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Go Green Get Out There With These Eco-Tourism Tips

Vacations can come with great expense, and not just for your bank account. According to a 2018 study published in Nature Climate Change, travel accounts for 8 percent of global greenhouse gas emissions. Cut through the greenwashing and do your part to lessen these emissions by traveling sustainably.

Travel Green When possible, trains, hybrid buses, and carpooling are great alternatives to larger, more environmentally intrusive travel methods. Large cruise liners are detrimental to oceans, and airplanes emit large amounts of toxins into the air. However, you can cruise and fly with the earth in mind. Some cruise lines are working to reduce their impact by installing more eco-friendly lighting and materials, and flight experts recommend using "green" airports, choosing fuel-efficient airlines, staying longer, and traveling less. If anything, it's an excuse to extend your European vacation!

Stay Green Where you stay impacts the environment as much as how you get there. Hotels use copious amounts of water for bathing and laundry, and they struggle to reduce energy because guests leave their lights and televisions on. However, many luxury resorts, woodsy

cabins, and even entire countries have opted to make eco-tourism easier. If you're looking for a region of the world committed to preserving nature, look no further than Iceland, Finland, and Sweden, which are ranked the three most environmentally friendly places in the world.

Do Green Man-made attractions like the Egyptian pyramids and Machu Picchu are some of the world's greatest wonders, but Earth itself is pretty breathtaking. Check out natural attractions while hiking or camping in preserved forests, or soak up all the Caribbean has to offer by snorkeling, scuba diving, sailing, kayaking, canoeing, and paddleboarding. When you're mindful of your surroundings and remain unobtrusive, there are endless outdoor activities you can explore. Some locations even partner with environmentally conscious organizations you can donate to or volunteer with.

Opt for a green vacation and know that while you relax, the earth is getting a little relief too.



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Supporting Your Decisions

Rebecca Poulson Shares Her Preston Experience

If you have ever needed help making changes to your estate plan or reviewing your trust documents, there is a good chance we have conversed on the phone. I am grateful to have spoken to, assisted, and learned from so many of our clients over the five years since joining the Preston Estate Planning team.

I am your first point of contact when you call our office. My job includes assisting you in understanding your documents, answering questions, implementing changes, and listening to your concerns. But my favorite part of my job is meeting the people, like you, behind these documents and hearing your stories. You are so much more than trusts and the assets you acquire throughout your life, and I love learning more about you and your families with every conversation we have. In fact, I have some really good relationships with people I have never even met in person.

I enjoy being able to help people feel comfortable in planning for their future. No one enjoys talking about after-death proceedings, but I have seen firsthand just how important these conversations are and why they need to happen. No one should have to focus or be confronted with making these difficult decisions in a time of crisis. Your family is not going to know what you want unless you have the tough conversations with them, and it is my goal to make sure clients feel comfortable as I guide them through the process.

When I first applied for a position at Preston Estate Planning, I was nervous that a full-time job might not fit into my life with my family. In the 10 years prior, I had been working part time with a fundraising company; 15 years prior to that, I was a stay-at-home mom while helping my husband, Paul, run our hardwood flooring business.



Family has always been a top priority for me, and I knew I needed an employer who shared and would respect these important family values.

That is why I am so grateful to have found Preston Estate Planning. While meeting with the owner and founder, John Preston, I realized that we had a lot of values in common, including the importance of family. I instantly felt comfortable with this firm, and I knew they would understand my priorities concerning my family. In the five years I have been with Preston Estate Planning, they have proved my assumptions right, going above and beyond my expectations.

To help you become more acquainted with me, let me tell you about my family. We have three amazing children: Justin who is on a mission in France; Nathan who with his wife, Kendal, has blessed us with our first grandbaby; and Kara, who attends Brigham Young University. Each are strong individuals and keep our family connected.

I could not be more appreciative of the people I work with at Preston Estate Planning. Because of our good working relationship, we are unified in our efforts to provide the best care possible, which translates into better serving each of you. I am grateful to be your first point of contact for the firm and look forward to taking care of you in the future.

-Rebecca Poulson

Popular Streaming Services

Which Services Are Right for You?

Finding that perfect streaming service for your family can cause parents some stress. There are so many options, and it can be difficult to determine which services provide child-appropriate content AND won't cost you an arm and a leg. Luckily there are plenty of affordable platforms that have family-friendly content.

NETFLIX AND HULU Known as two of the most popular streaming services that offer family-friendly content, Netflix and Hulu feature plenty of shows and movies that are perfect for kids. For families who own smart TVs or a digital media device, like Roku or Apple TV, both services are available after a quick app download.

Both of these platforms have parental controls, allowing parents to set up accounts and restrictions for what their children can watch. You'll never miss an episode of "Ninjago" or "Sesame Street" again! Their prices are reasonable as well, with Netflix plans ranging from \$8.99–\$15.99 a month and Hulu being slightly cheaper at \$5.99–\$11.99 a month.

AMAZON PRIME VIDEO For parents who are already Amazon Prime members, Amazon Prime Video is included with their membership. Those who aren't can enjoy this streaming service by itself for \$8.99 a month.

Offering an extensive collection of titles of multiple genres, Amazon Prime Video is a great streaming service. Movies range from "The Daniel Tiger Movie: Won't You Be Our Neighbor" for your toddler to the more serious "The Dark Crystal" for kids who are a little older. As with Netflix and Hulu, this service also has a parental control feature, ensuring kids don't watch anything that may be inappropriate.

DISNEY+ Disney+ will be the newest streaming service, which is set to be released later this year. Families will have access to classic Disney movies as well as other content that Disney has influenced. They'll even have exclusive access to the newest Disney creations. It's been speculated that anticipated titles "Captain Marvel," "Toy Story 4," and "Frozen 2," will only be available to stream on Disney+. Parents can rest easy knowing that R-rated films won't be available through this new service as Disney wants to keep its family-friendly approach.



Fleeting Moments

JM Preston Shares a Client's Harrowing Story

Just over a year ago, I had a unique meeting with a potential client. This woman was in her 40s, which is unusual for our practice, given that most of our clients are older adults. Still, she was interested in planning her estate, but like most people her age, she did not see the need for urgency. We ended our meeting with a promise that the woman would be in touch, but one year passed before I heard from her again.

By then, urgency had hit.

She had been diagnosed with an inoperable brain tumor that was very alarming to her doctors. With this diagnosis, her life had been thrown into a tailspin, and she was in need of direction. She was looking at an uncertain future, and as the mother of two young sons, she was worried about their well-being. Even more pressing to her situation was that one of her sons had disabilities that needed special attention.

I carefully cautioned her that if she did not have a plan in place, her estate would likely end up in probate court. Because her sons were

minors, the court would appoint someone to oversee their inheritance until age 18. Additionally, I warned her that most 18-year-olds do not have the tools to use an inheritance wisely.

When she told me one Monday that she was hiring our firm to get her affairs sorted, I told her I would do everything I could to complete the task by that week. This process typically has a lot of back and forth, but given this woman's uncertain future, we knew she needed a plan within days. Working against an unknown deadline, I drafted the documents to create a trust on Tuesday, and by Wednesday, she had reviewed and signed off on the plan.

Afterward, I could see some peace of mind had been restored. She learned in one of the harshest ways that life is so fragile, but her story serves as a reminder that while it is never easy to plan for your death, it is crucial not to procrastinate. No one knows when their number will be called in this life, but at Preston Estate Planning, we can help you and your family be prepared.

Preston University

What Is a Silent Partner, and What Do They Do?

Ensuring your loved ones know what to expect after your passing by crafting an estate plan can be one of the most loving actions you can take. But what happens when you need support while you're still living? At Preston Estate Planning, we have built a solution into your trust.

We designate a silent partner that you appoint to help you when you are temporarily incapacitated. So, if you are injured in a serious car accident, undergo surgery, or suffer a stroke, your silent partner would have the authority to step in and manage your financial affairs. This partner would have permission to access your bank accounts, pay your bills, and complete any other tasks you need done but are physically unable to accomplish. If you are married and have a joint trust, your spouse is automatically your silent partner, but for those who are widowed or single, a child, a close friend, or a relative is a great option for a silent partner.

However, there are some caveats to this silent partner designation. First of all, just because someone is your silent partner does not mean that they must be involved in your financial affairs at all times. Instead, a silent partner is in the background, waiting to help you if anything goes awry. Secondly, a silent partner does not have the power to change the terms of your trust. They cannot use your money for their own benefit, and they are only there to fulfill the duties you would do if you were not incapacitated.

Think of this partnership like the relationship between a pilot and copilot. A pilot is responsible for all in-flight decisions and leading the crew aboard the aircraft, while the copilot's role is to complete the tasks designated to them by the pilot. That said, the copilot has one of the most important roles on the aircraft: They take over when the pilot can no longer fly the airplane, completing duties as if they were the pilot.

At Preston Estate Planning, the silent partner in your trust has one of the most important jobs. We do not want your estate plan to fly with a solo pilot. You need someone in your cockpit who can safely land your airplane when you become temporarily incapacitated.

With Preston Estate Planning, you never have to fly alone.



Sudoku

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Solution on pg. 4

Strawberry Mango Paletas

Inspired by Food & Wine Magazine



Ingredients

- 1 1/4 cups strawberries, chopped
- 1/2 cup granulated sugar
- 3 tablespoons fresh lime juice
- 1/2 teaspoon kosher salt
- 2 medium ripe mangoes, peeled, pitted, and chopped

Directions

1. In a saucepan, toss strawberries with 1/4 cup sugar and let stand at room temperature for 15 minutes.
2. Add 1/4 cup water and bring to a simmer over moderate heat. Cook strawberries until mixture thickens, about 5 minutes.
3. Remove from heat and stir in 1 tablespoon of lime juice and 1/4 teaspoon of salt. Let cool completely, about 45 minutes.
4. Meanwhile, in a blender, purée mangoes with 1/4 cup sugar, 2 tablespoons lime juice, and 1/4 teaspoon salt until smooth. Scrape into a medium bowl and clean the blender. Then, purée strawberry mixture until smooth.
5. Into 8 3-ounce ice pop molds, spoon 2 tablespoons mango purée. Add 2 tablespoons strawberry purée to each mold, then top with remaining mango purée, leaving 1/2 inch between filling and top of mold.
6. Using a small knife, gently swirl layers together.
7. Insert ice pop sticks and freeze until solid.
8. Dip molds in hot water for a few seconds, then unmold paletas and serve immediately.