



Perspective Piece

By Melody Kruse

If you are anything like me, you like to be perfect. I am someone who strove to get A's in all of her classes when I was in college and graduate school. If I didn't get an A in a class, I felt like a failure. I felt like my grades defined me and made me the person I needed to be. However, it was at a great cost to my mental and emotional health. Being perfect can take a toll. It affects us physically, emotionally, and mentally. If we strive to be perfect all the time, we are working towards standards that are impossible to achieve.

I like to call myself someone who is working on recovering from being a perfectionist. I am by no means where I want to be. My hope is that working at letting things go will help me learn how to be more gracious and self-compassionate. For me, being perfect is often about holding tightly on to control. One of my favorite writers, Brene Brown, shares how imperfection and authenticity are tied together. Imperfection allows us to embrace who we are instead of who we think we should be. In the midst of exams, studying, writing papers, and the overall craziness of life, I encourage you to work at letting perfectionism free from your life and embracing self-compassion instead. It's amazing what that freedom can bring as we learn bit by bit to let go.

Words of Wisdom

By Luis Ramirez

"But dost thou love life, then do not squander time, for that's the stuff life is made of"
--Benjamin Franklin

Wouldn't Benjamin Franklin make a great poet? Life is marvelous and magnificent. It can be scary as well and full of many emotions we may not want to face. Only we decide how much of our time we want to give to those feelings. Only we can advance. We should treat life with a healthy passion because our life is limited by the time we have, and vice versa. Life and time make each other real.

Words of Knowledge

by Vereak Than

Slubberdegullion noun [slʌbədɪ'gʌliən]: A slovenly or worthless person.

Ex: None paid heed to the slumped slubberdegullion but the worms and the wolves.

Dictionary.com Unabridged. Random House, Inc. 19 Oct. 2017. <http://www.dictionary.com/browse/slubberdegullion>

Slovenly adjective [sluhv-uh n-lee]:Untidy or unclean in appearance or habits. Ex: Drowned under a bloody glow, a slovenly soul continues to collect dust.

Dictionary.com Unabridged. Random House, Inc. 19 Oct. 2017. <http://www.dictionary.com/browse/slovenly>

Maw noun [maw]:The mouth, throat, or gullet of an animal, especially a carnivorous mammal, or a cavernous opening that resembles the open jaws of an animal.

Ex: The mannish boy buried his broken toys within the horrifying maw of a bottomless cavern.

Dictionary.com Unabridged. Random House, Inc. 19 Oct. 2017. <http://www.dictionary.com/browse/maw>

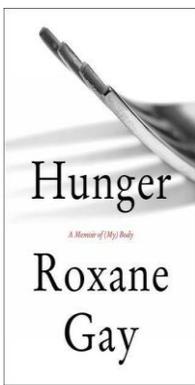
Avarice noun [av-er-is]: Insatiable greed for riches; inordinate, miserly desire to gain and hoard wealth. Ex: The unwilling king, with jaws of avarice, consumed wealth and riches like the wanting mouth of a Wendigo.

Dictionary.com Unabridged. Random House, Inc. 19 Oct. 2017. <http://www.dictionary.com/browse/avarice>

Attritive adjective [uh-trahy-tiv]: Worn down or weakened in resistance, especially as a result of continuous pressure or harassment. Ex: The poor wretch died an attritive death, slowly eaten alive by the foul chasm of debt.

Dictionary.com Unabridged. Random House, Inc. 19 Oct. 2017. <http://www.dictionary.com/browse/attritive>





A Review of Hunger

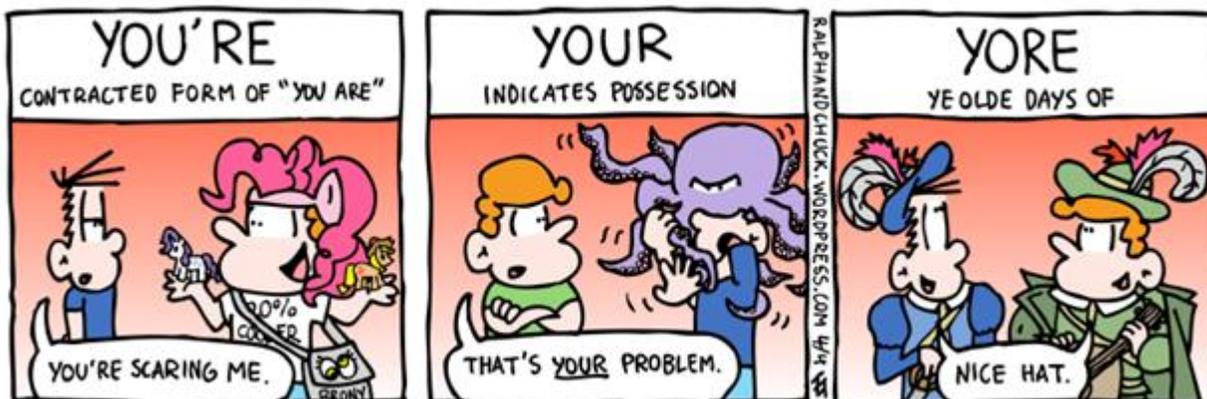
by Carolina Mata

The memoir book *Hunger* by Roxane Gay is made up of several essays focused on Gay's life-long binge eating as a way to cope with childhood trauma. The book has been hailed as a raw, real, and fearless personal account. All words which have been used to describe Gay herself as she has become a feminist icon of passionate bravado. As I read the book, I could agree with all descriptions. The book talked bluntly of trauma, body image, eating disorders, and the identity crisis of someone who felt unworthy of love; all things which are relatable to many, especially young women. For that, *Hunger* is a great book for young adult readers who enjoy personal stories and coming of age memoirs.

However, despite this the grittiness and relatability of the material, the finer, subtler aspects of the book also had me putting it down from time to time. Gay is often repetitive; a trait which she is known for and defends. She also contradicts herself and does not take her own advice or acts how she speaks, another famous characteristic of her writing which has earned her fans and critics alike. The book could have also been better edited, as it is repetitive to the point of almost unnecessary and back to back essays often begin the same way, making the book feel unedited entirely. In addition, Gay is known as a pathos writer. While she is rightfully hailed as a raw and emotional writer, there came a point where during my reading where every account was almost too emotion-filled, making me wonder if Gay put in any critical thinking into her personal reflections or herself.

Overall, all of these points made the book almost perfect for a young adult audience, as Gay feels like a 20-something year old writer. However, she is not. She is in her forties, and this fact made me feel more confused and questioned Gay's authority to the point where I felt uncomfortable finishing the book. In closing, I would recommend Roxane Gay's *Hunger* to a young adult reader who appreciates passionate emotion and the bravery of a writer who speaks out on trauma in a matter-of-fact way. However, I would also make a point to express how ill structured the book feels overall.

Comic of the Month (Selected by Alice Nielsen)



Grooms, Tommy. *You're / Your / Yore*. 2012. Ralph and Chuck.

<https://ralphandchuck.wordpress.com/category/cartoons/page/10/>.

Citation Spotlight – The indirect source

By David Hardison

For when we want to quote the words of someone, when those words appear in someone else’s work, here’s the MLA method for citation which allows us to quote an indirect source and make sure the right people get credit. In MLA, we use the abbreviation “qtd. in” to indicate that the source is indirect, and it is that source which will be in our works cited list. Here’s an example:

The advice was, “This works well as a thesis statement, but I think it’s unclear how it connects to this second support” (Hardison qtd. in Schneider 22).

Or, if we use the author’s name in a signal phrase, it will look like this:

According to David Hardison, the tutor who was giving some advice, he said, “This works well as a thesis statement, but I think it’s unclear how it connects to this second support” (qtd. in Schneider 22).

Hope this helps! Come on in to the Writing & Reading Center for more tips and tricks!



Meet the Supervisors



James Alvin is a supervisor at the Writing and Reading Center. James is a former Fresno City College student who went on to graduate from Fresno State with a degree in philosophy with a religious studies option. He then studied abroad, earning a diploma in Christian ministry and songwriting from Hillsong College in Sydney, Australia. He then furthered his education with a masters in theology and religious studies from the Belgian university KU Leuven before returning to Fresno in July 2017. James loves to see young people grow into effective communicators

through the use of the written word. He believes that every person has the capacity to become a great writer, and he takes great delight in the personal side of tutoring. When he is not in the writing center he can be found playing his guitar or boxing.



Cody Hoover started working at the FCC Writing and Reading Center in August 2017. He is an adjunct English instructor at FCC and West Hills College-Lemoore, where he teaches composition and literature courses. Cody received his BA and MA in English from Fresno State, and he spent the last 2.5 years working on a PhD in English at UC Riverside before moving back home to Fresno. Cody has worked at writing centers at Fresno State, Long Beach City College, and Moreno Valley College. His academic interests are composition theory, writing center pedagogy, digital pedagogy, multimodality, and 19th-century literature and culture. Things Cody enjoys doing in his free time are watching *The Office* specifically, eating in nature, and playing with his little baby dog named Pippi.

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