

# FLATTMANN FILES

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*"Quality Is No Accident"*

## Enjoy the College Life *But Don't Forget Why You're There*

As a senior at Millsaps College in Jackson, Mississippi, I remember thinking that after four years of what we thought was true freedom, it had finally come to an end. I was just so ready to get out of college and move on to the next phase of my life, and now looking back, I didn't know how great I had it. Being able to walk to the cafeteria where they prepared your meals and even washed your plates, having the time to participate in intramurals, and hanging out with great friends are all things I took for granted.

The fear of the unknown is common on many college campuses, especially for teens who have not yet been exposed to the broad spectrum of life's ups and downs. You're greeted with the freedom of beginning a new chapter in your life, but you lose that "safety net" of being secure at home.

Setting off for college is a big change, you don't have a steady 9-to-5 schedule per se, but you're able to pick your classes and times to some extent. They might be scattered throughout the day, but you're given the opportunity to create a routine and figure out where to go and what to do between classes — which to me, was a lot of fun.

As a college freshman, the moment you step foot on campus, you'll feel the pressure and rush of choosing your major and minor. But, take your time with it. Allow yourself time to adapt to college life and your classes, and get a feel for what you enjoy most. These decisions are the most important and take time because it's a process.

You may enjoy a class one day but a week later realize it might not be for you, and that is okay too. Even if you need to change your major and minor or switch a class, do it! Don't be afraid to drop a class and pick others up here and there. There are so many opportunities to find subjects that you have a knack for.

I was lucky enough to be assigned a room with a guy I hadn't met before who ended up being the best man at my wedding years later. We were the perfect strangers, you know? I remember someone once telling me that while you may think the friends you make in high school will be your best friends forever, the ones you make in college are the ones you typically keep throughout your adult life.

### Welcome, New Readers!

If you're new to my monthly newsletter, welcome! Thank you for subscribing.

Grady J. Flattmann, Attorneys at Law, represents victims of serious car and truck accidents as well as families seeking compensation for wrongful deaths. I'd love for you to learn a little bit more about my expertise, so please be sure to visit [FlattmannLaw.com/Blog](http://FlattmannLaw.com/Blog). I also have more resources online, including a free workshop and accident claim guides.

Thanks again for joining me. I'm happy to have you here.

My college was 90% Greek life (fraternities and sororities), but my roommate and I stayed independent the entire time. We were very close with a lot of fraternities and even played on a couple of sports teams for them since we were pretty athletic. That's where I found a majority of my friends.

The best way to meet new people and make friends is to join clubs, play a sport, immerse yourself in the college culture, try to be as sociable as possible, and keep an open mind. The possibilities of what college life offers are endless. The sense of freedom that comes along with setting off on your own and having the self-discipline to keep up with different classes and work, is what helps transition you from college life to becoming a successful adult.

My best piece of advice for teens going into college: Stay in school for as long as possible! I know that college is intimidating and it requires a lot of hard work, but it's not much compared to real life!

Have fun and enjoy the college life, but always remember to focus on why you're there.



*-Grady Flattmann*

# Breaking the Busy-Bored Cycle

## 3 Strategies You Can Use Right Now

It's a common problem: People spend most of their days feeling too busy, only to feel bored during their free time. So how can you break the habit of scrolling through your phone and watching TV and make the most of the little time you have for yourself? Let's talk about ways to break the cycle of boredom and busyness thus creating a more fulfilling life.

### 1. Plan ahead.

Schedule your days and weeks for an even workload to ensure your day doesn't have huge gaps or work overflow. For example, if you have a large project, you can divide it into smaller tasks to keep yourself busy, yet not overwhelmed, throughout the week. You can also plan fun activities each day. This will help fight boredom and give you something to look forward to when you're at work or while completing daily tasks.

### 2. Prioritize tasks.

If you have trouble managing projects to the point where you feel you don't have enough time, begin prioritizing specific tasks. It's essential to complete the highest priority tasks



so you won't be up late in the day trying to finish something important. If you plan ahead, you can number your tasks from most important to least. This will help ensure high-priority tasks are completed on schedule.

### 3. Be curious.

One way to mute boredom and implement more creativity is by setting daily learning goals. These goals can be anything you want! Setting small goals and accomplishments will keep you curious, motivated, and focused. They also give you something to look forward to each day. Ask yourself what you want to learn today. Do you want to learn about a new culture? A language? If there is something you've always wanted to know, now is the time to put your thinking cap on!

Boredom and busyness derive from the same source — there is a lack of quality in how you focus your attention. Luckily, the same strategies apply to both boredom and busyness. These tips will help you create a balanced mindset and allow you to push through your day without feeling overwhelmed or uninspired.

# Understanding the Streisand Effect

## *Don't Throw a Fit*

If you want to avoid getting unwanted attention in a situation, it's best to not make a big deal out of it. But if you're an international superstar, like Barbra Streisand, a seemingly small reaction can become much more than intended.

### The Streisand Effect

The Streisand Effect is a phenomenon that occurs where an act of suppressing information can make the information more widespread.

In 2003, photographer Kenneth Adelman of California Coastal Records Project took an aerial photograph of Barbra Streisand's Malibu estate. Adelman was documenting California's coast for a project that would provide over 12,000 photos for researchers and scientists to study coastal erosion. But at the time, Streisand believed the photos explicitly showed people how to gain access to her private residence, so she sued Adelman for \$50 million.

The photo of Streisand's residence was originally seen a total of six times — twice by her lawyers. Her outburst brought in news outlets who reported her outrage, and in turn, the photo of her residence got blasted everywhere. Not only did she do the exact opposite of what she wanted, but she also lost the lawsuit and had to cover all of Adelman's legal fees.

### Examples of the Streisand Effect

During the 2013 Super Bowl, Beyonce executed an energetic show and BuzzFeed posted photos of the "Fiercest Moments" from her performance. Beyonce's publicist asked BuzzFeed to remove some of the unflattering photos, and instead, they created a new post titled, "The Unflattering Photos Beyonce's Publicist Doesn't Want You To See."

Ralph Lauren has fallen victim to the Streisand Effect. An image of a horribly photoshopped model was posted on two blogs: Photoshop Disasters and Boing Boing. Ralph Lauren caught wind of this and took action by sending cease-and-desist letters to the blogs, claiming that it was a violation of copyright law and should be removed. But the image fell under fair use, which allows usage for news and commentaries. Ralph Lauren apologized for the distorted ad but still received backlash.

The best way to counter the Streisand Effect is to avoid aggressive tactics when faced with negative information and think carefully and calculatingly in your response. So, if we learned anything from Barbra Streisand, don't throw a fit if something doesn't turn out the way you want it to.

# TAKE A *BREAK*

## SOLUTION

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8	5	1	3	6	7	4	2	9
9	2	4	1	5	3	7	8	6
6	3	8	7	2	1	4	9	5
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## GET OUTSIDE WITH GEOCACHING

### Tracking Down Treasures

International Geocaching Day takes place on the third Saturday of the month of August. It's a chance to experience an adventure-filled day that will get you out of the house and into nature. People of all ages gather to commemorate the placement and discovery of geocaches across the world, and there's no telling what kind of surprise you might discover if you participate!

#### What is geocaching?

Geocaching is basically a high-tech version of a treasure or scavenger hunt. It is inspired by the older treasure hunt called letterbox, where you plant clues in various locations that lead to the letterbox. For geocaching nowadays, you use a GPS to track down caches. These are typically waterproof containers — and inside there is a logbook for you to sign. These caches can be filled with trinkets such as coins, pins, or even miniature figurines, but if you take anything, be sure that you replace it with something else. It doesn't have to be anything expensive, just a token of sorts for someone else to discover.

#### It's time to get started.

To begin your geocaching journey, first visit [Geocaching.com](http://Geocaching.com) and sign up for a new account. From this, you will be able to create a unique geocacher name that people in the geocache community can call you by! This will also come in handy when you sign the logbook.

You can also download the Geocaching app to your smartphone and use it as a GPS receiver. Once you open the map on your phone, it will show a map of your location with bubble icons to see all the geocaches near you. There will be an arrow icon that you can click on that will find the specific geocache you are searching for. It will then open a compass that shows you which direction to go in and how many feet you are away from the final location.

This treasure hunt brings an entire community together from all around the world. It encourages people to challenge themselves and get outside. The act of hiding and finding a geocache is thrilling, and you never know what you might find next.



## TASTY BRUSCHETTA CHICKEN

### Ingredients

- 4 boneless and skinless chicken breasts, pounded to even thickness
- 4 tbsp olive oil
- 2 tbsp lemon juice, divided
- 1/4 tsp pepper
- 1 tsp Italian seasoning
- 3 tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh basil, chopped
- Salt and pepper, to taste
- 4 slices mozzarella cheese
- Parmesan cheese, grated

### Directions

1. Add chicken to a large resealable bag.
2. In a small bowl, combine olive oil, 1 tbsp lemon juice, pepper, and Italian seasoning. Pour over chicken and seal. Refrigerate for 30 minutes.
3. Turn a grill to medium-high heat and add the chicken. Discard the marinade. Grill chicken 5–7 minutes per side or until fully cooked.
4. Combine the remaining lemon juice, tomatoes, garlic, and basil. Add salt and pepper, to taste.
5. Before taking the chicken off the grill, top each breast with a slice of mozzarella cheese. Cover and cook 2–3 minutes, then serve topped with the tomato mixture and grated Parmesan cheese.

Inspired by [Delish.com](http://Delish.com)





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*“Quality Is No Accident”*

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# Helping Bring People Together

## *One Lawn at a Time*

Today, there is a divide between younger and older generations, but one man is trying to bridge that gap by encouraging boys and girls to give back to their community.

In 2016, Rodney A. Smith Jr. saw an elderly man struggling to mow his lawn and decided to finish the job for him. It inspired him to start a movement for children aged 7–17 to give back to their communities by taking on the 50-yard challenge. Kids contribute by mowing lawns for single parents, veterans, seniors, and people who have disabilities. Once they reach their goal, kids will receive T-shirts, a brand-new mower, a weed eater, and a leaf blower. Smith Jr. will also come out to your community and help you with your lawn care services.



At first, the 50-yard challenge took place locally in Alabama. But in the last few years, kids across the U.S. have begun participating. “Right now, we have over 2,400 kids nationwide taking part in our challenge. We also have kids in eight other countries taking part as well,” Smith Jr. says.

This challenge teaches children the value of giving back to their communities, but it also encourages them to learn skills in lawn service — which not a lot of young adults know how to do. It also helps them interact with others who they wouldn’t typically talk with. “[Unity and interaction] is important in this day and age. A lot of elderly people are stuck at home, and they don’t get to have a lot of human interaction. So when kids come by, they can talk, get to know each other, and build relationships. They can learn things from each other,” Smith Jr. says.

Are you and your kids up for the 50-yard challenge? Send a picture of your child holding a sign that says, “I Accept The 50 Yard Challenge” to [WeAreRaisingMen.com/The-50-Yard-Challenge](http://WeAreRaisingMen.com/The-50-Yard-Challenge) to join. If you’re looking for someone to tend to your yard, you can use the form on [WeAreRaisingMen.com/Find-A-Mower](http://WeAreRaisingMen.com/Find-A-Mower) to search for kids who are mowing lawns in your area.