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3 Most Beautiful Restaurants in America Where the View Is Part of the Menu ...

When you go to a nice restaurant, you're not just paying for food — you're also paying for an experience. Decor might be the last thing on a guest's mind, but with the right design, some restaurants are absolutely breathtaking. Here are a few of our favorites.

Pink Cadillac Diner — Natural Bridge, Virginia

Taking a step into this restaurant feels like stepping straight into the 1950s ... in all the best ways possible. The diner's bold, beautiful shades of bubblegum pink — including a vintage pink Cadillac parked in front — prompt nostalgia and delight. Accompanied with a classic burger and ice cream diner menu, this East Coast gem is a destination you won't want to miss.

Cecconi's Dumbo — New York City

There are plenty of gorgeous restaurants in the Big Apple, but you'll always hear Cecconi's Dumbo mentioned among the best. Located in Brooklyn Bridge Park, your table might have dramatic views of the bridge

or a waterfront view of the Manhattan skyline. It's the best possible pairing with their classic Italian menu, complete with handmade pasta and high-end ingredients from Italy.

The French Laundry — Yountville, California

If there's a contest for the best food and views offered by a restaurant in America, this three-star Michelin restaurant just might place first. Run by Thomas Keller, its rustic, cottage-like setting in Napa Valley always turns heads with its surprisingly sophisticated design (as well as its exclusive tasting menus!). The restaurant's gardens are beautifully lit and dotted with Japanese maple trees — a sight that will blow you away.

Most people can have a good meal at home, so if you have the time and money, why not pay a little extra for a nice view? Go ahead and indulge. We won't judge — we'll even be a little jealous!

Democratic Wisdom From a 6-Year-Old

And How to Vote Smarter This Fall!

This month will be the 59th anniversary of Martin Luther King Jr.'s famous "I Have a Dream" speech. On Aug. 28, 1963, he stood on the steps of the Lincoln Memorial and declared that the "bank of justice" wasn't bankrupt and there was hope for positive change in our country. That speech probably makes most people think of the civil rights movement — but for me, it conjures up a picture of my son Carter back when he was just 6 years old.

This was about 10 years ago, sometime around Martin Luther King Jr. Day. Early in the day, Carter got in trouble for doing something — I don't remember what anymore. Maybe he took a toy from his brother or pulled his sister's hair. It was typical 6-year-old stuff. Still, April and I wanted him to learn that actions have consequences, so that night, I stopped by his room after dinner and sat down on his bed.

"Hey buddy," I said, "Mom and I are going to take away your favorite toy car tomorrow because of what you did today. You got in trouble, and this is what happens when you do something wrong."

The toy car in question was Carter's absolute favorite, a red and white Hot Wheels race car he carried everywhere. At age 6, it was pretty much the only leverage we had to get him to learn from his mistake.

My son was *not* a fan of this punishment. He looked me right in the eye and said, "Dad, this is a really bad law! Today in school, I learned about Martin Luther King, and he didn't like bad laws. This is a bad law. He would be disappointed in you and mad at you, just like me!"

Carter huffed indignantly, rolled over, and went to sleep. I had to hold back a laugh; his outrage was so cute!

Carter is 16 now and probably doesn't even remember this moment. But I always think about it when I hear MLK's name, or when a law passes here in California that I consider unfair — like the now infamous Proposition 13, which got rid of important property tax benefits. I'm no politician, but in my experience, bad

propositions usually pass because the advertising around them confuses ordinary people and

distorts what we're voting for. Each side paints the proposition in their own way in their commercials and social media posts, highlighting the good parts and downplaying the bad (or vice versa). If you only watch these ads, it's impossible to know what you're really voting for.

As I write this, we're only a few months away from voting on the next round of ballot propositions. There are seven of them this year, and they cover green vehicles, gambling, abortion, and more. If you plan to vote on these propositions, I have a tip for voting smart: Don't rely on the ads alone. Instead, check out the small booklet the State of California sends to your mailbox a few weeks before Election Day.

This booklet explains what each proposition will do if passed and includes arguments for AND against the proposition. Reading the booklet is the best way to see both sides of the issue and vote in an informed way, which is really important, especially when some propositions can affect your estate plan.

I think MLK and 6-year-old Carter would be grateful that California offers this booklet to make sure its voters are informed. Who knows, maybe if there was a booklet about the pros and cons of taking Carter's car away, I would have changed my mind all those years ago!

- JM Preston

Choosing Joy Every Day

3 Ways to Foster a Positive Attitude

In today's society, we are faced with tragic stories and upsetting information, no matter where we turn. This can quickly lead us to a negative mindset where we believe things can't be fixed and will only get worse, so it's even more important now to establish a positive mindset. Though it might be easier to bury your head in the sand, fostering positivity in your life will provide you with many benefits.

But doing so is easier said than done. If you're unsure where to begin, try out some of these methods to help you get started.

Focus on the silver lining.

When something bad or unfortunate happens, we are quick to think about the negatives and how they will impact us in the future. Instead, we should be searching for a silver lining. You can find a positive in any

situation, but you'll have to put in the effort to flip your perspective.

Keep a gratitude journal.

When we think about gratitude and thankfulness, our minds usually think about Thanksgiving. But we don't need to wait for a special day to show gratitude. Things happen to us every day that we should be grateful for. If you're struggling to acknowledge your blessings, keep a gratitude journal and write a few things you are thankful for each day. Over time, that thought process will seep into your daily life.

Surround yourself with positive people.

The people we associate with play a huge role in our mental well-being. If you're constantly around people who put you down or tell you that you can't accomplish certain things, you will feel worse about yourself —



or even believe them. You need to block the negative people from your life and surround yourself with those who think optimistically.

Establishing a positive mindset in today's world may be difficult, but it is not impossible if you develop a strategy and follow through with it.

Help Your Friends Avoid Common Estate Planning Mistakes

Direct Them to Our New Webinar!

As a Life Plan Member, you have your estate plan in order. Over the years, you've probably realized this is a rare thing! According to a new survey published in 2022, only 33% of Americans have estate plans. That means 67% are leaving their legacies unprotected — maybe including your friends and family.

Many of our clients' friends ask them for tips and advice on how to get started with estate planning or how to ensure their trust will work. Even though you're a Life Plan Member, you're probably not equipped to answer those questions — that's why you have us. **To help your friends out and take the pressure off your shoulders, we've launched two FREE exclusive webinars designed specifically to educate them on the most important parts of estate planning. One webinar is tailored for people who already have a Trust. The other webinar is for folks who don't have a Trust and are new to estate planning.**

Our attorneys will be hosting these webinars live every single month. The webinars are not open to the public: They are invitation-only. Here are some of the topics we'll cover during the webinar:

- Wills do not avoid outrageous probate fees. A house worth \$500,000 bequeathed in a Will can trigger a probate fee of over \$25,000.
- Not all Trusts avoid the Capital Gains Tax. In fact, many Trusts accidentally trigger this tax.
- Most Trusts do not provide Asset Protection for children. A child's inheritance can be lost to an in-law or a creditor.
- Standard language included in most Trusts can cause bank accounts to be frozen upon disability.
- Most estate plans don't have a system to address changes such as new laws, disability, or death.

You should have already heard about these new webinars. We emailed them to all of our Life Plan Members a few weeks ago. In the email, you'll find links to the webinar registration pages. To invite your friends, simply forward them the email (you don't have to attend the webinar yourself!).

To learn more about these webinars, check your inbox for the email we sent with the subject line, "Upcoming Educational Webinar Just for Your Friends." If you didn't receive the email, call our office and we'll send you the links.

Sudoku

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

Solution on Pg. 4

Tasty Bruschetta Chicken

Inspired by Delish.com



Ingredients

- 4 boneless and skinless chicken breasts, pounded to even thickness
- 4 tbsp olive oil
- 2 tbsp lemon juice, divided
- 1/4 tsp pepper
- 1 tsp Italian seasoning
- 3 tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh basil, chopped
- Salt and pepper, to taste
- 4 slices mozzarella cheese
- Parmesan cheese, grated

Directions

1. Add chicken to a large resealable bag.
2. In a small bowl, combine olive oil, 1 tbsp lemon juice, pepper, and Italian seasoning. Pour over chicken and seal. Refrigerate for 30 minutes.
3. Turn a grill to medium-high heat and add the chicken. Discard the marinade. Grill chicken 5–7 minutes per side or until fully cooked.
4. Combine the remaining lemon juice, tomatoes, garlic, and basil. Add salt and pepper, to taste.
5. Before taking the chicken off the grill, top each breast with a slice of mozzarella cheese. Cover and cook 2–3 minutes, then serve topped with the tomato mixture and grated Parmesan cheese.

Depression vs. Burnout

What's the Difference?

Work has been more tiring than usual. You're exhausted and uninterested in the activities you used to love. Are you experiencing burnout or depression?

Although these two conditions have similarities, there are telltale symptoms to help you navigate each — even if you are experiencing both at once. Recognizing the differences could help you decide the best solution for you.

What is burnout?

Burnout is a form of exhaustion that occurs when we constantly feel overwhelmed. It can result in prolonged emotional, physical, and mental stress. The symptoms include exhaustion, loss of identity, and cynicism.

People can experience burnout from a lack of control, unclear job expectations, spending time in toxic environments, overexerting their energy, or experiencing constant stress. However, while burnout is most associated with work-related stress, anyone can



experience burnout — especially if they live under intense pressure.

What is depression?

Depression is a more severe medical illness. It can lead to loss of interest in activities you used to enjoy and many more physical and mental health problems. Common symptoms include a loss of appetite, trouble sleeping, fatigue, feelings of worthlessness, and suicidal thoughts.

If you're experiencing this, you're not alone. More than 16% of people experience depression at some point in their lives. The good news is that there are many options for treatment, and working out more or adapting a healthier diet is proven to make a difference in mental health.

So, what's the difference?

Although these symptoms may overlap, the key difference is how long your symptoms last. If your biggest source of stress went away, how fast would you improve? Burnout is typically temporary and disappears after addressed. However, depression is often a long-term battle that can make a person feel empty, create low self-esteem, and affect their overall health.

If life feels chaotic, it's time to take control. Even small steps can build momentum into a happier, healthier future.