

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

- 1The Preston Family Miracle
- 2Get the Most Out of Your Benefits
- 3Welcome Spring With Open Arms
- Pecan Cream Pie
- 4Secret, Beautiful Vacation Spots in the US



## Hidden Vacation Getaway Gems in the US

Shh! This Is Our Little Secret ...

Who says you need to travel abroad for a glamorous or exciting vacation? We have so many incredible spots within the U.S.! From coast to coast, here are three underrated domestic, family-friendly vacation spots you just might be missing out on.

**Best for Families: Broken Bow, Oklahoma**

*Travel Distance: 3 hours by car from Dallas, TX, or Tulsa, OK*  
*Best Time to Visit: Late spring or fall*

Thanks to its location by Broken Bow Lake, you'll be surrounded by forest and wildlife in almost any cabin or Airbnb you book in the area. The Wildlife Museum, BigFoot Speedway (a go-kart racing track), and Beaver's Bend Mining Company (a kid-friendly geology center to learn about rocks, minerals, and the area's mining history) are great attractions on top of the awesome hiking and lakeside outdoor activities available.

**Best for Beach Vacationers: Jekyll Island, Georgia**

*Travel Distance: 1.5 hours by car from Savannah, GA, or 1.25 hours by car from Jacksonville, FL*  
*Best Time to Visit: Fall*

This island used to be a private escape for wealthy families in the 1880s

— and it shows. It's a unique vacation spot on the East Coast for anyone looking for serenity and adventure. With over 10 miles of white sand beaches, and much of it undeveloped, you'll get a very natural, tranquil experience with excellent seafood and Southern-style dining options.

**Best for Quiet Paradise Seekers: Silver Falls State Park, Oregon**

*Travel Distance: 1.25 hours by car from Portland, OR*  
*Best Time to Visit: Summer*

Oregon is already known for its spectacular waterfalls, but if you want to find a quiet oasis of cascading waterfalls and lush scenery, look no further than Silver Falls State Park. Set off on a 9-mile hiking trail loop named Trail of Ten Falls to see all 10 waterfalls. If you choose to stay overnight, the campgrounds include a gorgeous forested setting with spacious sites, nice bathrooms, and options for tent or RV camping.

These sites often require a little over an hour's drive, but that's why they are perfect for quiet and enjoyable vacations. Consider giving them a try!



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# It's a Miracle!

## My Beautiful Niece Survived a Tragedy

I don't know how to start telling this story, except to say that you shouldn't worry: It has a happy ending. In fact, our family was blessed with a miracle!

The whole thing started on March 18 when my brother, Nick, walked into my parents' backyard to find his 2-year-old daughter floating face down in their swimming pool. I'm sure it was the most terrifying moment of his life. He immediately dove into the water.

His daughter, Mia, wasn't breathing and didn't have a pulse. Fortunately, Nick's instinct took over and he started giving her CPR. He tried calling 911, but his cellphone was waterlogged, so he ran back into the house to use the home phone. Finally, paramedics arrived and rushed Mia to the hospital.

That's when our office phone started ringing. Nick had called my mom, and she was spreading the word to the family. My dad and I immediately rushed to the ER to meet her, Nick, and his wife Alia. By that time, Nick and the paramedics had been giving Mia CPR for 20 minutes. Everyone in the hospital was praying — our family, the staff, and even the police.

I'll admit it: I was sure we had lost Mia. But they managed to get her heart restarted! Then, my worries shifted to brain damage. How long was she in the pool? If she woke up, would she be the same little girl she was before?

As soon as Mia was stable, the medical team transported her to a children's hospital in San Diego that was better equipped to help her.

One of the first things they wanted to do was a brain scan. They couldn't do an MRI yet because Mia wasn't breathing well on her own, but a quick CT scan showed no initial signs of brain damage. We were all amazed, but the doctors warned us that CT scans don't always show everything, so we shouldn't get our hopes up.

We waited, hoping and praying that Mia would wake up. Finally, two days after Nick found her in the pool, Mia was breathing well enough on her own that the hospital could do an MRI. The next day, the results came in.

There was ZERO brain damage! The doctors and nurses were shocked. They double-checked their results, but it was true: They'd found no brain damage, clots, or signs of stroke. Mia's brain looked just like the brain of any other healthy little girl.

A few days later, Mia woke up. She recognized her mom right away and even remembered her favorite cartoon. I've never been so amazed, grateful, and overwhelmed!

There's no doubt in my mind that Mia's recovery was a miracle. What are the odds that my brother would not only find her in time, but remember how to do CPR more than 25 years after getting certified? What are the odds that Mia wouldn't have any brain damage after 20 minutes without a heartbeat?

Even more incredible to me is the number of people who came together to make her recovery possible. Anyone who watches the news can see that there is a lot of evil in the



world, but there is so much good, too! The scene in the ER that first day was devastating, but it was also beautiful. There were dozens of wonderful people helping our family through it and doing everything they could to save Mia, including doctors, nurses, sheriffs, social workers, trauma counselors, and more.

I'll never forget talking to the sheriff who drove Nick to the ER that day. She stuck around much longer than she needed to, and days later, she sent Nick and Alia a card wishing Mia a quick recovery. In the card, she wrote that her team, the EMTs, and total strangers had gathered outside the hospital to pray for my niece that day.

Like I said, this story has a happy ending. Mia is doing well. But you don't have to take my word for it! You can read all the details on Alia's public Instagram page, @fiercelyalia.

I hope this miracle brought a little bit of light into your life today. I realize that bad things are happening on the other side of the world right now, and my heart breaks for those families. But here at home, against all odds, there's a little girl who survived a potentially heart-wrenching situation to enjoy her favorite cartoon again.

On behalf of the whole Preston family, thank you for all of your prayers and well wishes!

-JM Preston



# Your Benefits, Explained!

## Part 6: Semi-Annual Workshops

Our “Your Benefits, Explained” series is back! After a short break last month, we’ve returned to our series explaining the 10 benefits of your Life Plan Membership.

So far, we’ve covered creating documents for family members, our Monthly Q&A Workshops, Trust Administration Credits, the Asset Detail Report (ADR), and the Health Care Vault. Today, we’re tackling one of our favorite benefits, which keeps our clients on the cutting edge of the estate planning industry: Semi-Annual Workshops.

### What are the Semi-Annual Workshops?

These are two virtual events we hold for our Life Plan members each year. On the webinars, the five principal attorneys on our team discuss recent updates in estate planning law, review how your estate planning documents work in case of incapacity or death, and explain any new changes to the Life Plan membership.

The goal of these workshops is to keep you informed and up to date on the constantly evolving world of estate planning. The workshops are in the form of a panel discussion, and our attorneys cover a wide range of topics — news stories, trends, and rumors included! You won’t be able to ask questions (please save those for our Q&A Workshops), but you do get to listen to what’s going on behind the scenes at Preston Estate Planning.

These are fun, educational events that ensure you know exactly what to do when a loved one passes away and feel entirely secure in your family’s legacy.

### How do I tune in?

As a Life Plan member, you’ll receive a few emails a couple of weeks before the next Semi-Annual Workshop. In those emails, you’ll see a link that you can click to register ahead of the workshop so you can watch live on the day of the event. Semi-Annual Workshops take place every six months, in January and June of each year.

### What if I miss a workshop?

If you missed the January 2022 Semi-Annual Workshop or can’t make the event in June, don’t worry: We record all of the workshops and make them available to you for later viewing! You can find the recordings by logging into the private Life Plan Membership Portal.

These workshops are fantastic tools to keep you up to date on everything related to estate planning. Our Life Plan Members who watch them are extremely well educated. We’d even hazard a guess that they understand more about estate planning than clients at any other law firm!

We hope to see you tune in to the Semi-Annual Workshop this June. Keep an eye on your email for an announcement of the date and time.

# Get Sprung

## 4 Ways to Harvest Positive Vibes in Spring

Have you ever noticed that springtime just feels lighter and brighter? That’s because, believe it or not, the seasons affect us. When spring rolls around, the energy shifts, and it’s up to us to maximize those positive vibes. Let’s examine how we can make the most of spring and inject some color and vibrancy into our lives again after a long winter.

### Rely on color.

Colors have the ability to elicit certain emotions and feelings. Tropical tones and pastels are everywhere in spring — the clear sky, grass, and flowers — so allow them to fill your space and take them with you as constant reminders to smile. If you’re up for it, wear some new colors to brighten up your wardrobe, and don’t forget to take in a sunset when you’re able!

### Enjoy more hours of daylight.

Spring brings more hours of sunlight and warming temperatures that can give you more time to enjoy your morning cup of coffee outside. You can take an early stroll around the block, get in a workout outdoors, or just enjoy the fresh air. Also, many areas observe daylight saving time, which extends sunlight into the evening, so no matter how you choose to spend your extra daylight, make it an adventure.

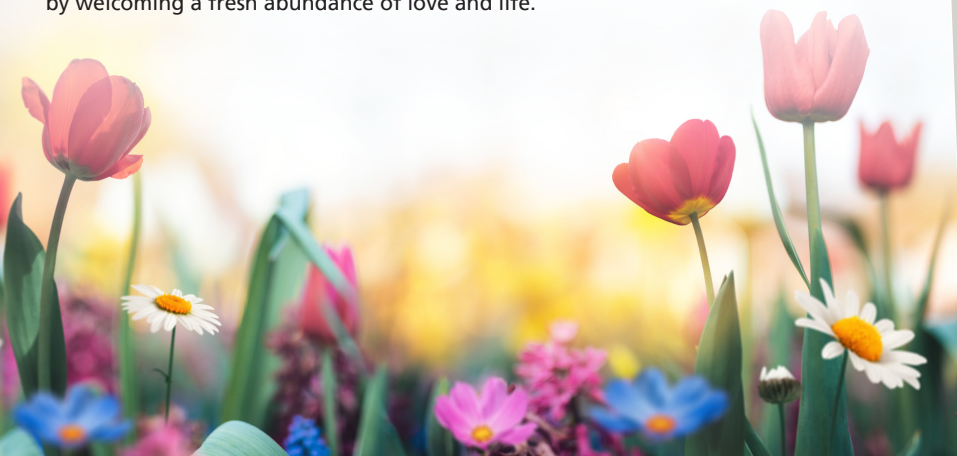
### Welcome spring-cleaning.

It isn’t called spring-cleaning for nothing! Decluttering, dusting, reorganizing, and tidying up feels great! It’s empowering and refreshing. There is something special about creating more space in your living space that gets the positivity flowing.

### Eat fresh, colorful foods.

During spring, many delicious fruits and vegetables come into season. Berries, oranges, apples, carrots, avocados, cherries, spinach, and kale are all at their peak. Your local farmers market is a great place to get the freshest produce to fuel your body!

Spring is a time for new beginnings and positivity. Make the most of this spring season by welcoming a fresh abundance of love and life.



# Sudoku

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

Solution on Pg. 4

Inspired by TogetherAsFamily.com

## Pecan Cream Pie



### Ingredients

- 1 9-inch uncooked pie crust
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar
- 2 8-oz bars of cream cheese, softened
- 1/2 cup light brown sugar
- 1/4 cup pure maple syrup
- 1 1/2 cups finely chopped pecans, divided

### Directions

1. Cook pie crust according to package instructions.
2. In a small bowl, combine heavy whipping cream and powdered sugar. Beat for several minutes with a hand mixer until stiff peaks form.
3. In a separate larger bowl, combine the softened cream cheese, brown sugar, and maple syrup. Beat together until combined and creamy.
4. Fold the whipped cream into the cream cheese mixture and stir together until combined. Stir in 1 cup of chopped pecans.
5. With a spatula, spread mixture into the baked and cooled pie crust. Sprinkle the remaining pecans on top of the pie.
6. Cover and refrigerate overnight before serving.