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SUICIDE AWARENESS



A number of students gather to form a candle heart on Oct. 29 to honor Los Ortiz, a CSUB student, who died from suicide. Robin Gracia/The Runner

Student mourned at Candlelight Event

By Robin Gracia
Opinion Editor

Candles flickered as the sun set on Oct. 29 at California State University, Bakersfield as students, staff and community members gathered in front of the Student Union in remembrance of those who have died from suicide.

The candle lighting event, which was held by the CSUB Counseling Center, coincided with the death of 19-year-old Los Ortiz, a Kappa Sigma fraternity member and CSUB student, who died of suicide on Oct. 27 according to the Kern County Coroner's Office.

The Greek community came out in large numbers to support their friends and fellow students as they dealt with the

devastating news and remembered Ortiz together.

Suicide education and prevention were all stressed to the individuals attending the memorial.

According to Ellen Eggert, a suicide prevention educator with Kern County Mental Health, asking questions and speaking up can literally save a life.

"Suicide is the second leading cause of death among college students," said Eggert, "and we have to become suicide aware. Suicide is the most preventable cause of death that there is."

Eggert described the feeling of helplessness that can accompany an unexpected loss.

Gathering together to communicate feelings of anger, guilt, resentment and sadness can aid

people on the road to recovery.

The candle lighting event served as that aid for many people struggling to make sense of the death of Ortiz.

"This is the first time we have presented an opportunity for people to gather around the issue of suicide, loss and grief," said CSUB Counseling Center coordinator Janet Millar. "We host QPR, which is Question, Persuade and Refer, which is a training to learn to ask the questions that are necessary of people who are thinking of doing harm, and giving people resources that can help."

Students took turns addressing the crowd regarding their favorite memories of Ortiz.

"We called him 'Pledge Bruno Mars,' because, you know, he

See CANDLELIGHT, Page 3

"He was a great friend. He was a great gentleman. He was a Greek member here at CSUB. He was a Roadrunner. But above all else, he was our brother."

Kappa Sigma President
Gerardo Bobadilla

Depression common among students

By Steven Barker
News Editor

Suicide is the second-leading cause of death among college students each year, trailing only automobile accidents.

In an academic school year, approximately 10 percent of university students nationwide will have thoughts of suicide.

Of those suffering from depression, anxiety or high levels of stress, only 20 percent will seek treatment.

As the university and student body mourn California State University, Bakersfield student Los Ortiz's death, which is being investigated as a suicide, officials from the school's Counseling

See MENTAL HEALTH, Page 7

ATHLETICS

Home game attendance among worst in conference

By Esteban Ramirez
Assistant Sports Editor

Athletics is a huge part of universities, but California State University, Bakersfield in its first year in the Western Athletic Conference had an attendance below the conference average.

According to the attendance reports on ncaa.org, five out of the seven CSUB teams – men's basketball, women's basketball, softball, women's soccer and volleyball – were ranked in the bottom half of the WAC.

CSUB men's basketball team, our golden sport, is ranked sixth in the WAC with an average of 1,264, which is 854 less than the WAC average. Women's basketball is also ranked sixth and averages 313 attendees per game, which is 86 less than the WAC average.

Softball is ranked fifth, women's soccer is ranked sixth and volleyball ranked last.

The two sports that ranked in top half of the conference are men's soccer, which ranked third with an average of 341 home attendance and baseball, which ranked second with an average of 465 home attendance.

The Assistant Athletics Director for Communications, Corey Costelloe, said that some of the sports aren't advertised as heavily as others.

"So it's men's basketball, women's basketball, baseball and men's soccer, so we're doing good in most of them except men's basketball," said Costelloe.

Costelloe said it was because some of those aren't sports that the conference is necessarily worried about attendance in.

Men's basketball coach Rod Barnes said it was a bit disappointing to not have a high attendance at the games.

See ATTENDANCE, Page 4

CAMPUS

Renowned author delivers speech on immigration reform

By Kassie Mullican
Senior Reporter

"I think [immigration reform] is a true test for the United States. How does a great nation rise to a moment like this? How will we rise to the level of humanity that's required of us?" Sonia Nazario posed these questions to the hundreds in attendance at the closing of her discussion during the One Book, One Bakersfield, One Kern event Thursday, Oct. 30.

Nazario discussed her award-winning book "Enrique's Journey" based on the Los Angeles Times newspaper series.

Director of the First Year Experience at California State

University, Bakersfield, Isabel Sumaya said, "Nazario's book was chosen because of the topic and how it relates to the story of many of the students at CSUB."

Nazario's journey as a journalist began when she was about 14 living in Argentina during the middle of the "Dirty War" in the 1970s.

"I remember walking down the streets of Buenos Aires with my mom and I saw blood on the sidewalk and I asked her 'what happened here?' And my mom said that the military had killed a couple of journalists. And I said 'why?' She said 'Well they were trying to tell the truth about what is going on here,'" Nazario said. "And so I decided at 14 staring at that blood I

wanted to be a journalist too. I wanted to be a truth teller."

"Enrique's Journey" began with a discussion with her housekeeper, Carmen.

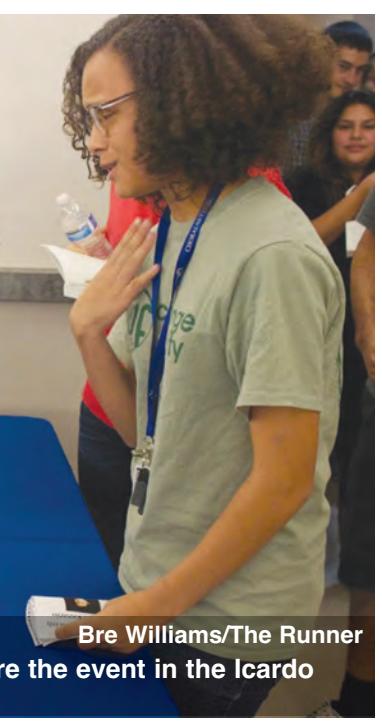
She said that Carmen had taught her what real determination was that day. Carmen had left four children behind in Guatemala to come to America to work to feed her family after her husband had left her for another woman, leaving the family in poverty.

Carmen had said that most days she could only feed them once a day maybe twice, but her children would always go to bed hungry. At night she had to coax her children to lie on their bellies so their stomachs didn't

See SPEAKER, Page 4



Sonia Nazario talked with readers and signed books are the event in the Icardo Center on Thursday, Oct. 30.



Bre Williams/The Runner

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Copyright belongs to the Communications Department at California State University, Bakersfield.**Correction:** The Oct. 15 issue of The Runner incorrectly attributed the Via Arte photographs. The correct photographer is Joey Martinez.

RUNNER ON THE STREET

By Michelle Bean, Reporter

This week, The Runner asked, "Should stores start Black Friday on Thanksgiving or should employees have that time off to be with their families?"

**Breona Ross**
Senior
Human Biology

"I think it depends on the individual person. If they choose to work on Black Friday, then they choose to work, or they have a choice to be with their family."

**Devon Kurtz**
Senior
Engineering

"It depends, because some people don't have families here, so if I had a job in retail I wouldn't mind working Black Friday because I don't have family in Bakersfield."

**Itzel Colima**
Freshman
Liberal Studies

"I think they should be able to have time to spend with their families. I mean it's Thanksgiving; they should be with their family enjoying the time, not over there working."

Editorial: Reach out to ease suffering

By The Runner Staff

When students arrived on campus on Oct. 28, many received news of a tragic development regarding one of our peers.

That day, word had spread that Los Ortiz, a California State University, Bakersfield student and Kappa Sigma fraternity member, had died by suicide.

While students and friends of Ortiz will inevitably question how this came to pass, we should also ask: How can we prevent another incident?

Our answer is two-pronged. First, for those struggling with depression, anxiety, or stress, don't be afraid to ask for help.

Second, if you notice someone struggling with these issues, actively encourage them to seek therapy.

We live in a world in which we encounter pressure-filled situations at all times. As students, each class, test and assignment generates stress-inducing factors, including concern for our grades, our comprehension of course material and our ability to designate time for assignment completion and studying.

As people, we must also manage our friendships and familial relationships, physical and mental health and the potential need for employment among myriad other needs, all of which produce stress and emotions that can complicate our stress management.

Of course, these obligations do not exist within a vacuum. As many can attest, what happens within one area of our lives can greatly affect us in others, and what first appeared to be our manageable list of existential obligations becomes increasingly muddled amidst the unexpected emergencies and consequences of life.

For the 30 percent of college students that, according to the 2013 National College Health Assessment, suffer from depression so severe they have

difficulty functioning each day, these various stresses feel impossibly heavy.

Each day becomes a challenge, and with each unresolved task, the next day becomes even more burdensome.

As friends of those who may be suffering from depression, this is where we become involved. If we are to help combat both the signs and development of depression in others, we must take it upon ourselves to be an active agent in alleviating others' sorrow.

For those struggling with depression, anxiety, or stress, don't be afraid to ask for help.

If people experience a hardship of any kind, we must be willing to empathize with them and listen to him or her.

We must be willing to function as a person in whom people can confide, allowing others to slowly relieve themselves of their emotional burdens.

If we notice someone is socially withdrawing — or even refraining from their favorite activities — we must be willing to persistently ask about another's thought processes, what emotions they've been experiencing and how they are managing any problematic thoughts or feelings.

We similarly must understand that we live in a society in which mental illnesses and their victims face significant stigmas that discourage the pursuit of treatment.

Unlike physical ailments, which people universally accept as requiring the advice of medical professionals, mental illnesses are seen as evidence of a deficiency within their victims. Nobody will legitimately blame

someone who suffers from pancreatic cancer; surely it wasn't the person's fault that such an illness developed. But when mental illnesses are concerned, our society at-large blames the victims, calling them crazy or unstable.

The stigma associated with mental illness ultimately serves no one.

Knowing this, if we recognize that a person needs professional treatment, we must both advocate for pursuing help and encourage the person in need, reminding him or her that depression is not a shameful secret but an illness that necessitates treatment.

This also means that we must be willing to physically walk our friends to the university counseling center and schedule an appointment for them if circumstances dictate such an action.

And if you're someone in need of help, pursue treatment. Schedule an appointment with a counselor, or accept an appointment if one is made on your behalf.

Allow people access into your thoughts and feelings, and rid yourself of the belief that you are a burden to anyone.

Per Dr. Michael Harville, a counselor at CSUB, suicide is the second-leading cause of death among college students, and roughly 10 percent of students will have suicidal thoughts.

With 8,716 students attending CSUB, that means 872 will face suicidal thoughts.

That is 872 students too many.

None of this is to say that Ortiz's passing was the result of depression.

We will perhaps never know the exact reason for his suicide — but if the university and its students can learn anything from this tragedy, it is ultimately that suicide and depression can be prevented, with us being the catalysts for improvement.

Early Black Friday shopping cheapens the holidays for all

By Andrea Calderon
Reporter

Retail stores seem to be opening earlier each year on Black Friday. Some of these retail stores go so far as starting Black Friday the day before.

Many CSUB students work or have worked in retail and know the hassle that Black Friday brings. Instead of looking forward to spending time with loved ones, they have to look forward to spending the evening working.

Some stores, such as Costco and Marshall's, are closing their doors on Thanksgiving to give their employees time with their families. Other stores, such as Wal-Mart and Macy's, are starting their Black Friday deals earlier and earlier each year.

A person could literally be caught in an avalanche of all the Black Friday sales, deals

don't like it all."

Consumers are not the only ones rushing through Thanksgiving. Retail workers have to rush through dinner or not enjoy dinner at all.

"I had to eat fast food for dinner because I didn't have time to eat dinner with my family," said Jesus Pulido, a CSUB history major.

Last year, I worked at Kmart. The day of Thanksgiving, Kmart opened at 6 a.m. and did not close until the next day at midnight.

The first door buster sale started at 7 p.m. on Thanksgiving, and we had two others at midnight and 5 a.m.

My family does not do anything special on Thanksgiving, and I hate turkey and anything with pumpkin. However, I was upset. I did not mind working as on Thanksgiving instead of getting paid \$8, which was last year's minimum wage, I got paid \$12 per hour. I was upset because I only got to go home to get some sleep before returning to work.

But aside from tough customers, some of my coworkers were a little upset over the fact that they did not get to enjoy Thanksgiving with their family. In fact, we spent the four-day weekend working. We all had eight hour shifts for all four days even though most of us were part-time employees.

If you are working on Thanksgiving and Black Friday, remember that at least you don't have school to worry about.

But if you are not working and will go shopping, remember to be kind to the employees who make Black Friday possible. They are sacrificing time with their loved ones to wait on you.



Unpacking the 'F' Word: Feminism is misunderstood by men

By Steven Barker
News Editor

take feminism for institutionalized male-hating and proceed to dismiss what is in reality a struggle for comprehensive equality between the sexes.

Allow this message, then, to be a public service announcement for all men who share the unnamed student's reasoning: Stop overgeneralizing feminists as extremists. You are embarrassing yourselves.

Whenever I hear a fellow man generalize and marginalize feminists or feminism due to these 'extremists,' I imagine these people conceivably:

- View all Muslims as terrorists because ISIS recruits Muslims for acts of terrorism.

- Think all black people are thugs, criminals, drug-abusers or pimps since such content abounds in rap music, a genre dominated by black artists.

- See all Catholic priests as child molesters because some priests have been arrested for such offenses.

These claims are obvious examples of representative bias and would immediately be dismissed by anyone in serious

conversation — however, the willingness of a sizable population of men, of which this unnamed student's comments belie he is a part, to voice and defend such generalizations implies that, while logic can transcend ethnicity and nationality, it does not transcend biological sex.

Feminism fights for a woman's right to not have her bust valued above her brain.

That being said, let us understand what feminism is.

Feminism, as many feminists will tell you, instead fights for the establishment of equality between sexes and the deterioration of oppressive stereotypes that shape and distort our social understandings of masculinity and femininity.

Feminism fights for a woman's right to not have her bust valued above her brain.

Feminism fights for a woman's

right to earn a salary equal to her male colleague. It similarly fights for her right to love sports, video games and short hair without being criticized for her male interests, just as it fights for a man's right to enjoy cosmetics, fashion and romantic comedies without being ostracized for his traditionally feminine interests.

What feminism does not fight for, however, is the disempowerment or disenfranchisement of men.

It does not theorize men as inferior to women or work toward their eventual subjugation; rather, it advocates for the disintegration of the barriers to equality between sexes such that men and women can mutually thrive in harmony.

To be sure, these objectives are, in fact, radically progressive.

Feminism's unabashed pursuit of equality is transformational, in the same respect that the civil rights movement or the push for universal access to education in the Middle East is transformational. Each movement sought —

and seeks — to systematically dismantle the institutionalized means of oppression of one population and establish the foundation for universal equality.

However, when any opponent of the movement labels a feminist an 'extremist,' this egalitarian vision isn't what they want you to imagine.

In today's society, the word extremist holds a violent and destructive connotation via its use as a substitute for the oft-used labels 'terrorist' and 'Muslim extremist' in reference to Islamic fundamentalism.

The result, then, is fear of a movement that seeks to empower.

All of this is to say the following: If one is still inclined to oppose feminism, then that is their decision — but for the men that continue to view feminists as extremists, make that decision after having thoroughly educated yourself on what feminism is rather than combating illusions spawned by mislabeling and one's own misperceptions.

Glory to the Hole

Hole in bathroom stall used for anonymous oral sex

By Robin Gracia
Opinion Editor

The Walter Stiern Library at California State University, Bakersfield has many uses. It can be used as a computer research lab, a haven to study and a repository for thousands of books.

It's also a place to potentially meet for various sexual activities.

The digital age has revolutionized the way that students meet and hook up, with sites such as Craigslist leading the charge. It takes less than 60 seconds to place an invitation for sex online for any category one would like – same sex, group, women seeking men, and much more.

"Studying late at CSUB" was the title of the male-for-male casual encounter personal ad which was posted on Oct. 3 by an unidentified 25-year-old. "If anyone wants to stop by for a quickie let me know...looking to [expletive] or receive head."

Another ad, titled "CSUB library," which was posted in the male-for-male personals on Sept. 27, asked: "Anybody want to play? I'll be on the fourth floor in the bathroom from now till 5ish."

A third post was made on Sept. 25 simply titled "CSUB," again in the male-for-male encounters page. It said: "4th floor of the library today. Be there from 10 a.m. till 1 p.m. hanging around looking to suck, understall, etc."

The fourth floor of the university library is a quiet floor, meaning that noise is kept to a bare minimum to ensure that

students are able to study without distraction. Seldom are library staff members on the fourth floor, and there is no type of security to be seen.

Inside of the men's room on the fourth floor is a small hole which connects one stall to the other. On first glance, one could almost mistake it simply for damage to the wall which maintenance has overlooked. However, to the savvier eye, it's identifiable as a glory hole.

The glory hole is roughly an inch and a half wide, capable of accommodating a vegetable such as a carrot or small squash. A glory hole serves as a way to receive oral sex with total anonymity.

Here's how it works: one person sits inside a stall and waits for a participant. When someone occupies the adjoining stall, a signal is usually used to ensure that both individuals would like to engage, such as tapping one's foot underneath the stall door. Should both people be willing, one of the men puts their penis through the glory hole for oral sex.

It's a simple system; however, it comes with many risks.

"There's always a concern when you're having anonymous sex, such as STDs," said Erika Delamar, CSUB's assistant director of student health services. "You have no idea – you're not doing any communication with your partner.

"Communication is a big key when it comes to preventing STD transmission. 'How many partners have you had? Have you been tested? Do you have an STD?' These are simple questions you should be asking



Nathan Sanchez/The Runner
The glory hole, shown above, was found on the fourth floor of the Walter Stiern Library.



Nathan Sanchez/The Runner
The hole has been patched with a piece of metal to deter future use.

Studying late at CSUB - m4m - 25

Gonna be their pretty late. If anyone wants to stop by for a quickie let me know. 25, top, looking to or receive head. Looking for ppl age 18-30, average-to good shape, and DDF & HIV negative. Cute twinks and bubble butts are my favorite.

age: 25

* do NOT contact me with unsolicited services or offers

people that you're having sexual activity with."

Of the three most recent posts on the Craigslist casual encounters page, only one of the posts made any reference to sexual safety.

"DDF and HIV negative," were the last remarks by the 25-year-old student who posted the "Staying late" ad. The term DDF is slang used in personal ads indicating that the writer is disease and drug free.

As Delamar points out, you can never really be sure.

"How do you know they're clean unless you're asking or unless they're bringing test results?" she said.

Possible health ramifications

aside, there's another side to fooling around on campus: the legal aspect.

According to Martin Williamson, the university's chief of police, there are municipal codes and statutes that define acts, such as receiving oral sex in the men's restroom, as criminal.

Williamson said he was aware that a "peephole" did exist in the fourth floor of the library; however, it existed over five years ago and he was unaware of any recent activity. He also said that, despite officers doing stakeouts and routine surveillance in the past, no cases or arrests were made.

"Safety is UPD's number one

concern," Williamson said. "If it is called for, we will take proactive enforcement."

Both glory holes have been covered by maintenance as of today. The closure of both holes, however, does not guarantee that a new one will not be created or possibly relocated.

No matter the nature or the orientation of sex one is engaging in, being aware of what services are available on campus is extremely important. Regular testing, using condoms and having open lines of communication with potential partners allows for greater sexual health and education. The cost of protection and testing should not deter students from seeking

assistance.

According to Delamar, students can apply for the California Family PACT card at the Student Health Center, which covers the cost of doctor's visits and testing. All visits and any testing are completely confidential.

Condoms can also be purchased by the dozen by the pharmacist at the Student Health Center for \$1.50, which is touted as "the cheapest in town."

Having sex responsibly, and in a non-public place, is the best way to engage with another person, casual or otherwise. College isn't like Vegas – what happens in college doesn't stay in college.

SUICIDE PREVENTION

Officials encourage depressed students to seek counseling

[CANDLELIGHT, Page 1] kinda looked like Bruno Mars," said Gerardo Bobadilla, a 23-year-old history and criminal justice major and current president of Kappa Sigma.

Bobadilla's comment sent a wave of laughter into a crying and somber crowd, which made people smile and open up about their personal experiences with Ortiz.

"Los was always the nicest guy to be around," said Mary Guenette, an 18-year-old com-

Seeking help is not a sign of weakness, nor is it an indicator of instability. Addressing one's feelings is normal, healthy, and necessary.

CSUB Vice President of Student Affairs, Dr. Thomas Wallace, urged students and faculty in attendance to take the time to express feelings of love and care to family and friends – treat those who are dear as if they are a gift rather than a given.

"I'm going to ask you all to

reach out and touch someone's hand, so we can make this world a better place," said Wallace.

Individuals spoke out one-by-one about their personal struggles with depression, self-harm, abusive relationships and being survivors of suicidal thoughts and attempts. Each person was met with overwhelming support, a hug from someone who stood close by, and nods of understanding.

Both Eric Lord and Michael Harville of the CSUB Counseling Center urged any individuals who are overwhelmed, grief-stricken, depressed or anxious to come and speak to a professional about their thoughts and feelings. Seeking help is not a sign of weakness, nor is it an indicator of instability. Addressing one's feelings is normal, healthy, and necessary.

Regarding Ortiz, Bobadilla said, "He was a great friend. He was a great gentleman. He was a Greek member here at CSUB. He was a Roadrunner. But above all else, he was our brother."

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Individuals spoke out one-by-one about their personal struggles with depression, self-harm, abusive relationships and being survivors of suicidal thoughts and attempts. Each person was met with overwhelming support, a hug from someone who stood close by, and nods of understanding.

Both Eric Lord and Michael Harville of the CSUB Counseling Center urged any individuals who are overwhelmed, grief-stricken, depressed or anxious to come and speak to a professional about their thoughts and feelings. Seeking help is not a sign of weakness, nor is it an indicator of instability. Addressing one's feelings is normal, healthy, and necessary.

Regarding Ortiz, Bobadilla said, "He was a great friend. He was a great gentleman. He was a Greek member here at CSUB. He was a Roadrunner. But above all else, he was our brother."

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SPEAKER

Author talks immigration, journey to career in journalism

[SPEAKER, Page 1] growl as much.

"It was that story that day that took me on my journey to Honduras, up the migrant routes through Mexico and into homes of dozens of women who were just like Carmen," said Nazario.

She found that there was a shift in the types of immigrants entering unlawfully into the U.S.

According to Nazario, "51 percent of the immigrants coming in today unlawfully are women and children." Each of the women's stories were the same; they left their children behind in search of opportunity intending to only be gone a year or two. But it was taking them five to 10 years for these mothers to earn enough to pay smugglers to bring their children. The children would begin to get desperate; if their mothers weren't coming back they would go to them.

Telling the story through the journey of one boy, Enrique, put a human face on immigration issues. Enrique was just five years old when his mother had left. He had told Nazario that he remembered his mother selling things from a wooden box and that he would play around her morning, afternoon and night as



The audience in the Icardo Center listen on Oct. 30 as Sonia Nazario talks about her journey across Honduras. **Bre Williams/The Runner**

she worked. Then one day she was just gone.

After 11 years of not seeing his mother he set out to find her. He had no money so he traveled by hanging on the sides and tops of freight trains. Enrique didn't know which way to go, just that he had to find his mom. He carried the only thing he knew could lead him to his mother, a slip of paper with his mother's number on it.

According to Nazario, thousands of children travel this way every year, with many unable to make the journey successfully. If they are not captured by the bandits or corrupt cops on the side of the road or thrown off by the gangsters who control the tops of the trains, many fall to get ripped apart by the train.

Today the journey is even more perilous because the new drug cartel zetas pay bounties

for captured immigrants. They prefer children, because that little slip of paper they carry, just like Enrique carried, could be used to demand a ransom from the mothers.

After Enrique made eight attempts to get through Mexico to find his mother, Nazario met Enrique in Nuevo Laredo.

"I spent weeks with Enrique watching his misery unfold so I could tell it to you. I went back

to his grandmother's house in Honduras and made the same journey, step by step exactly as he had done," Nazario said.

Per Nazario, children are crossing into the U.S. unlawfully in record-breaking numbers. The shift has changed from that of economic reasons to fear.

"Our government must protect them," said Nazario. "What we have seen this summer has been, in my opinion, truly dis-

graceful."

To allow these children to be safe, Nazario says we should increase the amount of refugees we take in to the pre-9/11 number of 127,000 instead of the 70,000 we take in now.

"If we all push with a little compassion, with a determination that I saw atop those freight trains to treat these refugees at our door better, to change conditions in these countries, slowly but surely I think we can change things so that mothers never have to leave their children again," said Nazario.

Jesus Rojas, as student at Bakersfield College, said he was reading the book for his class and really wanted to hear from Nazario. He was inspired the most by the story of Olga, a woman who runs a shelter that treats dismembered immigrants.

Minerva Legorreta, a freshman at CSUB, said she attended the event because she really likes the story and that many people could relate to it.

Victor Flores, a student from BC came with his girlfriend to the event. He came to the country when he was six and feels like he should get more. He works and pays taxes, but doesn't get the same benefits as citizens.

SPORTS

Five campus sports rank among worst in attendance in conference

[ATTENDANCE, PAGE 1]

"It can be disheartening when you come out and play and there's not many people there, and you start thinking does anyone really care," said Barnes. "I'm hoping that we can build so those guys don't even have to imagine that is the case."

"Our guys really want people to come see them play to defend our home court and to defend Bakersfield because that's basically what we feel like we are doing. When we say Bakersfield, we don't just think of ourselves we think about this

community.

Women's basketball redshirt-senior guard Tyonna Outland said that it would be great to have more fan support at games.

"I think having more fans here would give us more support because I remember against Seattle University last year the fans helped us come back," said Outland. "The energy was there, it was on our side and it definitely helps."

CSUB women's basketball coach Greg McCall commented on the importance of having

more fans at games.

"It is important in so many different ways because last year we worked so hard to be pre-season ranked number one, which means hopefully we'll be able to draw more fan support," said McCall. "That has been important to us so we can continue to make our program grow not just with the athletic department but also outside with the fan support."

Costelloe said that the biggest part of their advertising campaign to increase attendance at games has been the "We are all

'Runners' slogan.

"I think it is really trying to create that whole emotional attachment to the program not only on campus but locally as well," he said.

He added that they have lowered ticket prices. Tickets to basketball games were reduced from \$20 to \$16 a game. General admission seat prices also have gone down to \$8. They also created a children's ticket that is \$5 for any seat.

According to Director of Marketing and Promotions for Athletics Brynn Conapitski, the

new advertisement has come from a \$20,000 budget that they get each year.

He said that a big problem that CSUB basketball has faced with attendance is that, from Thanksgiving to New Year's Day, students are not on campus, but he said that the fact that the games will now be in the Icardo Center will help.

"I think that we're 100 percent here will help because it's more located to where people live," said Costelloe. "Rabobank is great, but it is downtown and not many people live down-

town. I think that will help just

"It can be disheartening when you come out and play and there's not many people there, and you start thinking does anyone really care."

Men's Basketball Coach

Rod Barnes

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presents

Grapes of Wrath Free Speaker Series

The Cultural Legacy of *The Grapes of Wrath*

November 7th & 8th, 2014

Dezember Room at CSUB Walter Stiern Library

Friday Speakers



Travels with Steinbeck: Making history with *The Grapes of Wrath*
James N. Gregory 9:00 AM



Obscene in the Extreme: The Burning and Banning of *The Grapes of Wrath*
Rick Wartzman 1:15 PM



The Real Okies: Fact vs. Fiction
Dan Morgan 1:50 PM



Big City Ways: How Woody Guthrie's Recently Discovered Los Angeles Recordings Provide an Urban Counterpart to *The Grapes of Wrath*
Peter La Chapelle 7:00 PM



Bakersfield Sound: How One Town's Honky-Tonk Culture Nurtured a Revolution in American Music
Bob Price 7:40 PM

Free Musical Performance by - Joe's Tent House Revival 8:15 PM

Saturday Speakers



The Grapes of Wrath: An American Journey
A Documentary Film by PJ Palmer 8:15 AM



The Book Kern County Loved to Hate
Gerald Haslam 9:00 AM



On [Re] Reading *The Grapes of Wrath*: Lacuna
Susan Shillinglaw 9:40 AM

Gene Tackett



CSU Bakersfield
School Arts and Humanities



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DIRECTED BY
MANDY REES

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CSUB baseball welcomes two new assistant coaches

By Nate Sanchez
Senior Columnist

I understand the fact that baseball, collegiate and professional, is done for 2014, but I refuse to come to terms with it. All may be quiet on the baseball front, but the Roadrunners, armed with two new coaches, are preparing to make a ruckus as soon as they take the field against Creighton on Friday, Feb. 13 next year.

Bob Macaluso and Alex Hoover will join the baseball team's roster of coaches for the upcoming

season, and the most noteworthy aspect of their résumés was the volume of playoff experience.

"If you're in the playoffs it means you've got great players and you're doing something right," Macaluso said. "You're hopefully learning how to win. I would like to instill that in this team. It's about players developing the mentality that it

takes to be a playoff-contending team."

"It's good to have coaches with playoff experience; it sets a bar for us," said senior outfielder Jordie Hein. "They've been there and we listen to them because we know that what they've done works."

Macaluso spent six seasons as an assistant coach at UC Irvine, making it to the NCAA Tournament four years. In 2014, the Anteaters made it to the College World Series, losing to the University of Texas.

Hoover comes from a Cal Poly team that last year appeared in its second consecutive NCAA Tournament appearance. Hoover served as a volunteer assistant coach for the Mustangs for the past four years.

Hoover will coach first base and work with the hitters. He'll also be a defensive instructor.

Commentary: MLB Postseason was the most exciting one yet

By Josh Bennett
Sports Editor

October baseball is one of the most exhilarating months in sports, and in 2014, that was proven once again. 30 teams took the diamond in April to become one of the ten teams to qualify for post-season baseball. The ride ended on Wednesday, when the San Francisco Giants edged out the Kansas City Royals in seven games with the tying Royal run just 90 feet away.

Both leagues told their own unique stories this postseason. In the American League, we saw the resurgence of formerly bad small market clubs (Royals, Orioles), the return of a rebuilding powerhouse (Angels), a team bookmarked for greatness slipping into the dance (Athletics) and a familiar face in October (Tigers).

In the National League, we saw reappearances from strengthening small market teams (Nationals, Pirates), a building west coast powerhouse (Dodgers) and the two teams who have ruled the NL post-season for the past 4 years (Giants, Cardinals).

The story in the American League was the rise of the underdog. With teams like the defending World Series champion Red Sox and the Yankees missing the post-season, we saw many small market teams make the post-season, including the Royals who hosted the first wild card game against a slipping Athletics team which ended with a walk off hit in extra innings, foreshadowing the upcoming month.

After a pair of sweeps, underdog fans saw the Royals and Orioles battle during a time when football usually reigns supreme. The Royals train continued chugging along, using small ball, defense, speed, and the occasional home run to sweep the Orioles, and go to their third World Series in franchise history.

The Royals seemed to be a team of destiny. Considered to be the doormat of the AL Central, and MLB, for years, they finally made the post-season for the first time in 29 years, and rejuvenated a city that has not seen any post-season success in a while.

This was more than just a team winning. This was Kansas City as a whole rallying together with all of the other long suffering Royals fans from all parts of the Earth, to witness an improbable run by their Royals that may never be seen again.

The Royals became the underdog team America was cheering for. They were fun to watch, fun to cheer for, and basically had the storybook ending all lined up for them, as all the pieces finally fell into place for them to not only make the post-season, but to make a good run at the title.

Standing in their way was the San Francisco Giants, winners of 2 of the last 4 World Series

Macaluso, in addition to his third base coaching duties, will be there to work with outfielders and recruiting players.

"As a staff, we're gonna work together and do everything we can to get these guys better," Macaluso said.

Along with refining the historically strong pitching staff, Macaluso and Hoover are putting extra emphasis on offense, a rare commodity last year.

"A lot of teams have struggled lately with offense," Macaluso said. "I actually call it the Dead Bat Era."

"One thing I can bring to the table is my knowledge of the hitting mechanics from places I've been before," Hoover said. "Hitting is about combining technique, mental approach and doing your homework on the opposing pitcher."

Before the 2013 season, Roadrunners Head Coach Bill Kernen made it a point to stay away from the term "rebuilding year" in the wake of CSUB's biggest draft class in school history.

The Roadrunners didn't repeat the previous season's success, but were able to capitalize on pitching and defense. Two new coaches are looking to improve what the 'Runners lacked last year.

"This team is on the verge of being that breakout team," Hoover said. "The experience factor helps with every aspect as far as not trying to do too much and getting into the right mentality. Having been there and having the process down I think will help."

"This is an effective team and it comes down to taking it one pitch at a time," Macaluso said. "The results will take of themselves."

I've watched the Roadrunners play baseball for two years. New players, new coaches and a new mentality add up to a successful season from where I'm looking at it.

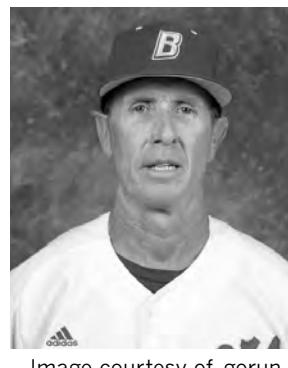


Image courtesy of gorunners.com

New assistant coach
Bob Macaluso joins the staff after spending the last six seasons at UC Irvine.

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'Runners basketball back with a vengeance

Reloaded men's team looks to rebound

By Silent McCarthy
Business Manager

Despite having a team composed of eight returners and seven newcomers, California State University, Bakersfield's men's basketball head coach Rod Barnes is expecting a promising season for the 'Runners.

Based on the Western Athletic Conference basketball media preview polls released in early October, CSUB's men's basketball team is expected to finish sixth of eight teams in the WAC this season, and were ranked fifth in the coaches polls.

"There's some excitement around our team because we have a lot of new guys in our program," said Barnes.

"They always bring fresh exciting energy but our team is a team that is very versatile. I think when fans come to watch us play, they will see a team that plays very tough. A disciplined team and it's going to get better throughout the year because we're going to get to know each other better than what we do right now."

CSUB will start the season with an exhibition home game against Whittier College on Nov. 8 at 7 p.m. before heading off to Honolulu for the Outrigger Resorts Rainbow Classic, which starts on Nov. 14.

The 'Runners (13-19, 5-11 WAC) finished tied for last in the WAC, while Utah Valley University (20-12, 13-2 WAC) finished in first.

Some of the key new players for the 'Runners are: 6-foot-4 junior forward Kevin Mays from Queens, N.Y., 6-2 junior guard Cortez Connerz from St. Louis, Mo., 6-6 junior forward Matt Smith from Jackson, Tenn., and 6-3 junior guard Dashawn Richmond from Staten Island, N.Y.

Some of the key returners are: 6-9 junior center Aly Ahmed, who last year averaged 8.9 points per game and 6.6 rebounds per game; 6-foot redshirt-senior guard Javonte Maynor, who last year averaged 8.8 points per game and 6-foot



Diana Olivares/The Runner files

Senior guard Tyrell Corbin attempts a layup against Seattle University last season at Rabobank Arena. All home games this season will be played in the Icardo Center.

senior guard Tyrell Corbin, who last year averaged 4.8 points per game and two assists per game.

Barnes said that the strengths of this team are its inside play with players like Ahmed, 6-8 redshirt-senior forward Kregg Jones and 6-10 redshirt-senior center Abdul Ahmed, but also depth at the guard spots.

"I think we will play the game way more inside out than we've ever had here because last year Aly came in, but it was later during the year, and with the other guys we feel that this is the strength of our team."

Jones has already set goals for this season and plans to be more optimistic.

"Individually, I'm trying to stay more positive," said Jones. "I kind of get negative sometimes on myself."

"I want to play well and make sure everyone is playing well together and team wise I need to make sure everyone is on the

same page. We have a lot of new guys and they are new to Coach Barnes. So I just want to make sure they know what's going on."

Maynor explained his mind set going into the season and what his focuses are.

"Our unity is there," said Maynor. "There is no animosity within our team. The only bad things is that we start school in September. Other schools start in August so they have a whole extra month of practice that we don't. We are behind the eight ball a little bit. We have multiple practices a day so the only thing is the amount of time we have to prepare for the season."

Barnes added that last year they focused too much on the polls, but this year they are taking a different approach.

"Each week we want to get better," said Barnes. "We're not as concerned about the opponent or what's down the road."

High expectations for women's hoops



Diana Olivares/The Runner files

Redshirt-senior guard Tyonna Outland attempts a shot against Utah Valley University last season. Outland is the preseason WAC Player of the Year.

By Esteban Ramirez
Assistant Sports Editor

With the coaches and media polls having California State University, Bakersfield women's basketball team as the favorites to take the Western Athletic Conference for the first time in school history, the expectations are at an all-time high for the 'Runners this season.

The 'Runners finished 19-12 overall and 12-4 in the WAC last year. They finished second in the conference behind University of Idaho (25-9, 15-1 WAC), and that success led to the first ever Women's National Invitational Tournament appearance for the 'Runners.

"We're working harder," said CSUB coach Greg McCall on the team trying to build off last year's success. "They are hungrier because our goal is in

sight. Our goal is to get to the NCAA tournament, and not just get in but also win the NCAA tournament. Teams are probably feeling like they're coming after us since we are number one, but really they're in our way because it's our goal is to get to the NCAA tournament."

CSUB will start its season with a home opener against Air Force Academy on Nov. 14 at 7 p.m.

"We worked so hard to put ourselves in this position, so it wasn't like we were surprised that we got picked number," said McCall. "We knew that this was the position we wanted to be in, and we worked hard to get ourselves there. [Therefore] it hasn't been hard to get them to focus on this year because they earned that. It wasn't a shock that we're number one."

Some of the key new players

for the 'Runners are: 6-foot junior guard Lunden Junious-Relford from Los Angeles Valley College, 6-foot-1 junior forward Hali Ford from Moberly Area Community College in St. Louis, Mo., 6-1 sophomore forward Tylinn Carter from San Diego and 6-foot freshman guard Aircica Carmon from Long Beach.

The key returning players for CSUB are: 5-8 red-shirt senior guard Tyonna Outland, who was last year's WAC Player of the Year as she averaged 20.7 points per game and 6.3 rebounds per game; 6-2 junior forward Batabe Zempire, who averaged 8.2 points per game and led the team with 10.6 rebounds; 5-9 red-shirt senior guard Dajy Vines, who averaged nine points and 3.8 rebounds and 5-2 junior guard Alyssa Shannon, who averaged 6.8 points and 2.8 rebounds last year.

McCall said that the strength of this team is its attacking nature on offense, but the defense is also much more improved.

"We have some good players with a lot of experience that love to attack the rim a lot," he said. "They like to attack the paint, which causes a lot of problems for other teams. We're so much better on defense. That's the one area we are so much better than last year. We still can score. We still have a lot of great scorers on the floor, but defensively, we're so much better. The help-side defense is the one area we are continuing to get better."

Outland commented on the start of a new season.

"It's really exciting," she said. "We have been working really hard since December, it's our first summer here as a team, and we're ready to put everything against other opponents. "We're more versatile at the guard spots and we have people that can be interchangeable in the post, in the four spots or in the guard spots.

"This year we need to finish the job from last year."

'Runners shutout on eve of WAC tournament

By Hayden Carter
Reporter

In a Western Athletic Conference matchup, the California State University, Bakersfield women's soccer team was shutout 2-0 by Grand Canyon University on Oct. 30 at the main soccer field.

After a scoreless first half, the 'Lopes (7-9-1, 6-3 WAC) scored twice in a ten minute span to defeat the 'Runners (4-14-1, 3-6 WAC).

"I think in the first half, we had a good response after the first ten minutes," said assistant coach Christian Johnson.

"I think in the second half, after that first goal, I don't think we responded well," the coach added.

CSUB struggled to create any type of offensive rhythm throughout the match, and two breakaways ultimately won the game for GCU.

"The speed of play and our possession has got to be much better," said Johnson.

"Tonight's a little bit of a setback, but we knew this was going to be a tough game. Grand Canyon's a dangerous, young team and it shows us that the coaches and players need to raise the bar."

The first goal for GCU came from freshman



Marisel Maldonado/The Runner

Freshman midfielder Brittany Mejia winds up to kick the ball against Grand Canyon University on Oct. 30.

forward Milla Benedetti in the 61st minute and the second came in the 69th minute from freshman midfielder Patricia Pape.

"We just need to work on our mentality," said red-shirt-junior goalie Tori Ornella. "The big part is having mental focus for a

On Nov. 1, GCU (8-9-1, 7-3 WAC) defeated CSUB (4-15-1, 3-7 WAC) by a score of 1-0 at the main soccer field.

Milla Benedetti's goal in the 42nd minute proved to be all the 'Lopes needed as they shut out the 'Runners for a second straight match.

Prior to Saturday's match, the four seniors (Sarah Cook, Becca Ellis, Taylor French, and Haley Hatfield) were honored by the program and by the uni-

versity for their commitment and their hard work over the last four years.

Despite the two losses over the weekend, the 'Runners secured the 4th seed for this week's conference tournament at Seattle University.

They will play the 5th seed, New Mexico State University, on Nov. 6 at 4:30 p.m. If CSUB bets NMSU, they will play against top-seeded Seattle University.

CSUB wrestling is back

By Andrea Flores
Special to The Runner

California State University, Bakersfield wrestlers are excited to start their 2014-2015 season this weekend.

Last season the team placed 5th overall in the Pacific-12 Conference Championship, and also had a few wrestlers place top three in their weight class; Ian Nickel placed 2nd at the 133 weight class, Reuben Franklin placed 3rd at 197 and Bryce Hammond placed 1st at 174.

Hammond placing first in his weight class qualified him to move on to the NCAA Championship where he became an All-American finishing in 8th place.

"This year I feel like this team is stronger, more experienced and more determined than any other year I've been on the team," said senior heavyweight Steven Wood. "I know we will have more NCAA qualifiers this year."

He said the hardest part of wrestling is not being your own worst enemy.

He says it would be the perfect way to finish his career as a Division I collegiate wrestler.

"I'm fortunate to be in the position that I'm in," said head coach Mike Mendoza. "The community and alumni is so supportive of the program and I'm extremely thankful."

On Nov. 2, CSUB fell to Stanford University 25-6 at the Icardo Center.

Brothers Bryce Hammond and Coleman Hammond gave the 'Runners their lone victories of the dual.

Bryce shutout redshirt-freshman Keaton Subjeck, 7-0. Coleman defeated redshirt-freshman Garrett Schaner in the 149 weight class, 7-4. The 'Runners will compete next in the Gilroy Duals in Gilroy, Calif.

CSUB will begin the Gilroy Duals with a matchup against Appalachian State University at 2 p.m. on Nov. 14.

Athlete of the Week



Redshirt-freshman forward Julian Zamora score twice over the weekend in a win against UNLV and a tie against Grand Canyon. Zamora now has 10 goals on the season.

Photo courtesy of CSUB Sports Information

2
0

full 90 minutes."



Grand Canyon University

Film Club hosts Halloween Film Festival

By Heather Hoelscher
Assistant Features Editor

Film Club's first Halloween Horror 'Film' Festival was a hit. Roughly 100 students and guests came to the Student Union Multipurpose room.

Some dressed up for a costume contest the club was putting on and others just came to enjoy the films.

There were seven participants in the costume contest, a spice rack, a dog, jigsaw, rag doll, the joker and two scary masked characters.

The three winners were the spice rack for the funniest costume; the jigsaw for the scariest costume and the most creative costume went to one of two in masks.

There were six student films and a showing of 'Silence of the Lambs.' The student-films had comedy and horror all in one.

Chad Alame, president and founder of Film Club, was in attendance as Dracula.

"During our first quarter we recruited members, had a barbecue fundraiser and prepared our club members for filmmaking. This is our club's first project and event.

"We are now working on our next batch of films for our romance and comedy event next quarter," Alame said.

They started working on the event by having the members submit original scripts to be reviewed by the club officers.

"[We] selected the ones we liked the most," Alame said, "Then we had auditions and created a filming schedule. From that point, the directors took over and found the locations, costumes, props, film crew, held rehearsals and so on. After filming, we began editing."

Mike Kwon, executive vice president of ASI, enjoys coming out to as many clubs' events he can to support them.

"What I enjoyed about the

"This event is special because it gives our club the chance to showcase our hard work and make a name for ourselves on campus," Alame said.

Mateo Lara, an English major, wrote the film "Blood in the Trees" for the event.

"I had a dream and demons and the supernatural stuff kind of freaks me out," said Lara, "I think I watched a scary movie before I went to bed and I had a dream. It was about a tree and this lady. I researched it and



Kabria Dodley/The Runner
Guests participate in the costume contest at Halloween Horror Fest on Wednesday, Oct. 29.

films was that the students, basically, produced it, and they were the people who organized it and held it without any faculty and administration help. And that is why it was a great idea and great initiative from the students," said Kwon.

Alame feels that the Film Club provides a unique opportunity for students in Bakersfield.

there is actually lady demons called succubi so I thought that was interesting. So the inspiration behind it was about a girl demon who possesses men and makes them kill their lovers."

"Blood in the Trees" featured a woman in a white dress, a supernatural being and a demon.

She would come into the shot

periodically just to add a sense of creepiness to the film.

Greg Bolanos directs, writes and edits for the film club.

"I wrote and directed 'Elijah and the Clown.' I wrote 'The Bag' and I edited 'Elijah and the Clown' and 'Blood in the Trees,'" Bolanos said.

His inspiration for writing "The Bag" was a pulp fiction type mystery of "What's in this? But no one ever knows. That is the question he has been asked the most. 'What is in the bag?'

"I thought about what I really love, and what I love is film. And I've always loved writing," he said.

Obsession was among the films that was most popular.

"Obsession" was written and directed by Leo Garcia. It told the story of boy who was in love with a girl that he watched day in and day out. He was 'obsessed' with her and needed to eliminate the competition.

There was love and murder all in the same movie. The passion someone has for another can make a person do crazy things. It was one of the favorite films of the night.

Other films included in the Halloween Horror Festival were "If I can't have you" written by Mike Allen, and directed by Goose Scott and "The Gathering" written and directed by Joaquin Calderon.

The film club will be putting on another film event for Valentine's Day next quarter.

Students offer dating advice and tips

By Andrea Peña
Reporter

Asking a person on a date can be one of the hardest things to do. You never know what the other person is going to say or might be thinking. There are many ways to ask someone out, it's just a matter of finding which technique works best for you.

"You plan what you say before you say it, and you think of steps ahead. It's kind of like a chess game. You have to make the right moves or else you'll lose your queen," said Ivory Parker Jr., an 18-year-old business administration major at California State University, Bakersfield.

When it comes to actually asking someone out, people do not agree on whether it should be the man's job or the woman's. There will never be a right or wrong answer to this question, and it all depends on if you prefer the traditional approach or if you like to take charge. However, there are men and women that believe tradition is the best way.

"The best way to know if you're going to get a date is to get to know the person. Aim to be friends first. If you don't get a date at least you have new friend," Zoila Word, a first-year student at CSUB.

Many people find it difficult to know whether a guy or girl is single or in a relationship. Some guys on campus say it is hard to know if a girl is single because many girls wear rings on their wedding fingers. Once they see the ring they automatically

cross them off their list as a potential date. Girls also find it tough when guys surround themselves with the ladies.

"It depends on the girl really. Some will let a guy know right away if she is seeing someone," said Jorey Braughton, a credential student at CSUB.

If you are truly interested in someone and want to know what their relationship status is, just ask them.

Another frequently asked question is: How long should I wait to ask someone on a date? There are many different opinions. Some believe being friends first and getting to know each other is more successful than just asking someone on the spot. However, if you're feeling gutsy, you should just do it.

"If you want to ask someone out, just go for it. What's the worst that can happen? All she can do is say no," said Roberto Palacios, a 21-year-old P.E.A.K. major.

Now, many people think pick-up lines are cheesy and don't have much of an effect on people.

James Barragan, a 21-year-old business-marketing major, explained how he used a pick up line on a girl as an icebreaker. His pick-up line was effective and landed him a seven month relationship with the girl.

If you have a hard time going up to someone or are just terrified of being shot down, you could always try online dating. E-harmony, match.com and other dating websites offer ways to get to know people that live in your city or someone that lives in a given



Athena Skapinakis/The Runner

radius of you. There is nothing wrong with online dating and it actually has been proven successful in some cases. However, the only downside is you have to pay a monthly fee, which could add up with time.

"I am not a fan of online dating for myself, but I can see how it can be helpful for many. It may just be the convenient option," said a female student at CSUB who wished to remain anonymous.

There are other tips and techniques that you can find online which could help you ask someone out on a date, but you must be cautious when searching online. Make sure the website you are looking at is legitimate.

"If I were to give someone pointers on how to approach a girl, I would say approach her confidently and with clear intentions in your own mind and know exactly where you want this relationship to go or start," said Barragan.

Counselors discuss aspects of depression

[MENTAL HEALTH, Page 1]
Center are using statistics like these to inform students of the pervasiveness and devastating consequences of depression, stress and anxiety.

According to Harville, depression is a mental illness with wide-ranging effects on our lives.

"Depression isn't just the emotion, the feeling of being depressed," Harville said, "but it really is a comprehensive way where almost all aspects of your life are in some way impacted – mentally and emotionally, socially, physically."

When the depression worsens, Harville added, victims begin to feel immobilized.

As their self-esteem begins to plummet, Harville said people begin to perceive themselves as both outcasts from the community at-large and burdens to their peers. This ultimately results in suicidal thoughts and, even worse, attempts.

Eric Lord, a counselor at CSUB, says the causes for

depression are wide-ranging.

"College is a big transition into adulthood," Lord said. "It's possibly a residential move from your place of origin your whole life, and that's a huge difference for a lot of people. It may be a big cultural shock [...] where you're used to living in some community in another part of the world and now you're living in Bakersfield and trying to navigate this world."

"We see a big increase in people not being able to handle their stress because of all these transitions."

Despite depression's pervasiveness, Lord and Harville both cited cultural messages tying depression to mental weakness or personality defects as a deterrent to seeking therapy.

Harville added that only 8 percent of CSUB students seek therapy at the Counseling Center.

Students who have experienced depression and anxiety say the illnesses negatively

affected their lives in a significant way.

"I hated my life," said a senior mathematics major, who requested that his identity be withheld.

"I would wake up every day and feel a general malaise or dysphoria," the student added. "I thought I was dying, and the feeling would last until I went to bed every day."

The student, who said his anxiety formed when he thought he was developing symptoms of a brain tumor, experienced significant anxiety for four months. After receiving counseling and psychiatric service for a year, he added he no longer experiences anxiety.

Know the Signs

Harville and Lord said that there are a number of symptoms related to depression. The primary ones include, but are not limited to:

• anhedonia – the disinterest in activities people once found

pleasurable.

- isolation or social withdrawal.
- sleeping problems, like hypersomnia or insomnia.
- changes to one's appetite.
- difficulty making decisions or navigating life.

Campus Services

The center employs four counselors and offers individual therapy for a number of issues, such as anger, depression, anxiety, relationship issues, sexual abuse, low self-esteem and eating disorders.

The Counseling Center also offers a crisis intervention hotline that students can call if they're suffering from significant hardships and the campus center is closed.

The Counseling Center is open from 8 a.m. to 5 p.m. Monday through Friday. It is located next to the Student Health Center and the Icardo Center.

The Crisis Counselor phone number is 661-654-3366.

What's Happening On Campus

Wednesday, Nov. 5

CSUB Guitar Arts - 19th Century Guitar Duo, Douglas James and Pasquale Rucco, give a lecture/demonstration on guitar duo repertoire from the early Romantic era. Music Building Room 111, 1-3pm

Thursday, Nov. 6

Runner Panel Fall 2014 - Children at the Footsteps of the Nation. Interactive presentation will provide context for engaging discussions. Stockdale Room 7pm-8:30pm

Thursday-Sunday, Nov. 6-9

"From Dust Thou Art" - Theatre Department presents this Dust Bowl-inspired production at the Doré Theatre 8-10pm Nov. 6, 7 and 8; 2-4pm Nov. 9. Tickets are \$10 general, \$8 seniors/staff/faculty, \$5 students with ID. Info: 661-654-3150

Friday, Nov. 7

Bakersfield Symphony Orchestra Masterclass - Classical music masterclass with acclaimed cellist Carter Brey. Music Building Room 127, 4-5:30pm

Men's Soccer vs. Utah Valley - Main Soccer Field 7pm

Friday-Saturday, Nov. 7-8

Grapes of Wrath Speaker Series - The Cultural Legacy of "The Grapes of Wrath." Free in the Dezember Reading Room at the Walter Stiern Library. Friday speakers at 9am, 1pm and 7pm with musical performance by Joe's Tent House Revival at 8:15pm. Saturday program features a documentary at 8:15am followed by speakers until 10:30am. Details: www.grapesofwrathconference.com

Saturday, Nov. 8

Men's Basketball vs. Whittier - Exhibition game in the Icardo Center 7pm

Sunday, Nov. 9

Men's Soccer vs. Seattle University - Main Soccer Field 1pm

Calendar sponsored by CSUB Office of Student Affairs, School of Arts and Humanities, and Walter Stiern Library.

If you would like your event to appear in this calendar, contact runner@csub.edu.

macs4less.net



Kurt Finnery

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Spending the day in Tehachapi

By Shelby Parker
Features Editor

Now that the months are turning chilly, it's now easier to get in the mood for festive fall activities.

While Bakersfield takes a bit longer to come around, as the leaves are still waiting to change, it's a great chance to get out of town - Explore the surrounding areas of Kern County and what they have to offer.

Tehachapi is a charming town, like something you'd see in a cheesy Hallmark movie, and is just 45 minutes east of Bakersfield.

It's the perfect place to spend the day, if you're looking for something to do that isn't far from home.

There are quaint boutiques and antique stores that line Main Street, including Dahlia's Boutique, Another Time Around and 5 Heart Quilts & Fabric, among others.

If you're hungry, grab a bite to eat at one of the many restaurants, such as the Apple Shed or Kelcy's Restaurant, or grab a pastry at Kohnen's

Country Bakery.

Wander the streets without a clue of where you're going or grab a Visitor Guide to the area and stop at the hot spots that are listed on the Downtown Walking Tour. There are many historic sites to see, and a number of the museums are free of charge.

The Tehachapi Depot Railroad Museum

The museum features a collection of artifacts, including antique maintenance equipment, along with photos and stories on the walls that provide a look at the past. Walk through each room of the train station and see what it was like to work at a real depot during its heyday.

With only six of the Southern Pacific Railroad depot's left, Tehachapi's depot is the only one standing on its original ground. Volunteers working also provide short tours and information, if tourists are interested.

Open five days a week, Thursday through Monday, 11 a.m.-4 p.m.

Visit www.TehachapiDepot.com for more info.

The Tehachapi Museum

Another step back in time for Tehachapi visitors, see what the town was like when it was first established. Walk through several rooms of antique treasures and finds from old Tehachapi, such as an old buggy, outfits, doctor equipment, school supplies and more.

Then, learn more about the Native American culture and the impact it had on the town. Again, volunteers are available to provide more information and insight, as you have questions and explore the building.

Around the area, you can also see many beautiful houses that tell stories and hold onto a lot of history. If you follow the official Tehachapi Visitor Guide, you can find out more about the importance of each house and the role it played. Along the way, there are several murals on the walls of buildings depicting the cultures and history throughout the years.

The Loop

If getting out in nature is more your style, take a drive or a hike near the famous Tehachapi Loop, to watch the trains pass by, as they wind

on the elevated hill. In fact, it is considered the number one attraction in Kern County and covers 68 miles between Bakersfield and Mojave.

It was designed in 1876 by William Hood, who was the Southern Pacific Chief Engineer. Surrounded by hills and trees, it's a perfect lookout to take in the scenery and get away from the city life.

On the way back

On your way home from Tehachapi, you might want to stop at Murray Family Farms. Check out their store, which sells a variety of fresh fruit and vegetables, along with nuts and trail mix.

You can also order breakfast, lunch or dinner as well and sit on the patio, overlooking the festive activities that they have for the youngsters. During the fall months, there is usually something going on.

Take a look at murrayfamilyfarms.com for hours and more about their mission.

When visiting during the colder months, dress warm and don't forget your gloves at home! Now, go grab some friends or a special someone and make some memories.

Student Recreation Center turns spooky on Halloween



A crowd gets together to do the Cupid Shuffle after SRC Scary Rec Carnival on Oct. 31.

By Dylan Knight
Reporter

The annual Scary Rec Carnival, hosted in the Student Recreational Center on Friday, Oct. 31, was full of student volunteers dedicated to providing their peers with a fun, free, safe and oh so spooky environment for students to celebrate Halloween.

"This years theme is sort of a New Orleans Mardi Gras theme" said volunteer Celine Skibicki, 18, freshman undeclared major while sporting gold and black sequins, glitter and of course, Mardi Gras beads. "We're doing a dance while people enter the maze to get them excited and ready to be scared."

Since the carnival is free to students, it creates a friendly atmosphere full of your fellow classmates.

"There's more of a community feel at the carnival," said Nicole Pokett, 21, senior liberal studies major and student manager of the SRC. "People from the dorms come and it really provides a fun and safe place for students to hang out together."

This year, the Scary Rec was equipped with two haunted mazes, a dance floor, free food and pumpkin and mask decorating. A selfie booth and an added sporting aspect with a ghost volleyball and dodge ball tournament were also options for attendees.

But, no Halloween party would be complete without a costume contest.

"I came for the haunted houses," said Prit Deol, 19, sophomore biology major while dressed as a lovely Red Riding Hood. "I get scared easily and

horror movies leave me terrified for life. I'm definitely expecting to be scared."

The carnival is hosted primarily by enthusiastic student volunteers and employees of the SRC. Before the carnival opened to the public, volunteers were building the mazes and getting their makeup done by student makeup artists whose work seemed professional. From terrifying one-eyed ladies to New Orleans themed Mardi Gras dancers and everything in between, the SRC was full of excited volunteers ready to haunt their fellow students.

"We usually just have fun," said Linsie White, 20, pre-nursing major and employee at the SRC. "We get to dress up and just act goofy with our coworkers."

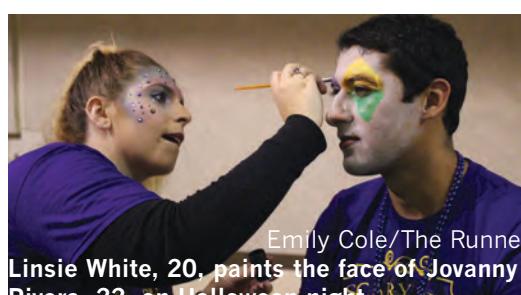
Even though the main purpose of the Scary Rec Carnival is to give students a place to celebrate Halloween, it also acts as a great advertisement for the SRC.

"The Scary Rec provides a great opportunity for safe fun and also helps boost school spirit," said Josh Thompson, 26, senior kinesiology and human biology major while he was getting faux freckles and rosy cheeks painted to complete his look of an adult baby. "It gets people to come to the rec center and see what the facility offers to students."

Too often, a good Halloween costume wasted when you find yourself with no party plans. The annual Scary Rec Carnival is something every CSUB student can look forward to. Whether you like to dance, take selfies, or simply enjoy free food, the carnival creates a safe and scary environment for all to enjoy.



Hilson Belo, 20, and Ariene Gregorio, 18, pose for a photo.



Linsie White, 20, paints the face of Jovanny Rivera, 22, on Halloween night.

Instructions for Runner Basketball Fans

Player Intros (visitors)

- Player #1: Runner Newspapers (Papers will be provided)
- Player #2: "Who cares" (Everyone yells)
- Player #3: "Big Deal" (Everyone yells)
- Player #4: "So what" (Everyone yells)
- Player #5: "Who's That" (Everyone yells)



Player Intros (CSUB)

- Player #1: Three quick claps in unison (Everyone)
- Player #2: Three quick claps in unison (Everyone)
- Player #3: Three quick claps in unison (Everyone)
- Player #4: Three quick claps in unison (Everyone)
- Player #5: Three quick claps in unison (Everyone)

Free Throw (CSUB)

Yell out "RUNNERS UP" before the first shot and hold up the bird signal with both hands (Everyone)
Make Shot: 3 quick claps and yell "Runners" (if a two shot foul then place arms up for second shot)
Missed Shot: Bring arms down (if a two shot foul then

3 pointers (CSUB)

Soon as shot goes up hold three fingers in the air. (Everyone)
Shot made: Yell "Three Pointer!!" (Everyone yells)
Shot Missed: Nothing, bring arm down (Everyone)

Air Ball (visitors)

Chant "Air Ball, Air Ball". Every time that person touches the ball until he/she makes another shot. (Everyone yells)

Free throws (visitors)

Option #1: Random Noise (yelling, weird noises, ect.)
Option #2: Student led song or chant. Example: "It's a small world" or "I'm a little tea pot"

Foul Out (visitors)

Chant "Left, Right" in unison with his/her steps and "SIT DOWN" when the person sits on the bench. (Everyone)

