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Residents looking to recall Gavin Newsom

By Jocelyn Sandusky

A movement to recall Governor Gavin Newsom from office is taking shape across the state with the help of facilitators like Susan Adams, a Bakersfield resident.

Adams has been working with Erin Cruz, a conservative author and TV host, to help collect a minimum of 1.5 million signatures from registered California voters by Feb. 1. If the recall petition gets the necessary signatures needed to warrant a recall, voters would decide if they want to remove Newsom from office.

Cruz’s petition to recall the governor is one of two state-approved petitions being circulated throughout California. The two petitions cannot be combined to reach the 1.5 million goal. Any other petition that is not approved by the secretary of state with a wet signature will not be counted.

Adams and her team of volunteers are in charge of collecting signatures from registered California voters. Adams counts and proofreads the signatures to make sure they are free of errors. Anyone can volunteer to collect signatures, but a facilitator like Adams is vetted and requires a letter of approval from Erin Cruz’s office. It is her job to ensure each document follows the strict instructions given by the secretary of state’s office.

According to Adams, there are reasons for strict, organized, and confidential procedures. The procedures are not put in place to make something like this harder to pass, they are implemented to make sure nothing can be contested, everyone’s privacy is maintained, and it makes counting the petitions easier in the end.

“Why would I want you to sign something if I can’t read your name?” Adams said.

According to Adams, the main reasons Californians want Newsom out of office include the state’s poverty rate, income tax, debt, and ammunition regulation and taxes. She also believes Newsom has used language in bills in the past that confuses people into thinking they are signing something that will do the opposite of what they think it will do, and people have had enough.

When discussing the gas tax, Adams said, “It was all trickery because what everybody thought they were signing no to, it actually made it yes.”

Adams is confident the petition will garner the minimum amount of signatures required, potentially double the amount. She says the only way for her to stay focused on the end goal is to remain optimistic about the future of the recall.

By the first week of October, the petition circling Kern County earned more than 24,000 signatures.

If the petition does warrant a recall ballot, it would not be the first time Californians have voted to remove a governor. In 2003, 55 percent of voters chose to remove Davis from office, and he was replaced by Arnold Schwarzenegger.

But even if the recall effort does not achieve the desired result, Adams believes this will energize voters for the next election. “And even if this goes through or not... it’s all about the passion of the people and I see the passion of the people... they love California and they want to save it,” Adams said.

Even if Adams is not personally affected by Newsom’s governance, she is adamant that she will still fight for what she believes is right. “Like I said, I fight for them. I will speak out for them...I understand their pain and it’s not right,” Adams said.

She hopes words of mouth, Facebook, and community shout outs will keep community members coming out to reach the goal. This is a team effort, and it requires everyone working together to get the desired outcome.

In August, Newsom issued a statement urging Californians to avoid supporting the recall. According to Newsom, President Trump supporters have organized the scheme to undermine the work he has done to increase funding for public education, protect and secure your health care, improve water roads and bridges and prepare California for wildfire threats.

In response to Gavin Newsom’s rebuttal, in which he claims the recall effort will cost taxpayers $81 million and refers to the recall organizers as political extremists, Adams said, “We the people are not extremists, we the people have had enough.”
March for Equality Rallies in Response to Court Case on Workforce Discrimination

By Bianca Cacciola
Reporter

The March for Equality was held on the corner of Gosford and Stockdale Hwys on Oct. 10.

The event was sponsored by Bakersfield LGBTQ+ and Stonewall Democrats of Kern.

The march ended at California State University Bakersfield, where Pride Week was being held on campus.

In response to the U.S. Supreme Court case hearing for LGBTQ+ discrimination in the workforce, a march and rally were held to raise awareness to the cause.

“The case, considered one of the most consequential of the current term, will determine the length to which Title VII of the Civil Rights Act of 1964 goes to protect against workplace discrimination,” wrote Eugene Scott for The Washington Post.

“The act prohibits discrimination ‘because of sex,’ which the court has interpreted to mean no discriminating based on sexual stereotypes,” said Lao.

With the goal being visibility, the activists took to all four corners of the busy intersection and chanted for their rights.

“All we need is our rights,” said Destiny Wickham, a student at Nueva High School.

“We need equality and we need to be able to work too. We need to be able to have our rights,” said Lao.

The activists felt that it was important to have the event in Kern County, being as it is a predominantly conservative county according to Damairis Lao, a nonprofit community organizer. Some of the people who rallied identified as part of the LGBTQ+ community, while others took part in the event to support family members, friends, and the challenges the community faces in their lives.

“I want to be able to support my older brother and what he does. Also, to support the goals that LGBTQ+ members have been going through and how they can overcome injustices,” said Ulises Wickham, a local volunteer for the California Alliance for Retired Americans.

A Bakersfield College alumni and former BCSGA member, Kirk Sunderman, held an American flag and rallied on in anticipation of the court ruling in favor of a more united nation with the freedom to live as they please.

As for the on-going court case, most remain hopeful, yet still have reservations about the U.S. legislature will make the changes desired by the LGBTQ+ community for the nation.

“I’m very hesitant that they’ll vote in the way I want them to vote in favor of the LGBTQ+ community because of the way the court is leaning, it is more conservative. I hope they acknowledge that the rights of the individual should triumph over whatever any business or corporation desires,” said Lao.

Every area and vendor was filled with vendors and canopies that gave away necessities and goodies for all who attended.

Haircuts, food, and clothes were just some of the items given.

Bakersfield College was present everywhere during the event.

On every corner there was a person in a red renegade shirt helping people, wherever they could.

There was a veteran’s service canopy out and helping. Honoring and helping the people who fought for the country was the main focus and priority of the event, and the Veterans Stand Down organizer said they can’t wait till next year.

Annual Veteran’s Stand Down honors Bakersfield veterans at Stramler Park

By David Portillo
Reporter

Kern County honored its veterans on Oct. 10, during its annual Veteran’s Stand Down.

The event has been occurring since 2011 to honor its veterans to a relaxing day filled with giveaways and many more activities.

Admission was free and available to veterans and their dependents. All Veterans were welcome, so those who are homeless were encouraged to attend.

The event was at Stramler Park and was filled with vendors and canopies that gave away necessities and goodies for all who attended.

Every area and vendor was filled with people enjoying themselves.

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Young children participating in the Kern Cancer Run and Walk and Festival held at Yokuts Park, on Oct. 12.

By Luis Rojas

Bakersfield held the Kern Cancer Run and Walk and Festival for the fifth year this past Saturday, October 12, at Yokuts Park.

The purpose of the Run and Walk is to bring funding and awareness to the various cancer diagnoses and to encourage the entire community to support local patients.

Last year the Kern Run and Walk Festival had over 800 participants and this year had more than 1,000 participants making it one of their best years and finally reaching their $50,000 goal.

This event is a race for all ages to participate and compete in the 5K mile run.

Some cancer survivors participated with their friends and relatives like Linda Jimenez, who ran the race with her husband and niece. Jimenez decided to participate because she lost her sister last July due to cancer and that motivated her to join the event. “I’m really glad I did, [...] this is in memory of my sister and me as a survivor,” Jimenez said. Jimenez was diagnosed cancer three years ago and said she will participate next year as well.

Some participants raced in big groups to motivate and push their friends to the finish line. “This is my first time and I have to say that I wasn’t ready for a five-mile run but I wanted to try it for my friend who is a cancer survivor,” Concepcion Morales said. Morales participated with his friends and wife. Other participants used this race to stay active and exercise more like Patty McDowell, who ran with a friend and wanted to improve her time running the five miles.

Michelle Avila, Executive Director of the Comprehensive Blood and Cancer Center (CBCC) Foundation for Community Wellness mentioned that this event was to celebrate life, support local cancer survivors, and remember those who lost their battle to cancer. Avila also encourages people to join and participate in this event that helps survivors and local patients.

The event also had over 30 vendors, children’s paintings booths, live music, and other activities like the mascot marathon to entertain the participants. The nursing program from Bakersfield College was present volunteering and handing out water and fruit to keep participants hydrated.

Overall this event was better than expected and next year the organizers are looking forward to improve this cause that has the goal to help and remember those who were with us but unfortunately not anymore.
Vince Fong speaks about issues around California

By Jacqueline Gutierrez
Reporter

Assemblyman Vince Fong spoke in the Levan Center about his journey, homelessness, and answered audience questions on Oct. 9.

Vince Fong, who was born and raised in Bakersfield, now represents his hometown in Sacramento.

Fong explained that he sits on the budget committee and that he is the vice chair for transportation. Fong also explained how he deals with the homelessness issue in California and touched on the topic of homelessness in community colleges.

“We have to build more shelters. There was a lawsuit and Boise, Idaho ruled in a very unfortunate way that you can’t provide services or encourage someone to leave the streets unless there is an available shelter bed. That has complicated the way communities in California offer services,” Fong said.

Fong stated that in July, there will be a bill discussed to allow all colleges and universities to allow homeless students to sleep in their cars in the college parking lots.

The colleges and universities will also need to provide fire safety, showers, and toilets for these students.

“The homeless problem has gotten so bad that the fear is that we will convert every college parking lot into a homeless shelter,” Fong stated.

In January, if this bill passes and students and faculty staff to encourage a discussion for students on a variety of subjects and issues.

Philosophy professor and Gadfly host, Reggie Williams asking BC students and staff their thoughts on the use of animals in the US.

This semester’s Gadfly topic focused on the use of animals: food, test subjects, and pets.

“We haven’t talked about animals in the Gadfly in a few years. It’s relevant because locally given all the dairy and so forth in the community. 100s of millions and if you include chickens, billions of animals die every year for these kinds of reasons.

It’s an important issue that connects with a lot of issues,” Williams said.

When Williams asked the audience about the use of hands who believe human philosophers and Gadfly host, Reggie Williams asking BC students and staff their thoughts on the use of animals in the US.

Most vegans are probably used to the common questions they get once they tell someone never to eat their diets. I am certainly used to that. Whenever you go out to a meal, you know it’s going to be a group of friends and meeting new people, I’ve heard it as the “vegan” if I have not already stated that I am. After finding out that I am vegan, I usually get asked tons of questions, but never really ever fully answer.

My mind goes blank because although I get asked these questions quite often, I never thought about it because being vegan is just my everyday normal. Those are some of them.

Why do people choose to be vegan?

Numerous paths can lead a person to go vegan, and it depends on their own experience. Everyone has their personal preference. Religious or cultural beliefs and health issues are some common reasons. Most vegans choose their diet because of the concern over animals or the environment.

It is very difficult to explain for two main reasons. One reason is that the thought of eating meat sometimes that was once a living creature makes me feel guilty. The other reason was for the animals. I felt guilty.

Where do vegans get their protein?

A lot of non-vegans assume that meat is the only way a person can get their source of protein. Therefore, becomes an excuse for some people to not try to go vegan. There are a variety of high protein choices that can be included in the vegan diet. Like beans, legumes, nuts, seeds, tofu, hemp seeds, and the list goes on.

Do vegans miss meat?

It’s safe to say that usually, most don’t. However, its common and normal to crave days and meat during the early transition of the diet. Most vegans like to stay within the phase.

The first month of cutting out meat for me was one of the hardest things I ever did. It didn’t make it easier than it was during thanksgiving. I wanted to eat turkey so much that day, but of course, I didn’t.

What will happen if a vegan accidentally ate meat?

Unlike a vegan, is alergic to meat or beef intolerance, nothing serious will happen. They might feel disgusted or have a stomachache.

A few times I accidentally ate meat I spit it out and just yell gross-out loud to myself. Then I move on and get over it. Accidents happen.

What do vegans eat everyday?

This is the most asked question I get since I stopped eating meat. Not all vegans have the same preference for food.

If vegans hate meat so much. Then why do they eat food made to taste like it?

The answer is simple. A lot of vegans including myself, grew up eating meat. Vegan meat alternatives allow people to enjoy the meaty flavor they enjoyed post-vegan. Also, not everyone goes vegan because they eating meat. Not all vegans have the same preference for food.

Do vegans mind if people eat meat in front of them?

That depends on the individual. If a vegan cannot stand to be around meat they’ll likely say it without being asked if in the situation. Vegans have that tolerance.

Speaking for myself, I do not care what people eat in front of me. I don’t ask non-vegans if I can eat this plant-based in front of them.

Animals in the community

By Haley Duval
Senior Photo Editor

The Gadfly Cafe held its second discussion of the semester in the Norm Ley Campus Center at Bakersfield College on Oct. 9.

The Gadfly is an open discussion for students and faculty staff to engage and share thoughts on a variety of different subjects and issues.

Philosophy professor and Gadfly host, Reggie Williams asked BC students and staff their thoughts on the use of animals in the US.

During this discussion, BC students and staff shared opinions on the use of animals in the US, what made humans decide what animals are right or better to live, animals they connect with, pets, and more.

When a student asked when it comes to ethics to end the discussion, Williams stated, “Everything we talked about has a level brain that feels that. Rais, not all but some of these issues.”

The next and last Gadfly of the semester will be in November.

JACQUELINE GUTIERREZ / THE RIP

Vince Fong speaks at the BCSGA Power Lunch about the homelessness issue in California as well as the correlation between gas taxes and electric vehicles, and the controversial split between North and South California. The Power lunch was held in the Levan center at Bakersfield College on Oct. 9.

HALEY DUVAL / THE RIP

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When Williams asked the audience to show of hands who believe humans decide what animals are right or better to live, animals they connect with, pets, and more.

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The next and last Gadfly of the semester will be in November.
Bakersfield College homecoming week: Renegades Around the World

By Jacqueline Gutierrez  
Reporter  

Bakersfield College kicked off homecoming week with the theme of Renegades Around the World, during the week of Oct. 14-19. During homecoming week, the Office of Student Life (OSL) and Bakersfield College Student Government Association (BCSGA) hosted events to prep the Renegades for homecoming. Monday through Thursday, students were encouraged to participate in fun events. During the week students were encouraged to donate hygiene products to the Renegade Pantry in Levinson Hall. On Monday, BC students were invited to attend Karaoke and Pop Trivia in Levinson Hall where they got to sing their favorite songs and answer pop trivia questions. Later in the day students were invited to attend a Gandhi Easel Event where they were allowed to bring their families to paint a Gandhi inspired painting. On Tuesday, BC students were invited to a Chalk Art Walk event where they could draw on the outside sidewalk of Levinson Hall. Many students came out and demonstrated their art skills by drawing everything from abstract designs to homecoming inspired designs. The same day students were invited to participate in a homecoming parade that was led by the BC drumline before the homecoming game. On Wednesday, BC students were invited to flaunt their talent during the BC Got Talent: Entertainment Gauntlet outside of the Hudlile. During this event BC students danced and sang songs. On Thursday, BC students were invited to a pep rally and snack brigade, to watch the movie Slumdog Millionaire, and a Cafe murder dinner theatre where guests were invited to participate in a murder mystery event. To end the homecoming week, clubs, organizations, and homecoming candidates participated in a homecoming parade that was led by the BC drumline before the homecoming game.

JACQUELINE GUTIERREZ / THE RIP  
April Warkentin, BC student, creating homecoming inspired chalk design at the Chart Art Walk event during Bakersfield College's homecoming week, on Oct. 15.

JACQUELINE GUTIERREZ / THE RIP  
Liliana Limares and Dezi Von Manos representing the F.O.T.O (Free on the Outside) club at the pep rally for Bakersfield College's homecoming week, on Oct. 17.

JACQUELINE GUTIERREZ / THE RIP  
Sharon Gilbert, homecoming royalty candidate, (left) and Dezi Von Manos, BC student, (right) rapping a remix of the BC fight song at the BC Got Talent: Entertainment Gauntlet on Oct. 16.
Renegades lose to Ventura College

By Haley Duval
Senior Photo Editor

The Bakersfield College football team dropped their conference opener to the Ventura College Pirates, 29-21, on homecoming night at Memorial Stadium, on Oct. 19.

BC's running back Isaiah Martin was the first to put the Renegades on board with BC's first touchdown of the game in the second quarter, cutting the Pirates' lead to 16-7.

BC added another seven points during the second by running back Shane Jones's 33-yard touchdown. During the first half BC trailed 19-14.

In the third quarter, the Pirates made a touchdown to add their lead to 26-14.

Although the Renegades made a touchdown passed by Jones from 26 yards to wide receiver Cole Beaty in the fourth quarter, BC failed for a comeback win.

After this loss, BC is 2-4 overall and 0-1 in conference games.

In the half time show, BC crowned BC student Sharon Gilbert, 44, as homecoming queen.

"I wanted to teach my kids that it doesn't matter how old you are, continue to do things you want to do. So, I wanted to be that inspiration. It's never too late," Gilbert said.

After the homecoming game audience, staff, and both football teams stayed in the stadium to watch the fireworks BC presented.

BC's Joshua Yubeta (52) carries Isaiah Martin (5) after Martin put BC's running back Isaiah Martin was the first to put the Renegades on board with BC's first touchdown of the game.

Shane Jones (6) during homecoming night at Memorial Stadium, Oct. 19. The Renegades dropped their conference opener to the Ventura College Pirates, 29-21.

BC's Isaiah Martin (5) tackles down Ventura College in the second half during homecoming night at Memorial Stadium, Oct. 19.
BC women’s volleyball triumphs once again

By Bianca Cacciola

The Renegades hosted the Antelope Valley Marauders on Oct. 16 at Bakersfield College. The BC Volleyball team swept the Marauders with 3-0 gaining their 14th win of the season. Both teams battled as they swung off with scoring points in the first game until the Renegades won 10 points in a row and clinched the first game. Through the last two games, the Lady Gades triumphed over the AVC Marauders. BC won the three games with the scores of 25-9, 25-15, and 25-13 making them 14-2 with overall wins. Excitement ran through the gym as the Renegades gained with new points. BC is currently on a six-game winning streak and hoping to continue.

Emily Clark, freshman, led the Renegades in kills with 14 and also added five blocks. Alyson Dees, freshman, who had six kills and zero errors. Renegades’ sophomore Sophia Palm went in with seven and zero errors. Jesica Merante, sophomore, racked up 19 digs for the Renegades against Antelope Valley College.

The Renegades hit the road for three games, but will be back on the home court to play on Santa Monica City College on Oct. 30 at 6 p.m.

JACQUELINE GUTIERREZ / THE RIP

Renegades’ volleyball team celebrating after the third set as they swept the Antelope Valley Marauders at the Bakersfield College main campus on Oct. 16, winning 3-0.

Pickleball returns to BC to benefit firefighter’s union

By Tyler Frost

The nation’s fastest growing sport reached Bakersfield with The Central Valley Classic commencing to benefit the local firefighter’s union. The charitable three-day pickleball tournament was the first official USA Pickleball Association (USAPA) sanctioned tournament in the Central Valley. The classic, presented by Brand New Day, was hosted at the Greenacres Pickleplex in Bakersfield from Oct. 4th through Oct. 6th.

National Pickleball, a division of Advanced Sports Media Group (ASM), offered a free clinic on the evening of Oct. 3rd preceding the tournament. The tournament then kicked off with Men’s Doubles on Oct. 4th, followed by Mixed Doubles on Oct. 5th, and Women’s Doubles on Oct. 6th.

Pickleballers of all adult ages gathered to compete and support the charity classic. The eight courts at Greenacres Park were filled with experienced and non-experienced pickleball players alike, representing their own charities and causes with team shirts and fierce play. Each day of the event saw over 80 participants leave it all out on the court. The tournament had a double-elimination format with a winner and loser bracket. The players went back and forth throughout the entirety of the day until their team was eliminated, in hopes of winning it all.

The charity benefit was held to raise proceeds for the IAFF Local 1301 Firefighter Union. The event featured many sponsors, donors, and businesses, including Bakersfield Eye Care Optometric. Each spectator and sponsor attended to support the cause and root for the players. Local food trucks “Caribbean Kitchen” and “Fit and Gruh,” also made their way to the Pickleplex to feed those in attendance.

ASCO COO Seth Burleigh stated, “We are excited to work with USAPA District Ambassador and Bakersfield resident, Vincent Rivera, on this tournament to further promote pickleball in the Central Valley and support the community and first responders.” Burleigh continued, “We are also glad to offer prize money to all division winners as a sign of appreciation to all of our participants, not just pro-level players.”

Pickleball was recently featured on the Today Show, BBC News, and USA Today. The game is nationally recognized as a sport on the come-up, being played frequently in schoolyards, local parks, rec centers, and prisons. Rick Hannah, a participant in the tournament of the Bronx (Pickle) Ballers said, “I play daily here at Greenacres park, and the courts are usually busy from 7 a.m. until 10:30 p.m. Pickleball is definitely a sport on the rise.”

The first-of-its-kind Bakersfield Pickleball Tournament presented itself as a medium for promoting charity, pickleball, and support for local firefighters in an action packed event.

Quarterbacks Ranked

NFL
By Tyler Frost

Number 1: Russell Wilson (Seattle Seahawks)

The Seattle Seahawks have never had a losing record with Russell Wilson under center. Wilson is one of the most unique players to ever play the Quarterback position, boasting the ability to scramble and create plays that really aren’t there to begin with. He is winning games for his team with a lack of elite talent around him. Wilson is my league MVP this year.

Number 2: Patrick Mahomes (Kansas City Chiefs)

Patrick Mahomes has the ability to make any throw from any angle, and has a rocket launcher for an arm. He won the NFL’s MVP award in his first year as a starter last season. Mahomes is perhaps the most talented thrower the game has ever seen. Head Coach Andy Reid deserves a lot of credit for his development and early career success.

Number 3: Aaron Rodgers (Green Bay Packers)

Aaron Rodgers is one of the best Quarterbacks of our generation, and of all time. Rodgers had a double-elimination format with seven and zero errors, followed by Alyson Dees, freshman, who had six kills and zero errors.

Number 4: Tom Brady (New England Patriots)

Tom Brady is the G.O.A.T. At 42 years old, Brady is still making every throw it takes for the Patriots to win. Though there is clearly a physical occurrence, Brady is capable of lighting teams up when it matters most. His knowledge of the game is off the charts.

Number 5: Drew Brees (New Orleans Saints)

Drew Brees is the all-time leader just about every statistic counting category. Despite being injured in week two, his return has action since, Brees will return and make the Saints a dangerous team in the NFC.

Number 6: Carson Wentz (Philadelphia Eagles)

Carson Wentz is a rising star at the Quarterback position. He has no real holes in his game, and elevates his play under duress. He is the only true concern with Wentz is his durability. He is fully capable of taking the injury-prone label and win his first career playoff game this season.

Number 7: Deshaun Watson (Houston Texans)

Deshaun Watson’s athleticism, deep passing ability, and his top target DeAndre Hopkins make the Texans a threat to score on any given play. Watson is one of the best young QBs, but will need to keep himself out of harm’s way and limit the risky plays.

Number 8: Philip Rivers (Los Angeles Chargers)

Another year, same old Chargers. Philip Rivers is a Hall of Fame caliber QB, but has been very inconsistent throughout his career. The Chargers have a lot of weapons to help Rivers out, but they seem to beat themselves in critical moments.

By Tyler Frost

Number 9: Matt Ryan (Atlanta Falcons)

Once a league MVP, Matt Ryan has failed to help his Falcons recover from their blown Super Bowl lead to the Patriots. The Falcons haven’t had much success this season. Matt Ryan is one of the best passers in the game, but tends to crumble when under pressure.

Number 10: Jared Goff (Los Angeles Rams)

Jared Goff just last season threw for over 4,600 yards and 32 touchdowns, leading the Rams to a Super Bowl berth and earning himself the last contract in NFL history. The team is now struggling this season. Goff is good enough to win football games, but he is not in the upper tier of QBs that can win by himself.
Managing school while ill

Mental Health

By Paige Atkinson

Mental illness is incredibly common but especially common among college students. According to the American Psychological Association, depression is the leading and most common mental illness affecting college students. Mental illness can feel life-consuming, so how does one succeed academically in the midst of a storm of illness?

The simplest way to thrive academically while remaining on track to graduate is to adjust your course load to fit the way illness impacts your life. This requires a significant amount of introspection and honesty. Step back and examine your behavior. Do certain seasons or years cause flares in your illness? Are there certain triggers you need to avoid in order to get through the semester? Are there certain circumstances that cause your episodes to be at their height?

Knowing these things about yourself will help you decide what kind of course load you need to aim for each semester. If you find your illness flares during the spring, consider taking lighter courses during the spring and doubling up on heavier courses during the fall. If you have the most energy in the morning, consider starting your day with lighter work on easy classes.

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Knowing these things about yourself will help you decide what kind of course load you need to aim for each semester. If you find your illness flares during the spring, consider taking lighter courses during the spring and doubling up on heavier courses during the fall. If you have the most energy in the morning, consider starting your day with lighter work on easy classes. If you find that having too much free time feels into your illness, you may want to take an extra class. Scheduling your course load in a way that minimizes stress while maximizing productivity will help you succeed regardless of illness.

The most important way to ensure your academic success while managing mental illness is to disclose your needs to your professors. It is impossible to overstate the importance of informing your instructors about your illness. Not only will this self-disclosure provide you with support, but it allows your professors to provide you with the tools you need to succeed. Treating mental illness can involve a myriad of activities, such as frequent doctor’s visits, medications, and different forms of therapy. Maintaining your mental health is a full-time job, and it can make it difficult to attend classes regularly and complete assignments.

If your instructor is not aware of your struggles, they can help you come up with a way to complete your coursework. If you find disclosing your struggles too difficult, consider emailing them instead. Once you’ve made these changes in your academic environment, you can continue to make lifestyle changes. Mental illnesses like depression or bipolar disorder can manipulate your sense of time and cause you to lose interest in things that you once loved.

One way to start reclaiming your life from mental illness is to set small, achievable goals. Setting small goals can give you day-to-day a sense of purpose and personal achievement. If you’re not sure which goals would like to set, try creating a to-do list. For the day, consider choosing something that you think is going to help you feel better immediately. For the week, consider choosing something that is going to help you feel better long-term. When you’ve achieved a goal, give yourself a pat on the back! When juggling school and mental illness, you recognize that setbacks are normal. It can be easy to become frustrated with yourself if your condition worsens. However, forgiving yourself for your shortcomings and choosing to move forward is the most difficult part of navigating mental illness, but it’s the only way.
By Tiarra McCormick
Reporter

This weekend the weather served up the sunshine, sunglasses, and sunscreen. These were mandatory at the Bakersfield first-ever Brunch Fest. It was held at the Kern County Museum for 21 and up. The event showcased various vendor restaurants that serve brunch locally. The restaurant vendors served bite-size food samples and alcoholic beverages and for the nondrinkers, they provided bottles of water and diet soda.

As people walked into the event they had their purses checked and tickets scanned. Once they were inside they were able to take pictures in front of a photo wall then there were given a glass with the Brunch Fest logo and a plate to hold their food.

There were two sides to this event. Bubbles and beer and Keg and eggs. On the Bubbles side, beer was being poured. A DJ from Hot 94.1 was playing the latest hits and kept the crowd entertained. Many people attended the event for various reasons.

Visitor Lori Tholl and her husband attended spent their time walking around enjoying the Brunch Fest and seeing what they could do for next year's Village Fest. Judy Buchanan was gifted tickets as a birthday gift from her son and husband and said: “I have been looking forward to this all week.”

Buchanan said she loved the different vendors and trying new foods and drinks she would never have thought of trying.

Buckannan said she was given tickets by her husband to attend the event went and kept the crowd entertained. Many people attended the event for various reasons.

Tickets went on sale Sept. 23 and will remain to be purchased until the show starts.

Fest 2019 logo and a glass with the Brunch plated doodles and food held in front of a photo wall.

“Dancing with the Stars: Live!” comes to Bakersfield for spring performance

By Bianca Cacciola
Reporter

“Dancing with the Stars: Live!” will be coming to Bakersfield on Tuesday, March 31, 2020.

The show begins at 8 p.m., with the doors opening an hour prior to the main event. This will be held at the Rabobank Theater (soon to be Mechanics Bank Theater). Fans will have the opportunity to watch their favorite professional dancers glide across the stage while performing a variety of dance styles. “TV’s biggest dancing show returns on tour featuring fan favorite professional and troupe dancers in a brand-new production showcasing every type of dance style seen on ABC’s hit show ‘Dancing with the Stars,’ ranging from ballroom and jazz to modern and hip-hop,” according to the biography for the tour on the AXS website.

The professional dancers that will be touring include Emma Slater, Sasha Farber, Lindsay Arnold, Gleb Savchenko, Witney Carson, Alan Bersten, Brandon Armstrong, Jenna Johnson, Valentin Chmerkovskiy, and Daniella Karagach, who is the newest pro that will be joining the tour. “I’m coming on tour and I can’t wait to meet you all,” Karagach announced on her Instagram.

Karagach is a new professional this season on “Dancing with the Stars,” and was on season two of the dancing show “World of Dance” with her husband Pasha Pashkov, who is also a professional on the show.

This tour has tickets on sale now with opportunities for general admission and for VIP packages which give fans many perks, such as a meet and mingle with the professional dancers, a free “Dancing with the Stars” gift item, and seating in rows one through 20.

Tickets went on sale Sept. 23 and will remain to be purchased until the show starts.
Op-Ed: My perspective on grief and overcoming the passing of loved ones

By Tyler Frost
Reporter

It's past midnight, and the moon seems to be the only thing shining given your current state of emotions. You're driving and listening to a song that you and your loved one sang together many times, while chowing down on their favorite gas station snack. Your tears are making it hard to speak, though you feel that the moon would be the only thing that can hear you.

That assumption is false, as your loved one who passed can still hear you too. Grief is a topic so relatable among those who have lost a loved one, yet is handled so differently by each individual. The reality of the situation is a tough pill to swallow. I lost my Dad on Oct. 16, 2017. This month inspired me to share my experience, and enlighten those who have lost somebody to know that you are not alone.

My Dad and I were as close as a father and son could be, and I was grateful to have spent 18 years of my life with him. His passing was sudden, amidst an odd situation to say the least. I reserved every right to be angry with him for seemingly leaving my life. Instead, I acknowledged that resentment would only make the grieving process more difficult, and I decided to use this event as an opportunity to improve my mindset and become a better person in honor of my Dad.

I received an entire childhood of priceless memories with my Dad, and learned everything I could from him. I feel honored knowing I had a great run with an incredible father more than I feel robbed of additional time with him.

My mindset will shape my experiences in the darkest of times, and maintaining a positive outlook has made this experience much simpler than I imagined. As a child, I thought that I would be able to live without my Dad. I still miss him terribly, but oddly enough I would describe my grieving process as enlightening.

That may be a confusing concept to grasp, but I've enjoyed the challenge of doing everything I can to make my Dad proud.

I've become a stronger individual since, and have learned to appreciate every moment spent on this earth. I have also enjoyed the opportunity of becoming closer with my mom, stepmom, and sibling. Most enlightening of all, I now see that every little thing that passes me in life is far more meaningful than I once understood, and there are reminders of my Dad all around.

No matter how you choose to handle the loss of a loved one, we will all have our moments where we feel lost without that person. Reminiscing and mentally sorting through memories is far more sentimental given the circumstance, and I believe that is okay.

We should allow ourselves to cry and grieve, but understand that you will never be the same. Our experiences with loss are all separate and different, but a positive mindset can shift the entire process. Attempt to grow from the situation, and know that the time with your loved one will never be erased.

The most important thing to remember, is that your loved one can hear you when you catch yourself talking to the moon.

Op-Ed: Why “fat” is not a bad word

By Haley Duval
Senior Photo Editor

Fat. The scary f-word to society's beauty standards. Much too often, people associate the word fat with ugliness, being unlovable, worthless, and a feeling of disgust. On social media, I constantly hear phrases like, “Ugh, I feel so fat today,” “I can't believe I ate like a fatty today,” or “Do I look fat?” and almost every time these phrases are said by non-fat people.

Implying the word is something negative and undesirable can be harmful to someone who feels fat, doesn't mean they are fat. It's one or the other.

Fat isn't a feeling to be self-deprecating, just because a person feels fat, doesn't mean they are fat. It's one or the other, Fat isn't a feeling, skinny isn't either. If someone is thin, then they are thin. Remember that thin privilege doesn't mean life is easy, it means that thinness is not targeted as societal discrimination and prejudice. Despite if a skinny person has ever been bullied for being thin, felt disgusted or uncomfortable with their own body, or has body dysmorphia, they are not dealing with the same level of prejudice as fat people do almost daily.

When it comes to fat-shaming and skinny shaming, there's a huge difference between the two. The differences fall in a set of systemic power dynamics. Skinny fat bodies are harassed and shamed for eating, shopping, simply just existing, and even going to the doctor.

Others may argue that thin people face the issue of sometimes not finding clothing and get asked questions like, “Do you even eat?” But that does not equal the same level of oppression. When a fat person is harassed or shamed for their body, it affects all fat bodies, but when a skinny person is shamed it just affects that person. Yes, to declare, expressing mockery or criticism on any type of body is awful and harmful, but no, skinny shaming is not the same as fat-shaming.

Fat-shaming is not necessarily accurate, because no matter how much criticism they may get, the society around skinny bodies will always be praised. The correct term would be body shaming, which shouldn't be tolerated either.

Back to the f-word. No matter how people use the word fat, it'll never be a bad word. So, there is no valid reason to not retrain to respond differently and be able to admit the actual feeling at the moment, instead of saying fat.

Having any type of body is okay, that should include fat bodies, too. The reclamation of a word that usually tries to bring so much shame by others can be so liberating.
Bakersfield celebrates annual pride event

By Mariah Olivarez

This year Bakersfield held its annual Pride festival which included games, food and an exciting ticket drawing on Oct. 12, at Stramler Park in Downtown Bakersfield. The theme of the festival was retro and revolved around the slogan “Celebrate the past...Create the future.”

Both those who a part of the LGBTQ community and community supporters attended the event. There were bright colors, people of many different backgrounds, and children playing with one another. The smell of barbecue, ice cream, and baked goods surrounded the event. As attendees walked further into the festival they could hear the live music, and the laughter becoming louder.

As eyes continued to wander while feet guided through the crowd, people were playing bean bag toss, adults gathering at the beer section, children and teens wearing flags that consisted of rainbows and writing around their shoulders as if they were capes and the drag queens that stood ground in confidence conversing with everyone they seen.

Dozens of canopies were scattered across the grass, some were owned by people with companies like Sephora, the Democratic Women of America and Baskin Robbins while others were owned by people selling bracelets, flags, T-shirts and a tent that had a ticket drawing for 5-tickets to Disneyland.

Amongst all of these booths was a tent owned by Free Mom Hugs, which is a company started by a woman named Sarah Cunningham. Amber Chris-sakis, the individual who is a part of Free Mom Hugs explained that Cunningham started the company to help those who identify themselves as gay, bisexual, or transgender, because her son identified himself as gay and she was tired of the judgement, so she started the company for change.

All of the people that attended the event had big smiles on their faces and conversed with one another whether they knew each other or not, “I love it, it’s awesome to come out and see people be free and be themselves.” Natalie Melendez, a guest of the festival, said.

Not only were people of the LGBTQ community being supported and encouraged to thrive, immigrants, black people and women were supported at this event as well. This event aimed to welcome all no matter the race, gender, or belief that one had.