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## Tackle Allergies This Spring

### With These 3 Strategies

Spring has officially sprung. Grass is growing, flowers are blooming, and longer days are here again. And while the arrival of spring is a cause for celebration, for outdoor enthusiasts who suffer from seasonal allergies, the season is bittersweet. For many, this time of the year is characterized by stuffy noses, burning eyes, and sneezing. But according to WebMD, even severe allergy sufferers can enjoy the outdoors without worrying about allergies by taking the following precautions.

#### Watch pollen counts.

You can usually find information about local pollen levels on the internet or in your local newspaper. If pollen counts are through the roof, consider working out inside instead of running outside. In general, pollen counts are highest on warm and breezy mornings and lowest when it is cool and rainy. Plan your outdoor pursuits accordingly.

#### Change immediately after spending time outdoors.

If you suffer from seasonal allergies but still love to exercise outdoors, build a habit of showering and changing immediately after coming back inside. While you were out crushing that 30-mile bike ride, pollen

was slowly accumulating in your hair and on your clothes. And while 30 minutes of outdoor exercise will, according to WebMD, completely coat your nasal membrane with allergens, showering and laundering your clothing will limit your exposure while indoors.

#### Medicate, medicate, medicate.

Depending on the severity of your allergies, medication, not prevention, will likely provide the best relief available. Every person is different, so ask your doctor about the best medicine for you, and make sure you understand how you’re supposed to use it before dismissing its efficacy. Some allergy medicines can take as long as three weeks to reach their full effectiveness.





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## Why I’d Like the Word ‘Teacher’ on My Tombstone

### A Look at How Teaching Shapes the World

Because of the COVID-19 pandemic, in the last few months parents and grandparents across the nation have found themselves struggling to take on the role of teachers. Overnight, kitchen tables became classrooms and borrowed laptops took the place of workbooks. Then there was a collective sigh of frustration as everyone realized that teaching isn’t as easy as we’ve been led to believe.

Due to this crisis, our world now has a whole new respect for educators, and personally I’m grateful for that. May is National Teacher Appreciation Month, so it’s an ideal time to consider how teachers are valued here in the U.S. and who exactly is considered a teacher. Personally, I’ve been asking myself those questions for much longer.

It started when I was very young. You see, my mother was an English teacher, and so were two of my much older sisters. My grandmother even became convinced that she was an English teacher when her brilliant mind started to decline. So I grew up surrounded by, in effect, four “mothers” who were also teachers. From them, I learned about the powerful ripples a teacher can make in the world. My mother’s former students used to come by our house all the time to check in and tell her how she’d shaped their lives. They remembered not only her name but her lessons, both in English and in life. I was surprised, then impressed, when the same thing later happened with my sisters. Many of those people became their dear friends.

Despite their obvious influence, teachers here in the U.S. aren’t respected the same way they are in other places. I discovered this firsthand when I traveled to Korea to serve a mission for my church. There, instead of using the phrase “sir” or “ma’am,” when addressing a stranger, the Korean people would use the term *sun sang nim*. Literally translated, this means “teacher,” and it’s the highest compliment they can give. The respect that the Korean people have for teachers is off the charts, and we could learn a lot from their example.

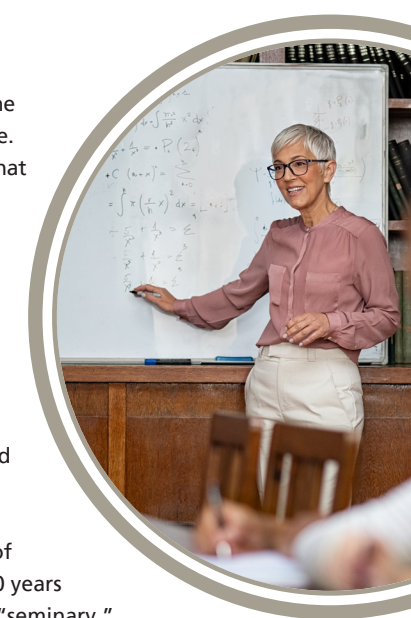
That said, I’m ashamed to admit I didn’t always give teachers the respect they deserved — even my own mother! I still remember the day when, as a teenager, I rudely asked her, “Why did you choose to be a teacher when you don’t get paid that much?” She was very quick to respond: “I didn’t choose to be a teacher for the *income*, Johnny. I chose to be a teacher for the *outcome*.” It took me another decade or so to fully appreciate the wisdom of her words. I didn’t see the appeal of teaching when I was in junior high,

high school, or college, but by the time I was in law school, it hit me. Maybe because I finally knew what I was going to be when I grew up or maybe because of the outstanding professors I had in law school, I finally fell in love with the idea. Those men and women had brilliant minds, and they molded me into the lawyer I am today. I decided then and there that before I died, I wanted to be known as a teacher.

I got the opportunity a couple of times. The first time was over 20 years ago when I was asked to teach “seminary.” It’s like a Bible study class for high school students. The classes were held at 6 o’clock in the morning before school. I coaxed a group of children through religious lessons, then went off to work to be a lawyer. The second time was just this year when I returned to the seminary classroom as a substitute.

As I arrived, a young lady in the class saw I was teaching and asked, “Are you going to give the lesson about standards and the crooked building?” I asked, “Who told you about that?” She said, “My dad told me!” It turns out her father was one of my seminary students from all those years ago. Not only had he remembered many of the lessons I’d taught him, but he’d also passed them on to his daughter. I ended up teaching a different lesson that day, and as I was packing up my things, the girl came up to me and said, “I can hardly wait to talk to my dad tonight and tell him about the lesson you taught today.” My thoughts immediately turned to my mother’s statement, “It’s the outcome, Johnny.”

My greatest opportunity to be a teacher started when I became a parent, and it’s ongoing. I think that if you called any of my children and asked, “What does your father want to be known as?” their answer would probably be “a



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# Are Your Documents Current?

## 5 Vital Things to Check During This Pandemic

Over the last few months, the COVID-19 pandemic has ushered in a different world. Every day, the news is filled with dire numbers: death tolls, infection rates, and projections, among them. There has never been a time when death has felt so prominent and been so widely discussed. Chances are that in the last few months you've found yourself in conversations with loved ones where they've wondered this: "If the worst happens, are my affairs in order?"

Even if you consult us regularly and meticulously update your documents, your family members, friends, and coworkers may not be so forward-thinking. With that in mind, we've put together a list of the 5 most important documents everyone should create or update during this crisis, beginning with the most crucial.

**1. Advance Health Care Directive** Also known as a health care power of attorney, this document designates the person you've appointed to be your spokesperson if you're taken to the hospital and are unable to communicate. Thousands of COVID-19 victims are in that very situation right now, so it's vital that you appoint someone to make decisions if you, too, fall ill. It is easy to be caught off guard when a minor turns 18 and becomes a legal adult and the parent can no longer legally make decisions for their child anymore.

**2. HIPAA Form** This often-ignored document sets the parameters for who can and cannot get information about your medical state from hospital workers. Your medical information is confidential from everyone including your family. This information is protected by federal and California law. On a HIPAA form, you list the people you want to give access to your medical information, including your spouse and children.

**3. Financial Power of Attorney** If your signature is required on a legal document and you are not able to sign, then this document appoints an "agent" that can legally sign your name as if the agent were you. This document should be very specific as to exactly what the agent can and cannot do. Finally, the document should be "immediate," not "springing." In other words, the document should be effective immediately upon signing, not contingent upon proving the incompetency of the person who is giving the power to sign.

**4. Will** If you have children under the age of 18, it's absolutely crucial that you have a current Will. It is the only document where you appoint a guardian for your children in the event that you pass away while your children are still minors.

**5. Living Trust** When you begin to acquire assets (e.g., a house), a Living Trust is the next most important document to become part of your portfolio, primarily to avoid an expensive court procedure known as probate. If you want to do more than simply avoid probate, then the next step would be to create a "Life Plan." This plan expands the benefits of the traditional Living Trust and adds disability protection, tax reduction, and asset protection.

Finally, **remember to review and update your documents at least once a year.** In a well-drafted plan, there are a lot of people upon which you depend. It is important that you review all of your documents at least annually to ensure that your "helpers" are still willing and able to perform their responsibility.

If you're worried about your loved ones and their preparations (or lack thereof), then please consider sharing this information. With these five documents updated and at hand, both you and they will sleep easier.



# Remembering the Real Heroes



## A THANK-YOU TO THE ESSENTIAL WORKERS WHO HAVE TOUCHED MY LIFE

The world isn't in great shape right now. In just a few months, this pandemic has upended our lives and taken thousands of good people away from their families. Personally, I feel like I've been living in limbo, just doing my best to stay safe and keep my loved ones healthy.

One of those loved ones, my brother-in-law, is a flight nurse. His job has put him in the heart of this chaos. As an ordinary guy with no medical training, I feel incredibly grateful to first responders like him — including firefighters, paramedics, nurses, and doctors — who are able and willing to put themselves at risk to help others. We're blessed to have these folks as a lifeline right now.

In that spirit, I want to share a few stories of medical workers who have touched my life. These incidents took place before the pandemic, which goes to show that these people are heroes all the time, not just when a disaster strikes!

The first thing that comes to mind is the time my son broke his arm while biking. It was a bad break, and I called an ambulance to stabilize the bone right away. Though I didn't know them personally, I felt an immediate connection to the paramedics who gathered around my son on our front lawn. They were taking care of someone I loved when I couldn't, and that brought on a wave of emotion I'll never forget.

Each time one of my children was born, I had a similar feeling. As my wife will confirm, I'm not at my best in the hospital environment, so during each birth I relied on the incredible nurses around us to take care of things. Whenever there was a problem, they were there. They were truly irreplaceable!

The third encounter was small but memorable. A few years ago I needed to have surgery on my shoulder, and the nurse who walked me through the procedure had a kind, loving manner that put me at ease immediately. She had one of those hearts you don't find in normal people, and to this day I remember her face perfectly.

If you know a first responder, then please consider reaching out to them to say thank you. They're probably scared and overwhelmed right now, so reminding them how much you care could make all the difference in their day.

*-J.M. Preston*

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teacher." It's not a secret. I'd be incredibly proud to have that written on my tombstone.

We are all teachers in one way or another. As parents, grandparents, friends, and neighbors, we will never know the positive impact we have had on the lives of others. Lessons can come in many formats: formal classroom instruction, casual conversation, and simply being a good example. I believe that we teach somebody something every day! The Korean people are right to give every single person the title of *sun sang nim*.

As we commemorate National Teacher Appreciation Month, I want to acknowledge the full-time, professional teachers as well as the part you play as a teacher (whether you have the certification or not) and thank you both for the lives you have and will continue to impact.

*-John M. Preston*

## Rhubarb Cake

*Inspired by AllRecipes.com*

*Nature's favorite tart vegetable — yes, rhubarb is a vegetable! — is in season once again. Celebrate rhubarb season with this simple, delicious cake.*

### Ingredients

- 2 1/4 cups white sugar, divided
- 1 tsp baking soda
- 1/2 tsp salt
- 2 1/4 cups all-purpose flour, divided
- 2 eggs, beaten
- 1 cup sour cream
- 3 cups rhubarb stalks, diced
- 1/4 cup butter, softened

### Directions

1. Heat oven to 350 F. Grease and flour a 9x13-inch baking dish.
2. In a large bowl, combine 1 1/4 cups sugar, baking soda, salt, and 2 cups flour.
3. Stir in eggs and sour cream until smooth.
4. Fold in rhubarb and add mixture to the prepared baking dish.
5. In a small bowl, combine 1 cup sugar and butter until smooth.
6. Stir in 1/4 cup flour until mixture is crumbly.
7. Sprinkle mixture on top of cake batter and bake for 45 minutes.
8. Let cake cool for 5-10 minutes and serve.

