

Illustration by Alex Torres

Runner Cafe returns to its roots

New food court replaces buffet

By Sam Underwood
Editor-in-Chief

The Runner Café is undergoing a major overhaul for the start of the 2019 Fall semester. Last year the café changed to a buffet style restaurant that was not very popular among the student body. This year, under the direction of a new food service director, the café will be returning to a more restaurant style venue where students can buy what they want, rather than paying for an entire buffet and have a dining area to relax and enjoy.

Owen Smith is the new food service director of the Runner Café. Smith came to CSU Bakersfield three months ago from Arizona State University. Since then, the café has undergone major changes to better serve the campus. The café will be returning to an all retail system rather than the buffet system.

One of the problems with the buffet style last year was that students who didn't want to purchase a buffet meal couldn't use the dining room to sit with friends, study, or just hang out. The retail system will stop students from being excluded from the dining room.

"The new changes will reopen the dining room to anyone who wants to come in" explains Scott. "A group can sit in here and have a soda, or nothing at all, while one friend has a bite to eat."

Another big change to the café will be the quality of food. Smith explains that the café will be moving towards more quality restaurant style food.

"For example, the burger station is upgrading their burgers from a quick fast-food style quarter pound patty to a

1/3-pound patty with a dinner roll style bun" says Smith.

Smith is also bringing in Bento Sushi to replace the sandwich corner, but it will not be ready for the first day of school.

"The sushi station will take a few months to get everything approved through the health department" says Smith.

The pizza station will now serve individual pizzas made to order. The burger station and the pizza station will use pagers to notify customers when their food is ready. The soup and salad bar will still be available with two different sizes to choose from. Breakfast time will see the addition of breakfast burritos during the week and an omelet station on the weekends.

Smith is also in the process of finding a

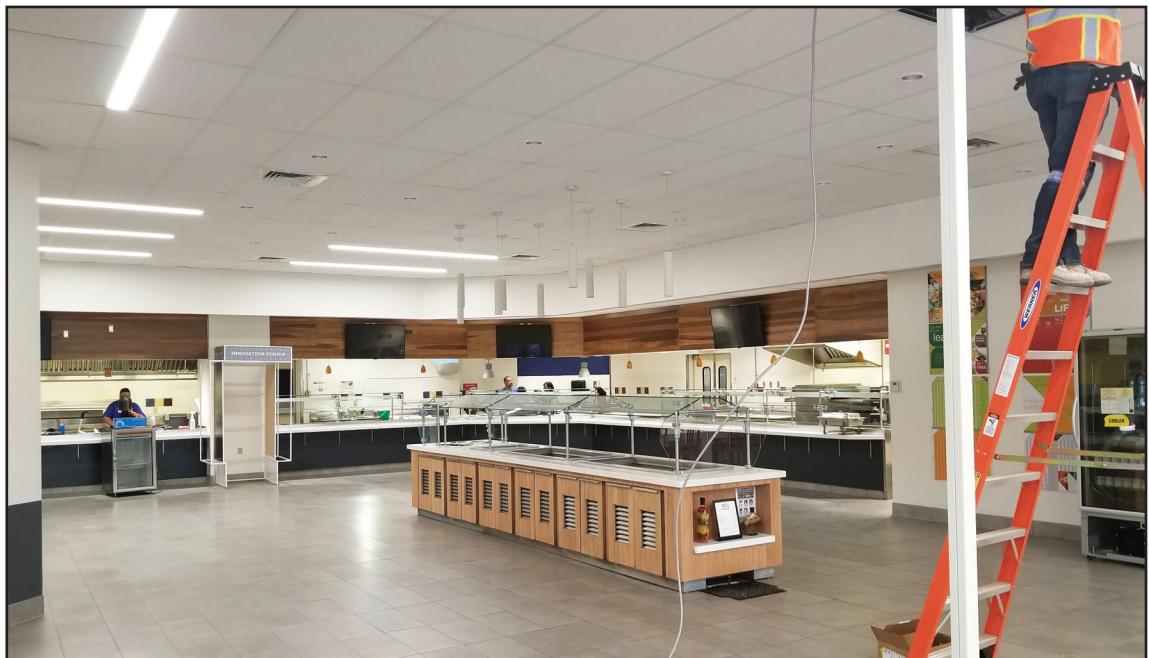
chef to run the Chef's station that offers a rotating menu of home-style foods.

All these new additions will be served on plates and a la carte boxes that are more compostable and environmentally friendly.

"The compostable plates will take some time to find the best fit as some material doesn't hold up to heat well. It's a work in progress" says Smith.

The student meal plans will work more like a prepaid account now that will be based on a declining balance of what they purchase instead of the meal blocks that were with the old plan. Resident plans are \$2,142, while \$99 plans can be purchased by off-campus students and faculty.

Customers with a meal plan will receive a 10% discount.



Workers get the Runner Cafe ready for the first day of school.

Sam Underwood/The Runner

BACK TO SCHOOL

August 26, 2019

The Runner

2

editorial staff

Volume 45, Issue 1

THE RUNNER
California State University,
Bakersfield
9001 Stockdale Hwy.
Bakersfield, CA 93311-1099
661-654-2165
runner@csub.edu

ADVISER
Jennifer Burger
jburger1@csub.edu

EDITOR-IN-CHIEF
Sam Underwood
sunderwood6@csub.edu

PHOTO EDITOR
Sergio Hernandez
shernandez94@csub.edu

PODCAST EDITOR
Eric Dean
e dean@csub.edu

DESIGN DIRECTOR
Alex Torres
atorres33@csub.edu

ARTIST
Marsah Musaad
mmusaad1@csub.edu

LETTERS TO THE EDITOR

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

ABOUT US

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

DISCLAIMERS

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

COPYRIGHT

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

Campus adds bus parking, temporary BC classrooms

By Marsah Musaad

Reporter

One of the main parking entrances near the flagpoles has undergone a few noticeable changes. The entrance at Don Hart Drive West and Stockdale Highway was closed for a short period while construction was progressing. The repairs now include six new bus parking infrastructures located on Don Hart Drive West. Phase I of the GET Bus repair has been completed. Phase II, which includes additional bus shelters, is waiting for approval before construction begins.

Restrooms in the Performing Arts building have undergone renovations as well in order to meet ADA (Americans with Disabilities Act) compliance. The building itself is projected to future renovations. This project is estimated at 6 million dollars and is waiting for further funding.

The vacant area off of South West Road and Camino Media is allocated for a new three-story University Office Center, which will begin construction sometime in March. However, in the meantime, temporary classrooms for Bakersfield College have been built. These classrooms will be in use by community students in mid-October.

A new building, Extended Education and Global Outreach (EEGO), for the engineering department is in the pre-planning stage. It will include 17 engineering labs, new classrooms, and auditoriums. The building will be built on the grass area between Science III and the Health center and is expected to cost around 80 million dollars. Funding and planning progressions will continue for the next two years.

Campus building official, Hasit Panchal, has stated, "New construction projects may take anywhere from six months to a year to complete." Although projects

are still in progress, some of the construction that started this year have already been completed.

A couple of the chemistry labs have been remodeled including the stockroom lab in the Science I building and the organic chemistry lab in Science II room 261. The remodels provide updated stock and new equipment and offer more efficient and organized labs for students.

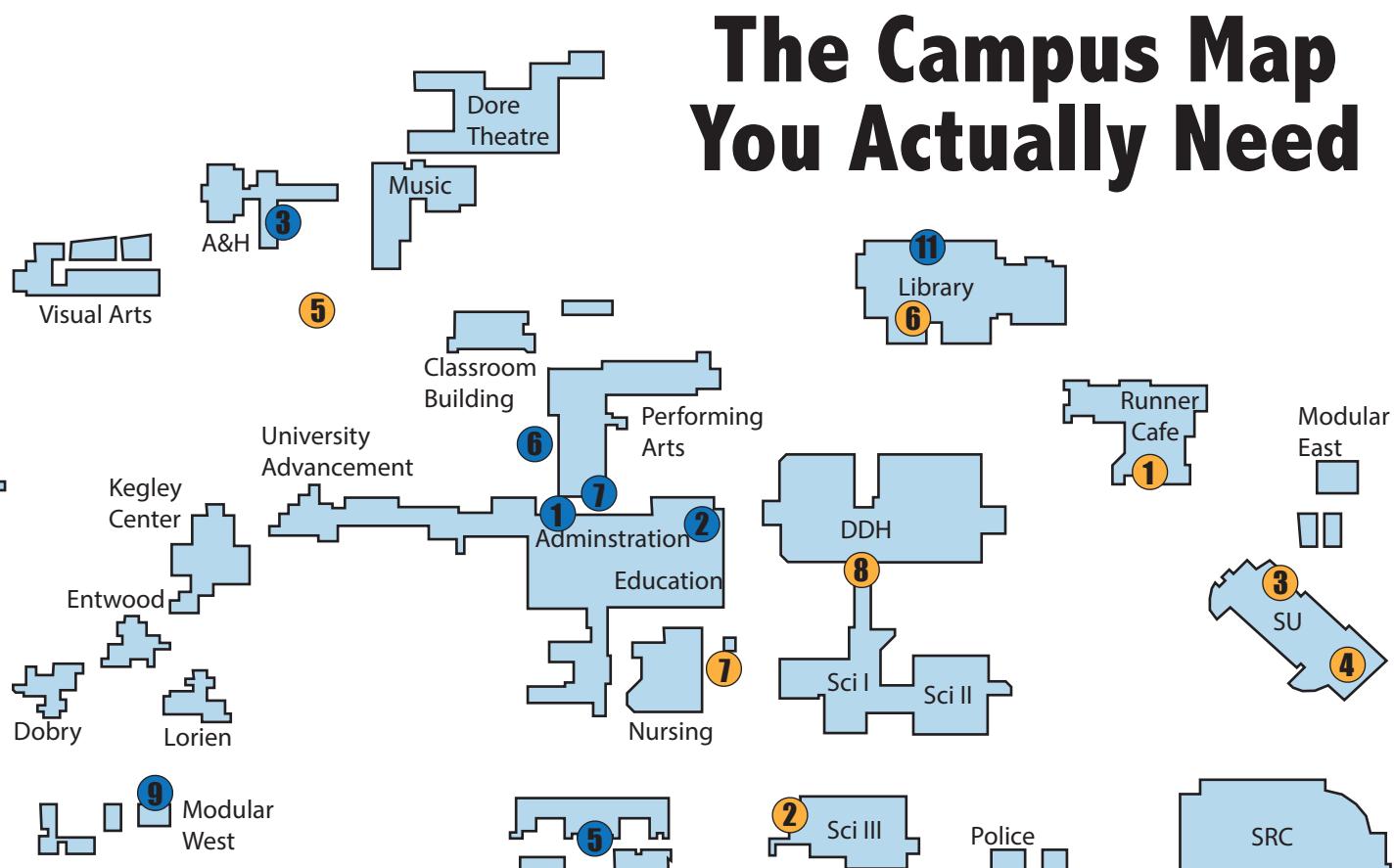
Another project that has been completed is the challenge course located outside the student recreation center. It is advertised as a challenge and team building program. A minimum of 8 participants are needed for the high ropes course. The cost for students is \$10 per person for a two and a half time slot.

In addition to new projects, upcoming construction to expect this year include roof and water-line repairs, construction in the turnaround outside the Icardo center, and ongoing maintenance.

The Campus Map You Actually Need

Need-to-Eat

1. Runner Café
2. Which Wich Sandwiches
3. Panda Express
4. Starbucks Coffee
5. Curbside Kitchen Food Truck
6. Walter's Coffee & Snack Bar
7. Runner Express
8. Vending Machines



Need-to-Know

1. Admissions and Records/Financial Aid
2. Social Sciences and Education (SSE) student center
3. Arts and Humanities (A&H) student center
4. Natural Sciences Mathematics and Engineering (NSME) student center
5. Business and Public Administration (BPA) student center
6. Writing Resource Center
7. Cashier's Office
8. Academic Advising & Resource Center (AARC)/ Graduate Student Center
9. Department of Outreach and Recruitment
10. Fabrication Laboratory
11. Computer Lab/Media Lab/24 Hour Room/ HelpDesk

Illustration by Marsah Musaad and Alex Torres

BACK TO SCHOOL

The Runner

August 26, 2019

3

OFF CAMPUS



TO BATTLE YOUR HANGRY

By Sam Underwood
Editor-in-Chief

CSU Bakersfield's campus has a variety of locations for breakfast, lunch, and dinner. Nevertheless, the same four or five places can get old after a time. When you are ready to head off campus and try out the off-campus dining options, you need to consider price, location, and the kind of diet these places have to offer. Below is a little bit of information on just a few of the many places that CSUB students like to enjoy off campus.

FLAME BROILER 8200 Stockdale Highway



Flame Broiler has a very nutritious menu that is affordable. The regular sized chicken bowl with a medium drink is less than \$10. Bowls can vary depending on your dietary choices. Vegan and low-carb diets will find ways to mix and match their bowlsto suit their needs. Flame Broiler has delicious food and is right across the street from campus.

BLAZE PIZZA 200 Coffee Road, A-102



Within easy walking distance, Blaze Pizza is across the corner of Coffee and Stockdale and is a great option for lunch. Build your own personal pizza for less than \$10 and pile on all the toppings you want. Add a drink and you can expect to have a decent meal for around \$12. Blaze has a cauliflower crust option opening up their menu for vegan, vegetarian, and carb conscious cuisine.

RAISING CANES CHICKEN FINGERS 3224 Coffee Road



Raising Cane's is a newer restaurant to the Bakersfield area. Having been here for less than a year it is a great low cost option for college students. Unfortunately there are not many menu options as Raising Cane's is restricted to chicken fingers and a few different sides. Although, chicken fingers is what they are good at, having moist and delicious chicken alongside a dipping sauce that is quite exquisite. The price can't be beat as their box combo costs just \$8.35 and includes 4 chicken fingers, Texas toast, fries, coleslaw, and a drink. A great meal at a great price for hungry students on a budget.

The hidden Helpdesk helps you

by Sam Underwood
Editor-in-Chief

Is your laptop running too slow? Having problems connecting to the campus Wi-Fi? Do you need the latest software? The IT Helpdesk's name says it all. Hidden away on the lower level of the Walter Siern Library is the IT Helpdesk that is designed to keep your technology up to date and up to speed so you can be successful at CSU Bakersfield.

College classes are relying more and more on technology as advancements in communication and classroom technology are being made faster than most students and faculty can keep up. The Help Desk plays a vital role in assisting students and faculty with training, maintenance, and up to date software in our high-speed lives.

The IT Helpdesk is operated by one full time supervisor and is staffed with students making a visit to the IT Helpdesk a more comfortable peer experience. Andrew Burt, a senior and computer science major at CSUB, is one such worker at the

IT Helpdesk that is ready to assist you any way he can.

Burt explains that students often come to the IT Helpdesk, "Mostly for Wi-Fi issues and special software for various classes, like SPSS for statistics classes."

The IT Helpdesk provides the following services.

Technical Support – Phone, email, service portal, and walk-ins.

Assistance with PC, phone, and tablet software.

Trouble shooting for W-Fi, email, and myCSUB.

Help with Canvas and Blackboard.

On the way to the IT Helpdesk, also in the lower level of the library, is the Media Production Lab that has professional software for video and graphic editing. Equipment to convert VHS, Hi8, and MiniDV tapes to digital formats. The Media Production Lab also has laminators, scanners, and high quality printers that

HUMMUS EXPRESS 8110 Rosedale Highway #B



Fresh, healthy, and delicious. Hummus Express has a selection of Mediterranean cuisine that is sure to tantalize the taste buds. A good selection of shawarma, kabobs, falafel, and other Greek style food provide a very healthy option to avoid that freshman fifteen.

Chic-fil-A 5260 Stockdale Highway



Chic-fil-A is a chain fast food restaurant well-known for its burger style chicken sandwiches. The dining area its self feels like a retro McDonalds when you first arrive, yet Chic-fil-A, unlike McDonalds, has very reasonable prices with combo meals averaging around \$8. There are not a lot of alternative diet options, yet there are some ways to eat healthier by choosing the grilled chicken or a salad, rather than the breaded chicken sandwich.

CHIPOTLE MEXICAN GRILL 10510 Stockdale Highway

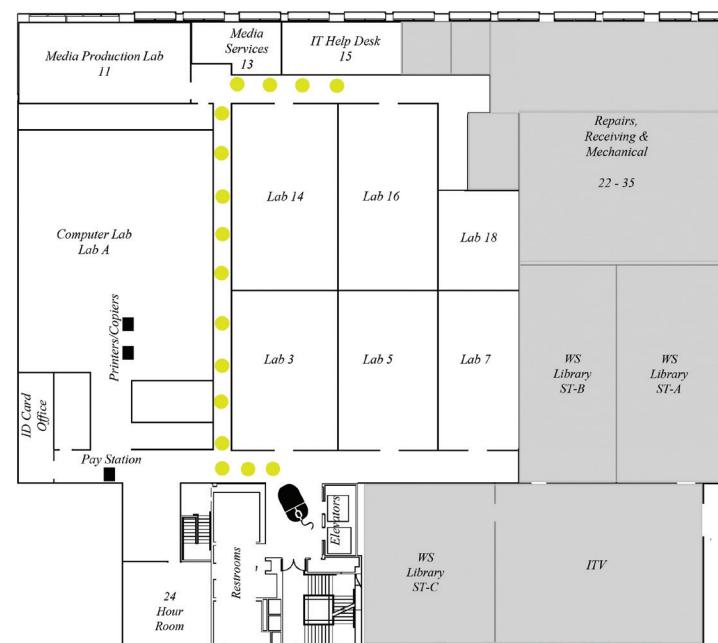


Chipotle is another build your own meal restaurant that provides very affordable prices that agree with a college budget. There are also vegan and vegetarian options as well as a salad bowl option for those students that are counting carbs. A meal and a drink will average less than \$10 as long as you avoid the guac.

LENGTHWISE 9000 Ming Avenue



Are you ready to unwind after a long week of studying? Treat yourself to a meal at Lengthwise in the Market Place just south of campus. Lengthwise offers a selection of amazing comfort foods including burgers, mac n cheese, chili, and fries. Many of their dishes are labeled "stinky" due to their topping of gorgonzola cheese sauce that provides a unique flavor. Most of their dishes are priced between \$10 and \$15. However, if you add some of their local brewed IPAs, ales, and sours your meal could get pricy. The atmosphere and décor is dominated with CSUB memorabilia, uniforms, and old photos. Keep on the lookout for specials for CSUB students. Remember, if you choose to indulge in the selection of beer then always drink responsibly and make sure you have a ride home.



Source CSUB.edu/ Illustration by Sam Underwood

can print up to 42 inches wide.

Besides the IT Helpdesk, new students should also be aware of some of the technological resources available to them for free or at a discount.

Microsoft Office, including Word, Excel, PowerPoint, and OneDrive, is available for free to all CSUB students. The Adobe Creative Cloud Suite is available

for a nominal fee of \$20 per year. These software deals can be accessed through csub.onthehub.com or by visiting the IT Helpdesk.

Finally, if you don't have any equipment to take down to the IT Helpdesk, laptops and tablets are free to check out at the library desk on the main floor.

BACK TO SCHOOL

The Runner

April 24, 2019

4



5 things to do at the SRC

by Sam Underwood
Editor-in-Chief

Sam Underwood/The Runner

Senior Dianna Roseburr works out just before the beginning of the Fall semester.

The Student Recreation Center (SRC), located on the east side of campus, just south of the Student Union, is a resource free to use by CSU Bakersfield students. If you are interested in fun activities, getting in better shape, health and fitness, or if you just want to learn some Yoga, then you

should definitely check out the SRC. Here are five great things that you can do at the SRC.

1 Rock Climbing - A pretty dominant feature as soon as you enter the SRC is the rock climbing boulders. This obstacle presents more than just the traditional wall

most commonly seen at gyms. Rock climbing at the SRC includes many different shaped boulders that present a multitude of challenges and climbing experiences. Rock climbing is a great work out and a lot of fun. There is a special couple's climb challenge every year on

Valentine's day that presents a whole other level of challenges for partners to test themselves.

2 Group X Classes – Group X classes are fitness classes taught by other CSUB students to help you with your fitness goals.

Madeline Duran, a 4th year nursing student and student worker at the SRC, said "Group X classes are a good opportunity to work with an instructor."

The classes range from yoga, Zumba, kickboxing, cycling, weight training, and many more depending on what interests you. A schedule of the classes is available at the SRC or on the CSUB website.

3 Working out – The SRC is a full feature gym with nautilus and non-nautilus weight lifting options. If weights are not your favorite workout, the SRC also has many machines such as cycles, treadmills,

and ellipticals. Dianne Roseburr, a senior and psychology major, explained that during the summer she visited the SRC simply to work out 4-5 times a day, and "at least three times a week" while school is in session to keep up with her fitness goals.

Showers, lockers, and towels are available as well to freshen up after your workout before you head to class.

4 Outdoor adventures – Ready to get away from school and have some fun? Sign up for a trip away from the campus. Adventures include many activities such as hiking, kayaking, rock climbing, snowboarding, surfing, and much more. Some trips are overnight and weekend trips. Transportation and equipment is provided. The only downside is that the Outdoor Activities come with a small fee.

However, considering the activities available, the fee is worth the experience.

5 Challenge Program – The Challenge Program, also known as the *rope course*, is a set of obstacles that is designed to challenge a group to work together as a team as they complete physical obstacles. Like Outdoor Adventure, the Challenge Program costs a fee and has to be booked in advance. However, if a group were to split the fee it would be fairly inexpensive.

These are just a few of the things available at the SRC. Stop by to check out other great features like the indoor basketball courts or the indoor track. Whatever you enjoy, the SRC is a great place to get a good workout and focus on your mental, physical, and spiritual health.

WELCOME TO THE 2019 FALL SEMESTER!!!

FOR NEWS & EVENT INFORMATION

VISIT CSUBAH.A.COM

ARTS & HUMANITIES

SCHOOL OF MAJORS THAT MATTER

CALIFORNIA STATE UNIVERSITY, BAKERSFIELD

HAVE QUESTIONS? NEED HELP?
CALL OR EMAIL US!

661-654-2221 OR ARTS.HUMANITIES@CSUB.EDU



"Back to Stress"

So ya think you're ready for the new year?

Pshh, I was BORN ready.

I can't even remember what I was so stressed about...



Shudder

Nathaniel Torres/Contributor

BACK TO SCHOOL

The Runner

August 26, 2019

5

Don't risk a ticket – park with a permit

Sergio Hernandez
Reporter

Students commuting to California State University, Bakersfield need to be aware of parking regulations and transportation options if they want to make it through the semester, on time while avoiding a \$30 fine.

It's no secret parking at CSUB is expensive and at times, inconvenient. A \$93 parking permit for each semester is reason enough for students to test their luck and park on campus without a permit. Lot C is the popular go-to parking place. It resides right off Stockdale Hwy near the Library, DDH, and Classroom Building. With it being the nearest parking space, it tends to get crowded and filled quick.

Third-year student, Mayra Fuentes says she wishes CSUB provided more accessible parking if she's to pay the \$93 parking permit. She shared her concerns regarding parking off campus describing it "risky". "I have parked off campus for about two weeks so I could see how it was and so I could save money. But the only thing was I had to go earlier to have enough time to walk and get to class on time. It wasn't al-



Sergio Hernandez/The Runner

ways convenient because sometimes I was not able to get to school early". Mayra is not in agreement with the parking permit price point and congested parking lots, but she still advises student to purchase a parking permit and avoid getting fined.

Fine prices vary on the parking viola-

tions being committed. No valid parking permit is a \$30 fine and can go up in price if it is not paid on time.

The lot near Finish Line, on the north side of Stockdale Hwy, is free and accessible to students who cannot afford or simply refuse to buy the parking permit

for CSUB. At the South end of campus, near Lengthwise Brewery, there is also free parking for students.

Sophomore student, Atziri Gonzalez Valdez, says parking can be better at CSUB but so far, she hasn't had trouble. "I honestly don't have trouble finding parking like others do. It gets hectic around 1PM and its almost impossible to park but I know that Lot I has many open spaces and its underrated so I know I can always park there."

Although the off-campus lots are at no cost, the distance of the lots can become problematic if students are running late or if the lot itself gets filled quickly since they are fairly small.

An alternative to students driving to school and struggling to find parking is taking the bus. CSUB offers a 31-day bus pass for \$21 and they also offer single-day passes for \$1.65. Information on bus routes can be found on the GetBus website. Students may purchase bus passes at the Cashier's office but most of the services offered at the cashier office can be purchased through students' MyCSUB portal.

Free stuff at week of welcome

By Sergio Hernandez
Reporter

Campus Programming at California State University, Bakersfield has a few things planned for the first week of school including the Week of Welcome Kick-Off. School will be back in session on Monday, August 26, 2019 and throughout the week, many organizations plan to host free events that will be having free food for students, staff and faculty.

Back-to-school in high school means shopping, trying not to miss the school bus and dreading the sound of the bell signaling the start of first period. In college, its completely different. Something to keep in mind for first-year incoming freshman is staying on a budget. CSUB and its organizations are making sure students receive the resources and accommodations

necessary for students to thrive, including free food and social events at little to no cost.

At the start of Fall Semester 2019, the Food Pantry will have a Pop-Up Produce Pantry from 10 a.m.-2 p.m. according to Joselito Flores, the Vice President of Campus Life. The Pop-Up Produce Pantry is located between Parking Lot M and the Student Union and takes place every Monday. According to their website, the Food Pantry is aimed at "increasing food security, reducing food waste and expanding nutritional offerings at CSUB." Students can also take advantage of the free coffee and donuts offered Monday morning on August 26 inside the Student Union.

On Tuesday, at the SU Patio, a Taco Tuesday event is being planned as well. While being unconfirmed, Joselito Flores mentioned that students should look out

for that. It's usually on a first come- first serve basis.

"I know that we will continue to have free popcorn every Wednesday here at the Student Union", said Kim Pantoja. Wednesdays will also consist of tabling, music and a nice hangout spot for students, according to Flores.

Friday, August 30, marks the end of Week of Welcome and Campus Programming will host the Runner Luau. In reference to the 25Live website, Domino's Pizza is being planned to be served for students in attendance of the event. The event does not have a confirmed location at the moment.

In addition to the events being hosted that include free food, there are more free resources students may take advantage of. There are a few websites on the myCSUB portal that give students access to low-cost

books and also free-digital books. Merlot is an Affordable Learning Solution created by the CSU system and is a free website. It gives students access to thousands of textbooks, learning materials and tools being used by instructors. The link to Merlot may be found in students' portals under "Find Textbooks". Students will then be sent to a different website and will need to click "Digital textbooks". After, they will click on "MERLOT Content Builder" and create a free account.

CSUB offers an array of options for students running on a tight budget. Students are able to access the 25Live website once they sign in, to stay updated on future events that CSUB offers ensuring students get a bang for their buck.

THE RUNNER
THE OFFICIAL STUDENT
NEWSPAPER OF CALIFORNIA STATE
UNIVERSITY, BAKERSFIELD

The Runner is an independent student news organization committed to exposing truth and promoting accountability while upholding professional journalistic integrity.

We engage with the community through print, digital and social media publications as the premier news outlet for the student body.

Follow us to stay up-to-date!

The Runner at CSUB

TheRunner_CSUB

Staff Member Positions:

- Reporter
- Editor
- Photographer
- Artist
- Sales & Ad Rep
- Marketing Rep
- Digital Archivist
- Multimedia
- Podcaster

Contact us:
9001 Stockdale Hwy,
Modular East III
The Runner Newsroom
Bakersfield,
California 93311
(661) 664 2165
Therunner.online@gmail.com

CSU BAKERSFIELD STUDENT UNION The hub of campus life at CSUB

Motivational Mondays - Free Donuts and Coffee 9:00 AM
We Poppin' Wednesdays - Free Popcorn All Day starting at 10:00 AM

Runner Bookstore, Panda Express and Starbucks

Rowdy's Place - Game Room, Billiards, Ping-Pong checkout
Student Lounge and Study Rooms

Student Involvement for Clubs, Campus Programming Events
and Associated Students Inc. Student Government offices

The SU and you!

California State University, Bakersfield
Student Union
Division of Student Affairs

SRC

STUDENT RECREATION CENTER

all you need is your
CSUB ID!

The membership you have at the SRC is included in your student fees!

COMING UP AT THE REC

AUGUST

MONDAY
26 **REC FEST**

5 pm to 7 pm | SRC

Kick off the new semester by learning the benefits of physical and mental health and learn what the SRC has to offer! Programs include Fitness, Intramural Sports, Outdoor Adventure, Rock Wall, Runner Ride, Wellness, and much more!

MONDAY
2 • **Labor Day Observed**
SRC Closed

TUESDAY
3 • **Group X and Highway to Health Starts**

9/3/19 - 12/10/19 | SRC

Group X is a great way to have fun while exercising! No prior experience necessary. We've got a class for everyone! All classes are free for SRC members and do not require pre-registration. Just show up ready to workout! Check out our website for more information.

• **Fitness Challenge Starts**

9/3/19 - 11/2/19 | SRC

Looking for motivation to achieve your health and fitness goals? Join the SRC's Fitness Challenge today and learn about our weekly challenges and win prizes!

• **Instructor Development Program - Intro and History**

4 pm to 5 pm | SRC Conference

ROOM Learn about our IDP program and discuss the rich history of outdoor recreation and education from its beginning through the development of CSUB's very own Outdoor Adventure Program, which began in 2014.

• **Intramural Sports Sign-Ups Start**

Intramural Sports Sign-Ups begin August 26th! Sign up on IMLeagues.com. Check out our website for more information about tournaments and leagues.

FRIDAY
30

• **RW: Crate Stacking Night**

5 pm to 7 pm | Rock Wall

Stop by the rock wall and test your crate stacking skills! Participants will stack milk crates to see who can get the highest before tipping over.

SEPTEMBER

WEDNESDAY • **RR: Bicycle Registration and Maintenance Day**

4 Ride : 11 am - 11:30 am
Safety Check: 11:30 am - 12:30pm

SRC Bike Patio

Join us at the Bike Patio (located next to the SRC) and take a tour of the bike paths on campus! Then register your personal bike with UPD on campus and receive a free U-lock. The SRC Runner Ride staff will provide free safety check-ups on your bike.

• **Women Rock: Mastering the Tower**

5 pm to 8 pm | Rock Wall
Bring your friends to the Rock and learn everything you need to know about our 35" climbing wall. Our staff will teach you how to climb the tower for the first time, what the tape means, and how to properly use the auto belays.

THURSDAY • **Fitness Orientation**

7 pm and 7:30 pm | SRC Fit Floor
New to the SRC or looking to increase your knowledge about our equipment? Join us for a 30-minute orientation to learn:
- Names and purposes of select machines
- How to adjust weights and settings on various equipment
- Basic form and function of exercises

• **RW: Belay Clinic**

9am to 10am | Rock Wall

Sign up for this free 1-hr clinic at the Rock Desk and learn the basics of control, the amount of rope a climber has, and the skills required to belay in our facility.

FRIDAY
6

• **OA: Montana del Oro Bluffs Hike and Beach Hangout**

Departs the SRC: ~ 8 am

Arrives at the SRC: ~ 6 pm

Pricing: S: \$20 M: \$25

Hike the beautiful trails that overlook the Bluffs at Montana del Oro, and then soak up the sun and enjoy a picnic lunch down by the beach where there are beautiful tide pools to explore. Transportation and lunch are provided for this trip.

SATURDAY
7

• **OA: Montana del Oro Bluffs Hike and Beach Hangout**

Departs the SRC: ~ 8 am

Arrives at the SRC: ~ 6 pm

Pricing: S: \$20 M: \$25

Hike the beautiful trails that overlook the Bluffs at Montana del Oro, and then soak up the sun and enjoy a picnic lunch down by the beach where there are beautiful tide pools to explore. Transportation and lunch are provided for this trip.

*IDP: Instructor Development Program | IM: Intramural Sports | OA: Outdoor Adventures
(S: Student | M: Member | NM: Non-Member) | RW: Rock Wall | WW: Wellness Workshop | RR: Runner Ride

NEW THIS YEAR AT THE REC

open play days

CHALLENGE COURSE

9/13/19 from 3-7pm | 10/11/19 from 3-7pm | 11/8/19 time TBD
The Challenge Program will be offering monthly "Open Play Days", for those interested in trying the challenge course. If you're new to campus or this is your last year, this will allow you to meet new people, build relationships, and tackle some fun challenges along the way.

Space is limited | Sign-up at the SRC Front Desk | SRC Member Price: \$20

FLOAT THE KERN
EPIDAYS

9/20/19 from 9:30am-4pm
10/11/19 from 9:30am-4pm
11/8/19 from 9:30am-4pm

Relax on one of our tubes and soak up the sun while floating down a calm section of the Kern River with the Outdoor Adventures Team. This is a great way to cool down while enjoying the beautiful scenery that the Kern has to offer. You must be able to swim to attend this trip.

Student \$10 | Member \$15 | Lunch and transportation are provided for this trip.

FITNESS CHALLENGE

Tuesday, September 3rd - Saturday, November 2nd

Looking for motivation to achieve your health and fitness goals? Join the SRC's Fitness Challenge today and learn about our weekly challenges and win prizes!

Register during RecFest and throughout the week at the SRC front desk.

INDOOR TRIATHLON

November 14th from 4-9pm | Registration starts at 3pm (Day of) | Sierra Studio
This Indoor Triathlon contains heats lasting 60 minutes, with heats running every 30 minutes. Winners and honorable mentions will be announced for the greatest distances traveled in men's and women's divisions, as well as for each individual event.

Sign up on IMLeagues.com

FREE
ALL LEVELS ARE
WELCOME!

eSPORTS

September 13th - November 15th

Want to claim the title of Mario Kart or Super Smash Bros champion on campus? Participate and play your way to the top with the SRC! Registration starts August 26th and is ongoing throughout the semester. Tournaments are the second Friday of each month for Super Smash Bros and third Friday of each month for Mario Kart.

Sign up on IMLeagues.com

FOLLOW US ON  **/csubsrc TO STAY CONNECTED!**

BACK TO SCHOOL

The Runner

April 24, 2019

7

CSUB: Continuing to lower their carbon footprint

by Eric Dean
Podcast Editor

CSUB has worked to reduce its carbon footprint since 2007, when former President Horace Mitchell signed the American College and University Presidents Climate Commitment. Recycling on campus has improved throughout the years and the university has teamed up with a non-profit organization to not only collect more recyclables but also create job training for members in the community.

Bakersfield ARC, also known as BARC, is a non-profit organization that helps people with developmental and physical disabilities find job opportunities in the community. With the recycling division being a large part of the BARC program, their partnership with CSUB helps provide larger amount of recycled goods that are taken back to their facility where they are sorted and shipped off.

In the past month, BARC collected about 1,900 pounds of recycled goods from CSUB's campus. Totaling at 1,894 pounds, this break down was between cans, glass, paper, cardboard, residual, and plastics with the number one.

With cardboard leading over the other as being the most recycled with 58%, paper was next in place with 21%.

Students place recycled goods in containers around the campus. Andres Lopez, Recycling Division Manager of BARC confirms there are about, “100 containers, give or take one or two, that we provided for you guys.” These goods will then be recycled opposed to being taken to the landfill.

In the past year, the university's production on recyclables varied between 5,000 and 10,000 pounds. With June being the lowest at 5,270 pounds and October being the highest month at 9,707 pounds. The total amount of pounds is divided into two separate categories.

Two separate categories. Cardboard being one category, and every other recyclable being in the other. Cardboard was most collected each month other than summer time, June, July, and August, where the other recycled goods took the lead.

In order for the weight to be calculated, BARC weighs their trucks before and after picking up from

the campus. The non-profit only sorts the recycled goods and then ship them off to California Paper Products, where cardboard is then clean and remade into newer cardboard. CSUB foots a bill for their recyclables being picked up, which isn't covered by the money made from recycling, only reduced. According to Jennifer Sanchez, Sustainability Coordinator at CSUB, "It never covers the full bill, but it covers some of the

bill so that we can recycle on campus.” Sanchez shows pride in working with BARC. The campus can find a cheaper company to pick up their recyclables, “but because we’re participating in this non-profit, we don’t want to renegotiate, we want to support.”

Sanchez notices more student engagement in campus beautification, including the students who put together an event for BARC to come to the campus and showcase the work that is being done between the campus and non-profit.

CSUB participates in a nationwide event known as Recyclemania. It's a competition among campus' in hopes to recycle more goods. This competition urges students to participate by recycling on campus, in hopes to be awarded. The contest recently ended, and the university recycled 7,830 pounds of corrugated cardboard. This did not place the university very high on the roster, with some schools averaging over 100,00 pounds recycled.

On average, CSUB recycles, “about 4 tons a month, which is equivalent to 10.5 cars being taken off the road.” Lopez said. The campus is continuing to reduce its carbon footprint

by lowering the emissions that are contaminating the environment.

The campus also chose to become a smoke free campus as of September 1, 2017. The elimination of smoke includes anything cigarette or E-cigarette related, which is the use of cigarettes, pipes, cigars, and other “smoke” emanating products, such as, vapor devices, and other like products. The new change was and is currently being promoted by banners that

say, “healthy body, healthy mind, breathe freely”.

Student, Fred Mitchell, feels that the involvement between both the campus and the non-profit is working towards bettering the community. “Being heavily involved with recycling in the past few months, I’ve seen some benefits to the campus and community” Mitchell said.

BARC does not recycle plastics numbers three through seven, where as if a student chose to override

a container with those numbers, the container will be sent to land fill. It takes approximately 40,000 tons a cart to be considered recyclable. Styrofoam is recyclable but with it weighing so little, it's hard to focus on recycling Styrofoam.

CSUB and BARC urges students to recycle as much as possible, not only will it benefit the campus and community, but it will also help to reduce the campus' carbon footprint.

CSUB

Week of Welcome

FALL 2019

Monday, 08/26

Pop-Up Produce Pantry

9am-2pm | Food Pantry

Stop by & pick up fresh produce from your local farms.

Motivational Mondays

9-11am | SU Lobby

Enjoy free coffee and donuts!

Week of Welcome Kickoff

12pm | SU Patio

Learn about the events we have & grab free lunch!

REC FEST

5-7pm | SRC

Come learn about the SRC and its resources! All you need is your Student ID!

Tuesday, 08/27

Taco Tuesday

11:30am | SU Patio

Join your ASI Student Body Representatives for free tacos.

Transfer T-Shirt Swap

11:30am-1pm | SU Patio

Donate your previous school t-shirt & receive a new CSUB t-shirt to show your 'Runner Pride!

Transfer Social

5-7pm | SU MPR

Transfer students stop by and connect with other students, staff, & faculty. Have your questions answered, and enjoy refreshments and prize giveaways.

Wednesday, 08/28

We Poppin' Wednesdays

All day | SU Lobby

Free popcorn to get you through the day.

Wellness Wednesday

9am | SU Lobby

Make your own parfait & learn about the different wellness resources CSUB has to offer!

Runner Hour

11:30am-12:30pm | SU Patio

Enjoy a small break in your day with a live DJ and games!

Thursday, 08/29

Campus Clean Up

12-1pm | SU Patio

Come join fellow students, faculty, & staff to clean up our campus.

Wish Upon a Tree

1-3pm | Alumni Park Koi Pond

Cool down at the wishing tree for an opportunity to write down your hopes for the semester & enjoy free sno-cones.

Next Con

3-5pm | SU MPR

Learn about how to be an officer for a campus club.

Women's Soccer vs UC Riverside

7pm | Main Soccer Field

Friday, 08/30

Snack Shack

All Day around Campus

Learn about upcoming events and stock up on free snacks & prizes!

Crate Stacking Night

5-7pm | SRC Rock Wall

Stop by the SRC to test your balance at the first crate stacking event of the year!

Runner Luau

6-9pm | Stockdale Court

Celebrate the end to Week of Welcome with fellow students, free food & activities!

*Students Only, ID Required

#FindAFriendFriday

POST A PICTURE WITH YOUR BEST FRIEND & ADD THE HASHTAG FOR A CHANCE TO WIN A PARKING PASS!

Destination Greeks!

VISIT THE SU PATIO FROM MON-THURS BETWEEN 10AM-2PM FOR MORE INFO ON GREEK LIFE AT CSUB!

FOR MORE EVENTS AND ANNOUNCEMENTS, GO TO
WWW.CSUB.EDU/CAMPUSPROGRAMMING

HAVE QUESTIONS?

661-654-3091

CAMPUSPROG@CSUB.EDU

STUDENT UNION 138

CAMPUS PROGRAMMING

CSU Bakersfield

Division of Student Affairs

FOLLOW US ON SOCIAL MEDIA!

@CSUBPROGRAMMING

	<i>Recycling</i>	<i>Cardboard</i>
<i>January</i>	4377	4490
<i>February</i>	3636	4330
<i>March</i>	3872	3910
<i>April</i>	3872	3910
<i>May</i>	4364	4600
<i>June</i>	3629	1640
<i>July</i>	4615	4490
<i>August</i>	6532	243
<i>September</i>	3049	5349
<i>October</i>	3282	6242
<i>November</i>	2311	4860
<i>December</i>	2232	2960

Listed weights in pounds

WINTER IS COMING

Get ahead of the pack
and graduate sooner.

Winter Session offers online, hybrid, and face-to-face classes to fit any schedule. Don't miss this opportunity to get a jump on spring!

JANUARY 2-17 | WINTER
SESSION 2020



CSU Bakersfield
Extended Education

FOR MORE INFORMATION:

WWW.CSUB.EDU/WINTERSESSION

(661) 654-2441 • EXTENSIONPROGRAMS@CSUB.EDU