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Miss Independent

How Jennifer Learned to Stand on Her Own Two Feet

If you could take a time machine back to 1776, what do you think the mood in the streets would have been like on July 4? I have a couple of ideas. I think it might have felt like standing at the stove as a 5-year-old and scrambling an egg for the first time; taking a job at Pizza Hut the day after getting your driver's license; or unpacking a suitcase in your college dorm.

Those are all moments from my own life when I felt proud, strong, and independent. That's why I think it must have been the mood when our country broke away from Great Britain. Finally, we could stand as a nation on our own two feet! For the country, it took a war to accomplish that, but for me personally, it just took a set of amazing parents.

My name is Jennifer Knight, and if you've been reading our newsletter for a while, then you might remember a bit of my story. I've been practicing law for more than a decade, partly because my dad always wanted me to be a lawyer. He and my mom pushed me to be independent from a young age. I had a lot of free play, and my parents purposefully built up my self-confidence. They taught me that I could do anything I set my mind to, including hard things like changing a tire or living alone.

I learned to do my own laundry and cook my own meals. As soon as I could, I got my driver's permit, and the day I turned 16, my dad took me to the DMV for my driver's license test. Then I started earning my own money taking orders, making pizzas, and waiting tables at Pizza Hut. I was always pushing myself. My mom used to say, "If you feel safe to do something, then try it."

I never thought I'd have to use some of those lessons, but boy was I wrong. When my dad taught me how to change a tire, I felt like rolling my eyes, but I was grateful years later when one of my tires blew out on a deserted back road. My phone was dead, so I got out of the car and got to work. I was filthy by the time I was done wrestling the tire, but I succeeded!

My independence also helped me cope when my dad passed away. I was only 18 and my financial support for college was gone. But since he and my mom had taught me to solve problems, I came up with a game plan: I moved home, switched schools, applied for loans and scholarships, graduated from both college and law school, and had a job offer waiting when I passed the bar.



I'm proud of my achievements, but honestly, those successes aren't even mine! I have to give credit to my parents, because I never would have been able to accomplish what I did without them. Today, I'm trying to raise my daughter, Noa, to be the same kind of confident kid I was. She's only 7, but she already knows how to use our gas stove to cook a scrambled egg (with my supervision, of course!). And when she's older, I'll teach her how to change a tire, just in case she ever gets stranded like I did.

This Independence Day, between the barbecue and the fireworks, I hope you'll take a few minutes to teach a kid in your life something new. Scrambling an egg is easy, but giving a child the knowledge they can succeed is the first step toward building their confidence. Once they know they can do that, they'll feel more prepared to tackle the next unknown challenge.

-Jennifer Knight

Fun Facts About the Fourth of July

You Can Share With Your Kids

What do your kids know about the Fourth of July? Do they know it's a day when you have a barbecue, spend time with friends and neighbors, and watch a fireworks show? These hallmarks of the holiday certainly do make it fun and memorable, but they don't really exemplify why we celebrate the Fourth of July, the anniversary of when the United States declared its independence from Britain.

So, along with the sparklers and hot dogs, here are a few fun facts about Independence Day you can share with your kids to help them understand the significance of the holiday.

The Fourth of July marks our country's independence because it's when the Continental Congress ratified the Declaration of Independence. This fact might seem like a

no-brainer, but it contextualizes the holiday for kids. It's a great jumping-off point to talk about why the United States wanted to be its own country, what the Continental Congress was, what the Declaration of Independence said, and what it means to "ratify" something.

Two future presidents signed the Declaration of Independence: John Adams and Thomas Jefferson. They both died exactly 50 years later, on July 4, 1826. This fact is an interesting coincidence sure to fascinate both kids and adults. It's also a great way to introduce kids to some of the Founding Fathers and share how they helped shape the United States today.

In 1776, the year the United States was founded, only 2.5 million people lived here. Today, the U.S. population is 331 million. Lots



of people have been born in the United States since it was founded, and millions more came here from other places, hoping to find a better life. Many succeeded, too. Many people want to call this country home!

On the Fourth of July, around 155 million hot dogs are eaten in the United States. Okay, so this fact might not have anything to do with American history, but it's still pretty funny! If anything, the fact that we have so many hot dogs to eat on that day is evidence of the prosperity so many people enjoy in the United States of America.

Preston University: Who Should I Share My Estate Planning Documents With?

When it comes to their Trusts, one of the biggest concerns our clients have is privacy. They ask questions like, "When is it appropriate to share my estate planning documents?" "Which documents should I share?" "Who should I share them with?" You may have found yourself wondering these very things. If you have, then you're in luck — we're about to tackle those tough questions.

The Basics — and the Exception

The first thing you should know is that ultimately, how private you are about your estate planning documents is up to you. If you'd like, you can share full copies of your Trust with your successor trustee and all of your beneficiaries (we would not necessarily recommend this, as you'll see below, but you *can* do it that way). You can also refrain from sharing your documents with anyone or pick and choose specific things to share.

Usually, there is only one circumstance under which you **have** to share your estate planning documents legally: When, if you're part of a married couple, one spouse passes away and the Trust divides. At that point, you're legally required to give notice to the beneficiaries, and they have a right to request a copy of the Trust. If they do, then you must provide it.

Our Reasoned Recommendations

In most cases, if you're unsure of what to share and what to keep private, we recommend sharing only your Advance Health Care Directive and your Financial Durable Power of Attorney.

- Sharing your **Advance Health Care Directive** with your current agent, successor agent, and/or others listed on the document is a good way to kick-start a conversation about your end-of-life desires and decisions. That said, if you think you may change the trusted people named in it, you may not want to share this. Changes could lead to confusion or hurt feelings.

- Similarly, sharing your **Financial Durable Power of Attorney** with your *current* agent could start a conversation about what you expect from

them regarding your finances should you need assistance. Additionally, if an urgent situation arises and your agent needs to use the document for your benefit, he or she will have to produce the document to the financial institution to prove they are your agent and that they have authority to do whatever it is they need to do for you. However, just be aware that sharing this document with your current agent could have the same pitfalls listed earlier, and we do not recommend sharing the document with your successor agents.

Beyond these two documents, we would not recommend sharing information related to your Trust with your children or beneficiaries. You're likely to make changes to your Trust over time, and if you've shared previous versions, there will be a lot of outdated information floating around. Old documents can cause confusion, hurt feelings, or even legal battles if your beneficiaries try to argue that you were under pressure or in a poor state of mind when you made changes.

Your Family, Your Rules

That said, no one knows your beneficiaries as well as you! If you have a very open family dynamic and think sharing your Trust and explaining your thought process every time you make a change is the best way to prevent future arguments, then go right ahead.

How to Share Documents Safely

If you do decide to share documents, then we recommend printing them off the flash drive you received from our team. Each document is individually saved, so you can print them all or pinpoint specific items. Then, pass on the document directly to the person you want to share them with. You can also email the documents or copy them to another flash drive for the recipient, but be sure not to include highly sensitive information, such as your Social Security number or bank account numbers.

An Olympic Medal — For Arts

From 1912–1952, the Olympics awarded medals for arts and sculpture, though most people do not remember this. In 2012, the first book in English on the topic was published, "The Forgotten Olympic Art Competitions" by Richard Stanton.

Stanton dug through decades-old, crumbling files that were packed away in Switzerland in order to uncover the origin of this forgotten Olympic tradition. Apparently, Baron Pierre de Coubertin, the founder of the International Olympic Committee (IOC) and the modern Olympic Games, saw art competitions as integral to his vision of the Olympics.

Stanton told Smithsonian Magazine of Coubertin, "He was raised and educated classically, and he was particularly impressed with the idea of what it meant to be a true Olympian — someone who was not only athletic, but skilled in music and literature." Coubertin thought that without the arts, it couldn't be a true Olympic event.

However, Coubertin had no luck convincing local organizers from Athens, St. Louis, or Paris that art competitions were necessary. At the 1912 Stockholm Games, Coubertin finally secured the Olympic fine art competitions. There were categories for architecture, music, painting, sculpture, and literature, but every work had to somehow be inspired by sports.

Judges didn't have to award gold medals if they were disappointed by all the submissions, but 1912 was a success. With 33 artists in participation, a gold medal was awarded in every category. (Coubertin even won for his poem, "Ode to Sport"! He disguised it with a pseudonym.)

As the Olympics exploded into a beloved international event, the fine arts competitions rarely caught people's attention. Not all categories won gold medals, if any at all. There were significant winners, however. John Russell Pope (the architect of the Jefferson Memorial) won a silver at the 1932 Los Angeles Games for his design of the Payne Whitney Gymnasium, constructed at Yale University. Other famous participants include Italian sculptor Rembrandt Bugatti, American illustrator Percy Crosby, Irish author Oliver St. John Gogarty, and Dutch painter Isaac Israëls.

Even if the art competitions are not a part of the games anymore, they are fascinating to learn about! We'll definitely think about them the next time the Olympics (finally) roll around.

Sudoku

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Solution on Pg. 4

Mexican Corn Salad

Inspired by JoCooks.com

Ingredients

- 4 cups of fresh corn, cut from 5 cobs
- 1 tbsp olive oil
- 1/2 red bell pepper, chopped
- 1/2 red onion, diced
- 6 green onions, chopped
- 1 jalapeno, diced
- 1/2 avocado, cubed
- 1/4 cup fresh-squeezed lime juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 2 tbsp sour cream
- 2 tbsp mayonnaise
- 1/2 cup fresh cilantro, chopped
- 1/2 cup cotija or feta cheese, crumbled

Directions

1. In a cast-iron skillet over medium-high heat, add oil and corn. Cook, stirring occasionally, for 3–5 minutes or until corn starts to char.
2. Add the corn to a large bowl and let cool for 5 minutes, then add the remaining ingredients and stir together until well combined. Taste and adjust seasoning.
3. The salad pairs well with grilled entrees and can be refrigerated in an airtight container for up to 4 days.