

INSIDE

1 Sharing Love and Spreading Kindness Every Day

2 Valentine's Day Pet Pampering

When Compassion Trumps Competition

3 Marry Me Chicken

Seeds, Science, and Surprises in Medicine

4 Lessons From Hoffman's Estate

Beyond the Stage

PHILIP SEYMOUR HOFFMAN'S ESTATE OVERSIGHT

The unexpected demise of actor Philip Seymour Hoffman at just 46 shocked the world and brought to light the intricacies of estate planning. His passing left behind a substantial estate worth over \$35 million, primarily bequeathed to his long-term partner, Marianne O'Donnell.

A glaring issue with Hoffman's will was its outdated status, failing to encompass his entire family. Drafted in 2004, it only acknowledged his son, Cooper, with daughters Tallulah and Willa, born after that, absent from the document. This oversight necessitated a complex navigation through New York's probate system, showcasing the need for everyone to update their will regularly.

The situation raised significant questions about how Hoffman's daughters figured into the estate since they were born after the will's creation. Thankfully, New York law, like many other states, offers protection for children in this situation, provided there's no explicit intent to exclude them.

Hoffman's choice not to marry O'Donnell further complicated matters, leading to a substantial estate tax burden. Unmarried, Hoffman's estate faced a staggering tax rate of up to 40% federally and 16% in New York State, culminating in a potential \$14 million tax bill from his \$35 million estate. Marital status plays a crucial role in estate tax liabilities, something entrepreneurs with significant assets should note.



Photo:
Georges Biard

Hoffman's case exemplifies why proactive and continuous estate planning matters. Regular updates to one's estate plan can significantly ease the burden on your loved ones during times of grief. It's a stark reminder to meticulously manage and regularly revise your estate plans, especially for entrepreneurs overseeing considerable assets. It ensures your final wishes are honored, and your loved ones are provided for.



Embracing Love Beyond Valentine's Day

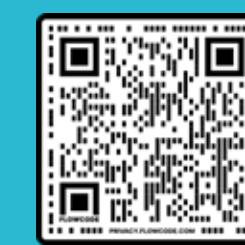
The Heartfelt Journey of Random Acts of Kindness

In the month of February, many hearts turn to Valentine's Day, a celebration synonymous with love, roses, and sweet gestures. While the calendar acknowledges the day of love, I believe that the spirit of affection transcends a single date — it permeates our daily lives. The true essence of love lies not in receiving flowers and chocolates just on Valentine's Day but in the subtle, unexpected acts of kindness that shape our lives every day.

For me, I'd much rather have my husband bring home flowers "just because," or pick up my favorite coffee from Starbucks after getting his haircut, or the thoughtful act of taking my car for a wash without having to ask. These gestures, unscheduled and driven by genuine care, speak louder than any grand Valentine's Day display.

Just three days after the dedicated celebration of love, we celebrate another meaningful observance — Random Acts of Kindness Day. Unlike Valentine's Day, this day isn't confined to a specific date; I like to think of it as more of a lifestyle, a commitment to continuously infuse kindness into our actions. This day encourages us to embrace a mindset of giving rather than receiving, transcending a single day of niceties to become a way of life.

In the chaotic Costco parking lot, it might mean allowing someone else to take a parking spot. In heavy traffic, it's the simple act of letting a fellow driver merge ahead of us. The essence of kindness lies in these seemingly inconspicuous moments.



Scan the QR code on this page to share this article with a friend and together inspire a wave of generosity.

The philosophy behind random acts of kindness is creating a positive ripple effect. By choosing to act selflessly, we contribute to a world where compassion and empathy are plentiful. I'm a firm believer that the more we give, the more comes back to us. Imagine a world where everyone adopted this mindset — where giving was the norm rather than the exception. The transformation would be profound.

This Valentine's Day, let's broaden the scope of celebration. It's not solely about romantic love; it's an opportunity to celebrate all forms of love, including friendships. Perhaps someone around us is grappling with the first holiday season without a loved one. We can extend warmth and joy by inviting them for lunch or dinner, showcasing that love isn't confined to romantic relationships.

Spread kindness, whether it's offering an extra blanket to someone in need or helping a struggling mom at the grocery store. Random acts of kindness provide countless opportunities to make the world a better place, one small step at a time.

During the month of love, let's give back by spreading the message of random acts of kindness. Scan the QR code on this page to share this article with a friend, and together, inspire a wave of generosity. Our hope is that some people who receive this article will be inspired to pay it forward by holding the door for another, letting someone ahead of them in line, or getting their estate plan in order for their loved ones — just in case something happens down the road! Embrace love in its various forms, and you'll find that the spirit of Valentine's Day extends far beyond the confines of a calendar page.

- Angela Klenk

Celebrate Love With Your Pet

VALENTINE'S DAY IDEAS FOR FURRY FRIENDS

As Valentine's Day approaches, we feel love in the air, not just for humans but also for our cherished pets. It's the perfect opportunity to show our four-legged family members how much they mean to us. Imagine the excitement and anticipation in their eyes (and the wagging tails) as they receive a special treat made with pure love. Here are a few fun ideas to get you thinking.



Heartfelt Homemade Delights

Homemade and health-focused treats are the way to go for pets on this day of love. Bake heart-shaped biscuits for your dogs with nutrient-rich ingredients like pumpkin, peanut butter, or oats. Making little tuna or salmon treats into tiny heart-shaped cakes will be irresistible for cats. These treats are not just delicious but also healthy, ensuring your pets enjoy Valentine's Day safely.

Personalized Gifts and Quality Time

Adding a personalized touch to your pet's Valentine's Day can make it even more special. Consider a new collar with a personalized name tag or a new fluffy bed or blanket for dogs! Are their toys ratty and chewed up? A new ball or squeaky toy will make their day! If you live in a colder region, a warm sweater for smaller furry friends is a way to show your love. For cats, a new scratching

post (or an upgrade) rubbed with catnip will be a hit. Cats also love laser lights, so this gift will not disappoint, providing hours of entertainment. And after all the activity? Try a new pet brush and a gentle grooming session to help your furry friends relax and feel loved.

But above all, the most cherished gift you can offer is your time. Dedicate this day to enjoy a long walk, an extended play session, or simply some quiet cuddle time. These moments of undivided attention and affection are invaluable, reinforcing the loving bond you share with your pet.

This Valentine's Day, let's celebrate all family members, including the furry ones, in our expressions of love. Our pets, always there for us with unconditional affection, certainly deserve a place in this day of love and joy. Happy Valentine's Day to all pet lovers and their beloved companions!

Beyond the Finish Line

Compassion at the Neenah Invitational

In the competitive world of high school athletics, where every second counts and victories are often measured in milliseconds, an incident at the Neenah Cross Country Invitational in Wisconsin reminds us of a fundamental but often forgotten aspect of sports: good sportsmanship.

On this race day, amid the blur of sprinting figures and cheering crowds, a moment of true sportsmanship unfolded. Two runners from Stevens Point Area Senior High, Cooper Erickson and Ethan Olds, encountered a fellow competitor, Seppi Camilli, in distress. Camilli had collapsed, his strength waning just shy of the finish line. Erickson and Olds chose empathy over rivalry in a split-second decision that would resonate far beyond the race track. They paused their own race to help Camilli cross the finish line.

This act, simple in its execution but profound in its implication, speaks volumes about the values ingrained in these young athletes. It's a vivid reminder that the essence of sports isn't solely found in the glory of winning but also in the moments of shared humanity. In extending their hands to a competitor in need, Erickson and Olds demonstrated that real victory lies in lifting each other up, even amidst fierce competition.



This incident is a beacon for young athletes and a reminder for coaches, parents, and spectators alike. It underscores the importance of nurturing not only physical strength and skill in our young athletes but also the values of kindness, teamwork, and respect for others. As Erickson and Olds demonstrated, sometimes the most enduring triumphs on the sports field are those of the heart. The coaches and spectators at the Neenah Invitational witnessed more than a race that day; they witnessed a powerful lesson in character and humanity.

In a world where headlines often speak of division and conflict, stories like this inspire us to look beyond the finish line and see the broader horizon of human kindness and fellowship. The spirit of sportsmanship, as shown by these young athletes, is a testament to the true essence of competitive sports — a celebration of shared humanity alongside physical prowess.

TAKE A BREAK



AQUARIUS
CANDY
CUPID
GROUNDHOG
HEART
LINCOLN
CHOCOLATE
PENNSYLVANIA
PHIL
PRESIDENTS
VALENTINE
WINTER



History of Pregnancy Testing

FROM SEEDS TO SCIENCE

From ancient times, human ingenuity has been pivotal in unraveling medical mysteries, and pregnancy testing is a particularly fascinating example.

In Egypt, around 1350 BCE, pregnancy testing blended mysticism and early science. Women would urinate on wheat and barley seeds, an intriguing method that modern research has shown to be surprisingly accurate, with a 70% success rate. If barley grew, it indicated a male child; wheat signified a female.

Across different cultures, unique approaches emerged. The Greeks, influenced by Hippocrates, developed diagnostic theories based on the four bodily humors. In India, ancient Ayurvedic texts detailed pulse examination techniques for various conditions, including pregnancy, showcasing remarkable observational abilities and a deep understanding of the human body.

The Middle Ages saw a curious amalgamation of superstition and the beginnings of scientific inquiry. "Piss prophets" examined urine for its color and clarity, practices that were precursors to today's urinalysis.

A significant advancement came in the 20th century with the discovery of the hormone hCG. This breakthrough led to the first reliable home pregnancy tests in the 1960s, marking a dramatic shift from rudimentary ancient methods and offering greater accuracy and privacy.

This journey from ancient seed tests to sophisticated modern diagnostics illustrates the evolution in our understanding of the human body. Those early tests laid the groundwork for the reliable techniques we use today, inspiring us to continue improving our medical knowledge and practices.



Ingredients

- 3 boneless chicken breasts
- 1/2 cup heavy cream
- 1 tsp salt and pepper
- 3/4 cup sun-dried tomatoes
- 1 tbsp olive oil
- 1 tsp dried oregano
- 3 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 1 cup chicken broth

Directions

1. Season chicken with salt and pepper. In a skillet over high heat, add olive oil and allow it to heat up. Then add chicken.
2. Let cook for 6 minutes or until golden brown. Repeat on the other side. Remove cooked chicken to a plate and set aside.
3. Reduce heat to medium and add minced garlic, broth, and heavy cream to the skillet. Stir sauce for 1 minute.
4. Add sun-dried tomatoes, oregano, and red pepper flakes to the mixture.
5. Bring sauce to a simmer, then reduce heat to medium-low. Add chicken back to the skillet, coating each side. Cook until chicken reaches 165 F.