

THE OPINION

Volume 21 No.4 February 2008



WILLIAM MITCHELL
COLLEGE OF LAW

William Mitchell
Professor of
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PRINTED BY: OfficeMax Impress

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Vol. 21, No. 4
February 2008

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The Law Student Diet and Stress:

Breaking the Vicious Cycle

By Maureen E. Johnson

You know you're in a dietary rut when you find yourself dining on potato chips and slamming a Coca-Cola for breakfast during your 7:30 a.m. health law class. That's what I found myself doing last semester when I unwisely decided that grab-and-go junk food was an easy way to sustain myself during law school.

Sadly, it appears I'm not the only Mitchell student who has sabotaged their diet for the sake of convenience. A quick glance around the commons will reveal that many of us are subsisting on a steady diet of processed foods containing large amounts of refined sugar, salt, saturated fats, white flour, and caffeine. Without proper nourishment, it's no wonder we find ourselves slogging along to class like zombies, unable to function without our daily intake of Starbucks or the latest "energy" drink.

It's no secret that stress and our busy lifestyle cause us to opt for junk food over the balanced diet of protein, complex carbohydrates, and fruits and veggies we know we should be eating.

In addition to work and family demands many of us face, we have to master a difficult curriculum and still make time for various extracurricular and social activities. While stress obviously contributes to unhealthy eating patterns, you might not know that a poor diet can increase stress levels by robbing the body of nutrients it needs for optimal mental functioning.

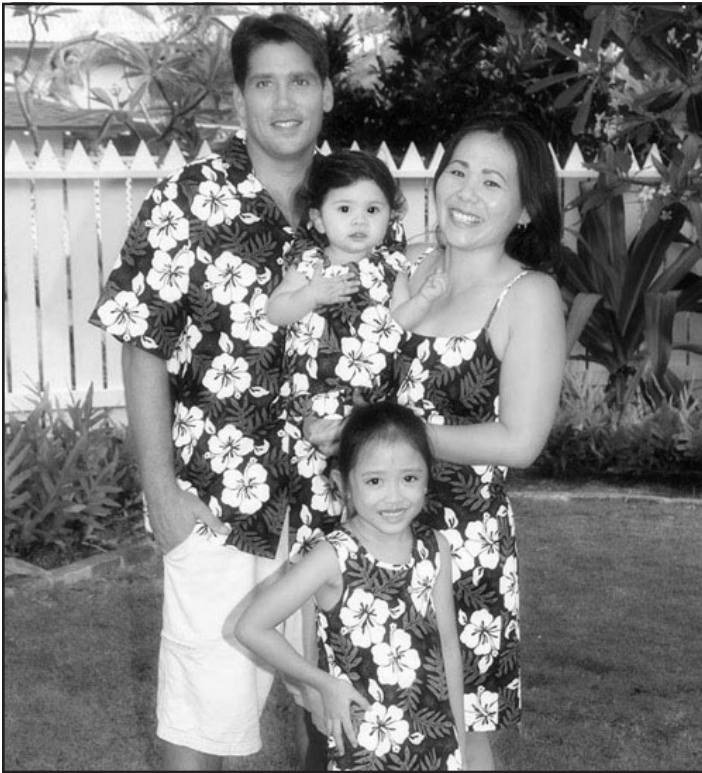
The result is a vicious cycle of stress, poor eating, and more stress. While there is much talk in the law school community about the importance of balancing life activities to help alleviate stress, surprisingly little has been said about the relationship between our diet and stress levels. According to a 2003 article in *Psychology Today* by Willow Lawson, consuming junk food compounds stress and increases tension by wreaking havoc on our body's internal chemistry.

Even a few days of consuming chips and soda, says Oregon nutritionist Elizabeth Somer, can upset the nervous system by robbing our body of B vitamins, which are essential for proper nerve and brain cell function. Salty foods have a dehydrating effect on the body, resulting in fatigue. Meals high in fat increase levels of the

stress hormone cortisol, which in turn is responsible for provoking the classic flight-or-flight stress response. And all the sugar and caffeine we've been downing just to get through the day decreases mental productivity and increases the likelihood of mood swings.

You're probably thinking, "I don't have time to eat healthy!" But eating better doesn't have to be as difficult as you think. It may be as simple as throwing a few ingredients in the Crock-Pot before bed and letting it simmer overnight. Bringing a bag lunch and carrying healthy snacks, such as energy bars or dried fruit and nut mixes, are other easy solutions.

School is stressful enough. Given the pressures we face, we would be wise to do what we can to lessen our stress load. If we have the fortitude to survive law school and spend hours feeding our brains all the good stuff in our law books, we can make the extra effort to put good stuff into our stomachs.



Things No One Else Will Tell You

Clockwise: David Finberg, Rhoda Weintein, Rachel Blumenkrantz, and Sarah Perlman. Delighted coffee berry pickers at the organic coffee farm strike a pose while on break.

The Educational Value of Winter Break

By Allison Crandall

I am writing this column from my hotel room in Kailua-Kona, Hawaii, on the last night of my vacation. The luau down the road has begun, and the Hawaiian music is drifting through the open window. There is color on my Minnesotan cheeks, and my shoulders are notably unknotted, my teeth markedly unclenched. Finals have been erased from my body, though held in safekeeping by muscle memory, I'm sure.

I worked on an organic coffee farm here in Hawaii the winter of 2005, and this trip was my chance to show my boyfriend this wonderful island. We have seen craters and active steam vents, waterfalls, lava fields, as well as bright fish and sea turtles through our snorkel masks. We have had the chance to visit the farm where I worked, touring the coffee land with my former boss and reminiscing about the glories of physical labor. It has been a lovely thing to show him that part of my life.

It may seem self-indulgent to give the clichéd “What I Did Over [Winter] Break” spiel as my contribution

to the paper. But it has a point, or at least a direction. In following that direction I'll shift from self-indulgence to generalization.* In our time here, we have noticed something about Hawaiians, or at least Big Islanders, that is missing from the people we know at home. There is an ease to life here, a slowed pace, that alternates between inviting and infuriating. Some of the shops and restaurants we walked by had facsimiles of the “Gone Fishin'” sign up at the door. Transactions have the leisurely tone of a meeting of friends as opposed to a sale between strangers. These things can irritate even a charmed Northerner. On the other hand, we have encountered remarkable graciousness, even when it inconvenienced the person granting the kindness. What struck me, particularly in contrast to a winter in Minnesota, was the palpable sense that these people had found themselves in paradise, even those who'd never lived anywhere else.

There are those who might see this relaxed approach to life as trivializing people in the world who choose to do “real work.” It may seem like a permanent kind of...*Continued on page 4*

What Would Your Mother Think?.....

By Carol Lewis and Jackie Lewis

We are the Lewis twins. We do not have the same birth date, nor do we have the same mother or father, and we came to our last names by marriage. However, in law school we found out that we have similar viewpoints, we have the same blood type and we are of a similar age. We like to have a little fun and make people do a double take when we tell them of our "twinness." We like law school because we can freely make up words here.

We are very opinionated. The reason we are writing this column is that we have something to say and this seems like the only place to say it.

The topic for this column is student dress. (We are not saying that every student should wear a dress!) Since there is no dress code, or way to enforce a dress code, we'd like to offer some observations, comments we have received, and being the mothers that we are, some helpful suggestions.

By and large, the guys at William Mitchell have proved to be the better dressed gender. We are not saying that the guys step off the cover of GQ every day, but we haven't seen any instances of plumber's butt or low-riding khakis or jeans. For the most part, the guys are casual, sometimes sloppy, but no egregiously gross dress habits have been noticed. We admit it is easier

for guys. The women, on the other hand, have driven us bonkers! To put it bluntly, we are weary of worrying about attractive young women and their breasts popping out of their alleged tops, exposed thongs and midriffs. We know that the style is more risqué than it was when we were growing up. The fashion industry couldn't get us out of our jeans and into a skirt or dress. However, there is a place and time for that type of apparel. We suggest it is not here at school.

We have talked with a number of young men who say that it is practically impossible not to notice how low cut some of the shirts and blouses are. Some have even gone so far as to suggest that this might be done to improve grades or catch a husband. We don't go that far.

So, what are we asking? We don't want to be misunderstood here. We are not saying that women must wear suits or dress to the nines every day. We certainly don't, and we don't expect that from anyone else. Even though the building was once a Catholic school, we don't think it necessary to dress as if this were a nunnery. However, some of the "habits" have to change. We are not the fashion police. Nor do we want to infringe on individuality. What we do want is some modesty. Our advice is a derivative of the atomic bomb threat era slogan we learned as young girls: "Stop, tuck and cover!"

winter break...Continued from page 3

adolescence to work only the hours needed to live, and then move on to the pleasure of living. These being someone's perspectives, I will say that being reminded of the lifestyle here is healthy for me after finals. The value in this reminder for me is the idea of choice. A person may not have a choice about school loans, credit card debt, or even class rank, despite tireless effort. That same person does, however, have a choice about appreciation, awareness, and gratitude.

* *Journalistic/Sociological Disclaimers:*

- 1) I am certain there are people on the Big Island who work 80 hour weeks and take themselves exceedingly seriously.
- 2) This relaxed approach to life is the not privilege of the wealthy in Hawaii, and it doesn't obviously respect professional designations.
- 3) Also, I do not intend to reduce Hawaiians to smiling imbeciles who find ecstasy in shiny things and color television. There are problems here, significant on the social and individual levels, which makes the general local attitude that much more powerful.

Kosovo: *The Graveyard of Interventionist Ideology*

By Justin Paul

December 10 has come and gone and no “final status” has been decided for the UN occupied Serbian province of Kosovo. Few should be shocked, as the final 180 days of negotiations was hindered by the US and EU saying they would back the Kosovo Albanians no matter what. This didn’t give Pristina incentive to negotiate in good faith. Belgrade has been offering very creative super-autonomy models, including the highly successful Aland Island and Hong Kong models. No one denies that the Albanian community suffered under Slobodan Milosevic displacement in the brutal and disproportionate counter-insurgency to KLA terror attacks. For this reason Belgrade is not demanding for direct control over Kosovo.

But the brutality was not one sided, as 200,000 Serbs were expelled from Kosovo after the KLA and its NATO enablers took back the province. Many Serbs living outside the 4 Serb majority cities in the north have little freedom of movement, living in ghettoized enclaves. If a European style solution is to be found it needs to be based on compromise. In Spain, minority communities suffered abuse for decades longer than did Kosovo Albanians, yet Spain emerged intact and has

offered great autonomy packages for Catalonia and Basque Country.

Serbia should be given the same chance given its good faith negotiations. The west wants to wave a magic wand and pretend this has no parallels elsewhere, but it does. Milosevic’s revoking autonomy and repressing linguistic rights sounds eerily familiar to what Georgian President Zviad Gamskhurdia did to Abkhazians and Ossetians, yet no “liberal hawks” pine for those peoples’ self-determination rights simply because this would “help Russia.” Displacement of peoples is not linked to a loss of territorial integrity in NATO’s eyes if it involves a NATO member; see Turkey’s counter-terror campaign against PKK in the southeast of the country, which destroyed many more villages than did the JNA in Kosovo.

Attempts to draw a Kosovo line in the sand will just show how self-serving NATO, the US and EU are. Even more absurd is the western powers’ opposition to partition within partition. Serbian rights have not been guaranteed in the new UN led Kosovo. Partitioning Kosovo would be a last choice compromise solution that could keep both parties from feeling like losers and prevent all-out clashes. With its Muslim Sandzak region and its multi-ethnic Vojvodina province, Serbia is by far the most diverse Balkan

nation, and has an incentive to find accommodation with minorities.

Kosovo, whose ethnic minorities are leaving the province, has no such incentive, especially when ethno-nationalist Prime Minister Hashim Thaci is such a darling of the American political cocktail circuit. This conflict was a battle between competing national ideologies, the fight for Kosovo was cemented with the formation of Albanian nationalist League of Prizren in 1878; the clock did not begin with Milosevic. Serbs drove out Albanians during the Balkan Wars, but Albanians drove out Serbs during part of World War II. But to the interventionists, only one side of the narrative was important and this justified a cluster bombing infused experiment in forging new nations. Interventionism has always increased problems in the Balkans, as Russian Empire, Austria-Hungary, France, the UK and the US have all used the region for their own geopolitical aims. Stability cannot be achieved in the Balkans if the same great powers that have tormented the region with their self-interest for centuries continue to cherry pick self-determination rights to suit their economic and political biases.

A Call for New Stress Management PLPs

By Mathew Dziuk

The Opinion is concerned for the William Mitchell student body. Law school can be very stressful and we here at The Opinion believe that a greater variety of stress management PLPs would benefit the student body. Here are some PLPs (other than yoga) that the Opinion would like to see made available:

Kicking the Habit... of not smoking: They tell you that smoking is “bad for you” and causes “health problems,” even “cancer,” but you know it tastes like manna from heaven and all the cool kids are doing it.

The Original Method of Self-Medicating: Drinking When you are stressed do you say “I need to manage my time or do yoga”? Hell no! You say it loud and you say it proud, “I need a drink.” A PLP can be held in the evening at any local bar, or in the morning, alone and depressed in a studio apartment.

Sex, Drugs, and Rock n’ Roll: A Three Part Series *Sex:* Though managing stress in this way can be involved and require some skill and experience, we recommend the following methods of procurement:

1. Prostitution: Paying for it illegally
2. Dating: Paying for it legally
3. Begging: Being in a marriage
4. Hinting: Indicating by any small means that you are interested (ladies only)

Drugs: People wouldn’t use them if they didn’t work. If you need to relax, mellow out, or experience another plane of existence, just visit your friendly neighborhood drug dealer. Brush up on your Crim Law and Crim Pro first.

Rock and Roll: Though I find the rhymes of Kanye West as appealing and self-absorbed as the next person, just gimme that old time rock and roll; that kind of music just soothes the soul. Where is that from?

Bottling It Up or Letting It Go: PLP Belittling Others People are often advised to not bottle up or keep in all their stress. Why not manage you stress by taking it out on the people around you? This can be done through insults, snide comments, sarcasm or general cursing. Let’s face it; the people around you are probably the ones who cause all your stress anyway.

How to Relieve Stress Through Destruction of Property: You can do this right now. Break your pencil in half. Go ahead, do it right now. Didn’t that feel good? Other fun things to break:

1. Textbooks from previous classes
2. Textbooks for current classes
3. Unhelpful commercial outlines
4. Laptops that won’t run Secure Exam properly (all laptops)
5. Anything! (even fellow students!)

Relieving Stress Through Adrenaline: Sit in a classroom OR street luge down scenic Summit Hill? Listen to someone talk OR base jump off of the roof of William Mitchell? Get helpful information OR have an impromptu mixed martial arts contest in the commons with Professor Steenson? You can do the balancing test yourself.

NATIONAL BEAT

By Mike Vogel

WINSTON/ SALEM, NC – Yesterday, in a joint press conference, spokespersons from three tobacco companies announced the result of an exhaustive five year study showing that 1 in 4 smokers equals 25 percent.

NEW YORK – Publishers announced record low sales for Anne Coulter’s latest book Bipartisanship and Tolerance. They noted surprise, especially following her two bestsellers: I Hate How/That You Think and Why All Members of the DNC are Going to Hell.

NEW YORK – The Surgeon General yesterday announced the latest new cause of cancer: malignant cells.

WASHINGTON – The DEA made their largest bust of steroids in history, raiding fifty-six labs. A spokesperson for the DEA explained, “We are now stronger than ever.”

WASHINGTON D.C. – The Supreme Court, in a 9-0 decision issued this morning, extended the death penalty to people who talk too loud in a law library. In his concurring opinion, Justice Alito wrote, “Shut the hell up.”

MICHIGAN – With GOP wins from Huckabee, McCain and Romney, former New York Mayor Rudy Giuliani was pleased to report that he won 60 percent of the vote of some long lost cousins.

SEATTLE – Yesterday three teens were arraigned on charges of aggravated battery for the beating of an area man to the tune of Styx music. Their defense attorney explained that they plan on going with the espresso defense, claiming that after consuming many shots of espresso, the teens lost control of their muscle movements, and after hearing “Come Sail Away” started repeatedly kicking the man in the groin. When asked for comment, ADA Smith explained that when it comes to espresso, Styx and stoners can break your boners.

ST. PAUL – William Mitchell announced wild success with its use of Secure Exam software as many students can type faster than they write. Many professors reported their students having time to get “ballsier” with their responses. One professor explained, “Secure Exam increases the students’ test ease”.

MINNEAPOLIS – Garrison Keillor announced that the title of next Saturday’s installment of Lake Woebegone Days will be “My Neighbor Can Suck It!”

LOS ANGELES – “Balls Of Fury” swept the Academy Award Nominations; most notably Christopher Walken receiving a nomination for Best Actor and Best Supporting Actor because, as Academy officials explained, “one nomination just won’t cover the greatest performance of Walken’s career, which far outshined both ‘The Deer Hunter’ and ‘Catch Me if You Can.’” Other notable acting nominees include Jack Nicholson for playing a grumbling curmudgeon, Jodie Foster for playing a woman in distress, and Tommy Lee Jones for playing a take-no-crap officer of the law.

Professor Not Quoted in NY Times

By Stuart Stendahl

William Mitchell Law Professor Art Tomko was seen pacing back and forth on the campus's 3rd floor hallway after discovering he was not asked to be quoted in a recent NY Times article.

"I am so pissed off right now," Tomko scowled.

"I had a good string of one-liners all ready for the Times, but they never called me – them assholes... Instead, they asked Professor Silliman from South Dakota. Back at Harvard, he couldn't even hold my jockstrap during intramural basketball, much less expound on the virtues of Law and Order."

This breaks the string of seven straight weeks that Professor Tomko was featured on the Law School's sleek red homepage for recognition.

When asked if Tomko wished to publish his thoughts in The Opinion, he said that he forgot what he was going to say, and besides, he'll just publish them in an upcoming Law Review article that numerous "peers" will read...hopefully.

We wish him the best of luck!



Dear Dr. Chip Herringbone,

*I'm a 1L and I'm being bullied
at school. What should I do?*

*Sincerely,
Scared in torts class*

The William Mitchell Life Coach

*Your questions.
Answered.*

Dear reader,

It's tough being young. Having to deal with puberty and the occasional wet dream is more than most boys can handle. Sadly, we live in a dangerous time where bullies roam free and rule the playground like dystopian warlords with MySpace pages. Now, the Boy Scout Handbook recommends that you tell the bully how much his actions hurt you feelings. But let me tell you, feelings are like bee stings; you only think they hurt until someone roundhouse kicks you in the face. That's why every young chap and chapette needs to know how to deal with a bully the right way.

In order to deal with a bully, you need to use your brain. I mean, let's face it, if you were able to throw down on the low down, you would be the one taking the money from weaklings in order to compensate for your dad missing your little league game.

The key is to demoralize the bully so he or she will be too embarrassed to pick on anyone else. I recommend using Karl Rove's strategy during the 2000



**Bullies can be recognized by their mean mugs and cold stares.*

South Carolina primary: fight fire with nuclear weapons. Unlike Karl Rove, who falsely implied that a war hero fathered an illegitimate child, imply that the bully still wets the bed. Say something like: "if I told you I slept over at Johnny's house and he woke up in a puddle of his own urine, would you be more or less likely to give him your lunch money?"

By doing this, all of your bullying troubles will be over. It's important to remember that you don't just want to stop the bullying against you; you want to stop this person from bullying anyone else. That way, your classmates will be so grateful they may see fit to pay you a tribute. Of course, by "grateful" I mean scared and by "tribute" I mean bribe. All in all, the reward is twofold; you become the richest kid in your neighborhood and you have eliminated the bullying problem once and for all. ***

DO YOU HAVE AN OPINION?

We want your contributions! If you are interested in writing for The Opinion, let us know by writing to theopinion@wmitchell.edu. We are also looking for people with knowledge of fundraising, shoe shining, and advertising. Contact us today!

Profs Say the Darndest Things

We've all been there. You are sitting in class, innocently taking notes, when your professor says something hilarious. While this effectively prevents many of us from learning for the rest of the day, it is also, undeniably, one of the best parts of law school. As a public service, The Opinion will publish these gems of legal education.

*****Send us your profs' quotes!*****

- “There’s no curve, but there are standards.”
- “School House Rock...they get a lot right in that video!”
- “You should all read the New York Times, though probably not during class. But who am I to say what’s right? If you get more value out of it...but it hurts my feelings. Maybe you should just drop!”
- “This is the best course in the school! Not everybody realizes that.”
- “Those of you who were in my class last year are thinking ‘that joke wasn’t funny last year, and it’s not funny today.’”
- “That did sound very condescending. I heard it too.”
- “There’s fifty of us and only one of him. Today we make our stand. We make our stand against learning.”
- “When I stop teaching law school, I’m going to start a band called Systematic Blah Blah Blah.”
- “Apparently these were very sucky Germans, because they got rounded up before they could commit acts of terrorism.”
- “The more I work here the more I sound like Doug Heidenreich.”

Horoscopes

By amateur haberdasher
Irina Abramovich



Aries (March 21-April 19):
You'll successfully pickpocket twelve of your classmates on February 7th in honor of Charles Dickens Day.



Taurus (April 20-May 20):
You'll spend much of February contemplating what the child of Optimus Prime and Voltron would look like if they were to have sex.



Gemini (May 21-June 21):
Jason Bateman's freckles will feel like sunshine to your winter Vitamin D deficiency this month.



Cancer (June 22-July 22):
A Mexico vacation will leave you with a golden tan, wind-tousled hair, and a Mayan infant you bought at the souvenir shop in Chichen Itza for 200 pesos.



Leo (July 23-Aug. 22):
If the stars wanted to listen to your lame conversations they'd wait until they were having an amazing day just so it would bring them down to reality a bit.



Virgo (Aug. 23-Sept. 22):
After spending nearly two hours trying to dress your dog up like an iPod, you'll come to the conclusion that you'd much rather have an iPod than a dog.



Libra (Sept. 23-Oct. 22):
You'll have your arms chopped off this month. This other guy will have acid poured on his legs. Together you'll become an irresistibly rambunctious duo that breaks watermelons in half with magic kung-fu powers. Just watch *The Crippled Masters*.



Scorpio (Oct. 23-Nov. 21):
Everyone will think that you're insane when you buy your pet frog, Zephyrus (named after the Greek God of the West Wind), a diamond encrusted swimming pool.



Sagittarius (Nov. 22-Dec. 21):
The severed hand you find in your linen closet will leave you puzzled for days.



Capricorn (Dec. 22-Jan. 19):
This month you'll answer the age-old question: What could be cuter than a four-week-old polar bear cub noisily napping? Nothing.



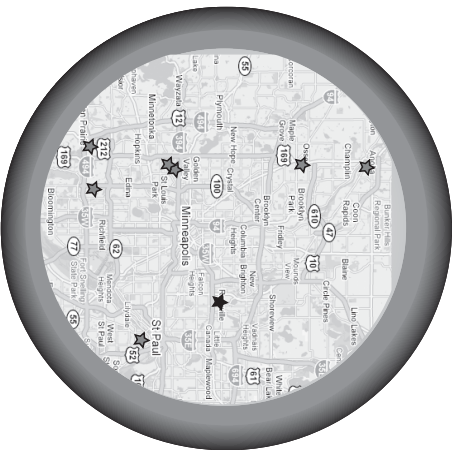
Aquarius (Jan. 20-Feb. 18):
Sporting a vintage Members Only jacket and form-fitting lamé leggings to parties will totally make everyone think that you're that fun party guy; wearing Michael Jackson's outfit from "Thriller" to parties, however, will make everyone think twice about your participation in the Big Brothers program.



Pisces (Feb. 19-March 20):
Placing your baby into a bag of trash and throwing it out your car window while driving down a busy freeway isn't just horrible, it's also littering, and the law punishes litterbugs like you.

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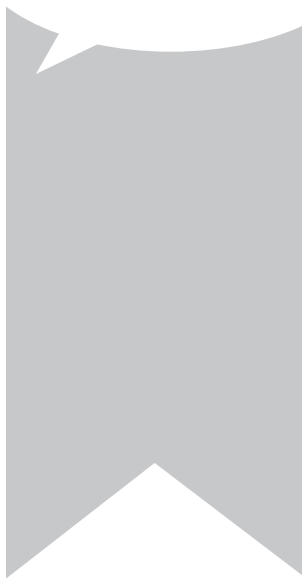
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