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A BRIGHTER TOMORROW

Positive Stories From the Natural World

We live in a world where we're constantly exposed to new information, thanks to the internet and 24-hour news cycle. Some of this information is certainly helpful, like the latest traffic updates before your morning commute or an article with tips to help your toddler string their first sentence together. But sometimes, it can feel like most of the information we absorb is negative.

There's a whole psychology behind why negative information sells and spreads the fastest, and media conglomerates and online trolls use it to their advantage. So, unfortunately, the online and televised media market is saturated with bad news. Thankfully, this isn't an accurate reflection of what's going on in the real world. So, we're here to show you a couple of positive things happening in the world lately!

Scientists discovered a hidden octopus nursery.

Scientists found an incredible surprise in the Monterey Bay National Marine Sanctuary off the coast of California. There, at the bottom of the thermal spring, were roughly 20,000 octopuses nestled at the bottom in a ball formation with their tentacles facing up — a position the animal uses to protect its eggs. Scientists

predict the octopuses chose this spot due to the warm water, making it the perfect location to brood their eggs thanks to the consistent temperature.

2,000 white rhinos will be released into the wild over the next decade.

Conservation group African Parks recently purchased the world's largest private white rhino breeding operation, which resulted in their obtaining 2,000 of the near-threatened animals.

To help increase the rhino's natural population, African Parks has developed a plan to rehabilitate and release these rhinos slowly — roughly 100 per year — into the wild over the next 10 years. By doing so, their goal is to "create strategic populations to protect the long-term future of the species."



Debunking Estate Planning Myths

Misconception: If it's published on the internet, it must be true. In today's world, with so much information out there, it's easy to fall into the trap of misinformation. On January 25, we celebrate Opposite Day, an opportune day to shine a spotlight on common misconceptions or myths surrounding estate planning. In the spirit of challenging assumptions, I'd like to debunk five myths that often cloud the understanding of this critical aspect of financial planning.

Myth: A Will Avoids Probate

One of the most common myths is that many people believe that having a will is sufficient to avoid probate. In reality, the only bulletproof way to bypass probate is by structuring your assets to pass to others by other means, such as beneficiary designations, joint tenancy, or a trust. While a will can play a crucial role in outlining your wishes, it doesn't automatically sidestep the expensive and time-consuming probate process.

Myth: There's No Need for an Estate Planning Lawyer if You Use Beneficiary Designations

Some believe that if everything passes through beneficiary designations, consulting an estate planning lawyer is unnecessary. However, this overlooks potential pitfalls. If named beneficiaries predecease or die simultaneously, it can trigger probate. Additionally, an estate plan involving a trust can provide solutions to such contingencies, ensuring a smoother transfer of assets.

Myth: Financial Affairs Must Be "In Order" Before I See an Attorney

Waiting until your financial affairs are perfectly organized before consulting an estate planning attorney is a common misconception. In reality, a preliminary list of major assets and an outline of important relationships is sufficient for an initial meeting. Taking just 10 minutes to jot down key assets and significant people in your life lays the groundwork for a constructive discussion with me.

Myth: Having a Trust Guarantees Smooth Sailing

Another myth is that once you have a trust, you're all set. However, laws change, and not all trusts are created equal. Some trusts may



inadvertently introduce income tax issues, especially after the first spouse's death. Regular consultations with an estate planning attorney can address the evolving legal landscape and rectify potential tax problems, ensuring the trust remains effective and aligned with your goals.

Myth: : If I Have a Trust, There is No Need for Attorney Involvement After My Passing

Contrary to the belief that a trust renders an attorney unnecessary after the grantor's passing, there are crucial post-mortem responsibilities. Legally required notices, effective communication with beneficiaries, and adherence to specific procedures are essential tasks that require legal advice. Many of these tasks can be undertaken by your successor trustee, with guidance from an attorney. If your successor trustee does not set off on the proper path, it can result in missteps in administration which can lead to disputes between beneficiaries, and personal liability to your successor trustee.

While avoiding probate is a significant advantage, seeking legal counsel ensures the proper administration of a trust and minimizes the potential for disagreements among beneficiaries. Estate planning is a dynamic process that extends beyond drafting documents, requiring ongoing attention and professional insight to adapt to changes in both the law and your personal circumstances.

As an experienced estate planning attorney, I'm here to help you navigate the complexities, ensuring your wishes are honored and your legacy is preserved with clarity and precision. I wish you and your family a happy new year — here's to a successful, healthy, and fruitful 2024!

- Angela Klenk

‘Unleash’ the Benefits

GLUCOSAMINE'S ROLE IN YOUR PET'S JOINT HEALTH

Our pets are more than just animals — they are members of our families. As responsible pet owners, it’s our duty to ensure our furry friends lead healthy, comfortable lives. One crucial aspect of their well-being is joint health, especially as they age. Glucosamine is a supplement that has gained recognition for its potential to support and protect your pet’s joints.

Like humans, pets can experience joint issues due to aging, genetics, or injuries. These can manifest as stiffness, decreased mobility, and pain. These issues can make it difficult for your pet to enjoy playtime or even walk comfortably.

Glucosamine, a natural compound in healthy cartilage, cushions and protects our joints. When administered as a supplement to dogs and cats, it supports joint health in several ways.

Cartilage Maintenance

Glucosamine helps maintain and repair cartilage and may also slow down the degeneration of cartilage, a common issue in aging pets.

Inflammation Reduction

Research shows it might have anti-inflammatory properties that can help alleviate joint inflammation, providing relief from pain and discomfort in your pet.

Increased Lubrication

By promoting the production of synovial fluid, a lubricant found in joint cavities, glucosamine aids in smoother joint movements.

While glucosamine is often associated with senior pets, we can use it preventively. Starting your pet on glucosamine supplements at an earlier age may help maintain healthy joints throughout their



life. This is especially important for breeds predisposed to joint problems or larger dogs more prone to joint stress.

Before introducing any new supplement to your pet’s diet, consult your veterinarian. They can assess your pet’s specific needs, recommend appropriate glucosamine supplements, and ensure contraindications with other medications or health conditions are not an issue.

Glucosamine can be a valuable tool to help pets live a happier and more active life. Remember that the key to their well-being lies in your hands: a nutritious diet, regular exercise, and thoughtful choices like incorporating glucosamine into their daily routine!

TAKE A BREAK



- Boots
- Candles
- Carnation
- Furnace
- Garnet
- Hockey
- Insulate
- Janus
- Opposite
- Resolution
- Skating
- Sweater



Baked Salmon With Garlic and Lemon

Prepare to tantalize your taste buds with a zesty dish that combines salmon with the vibrant flavors of garlic and lemon!

Ingredients

- 2 lbs salmon fillets
- 4 cloves garlic, minced
- Juice of 2 lemons
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste

Directions

- Preheat oven to 375 F.
- Line a baking dish with parchment paper. Place the salmon fillets on the baking dish.
- In a small bowl, mix together the garlic, lemon juice, olive oil, oregano, thyme, salt, and pepper. Pour the mixture over the salmon.
- Bake for 15-20 minutes or until the salmon is cooked through. Serve and enjoy!

Aging Parents, Changing Roles

STRATEGIES FOR PROVIDING CARE

For years, countless parents raised and supported their children, ensuring they were comfortable, safe, and happy. Now, as they enter the twilight years of their lives, the roles often reverse, and it becomes the children’s turn to care for their parents, especially if they’ve received a dementia or other severe illness diagnosis. While many assume their parents will enter an assisted living or memory care facility, it’s not always a straightforward process, as those services cost thousands of dollars per month.

If you take on the responsibility of caring for your aging parents, there are strategies you can implement to make the situation easier for everyone.



Watch for the warning signs.

Let’s face it: Your parents will not give up their independence freely. You’ll have to watch for the warning signs and make an executive decision on what they can and can’t handle. For example, if they’re still driving but you no longer feel comfortable riding in their passenger seat, they’ve had more than one recent accident, or they consistently forget where they’re driving to, it might be time to take the keys away.

Make your house safer.

If your parents are going to be living with you or spending more time at your home, consider installing safety features to help them avoid tripping and falling. Install night lights along the hallways and bathrooms, put a safety bar or a shower seat in the bathtub, and add railings or handles to any steps. Observe your parents so you know what safety measures you need to install.

Stay positive.

Understand this will be one of the most difficult times in your life. It’s already challenging watching your parents grow older, but it can be even more devastating if they develop a serious illness. Your parent may say or do things that shock you in the most unpleasant way, but don’t let this cloud your image of them. Stay positive during the difficult times, and the good times will feel even brighter.



SEALAND

The Smallest Country You've Never Heard Of

If someone were to ask you what the smallest country in the world was, what would you guess? Those familiar with geography would quickly answer with Vatican City, and they’d technically be correct. However, there’s another country unrecognized internationally that is 99% smaller than Vatican City: Sealand. It’s only a few miles offshore from England, so why isn’t it more well-known?

During World War II, the British constructed Roughs Tower 7 nautical miles off the coast of Suffolk to defend shipping lanes from German attacks. Throughout the war, between 150 and 300 members of the Royal Navy occupied the tower, but by 1956, the last full-time serviceman left the facility, leaving an opportunity for Jack and Jane Moore to squat at the tower and play their pirate radio station “Wonderful Radio London.”

Jack and Jane remained at Roughs Tower from 1965 to 1967; in September 1967, Major Paddy Roy Bates ousted the Moores from the fort, claiming it for himself. At this point, he declared the independence of Roughs Tower, naming it the Principality of Sealand. Later that year, the British sent workers to repair a buoy near Sealand, which caused Paddy’s son Michael to fire a warning shot in their direction. This resulted in England summoning Michael to court on firearm charges, which were eventually dropped as Sealand was considered outside of England’s territorial limits. The Bates considered this their first instance of de facto recognition.

In 1978, Alexander Achenbach attacked Sealand alongside German and Dutch mercenaries. Their attack proved unsuccessful, resulting in their capture and imprisonment. Germany sent a diplomat to negotiate for Achenbach’s release, which Paddy took as another instance of de facto recognition.

Over the years, Sealand officials have created a national flag, a national anthem, an entire currency, and passports. Sealand was even the location of a skateboarding event sponsored by Red Bull in 2008. Paddy Roy Bates passed away in 2012, but his son still runs the operations at Sealand. They continue to hold hope that one day, the world will recognize Sealand’s sovereignty.