Quad Angles

University of Michigan Law School
contributor of this idea. Of course, she has seen cars with multiple tickets decorating their windows, suggesting that they see the ticket, and don’t write another one,” said the ticket, in your car, and place it on your windshield when you park by a meter. “When the meter maid comes around, someone else is trying them (or witnessed alternatives if they are driving less than five miles to and from work),” said one staff member. Regular full-time employees who do not hold a University parking permit can get a free bus pass, which is good for the entire semester. Several people recommended skipping parking altogether and riding the AATA bus. “I think parking on campus is a luxury whose time has passed, and many people who live right here in town need to think of alternatives if they are driving less than five miles to and from where they work,” said one staff member. Regular full-time employees who do not hold a University parking permit can get a free bus pass, which is good for the entire semester.

Are you a parking-close-at-all-costs kind of person? If so, here are a couple tips for you, straight from the email messages of those who have tried them (or witnessed someone else trying them):
- If you are very ambitious, you might try observing the parking officers’ regular hours to see when they actually check meters. One individual was kind enough to send me a schedule which I have declined to print.
- So, here are a couple tips for you, straight from the email messages of those who have tried them (or witnessed someone else trying them):
  - Keep an old parking ticket, or a paper resembling a ticket, in your car, and place it on your windshield when you park by a meter. “When the meter maid comes around, they see the ticket, and don’t write another one,” said the contributor of this idea. Of course, she has seen cars with multiple tickets decorating their windows, suggesting that the parking officers are not all that naive...
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Resistance Training Means More Than Big Muscles

A sound fitness regimen requires a comprehensive approach that includes aerobic training, resistance training, proper nutrition, and proper rest. This article deals with the specifics of resistance training. By “resistance training” I mean weight lifting. Unfortunately, “weight lifting” conjures up images of musclebound bodybuilders like Arnold Schwarzenegger. It is a prevalent misconception that lifting weights will make you bulky or muscle bound. Women, in particular, commonly express apprehension about incorporating weight lifting into their fitness regimes because they fear that they will get too big or look too muscular. Actually, it takes a great deal of time and effort to build muscle, much less build big muscles. Though you can’t spot reduce body parts (i.e. burn fat just off of your thigh) you can definitely “spot sculpt” specific areas of your body.

The obvious benefits of weight training are improved muscle tone and muscle strength. Other benefits include: a decreased risk of heart disease, increased bone density, more resilient tendons and ligaments, an increased metabolism, and decrease in stress and tension. Increased metabolism is perhaps the most surprising effect. Muscles are active tissues that burn calories even when you are sitting at your desk. By increasing the overall muscle mass (even just a little bit) you are increasing the number of calories you burn every single hour of the day.

Weight training is a precise science, and the more informed you are, the more effective and safe your training will be. There are many guidelines to observe when using resistance training as part of your fitness regimen, the primary rule being proper form. Training incorrectly not only wastes time, but can result in injury. You can do 100 repetitions of bicep curls and do 100 repetitions of bicep curls improperly without getting too much momentum.

Concentrate carefully on the muscle group you are working on, and your progress will be more efficient. Practicing proper lifting technique and not cheating will allow you to perform more repetitions. In conclusion, I would like to reiterate the importance of being informed about weightlifting/resistance training before you start. This kind of training is an essential tool for obtaining optimum fitness, but it can also be very damaging if done improperly. I highly recommend that you consult experts in the field—reading literature, talking to someone who does it, or consulting a trainer. Most gyms have a vested interest in keeping their customers from getting hurt, so they frequently have an on-site trainer who can help you. Though I do not think everyone needs a personal trainer, it is not a bad idea to hire one to help you determine what exercises would be best, what intensity of weights you should be using, and the number of repetitions and sets you should be doing. Starting on the right foot can greatly increase your results. Getting good results means you will probably stay motivated to keep doing the exercises.

—Shanta Ness
Calendar

All programs are from noon to 1 p.m. unless otherwise noted. For more information on Law School Staff Brown Bag programs, call Connie at 7-0999; other programs, call 998-6133.

March 26, Conference Room 4 Michigan League
“Sleep Disorders in Infants and Toddlers,” sponsored by U-M Family Care Resources Program. Presenter: Vicki Wilson, Child Health Associates.

April 2, Conference Room 4 Michigan League

April 9, Room 138 HH
“Relaxation Techniques and Stress Relievers,” Law School Staff Brown Bag Lunch, Presenter: Deb Mattison.

April 17, Conference Room 4 Michigan League
“Sibling Rivalry: It Takes Two to Tangle,” sponsored by U-M Family Care Resources Program. Presenter: Beth McLean, Assistant Director, Community Day Care.

April 23, Room 138 HH

April 25, 8:30-Noon, Koessler Room Michigan League
“On Balance: Getting There From Here,” sponsored by U-M Family Care Resources Program. Presenter: Geri Larkin, President, Strategic Thinking.

May 14, Room 138 HH

May 16, Conference Room 4 Michigan League

May 15, Conference Room 6 Michigan League
“Depression/Loss & Grief,” sponsored by U-M Family Care Resources Program. Presenter: Mariko Foulk, Turner Geriatric Clinic.

May 28, Conference Room 4 Michigan League
“Positive Parenting: Strategies for the Single Parent,” sponsored by U-M Family Care Resources Program. Presenter: James Plunkett, Adjunct Assistant Professor, Psychology.

June 4, Room 138 HH
“Right Writing,” Law School Staff Brown Bag Lunch. Presenter: Chris Colaner, President, Brio Communications.

If you maintain a personal home page on the World Wide Web and would like it to be mentioned on the Law School’s staff page, please send your name and the WWW address via email to Frank Potter, who maintains the Law School’s web site, at potterf@umich.edu.

The email message must contain a statement that you agree to allow the Law School to add a link to your home page.
Exams were traditionally identified by ticket number, with tickets distributed by proctors at the start of the exam. Proctors then collected half of each ticket and recorded numbers themselves. However, starting in Fall 1996, students now pick up their numbers (a different one for each exam) at the Reading Room desk prior to exams. Numbers are randomly generated by a computer program and are stored on the computer for easy prompt and cross-reference. Paper tickets are still used for midterm exams.

The new method of exam identification, where students are automatically assigned ticket numbers prior to exams, worked well on its first run, according to Kaye Castro of the Records Office. Numbers are used to shield the identity of the student from professors, so that all exams are blind-graded. The numbers also allow grades to be posted later for special situations. For instance, the Records Office had previously planned to institute a one-number system, where each student would be assigned one number to be used for all exams, instead of separate numbers for each exam. The one-number idea was scrapped due to concerns about anonymity, but some students had already picked up that number and tried to use it for exams.

Castro said the new method has created few problems, while rectifying many others. For example, after exams, some students inevitably lose their numbers and have to ask Records to look them up so they can get their grades. Since the numbers are now on computer, it is easy to look up a student by name and give him or her the appropriate number.

"Before, the only way you could do that was to rummage around through a pile of tickets," Castro said.

Also, because proctors were responsible to record ticket numbers, there was significant room for transfer error. Relieving proctors of that tedious duty has eliminated one more step where a mistake could be made.

Another advantage of the no-ticket system is that the Records Office is prepared earlier for special situations. For instance, the office notifies professors which students must have their exams graded early due to bar exams. That task can now be undertaken before the hustle of exam week, helping faculty to prepare ahead, and it takes considerably less time since the notices can be computer-generated.

Most of the problems with the new system "were ones we mainly had to resolve here," Castro said.

For example, non-law school students did not know they were supposed to pick up numbers. In the future, those students will be notified in advance.

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frustrating." Eklund is one of almost a dozen law school professional staff and administrative who have spent a significant portion of their time contributing to M-Pathways over the past two years. "Exciting" will probably rule in the end, though, as Eklund expects M-Pathways to improve information handling for staff, faculty, administrators, and students alike. For example, eventually staff should be able to access class lists, track approval of new courses or course descriptions, enter student grades directly, and automatically generate all types of email.

Life Before Computers (continued from page 1)

When I came to work at the law school 18 years later, the dictaphone I used here was the same as the one used at school. Dictaphones were equipped with circular belts about 4 inches wide. A leisurely dictator could record about 4 pages of double-spaced material on a belt. With judicious use of the stop and start button, about twice that much could be recorded on a belt. Taking dictation in shorthand was often easier than trying to hear what was being said on one of those belts (invariably reversed).

Electric typewriters were being made when I was learning to type, but everyone learned to type on a manual machine where touch was important to keep the type bars from getting tangled and where the carriage return was an additional movement whose timing and style of use reminds me of learning to drive a car with a manual transmission. After a day of typing on a manual machine, physical fatigue and aching shoulders let you know you had been working.

The most common reproduction method was carbon paper. Correcting mistakes was an art in itself. Slipping little pieces of paper behind each carbon before you carefully erased each page (from the last carbon sheet up to the original), finding a "good" eraser for the original and a different one for the carbons, and carefully not moving each page so the machine and do it over. Mistakes were certainly costly to the rate of production.

My first job was for the Oldsmobile Division of General Motors. I worked as a replacement for people on vacation during the summers I was in college.

Probably the most striking difference between the job in business and the job in academia is the dress code. At Oldsmobile, even for stuffing envelopes, the clerical staff wore dresses (or skirts and blouses) with "nylons" (and garter belts—this was before the invention of pantyhose) to work regardless of the weather. Most of the offices were air conditioned although some of the rest rooms were not. [That was very effective at keeping secretaries at their desks.] Men were required to wear ties and jackets. White shirts were preferred, but colored shirts were "acceptable." [When visiting Sydney, Australia last year, we noticed that the standard dress for men working in the downtown area was still either a white or light blue shirt and tie.]

When I came to work at the University in 1973, the xerox machine had made a huge difference in the reproduction of class materials and mass mailings. Gone were the blue ink on everything. Cut and paste, a skill gaining acceptance, [When visiting Sydney, Australia last year, we noticed that the standard dress for men working in the downtown area was still either a white or light blue shirt and tie.] and how it could affect you, visit the M-Pathways page. The March meeting will provide an overview of the project and include demonstrations so future users may get a sense of the software's look and feel.
Vietman Vacation Is A Trip “Home” For Hai

Where do you plan to spend your next vacation?

Top this: Hai Huynh, who joined the Law School’s computing team in November, just spent a month in the city of My Tho, Tien Giang Province, in South Vietnam, the country his family fled 17 years ago during the Vietnam War. It was his first visit to Vietnam since he left at the age of 9.

Hai, his parents, and four brothers, arrived by plane in the United States on July 7, 1980, from Indonesia. They were sponsored by Ann Arbor First Baptist Church. Although his siblings have since moved to other parts of the country, Hai and his parents settled in Ann Arbor.

In 1995, motivated by the desire to experience his birth country and see the family members he had left behind, Hai began saving for his visit, which lasted from January 27 through February 28. Although he had only been at the Law School for a few months, he had accumulated vacation time since he began working at the University in 1992. Hai’s parents accompanied him on his visit. After a 30-hour plane trip, they were greeted at the Tan Son Nhat International Airport, Saigon City, by a small group of family members, where there was “too much crying.” Hai said he recognized many of his relatives from photographs even though they had not personally seen each other over the years. Over the next four weeks, he enjoyed the beauty of the country, became acquainted with his many relatives, and performed “good deeds.”

“The things I enjoyed the most were the food, especially the fruits, and being able to spend money like a king.” Hai said.

Although plane tickets were expensive, living in Vietnam was not; in fact, his family looked upon him as a millionaire. For example, he was able to rent a hotel for $8 (American equivalent) a night, buy two pounds of live shrimp for $4, drink a Coke for 27 cents, and get a shave and haircut for just 30 cents.

One of the things he enjoyed most about his visit was his ability to help other people; a little money went a long way. To his school he donated five stone benches, ten trash containers, and two much-needed water filters. Hai also met his former fourth-grade teacher and gave her a gift of $35. The sum is modest according to American standards, but to the teacher it was nearly a month’s pay. And when he bought a bundle of spinach from a young boy for $10, the boy was very excited—his two brothers were sick, and the money would help pay for their medical care. Ten dollars was actually far more than the actual street value of the spinach, which Hai distributed to other nearby merchants.

 Asked if he ever plans to return to Vietnam, Hai said he is “not sure for now,” but would probably do so if a very big event happened like the death of a close family member. Due to his job and the cost of the plane tickets, vaccinations, and other related costs, the trip is very expensive.

“I love it as a tourist, but I do not want to live there forever,” Hai said. “Now, if I was retiring today, it would be a wonderful place to be.”

Staff Changes

Isabelle Byrnes, who has worked in a temporary position in the Law School since August 1995, has received a permanent appointment as secretary to Professors Douglas Kahn and Thomas Kaufer. Before coming to the Law School, she did coursework for a Ph.D. in Russian literature. While continuing to think about her topic, she has supported herself by working as a book clerk, research assistant, and medical transcriptionist.

Hai Huynh has joined the Law School’s computing team after several years in computer support at the Business School and the Computer Aided Engineering Network. (See related story above.) Rebecca Shiemke is the supervising attorney for the Family Law Project, a clinical program in which law students represent survivors of domestic violence in requests for personal protection orders. She was previously supervising attorney at the Women’s Justice Center in Detroit, which provides similar legal services to survivors of domestic violence.