

## HEALTHY ROUTINE



Before we start this month, I have a quick question for you – Was I, or was I not right about traveling this summer? My family and I were lucky enough to partake in a summer end trip before starting the school year, and it was everything we had anticipated. Don't get me wrong, the destination (Dominican Republic, Punta Cana) was a great time, relaxing for the adults, and fun for the kids! However, the going and coming back with the whole airport experience was indeed... chaotic! All in all, it makes sense – people were tired of having been locked in for the last two years, and felt the need to go out and explore. No judgment here!

Summer 2022 will go down as a great time for my kids, which is really all you could hope for as a parent. As an adult, you realize the impact you have on your kids based on the memories you create for them. We'll determine years from now whether I delivered the goods! 😊

But now, it's back to school time. Home will not be as unpredictable, you will be able to focus on your work with a little more intensity, and the overall sense of routine is back. For whatever reason, some people look at that as a negative. Well, clearly these individuals are not familiar with Philosopher Immanuel Kant's work then. For those not in the know, Kant was a German philosopher and one of the central Enlightenment thinkers. His work in epistemology, metaphysics, ethics and aesthetics have made him one of the most influential figures in modern Western philosophy.

However, the reason he is of interest this month is that Kant, contrary to popular belief, led a very regimented, routine life. He woke up at the same time, had a very consistent morning comprised of coffee and a walk, studied at the same hours, etc... His idea was that humans have an external and an internal sense and time can only be recognized by an internal sense. "Time is nothing else than the form of the internal sense, that is, of the intuitions of self of our internal state." Thus, by being grounded in routines, his mind would then be free to 'wonder' in whatever subject he would be focused on for the day. This is where he believed the best quality of thinking would take place. However, in order to do that, he was a strong advocate of removing unknown factors in your daily routine.

As the children go back to school and you will be given a greater freedom to spend at work, take advantage of the fact that your external life may not seem as chaotic on a daily basis. Moving forward, until the end of the year at least, you will be able to dedicate yourself to a particular subject, and put some serious thoughts and work behind it.

As for myself, I will continue to expand my knowledge in probate law, and help my existing team grow as individuals. Believe it or not, nothing beats Summer, but I'd be lying if I didn't say I'm not looking forward to Fall!

Take advantage of the remaining months to take care of your Estate Plan for your family! There are many challenges laying ahead of us as a firm, and I'm excited to tackle them on! What's your month looking like?

## INTRODUCTION

September marks the end of summer, the beginning of fall, and the start of a new school year for many people.

This month will usher in shorter days, lower temperature weather, and ideally Fall is the ideal time to curl up in a warm chair with a cup of hot chocolate. But... This is California, and the weather pattern has been unpredictable as of late, thus we predict warm-ish temperature still!

We are closing in on the year, and we encourage you to keep pushing hard to meet your year-end goals! It's easy to get discouraged with the wild swing of our economy, the ongoing war in Ukraine, and so many other outside factors outside our control. However, we would prefer you simply focus on what is within your grasp, and do your absolute best with your immediate environment.

### September 2022

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



#### Patrick P. Phancao

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

#### Shadi Ala'i Shaffer

Estate Planning, Probate Administration,  
and Trust Administration

### HIGHLIGHTS IN THIS ISSUE

- 01 Healthy Routine
- 02 Current Events
- 03 Book Review
- 03 Business / Health /  
Wealth Section
- 04 Hello Fall

"I want my children to have  
all the things I couldn't  
afford. Then I want to move  
in with them."

- Phyllis Diller

## CURRENT EVENTS

On June 24, 2022, Dobbs v. Jackson's Women Health Organization overturned Roe v. Wade; and the abortion laws as we knew them changed. This is a precedence, if truth be told, not too many people expected. Just for some basic understanding, the case did not make abortion unconstitutional per se. Rather, it provided each state the individual right to determine what abortion access would look like within its borders. And thus began what promises to be a long-standing dispute between women's rights, access to abortion and people who stand for pro-life.



As to where things stand today, California Legislators are fighting to keep the state a 'sanctuary' for those seeking abortions. This case's decision abandoned nearly 50 years of case precedent... which is rather... unprecedented 🤔. Sorry, Dad joke here!

Since Roe v. Wade, this has been the first time the Court considered the constitutionality of a pre-viability abortion ban. On the grounds, it will very likely lead to half of the U.S. states to ban abortion outright, which has stood as a fundamental right to humans for generations. The long-term effects are yet to be determined. This has led to the division of the nation even further, especially in these interesting times we live in right now.

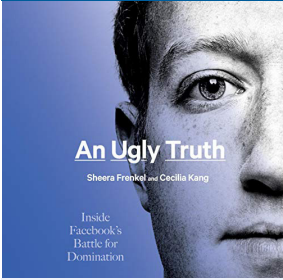
This article is just to keep you apprised of interesting changes happening in the law right now. It appears we are undergoing massive changes as the nation; from the #blacklivesmatter movement, Asian crimes on the rise, the economical world order eroding before our eyes; the fundamental fabric of the U.S. seems to be undergoing a change. Whether you are directly affected by any of this or not is almost secondary, what you want to discern from all these events is to know where you stand on these subject matters. You need not know the intricate details of every issue happening at the moment, but it would serve you well to pick and choose specific social debates you can elect to stand behind.

It is often said that one grows larger as he / she chooses to stand for something bigger than themselves. Speaking from personal experience, it is easy to get carried away with your daily life and all the obligations that come with being a responsible adult. However, these are topics that will affect your kids and the generations behind them. Where each individual stands morally creates the fabric of our society. Though it may appear 'far away' on the surface, something that affects 'other people' only, you would be surprised the effects it carries in your own backyard.

As a company, this is where we feel so blessed on a daily basis. Working on a subject matter that touches everyone – the family, we feel we are in a privileged position. Should the world elect to go unhinged and lose itself, we have the opportunity to represent individuals and their families, making sure we keep their traditions and finances intact, or at the very least grow in the right direction. It may not be a game changer in the eyes of many, but it's a start. And we are quite all right with that impact!

If you follow social media at all, an 'influencer' by the name of Andrew Tate was trending larger than Kim Kardashian... Imagine that! From what it appears, he was promoting his various businesses, bashing other social influencers such as Jake Paul, and sharing his views on men and women relationship today. He was garnering extremely negative media attention for what was considered misogynist views, and all social media platforms – Facebook, Twitter, Instagram, TikTok, etc... banned him... on the same day! Believe it or not, one of the influencer he insulted, Jake Paul, stood by him and invited him on his show. He made it clear that he did not stand by Mr. Tate's views, but he was against banning freedom of speech. Whether you like Andrew Tate or not is once again secondary, but the importance of promoting one's ability to speak his / her mind remains imperative. We never thought we would say this, but what Jake Paul did was commendable.

That is some of the current events happening in 2022, we hope none of this news are making you depressed. Rather, you should feel empowered to live in such an exciting time where changes are happening... And you can be part of it!



**SHEERA FRENKEL AND CECILIA KANG: AN UGLY TRUTH ABOUT FACEBOOK**

Facebook, one of Silicon Valley's biggest success stories, has been dogged by crises and controversies over the past five years. According to new evidence outlined in this book;

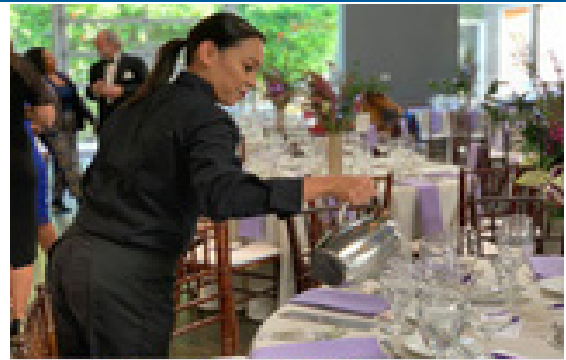
while the internet giant was integrating the globe, they were also found to be mishandling and manipulating users' data, disseminating fake news, and promoting dangerous, divisive hate speech.

Many people believed the corporation had simply lost its identity. However, the truth is slightly more... complicated. Leadership decisions facilitated the problems and then sought to redirect attention away from them. Engineers at Facebook were repeatedly told to design features that would entice users to spend as much time as possible on the network, even it meant those same tools would fuel hateful speech, partisan filter bubbles, and conspiracies. Meanwhile, customers and policymakers were outraged by security breaches and disinformation, Facebook secured its position as the world's most voracious data-mining engine, making record revenues and bolstering its influence via relentless lobbying.

The title of the book derives from a memo issued by Andrew Bosworth, one of Facebook's longest-serving executives, titled "The Ugly." "The ugly truth is that we trust in making connections so strongly that anything which helps us to engage more individuals more frequently is de facto positive," he stated in the memo. If they make it negative, it may be a problem. It is possible that exposing someone to bullies may cost them their social life at best, their life at worst. Perhaps someone dies as a result of a terrorist act orchestrated using our technologies, but we continue to connect individuals."

While Facebook connects people, it also mishandles data, amplifies bogus news, and spreads hate speech, according to An Ugly Truth. This book serves as a wake-up call that the issues surrounding this internet behemoth are a result of how Facebook was designed to function.

Sheera Frenkel and Cecilia Kang use their unmatched sources to take readers inside the company's complicated court politics, friendships, and rivalries, exposing critical flaws in the digital behemoth's design. Their stunning, exclusive investigation led them to a startling conclusion: Facebook's failures over the previous five years were not an outlier, but a foregone conclusion—this is how the platform was designed to function. Under the leadership of Mark Zuckerberg and Sheryl Sandberg, growth remained just consistent throughout a period of enormous turmoil. Both have been hailed as icons of quintessentially 21st-century managers as a tech "boy genius" who became a multi-millionaire, and she as the ideal businesswoman who has inspired millions via her books and speeches. But, surrounded by advisers and hampered by their own ambition and arrogance, each has watched as their technology gets suborned by the criminals, hate-mongers, and corrupted political regimes throughout the world, with disastrous results. They are finally held accountable in An Ugly Truth.



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**WHERE:** The Colony House  
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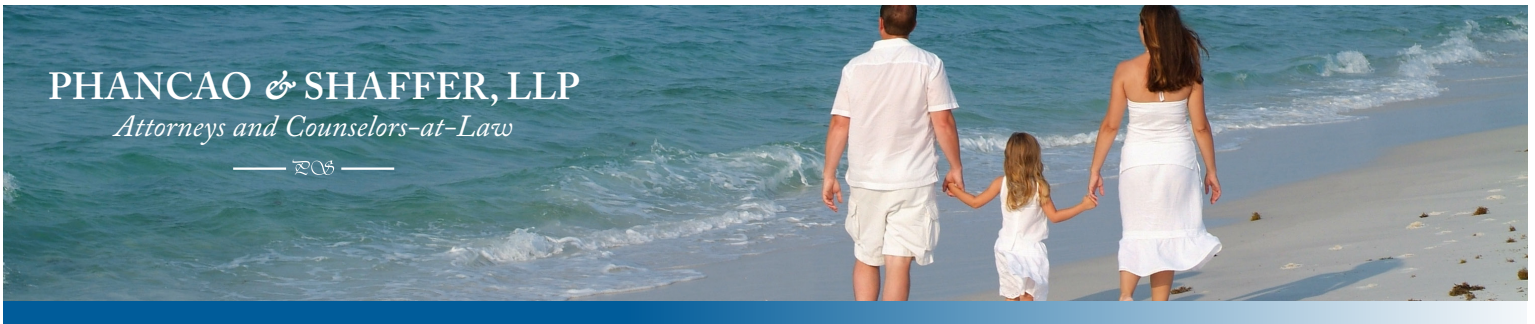


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Patrick P. Phancao  
&  
Shadi Ala'i Shaffer



As we get closer to Fall, we will be dealing with shorter daylight, and we will to accommodate our biological clocks to a new schedule. As an experiment, we encourage you to pay closer attention to your circadian cycle. We live in a time and grinding and constant hustle is encouraged. However, there is much to be said about getting proper rest, healthy night sleeps, and a good amount of natural lights into your system. This means trying to stay away from electronics.

You will also notice a change in the seasonal fruits offered in groceries. We likewise would like to see you try and stay with the seasonal fruits available to our climate. Try to stay away from imported fruits, and take notice of the healthy, subtle changes in your health!

Here is to September being a great month for you personally and professionally! If there is anything you need, please don't hesitate to reach out – 714-966-2646.

