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**FACULTY
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Adelaide Mitchell

Fingerprints

By Eliana Sosa



“Place your finger on the scanner,” was, at the time, one of the most frightening phrases I had ever heard. It was a seemingly simple step in the long process of a high-schooler getting her driver’s permit, but for me, it was the most terrifying part of the entire ordeal. With hesitance, I obliged.

“I’m sorry, it didn’t read. Please try again,” and then, a few minutes later, “Could I please take a look at your thumb?”

Although the DMV attendant seemed rather puzzled as to why the machine was not cooperating, I knew well what was causing the read to be faulty.

“Dry, cracked hands,” I had said as my usual excuse, but in reality, it was something far different. It took nearly ten minutes to get an acceptable read of my thumbprint not because the machine was faulty, but because I hardly had a thumbprint to begin with.

Body focused repetitive behaviors (BFRBs) are classified as compulsive behaviors that damage a person’s physical appearance, often to the point of causing them injury and pain. This can apply to almost any part of the body, but the most common manifestations are trichotilloma-

nia (compulsive hair-pulling), dermatillomania (compulsive skin-picking), dermatophagia (compulsive skin-biting), and onychophagia (compulsive nail-biting). Because such behaviors usually alter or disfigure parts of the body (sometimes permanently), these disorders are often tied with feelings of anxiety, distress, and shame.

I have had dermatillomania for as long as I can remember. Even as a young child, I recall having the same compulsions I experience now, though the degree of severity has increased over time. My hands are often disfigured and in pain. In the past few years, I have begun experiencing mild trichotillomania. I have attempted to stop countless times via countless methods, but thus far have not succeeded.

For a significant amount of time, my sole goal was to keep my hands hidden as much as possible. I avoided high-fives and kept handshakes brief for fear that someone would comment about the way my hands looked or felt. It was something I kept completely to myself. During high school, however, I gradually began confiding in friends about my struggle. A lot were supportive, some were nonchalant,

but the occasional few called me “disgusting” and never spoke of it again. This only intensified my shame. Many did not understand that for people with BFRBs, these behaviors are uncontrollable. The fact that close friends of mine couldn’t even look me in the face the same way because they were so repulsed by me made me hate that part of myself.

As I have gotten older, though, my perspective on myself and these disorders has changed. There are certain parts of ourselves that are fluid and transform as the years go by, but there are also parts of ourselves that are established and difficult to alter. My years with BFRBs have taught me that they are and always have been a part of who I am, and realizing that has been empowering. I have learned that I do not need to be embarrassed, scared, or ashamed. There is, of course, a part of me that wants to defeat it, to not have to worry about being judged for it. If one day I am able to overcome them, then of course I will be happy. But even if I never see my true fingerprints again, I am certain I will be just as content.

Three Ways to Read More

By Jamie Vosseler-Eichel



Jamie is an English tutor and is double-majoring in English and Psychology.

It has been scientifically proven that reading reduces stress and increases intelligence. Here are three strategies to read more, even if you do not like reading:

1. Read while you wait

Reading while you wait benefits you and helps pass the time. You can download eBooks onto your phone if you want to

avoid carrying a book.

2. Read a movie

Plenty of books have been adapted into movies, so read the book that your favorite movie was based on, or use what you look for in movies (whether it is drama, action, or humor) as a guide to find a book that will hold your interest.

3) Read with a friend

Reading a book with a

friend will give you an opportunity to discuss what you are reading, plus you will have someone to hold you accountable.

The benefits of reading are proven! Take advantage of them with these simple tips, and develop interest in reading—a hobby one can enjoy for life!

“Bellatrix Lestrange, one of Voldemort’s followers, became obsessed with the dark arts, torturing people into madness for funsies.”

Jessica tutors English at CCC. She is also majoring in English.



5 Potter Characters Worse Than Voldemort

By Jessica Bird

Professor Lockhart, a bumbling fool, was actually a horrible person. He stole numerous identities of other wizards, robbing them of their success and posing under false pretenses. Ridiculously annoying, students and faculty alike disliked him. Oh yeah, and he also attempted to obliterate Harry and Ron’s memories.

Peter Pettigrew betrayed his friends, faked his death, and framed Sirius Black as the killer of countless Muggles. Plus, he

performed the ceremony that would allow Voldemort to rise again. What a great guy. **Bellatrix Lestrange**, one of Voldemort’s followers, became obsessed with the dark arts, torturing people into madness for funsies. She also killed Sirius, earning her a well-deserved spot at number three. Harry suffered eleven years of cruelty with **the Dursleys**. From confinement, near starvation, and verbal abuse, it’s a wonder he wasn’t mentally damaged. Finally, the number one worst Harry Potter character is **Professor Umbridge**. Everything



about her is horrendous: her bubblegum pink attire, her girly voice, her toad-like appearance. She abused her authority through the Ministry of Magic and physically tortured students by using an enchanted quill to carve words into the back of their hands. She’s officially the worst.

WRITE NOW

Joining the Conversation

How I Met Your Mother or *FRIENDS*?



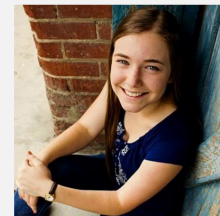
Emily Critchfield

How I Met Your Mother is a television show that first aired in 2005 on CBS. The show follows Ted Mosby and his quest to find his soul mate—"The One." Alongside Ted is a group of his best friends; Marshall Eriksen, Lily Aldrin, Barney Stinson, and Robin

Scherbatsky. The show is told by Ted Mosby from the future after he is married and has two kids. Ted Mosby is telling his two kids the story of how he met their mother. The name makes sense now, right? *How I Met Your Mother* has a lot of charm that sets it apart from other shows. Each character's unique personality and different quirks create a fun, diverse, and dynamic cast. The characters represent a realistic, yet interesting group of friends who are simply living life together. Through relationships, jobs, and every other crazy thing that they get into, they are always there to have a round of drinks with one another. Funny, charming, and relatable, *How I Met Your Mother* is a show that is worth your time. All nine seasons of the show can be viewed on Netflix and since each episode is roughly 20 minutes, it is the perfect show for a weekend viewing binge.

FRIENDS is a classic TV sitcom that defined a generation.

FRIENDS ran for ten seasons and 236 episodes (1994-2004) on NBC. It followed the ridiculous and unrealistic antics and adventures of six friends in New York City. The six friends, now household names, included Monica and Ross Geller (Courtney Cox and David Schwimmer), Chandler Bing (Matthew Perry), Rachel Green (Jennifer Aniston), Phoebe Buffay (Lisa Kudrow), and Joey Tribbiani (Matt LeBlanc). The show also included many well-known guest stars like Tom Selleck, Paul Rudd, Brad Pitt, and Reese Witherspoon. The characters, following sitcom tropes, were static yet distinct and lovable. The show's influence on pop culture is undeniable, with gifs and references found all over the internet—Smelly Cat, "I'll Be There For You" by the Rembrandts, and the Central Perk to name a few. The timeless message of fun, humor, and friendship is not unique; shows like *How I Met Your Mother* and *New Girl* have similar concepts. However, *FRIENDS*' ability to securely lodge itself in the hearts of Americans makes it a classic and model that other shows can merely imitate. If you have lived under a rock or need a good dose of nostalgia, all then seasons have recently been added to Netflix for your enjoyment.



Amanda Critchfield

5 Soundtracks That May Have Escaped Your Notice

By Samuel Montgomery

Soundtracks are undeniably one of the most important elements to a film. The most successful soundtracks—such as John Williams' *Star Wars* or Hans Zimmer's *Pirates of the Caribbean*—are often the most recognizable, providing an emotional backdrop for a given film while maintaining the ability to stand on its own. There is a plethora of such soundtracks, and here are five—complete with recommended tracks—to begin your playlist:

1. *Harry Potter and the Deathly Hallows: Parts 1 & 2* (Alexandre Desplat)

Though technically part of two entries, Desplat delivers moments of Williams' bombastic nature while maintaining a comparatively delicate approach. *Recommended tracks*: "Obliviate" & "Statues"

2. *Doctor Who – Series 7* (Murray Gold)

Quirky, tender, and sometimes brooding, Gold provides adventurous experience for listeners. *Recommended tracks*: "Dalek Parliament" & "The Leaf"

3. *Spider-Man 2* (Danny Elfman)

Dark and fantastical, Elfman depicts both heroism and villainy in a grandiose manner yet includes softer and lightly sweet cues that are reserved for

more personal aspects of the story. *Recommended tracks*: "Spider-Man 2 Main Title," & "Doc Ock's Machine"

4. *The Village* (James Newton Howard)

Full of sweeping violin solos and rolling pianos, this score depicts the haunting atmosphere of this period piece thriller while capturing a sense of beauty. *Recommended tracks*: "Noah Visits," "Those We Don't Speak Of," & "The Gravel Road"

5. *The Lion, the Witch, and the Wardrobe* (Harry Gregson-Williams)

Crafted with a full orchestra while organically blending electronic elements throughout, this score provides a fresh and innovative approach for epic fantasy genre. *Recommended tracks*: "The Wardrobe," "A Narnia Lullaby," & "The Battle"

TUTORS OF THE MONTH

"...any student who takes this course will not only get an awesome English instructor, but will also get a personal coach, a motivational speaker, and a caring mentor."

Galin Dent is an English instructor at Clovis Community College.



WRITE NOW



VICTORIA "TORI" RAMER

Tutor Subjects: Biology, Chemistry 3A, 1A, 1B, Math 4A, 4B, 5A, 11

Major: Microbiology/Chemistry

Educational Path: Earn my PhD in Immunology/Pathogenesis & Infectious Disease

Some words to live by: "Follow your passions, otherwise life is no fun!"

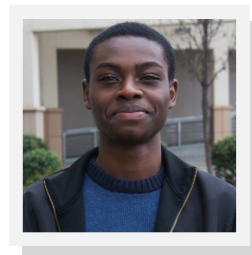
PETER OLUTOLA AKANDE

Tutor Subjects: Statistics

Major: Biology

Educational Path: Transferring to University of the Pacific

Some words to live by: "Do it on time!!!"



Recommended Instructor: Galin Dent

By Joey Isquierdo

If you are looking for an awesome English instructor to take next semester, I would definitely recommend Galin Dent. In every aspect of his lecture, from his lectures to the way he conducts himself one-on-one with students, Mr. Dent gives his all.

One aspect that makes Galin special is that he stresses to students the importance of utilizing language as a way to understand the texts, situations, and circumstances in their own lives.

In addition, he shows his students how they can use language to craft a positive attitude and perspective on whatever struggles they may be dealing with. After taking any of Galin's English courses, you will have a whole new appreciation for reading and will be amazed at how powerful language is and how our words can make a difference in the lives of the people we care for most. When I asked Galin why he chose to teach English as a profession, he stated that when he was growing up, he had always struggled

with reading and writing; since he knew how hard it could be, he wanted to help others learn and develop these skills. On a final note, I would like to state that any student who takes this course will not only get an awesome English instructor, but will also get a personal coach, a motivational speaker, and a caring mentor. When asked if there was anything in particular he wanted students to know about him, Mr. Dent said that that he's the proud coach of the six-and-under Honey Badgers soccer team!

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WORD OF THE MONTH BY ISAAH TRUJILLO

ALPENGLOW ^ˈ/alpən,glō/

NOUN

1. A reddish glow often seen on the summits of mountains just before sunrise or just after sunset.

Example: The alpenglow from the Sierra Nevada mountain range created a romantic scene for its bystanders.

***Definition from dictionary.com

Math It!

By Dikran Samarjian

Solve for X:

- 3 = 18
- 4 = 32
- 5 = 50
- 6 = 72
- 7 = 98
- 10 = X

Coffee for Less Than Two Dollars

By Cesar Sandoval

Cheap coffee is difficult to come by, especially as prices at traditional coffee shops continue to rise. Believe it or not, two places that serve reasonably-priced coffee that is not garbage are 7-Eleven and McDonald's. 7-Eleven asks a mere \$1.65 for a large cup. This combined with the convenience of filling up

your gas tank while waiting at the register makes 7-Eleven coffee both a cheap and efficient choice. McDonald's coffee is by far the cheapest, with any size costing around one dollar. The quality is so-so—let's just say you get what you pay for. However, low prices and drive-thru convenience help to compensate for this lower quality. So

why not get the best bang for your buck, especially when you need a pick-me-up? Of course, nothing is wrong with going old school and brewing your own batch of coffee at home. Just remember: friends don't let friends drink Folgers. But at this point in the semester, with midterms on the horizon, any little bit of caffeine counts.

-The Fellowship of Poets-

Presents Guest Poet Nathaniel Clutter

Should I get married, or should I stay single?
As a wise old man once said: "No matter what
a man does, he'll most likely end up married.
You're either married to a woman, or you're
married to work, because you've got nothing
better to do."

Of course, I don't want to stay single,
But what did I expect when the girl I've been
crushing on finally says hi to me and my an-
swer is

"Oh, uh, um, er, uh, spoons?"

"Uh, well, I use them to eat..." she says, be-
ginning to back away.

Throwing caution to the wind, I say: "I com-
pletely get what you're saying. I'm right with
you on that one."

She keeps backing away and says "Uh, ok,
well, bye!"

Fudge. This is so not working.

Now, for some strange reason, she acts like
the incident had never happened and seems to
forgive me for it.

So I finally get to talking normally with her,
share some laughs, get a little more comforta-
ble, have a good time.

Until we run out of things to talk about.
Then growing silence begins to get awkward,
so you try to break it with: "So...yeah...how's
the weather?"

She ignores that too.

Now we begin to get to know each other more
and I begin to impress her with, for example,
carrying a particularly heavy box.

"Wow, you're pretty strong, I'll have to ad-
mit," she says.

I laugh and try to be modest. "Nah, this? This
is just fart hydraulics!"

Fart hydraulics? Stupid, stupid, stupid.

Thank goodness she just thought it was fun-
ny, because after awhile I notice...was that a
spark of interest in her eyes?

Oh man, talk about wanting to skip around
school yelling "LET'S GO!!!"

So, I take her on a date or two and things
begin to develop quite nicely,

Until she asks the fatal question: "Notice any-
thing different about me today?"

No, no, NO! Things were going SO well! Why
does this happen now?

I have to answer, so I say "Uh...yeah you look
extra...beautiful today!"

"Oh you're so cute! No, what really looks dif-
ferent about me?"

"Uh...New haircut?" I squeak.

She gasps. "How did you know?"

Holy cow, great balls of fire, PHEW!

Maybe it would be easier to stay single, then I
wouldn't have to worry about all of this.

Me and the guys could talk about fart hydrau-
lics without any remorse.

But wait, why do I keep hearing things about
people who are married to work? Things like:

Oh, you mean Nathaniel? Oh I feel so sorry
for that guy, he's completely married to work.

He needs to tell his boss that he needs some
'me' time."

Yeah, guys who are married to work are the
ones ?I tend to feel sorry for too.

It's not being single that's the problem, it's
closing yourself off from any opportunities of
love that may come about.

Plus, if you do find someone, it makes every-
thing all worthwhile in the end.

Time to suck it up and spit my game.

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 Clovis, CA 93611
 Room 110
 (559) 325-6310

Contact: Stacy Ross
 Tutorial Center Coordinator
 Email: stacy.ross@sccd.edu or
clovistutorialcenter@gmail.com



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The Clovis Tutorial Center offers tutoring in the following subjects:

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- Information Systems
- Political Science
- Chemistry
- Mathematics
- Psychology
- Computer Science
- Music Appreciation
- Spanish
- Economics
- Physics
- Statistics
- English/Writing
- Philosophy
- And more!

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SUPERIOR DAIRY

TRAVEL

VOLUNTEER

P	A	J	D	E	S	P	O	R	Y	P	I	C	N	I	C	S	G
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R	A	V	I	N	S	T	P	V	Y	C	L	K	A	R	H	O	S
I	L	H	L	E	L	X	F	U	O	N	O	M	I	J	I	O	X
P	T	B	C	M	I	A	G	A	S	L	H	N	U	N	T	B	F
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