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## Why You Should Visit New England

### During Your Thanksgiving Weekend

Last year, travel restrictions kept many families from gathering together in their homes for Thanksgiving dinner. This year, it appears that people will be able to travel freely to most locations. While a "destination Thanksgiving" might not be something you've ever considered, for some families, it can mean the perfect blend of quality fun and family time in an exciting new city. So, why not take advantage and bring your family to visit New England, the part of the country where Thanksgiving began?

If you need more reasons than just the origin of a famous holiday, consider the scenery. If you've never visited New England in the fall, it's something that every person should do at least once in their lives. The variety of colors on display in the trees throughout the quaint downtowns and nearby forests is completely

unique to that part of the country. There's a reason that "visiting Boston in the fall" has become not only a popular vacation but also part of the American lexicon as well.

As for what you could do when you're in New England for your Thanksgiving weekend, there are a few popular destinations you just have to see for yourself. First and foremost among these are the Plimoth Patuxet Museums. When you visit, you'll be transported back in time to one of the earliest settlements in the United States, where the Pilgrims and the Wampanoag people shared the first Thanksgiving dinner.

Other fun destinations in that immediate area also include wandering the quaint historic



downtowns of Ipswich, Sturbridge, or several other colonial era towns. You can also find tons of fun shopping destinations in Beverly, Massachusetts. If you want your experience to be a little more rural, you can travel out

to Lake Winnepesaukee in New Hampshire, or Woodstock, Vermont, to experience a true traditional Thanksgiving celebration at Billings Farm and Museum.

Even though your family might not be used to traveling for Thanksgiving, how many opportunities will you have to visit Thanksgiving's birthplace during the season? It's the kind of vacation you don't want to miss!

# NOVEMBER 2021 Piece Of Mind

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## Seconds for a Second Chance

### How Will You Use the Time You Have Left?

***A few weeks ago, I traveled to my hometown of Midvale, Utah, to give a speech for my 50th class reunion. When I stepped to the podium, what struck me right away was how old my classmates were. Where had the 50 years gone?***

As strange as it was to see everyone's wrinkled faces (including mine), the time gone by was actually the inspiration for the speech I gave that day.

You see, folks my age have a tendency to spend more time looking in the rearview mirror — at our past — and wishing we could have a second chance than we do looking at the future and the road ahead of us. That's probably because we have more road behind us than we have ahead of us!

Candidly, when I look in the rearview mirror at those high school days, some memories are fond and some memories are difficult. The fond memories I have were events that took just seconds to occur. The difficult memories also occurred in seconds. It took seconds to make or break my day.

I specifically remember being a sophomore and sitting in an English class. I was staring at a beautiful girl named Debbie sitting two rows over. There was a guy sitting in between us, and he saw me staring at her. He turned to me and said, "Don't even think about it! She's not your type!" I said, "What type is she?" He said, "Well, for starters, she's good-looking."

I was devastated for a long, long time ... about a week.

A week later, I walked into class and that same girl smiled at me. Debbie smiled at me! It took just seconds for the boy between us to destroy my ego and seconds for Debbie to restore my confidence. Seconds!

Fifty years ago, when my classmates and I graduated high school, we were told that we could be anything, do anything, and go anywhere. I'm sure you heard the same lines at your graduation! But then the reality of life set in. Some dreams were achieved, some were not. Either way, time



passed and we arrived where we are today — me writing this newsletter, and you reading it.

Honestly, I wish I had a second chance to go back and do some things differently. Maybe you feel the same way.

It's strange looking back to realize the events that changed my life took only seconds to occur. There are 86,400 seconds in a day. If you sleep half of that time, that gives you 43,200 seconds. Maybe you sleep in, so we'll round it down to 43,000 seconds. That means each one of us has 43,000 seconds every day to change someone's day, week, or life.

I was reminded of that three weeks ago. My wife and I were eating in a fast-food restaurant and my attention was drawn to a young lady giving her order to the man behind the counter. I couldn't help but think how delightful she sounded. I wanted to see who she was, and when she turned around, I noticed — before she quickly hung her head — that she had a serious deformity on her lip.

I felt bad that she was so self-conscious, and I wanted to go tell her how delightful she was and build up her confidence. I wondered how I could approach her. Suddenly, she smiled at me. I thought, "Wow, she somehow heard my thoughts and I built up her confidence!" However, looking closer I realized she wasn't smiling at me — she was smiling at my wife.

While I was trying to think of something to do, my wife simply smiled. That's all it took, a smile. In seconds, my wife let this girl know that she accepted her and loved her just the way she was!

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# Your Benefits, Explained!

## Part 2: Monthly Q&A Workshops

In last month's newsletter, we laid out the 10 major benefits included in your Life Plan membership. John also dove deeper into one of them: free legal documents for your family, including the Advance Health Care Directive, HIPAA Release, Financial Power of Attorney, and simple Last Will and Testament. That newsletter kicked off a series we're calling "Your Benefits, Explained!"

Over the next nine months, we'll walk you through each of the benefits and explain how to take advantage of them to enhance your family's estate planning. This month, we're here to demystify Benefit No. 8: Monthly Q&A Workshops.

### What are Preston's Monthly Q&A Workshops?

Every month, our team holds virtual Q&A sessions with clients like you to help you better understand your estate plans, related changes in state and federal law, and other relevant issues. Each event is roughly an hour long, and more than 4,700 couples and individuals have the opportunity to tune in and learn from our experts. You can bring any concerns you might have to the table. The events are streamed live and recorded.

### How do the Q&As work?

First, you will receive an invitation to the Q&A in your email inbox. It will include an option for you to submit a question (or more than one!) and a link to the upcoming event webpage. When the big day arrives, you can click that link to join the workshop. If you try to log in early, you may have to wait in a queue, but please be patient — the event will begin at the top of the hour.

Each Q&A has a theme determined by the questions we've received from clients. When the event begins, our team will answer as many questions as possible during the one-hour time frame. If additional questions arise that we don't have time to get to, we will address them the following month.

### How can I submit a question?

There are two ways to submit questions. The first option is to respond to the invitation email. In the email, you'll see directions for submitting a question. This is the best way to raise your curiosities because we may end up using them to create the theme of the Q&A. Our team gathers all of these questions prior to the event, organizes them to avoid repeats, and sorts them into categories to go over during the Q&A.

The second way to submit a question is during the Q&A itself. When you join the session, you'll see a box where you can type in your question and send it to us live. If it's relevant to that day's topic and/or if we have time to address it right away, we will! If not, we'll save it for the following month's Q&A. It's never too late to submit a question, even at the end of the session.

### What can I do if I'm not receiving invitations?

If you aren't receiving invitations, it's likely one of the following apply:

- 1. You do not have an email address.** To remedy this, you can either make an email account OR use the account of a friend or family member with their permission. Once you have an email to use, call our office, and we'll add it to your file.
- 2. We do not have your email on file.** Maybe you just created an email account or switched to a new one. If that's the case, call our office, and we'll add it to your file.

Once we have an updated email address on file for you, you will receive monthly invites to our Q&As.

### Where can I find past Q&As?

You can access the recordings of past sessions through your private Life Plan portal. To log in, visit [PrestonEstatePlanning.com](https://PrestonEstatePlanning.com) and click the "Life Plan Member Login" button in the top right corner of the page. It will then ask you for a username and password. Your username is your email. If you don't know your password OR have never logged into your account, click "Forgot Password" to create a memorable password. Once you're logged in, you can explore our members-only website and access all of the Q&A recordings from the last year. That means if you miss a session, you can always watch it later in the comfort of your own home.

There you have it! With this guide, you can take full advantage of our Monthly Q&A Workshops. There is no additional cost for these workshops — they are one of the 10 benefits included in your membership fee, so accessing them is completely free.

To learn more about the other benefits of membership, keep an eye out for next month's newsletter.



# The First Thanksgiving

## What Was on the Menu?

Every Thanksgiving, we gather with our families and friends and pig out. Turkey, cranberry sauce, and stuffing, oh my! But did the Pilgrims actually eat all the same foods we do today?

When we sit down at the Thanksgiving table, we are blessed with mashed potatoes, candied yams, green bean casserole, turkey, stuffing, and pumpkin pie. However, if we wanted to be historically accurate, we would need to change up that dinner spread a bit.

Historians know of a few foods on the table that Pilgrims and Wampanoags shared at Plymouth Colony in 1621. Wildfowl, corn (in grain form for porridge), and venison were sure to be served at the first Thanksgiving. Wild turkey was also a common and abundant food source but wasn't likely the main course as it is today. A few days before the first Thanksgiving, the colony's governor put four men in charge of hunting for birds for the feast, and they very likely returned with some turkey.

However, as far as mashed potatoes are concerned, in the early 1600s, most Europeans and the Wampanoag had no idea what a potato was. They weren't cultivated in North America until the 1700s. Likewise, cranberries were still very new to the Pilgrims, and they didn't yet use them for food — instead, they used them to make dyes for fabrics!

For dessert, pumpkin pie was not yet a thing either. Although the Pilgrims liked pumpkins, they didn't have the butter and wheat flour needed to make pie crust. Instead, they hollowed out the pumpkins (just like Halloween!) and filled them with milk and honey to make a custard and then roasted them.

Although our Thanksgiving meals have changed over the years, it still is a fantastic time to get together and celebrate. In the spirit of evolving traditions, don't be afraid to innovate to add your own personal traditional twist to the holiday as well!

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It's true that folks my age have most of our years behind us. We probably won't get many more second chances, but we all have thousands of seconds on the road ahead.

Like me and my classmates, you have 43,000 seconds tomorrow to make a difference in someone's life. You might do it with nothing more than a smile to show appreciation and acceptance to a stranger. You might anonymously provide financial assistance to someone in need. There are so many opportunities to look down the road and make a difference for others.

Let's use our 43,000 seconds wisely. Each one is a chance to make a difference and change a life.

Happy holidays!

*-John Preston*

## Vegan Green Bean Casserole

Inspired by Delish.com

### Ingredients

- 1 small onion, sliced
- 7 tbsp extra virgin olive oil, divided
- 1/4 cup and 3 tbsp flour, divided
- 2 tbsp panko breadcrumbs
- 2 shallots, chopped
- 8 oz can mushrooms, sliced
- 2 cloves garlic, minced
- 1 lb green beans, cooked
- 3 cups almond milk

### Directions

1. Set the oven to broil.
2. In a shallow baking pan, combine onion, 1 tbsp olive oil, 3 tbsp flour, and panko breadcrumbs.
3. Broil for 6 minutes, stirring occasionally. Afterward, preheat the oven to 375 F.
4. In a large skillet, heat 2 tbsp olive oil. Add shallots, mushrooms, and garlic, stirring until tender.
5. In a large bowl, mix mushroom mixture with the cooked green beans.
6. In the same skillet, add 4 tbsp olive oil and 1/4 cup of flour, whisking until golden. Gradually add the almond milk until it thickens, then toss with the green beans.
7. Transfer mixture into a baking dish and cook for 20 minutes.
8. Add onion and breadcrumb mixture on top, then bake for another 5 minutes.