

The State of the Estate

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Fall Traditions

Fall is a traditional season of thanks and as we gear up for a very full autumn of events and gatherings with family and friends, I'm thinking of ways to stay mindful about how fortunate we are. I always remember how when Jane was in second grade, her teacher got ready for Grandparents' Day by having the kids each write something they were grateful for on a harvest leaf. When the grandparents visited the classroom, the leaves were displayed on a tree and the grandparents had a chance to write their own gratitude thoughts on the leaves.

Without exception, every single grandparent wrote, "my kids and grandkids." Many of the kids wrote things like, "my mom does stuff for me" or "my dog," but through the lens of time, the grandparents were all grateful for the loved ones in their lives.

Our kids are fortunate to have four living grandparents. Each of these four individuals are dramatically different, with their own experiences, backgrounds, and beliefs, and it's like having a living how-to manual at our disposal. I recently heard an African proverb: "When an old man dies, a library burns to the ground," and the older I get, the more I realize this is true.

Every year, the women on my mom's side of the family have a tradition of visiting the cemeteries where our family members are buried. While it sounds like it could be gloomy or macabre, it's actually a very lighthearted, warm, fun day of laughter as we tell stories and remember our relatives. I love that this tradition coincides with the Jewish High Holidays, so it always happens in the fall, when I feel like the world is primed to count our blessings and feel gratitude.

One of the graves we make sure to never skip is my great-grandma Eva. (Her name was Eva Grossman just like our daughter because I have Grossman ancestors and also married a Grossman.) She was a brave, hardy, funny woman who led a long, rich life. She always made these simple cookies. I love the idea that spreading this recipe will keep her memory alive.



- Sift together 4 c. flour,
- 1 1/2 tsp. baking powder,
- 1/4 tsp. Baking soda,
- 1/4 tsp. salt, and 1 c. sugar.

In a separate bowl,

- mix together 3/4 c oil,
- 3 eggs, and
- juice from 1 orange.

Add liquid to flour mixture. Form 3 balls and let rest 1 hour. Roll each ball out 1/8" thick on a floured board. Use a small juice glass to cut out rounds. Sprinkle dough with a mixture of cinnamon and sugar. Bake in oven at 350 degrees on ungreased cookie sheet for 10-15 minutes, until brown.

FEATURED NUTRITION TIP OF THE MONTH:

NUTRITION TIP OF THE DAY

**Pair plant-based iron with
vitamin C for better absorption!**

The vitamin C helps break the iron down into a form that is more easily absorbed. Research shows the best results when they are paired in a single meal.

Some plant based (non-heme) iron foods are: soybeans, lentils, spinach, tofu, chickpeas, tempeh, lima beans, black eyed peas, pumpkin and sunflower seeds, and some enriched bagels.

Pair these foods that are high in vitamin C like: guava, red and green peppers, kiwi, oranges, strawberries, broccoli, papaya, kale, pineapple, brussel sprouts, mango and cauliflower.

From:
@Sustainably_Nutritious on Instagram!



FOLLOW THE RAINBOW (PART 4)

BY: MARIAH HERNANDEZ

This is the FINAL part in the series of this story. This story is the winning submission for The Grossman Law Firm, APC writing contest! To read the other portions of this story please visit our website and review the newsletter section.

It hurts her heart a little bit because this time she knows the rainbow won't be coming back. But, it's not a painful kind of hurt, more of a bittersweet one, because she knows she will see a rainbow again. She knows she will see plenty of more rainbows in her lifetime.

All she has to do is wait for the rain.

As she reaches her house, the front door opens, and she runs even faster, feeling the warmth of the sun on her back, and she jumps into her father's' arms.

"I saw a rainbow today!" she exclaims, buzzing with excitement in his arms. He laughs as he sets her down, but she continues to move around, all the energy inside of her too much for her small body to handle.

She doesn't know how to convey the words to him, how to tell him about the adventure she just had. About seeing her first rainbow, about the darkness and the fear; nor does she know how to explain seeing her mother in the colors.

It all seems like too much to put into words.

He smooths her wet hair back, and when she looks up at her dad, she suddenly finds the words.

"I followed the rainbow. It showed me momma in all of the colors."

"Then that must make you a rainbow, too, because I see your momma in everything you do."

Pumpkin Spice Cake Balls:

Visit the website to see more inspiration at:

<https://www.justapinch.com/recipes/dessert/cake/pumpkin-spice-cake-balls.html>

Ingredients:

- 1 package of Spice Cake Mix
- 1 15 Oz can of Pumpkin
- ½ Cup of Water
- 1 egg
- 1 tub of cream cheese frosting
- 1 package of Vanilla Almond Bark



Directions:

1. Mix together the first 4 ingredients. Pour into 9x13 cake pan and bake as directed on the box.
2. Let cake cool. Crumble the cake and place into a large bowl.
3. Add cream cheese frosting and combine. Place cake mixture into the fridge for at least an hour.
4. Roll into balls. Put them back into the fridge to keep cold.
5. Melt almond bark as directed on package. Taking a few cake balls out the fridge at a time, coat cake balls with bark.
6. Decorate and enjoy!

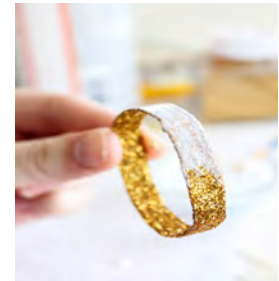
DIY Toilet Paper Roll Pumpkins:

Supplies:

- Empty Paper Toll Roll
- Decorating Material (ex. Glitter, Paint, Book Pages, etc.)
- Stick or Cinnamon Sticks
- Scissors
- Twine

Directions:

1. Decorate your paper roll & then once dry cut them into rings.
2. Run a strand of twine through the center of the decorated rings, pull tight, & tie a knot.
3. Use a stick or even a cinnamon stick for the center of the pumpkin.
4. Use any scraps of paper or even an extra paper towel roll to create the leaves.



<https://domesticallyblissful.com/diy-toilet-paper-roll-pumpkins/>

ANYTHING WITH A NAMED BENEFICIARY (POLICIES OR ACCOUNTS) WILL NOT GO INTO PROBATE

Accounts that have beneficiaries named do not enter the probate estate. This could cause an estate to not be valued high enough to enter a full probate. This is a way that a loved one can pass on an asset without having to go through probate and it goes directly to the intended beneficiary. If someone is listed as a beneficiary or pay on death account, that is the only person that the company holding the asset will talk with. It does not matter if an executor or trustee contacts that company. If there is a listed beneficiary that is the only person that the company will give information to regarding the account. These types of assets or accounts include but are not limited to the following:

- Life insurance
- Bank accounts
- Stock holdings
- Anything that is POD
- Investment Accounts
- Pensions



Happy Thanksgiving!



This newsletter is intended to educate the general public about probate, trusts, wills, and other issues. It is for information purposes only and should not be construed as legal advice. Prior to acting on any information contained in this publication, you should consult with experienced, competent counsel regarding your specific situation

GET IN THE SPIRIT OF THANKSGIVING!



Beautiful Tabletops!

Today, fresh is in! So why not consider decorating your holiday table with a beautiful fresh flower arrangement? Even floating a few carefully chosen flowers in a beautiful ceramic or fine art glass bowl would definitely help your tabletop take center stage.

At Thanksgiving time, a beautifully designed bowl might be carefully filled with nature's bounty of squash, gourds, and miniature pumpkins. Or you could even take a more decorative approach and fill your centerpiece bowl with seed studded balls in a variety of colors. And at Christmas time, this same bowl could then be filled with glass balls mixed with gold and silver leafed fruit, and even foods that reflect the shades of the season, like artichokes and pomegranates.



To complete your table settings, take a cue from the objects you've used to fill your decorative bowl to designate each place setting. If, for instance, miniature pumpkins are a part of your thanksgiving mix, give each guest his or her own. Carve out the centers and use them as mini-vases for appropriately scaled flowers. Or make openings large enough to accommodate votive candles. The same concept works equally well with artichokes for Christmas settings. You might even feature seasonally-themed stationery as place cards, finishing each one with a keepsake stickpin.

Happy Thanksgiving!!