THE INHURMEN

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Mythbusters: Grades!

Kay Henley reveals the process of how student grades are determined and posted.

Samantha Massau

2L Layout Designer

Many of us have had this experience. After turning in our last exam of the semester we compulsively check our *My Village* accounts until at last all of our grades are posted. What happens in that waiting period? Where do our carefully crafted answers go once we upload them on ExamSoft or turn in that bluebook? When are they graded and how are they curved? To shed light on this mysterious process I sat down with the gatekeeper of grades, Kay Henley.

Kay Henley: For those students who have not yet heard of Kay Henley, she is worth knowing along with the location of her office third floor of the Law Library Building. Kay has worked at Thomas Jefferson School of Law for 19 years. She was a faculty assistant until 1997, when she became the Director of Academic Administration. Her duties include constructing the class and exam schedules each semester, serving as the adjunct faculty liaison, overseeing the faculty support staff, directing the midterm and final exam administrators, and entering our grades into the database. Yes, she is pretty important.

When the great and powerful Oz steps out from behind the curtain, she enjoys cooking, gardening, and playing with her three adorable grandchildren. She is a wonderful woman to sit and chat with, and loves interacting with students. She has an open-door policy so feel free to stop by her office with scheduling questions or just to say "Hi."

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View of Jackson Square and St. Louis Cathedral from Decatur Street, New Orleans, Louisiana | Katie Tooma

Re-Visiting Katrina

Spike Lee Takes Us Through the Eye of the Hurricane

Katie Tooma

3L Editor In Chief

Thomas Jefferson was president when the United States of America acquired the territory of Louisiana in 1803. The U.S. paid approximately \$15 million for this territory. Obviously, the city of New Orleans, LA was included in this purchase.

New Orleans is home to jazz, art, culture, southern food, and America's worst disaster – Hurricane Katrina. Katrina hit Florida on my birthday, August 25, 2005, as a Category 1 storm and surged over the gulf towards Louisiana making its landfall on August 29, 2005 as a Category 3. It is estimated that the storm surge to hit Louisiana was at its highest

point of 19-22 feet and much of New Orleans is below sea level; combined with the failure of the levee system, Katrina spelled out the worst disaster in United States History.

I do not know what drew me to New Orleans. I grew up in New York, NY, raised like most Sicilian New Yorkers; no manners, spitfire personality, and a strange addiction to meatballs. Nonetheless, something about New Orleans was calling to me, reaching out to me. In 2009, I drove across the country from Florida and I had the privilege of stopping in New Orleans for the night. As I traveled on I-10, I drove through New Orleans East, passed the infamous Pontchatrain Park and Gentilly Parish, and then down into the French Quarter.

My companion and I parked behind our



Building on Canal Street, still missing windows in 2009 | Katie Tooma

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Don't Ask, Don't Tell Policy

How Repealing the "Don't Ask, Don't Tell" Policy will affect the Military

Sarah Stewart-Bussey 2L Staff Writer

It's often said that the military is a traditional and patriarchal institution—which for the most part is true. Women are still excluded from certain military occupational specialties, and homosexual men and women cannot serve openly and disclose their sexual preference. And while this is incredibly

frustrating to some people, they often fail to comprehend the changes the military would have to institute in order to accommodate these individuals.

This may be shocking, but in my experience, if you ask any service member whether they are aware of an openly gay colleague, most will state 'yes.' And as many people complain that the military is homophobic, most of these service members have no problem with their openly serving colleague. Officials opposed to repealing 'Don't Ask, Don't Tell' often cite that allowing gays to serve openly will impede unit morale,

despite the fact that statistics actually demonstrate more than half of those service members polled disagree with this statement. Well that's easy enough, right? If a few people know, and there are not any problems, why not tell the entire military? Unfortunately implementing the policy is not that simple, as some foundational parts of the military would have to be re-structured to accommodate openly gay service.

One aspect of military life that would have to change is the treatment of dependents. Dependents in the military are usually one's spouse and children. The military does not recognize girlfriends, boyfriends or long-term unmarried partners as dependents; these individuals are not privy to the healthcare,

educational, or other benefits provided to dependents. So what will happen if 'Don't Ask, Don't Tell' is repealed, and gays can serve openly? Same-sex marriages are not recognized in every state, let alone nationwide and the military is a federal institution. These spouses would not be categorized as dependents, and all significant others of gay service members would be excluded from benefits.

This strikes me as a significant issue in creating equality. If the military is going to allow openly gay service, same sex dependents will have to be taken into account. The military prides itself on taking care of our service members' families, and this dedication

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Thomas Jefferson School of Law

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Continued from Don't Ask Don't Tell

cannot be compromised because of the gender of a dependent. By hastily repealing 'Don't Ask, Don't Tell,' we may find ourselves in a situation of haphazard 'separate but equal' treatment of gay partners, and that certainly is not equality.

But let's focus on the big picture. More than 10,000 service members have been discharged from service since the enactment of the 'Don't Ask, Don't Tell' policy in 1993. This is a significant amount of manpower that the military no longer has to fight our enemies abroad. While I caution against a hasty repeal without first determining what will happen to the categorization of dependents, our military is committed across the globe from the conflict in Afghanistan to Iraq and other nations. The focus should be on maintaining efficient warfighting capabilities, and someone's sexual preference does not make them any less skilled

Continued from Katrina

hotel, in a gated lot and proceeded to walk into the Clarion on Canal Street. The clerk at the desk was so sweet and after we dropped our bags off, gave us a quick rundown of the city. That night, we took a cab a few blocks to Bourbon Street and had dinner and the ORIGINAL hurricane drink at Pat & Oscars, tried our first hand grenade, listened to real jazz bellowing out of an open window and met some of the locals. I was madly in love. The city was everything I thought it was going to be and more. The following day we had coffee and beignets at Café Du Monde, walked along the Mississippi River and through Jackson Park. I met a local artist and purchased a painting of his and a voodoo doll. I think if we did not have to continue on the long journey to San Diego, CA, we would have just stayed.

There was one thing I noticed. Although the French Quarter was cleaned up, across the street from our hotel and a little ways up, there was a building with all the windows still blown out.. Now, I'm not sure if it was from the Hurricane or if it was a "new development" but I snapped a photo. Driving over some of the bridges during the day we also could not help but notice some parts of the city that were still overgrown lots littered with debris - It was 2009!

Hurricane Katrina directly or indirectly killed over 1,500 people and caused over \$80 billion in damages in Louisiana. If adjusted for inflation the hurricane cost approximately \$79.7 billion more than what Thomas Jefferson paid for the entire Louisiana territory. HurricaneKatrinaRelief.com estimates that over 600,000 pets were either killed or left behind and over 275,000 homes were lost. Nola.com estimates that over 100,000 people still have not returned home to New Orleans. On the five-year anniversary of Katrina, rubble still sits on overgrown lots and people still have not returned to their homes.

I recently watched two of the most influential documentaries I have ever seen, both by Spike Lee. The first is titled, When the Levees Broke: A Requiem in Four Acts. This film was released in 2006 and shows the horror and devastation of the hurricane. It shows not only the physical damage but the emotional and psychological damage inflicted on the city and its populous. The film shows why some did not leave and the relief effort. People who wanted to escape their homes could not. Entire neighborhoods were destroyed and families torn apart by evacuations and rivers where streets used to be. Spike Lee thrusts you into the lives of these people and follows them as they moved away and returned to FEMA trailers filled with formaldehyde and houses that were supposedly searched. One young college student returned to his house days after Katrina hit to find his mother dead and bloated from the water lying underneath her refrigerator. A giant X had been placed on her house, claiming it had been searched when in actuality, it had not been. I was deeply affected by this documentary. Why were we able to fix the world's problems as soon as an issue arose, but we could not fix what happened here at home?

In August 2010, Spike Lee released a second documentary on the effects of Katrina titled, If God is Willing and Da Creek Don't Rise. Spike Lee takes us back to the old familiar faces of his 2006 documentary and provides updates with how they are doing. The film highlights the relief effort, what Brad Pitt and others are doing in the Lower Ninth Ward rebuilding homes with the Make It Right Foundation, the failing school system in New Orleans, the corrupt police department, and the lawsuit between the victims of the levee breaches and the United States Army Corps of Engineers. If you think human rights violations do not occur in the U.S, think again. The lower middle-class and the poor people of New Orleans are basically being kept from returning to New

Orleans. One woman, who still lives in Texas after being displaced, explained how she had a fantastic apartment before Katrina paying about \$300-\$380 a month in rent. The same place will cost her over \$800 a month if she were to return. Police corruption from Katrina is hopefully on the decline as Spike Lee shared some stories regarding a man who was shot by a police officer during the confusion of the Hurricane and other police officers covered it up by taking the car the victim was in, setting fire to it and stealing the skull. Further, the truth about the Danziger Bridge massacre came to light. During Katrina, a group of citizens were walking across Danziger Bridge when police opened fire on them killing two men and even completely blowing the arm off of a woman. All civilians were unarmed. The police attempted to cover that up by blaming one of the men who was shot in the back and killed (who just so happened to be mentally challenged) and his brother who was trying to take care of him. On July 13, 2010, several of the police officers were indicted and some could face the death penalty. This documentary also shows the BP disaster and the devastation it has had on the wetlands and residents of Louisiana. They just can not catch a break! One resident stated, "We sold our souls to the devil to win a Super Bowl."

These two films drown you in the grief of the hurricane and its aftermath. They introduce you to people who you want to love, support and help. But these films leave you feeling that although the resiliency of the people will continue, the aid and support from fellow Americans is running out. I urge you to watch these two documentaries, familiarize yourself with the great city of New Orleans, the state of Louisiana, and support the rebuilding of this cultural volcano. Let's stop the suffering of the people of Louisiana before we stop the suffering of people elsewhere. It should not take Americans five years to fix this city.

Continued from MythBusters

Grading process. What takes so long? After each exam, computer answers and bluebooks are checked off a master list before being given to the professor for grading. Each professor is given an exam number roster and curving information. Professors use this spreadsheet to record the grades by exam number. The deadline for professors to turn in

grades to Kay varies by the size of the class and the type of exam. For example, a professor with a class of 30 students who administered a multiple choice exam will have a shorter deadline than a professor with 100 students who administered a three-hour essay exam.

Once Kay receives the grades, she verifies that they meet the curve. She then enters the grade into the

database. As soon as she does this and hits "Save," the grades may be viewed by students through My Village. Kay does this part anywhere. In her office, at home, or even over receive their official report card in the the holiday vacation!

Kay then turns the professor's grade roster along with the verification that the curve was met how quickly Kay's work is doubleover to the Registrar, Kim Grennan. Kay's work is double-checked by

Kim. If a data entry error is found, it will be corrected. Once all grades are in the system and double-checked they are finalized, and students mail. It all depends on how soon professors get the grades in, and how quickly Kay can enter the grades and checked by Kim.

Grade changes: Grades can only change because of a clerical error. A professor cannot re-read an exam with the intent to adjust a student's score because, "grading is always within the context of the moment." This means professors assess the student's performance against his fellow students' performances all at the same time. If a professor re-reads an exam three weeks after they initially graded it to look for more points, it would be unfair to change that student's grade without again rereading the other exams to keep the answer within the context of the

Are professors chained to the curve? After grading is complete, if a professor finds that the grades do not meet the curve, the professor may seek a waiver. Good cause must be shown when requesting a waiver.

Good cause is not as Kay says, "well they were a great bunch I want to award more A's," or "they were lazy, inattentive, the answers stink and I Obtaining a want to fail half." waiver of the curve is not common.

Contacting professors once grades are posted: Students often gripe about how professors turn in the grades and then go missing until the beginning of the next semester. Professors respond as they are able to. They may be out of town for an extended period of time between semesters, especially during the summer. This does not mean professors will not discuss a student's performance on a past exam. The faculty's goal is to help the students Kay gave words of succeed. encouragement to contact the MIA professor once the new semester begins.

The mystery of the posting of grades process is now cleared up. It can be frustrating anxiously awaiting the results of an exam because a whole semester's work depends on the outcome, but there is some comfort in knowing the method to the madness. Thank you Kay for your time to give the student the body a better understanding!



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Vivacious, Honest, Real: Professor Judi Sanzo

Jennifer Goldman 2L Senior Staff Writer

"If you are going to be in the trenches, this is the woman you should be in the trenches with," the former Chairman and CEO of Todd-AO announced as he introduced Professor Judi Sanzo, the company's first general counsel to his fellow executives. Professor Sanzo's unwavering determination and skill throughout her legal career prove that she in fact is the right person to dive into those trenches with.

Professor Sanzo's began her career in the legal profession twenty-two years ago in Massachusetts. Her first few years as a practicing attorney were primarily spent handling federal criminal defense cases. A short two years after being admitted into the Massachusetts Bar, Professor Sanzo ambitiously opened her own law firm. Her career continued to progress in 1991, when she relocated to San Diego. A move to the west coast inevitably required Professor Sanzo to take the California Bar Exam. She packed her stuff, studied on the plane and took the Bar the following day. I was pleasantly surprised by her apparent lack of fear at the possibility of not passing. In response, she simply, yet confidently said, "the process is premised on intense focus and endurance." That focus and endurance most certainly paid off when she in fact passed the Bar on her first attempt.

After her admittance to the California Bar, Professor Sanzo's first experience as a licensed California attorney included sharing an office space with a law firm who also hired her to serve as co-counsel on a variety of cases. Professor Sanzo's career continued to diversely expand when she joined the Criminal Justice Act (CJA) Panel, a federal court appointed system. This decision facilitated more opportunity to provide clients with the best legal representation while simultaneously building a law practice, whose clients consisted of 75% criminal appointments, fairly quickly during the initial stages of her career on the west coast.

Four years after her arrival in San Diego she opened the hugely successful practice, Sanzo and Associates. The firm focused



predominately on criminal law in addition to family law and complex civil litigation. Three years later her career dramatically shifted gears when she was hired as the first general counsel for Todd-AO, a large entertainment company that deals with sound editing and post-production work of Hollywood films and television. Professor Sanzo's primarily practiced criminal law prior to her position as Todd-AO's general counsel because "It truly is my passion; what I love the most and where I feel extremely challenged." However, becoming in-house counsel for a publicly traded company involves a significant amount of responsibility and civil litigation and she admits, "Was a big stretch from Yet, she delve into this position wholeheartedly by learning from the CEO who hired her, "He was a brilliant strategist and negotiator and I emulated these abilities" in addition to hiring outside

counsel for assistance during the initial stages of her employment as in-house counsel. A short nine months after she was hired, the CEO (a man of few words and even fewer compliments) told her, "You really got this!"

A few years later, Professor Sanzo left Todd-AO and returned to private practice. The last criminal trial she that she handled was thirteen years ago, where after a mere twenty minutes of jury deliberation, her client was acquitted. I inquired as to the reason behind her decision to refrain from participating in criminal trials. "I do anything now that intrigues me and allows me to take the case and do the right thing."

Professor Sanzo's dedication to the law and her clients is undeniable. Her undeterred willingness to navigate her career path on her own terms is admirable. Her loyalty is notably illustrated as a result of her decision to only hire Thomas Jefferson students as her law clerks. She continues to practice law and runs the successful Sanzo and Associates law firm in San Diego in addition to being an adjunct professor at Thomas Jefferson.

The abundance of knowledge, intensity, charisma and optimism Professor Sanzo exudes keep students engaged from the minute they step through the classroom door. I highly encourage all students to enroll in a course under the instruction of Professor Sanzo.

Alumni Relations: TJSL Alumni Mentorship Program

Jump start your network by connecting with a TJSL alumnus in your field of interest.

Elizabeth Ashton

2L SBA Alumni Relations Director

Going into my second year of law school, I realized that my fear of getting through my first year was quickly replaced by my fear of not getting a job after graduation. I recognized that obtaining a position at a law firm will not be an easy task and I must use all the resources available to succeed in my task of getting a job post graduation. There are many resources available out there, but I have noticed that one resource has been overlooked, the enormous pool of TJSL Alumni.

As the SBA Alumni Relations Chair, I have recognized the importance of

reaching out to the Alumni. I have also recognized how underutilized the resource has become. In a time where job hunting has become a job, we must utilize every resource we have. During the Alumni Student Outreach Events last year I noticed that many students (including myself) spent a lot of time with other students and did not take the opportunity to network with the Alumni. Yes we are there to have fun, but take some time out to introduce

yourself to the Alumni, get cards, and reconnect with them later. Students must remember that Alumni are attorneys! They know a lot of people within the legal community. You never know, an Alumnus could have an externship available or they could know someone who is looking for an extern. Alumni want to see students at Thomas Jefferson succeed. They have been in your exact position and understand what you are going through. The Thomas

Jefferson Alumni are vying to connect with students. Reaching out to the Alumni is vital to your job search and legal career. And you never know you might just make a friend out of the deal.

make a friend out of the deal.

To assist students in connecting to Alumni TJSL has developed the Alumni Mentor Program. This program is designed to connect you with Alumni who currently work in the field of study you are looking to get into. The program can also connect you to Alumni who currently work in the location you wish to work after graduation. If you would like to be connected with an Alumni Mentor please contact the Alumni Office in the Administration Building.

Whether you connect with Alumni to network or simply for support, just reach out, you never know what can come of the mentorship.







Things to Do in San Diego

America's Finest City, World's Finest Beer

Rachel Lebron

1L Staff Writer

With more than 30 breweries in San Diego, many of which have won international awards for their beers, it can be quite the challenge to narrow down which brewery to try first. While some of the breweries are worth visiting because of their restaurants or atmosphere,

most are not that flashy. The good news is there is no need to seek out a brewery to have some of San Diego's finest beer; many of the restaurants and bars proudly serve local brews. Don't worry about not knowing the difference between a doppelbock and a pilsner, as the staff at each of the breweries is more than willing to educate a rookie. Here's a look at some of the breweries of San Diego:

Pizza Port: For a more casual restaurant setting, grab a slice of pizza and check out the specials at Pizza Port. Even with a brand new location in Ocean Beach, the locations in Carlsbad, Solana Beach, and San Clemente remain busy as ever. They offer a wide variety of their own beers and keep other local "guest" brews on tap. Don't be afraid of some of the unique names of Pizza Port's beers; their Skidmark Brown and Foam Ball are delicious.

Karl Strauss Breweries: Karl Strauss' claim to fame, the Red Trolley Ale, can be found at one of their five brewery-restaurant locations in San Diego County or at various grocery or liquor stores. There's a reason it took the Gold



Pizza Port, Ocean Beach. | Rachel Lebron

in the Irish-Style Red Ale category at the 2010 World Beer Cup.

Gordon Biersch Brewery Restaurant: Located in Mission Valley, Gordon Biersch offers great dining and bar atmospheres with an interesting view of the fermenting tanks through floor-to-ceiling glass walls. They serve their own brews, but the food may be better than the beer. Be sure to try their garlic fries.

Stone Brewing Company: You may have heard of their Stone IPA or Arrogant Bastard Stone's beers can be bought at ten different places in Old Town alone, not to mention the hundreds of other restaurants and liquor stores in San Diego County. Stone is one of the breweries that you should make the

Pacific Beach Ale House: All the way at the end of Grand Avenue, Pacific Beach Ale House not only has great food and beer, but also a great view. They have eight signature beers brewed on location and include their beer in many of their menu items.

Oggi's Pizza and Brewing Company: With seven locations in San Diego County and locations throughout Southern California and Arizona, Oggi's is the official pizza of the San Diego Chargers, San Diego Padres, Del Mar Thoroughbred Club, Anaheim Ducks, and Phoenix Coyotes. This means that at any of these sporting events, you are sure to find Oggi's pizza and beer. Although known more for their pizza than their beer, Oggi's offers a decent variety of brews, including their award winning Black Magic Stout.

ExamSoft® for Mac® Ready for Midterms

How to Manage the School Google Calendar with Yours

Josh Goodrich 2L SBA IT Liaison/Website Design

Great news for Mac users! We are happy to report that after checking with the Thomas Jefferson School of Law IT Department and Dean of Academic Administration, Kay Henley, ExamSoft will be available for Mac users by midterms, fall semester 2010. This means that Mac Users will be able to start using ExamSoft on your Mac without needing to buy Microsoft Windows® for your computer. Ms. Henley has confirmed that starting with midterms, Mac users will be able to install ExamSoft without having to use Boot Camp® and needing windows installed on your computer.

ExamSoft also issued a press release describing their new version of ExamSoft for Mac on September 7, 2010: "...the release of SofTest Mac [is] to support the ever-growing population of Mac users."1 David Schnabel, president of ExamSoft, stated, "Over the past 10 years, ExamSoft has delivered over 4 million exams, and in that time we have seen a number of changes. One of the most significant is the increase in Mac users." He continued, "We

are dedicated to supporting the needs of our clients and their users, so we are excited about the release SofTest Mac. We are particularly excited because the new release was a collaborative effort with our clients who helped us with design feedback

and pre-launch testing."2

be happy to hear that unlike in years past you will not have to buy a copy of Microsoft Windows to run ExamSoft using Boot Camp. Moreover, we have looked into whether the California Bar Examiners will be allowing Mac users to use the Mac native version for those who will be taking the California Bar Exam. At this time there is nothing posted about the Mac version of ExamSoft for the California Bar Exam. Regardless, we will keep the Mac Community here at Thomas Jefferson School of

Law up-to-date with regard to any announcements of such use for the California Bar Exam.

There is some bad news about the new Mac friendly ExamSoft: Like with many software programs, you must have a minimum Apple Operating System of 10.5.8 or higher (e.g., Leopard or Snow Leopard). Therefore, if you have an older version of Apple OS, you will not be able to use the new Mac version of ExamSoft.

A NOTE OF CAUTION: 10 years of IT experience has shown me one very important thing: the release of new software for Mac or Windows can create new bugs and problems. The IT department has informed us that there have been some reported bugs with this new software, which ExamSoft is currently addressing. I personally do not like to use a product right away without testing it first and especially during an already "tense" testing period. recommend that if you install and use the new Mac version for Midterms or finals, download and

install it for a practice exam. 1 http://www.examsoft.com/main/ index.php? option=com_content&view=article &id=33&Itemid=7#news8 ²http://www.examsoft.com/main/

option=com_content&view=article

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How I Weather the Storm

A Stress Management Guide

Lindsay Shannon-Lee

1L Staff Writer

I am probably one of THE MOST stressed people you will ever know. I began stressing myself sick at the tender age of seven when I threw up before my 2nd grade progress report. Just ask Ms. Thompson. The sad detail is, I had perfect grades. I am just inherently prone to stress. I am constantly on the alert for new and effective ways to manage and reduce stress. Like many of you, I am constantly alerted by notification tones and sticky notes to the fact that I need to do something, want to do something, should have done something, or should want to do something other than work. Thankfully, I have a few stress management staples I integrate into my life to keep me sane at the onset of stress. What follows is by no means an exhaustive list, as I probably have close to a hundred of these gems milling around my brain.

Breathe & Stretch

1. This may be a bit unique and arguably bizarre, but I am now eternally grateful to the yogi that taught me these tricks. Put your palms under your cheekbones, firmly pressing into your "smile" muscles. Hold your hands there for at least 20 seconds, pushing as firmly as you can without causing discomfort. After you remove your hands, the smile naturally follows and the stress melts away. I used to do this often as an IP/ Litigation paralegal and could catch some of the attorneys I worked with using it on stressful days. A less covert trick, but very helpful to re-focus your energy, is to do a few body stretches. Stretching gets the blood circulating and oxygen flowing to your brain. One of the most mellow attorneys I used to work with closes his office door when things get crazy and does a few "sun salutations" which are a series of basic yoga poses that quickly and effectively gets the blood flowing. It can do wonders for your mood. A quick internet search will help you find examples.

Take Control of Your Mind

2. What does the future hold? I used to work in a camp for troubled girls. Some of

these young ladies were runaways who had endured atrocities that take a special kind of person to empathize with. One way we tried to help these girls gain control of their lives was by changing their mindset. I encourage you to control your mindset as soon as you awake. My first thought every day is "what am I looking forward to?" It as simple as counting

down the days until a loved one visits or waiting for your favorite dish to finish marinating. No matter how small or insignificant, the focus is on the positive. Before you bound out of bed in the a.m. to simultaneously brush your teeth, check your e-mail, do a handstand, and walk your dog; ask yourself what special thing you have waiting for you. And if you think you do not have something special waiting, create something!

Live With Intention

3. School does not come first; YOU come first. Your parents, professors and loan distributors might disagree with that statement but before an angry mob rallies at my doorstep, hear me out. Do you ever have a day that you swear is genuinely the worst you have ever had? Maybe you realize that you forgot to wash the conditioner out of your hair just as you find a parking spot at

school. Or maybe when you try and answer a professor's question in class, you somehow forget basic English, and accidentally drool on yourself. The day continues on, snowballing until you are absolutely fringe edge. I often get caught up in what some have already labeled the Sneaky Hate Spiral (http://hyperboleandahalf.blogspot.com/2010/05/sneaky-hate-spiral.html - I highly recommend checking it out). Fellow fringe-

a way to catch yourself and prevent further damage. My all-time favorite lawyer once told me that you must "live your 1 i f e intentionally." The first step to fulfilling this is simply being aware of yourself. Employ a little trick called "meta." Whenever you are about to explode into an agro mess, simply stop and ask yourself

edger's, relax. There is

"what exactly is wrong?" You might think you already do this, but a quick self evaluation would most likely tell you that more often than not, that you just allow the weight of the world to crush you. When my heart beat speeds up to a mouse's pace and I feel like throwing a casebook out the window onto the freeway, I catch myself and ask, "Hey Lindsey, pumpkin..... What is really wrong?" Try not to think of it as talking to yourself, but rather as a cleansing emotional ipecac where you take control of your thoughts. Then journal, breathe, scream into a pillow, or talk to yourself- just get it out.

"You" Time

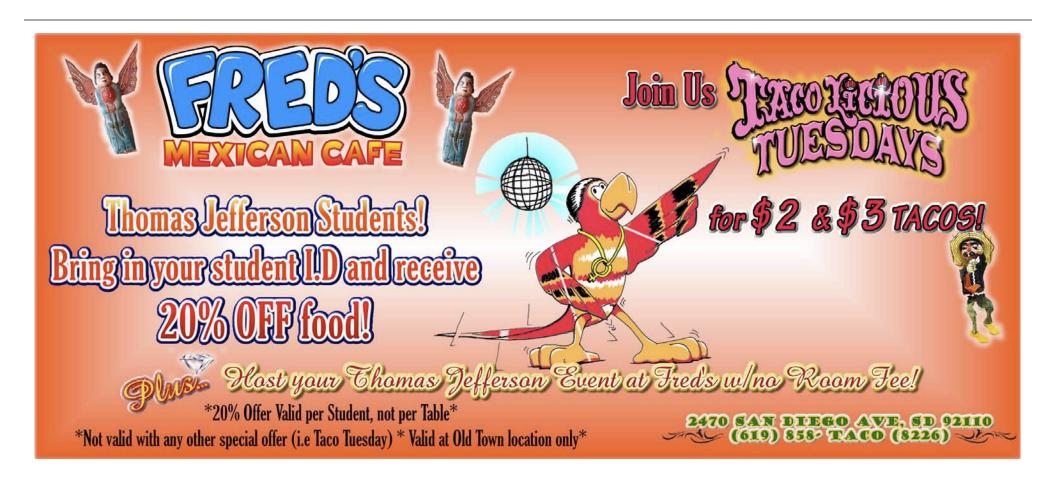
4. Set (enjoyable) reminders and allow yourself some "you" time. My father was in the U.S. Army for 30 years. He taught me a lot about time maintenance. Though our family vacations may have been mapped out to the last bathroom break, (literally: 05:30

A.M. Wake up, 05:47 Breakfast, and so on) his scheduling skills have proven to be a lifesaver. I used to have a hard time stepping away from my studies and purposefully dedicating a few minutes to decompressing. After taking some tips from Colonel, I now schedule some time for a mental recess where I move away from my desk, always set a reminder alarm, and enjoy! A reminder helps me completely relax knowing that I have not lost track of time and drifted off-course from the most important task at hand, success in law school.

Enjoying "You" Time

5. Once the reminder is set, take full advantage of your play time. As busy as you might be, make sure to still ensure that your desires are appeased for certain activities. For example, I satisfy my obsession for Chef Gordon Ramsay and his shows even without having a very accommodating schedule. As soon as the allotted time comes, I am dicing, mincing, broiling, sautéing, and marinating right next to Gordon. This activity is twofold in benefit. It satisfies my desire to be entertained and also allows me to care for my diet, an area of our lives that we often neglect when stressed. I cannot emphasize enough how integral a healthy and balanced diet is to your scholastic comprehension. The point is, whatever activity you long for, set aside time and indulge yourself. I may not be able to go running every morning, but I do make a date to run at least twice a week and every time I cross the El Prado Street bridge in Balboa Park, I remember why I force the activity. Being in law school does not mean we cannot enjoy extracurricular activities anymore, it just means we need to be more purposeful about enjoying them!

Fellow future lawyers: Stay grounded, focused, and purposeful. I have immense faith in your ability to succeed!





PARKING HALL OF SHAME!

Got your best Hall of Shame Picture?
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WE ARE RENAMING THE INFORMER!!

With only three months left until we are at our new home downtown, we want YOU to help rename the Thomas Jefferson School of Law's only student run newspaper.

Please send your ideas to TJSLOBJECTIONS@gmail.com by October 16, 2010. The Informer staff and the SBA will be selecting up to five names which will be presented in our next issue.

Hey 1L's You're Not the Only One!

If you can't get out of it, get into it.

Amanda Pollard

1L Writer

"Congratulations, you've made it. You are part of the elite." As a first year law student we have heard this several times. We have all been told that the hard worked has paid off; that not many can do it and that we are special. Does anyone else feel like a fraud? Yes, I know I'm smart; I have something to offer, and have potential, but elite? Really?

On our first day of class we all heard the same thing- that it's going to be hard, even torture at times, but if we keep our nose to the grindstone we can make it - we can even succeed! Looking around at everyone nodding their heads I cannot help but wonder if I am the only one who just does not get it. Our teachers are brilliant! Far smarter than I can ever think I will become. But I mean, I'm a future lawyer, and things are flying right over my head- something must be wrong! I thought I was the only one.

The second week starts and we begin the long journey into becoming comfortable with the uncomfortable. I mean do young adults in other professions get used to living on two to three hours of sleep? How about living and breathing contracts, torts, legal writing and God knows what else? Our heads swim, our dreams are filled with hypothetical situations and case briefs...and questions we can not seem to find answers to. Then, on Tuesday of the second week I fell into a discussion about food! Yes, oh so comforting and familiar. The very welcome distraction was about the various food deals available in San Diego. With several of my classmates we headed to Fred's, just down the street from school, for

Taco Tuesday. Two margaritas in, I discovered that I am not the only one! We are all scared, being pushed to our minds end, and most feel at least a little bit lost. Some of my peers thought I had all the answers in class while I thought they did. As it turns out, as first year law students, everything is new to us and we are all feeling lost.

Many of us are new to San Diego as well and only know the roommates we were set up with or the one friend from orientation. But, take a look around, (as we were told during orientation) it is very possible that we are meeting our future husband or wife or making friends that will be our bridesmaids and groomsmen. You never know, you could be meeting the person you call after you get your bar results back and maybe someone you will practice with one day soon.

As I sit in class (forty-five minutes early because yes, I am that person and more than 75 percent of my classmates are too), I realize that this is exactly how I want it to be. Most of the people in this room are incredible. They are interesting and funny, smart and witty and I would not mind including quite a few of them in to my future. I have figured out that even though I may not always feel like I belong here or know what's going on and where exactly things are headed, I would not change it for anything. We will all fall behind and feel a little bit lost at times. As a class we should reassure one another. So take a deep breath and look around...you're not the only one.

For fun deals in San Diego, check out http://www.groupon.com/san-diego



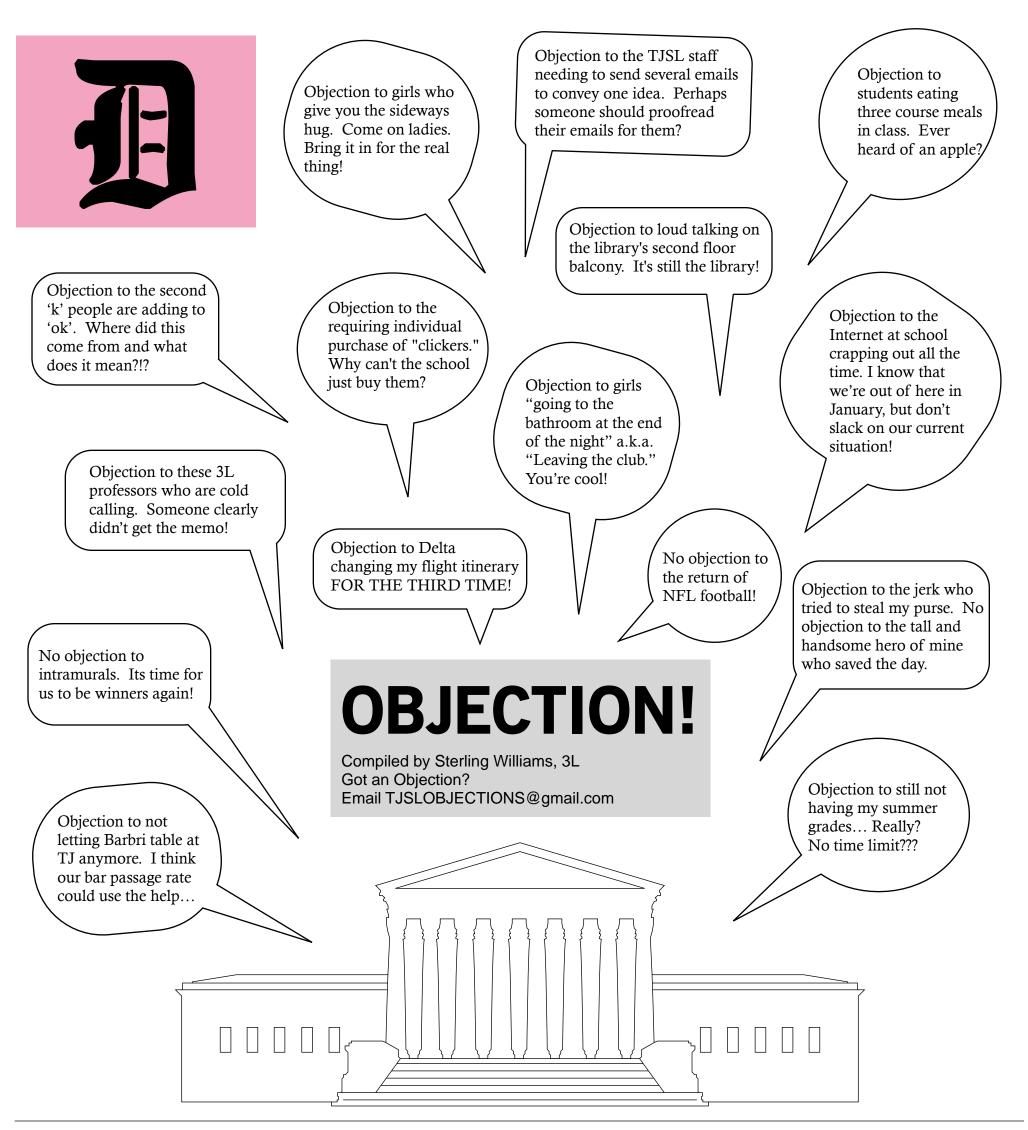
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Weird **Legal News**

An update on some of the crazy legal related issues around the world.

Brandi Haefs

3L Senior Staff Writer

1. Recently a man in Germany finally consulted a doctor after having a headache for 5 years. He recalled getting into a drunken scuffle with an acquaintance on New Year's Eve in 2005 but did not know that he had been living with a bullet in his head this entire time. The bullet was successfully removed by puzzled physicians but now the man is trying to locate and bring suit against the former acquaintance.



wrecking crew was ordered to demolish a house but by mistake they knocked down the house across the street instead. This did not sit well with the owner who is

now suing the company. The date the original house that was slated to be demolished has yet to be re-planned.

- 3. A 68-year-old Florida man was arrested after having a loud argument with his bicycle outside a gas station. The man was arrested and charged with disorderly intoxication.
- 4. British Airways recently had to apologize to passengers after an emergency message warning them that they were about to crash into the sea was played by mistake and many of the 275 passengers on their way to Hong Kong are seeking to file suit for the distress.

- side of the freeway and busted through five police blockades before he was finally arrested. He claims he did this all because he was upset his cat died.
- 6. In German elementary schools children are typically given a cardboard cone filled with sweets, but this year they opened their cones find pornographic pens which project erotic

images. Angry parents demanded answers and it turns out that the pens were purchased from a discount store sight unseen with the description that the "pens lit up at the push of a button".

- 7. A court in Brazil temporarily suspended 5. A Japanese man drove down the wrong a law banning the ridiculing of political candidates within three months of an election. The law even prohibited publishing jokes with fines of up to \$57,000.
 - 8. An Edmonton man admitted he was late for an appointment with a probation officer so he stole a bicycle and rode it to the station to make the meeting on time.
 - 9. Christian Hernandez, a matador, was in the bullfighting ring when suddenly he got cold feet, threw his red cape down and ran out of the ring. The organizers of the event were none too pleased and so they had him arrested for breach of contract.
 - 10. In Alberta a 19-year old student insisted on wearing a kilt to his high school graduation ceremony, but the school said no because the rules required men to wear pants. Finally after protests from all over the world they finally allowed him to wear the kilt to the ceremony.