

2	3	6	1	4	5	9	8	7
8	1	5	2	9	7	6	4	3
9	7	4	6	8	3	5	2	1
4	9	7	5	6	2	3	1	8
5	8	3	7	1	4	2	6	9
1	6	2	9	3	8	4	7	5
6	4	1	8	5	9	7	3	2
3	2	9	4	7	1	8	5	6
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Meet Odin, the Fireproof Dog

This Great Pyrenees Guided His Goats Through a Wildfire

In October 2017, California was in flames. One of those blazes was the Tubbs Fire, which charred its way through 36,800 miles of forests and vineyards in both Napa and Sonoma County. More than 5,600 buildings were destroyed, and 22 people were killed. But when the flames finally died, a four-legged hero emerged from the ashes: Odin, the Great Pyrenees dog.

Odin belonged to Ariel and Roland Hendel, two farmers in Sonoma County. When the Tubbs Fire threatened to char their home, they packed up as many of their animals and precious items as they could. Unfortunately, their flock of goats wouldn't fit in the getaway vehicle — and their goat-herding dog, Odin, refused to abandon them. Great Pyrenees are prized livestock guardian dogs that will do anything to protect their charges, and Odin lived up to his breed.

"I said, 'Okay, Odin, take care of the goats. You'll be fine,'" Roland Hendel told ABC News.

Both Hendels were sure they were seeing their dog for the last time. Their hearts sank even further when they heard their home had burned down completely. But on a trip back to examine the ashes, something amazing happened.

"In the distance, I saw Odin's tail," Roland told ABC. "Sure enough, there was Odin coming at the head of all his goats."

Not only did Odin survive the fire and run right up to the Hendels for belly rubs, but he also kept every single one of his goats safe! A few wild deer even joined the goats, and he shepherded them through unscathed. The incredible story made the news, and Odin became a local legend.



Unfortunately, even legends don't live forever. This April, Odin passed away after a long life of tail-wagging, treat-eating, and goat-saving. In his honor, Great Pyrenees Rescue of Missouri gifted the Hendels two new Great Pyrenees pups: Buddy and Snowflake. They're following in Odin's pawsteps, protecting the goats he loved so much.



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Life Lessons From a 7-Year-Old Hiker

Can Jennifer's Daughter Change the Way You Think?

A few weeks ago, I walked into a sporting goods store with my 7-year-old daughter, Noa. We were on a mission to buy better hiking gear because after a few months of working on my health and fitness — and bringing her along for the ride — I'd hit the limit of my old tennis shoes. When we entered the store, the greeter stopped us to ask what we needed. I told her, "Hiking equipment, please!" and she lifted her walkie-talkie to page a coworker.

"There's an athlete headed back to hiking," she said, pointing us in the right direction.

Noa and I thanked her and walked toward the hiking section, passing racks of tents and sleeping bags. Then she looked up at me and asked, "Mom, are you really an athlete?"



My knee-jerk reaction was to say, "No honey, that's just what they call everyone in this store." After all, I'd only been hiking for a few months, and anyone who looked at me would know right away that I wasn't a fitness guru. But then, I paused. I was working out 6-7 days a week and going on increasingly difficult hikes. Heck, I was in a sporting goods store to buy hiking gear.

So I said, "Yeah baby, I guess I am an athlete."

Noa's face lit up, and she looked at me with huge, delighted eyes. "Wow, that's great, Mom! Good job. I'm so proud of you," she said.

I was really touched, but I didn't get the full impact of what had happened until our next hike. Noa was walking ahead of me and we were using our new boots and hiking poles to climb a particularly steep incline. Between huffs and puffs, I could hear Noa's voice drifting back to me. She was talking to herself like many small kids do.

"Ugg, this part is so hard!" she said, "But I'm an athlete, so I can do it!"

I couldn't help it — the waterworks started! I hadn't realized that when I called myself an athlete, Noa would decide she must be one, too. That moment made me realize how important positive self-talk can be. If we talk to ourselves nicely and internalize those messages, we can change our perception of ourselves, the way others see us, *and* the way they see themselves. I'm my own worst critic, so this has been a



big struggle for me. It feels more natural to tear myself down. But Noa's little pep talk to herself changed everything. I realized that complimenting myself gave her permission to do the same thing. As a parent, that's the holy grail! Then I thought, what if I can influence my friends, parents, and coworkers too? Positive self-talk is like having a superpower.

I hope Noa hangs on to that lesson forever. It's a practice I've been working on, too, for my physical and mental well-being. I think it's my biggest takeaway from my fitness journey so far, apart from the proverb that got me started: "Little by little, a little becomes a lot." When I started working out, I would tell myself I only needed to walk for three minutes on the treadmill, but three turned into 10, then 20, then 30! Before I knew it, that turned in to 4 to 5 hour hikes. Now, my daughter and I have a blast every weekend tackling more and more challenging hikes, all because I let myself start small and work up to it slowly.

Like the talking trick, this lesson can apply to a lot more than fitness. I hope that whatever goal you're working toward — whether it's getting in better shape for National Wellness Month or saving for your retirement — these two tips help you power through.

-Jennifer Knight

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What Happens to Your Pets When You Pass?

2 Ways to Keep Your Furry Friends Safe

Many of our clients consider their pets family and want to ensure their furry friends are safe when they pass away. We were inspired to write this Preston University article in part by those questions and in part by a very special cat. The cat, who you see pictured here, is named Winifred Sanderson after Bette Midler's character in the movie "Hocus Pocus." She belongs to Preston Estate Planning attorney Jennifer Knight (who you heard from on Page 1) and her daughter, Noa.

The Tale of Winnie the Cat

Winifred Sanderson (aka Winnie) is a rescue cat. Jennifer noticed Winnie one day while volunteering at a local shelter. It didn't take long for her to realize Winnie had been brought to the shelter by the family of her previous owner, who had sadly passed away.

"My heart just broke for her," Jennifer says. "She was the sweetest cat I had ever met in my life. I could tell that her owner had loved her so much, and it hurt to think that such a cherished pet had ended up in a shelter. I had a heart to honor her previous owner, so I brought her home!"

Winnie's story had a happy ending, but many pets sent to shelters when their owners pass aren't so lucky. Fortunately, if you have pets that you love, then it's in your power to ensure they don't end up in that situation. Setting up a pet trust is one way to do that, but there are two faster, easier ways to ensure your pet(s) will be cared for.

The Legal Status of Pets

Before we get into the particulars, here's a quick note on the legal status of pets. Under California law, pets are considered "chattel," which means they are viewed as non-real estate personal property. They fall into the same category as jewelry or other items and typically are assigned a low value because they're considered "used" goods. This might seem strange if you view your pet as a family member, but it does simplify the process of making provisions for their care.



Option 1: The Memorandum for Distribution of Tangible Personal Property

You likely already have a Memorandum for Distribution of Tangible Personal Property as part of your estate plan. To formalize your wishes for who should take your pet, simply let us know that you'd like to add your pet and the name of the person who will inherit them to the list. That way, your Trustee will understand your wishes.

Option 2: The Letter of Special Instruction

To give more specific instructions, you can write a letter for your Trustee explaining what you would like to happen to your pet and add it to your estate planning binder. Although this letter does not carry any legal weight, it goes a long way to let your Trustee know what your wishes are. You can take this step *instead of or in addition* to updating the Memorandum for Distribution of Tangible Personal Property. There are no particular rules for this letter. It can be handwritten or typed, long or short. What's most important is that you address who you want your pets to go to. We suggest writing out a first, second, and third choice, and potentially even specifying that if all else fails, you'd like your pet to go to a *no-kill* shelter where they'll be safe from harm.

To ensure your wishes are carried out in both of these cases, *talk to the people you'd like to inherit your pet beforehand and make sure they're willing to take him or her*. This will ensure they don't end up unwanted and follow in Winnie's pawprints.

That's it! Safeguarding your pet(s) really is that simple.



The Rookie

3 Oldest Rookies in Sports History

Have you ever felt that fate meant for you to take a different path than the one you took? In some fields, making that change is possible, or even common — as any law student can tell you, where the "average" age of students is in their 30s. But other worlds, like the world of professional sports, are less welcoming to those over 25.

Which only makes for a better story when it *does* happen, of course.

That's what Jim Morris discovered when he signed with a Major League Baseball team in 1999 after his 35th birthday. Morris' life became the subject of the Dennis Quaid movie "The Rookie," filmed just after Morris' major league career had ended. You might think that two years is a short time in the majors, but hey, *you* try throwing 98-mph fastballs for hours a week, 104 weeks in a row!

Besides, the careers of pro athletes aren't nearly as long as icons like Tom Brady or Peyton Manning would have you believe. The average MLB career may be a few years longer than Morris stuck it out, but in the NFL? Most players make it less than three years and quit, depending on the position. While you're meditating on the ethics of chewing up football players for three years and spitting them out, all in the name of entertainment, consider the case of another similar story that was turned into a movie, that of Vince Papale — played by Mark Wahlberg in "Invincible."

Of course, Papale — whose flag football prowess in his late 20s overrode his lack of college ball experience — signed with the Philadelphia Eagles in the 1970s. Modern football has come a long way, critics will argue. But there's no denying the old-school toughness and tenacity Papale showed in making it to the NFL.

NBA player Pablo Prigioni's career was twice as long as either Morris' or Papale's was, with four years in the big leagues starting in 2012 at age 35. But basketball is arguably less demanding on the body than football and even baseball if we look at the potential damage major league pitchers can do to their throwing arm.

Their careers may not have been the stuff of dreams, but these three men showed something we all like to see: tough players hanging on long past their "prime." And they lived the dream — if only for a while. We all love that!

Sudoku

	3	6						
8				9			4	
9				8			2	1
	9			6	2		1	
			7			2		9
				3				5
6		1			9			
	2	9			1	8		6
	5		3	2				

Solution on Pg. 4



Inspired by BonAppetit.com

Bon Appétit magazine calls tomato and watermelon "soul mates," and they're right! This surprising gourmet salad will be a hit at your next barbecue.

Ingredients

- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric
- 1/4 cup coconut oil
- 4 cups seedless watermelon, rind removed and cut into 1/2-inch cubes
- 2 heirloom tomatoes, cut into 1/2-inch cubes
- 8 oz feta cheese, cut into 1/2-inch cubes
- Sea salt, to taste

Directions

1. In a small saucepan, sauté spices and herbs in the coconut oil for 3 minutes over medium heat to create turmeric oil. Take the pan off of the heat, then let it cool.
2. Combine the watermelon, tomatoes, and feta on a large platter or in a bowl. Drizzle with cooled turmeric oil. Now, simply sprinkle with sea salt and enjoy!