Future of Chapman University School of Law

- Darren Case

Coming off the excitement of our law school moving up to 3rd Tier in the U.S. News & World Report’s law school rankings, we are all looking forward to the future of Chapman University. However, to be quite honest, I am not worried about the law school anymore; for I know its fate is in good hands. Chapman Law has built a solid foundation with a community that spends countless hours making our law school the best, and I know we will continue in the right direction.

Throughout the three years I have attended Chapman Law, I have seen extraordinary progress. I have witnessed the hiring of a Nobel Laureate, multiple visits from Supreme Court Justices, continuous victories from our Moot Court and Mock Trial teams, the establishment of the Distinguished Speaker Series, the substantial elevation of the Tax Law program’s prestige, the presentation of a monumental law review symposium, and the list goes on. I am confident that no other law school has accomplished what we have in such a short period.

With the law school’s accomplishments coming one after another, many may have failed to notice the success of the undergraduate campus as well. The undergraduate campus expanded in size with numerous buildings and facilities. The brand new football stadium and aquatics complex are nearly complete. Not to mention the new foundation and plaza, which have really added to the beauty of the campus. In addition to the campus’s physical expansion, the quality of education and the caliber of the student body has improved as well. The incoming freshman’s GPA and SAT/ACT scores have increased steadily over the years. Overall, I think this continued expansion will bode well for the law school, and add to the appeal of the university as a whole.

Over the next couple of decades, I envision a steady yet significant growth at Chapman University. I anticipate the undergraduate campus to increase its enrollment from 2,000 to 10,000 students. I believe the campus will expand towards the Old Town Orange circle, while maintaining the city’s historic feel. I see the sports program elevating its competition from Division III to Division I in most sports, where the Chapman Panthers will compete in the West Coast Conference against universities such as Pepperdine, Gonzaga, Santa Clara and the University of San Diego. I see the basketball team dancing in the March Madness tournament and the baseball team heading to Omaha for the College World Series.

Now many of you may think that I am envisioning too much. My response is why would we want to sell ourselves short? Chapman University’s impressive progress over the past decade speaks for itself. We should continue to expect such progress over the next few decades.

Overall, I have nothing but praise for the university. Chapman has developed my legal mind, filled my résumé with wonderful and highly marketable accomplishments, and opened the door to Georgetown’s LL.M. in Taxation program for me. I believe that anyone admitted to this university will have the same wonderful opportunities. Congratulations Chapman University, I look forward to your continued ascent to the top.

Dicta


Tommy Pedersen: Yeah, I’m like the Captain of that boat.

Bogart: “By the way, does anyone know what that room is used for in the back of this room?”

Student: “It’s probably a Bill Clinton secret room.”

“You can leave a horticulture, but you can’t make her think.” -- Professor Bishop, Sales

"Why would a company fire an older employee?" “Because they are technologically advanced.” -- Scott Thomas, Client Counseling
Chapman Law Courier Presents...

2008-2009 Editorial Staff

Standing (from left to right): Outgoing editors - Avi Phillips, Magdalena Kozinska, Hien Vu, Parul Aggarwal, Darren Case and Ashley Case

Sitting (from left to right): Incoming staff - Professor George Willis (faculty advisor), Matthew Holm, Bobbie Ross, Jean-Laurent Pouliot, and Aaron Goeben

The Courier executive board maintains general editorial control over the content of its articles. We reserve the right to make changes, omissions, improvements, or other modifications in any of the information or materials at any time without notice.
Dear Students,

At the end of each academic year and then again nine months later, the Career Services and Professional Development Office surveys each graduating class. You might be interested to know how the May 2007 graduates successfully obtained their jobs:

- Fall/Spring OCI: 20.5%
- Job postings on Symplicity: 16.9%
- Referrals by Career Services, faculty, family, prior employers, and friends: 36.5%
- Returned to prior employers: 11.5%
- Cold calls or mass mailing: 10.8%
- Internet site other than Symplicity: 1.4%
- Temp agency: 0.7%
- Consortium events: 0.7%
- Other: 1%

The average salary for the class of 2007 was $77,122. The salary range was from $35,000 to $160,000.

How does this compare to other law schools? This is how graduates from law schools from across the country obtained their jobs from the class of 2006. The national statistics for the class of 2007 will be available in May 2008.

- Fall/Spring OCI: 23.1%
- Job postings on Symplicity: 14.2%
- Referrals by Career Services, faculty, family, prior employers, and friends: 15.9%
- Returned to prior employers: 6.8%
- Cold calls or mass mailing: 21.1%
- Internet site other than Symplicity: 2.7%
- Temp agency: 2.0%
- Consortium events: 2.3%
- Other: 9.2%
- Started own practice: 2.6%

Where are you in your own current job search? Well, if you find yourself still looking for a summer or postgraduate position, here are some tips:

- Make sure your resume and cover letter are up to date and have them reviewed if you have not done so recently.
- Select your best writing sample for submission with your application materials and polish it.
- Remember to order your official transcripts from both law school and undergrad if you have not done so already.
- Ask professors or supervisors to be a reference for you.
- Obtain letters of recommendation if required by the employer.
- Review the job postings on Symplicity on a daily basis.
- Review the handout of job posting websites, visit those daily and respond to those job postings that you are interested in. Then follow up with them.
- Make a list of all of your classmates, professors, family, friends, prior employers, and contact them to let them know the type of position you are seeking.
- Conduct informational interviews.
- Attend events at Chapman and bar association functions.
- Request reciprocity (access to other law school’s job posting websites located outside of the southern California area) from the Career Services Office.
- Utilize the E-Mentor Directory located on the Networking tab on Symplicity.
- Register with temp legal agencies, these jobs can turn in to permanent opportunities.
- Create lists of potential employers to submit your materials to by visiting www.martindale.com, www.nalpdirectory.com, or use Westlaw or LexisNexis.
- As always, if you have any questions or need assistance please visit the Career Services and Professional Development Office and we would be happy to help you.

On another note, as many of you are aware by now my last day as Assistant Dean of Career Services and Professional Development at Chapman University School of Law will be on Friday, May 30, 2008. At this time I think it appropriate to tell you that it has been a real honor and privilege to meet and counsel so many of you. It has been my pleasure to assist you with obtaining your jobs, learning about you, answering your questions and assisting with your professional development. I am proud of your many accomplishments and look forward to hearing about the incredible careers that you no doubt will have. I wish all of you success and happiness.
Pro Bono.

It’s one of many Latin phrases most of us in the legal field are quite familiar with. A shortening of the Latin phrase, pro bono publico (“for the public good”), pro bono is defined by Merriam Webster as “being, involving, or doing professional and especially legal work donated especially for the public good” which is something the hard working members of Public Interest Law Foundation (PILF) know a thing or two about. Especially the 2008-2009 PILF President, Sheba Saroia.

Now, I’ll admit I don’t have a “bleeding heart” for helping the homeless or any of that jazz, but I do, however, enjoy helping people whenever I can, which is part of the reason I chose a career in law.

When I was faced with the task of coordinating a community service event for Phi Alpha Delta (PAD), I decided to offer our services to Habitat for Humanity, something I’ve always been interested in, and then enlisted Sheba and PILF for help.

Together, Sheba and I, along with our respective organizations, as well as Minority Law Students Association (MLSA) and National Lawyers Guild (NLG) decided to work together to make the Habitat for Humanity event something special.

Sheba and I wanted to get as many people as possible to be involved, and we decided to attempt to make the build day a schoolwide event. Then, we figured, why stop there? Why not try to make this the biggest, baddest, most amazing volunteer event that Chapman Law has ever seen? So we decided that it would be a great idea to turn the Habitat for Humanity event into an annual schoolwide event for the entire law school community.

A lot of work on the part of Sheba, myself, as well as Leslie Ivie, Sarah Nowels, Gary Polk, Ruby Simjee and several other members of the aforementioned organizations started planning and organizing the First Annual Chapman Law Day of Service which took place on Friday, March 14, 2008.

For those unfamiliar with the program and what it entails, Habitat for Humanity is a nonprofit organization whose primary function is to build houses for those in need. In addition to a down payment and the monthly mortgage payments, homeowners invest hundreds of hours of their own labor - sweat equity - into building their “Habitat” house. The Habitat homes are sold to families in need at no profit and financed with affordable loans. The monthly mortgage payments are used to build other Habitat homes.

The type of work that volunteers do on a Habitat for Humanity build site depends on their level of experience with carpentry and other related occupations as well as where the house is in its development on that particular day. Volunteers with more building experience can do tasks that are more difficult.

On the Chapman Law Day of Service, a decent amount of work had been done on the home when the volunteers arrived. I ended up installing a window while some of the other volunteers worked on the roof, installed insulation, and did other tasks on the house.

Overall, the day turned out to be a success. Chapman Law supplied about twenty volunteers to the Habitat build site. Next year we hope to have even more students and some of the faculty involved with what we hope will become a new law school tradition.
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Exercising our Individual Right…

- Kevin Cayton

On March 18, 2008, the Supreme Court heard oral arguments for the landmark case of District of Columbia v. Heller. This case pertains to the D.C. gun ban that made it illegal to own a handgun inside the District of Columbia unless the owner purchased and registered it before 1976. The ban also requires that any rifle or shotgun kept inside the District be disassembled or locked to render it unusable.

District of Columbia v. Heller is all about the meaning of the Second Amendment, whether upholding the individual right to keep and bear arms that our founders exercised many years before the Constitution was written, or whether it merely gave the States a collective right to have militias. I propose that the Founders intended the Second Amendment to be an individual right, just like the rest of the first Nine Amendments.

The people of the colonies had just won a war of independence against a tyrannical nation who, among other egregious acts, attempted to disarm the people of the colonies. The Second Amendment was written into the Bill of Rights to preserve the right of the people to keep and bear arms, a right that comes with a democracy. A right Justice Joseph Story described as “a strong moral check against the usurpation and arbitrary power of rulers.”

Although we all hope that this strong moral check is not necessary, it is important for those who determine our laws to be mindful that the government rests in the people, and tyranny will not be accepted to any degree. George Mason wrote “…to disarm the people - that was the best and most effectual way to enslave them.”

In honor of this landmark case, several of the Courier staff members decided to exercise our individual right to keep and bear arms by going to the OC Indoor Shooting Range. Once there, Chapman Courier Senior Photographer, Avi Phillips, and I trained a number of Courier staff in proper safety, handling, and shooting of several firearms in varying calibers. We even shot the venerable .44 magnum which Dirty Harry described as “the most powerful handgun in the world [that could] blow your head clean off.”

During this event, from which no one walked away without a smile, the See Rights on page 6
Eating around the Circle: Still Hungry....

Jean-Laurent Pouliot

If my restaurant review of the last edition of the Courier did not entice you to venture outside of the school cafeteria, the recent epidemic of broken vending machines probably did.

I hope that you have found some interesting eats, but if not, I have continued on my quest to discern the good from the bad around town and am happy to impart my findings herein.

First up is a little hole in the wall just off the main strip called Taco Adobe (121 N Lemon). I came to this place on the recommendation of a fellow student who had mentioned that, as far as local Mexican restaurants went, this one was probably the best. I must say that I would have to agree. While this place is very quaint and a little dilapidated, the food and service you will obtain makes up for its appearances. The offerings include the regular staples prepared in a more traditional way. All tortillas are made on the premises and the homemade guacamole is really worth the trip. The portions are reasonable and enough to satisfy a hearty appetite. Most of all, the value makes this place exceptional. For example, one evening, I enjoyed two asada tacos, a nice portion of guacamole and a cerveza for just over $11!

Next, I take us a little outside our area to another restaurant that is worth the short drive from campus. PJ’s Abbey (182 S. Orange) is already relatively well known by our student body but should definitely be given a visit by those who have yet to dine there. As its title suggests, this restaurant is located in what use to be an old Victorian Baptist Church. Now, patrons can feast amongst stained glass windows on a variety of American cuisine dishes in a casual environment. My experience there included a delectable baked brie “en croute” ($9) and a very decent roasted pork rack which was served with an apple chutney ($20). Most entrée items will cost in the range of $20 to $30 so PJ’s is not necessarily an inexpensive proposition. Their lunch menu, however, is far more affordable with most items ranging around $10. For lunch or dinner, this is a place you’ll want to give a chance.

If you’re looking for a quick and easy bite, back in the circle, you’ll find a little gelato shop called Two’s Company (22 Plaza Square). While the staff was nice and the food was served up quickly, the quality and cost of my chicken pesto Panini lunch was a little disappointing. The chicken had seen moister days and the miniscule portion of pasta salad that came with the sandwich was disenchanting. Along with a regular fountain drink, I was charged nearly $10. On the flip side, they always seem to be open and, in the summer, I’m sure their homemade gelato makes the place more worthwhile.

Finally, I take us back on our road to Tokyo Café (161 N Glassell) where a very affordable sushi meal awaits. While speaking with the waitress there, who happened to be the owner’s daughter, I learned that most of their business comes from the Chapman community. This is another one of those rare places in Orange that actually remains open year round after most students have left campus. Aside from serving a surprisingly good quality of sushi and sashimi, Tokyo Café also offers teriyaki bowls and bento boxes that appeared very tasty. For my part, I enjoyed several rounds of the sushi chef’s suggestions which included some exceptionally flavorful yellowtail sashimi and a spicy dragon roll. While I could have certainly eaten a lot less and been sufficiently satiated, the whole meal only cost me a little over $20, which is difficult to beat in the sushi joint arena. One drawback: most of the servers were painfully slow and inexperienced. With that, I wrap up my review of local eateries for this edition with at least another three or four local stops still on my list. For now though, I’m off to the gym to repair the damage of the present review.

Rights, continued from page 5

staff discovered that Editor-in-Chief, Ashley Case, is definitely the most dangerous with a handgun. Although it was her first time shooting a gun, she fired 10 rounds directly into the center of the target from 7 yards. Her husband, and the Courier’s Senior Managing Editor, Darren Case was speechless at his wife’s incredible talent.

Philosophers, such as Aristotle, Cicero and John Locke, all agree that a democracy requires individual citizens to have arms both as a protection against the government and for protection against those things that the government cannot protect the people from. It is an undisputed fact that over a million law abiding gun owners exercise their rights and defend themselves and their families with firearms every year. We now have a few more students from Chapman who have the ability to do just that.
More Substantive Law

What’s in a Name? A New Product Blows Up Conservative Orange County

- Alexandra Sariosek

Decades ago, when toy guns and candy cigarettes first hit the market, parents flew off the handle. They feared these products would turn their little angels into trigger-happy, cancer stick-smoking monsters.

However, with good parenting and positive community reinforcement, it turns out that children who once played with toy guns and candy cigarettes can grow up to be (*gasp*) doctors or lawyers! Well today, a new version of the candy cigarette has hit convenience stores. It’s a sweet, white powder by the name of Blow Energy Drink Mix and it has taken society by storm.

Parents, therapists, doctors, cops and even the FDA are up in arms because the product supposedly targets children and will serve as a gateway for cocaine addiction. It’s a sweet, white powder by the name of Blow Energy Drink Mix and it has taken society by storm.

Parents, therapists, doctors, cops and even the FDA are up in arms because the product supposedly targets children and will serve as a gateway for cocaine addiction. Since Blow’s debut in 2006, there have been over 20 television segments and reports regarding the product. The controversy stems from the product, the packaging, and the website. Enclosed in little plastic vials, the fine, white powder flirts with the image of the illicit street drug, Cocaine, which has sparked controversial debates. Even the website, www.iloveblow.com, has received ample media attention, with its streaming rock music and scantily clad spokesmodels.

However, despite its similarities to the street drug, of course the mixture does not contain Cocaine, and any reference to the drug is merely a marketing tool. The mixture actually contains 240 milligrams of caffeine, and it also contains ample Vitamin B and Inositol, which promotes healthy cell growth. Furthermore, Blow Energy is mixed in eight ounces of liquid, and not snorted like the street drug. Actually, the product is no more dangerous than a cup of coffee or Red Bull, and contains many of the same ingredients as competing energy drinks.

So why all the uproar? Sergeant Ernest Serda claimed that the product “glorifies a criminal lifestyle and criminal activity”. Other worrisome conservatives like Dr. Michelle Kent claim the product will turn kids into drug addicts, asserting, “Most substance abuse problems start in adolescence.” Even the FDA has begun investigating the product and threatening to pull it off the shelves for “glamorizing drug use.” With a possible FDA attack looming overhead, a team of lawyers has actually stepped up to defend the creator’s First Amendment rights, as well as their right to spoof an illegal substance since no reasonable person could infer that the $4.00 vial actually contains cocaine.

I recently spoke with the product’s founder, Logan Gola, about the controversy. Gola claimed that, “we have the absolute right to mimic and spoof the drug culture to sell our product. Blow is an alternative to energy drinks and no reasonable person could possibly conclude that we are an alternative to any illicit drug”.

Gola also asserted that since the energy drink market is so saturated, it was necessary to “utilize shock marketing to set our product apart from competitors”.

From the packaging to the controversial website, it seems to be working in their favor as sales have seen a steady rise. I guess although this has been blown out of proportion, the creators of Blow just want to let the good times, and the controversy, roll.
### Orange County - Live

<table>
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<th>Date</th>
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| Friday, April 18, 2008| 6:30 pm to 10:30 pm | **Real Property II**  
Sale of Land, Recording Act, Easements, Profits & Licenses, Covenants, Equitable Servitudes, Zoning, Eminent Domain |
| Sunday, April 20, 2008| 12:00 pm to 4:30 pm | **Civil Procedure II**  
Joining, Discovery, Summary Judgment, Attacks on the Verdict, Appeal, Res Judicata, Collateral Estoppel |
| Wednesday, April 23, 2008| 6:30 pm to 10:30 pm | **Torts II**  
Negligence Defenses, Breach of Duty, Wrongful Death, Strict Liability, Vicarious Liability, Products Liability, Negligence, Malpractice, Breach of Torts, Damages, Invasion of Privacy |
| Friday, April 25, 2008| 6:30 pm to 10:30 pm | **Criminal Law**  
Fundamental Observations, Inchoate Crimes, Crimes Against the Person—Homicide, Homicide, Theft Crimes, Crimes Against Property—Robbery, Misdemeanors, Assault |
| Saturday, April 26, 2008| Noon to 4:30 pm | **Contracts II - U.C.C.**  
Brief Review of Formation & Defenses, Third Party Rights, Performance, Breach, Remedies |
| Sunday, April 27, 2008| Noon to 4:30 pm | **Remedies**  
Tort Remedies: Damages, Restitution, Injunction; Contract Remedies: Damages, Reformation, Specific Performance |
| Saturday, April 26, 2008| Noon to 4:15 pm | **Constitutional Law II**  

**Location**  
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Exhibit A

Chapman Law Courier Presents
The Second Annual Celebrity Look-Alike:
“Don’t I Know You From Somewhere?!”
Entertainment

The (First) Restatement of (Social) Torts: Fashion Nuisance

- Bobbie Ross

1. A fashion nuisance is an unreasonable interference with the general public’s right to enjoy fashion.

2. Circumstances that may sustain a holding that an interference with the public’s right to fashion is unreasonable include the following:
   (a) Whether the defendant (D)’s clothing choice involves a significant interference with the public health, the public safety, the public peace, the public comfort, etc.; or
   (i) Examples:
      (1) Comfort: if D’s clothing choices are so extreme, outrageous, or offensive that they make others feel uncomfortable than he or she can be held liable under fashion nuisance
         (e.g., when a person is wearing clothing so tight that others around the person wonder how it is physically possible and squirm in discomfort at the mere thought of wearing anything remotely similar)
      (2) Safety: if D is wearing clothing that is too short and/or without undergarments, then D has the potential of spreading any infections and/or diseases that he or she has to others who sit in the same places
      (3) Peace: when a person’s clothing, or lack thereof, disrupts the public peace (see Naked Guy v. UC Berkeley)
   (b) Whether D’s clothing choice is proscribed by an ordinance, school or work administrative regulation, or some other form of dress code; or
   (c) Whether D’s conduct is of a continuing nature and D knows or has reason to know that his or her clothing choices have a significant effect upon the public’s right to enjoy fashion.

To establish a fashion nuisance claim, the plaintiff (P) must be able to prove that D’s fashion choices created a condition that was one or more of the following:
   (1) Harmful to the health, safety, peace, comfort, etc. of others;
   (2) Indecent or offensive to the senses;
   (3) Interfering with the comfortable enjoyment of life;
   (4) That the condition affected a substantial number of people at the same time;
   (5) That an ordinary person would be reasonably annoyed or disturbed by the choice of dress;
   (6) That the seriousness of the harm outweighs the social utility of D’s clothing choice;
   (7) That P did not consent to D’s conduct; (e.g., if one knowingly attends an ugly sweater party, a rave, or any other event where P knows persons will be dressed ridiculously, then P has consented and cannot bring a fashion nuisance claim)
   (8) That P suffered harm that was different from the type of harm suffered by the general public; and
   (9) That D’s conduct was a substantial factor in causing P’s harm.

Fashion Nuisance Per Se

Certain types of fashion nuisance will ALWAYS be considered fashion nuisance per se:
   o The wearing of Uggs with other clothing items that are not associated with cold weather usage under normal circumstances, including, but not limited to, the following: miniskirts, shorts, tube tops, etc.
   o The showing of one’s undergarments (or lack thereof)
   o The wearing of anything made of pleather
   o The wearing of gator boots without a pimped out Gucci suit
   o The wearing of anything made of fishnet with the exception of stockings if you are a burlesque dancer or attempting to look like one
   o The wearing of socks with sandals

REMEDIES:

Damages - P can receive damages for a successful fashion nuisance claim.

An award of damages is retroactive, applying to past conduct. For damages to be awarded significant harm must have been actually incurred.

Injunctions - P can also receive an injunction.

For an injunction, the harm need only be threatened and need not actually have been sustained at all (i.e., threatening to wear a horrible outfit is enough to garner an injunction).
Eating Your Way Through Law School: Happy, Healthy, Wise

Avi Phillips

So, here I sit, head in hand. It’s only 7:30 in the evening, but it feels like midnight. I am tired, hungry, cannot concentrate to save my life, and have zero motivation to finish today’s reading.

What is the deal? I got plenty of sleep, ate dinner only about an hour ago, and it’s none too cold and none too warm. Why in the world do I feel like hell in a hand basket?

Let me see: for breakfast I had a couple of Pop Tarts, lunch was free food at school (pizza and half a cup of flat, warm Coke) and dinner?

Well, dinner was a complete deluxe Healthy Choice frozen entrée. Hmmm, I wonder if that has something to do with my total lack of energy.

Let’s face it, law school diets are not the best. Between budget and time constraints, a general lack of obvious fresh and healthy quick food options, (non-fat pretzels do not qualify as a healthy food), it is no wonder our diets are as bad as they are.

At the risk of sounding like a parent, or even worse, your high school health teacher, I just have to emphasize the importance of not only feeding the machine, but feeding the machine well.

Filling your hungry belly is not the same as eating properly. There is a myriad of research, which demonstrates the simple idea that in order for your brain to function at its peak, you need to supply it with proper fuel.

While your brain is not a muscle, it uses energy in essentially the same manner as a muscle. Your body needs a balance of protein, carbohydrates, fats, vitamins and minerals to work properly.

A complete discussion of the finer points of nutritional health is beyond the scope of my brief exposé and, frankly, boring. Boring it may be, but a quick discussion of some of the easier ways to gain an edge in this struggle we call life is worth a gander.

Fight the food coma: eat well and eat often.

The key to keeping a constant and sustainable energy level is to consume your food in smaller increments and more often. Rare is the person who has never experienced a food coma.

Eat a huge meal and sure enough, lethargy is due to follow. Take that huge meal and break it up into two or more smaller meals to avoid having all your blood in your belly instead of your head. Instead of three squares a day, aim for four rectangles.

It’s the balance, stupid!

What to put into those rectangles? It’s all about balance. The US government calls that balance your food pyramid, but I call it basic common sense.

Every meal should have something from the four basic food groups.

You’ve got Civ Pro, Torts, Property and Contracts to build from in the law.

For your body you need: proteins (meat fish and poultry), starch (grains, potatoes, rice), vegetables (if you don’t know what a vegetable is by now, stop reading and slap yourself), and finally, fruits (see instructions for vegetables). Include something from each of these groups in every meal.

Four corners of a contract document, four corners of your diet. And don’t forget about hydration. You are mostly water, so make sure you stay that way.

Substitutions

Instead of a bag of chips, try some nuts. Rather than a candy bar, try some fruit. Did I mention weight loss, or at the very least, slowing the weight gain?

Another benefit of a healthy diet is that those extra pounds are easier to keep off when you are eating healthier.

Coming full circle (now we have circles, squares, rectangles and pyramids), there is no magical formula, and no mystery to healthy eating.

The results of adhering to a reasonable diet are however pretty magical. Over the long haul, most people find that not only do they have increased energy levels, but they are able to stay focused for longer and sleep better.

Tests have shown dramatic increases in comprehension and mental performance. When you have a constant supply of energy you don’t need the caffeine spike and the sugar “pick-me-ups” either.

Make your life easier: don’t keep the junk food in the house and you will automatically eat less of it. If you can’t simply reach for it you can’t eat it.

Don’t believe me? Put your tax dollars to work and check out all that the government has to offer at nutrition.gov or run your own Google search on healthy eating.

You might be surprised at how easy a change really is and at how much better you will feel. If the aforementioned benefits are not enough to motivate you, consider this: On average, the cost of healthy eating is substantially lower than the cost of fast food. Ka-ching!
Development is necessary considering the ever-increasing population growth in California. However, in my opinion, for society to progress, we must respect nature and the pristine beauty that makes California so unique. This beauty is slowly vanishing. The value of pristine habitat is unequivocal to development. Species that rely on environmental stability and are eco-sensitive may disappear with a miniscule change in landscape. Furthermore, the health of the California coastline directly correlates with the quality of our water, the cleanliness of our beaches, and the overall quality of life along the coast.

The California Coastal Commission (CCC), a non-partisan agency whose sole responsibility is to safeguard our beaches and coastlines, recently affirmed this environmentally friendly position with an 8-2 vote against the Transport Corridor Agencies (TCA) plan to construct a toll road that would cut through the San Mateo valley and connect with the 5-freeway south of San Clemente. The CCC noted, “It would be difficult to imagine a more environmentally damaging alternative location for the proposal of the toll road.” Along with a new road would come thousands of homes, and along with thousands of homes come the problems consistent with most development: more traffic, pollution runoff, and a disregard for local habitat.

The CCC saw that as nothing more than a marketing scheme. The CCC considered the fact that the toll road would do little to reduce traffic, but would destroy the habitat of several endangered species, as well as pollute and irrevocably change what the CCC described as “one of the most, if not the most undeveloped and pristine coastal watersheds in Southern California.” Surfrider, a grassroots organization dedicated to the protection and preservation of the world’s oceans, waves, and beaches, and a slew of other environmental organizations brought this to the attention of the Fourth District Court of Appeals. They also pre-
Lightheartedness

Poetic Justice by Aaron Goben

Threnody

Life.
Crying.
Firsts.
Under the table, darkness hides the abuse.
School.
Braces.
Crushes.
Father lost his job, and Grandpa died.
Driving.
Cocaine.
Sex.
Gangfights and stab wounds. Jury votes guilty.
Restart.
College.
Debt.
That slut at the house party ends up your wife.
Cubicle.
401K.
Mortgage.
You own recreational basketball at the YMCA.
Kids.
Balding.
Pornography.
Out of shape and didn’t vote this year.

Mid-life.
Alcoholism.
Affair.
“We can make it work.” You don’t love her anymore.
Divorce.
Relocation.
Religion.
Maybe the grandkids will turn out better than you.
Retirement.
Golf.
Depression.
Fake enough smiles and life might be grand.
Solitude.
Prozac.
Dentures.
You haven’t been laid in 12 years.
Cancer.
Chemo.
Bedridden.
No one comes to visit, but the drugs are good.
Remembering.
Overdose.
Death.
“May God have mercy on his soul.” You were damned from birth.

Feb. Crossword Answer

Whispers

(Do not)
be so foolish.

wonder away moments contemplating
empty ideologies.
(Do not)
misplace yourself.

wander through vacuums of nothing important,
pretending to be alive.
(Do not)
take for granted
the power
of Humanity.
sented an overwhelming amount of evidence showing that the proposed plan would violate the California Environmental Quality Act, and would allow TCA to be exempt from several other laws governing developers in California. The court negated TCA’s exemptions and leveled the playing field so that the CCC could judge the project solely on its merits.

In order for any development project along the California coast to move forward, the CCC must grant a coastal permit for the particular project. The CCC weighs the projected benefit in relation to the projected harm and makes its decision based on the overall impact. Surfrider appealed to the CCC to stop the toll road project in order to prevent disastrous and unmitigable consequences to the local landscape.

Surfrider, the Sierra Club, EarthJustice and other environmental interest groups have long opposed the project. Volunteers have logged countless hours spreading awareness and directly petitioning the CCC with personal testimonials of what Trestles and San Onofre State Park mean to the community. Letters flooded the CCC commissioners and pleaded with them to recognize the fact that building the toll road would bring devastation to a gem of the coast. On the day of the vote, a gathering of surfers, fishermen, Native American tribe representatives, and local families showed up in the thousands to show their support.

Beside the inevitable elimination of several sensitive species, the development would also have contaminated the last clean watershed in Southern California and created a runoff altering the cobble delta at the river mouth, and destroying a world-class surf break known as the “Yosemite of Surfing” and the epicenter of the Southern California surf culture. This runoff would also have filtered plastic bottles and waste into one of the last preserved marshlands in Southern California. The toll road would also have trampled through a Native American burial ground granted to the tribes by the government, and thus be in direct violation of California Government Code 5097.9.

The CCC drew a line in the sand, labeling TCA’s flagrant attempts to skirt around state statutes and laws and its lack of compliance with environmental standards as unacceptable.

Surfrider’s efforts, leading the charge against a multi-million dollar development mammoth, are a testament to the power of grassroots activism, and provide hope for those who fear environmental concerns will always take a back seat to development. It is my view that the construction of the road would have been strongly symbolic that we, as a society, are willing to forfeit the preservation of natural beauty and our respect for the California coastline in favor of a misguided development and destructive urban sprawl.

Lo and behold, the people have spoken: “Not this time, not to Trestles!”