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Corn Dogs and Basketball An American Tradition



It's no coincidence that National Corn Dog Day is March 20 — the third Saturday of the month. This day is traditionally the first Saturday of March Madness, otherwise known as the NCAA Men's Division I Basketball Championship. But wait. What do corn dogs and a basketball tournament have to do with one another?

Turns out, National Corn Dog Day has everything to do with March Madness. The "holiday" began in March 1992 when two Corvallis, Oregon, high school students needed a snack while watching a basketball game. They got some corn dogs and called it good. But somehow, this simple snack and sport pairing turned into something huge.

In fact, eating corn dogs while watching March Madness caught on like wildfire —

and the teens didn't even have Instagram to promote it! Though it's not clear how, it spread across Oregon and eventually the rest of the country. It's likely that people just heard about it from friends and family and thought it was a great idea.

The corn dog, like basketball, is an American creation. In the 1920s, the creators toyed around with the idea of fried foods on a stick. They battered and fried everything from cheese to bananas, but it was the battered sausages that really stood out, and the corn dog was born. By the 1940s, the convenient creation had popped up at state fairs and drive-in restaurants all over the country.

In honor of the original Corn Dog Day, the then-governor of Oregon issued an official

proclamation naming March 17 National Corn Dog Day in the state. Several companies jumped on the bandwagon as well, including Foster Farms (a maker of frozen corn dogs, among many other meat products) and the Pabst Brewing Company.

While it's not an "official" national day recognized by the U.S. Congress, it's celebrated with thousands of events every March. And it's grown beyond its U.S. roots. An article printed in The Oregonian in 2009 revealed that National Corn Dog Day parties have been celebrated on nearly every continent — including Antarctica!

MARCH 2021

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Don't Give In to the Snakes!

What a Camping Parable Teaches Us About Resilience

Last month in this newsletter, I told you about the Brower quadrant and challenged you to identify and prioritize the things that are most important to you. That may have been a tall order, but this month, I'm doubling down. I have a follow-up challenge for you — and it all starts with snakes.

I'll begin by saying that I absolutely hate snakes. Whether they're venomous or harmless, I can't stand to be near them. I don't even like to see them in photos. That's probably why I stopped scrolling when a story about a snake appeared on my Facebook feed.

The story turned out to be a parable. It was about a group of people camping in the woods. After lighting their fire, they realized that there was a snake writhing in the flames. From there, the text continues like this:

A man saw a snake being burned to death and decided to take it out of the fire. When he did, the snake bit him, causing excruciating pain.

The man dropped the snake, and the reptile fell right back into the fire. So, the man looked around and found a metal pole and used it to take the snake out of the fire, saving its life.

Someone who was watching approached the man and said: "That snake bit you. Why are you still trying to save it?"



The man replied: "The nature of the snake is to bite, but that's not going to change my nature, which is to help."

Even though I still don't like snakes, my takeaway from this story is don't let other's actions change your nature. There may be a reason someone "bites" you, but don't let that change who you are.

This story resonated with me because for the last few months, I feel I've been surrounded by snakes. I'm not talking about real snakes, of course — what a terrifying thought! — but rather things that challenged my nature. To be honest, I'm angry about the state of our country. The response to the pandemic, the storming of the U.S. Capitol, and a dozen other stories on the news threaten to overwhelm me. The nature of these people could affect my own: They are the biting snakes, and I am trying to be the man with the pole.

Reading this parable reminded me that there is a way to take the higher ground. Like the man in the story, we simply need to remind ourselves who we really are by going back to the Brower quadrants and recommitting to our priorities. Faced with the fangs of the snake, the man in the story said, "My nature is to help" and continued on undaunted. We can do the same thing when watching the news or facing confrontation. Even though we're living through a time of political upheaval, we shouldn't let the actions of people around us change our nature.

I've seen two wonderful examples of this in my own life. The first one was with a former employee of mine, and I'm ashamed to admit that in this scenario I was the snake. About 20 years ago, I walked into a meeting and I was upset! I'd just ended a tense phone call, and when this sweet employee spoke to me,

Continued on Pg. 3 ...

Laugh More, Age Less

Why Laughter Is Good for You

As we age, we're told to wear sunscreen, eat more vegetables, take vitamins, and even walk more — all in hope that our internal clocks will slow down and we will age better. But something as simple as laughter could actually be one of the easiest ways to slow the ticking clock of aging.

Scientists have long known that laughter can be therapeutic and help us live longer. It has been shown to reduce wear and tear on our bodies and improve our relationships. A Norwegian study found that those who prioritized humor were more likely to live past 70 than those who didn't laugh often.

At a biological level, laughter can reduce tension in your muscles and activate a powerful stress-relief response from your brain by releasing dopamine. Just one chuckle may even improve your breathing and heart function! In fact,

laughing can work wonders for the heart. One study showed that laughter therapy helped reduce the blood pressure and cholesterol levels of its participants. Their blood circulation improved, too. Studies have also found that regular laughter can help strengthen your immune system, and it has long-term benefits for those with respiratory conditions.

In addition to your body, laughter is also good for your social life. (And we don't mean that people will want to spend time with you if you have all the good jokes!) Throughout history, laughter has been an evolutionary sign of understanding. When there are language barriers, laughing together can create camaraderie and a tighter bond between people of different cultures. The dopamine release that comes



with laughter aids in stress relief and creates powerful memories that can improve your mood and strengthen friendships.

Of course, laughter has its downsides, too. Laughing at someone else's expense is detrimental to their health and can harm your relationships. So, stick to light jokes and actively seek shows, cartoons, or people who make you laugh. You'll feel good, and your body will be pretty happy, too.

Which Deed Do You Need?

3 Common Deeds and Their Uses in Estate Planning

As part of the estate planning process, sometimes our office will reach out to you to ask for a certain piece of paperwork. This often happens when we need to fund or verify one of the assets in your Trust. If the asset is real property, we'll ask for the deed verifying that it's properly titled or registered in the name of your Trust.

That sounds easy, right? Unfortunately, sometimes finding the right deed can be tricky. There are many different types of recording instruments called "deeds," and it can be confusing to find the one we need. To prepare you, just in case we reach out, we've put together this handy guide to three common deeds and their uses.



The Quitclaim Deed/Grant Deed

When we need to verify an asset, the Quitclaim Deed or Grant Deed is the piece of paper we're looking for! You'll receive this deed when you purchase a piece of real property, even if you have a loan on the property. It shows the property in question (like a home, rental property, or piece of land). Our goal in asking to look at the deed is to ensure that it has been properly recorded in the name of your Trust.

The Deed of Trust

Judging by the name of this deed, you'd think it would be the piece of paper we need most often, but that's misleading! In fact, a Deed of Trust is an agreement between a borrower, a lender, and a trustee that shows a loan

has been made on a piece of property. This Deed of Trust is recorded at the county recorder's office as security for the loan and prevents the property from being sold unless the loan is paid.

The Full Reconveyance Deed

This is another deed that's often confused with the Quitclaim Deed/Grant Deed. We don't need this deed to verify your assets. Instead, think of it as a follow-up to the Deed of Trust. A Full Reconveyance Deed is issued when a Deed of Trust or mortgage is paid in full, and it confirms the loan has been paid. By the way, when the loan on the property is fully paid, you will not receive another deed; you received your deed when the property was originally purchased.

Hopefully this simple guide helps you keep these three common deeds straight! And remember — when in doubt, send us the Quitclaim Deed/Grant Deed.

Eat Your Way to a Healthier Brain

Foods That Prevent Alzheimer's and Dementia

If you're over the age of 50, then you've probably either seen a loved one suffer from Alzheimer's or worried about developing the disease. These fears aren't unfounded. According to the Alzheimer's Association, 1 in 6 women and 1 in 11 men will develop Alzheimer's by age 65. Add in dementia, and it's no wonder so many of us are concerned about the state of our brains!

Luckily, there are steps you can take to keep your mind healthy, starting with what's on your dinner plate. According to research published by Harvard Medical School, Healthline, and the Mayo Clinic, your diet can decrease your risk of Alzheimer's and dementia. Not only that, but researchers have also pinpointed specific foods that can help and hurt your brain.

Go Greek

Studies show a Mediterranean diet rich in fish, olive oil, avocados, fruit (specifically berries), vegetables, nuts, whole grains, and moderate amounts of red wine is best for keeping your brain healthy and your memory sharp. One study that evaluated nearly 8,000 people found fish in particular is great for warding off cognitive impairment and decline. Vegetables (especially leafy greens) come in second, followed by the healthy fats, proteins, and grains listed above. To learn more about the Mediterranean diet and get a free meal plan, visit [Healthline.com/nutrition/mediterranean-diet-meal-plan](https://www.healthline.com/nutrition/mediterranean-diet-meal-plan).

Eat This, Not That

While some foods can give your brain a boost, a survey of 200 people living with dementia confirmed that others can push it closer to the brink. According to the results, it's smart to avoid sugary snacks, starchy foods, and processed meats if you want to keep your mind sharp. However, what you do eat is more important than what you don't. If you really want a doughnut, that's okay — just be sure to balance it out with a salmon salad.

"People who developed dementia were more likely to combine highly processed meats with starchy foods like potatoes, alcohol, and snacks like cookies and cakes," researcher Dr. Cecilia Samieri told Healthline.

March is Women's History Month, and since women are especially susceptible to these diseases, consider sharing this article with a woman you care about. You'll both benefit if they take it to heart!



Sudoku

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Solution on Pg. 4

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I snapped back at her for no reason at all. That could have been a disaster, but she didn't let my reaction get to her. Instead, she calmly and perhaps curiously asked, "Are you angry at me?" and when I growled, "No!" she continued to cajole me until I calmed down and eventually apologized. No matter what I did or said, her calm, patient nature remained.

The second example is with my wife. When we go on long walks in the evenings, she always waves to strangers, says hello, and tries to strike up a conversation. That's her nature. She's friendly and outgoing, and even when someone ignores her, she discounts their "bite" and continues reaching out to others. That's her nature.

These two women inspire me and remind me how I should deal with life's "bites" every day. This month, my challenge for us is simple: Let's be resilient in our own nature. Unfortunately, some people can't help "biting." It's just their nature. But, I have to keep reminding myself that's not my nature. I hope that when something threatens to change your nature, you will remember to be strong.

-John Preston