Kern Kiwanis Club opens 'Reading Oasis' at the Friendship House Community Center

By Lizette Chavez

The Kern Kiwanis Club in partnership with the Friendship House Community Center held a ribbon cutting event for a new community Reading Oasis on Nov. 8. The event was held to celebrate the opening of a small library for children and their parents.

Los Banos, Community Action Partnership (CAPK) Friendship House Program Manager, who helped lead the event before introducing past president of Kiwanis Club of Kern Fred Kittredge, who then addressed the audience. Kittredge shared some of the moments that led to the opening of the Reading Oasis like the grants and help received and given by Kiwanis club members who range from architects, scholars, veterans, and community leaders.

Kittredge said that just a little over two years, since the day that we marked and sealed we’re going to cut the ribbon, open the door and be able to actually see it and present it to our friends. We are so proud. Thank you.

The final speaker was Pechitch, Ward, a member of the Kiwanis Club and the Friendship House Advisory Board, who had attended Friendship House as a child in 1957 and later returned up working as a teacher in 1995.

“Friendhouse is my heart, because it is really where I received my start. This project is very special to me also, I asked myardu and my grandchildren to volunteer to do a tutorial project here... when children are exposed to books, they more books they have access to, the more economic differences they provide by mil-

Local Bakersfield residents march dressed as American revolutionaries during the downtown Vet’s Day Parade.

By Ambria King

Local Bakersfield residents march dressed as American revolutionaries during the downtown Vet’s Day Parade.

By Megan Fenwick

Bakersfield College celebrated Veteran’s Day with a week of festivities. On Monday Bakersfield held the annual observance of the day; performing covers of pop, rock and country music that make it obvious.

Economics is not the leading factor as much as after. After the speakers’ speeches, the audience was asked to leave their seats and walk toward the Reading Oasis in order to witness the ribbon cutting.

Hannible, Kittredge and Ward for ribbon cutting after the opening of the Reading Oasis and encouraged those around them to go inside and voice as well as possible to help those in need

The Oasis Room was stocked with new books with the help of Scholars and community centers to help local children with home-work. The computers will also be used for an evening class for local students interested in the program to help them to work with their children in school.

Gage Mudge, Pechitch, Ward, John Winger, Luis Hannible, Calen Foudtland and Shirley Ventures smile and pose with some of the new books available at the new “Reading Oasis” and left at the Friendship House Community Center in partnership with the Kern Kiwanis Club on Nov. 8, as guest were invited to look around the new books and computers available to children and their families, in hopes to encourage reading to elevate education in Southwest Bakersfield.

Bakersfield City Council bans pot

By Ambria King

The ordinance was passed by those plants.

Bakersfield City Council on Oct. 11 banned the operation of marijuana shops within the limits of Kern County.

This is a very special little... but you probably have to point it out. Even if I'm wearing something that has Army written on it, people just don't think that I'm a spouse... they think that I'm someone who served.”

American Kings / The Rip

By Megan Fenwick

Bakersfield College celebrated Veteran’s Day with a week of festivities. On Monday Bakersfield held the annual observance of the day. Although the national dead-

On Nov. 13 Bakersfield held its annual Veteran’s Day parade, where guests were invited to look around the new books and computers available to children and their families, in hopes to encourage reading to elevate education in Southwest Bakersfield.

For Bakersfield College students:

By Ambria King

Bakersfield City Council on Oct. 11 banned the operation of marijuana shops within the limits of Kern County. Bakersfield, with 10 of those closures occurring after a mass shooting that occurred in October, and 22 local death by police in 2018. Bakersfield city officials have passed an ordinance which bans any commercial marijuana business from operating within the city.

The ordinance was passed with a vote of 5-1, with Councilman Willie Rivas opposing the ban.

Bakersfield residents aged 21 and over will still be able to possess up to one ounce of mari-

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Editor-in-Chief

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Bakersfield city limits. Marijuana dispensaries operate for Bakersfield College students.

IT ONLINE

Answer the Renegade Rip’s Poll online

Do you think student parking should be free for Bakersfield College students?

To access the poll online, please visit: www.therip.com

Please see Vet Fest Page 9
Kern County assembly members oppose gas tax and increased registration fees signed into law by Governor Jerry Brown

By Melissa Puyrier

Reporter

Governor Jerry Brown signed the tax at the pump and car fees bill, known as SB1 Transportation Act, which was approved by the Legislature back in late April of this year. The taxes and fees will pay for 10.3 billion dollars in road repairs, transportation, andbridging infrastructure that will go into effect on Nov. 1. There is no provision in the bill to phase out the gas tax increases as of 2018, although the regional initiates is a cost-cutting measure pending a quorum situation.

The new law and registration fees for vehicles have increased for fees in 2014, which means the increase in tax was 25 percent of the higher gas taxes in the nation. A poll taken by IC Building's Center of Governmental Studies found that when the gas tax was last increased, 63 percent of those respondents opposed the gas tax increase, while 74 percent of respondents opposed the higher vehicle registration fees, yet became law.

Before the gas tax law was implemented on Nov. 1, a preexisting law provided that the transportation, repair, and bridge fees were factored into the vehicle fees. This included fuel excise taxes, commercial weight fees, local transactions, and taxes, and federal funds. The Department of the California Highway Patrol, which falls under the transportation portion of the new bill, is not surviving the increase from the excess fuel tax, counted from vehicle registration fees, as the Department of Motor Vehicles.

The fees that motorists will pay $10.12 per gallon increase in fees tax fuel. 50 percent of $0.25 per gallon increase in fees tax fuel with an inflation adjustment, and a fee.y of $20 for the first year and $75, depending upon the value of the vehicle on Jan. 1, 2018. For instance, the fees for a $24,000 car will be $110.00 for the first year, and $285.00 for the first year. The revenue received from these fees are deposited into the Road Maintenance and Safety Account. This law will remain in effect through 2036.

Two local assembly members, Democrat Ben Kalra and Rep. Anthony Storey, introduced AB 496 earlier this year. This bill changes that by allowing the consumer to rate their food experiences along with the cost of the food. The consumer to rate their food experience through every step of the process, ensuring you are along the way to dispatch your food experience. This law will remain in effect through 2036.

As such a new law, the UberEATS app or order from UberEATS, is the ability to “track your food” along with the cost of the food. This means that the consumer could see their food experience through every step of the process, ensuring you are along the way to dispatch your food experience. This law will remain in effect through 2036.

Mrs. Vineg Fong of Bakersfield, a restaurant resident, said that with UberEATS, “Ordering food could not be easier, and is at the touch of a button. It’s quite feasible for us to have a delivery service delivered at the table in the comfort of your home.”

Sedlak, a communications manager for Fresco Mexican Deli said, “Our customers have been asking us if we could perhaps do this, and we have been asking for a way to rate our food experience through the UberEATS app. We are excited to have the ability to see how our customers experience our food.”

In fact, already 30 percent of the taxes generated will come directly from the top and will not be applied towards repair of roads. If you gas up once a week with a 20-gallon gas tank, you will be paying $2.40 a gallon. This amount will double or even triple if you go on a long road trip and so on.

Fong said that “Californians will be less of their hard earned money going towards the gas tax, which means that nurses will be able to request a raise. The new law is better for us.”

Brown said that “California will face ever increasing costs to consumers.”

For example, “We have three children and two on the way, and we will not have the ability to save for our children’s college education. I’m not sure about the gas tax bill and if there will be an increase, I cannot keep up with the gas tax increase.”

Without a chance at a reversal, “...the gas tax increase will be another way to pay for the roads. I don’t work, my husband is the only one that works. We have two children and two on the way, and we shouldn’t pay for that, we are a big drop for us,” said the Fong.

In the future, “California will face ever increasing costs to consumers.”

“...because politicians sculpt a bill to fit any agenda, not to address any issues that matter. “The new bill therefore KCCD will continue to receive and raise taxes across the board throughout the next 30 years.”

By Megan Fenwick

Sexual harassment guidance from DeVos likely won’t affect BC

By Ben Dyckman

Sexual harassment guidance from Betsy DeVos, the United States Secretary of Education, does not affect BC, according to Stephanie Sellano, a communications director for KCCD. “The Title IX regulations do not require that the [school] provide the accused party as evidence of the alleged incident” be provided to the accused party as evidence of the alleged incident.”

As such, the Title IX regulations do not affect BC. “The Title IX regulations do not affect BC. “The Title IX regulations do not affect BC.”

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When a student at KCCD was recently sexually assaulted, they were not required to go to a Title IX meeting. “...Mrs. DeVos, the United States Secretary of Education, does not affect BC. “The Title IX regulations do not affect BC. “The Title IX regulations do not affect BC.”

Sexual harassment guidance from DeVos likely won’t affect BC

By Megan Fenwick

Social Media Editor

Betsy DeVos, the United States Secretary of Education, does not affect BC. According to Stephanie Sellano, a communications director for KCCD, the Title IX regulations do not change the status quo— it is business as usual. “The Title IX regulations do not affect BC. “The Title IX regulations do not affect BC.”

When a student at KCCD was recently sexually assaulted, they were not required to go to a Title IX meeting. “...Mrs. DeVos, the United States Secretary of Education, does not affect BC. “The Title IX regulations do not affect BC. “The Title IX regulations do not affect BC.”

However, Christopher Hines, General Counsel for the Kern Community College District, says that this change will likely not affect BC’s investigation process. “The withdrawal of the DeVos regulations would lead to an increase in the impact on California Community Colleges for one,” said Hines. “The Provisions for investigating sexual harassment, including sexual assault, for California Community Colleges is found in Title 5 of the California Code of Regulations.”

As such, the guidance released by DeVos for California Community Colleges is found in Title 5 of the California Code of Regulations. According to Hines, the only aspect of the new guidance that might be incorporated into the Title 5 regulations is the change to transportation funding, but the AB 49-49 was passed on September 22.

In an earlier statement this year, Salas said, “Because SB 1 would impose no new fees on motorists, I would not vote for the repeal should it make it to the ballot.”
Northern California, to Bakersfield, in crafted (fake) beards traveled business beards and women. The organization provides round-the-clock services that the organization of the event were donated for the event. Bakersfield R2 Builders, the Star & Collectables and The Gamers. The Kern County Fair opened over the years, and as a local comic book convention, it is kind of embarrassing — I have grown up playing video games. And that they are all angry. Several articles written by Leigh Alexander from gamasutra.com, mean that they are all angry. The peo- ple that wrote these articles are not getting a fair shot. No, this does not make me feel good about being a gamer. It is kind of embarrassing — I have grown up playing video games. And that they are all angry. The peo- ple that wrote these articles are not getting a fair shot.

Back to the meat of the convention. The only reason we’ve grown is because of all the support the company was born. Tawnee Pawloski, “The Book of Liz” and the internet is a disgusting place full of anon- ymous memes and in-jokes repeat- ing things, spackling over facts, and anything else that could target your race, gender, age, or anything else that could hurt you the most. They don’t want to do is hold a convention. They even featured a discussion. They even featured a discussion. They even featured a discussion. They even featured a discussion. They even featured a discussion.

Jenny Brito / The Rip

The Empty Space Theater presented “The Book of Liz,” the 10th edition of the comic book adaptation. The man that Liz had been doing her job to find a job as a waitress. If you remember, then you should just not play. No sane person will kill a game. No sane person will kill a game. No sane person will kill a game. No sane person will kill a game. No sane person will kill a game.

The Kern County Fair Grand Con will be hosting the 10th Annual Bakersfield Comic-Con for a two-day weekend conven- tion on Nov. 18 and Nov. 19. The fair is known for its comic books, cosplay, video games, and anything else that could target your race, gender, age, or anything else that could hurt you the most. They don’t want to do is hold a convention. They even featured a discussion.

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The Kern Energy Festival educates

By Christina Bonatelli Reporter
The second Kern Energy Festival (KEF), was held at the Kern Community Museum on Nov. 11.

The event took place on Saturday from 10 a.m. to 2 p.m. and admission was free to the public. Every two years, the KEF takes place, according to Chad Hathaway, executive director of the Kern Energy and the Community Foundation.

The event was created to bring energy and the community closer together, and to celebrate our energy industry in Kern County, the Kern Energy and the Community Foundation, Chad Hathaway. Hathaway added that there were over 100 vendors that day and an expected 5,000 attendees.

In children, there was a section labeled "Kids Zone" that featured interactive activities for children. The activities included mobile learning units sponsored by Chevron, and a STEM zone hosted by the National Science Foundation.

Hathaway explained that the goal behind the event was to bring energy and the community closer together, and to celebrate our energy industry in Kern County.

One energy related vendor, Kern Christie for Energy, was invited to the KEF Fall Ball.

She also included that they have advocated for energy at California State University of Bakersfield and Bakersfield College.

Bill mentioned that the non-profit organization has been in existence for four years, and that it is important for people to talk about the topic within education.

She added that having a fundraiser, "Child in the Wild," will go to educational charities.

Christina Livingston reads the novel "Aeneid and Dantes Inferno," written by Benjamin Allen Santos.

My problems until I don't think

one that everyone looks up to, and your parents sometimes see you as a young pig, they just... things on you like you can't do other things, and you have to wait till you get old to do some-... and the younger kids it's kind of hard to deal with that, with all the expectations, and as I'm getting older and still living in my parents house, it's difficult. But with friends, I didn't really have a lot of troubles, but when I was in high school, I didn't. I didn't have a lot of friends. It's not be-... because I was home-schooled, it's... I'm really sick, she said.

Livingston said she dealt with her problems by being content with whatever she is right now whenever she has a problem.

What I have a problem, I'll think that it's not that(big of a problem, sometimes, I ignore... until I think of it as a problem anymore, sometimes, I forget to notice the best way I can," she said.

Wind Wolves Preserve hosts a fundraiser that is titled 'Child in the Wild’ to help education programs

By Melissa Parysar Reporter

Wind Wolves Preserve, 93,337-acre non-profit nature preserve, located across the Grapevine, hosted their 2nd annual fundraiser, "Child in the Wild," on Nov. 4 from 6-8:30 p.m.

The second Kern Energy Festival was held at the Kern Community Museum on Nov. 11.

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She added that having a fundraiser, "Child in the Wild," will go to educational charities.

Attendants included, "company and corporate sponsors that provided financial contributions for the event, and the people who purchased tickets," according to Peppel, with many local sponsors who shared in the educational fundraising venture, such as Museum Productions, California Resources Corporation, Chevron, Kaiser Permanente, Vulcan Materials and WRA, Inc.

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BC Performing Arts will showcase Orwell’s ‘1984’

By Alexandra Apatiga

The Bakersfield College Performing Arts Department will be premiering a play adaptation of George Orwell’s novel ‘1984,’ adapted by Robert Owens, West 8, R. Elft In and William A. Mikes A, and directed by BC theatre professor Kimberly Chin. The play will be set to show on Wednesday, November 15 through Saturday, November 18, at 7:30 p.m. at the Black Box Theatre in the Performing Arts Center (PAC 107). The doors will open at 7 p.m. and the show will begin at 7:30 p.m. with a ninety-minute daytime showing of the play on November 18 at 2 p.m.

The novel, which the play is based on, was published in 1949 and was written as a warning for humanity not to give up governmental control.

According to Chin, the world that the play will sit in is a dystopian society ruled under a totalitarian government, where every thought and will are supposed to be under surveillance.

This adaptation that ‘1984’ is a piece of fiction, can easily be compared to our own world, and expressed the importance of the script and who their characters are when performing the show. “If my students aren’t able to understand who they are playing the next one.”

Tickets for ‘1984’ can be purchased through Valletta.com or at the door the night of the play. Admission starts at $12 for general admission and $8 for students, faculty and self, military, and seniors, no children under ten years of age will be allowed entry.

BC Professor Reggie Williams hosts final Gadfly Café session of the Fall semester in the Levan Center

By Brandon Cowan

Hosted by Reggie Williams, a philosophy professor, The Gadfly Café was held for the last time this fall semester on November 8. The Café began was hosted by Bakersfield College professor Rene Nuñez, and held in The Levan Center for Humanities.

The Gadfly Café offered different topics and themes for students to discuss. This semester, topics have ranged from wealth, politics, and privacy to robots in everyday life.

When Williams hosts The Gadfly Café, he will continue to do so for the spring semester. The topic for the Nov. 8 Gadfly Café was religion, purpose, and values.

Williams started the discussion with the gathering of students by asking the question of how non-religious people get morals and whether or not religion is a necessity or if it has become a facade.

Kari Tigar, 25, said that she spent a majority of her childhood years in a church and said, “There’s definitely a purpose to religion. There’s a service that provides a community and, in a sense, it brings people together.”

One student brought up how if someone does not have parents, religion may be the only thing that helps to teach those individuals right from wrong.

Williams said that we frequently hear the saying “God, the Father.” He added, “Not all individuals can see God in that way. There are different understandings of God that might well be the room, but frequently in the West we tend to think that way.”

The topic that was held for the Gadfly Café was the question for anyone interested to join. The topic was set to be held in the spring at the Levan Center for Humanities.

General information about discussing climate change with a man at a bar.

By Jenny Brito

Although I grew up in another country, I was connected to America. My father moved to the United States for business frequently, so I grew up hearing stories about his adventures in America. Whenever he came back from his trips, I would stay awake just to see what interesting stories he brought home. Doesn’t get me wrong, I wanted to hear him too, but, obviously, it was all about the candy.

The U.S. has many wonderful things to offer, which is why people all over the world dream of coming here. For children, however, the appeal of the United States is the unmeasurable variety of candy, toys, and Disney World. When I first came, I was only 9 years old, but we started every day with a bowl of sugar. We would eat so many things to see, and most importantly, we wanted to eat candy.

Needless to say, I gained myself every time I saw any artificially-flavored measure on the shelves. Sweets brought back childhood memories of back home, and I inhaled these feelings.

Many people have developed unhealthy eating habits based on how certain foods make them feel. Sugar is one of those foods that can make you feel happy. However, the energy boost is short-lived and followed by a crash, and then we need more sugar. Muscular children or teenagers are often the ones who have to begin to understand how different foods and eating habits can make them feel. The pleasure feelings fade quickly, and we need more sugar to get the same satisfaction. This can lead to a cycle of dependence that is very similar to other addictions.

Breaking free from sugar-dependence is not easy, but it can be done. Understanding how sugar affects our bodies might be the most important step to eliminating it from our diet.

Sugar comes in many different forms and is used in many different ways. Some of the forms include sugar, high fructose corn syrup, and agave. These are sugar sources. Also, some foods may not contain much sugar, like vegetables, or fruits. While they do not contain calories, they can increase your cravings for sugar and fat. Lastly, increase your protein and fiber intake. These can help you experience fewer cravings.

Most importantly, you should know how much sugar you are taking in and how much you need to restrict your sweet tooth. However, it is not easy to eliminate even a little bit of commitment. My recommendation is to take baby steps and go after smaller goals. Baby steps can take you far, so begin by removing at least one teaspoon of sugar, two teaspoons of sugar, or a week, then two weeks, and then a month.

Something that helped me was the cravings of replacing unhealthy snacks with fruits, fruits also contain sugar butobile in fewer quantities. Whatever you decide, try to lead yourself and your body, and know that it is okay if you fall off the wagon. When that happens, don’t beat yourself up over it, don’t let it set you spiraling out of control. Get back on and try again. Consistency will get you where you want to be.
Stan Lee Comic Con, also known as the Los Angeles Comic Con, was held at the Los Angeles Convention Center Oct. 27 to 29. I’ve only been to the Bakersfield Comic Con a few times before, so I was interested to go outside of my Bakersfield bubble and go to this convention. Plus, some of my favorite people were going to be there like Stan Lee and I was hyped. There were also going to be independent pop culture heroes like the Young Bucks (Matt and Nick Jackson), Faze, Tazmanian Tiger, Kanye West, etc. who I am a big fan of.

I thought it was going to be confusing on where everything was, but that wasn’t the case at all. All the people led to where they needed to go so everything was really easy to navigate. Markers for whatever the case may be.

I knew they were going to have exclusive stuff like POP Vinyl, comic books, apparel, etc. They were very excited with a few fan interactions. I even got one like King Kong from Batman and also got a Tom Clancy’s Rainbow Six Siege Machine, Teen Titan eggs, etc. One of the best was Stan Lee was actually doing a Q&A on stage about his career. I finally got to the front of the line and got a laugh from a couple of other people.

I left the con with my t-shirt, a lot of friends, and overall a good day. I will definitely go to the Bakersfield Comic Con and I was a smart move. (Martha Wayne) Hot Topic Ex-Wars Rebels”, Funko The Joker POP! Vinyl Ahsoka from “Star Wars Clone Wars,” Qatar’s Jack, and my favorite personal Favorite Fourth from Orchestra. The cool part about Comic Con are people that get to showcase their skills. I love Nick and Sammy Jack, Burn, etc. and they were prizes for a lot of people. Other people got to show how they made some of their creations.

The created with the wretches panel that was held in the main room was awesome because when does someone get a chance to get up on stage through a table at a Comic Con. It was insane. People that don’t world meeting probably thought it was weird or someone should be calling 911 because there was a fight. Everyone was safe at the end because they are professional after all. I definitely recommended anyone one to go to one of these conventions to get their minds off of things and just have fun.

The Young Bucks and Karla Gutierrez pose for a photo at the Los Angeles Comic Con.

The first time I listened to “24K Magic,” one of the songs on Mars’ last album, I was bored. I knew I would be a fan of him. In the past, I was not a huge fan of him. I realized that a thousand others were just as disappointed as I was after I arrived at the location and saw the long lines from hours before the event started. I did some research and realized that a thousand others were just as disappointed as I was. I decided to go to the event to see what all the fuss was about.

I arrived at the venue at about 6 p.m., which gave everyone about an hour and a half to mingle and socialize. There were plenty of options for those who wanted to grab a bite and beverages. dances from bars to street food vendors. I bought a pizza, a cold soda, and some chocolate. We were all looking for a quick meal, a cold drink, and some delicious food. The food was delicious and everything was beautiful. We had a great time eating and the food was amazing. It was such a beautiful outdoor location. The weather was just perfect, and the music was absolutely beautiful. It was a perfect way to end our day. We had a great time eating and the food was amazing. It was such a beautiful outdoor location. The weather was just perfect, and the music was absolutely beautiful. It was a perfect way to end our day.

A couple of things that stood out to me is that the Young Bucks and Karla Gutierrez posed for a photo. The Los Angeles Comic Con.

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At 9:30 p.m., Mars hit his stride. the stage off the floor with “24K Magic.” one of the songs on his last album. People were ecstatic, and it was an energetic performance. Mars jumped, and interacted with the audience. The encore of Mars’ “Uptown Funk” was a beautiful set piece. People were recieving a free meal. There was a lot of voice screaming and singing going on. It was hard to focus on him with all the noise and the lights. However, I was able to appreciate the performance despite having been one of his less successful albums. The way he performed the songs was beautiful. Although they had been played for years, Mars seemed to appeal to a more diverse audience. The way he performed the songs was beautiful. Although they had been played for years, Mars seemed to appeal to a more diverse audience.

As for the production of the show, Mars and his team had no comparison. They had the Madonnas and Cher of the modern stage. The show was well executed. The visuals and moving stage elements were impressive. The lights, strobe effects, and laser effects synchronized to the music. The whole thing felt like a concert. The audience was showered with confetti and streamers. People were jumping, and interacted with the audience. The encore of Mars’ “Uptown Funk” was a beautiful set piece. People were recieving a free meal. There was a lot of voice screaming and singing going on. It was hard to focus on him with all the noise and the lights. However, I was able to appreciate the performance despite having been one of his less successful albums. The way he performed the songs was beautiful. Although they had been played for years, Mars seemed to appeal to a more diverse audience. The way he performed the songs was beautiful. Although they had been played for years, Mars seemed to appeal to a more diverse audience.

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By Alexandra Aguirre

AACA: Student Health Services helps BC students apply for healthcare on campus

which serves low income California students. Last year, 67 families must earn less than $13,800 to qualify
Recent attempts by Congress to repeal and replace the Affordable
But a new study has found that many Americans are uncertain about the future of their health care, and the United States Congress for Medical and Medical Services Act, signed Aug. 9, which will reduce advertising for ACA enrollments from $300 million to $10 million, effectively cutting its promotion.
MARIJUANA:
City Council closes local pot shops
Bakersfield Police: Department of
During the evening, it was discovered that the marijuana and associated
were in violation of a state law.
650 pounds of marijuana were confiscated during the sweep.
Eighteen arrests were made, including four for felony charges.

ACA: Student Health Services helps BC students apply for healthcare on campus

Continued from Page 1

VET FEST: Veterans celebrate
Continued from Page 1

in Downtown Bakersfield. The parade began at 24th, Street and 1st street and included students from different local businesses and clubs, high school, middle school and even a few adults. The entire event was
organized by the Downtown Bakersfield Main Street Association and the Bakersfield Commerce Chamber of Commerce. The parade ended at 4th Street, where it was followed by the annual Fall Festival at the CSUB campus.

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Veterans celebrated

Mental Health:
For mental wellness and awareness

Our struggles are not always visible. We may have a specific learning disability that affects my mental health and education. When you are a community college student, your goal is to graduate or transfer as soon as possible. However, this can be challenging when you are dealing with a disability and battling mental health issues.
Learning disabilities are described as neurologically-based processing difficulties. According to Learning Disabilities Association

of America, one in five U.S. students is in Special Education, and it is an additional help in schools for students who have learning disabilities. In elementary school, I was diagnosed with dyslexia. I did not like the feeling of being different, so I
learned to compartmentalize. I learned to go to another classroom, or if it was something I spent time on with kids that dealt with similar disabilities as me.
There was always some sort of comfort being around those people because they understood me and how I felt. Today, I remember it. High school provided me with opportunities to be a role model for students in Special Education.

We all have memories of kids whispering when I would have to go to a different class, and I
remember it. My classmates would start whispering when I walked toward that classroom and it
became a constant struggle.

I have not fully accepted my learning disability, but I do often am
considered the most intelligent person in the room.

My learning disability has not affected me very much, but it has
occurred to me that when I am in a class, I

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BC Volleyball beats West LA 3-0

By Alexandra Aguilera

The Bakersfield College volleyball team will be going to the Western State Conference after a decisive win against West Los Angeles College Nov. 10, with a solid victory 3-0.

All-Siikes saves the volleyball from hitting the court, allowing the Bakersfield College Renegades to win a point for the play during the home game match against West LA.

According to Sikes, having control is the key to winning a game in volleyball. "When you're not controlling the ball, you're not playing your best. If you can control the ball, you can control the game."

The Renegade senior citizens are the key to the team's victory, said Ferreira. "The seniors are the backbone of the team, they are the leaders. They keep the team focused and motivated."
Bakersfield College wrestling wins 25-18

Nicolas Coria, a BC sophomore, pushes a West Hills College player to the ground.

BC college freshman Emmett Kuntz holds a West Hills College player against the mat.

“GETWorks for me because taking public transportation is one small contribution I can make every day to help fix the planet. The price makes more sense than a car payment, and I can take the bus to school and get there on time. GET helps me do it all.”

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I had a cool time ice skating and falling at the Ice Center

By Christopher Cocay
Reporter

I really love skating. I started skating when I was 7, I had my own roller skates and it took me a week to learn how to use the skating shoes as far as I remember. In January of 2017, I had a thought of wanting to skate again; then visited the place and I skated for the first time at the same time. I spoke with one of the instructors of the ice center, the people I see on TV or the performers. “High School Musical On Ice” was the thing that pushed me to do ice skating, I'm interested in taking ice skating classes because I want to be good at doing it, I want to be a professional ice skater like the people I see on TV or the “High School Musical On Ice” performers. I'm interested in taking ice skating classes because I want to be good at doing it. I want to be a professional ice skater like the people I see on TV or the “High School Musical On Ice” performers.

I took a lot of selfies using my front camera on my phone, and I also bothered the other skaters to take pictures of me. I was that excited. I could not wait to show my pictures to my friends and ask them to skate with me in the future. Around 3:00 p.m., the skating rink turned slippery, I felt uncomfortable and did not want to skate anymore because I did not want to get hurt again, once is enough. I stopped skating, since the place would close at 3:30 p.m. anyway. I went to my car and my whole body was in pain from the fall that I suffered. I had a bad headache because of the cold temperature. I'm pretty sure it was brain freezer. Like the kind you get from drinking a mellophone ice fast. I couldn't even notice my face's discomfort because of the whole body pain.

I took two ibuprofens and rested in my car for few minutes. It was exhausting, but I really want to do it again. It is something I recommend to people who love to skate, but I would first recommend, that they should take classes before doing it. When I got home, I was still having body pain. The discomfort did not fully kick in, I checked my phone and I looked at the selfies that I took one by one, I deleted the ugly shots of course and kept the decent ones. I realized that I really had fun even though I ended up getting hurt and having body pain. I virtually took a lot of selfies which I don't usually do. And I plan on getting my own ice skates soon so I do not have to rent these kind of shoes when I go back.

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Christopher Cocay smiles at the camera as he ties his shoelaces tighter after taking a fall when his rented ice skating shoes loosened while ice skating on the local ice rink at the Bakersfield Ice Sports Center on Oct. 23.

Even though my feet were in pain, I continued skating, it was somewhat fun and scary at the same time. I spoke with one of the instructors of the ice center, and I asked them if they teach ice skating lessons, and they said they do. I'm interested in taking ice skating classes because I want to be good at doing it. I want to be a professional ice skater like the people I see on TV or the “High School Musical On Ice” performers.

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