

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

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

Inside

- 1 John Tries to Be a Buffalo
- 2 2 Member Benefits in One!
- 3 How Pianists Brought Silent Movies to Life
- Mother's Day Brunch Rainbow Frittata
- 4 Hate Souvenir Shopping? Let's Make It Easy

Picking the Perfect Souvenir

A way to preserve or share a piece of your trip is to bring home a souvenir, but choosing a souvenir isn't always a stress-free experience. How do you pick the perfect souvenir and not just the first thing you see in a tourist shop? Here are some tips for picking a truly meaningful gift for yourself or your loved ones.

Who are you buying for?

What are your recipient's interests, or what do they spend the most time doing? If you're buying for yourself and enjoy coffee, you might buy a local coffee blend to enjoy from home. However, if your recipient doesn't enjoy coffee or rarely drinks it, that type of gift might not mean much to them.

Is it legal to bring home?

Whether you're traveling domestically or internationally, there are many regulations

that affect which souvenirs you can bring home. Even if you find the item in a tourist shop, that doesn't mean it'll be allowed into the country or even onto the plane. And the TSA does take this seriously. In 2012, two tourists were detained at the U.S. border for trying to bring home chocolate Kinder eggs — a specific kind that are illegal in the U.S. due to the potentially hazardous small toys inside.

Purchase a handicraft.

Handicrafts — items created by local artisans — are awesome souvenirs! But make sure you buy where artisans actually sell their own goods, such as an open-air market. Unfortunately, while some popular tourist shops may sell "locally made goods," many souvenirs intended for tourists are actually made by cheap manufacturers in other countries.



Keep something from the adventure.

Bringing a glass bottle to take home some sand is a popular way of creating your own souvenir from a beach vacation. But you can do this with almost any item! Whether it's stones, ticket stubs from favorite shows and activities, or a handmade item from a class, make sure to look out for souvenirs that'll remind you of great memories and experiences.

We hope these tips will help you make the best choice. Bon voyage!



PrestonEstatePlanning.com

Be a Buffalo, Not a Cow

A Tip for Facing Adversity

A few months ago, I hired a nutritionist to tell me exactly what to eat. Don't worry — I'm not ill. But for my entire life, I've struggled with eating "healthy." Worries about eating "bad" foods rather than "good" ones have followed me around like a storm cloud.

For decades, I did nothing to address those worries. I promised myself that one day I would sit down and read a book on the subject, but I never did! I put it off, and then I put it off again, and again.

Then, this year, a friend inspired me to finally face the issue.

This friend has been dealing with a tough challenge for his entire life, but he wasn't going to give up. We were talking about struggles and he asked me, "John, do you know anything about the way cows and buffalo react to an incoming storm?"

It turns out that when a storm comes, cows run from it. This seems like a fine idea, but the problem is that cows are like me: They're short and fat and don't make a lot of progress. When they take off, the storm simply follows them. The more they run, the more tired they get. Eventually, they become so exhausted

that they hide from the rain under a tree and occasionally get hit by lightning.

No disrespect to the producers of milk and cheese, but these animals are not very good when it comes to dealing with problems!

Buffalo are the opposite. When they see a storm coming, they put their heads down and race toward the towering clouds as fast as they can. This strategy works beautifully. The storm hits them earlier, but because they run through it, the wind and rain don't last. Instead of running away from the storm for hours, they face it head-on and weather it for minutes.

"That storm symbolizes the problems in your life," my friend told me. "You can try and run from them like a cow, but if you do, they will follow wherever you go. Eventually, they will wear on your health and happiness. But you can also choose to be a buffalo and say, 'Ah, there's a problem — I'm going to run toward it, bite the bullet, and get it over with.' That's the best way to get through."

My friend chose to be a buffalo and attack his lifelong challenge head-on, and after our conversation, I was inspired to do the same. I stopped continually forcing my questions



about food and health out of my mind and dialed a nutritionist's phone number. During our first meeting, I asked her every question I had, and I was fascinated by what she told me! As cliché as it sounds, I left the office feeling 10 pounds lighter.

We all have challenges, frustrations, bad habits, and crises in our lives that we don't want to talk about. These problems feel like rain coming down on our heads. They can feel insurmountable. It's so tempting to run away like a cow. But my friend taught me that's not the best option.

Since that discussion, I've tried my best to be a buffalo and face my challenges head on. Whether it's a task at home or work at the office, I try to face it head-on. It doesn't always work, but visualizing myself as a cow just bothers me!

Choosing to be a buffalo is hard, but it's worth it. At least I won't be struck by lightning!

P.S. Thank you so much to those who sent well-wishes, thoughts, and prayers to my granddaughter Mia. I'm happy to report she is still doing well after her miraculous recovery.

-John Preston

Your Benefits, Explained!

Part 7: Legal Advice and Document Changes

This month is an exciting one for our “Your Benefits, Explained!” series. We’re covering not one but *two* benefits of your Life Plan Membership in this article: legal advice and document changes.

Just a reminder, these and all of the other benefits we’ve discussed in this series (our Semi-Annual Workshops, Monthly Q&A Workshops, etc.) are *complimentary perks of your Life Plan Membership*. You do not need to pay a fee to access them because their cost is already covered by your annual membership payment of \$395 for couples or \$295 for single people.

We understand this can be confusing — and so can understanding exactly what your benefits include! That’s why we created this series in our newsletter. Now, let’s dive into your complimentary legal advice and document changes benefits and what exactly they include.

Legal Advice: We’re here for you!

We’re giving you our full attention: Any time you have an estate planning question, you can and should pick up the phone and call our office. We will either give you the answer or direct you to another person or firm who can help. This service is available to you for no additional charge. As a Life Plan Member, you do not have to worry about being billed by the hour for our legal advice.

That said, picking up the phone isn’t the only way to access complimentary legal advice from our team. You can also attend our Monthly Q&A Webinar. This is a great way to get answers to questions that you didn’t know how to ask or didn’t even realize you had!

As we discussed in Part 2 of this series, these Q&A Webinars take place virtually. You will receive an invitation to the event in your email inbox. It will include an option for you to submit as many

questions as you wish and a link to the upcoming event webpage. When the day of the Webinar arrives, you can click that link to join the workshop. We recommend sitting in on these workshops, even if you don’t have a specific question, because you will undoubtedly learn a lot from the questions of others.

Last but not least, you receive legal updates from us at the beginning of every year without taking the steps of calling or attending an event. This comes in the form of an annual letter we sent to all of our Life Plan Members, which discloses changes in the law and informs you of any necessary changes that may need to be made to your documents. We also send another letter on the anniversary date of when you became a Life Plan client. The letter provides a summary of the people you have chosen as Trustees, Executors, beneficiaries, and so on for you to review and determine if these people are still willing and able to serve in their respective positions and/or whether you want to make changes to any provisions in you documents.

That brings us to our next benefit. Any changes to your documents are completed at *no additional charge*.

In a nutshell, any changes **Required by Law, Requested by You, and/or Suggested by Us** are all completed at no additional fee — even if that necessitates re-doing every single document!

In other words, we have already thought of every possible scenario that would necessitate a change to your documents — and it’s all included in your annual Life Plan Membership fee!

Keep an eye out for the final article in our “Your Benefits, Explained!” series in a next month’s newsletter.

When Theaters Provided Their Own Movie Soundtracks

Thanks to the Pianists

Early feature films were in black and white, only available in theaters, and perhaps most significantly, silent. But movie theaters still needed sound to keep the audiences engaged. So, they enlisted piano players to accompany the films, conveying excitement, fear, sorrow, joy, tension, and danger through their music. It seems like a job any musician can do, but in truth, it was much more complicated than it sounds.

Silent films usually didn’t arrive in theaters with sheet music attached, so theaters were on their own when it came to setting the mood. Since watching a movie in a hushed theater — or worse, one filled with chatter — wasn’t very enticing, they had to find their own ways of creating an immersive experience for patrons.

As a result, your movie-viewing experience could vary greatly depending on which theater you visited. Pianists used different methods for creating their film scores, depending on their skill, time, and access to the films in advance. In small towns, only the church organist might be available — and they might choose to play assorted hymns over the entire movie, making for a less than enjoyable experience.

More accomplished pianists worked differently. Since they would often not have the opportunity to view an advance screening, they would improvise, trying to predict where the film’s action was headed and adjusting their playing accordingly. When a film was popular, most players eventually developed a standard score. Eventually, some production companies shipped “mood cues” with their movies, which provided a breakdown of when to play melodies better suited to romance, action, or comedy.

Believe it or not, the tradition still continues to this day. Some theaters show the occasional silent movie, and they turn to one of the 50 or fewer silent film accompanists still working in the U.S. for help. Since the films are often rare and otherwise unavailable, the pianist does not always have the time or opportunity to plan their music. So, like their predecessors, they play it by ear, using knowledge of specific actors, directors, and film conventions to guide them.

Screenings are not particularly common, but if you ever have the opportunity to watch a silent film with live accompaniment, you’re in for a real treat. No matter how entertaining the movie is, watching the pianist may be half the show.



Sudoku

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

Solution on Pg. 4

Inspired by EatingWell.com

Mother’s Day Brunch Rainbow Frittata



Ingredients

- Nonstick cooking spray
- 1/4 cup sweet potato, diced
- 1/4 cup yellow pepper, diced
- 1/4 cup broccoli, chopped
- 8 eggs
- Basil, thyme, salt, and pepper, to taste
- 1/2 avocado, pitted, peeled, and thinly sliced
- Cherry tomatoes, halved
- Sriracha hot sauce (optional)

Directions

1. Preheat oven to 350 F and coat a cast-iron skillet with nonstick cooking spray.
2. In the skillet over medium heat, cook sweet potatoes, yellow pepper, and broccoli until soft.
3. In a medium bowl, whisk together eggs, basil, thyme, salt, and pepper.
4. Pour egg mixture into skillet with vegetables. Don’t stir but instead use a spatula to lift the edges of the egg mixture until it is evenly distributed.
5. Transfer mixture to oven. Bake for 5 minutes or until the dish sets.
6. Top with avocado and tomatoes. Drizzle Sriracha on top (if desired).