

# LEGAL SMART

NOVEMBER 2021 EDITION

The mission of Legal Resources is to provide superior legal services to our members, enabling them to lead active, healthy and worry-free lives, free of major legal expenses.

*This Month's Edition includes:*

- > *National Adoption Month*
  - > *Pilgrims Inspire Modern Day Laws*
  - > *Thanksgiving Snooze*
- and much more!*



## Inside this issue...



### TIP OF THE MONTH

#### Preparing for the Polls

Election Day is November 2nd – are you casting your ballot?

If so, you want to prepare for lines at the polls and make yourself aware of any additional safety measures that may impact your experience. You also want to ensure you are registered, identify your assigned polling place, and organize required voting materials, such as identification and miscellaneous forms. Keep in mind that polls are busiest before and after normal business hours.

## Featured Story

### National Adoption Month

This November is National Adoption Month. It's all about spreading awareness of the adoption community, especially the foster care system.

According to adoption.com, it is a month to encourage others to pursue adoption and explore becoming foster parents. It is also an opportunity to help educate others about adoption and the need for foster care providers. There are a lot of misconceptions about adoption and negative adoptive language out there, that as members of the adoption community, we can educate others about. We can use this holiday as an opportunity to help educate those who are unfamiliar and are interested in knowing more. National Adoption Month is also a time to celebrate the families who have been touched by the gift of adoption.



#### Something Different

Pilgrims Inspire Modern Day Laws

# SOMETHING DIFFERENT

## Pilgrim Politics

Approximately one year prior to the pilgrims' landmark feast in 1621, the Mayflower landed off the coast of Cape Cod, Massachusetts, a waterside settlement later deemed Plymouth Colony. In an attempt to establish a united body between the colonists, the pilgrims enacted a unique set of laws under the Mayflower Compact, a document that ultimately paved the way for the creation of America's modern-day democracy.

Here are a few fun facts about the Mayflower Compact:

- Before any settler disembarked the ship, the Mayflower Compact was drafted and signed by 41 passengers.
- It established a "civil body politick" that worked for the good of the Colony by following the same laws, ordinances, and other ruling acts.
- The 1620 document became the New World's first written constitution.
- It inspired both the Declaration of Independence and Constitution, and the revolutionary notion that powers should be derived from the consent of the governed.



## DID YOU KNOW ?

### Tryptophan isn't the culprit of your post-Thanksgiving snooze

Research shows that the tryptophan levels in your Thanksgiving turkey are no greater than other common foods such as chicken, beef, nuts, and cheese. While the amino acid is known to boost the brain's serotonin levels, it isn't likely to blame for your sudden fatigue after a filling Thanksgiving feast. Instead, look to carb-heavy trimmings, decadent desserts, and celebratory cocktails as the culprits of your annual November nap.

## CYBER CORNER



The Facebook outage on Monday was a planetary-scale demonstration of how essential the company's services have become to daily life. Facebook, Instagram, WhatsApp and Messenger have long been more than just a way to chat and share photos. They are critical platforms for doing business, arranging medical care, conducting virtual classes, carrying out political campaigns, responding to emergencies and much, much more.

## Frequently Asked Questions



**Q:** Are pre-existing issues covered?

**A:** Yes! Pre-existing matters are covered at a significant discount off the hourly rate of the attorney. It is very important to join Legal Resources before you have a legal need to enjoy the maximum savings from the plan.

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