California Western School of Law

## Law Schools Accused of Misleading Incoming Students on Bar Passage Rates, Post-Graduation Employment Rates

ELENA SHAYGAN

MANAGING EDITOR

It seems that every year a new article comes out dooming law students to a life of unemployment and drowning debt, yet students continue to apply with fervor. There is now talk of altering law school statistics to better reflect a student's odds of employment and bar passage. New York Times columnist David Segal wrote, "schools finesse survey information in dozens of ways."

Survey guidelines determining the outcome of the statistics are set by the American Bar Association and National Association for Law Placement. The survey considers a law school graduate to be employed even if (s)he is working a job that does not require a law degree. Meaning, of the 82 percent who are employed nine months after graduating, it is possible that 80 percent are working at Wal-Mart.

According to that same New York Times article, one of the major reasons for this type of statistic skewing is to maintain law school ranking.

When there were plenty of jobs there were less questions on the validity of law school statistics, but now that those legal jobs are disappearing there are more complaints about the statistics not reflecting the true nature of life after law school. As life goes on after graduation, and the reality of debt settles in, law students get angry. NY Times summarizes those types as "furious young lawyers who say they mortgaged their future under false pretenses."

Students on campus, however, seem to be more concerned with gaining

experience than statistics. "I don't even pay attention to them." says Willis Locke, 2L. "Everyone I've talked to says it doesn't matter. It's all about practical experience and who you know."

The article particularly focused on Thomas Jefferson School of Law. The article claimed the school's "postgraduate data still look fabulous, particularly given its spot in the fourth and bottom tier of U.S. News' rankings." The article includes the claim that 92 percent of Thomas Jefferson grads were employed nine months after earning their degree. That number, however, includes 25 percent of graduates who could not be located and students who went on to other graduate schools. Furthermore, the article points out, the high employment rate is coupled with Thomas Jefferson's lead in debt. The article found that 95 percent of Thomas Jefferson students graduate with debt: the highest in the U.S. News rankings.

The surveys used to determine these numbers are unaudited and conducted by each law school using questions within ABA standards. The figures are not checked by an impartial body. According to the Times, the surveys are biased because graduates with high paying jobs are more likely to respond than the others. In an even more scandalous act, the article states that some law schools send out blast emails to those still looking for employment, then they hire their own graduates in hourly temp jobs right around the date which they have to report employment statistics. In addition to skewing employment rates by temporarily hiring graduates, schools used to be able to shift the statistics by moving students with lower LSAT scores to a part time program since part timers were not considered in the U.S. News survey. Thus, "weaker students wound up with lighter course loads, which meant that fewer of them flunked out," states the Times article. But the fear of false statistics has not bothered students enough to stop applying or continue their education. "I know Thomas Jef-

ferson is getting sued for false claims of post graduation employment but it's something I don't worry about because statistics shouldn't effect how you perform in law school," said Kenny Nguyen, 2L.

As of January the ABA is still considering whether or not to change the questions. The New York Times article referred to in this article appeared on page BU1 in the New York edition on January 9, 2011 and was written by David Segal.



Photo Attributed to Supreme Court Haiku Reporter Blog

### The U.S. Supreme Court Beat

HEATHER MOSS
STAFF WRITER

The first week of October brings the start of the new Supreme Court term. Each month, we will comment on at least one case that is particularly interesting or important. This month we turn our attention to the concept of discrimination as it relates to religious institutions.

Hosanna-Tabor Church v. EEOC.

Have you ever wondered why companies are legally unable to discriminate based on gender, but all Catholic Priests are males? Me neither, and not because I knew the answer, but because it never crossed my mind. But in case you did, it is because there is a thing called the "ministerial exception" based on our First Amendment right to freedom of religion. This October the United States Supreme Court will be hearing arguments in Hosanna-Tabor Church v. EEOC, which concerns how far the reach of the ministerial exception goes for religious institutions such as schools.

If you are wondering what the ministerial exception is, don't worry, you're not alone. I had to research it too. The idea is, the First Amendment freedom of religion grants institutions a broad right to hire religious leaders of its own choosing, without government interference. Therefore, religious institutions should, in theory, be exempt from civil rights laws. This allows churches to be exempt from federal employment laws, like those governing gender discrimination. Don't worry con law takers, it's (probably) not on your final.

The respondent in this case, Cheryl Perich, was a teacher at Hosanna-

Tabor Evangelical Lutheran Church and School. She taught the full secular curriculum, but also taught daily religion classes, was a commissioned minister and regularly led students in prayer and worship. Ms. Perich became sick in 2004 and was out on disability leave for several months. She was eventually diagnosed and treated for narcolepsy, and was later able to return to work with no restrictions. After her return, the school urged her to resign. When she refused, the school fired her. Perich sued the school for violating her rights under the Americans With Disabilities Act of 1990.

The District Court sided with Hosanna-Tabor School and granted their motion for summary judgment. The United States Court of Appeals for the 6th Circuit disagreed, however, and remanded the case for a trial on the merits.

Next week, the nine Supreme Court justices will hear argument on whether a teacher, teaching a secular curriculum, who performs other church related services, qualifies as a minister under the Ministerial exception. If the EEOC prevails again, the school will be held accountable for its actions and alleged discrimination, keeping the allmighty freedom of religion exception exclusive to ministers (for now). If Hosanna-Tabor wins, then the exception will allow religious schools to be exempt from federal discrimination claims.

Keep an eye on Oyez.com for more information on this case and audio of the oral argument which should be available on or around October 6th.

# Top "Save A Life Walk" Fundraiser Shares Experience

NICOLE ING GUEST WRITER

On November 13, 2011, Yellow Ribbon and Survivors of Suicide Loss, two organizations dedicated to local suicide outreach and prevention, will be hosting the 'Save a Life' walk in Balboa Park. The 5K walk is hoping to raise \$100,000 to support suicide awareness and prevention in San Diego County.

Survivors of Suicide Loss of San Diego County provides support groups for adult and teen survivors of suicide loss and runs a call-in help line for survivors. The San Diego Chapter of Yellow Ribbon Suicide Prevention Program is a youth suicide prevention program that speaks to middle and high school students, staff and parents in San Diego County. Yellow Ribbon promotes help-seeking behavior among young people. Both organizations seek to reduce the stigma of mental illness and suicide.

I am participating in the Save a Life

Walk in honor of my best friend who committed suicide nine years ago. To date I am the top individual fundraiser having raised \$1,325. In asking for donations, I have decided to share reflections I wrote two years ago while commemorating the anniversary of her death.

The delicate warmth of the March sun drifts across my brown skin. A breeze moves throughout the trees and the leaves dance in a way that makes them appear prepared for flight. In accordance with a self proclaimed custom I kneel down, kiss the lower right corner of her grave, and begin to arrange the tulips I hold. The silence is broken by the soothing sound of a groundskeeper in the distance tending the ripe spring soil. I lay on my back, the grass beneath me teeming with life. See STUDENT on page 3...

# Editor Profiles: **Getting to Know The Commenters**



# Brian Horan Editor in Chief

Brian Horan is a 3L, as well as a graduate of the University of California at Santa Barbara. He has a bachelor's degree in History and specialized in the Israeli-Palistinian conflict while completing his degree. He likes puppies, college football, and women who get really passionate about cats on eHarmony.com. He does not like other people's children, nor does he think they are cute.

There are two other things Brian would like you to know. First, he will be gone at the end of the semester, so you should spend more time reading the other editor's profiles. Second, Pluto is a planet, no matter what anyone says.

Brian also really, really hopes that you enjoy The Commentary, because being a 3L has left what was left of his ego in a complete and utter shambles.



#### Elena Shaygan Managing Editor

Elena Shaygan is in her 4th trimester at CWSL and is planning on pursuing a legal career in Water Law. She received her Bachelor of Arts in Rhetoric from UC Berkeley and has been involved in newspapers for six years. She also has experience in marketing and sales in areas ranging from computer software to, well, puppies. Ms. Shaygan is currently working with

the legal team at the Utility Consumers' Action Network in the Water Project to keep water rates down for San Diego residents. When able, she enjoys international travel, particularly to Australia and Indonesia. In her spare time she loves to go to the beach with her dogs Kya (rottweiler) and Lucy-Lou (chiweenie).



# Christine Palcisko Associate Editor

Christie Palcisko is a 2L from Phoenix, Arizona. She received her degree in Journalism and Mass Communication from Arizona State University, where she wrote for the State Press. Christie also covered local news for the East Valley Tribune where, one time, she got to ride in a

helicopter and interview Steve Nash in the middle of a cornfield maze. Christie is a CNN fan girl and hopes to be the next Jeffrey Toobin. Christie currently works at a small personal injury firm in Carlsbad.

Christie and her husband recently bought a house in Oceanside, where they live with their two cats, Enchilada and Paul.



# Ben Pezzner Associate Editor

Born in the quiet mining town of Kingston, Pennsylvania, Ben Pezzner knew he was destined for big things. But first, he had to go through his schooling, learn how to play several musical instruments, play in orchestras and jazz bands, move to California, swim in the oceans, take part in the triathlons, become an electrical engineer, design electronic musical instruments for a living, quit his job, and attend California Western School of Law before he could reach his full potential – Associate Editor for the Commentary.

# Letter from the Editor

As promised, this letter will be significantly shorter than my last one. Our September issue was a labor of love, and as such was filled with all the trials and tribulations that the first of anything will bring. We are excited to publish our second issue and feel that the improvements we have made will be both obvious and beneficial.

This issue is devoted to resources for students. All too often, we get sucked into our routines and tunnel vision sets in. We live our lives from one Red Bull to the next and think of grades as the end-all-be-all. They most certainly are not. Just as important, we must find ways to make our lives more balanced - whether that means breaking up our day with a hike along the La Jolla shore, or taking the time to make new friends down at the San Diego County Bar Association. It is my sincere hope that whatever you read here will provide you with the inspiration to extend your life beyond the library and 350 building.

Aside from all of the options that simply living in San Diego affords us, Cal Western is blessed with some of the best people I have ever had the privilege of meeting. Your SBA and student leaders are all here to not only help you prosper in school, but also thrive on a personal level. Whether it is Weston Penfield and Jake Weinrich organizing Race Judicata, Shana Metzger helping you relieve stress with a Padres game or "Bar Review," or Kevin Magennis working tirelessly to advocate on your behalf, the one thing that remains clear is the fact that there

are a ton of human resources that our school has to offer.

Speaking of Kevin, he wanted me to address an issue that he has been working on over the past few months. As you probably know, the email system at Cal Western can seem antiquated at times, and downright uncooperative at others. One of the suggestions that has come to the forefront is the possibility of switching from in-house servers to servers hosted by Gmail. The latest estimates show that this could potentially save thousands of dollars - money that could then (in theory) be put back into the student body and school. Please support Kevin, and the rest of the SBA, in helping to raise this issue with our school's administration. Ultimately, we trust that the right decision will be made, but sometimes it takes our entire student body, collectively voicing our concerns, to make sure that our issues are heard.

Enjoy the issue. Brian Horan Editor-in-chief

Also, as a life long fan of trivia, I am always looking for someone to give me a run for my money.

On Tuesday, October 18th, the Federalist Society will be hosting a charity trivia night at Stout downtown from 8pm to 10pm. Proceeds from the evening will go to benefit the Wounded Warrior Project.

For those of you wanting to come have a good time without having to answer questions, I'm told that food and drink specials go all night long.

Please direct all letters to the editor, corrections, articles or club messages to Managing Editor Elena Shaygan at aeshaygan@law.cwsl. edu by the third Friday of the month.

### In This Issue...

Messages from your Clubs 4	
Avoiding Stress in School 5	
Dos and Don'ts of Office Hours 5	
Places to Study6	
Business Office/Financial Aid 6	
Best Hiking Spots in SD 7	
The Artichoke8-9	
Restaurant Week Reviews 10	
Sports11	



### Student Shares Experience with Suicide Prevention

From Top on page 1...

The expanse of the undisturbed blue sky offers a tangible sense of isolation with respect to the enormity of the Earth. Inevitably, I recognize the harsh contrast between the peace of this moment and that of which she died.

Images of the bruises around her neck and the artificial movement of her breathing inundate my memory. I can almost taste the stale air that invades the ICU that morning. The perpetual ticking of hospital equipment becomes inaudible through irrepressible cries of despair. Small branches and leaves are scattered throughout her hair. She begins to seizure violently and I realize I am about to watch her die. Her mother's cheeks glisten with a wide trail of tears, stained black from mascara, as she clings to her daughter's lifeless hand.

When I was sixteen my best friend, Angie, committed suicide by hanging herself from a tree in her backyard. Experiencing death at such a young age, especially that of suicide, profoundly shaped the direction of my life. As I entered college I decided to redirect the anger and regret I harbored and focus on viable solutions to prevent suicide. For months I was dedicated to the arduous task of researching, gathering and interpreting any statistics pertaining to teen depression. It quickly became apparent that teen suicide was a growing epidemic neglected in American society and that I was to become intimately invested in its acknowledgement. Angie's death was a catalyst for a spiritual and personal journey I will ardently pursue my entire life.

The foundation for much of my internal growth after this event can be attributed to a renewed commitment to life. Sobered by the ephemeral nature of life I became committed to the relationships and endeavors in which I was involved. Recognizing that suicide prevention was an objective I wanted to accomplish, I developed a research proposal addressing the inadequate resources for teens suffering from depression. I reached the conclusion that teen deaths in the United States could be reduced through implementing an introduction to depression in the high school health curriculum. I established a plan for the structure of this program, which was ultimately published

in the Arizona Daily Star.

Although the publication generated valuable service opportunities, I realized that law school was a concrete means to induce necessary change. Currently I view suicide as the consequence of absent societal protections for those suffering from depression, a life threatening illness. If society is to honor human worth it needs to ensure that individuals have an equal opportunity to lead a dignified life. Dignity is essential to the human condition, yet is not often experienced by the least advantaged members of society. I believe that justice can be defined by extending dignity to individuals that can't necessarily secure it themselves. Justice is a right by virtue of being human and is required for the preservation of dignity, both of which Angie was not afforded. Ultimately, it is only through actively practicing the value of commitment that I have been able to confront Angie's death with a passion for change.

The value I place on commitment is fortified by the beauty I find in compassion. Enduring the pain of Angie's death emphasized the grace that is required for living. That is, I learned the universality of suffering. I began to understand that individuals are inextricably connected to one another because of a natural proclivity to engage in social cooperation. The injustices that often saturate life promote the development of relationships. Nurturing these relationships is an investment in humanity because it can alleviate common suffering.

As I commemorate the seventh anniversary of her death, I can't help but notice the irony found in my physical surroundings. It is spring, a season symbolically associated with the renewal of life. The ancient trees that line the cemetery almost seem to guard the stories of those buried beneath them. Their thick branches have begun to mature into one another, echoing the interdependency of individual lives. I take comfort in knowing that I can honor her life in remaining committed to my goals and maintaining compassion for others. Perhaps the most significant aspect of it all is that the very act of taking one's life has fueled the passion for living in

# **5K WALK** SAN DIEGO COMMUNITY WALK





Photo Attributed to Ott Creative Blog

## Blackout Preparedness

Marisa Mandos STAFF WRITER

A wise man once said, "Be prepared." And actually it wasn't a wise man. It was a vindictive, fictional lion. Regardless, I think he was onto something.

At about 3:30 PM on September 8, 2011, someone in Yuma, Arizona made a very big mistake. Sounds like a Stiglitz diversity hypo, doesn't it? Don't worry. It's just a blackout. You know, when you're in the dark, can't see where you're going, and don't know how long it will last. So yes, exactly like a Stiglitz hypo. You probably remember exactly where you were. I was tanning by the pool, so my experience was somewhat anticlimactic, but the minute I was informed of the situation, I panicked. "I can't miss the Saints-Packers game," I thought. I sprung into action and called my friend:

"We need to watch the game!" "I know!!"

"Just come over. Bring a lot of wine. And some chips. I'll make a cheese plate and get the flashlights and candles ready." (You know, like I normally do at 3:45 on a Thursday afternoon.)

A native Californian would say something to the effect of, "What a demanding, gluttonous lush." A native East Coaster would say, "That's a girl who knows how to prepare for a natural disaster." They'd both be right. Luckily, aforementioned friend (and fellow East Coaster) arrived with what can only be described as a cornucopia of 7-11's best sellers. The convenience store was only allowing a few people in at once - cash only. No, I don't live at a

We sat on the balcony to take it all in. First, chaos. Then, tranquility. Eventually, darkness. Observing the city like that was one of the most amazing experiences I've ever had. With nothing to do, neighbors milled around the streets, walked dogs and enjoyed casual imbibements. We could hear strangers exchanging information on the streets below. We could

see candles flickering in neighboring apartments. We had to conserve our iPhone and laptop batteries. No Facebook! No Twitter! No TWEN! I was shocked and confused.

I was shocked about more than just the freedom from technology's suffocating grasp. It's no surprise that San Diego has a problem with chronic homelessness. I was concerned about looting, vandalism, and the like. Amazingly, very little crime was reported, yet the stories of kindness and camaraderie are many.

Later, we turned on the AM radio (attached to my heavy duty flashlight; preparedness, see!) and listened as San Diegans called in to report that power was gradually being restored. How's that for a status update, Zuckerberg?

Eventually, the power was restored. Everyone cheered, life was back to normal; just like that, the blackout ended. But the altruism and neighborly spirit shouldn't have to.

Tips for Preparedness From a Blackout Survivor:

Hopefully, we won't be kept in the dark again, but in the event of an emergency, here are my top five tips:

- 1. When you can, keep your phone at full charge. If the power goes out, don't use your phone. Although it is tempting to see what I'm up to on Twitter, save it for emergencies only.
- 2. Keep candles or flashlights around. If you feel like you do not have enough lighting, lay a mirror next to the candles or flashlight! Don't forget extra batteries.
- 3. Unplug your electronics to prevent a power surge when the electricity comes back on! (Bonus: if you unplug your electronics when you are not home, you can save up to 15% on your utility bill.)
- 4. Have a family emergency plan! (Include #5 in said plan.)
- 5. And of course, always have a bottle of Cabernet on hand.

#### **EVENT INFORMATION**

SAVE A LIFE WALK http://savealifewalk.kintera.org November 13, 2011 Balboa Park at 6th & Laurel Registration: 6:30 am - 8:00 amOpening Ceremonies: 8:00 – 8:30 Walk: 8:30 – 9:30

# Messages from your Clubs...

## Student Intellectual Property

What is SIPLA? SIPLA is the acronym for the Student Intellectual Property Law Association, and it's the IP law association here at Cal Western. SIPLA offers a forum for students to discuss patent, trademark, copyright, licensing, trade secrets, unfair competition, and other issues related to intellectual property ("IP"). The purpose of SIPLA is to provide students with information regarding intellectual property career paths and information about the Patent Bar Exam, to develop contacts with San Diego IP lawyers, and to network with the IP law students at the local law schools. SIPLA also works to hold seminars, both on campus and in conjunction with the SDCBA, where attorneys and scholars come together to discuss important IP issues.

If interested in joining SIPLA, or just curious to see what the organization does, please see our TWEN page, our Facebook page, or email us at cwslsipla@gmail.com. Dues for the Fall 2011 trimester are \$10, or you can pay \$15 for the whole year. Be on the lookout for our first general meeting in early October.

### Hawaii Law Student Assoc.

Aloha! Hawaii Law Student Association is an on-campus organization that strives to bring people together. Whether you're from Hawaii, have connections to Hawaii, or are just generally interested in learning about the local culture, we're here to make sure that our connections to each other and the islands remain strong. Our organization welcomes diversity and is geared towards ensuring success for all of our members. We offer an extensive outline bank and competitive membership fees at \$5.00 per trimester (the cheapest on campus).

We have an exciting trimester planned, beginning with game night in early October to give our members an opportunity to get to know each other a little bit better. We look forward to seeing you on Monday for our first general meeting. Mahalo nui loa!

### **Business Law Society**

Hello to all incoming and returning students! Business law permeates all aspects of law and other professional careers. The Business Law Society (BLS) is an organization for students who are interested in pursuing a career in business law, from transactional and litigation work, to in-house counsel and corporate work, or even just plain business. Members will have the opportunity to meet successful legal professionals and entrepreneurs during intimate speaking events and social functions throughout the year.

BLS is known for having many speaker events with attorneys in San Diego. We have had speakers from DLA Piper, K&L Gates, the Bingham Law Group and much more. Last spring we also held a Spring Conference on the topic of business law and social media. This included three panels of attorneys, agents, and social media experts. In addition to our speaker events, we also do our annual charity auction in the spring. Last year we raised just under \$3000 to donate to the San Diego Unified School District to promote literacy.

This semester we have a few panel events, mixers and other social events. Join us in welcoming Senior Counsel Lenin Lopez and Associate General Counsel Anne Minteer from CareFusion Corporation on October 11, 2011, 12:15-1:15 in the Moot Court Room. You can get updated information on our club by signing up on our TWEN page or 'liking' us on Facebook. Dues will be \$15 per semester, or \$20 for the year. You can pay dues to our treasurer Sarena Kustic at our event on October 11. If you have any specific questions about BLS please feel free to contact the President, Andres Michel, at AFMichel@law.cwsl.edu. Thanks!

# Phi Alpha Delta Fraternity

Hello to all Cal Western students. Phi Alpha Delta (PAD) is a professional law fraternity whose roots began in 1902. Our fraternity operates on an international level and is a professional law fraternity advancing integrity, compassion and courage through service to the student, the school, and the community.

The purpose of CWSL's PAD Beaumont chapter is to form a strong bond uniting students and teachers of the law with members of the Bench and Bar in a fraternal fellowship designed to advance the ideals of liberty and equal justice under law; and to encourage their moral, intellectual, and cultural advancement; so that each member may enjoy a lifetime of honorable public service.

PAD puts on speaker and panel events to foster the relationship between our members and currently practicing attorneys. PAD is also dedicated to philanthropic events and charity fundraisers. In addition, PAD also organizes CWSL's annual Halloween party.

You can get updated information by signing up on our TWEN page or 'liking' us on Facebook. To join PAD, there is a one-time international fraternity fee of \$80 (\$60 for pre-law members), this will allow you to log onto the PAD.org website and access member benefits such as health insurance. CWSL dues will be \$15 per semester, or \$20 for the year. You can pay dues to our treasurer Dave Casey at our events. If you have any questions about PAD please contact the public relations chair, Andres Michel, at AFMichel@law.cwsl.edu. Thanks!

# Keeping Up-to-Date on the CWSL SBA Events



SHANA METZGER SBA Director

My name is Shana Metzger and my goal this year as SBA Activities Director is to keep everyone at California Western active (ok, well, busy). We are all very busy with school work but I am here to

interject with some fun. We are off to a great start, if I do say so myself. If you have been living under a rock for the past month or so here is what you have missed and a preview of what is yet to come.

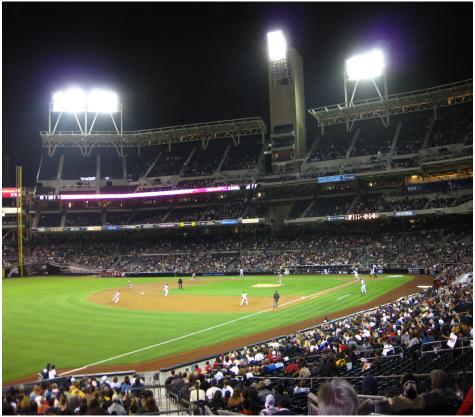
September 9th was our Fall Welcome Back Party at Hotel Se. The night was filled with music, laughter, and dancing under the stars. A great time was had by all. (That's my story and I'm sticking to it.) One week later, more than 150 Cal Western students descended on Petco Park to watch the Padres take on the Diamondbacks; oh, and it just happened to be Ocktoberfest. It was like we were magically transported to Germany for a few hours.

Ladies and gentlemen, hold onto your hats because we are just getting started. To start off the month of October we have a bar review, karaoke night, and a yacht party with USD law and graduate schools. To end the month we have the Annual Phi Alpha Delta Halloween party. It is never too soon to start thinking about your costumes as there will be a costume. My suggestion: the Smurfs are really in this year, and who doesn't look good in blue?

On a slightly different note, I don't know about you but I am always up for a great deal on a gym membership. Unfortunately, Cal Western is not able to give out free memberships to our students (like some other schools), but I am working on getting special discounted rates at some local gyms. Keep an eye out for all the exciting news on that front.

Are you afraid that you might miss out on any one of the amazing activities being offered through Cal Western? Well fear no longer. Make sure that you visit www.cwslsba.com and "like" California Western SBA Events on Facebook to stay up to date on all of the great events coming up.

"Life may not be the party we hoped for, but while we're here we should dance." Author unknown.



HOMERUN: SBA leaders and members enjoy a night out at Padres Stadium

Dean Aceves' Checklist for

a Less-Stress Trimester

2. Attend at least one lunch

time speaker (Stop by Career

on October 6th and 13th in the

3. Go to office hours for each of

your professors at least once

4. Attend one SBA event (Such as Karaoke Night October 6th

Service's Exploring Options

1. Go See a Movie

Moot Court Room)

at Analog)

# Campus Life

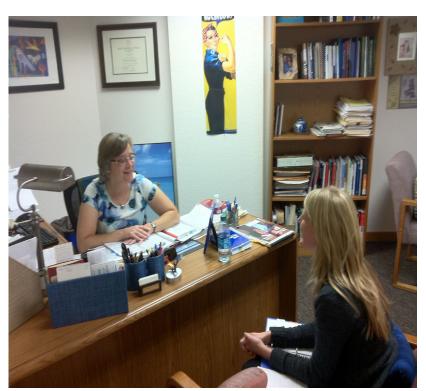
# AVOIDING STRESS THROUGH BALANCE, EARLY PLANNING & ASKING PROFESSORS FOR HELP

CHRISTINE PALCISKO
ASSOCIATE EDITOR

It's that time of year again. The days are getting shorter, pumpkin spice lattes are back at Starbucks and already law students are feeling the stress of midterms and quickly approaching finals. While this is a feeling familiar to most on campus, there are many ways students can manage their stress and get the most out of their law school career.

At California Western, there are many resources for students to help with stress management, not just during finals but also throughout the year. "The purpose of law school is to develop a skill set," said William Aceves, Associate Dean of Academic Affairs and Professor at California Western, "and stress management is a crucial skill learned in law school, just as important is reading a case or writing a memo." While each student is different and each has his or her own techniques for stress management, there are a few highly recommended actions students can take to reduce stress...

1) Balance: "The best way to handle stress is to get a sense of balance." Dean Aceves said. "You should never be so immersed in your studies that you can't take an afternoon off and go to lunch or take a study break Friday night." There are many events around campus that are designed to allow students to get out of the library and relax. Taking a few minutes for Donuts with the Dean, or attending SBA events throughout the trimester will help students make connections with people outside of class and allow for a much needed break. If a student cannot step away from his or her studies for a



little while, even on campus, that is a "warning sign" that the student will have a stressful exam period.

At the end of the trimester, Student and Diversity Services sets up a "Relaxation Zone" in the Roy Bell Reading Room where students can sit down in a funky bean bag chair, have a snack

and listen to some calming music. This summer Dean Siebel introduced a program where therapy dogs are brought on campus during finals week. This program, that allows students to come outside and play with the dogs for a little while, will continue in the future.

- 2) Planning: "Plan early to allow for more flexibility," Aceves said. "This includes planning your entire law school curriculum as well as planning out each trimester." Students who lay out their class schedule for all three years are less likely to have to cram 17 credit hours into one trimester, which can be incredibly stressful. Additionally, they can balance required bar classes with elective classes that can be more enjoyable and less stressful. The same principle applies to each trimester. Students who procrastinate until the very end of the semester are more likely to cram their work into the last few weeks. Students who plan ahead for their assignments and work throughout the semester will have less pressure at the end.
- 3) Assistance: "It is important that students know that it is not a sign of weakness to ask for assistance," said Aceves. Dean Aceves, who speaks with many students who are disappointed with their grades, is always struck by how many of those students did not talk to their professors or anyone about the problems they See STRESS on page 7...

### Office Hours: Dos, Don'ts and What You NEED to Know

Brian Horan *Editor in Chief* 

hances are, the person who got the 95 in your 1L civ pro class did not go to office hours. They probably only spoke once or twice during the semester and you probably don't really know them that well either. Does that mean that you shouldn't take advantage of the great resource that is office hours? Of course not! For the rest of us mere mortals, office hours can be the difference between an A and a B, or the difference between going from 1L to 2L instead of just going home. I

recently had the pleasure (no sarcasm) of discussing the topic of office hours with several of our professors and got some interesting responses to share.

#### DO:

- Do ask if the professor is available to talk most are, but you might be catching them in the middle of an important email or other official duties.
- Do email in advance of office hours to make sure the professor is in, or will be in when you are planning to visit.
- Do treat professors as you would any trusted colleague or friend. Say hello; ask how his/her day is going. Explain the reason for your visit. They will not bite.
- Do have a specific topic (or ideally, a specific question) in mind. Show the professor that you have thoroughly considered the issue at hand and are legitimately stuck.
- Do understand that office hours are for all students, and remain willing to share that time with your fellow classmates. Respect open door policies from the professors who use them.

#### DON'T:

- Don't ask the professor "What do you want me to write?" or "What is going to be covered on the exam?" You should know this from class, and the professor is not going to give you tips that he/she is not giving the rest of the class.
- Don't use office hours to address personal, or non-class related, issues unless you ask the professor's permission. Some professors would rather schedule a private one-on-one appointment to address these.
- Don't ask the professor to address subjects that have not been previously lectured on. Office hours are a time to clarify subjects already covered, not get a head start on your classmates.
- Don't ask your professor to recap his/her lecture when you miss a class. Get notes from a classmate then go to the professor.
- Don't attack or accuse your professor of unfairness when discussing grades. Ask for help in doing better instead of attacking them personally.

In conducting the interviews I also asked the professors how often students attended office hours and what effect, if any, did office hours have on performance? Their answers were particularly informative.

Aside from legal skills professors, who have compulsory office hours, the attendance estimates ranged from 10-50%. 20-25% was the median. Of those students who utilized office hours, less than 10% were characterized by the professors as "heavy users." (For the purposes of this survey "heavy users" attended office hours more than 2-3 times per semester).

When asked about the effectiveness of office hours in helping students succeed, the answers discussed both academic and personal successes. One professor noted that office hours highlight issues that need more in-depth comment in class, thus benefitting all students. Another remarked that students who used office hours were more likely to succeed because the time allowed the students to learn at their own pace, assess individual strengths and weaknesses and comprehensively review practice exams and other writing samples.

Almost every professor surveyed expressed the desire to be helpful to students on more than an academic level. Some remarked that office hours allow the student an opportunity to get to know professors without the experience seeming fake or contrived. This type of interaction is more likely to lead to help with finding jobs, and other opportunities that would not otherwise be available.

At the end of the day, your professors are more than happy to help you make the most of the law school experience. In the words of one professor, "Office hours are an opportunity for the professors to enjoy, learn, and benefit from just as much as they are for the students." Follow their advice on what to do, and not do, and it might just end up helping more than your GPA.

# How to Stay Healthy in Law School

CHANEL CALL
STAFF WRITER

ant to do better in law school and feel great too? Then go get your workout on! Most law students neglect this important aspect of maintaining a healthy mind and body and let exercise fall off their radar during the three-year marathon that is law school. With to do lists that are longer than most of our 30 page reading assignments, law students are often forced to fit what seems like 800 hours worth of work in a 24 hour period. Despite the workload, it is essential that you make time to take care of your body. It's the only one you have, and the one you will still need after law school.

There is a lot that goes into keeping your body and brain performing optimally. Sleep, diet, and exercise are the three most important. Those who do not incorporate exercise for their bodies do not realize, in turn, they are preventing their brain from performing at its best.

A review published in Trends in Neurosciences Journal from the Department of Neurobiology and Behavior out of the University of California Irvine found that voluntary exercise can increase levels of brain-derived neurotrophic factor (BDNF) and other growth factors that stimulate neurogenesis, increase resistance to brain insult, and improve learning and mental performance. If that just made you say, "huh," don't worry, we are in law school, we're not scientists. To put it in terms we can all understand, exercise protects your brain and helps your brain perform at its best. We all know we need our brain in tip-top form to help us navigate through the massive amounts of information we receive on a daily basis.

So how can you keep your body and

brain performing great?

1. YOU MUST MAKE EXERCISE A PRIORITY AND SCHEDULE IT IN JUST AS YOU WOULD STUDY TIME!

If you just say you will exercise when you have time, guess what? You will never have time. You have to MAKE time to exercise. This doesn't require missing out on other things you like to do. For example, if you reward yourself with a certain TV program, try doing a few exercises during the commercials (an example would be trying to do as many push-ups or air squats as you can during each commercial). Even if you can only schedule in shorter sessions or only exercise 3 days a week, it's important to just make time to maintain your body.

#### 2. QUALITY OVER QUANTITY!

A great exercise program doesn't require spending lots of money or hours at the gym. It's just about getting blood flowing and moving your muscles. One idea for free exercise, and you can even study at the same time, is to take a hike with friends from class and discuss some of the topics while you hike. Promise them no law school talk when you get to the top, just stop and enjoy the view. For those of you who do have a gym membership, set aside time to take advantage of your membership by actually going. Sometimes getting there is the hardest part.

#### 3. AVOID COMPLEX DIETING!

As law students we have enough things to keep up with as it is, so why add calorie counting or point adding when you can keep it simple? The easiest way to make sure you are eating healthy, and thus fueling your body for its best performance, is to avoid processed foods. If you can't pronounce most of the ingredients, it's probably not that great for your body.

#### 4. HAVE A PLAN AND KEEP TRACK OF IT!

You don't have to have weight loss or muscle-building goals in mind when implementing your exercise plan. Just start with planning to do X amount of hours, X amount of days per week, or X amount of times per month. Not only should you plan when, but you should also plan what you are going to do. A lot of people waste time at the gym not knowing what they are going to do. Most gyms (24 and YMCA both have one) offer a free introductory personal training session, which most people have not taken advantage of. The personal trainers give you an 8-12 week workout plan and this saves you from even having to think about what you are going to do each time you go

#### 5. MAKE IT FUN!

Find a workout friend who can motivate you and find new and fun ways to exercise. CWSL has intramural basketball and soccer teams and San Diego has dozens of flag football, ultimate frisbee, and softball leagues. Just get on Google and you can find plenty of free or affordable activities.

It's important to remember exercise isn't just about looking good; it's about feeling good. With all the stress that law school already places on us you want to feel your best. Exercise can help you achieve that goal, while also helping your classroom performance!

Exercise so you can... LOOK GOOD, FEEL GOOD, and PERFORM BEAUTIFULLY!

# Oh the Places You'll Go... to Try and Study

KENDRA BRAY
STAFF WRITER

tudying in the library not your thing? No worries, never has been for me either. The first half of my first semester in law school was spent trying to find the perfect study spot. My study zone ended up being a mix of the giant table in the student lounge in the 350 building and a comfy chair in my apartment. While the noise worked for me, it does not work for every one so the key to finding your perfect spot is to first determine how you like to study. Do you like some noise? Complete silence? Quiet, but people moving in the background? These are the important questions you have to ask yourself as your studying time increases and your out of class preparation intensifies as finals near.

You've figured out what you like best, so now what? The next step is finding the perfect location, or as my amazing Property tutor called it "your happy spot." The location has to be somewhere you feel comfortable and do not dread going to. Everyone's happy spot will be different, with some located on campus, off campus, outdoors, or indoors. Like the outdoors? Then try out the 225 building's courtyard, or venture farther from campus to locations like Balboa Park, Seaport Village, a beach somewhere, or the Zoo (it has some great hideaway spots and residents get a discount on a yearly pass).

Indoor studying more your thing? There are tons of coffee shops within a mile of school that also have wifi;

See STUDY Spots on page 7...

# WHO'S WHO AND WHAT'S WHAT IN THE BUSINESS AND FINANCIAL AID OFFICES

ELENA SHAYGAN

MANAGING EDITOR

ven as a second year student I am often unsure of whether my issue needs to be handled by the business office or financial aid so I'm here to set the record straight for those of you with a similar problem. First, both offices are open from 8am to 4pm and, unlike faculty support, do not close for lunch.

Broken down simply, the Financial Aid Office handles work study and loan issues. Loan issues can be anything from applying to

consolidating. These are the people who can answer all your general loan questions.

"We love you guys," says Vivian Johnson from financial aid. "There is no such thing as a stupid question. We are here to help you understand." She and other counselors are available for students to come see about loan questions including how much your interest rate is and what you'll be paying back. Although appointments are available to see the counselors they are not required, and if someone is available they will be happy to help.

Besides the counselors, the Financial Aid Office also has a director who primarily deals with budget increases and an assistant director who specially deals with work study.

The Business Office on the other hand deals with transcripts, withdrawals from school, adds/drops from classes, key deposits for opening up rooms, student bar association transactions, and all general monetary issues. Most of these areas require you to see the Registrar's office first for paperwork and forms before heading over to the Business Office to pay fees.

Over on the Business Office side, Carolyn Greco and Deborah Roper help students in their financial transactions with the school. Deborah Roper also assists with "student scenarios for tuition" toward the end of a student's legal education where students can hear about some options that will help them spread out the six trimester tuition payment by taking less classes during summer, for example. She also deals with Perkins Loan issues and helps students set up their Perkins Loan payments after graduation.

For those of you in work study or needing to submit hours for pay, the forms are to the right of the Financial Aid/Business Offices and can be turned in to the Business Office box which sits in the same location as the forms. For those in work study who are unable to get a supervisor signature by the turn in date, Greco recommends you bring her your logged hours so she can make a copy, and then when you come to get your payroll check, hand her the signed original.

Both offices recommend that students read their emails. "Most of the answers people have are already answered in the emails sent out," says Johnson. Furthermore, Greco warns that not reading the emails can cause students to miss out on very important deadlines. So now that you are aware of which office to go to for which issue, be sure you're knowledgeable about deadlines and requirements, and don't be afraid to ask questions.

# Campus Life

# Get Out of the Library and Go Hiking in San Diego

RACHEL RAGOSA QUAPP STAFF WRITER Students at Cal Western are lucky enough to be located in one of the most beautiful cities in the United States. While it might be hard to find the time to get out and see what the city has to offer, a good hike will do miracles for body and mind. As an avid hiker, let me list a few great must-see hiking spots located conveniently around San Diego.

1. Cowles Mountain Mileage: ~2.5 Difficulty: Easy/Medium Dogs Allowed: Yes

An intense yet not very technically demanding trail, Cowles is a city favorite. That being said, it is best to go during the week, avoiding the heavy foot traffic on the weekends. The trek up and down is about 2.5 miles depending on the trail you take up. This trail is great for getting in a good workout, and staying close to campus. It's just a hop, skip and jump down the 8 freeway, which makes this trail very convenient. Watch for temperatures during the spring/summer and early fall because it can get pretty hot. Bring lots of water during daylight hours to stay hydrated. Otherwise, it is a very straightforward trail.

2. Torrey Pines State Reserve Mileage: ~1-4 miles Difficulty: Easy/Medium Dogs Allowed: No

This is one of my favorite hiking spots. Breathtaking scenery surrounds you as you hike the coastal cliffs. There is always an ocean breeze that keeps you cool as you climb up the steeper sections of the trails. There is a great ocean trail that will take you down off the cliff right to the water, so if you are so inclined, bring a swimsuit to cool off in the water before trekking back. Across from the ocean trail, there is a trail to "Razor Point" which is the closest and highest cliff to the ocean. I highly recommend checking it out, it has the best view on the trail and while it is a bit out of the way, it definitely makes the trip memorable. The one negative on the lesser-traveled trails is the possibility of rattlesnakes. Despite the foot traffic, they are known to sun bathe on the trails, so keep an eye (and an ear) out for them. Otherwise, bring a camera because there are some great photo opportunities.

3. Mt. Miguel Mileage: ~6 miles Difficulty: Medium/Hard Dogs Allowed: Yes

This is not for the faint hearted. While it's not technically difficult, the trail to get to the actual mountain is a tough one. You have to climb two smaller mountains to even make it to Mt. Miguel, which is a very steep climb up. The trailhead itself is actually pretty hidden. Here are the directions: Take 805 South and exit on H Street East. Keep going East and you will cross Route 125. H Street turns into Proctor Valley Road. Take a left on Duncan Ranch Road. Find a place to park in the residential neighborhood. Walk back to Proctor Valley road and take a left. Walk about 1/4 mile and look hard for a trail up and to your left. It can be hard to find because ground cover landscaping covers this part of the trail. Walk into the landscaping, and once you pass that steep area, keep walking forward and the trail is more defined.

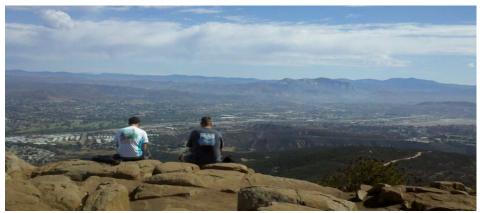
The view at the top is astounding; on a clear day you can see the entire city. The trails have very low foot traffic, as it's not a trail many people even know about. This being said, watch out for rattlesnakes, as there are some points where you need to use your hands to climb up some of the steeper sections. Just make sure there isn't a rattler warming itself in the sun. They tend to favor the bigger, flatter rocks along the steep slopes. Overall, this is one of my favorite hikes because it's a long trip, has nice views, and is more isolated. Just make sure to bring lots of water and a snack since it is a longer hike.

# HOW TO AVOID LAW SCHOOL STRESS

From Avoiding Stress on page 5. were having. "Students need to feel comfortable talking to their professors," he said. If students are having problems with a particular class they can also meet with Dean Schneininger, Associate Dean of Academic Achievement. Her office is filled with flashcards and study aids and she can help students pinpoint areas they are struggling with and how to improve.

Cal Western faculty members are always available to speak with students regarding any issues they may have—from struggling in class to having a new baby at home. Students may be referred to Dean Siebel, Associate Dean of Student and Diversity Services, who will work with the student on a case-by-case basis. In extreme situations the administration can work with a student to lower their courseload, meet with an outside therapist or take a leave of absence.

If students can develop stress management skills now, then they will have a more fulfilling law school career and a more fulfilling legal career. So take some time to see a movie, visit a professor during office hours and don't let stress overrule your time in law school.







## Where to Find Study Spots

From OH THE PLACES on page 3. try venturing out a little to find your perfect spot. Need a head start? For the hipster in you, check out Influx in Little Italy, they have both wifi and awesome cupcakes. If you want to keep it Italian, Pappalecco in Little Italy is a good choice, but with only one plug in the place you may want to make sure you have a full battery. Elixir near 5th and C downtown has some highly rated crepes if you want some study food. Cortez Hill also offers Sole Luna, which is worth the trek up the hill, but a bit pricey. Of course there is the trusty fallback of Starbucks with locations nearby, one in Little Italy and another up 5th. Additionally, libraries off campus also provide a nice change

of scenery if you're a library person. UCSD has a nice library, unless you happen to be there for an earthquake, but remember undergraduate students are not law students and their version of "studying" is very different from yours.

Don't have much time between classes? Besides my trusty location of the student lounge there is also the 4th floor of the 350 building, which has a few study rooms when STEPPS is not using them. Going down a floor is Donna's coffee cart where there is plenty of seating in the sun. The mezzanine of the 350 building also has a couple small study rooms, along with more in the basement, that can be checked out at the security desk.

Legal-ish Disclaimer: The CWSL Artichoke is meant to make you laugh. Its stories, characters and general content (however misguided) are completely fiction and only used as an outlet to express our discontent at the lack of decent news. (We blame reality TV).

# PREVIEW: STEPPS FASHION SHOW AND HOW TO SPOT A STEPPS MODEL AROUND

By: Elena Shaygan

The semi-annual STEPPS fashion show is to commence in the upcoming weeks and all are looking forward to the fabulous array of suits and skirts. The show is particularly expected to contain many different styles of tie clips and heels. The theme this year is "business-casual" and attendance to the Wednesday show is mandatory.

It takes a keen eye to identify which models will be on. For those of you who are unfamiliar to STEPPS fashion here are a few signs you've encountered a STEPPS model. The models often slink around campus a few days a week showing off tidbits of what is to come in the show. They frequently wear expressions of exasperation and boredom. Around the basement lockers you will occasionally see shiny tasseled loafers, which are the most obvious indication of a STEPPS model. Less obvious clues include headbands with flowers and yellow legal pads. The styles of STEPPS fashion show models should not be confused with those just passing through after or before an internship.

Students with internships will have pressed shirts whereas STEPPS fashion primarily deals with the casual side of the business casual. Because the models are new at the beginning of the Fall trimester there will be some enthusiasm and they will forget to maintain the casual aspect. However, as it gets nearer to the show, STEPPS models

will be easily distinguishable from internship goers.

Throughout the year models enjoy telling other students that they are wearing a jacket for STEPPS and not because they have an internship or interview, so if you happen to be lucky enough to detect a model be sure to ask them why they are dressed up.

If you are planning on attending the STEPPS fashion show the school would like to remind you to either RSVP as lazy-in-yoga-pants, rolley-bag-user, OR formal-for-no-reason so they will know where to seat you for the show.

### CWSL Aquires Ace Parking Lot on 2nd Street After Ace Owner Stabbed with Fichus Plant

By: Elena Shaygan

A vicious fight between CWSL and Ace
Parking ended in bloodshed last night when an unknown CWSL official stabbed the owner. CWSL has been attempting to acquire the lot on Second Avenue for almost 20 years but to no avail, until now.

Parking has always been a major issue for CWSL students and is seriously downplayed by school faculty. "When I asked my admissions counselor how parking was downtown she told me I wouldn't have a problem," said Susie Lakey. "I now spend three hours a day driv-

ing around Third and Hawthorn praying to the parking karma gods for a spot."

Talk of buying the Second Avenue lot had gone on for many years but turned sour six months ago when CWSL began researching how to develop an underground parking structure to go under the 350 building.

Unfortunately the underground lot failed due to a misunderstanding in excavation 1ocation (they said 350 Cedar and the builders thought they said Third and Fir). Upon the failure of the underground parking lot, CWSL officials became desparate to resume negotiations, but the Ace owner refused and it seemed all hope of having a CWSL parking lot vanished.

Last night the owner of Ace Parking finally agreed to hear the pleas of several CWSL officials in one last attempt at negotiating for the Second Avenue lot. However, upon rejection, the officials were driven to madness and several took off screaming naked down the streets. According to police reports, one of the CWSL officials present at the meeting tore off a branch from the office fichus tree and stabbed the Ace Parking owner in the heart, later causing her to die at the hospital.

In a change of luck for CWSL, the heir to the Ace Parking company turned out to be a CWSL first year law student who has agreed to donate the lot in exchange for immunity from being kicked out.

## Democrats' Newest Fundraising Tactic Includes Guilting Others

By: Brian Horan

A recent email received by this reporter begins as follows:
"Here's something you don't have in common with 4,931 other supporters... who tell us they live in San Diego." That's right, the democratic party has resorted to guilt, among other tactics, in raising funds for the 2012 election cycle.

Stu Jacobs, democratic strategist, explains, "We figured out fairly early on that we could no longer campaign on a platform of change, considering the fact that in three years the only things we've managed to change are the view of the U.S. as a superpower and the country's credit rating. Obviously, we needed to get a little more creative."

Aside from insinuat-

ing that party members are cheap, some other strategies include the hocking of "Obama 2012" car magnets. Jacobs wanted us to let you know that "operators are standing by, and anyone who calls in the next 15 minutes will get two car magnets for the price of one" - a ten dollar donation to the democratic party.

Jacobs had no comment on the unconfirmed report that the party is planning on auctioning its candidates for an evening of leisure and companionship. He did however mention that if the party decides on such a technique, the candidates will be paid merely for their company and nothing untoward will take place. He also flatly denied that the CEO of AshleyMadison.com has been hired as a part-time consultant to the party.

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## New HP CEO Days After Naming Interim Chief

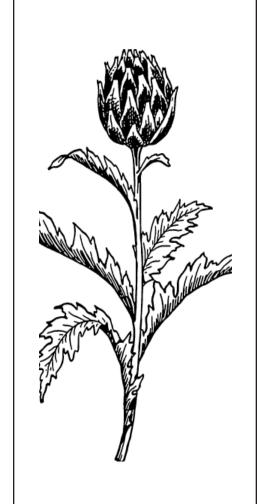
By: Brian Horan

Hewlett-Packard (HP) recently named Meg Whitman, former eBay boss, to the position of interim CEO of the world's largest computer manufacturer by volume. Many analysts applauded the decision as a move in the right direction for the company. This is due mainly to the fact that Ms. Whitman helped to build eBay into an Internet service giant, as well as one of the most recognizable brands in the world.

In the days following the appointment, this reporter received a call from one of the board members of HP. The board member wished to remain anonymous, but agreed to discuss HP's thinking in appointing a new CEO so soon after an interim. "See, what we were really going for was a track record of failure. Meg just doesn't have that. Sure, she lost the California governor's race, but she's done some really great things in her past, and that doesn't really fit into our current strategy."

The source went on to explain that HP was going with a strategy of lowered expectations because the company simply cannot be expected to compete with the likes of Apple, Google and Microsoft. The company plans to keep Ms. Whitman on board until the resolution of the 2012 Presidential election, at which time they will appoint the loser of that election as permanent CEO. "There are no lower expectations than those that involve a failed candidate for President," said the source. "Our exploratory committee initially targeted John McCain, but nobody has seen or heard from him since 2008. Heck, we don't even know if he's alive. He would have been perfect."

When asked about recent columns naming the board of HP as the "worst board of directors of all time" the source responded, "Now that's what I'm talkin' bout! This is what happens when you develop a strategy and really commit to it."



### Republican Nomination to be Determined by Hotdog Eating Contest

By: Brian Horan

In what is being called the Bockman Rule, the Republican nominee for president will now be decided by a hot dog eating contest. But it's not just any hot dog eating contest, the new candidate will be crowned at Nathan's National hot dog eating contest in New York City, July 4, 2012.

The controversial decision by the Republican National Committee stems from a humorous photo-op by Rep. Michaela Bockman, at the Iowa State Fair. Steve Faulkner, RNC media relations chair, explains, "After seeing the viral nature of Ms. Bockman's corndog incident, the committee decided that now is the time to seize the

moment and return the Republican party to its true roots: eating meat and acting American.

In what has been a boon to Gov. Christoph Christopherson's (R-NJ) campaign, the candidate explained that he had been a competitive eater for most, if not all, of his life. "I may not have been in actual competitions or anything, but I've been working toward this my entire life."

Republican frontrunners Rich Parry (RTX) and Mitch Rommel
(R/D-MA) had differing
opinions as to the committee decision. "I
wanted a hunt-off,"
said Parry. "As you
all know, I'm really
good at killing stuff."
Rommel responded, "I'm
good to go. Just don't
ask me to wash those
dogs down with a pop."

## Secret Drinking Fountain Discovered

By: Ben Pezzner Last week, Cal Western 3L Art Vandalay had gotten out of a career services presentation early in order to get a drink of water. Being a highly coveted non-pizza lunch meeting, the menu boasted all kinds of delectable goodness, ranging from tuna wraps to chips and dip. But one can only eat so much free food without having a free drink with which to wash it down. "I don't like soda," says Vandalay, "and the bottled water was all taken, so I needed to improvise."

The classroom building is known for its lack of water fountains on the third and fourth floors, but Vandalay wasn't about to be deterred. "I had gone on several water quests in the past, but this time I had a feeling," explains Vandalay. "There just HAD to be a water fountain on the third floor."

Within five minutes. Vandalay found a door that he had never opened before. This door lead to a staircase, which lead to another door, which lead to a fire escape, which lead to another staircase, which lead to a dark room in the underbellies of the third floor. "Alas, I was finally able to quench my thirst with the forbidden water of the secret third floor drinking fountain," recalls Vandalay, water still dripping from his face.

Having found the third floor fountain, Vandalay is planning an expedition in the upcoming months to hunt down the legendary fourth floor water fountain.

# Opinion

# Restaurant Week: Experience from the Big Chains to the Mom and Pops

ELENA SHAYGAN
ON RUTH CHRIS

Butter has never tasted so good. For those who don't know Ruth Chris, it is important to immediately point out that all things worth eating at Ruth Chris are covered in butter. It is my personal philosophy that butter is the key to life (and ironically, death). Butter at Ruth Chris is the bee's knees and has never been better.

Restaurant Week is my favorite semi-annual San Diego event because as a student I get to mow down delicious food at the nicest restaurants for cheap. Ruth Chris has robbed me of that. I've only been in San Diego for a year but last time around the amazing, hot, buttery three-course meal was only \$30. This time it was \$40. A measly ten dollars more, I know. But I have a problem with this because it is no different than their regular menu prices. They already have a fixed three course option for \$42.95 with even better options than offered on the Restaurant Week menu. If you're going to do Restaurant Week you want to go some place that is actually giving you a deal, otherwise it's just a regular old dinner and not a Restaurant Week experience.

Now that we've gone over the two most important things in life (butter and money), let's move on to the details of the meal.

When my friend and I arrived we checked in and were told we would be seated in a minute. We stood around the bar for a bit and called our third friend to see how much longer she would be. It was my understanding from last year that no one gets seated unless your whole party was present. Turns out she was already seated. Who knows how much longer we would have been standing around if we hadn't called her. No apology from the hostess for forgetting to mention our party was already there and waiting to eat.

When we sat down the bread and butter was already at the table-- fluffy butter. So fluffy it was like mousse. Yum. It took a while for the last member of our party to arrive but the waitress waited patiently. Leaning against the column next to the table. Staring. Finally the last one arrived and before his bottom touched the seat she was at the table asking what we would like to drink.

I had a glass of the Angeline pinot noir and it paired nicely throughout all courses of the meal. The wine pairing option offered included one other red later in the meal with the steak for an additional \$16 but, being the lightweight that I am, I just stuck to my one glass of pinot.

Our party began with a range of starters. Seared ahi tuna, garden salad, and crab stuffed mushrooms. The mushrooms, even being covered in butter, were slightly dry and the crab mixture in the middle was much too salty. The steak, however, was phenomenal and did not disappoint. The simple butterflied filet arrived on a 500 degree plate and was surrounded by sizzling, you guessed it, butter. Upon the steak's arrival my friend asked for his second glass in the pairing. The first glass was only half finished but, having received the next course, it was time for the second. The waitress offered everyone at the table his left over wine claiming that she didn't like to waste wine. Not Ruth Chris's classiest moment.

At the first bite of steak I thought I'd died and gone to heaven. It was perfectly cooked, perfectly seasoned, perfectly perfect. The steak was hot but not too hot to eat. The texture was smooth and the outer layer of butter hit the tongue first. The creamed spinach was bland but the garlic mashed potatoes were a perfect creamy texture though they could have used a little salt, but that's why the shaker is on the table.

By the time the desserts arrived I was painfully full. Shouldn't have eaten so much bread at the beginning but that fluffy butter was calling my name. I tried both the cheesecake and the chocolate cake but was more impressed with the small side of ice cream that came with the cheesecake. Actually, it wasn't the ice cream – it was the bit of raspberry sauce on top of the ice cream that got me. It was obvious the chocolate cake was made with high end chocolate but it was much too dense for my liking. I mean, this thing was practically fudge.

When dessert was dropped off, the waitress-who-loved-to-linger came over and immediately offered to split up the check. I hated having my attention split between paying the check and eating dessert. We still had some leftover dessert to take home but because the food had been bagged up before dessert even arrived I felt awkward asking her to box another item. I couldn't tell if her eagerness was to get us in and out as quickly as possible or if it was just good service.

Of course, it wouldn't be a complete Restaurant Week experience at Ruth Chris without watching a drunken 40-something woman in the restroom falling all over herself, knocking her makeup on the floor, talking about the money she gets. Although Restaurant Week is about the food and not the crowd, it sure brings out some interesting people.

KATIE SUCHMAN
ON CAFE CHLOE

hat makes me qualified to review a restaurant for you? Well...nothing. I find more enjoyment in preparing a meal than in planning a fine meal out, but this project included some tasty research. So I bit the bait. That being said—if you're looking for a homey place to sample Julia Child's boeuf bourguignon or chocolate mousse, come on over.

Pretty and Parisian, Café Chloe gives cozy Euro class and flare to San Diego's East Village. The venue is quaint and charming-- tiny votive candles pepper the ivory and chocolate-brown interior while small tables set the scene for friendly catching-up amid the loud din of other conversation. My dining associate and I chose Café Chloe for their Restaurant Week menu and, needless to say, we were slightly disappointed to sit down to a drastically different menu. We rallied on, however, and still managed to enjoy some memorable eats.

The wine and beer list displays a varied and well-rounded selection of imported beer, wine, and champagne. The menu also includes a vast assortment of gourmet sodas, herbal tonics and sophisticated cocktails.

Café Chloe apologizes in advance for any delays as their tiny kitchen hustles to meet table demands, but attention to detail is obviously a priority. The shrimp appetizer was perfectly cooked, and the smoky marinade was balanced by the fresh crunch of cucumber. If only this text could convey the eye-popping, big-handed gesticulating reaction to the thin and incredibly crispy, slightly salty and chive-dusted pommes frites atop the mussels beligique. YOWZA. Now those were French fries. Literally.

The pommes frites made another show-stopping appearance in the traditional steak frites. The steak itself was well cooked, and topped with the traditional garlic butter. As we all know, garlic + butter = a winning combination, no matter the cuisine.



On to dessert, my high hopes for the pistachio bread pudding fell almost as quickly as did the a la mode scoop from the warm confection. Tasting almost like a regular (still good! but just regular) and buttery French toast, the pudding fell short of delivering the bright nutty flavor.

If you also happen to split desserts and choose the bittersweet chocolate pot de crème, I advise saving the brandied cherries for the last bite. It would be a treat to savor an entire bowl...but your tongue may soon fall numb and you'd probably have to stumble on down to The Neighborhood for round two.

While you may read for class, on a quest to translate Cardozo's Yoda-esque judicial riddles, I read menus. The regular dinner menu offers plenty of Francophile favorites, along with hip takes on old classics, like gourmet mac 'n' cheese. The happy hour specials seem especially enticing (especially to a law student wallet), including beer, wine, and small plates at reasonable prices. The half-moon bar and surrounding bar tables were still buzzing at 9pm, which leads me to guess that the happy hour is just as jovial. A few tables line the sidewalk and would be a lovely spot for a bottle of Bordeaux during downtown dusk. The café also offers afternoon tea by reservation if you need a pick-me-up before evening class.

Overall, the quaint venue has a city vibe and fits cozily into the corner of downtown San Diego. Service is warm and invites guests to linger, chat, nibble and sip some more. But no brandied cherries if you have 8am Evidence the next day.



# Pacquiao vs. Mayweather – Who Needs It Most?

JAKE WEINRICH
SPORTS EDITOR

ack Johnson. Jack Dempsey. Joe Louis. Rocky Marciano. Sonny Liston. Sugar Ray Robinson. Muhammad Ali. Joe Fra-

zier. George Foreman. Larry Holmes. Sugar Ray Leonard. Mike Tyson. Oscar De Le Hoya. Lennox Lewis. Evander Holyfield.

Any fan of boxing recognizes these names from the past century as some of the greatest athletes the sport has ever seen. Some sparked social, political, and civil rights movements, others uplifted national pride, while a few brought nothing more than controversy and unadulterated entertainment. Whatever role these boxers played throughout their careers, they have left behind eternal legacies that will never be forgotten.

Fast forward through the multiple golden ages of boxing to 2011. A dwindling heavyweight division along with competition from the exponentially growing sport of mixed martial arts has led to an extreme decline in boxing's popularity. The surviving titans of boxing, although some still fighting, are mere aging relics of an era when the sport was at its pinnacle. In the eyes of many, only two men today possess the superstardom to "save boxing" and join the ranks of the above-mentioned fighters in the annals of boxing history – Floyd "Money" Mayweather and Manny "Pacman" Pacquiao.

Mayweather, a 34-year-old from Grand Rapids, Michigan, made his first splash in the boxing world at the ripe age of 19 when he won the bronze medal at the 1996 Olympics following a highly controversial loss. Since then, his lightning-quick speed and old school defensive tactics have led him to 42 straight professional victories, while winning world championships in five weight divisions. Mayweather was ranked the #1 pound-for-pound boxer in the world, until losing that accolade and falling to #2 due to inactivity. Mayweather is currently the WBO Welterweight champion, boasting an unblemished 42-0 record.

Pacquiao, a 32-year-old from General Santos City, Philippines, began his professional career at age 16, weighing just 98 pounds – 7 pounds under the light flyweight division's minimum. To make weight for his fights, Pacquiao stuffed his pockets with steel. Since then, he has won world championships in a record eight divisions, and supplanted Mayweather as the #1 pound-for-pound boxer in the world. Now, Pacquiao holds the WBC Welterweight title with a professional record of 53-3-2.

Both of these boxers have absolutely outclassed every fighter thrown in the ring with them over the past few years. Pacquiao has sent two of his last three challengers into retirement, while Mayweather has been virtually untouchable. Many argue that Mayweather and Pacquiao are beating up on fighters who are past their primes. Others suggest that Money and Pacman are on a whole different level of their own. After Pacquiao's punishing victory against an over-the-hill Oscar De La Hoya in 2008, boxing fans all over the world have been clamoring for these dominant forces to collide to determine who's the best in the world today.

When Pacquiao and Mayweather's camps discussed the possibility of a fight in 2009, they hit an impasse over testing for performance enhancing drugs. Mayweather's camp pushed for Olympic-style testing, which called for the possibility of random blood tests up until the day of the fight. Pacquiao adamantly protested this style, saying that the needle would weaken him and thus hinder his training too close to the fight.

Due to differences, both parties agreed to mediation before a retired judge. In mediation, Pacquiao agreed to be tested up to 24 days before the fight, and anytime after the fight, while Mayweather wouldn't budge further than 14 days before the fight. After talks of the fight crumbled, Mayweather accused Pacquiao of using steroids. Pacquiao responded by filing a lawsuit in federal district court in Nevada for defamation, which is still stuck in the discovery phase due to Mayweather's delay in being deposed.

Lots of people in the boxing world have suggested that Mayweather is afraid of Pacquiao. They claim that he's trying to impose overly difficult testing to duck Pacman. Mayweather, however, scoffs at these accusations. He says he has nothing to gain in fighting someone who has already lost 3 fights, while his record remains unblemished. Mayweather feels that if he wins, people will say it's because he was supposed to win, and if he loses, he's past his prime. Whatever the case may be, many in the boxing world feel that Mayweather must beat Pacquiao to complete his legacy. If Mayweather doesn't take the fight, his "bad boy," fearless image may be tarnished.

Many fans and media outlets consider this "The Fight of the Century" – the fight that will "save boxing." Although it seems to be a silly notion that one fight will change the world's perspective on an entire sport, which already lacks depth in major star power, one you cannot deny the inevitable fortune that this fight would rake in. Both fighters will pull in at least \$40 million each.

Should this fight come to fruition, the victor will forever solidify himself as one of boxing's all-time legends. The sport, although it may never reach the rarified air it saw in the past, will certainly see a boost in popularity, particularly with the more youthful UFC crowd. As boxing fans, we can only hope that these men drop the lawyers, briefs, and courtroom and replace them with trainers, gloves, and a blood, sweat, and tear-filled ring.

## A Tale of Two Conferences: The ACC and The Pac 12

BRIAN LYNCH
SPORTS WRITER

ollegiate sports have recently undergone a major makeover via conference realignment. The shifting of college sports programs

within the big conferences is an agenda largely driven by television contracts and revenue sharing. In the most recent of these moves, the Atlantic Coast Conference (ACC) successfully poached two Big East teams, Syracuse University and the University of Pittsburgh. The last time the ACC raided the Big East in 2003, it pulled Virginia Tech, Miami, and Boston College. The ACC's expansion appears to have gone so well that it has openly discussed taking two more teams, including the possibility of adding Notre Dame.

The Pacific 12 conference almost became the Pac 16 with the addition of schools considering jumping out of the Big 12. These schools included Texas, Texas A&M, Oklahoma, and Texas Tech. However, the potential for a sixteenteam "superconference" fizzled when Texas A&M approached the Southeast Conference (SEC) for admittance, while Texas and Oklahoma decided to maintain the status quo... for now.

So what is the driving force behind this recent trend of conference realignment? The answer: MONEY.

The Pac 12: Texas appears to have pushed the hardest to leave the Big 12 to join the Pac 12. The Longhorns are the flagship school in the Big 12 and they bring in more profits than any other Big 12 school. The Big 12 schools carry a geographic advantage because they're located in large football markets and carry massive fan bases. In the next twenty years, Texas alone will bring in over \$300 million for itself through its newly created television network - The Longhorn Network. Oklahoma, although lacking its own network, also pulls in an enormous purse each year, which it must divide among the other Big 12 schools.

The Pac 12, with a much more geographically concentrated fan base than the likes of Texas and Oklahoma, initially opened the door for talks, looking at taking four new teams from the Big 12. Although potentially breaking up several Pac 12 rivalry games, this proposed expanded conference would generate enormous profits and spread the conference's popularity to the Midwest and beyond.

Similar to the ACC, the Pac 12 shares revenue between the schools, including profits from ticket and merchandise sales, bowl games, and a television contract. The Pac 12 recently signed a 12-year contract with Fox and ESPN worth a reported \$225 million per year in an effort to further spread the popularity of its schools. Texas however is unwilling to share revenue from its television network. Most Pac 12 fans, officials, and members find it unfair that the rest of the conference would have to share profits, while Texas holds back profits from its enormous television network contract. For now, the almighty dollar has impeded the creation of a Pac 16 "superconference."

This leaves Texas and Oklahoma in the Big 12, facing damaged relationships with the schools left out of the potential move to the Pac 12. Texas A&M, frustrated with the uncertainty surrounding the Big 12, has already made giant leaps toward defecting to the SEC, although the threat of legal action has temporarily impeded this move.

The ACC: So what drove the ACC to bring in two new teams? Pittsburgh and Syracuse carry a decent fan base, but don't have the same massive television contract and profit potential that Texas carries. Both schools, however, have football programs doing reasonably well and basketball teams that challenge for conference and national championships on a yearly basis. Also, neither school has the same squabbling over profit sharing when they compare to the ACC's bigger fish in bigger markets: V Tech, Clemson, Florida State, and Georgia Tech.

The addition of Syracuse and Pitt to the ACC has brought several benefits. For starters, these schools have geographically linked Boston College to the rest of the mostly southern-based conference. Both also have considerable market presences in New York and Pennsylvania. Additionally, their move helped enact a new ACC policy to increase the amount of money it would take for a school to leave the conference. This deters other conferences from reaching out to ACC teams and provides conference stability. The ACC has made its first profitable move, and doesn't appear to be done just yet.

The ACC has its eyes firmly set on Notre Dame, but this is likely a mere dream. The school has a widely distributed and zealous fan base in major markets including Los Angeles, Chicago, New York and Washington DC. Because Notre Dame currently has its own contract with NBC, and has had serious talks of creating a network similar to that of the Longhorn Network, the Irish have very little reason to join a conference and limit themselves geographically by playing within it.

Both the Pac 12 and the ACC are evidence of conferences successfully acquiring new teams, thus expanding their markets, increasing revenue and maintaining tradition. Conference realignment should continue with great success for the coming years, provided that schools come up with fair contracts and reasonable profit sharing amongst each other. Whatever the final result of these conference shakeups may be, we can only hope as college football fans that these changes will bring new and exciting matchups, while maintaining the integrity of traditional rivalries.

# Entertainment

# Zombie Hobos, Alien Evil and Ben's DARKNESS

By Jacob Spaid

[EDITOR'S NOTE: JACOB SPAID IS OUR RESIDENT DUAL DEGREE EXPERT AND HALLOWEEN BUFF. HE NORMALLY USES THIS SPACE TO TALK ABOUT HIS JD/MBA EXPERIENCE AT SDSU AND CAL WESTERN. BUT IT'S OCTOBER, AND HALLOWEEN IS IN OC-TOBER, AND NOBODY LOVES HALLOWEEN AND ZOMBIES AND SAVING THE WORLD FROM ALIENS MORE THAN JACOB SPAID. ENJOY.]

SOMETIMES, DARKNESS GROWS WITHIN A PERSON SO OVERPOWERING, SO VASTLY CONSUMING, HE IS LEFT WITH NO ALTERNA-TIVES BUT TO FIGHT AGAINST IT OR SUCCUMB. BEN BEZZNER CHOSE TO FIGHT THE ONLY WAY HE KNEW HOW: SUICIDE. BEN had just discovered the hobo in downtown San Diego who recently attacked and bit him was really no ordinary HOBO AT ALL. THIS IS ZOMBIE COUNTRY.

As the effects started to take hold of Ben, he knew he would soon be unable to think for himself. Already HE HUNGERED FOR BRAINS. FEELING THE DARKNESS CONSUMING HIS LIFE, BEN DECIDED TO JUMP OFF THE NBC BUILDING IN DOWNTOWN SAN DIEGO, HOPING HIS THEATRICS WOULD DRAW NATIONAL AWARENESS TO SAN DIEGO'S GROWING ZOMBIE POPULA-

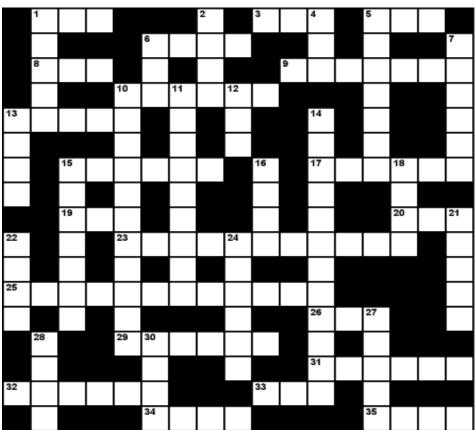
Unfortunately for Ben, two things happened he could not have foreseen: first, aliens had already taken over THE NBC BUILDING AND WERE CURRENTLY HIDING IN THE BASEMENT PREPARING A BOMB MEANT TO DESTROY ALL OF NORTH AMERICA; AND SECOND, I WAS ALREADY ON THE CASE.

I SAW BEN RUN INTO THE BUILDING AND QUICKLY MAKE HIS WAY TO THE ROOF. SIGNS OF ZOMBIE OOZED FROM EVERY PORE. AS A SKILLED ZOMBIE HUNTER, I COULD SPOT IT A MILE AWAY. I MADE IT TO THE ROOF JUST IN TIME TO GRAB BEN'S ANKLE AS HE FELL FORWARD TOWARD THE COLD PAVEMENT BELOW. HE PLEADED WITH ME TO LET HIM DIE AND EX-PLAINED THE ZOMBIE HOBO ATTACK, BUT I WAS UNWILLING TO GIVE UP JUST YET. LUCKILY, BEN'S MILDLY FLUID SPEECH ASSURED ME WE STILL HAD TIME TO GET HIM TO VICTRONICA, THE WORLD'S MADDEST MAD SCIENTIST, AND HER NEW ZOMBIE ANTIDOTE.

Time was fading quickly and I knew we would now have to fight through the aliens and their zombie bo-BOS (DOUBLE DRAGON REFERENCE FOR ANY UN-NERDS) ON OUR WAY DOWN. They had certainly heard Ben's hysterical SCREAMING AND WOULD BE WAITING FOR US INSIDE.

It is hard enough to make a half zombie fight through an alien and zombie battle, and unfortunately for me, THE WORST HAPPENED: BEN WAS CAPTURED BY THE ZOMBIE BOBOS. WORSE YET, HE HAD NOT FULLY BECOME A ZOMBIE. HIS MILD INTELLECT QUICKLY LED THE ZOMBIE BOBOS TO MAKE BEN THEIR LEADER. WHEN I FINALLY FOUND BEN HE WAS EATING ANOTHER ZOMBIE'S BRAINS TO MAKE AN EXAMPLE OF WHAT HAPPENS WHEN YOU GURGLE OUT OF LINE. I SAW THE DARKNESS ALMOST EXCLUSIVELY IN HIS EYES. IT WAS GOING TO BE A HARD FIGHT NOW. I HAD TO CONVINCE BEN NOT TO GIVE IN

#### Monthly Crossword



#### Across

- 1. Bear's foot
- 3. Snakelike fish
- 5. Female bison
- 6. Pappa bear
- 8. Mouse's larger cousin 23. Whitewater en-
- 9. Ape
- 10. Male goose

#### **Down**

- 1. Sit upon
- 2. Kind of hornet
- 4. Lion's zodiac sign
- 5. Microscopic tormentor lacking any redeam- 12. Pre-bird
- ing value
- 6. feathered neckpiece snake

- 13. Nature's tank
- 15. Bobby for one
- 17. Seek out
- 19. Fish arm
- 20. Baby bear
- thusiast
- 25. Alabama's state
- 7. Rock percher 10. California's state
- fish
- 11. Pharoh's big
- sunfish
- 13. Fishy nest
- 14. Pennsylvania's state bird

- bird
- 26. Woodsy for one
  - 29. Eagles toenails
  - 31. Escargot
  - 32. Gila monster's home
  - 33. Gorilla
  - 34. Sea lion's cousin
  - 35. Wolf's call
  - 15. Bison (slang)
  - 16. Baby deer
  - 18. Antlers (slang)
  - 21. Florida's bear 22. Large antelope
  - 24. Richest mink
  - 27. Bloodsucking wiggler

ROAM

- 28. Alpine wild goat
- 30. Aphid farmers

TO THE DARKNESS AND TO COME WITH ME TO VICTRONICA'S AFTER A LONG BATTLE (DURING WHICH BEN GNAWED OFF ONE OF MY HANDS) I FINALLY GOT BEN TO COME BACK TO REALITY JUST LONG ENOUGH FOR HIM TO FIGHT AGAINST THE DARKNESS.

THE ALIENS TURNED OUT TO BE A SURPRISINGLY EASY BUNCH TO DEFEAT. WE SIMPLY ACTED LIKE THE ZOMBIE BO-BOS AND WALKED RIGHT PAST THEM. I RACED TO THE BASE-MENT AND DISARMED THE BOMB. AS WE MADE OUR WAY TO THE LAB I NOTIFIED MY PARTNERS IN UN-CRIME, CEDRIC Wolfeater the 19th and Daniel the Manimal. They were ON THEIR WAY TO DEFEAT THE ALIENS AND I WAS WITH BEN ON OUR WAY TO GET THE ZOMBIE ANTIDOTE.

VICTRONICA WAS HESITANT, AT FIRST, TO GIVE HER AN-TIDOTE TO BEN. SHE AND HER ANTIDOTE INGREDIENTS SUP-PLIER JAMIR QUICKLY BEGAN TO QUARREL (NOT UNCOMMON GIVEN THEIR TUMULTUOUS PAST). I COULD SEE THE SITUA-TION QUICKLY SPIRALING OUT OF CONTROL AS JAMIR PULLED OUT AN AXE AND TRIED TO HACK OFF VICTRONICA'S HEAD, VICTRONICA DODGED THE AXE AND SUDDENLY PROCLAIMED, SHOTGUN IN HAND, "I'VE GOT YOUR ANTIDOTE RIGHT HERE!"

I JUMPED IN FRONT OF THE WEAPONS AND TRIED TO REA-SON WITH THEM (BEN WAS DROOLING AND TRYING TO GET TO THE CAT TO EAT ITS BRAINS). SAKE OF HUMANITY. BEN'S BLOOD CAN CURE HOBOITIS!" LUCKILY, MY MESSAGE MADE ITS WAY THROUGH THE MAD SCIENTISTS' MADNESS.

RHINO LEFTONIOUS, THE SCIENTISTS' EVER-FAITHFUL HUNCHBACK, DEPARTED FROM HIS WEEKLY FEAST OF FISH HEADS TO PRODUCE THE ZOMBIE ANTIDOTE. AFTER A QUICK ARGUMENT ABOUT WHO SHOULD ADMINISTER IT, BEN WAS GIV-EN THE ANTIDOTE AND ALL WE HAD LEFT TO DO WAS WAIT.

BEN WAS UNCONSCIOUS FOR THREE DAYS, BUT EVENTUALLY

AWOKE THE SAME BEN BEZZNER September Crossword Solution I HAD GROWN TO LOVE SO FONDLY PRIOR TO HIS HOBO ATTACK. USER T A L E S E A R T E A T E A T F A B C E S E A R T E A G E T
P H R A S E

THE WORLD WAS SAFE FOR ANOTHER DAY. (SOME OF THE NAMES MAY OR MAY NOT HAVE BEEN CHANGED TO PROTECT WHAT SOME MIGHT REFER TO AS PRIVACY, WHICH I DO NOT BELIEVE IN, ASSUMING IT IS REAL, WHICH IT ISN'T.)