

MONDAY
10am-6pm

TUESDAY
10am-6pm

WEDNESDAY
10am-6pm

THURSDAY
10am-6pm

FRIDAY
10am-1pm

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AUTHORS

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Esther Levitt
Eric McIntosh
Alex Torres

FACULTY
ADVISOR

Stacy Ross

Roads to the Clovis Tutorial Center

By Jerry R. Boggs, Adjunct Professor, Biology

My road to Clovis Community College as an Adjunct Professor in Biology and, ultimately, to the Tutorial Center has had many twists and turns. The little road that centerlines this story involves teaching biology at the University of Cape Coast in Ghana (West Africa) which was, at that time, mainly a “teachers’ college.” Teaching biology was my third assignment in Ghana as a Peace Corps volunteer, having served at Mole National Park in the north and Kumasi Zoological Gardens in the central region of Ghana previously.

Teaching biology in the Cape Coast region offered unique opportunities in terms of attaining local plant and/or wildlife specimens for “hands on” class study. In fact, because I was available, I became the curator of a small collection of animals that were maintained mainly to show to visitors. One

of the major draws for visitors was our 12 ft. African python, which a colleague and I had captured at a nearby village. Turned out this python had just laid 60+ eggs in her nest, and the villagers were scared to death of her. Led to her nest by a group of villagers, we had the unenviable task of digging out the overburden on her nest. As the last bit of dirt was thrown away and the female python began to move, my colleague, Dr. Dimit and I dove into her nest and I had the good luck to grab her just behind the head. As she began to whip her body around mine, Dr. Dimit grabbed her about halfway down her body and together, we managed to keep her from encircling me, which by so doing, she meant to stop my diaphragm from doing its thing (i.e. breathing). Stuffed into a burlap sack, she calmed down

as we collected her eggs. Back at the university, our carpenter had constructed a large wooden cage with one window and one major defect (i.e. the only way to get her out of the crate was to open the crate at the top). Waiting for her to move through the opening and grab her just below the head as she streamed out was not possible to do safely or successfully without help and yet, I, the village idiot, did this on a regular basis for a variety of reasons. When I left Ghana for home, we still had the “mother” snake, but I had released the 60+ youngsters into the bush.

So, this was one stop on the road that led eventually to Clovis Community College. There were many, many more but those are for another time and place to tell.



Eric McIntosh (not Kyle), is a math and science tutor and he is majoring in Chemistry. He also likes children and nature.

Just a Janitor

By Eric McIntosh

I instinctively pick up trash off the floor every time I enter a bathroom. I do not even have to think about it; it is like my hand just moves in a frantic robotic motion, desperate to keep things clean. Sometimes I can withstand the immense urge to succumb to muscle memory motions, but as soon as I open the door to walk out, my instincts and convictions set in. I must move back to clean the floor to keep my conscience clean. You might ask why this is. I have been working as a janitor at NorthPointe Church for two years. It sounds insignificant and boring and stinky — and it is stinky — but the late nights have taught me many things about life. I have learned to appreciate school much more. I think every person should work a labor-

intensive job so that he will appreciate his dream job even more when he gets there. I would not consider janitorial work hard, just unappealing to most. The labor has humbled me and has taught me how to enjoy life—day in and day out. Though painful in its time, the work will slowly mold the heart. This job has brought me through some hard times this past year with close people in my life passing away. It has given me time away from people in those late nights cleaning up to reflect as well as time near people during the day to help guide me. It has given me foundation where there was none and wisdom where there was foolishness. I have grown since and hope to continue growing. Now I appreciate the working man even more, the man that does the small things people

do not notice, the necessary things. The best person in the world is probably some poor man, virtually unknown to the world, dedicating his life to the small, basic needs, and disciplining his body for the good of others. I am far from that person, and so when the day comes that I reach my goals, I will remember the lowly janitor in his quest for cleanliness. I will remember my walk through late nights picking up trash bags, bending down to clear the bathroom floor, vacuuming for hours on end, and I will have an appreciation for the work that he does. I will remember that I was once where he was, and in that moment of seemingly different circumstances, I will remember that we are not so different after all. We are both just trying to make the most of this time.

“While *Star Wars* fans are ecstatic about the new film, many wonder how the film franchise will continue after *The Force Awakens*.”

Star Wars: The Saga Continues!

By Seth Craig

It is no secret that this December, *Star Wars: The Force Awakens* will be released for *Star Wars* lovers to go crazy over. Easily the most anticipated film of the year, *The Force Awakens* will reunite us with our old friends such as Han Solo, Princess Leia, Luke Skywalker, and a new cast of characters. While *Star Wars* fans are ecstatic about the new film, many wonder how the film

franchise will continue after *The Force Awakens*. Fans are in luck because Disney



plans to release a new *Star Wars* film each year until 2019. The upcoming films will include *Episode 8*, *Episode 9*, and two *Star Wars* spin-off films. The

spin-off films will be released between each episodic film, this includes *Rogue One: A Star Wars Story* releasing in 2016 and an untitled Han Solo film planned for 2018. Taking all of this into consideration, audiences will not be in short supply of new *Star Wars* films for quite a while. It is an exciting time to be a fan of *Star Wars*—luckily, we do not have to worry about Jar Jar Binks being in any of the new films.

Joining the Conversation

Is Milk Healthy for Human Consumption?



Seth Craig

YES, milk does increase your calorie intake and saturated fats level, but let us remember the positives drinking milk brings. When it comes to milk, nutritional value is not in short supply, and it can even be enjoyed with delicious treats! The biggest health benefit that most of us correlate with milk is that it is rich in calcium. I mean, no one wants to have brittle bones or mushy teeth, and milk being calcium

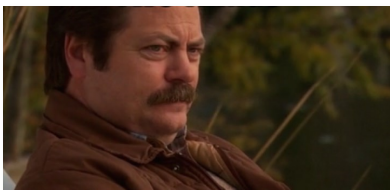
rich allows for a happy skeleton. According to the Dairy Council of California, along with calcium, “Protein in milk plays an important role. Not only is protein key to an optimal diet, but calcium without adequate protein is ineffective at building strong bones.” The addition of protein along with calcium can lead to having stronger bones and the likelihood of your body building muscle. I mean, you could end up as the next Arnold Schwarzenegger being a world renowned body builder and starring in your own sci-fi action movie about a rogue AI taking over the future! Well, maybe not that. You would have to drink a lot of milk for that to happen. While drinking lots of milk to keep your body healthy, there is nothing wrong with also enjoying some delicious treats with your milk as a reward for your hard work staying healthy. For example, the quintessential milk dessert, Oreos cannot be fully enjoyed without a glass of milk at your side. If you eat Oreos without milk, your mouth will become dry and you will have to drink water with Oreos, and no one wants to resort to that. Other desserts such as cakes, donuts, and muffins can be enjoyed to their fullest extent with milk. Think of milk and desserts as the Simon and Garfunkel of the food world. Both need each other to make our enjoyment of desserts and music that more satisfying. The wonderful world of milk should not be ignored, but instead enjoyed by those who can open up their hearts and refrigerators.

NO. The hierarchy of the food pyramid, the countless marketing ploys by dairy producers, and the ideology of generations are strongly empowering people to consume dairy products and to ultimately drink milk. Strong bones supporting vitamin D in the human body as well as calcium are idealized as great development characteristics as to why milk is great for newborns, young children, and for many individuals. Similarly, that is the reason why young calves drink their mother’s milk. However, milk, whether it may be whole, half, or skim, usually contains abundant amounts of fats and is often chemically processed which outweighs the perceived benefits of milk. Milk contains fats, which promote development in calves; however, the high levels could lead to the promotion of hypertension and the development of cholesterol in those who consume dairy products and milk. Moreover, individuals misinterpret and over-consume the needed amounts of vitamin D and calcium in adulthood as they usually calculate these amounts based on the younger demographic. Consequently, schools and parents also encourage children to drink dairy products, even if it is flavored with unhealthy amounts of additives and sugars. Albeit, milk and dairy products are now implemented in one’s daily life and into one’s norms, so rather than overemphasizing the benefits of milk, parents and schools need to educate themselves and others that milk and dairy products need to be consumed in relatively less quantities. Alternatives for infants and children would be formula where as children and adults could consume products with almond, coconut or even soy properties to supplement the nutritional value of milk. Individuals and children should gain their essential vitamins in other products that can produce the same results without overwhelming our bodies with unneeded amounts of unhealthy substances found in milk.



Alex Torres

5 Ron Swansonisms



1. “Any dog under fifty pounds is a cat and cats are useless.”
2. “I’m a simple man. I like

pretty, dark-haired women and breakfast food.”

3. “I have a joke for you... The government in this town is excellent and uses your tax dollars efficiently.”

4. “There’s only one thing I hate more than lying. Skim milk. Which is

water. That’s lying about being milk.”

5. “When people get too chummy with me I like to call them by the wrong name to let them know I don’t really care about them.”

TUTORS OF THE MONTH



JONATHAN DOMINGUEZ

Tutor Subjects: Math

Major: Math

Educational Path: Attending Clovis Community College and Fresno City College since 2013

Some words to live by: "Focus is not looking at a dot on a wall. It is looking at a million dots on a wall and knowing which one to look at."

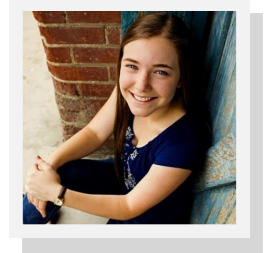
AMANDA CRITCHFIELD

Tutor Subjects: English

Major: Civil Engineering

Educational Path: I will finish at SCCC in Spring 2016. In Fall 2016, I plan to attend Fresno State University.

Some words to live by: "Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." -Albert Einstein



"At times we can get so overwhelmed that we forget to take advantage of the tools that are given to us to make our lives a little easier."

Inside Scoop: Student Discounts

By Esther Levitt

Being in college, the subject of financial struggle definitely comes up for some students. At times we can get so overwhelmed that we forget to take advantage of the tools that are given to us to make our lives a little easier. One that is unfortunately forgotten about is the glorious student discount.

There are many places around town that offer discounts to students who have college ID cards.

You can obtain an ID card in three simple steps:

- 1) Go to Admissions and Records to pay the \$10 fee for a student ID card
 - 2) Go to the Student Activities office (ACI- 162), present your receipt with proof of purchase of an ID card
 - 3) Get ID card made!!
- Once you have your ID card, you can go to many places around town and use it to get discounts!! Here are a few places that accept student ID cards:

COMPANY	DISCOUNT
J. Crew	15% in store with student ID
Jo-Ann Fabrics and Craft Stores	10% in store with student ID
Amtrak	10% tickets and bonus points on travel with student ID
Geico	Full-time students (ages 16 to 25) can save up to 15% on certain coverages if you have a "B" average (3.0).
Banana Republic	15% in store with student ID
Charlotte Russe	10% in store with student ID
Chipotle	Free drink with purchase with student ID (select locations only)
Dell	Buy a PC over \$699, then get a free Dell tablet with an Intel Atom processor when you use your student ID.
Madewell	15% in store with student ID
Amazon	Get prime for 6 months free with student email

Majoring in Political Science, Esther Levitt is proud to bring her talents to the Tutorial Center as an English tutor.



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WORD OF THE MONTH

BIBLIOTAPH [bib-lee-uh-taf, -tahf]

NOUN

1. a person who caches or hoards books.

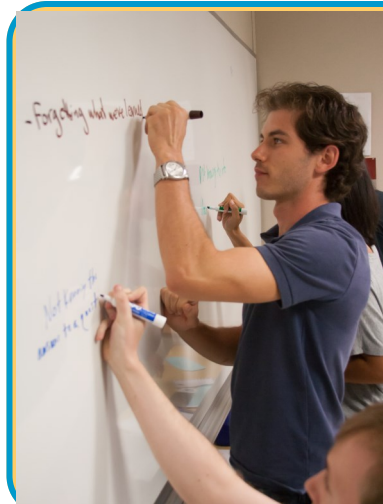
Example: It is hard for Jennifer to deny that she is a **bibliotaph** due to the fact that her house she has multiple shelves filled with unread books for the past two decades.

<http://dictionary.reference.com/>

Math It!

By Benjamin Bohan & Conner Magnuson

$$\int \frac{1}{(x+3)^4 \sqrt{(x+3)^2 + 3}} dx$$



NOW HIRING FOR SPRING 2016

Students! Looking for a job on campus? Passionate about an academic subject? If so, then tutoring may be for you! Stop by the Tutorial Center to pick up an application today!

REQUIREMENTS:

- Enrolled in 12 or more units
- Teacher recommendation
- Evening availability for the first Monday of each month

TUTOR PERKS:

- Flexible work schedule
- Priority registration
- Academic inside scoop
- Faculty connections
- Hourly pay
- Friendly environment
- Rewarding experiences

Clovis TUTORIAL CENTER

Clovis Community College

10309 N. Willow Avenue

Fresno, CA 93720

ACI-137

Contact: Stacy Ross

Tutorial Center Coordinator

Phone: 559-325-5248

Email: stacy.ross@sccd.edu



Like us on Facebook!

[Facebook.com/ClovisTutorialCenter](https://www.facebook.com/ClovisTutorialCenter)



Our Mission

We provide tutorial services from peer tutors to a diverse population of students who seek assistance in the following:

- Completing their assignments
- Developing effective study skills
- Identifying and achieving college expectations so that they improve their success in college and are equipped for lifelong learning.

The Clovis Tutorial Center offers tutoring in the following subjects:

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

WORD SEARCH

Theme: Winter

- BLANKET
- BRISK
- COAT
- DECEMBER
- EARMUFFS
- EGGNOG
- FIREPLACE
- FLANNEL
- GLACIAL
- HEATER
- HIBERNATE
- ICE
- JACKET
- LUGE
- REINDEER
- SHIVER
- SKI
- SNOW
- THAW
- WOOL

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