

CSUB lifts cap on graduation guests

By **Violeta Trujillo and Fernanda Martinez**
The Runner Staff

After listening to former graduates' complaints about ticket limits, CSU Bakersfield will not require tickets after all for the 2019 commencement ceremony. An email was sent on Feb. 20 to all graduating seniors informing them that CSUB had "conducted a thorough review and in-depth discussion" and determined that no guest tickets would be required.

Last spring, students were allowed seven tickets for graduation, but some students claimed it was not enough to accommodate students' desired guest lists.

CSUB Interim Provost Vernon Harper stated that the commencement committee felt comfortable in removing tickets.

"Over the course of the multiple cycles that the commencement ceremony was being offered in the soccer field, we did a bit of forecasting and analysis that allows us to analyze the seating capacity, the facility, and the number of parents and family," said Harper.

The scheduled date for commencement is Friday, May 24. Doors open at 5:30 a.m. and the ceremony starts at 7:30 a.m. Seating is on a first-come, first-serve basis.

"It is going to be a busy event of course, as any commencement will be, and we ask that people allot the appropriate time in order to arrive at the event at the time it starts," said Harper.

Parking is expected to be congested and CSUB asks graduates and guests to arrive early. Shuttles will also be available to transport guests from the farthest parts of campus to the soccer field.

Dina Ebling, senior specialist for commencement and academic affairs, said the decision to follow a no ticket policy was made to accommodate students.

"We try to listen to students and every year we learn new logistics in order to enhance the event," said Ebling.

Graduating seniors are raising concerns on how the event will turn out. Some students are predicting chaos.

Samantha Chavarin, a psychol-

ogy major, said, "Now that there isn't a limit for people, students are going to invite their whole families, which might not give my family the chance to see me graduate."

Chavarin finished her degree requirements in December, but plans to participate in the spring commencement because there is no fall ceremony.

"This new rule makes me reconsider this whole walking for graduation thing completely," said Chavarin.

Students are concerned others will invite too many

guests. Contrarily, some students find eliminating tickets to be a great idea because they want to share their graduation with those who have supported them on their academic journeys.

Anais Gutierrez, a biology major who is graduating this spring, said, "I will be thrilled to have my whole family watch me graduate."

This will be the third year CSUB hosts its commencement ceremony on the main soccer field. Previously it had been held in the Outdoor Amphitheater, located near the Stockdale Highway entrances to the university. During that time, there were two ceremonies, on Friday and Saturday, to better accommodate all graduates and their guests. Only six tickets were issued, with two more released later depending on how many were left.

Lorena Mendoza, who graduated in 2016 with a bachelors

degree in Physical Education and Kinetics, said that it was

split ceremonies [because] there were friends who graduated that I didn't get to see walk."

In 2015, the Outdoor Amphitheater commencement cost \$91,410.90 and increased the following year in 2016 to \$97,949.16.

After moving to the soccer field, the budget has gone up to \$481,664 for the cost of both undergraduate and graduate ceremonies.

This year, the graduate hooding ceremony will be held in the soccer field too, at 6 p.m. on May 22.

According to Harper, the graduation budget is ap-

proved like all other budgets from the university. A committee of about 30 CSUB members plan and decide how the budget comes from both state funding and student fees.

This will also be Lynnette Zelezny's first commencement ceremony as CSUB president.

"Some of the things that I'm most excited about is that this will be a record year of the number of graduates, both undergraduate and graduate students. I'm very proud of that," said Zelezny.

According to Zelezny, a lot of details are happening behind the scenes to give graduation a special touch.

"One of the most important things of this is recognizing each student by name, and I think for the large number of underrepresented students and first generation students, it's important for their families to be part of that recognition," said Zelezny.

Zelezny said that the university wants the ceremony to keep the program very celebratory but not too long because of the high temperature weather. In the past, the ceremonies have lasted approximately two and a half hours.

Harper also added that the reason commencement is held in the morning is to "avoid the sun."

Sunrise is predicted for 5:46 a.m. on May 24, 2019 and the average high temperature in Bakersfield is 86 degrees, according to the National Oceanic and Atmospheric Administration.

Some students asked why CSUB does not hold commencement in the Rabobank Arena. According to Ebling, the Rabobank Arena only has 9,000 seats, while the soccer field can hold 11,500 seats along with the Icaro Center holding 3,200 seats.

The move from the Outdoor Amphitheater to the soccer field would allow more guests and eliminate the double ceremonies.

"We've looked into it and there can be more guests in the soccer field," said Ebling.

Another major concern is how will disabled guests be accommodated. Ebling said there has never been an issue with accommodating people with disabilities and mentioned that the commencement registration survey asks students if they require accommodations for guests with disabilities.

"There is space dedicated for people with disabilities and we always make sure we have at least the minimum amount from registration surveys," said Ebling.

Ebling gave personal tips to graduates, hoping to ease the process for them.

"Check the list of restrictions on the CSUB commencement website and share it with your families," said Ebling.

Refraining guests from bringing restricted items will make sure they do not lose time and can find seating. Items such as signs, umbrellas, and balloons will all be prohibited.

"Check your email weekly after Gradfest and share the information with your families so they are prepared," said Ebling.

Students can see the latest commencement updates on csub.edu/commencement.

Cost of 2018 Commencements

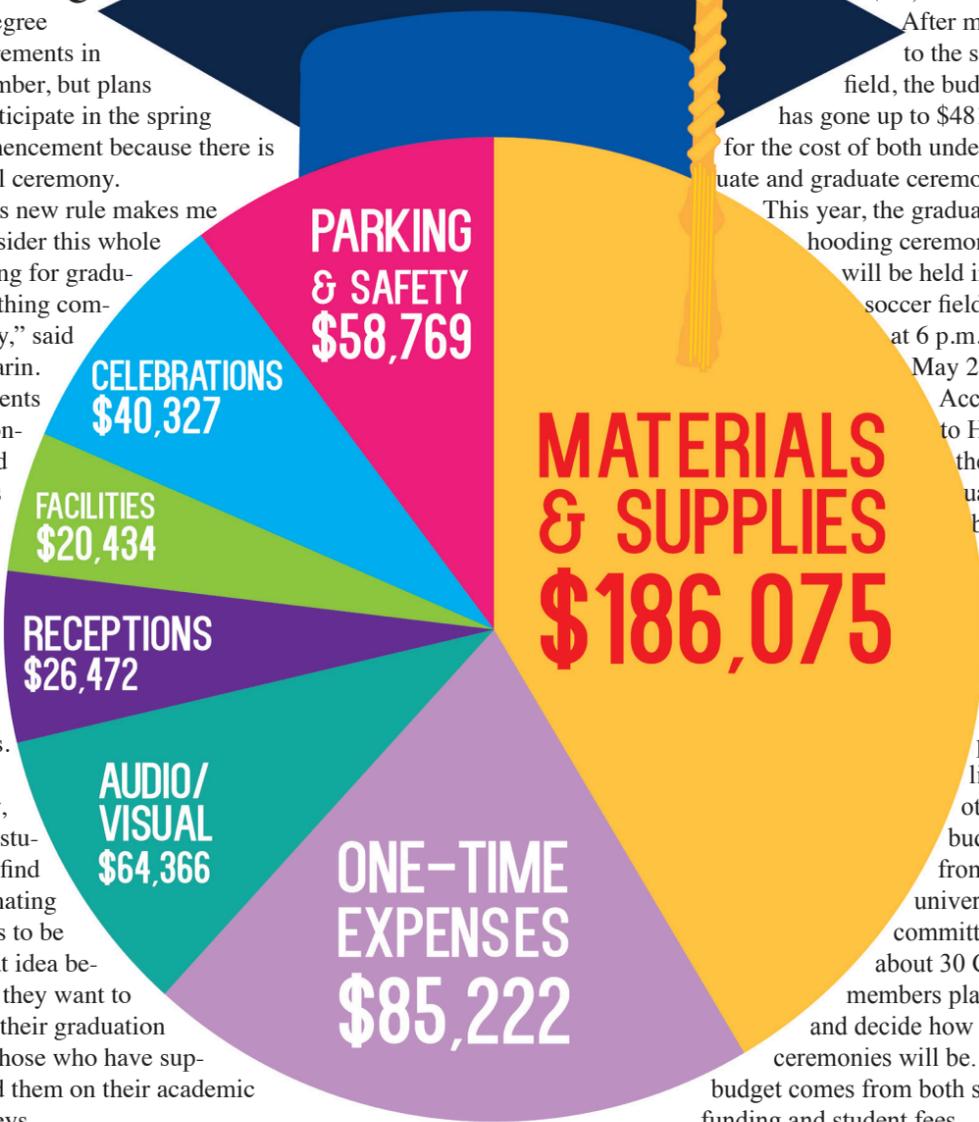


Illustration by Bre Parks
 Source: CSUB Public Affairs and Communications

difficult for her and her boyfriend to have split ceremonies. Mendoza attended the 2018 commencement to watch her sister graduate.

"I like that there was a huge screen to watch so we could see our graduate from anywhere," said Mendoza.

Elizabeth Lewis also graduated from CSUB in 2016, the last year the ceremony was held in the Outdoor Amphitheater, with a degree in English.

"The seating for guests wasn't great but we got through the ceremony quickly," said Lewis. "I didn't agree with the decision to

ASI candidates learn to campaign



Leo Garcia/The Runner

ASI Executive Vice President Alejandra "Olly" Lopez goes over the important deadlines on March 6 in the Student Union.

By Ivette Nolasco
Reporter

This year the Associated Students, Inc. will be providing students free campaign kits, which include 20 posters and 40 handouts to support campaign efforts.

On March 6, ASI board members Executive Vice President Alejandra "Olly" Lopez, Director of Marketing Joselito Flores and Director of L.E.A.D Jorge Zamora hosted a workshop on "How to run your campaign." The board

members talked about things candidates should consider when preparing their campaigns, as well as some of the main issues that students need to be aware of when running for elections.

Zamora talked about important dates of the campaign process and other requirements that candidates need to meet as part of the campaign code.

"The candidate filing period ends on March 22 at 11 a.m. That same day, all candidates will have a mandatory meeting from 1 to 2:30 p.m. Once the meeting

is over, students can begin their campaigns up until April 4," said Zamora.

However, before campaigning, candidates running for elections must go over the campaign code to make sure they follow every step of the process.

According to Lopez, in order to run for executive positions, students must have attended two board of directors meetings and two ASI committee meetings, or have two professional letters of recommendation by faculty or employer, which have to be approved by the ASI executive director and the elections coordinator, Jason Watkins. In addition, candidates must attend the debate on April 2.

For director positions, candidates do not have to debate. Instead they get two minutes during the event to introduce themselves and present their campaign platforms.

Furthermore, Lopez added that students cannot have endorsements with any campus department or current board members. She also said that students can disclose if they are considering running for elections now. However, they cannot announce the position they are running for or any other details regarding their candidacy until after the orientation meeting, where the official candidates will be announced on March 22. Otherwise, they would be violating the elections code and they could be disqualified.

When it comes to campaigning, Lopez said that candidates can work with other students that are also running for other ASI positions and support each other. However, students need to make sure that anyone who volunteers in their behalf does not violate the elections code. Otherwise there can be consequences for the candidates.

Throughout the process, candidates will have designated places to promote their campaigns. Some places where candidates

are not allowed to place posters include the Science 3 building, bathrooms, cars, trashcans, trees, floors and any other undesignated areas.

"Students need to get approval from [Watkins], who is the elections coordinator, before putting their posters up. In addition, depending on where the posters are placed, they may need additional approval from the person in charge of overseeing the designated area," Zamora said.

On the other hand, Flores said that some of the most important things when preparing campaign

material include having a good headline, giving students a good first impression and informing students to vote.

Flores talked about other details to keep in mind when preparing campaign posters such as the

typography—fonts, bold titles, choosing the right picture and even considering the appropriate colors to wear when giving a presentation.

Flores also stated that something extremely important is the way candidates carry themselves and the way they interact with everyone, including their

"It is really important to be respectful to one another. Don't badmouth anybody. Remember that we are all just trying to help the campus in general."

Joselito Flores,
Director of Marketing

opponents.

"It is really important to be respectful to one another. Don't badmouth anybody. Remember that we are all students, we are all trying to be the voice of each other and we are all just trying to help the campus in general," Flores said.

Lopez advised prospective candidates to create a feasible platform and to be honest with their vision and goals. According to her, students really value honesty and everything they say can impact their credibility and the organization's image in general.

Free nutrition workshops offered by Dignity Health

By Sarah Jane Atkinson
Reporter

The CSU Bakersfield Food Pantry is planning on partnering with Dignity Health in a four-week health workshops.

Dignity Health will provide workshops for students that include meal planning, food labels, saving money and how to cook. There will be two separate tracks for each class and only 25 students will be able to attend each track.

"The programs outcome is for the students to leave with a better knowledge on budgeting and at the same time having learned the balances between healthy eating and meal planning," said Luz Torres, program coordinator for the Community Wellness Program for Dignity Health.

The workshops are intended to provide students with information regarding healthy eating and send them in the direction of the food pantry. With the help of the CSUB Food Pantry, students will be able to acquire the necessary foods for doing so.

"The lesson for saving money will tie in with the food pantry;

if you can't afford some of these items make sure to check out your local food pantry [here at CSUB]," said Alvidrez.

Through these healthy eating workshops, Torres hopes that, through partnering with the CSUB Food Pantry, "small changes will make a huge difference."

This is not the first time the pantry is teaming up with Dignity Health. The CSUB Food Pantry was created in 2017 with a goal to provide CSUB students with free and available food when necessary.

Dignity Health partnered with the pantry to provide students with information regarding healthy eating. This will be CSUB's fourth nutrition program partnered with Dignity Health.

CSUB Food Pantry Graduate Student Leader Keith Alvidrez said, "[The Food Pantry is] a service on-campus that allows students to access food. So it coincides with the whole concept that students need to not only eat healthy but learn how to."

Student turnout at the food pantry has been increasing.

"In our first year we probably



Allie Page/The Runner

Fernando Miranda sits outside with the weekly fresh produce display.

averaged 150 [students] a week. Now we're averaging 400 a week," said Alvidrez.

He has high hopes for both the food pantry and the Dignity Health workshops. There has already been a large turnout for the three previous workshops and

they're expecting even more for this one.

All sessions will be from 12 p.m. to 1 p.m.

The first lesson will be on Meal Planning on Monday March 18 and Tuesday March 19.

The following will be on Food

Labels on March 25 and 26.

The third lesson will be on Saving Money on April 3.

The last lesson will be Cook a Meal on April 8 and 9.

To sign-up for these sessions email the lesson and date to foodpantry@csub.edu.

Jazz Fest put off for 2019

By Amy Pachla
Reporter

For over 30 years, CSU Bakersfield has hosted the Bakersfield Jazz Festival every spring. With recent direction from CSUB music lecturer Jim Scully, the festival has become a Bakersfield tradition. However, the festival is on hiatus for 2019. In place of it, CSUB will hold a week of events celebrating the local culture and the investiture of CSUB's President, Lynnette Zelezny.

Retired CSUB music professor Doug Davis founded and served as the original director of the Bakersfield Jazz Festival when it first began in 1987. As director, it was Davis' job to round up the regular funding for the festival from community partners. As sponsors of the festival, local businesses benefited from the advertising, and the university was able to invest in several scholarships for music students.

The festival incorporated several famous acts like last year's act, Poncho Sanchez, a Grammy award-winning Latin jazz musician.

Davis expressed general resignation for the 2019 cancellation, saying "It seems like we have a hiatus for a year at least."

Davis personally felt that if there had been more of a push to replicate his efforts of previous years to raise funds and gather sponsors for the event, the momentum may have been enough to put it on the calendar this year.

The permanently endowed music scholarships, usually awarded from the stage at the festival, will continue to be fully funded and remain available.



The Runner Archives

The Poncho Sanchez Band headlines day two of the Bakersfield Jazz Festival on April 28, 2018.

What will be missing this year is the sense of community that has built up around the Bakersfield Jazz Festival over the years.

According to Davis, people from around the region and local sponsors would engage with the festival months in advance. "My concern is that there's about \$50,000 around town from donors to give to the college that they can't now because there's no festival," said Davis.

In past years, the extra money brought in by the festival would be added to the scholarships, packaged into additional scholarships and used for the benefit of students in the Music Department.

"It sucks," says vocalist and junior Madelynne Heiss. "I feel upset because I think [the] Jazz Fest has brought a lot of culture

to Bakersfield, and it was a big part of the music scene. The fact that it's getting postponed is a real loss to the community."

Senior and fellow vocalist Victoria Colley agrees, saying "It's really disappointing that so many music majors were excited about it, and now it's not going to happen. I think that's the saddest part."

This year's hiatus is not expected to become permanent.

In a February post on the Bakersfield Jazz Festival Facebook page, Scully referred to the festival as "postponed" until 2020. Scully wrote the organization is going to take this year to "reboot and re-imagine" the event, adding, "We hope to be back and stronger than ever in 2020."

No textbook? Not a problem

By Sarah Jane Atkinson
Reporter

The concept of Z-Majors is making its way towards the CSU Bakersfield campus.

CSU Channel Islands was the first California State University to introduce Z-Majors which do not require textbooks, but instead offer sources from online. This introduction has provided many benefits to the school and especially the students.

In an article published by educause-review, Jacob Jenkins and Jaime Hannans wrote, "once believed impossible to accomplish at a four-year university, Z-Majors offer students a pathway through their curriculum that does not require the purchase of a single textbook."

Zero-cost course materials are materials in which students can find online, for free, compared to their counterpart, textbooks. This the defining characteristic of a Z-Major. Affordable Learning Solutions & Textbook Affordability Coordinator Sandra Bozarth, spoke on the subject stating that, "if students are being provided their textbooks for free, in whatever format it is, I think that is going to help them succeed better in class."

She also mentioned the importance of equal access among the wide variety of students on campus.

The basis of a Z-Major is its ability to provide zero-cost course materials, which are materials that are ultimately free and accessible for students. This affordability and accessibility is to better prepare students for their classes.

If Z-Majors are adopted into CSUB, students will be able to major in specific areas that provide zero-cost course materials, allowing them the better access.

Bozarth mentioned two courses that are attempting to become fully zero-cost course material based, these include Chemistry and Economics, with chemistry labs only requiring online lab manuals.

The effects of Z-Majors and zero-cost course materials range from a spectrum of positive to negative. The benefits of these include degree completion and retention of students within their majors.

In terms of degree completion, Bozarth said that most important was "sticking with that major, because your textbooks are not going to be a problem."

This means that students are more likely to finish with the major they started in if their learning materials are more accessible.

Bozarth mentioned a few of the concepts within the zero-cost course materials aside from internet sources.

"There are non-traditional things like maybe watching videos, you might have items that are on reserve in the library," said Bozarth.

She also mentioned the use of Foxit Reader, a multilingual PDF tool, as well as guidance from the media lab in the Walter Stiern Library.

Though Z-Majors seem like a good idea to most students and professors, it may be difficult for some. Students who don't have internet access may not be able to access the free materials online. Students

in this situation have access to the library in order to find these materials, but things such as printing and studying may be a little bit more difficult to do without one having their own sources.

Another issue regarding zero-cost materials is that professors may have to change their entire curriculum in order to provide no-cost materials. Many professors have been using the same textbooks for years, so it may be difficult to transition to online course materials.

Junior business major Simon Sanders said she welcomes open-source materials. "I would benefit from it. I would save money and still learn," said Sanders.

Sanders mentioned an issue of financial aid and how many students may not receive enough aid making it harder for them to purchase textbooks. Free online course material would make it much easier for students like her.

At CSUB, the option for selecting courses that that don't require course materials to purchase is already available through students' myCSUB accounts when enrolling in their courses. Though Z-Majors are not available on campus just yet, students are able to select courses that do not require textbook fees.

When enrolling for classes online, there is an option underneath "course attribute" titled "Zero-Cost Course Materials."

When students select this option for their classes, it will direct them to courses that offer free course materials, one step further in the direction towards Z-Majors.

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The Runner takes fourth place at conference

By **Norma Hernandez**
Digital Managing Editor

For a small school news organization, The Runner is pulling through. The Runner attended the annual Midwinter National College Journalism Convention in La Jolla on March 1 and 2, 2019 and returned with two awards from the Associated Collegiate Press (ACP) and two awards from the California College Media Association (CCMA).

As of fall 2018, CSU Bakersfield's enrollment surpassed 10,000 students, which bumped The Runner up in categories among large universities with enrollment over 10,000 students.

"I wasn't going with any expectations. I was just really going to represent The Runner and to gain some knowledge," said Fernanda Martinez, The Runner's Editor-in-Chief. "I guess that was my personal expectation for myself to come back with things to share with the whole staff."

The Runner's Features Editor, Vincent Perez, attended the conference for a second year and said that he came back learning more than expected.

"I learned more about print, more about feature writing, and more about things I

really didn't know I was going to learn about," said Perez.

The three-day convention consisted of several 50 minute workshops hosted by journalism professionals who gave tips, advice, and solutions to students. On the last night, the award ceremonies for ACP, CCMA, and the College Media Business and Advertising Managers (CMBAM) were given out.

The Runner placed fourth in the ACP's Best of Show category for Four-year Less Than Weekly Newspaper. The Runner beat The Pace Press from Pace University in New York and The Independent from Northeastern Illinois University from Chicago.

The Runner also came in fourth in the ACP's Best of Show Four-year Website (More Than 10,000 Enrollment) category. The Runner beat The Utah Statesman, The Observer, The Daily Aztec and The Orion.

"It's nice to hear your newspaper name being called out when there's several other schools that entered, so just to know that you made it to the top five, feels good," said Martinez.

After the Best of Show awards by ACP finished, the CCMA awards began shortly after. Rebecca Romo, former Runner staff,



Photo Courtesy of Jennifer Burger

The Runner staff poses with awards after the California College Media Association banquet on March 2, 2019.

came in second place for Best Online House Ad.

The Runner ended its night by winning one more award that was given to former Editor-in-Chief, Peter Castillo. Castillo

placed third for Best Sports Story in the category more than 10,000 students in a four year school for his story, "Roadrunner pitcher almost called it quits before time at CSUB."

Draft of campus strategic plan is completed

By **Fernanda Martinez**
Editor-in-Chief

CSU Bakersfield's new strategic plan has just been completed and the first completed draft is being shown to students, faculty and staff.

Last semester, The Runner reported on CSUB President Lynnette Zelezny's vision for forming the university's new strategic plan.

The strategic plan, as Zelezny explained, is a plan that would outline three to five core goals that would aid the university in the years to come. Zelezny had planned for the first draft to be completed sometime in late February or early March of 2019.

Throughout the fall, Zelezny's goal was to open as many opportunities as possible for everyone to voice their concerns and opinions about what needs the university has.

Information was gathered from open forums, Runner Walk and Talks for students and via online through the university's strategic plan website.

The first draft was presented to the campus on this semester's first campus forum on March 8.

According to Zelezny and the strategic planning committee, the first draft has been created based on the ideas and concerns that were collected all last semester.

"I'm so proud of the process that we have in place," said Zelezny.

The process of gathering comments, ideas and information generated a draft of over 50 pages.

During last week's forum, some faculty, staff, and students were able to view the first draft and give feedback.

Those present were able to give feedback on the drafted core vision, mission and core values of the strategic plan.

Associated Students, Inc. (ASI) was present at the forum and was able to give perspectives from a student view point.

Sneha Guduru, ASI director of student housing relations, stated that it is important for students to know about everything that is being planned in the university because ultimately students are the ones who will be affected by any plans.

"It is important for us to know how everything is being planned and how it's being done and how effective it is going to be," said Guduru. "We are the ones going to classes and experiencing the life on campus."

One of the highlights of the strategic plan is to increase student success in every area, even in campus involvement.

ASI Director of Graduate Students, Kathy Barrios, hopes to see more students coming to events like the open forum.

"Hopefully we will see more [students] coming to these events and more will start giving their opinions," said Barrios. "A student opinion is necessary during these events, especially in the committees. They encourage us to speak up because they want to make sure they get a student perspective."

ASI wants to encourage more students to be present during important topics revolving their academic success. For those who cannot attend, ASI said that all the information discussed in forums would be provided on their social medias and website.

"Dr. Zelezny said [students] can access it online and they can always provide the university with their comments or they can come to ASI and they can tell us any comments," said Guduru.

ASI also mentioned that Zelezny is always present at their meetings that are held every Friday and that this would also be a good opportunity for students to come and speak with her or ASI.

During the forum, CSUB administration presented a word cloud where they could write all the areas in which the university wanted to focus on. Words like "Student," "Diversity" and "Welcoming"



Fernanda Martinez/The Runner

Attendees of the strategic plan forum give feedback on the first draft on March 8, 2019.

were written. Barrios mentioned that it is important for students to know they are at the forefront of it all and that "all faculty and staff are working really hard to make [students'] experience more valuable."

ASI Director of Transfer Students, Jason Baldwin, believes Zelezny has given many opportunities for students to speak.

"I really think that president Zelezny has tried to do that. Every time after she speaks, she always opens the floor," said Baldwin. "She is pleading for questions and I think that it should be noticed and I think that's essential for this campus and the president. She's begging for that feedback."

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BLUEPRINT

By Sam Underwood
Reporter

Eric vaguely remembers falling and crashing through his oven door. One Sunday, in January of 2015, Eric, who wishes to not disclose his last name, had some co-workers over for drinks.

The CSU Bakersfield student works as a server at a local restaurant that he didn't want named.

Having friends over was usual, but this Sunday Eric had too much to drink. He had drank enough that his memory was spotty.

"I remember fake boxing a friend, and I fell in the kitchen. I shattered my oven door; I wasn't wearing a shirt and was covered in cuts," said Eric.

Eric ended up on a Snapchat video that his managers and employers saw. Eric didn't have any major consequences from this incident, however, he could have been seriously injured in the fall, he could have lost the respect of his employers, he could have lost his life.

While a small number of students die directly from alcohol poisoning, there are other dangers that accompany drinking too much.

According to the National Institute of Alcohol Abuse and Alcoholism, around 1,825 college students die annually of alcohol-related injuries like accidents and car crashes. Another 696,000 students are physically attacked by another student who's been drinking. 97,000 students report being sexually assaulted while alcohol is a factor, and one in four students report suffering some sort of academic setback due to alcohol-related issues.

The excessive drinking associated with St. Patrick's Day comes from the holiday being recognized as a feast day on the Catholic calendar.

College life has ritualized drinking, drinking games, and parties, so students are even more likely to celebrate this holiday by drinking. When does it become too much?

There is a serious health risk that should be considered when any sort of alcohol consumption is taking place; that risk is alcohol poisoning.

According to CSU Bakersfield health educator, Lauren Ash, "alcohol poisoning can happen to anyone who is drinking alcohol faster than their body can process it."

Specifically, anyone who is binge drinking is especially susceptible. Ash explains that binge drinking is defined as drinking four or more drinks for women or five or more drinks for men, in a two-hour period.

The size of a standard beer is 12 ounces, wine is 5 ounces, and hard liquor is 1.5 ounces. Activities that college students participate in, like drinking games, create an ideal environment for binge drinking and alcohol poisoning.

Drinking too much affects heart rate, breathing, gag reflex, body temperature, or causes coma and death in some cases.

One of the myths surrounding alcohol poisoning, especially extreme cases, is that you can sleep it off.

"When we are talking about alcohol poisoning, someone will need immediate medical attention. We don't want to let them sleep it off, we don't want to leave them until they have received medical attention, just to be safe," said Ash.

Another myth about alcohol poison is that you can simply sober up by drinking



Photo Illustration by Norma Hernandez/The Runner

water, eating food, or having some coffee. This is just not true. Once alcohol is in your body, it is affecting you.

"The only thing that is really going to sober someone up is time," said Ash.

After Eric's experience, his perspective has changed. "I don't drink like I used to," said Eric.

"I'm learning to play the game, drinking slower, and drinking longer, as opposed to drinking heavily all at once."

So, how do you know if you or your friends have alcohol poisoning? There are signs to watch for.

The CSU system uses a website, aware-awakealive.org, to educate students about the dangers of alcohol poisoning. Aware, Awake, Alive uses an acronym to remember these signs.

M.U.S.T. H.E.L.P.

- Mental confusion
- Unresponsive
- Snoring/gasping for air
- Throwing up
- Hypothermia
- Erratic breathing
- Loss of consciousness
- Paleness/blue skin

"Someone doesn't have to have all of those symptoms. Even if they only have one of them they could be at risk," Ash said.

Some ways to prevent binge drinking are simply moderate how much you drink by drinking slow. Don't go out to get drunk. Drink socially, have a plan with a friend to watch out for each other. Avoid drinking games that encourage binge drinking.

Space out drinks by having a glass of water in between and always have a sober driver.

For more information visit:

•niaaa.nih.gov (National Institute on Alcohol Abuse and Alcoholism)

•awareawakealive.org (Aware Awake Alive, non-profit)

•Or go to Student Health Services on campus. Counseling information is also available for anyone who thinks they might have a problem.

What's Happening Around Campus

March

14 Runners Campus Church

6:30 - 8:30 p.m.
Albertson Room

Expression Nights

7 - 9 p.m.
Stockdale Room

16 ASI E-Waste Drive

9 a.m. - 1 p.m.
Campus

18 CSUB Food Distribution

9 a.m. - 2 p.m.
Stockdale Room

Coffee with the Professor

1 - 3:30 p.m.
Dezember Center

20 ASA Mega Swag Sale

10:30 a.m. - 1:30 p.m.
SU Patio

Spring Career Expo 2019

11 a.m. - 3 p.m.
SRC, Wood Court 1

20 Nowruz: A Persian New Year Celebration

5 - 6 p.m.
Stockdale Room

21 History of Women's Education

6 - 8 p.m.
Dezember Room

22 The Boiler Room

6 - 9 p.m.
Stockdale Room

Harvey Performances

8 - 10:30 p.m.
Dore Theater

26 Faculty Hall of Fame

12 - 2 p.m.
Dezember Reading Room

Fab Lab Hours:

Mon: Closed
Tues: 12:30 p.m. - 5 p.m.
Wed: 11 a.m. - 5 p.m.
Thur: 1 p.m. - 5 p.m.
Fri: 11 a.m. - 5 p.m.
Sat: 10 a.m. - 3 p.m.
Sun: Closed

Calendar sponsored by School of Natural Science, Mathematics, and Engineering and School of Arts and Humanities. To be included, contact jburger1@csub.edu.

International women celebrated

By Lauren Silvis
Reporter

Friday, March 8, was International Women's Day. In celebration, the Organization of Women Leaders of CSUB planned an event to celebrate women of all cultures.

On the Student Union patio, songs celebrating women were playing in the background as CSU Bakersfield students tasted food from different cultures, wrote their own pledges and celebrated women.

Yolanda Moreno, OWL volunteer, was at the entrance passing out buttons, bracelets and stickers.

"This is the second year we are doing it and we have a lot more planned for this year. The only worry we have is the rain," Moreno said.

After students got their free swag from Moreno, the food table was around the corner.

Ruth Miles, a CSUB counselor, said "We have French sponge cakes, Italian waffle cones, Chinese fortune cookies, Mexican salsa and guacamole chips, pumpnickel pretzels from Germany and candy from Australia. Today is meant to celebrate women of all nationalities in every way."

As the event was underway, rain began to fall. Quickly, students and staff moved the entire event into the Stockdale Room. Alexandria Boyt, biochemistry major said, "A little rain never hurt anybody. We will celebrate women indoors and outdoors. This rain won't rain on our parade."

Moments later, in the Stockdale Room, the event was back up and running.

First up was a performance by the Mexica Tiahui Ballet Folklorico of CSUB. The first dance was a duet that included intricate footwork and cheers from the sidelines. Anja Nicole, an exercise science major said, "This dance



Sergio Hernandez/The Runner

CSUB African Student Association's Kings and Queens dance team took the floor to perform an African dance during the International Women's Day event in the Stockdale Room on Friday, March 8.

is beautiful, the two of them are telling a story without any words."

After that, a group of women and men took the stage. Their dance was much faster paced. Their bright yellow dresses were on full display, thanks to the choreography that included swinging arm motions. The crowd was very involved, encouraging them the entire time.

Next, the mood quickly shifted as three women began a Tibetan dance. The music was slower and the women in their bright blue and red dresses began to dance. "It's

interesting how the Mexican dance featured women making a lot of arm movements, and the Chinese dance is the same," said Nicole.

After the dances, Amy Ressler performed "Even the Devil Hates A Putz," while Fred Anthony played the drums and the African Student Association performed "Kings & Queens."

After the celebration had come to an end, Moreno said, "The turnout was great and the rain didn't stop us."

President Zelezny kicks off Women's History Month at CSUB

By Silvia Lopez Medero
Reporter

On March 4, Campus Programming started off Women's History Month by hosting the kick off in the Student Union patio that offered students the opportunity to take to learn more about women, and their accomplishments.

The event was set up to serve as a way to start off a variety of other events planned by campus programming to celebrate women, such as the Celebrating Mother's Dinner and International Women's Day celebration.

The kick off was started off by President Lynnette Zelezny, who gave a quick overview of the event. She also spoke of her own accomplishments, and one of these included becoming the first female to be appointed as President of CSU Bakersfield

This event was decorated in the color purple that is known as the official color for International Women's Day. Students were encouraged to partake in free food and chat amongst themselves at the purple tables. They could also choose to go to the informational tabling that the event had to offer. It was estimated that more than 200 students attended the event.

There were about seven tables that students could go to, and each were run by different clubs and organizations. Each had information to offer in their respective fields, and many had free items that students could grab if they wanted.

There were two tables that were focused on giving students information as they showed support for women and students. The two separate tables were run by the teacher education department and student services for disabilities. The information that the teach education department wanted to spread is on how to become a teacher, and the requirements behind them.

Their table also had masks because they wanted a hero theme to their table. On the other hand, the student services table wanted students to know that they have many resources to help them, and that they should not be afraid as the help they received will be kept confidential.

There was also a table run by the Black Student Union and their table was by far the most colorful with a variety of free items like small crowns, bracelets, necklaces,



Sergio Hernandez/The Runner

Students in line up for free food at the kick off for Women's History Month at the Student Union patio on March 4.

stickers, candy, and many other trinkets. This was done with a purpose as the group wanted to express inclusivity and diversity.

They wanted to send a message that they are here to support women as a group, but they also want to tell students that their organization welcomes all.

Other tables had similar messages as they wanted people to know about and celebrate women in their fields. Three tables that had examples of powerful women were run by the CECE, anthropology club, and psychology club.

All three had pictures of women that had success in their fields, but each table took a different approach. The table for CECE was more interactive as they asked if students knew any of the women in the pictures, and if not, they had them guess to see what their positions were. Some of the people featured were Sheryl Sandburg the COO of Facebook, and Sally Grimes the Group president of Tyson Foods. This game attracted many students as students played to win prizes.

Meanwhile, the anthropology club focused more on ex-

plaining women's accomplishments in anthropology. The president of the anthropology club, Sarah Trask, went on to explain that she wanted people to know about women's accomplishments in anthropology because women are often overlooked in this field that is usually male dominated.

The psychology club had prominent women on campus like Dr. Duran and women from the broader field. Their message was basically that women should be recognized for their accomplishments.

There were also clubs like Club Gen (Gender Equality Now!) that set out to really just say that there is so many diverse groups of women that can be diverse in race, ethnicity, sexual orientation, and various other ways.

The president of Club Gen, Samantha Delacruz said, "That there is no one way to be a woman."

With that it can be said that they want to spread awareness and visibility on these different types of woman.

CSUB student Teresa Iniguez described the event as "good and empowering."

RUNNER ON THE STREET

By Bliss Streeks

“Do you watch the news?”

Windy Luong
Communications



“I actually don’t because I mainly get my news from social media.”

Darrick Cole
Forensic Science



“Yes. I watch the mainstream news because it shows what’s going on and what’s depicted in our society.”

Chad Johnson
Business



“No, primarily because I don’t have cable. I don’t feel as if it’s that important; the internet does a good job of keeping me updated.”

Chase Anderson
Business



“I like to follow and look at many different sources because, as we know, there is plenty of bias in the media.”

Stop calling me a millennial

By Rylee Smith
Opinions Editor

- It’s time for a quiz.
1. Were you born between 1996 and 2010?
 2. Is using technology as natural to you as drinking water?
 3. Do you gravitate towards practical choices and career paths?

If you said yes, then congratulations. You don’t have to deal with any more millennial jokes. You’re a part of generation Z.

I’ve never felt like a millennial. Whenever people made jokes about how millennials expect to not work hard, about how they don’t have any useful skills, and about how they can’t handle emotional adversity, I started to get the sense that these jokes didn’t fit me. Mostly because I can’t take a joke about myself, but also because millennials are ‘90s kids, which doesn’t apply to me.

That must mean there’s a group that better fits me.

According to a Forbes article called “Get Ready For Generation Z,” the age range of 1996 to 2010 puts me (1997) at the older end of the Generation Z group. Generation Z is more than an age description, though.

It’s a lifestyle.

The article describes one of the key aspects of millennials as enjoying the peace of the ‘90s, only to have their innocence shattered by the tragedy of 9/11. I don’t remember where I was on 9/11, but I’m pretty sure that at four years old I just kept playing with my siblings.

I’m actually skeptical that 9/11 played that big of a role on the psyches of millennials, but the experts say that it did.

Generation Z’ers are also more likely to make pragmatic career decisions, rather than “following their dreams,” as millennials are apt to do.

A lot of people think that it’s unclear what defines millennial versus Generation Z. This is

fair, considering that age descriptions of generations are subject to change. Michael Fitzgerald of the Boston Globe wrote an article lamenting the fact that he wasn’t originally considered a baby boomer, but the definition changed to include him after all.

The age range of 1996 to 2010 describes “Generation Z.” Generation Z is more than an age description, though. It’s a lifestyle.

One 21 year old student, Trenton Benet, said that he isn’t quite sure which Generation he fits into.

“I like to kinda make fun of the whole millennial thing, but I don’t know where the cut off is. So I don’t know exactly where I fall,” Benet said.

If you’ve been paying attention, you know that Benet is a Generation Z’er.

You might be wondering why it matters. Companies use demographics and profiles of generations to determine how to market to them, which is one major reason that it matters which group a person falls into. Considering that these generational descriptions also try to predict beliefs and voting patterns of groups, knowing your group could also help determine how you fit in with your peers.

Whether Generation Z’ers are more conservative or liberal as a generation is less clear than some articles would have you believe.

Pew Research Center released a study in 2019 suggesting that Generation Z’ers are more or equally politically liberal as millennials, based on issues such as climate change and gender pronouns.

A 2017 article in Forbes contrasts with this study by asserting that Generation Z’ers are more conservative than previous generations on issues such as national security and job creation.

The question can come down to your determination of which issues are more important and suggestive of political leaning. However, it seems that generation Z won’t be very conservative, considering that Pew’s study reported that 70 percent of respondents in that group believed that the government should get more involved to solve problems. This is a broad question and highly related to political leaning, with conservatives believing as a major tenet of the ideology that the government should get involved as little as possible. Generation Z might just skew to the left.

Just because a person fits into Generation Z, though, doesn’t mean that she has to rely on technology or that she can’t pursue a relatively unrealistic career. It does mean that when someone makes fun of millennials, she can join in.

Gender stereotyping is a thing of the past

By Jessica Manzo
Opinions Writer

Girls are taught at a young age to dress a certain way and not to worry about work because most likely they will find a man who will take care of them. Women are supposed to cook, clean, and take care of the kids. I mean really that’s all they’re good for, right? Girls should never take on the role of leadership.

“Society makes women feel they have to act a certain way,” Marcos Garibaldo, a computer engineering major, states when explaining how his sisters do not live up to their gender roles.

Let’s talk about boys. They are supposed to be into cars, pay for dates and never show emotion. Men are strong and work to provide.

“TV expands and makes [gender roles and stereotypes] mainstream like how a

man goes to work and women cook and clean,” Jorge Lopez, a mathematics major, states.

There are no questions asked, and the cycle continues to where it is *us* who create these gender roles and stereotypes that men and women are expected to live up to. Constantly, men and women are being judged or feeling less than a woman when not acting accordingly.

The problem is there is no clear understanding of what it means to be a man or a woman. These roles and stereotypes need to be put to an end. Wear what you want, do what you want, say and think what you want. Express yourself freely without second guessing yourself.

“I think we try to make it different than it was before, like how in history, there have been changes where now women can vote but it’s still not enough. Men are stereotypically stronger but women like Serena

Williams show us that [women] can do the same if not more,” Mary Sarkies, who is majoring in music and criminal justice, states.

However that’s not always the case, too often women are seen as weak.

“I feel [men and women] are not equal. Girls have to be cautious of their surroundings while guys do not. I just feel girls get treated less than guys,” Briseyda Torres, human biology major, adds.

I personally am very involved in the Philosophy for Children Program where I discuss ‘big ideas’ with children. Coincidentally, my past session was about breaking stereotypes. I held up many flashcards such as “It is okay for a boy to wear pink,” “It is okay for a girl to play football,” “It is okay for a dad to be the stay-at-home parent,” and “It is okay for a boy to be a cheerleader.”

For the most part, the children, aged

5 to 7 years old, thought there were no problems with the above claims. Children come to learn later in life to believe the opposite.

If you think there is a problem with the above claims, it is important to come to the realization that both men and women deserve more. It is important to be able to express yourself and live for yourself rather than to uphold a version of yourself that is untrue. It is unacceptable to feel as though you have to hide a part of who you are in order to make society at peace for abiding the social norms created wrongfully so by society.

“You cannot change the way you are, just act how you want. We are innate. You should just do whatever you want rather than altering your [identity],” Michael Akroush, philosophy and public administration major states.

We've made up our minds: freshest spring makeup looks

Bliss Streeks
Opinions Writer

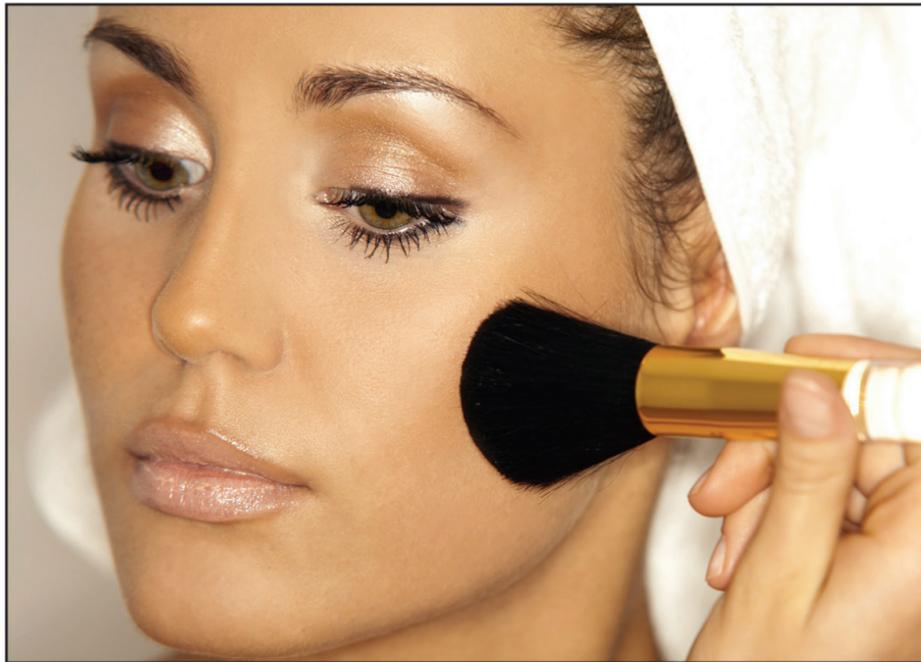


Image via Wikimedia Commons

There are many reasons we wear makeup. One scientific journal states that, "Attractive students tend to earn higher grades in school, and attractive employees earn more money over the course of their careers." In this day and age, we all have the tools available to us to construct our appearance however we wish. I believe beauty is a concept achievable by all, inside and out.

2019 is a new year with new everything, including new makeup trends. More than anything, a huge trend on the makeup scene this year is more inclusive brands. This means a wide shade range for women of all skin colors. There was a lot of fun on the spring runway, with looks ranging from bold, bright, but subtle, all the way to outrageous runway looks, alongside the natural dewy look that we saw last year.

The spring runway is obviously not filled with the everyday makeup looks that we see your Average Jane wear to work or university classes. However, it does have an influence on the makeup that is sold in stores, so it does affect the looks we see women wearing who are not runway models.

This year you can expect see a lot of new products being used like mermaid-esque pigments, magnetic eyeshadows, and a plethora of other fun and interesting styles that range from light and free spirited to bold and loud. I want to begin with my favorite, the very unique makeup look

I saw on both the runway and in person right here at CSU Bakersfield.

I am talking about bold liner and bold lips with very little anywhere else on the face. A neon winged liner for example, with a nude lip. Or a bright neon magenta lipstick with almost no eye makeup and just a touch of blush. It brings the right balance to the table by not painting bold colors all over the face but rather using them to highlight only one feature. To try this look, you could use a bright liner that wings out in a daring wing that will attract attention to the right place: your beautiful face.

Metallics are also going to be in again this spring, continuing from 2018. Pig-

ments with unique effects that will bring new and interesting possibilities to your makeup counter are coming as well. If you enjoy being very artistic, 2019 is your year for beauty. Be ready to embrace your inner artist and let loose.

Another look we see on the runway is what I would describe as perfectly undone. This means lips that are stained to look bitten, or eyeliner and shadow that look like you applied them yesterday and slept in your makeup. This might sound strange, but this free spirited, somewhat messy sort of style is coming in style this spring.

To give this look a shot you could take some of your favorite lipstick and only

apply it in the very center of your lips, then carefully smudge it so it doesn't make it all the way to the edges. Next, take a smokey colored eyeshadow and use a small brush to smudge it under your lashes. Add a smidge of highlighter and blush at your discretion.

For those ladies out there who want to play it safe, there are styles for you, too. Another beautiful look trending this spring is what you might call the "delicate" smokey eye. Rather than using a dark color to smoke out your lid, you would instead apply a middle tone like cherry, lavender, steele blue, or light gray. Using a light shimmery shade on the lid and blending it into the crease is a great way to diffuse the smokey eye and give it a sort of delicate look that people are loving this spring on the runway.

Last, let us talk about what is trending now on our campus here at csu. I often see a sunset shadow (oranges, salmon pinks, and reds) with winged liner. If you want to be fast, apply a winged liner and you're ready to go. I also see a plethora of ladies on campus who like to wear a wing with little to no other makeup, except a slight highlight and blush combo with a nude lip.

Don't forget that trends come and go and at the end of the day, you should really wear what makes you feel your best. If that's almost no makeup at all, just lipgloss, or a full beat face, then you do you. Life is too short to obsessively follow trends. They are fun though, and a great way to get inspiration for tomorrow's makeup.

The First-Year Experience course has some growing up to do

By Allie Page
Opinions Writer

CSU Bakersfield's First-Year Experience seminar is in need of change. Since it adds to the already large load of general education classes that students must take, faculty should consider making some adjustments to the course so it better serves its purpose.

According to CSUB's course catalog, all first-year students are required to take two semesters of the seminar (CSUB 1009 and 1019). While the engineering department offers an engineer-specific version of the class, all other majors take the same class. Despite this, the classes aren't standardized, so not everyone gets the same experience. Students have mixed opinions about the classes.

"I liked it, because it helped me to navigate my way around campus more easily," said Hannah Rosica, a freshman majoring in history. "It made me feel less stressed out about what I had to do in the future with regards to being here."

"I thought the class was interesting because it discussed all of CSUB in one place," said Serrena Rincon, a senior majoring in psychology. "I'd say I had a good experience. It was a good way to connect with other students. But I don't think there were enough resources for the

students who were undeclared."

"I think we should get rid of it," said Joshua Velasquez, a junior majoring in kinesiology. "I think we should get rid of it entirely."

Since students do benefit from the class, it should not be removed. However, it still has some room for improvement.

First, CSUB should require just one semester of the seminar, not two. The material in the second section is largely redundant, and it does little more than draw out what should be a simple introduction. Students do not have to be taught Cornell note-taking twice.

"I think the first part is more informative than the second part," said James White, a sociology professor who teaches the FYE class. "In the 1009, I teach them everything on campus, from the library, to how to be courteous in the dorms. The second semester is kind of a repeat of everything. I would say that the class is too long. I think you can do both semesters in one semester."

Second, CSUB should create more major-specific versions of the class, in addition to a general version for undeclared students. That way, students will have the opportunity to learn more about their majors from the start. It can also provide an early taste of the major, and help incoming freshmen decide if their majors are truly right for them. White compares it to the



Runner Archives

Freshmen receive letters of encouragement from ASI on CSUB's 2015 Freshman Letter Day.

senior seminar, which is major-specific.

"I think they should make it more of a senior seminar type thing," said White. "They should keep it major-specific and have those in that major teach it. I'm a soc' guy, give me all the soc' people. Those who are undeclared should have, say, liberal arts professors teach them."

Lastly, the departments at CSUB should standardize the class, so that it won't differ dramatically between professors. To avoid redundancy, the course shouldn't in-

clude skills already taught in the mandatory freshman English and communications classes. Consistency is key here.

General education is vital to becoming a well-rounded student, but it needs to be relevant, helpful and precise. Any class that students must take should be worth the hundreds of dollars in tuition. Improving classes such as the FYE seminar will improve CSUB students' overall quality of education.

Runner Review: 'How To Train Your Dragon 3' doesn't fly as high as others

Jorge Avila
Opinion Writer

"How to Train Your Dragon," directed by Dean DeBlois, first arrived in 2010 and became an instant hit, capturing the hearts of many and spawning an entire franchise. Similar to its hero Hiccup, the film was an underdog in a summer full of heavy hitting blockbusters. It still managed to garner the attention of moviegoers with its unique premise and stunning animation. Fast-forward 9 years and we've reached the franchise's third and final installment: "The Hidden World."

The story opens with our hero Hiccup, along with his ragtag group of fellow vikings, rescuing a swathe of captured dragons. The film's central struggle then revolves around needing to find a new home in order to compensate for a growing population, all while avoiding the advances of infamous dragon hunter, Grimmel.

Right away, the most noteworthy aspect to the film is its gorgeous animation. All throughout there are scenes that are jaw-droppingly beautiful and incredibly impressive from a technical point of view. It really makes you admire how far the

animation industry has come when an animated character such as Toothless can have so much detail and texture that he actually looks like a physical, tangible being. There's one scene especially on a beach where I found myself in awe over how unbelievably real the sand looked—sand of all things!

The character designs are all equally as impressive, especially the dragons who all stand out with their unique traits and colorations. Unfortunately, the same cannot be said about the story. How to Train Your Dragon was always notable for having mature themes and subtle storytelling that could be enjoyed by people of all ages, but this is the first film in the franchise that honestly feels empty, which is disappointing considering it's the last one.

The plot involving dragon hunter Grimmel feels so been-there done-that and leads up to an incredibly unexciting final battle that gets resolved way too quickly. The film's secondary plot about finding a new home also builds up to a disappointing and predictable conclu-

sion. Add to that a cast of annoying and crude characters and you get a film that just feels very forgettable.

Top Critic David Sims says the movie "is stuffed with filler material" and argues it runs on empty for most of the runtime. Joe Morgenstern of Wall Street Journal also criticizes its weak and disjointed plot, stating it's a disappointing conclusion to a

franchise
"that
gave

great pleasure
on too

and stayed long." Despite the mixed reception, the film still stands at a 92% rating on review site Rotten Tomatoes. While it's nowhere near as enjoyable as the last two entries in the franchise, it's still a good time in theaters.



Image via flickr.com

Copyright is not a fun game to play

By Dezhanea Hill
Opinions Writer

If you play video games, or you know what a video game is, you've probably heard of Fortnite. You might have seen the famous "Fortnite dances" that the characters do. With such popularity, the creators of the game also have responsibility: crediting the inventors of those dances.

Fortnite is a popular game that has been played by many loyal fans all over the world. It is said to be a mixture of one Minecraft and a shooting game. Players can team up or play solo to battles against zombies and other enemies for points. They collect materials to build shelters as "safety zones" throughout their time of battle.

Fortnite started out as a computer game, but rapidly became popular shortly after being recognized by many players and after the creators of the game added new features and techniques for the players on the battlefield.

As of last year, there were about 150 billion people worldwide that tune in to play Fortnite, but as time goes by, numbers have skyrocketed. This game has become an obsession to many. The game has become the most watched on Twitch, YouTube gaming, and many other sites.

According to the Washington Post, Fortnite hit the top of the charts just 12 hours after being released. Talk about a record breaker.

After every win, the characters do a victory dance. One of the dances is from

a popular 90's tv show called "The Fresh Prince of Bel Air." This dance is called the Carlton dance. There has been some controversy about whether the game should be sued for stealing this dance move or not.

Alfonso Ribeiro, also known as Carlton, tried suing the game for his dance moves, but the courts overturned the case.

This isn't the first dance move to be used in the game. The "Milly Rock" is another dance move that was recognized. This dance move was stolen from a Brooklyn trapper named Terrence Ferguson.

"My dance is my signature," Terrence said. "I don't mind people doing it in their videos. What I do mind is when somebody takes what I created and sells it."

Other dances have been borrowed such as the Dr. Turk's goofy dance from the tv series Scrubs, and also Snoop Dogg's steering wheel moves from his music video "Drop It like it's Hot," according to the Rolling Stone.

Many people question if these famous people should sue the game site for not crediting them on their dance moves. I believe the owners of the game should credit the dance moves because technically the moves aren't original, but then again, it is the choice of the rappers and actors whether it's that big of a deal to form a lawsuit against the gaming company.

Whether it's a popular game, video, tv show, or music, anything that is not original should be credited because it's the right thing to do. Not for publicity, but for fairness.

CSUB THEATREFEST PRESENTS

HARVEY

BY MARY CHASE

DIRECTED BY DAVE PETERSON

THURSDAY-SATURDAY,
MARCH 21-23 & 28-30 AT 8PM
SUNDAY, MARCH 31 AT 2PM
DORÉ THEATRE

\$12 General Admission | \$10 Seniors (60+)/CSUB Faculty & Staff
\$7 Students with Identification

The box office opens one hour prior to each performance. Tickets can be purchased on-line at csub.edu/theatre
Box Office phone: (661) 654-3150

California State University, Bakersfield, does not discriminate on the basis of disability status in the admission or access to its programs or activities. If you need special accommodations to provide access to this event, please call the Music & Theatre Department at least ten days in advance. If you do not call at least ten days in advance, it may not be possible to provide you with the requested accommodation.

'Runners basketball prepares for Sin City

Chris Burdick
Assistant Sports Editor

Championship week is upon us. As the CSU Bakersfield Roadrunners are looking to bring the Western Athletic Conference Tournament Championship trophy home from Las Vegas, like they did in the 2016 season.

The Roadrunners have had a rollercoaster of a year in the 2018 season.

With key players like red-shirt-Sophomore forward Taze Moore and Senior guard Damiyne Durham injured for the majority of the season, it has been difficult for the full team to get a chance to play together for multiple games.

Despite the injuries, CSUB was able to start out the regular season strong with a 12-4 record in the regular season, including an impressive 8-0 home record, until finally losing their first home game to Grand Canyon University 72-59 on Feb. 2.

Since that loss against GCU, the team has gone on a considerable losing streak, only winning 1 of their last 9 games. The Roadrunners have fallen from a three-way tie for first place in the conference to fifth place coming into the championship week. CSUB finished with a regular season record of 16-14 and a conference record of 7-9.

The team took some tough losses in the second half of the sea-

son, including a tough one-point loss at the buzzer to the number one seeded New Mexico State University and a considerable 72-58 loss to California Baptist University on Senior night in the Icardo Center.

"I thought it was a wake-up call," Coach Barnes said about the Senior night loss to CBU. "It changed our sense of urgency, that the season is coming to an end and we have to take our business seriously. That's just the approach of our team."

Coach Barnes also commented that the loss to CBU has caused a spark in leadership from the team's seniors: Rickey Holden, Damiyne Durham, James Suber and Bray Barnes. The CSUB seniors are being more vocal leaders in practice before their final WAC tournament in hopes that they can win the WAC conference championship and make it to the NCAA Tournament on March 19.

"We're feeling better because we are playing better than we did before. We may have come up short versus GCU, but we feel we are in a good place right now." Senior guard Rickey Holden said about the team's mentality coming into the tournament, "We all want a ring at the end of the day."

Last season, the CSUB Roadrunners came into the WAC tournament as the seventh seed and lost in the first round to the

number two seed, Utah Valley University, 81-74. This was despite a solid performance from now senior guard Damiyne Durham who put up 29 total points.

Coach Barnes says it is because of that experience behind the loss from last year that drives the team to make it back to the finals like they did in the 2017 season. Barnes said that the loss to Utah Valley last year "brings a different hunger" to this year's team.

"We're coming into this year more experienced," sophomore guard Jarkel Joiner said. "Coming into my second year with more experience and everybody is playing together, we're getting stronger as a group I think."

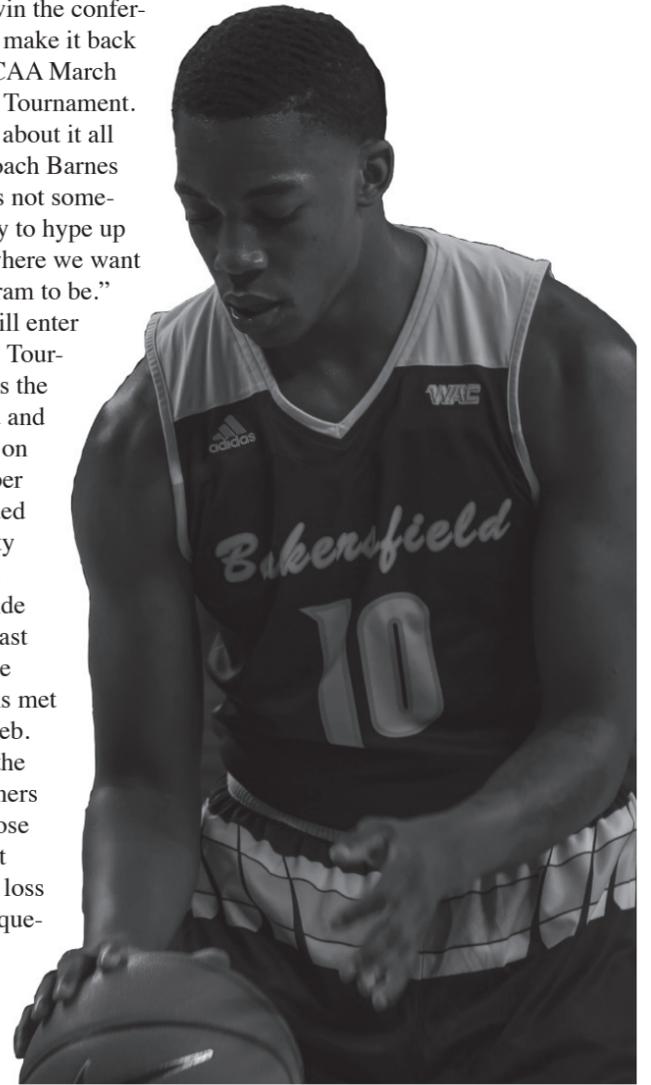
In last year's first round WAC tournament loss, Joiner came off the bench as a freshman and contributed with nine points in his 19 total minutes played. This season, Joiner has made his mark on the team and the conference, taking the starting guard spot and leading the team in minutes played and points per game.

Joiner is the only player to start every game this season averaging 32 minutes per game for the Roadrunners and lead the team in scoring, averaging 16.4 points. Something that has not been done since former guard and CSUB's all-time leading scorer Stephon Carter.

The Roadrunners have the mentality to approach every regular

season game this season like they are all as important as a WAC Tournament game, and that has led to one central goal for the season, win the conference and make it back to the NCAA March Madness Tournament. "We talk about it all year," Coach Barnes said. "It's not something I try to hype up but it's where we want our program to be." CSUB will enter the WAC Tournament as the fifth seed and will take on the number four seeded University of Texas, Rio Grande Valley. Last time these two teams met was on Feb. 9, when the Roadrunners took a close five-point overtime loss to the Vaqueros at the Icardo Center. The game is scheduled for tip-off at 2:30 p.m. on Thursday, March 14 at the

Orleans Arena in Las Vegas, Nevada.



Redshirt-sophomore forward Justin Edler-Davis

Women's team looks to win first WAC Title

Senior guard Jazmine "JJ" Johnson

Chris Burdick
Assistant Sports Editor

After coming up just short last season of a Western Athletic Conference Tournament title, the CSU Bakersfield Roadrunners Women's basketball team are looking to take over Vegas in hopes to finally win the conference championship that barely slipped through their fingers just one year ago.

Coming into the WAC tournament, the CSUB Roadrunners are the fifth seed and the team shows promise with their active defensive play. The Roadrunners have been holding teams to an average of only 62 points per game this season and are causing on average 21 turnovers a game.

"We're looking to make it to the NCAA Tournament for sure," Senior guard Alexxus Gilbert said. "I think they are more active defensively. We were good on defense last year but this year even with a lot of young players we are very crafty which brings a lot of energy off the bench."

The Roadrunners have focused all year on bringing energy

and setting the tone with their defense on the court, and even set a new school record against Grand Canyon University on March 2 when CSUB held the Lopes to only 37 total points for the entire game.

The Roadrunners have had a bit of a rocky season, however. The Roadrunners ended their regular season with a record of 13-16 and have a conference record of 9-7.

While their struggles this year have been in the inconsistency in scoring on offense, as the team is only averaging 62.3 points per game and struggling to consistently make shots down the stretch. The Roadrunner's best game on offense came from their 91-37 victory over Westcliff University on Nov. 26.

Since then, the team has struggled and went on a seven game losing streak following that game leading up to the beginning of conference play.

Coach McCall is not rattled by the team's offensive struggles

however and gives a lot of credit to the strong conference play CSUB has faced throughout the year.

"The conference is tough.

These coaches do a great job," CSUB Women's Basketball Head Coach Greg McCall said. "Each game can be a battle you have to come ready. You

can't have any off nights in this conference."

"I think we've made the right adjustments,"

McCall added.

"We just want to continue to do the things we talked about in the beginning of the year: energy, effort, and communication. And the result of that is we can go out, win games and be consistent to help things."

Last year, the Roadrunners came into the WAC tournament as the number two seed with a conference record of 10-4.

Led by now senior guards Alexxus Gilbert and Jazmine "JJ" Johnson, CSUB was able to battle their way to school's first ever appearance in the WAC Tournament finals. Unfortunately, the Roadrunners fell to the number four seed Seattle University 57-54.

Johnson was chosen for the All-Tournament team for her great defensive play as she averaged just over 2 steals a game.

The team has taken a bit of a slump from last year, finishing fifth in the conference with a record of 9-7. But the team and the seniors on it are still very excited to be in the talks of going back to the finals again this season.

"We're pretty confident and we are just trying to get everyone on board," Senior Guard JJ Johnson said. "We want everybody. We are ready for anybody we play, it doesn't matter who."

"We rely on [our seniors] heavi-

ly," Coach McCall said. "To me, [Jazmine Johnson] is the best defender in the WAC. Alexxus Gilbert is lighting it up this year and we rely on Malayasia McHenry off the bench and she's averaging almost a double-double right now."

Coach McCall commented on his the feelings on this year's team, calling them the "most fun group" he has ever coached because of their coachability and energy on the court, and their diligence in the classroom.

"We know the amount of energy we have to bring. We've experienced it. We know it takes a lot of excitement and energy to bring it and play in that arena." "Its win or go home now," Gilbert said. "In the regular season you play to get better, but in the WAC tournament, your playing to win and win every possession."

The WAC tournament begins Wednesday March 13 at the Orleans Arena in Las Vegas. The Roadrunners first game is against Grand Canyon University with tip-off scheduled for 8:30 p.m.





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I AM NOT ONLY TRYING TO MAKE MYSELF BETTER, I AM TRYING TO MAKE MY TEAMMATES BETTER.
 VANESSA AUSTIN, CENTER FOR CSU BAKERSFIELD WOMEN'S BASKETBALL TEAM

THE ULTIMATE TEAMMATE

Vanessa Villalvazo
Sports Editor

From wanting to first be a dancer to now following in the footsteps of her father, Isaac Austin who was a former National Basketball Association player.

Vanessa Austin is a native from Salt Lake City, Utah who plays as the center for CSU Bakersfield women's basketball team. She started playing basketball in fourth grade.

"I played on a junior jazz team and my mom was like, 'If you do really well in this game we could go out and get ice cream,' because she was trying to motivate me to play. So I went out there and scored 12 points. I had all the points," Austin added. "That's when I really started to think I could get good at this, this is something that I could invest my time in."

Austin chose to come play for CSUB. "This place feels like home to me because the coach Greg, he played basketball with my dad, so him knowing my dad for so long,

he knew me before I was even born. So just that home feeling is why I came here and the academics," Austin said.

Head coach Greg McCall and Austin's dad, Isaac, played together in junior college and have been friends ever since.

"She is the ultimate teammate. She cares a lot about her team and is the one everybody loves to be around," McCall said.

Austin is a sophomore and was named to the Western Athletics Conference All-Newcomer Team when she was a freshman. She has a career high of 21 points on Nov. 28, 2018, and career high of 12 rebounds on Feb. 27, 2019, both in games against New Mexico State University.

Nandi Jordan also plays for the CSUB women's basketball team and is Austin's roommate.

"She's a very good person, very funny, bright, smart, and dedicated to school and to basketball and this team. On and off the court she works hard," Jordan said. "I and

Vanessa love cooking, like at least twice a week we have team functions at our house and we'll just cook for our teammates."

Her teammate Malayasia McHenry also plays for the CSUB women's basketball team as a forward and bonded with Vanessa by laughing at each other from across campus.

"She pushes me. If I am down on myself she always tells me, 'We need you, you are a big part of this team, we need you to pick it up,'" McHenry said.

Austin says she wants to live up to her father's legacy and often looks at her father's old footage. However, she would like to become a sports medicine trainer.

"Right now I am a kinesiology major with a minor in psychology, so I plan on doing something in the medical field. I was thinking about becoming an athletic trainer because I've been taking sports medicine classes since I was a sophomore in high school and I joined an athletic training program and that's what started

my love for sports medicine," Austin said.

She looks up to her cousin, Isaiah Austin, who played basketball at Baylor University and now plays in China. She does not communicate with him that often because he is overseas, but does speak to his father who has a basketball program in Utah.

Her inspiration is "The King" LeBron James who currently plays for the Los Angeles Lakers.

"Lebron James is everything I want to be in a player. He makes his team better and that's just something I try to do," Austin added. "I am not only trying to make myself better, I am trying to make my teammates better. I am here to help my teammates accomplish this goal because we're all in this together."

As a sophomore, Austin has already become a vital person to the team and will continue to lead the team in the future.

VANESSA AUSTIN, WHO HAS SCORED 219 POINTS THIS SEASON, LEAPS AGAINST CHICAGO STATE'S DEFENSE ON VALENTINE'S DAY AT THE ICARDO CENTER.

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