

The Renegade Rip

BAKERSFIELD COLLEGE

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Budget cuts imminent

Key members of Bakersfield College and KCCCD discuss the bleak outlook of the budget for community colleges

BAKERSFIELD COLLEGE ADMINISTRATION

Chancellor Serrano preparing District leadership

By Zak S. Cowan
Editor in Chief

After years of preparation, the budget has come full fold, and Chancellor Sandra Serrano, along with the rest of the Kern Community College District leadership, is calling on Bakersfield College to prioritize so that minimal impact is had upon the students.

Serrano has called upon the colleges of the district to assess their own situation and focus on their "core mission."

"They have not been given a percentage, per se, in terms of reductions, [but] they've been asked to really focus on priorities," Serrano said.

The district is using a recent recommendation by

the Legislative Analyst's Office to establish some numbers of what could be cut.

Chief financial officer Tom Burke is in the position of deciding what numbers to base the district's assessment on.

"[The LAO] did analysis of the governor's proposed revenue streams, and his proposed budget, and they've determined that those were overstated by probably over \$6.5 billion," Burke said. "And so we now updated our long-term projections and incorporated the effect on us with that additional loss."

"Essentially we would have to find that level of reductions within our operations, which is about 15 to 19 percent over the next two years."

Serrano categorizes all sections into three spe-

cific areas from most important to least.

Currently, there are meetings taking place on every KCCCD campus to figure out what sections go into these categories.

"The colleges are meeting with their stakeholders and developing plans for what they are defining as core mission based on the needs of their service area," Serrano said.

"The colleagues are being asked to look at all of the information to establish some priorities both in terms of our core general education, our core programs, our areas for majors and registration priority."

Serrano said that the "secondary areas" of sections are supposed to be self-supporting, and that is also something that is being assessed on each

KCCCD campus.

Interim BC president Robert Jensen, according to Serrano, "was brought in to provide an assessment of what we're seeing as what must be done within the next 18-25 months."

Serrano said that the district has prepared accordingly through the past five years for the imminent problems that the decisions in Sacramento would bring.

"As a district, we have anticipated an on-going shortfall of revenue, and, as a result of that, we made a strategic decision to build up reserves," Serrano said.

"We're in a good position to weather the storm. It is certainly our hope that we'll be able to serve Please see SERRANO, Page 5

New president cutting to core

By Keith Kaczmarek
Reporter

According to Bakersfield College's interim president Robert Jensen, "everything is on the table, obviously" when it comes to the budget cuts BC needs to make in the next few semesters.

He can confirm that there will be no lay-offs this year, summer session, or in the fall, but he said "after that, who knows?" He added, "The basic change is going to happen in the spring."

Already, the school district has made the easy cuts it can make, such as slashing the tiny travel budgets of some administrators and other minor cost-cutting measures. Now they are looking to make more substantive cuts like closing sections of classes that have low enrollment.

"We are going to have summer school, but we are looking at classes and class sizes," he said, later adding that classes with an enrollment of only 15 might be combined with another section of the same class and of the same size in order to make one section with 30 students.

"We are not rebuilding the summer schedule, but are going to be making it much more diligently than before."

According to Jensen, the Kern County Board of Trustees is also considering cutting entire programs from BC as a way to refocus on the community college's core mission.

"There are certain timelines you have to follow to cut a program," he said, affirming that underperforming programs that don't graduate students or send transfers to four-year schools might be cut.

"The buffet offering will be gone," he said about our current class choices. Classes that don't directly lead to transfer, like ballet, will be the first to be

Please see JENSEN, Page 5



The above graph is the Legislative Analyst's Office recommendations for the 2012-13 budget plan. Kern Community College District is using this as a means of preparation.

Faculty leaders ready for cuts

By Jon Nelson
Features Editor

Over the last few semesters, Bakersfield College has seen major budget cuts and it's about to be hit with more.

The BC faculty is currently waiting to see if the worst-case scenario of losing 17.8 million dollars in funding is going to happen.

"If the governor's tax proposal passes then that number [17.8 million] goes down to 13.2 million. It will help but not solve the problem," said BC Performing Arts department chair and Academic Senate member John Gerhold.

The Academic Senate is a group of BC faculty that oversees 11 areas where decisions are commonly made in the college district, including budget issues.

This means that professors at BC will have a hand in deciding where these budget cuts will be made.

"We don't get to pick how many dollars go where but we do get to decide how people decide," said Gerhold.

BC gets roughly 66 percent of the budget for the entire KCCCD.

The other two colleges in the district then get around 13 percent each and \$10 million is spent on administration.

Gerhold thinks that the district should first look to making cuts in administration.

"Anything you do to cut courses is going to hurt students," said Gerhold. "Anything that's not a required course has already been cut."

In the past, programs that the district feels are non-essential and student services have been hit in times of financial crisis. Most recently, the tutor- Please see FACULTY, Page 5

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We all need a vacation, and the Rip has the answers for your destinational questions

Peterson the next SGA president

By Gregory D. Cook
Photographer

The results are in, and the Student Government Association president for the 2012-2013 academic year is Richard Peterson, and one of his key concerns is making sure that the students of Bakersfield College have the most effective voice possible.

"I want to see more communication between the SGA and the students," Peterson said. "That office door is open for students to come in if they have questions or concerns, but I don't think they do that enough."

To remedy that, Peterson plans to take to the campuses himself and find out just what is on the students' minds.

"I thought it would be cool to get out there and take the office to the students," he said. "If the students aren't going to come in, we'll have to go there to the students and ask them about what they like, or what they want changed and then take that back to the office and do something about it."

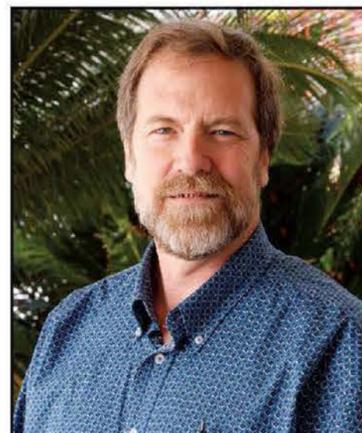
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He stresses the fact that the SGA can do its job only when the students make their wishes known.

"We're only as good as the questions and concerns that come before us," Peterson said. "We are there for the students. We are their voice. And we need to know what they're happy about, or what we need to change or look into."

Peterson, 51, is a computer studies major
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GREGORY D. COOK / THE RIP

Richard Peterson was recently elected the new president of the Student Government Association.

Garden gives students a chance to volunteer



OMAR OSEGUERA / THE RIP

James Gorman, a horticulture major, takes time on March 21 to clean up Robin and Rondi's Garden.

By Nicholas Sparling
Reporter

Three Bakersfield College students have taken it upon themselves to spruce up the campus one garden at a time starting with the Robin and Rondi's Garden in the Fine Arts building.

Students James Gorman, a 20-year-old horticulture major, and Cameron Peoples, a 20-year-old forestry major and Jesus Rivera, a horticulture major, have taken it upon themselves to beautify a corner of the campus by utilizing the skills that they have learned at BC.

They discovered the garden last December and undertook the task of pruning back the overgrowth over winter break. "We talked about it and kept our word," Rivera said.

"We emptied out four or five garbage cans full of overgrowth and started to turn the soil. Then we planted the bulbs. We weren't sure how well they would do. That was three months ago, and they're already flowering," according to Rivera.

The students work on their breaks between classes and any free time that they have on campus. "We're horticulture students, so we figured we might as well get our hands dirty," said Rivera.

Most of the time the garden that sits like an oasis in the middle of the Fine Arts Building is locked.

The department assistant of fine and performing arts, Joyce Teague, allows them access for the extra-curricular project.

"Every time we come in on our breaks, they allow us access. It's not a door that's open all the time," said Rivera.

The garden is able to be enjoyed by any one who takes the time to look in and see the greenery and splashes of vibrant flowers, but it's "the staff that's around here that really get to appreciate it because their offices are around here," said Rivera.

The students are not getting any extra-credit from any of their classes to clean up the garden.

"It's more of our desire to see things alive and put into practice what we've learned," said Rivera. "Our labs are there, but it's limited as to what we can do. There is so much green space on campus we might as well invest in it."

Some of the things that the students have learned and are applying to their clean up of the garden are: how to read the soil and tend to it, the pruning of the plants, plant identification and general horticulture.

"A lot of areas could be a nicer place to be a part of," Rivera said. The team is also on the lookout for more gardens or raised flowerbeds that could be cleaned up and turned into nice areas for students to spend their time. "It's much nicer than sitting around a stump or a rock."

The team has a real passion for the work that they do. "Each plant and each garden I work on, I try to put a little of myself into it," said Gorman.

"I definitely enjoy the lifestyle on the campus. Plants are probably my favorite things,



OMAR OSEGUERA / THE RIP

Robin and Rondi's Garden is located in the Fine Arts Building.

so being able to join the two and have my free time be more enjoyable and putting something back into the campus is probably my favorite thing to do," said Gorman.

Soon the garden will have more color as more flowers bloom in the coming months.

"We got to get some color out there," said Teague. "I'm a garden fanatic. I love it. I think it's cool that students want to get involved in something like that."

New burger location coming to Bakersfield

By Crystal Sánchez
Reporter

A new restaurant in Bakersfield is set to open in April.

Eureka Burger is a gourmet burger restaurant that originated in Redlands.

From there, the chain expanded to Fresno, Claremont and San Luis Obispo.

Maricela and Louie Caro have been the woodwork designers for the restaurant chain for the past three years.

Maricela believes that the new Eureka Burger will be a big hit in Bakersfield.

"It's been so successful everywhere else that I know we'll bring in a lot of people here," said Maricela.

Location is a definite factor as to why people will be attracted to the restaurant.

Paul Fredricks, the owner of the Eureka Burger chain, is known to build his restaurants around college campuses and shopping centers.

"The restaurant's really centralized and in a really nice shopping center," said Fre-

dricks.

Eureka Burger is going to be located at 10520 W Stockdale Hwy, near Chipotle. Aside from the food, Louie said that the beer is one of the best things Eureka has to offer.

"We have between 24-32 craft beers from local breweries and we have what's called a whiskey and beer sampler," said Louie.

Louie said that if you're unsure of what type of whiskey or beer you want to try, order the sampler.

"When you order the beer or whiskey sampler you'll get 16 different beers or whiskeys in shot glasses to taste. But then by the time you finish all of them you'll already have a little buzz."

If drinking isn't your thing Maricela suggests trying the cowboy burger.

"It's our most popular burger because of the homemade beer barbeque sauce," she said.

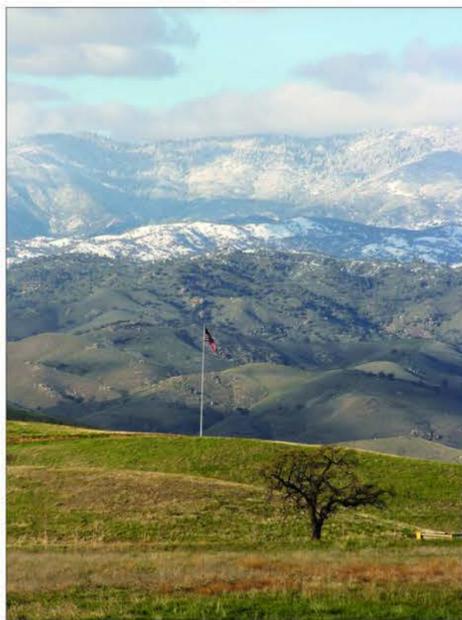
The exact opening date has still not been set, but Louie believes it will be towards the middle of April.

WET
AND
WHITE



MEGAN LUECKE / THE RIP

Pine trees are covered and defined by snow on March 19 on Bear Mountain Road on the way to Arvin, Calif.



Above: Clouds create shadows on the rolling hills.

Left: With snow-capped mountains in the background, the American flag waves over the Bakersfield National Cemetery on March 19 near Bear Mountain Road.

PHOTOS BY MEGAN LUECKE / THE RIP



MEGAN LUECKE / THE RIP

Another weather front rolls in over Oildale on the evening of March 25, offering this view from the Panorama Bluffs.

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Student diagnoses own tumor

By Patricia Rocha
Copy Editor

Not many people can say they've diagnosed themselves with a brain tumor, but that's just what 19-year-old Bakersfield College student Bethany Elliott did.

Elliott hadn't been feeling well for quite a while and was frustrated that doctors wrote it off as nothing.

She decided to take her health into her own hands and did her own research.

"I did research online after school since sophomore year of high school...and all my research led me to believe I had a brain tumor," said Elliott, now in her sophomore year of college. "I had gotten to a point this past summer where I knew I had to just figure it out because nobody else was going to do it for me."

She then went out of town to see a doctor that would take her seriously.

"I took my research in and told my doctor, 'this is what I think I have. I really think I need an MRI,'" she said.

After what she says was lots of begging, the doctor agreed. She had her MRI on the Friday before the Labor Day weekend, which meant the doctor's office was closed when the results were available. However, the medical records office was open and Elliott didn't want to wait.

"I go down to medical records and I get the report myself and I read that I have a brain tumor," she said. "So I was right. I was freaking right and I figured it out myself."

Elliott was frustrated that 10 different doctors ignored her symptoms, when in reality they revealed a lot about the type of tumor she has, which is called a craniopharyngioma.

"They'd been doing random blood tests and checking my hormones, and a few of them would be off, but they never really fell under any pattern so the doctors would write it off," she said. "Turns out, my tumor is squishing my pituitary gland and that's like all my hormones in my whole body."

According to the U.S. Na-



COURTESY OF HANNAH ELLIOTT

Bakersfield College student Bethany Elliott shows off her Legacy Beads. Each bead visually represents a different procedure or test she underwent during her time at St. Jude Children's Research Hospital.

tional Library of Medicine, a craniopharyngioma is a rare benign tumor that develops at the base of the brain near the pituitary gland. It causes increased pressure on the brain, hormone imbalance, and can damage the optic nerve, leading to vision problems.

Elliott was able to seek treatment at St. Jude Children's Research Hospital despite their age limit of 18.

"Because the tumor I have is one in a million, literally, they accept up to age 21 and I can be in the research study," she said.

The treatment includes using proton radiation focused directly on the tumor, which Elliott described as a feeling of butterflies in her skull. It will take two years to see the results of the treatment.

"I have an appointment at St. Jude every three months this year, and then every six months for a few years, and then every year for the rest of my life."

She said the experience would only help her in her future endeavors.

"I've wanted to be a pediatric oncology nurse for a few years

now and it looks like I got a firsthand experience in that. I really just think it'll make me a better nurse someday. From this experience I know now that I want to work at St. Jude and that's something good that's come out of it.

"I never thought I'd go there, of course, and I never knew anyone who was a patient. It was a distant world to me until now. Now, to everyone I know, it's real to them too."

Elliott has gotten back to school after taking a semester off for treatment and now feels she can get back to some sort of normalcy.

"I feel like I can move on with my life. There's not this thing that nobody knows about, that's my job to figure out."

Elliott said only about 30 cases of this type of tumor has been documented before and she has taken a more positive perspective than most in her situation.

"I've moved passed it. I'm not sitting around like, 'why me?' If you get caught up in that you can't move forward. I just look on the bright side."

Though Elliott admits it may sound strange, she's almost

grateful that she has this incredibly rare tumor and not someone else because she had the right tools to figure it all out.

"I used to go to the [Kern Medical Center] library and look in their research. I have access to the BC online stuff and they have medical journals on there. That's what I used to look at. What about the people who don't have that? I wouldn't want this to happen to anyone else. I'm glad that I guess I'm strong enough to handle it."

Elliott has used this perspective to help give back to the community that helped her out by making special glass beads and blankets that represent her time with them.

"When I was getting radiation I had a blanket that we made there and I could take it into radiation every day, so it got just as much [radiation] as I did."

The blanket was decorated by fellow patients and their parents with notes and hand-drawn pictures. Elliott now makes these blankets with the help of people in her community to send back to the children at the treatment center.

"It meant a lot to me because that's the only thing that stays constant in radiation. Therapists change. Doctors, you don't see them all the time. The time of day you get radiation changes everyday," she said. "It's really like you're living on the edge, but you can take the same blanket with you every single day. So if it was that big of a deal for me, then I'm sure kids see it the same way."

She also described how patients receive beads for every type of treatment they receive, but they had yet to have a proton radiation treatment bead, so she created one herself to share with others.

"It's the only one that glows, so it's so awesome. I donate them to the kids at St. Jude and the kids at the proton center where I got treatment."

Elliott said she's glad to be leaving a lasting impression on the people she's shared her story with.

"I'm somewhat grateful that I know a lot of people, and now each and every one of them know, and they stop to smell the flowers and they're grateful."

Column

'Mad Men' fashion gets too cliché

WORTHWHILE STYLE | The Rip's copy editor and resident shoe addict discusses the lost art of dressing for your own style.

Being in love is hard. You find absolute perfection, commit yourself completely, and then just when you think you'll be in love forever, change happens and it breaks your heart.

I am, of course, talking about the fashion of the AMC show "Mad Men."

Since the first time I saw the trailer for season one, I was intrigued. There were full skirts, gingham prints and perfectly-applied red lipstick. The show was leaving a huge impact in the modern fashion industry. EBay searches for vintage '60s dress skyrocketed. Companies like Banana Republic and Estee Lauder started selling "Mad Men"-inspired products. I was over the moon at how well the modern fashion world was embracing it.



Patricia Rocha

But nothing lasts forever. With any successful era-specific television show, it's obvious that as time passes, the show has to evolve to the historical changes that occurred. I appreciate that the wardrobe department of the show is incredibly accurate, but that doesn't mean I have to like it though.

In fact, I hate it. Season five of the show recently started and instead of being set in the early '60s like previous seasons, it's now set right in the middle of 1966, and that means one thing: Mod styles.

I knew from the moment I saw the newest Mrs. Draper wearing smoky eye shadow, a messy bob hairstyle and a large, ruffled polka dot blouse, I was falling out of love with "Mad Men."

When the office scenes began, I couldn't help but cringe. The classic silhouettes and lady-like outfits were gone. They were replaced by ill-fitting outfits in uncomfortably vivid stripes and patterns. No one in that office in season one would have been caught dead in an over-sized tangerine checkered shift dress, but there it was, right on my television screen.

I was baffled by how much it affected the feel of the show. During a party scene, I was expecting to catch a glimpse of a full skirt or two, but my jaw dropped at how many super-mini skirts were twirling around. At one point, I thought to myself, "the only way this can get any more cliché is if they put someone in white go-go boots," and then over the shoulder of Don Draper himself was an extra wearing white go-go boots.

My heart broke. The reason the show's impact on the fashion world was so substantial is because the early '60s fashion was so classic. Cinched high-waists and perfectly coiffed up-dos are always going to be timelessly flattering, dropped waists and bold, neon chevron stripes definitely aren't. The show had Christina Hendricks in a maternity blouse for goodness sakes. I would have given up on the show completely if they hadn't have shown her later in her usual Joan attire: a rose-colored floral wiggle dress. But one awesome dress doesn't make up for all of the fashion disappointment that came before it. The cheesy wardrobe was so distracting, I barely even remember what the episode was about. Literally the only highlight of the episode was the always-dapper suits on the men, and I highly doubt I'll be watching the rest of the series for perfectly-tailored blazers and pocket squares.

'Project X' content sparks debate

By Metiqua Eng
Reporter

The new movie "Project X" has been a hit in the box office but with its success there has also been a backlash due to its racy content.

"I'm not a fan of this movie or the kind of images that it projects to teenagers," said Stacy Fischer. "First off, it's rated 'R' and it urges kids to throw outrageously inappropriate parties and it promotes all kinds of teenage sexuality as well as alcohol and drug use."

Stacy Fischer, 43, is a stay-at-home mom and recently took her daughter Mariah Fischer, 17, and some of her school friends to go see the movie.

"I thought the movie was really exciting and it kept me interested the whole time," Mariah said.

"I thought the idea of a bunch of nerds throwing the biggest party their town has ever seen was fun, and I wish I could experience a party that epic."

Stacy and Mariah strongly disagreed on "Project X."

"It's not like I didn't know what I was getting into. I saw the previews and Mariah begged me to take her and her friends to see the movie," Stacy said. "But while sitting through this, there were young girls acting provocatively and lots of alcohol use which I don't think is suitable

to show young teens it's OK to act that way. I hope that my daughter would never pursue any of the things publicized in "Project X."

Although Stacy Fischer highly disagrees with the film's intentions, there are others who like the idea of showing a movie with real-life situations.

Madelin Parks, 21, has seen "Project X" over three times since the opening weekend.

"I absolutely loved the movie and I thought, in a sense, it was realistic," Parks said. "I know that it can come off as racy and not exactly appropriate, but a lot of what happens in the movie are real things that go on at the average college party."

"Seeing all the crazy things in the film was not shocking. Everything that the movie is showing is stuff that actually is going on in society, but everyone wants to turn the other cheek and act like it doesn't exist."

Parks also argues against the opinion of concerned parents such as Fischer.

"These topics are vital and it's better that the subject of drugs and alcoholism are exposed because it's better for our generation to know the truth and not be blinded."

Realism in movies such as this one is going to show our youth, whether they're experienced or sheltered, that these things do happen, and it's a definite eye-opener."

Jazz trio's first show a hit



OMAR OSEGUERA / THE RIP

Kris Tiner's jazz trio performs on March 15 at The Metro Gallery. Tiner was accompanied by Motoko Honda on piano and Tatsuya Nakatani on percussion.

By Nicholas Sparling
Reporter

The Metro Gallery played host to a four-fold jazz show March 15 headlined by the Nakatani Gong Orchestra. The show was recorded for release on vinyl sometime in the near future.

The show was opened by a free jazz trio featuring Kris Tiner on trumpet, Motoko Honda sitting in for Jeremy Drake on the piano, and Tatsuya Nakatani playing percussion.

It was the first time the three played together.

The show was all improvised music and, according to Tiner, they didn't even get much of a sound check.

Tiner was responsible for comprising the show. Tiner makes an

attempt to get together and do a show with Nakatani every time that he comes through town. The Nakatani Gong Orchestra was in town last April, but Tiner didn't get a chance to play a show with them.

"I wanted to do it again in this space because it's so reverberant," Tiner said of the Metro Gallery.

"It's always a thrill working with Nakatani. He's a master musician and brings a certain kind of magic and intensity."

"It makes it very special. It makes a unique, special moment for everybody," said Tiner.

The show's opener was the Bakersfield Astral Troupe, a local band known for playing at Dagny's Coffee Shop downtown on Sunday mornings.

The main event of the show was the Nakatani Gong Orchestra, comprised of six local musicians and conducted by Nakatani.

"It was my first time ever holding a bow," said Leah Lynn, the only female member of the orchestra and also a member of the Bakersfield Astral Troupe.

They only got training for two hours to learn all of the hand signals. The members of the orchestra both strike the gong and use a bow to play them much like a violin making a unique sound.

"I just loved it. It was beautiful," said Lynn.

Lynn believes that the Bakersfield music scene is underrated.

"Bakersfield has really good music. People just need to get out more and explore," she said.

Realizing you are addicted is the first step to recovery

By Keith Kaczmarek
Reporter

I didn't consider myself addicted when I was drinking three pots of coffee a day made with the most highly caffeinated blend of beans.

I mean, I didn't go on petty-crime sprees to feed my dependence like a crack addict, and I wasn't flipping out when I couldn't get it. I wasn't missing work and I don't have any stories about terrible life choices I made while on caffeine. At the height of my consumption, I was actually in law school. Physically, however, I was addicted.

The symptoms of addiction are simple. Withdrawal symptoms for a drug as mild as caffeine are equally mild: there are headaches and general flu-like symptoms. People feel tired, their brains full of fog. That being said, the medical description doesn't really cover the whole story when you're drinking pots and pots of coffee every day. Imagine waking up every

morning, your body bone-deep tired, and it feels like a railroad spike is being pushed into your head. You immediately start cursing the gods and whatever powers that be for allowing you to exist another day, and then you stumble downstairs to make coffee because the alternative is more suffering.

My roommates knew to avoid me in the morning. I was a red-eyed junkie looking for a fix and heaven help you if you got in my way. I was in no mood for friendly chitchat.

In about an hour, I'd be as normal as I ever would get. I'd still be bone-deep tired like a cancer patient, but I could focus on things in front of me, and I didn't hate everything and everyone with a blazing passion. I'd also have to urinate every 45 minutes like clockwork, a product of both caffeine's diuretic effects and the amount of water I was drinking to offset the dehydration from the diuretic effect.

Since I was taking massive doses of a mild stimulant, I also

had the usual problems you get when taking stimulants. Paranoia, panic attacks, sleep disturbances, irrationality and memory problems were a few of my constant companions, but I blamed them on the stresses of law school. I was also sleeping three hours a night and wasn't capable of doing anything complex during the day. I couldn't even exercise without getting lightheaded.

It also bit into my finances. When I realized that I was spending \$300 a month on coffee at Starbucks, I bought an espresso machine and a coffee maker. Every junkie needs his own gear, and it should have been a warning sign.

Unfortunately, I wasn't thinking too clearly at the time.

It was leaving law school that finally made me realize I had a problem. I stopped drinking coffee for a few days because everything I owned was in a box somewhere else, and I was too broke to hit up Starbucks.

Within a few days, I started feeling better. I could sleep at

night, didn't constantly need to find a bathroom, and I was even feeling more energetic.

I also realized that I was a lot smarter when I wasn't enduring constant low-grade withdrawal symptoms and I had a full night's sleep. Sadly, this realization came too late to save my law school career from a less than stellar performance.

For now, I try to keep it to a cup of tea a day or a single soda, but there are occasional relapses. Coffee appears in movies and television so often that it seems like a conspiracy, and it reminds me of the brilliantly artificial energy of caffeine. For a little while, I forget that it's bad for me, and I go on a little bender in order to finish a project or assignment. The next day, the caffeine hangover and the old railroad spike reminds me why I cut down in the first place, and then I spend the next two days riding out the withdrawals before I feel human again.

So that's my story. Now that the bookstore is selling caffeine



MEGAN LUECKE /THE RIP

Caffeine is one of the most widely-used drugs in the world and can be extremely addictive.

strips like tabs of acid and no student is more than 50 yards from a vending machine selling giant energy drinks, I hope the student body at BC can see my story as the cautionary tale that it is.

BC ready for spring break

By Angie DelGado
Reporter

Most Bakersfield College students don't have a clue what they're going to be doing this spring break. Some students seem to be taking the time to relax or catch up on homework while others can't wait for the week to be over to spend time with friends and family.

"I will be working on a project for Spanish," said Joselyn Parado, 22.

Parado also plans on visiting with family to celebrate the holiday. "We cook fish, chile rellenos, nopales con chile," said Parado. "We do it here [in Bakersfield]. All my family is here."

"I can't wait for this week to be over," said Caitlyn Wilger, 18, who is taking her spring break out of state and is planning on visiting with her family in Denver.

Even though students are usually on a budget, it seems that many BC students are interested in going to the coast. Whether they have made plans or not, many students are hoping to get out of town and make their way to the beach.

Lauren Ash, 18, is not planning on going anywhere, but she said, "If I could leave, I would go to Huntington Beach."

"I am going to go to the beach, to the Santa Monica Pier and go walk on the boulevard, and see all the stars," said Kathy Gomez, 18.

Even though some students are packing for the beach, others wish that they could go even farther than the coast.

"I would like to go to back home to England," said Michael Barry. "But one week would not be enough. I'm going to be doing homework instead."



Six Flags Magic Mountain

This amusement park will be hosting college night during spring break with offers such as an all-you-can-eat buffet and a chance to ride the rides until midnight. Get more information at the Bakersfield College Ticket Office located in the bookstore.

Local hotspots for spring break

Rafting the Kern River

One hour from Bakersfield, the Kern River flows through Kernville, a town known for its many rafting companies and outdoor activities. For less than \$30, one can go down the river not once, but twice.

Hike the Kern Canyon

Less than an hour away, the Kern Canyon is located north of Bakersfield and offers hikers several easy day-hikes and many opportunities to take photographs of their surroundings.



Pismo Beach, Pismo

Take a trip to Pismo and enjoy the farmer's market held every Wednesday from 3 p.m. to 6 p.m. on the pier. The farmer's market has food, handmade items, fruits and vegetables.

The J. Paul Getty Museum, Los Angeles

The museum, located in Los Angeles, will have an exhibit from March 28-July 9 on Aphrodite and the Gods of Love.

The female orgasm: rare and beneficial

By Ruben Perez
Reporter

Karen Eso came to Bakersfield College March 15 to give a lecture in the Fireside Room called "The Health Benefits of the Female Orgasm."

Eso is a professor at CSU San Marcos, but she used to teach at Bakersfield College.

She believes that the female orgasm is important because women are "culturally scared to talk about sex."

Eso explained that, unfortunately, "75 percent of women cannot reach orgasm from intercourse alone."

This means a woman will have to be responsible for her own orgasm. Also, 10-15 percent of women have never climaxed, which is an unacceptable amount to Eso.

There are actually 11 types of orgasms that a woman can have, but a few are lesser known than others. They are: clitoral, vaginal, g-spot, squirting, a-spot, deep spot, u-spot, oral, skin, and mental orgasm.

While some orgasms may be more popular, they may not be the right one for you, Eso said.

The more popular g-spot is actually found to be somewhat uncomfortable for some women because it makes them feel like

they have to urinate, but they won't.

Also another option is the u-spot. It is the area between the urethra and vagina and she said it should be treated the same way a clitoris is treated.

Eso explained how a woman is capable of reaching a skin orgasm by massaging parts of her body that are not directly connected to the sexual nervous system.

She warns that women should also be aware of these spots before they go in and try to get a massage or facial, otherwise they'll have a very interesting time trying to explain what just happened.

The mental orgasm can come from just watching something, reading an adult book, or having a naughty phone conversation.

Orgasmic sex also has quite a few health benefits. Having sex at least twice a week will boost your levels of certain antibodies that help protect from getting sick.

Sex actually counts as exercise so it can help burn calories and help lower blood pressure.

"Be brave," said Eso. "Experiment and find out what works for you and what doesn't, but safely and with a partner that you trust."

"Be brave. Experiment and find out what works for you and what doesn't, but safely and with a partner that you trust."

—Karen Eso

Cal State University San Marcos professor

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