

THINGS YOU NEED TO KNOW...

TO DELIGHT, ENLIGHTEN & HELP PLAN YOUR DAY, FROM THE TEAM AT TBC MEDIA

MY TUESDAY

To learn: The Alliance Against Family Violence and Sexual Assault is hosting a free women's self-defense class at 5:30 p.m. at 1921 19th St. Learn self-defense techniques from representatives from Bakersfield Elite Martial Arts and Damsel in Defense. Make sure to wear comfortable clothing and socks because you will be moving around a lot. RSVP by calling 322-0931.

To research: Join the Kern County Genealogical Society and search for witches in your family tree at 1 p.m. at the Beale Memorial Library, 701 Truxtun Ave.

To do: Buttonwillow poet Don Thompson, named as the first Poet Laureate of Kern County by the Arts Council, reads from his work at 6 p.m. at Cal State Bakersfield in the Walter W. Stiern Library in the Dezember Reading Room, 9001 Stockdale Highway.

To cheer: Bakersfield College women's soccer team is playing Citrus at 7 p.m. at BC's campus, 1801 Panorama Drive. You can buy tickets at vallitix.com or at BC's ticket office.

BIKE BAKERSFIELD CELEBRATES 'PROJECT LIGHT UP THE NIGHT'

Bike Bakersfield, in partnership with Chain | Cohn | Stiles and Kern Family Health Care, will give away hundreds of bicycle lights and helmets this fall as part of Project Light up the Night, which aims to make streets safer for bicyclists riding on Kern County's roadways.

At least 30 pedestrians and bicyclists in Kern County have died in roadway accidents in 2017, according to a news release from Bike Bakersfield, and many of them did not have the proper lights during night hours.

"Many cyclists still ride at night without lights, a practice that is illegal and life-threatening. And with the sun setting early this time of year, it is important that bicyclists be visible on the roadway," said Jack Becker, Bike Bakersfield program manager. "Being visible to motorists is



HENRY A. BARRIOS / CALIFORNIAN FILE

Jack Becker with Bike Bakersfield demonstrates an emergency avoidance maneuver to foster kids taking a bike riding skills class.



FELIX ADAMO / THE CALIFORNIAN

Roadrunner guard Brent Wrapp sits out CSUB's first practice as he rests an injured left foot. Wrapp is a redshirt senior.

OUR BEST SHOT

Several graphic elements combine to make this an effective photograph of the first day for CSUB basketball practice.

— Californian senior photographer Felix Adamo

a key part of staying safe while riding a bicycle on the road, and these bright LED lights will let drivers know you're there."

Bike Bakersfield, Chain | Cohn | Stiles and Kern Family Health Care will begin giving away lights and helmets at 5:30 p.m. Thursday at the corner of Roberts Lane and North Chester Avenue in Oildale. One set of lights and one helmet will be given per person as long as the person has a bicycle with them.

Bike Bakersfield staff and volunteers will be there to help install lights for immediate use, and educate bicyclists on how to properly fit and adjust helmets.

There will be other events on Oct. 26 at Niles Street and Mount Vernon Avenue in east Bakersfield, Nov. 2 at Planz Park, 1601 Planz Road, in south Bakersfield and

Nov. 9 at Bike Bakersfield in Arvin, 1241 Bear Mountain Blvd. Each event begins at 5:30 p.m.

SOUTH SOCCER CLUB RAISES MONEY FOR RONALD MCDONALD HOUSE

The South Valley Soccer Club donated \$2,000 to Scarlett Sabin and the Bakersfield Ronald McDonald House.

The \$2,000 was part of the proceeds generated by the Chuy's "October Nights" Cornhole Tournament, held Oct. 7, and sponsored by the club.

"South Valley is honored to support a local organization that provides families with personal necessities and lodging while their children receive specialized



COURTESY OF SOUTH VALLEY SOCCER CLUB

The South Valley Soccer Club donated \$2,000 to Scarlett Sabin and the Bakersfield Ronald McDonald House.

medical treatment at Bakersfield Memorial Hospital," the organization said in a news release.

RABOBANK TO DONATE NEARLY 3,000 POUNDS OF FOOD TO FOOD BANK



ELIZABETH SANCHEZ / THE CALIFORNIAN

Local Rabobank branches have collected close to 3,000 pounds of non-perishable, non-expired food in just three weeks in its second annual food drive.

Local Rabobank branches have collected close to 3,000 pounds of non-perishable, non-expired food in just three weeks in its second annual food drive. The food drive helps replenish the Community Action Partnership of Kern Food Bank's inventory for the holiday season.

"Hunger is an ongoing issue in Bakersfield, centered in one of the world's biggest agricultural-producing regions," said a news release. "With the holiday season quickly approaching, CAPK will be in high demand."

Last year Rabobank collected 845 pounds of food. This year's goal was to double that, which Rabobank did. And then some.

SAY WHAT?

“Domestic violence continues to affect thousands of women in Kern County each year. Victims are deprived of their liberty and security, and face tremendous threats to their health and safety. I urge women to come forward and break the silence surrounding domestic violence.”

— Lisa Green, Kern County District Attorney