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Is Somebody Watching You?



Stalking —
Here's How
to Handle It

When many think of stalking, the common image is likely a stranger prowling around in the shadows of the night, showing up at random places uninvited, or spying on victims from afar. However, stalking can potentially involve so much more.

Stalking is menacing behavior that makes victims feel unsafe and can lead to some terrifying acts. Stalking is more common than you may think: According to the Centers for Disease Control and Prevention (CDC), approximately 1 in every 6 women and 1 in every 17 men have reported experiencing stalking at some point in their lives. For women, roughly 54% experienced it before the age of 25, and for men, 41%. Research conducted by the CDC revealed that stalking can damage its victims, leading to potential depression and post-traumatic stress disorder. It's reported that roughly 68% of female and 70% of male victims received threats of physical harm in connection with stalking at some point in their lives.

Stalking takes place when a person repeatedly harasses or threatens another person. In most

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It's Not Always 50/50

More Dads Are Stepping Into the Primary Parenting Role

I am honored to represent some amazing fathers who are seeking custody of their children.

The courts have long been familiar with fathers who stepped up to take care of their children because the mother was not available, or because the mother was neglectful or struggled with mental illness or substance abuse. Many people mistakenly believe that these situations are the only time a court will award custody to a father. Unfortunately, this also means that many women feel that if they agree to the father having custody of the children everyone they know will assume that something must be wrong with them.

After representing divorced and single parents for over 25 years, I have had the opportunity to work with some amazing fathers. I have had an opportunity to witness how much more involved fathers are in the lives of their children than they used to be. There are also many situations where the mother is a good parent, but, by the unspoken agreement of the parents, the father has assumed the primary parenting role. He may not only be the parent to spend more time with the child when the family is home together, but he may be more involved in school events and extracurricular activities.

Some of these fathers will contact my office asking about a 50/50 parenting schedule. I have been open about the fact that, in most cases, I do not think that 50/50 parenting schedules are in the best interest of children. Children benefit from consistency. They need



a regular schedule and dependability in their lives. While there are some parents who are truly 50/50 parents while the family is together, and who can further continue to cooperate and work together for the children's good and devote equal time to the children after a divorce, this is a rarity.

When people hear that I am not a fan of 50/50 parenting schedules, they sometimes assume that that means that I am not a strong advocate for fathers. To the contrary, when I meet a father who has been the primary caretaker of the children before the family divided; I do not want him to get a 50/50 split. I want him to have custody.

We hear a lot these days about "parents' rights" or "equal parenting time." Instead of making a decision about what is "fair" for the parents, our judges are required to do what is best for the child. Let's not, as a people, get away from that focus.

It's such an honor representing fathers who are truly committed to their children and put them first. Courts should divide retirement accounts equally, not children. That means that when dad has been the primary caretaker for the children, he shouldn't be hoping for 50/50. He should be getting custody. And, while we are discussing all the amazing dads out there, I wish everyone a very happy Father's Day!

-Ruby Bolton



When It Rains, It Pours

A Case Drenched in Disorder

Some people love the rain. After all, there's something magical about thunder rolling through the clouds as lightning illuminates a multitude of raindrops. Yet, if the storm is too strong — or even dangerous to be in — people might not enjoy it at all. And that certainly appears to have been the case in 1996 when an Israeli woman in Haifa, Israel, sued a television station because of their incorrect weather report.

The weather forecaster, Danny Rup, predicted that the day would be beautiful and sunny, but the weather had a mind of its own and ended up being rainy, dark, and gloomy. Because the woman relied upon the accuracy of the report, she left her home without a raincoat or an umbrella and got caught in the pouring rain.

As the old wives' tale goes, if you get caught in the rain, you'll catch a cold. Well, the woman claimed that after being exposed to inclement weather, she caught the flu and subsequently was out of work for four days, had to visit the doctor, and spent \$38 on medicine. Due to such a daunting experience, she also said that she suffered additional stress from the entire situation. The woman ended up taking Channel 2 news station to a small claims court where she sought financial compensation to cover her sickness and suffering — as well as an apology from the forecaster who wrongly



predicted the weather. The woman stated that weather forecasts are legally binding.

Many of us would see this as a frivolous lawsuit, but the TV station settled out of court and the woman received \$1,000 for her pain and suffering and an apology from Danny Rup.

Despite this case, most people take weather predictions from television and radio forecasters with a bit of skepticism thinking that forecasts are just a well-educated guess based on available resources — and it can change on a whim. It's just the nature of it!

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cases, a victim's stalker is someone they know or were once in an intimate relationship with. While it's always important to never engage with your stalker, you can take certain steps to protect your safety and well-being.

First and foremost, you must know the signs and tactics of stalking, which include:

- Receiving unwanted emails, phone calls, text messages, voicemails, social media direct messages, or instant messages
- Appearing uninvited at places such as the victim's home, school, or place of work
- Leaving strange or potentially threatening items for the victim to find
- Watching, following, or tracking a victim
- Sneaking into the victim's home or car and doing things to scare the victim or let them know the perpetrator had been there



To keep yourself safe, what can be done? Of course, if you are ever in immediate danger or if someone has made a credible threat, you should call the police right away.

Be sure to carry a charged cellphone with you at all times for this reason. If someone is following you, seek out the nearest safe place to go, whether it be a police station, fire station, public place, or a friend's house. Always trust your instincts: If you feel like something is wrong, it likely is. If you feel like someone may be taking an unnatural interest in you, begin varying your routines and routes a bit. Be careful when posting on social media; don't give out information about where you live, work, or enjoy hanging out. Lastly, try to avoid going places alone. Exercise with a friend if you can and walk to your car with a coworker after work.

Stalking is a serious problem and many people assume that ignoring the behavior will take care of the issue. In most cases, that doesn't happen. When people stalk other people, they violate boundaries in order to make their victims feel unsafe. If you ever fall victim to stalking, it's paramount that you take the necessary steps to keep yourself safe as well as involve law enforcement.

TAKE A *BREAK*



SWEET AND SPICY BBQ CHICKEN SKEWERS

Summer is here, and you know what that means: It's time to break out the barbecue and meat skewers!

Ingredients

For the Marinade

- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar
- 3 tbsp honey
- Juice of 1 lime

- 3/4 tsp smoked paprika

- 1/2 tsp salt

For the Skewers

- 2 lbs chicken breast, cut into bite-size cubes
- 1 small pineapple, cut into 1-inch cubes

Directions

1. In a bowl, whisk together marinade ingredients.
2. In a reusable freezer bag, combine cubed chicken and all but 1/4 cup of the marinade.
3. Seal bag and massage marinade into the chicken. Chill in the fridge overnight.
4. The following day, preheat the grill to 400 F. Thread chicken and pineapple onto skewers, adding two cubes of chicken for each cube of pineapple.
5. Grill the skewers for 3–4 minutes per side, brushing with the reserved marinade in the final minutes.
6. Serve over rice or with your favorite barbecue sides!

Inspired by RecipeRunner.com

IT'S DAD'S DAY!

6 Gifts Dad Is Sure to Love

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your dad, a new father, your grandfather, or a father figure. Getting creative can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

Wallet

Why not go really classic and opt for a thoughtful and practical gift? Most men's wallets see a lot of wear and tear. After all, they're sat on, toted around in pockets all day long, and sometimes forgotten about and sent through the wash. A new one just may be in order!

Massage Gun

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase one on Amazon!

Apple Watch Strap

Does the dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from many materials, colors, and designs so he can blend in or stand out as much as he wants.

A New Cooler

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

Tool Bucket Organizer

Is your dad a bit of a handyman? Help him get organized and never lose track of his tools again. Tool bucket organizers come in many forms and, again, can be purchased right online, making your shopping easy!

Bluetooth Headphones or Speakers

If your father doesn't have Bluetooth headphones or speakers yet, he's missing out. The opportunity to jam out wirelessly while working out, cutting the grass, doing hobby work, or just relaxing is effortless with this thoughtful gift.

