

California State University, Bakersfield

On the road to the Big Apple
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Vol. 42, No. 13

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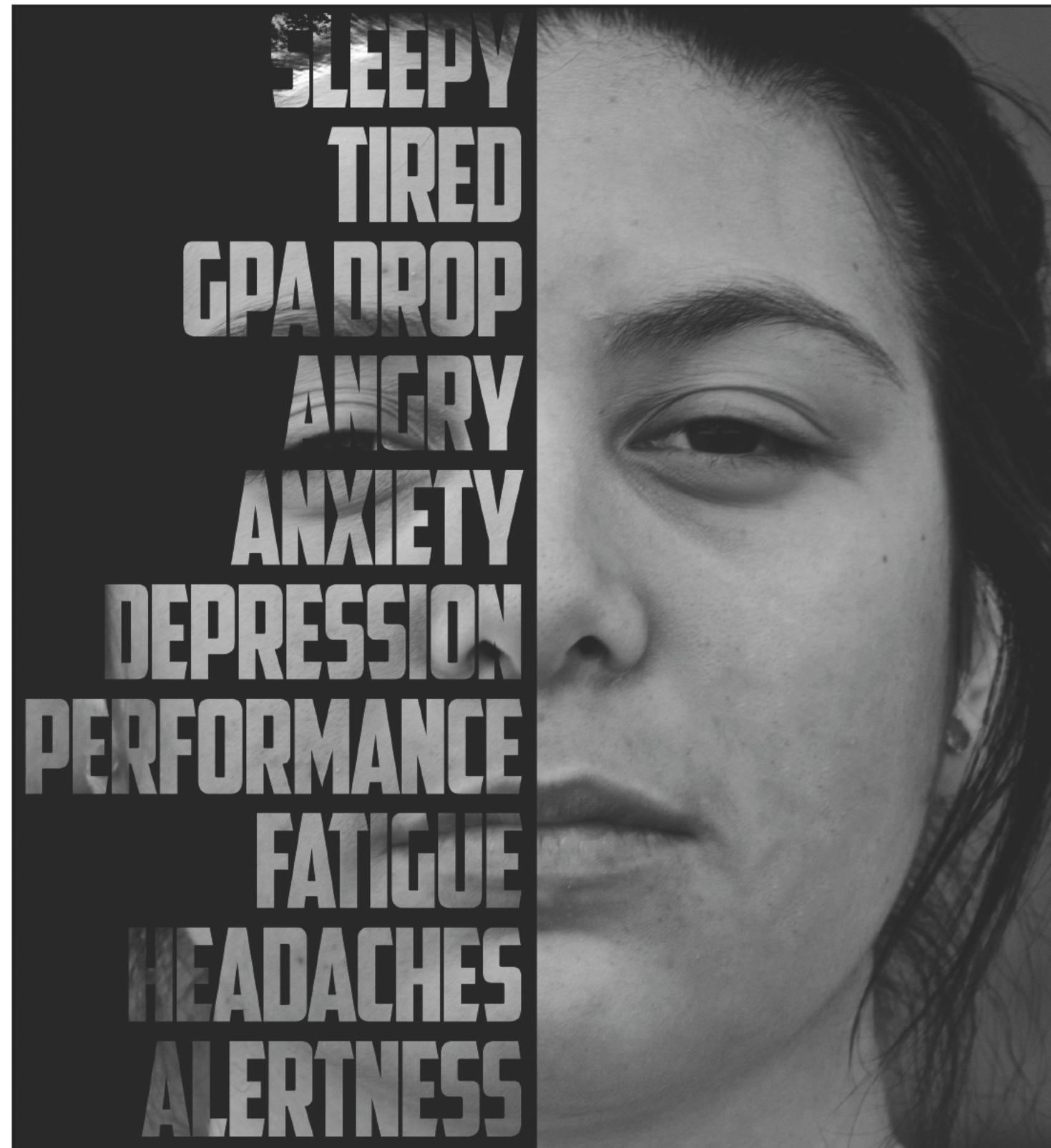
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HEALTH

Sleep deprivation

The link to impaired performance



In high school we're told that college is a place of learning, exploration and freedom but beneath it all is a list of illnesses that stem from sleep deprivation. Go to Page 4, for full story.

AJ Alvarado/The Runner

CAMPUS

Artist Wale to perform at CSUB

By Christopher Mateo
Editor-in-Chief

No days off for Campus Programming as it prepares to turn Runner Nights into Miami Nights by bringing award-winning artist Wale to CSU Bakersfield on April 28.

Campus Programming revealed Wale would be performing during Homecoming this year.

This was after the first Runner Nights, which was going to be a comedy show, was canceled due to the comic striking a movie deal and being unable to attend Feb. 10.

"We had a comedian that was supposed to be here for Feb. 10, but he canceled on us last minute. Instead of trying to have someone last minute or trying to reschedule it [Runner Nights], we don't want that. We didn't want to move it to another location that would have been smaller. It didn't fit Runner Nights' theme overall, so we just canceled it and put those funds towards the next Runner Nights bigger and better," said Campus Programming Coordinator Afaf Aldhulay.

The money that was saved from the canceled event is going to be used to fund the concert.

According to Director of Campus Programming Emily Poole, the total funds saved from the canceled Runner Nights are estimated at around \$10,000. However, the budget has not been finalized.

Students will be able to participate as the opening performance for the concert.

"We are looking to open up auditions. We are going to have students send in audition

videos. We want students to send in their videos, and we are going to try to have some student openers for Wale. That is a great opportunity for any student to open up for an artist," said Aldhulay.

The Runner Nights Committee will look at the videos and decide who will perform.

The committee has yet to decide the date when they will pick the winners, or when they will stop accepting audition videos.

The applicants will only be open to students. Auditions should be sent to campus-prog@csub.edu.

According to Aldhulay, the committee will probably look for performers that follow that genre of music Wale performs. Wale's requirements are different from those of Alessia Cara last year.

"Different lighting, different security, things like that a bit higher maintenance," said Aldhulay.

The amount of money Wale is charging CSUB to perform has not been disclosed.

"The contract has not been finalized, so that information I am not going to disclose at this time," said Poole.

Some students are looking forward to having the concert.

"It's pretty cool that the college I go to has concerts for us. I've never been to a concert before, and this will be the first one," said Kinesiology major Jason Hernandez.

Computer Science Alex Avala thinks that this might be the first Runner Nights he attends.

"I like Wale, but I'm not into rehashes, but his music is enjoyable. I'll probably end up going. It sounds like fun," said Avala.

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U.S. POLICY

Health care draft poses worries

Students share their concerns about new health plan

By Glendy Ardon
Reporter

Republicans have introduced a draft on health care to replace the Affordable Care Act (ACA) set in place by the Obama administration.

President Donald Trump tweeted on March 11, "We are making great progress with health care. ObamaCare [ACA] is imploding and will only get worse. Republicans coming

together to get job done!" The New York Times reported that 20 million people have acquired health insurance under the ACA, and the uninsured rate dropped 10.9 percent from last year.

During President Trump's campaign, he made promises to replace the ACA.

"Everybody's got to be covered... I am going to take care of everybody. I don't care if it costs me votes or not. Every-

body's got to be taken care of much better than they're taken care of now," Trump told Scott Pelley on "60 Minutes."

However, the draft dated February 10 that has been leaked leaves out aid that is used to help people purchase health insurance, and it also leaves out federal expansion of Medicaid.

In this newly proposed draft, there isn't any mention of assurances that people with pre-existing conditions would

be able to acquire health coverage.

Sandra Carrillo, a Public Administration graduate student and breast cancer survivor, is worried about health care denial based on pre-existing conditions.

"The new bill omits the part where health insurance is guaranteed to those with preexisting conditions. It's not fair," said Carrillo.

"Those people need health

insurance the most. Not being guaranteed that insurance companies won't deny me because of pre-existing conditions worries me. Cancer was supposed to be the hard part, not finding affordable health insurance."

The newly drafted plan proposes a cap for the number of Medicaid recipients per state.

This means that the current income qualification will not be used to determine Medicaid eligibility.

This can leave many Americans without coverage.

Under the new healthcare bill, tax credits will be given to those who need assistance purchasing health insurance.

The bill also proposes to get rid of individual and employer penalties for not buying or providing healthcare by not enforcing the mandate.

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CAMPUS

Class project raises cyberbullying awareness

Social work students champion new assembly bill

By Heather Simmons
Copy Chief

A group of CSU Bakersfield graduate students is using a class project to spread the word about cyberbullying prevention.

Aarti Khambaita, Spencer Kirk, and Jasper Westerhoff became the Coalition of Social Workers against Cyberbullying after being assigned a project for their Advanced Policy course.

"What we were tasked to do was identify a social problem, find existing or incoming legislation about that issue, and advocate to ... the local, county, state and even federal level for the policy to pass and be implemented," Kirk said.

Their project is based on two recently introduced California bills. AB-2122 would determine who within a school district can expel students for cyberbullying, while AB-2536 would make all bullying legislation apply to cyber-sexual bullying.

Cyberbullying has existed for years, but defining and regulating it can be challenging.

"I think cyberbullying needs a more solid definition. It's a gray area," Khambaita said.

According to the group's website, cyberbullying is characterized by willfully and repeatedly harming someone through the use of technology.

The harm in some cases can be significant, and victims of repeated cyberbullying may experience decreased self-esteem, increased depression and anxiety or suicidal actions.

"I think that's an important reason why we picked this topic, as well: the severe consequences of cyberbullying," Westerhoff said.

So far, the group has created a website containing definitions of cyberbullying, links to the state bills, resources for victims of cyberbullying and a page for testimonials of cyberbullying experiences.

The group also manages a Facebook page called "Social Workers against Cyberbullying," and has created a Change.org petition to show support of anti-bullying legislation.

They have reached out to the CSUB community through fli-

ers and emails, and have visited K-12 principals and administrators to raise awareness.

"We reached out to school districts all over California, so we're not just focusing on Kern County. We're focusing on California as a whole," Khambaita said.

The coalition has received some recognition for its efforts. The group members were recently interviewed by KGET Channel 17 News, and their petition was shared on the Facebook page of the National Association of Social Work's Sacramento chapter.

The members of the coalition plan to continue their advocacy as social workers even after the class project ends.

According to Westerhoff, other students should take advantage of projects and subjects that interest them.

"If you have a good project or a good topic to discuss as a student here at the university, you can definitely get it out there," Westerhoff said.

The coalition is focusing on the cyberbullying experiences of children and teenagers,

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but college students are not immune to this problem.

According to a 2016 article on psychiatrictimes.com by Ellen Selkie and Megan Moreno, common cyberbullying tactics of college students include "electronic criticisms of identity, sexual harassment, and 'outing'

of private information such as sexual orientation or health diagnoses without consent."

Students who experience cyberbullying are encouraged to archive offensive posts or messages, tell someone trustworthy, such as a friend, family member or counselor,

and report persistent bullying to law enforcement.

The CSUB Counseling Center is free to enrolled students, and the website for the Coalition of Social Workers against Cyberbullying is <https://swagainstcyberbul.wixsite.com/social-workadvocacy>.

HEALTH

Essential test-taking tips

By Gustavo Reveles
Reporter

Midterm week is finally behind us.

While many students feel accomplished with their test performance, and others are content and satisfied, some students are still finding it difficult to perform, even after studying for hours.

Achieving one's educational and professional goals generally depends on academic performance. The experience of anxiety before a test, along with poor preparedness, not to mention being emotionally drained,

creates a problematic and recurring theme for students.

According to researcher David J. Burns of Xavier University, higher test anxiety appeared to be related to lower test performance.

Additionally, anxious individuals were more likely to self-criticize their test performance and experience worry interfering with their test performance.

Anxious individuals were three times more likely to drop out of college. However, test anxiety is just one factor that can contribute to test performance. Not every college

student has the same schedule and lifestyle.

Some students are parents with a much stricter schedules who may not have the luxury of extra study time.

Other students work part-time and partake in school activities and clubs that may take time away from essential study time.

CSUB student Jackie Medina said that the most challenging tasks are timed exams, which involve "trying to figure out the answers as quickly as you can," Medina said.

Test performance can be hindered by the amount of time a student has to take a test,

especially with classes being shorter in the semester.

CSUB student Ivonn Medina said knowing what content to study is the most challenging, because most of the test subjects in study guides are broad.

Medina usually reviews and rewrites her notes as one of her test-taking strategies.

In the world of college academia with its vast studies and majors, not all tests are structured the same.

However, there are still essential test-taking tips that can be utilized by all students for future tests.

6 Test-Taking Tips for Students

1. Find a study partner: Find classmates who score high on tests, and learn their study habits. Sometimes others see problems in different ways that you didn't think about. You can make your own study group, too.

2. Study environment: Pick the right place and time to study. People function differently. Just like some are early birds and night owls, there are also people who study better in the morning or later in the day. Pick the time of day you're most focused.

3. Plan study days: Make sure you pick a day to study and conform to it. Picking a day gives you a responsibility, and it assures you have study time set apart.

4. Study in parts: Pick the content you'll study for a specific day. This allows you to focus on parts rather than chunks, which allows you to dedicate more time on material.

5. Review and rewrite: Don't just review your notes. Rewrite them if necessary. Try to review your notes on the day of your class. Dedicate at least twenty minutes each class day. This will save you study time in the future and discourage you from cramming.

6. Sleep and eat healthy food: Make sure you get enough sleep. It doesn't matter how great of a test-taker you are. It's far more difficult to study and retain information if you don't have proper rest and nutrition.

and those that have committed to us from Mississippi and Tennessee," Costeloe wrote in an email.

With the ban causing problems with both future travel and future recruitment, the athletics department will continue to seek out athletes from these states, using non-state funding for their travels.

"We don't feel it is right to deny a student-athlete an opportunity to receive a scholarship due to the political landscape in which he/she does not have control over," Costeloe wrote in an email.

Other CSUB students also feel that the ban is unfair to those relying on state funds.

For accounting major Anahit Hairabedian, she doesn't agree with the anti-LGBTQ laws, but says these states have the right to have the laws, and their views should be respected. Hairabedian went on to say that this law could conjure up interstate conflict.

"It would be the north and south all over again," said Hairabedian.

Economics major Adrian Perez shared similar thoughts, and had not heard of the California law earlier.

"California has a huge influence, and this will have an impact, but whether it'll be a good one, I don't know," said Perez.

THE RUNNER

editorial staff

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

Telephone: 661-654-2165

Email: therunner.online@gmail.com

therunneronline.com

ADVISER
Jennifer Burger
jburger1@csub.edu

EDITOR-IN-CHIEF
Christopher Mateo

BUSINESS MANAGER
Megan Oliver

NEWS EDITOR
Julie Mana-Ay

FEATURES EDITOR
Devon Halsell

OPINIONS EDITOR
Anthony Jauregui

SPORTS EDITOR
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PHOTO EDITOR
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MULTIMEDIA EDITOR
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SOCIAL MEDIA MANAGER
Allison Lechman

COPY CHIEF
Heather Simmons

WEB EDITOR
Roxana Flores

ASSISTANT NEWS EDITOR
Emily Amparan

LETTERS TO THE EDITOR

Send letters to therunner.online@gmail.com. All letters must be signed and verified and be no more than 300 words in length. Letters may be edited for clarity and length.

ABOUT

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POLICY

Staff, faculty reminded of no children policy at CSUB

By Sonia Lemus
Reporter

CSU Bakersfield faculty and staff received an email in February reminding them that they should not bring their children to the workplace during working hours.

Kellie Garcia, Associate Vice President of Human Resources and Administrative Services, said this policy has been in existence for at least 25 years, though to some staff members, the policy was a new implementation.

"This is not a new policy. I just re-date it and send it every several years," said Garcia.

The reissuing of this policy was due to an incident in the Doré Theatre when a staff member's child was hurt.

CSUB has liability insurance that covers incidents involving staff and students on campus. "The University does not carry liability coverage for unauthorized individuals on campus," according to the policy.

To decrease the possibility of an incident happening on campus, staff members are asked to not bring their children with them to the workplace.

According to Garcia, not allowing children in the workplace also allows for a more productive work environment.

According to Garcia, this does not mean faculty and staff members cannot bring their children into the university indefinitely. She said that children are welcome to events on campus where the staff member is not working, such as graduation.

The Children's Center, located on the west side of campus across the street from the old dorms, is also available for staff. They are currently working on a nursing station that will allow them to care for children as little as six months.

They care for children as old as five years of age. Their hours of operation are from 6:45

a.m. to 6 p.m. Monday through Friday.

"The Children's Center currently serves 70 percent students' children, 20 percent staff and 10 percent community," said Children's Center Director Gladys Garcia-Jara.

A staff member, however, cannot use the Children's Center as emergency childcare.

"There is a registration process which is the same for everybody," said Garcia-Jara. "The Children's Center is not a drop-off care facility."

The prices staff members pay vary depending on how often they bring their children to the Children's Center.

Chris Cruz-Boone, who has worked at CSUB since 2006, was surprised by CSUB's policy for children in the workplace.

"There has not been a semester when I have not brought my children to school with me," said Cruz-Boone.

Both of Cruz-Boone's children went to the Children's Center when they were the appropriate age.

"I would bring my children to school early with me, have them in my office, then I would take them to the Children's Center," said Cruz-Boone.

"I have come at night and in the weekend. This requires I

bring them to be more accessible to my students," said Cruz-Boone, whose office contains toys and a filing cabinet covered with her children's drawings and notes.

"I love that I turn around and there are messages from my children all around me," said Cruz-Boone.

"Having toys in my office makes the room more welcoming for students who also bring their children with them to campus," Cruz-Boone said.

The policy can be found on the CSUB Human Resources page under HR policies and procedures.

U.S. POLICY

GOP changing health care

See POLICY, Page 1

The penalty for businesses or individuals for violating the mandate of having or providing insurance would be zero.

Critics of the GOP healthcare draft are worried that the bill cuts Medicaid and insurance subsidies.

"New GOP plan would leave 24 million more [people] without health insurance," reads an analysis from the nonpartisan Congressional Budget Office.

"The government's going to pay for it... it's going to be a private plan, and people are going to be able to go out and negotiate great plans with lots of different competition with lots of competitors with great

companies and they can have their doctors, they can have plans, they can have everything," Trump said in "60 Minutes."

Jacky Ortiz, a student of Children, Adolescent and Family Studies, said she's skeptical about the newly proposed plan.

"I'm worried that my parents won't have insurance. They receive Medical, and if the new insurance bill passes, there will be caps placed that may take their coverage away. I have insurance through the school and my employer, but I am worried that my employer will choose to not offer insurance to me later," Ortiz said.

CAMPUS

Runner Nights comes back this spring

See WALE, Page 1

Wale's music does have some explicit content. However, according to Poole, the tickets sold to the students will have a disclaimer stating that the concert might have adult content, and students will have to make a choice to attend the concert.

Because the Runner Nights will be held in the Icardo Center, it will be an enclosed environment, therefore whoever attends the concert will have to actively make the decision to attend, and the adult content the concert might offer will not offend anyone outside of the Icardo Center.

"Rappers don't always have the best message, but we have to [take into] consideration that we're all adults and should be treated as adults,"



Karina Diaz/The Runner

said Avala.

Students should expect food items and other vendors to attend the event. However, Campus Programming is not going to focus on bringing a plethora of vendors and games so as not

to distract students from the concert.

Wale is expected to perform for an hour. His performance is due to start at 11 p.m.

The openers for the concerts will perform around 10 p.m.

Runner Nights will open its doors at 9 p.m.

Tickets will be sold for \$10 for students, faculty and staff. Guests will not be allowed to attend the Runner Nights.

What's Happening Around Campus

MARCH/APRIL

22 Trauma & Healing:
Dhada's Art 6-8 p.m.
Walter Stiern Library

23 Talk Better Together
11:30 a.m.-1 p.m.
Stockdale Rm Front

Coversation Cafe: French
12-1 p.m. Ablin Room

24 CERC Candidate
Alan Fuchs' Presentation
4 p.m. BDC 155B

NSME Dean Search:
Dr. Kathleen Madden
3 p.m. SCI III 117

Geology Seminar Series:
Dr. Wallace Kleck
12-1 p.m. SCI III 114

25 CSUB Fab Fest
10 a.m.-2 p.m. SCI III Lawn

26 Softbal vs. CSUN 1 & 3 p.m.
RR Softball Complex

27 Geology Seminar Series:
Dr. Beena Sukumara
3 p.m. SCI III 117

Women's Golf vs. CSUN Dual
Bakersfield Country Club

28 Geology Seminar Series:
Dr. Kris Slowinski
3 p.m. SCI III 117

29 Runner Nights Concert
Promo Day 12-1 p.m. SU Patio

BVB vs. Long Beach State
3 p.m. Barnes BVB Complex

30 CERC Candidate
Richard Schultz' Presentation
4 p.m. SCI III 104

Conversation Cafe: Spanish
12-1 p.m. Ablin Room

31 Softball vs. UMKC
2 p.m. RR Softball Complex

Baseball vs. UTRGV
6 p.m. Hardt Field

1 Softball vs. UMKC 1 & 3 p.m.
RR Softball Complex

Baseball vs. UTRGV
6 p.m. Hardt Field

2 Baseball vs. UTRGV
12 p.m. Hardt Field

4 CSUB Art Lecture Series:
Liliana Angulo Cortes
5 p.m. Visual Arts Bldg Rm 103

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ARTS



Anthony Jauregui (left) plays King Charles, alongside Warren Dakota Nash (center) who plays Pippin and Judd Johnson who plays Lewis in the musical.

'Pippin' set to premiere this weekend

By Devon Halsell
Features Editor

This spring CSU Bakersfield's Music and Theatre Department is putting on a production of "Pippin" at the Dore Theatre. The premise of "Pippin" is a young prince who wants to experience life and find love. Pippin (Warren Dakota Nash)

goes to fight in the war to prove his loyalty to his father, King Charles (The Runner opinions editor Anthony Jauregui).

The Leading Player (Paul Sosa) persuades Pippin to fight for the crown, so the prince kills his father and takes the throne. Pippin regrets his actions and begs the Leading Player to bring King Charles

back to life. The Leading Player grants the prince's wish.

Pippin falls in love with a widow, Catherine (Susannah Vera), who has a young son.

The prince has to choose between settling down or staying with the troupe of performers. The musical will be held from March 23 to the 25, the 31 and April 1 and 2. Tickets are \$12

for general admission, \$10 for seniors (60+)/CSUB faculty & staff and \$5 for students with identification.

The box office opens one hour prior to each performance. They accept cash and checks only; credit cards will not be accepted.

The box office phone number is (661) 654-3150.

ASI

Election deadline ends this Friday

By Emily Amparan
Assistant News Editor

The final day to file for a position in the Associated Student Inc. for the 2017-2018 school year are quickly arriving with the last day being March 24 at 11 a.m.

Many positions in the ASI office are up for the taking, including the seat of President, Executive Vice President, Directors of all the various schools on campus, and many other Director chairs of the board.

All potential candidates for ASI office must have an average GPA of 2.5 and not under academic probation. Candidates must also maintain a minimum of six units for all undergraduates and three units for graduate and credential students.

All those running must be enrolled and completed one semester of at least six units prior to filing to run for a position.

Candidates that have filed by the deadline will be required to attend a mandatory orientation on March 24 at 1 p.m. which will be held in the Multi-Purpose Room in the Student Union building.

Campaigning will commence immediately after the orientation for all candidates and their campaigning team may not begin until after the orientation.

All material posted for campaigning must be approved by Campus Programming and must adhere to the ASI Elections Code as to where it can be posted.

While there are many places candidates can post their posters or banners, there are places where these things cannot be placed such as bathrooms, trash cans, or doors of any type. Campaigning also cannot extend out into mailboxes or cars nor will door-to-door soliciting be allowed.

Messages on all candidates material must have their names on it and cannot resort to slandering or harassing of other candidates.

Any violations of these rules will be subject to disqualification from the election.

The date for all CSU Bakersfield students to cast their vote to elect their representatives for the upcoming school year will begin on April 5 at 8 a.m. to 11:59 p.m. on April 6.

HEALTH

Sleep deprivation affects CSUB student health

By Jennifer Ologue and Anthony Jauregui
The Runner Staff

With everything that goes on in a student's life, it can be hard to remember to get a good amount of sleep. The effects of sleep deprivation aren't often known to students.

Because students are constantly studying for exams, the forecast calls for endless nights of studying.

Unfortunately, college students don't get to have this luxury.

Tomorrow will be just another day during which most students

sacrifice their sleep for getting their work done.

Having been on staff since 2005, CSU Bakersfield's staff physician Dr. Christopher Gambrioli understands the side effects well, and has seen his share of sleep-deprived students.

"There is a variety of ways sleep deprivation can affect students. Fatigue is common. You'll also have changes in your mood, if it's prolonged, so you'll be more irritable. You can even sometimes see other things like depression. Certainly, you'll see impaired performances," said Dr. Gambrioli. Despite all of these effects,

some students still do not mind getting fewer hours of sleep.

Senior and geology major Mike Johnson said he doesn't sleep much since he commutes from Tehachapi to CSUB every day.

"I'm here [CSUB] 5 days a week, and I usually work weekends. I commute, so six hours of sleep is a good night," said Johnson.

Dr. Gambrioli said sleep depends on the person and the quality of sleep, as opposed to the number of hours a person would sleep.

"There are some people that might get by and feel comfortable with five or six hours of

sleep," he said.

One of the side effects of sleep deprivation is anxiety. Students may be feeling the symptoms of sleep deprivation without realizing that they are.

Freshman and undeclared major Maria Olvera says that the difference in her sleeping pattern has to do with all the things going on in school and all the new things she has to worry about.

"It's harder to fall asleep now. I notice changes in the way I sleep. Now I have more anxiety," said Olvera.

Dr. Gambrioli said sleep is a vital part of everyone's life, but is most important for college

students.

"If you don't get the required amount of sleep for you, it can lead to all these other issues," he said.

According to a study conducted by the Department of Psychology at the University of Turku in Finland, they stated, "working hours are constantly increasing for people along with an emphasis on active leisure."

Students in college face sleep restriction because they tend to stretch their capacity and compromise their nightly sleep, becoming chronically sleep deprived.

Though sleep deprivation

has negative effects, including performance impairment, some students think sleep deprivation enhances creativity.

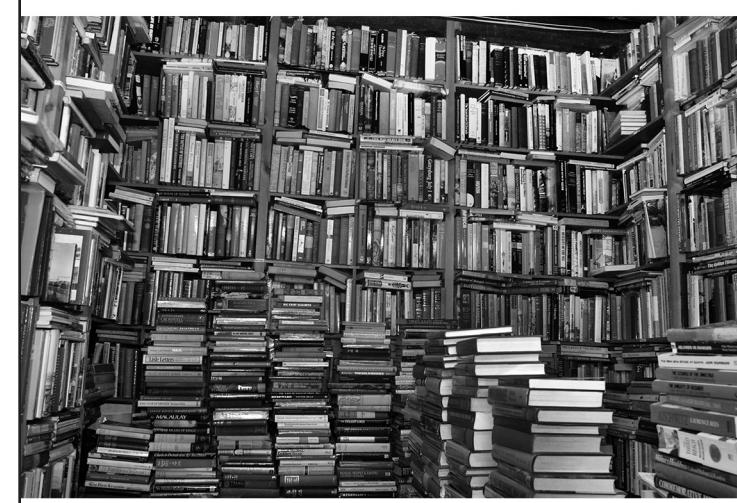
"Sleep deprivation kind of fuels my creativity, but I definitely like sleep," said Johnson.

Aside from the creativity enhancement, students like Sullivan internally create a wired feeling from lack of sleep.

"It's a lucid feeling. I feel like I'm not in my own body, and it's really weird for how clear things are, almost like I'm in a dream, but I don't really drink coffee or energy drinks to keep me awake," said junior and history major Austin Sullivan.

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DIVERSIONS

Local brewery gives behind-the-tap tours



Emily Amparan/The Runner

Temblo offers free tours where participants can cross beyond restriction lines to walk along the stills and hear their story.

By Emily Amparan
Assistant News Editor

For the last two years Temblor Brewing Company has been providing the Bakersfield community with entertainment, good beer and a social hangout.

Together, Don Bynum and Tom Maxwell co-founded the brewery after Bynum went on a life-changing trip to Belgium and Germany back in 2010. Since then, he wanted to join the craft brewing scene to bring the things he learned in Europe back to the states.

With the tastes he acquired from Europe and a beer science course he took at UC Davis, Bynum and Maxwell took the leap to start their journey in bringing Temblor Brewing to life. In addition, they had help from Derrick Miller and Tamara Dobbs, who helped them

take their next step.

"It has been a difficult journey, but our passion is as strong as ever," stated Dynam in an email. "A big key to our success is our Head Brewer Mike Lahti, who is fourteen years in the brewing business and took the leap to move to Bakersfield from Indiana."

Anyone is welcome to see this success firsthand with Temblor's weekly tours of their grounds.

Every Saturday at 1 p.m. and 3 p.m., Temblor offers free tours where they can cross back beyond restriction lines to walk along the stills and hear their story.

Both Bynum and Lahti are known to guide these tours themselves, happy to describe everything they know from the hops and barley they use all the way through to the canning

process.

Not only that, they allow a tasting of the brews that are currently in progress, showing and explaining how the yeast and boiling work to get the beers everyone loves.

Bynum stated when selecting the style and flavors of the beers they wish to make, they are all centered around what he learned and experienced in Europe and wanted to bring those styles to Bakersfield.

"At the end of the day, we are focused on the world of beer and all it has to offer," stated Bynum in an email.

After the tour, people can enjoy their brews and food. They have something that fits everyone's taste and preference. If someone is feeling more adventurous, they can try out any of their One-Hit-Wonders that are in constant rotation.

Temblo are currently being sold in one hundred different stores throughout Bakersfield and Kern County, and they only plan on getting bigger from here on out.

Bynum explains that the space they currently occupy is large enough to allow them to grow by installing additional tanks whenever they're ready to.

"We also want to continue to build up the arts and entertainment community in Bakersfield," stated Bynum in an email.

Temblo is also offering a home brew course through Bakersfield College as well as a monthly homebrew meeting at the Temblor location on Buck Owens Boulevard.

For more information, head to www.temblorbrewing.com or any of Temblor's social media pages.

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COLUMN

The Naked Truth: Don't be hating on masturbating

By Becca Romo
Multimedia Editor

Masturbation is a pretty common thing in this day and age.

Now, not everyone does it, and not everyone admits to doing it, but for the majority of us, it is something you joke about with your friends and use to arouse your partner.

Masturbation is an amazing way to explore your body and experiment with yourself.

You find out what feels good for you and what turns you off. There are multiple ways to masturbate and help yourself reach climax.

For women, the more traditional way is rubbing your clitoris or fingering, but lately, sex toys have become normal for people.

"I've used a vibrator before, but I honestly prefer using my fingers," said Maricela, 19 (her name has been changed to protect the source's identity).

She says she always uses her fingers to rub her clitoris to help herself climax, and hardly ever inserts her fingers.

According to the National Survey of Sexual Health and Behavior, recent findings show that 92 percent of men between the ages of 20- to 24-years-old say they masturbate.

Greg Gomez, 21, said he lays down, searches for porn on his phone and gets to business.

"Sometimes I'll think about a girl I like and masturbate while thinking about her," said Gomez.

Masturbation has plenty of physical and mental health benefits.

You'd be surprised by the number of calories you burn from masturbation alone.

It is better to masturbate than sleep around.

I know it's not the same, but it will definitely keep you free

of any sexually transmitted diseases and heartbreaks.

According to an article in the Archives of Sexual Behavior, masturbation helps you build and maintain happy and healthy relationships.

Your brain releases several hormones including dopamine. Women's brains release endorphins.

"Research on self-stimulation has revealed that, if anything, people who masturbate tend to have better physical and psychological health," stated Justin J. Lehmler, PhD in Social Psychology and creator of "Sex & Psychology."

Personally, I feel as if my day is a lot better if I start it off by self-pleasure.

It relieves stress and provides me with the energy I need to take on the rest of my day.

Gomez said masturbating doesn't necessarily give him more self-esteem. "Sometimes it becomes addictive," said Gomez.

The stigma of masturbation for

women is much more arduous. A lot of people believe that women don't do it, and it's not a normality as much as it is for men.

Men are more likely to masturbate and talk about it than women, according to a study published by the Austin Institute for the Study of Family and Culture.

Although it's more common for men to do it, that doesn't mean that women don't do it at all.

It is speculated that men are more comfortable talking about masturbation and are comfortable with their genitalia because they see it more often women do.

Masturbation shouldn't be a taboo topic for people. It's a completely normal thing to do and openly talk about.

All we have to do is let the good times come.

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Student Leader Hall of Fame: Sunday, April 16, 2017 by 11:59 p.m.

RUNNER ON THE STREET

By Jonathan Hess/ Photos by Trevante Hammonds

This week The Runner asked, "What is your opinion on 'Beauty and the Beast' having a gay character?"

Francisco De La
Pena
19
Business



"I don't really think it matters too much about anything because it doesn't affect the movie or take away from it in any way."

Amanda Acosta
20
Biochemistry



"People are banning it because two men are kissing yet they don't have a problem with a young lady kissing a beast."

Juan Acevedo
20
Accounting



"To me it really doesn't matter because the characters being gay doesn't define who they are."

Karina Castro
19
Liberal Studies



"I feel it is a children's movie but it's mainly aimed for a more adult audience. Plus it was very subtle I doubt kids even noticed it."

STAFF EDITORIAL

UPD lacks transparency

When disaster strikes or humanity is put in danger, it is rational to look for answers from those who are meant to protect us.

This is true even at CSU Bakersfield.

There have been many instances where we as the editorial board of The Runner newspaper have felt that the authorities on campus have not responded to our questions.

The University Police Department needs to communicate in a faster and more efficient manner for the sake of student safety.

We want transparency from the department.

UPD has not always been cooperative with disseminating information on incidents affecting campus safety.

In many instances, we have been given little to no information due to the fact the officers responding to the scene of an incident are not allowed to give out any kind of information.

The most frustrating aspect of writing any kind of story that involves UPD is that it will take us weeks to get any kind of response from the department.

Any kind of information given by UPD has to come from Chief of Police Marty Williamson directly.

If information is to be shared, we appreciate it coming from the highest authority of that organization.

However, to even be able to talk to the chief, we first must contact Director of Public Affairs and Communications Michael Lukens.

Lukens is in charge of mediating between UPD and every media outlet.

This process is too slow, and it is inefficient when time is of the essence, for example, when writing a breaking news story or trying to inform students with immediate information.

In one instance, The Runner was investigating an unlawful

touching incident that happened near the library.

However, because we could not talk to Williamson or anyone to confirm exactly what happened, we ran the story incorrectly referring to it as sexual harassment, because that is what it seemed.

Now, we could have checked the Clery Report to see how this incident was defined, but the fact of the matter is, they preach transparency.

However, giving out information one week after an incident is not transparent enough to inform our campus community.

Had there been a more efficient way to talk to the authorities, the newspaper would have known what to call the incident.

We respect UPD's need to investigate each case and report it thoroughly, but there needs to be a faster way to provide some information, even if it's just brief details of what they have gathered at the moment.

REVIEW



Universal Pictures

Racial tension comes to light in 'Get Out'

By Marizza Espinosa
Reporter

If you've ever dated anyone, you know that the hardest part is meeting your in-laws, and that's just the case in Jordan Peele's film "Get Out."

It's no secret that "Get Out" has gotten attention for the fact that Peele became the first black writer-director to make \$100 million from his debut feature. Peele's horror-satire film cost just \$4 million to produce, yet took in \$33.3 million on its opening weekend, and those numbers continue to rise.

That is a big accomplishment on its own, but Peele also managed to call white people out on their racist thoughts and words in a humorous and real way. "Cultural appropriation shifts from 'problematic' to 'horrible' in writer-director Jordan Peele's sharp take on the scary world of stuff white people like," according to Rotten Tomatoes critic Matthew Lickona from the San Diego Reader.

The movie begins with a young black male (Keith Stanfield) talking on the phone while walking in the suburbs. A car passes him, then slowly turns around and begins to follow him.

The street is empty and quiet, so right off the bat, you know something is off. The situation escalates quickly, and it makes the suburbs out to be anything

but safe, especially for black men.

And it's not ironic that this opening looks a lot like the Trayvon Martin case with a young black man walking around minding his own business, only to be suspected to be up to no good by a white man.

In the movie, this scene is subtle yet powerful because of the innocence of a black man walking and being targeted by a stranger in a vehicle.

As for the protagonists, Chris Washington (Daniel Kaluuya) and his girlfriend, Rose Armitage (Allison Williams), were preparing to go and meet her parents for the first time. One red flag that instantly struck was that Rose had not told her parents that Chris was black.

The racial tension continues to grow with the interracial couple traveling to visit Rose's white family, who lives in the backwoods of upstate New York in a plantation-style home with black groundskeepers, but this is all just the beginning.

Throughout the movie, Rose's father, Dean Armitage (Bradley Whitford), announces that they will be hosting a bingo game.

Their game of bingo had the same structure as a slave auction, not only because how they used the bingo cards as their markers to "cast their bids," but because there was a framed photo of Chris as the "auctioned slave."

Another scene that pointed out racism is when Rose's family had Chris tied up. This showed him pulling apart the couch and picking the cotton stuffing from it. The cotton stuffing was a reference to racism in the South.

And if that wasn't obvious enough, another scene shows Rose in her room eating cereal and a glass of milk separately.

It's probably safe to say that this means that you don't mix colors with white, but that on its own is weird. Who eats cereal and milk separately at the same time?

"Get Out has its surface scars, but it's what's lingering beneath that's most frightening: the sense that no matter where you turn, no matter how many people claim they're on your side...they're out to get you," wrote Will Leitch from The New Republic.

This film is, at its essence, a thriller with a couple of jump scares, ominous sounds and gunshots, but Peele's vision to inadvertently pander to the racist epidemic in this world was an important theme throughout the film.

If you haven't seen "Get Out" yet, you should, and you'll begin to understand the social media references and be even more afraid of being in an interracial relationship.

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WATER POLO



Junior utility player Cassandra Ream drives past an Arizona State defender in a game at Hillman Aquatic Center on Saturday, March 18.



Sophomore driver Ruby Versfeld winds up for a shot as an Arizona State defender attempts to block her shot in a game at Hillman Aquatic Center on Saturday, March 18. The Roadrunners were defeated by the Sun Devils, 16-8.

CSUB goes 1-2 in weekend games

Roadrunners drop games against ranked opponents

By Esteban Ramirez
Senior Staff Writer

The number 22-ranked CSU Bakersfield water polo team went 1-2 this past weekend at Hillman Aquatic Center.

The Roadrunners (12-12, 0-4 Mountain Pacific Sports Federation) fell to No. 6 Arizona State University 16-8 and No. 11 Princeton University 7-3, but earned a win against CSU East Bay, 9-5.

CSUB started off its weekend

with a matchup against the Arizona State Sun Devils Saturday, March 18.

The Roadrunners were going back-and-forth with the Sun Devils, keeping it all tied through the first period at 4-4. However, ASU took the commanding lead in the second and third periods. The Sun Devils outscored the Roadrunners during that time 10-3 to give ASU a 14-7 lead.

ASU outscored CSUB 2-1 in the final period to give the Sun

Devils the 16-8 win.

"We were fantastic offensively early on against ASU," said CSUB coach Jason Gall to gorunners.com. "We had some fundamental defensive breakdowns, which led to their run. We have to do a better job on defense, but we are going in the right direction."

CSUB was led by redshirt-senior driver Nicola Barrett and junior driver Ashley Paz, who both finished with three goals. On the same day, the Road-

runners took down the CSU East Bay Pioneers thanks to a big second period. CSUB was clinging to a 3-2 lead after one quarter, then the Roadrunners shutout the Pioneers in the second and added another three goals on their way to a 9-5 win.

"We made the adjustments, and the defense was strong in the first three quarters against East Bay," Gall said to gorunners.com. "A lot of our kids that usually don't get a chance to play were able to show that

they are ready to take the next step."

On Sunday, March 19, CSUB squared off against Princeton. The Tigers beat the Roadrunners behind 18 saves from their goalkeeper Ashleigh Johnson.

Despite Johnson's strong performance, CSUB stayed in the game, only down 4-1 at halftime. Then, two CSUB players were ejected in the third period, which led to two more goals for Princeton.

"We had plenty of opportuni-

ties and had 10 6-on-5 chances, but we were tentative with our shooting and forced some things on offense and not taking what they were giving us," said Gall to gorunners.com.

Senior goalkeeper Courtney Wahlstrom finished with 12 saves for the Roadrunners. CSUB also had 12 steals and forced 18 Princeton turnovers.

CSUB is scheduled to play at second-ranked Stanford University Saturday, March 25 at 1 p.m.



CONGRATULATIONS

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JAYLIN AIRINGTON

DEDRICK BASILE

MATT SMITH

MOATAZ ALY

SHON BRIGGS

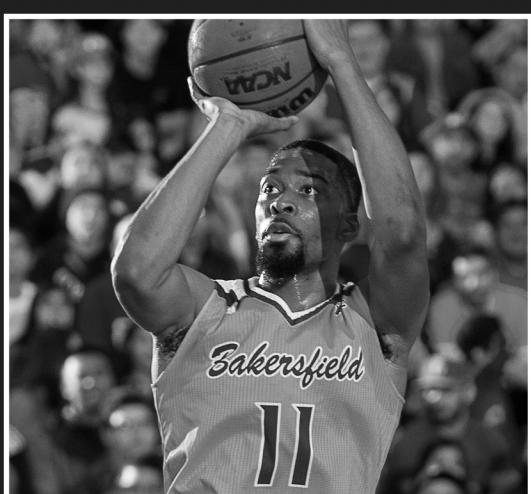
FIRST TEAM ALL-WAC, ALL-DEFENSIVE TEAM

SECOND TEAM ALL-WAC

SECOND TEAM ALL-WAC, ALL-DEFENSIVE TEAM

ALL-DEFENSIVE TEAM, ALL-NEWCOMER TEAM

ALL-NEWCOMER TEAM



WOMEN'S BASKETBALL

JAZMYNE BARTEE

SECOND TEAM ALL-WAC, ALL-DEFENSIVE TEAM, ALL-NEWCOMER TEAM

AJA WILLIAMS

SECOND TEAM ALL-WAC, ALL-DEFENSIVE TEAM, ALL-NEWCOMER TEAM

ALL-NEWCOMER TEAM

WRESTLING

LORENZO DE LA RIVA

COLEMAN HAMMOND

SEAN NICKELL

RUSSELL ROHLFING

MATT WILLIAMS

NCAA QUALIFIER (165-POUND)

NCAA QUALIFIER (149-POUND)

NCAA QUALIFIER (125-POUND)

NCAA QUALIFIER (141-POUND)

NCAA QUALIFIER (197-POUND)



MADNESS AND MATNESS

MEN'S BASKETBALL



Photo courtesy of Javon Harris/The Collegian at Colorado State University

The CSUB bench celebrates during its second round victory over Colorado State University in Fort Collins, Colorado. The Roadrunners will now face the University of Texas at Arlington in the National Invitation Tournament quarterfinals.

CSUB advances to quarterfinals

By Peter Castillo
Sports Editor

The CSU Bakersfield men's basketball team is now one win away from heading to Madison Square Garden.

The eighth-seeded Roadrunners rolled past the fourth-seeded Colorado State University Rams 81-63 in the second round of the National Invitation Tournament.

For the second consecutive game, the Roadrunners (24-9) were hot from three-point range in the first half. CSUB shot 10 of 13 from deep before the intermission.

After CSUB jumped out to 13-2 lead, Colorado State (24-12) pulled within a point to trail 18-17 with 10:32 left in the first half. The Roadrunners went on a 34-15 flurry thanks to a three-point barrage to close out the half.

CSUB led Colorado State 52-32 at the half.

"We're just locked in right now, not wanting this to be the end," said redshirt-senior forward Jaylin Airington. "We're just looking forward to getting to the Mecca."

Airington led the charge in the first half, scoring 14 of his team-high 19 points and dished out 3 assists. He also added 3 steals.

The bench played a huge role in helping the Roadrunners extend the lead that they built. Junior forward Shon Briggs had a strong performance off the bench for the second consecutive game as he contributed with 15 points, 6 rebounds and 5 assists.

Redshirt-sophomore guard Damiyne Durham added 12 points on 4 of 5 shooting from three-point range off the bench.

"Our team is a very deep team," said senior guard Dedrick Basile. "We are a very tough team to beat when they get it going."

Basile poured in 17 points and added 4 assists in the win.

However, just like in the first-round win against California, CSUB got into foul trouble early.

Redshirt-senior forward Matt Smith picked up two early fouls and was forced to sit.

Junior forward James Suber filled in and scored his first points since Dec. 3. Suber finished with 2 points and 6 rebounds in 13 minutes off the bench.

The Roadrunners were able to fend off any potential comeback attempts from the Rams by limiting them to only 23 percent shooting from three-point range.

"The last two games have shown this group can be a special group," said CSUB coach Rod Barnes to gorunners.com. "I have been telling them our defense is good enough to play against anyone in the country. Our guys are playing with a lot

of enthusiasm. We're a pretty tough out for people and we're excited to be moving on."

A triple with 9:43 remaining by Airington gave CSUB a 64-43 lead to put the game out of reach.

Redshirt-junior guard and Boulder, Colorado native Brent Wrapp registered 8 points and 6 rebounds in a homecoming game.

The Roadrunners will now head to Texas to take on University of Texas Arlington tonight at 6 p.m. on ESPNU in the NIT quarterfinals.

The winner of this game will then move on to New York City for the NIT semifinals.

"It would mean everything to us [playing in MSG]," Basile said. "It's what we are fighting for. I believe in this team and everything we do. We are just going to keep fighting hard every day and keep working to get there. We just got to lock in for the next 40 minutes."

the consolation bracket against Oklahoma junior Davion Jeffries 10-6 to keep him alive.

On day two, Hammond faced redshirt-junior Andrew Crone from the University of Wisconsin. Crone would record a four-point near fall and reversal to give him a 6-3 win and end Hammond's season.

In the 125-pound division, CSUB redshirt-sophomore Sean Nickell was not able to get past the first day. In his first match Nickell matched up against Ohio University sophomore Shakur Laney. Laney defeated Nickell 10-6 to send Nickell to the consolation bracket.

On the first day, CSUB senior Matt Williams won his first match against Utah Valley University redshirt-freshman Tanner Ordorff in the 197-pound preliminary bracket. Williams' win sent him to the main bracket where he faced fourth seed redshirt-junior Jared Haught of Virginia Tech University.

Haught

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consolation

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Williams

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13th

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Bucknell

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CSUB redshirt-freshman

Russell Rohlfs

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Smith

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redshirt-junior

Ronnie

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CSUB.

Redshirt-freshman

Lorenzo

De La Riva

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He

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