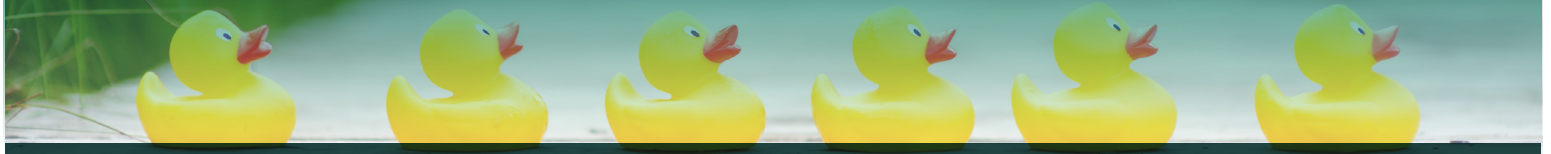


Get Your Ducks In a Row!

ESTATE & ASSET PROTECTION PLANNING NEWS FROM CAROLINA FAMILY ESTATE PLANNING



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JUNE 2021

PROTECTING YOUR MEMORIES

Whenever I reminisce about the Fourth of July growing up, a bunch of fond memories come to mind. We would spend each Independence Day with my mom's side of the family in Marine City, Michigan, where we'd watch a spectacular fireworks show. The Saint Clair River fireworks supposedly weren't as spectacular as the show over the Detroit River, but between parking and traffic, it was a heck of a lot easier to get in and out of Marine City than it was to go downtown.

I remember a truckload of fried food. And while it didn't occur to me back then, I'm sure the adults were taking the time to enjoy a drink or few. The midpoint of summer, the Fourth of July was a chance for both kids and adults to just sort of let loose and enjoy the festivities. Another memory that stands out is glow sticks: the Fourth of July was the first time I'd ever seen them, and I remember being mesmerized by them.

When I was a kid, the most exciting part of the Fourth of July was the fireworks. As I became a teenager, though, my mind and heart were set on spending some time under the twinkling lights, holding hands with my then-girlfriend. Through the years, the Fourth of July was always about food, fun, family, and America.

Even though priorities change as time goes on, the desire to capture memories certainly doesn't. Back when I was a kid, it wasn't nearly as easy to take and store a photo or video as it is today. Now, you can amass a trove of priceless photos in hard drives or in the cloud — memories that can be hard, if not impossible, for your family to retrieve if you pass away before making a plan for transferring those passwords and their location in the cloud.



Digital assets — those intangible possessions of yours stored on a computer or in the cloud — have become increasingly common over the past decade. However, since the development of the digital world has consistently outpaced the development of the laws that govern it, North Carolina didn't have any sort of digital asset act until July 2016. (Happy fifth anniversary, Digital Assets Act!)

Being proactive, at our firm, we've included digital asset provisions since 2014, and we updated our provisions to be in line with the latest laws. However, based on the prior plans we've reviewed for new clients, we know there are a lot of estate plans that don't have any sort of provision addressing digital assets. It's important to give your executor and power of attorney not only the legal authority, but also the instructions, locations, and access to the passwords to take care of any digital assets you might have. Our Personal Planning Portfolio makes it easy to organize this information for your loved ones.

If you have priceless memories of times with your family, whether on the Fourth of July or at any other time of the year, and your estate plan does not currently have a provision addressing digital assets, it might be time to sit down with an experienced estate planning attorney and update your estate plan. To schedule an appointment or answer any questions you may have about updating your plan, call 919.694.4437. Happy Fourth of July to you and your family!

-Dan Bedard

“Even though priorities change as time goes on, the desire to capture memories certainly doesn't.”

MASTER EVERY COURSE OF A GRILLED MEAL

With These Tips



Is there anything that feels more like summer than grilling in the backyard while drinking your favorite cold beverage? Barbecuing and summertime go hand in hand, but all too often, so does grilling dried out meat or over-charred vegetables.

Mastering the grill is just like mastering any other cooking technique. It takes an understanding of the food you're cooking as well as the equipment you're using — for example, charcoal grills operate much differently than gas grills. Regardless of which kind of grill you prefer, you can make the perfect meal by following these tips.

Quick brine thin cuts of meat.

Whether you're grilling steak, chicken, or pork chops, there's a tried-and-true formula to ensure maximum flavor with minimum effort: the quick brine. Quick brining — aka soaking in salty water — thin cuts of meat is a great way to lock in moisture and pack in a lot of flavor without waiting 12–24 hours for a marinade to work its magic in the fridge.

To quick brine your meat, you just need water, salt, and about an hour of hands-off time. Dissolve 1/4 cup of kosher salt into 4 cups of water, and you will have enough to brine 1 1/2 pounds of meat. You can amp up the flavor by adding aromatics like citrus peels, smashed garlic cloves, whole peppercorns, or herbs.

Pro tip: Get your meat brining first, then prep any vegetables or sides for your meal in the hour it takes to brine. Pat the meat dry before grilling.

Get veggies right every time.

Grilling vegetables comes with its own set of challenges. Some vegetables, like asparagus spears, are thin enough to fall through the grates. And how do you ensure uniform cooking on kebabs that include a mix of vegetables?



To grill veggies that may fall prey to the flames, instead use a cast-iron skillet on top of your grates to contain the veggies. Plus, cast iron has the added benefit of ensuring uniform heat!

To create the perfect kebab, use two skewers instead of one. To ensure your vegetables cook evenly, use your longest-cooking vegetable on the kebab as a guide for how to prepare any others. For example, if you're using whole white button or cremini mushrooms, cut thicker chunks of bell pepper and summer squash. If you're using cherry tomatoes, which cook quickly, cut accompanying vegetables thinner to accommodate for the shorter cook time.



Don't forget dessert.

Cooling down with ice cream after a meal on a hot summer day is great, but before you turn off the grill after dinner, remove any savory food debris and use your grill to amp up your dessert offerings.

Peaches and pineapples grill particularly well. Halve your peaches and thickly slice pineapple rings, place them on the grill until softened and lightly charred, and serve along with ice cream and your favorite sauce to create a grilled sundae. To add another dimension to a summertime favorite, lightly grill slices of angel food cake before serving with fresh strawberries and whipped cream or vanilla ice cream.

Pro tip: To bring your fruit to the next level, sprinkle peach halves with cinnamon, sugar, and a pinch of sea salt. You can also soak pineapple rings in rum before grilling.

DIY OR BUY?

Lawn Games for Family Summer Fun



The warm summer sun may be enough to beckon your family outdoors, but lawn games will guarantee hours of fun outside. If you're handy, there are plenty of great lawn games you can make yourself. If not, buy an off-the-shelf alternative and enjoy the easy setup.

Giant Jenga: Easy DIY

All you need to build a giant Jenga tower are two-by-fours that are cut to length. If you're handy with a saw, you can do this at home. If not, ask to have the wood cut at your local lumberyard. Be sure to sand down the edges before stacking the boards to create a classic Jenga tower! For extra fun, pick a few paint colors and paint each board. Visit ABeautifulMess.com/make-this-giant-jenga to see a complete set of instructions.

Buy: Skip the project and buy GoSports Giant Wooden Toppling Tower online, which retails for about \$70 and stacks over 5 feet high.

Classic Horseshoes: Intermediate DIY

Tossing horseshoes is a great way to pass an afternoon. To play, you'll just need to set up two sand pits in your yard. Get a handful of horseshoes, and you're ready to go! Many DIY plans are available online, including one from HousefulOfHandmade.com/ultimate-diy-horseshoe-pit.

Buy: Check out the kid-friendly rubber horseshoe set from Wayfair.com, which requires no installation, can be used indoors or alongside your outdoor game, and is safe for younger children.

Cornhole: Advanced DIY

The humble beanbag may be the most versatile backyard game piece. It's used in the popular game commonly known as cornhole. To build your own cornhole set, you'll need a couple of sheets of 1/2-inch-thick plywood along with two-by-fours, some hardware, and a variety of tools including a drill, jigsaw, and sander. Visit DIYPete.com/cornhole-board-plans to get both written and video instructions.

Buy: Ready to play ASAP? Cornhole sets are available from many large retailers around summertime, or you can order a customized set featuring your favorite team, family name, or characters from your favorite movies by looking at Etsy.com.

Whether you buy or DIY, remember to have fun and always supervise your children while playing outdoors, especially when it comes to yard games!

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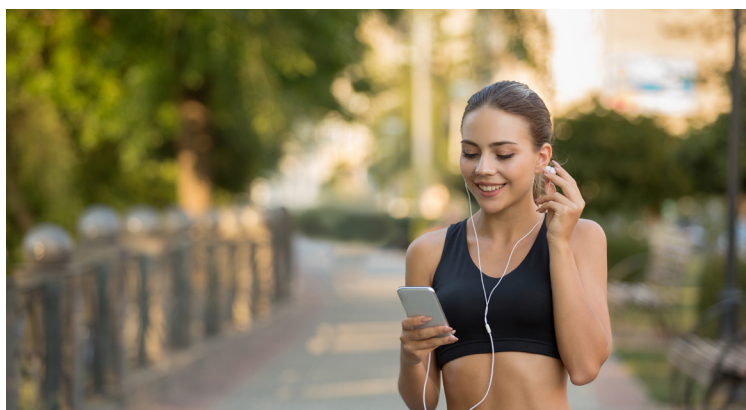
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ORCHESTRATE YOUR WORKOUT

Pro Tips to Create a Motivating Playlist

Whether summer temperatures drive you to work outside or simply make you want to move indoors where the air conditioner is blasting, having an upbeat playlist can help you quickly pass the time and feel good, too.

There's no better way to learn how to put together a motivational playlist than to ask a pro. Peloton's bikes and treadmills are wildly popular, but now, users are working out through their app because of the high-energy instructors, many of whom have become known for their amazing playlists. Here are two instructors' tips to put together a killer playlist.



Mix It Up

Instructor Leanne Hainsby is known for the eclectic, feel-good songs that keep people pedaling hard in her cycling classes. Hainsby credits her vast musical tastes to her time as a dancer, which expanded her playlist for workout music.

Which songs make the cut? Ones that inspire. "I think people will be so surprised by how much they will push themselves when they're moved by the feeling of a song or how the music makes them feel," she says. It doesn't matter if it's ambient electronic music or a lilting Johnny Cash tune, both of which can be found routinely on Hainsby's cycling playlists.

Make It Themed

Whether you're obsessed with '90s pop, classic rock jams, or David Bowie, you can use a theme to create workout playlists you'll love. This is a great trick pros like Peloton instructor Christine D'Ercole use. D'Ercole is beloved by many for her themed classes, which range from an indie rock beginners' ride to a fan-favorite all '90s ride. She also has holiday-themed playlists, like the one for her Women's History Month ride in March that featured only female artists.

You can always hop onto Spotify and check out the Peloton page to see all of their instructors' recent playlists. Use this for inspiration to create your own list or stream whichever compilation catches your attention for your next workout.