

MY TURN

■ Wayne Chan



MINOR VICTORY. In this photo provided by the Tulare County District Attorney's Office, Peter Park, right, is sworn in by District Attorney Tim Ward in Visalia, California. A county prosecutor's office has reported that one of its law clerks passed the State Bar of California exam at age 17. The Tulare County District Attorney's Office said that, according to research, Peter Park is the youngest person to pass the exam. (Photo courtesy of the Tulare County District Attorney's Office)

Beware of the unconstitutional yoga pose

Uuuuggghh!
That's the sound I made that got me into trouble. Specifically, it's the sound I tend to make when I'm getting out of a nice, comfy sofa.

I don't know why it happens. I don't know what causes it. I don't know why I didn't make this sound 10 years ago. The problem is, my wife Maya seems to have the answer.

She says, "Your whole body is tight. You don't have any flexibility. You need to do some stretching — you are just so stiff all over!"

My retort? I say, "What are you talking about? I play tennis four to five times a week! I run around that court like there's no tomorrow! You're off your rocker, lady!!!"

To be honest, I didn't actually say the words, "You're off your rocker, lady!" I think the exact words I used were, "Yes dear, you're completely right, sweetie."

But Maya wasn't finished yet. She said, "You need to do some stretching. You can't even walk anymore! You need to do some yoga!"

Ahh, yoga. I've seen yoga. I've heard about yoga. From my understanding, it started about 5,000 years ago in India. As originally envisioned, yoga was a way of joining, of bringing together, of finding connection. And all this time, I thought the definition of yoga was "creating unnecessary pain out of ludicrous and inhumane body contortions."

Despite my belief that forcing me to do yoga is not what I want and it may actually violate my right to remain silent, Maya was determined for me to try it. She then punched up some videos by Rodney Yee, a famous American yoga instructor.

When the video started, I sat down on my comfy sofa so I could analyze the type of yoga poses Mr. Yee was demonstrating. Then I began a running commentary:



Pose #1: I can tell you right now, that's not gonna happen.

Pose #2: Anatomically speaking, I don't think your left foot is ever supposed to touch your right ear. Is his knee double-jointed?

Pose #3: Has he been in a tragic car accident? I don't see how a normal body can do that.

Pose #4: Rodney didn't say anything, but are you supposed to take muscle relaxants before doing that pose?

Pose #5: OK, the downward dog pose I can definitely try. After that, I'd like to try the "dog taking a nap" pose.

After my commentary, and after, yes, trying a few poses, I finished my first day of yoga. By the way, in case anyone is

wondering, the closest my left foot can get to my right ear is around my right knee.

The next day, while on the way to play tennis, I picked up my tennis partner (Ron) and told him about my yoga experience. Thinking he would naturally like to add some additional commentary to mine, I was quite surprised by his reaction.

"Actually, I do hot yoga," he said, "and it's done wonders for me!"

Ron goes on to tell me that in hot yoga, it's all the same poses done in a confined yoga studio where the room is heated to above 100° Fahrenheit, which is supposed to help relax the muscles while attempting poses.

After hearing what hot yoga was, my running commentary mode automatically kicked in.

Hot yoga pose #1: Do they tell you where to find the defibrillator in the room *before* you get going?

You may all want to plug your ears right now. I'm about to get out of my nice, comfy sofa.

Humor writer Wayne Chan lives in the San Diego area; cartoonist Wayne Chan is based in the Bay Area.

Audit finds low compliance by Seattle police with law requiring youth to have access to lawyers

SEATTLE (AP) — A new audit shows the Seattle Police Department has a low rate of compliance with a law requiring it to provide young people with access to a lawyer before they are interviewed.

The city Office of Inspector General's audit, dated Friday, December 22, found officers complied with the law 4% of the time, based on an examination of 50 cases in 2021 and 2022, *The Seattle Times* reported.

Under a 2020 city law, after a young person is read their Miranda rights, police are supposed to connect them with a lawyer before questioning them or searching their vehicle, though there is an exception if an officer believes someone's life is at risk.

The state legislature in 2021 passed a similar law, under which police are supposed to call the state Office of Public Defense after an arrest and let the young person talk to a lawyer before questioning.

"Studies suggest that juveniles often do not fully comprehend the potential consequences of their actions, including waiving their rights after receiving Miranda warnings," the Office of Inspector General wrote. "It is important that juveniles have access to an attorney to assist them in making decisions that impact their constitutional rights and have serious consequences in the criminal justice system."

The audit found most officers seemed unaware of the requirements

and of how to connect youth with lawyers. Audit recommendations mostly involved updating training and guidance, and police leadership agreed with them.

In a letter responding to the audit, Brian Maxey, the department's chief operating officer, said it's not always obvious whether someone is younger than 18. And, he wrote, the law only applies when someone is in custody and being questioned, not when officers are asking preliminary questions to determine if a crime has occurred.

Still, he said, the department agreed with the findings that "in some instances there are clear gaps in officers' understanding of the laws and inconsistencies in practice."

Heart of Hawai'i's historic Lahaina, scene of deadly wildfire, reopens to residents after 4 months

By Lindsey Wasson and Audrey McAvoy
The Associated Press

LAHAINA, Hawai'i — The heart of Lahaina, the historic town on the Hawaiian island of Maui that burned in a deadly wildfire that killed at least 100 people, reopened in mid-December to residents and business owners holding day passes.

The renewed access marked an important emotional milestone for victims of the August 8 fire, but much work remains to be done to safely clear properties of burned debris and rebuild. Some residents are concerned about where the fire debris will wind up on the island with a vibrant and delicate ecosystem.

The reopened areas include Banyan Tree Park, home to the 150-year-old tree that burned in the fire but is now sprouting new leaves, as well as Lahaina's public library, an elementary school, and popular restaurants.

An oceanfront section of Front Street, where the fire ripped through a traffic jam of cars trying to escape town, also reopened.

Authorities are continuing to recommend that people entering scorched lots wear protective gear to shield them

from hazards.

The state Department of Health released test results confirming the ash and dust left by the fire is toxic and that arsenic is the biggest concern. Arsenic is a heavy metal that adheres to wildfire dust and ash, the department said.

The tests examined ash samples collected November 7 and 8 from 100 properties built from the 1900s to the 2000s. Samples also showed high levels of lead, which was used to paint houses built before 1978.

Clean-up is still in its early stages. For the past few months, the U.S. Environmental Protection Agency (EPA) has been removing batteries, propane tanks, pesticides, and other hazards from the town's more than 2,000 destroyed buildings.

Residents and business owners have been able to visit their properties after the EPA has finished clearing their lots. In some cases, residents — often wearing white full-body suits, masks, and gloves — have found family heirlooms and mementos after sifting through the charred rubble of their homes.

The U.S. Army Corps of Engineers is beginning to haul

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