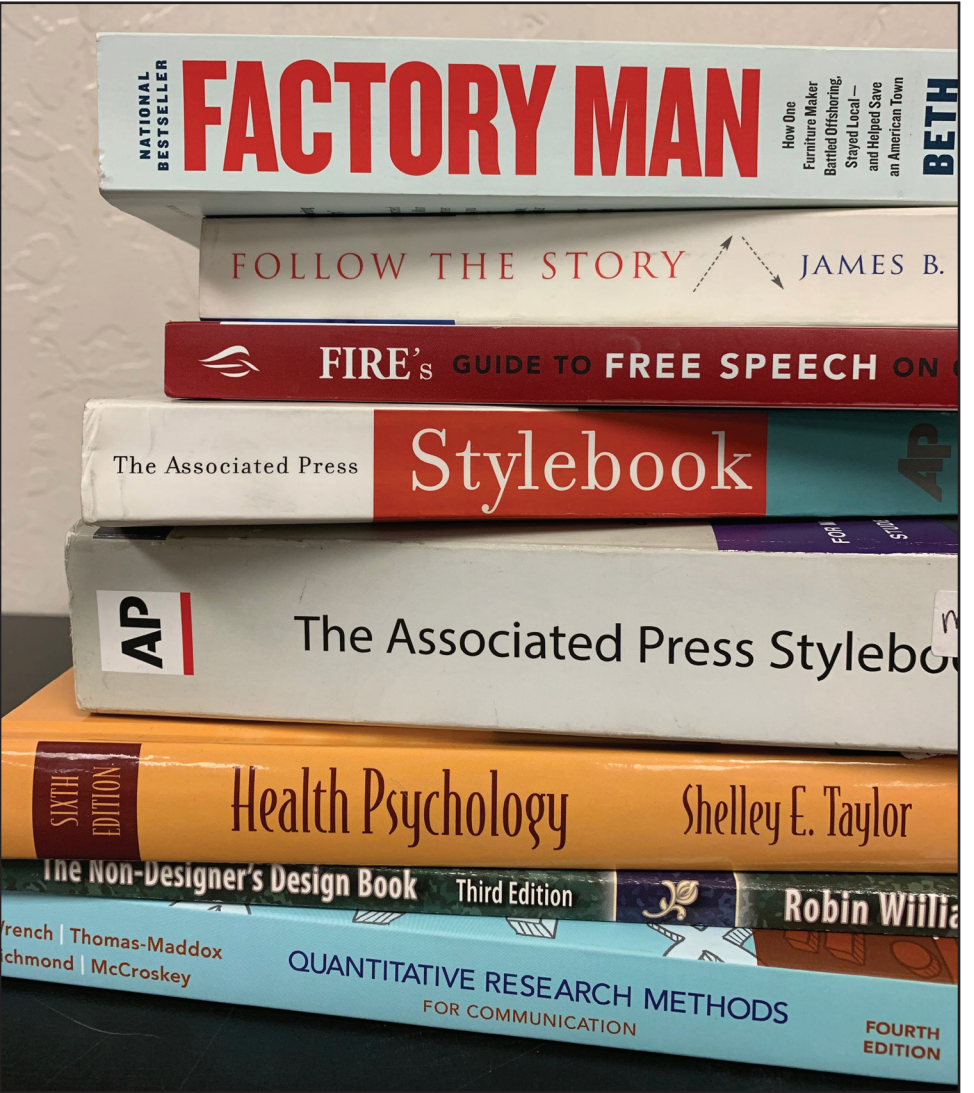
Now, many students might be worried about a couple of things when trying it out for the first time. Rocky Perez, for instance, is a freshman majoring in Criminal Justice who—when asked if he would consider ordering his books through this website—claimed that he, “Would try it out” but “[He] hadn’t really looked into it.” Maria Lopez, transfer student and English major, also declared that she has ordered a few books on reputable websites before, such as “Amazon or Abebooks,” but when asked if she would try *Dealoz*, she displayed some reluctance and restated that she preferred Amazon, because “if you don’t have Amazon Prime, it takes longer.”

Both freshman and transfer students have valid concerns about ordering their materials online: doing the research necessary to make an educated purchase online and ordering in a timely fashion. They did not know, however, that *Dealoz* consists of more than 594 online stores which includes reliable sites that have a relatively fast shipping rate, and it saves the user time and unnecessary research due to its straightforward setup. From the four semesters I have used and relied on this website,

my books have arrived in under a week.

Another major concern, might be the school itself. If many of the student clientele shifts from the bookstore to online. It seems as if lately, everything has slowly but consistently entered the digital world and shopping is no different. The fear that more students will take their shopping needs to online bookstores is a reasonable one, but I do not necessarily agree that this will heavily affect the campus bookstore’s profit. I believe that the more students look for books online, the more likely it is to reduce that staggering number of average college student in the United States who do not buy books while not gravely affecting the bookstore. There will always be people who like shopping in person and prefer its convenience; looking through the shelves and cracking a book open to reveal its smooth and old-scented pages will evoke a feeling that the online browser could never replicate. The bookstore has plenty of advantages which will draw in and retain plenty of faithful customers who prefer this type of fully present shopping, but if your major concern is still the price, then online websites such as *Dealoz* is the way to go.

If you are not yet convinced, let us look at a professional’s opinion in the matter: Sandra Bozarth,



Becca Romo/The Runner

associate librarian and coordinator of the Affordable Learning Solutions & Textbook Affordability, a program meant to encourage faculty to choose low-cost books or open resources altogether—stated the following about the purchase of books online, “Students buying their books elsewhere is a positive thing ... I think that would encourage the bookstore to lower their prices or provide alternative lower cost options.”

Not only does online shopping offer more options for students on a budget, but according to Ms. Bozarth, it also encourages healthy competition for our on-campus bookstore.

I, as well, felt hopelessly disoriented, as well as anxious about the fast-moving pace classes that required the book for the already due assignments my first semester in college. That feeling of foreign responsibility for something that my high school used to

provide me with suddenly weighed heavily on my shoulders, especially after seeing the prices for each book. Fortunately, I have an older sister who helped me out. Although at first, I admittedly could also not help but feel skeptic about a site I had never tried or even heard of before. I encourage you all to try out *Dealoz* for at least one book and determine for yourself if this is the website for you.

LEADER PROGRAM ORIENTATION

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SEPT. 11 @ 10AM	SEPT. 19 @ 2:30PM

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One trick for better sex: Communication

By **Chelsea McDowell**
Special to The Runner

Women, if you want to achieve the maximum amount of pleasure from sexual encounters, you are going to have to use your mouth for something other than oral sex.

According to a study entitled “Differences in Orgasm Frequency Among Gay, Lesbian, Bisexual, and Heterosexual Men and Women in a U.S. National Sample,” straight men were most likely to say that they usually orgasmed from sexual intercourse-- about 95% of the time-- while straight women reported that they orgasmed from sex 65% of the time. While the study concluded that straight women were less likely to achieve orgasm when compared to their male counterparts, among lesbian and bisexual women, and gay men, it found that women who vocalized their wants to their partner were more

likely to achieve sexual gratification.

In contrast to what modern pornography may portray, sex should be pleasurable to all parties involved, and if your partner isn’t hitting your spots, you have two options. One: accept that the sex is bad and you will never be satisfied. (But also, don’t accept this.) Or two: speak up. Enlighten your partner about the things that make you feel good and work with them. Not all men are selfish. Some are honestly clueless, and your silence is not going to help anyone.

Of course, not all sexual relationships are the same, and there is a difference between having sex in a relationship and hooking up with multiple partners.

Committed relationships are usually built on trust and communication and this should translate during sex. A significant other may be more likely to listen and care about your needs than a one-night stand. Simply verbalizing your wants during the

act should suffice, as well as making sure your partner is also enjoying them self. Possible kinks should be discussed without fear of shaming.

Women going through a “hoe phase” may feel like sex is just another great American pastime; however, there still should be an element of trust, even between strangers. Whether you are hooking up with the same friend or countless strangers, you should always feel your best and never like you are being used for a man’s enjoyment. It may be tricky to get a sex buddy to cooperate in the achievement of your orgasm. Perhaps they refuse to perform oral sex or they will not listen to your commands. In these cases, it is important to evaluate how much you put into the relationship and what you’re getting out of it.

When communication doesn’t work, and your partner has exposed himself as a selfish or terrible lover, it is best to just



Illustration by
Alex Torres /The Runner

get up. If the only reason you’re continuing to have sex with someone when you aren’t enjoying it is because you want to be nice, you should not be having sex with that person. There is no sense in having awkward sex just because you don’t want to be rude.

As we approach the start of a new decade, women should leave antiquated ideas about sex in the past. In this millennium, women will be made to cum or we’ll do it ourselves.

From finances to parking, new year brings challenges

By **Cecilia Torres**
Opinions Writer

College is stressful. From the beginning of the semester all the way through finals week, students always have something to be stressed or worried about.

Although for some students, the beginning of the semester is perhaps the easiest part of the next 16 weeks; for many new and returning students, the first couple of days can still be the most stressful time of the semester.

Between buying expensive textbooks, late financial aid disbursements, finding classes, waitlists, add slips, and parking permits, it can all seem like too much.

Sometimes all we can do is handle one challenge at a time.

One of the biggest challenges for students is finan-

cial aid or a lack thereof.

According to Washington Monthly “CSUB named 2nd Best Bang for the Buck” with 77 percent of students receiving need-based aid in the 2018 school year.

With such a large number of students receiving financial aid, it is no surprise to see the lines pouring out of the financial aid offices, as students try to put in order whatever is preventing them from receiving financial aid.

To avoid adding financial aid to the list of things you are going to be stressed out about, check your myCSUB account regularly for any missing information listed in the to “To-Do” section.

This can help advance any delays in the future.

Enrolling in direct deposit can also help get your financial aid as quickly as possible, the financial aid office can help you start the process.

Any issues regarding financial aid should be taken care of immediately, as failure to pay tuition and fees can result in getting dropped from a class.

Parking is another challenge that has always caused stress for students.

“The first week of the semester was chaotic for parking, even at the solar panel parking lot where there is usually parking all the time,” said senior



Sergio Hernandez /The Runner

Students stroll around the red brick road at CSU Bakersfield to commence the start of Fall 2019 semester.

computer science major Alfredo Zavala.

Not enough available parking will never stop being a problem at CSUB. Especially as more students enroll each year. “In Fall 2018, CSUB served a total of 10,545 full and part-time students,” according to the CSUB Facts and Figures page on the university website.

This fall the number has since increased. CSUB President Lynette Zelezny

wrote to The Record that there are currently 11,000 students enrolled.

Last Nov. which also had an increase in enrollment numbers, Police Chief Marty Williamson told Eyewitness news that CSUB did not have a parking problem.

He said the problem was that there was not enough convenient parking.

“As we stand here right now, I can guarantee you, that on a daily basis there’s easily 200-300 slots on

the south end of campus,” he told Eyewitness News. “It’s about a seven-minute walk. If people don’t want to walk seven minutes, then it’s easy to say there’s not enough parking.”

The fact of the matter is, the CSUB community is growing, and there doesn’t seem to be any initiative to accommodate the growing numbers.

CSUB could do more to help alleviate the stress of parking, but students also have to do their part. This

includes purchasing parking passes ahead of time and arriving early to find good parking.

As far as financial aid is concerned, it is almost entirely up to the student.

Make sure all paperwork is in order and financial aid should be applied to your account 10 days before the beginning of each semester.

“The first week of the semester was chaotic for parking, even at the solar panel parking lot where there is usually parking all the time.”

Alfredo Zavala,
Computer Science
Major

RUNNER ON THE STREET

By Sam Underwood / Photos by Mari Woodmansee

“Do you feel safe on campus after the recent shootings around the U.S.?”

<p>Lucia Guzman Art Major</p>  <p>“For the most part but there is still a need for caution.”</p>	<p>Omar Barrera Psychology</p>  <p>“I feel safe because we have campus security.”</p>	<p>Jessica Silva Kinesiology</p>  <p>“I feel safe because they are always sending out emails and checking the campus.”</p>	<p>Xavier Plasencia Psychology</p>  <p>“I feel safe on campus and God bless America.”</p>
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Second floor renovation adds needed study space in library

Sara O. Hernandez
Opinions Editor

CSU Bakersfield has added a new study area to the Walter Stiern Library’s second floor, and the new area has brought in mixed reactions. If you haven’t had the chance to check out our library’s new renovations, you definitely should. For new students who might not know, the library is located near the Stockdale entrance to the campus, just north of Dorthy Donahoe Hall and next to the Runner Cafe. Much like the cafe, the library has seen some changes. Just like the changes in the Runner Cafe, it seems to be for the better. Beginning at the end of last semester and throughout the summer, a crew worked to make space for a new study area. This study area was built on the second floor of the library toward the far right corner, past the computer area. The shelves that were there were either moved over or removed entirely to make space. The new study area includes new glass-walled study rooms for groups, as well as booths with restaurant-style seating. In total, there 10 booths for students to use and six new study rooms. Two of those study rooms are for larger groups, while four of them are for smaller ones. All study rooms are



Ruuna Morisawa/ The Runner

Students study on the second floor of the Walter Stiern Library on Friday, Sept. 6, 2019.

meant to have adequate space. There are also multiple electrical outlets in each study space, which is perfect for studying late at night when your laptop or phone loses battery life. The study rooms in this area can fit up to 10 people, unlike the study rooms on the third or fourth floor, which only fit six to eight people. Also, and unlike the fourth floor study	rooms, students won’t be required to make reservations. This new study area has produced mixed reactions on campus, with many people still not even aware that it exists. Selena Serna, an art and psychology major, said that she “hadn’t been there yet,” but from the pictures she had seen, “it looked pretty cool.” Elaine Jennings, a busi-	ness administration major, said that the study room “is more useful than the old books that were just taking up space on those shelves.” When asked if she thought it was practical, she said it is better than what was there before. Another student, Saul Ceja, an electrical engineering major, said that he thought the second floor “looked pretty good,	aesthetically.” One of the biggest complaints that many students had about the library was the lack of seating and study areas. With CSUB constantly growing, and with the heat still coming down on us, it is becoming harder for students to find a quiet and fresh place to study. Hopefully, this study area provides students with more comfortable seating	options to study. As a bonus, the second floor of the library is a collaborative zone, which means speaking in “inside voices” is allowed, unlike the third and fourth floors where it is only quiet/silent areas. If you haven’t had the chance yet, you should definitely check it out! There’s high hopes for this new addition to the second floor.
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Rowdy Run: seventh year sprinting for a goal

By Becca Romo
Sports Editor

As the CSU Bakersfield Women's Soccer team began their game against Eastern Washington on Friday, Sep. 6, they were hesitant and careful, testing out a new playing style to adapt to the opposing team.

Head Coach Sebastian Vecchio said, "We had to change the way that we play in the second half because we couldn't play our style of soccer that we like to play."

Although Eastern Washington came in strong, scoring the first goal of the game, CSUB scored right before halftime making it an equal 1-1 before the first half ended.

Scoring the first goal for CSUB was junior forward Eszter Toth, who was thinking she had to score her goal before halftime, and that is exactly what

she accomplished. "We can't go into half-time one goal down," said Toth. Nearing the 39th minute, Toth's goal was assisted by freshman midfielder Dome Rodriguez.

Many people in the crowd were not only there to support the women's soccer team, but also to participate in the 7th annual Rowdy Run.

Participating students, staff and faculty ran across the Main Soccer Field while being cheered on by student athletic teams.

Freshman Rowdy Run participant Skyler Beierle said she had a lot of fun joining Rowdy Run. "I did not expect to be running."

Rowdy Run was brought to CSUB in 2012 by Dr. Thomas Wallace, Vice President of Student Affairs.

The purpose of the activity is to welcome freshman and transfer students. Associated Students Incorporated Executive President, Aaron Wan, invites all students to take part in Rowdy Run. He said this is his fourth year running.

After the half, the team was off to a good start, scoring early and giving CSUB a 2-1 lead. Junior defender Jordan Martinez scored the second goal of the game at the 54th minute. She was assisted by freshman forward Darian Tatum.

"When I saw the opportunity and I shot, I just knew I had to have power behind it," said Martinez.

Although they were doing well from the start, Eastern Washington pushed hard and scored two more goals in the second half. The winning goal was scored in the 72nd minute of the game.

"It's important we can't let the frustration get to us right away," said Martinez. The team made sure not to let the goal discourage



Mari Woodmansee/The Runner
Student's, faculty and staff at CSU Bakersfield run on the field during the Rowdy Run during halftime at the women's soccer game on Friday Sept. 6.

them.

Toth said, "We know what we did wrong and we fix it the next time so it doesn't happen again," when referring to the last goal scored by Eastern Washington.

The Runners continued to fight till the end and had racked up two more shots, but their time had run out.

The final score of the game was 3-2 Eastern Washington, leaving the Runners with a loss on

their record. CSUB Women's Soccer team will have another chance at redemption when they play an away game against CSU Northridge on Friday, Sept. 13 at 7 p.m.

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It's how we roll.

Athlete of the Week: Jaden Skinner

By Becca Romo
Sports Editor

Jaden Skinner, freshman forward/midfielder for CSU Bakersfield women's soccer team scored the winning goal against UC Riverside, which landed her the title of Athlete of the Week.

Originally from Simi Valley, Calif., Skinner began playing soccer at 9-years-old, which soon lead her to playing for an academy league her senior year of high school.

After playing three years on Simi Valley High School soccer team and one year on academy league, Skinner was recruited to play for CSUB. She was inspired to play collegiate-level soccer at a young age. Growing up she watched both of her older sisters play sports at their prospective universities.

"Both [of] my older sisters played Division I sports, so I thought it'd be cool to be the third one to do it," said Skinner.

Skinner said her most exciting moment was scoring

immediately accepted and welcomed by her teammates.

Senior midfielder, Sophie Freeman, is Skinner's mentor and "big sister" on the team. "I definitely

look up to her a lot," said Skinner.

"We all work really well together," as she said while talking about her teammates.

Skinner is grateful for all the opportunities



Mari Woodmansee/The Runner
Jaden Skinner, freshman forward/midfielder on the women's soccer team, is the Runners athlete of the week.

her goal against UC Riverside. "I cannot believe that even happened."

This was Skinner's first goal since playing at CSUB and it also was her first goal of the season.

"I loved how my teammates were just so happy for me too," said Skinner.

Skinner said that it was nerve-wrecking when first meeting her new teammates, but she was

soccer has provided for her, but she is most grateful for all of the friendships she has gained from playing soccer. "I just love the friendships," she said.

She is excited to continue her next four years as a Roadrunner. "I'm really excited for this season. It's going to be good because we're moving to the Big West next season."

Roadrunners score winning goal against UC Riverside Highlanders

By Elisa Fuentes
Sports Reporter

Anticipation built as the game neared against the UC Riverside Highlanders, a team CSU Bakersfield Women’s Soccer had previously lost to. A win sounded sweet and promising. Head Coach Sebastian Vecchio said about game three, “We are where we need to be.”

The Runners started the season with many new faces on the team after losing nine seniors. That did not deter them from winning their first game against Pacific, 2-1. Unfortunately, their second game ended in a 0-1 upset against Idaho. However, this defeat did not hinder expectations that game three would be a new game, and a chance to

win was still in the air.

The Runners proved on the field they were where they needed to be, as they started the game against the Highlanders with an extra force and sense of determination. With both teams making great efforts on defense, and their offense trying to make shots into goals, the Runners came in with a lead. Senior Sophie Freeman was up for a free kick in the first half, and passed the ball to her teammate, freshman Chelsea Duran, who drove the ball into the net.

A win for the Runners looked imminent until the last minutes of the game when the Highlanders finally took a shot that amounted to a goal. The game was tied 1-1 and



Photo courtesy David Dennis/All-Star Sports Photography
Freshman forward Dana Neff aims to kick the ball across the field during a women’s soccer match.

moved into two ten-minute sessions of sudden death play. The eagerness to see who would win the game grew as the minutes wound down. Both teams put forth

whatever last bits of momentum they had, trying to mount their efforts toward a victory.

In the 105th minute of the game, a victor was

declared. An assist from senior Aryana Harvey gave freshman Jaden Skinner the opportunity to score the game-winning goal for the Runners.

The Runners were surely in the right spot to win against Riverside, and Jaden Skinner agreed. “We definitely came into the game ready. We fell asleep a little at the end, obviously because they scored, but I’m definitely proud of my team because we played really strong,” said Skinner.

Their goalie, junior Andrea Neves, also agrees. She said, “I totally think we’re where we need to be, but I also think we still have some things we need to work on. And we are working on them, and are getting better every day.”

About the game, Neves said, “We had a really good game. It was hard for us in the game, but I think we did good for getting the win against Riverside. But after the game, we always think about the next game and are always working hard for the next one.”

After a game like this one, the rest of the season seems like it will be exciting, or at least Skinner thinks so. “I’m really excited for this season. I’m really proud of this team. We’ve grown so much together and mesh really well.”

Final score against was 2-1, leaving the women’s soccer team with another win on their record.

Women’s volleyball striking into the season

By Dustin Tompkins
Sports Reporter

School is back in session, and the women’s volleyball program is set to compete in another season of action.

With the first scrimmage against UC Santa Barbara and the intersquad scrimmage in the books, the girls are ready to start the regular season off strong. The team is led by head coach Giovana Melo with the help of assistant coaches Cesar Benatti, Mackenzie Westphal, and Stevi Robinson.

The girls look to bounce back from last season where they finished with a 14-16 record and a conference record of 7-9.

CSU Bakersfield’s sports information director Isaac Comelli says the team lost two strong seniors from last year’s team. Mattison DeGarmo and Briannah Mariner graduated and this leaves the team to find other athletes must fill that void.

Look out for players like sophomore middle blocker Brooke Boiseau and senior setter Sidney Wicks to showcase their skills and lead the Roadrunners to a winning season.

The schedule has us travelling out of town for three separate tournaments

before we get to play on our home court.

The Hornet Invitational was hosted in Sacramento and took place over the weekend. The team was unable to get a victory in any of our three matchups, but Boiseau shined as an offensive weapon, according to Comelli.

After falling to Nevada, Sacramento State, and Canisius, the girls had a chance to bounce back this weekend with the Fresno State Invitational after falling to 0-3 in the opening stages of the season.

The second of three consecutive away tournaments, the team was faced with some adversity as they attended The Fresno State Invitational. They faced off against Fresno State on Thursday, Sept. 5th and were able to come away with the win.

On Friday, the team was unable to obtain any with victories against Santa Clara or CSU Northridge. This leaves them with a 1-5 record heading into their next tournament.

The third and final away tournament before returning to play at home will be the Farmers State Bank Invitational hosted in Missoula, Montana, so if you were looking to show some support your best bet might

be to attend the Fresno State Invitational.

The team will be playing against Montana, Montana State, and University of Texas, El Paso in this tournament.

It will be a couple weeks before we get to enjoy a home game, but a tournament called the Roadrunner Classic will be held here in the Icardo Center. We will be hosting University of San Francisco on Friday, Sept. 20th at 11:00 am.

There will be a double-header on Saturday, Sept. 21st starting with UC Davis at 10:00 am. The tournament will headline with a game against Fresno State at 7:00pm.

After the invitationals are finished, the girls will begin a tough schedule consisting of more traveling games, visiting places like Chicago, Seattle, and Phoenix to name a few.

There are five home matches in October and three in November, so if you wanted to go show your support for women’s volleyball you will have plenty of opportunities to do so.

Come support our women’s volleyball program and watch them work towards a winning season.

School of Arts and Humanities

Fall 2019 Tutoring Schedule

www.csub.edu/ah/tutor

csubAHadvising

Music: History with Victoria					MUS 120 / HOB 115
Monday	Tuesday	Wednesday	Thursday	Friday	
11:30a - 2:30p		11:30a - 2:30p		8a - 10a	
HOB 115		MUS 120		MUS 120	

Music: Theory with Madelynnne					MUS 120
Monday	Tuesday	Wednesday	Thursday	Friday	
1p - 4p		8a - 11a		11a - 1p	

History with Jennifer Paulsen and Judith Carrillo					HOB 115
Monday	Tuesday	Wednesday	Thursday	Friday	
3p - 5:30p (JC)	10a - 2p (JP)	8a - 12p (JP)		9:30a - 11a (JC)	
		3p - 5:30p (JC)			

Philosophy with Gabriella Hernandez and Zachary Richardson					HOB 113
Monday	Tuesday	Wednesday	Thursday	Friday	
3p - 6p (ZR)	11a - 1p (GH)		8a - 12p (GH)	9a - 11a (GH)	
Starting Oct. 9th					

Religious Studies with Cameron					HOB 113
Monday	Tuesday	Wednesday	Thursday	Friday	
11:30a - 3p		11:30a - 1:30p		11:30a - 2:30p	

Spanish and French with Carlos, Sonia & Angie					DDH E102 / HOB 113
Monday	Tuesday	Wednesday	Thursday	Friday	
3p - 5p (SG)	11:30a - 2:30p (AR)	8a - 11:30a (CG)	3p - 5p (SG)	8a - 1p (CG)	
		HOB 113	3p - 5p (AR)		

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