

THE RUNNER

California State University, Bakersfield

Vol. 41, No. 13



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THE FOOD ISSUE

Students hunger for better options

By Lindsay Costa
Reporter

Many students at CSU Bakersfield are only eating the food available on campus due to their schedules, the packed parking lots, or they are living on campus.

Some students worry about whether the food on campus is good for their health and their wallets.

"I live in the dorms, so there isn't much choice other than campus dining," said Isabela Padilla, a CSUB student who was eating in the cafe.

"The sandwiches are pretty good. It's a lot of fast food. When you're living on it every day, it's not that great a choice," said Padilla. "The sandwiches are pretty healthy and filling."

"I think they're a little overpriced, but I understand why. I wish there were more healthy options. There's really only sandwiches and salads that are healthy for lunch."

Erika Torres said that she normally does not eat on campus in order to save money, but when she does she has the pizza or the pasta.

"I don't know about healthy, but it tastes good to me," said Torres. "I'll eat it. It is more inconvenient because of the lines in (The Runner Café), so it's



CSUB students Helen Padilla and Roxana Muñoz having a conversation while eating at the Runner Café.

Karina Diaz/The Runner

more convenient for me to have my own lunch that way I don't have to come in with the crowd and can eat wherever I want."

Other students call for more options to choose from on campus.

"I think it's OK," said student Alex Palos. "I mean, they should have more better options available. I don't think it's too healthy, but I think they should be able to make more sandwiches."

"They should have maybe a buffet style of food and have more options available."

Some students who are unable to leave campus during their breaks have no other options but to eat on campus.

"I commute from Porterville, so it's pretty hard," said Pamela Ramos. "So I try not to leave my parking spot so I do eat on campus. It's decent."

"It might be a little bit overpriced, I think. I know I can get cheaper food off campus, but it's OK. I think we should have more options here. I think they should provide more actual restaurant brands."

"I don't think the food is bad, but I think they can do better. Sushi is different and salad is good, but basically everything else is fattening, especially Rowdy's. I've been there once and I didn't like that place."

CSUB student Michael Baez said that the food here is limited.

"If you come here every day and you eat here normally it seems like it is too limited. I think there should be more variety. It is filling and has reasonable prices, and depending on your choices, it's healthy. I just like the Stromboli."

Benigno Mojica said that when he has no other alternative for food, he eats the food on campus.

It is convenient, but he said it is less quality.

"It's pretty average compared to off campus alternatives," Mojica said. "They took out the variety since Aramark pretty much has direct control. I came here in fall of 2010 and they

had a lot more options.

"I know Wahoo's was a big one and they pretty much closed it down and turned it into the Roost and then the Rowdy's now. It's what's here now. We have the option not to buy, but if we're hungry, we're hungry. We lost the options."

Mojica said that a couple quarters ago when they had the unlimited soup salad bar and they had the dining commons as well, they took that out from the old housing complex.

"We lost a resource there. It needs more variety," he said. "My intent was to never insult any staff in general. They're trying their best."

See DIET, Page 3

Kitchen closed after 5

By David Kimble
Reporter

On campus at CSU Bakersfield, the Runner Café is a prime spot for students to grab lunch.

However, students with night classes may not be able to get a meal since the Runner Café's hours end at 5 p.m.

After 5 p.m., the Runner Café becomes open primarily for students with a meal plan who live on campus, and is a buffet rather than a meal vendor serving students.

"The Runner Café closes so early [and] people with night classes are stuck going to the vending machine, choosing snacks that aren't as healthy as real food," said junior Maraia Tfao, a child, adolescent and family studies (CAFS) major. Students who do not live on campus may not be able to grab a quick snack, like a candy bar, or an easy meal, like a packaged sandwich or sushi, because of the cafe's hours.

Most students are unaware that the cafe is only open for students with a meal plan after 5 p.m., and are surprised to find that they must pay before they can enter the cafe.

"I used to be able to grab sushi in between or after classes but now the wait time is almost the exact time gap I had to eat my lunch," said junior CAFS major Giovanna Silva.

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FACULTY

CFA announces five-day strike in 'Fight for Five'

By Patricia Rocha
News Editor

The California Faculty Association has announced the union will strike on April 13 to 15, 18 and 19: five days to represent their "Fight for Five" negotiation campaign with the CSU chancellor's office. The chancellor has offered a 2 percent raise but the CFA is adamant on receiving 5 percent, a number they feel better represents the rise in cost of living expenses and the rate of

inflation.

For CSU Bakersfield, the dates fall at the end of the third and beginning of the fourth week of the spring quarter and for the campuses on the semester system, the 12th and 13th week. The negotiations are currently in the fact-finding stage, but CFA members are using this time to prepare.

Southern California Lecturer Representative for the CFA Board of Directors Chris Cruz-Boone said the days were chosen carefully, as they must

wait 10 days after the fact-finding report goes public.

"Legally, it is the soonest we can walk out," Cruz-Boone said.

For teachers participating in the strike, they cannot engage in any work-related activities such as teaching classes, reading or responding to email, grading or attending office hours or meetings. Though there is a possibility negotiations could resolve before the April dates, the proposed strike efforts would involve all

23 CSU campuses and be the "largest strike in the history of higher education," according to a CFA press release.

"There's never been a strike of this scale in our country," said Cruz-Boone. "We would make history."

The chancellor's office responded to the strike dates announcement with a statement on their Labor Negotiations Updates page.

"The CSU remains committed to reaching a solution...If a strike occurs, campuses intend

to remain open. Many classes will be offered, and students should check with their instructors regarding the status of their classes," it read.

Cruz-Boone, however, said the job of the picketers will be to block entrances to campuses, halting any food delivery and there is no way to estimate how much the disruption will cost the CSU, though she said, "it is going to be substantial."

Future and previous CFA coverage can be found in The Runner archives online.

"There's never been a strike of this scale in our country."

Chris Cruz-Boone, Southern California lecturer representative for the CFA board of directors

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ASI

Board discusses parking fee increase

By Esteban Ramirez
Editor-in-Chief

University Police Chief Marty Williamson visited the ASI board of directors during its weekly meeting on Friday to inform the board of a possible \$51 increase in annual parking fees when CSU Bakersfield converts to semesters next school year.

According to Williamson, the suggestion is to bring CSUB's rate to the same as Fresno State, which is at \$93 per semester and would be \$186 for the year.

Williamson said after talks with Vice President of Business and Administrative Services Thom Davis, they recognized there is a need for quality parking in the near future. However, Williamson said that CSUB does not have enough money in the parking fund to be able to build what the needs are.

"We cannot use general fund

money to maintain or build parking lots," Williamson said during the meeting. "It's against the law, so the only money we can use is that which is raised by parking fees."

He said that it is estimated between \$2,000 and \$3,000 per space when someone decides to build a parking lot.

"We need to consider raising our parking fees in order to build additional lots," he said.

Therefore, passes for fall and spring semesters would be raised from \$67.50 (\$135 for the year) to \$93 and he said that passes for summer or the winter sessions would be around \$50 to \$60.

"When you go buy your permit for the new semesters, that is when it will be in effect," said Williamson. "Then we would make a decision what lot to build and how many to build probably in September."

If CSUB raises its fees, it still would be in the bottom-three of

CSUs for parking fees.

He added that they feel the next parking lot needs to be on the north end of campus. One possible location would be just to the west of lot A, which is by the Doré Theatre, and the other would be by lots K1 and K2, which are between the new residence halls and campus.

According to Williamson, if they add on to K1 and K2, there is only enough room for 350 spaces, but there is more space available by lot A.

A new parking area next to lot A would also be completed a lot sooner than next to the K lots. Williamson said that the infrastructure is already there and if they make a decision by September, it could be done by August 2017.

On the other hand, if they decide on the area near the K lots, that could take 11 to 18 months.

Director of Sustainability Oscar Alvarez said that it is

important that everyone is onboard with the increase.

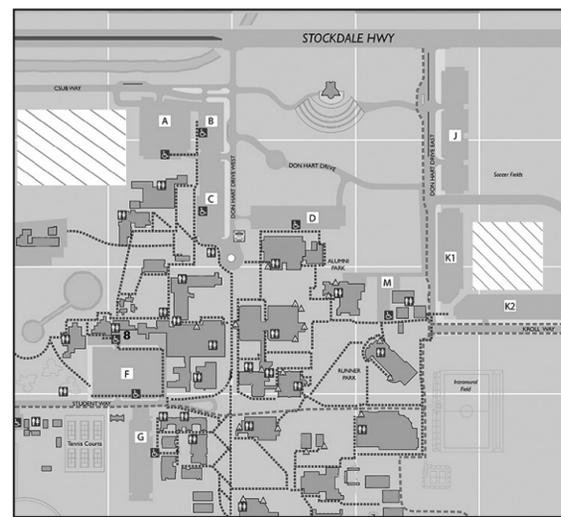
"It's instrumental for students to know where the fees are going or when is the rebuilding going to start," Alvarez said.

Williamson said they are taking a wait-and-see approach on how many spaces will be made until they see how many they need.

ASI Executive Vice President Jennifer Sanchez said that she is not in favor of the increase.

"If we need more parking, then I would be in favor of that if students of course voice their opinions," Sanchez said. "This next week I'm going to keep an open mind and talk to students, get student opinions and see what the real attitude is on campus."

The ASI board said that they will discuss in next week's meeting whether they agree or disagree with raising the fees as well as adding staff and faculty designated parking.



Areas in white show the proposed new parking lot locations, which would need to be paid for through increased fees.

ASI also inducted a new member to the board. The new director of housing is freshman Aliyah Lakes.

There were no other campus

issues reported during the meeting.

ASI meets every Friday from 3:15 to 5 p.m. in the ITV Studio Center C.

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EDUCATION

PEAK makes changes to curriculum

By Esteban Ramirez and
Garrett Willis
The Runner Staff

With many changes occurring at CSU Bakersfield for the quarter to semester conversion, this gave the physical education and kinesiology department the opportunity to change as well. Starting this fall PEAK will become simply the kinesiology department.

"Our physical education part of our enrollment has declined," said Kris Grappendorf, the department chair for PEAK. "There is not as many students wanting to become physical education teachers, so we kind of went in line with the rest of the CSUs and decided to do just the department of kinesiology."

Last year, PEAK had 373 majors and had 68 students receive their degrees, which were both the highest in the past 10 years. According to Grappendorf, there are approximately 430 students majoring in PEAK. However, Grappendorf said that less than 10 percent of the majors were focused in physical education.

Grappendorf said that CSUB President Horace Mitchell proposed that converting into semesters was an opportunity to transform their curriculum. "When we met as a department and we looked at what our graduation rates were, the number of students we had and what students were interested in going into, we thought this was our chance to take that and really define it," she said. "Since we were getting more students that were interested in those allied health fields, we set up curriculum to allow them to do that. It was kind of a department-wide decision to do that."



Alejandra Flores/The Runner
Everett Pratt, 21, runs on a treadmill to test his aerobic fitness performance in a lab for the PEAK program.

In the fall, the degree will be a bachelor's of science in kinesiology with three concentrations: allied health, applied exercise science and physical activity leadership.

Applied health will be for students that are interested in physical therapy, occupational therapy, physician's assistant and athletic training. Applied exercise science, which will be a lot like the current program, has a more clinical, exercise testing and nutrition component to it. Physical activity leadership will be for students who are interested in teaching, and will branch out more to community-based programs so it will not be just isolated to public schools.

"They'll learn some about organization and management and looking at more diverse life-span population, so it won't just be a school-aged focus," said Grappendorf on the physical activity leadership concentration. "It'll be more from birth to elderly, so they

can still work in broader career fields to that."

The department was originally changed to PEAK in 2001 and before that it was just physical education.

"I think it broadens the elements in physical education and kinesiology," said CSUB PEAK major Dominic Olivo. "I think it's going to lean more toward the kinesiology portion, but more doors will be opened."

Steverson said that the changes come with benefits and consequences.

"I want to be a P.E. teacher, and so some of my classes I need will be taken out. I'm barely making it out in time," Steverson said. "This affects me because classes I would traditionally need are being taken out. I think they're basically redoing the path for being a P.E. teacher, so if I wasn't graduating on time, I would be screwed."

Associate PEAK professor Jeff Moffit said that they were

doing before was good, but he thinks these changes will be even better.

"Thirty years ago students only wanted to teach P.E.," said Moffit. "Now, from cardiac rehab to corporate fitness to sports performance enhancement to running a business where you have boot camps, there are so many things that are available to students that will help them get to that spot."

Moffit said they are also adapting to demand in the field. "The demand right now has really been less on the P.E. teaching side," he said. "I'm hoping that will change and that maybe we will build out P.E. as a fourth concentration, so right now we are just doing it differently."

Grappendorf said that they are excited for the changes.

"Our department has grown," she said. "We have two brand new faculty that are in their second year that have that kind of expertise in those areas, so I think we are excited."

THE RUNNER

Volume 41, Issue 13

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

LETTERS TO THE EDITOR

Send letters to 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.

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FOOD

Campus dining dilemmas addressed

[DIET, Page 1]

The Food Service Director David Hveem has been hearing the complaints from the students about the nutritional status and affordability of the food.

He said that he and his staff do everything in their power to provide healthy options for students during lunch with the set lunch menu at the café.

He said healthier options for dinner are available for students who live on campus. As for affordability, Hveem said the prices in the café are no different from the prices off campus for the same items.

“We all have the same operating costs,” Hveem said. “We all have to pay for our lights and our power and our employees and workers comp., insurance, and all the things that come with running a business, but I’m looked at as expensive and they’re not.”

“We all have to pay for our lights and our power and our employees...all the things that come with running a business.”

David Hveem, Food Service Director

He said that out of approximately 9,500 students on campus he gets roughly 1,000 transactions and of that four hundred students are on meal plans.

Less than two percent of the campus eats at the cafe, but almost all students complain about the prices in the cafe.

Approximately six hundred students out of the 1,000 are not on a meal plan that is associated with CSUB

Hveem said that he wishes people would look around at the food prices at other places and compare them to his prices. He also said that his prices are on par with other food establishments and that he ensures this through weighing and looking at other restaurants that serve similar food.

Overall, he said that he wished more students participated in eating at the Runner Cafe and other Runner Cafe related places here on campus.

“I don’t want people looking at me like I’m a thief. That’s not what we’re in business to be. We’re in business to be a reputable company that makes quality food. We want high-customer satisfaction and we want it to return,” Hveem said.



Karina Diaz/The Runner

Students pack the Runner Café during the designated dining times. Lines can get big, and setting can be at a premium for hungry patrons.

LANDSCAPING

Leak undoes new garden



Alejandra Flores/The Runner

The brand new water wise demonstration garden outside the Walter Stiern Library was uprooted when crews dug into the ground on Monday to locate a water leak. Visit The Runner Online for the full story.

CAMPUS

Eating after 5 is a hassle

[DINING, Page 1]

In some cases students have come inside to eat thinking the cafe had extended hours for the day or a special event, only to find out later that it is a designated meal time for students who live on campus.

The Runner Café offers a variety of meal vendors, snacks and drinks, with lines stretching from the kitchen area to the dining area.

Many students become stuck in these lines, and students who try to grab something to eat

before class often have to wait until after class to eat.

Students who live on campus are required to eat in the Runner Café as part of their meal plan.

In addition to those living on campus, the general CSUB population has increased, adding more hungry students to the mix.

The Runner Café is one of the only places where students with a meal plan can eat, meaning that students who live on campus often may miss a meal due

to a conflicting schedule, and with wait times in the cafe they may not be able to stop for a quick snack before class either.

Generally, students who eat at the cafe only have certain times during which they could grab a bite before a class starts, or before the cafe closes.

“I think the Runner Café should be open until at least 7 p.m. before they open for only those with a meal plan,” said BJ Stronge, a junior and criminal justice major.

What’s Going on Around Campus

<p>WED., FEB. 10</p> <p>ASH WEDNESDAY SERVICE 12 - 1 PM @ STUDENT UNION MPR 125</p>	<p>THURS., FEB. 11</p> <p>ART WITH IMPACT 5:30 - 7:30 PM @ STUDENT UNION MPR 125</p> <p>DEMOCRATIC DEBATE VIEWING 6 - 9 PM @ DDH 106E</p>	<p>FRI., FEB. 12</p> <p>WRESTLING 7 PM @ ICARDO CENTER</p>
<p>SAT., FEB. 13</p> <p>MEN’S BASKETBALL VS. UTAH VALLEY 7 PM @ ICARDO CENTER</p>	<p>SUN., FEB. 14</p> <p>HAPPY VALENTINE’S DAY!</p>	<p>MON., FEB. 15</p> <p>AMERICAN RED CROSS INSTRUCTOR CLASS 7 - 10 PM @ SRC SOLARIO DE FORTALEZA SOUTH</p>
<p>TUES., FEB. 16</p> <p>VISITING ARTIST LECTURE: MARTINE SYMS 4 PM @ VISUAL ARTS BUILDING ROOM 103</p>	<p>WED., FEB 17</p> <p>LUNCH WITH OUR CAMPUS LEADERS 12 - 1 PM @ DDH 146H</p> <p>THE UNSOLVED MYSTERY SOCIAL 7 - 10 PM @ STUDENT UNION MPR 125</p>	<p>THURS., FEB. 18</p> <p>BROWN BAG DISCUSSION LUNCHEON SERIES 12 - 1 PM @ STOCKDALE ROOM</p> <p>WOMEN’S BASKETBALL VS. NEW MEXICO STATE 7 PM @ ICARDO CENTER</p>

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CAMPUS

CSUB Runner Nights returns

By Javier Valdes
Assistant News Editor

CSU Bakersfield held their second Runner Nights event at the Student Union's Runner Park Friday night as part of a new collaboration between CSUB's Associated Students Inc., athletics, campus programming, housing, student union and student recreation center.

The student-only event went on from 9 p.m. to 1 a.m. and featured a variety of activities, foods, and entertainment for students, including a stuff-a-plush station, snow globe photo booth, mini doughnuts, DJ, and a snow-filled area where students could enjoy snowball fights, among other group oriented activities.

Despite being only the second Runner Nights, the event saw upward of 800 students Friday night. Runner Nights committee member and nursing major, Mirka Sanchez, 22, was amazed at the events success after surpassing their expected amount of students in a little over an hour.

"We were expecting 600 students," said Sanchez. "We hit 600 at 10:30, the fact that we still have so many students after midnight is a great thing."

Some CSUB students danced to music by DJ Mike Broida, while many others played in the



CSU Bakersfield student Cameren Wright, 18, throws a snowball at Cinthia Prado, 18, at the Runner Nights event on Feb. 5

snow while enjoying their time at the event.

Some students were not aware of the activities and were pleasantly surprised when they arrived.

Environmental resource management major Ariana Mariscal, 20, mentioned her excitement for the event. "I was not expecting the snow. That was really fun, the music and the pizza were great," said Mariscal.

She also expressed her desire to see the trend of Runner Nights keep going through the years.

"I definitely would like CSUB to continue to have more events like this in the future," said Mariscal. "It just brings more

life to the campus."

Other students expressed their enjoyment for the evening. Political science major Belkys Ripoll, 21, said that this was her first school event and that the doughnuts were "really good."

After the success of the first Runner Nights event, there has been an increase in student participation and involvement.

ASI President Mike Kwon applauded the success of the event and the increase of student involvement.

"After the first Runner Nights in the fall, a lot of students wanted to get involved with the planning stages of it," said Kwon. "A lot of clubs and organizations wanted to have

booths...at the event."

Kwon continued, saying that "getting students to take part in activities" and "letting students get involved in the planning of the events," will continue to increase the student involvement at the CSUB campus.

The Runner Nights event is expected to continue.

"We are having a music festival in the spring with student bands and a big musical act at the end," said Sanchez.

CSUB is hoping to make Runner Nights a tradition for the campus, based on the success that the event has seen within the student community.

Starting fall 2016 the committee is looking to have a Runner Nights event each semester.

LOCAL

Local cinema may get booze

By Annie Russell
Assistant Features Editor

The constant thirst for a slushy has been replaced with a want for a strong alcoholic beverage. In between the dimming of the lights and silence your phones clip, a salty buttery hand reaches out of a popcorn tube toward a cold beer.

There is possibility that Reading Cinemas at the Valley Plaza mall will be serving alcohol to their customers in the future if their alcohol license is approved.

Mixed emotions surface the topic of serving alcohol in a family oriented setting that is meant for relaxation and enjoyment.

In the American Time Use Survey, watching television is the top thing people do on their leisure time. Entertainment beats out socializing and sports by over 50 percent.

Business major Adriana Canalas, 18, said that the selling of alcohol in the theaters wasn't too much of a big deal but noted it could have its flaws.

"It's a good thing in a way because some people like drinking. But it can also be a bad thing," said Canalas.

The difference between serving alcohol in a theater versus a restaurant they're in. Restaurants can be sometimes loud, whereas theaters are a quieter atmosphere. Adding alcohol into the system adds to the possibility of moviegoers being loud or distracting to others.

Psychology major Nafsir Khandaker, 21, stated that alcohol could bring in more money for Reading Cinemas.

"I think this will bring in extra revenue for the theater. From a business perspective, I think it is smart. I would do the same," Khandaker said.

Political science major, Ana Tellez, 21, juggled the thought of the theater selling beer to moviegoers.

"You want it to be quiet while you're watching a movie," said Tellez. "People can get pretty rowdy."

Tellez acknowledged that a loud theater could potentially scare away moviegoers who were there to simply relax in peace.

The success of alcohol in theaters all depends on the demographics, and the way individuals monitor their drinking.

Reading Cinemas will have to see which side they are on.

FITNESS

Finding the right regimen is tough — don't let myths guide you

By Abigail Youngblood
Archivist

As students begin to venture into a new year and with summer quickly approaching, the gym becomes a priority to many students. As they look to keep fit, it's important knowing what workouts and healthy habits are actually beneficial and which are simply myths.

Athena Skapinakis is a trainer at the Student Recreation Center and was able to shed some light on common questions and ideas many people have when it comes to working out.

Many people, especially women, will not lift weights over

five pounds in order to prevent building large muscles but according to Skapinakis this is definitely a myth. You will still continue to build muscle although not as quickly if you are lifting everyday. Even if the weigh is five pounds or less, your muscles will bulk up.

Working out with a trainer versus working out on your own? Both of these are great ways to workout, but working with a trainer is especially "good for people with issues with consistency and also for encouragement," said Skapinakis.

The best time to sign up for trainer is the first day of the new quarter they will set out a

sign-up book at the front desk of the SRC and they fill up fast. The training sessions are free to all CSU Bakersfield students.

Stretching before you workout is something that many people will skip because it often seems like an unnecessary formality, but stretching can be very beneficial to a workout. It helps with flexibility and, "It's great for preventing muscle cramps and Delayed Onset Muscle Soreness," said Skapinakis.

The Mayo Clinic, which is a medical research group, states that if there is a specific sport you play to find stretches that cater to those muscles.

Are sports drinks like Gatorade and Powerade actually beneficial your workout?

These sports drinks can be really great in that they offer electrolytes, said Skapinakis and she went on to say they are especially great if you are diabetic.

The Diabetic Health and Wellness website says that electrolytes should be replenished by your diet but, "Sports drinks are fine if your blood sugar is low, especially after exercising, but if you're blood sugar is high drinking these could be dangerous."

According to the Medical Dictionary, "Electrolytes control

the fluid balance of the body and are important in muscle contraction, energy generation, and almost every major biochemical reaction in the body." The electrolytes can be found in calcium and sodium as well as many other things that play an essential role for the bodies health.

Making time to workout always seems to be a struggle in and of itself and many people plan around arranged times such as the idea that you should get 30 minutes of activity a day. "30 minutes a day is great start," said Skapinakis.

The Livestrong website offers exercise plans for college

students and good tips on how to exercise through the day.

They suggest you, "Aim for at least 150 minutes of moderate-to vigorous-intensity aerobic exercise per week."

Finding time to workout on a busy schedule can be difficult but many students make it a point to workout, whether it's to relieve stress or simply keep healthy.

Physical education and kinesiology major Fernando Cabrera, 20, usually hits the gym four days a week for about an hour and half each session. PEAK major Gabby Parada, 21, does two-hour sessions and starts out with cardio.

FLAMES HOOKAH Lounge

\$5 OFF W/ CSUB ID

4805 California Ave

CSU BAKERSFIELD

WHAT'S HAPPENING THIS WEEK...

FRIDAY FEB. 12 VS. BOISE STATE 7 PM

SATURDAY FEB. 13 VS. UTAH VALLEY 7 PM

ONE LUCKY FAN WILL GO HOME WITH DIAMOND EARRINGS IN OUR POST-GAME DIAMOND DASH!

SUNDAY FEB. 14 VS. ARIZONA ST 2 PM

SAVE THE DATE

BASEBALL VS. CSUN SATURDAY, FEB. 20 - 6 PM

STUDENTS RECEIVE FREE ADMISSION WITH VALID CSUB ID

Johnny Garlic's

Johnny Garlic's will now offer **10% off** when you dine-in and have your CSUB Student/Staff/Faculty ID with you!

Don't miss out on this deal!

Weekly Specials!

Bowla Wednesdays
Take a break and enjoy one of our famous Bowlas because they are **HALF OFF** on Wednesdays!

Wine & Dine Thursdays
All wine bottles are **half off!** Drink some while you dine or purchase one to take home. Either way, you're saving big bucks!

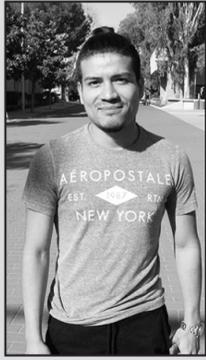
Happy Hour Everyday
Monday-Friday: 2:30pm-6:00pm & 9:00pm to close
Saturday-Sunday: 11:00am-5:00pm & 9:00pm to close

***CSUB Student/Staff/Faculty ID is mandatory for 10% student discount off check!**

RUNNER ON THE STREET

By Andrea Flores / Photos by Roel Romualdo

This week The Runner asked, "What is your experience eating on campus?"



Eric Jovolan,
Junior,
Biochemistry

"Bad, last time I ate at the café there was a bug in my food and ever since then I hate that place."



Josiah Ihem,
Senior, Art

"Good, Peet's [Coffee] has this roast beef sandwich that no other place on campus has. I really like it."



Rocio Poma,
Sophomore,
Engineering

"Good, I really like eating at Togo's. That stuff is really good for a good price."



Sergio Penado,
Senior,
Petroleum
Engineering

"Bad, the food is over-priced, and the food is basic."

DINING

On-campus dining can be disappointing

By Graham C Wheat and Jenny Aguilar
The Runner Staff

Food on campus can be a tough bit to swallow, but students can find many similar, healthier options not far from campus. Even the things that aren't too healthy are just a stones throw away.

But recently, students' opinions about food on campus has been less than favorable, and some have felt that there are no other options but what is already here.

Thinking outside the Runner Café might just be the answer and students just need to take a little time to find the food choices that they are seeking. The Runner Café, Peet's Coffee, the small coffee shop in the library, The Runner Bookstore, and Rowdy's Place in the Student Union all offer food and drinks for students.

They all offer roughly the same items with the Runner Café offering the most diverse choices. The same food service provider, Aramark, runs them all — except the book store food options.

Students often find themselves eating entire meals out of vending machines to trying and save a few cents over another location. The bookstore offers at least 30 cents cheaper on bottled soda and water products, and the vending machines are always cheaper than what is offered at the Runner Café

location and its satellite areas. Located less than a block away, however, across the street of Camino Media, are grocery stores with much the same food and better prices.

Vons offers premade deli sandwiches, a variety of which sell from \$3.99 to \$5.99 in The Runner Café, that are much larger and the same price. Vons offers "day-old" sandwiches that are half-off.

Still in The Marketplace off Camino Media, there are a bevy of options to choose from. Carl's Jr. is cheap, with menu items ranging from 99 cents to \$8 meals, and an option that might be more affordable for college students. The Runner Café has burgers and chicken strips and plenty of

the same fare. However, the prices simply don't match up. The cheapest item at Rowdy's is \$4.99.

North of Stockdale Highway, just across parking lot J students can find even more options that rival the prices and selections of campus offerings. Trader Joe's has salad bowls for \$3.99 in tons of flavors and dressings.

From frozen entrees for the residence hall students, to a lot of premade options and snacks for people on the go. Yes, they have sushi and it is a dollar cheaper than the Runner Café's.

Convenience is king, but we can't be handed everything on a silver platter. There are plenty of options to choose from, just not as convenient as we want.

STAFF EDITORIAL

CSUB needs new food options

Frustration over the food options on campus at CSU Bakersfield is reaching a critical mass within the student body, and for good reason. Between the inflated prices and the limited diversity, our campus cuisine leaves much to be desired.

Students without the time or the means to travel off-campus for food can choose between any number of locales which all serve the same pre-packaged

food they serve at most gas stations. Students who want a hot meal can either have a hamburger, a sandwich, a different hamburger, a different sandwich, or pizza. Diligent students who have already filed for their tax returns may even be able to add a soft drink in the coming weeks.

Unfortunately then, the best dining option for most students who spend long hours at school is to leave the school. Where

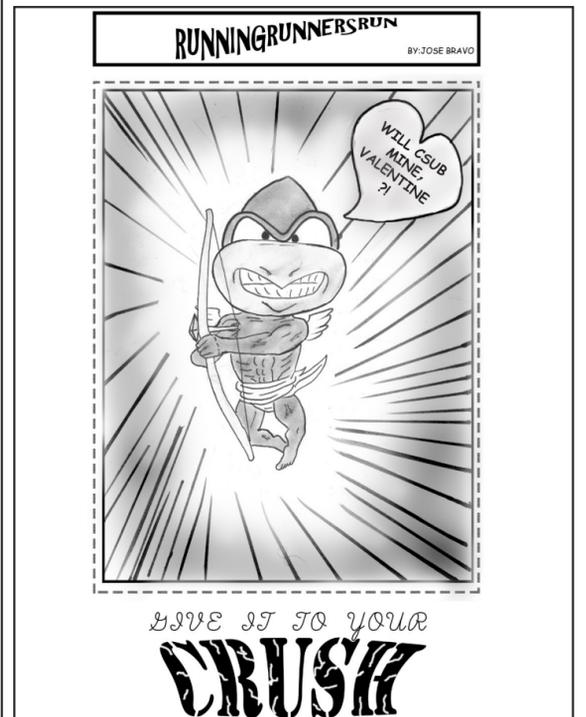
CSUB represents a barren food desert, it is surrounded on all sides by an oasis of grocery stores, restaurants, and fast foods. For anyone with a car, a bus schedule, or a friend with a babybjorn, your best bet for something delicious and filling that's worth your money is definitely outside of the school.

Of course, the food choices on campus are hardly inedible, and they have the definite advantage of convenience,

but for a demographic of the poorest and hungriest people in the known world, they simply aren't going to cut it.

It's also worth noting that the talented and hard-working chefs, food preps, and service workers in the dining areas are not to blame for this Orwellian food prison. Instead, we, as students of CSUB, implore the curators of our dining services to consider this the time for a menu change.

COMIC



COLUMN

Black History on TV

By Annie Russell
Assistant Features Editor

If it didn't share its time with Valentine's Day and the Super Bowl, Black History Month could possibly gain more attention from today's generation.

It's important to recognize historical roots and the people who fought for equality, regardless of whether you're part of that particular culture or not.

One of the most phenomenal novels that presented black history, from the years of slavery to the Jim Crow era of segregation, was "Roots: The Saga of an American Family," written by Alex Haley and published in 1976. It has now been 40 years since the novel opened the minds of many Americans to the horrors of slavery, but we still credit 'Roots' with improving race relations in America.

Over the years, more films and television series have put on beautifully written stories of history that took viewers through the challenges and struggles of a people who fought for freedom.

Some of the movies I've watched that stuck with me the

most are "12 Years a Slave" and "Mandela: Long Walk to Freedom."

Both movies hooked me in from the beginning to the end during my long flight to South Africa in 2013. Their messages were strong, and gave a new meaning to the word "forgive."

Sometimes forgiveness is hard, but is needed to move forward and cleanse the soul of hatred.

There haven't been many black movies that really grabbed my attention recently. Since 2016 I have heard arguments over and over again that the Oscars are racist. But then again, the term "racist" is tossed around carelessly these days. Awards shouldn't always be needed to show a job well done. It's what people take away from the movie after they leave the theater. Did the movie make them think? Did they feel inspired?

African Americans have come far in the entertainment industry, from being typecast as the antagonist to having movies made of their successes, and their hard, yet beautiful, history and culture.

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**MAJORS THAT MATTER
ARTS & HUMANITIES**

*The Dorothy Florence Zaninovich Fund,
Todd Madigan Gallery &
Department of Art at CSUB*

presents

**Martine Syms
Winter 2016
Visiting Artist Lecture**

- Los Angeles-based artist
- Founder of *Dominica*, publishing imprint dedicated to exploring blackness in visual culture
- Former director of *Golden Age*, a project space for printed matter

**4 PM
Tuesday, Feb. 16
Visual Arts Building, Room 103
Free Admission**

toddmadigangallery.tumblr.com

Valentine's Day Contest!

#CSUBRunnerLove

RULES:

1. Like The Runner's page on Facebook www.facebook.com/runnersub
2. Like & Share the contest entry post
3. Upload a cute photo of you and your significant other to our Facebook Wall, Caption it sharing a little about yourselves and HASHTAG IT #CSUBRunnerLove
4. Winning couple will receive a \$25 Gift Card to Johnny Garlicks & your picture will be in next week's issue

**Winning Couple will be contacted Friday 2/12/16 at Noon. Check out www.facebook.com/runnersub for more information!

designed by freepik.com

MEN'S BASKETBALL

Mays makes most of final season

By Joe Macias
Sports Editor

At first glance, people may not think that CSU Bakersfield's 6-foot 4-inch senior forward Kevin Mays leads the team in rebounding.

However, through his tough play Mays is helping the Roadrunners to their best season since moving to Division I.

"I always had a toughness in me but when I first noticed (I was good at basketball) my uncle was playing at Paris Junior College and they had two recruits.

There were two high level recruits and they wanted us to play two-on-two.

That's when basketball just became my main focus.

After I played against those guys and I competed really well they wound up not giving the guy that I was guarding they wound up not giving him a scholarship because they were like there is no way an eighth grader should have been able to guard him like that.

So that's probably like the turning point when I really liked my confidence and started to believe in my game."

Mays is currently averaging 12.6 points per game and eight rebounds per game, which is third in the Western Athletic Conference.

Teammate and redshirt-junior guard said that Mays is a different player on the court.

"He's a dog on the court," said Airington. "Off the court Kev I'd say is a sweetheart."

"At the time I didn't even really know that I looked up to him as a role model but he was

just one of the best backyard players or the best playground dudes growing up like as our younger generation.

So I kind of took a lot of my toughness from him as far as playing against him when he'd

"He's a dog on the court. Off the court, Kev, I'd say, is a sweetheart."

Jaylin Airington,
CSUB redshirt-junior
guard

come back from college and that definitely made me who I am."

Mays was born in Queens, N.Y. and started playing basketball when he was about eight years old, but he didn't take basketball serious until he was 12 or 13 years old.

"Seventh or eighth grade (was) probably my first (Amateur Athletic Union)," said Mays. "I want to say Dwayne Johnson or Antwan Tutt (were) my first AAU coaches and they were the ones who really taught me the game from a younger age."

Mays went to St. John's Northwestern Military Academy in Delafield, Wis.

He was named player of the year in his first three seasons with the Lancers and in his

senior year, he averaged 19 points per game, 12 rebounds per game, two steals and led the Lancers to a 20-4 season.

Mays then went to University of Maryland Eastern Shore for his freshman year before going to Odessa College in Odessa, Texas where he averaged 15 points per game and 12 rebounds per game.

When it was time to decide where to go next, Mays' said that CSUB assistant coach Marc Tsu played a major role in his decision to transfer to CSUB.

"Coming out of the (junior college) that I was in, I had a lot of people recruiting me that wanted me to sign and I just prolonged the process because it was a lot to deal with," Mays said.

"But throughout the process coach Tsu was real consistent. He made me feel comfortable throughout the process because it can be a scary process, so he made me feel real comfortable about you know looking out for me. It just seemed like the best fit. That's mainly what it came down to."

Last year, Mays averaged nine points and eight rebounds per game, which led the WAC in rebounding last season. He also made the WAC All-Defensive team.

This year the Roadrunners are 17-7 and 7-2 in conference. CSUB is currently tied for second in the WAC.

Mays' decision of coming to CSUB has both helped him develop on the court and off the court.

"I've improved my game the most I've ever improved in



Ben Patton/The Runner

CSUB senior forward Kevin Mays leads the Roadrunners in rebounds with eight per game.

my life since I've been here," said Mays. "Coaches just really emphasize work. We work countless hours and put a lot of work in and my jump shot started clicking. It's like way better than it has ever felt in my life."

"As far as in the classroom, great tutors. A lot of that goes

out to head coach Rod Barnes. He's definitely big on you as a person and academics before basketball, and you don't find that too often in a head basketball coach. Only way that you wouldn't be successful is if you wanted to rebel against what they are doing here."

Barnes said that Mays is a

once in a lifetime player.

"There's not many times you get a kid like Kevin," said Barnes. "He cares about winning and he cares about his teammates."

"Regardless of who we bring in and how talented we are we're going to miss Kevin Mays."

WRESTLING

Roadrunners win close dual, stay unbeaten in Pac-12

By Juan Garcia
Reporter

The CSU Bakersfield wrestling team beat Oregon State 21-20 on Saturday night against, due to a pin by CSUB senior Bryce Hammond in the 174-pound match which gave the win by first criteria, most six-point victories.

"That was the goal, go out there and get the six-points," said redshirt-senior Bryce Hammond (14-3). "I knew we were going to need it and fortunately I got it."

A pin is awarded six points to the teams overall score and is also criteria in breaking ties.

"That made the difference in the match for us, it came down to criteria and we had a pin which helped give us the victory," said CSUB head coach Mike Mendoza.

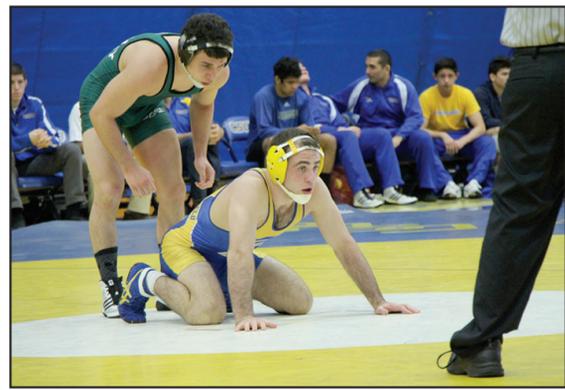
Hammond is ranked seventh in the country for his weight class. Hammond pinned his opponent redshirt freshman Tyler Chay (9-12) of Oregon state with 54 seconds left in the first period and a final score of 16-2.

"Overall, the guys really fought hard and that's what we really needed to win this dual," said Hammond.

Mendoza said they knew coming in to the dual that it was going to be a battle.

"This is a tough team and what that coming in that it would be a battle," Mendoza said.

In the 149-pound division CSUB redshirt-sophomore Coleman Hammond (19-9) nearly added a six-point pin to the team score as he nearly pinned Oregon State red-



Graham C Wheat/The Runner

CSUB redshirt-sophomore Coleman Hammond takes the down position against Utah Valley.

shirt-junior Joey Delgado (17-9) of Oregon State.

"I just couldn't get him flat," said Coleman Hammond. "I just need to work on that position a little bit more. The third period I was not where I wanted to be."

Hammond held Delgado in a pin but was only awarded 4 points for a near fall. All the points awarded to Hammond were in the first period.

"I think our team battle good," said redshirt-senior Reuben Franklin.

Franklin's match had a slow start with no points awarded to either athlete in the first period, but in the second and third periods, Franklin found his rhythm and was awarded two take-downs on redshirt-sophomore Cody Crawford (12-12) and a four-point near fall.

Franklin won his match in the 197-pound division 10-2. "I feel like I started out slow in the match," said Franklin. "Eventually I got my take-

downs and found my rhythm."

Franklin (27-5) is ranked eighth in the country in his weight class.

The Roadrunners (10-3, 3-0 PAC 12) win ended the week-end winning streak for Oregon State (8-6, 2-2 Pac 12) and continued its undefeated record this year in the Pac 12.

CSUB will host its next match against Boise State in the Icardo Center on Friday at 7 p.m.

 21

 20

IN CELEBRATION OF
BLACK HISTORY
MONTH

**OPEN
MIC
NIGHT**

Wednesday, Feb 10th
7:30pm-9:30pm

Student Union
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UPCOMING EVENTS

- **Soul Food Junkies Food Documentary by Byron Hunt**
Feb 11, 5:30 PM, DDH 103H
- **Underground Tales: Battle of the Sexes**
Feb 12, 6-8 PM, Student Housing MPR
- **Lunch with our Leaders**
Feb 17, 12-1 PM, Stockdale Room
- **Also, don't forget to represent your class and apply to be a part of the homecoming court. The last day to apply is Feb 12! Apps are in the Campus Programming office and on our website.**