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This July edition is intended to assist you in surviving and thriving during the summer months.

Summers can be an extremely busy times for professionals with families. The work doesn't usually stop, but the family obligations tend to increase, and we tend to lose ourselves in the process.

Remember to stir away from multi-tasking. Though it may initially appear as the solution to your problems, it usually leads to a poorer performance in the long run. The objective is to sustain a quality business all the while spending quantity and quality time with the family. Our suggestion – put away the 'administrative' portion of your work, and leave it for Fall.

Also, keep in mind that we are all getting out of what has been close to a 2-year pandemic, people feel the need to move about the country and just travel! No judgment here! But with this in mind, read this month's article on traveling, and make the best of your summer!



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HOW TO PREPARE FOR THIS SUMMER'S TRAVEL

How is your summer coming along? In the last few weeks, I have had the privilege of traveling for work and take a little bit of downtime in between. Let's just say a lot of things have changed since the last two years. It appears everyone is determined to travel more this year, and the coming months should give us a notion of how busy the airline industry will be. Objectively speaking, this is quite surprising considering the state of the economy, and the hike in gas prices. Though everyone is feeling this recession, it appears no one is letting it slow them down. That says a lot about the human spirit right there, doesn't it? 😊



All this to say, should you and your family have travel plans for this summer, it would behoove you to come prepared. Forget getting frustrated at the airport due to delays, increased prices, or unforeseen events; here are some tips that can help make the journey a lot... gentler of an experience. It won't be easy, but let us aim for easier!

The basic – get travel insurance! Yes, the additional charge to an already expensive plane ticket doesn't help, but of all the times not to take a risk on this, 2022 is it! There has been so many delayed and canceled flights thus far, and many of these reasons are completely outside your control. You will be mentally less stressed knowing you have a back-up plan.

Should your trip not exceed 7 days, see if you can pack it all in a carry-on luggage. There are countless videos on YouTube teaching you how to travel efficiently. Some of the best topics are – military t-shirt folding, pants and suits proper travel folding, socks and underwear rolls for travel. These videos will show you how to keep all your clothing extremely compact, and you would be shocked knowing how much you can fit into your carry-on. I learned this lesson early and efficiently. With two growing boys at my heels all the time, their incredible ability to run through 3 shirts in one day; I quickly learned to make my clothes fit as in compact of a space as possible to accommodate their increasing volume of needs... including their Pokémon card collection of course! 😊

Many people don't know this, but if you make sure to stay extra hydrated before and during the flight, your jetlag time will be greatly reduced. Not only that, you will not feel as physically 'swollen' due to the change in atmospheric pressure.

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SPECIAL ANNOUNCEMENT

Did you know that July is known as the month dedicated to - independence, freedom, and cultural festivals! The full Moon in July is known as the Full Buck Moon, because this is when bucks start to develop their new antlers. As thunderstorms are so common at this time of the year, it is also known as the Thunder Moon. If anything, it doesn't sound like July will be boring at all!

What happens if you put North America in a pot of boiling water? You've created a world-record-breaking heat wave! Over 5,000 temperature records were broken in late June and early July. I am sure you have noticed the increased temperatures in your neighborhood.

We hope that your summer is going great! if you have traveling plans that include airflight, we strongly recommend you get to the airport with ample time to spare. As a traveling family, we have experienced firsthand what this summer will look like in airports across the globe. For this newsletter, Mrs. Shaffer will share some traveling tips to ease up the experience!

As the coming weeks unfold, we remind you to be good to yourself and spend quality time with your family! This is a good time to course-correct if need be, and work on your business as customers / clients tend to leave on vacation with their respective family. Have a great month!

July 2022

"At our Firm,
Your Estate Plan
is Not Business,
it's Personal..."



Patrick P. Phanco

*Asset Protection, Estate Planning,
Medi-Cal Planning and Business Planning*

Shadi Ala'i Shaffer

*Estate Planning, Probate Administration,
and Trust Administration*

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"New month, new intentions, new goals, new love, new light, and new beginnings."

– April Mae Monterrosa



Unless you've been living under a rock, you certainly have heard about the Depp v. Heard defamation lawsuit? This is a case that has been going on since at least 2016, whereby Ms. Heard was alleging some heinous acts of domestic violence from Mr. Depp. This came as a shock to many, as the famous Pirates of the Caribbean star was and still is adored by fans across the world for the better part of four decades. That's what you call career longevity!

When Ms. Heard filed a TRO and published the infamous Op-Ed, this was during the peak of the #MeToo movement, where she became the face and representative of standing up to domestic violence. Her movie Aquaman was coming out, and the publicity she was gaining at that time was undeniable. Whether you believe the circumstances surrounding the events or not, Mr. Depp started losing movie roles left and right; the offers were slowly diminishing, and his good will with the Hollywood community was taking a toll.

Mr. Depp decided to fight back. And fight back he did!

What ensued was a 6 week long trial where billions... yes, billions, not millions of views, tuned in to watch every single moment of that trial. I must confess, I shamelessly participated in every minute, somehow justifying to myself that this inordinate amount of time spent on watching this was somehow justified as I would be learning trial techniques along the way... Even though I am fundamentally a transactional lawyer 😊. But I digress!

During this trial, you saw a cast of 'characters' stand out. Of course, Ms. Vasquez and Mr. Chew, as Mr. Depp's lead counsels, have now become semi-celebrities. Morgan Tremaine, the TMZ ex-employee, who vehemently denied seeking his 15mn of fame; and ironically got them and more! Mrs. Heard's psychiatrist Dr. David Spiegel, who had all the traits of a mad scientist aggressively putting Mr. Depp's substance abuse at the forefront as proof that he had all the elements of a domestic violence partner perpetrator. All of these individuals and more have provided us countless hours of lessons on DV, trial preparation, and just pure, sheer entertainment!

Unlike the OJ Simpson case, no one's life was at stake here. However, it does not change the fact that this will stand out as one of the most infamous lawsuits that has taken place in this century. Not before the Simpson case have we seen this type of interest by the general public! In the last few weeks, traveling in EU, I had countless people from – waiters, cab drivers, bankers, professionals, etc... all ask me about this trial.

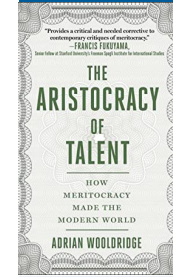
As we now settle back into our ordinary YouTube watching days, some of us struggle to figure out what to watch 😊! But as far as we're concerned, we all can extract a few life lessons here. In the realm of our practice, we want to reiterate that you don't want to underestimate the strength of a Prenuptial Agreement. Yes, those few uncomfortable minutes of conversation could save you hours, if not years of legal battles. And don't forget that the proper irrevocable trusts, transmutation agreements, proper titling of assets can play a major role in defending your position.

Like many things in life, a complex situation should not be resolved with a 'simplified' solution. You want your estate plan to be well thought out, layered and properly integrated. This is what we're here for! Now that we know Johnny Depp is back into the good grace of the public, we can all enjoy our summer in peace! 😊

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Here is one last tip... If you are up for it. You want to get quickly acclimated to the time difference? Try taking a cold shower. Some say that it should be 1mn for every 1hr of flight... I'm not that courageous, nor is jetlag painful enough for me to try it. However, there is something to be said about doing it for 30 seconds or even 1mn.

Bluntly speaking, you should expect some challenges on your summer destinations. With the volume of people edging to move around, it is to be expected. These are just tips to help make the journey easier. However, more importantly, if you have the right attitude, all these 'pain points' will be nothing but funny memories soon enough. Have a great summer!



ADRIAN WOOLDRIDGE – ARISTOCRACY OF TALENT: HOW MERITOCRACY MADE THE MODERN WORLD

Meritocracy is a government by a group of individuals based on their ability, and it has been getting a lot of flak lately. Meritocracy is derided as ideology by egalitarians, critical race theorists, and others on the left, who see it as a tool for sustaining and legitimising hierarchies, elite dominance, and structural imbalances. Right-wing populists aren't less dismissive, rejecting elites who pretend to have risen to positions of power via greater talent and experiences as skills for a corrupt system.

Wooldridge finds major exceptions to this gradual shift in Plato's ideas, imperial China's civil service (organised on Confucianism), and Jewish culture, all of which consider study, success, and intellect, as alternative methods of political and social development. It's with the arrival of the Enlightenment in the 18th century, as well as the French and American revolutions, that his tale truly takes off, as advocates battled for an ending to unique advantages based on blood and birth. Merit would take the role of genealogy, skill would take the place of status, and shuttered businesses would be accessible to the industrious. 'All citizens, being equal before [the law], are completely eligible for all public posts, ranks, and employments, as per their ability, and with no other difference than that of values and abilities,' said the French 'Declaration of the Rights of Man and Citizen' (1789).

Wooldridge applauds these words, italicising the penultimate term to highlight that while many people in the eighteenth century spoke "equality," they meant "equality of opportunity," not "equality of result." The Enlightenment's greatest lights, like Thomas Jefferson, were ready to talk of a new 'natural aristocracy' to replace the existing 'tinsel aristocracy.' They acknowledged that society will always require leaders, and that hierarchy can not ever be totally eliminated, just reorganised on more equitable conditions. It is preferable to hand over the globe to its most capable than to keep it to the parasites and plunderers of the old.

In a chapter on the 'Meritocratic Revolution' of the mid-twentieth century, that was 'turbocharged' by WWII, Wooldridge draws the tale to a close. 'Mass mobilisation highlighted how much potential had been squandered in the past,' prompting postwar governments to devise novel ways to harness it for tomorrow. Ordinary people's opportunities were widened by welfare states. The GI Bill was launched in 1944, practically increasing university enrollments overnight. The grammar schools in the Great Britain were expanded.

Wooldridge contends that Western countries must modernise so as to compete more effectively and avoid decline. However, the risks are perhaps considerably higher. Wooldridge argues, "There is a scent of the Ancien Régime now" among the Western aristocrats of skill, in a telling choice of phrase. Their tale is going to end miserably if they can agree with the advanced Third Estate.



How To Build Good Emotional Health

Emotional well-being, according to licensed psychologist Juli Fraga, PsyD, "concentrates on being in synchronization with our feelings, fragility, and genuineness." Emotional wellness is a crucial component in promoting resilience, self-consciousness, and general happiness. Take into account that excellent emotional well-being doesn't necessarily imply happiness or the absence of unpleasant feelings. It really is about having the abilities and means to deal with the ups and downs of life.

According to Fraga, emotional wellness grows from the genuine curiosity of analyzing your beliefs, behaviors, and sentiments and also why they occur at particular times. It's essential to effectively ask oneself questions like, "Why do I respond in this manner?" or "What in my background has led me to have such a strong reaction to x, y, and z?" It's just as crucial to work on our mental health as it is to take better care of our physical health. Emotional well-being is more of a journey than a destination. For the majority of us, whether consciously or not; we probably do take steps to improve our mental well-being. Emotions may and would get the best of us, if not for understanding coping mechanisms to help us adapt rather than react to stressful events; to learn to respond rather than react. Emotional wellness is essential for total happiness. If you're feeling overwhelmed by your emotions and thoughts, tending to your basic needs, such as sleep and connecting with loved one is imperative.

If it doesn't appear to be working, seek professional counseling or reach out to a psychiatric expert. They can assist you in identifying the parts of your mental well-being that you strive to improve and develop a strategy to do so. Physical and emotional well-being are intertwined. People who are under a lot of stress and have a lot of negative emotions are more likely to acquire various health problems. These issues are created by behaviours that bad emotions might affect owing to a lack of emotional control, rather than by negative feelings themselves. Some people, for example, find that smoking cigarettes or drinking alcohol helps them relax. These practises, however, place you at a higher risk for heart disease, cancer, and other diseases.

Chemical imbalances or trauma are common causes of mental diseases. Emotional wellness is more about emotional control, mindfulness, and stress management, and persons with and without mental illnesses can benefit from these tactics.