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The Journey Toward Independence

It Takes Longer Than You Think

At the end of summer, many young adults move out of their parent's house to pursue college degrees or start working full-time. It's an exciting time as they take the next step in chasing their lifelong goals and establishing a life for themselves. For some, this will feel like they're finally gaining their independence and can live however they please while making choices they think are best. They might stumble at times, but they'll discover there's still a safety net supporting them to some extent. Believe me when I say you'll know when you truly enter "adulthood."

In my experience, heading to college for the first time did not make me feel fully independent. It wasn't until I moved halfway across the country from Minnesota to New York City to attend law school that I thought I claimed my independence. I was born in New York City and had always wanted to return to try and live there when I was old enough. I lived there precisely how I envisioned it. I was in my 20s and living through basically every cliché you could imagine. I ran into my fair share of challenges but learned many lessons in the process.

One of the first things I learned after moving to the big city was that I wasn't alone. The first night can be difficult because you've left the comfort of your close circle. Your friends and family are a phone call away, but they aren't right there with you. That doesn't mean that you're alone, though! I moved to start school, so finding other people on the same journey didn't take long. There were even people from my law school who lived in the same building as me! If you're going off to college, you'll quickly meet people in your dorm and new coworkers who will become friends once you start a full-time job. As overwhelming as it might feel at times, others are going through the same thing you can look to for guidance.

You'll also meet some people who are already familiar with the area. They may be older classmates who grew up there or the older sibling of one of your friends who moved to the area a few years prior. Don't be afraid to ask them to show you around or tell you where the best spots in town are. I had family and some friends with older siblings in New York who helped me figure out the lay of the land and told me which subways to avoid. It ended up being a massive help for me.



Another lesson that I learned after moving for law school was that it's okay to start small. New York City is massive, so I first tried to learn about my immediate area. I started with my neighborhood in Brooklyn before exploring the other areas of the city. People often try to figure out everything at once and become overwhelmed. If you start small, you'll become more comfortable as time passes and your circle grows.

If you're not moving for school and you're worried about meeting new people, the best advice I can give you is to find a way to connect with others. I moved from Brooklyn to an area in New Jersey with a vibrant tennis culture, so I picked up my racquet, started playing, and met new people.

Moving somewhere new is rarely easy, but following the advice above will give you the best chance at settling in quickly, regardless of whether you're moving to college, a retirement community, or anywhere in between. For those who are starting a new venture in the coming months, I wish you the best of luck!

- Andrew M. Ayers

WD-40 Has Over 2,000 Uses

It's More Than a Lubricant!

If you've looked into your cabinets, you might find a can of WD-40 lying around. That's good because it has more capabilities than just lubricating rusted parts.

Did you know that WD-40 has over 2,000 uses? You read that right — you can use it for all kinds of things! Here are a few of our favorite uses.

Cleaning Carpets

It can be difficult and expensive to deep-clean your carpet to remove those pesky stains. However, if you spray the stains with WD-40, wait a few minutes, and then use a sponge and soapy water, you can get those stains out in no time! If you go through this process and the stains remain, retry the above steps or try a carpet cleaner with soapy water.

Instantly Waterproofing Shoes

No one likes going outside when it's raining. While you can purchase water-resistant sprays for your shoes, you may have to wait a day or two before wearing them. But if you spray your shoes with WD-40, you can instantly make them waterproof! WD-40 acts as a barrier, meaning that moisture won't be able to seep into your shoes and get your socks wet.

Removing Paint Smudges From Cars

Sometimes when you're out and about, your car can get dinged as other drivers open their doors. A shopping cart might even collide with your vehicle and leave a paint smudge. But there's no need to spend hours trying to remove the smudge. Simply spray the area with WD-40 and wipe it clean with a rag.

Getting Rid of Sticky Residue

Trying to peel off a sticker or label without leaving any residue can be difficult. To help with this issue, spray WD-40 on the residue, wait a few minutes, and then wipe it away with a cloth. Then voila! No more annoying residue!

Can you believe that WD-40 can be used for all this and more? It's mind-blowing how many uses it has. Learn more about what you can do with this incredible multi-functional item at WD40.co.uk/tips-and-tricks/uses-for-WD40.



Let Your Creativity Flourish!

With a Zine, Anything Is Possible!

We've all heard of journaling, scrapbooking, and creating collages, but have you ever thought about making a zine? A zine (pronounced "zeen") is a self-published and noncommercial book you can create and showcase your talents to the world. Many businesses, such as Aesop and Supreme, have used zines to connect with readers and share their stories. And now, you can do the same!



What makes a zine unique?

Zines are quickly rising in popularity because they can be anything you want! If you want to highlight your artwork, showcase your writing, display your academic research, or let your creativity blossom, then a zine is for you. There are no rules, guidelines, or processes to follow — everything is up to you!

These creations were used initially to highlight minority and underground interests. For example, mainstream magazines may highlight news and other events happening in pop culture and mainstream media. But what about niche topics such as music genres, outsider art, or small-town activists? Zines have filled this gap and provided an outlet to share their voices.

Additionally, most people think the only way to be published is to submit their work to many different publications and hope for acceptance, get an agent, or work for a magazine or newspaper. But that's not the

case anymore! Anyone can create a zine — even if they don't have any experience or training.

How do you create a zine?

Making your own zine is easy! All you need is paper, glue, scissors, pens, and photos from magazines or the internet. First, you want to take your paper (as many pieces as you wish) and fold each in half to make a book. Then, let your creativity take over! You can cut out newspaper or magazine clippings, print designs off the internet, or draw your own creations. Once you finish your zine, you can keep it to yourself or print and sell several copies.

You can publish your zine on social media, reach out to different zine publishers such as Kiosk, Ditto, or Colpa Press, or contact your local, independent bookstore to see if they are willing to showcase your work.

So, in honor of July being International Zine Month, let your creativity flourish and create your own!

TAKE A *BREAK*



GRILLED STEAK SALAD WITH PEACHES

Inspired by Delish.com

Ingredients

- 1 lb skirt steak, fat trimmed
- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp light brown sugar
- 1 tbsp vegetable oil
- Kosher salt
- Black pepper
- 1/4 cup extra-virgin olive oil
- 1 large lemon, juiced
- 6 cups baby arugula
- 2 ripe peaches, thinly sliced
- 1/3 cup crumbled blue cheese or feta

Directions

1. In a large resealable plastic bag or baking dish, combine steak, vinegar, garlic, and brown sugar. Marinate 20 minutes at room temperature.
2. Remove steak from marinade, coat with vegetable oil, and season generously with salt and pepper.
3. On a grill or pan set to high heat, cook steak until desired doneness. Rest 5–10 minutes, then thinly slice against the grain.
4. In a small bowl, whisk olive oil and lemon juice to make dressing. Season with salt and pepper.
5. In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss.

SO, YOU'RE DATING SOMEONE NEW

Your Children Should Always Come First!

After you separate from your spouse, you may consider entering the dating world again. However, if you have children, dating can be difficult. It can be challenging to determine the right time for that new special someone in your life to meet your kids. How do you ensure your children know they are still important and you're not replacing the other parent?

Give your child time and space.

While you and your child's other parent are no longer together, it may take your child time to adjust to the changes. They may not fully understand why their parents no longer live under one roof. Your child may feel sadness or anger toward the situation, and accepting that new person in your life may be difficult for them.

Therefore, give your child enough time to come to terms with the situation before introducing a new partner. While this is an exciting time for you, your child should always come first. Therefore, let them adjust to their new "normal" so they're less likely to think you're trying to "replace" their other parent!

Take your new relationship slow.

If you introduce your new partner to your children too soon and the relationship doesn't last, your child can be even more confused about the situation. Experts suggest waiting at least 8–9 months before your partner meets your kids. This time allows you to get to know your new partner and ensure you share similar interests, values, and beliefs.

Discuss the situation with your ex.

Talking to your ex about introducing your new partner to your children may be beneficial. After all, your children are their children, too! You can outline expectations for you and your ex to follow, including how long you should wait to introduce your partner, where the introduction should take place, and how to share concerns you or your ex may have.

After your child meets the new special someone in your life, check in with them frequently. You want to ensure they are comfortable with this change and know they can come to you with questions or concerns. With open communication and trust, you can enjoy your time with your expanded family and watch your relationships blossom.





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A BATTLE OF HE SAID, SHE SAID

Gwyneth Paltrow vs. Terry Sanderson — When Skiers Collide

When you read about celebrity court cases, you probably think of music contract disputes, messy divorces, and settlements with ridiculously high dollar amounts. But the trial between Gwyneth Paltrow and Terry Sanderson was unlike any other. It regarded a ski slope collision that occurred seven years ago.

On Feb. 26, 2016, Paltrow and Sanderson were at the Deer Valley Resort in Utah. They both enjoyed the slopes until a tragic accident occurred. The collision caused Sanderson to suffer a concussion, a brain injury, and four broken limbs. In January 2019, Sanderson filed a \$3.1 million lawsuit against Paltrow. In return, Paltrow countersued for \$1 plus attorney fees.

Sanderson argued that Paltrow collided with him from behind while she skied on a beginner's slope with an instructor. He also mentioned that his injuries prevented him from coping with life. Paltrow argued

that Sanderson was the one who struck her from behind. When pictures of the collision appeared in court, it showed Paltrow on top of Sanderson — which could only happen if Paltrow was struck from behind.

Additionally, Paltrow's lawyers argued that Sanderson sued Paltrow to "exploit her celebrity and wealth." Evidence strengthens this point because while Sanderson said he couldn't cope with life, documents showed that he had taken multiple international and domestic trips since the accident. Furthermore, in an email between Sanderson and his children, he stated that he would be famous after the accident made the tabloids.

So, how did the case end? After determining that Paltrow was the downhill skier, according to the images shown in court, they turned to the sport's rules. According to the rules, the person further down the mountain (the downhill skier) has the right of way. This

means that the person closest to the top of the mountain must yield.

The jury found Paltrow not liable and awarded her \$1 and legal fees. To Paltrow, this case was not about the money. She felt like her character and integrity had been threatened and she simply wanted to prove the allegations were false.

