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Oceanside Activities the Entire Family Can Enjoy

The summer season is officially underway and many Americans are planning to take a trip to the beach to celebrate the occasion. If you're going on a family vacation to the ocean for an extended period of time, you may be worried about keeping everyone entertained. That's why we put together a list of some of our favorite oceanside activities to try this summer. Your summer vacation will be filled with fun and excitement after trying some of these great activities!

Get active.

There's nothing more relaxing than sitting on the beach and listening to the calm repetition of the waves, but maybe you want a little more

excitement by the ocean. If that's the case, there are plenty of sports to try. You can bring a football and throw it around in the water or on the beach. You can buy a net and set up a game of beach volleyball to get everyone involved, or you can try one of the many new beachside sports hitting the market like TidalBall, pickleball, and Spikeball. TidalBall is the beach version of cornhole, so if you haven't played it yet, you definitely want to check it out.

Experience nature.

The wildlife and environment of the beach are most likely drastically different from what you can experience back home, so make an effort to

see all you can. At many beaches, you'll be able to see dolphins, whales, and sea rays from the shore. You can also look in the sand for crabs and small crustaceans. By simply standing still and taking in all of the sights and sounds of the ocean, you'll gain a greater appreciation for the surroundings.

Ride the waves.

You don't need to be an experienced surfer to venture into the water on a board. Of course, you can take surfing lessons at many beaches, but you can also get in the water on a bodyboard for a thrilling experience. Additionally, you can rent kayaks or paddleboards if you want to be on the water, but not necessarily in it.



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Don't Let Fear Hold You Back!

How Jennifer's Childhood Nightmare Helped Her Daughter Succeed

Do you remember that scene in the 2004 movie "Mean Girls" where the entire high school is in the auditorium, and a teacher says, "Raise your hand if you've been personally victimized by Regina George"?

Every hand in the place went up. Each student silently said, "Yes, I've been hurt by the school bully!" Well, I want to try a version of that scene with you right now: "Raise your hand if you've been personally victimized by an elementary school talent show."

I'm Jennifer Knight, and my hand is waving in the air! Way before I was an attorney with Preston Estate Planning, I was an innocent 12-year-old girl who loved to dance. I don't know if I was particularly talented, but I really enjoyed busting a move. So, when the school talent show came around, I decided I would perform a routine in front of the entire school.

I was SO excited. I'd never performed solo before, but I choreographed an entire routine to a Janet Jackson song and picked out a superstar outfit. (It included jean shorts and a bedazzled belt. Between that and Janet Jackson, I know I'm probably dating myself!) Then, I practiced, practiced, and practiced some more.

When the day of the show finally arrived, the entire school gathered in front of a makeshift stage in the cafeteria. I walked up full of nerves. That's when it hit me: This was different from dancing on a stage in a theater. There, it was so dark that I couldn't see the audience. In the brightly lit cafeteria, I could see everyone staring at me! Terror gripped my little heart.

Then, I saw my mom standing in the back of the cafeteria. She'd gotten off work just in time. I started my routine, and then ... to this day, I don't know what happened. My mind just went blank! I totally forgot my routine. I repeated a few moves I'd already done, then froze. I knew the entire school could see the panic on my face. They knew I was trying to wing it! My frantic eyes met my mom's.

"Mom, I messed up!" I shrieked. Then I burst into tears and ran off the stage.

Oh man, was I embarrassed! My mom met me outside. She was so sweet and consoling. She promised she wouldn't have even known I'd messed up if I hadn't said anything. Eventually, I worked up the courage to go back to class. I thought the other kids would eat me alive, but when I walked into the room, every single one of them burst into applause! (I found out later



that my teacher told the class that if a single person made fun of me at that moment, they were going to get detention.)

Even though the applause was coerced, the comments I got afterward were genuine. Everyone wanted to know why I'd stopped performing and run away — they didn't even realize I'd made a wrong move! It dawned on me at that moment that I'm my own worst critic. In my head, I thought everyone was judging me, but really, I was judging myself. I could have made up the last 37 seconds of my dance routine and no one would have known the difference.

This was a truly eye-opening experience. Ever since, I've tried not to be so hard on myself when I fail and remember everyone is too busy worrying about their own problems to critique me. Every time I am scared to try something, I think back to the time I messed up and survived. That lesson came in particularly handy this spring. My daughter, Noa, is 8 years old and had

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Your Benefits, Explained!

Part 8: Legal Updates



A Legal Update can be a change in tax law that impacts you, a state-specific property tax change, or any other adjustment or trend we see in the way financial institutions interpret estate planning documents. We watch the industry closely for these changes so you don't have to. As soon as we spot one and fully understand its implications, we reach out to you.

We make our clients aware of Legal Updates in several ways. We may share the change in this newsletter, address it in one of our Monthly Q&A Workshops, or present it in a Semi-Annual Workshop. If the update will affect you specifically, we'll notify you individually about any recommended changes to your estate planning documents.

The Legal Updates benefit is designed to make your life easier. There is no need for you to read up on the industry or worry over your estate plan's currency. Our team is quietly doing that work for you behind the scenes.

Just a reminder that Legal Updates and all of the other benefits we've discussed in this series are complimentary perks of your Life Plan Membership. You do not need to pay a fee to access them. Their cost is already covered by your annual membership payment of \$395 for couples or \$295 for single people.

Hopefully, this series has helped you take full advantage of everything your Life Plan Membership has to offer. For future Legal Updates, keep an eye on this newsletter!

We've done it — we've reached the end of our "Your Benefits, Explained!" series! Thank you for sticking with us for the last several months as we covered each of the 10 benefits of your Life Plan Membership: The Annual Review, Document Changes, Semi-Annual Workshops, Monthly Q&A Workshops, Legal Advice, the Asset Detail Report, Trust Administration Credits, the Health Care Vault, and Free Legal Documents for Your Family. In this article, we're set to chat about the last one: Legal Updates.

The previous installment of this series covered Legal Advice, and this benefit is very similar. The big difference is that in order to get legal advice on a personal matter, you have to reach out to us. To receive Legal Updates, you simply have to sit back and relax!

... continued from Cover

just signed up for her first talent show. At first, she was scared to sing in front of everyone, but then I told her my story.

"It's true you might mess up. It happened to me! But that's not what you should be worried about," I told her. "The really scary thing is how much in life you'll miss out on if you're too afraid to get on stage and try something new." Then I winked. "If you get butterflies, just imagine the audience as a bunch of cats!" The thought of an audience full of cats made her giggle. I assured her that everyone would be so impressed that she had the bravery to get on stage that no one would notice if she messed up a word or two of the song. Even if she messed up big time, she'd survive.

I'm proud to say that Noa did it. Even though she was nervous about going first, she walked onto the stage of her school's outdoor

amphitheater and belted out "God Only Knows" like a real rock star. I was sitting right up front, and I'll never forget the moment her eyes met mine and I could see how nervous she was, but I also caught that glimmer of pride. She was so proud of herself for getting on that stage despite her fear! I was beaming. I couldn't help but think of all the things she'll do in life if she doesn't let fear of failure dictate her aspirations.

I'm so proud of Noa. At age 8, she's already learned a life lesson many of us adults struggle to live by. If you get the chance, make sure you share this wisdom with your kids and grandkids, too. You can even tell my talent show story — 12-year-old me is over the pain.

-Jennifer Knight

America on the Silver Screen

5 Patriotic Movies the Family Will Love

"You're killin' me, smalls!" is probably what you will say to your kiddo when they say they haven't watched "The Sandlot." You may even discover they haven't seen many America-themed classics! So, we have just the lineup for your next family movie night. In the spirit of Independence Day, check out these family-friendly American movie favorites.

'The Sandlot'

An obvious choice but a good one, "The Sandlot" follows a group of neighborhood kids in the 1960s who gather at the local baseball diamond to play ball. It chronicles the feeling of summertime freedom, the gut-wrenching fear of local legends, the awkwardness of first crushes, and the true meaning of friendship. Plus, that Fourth of July scene will have the family in stitches!

'National Treasure'

You may be surprised to learn that "National Treasure" is an action-packed movie with a PG rating! Loaded with history, the movie follows a passionate historian and a team of unlikely heroes as they search for a hidden treasure, and the location has been written on the back of the Declaration of Independence. (Be sure to check out the sequel, too, and the third movie, which is slated for a 2022 release.)

'An American Tail'

Follow Fievel the Russian mouse as he immigrates to America with his family in 1885. With action and anxiety-inducing antics, "An American Tail" provides younger children with history and a glimpse at the beauty of the American Dream. Plus, it's nostalgia fodder for their parents, who likely grew up with Fievel and his family!

'A League of Their Own'

Packed with Hollywood stars, "A League of Their Own" is inspired by the All-American Girls Professional Baseball League. Created in the depths of World War II, the league ran for 12 seasons. In the movie, two sisters must find a way to overcome their personal differences to make their baseball league a standout sport. (If you enjoy the movie, be sure to watch Amazon's TV series!)

'Mr. Smith Goes to Washington'

This is one black-and-white film your politically active teens may enjoy. When Jefferson Smith becomes a U.S. senator, he's taken under the wing of Senator John Paine, but Smith soon learns Paine has more nefarious ambitions. In the film, your family will see Congress in action — and a little ribbing, too!

Check your local library or favorite streaming service to watch these titles.

Sudoku

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Solution on Pg. 4

Easy Vegan Baked Beans

Inspired by NoraCooks.com



Ingredients

- 2 tbsp olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 3/4 cup molasses
- 1/2 cup brown sugar
- 3/4 cup ketchup
- 3/4 tsp salt
- 2 tbsp apple cider vinegar
- 1 1/2 tbsp vegan Worcestershire sauce
- 2 tsp Sriracha
- 4 15-oz cans navy beans, drained and rinsed
- 1/2 tbsp liquid smoke (optional)

Directions

1. Preheat the oven to 350 F.
2. In a large pot over medium heat, warm olive oil. Add the onion and sauté for 5 minutes, then add the garlic and cook for 1 more minute.
3. Add all of the remaining ingredients except the beans into the pot. Mix the sauce well, then stir in the beans.
4. Ladle the beans into a 9x13-inch pan and bake for 1 hour. Serve warm and enjoy!