



CASE BARNETT
 ——— LAW ———



DISTRACTED DRIVING:

DON'T LET WHAT MATTERS LESS OVERPOWER WHAT MATTERS MORE

According to the National Highway Traffic Safety Administration (NHTSA), 3,142 individuals lost their lives as a result of distracted driving in 2019. I'd like you to think about this for a moment: At any time while driving, do you think it's ever safe to close your eyes for five seconds? No, right? A lot can happen in that short period of time. In fact, studies prove that driving at a speed of 55 mph and closing your eyes for five seconds would mean that you drove the entire length of a football field blind!

April is Distracted Driving Awareness Month, an entire month dedicated to bringing attention to the dangers that distracted driving poses to everyone on the road. The goal is to raise awareness to prevent injuries and deaths that result when a driver's attention drifts away from the road due to distractions in their vehicle.

We've all seen it. Other drivers on the road are completely mesmerized by their phones in their laps. Some may be applying makeup, eating a sandwich, or turning around to look at kids in the back seat, or they're so lost in conversation that they are missing exits and swerving in and out of lanes. Distracted driving is a serious and selfish offense that injures some and takes the lives of others. It can be completely avoided!

When your phone alerts you that you have a text message, your first instinct is always to reply right away. It's a habit we need to break to make the world a lot safer. Just a couple seconds is all it takes to cause potentially life-threatening damage. Those few moments are precious and once you cause damage, you can never get them back.

When many think about distracted driving, they instantly think of texting, but distracted driving encompasses so much more! It can mean chatting up a storm on your phone, munching on a snack, or even just flipping through radio stations. These can always wait until your vehicle is completely and safely stopped. If you think about it, the severity of injuries resulting from a vehicle accident are much worse in distracted driving cases. If a driver isn't distracted by something else, they have a bit more time to make evasive maneuvers or slow down. It's when the driver doesn't know that an obstacle is in front of them that they strike objects at full speed, and the resulting damages are much worse.

Our lives are precious. To safeguard and protect your life as well as the lives of others, it can always wait!

-Case Barnett



FACT OR FICTION:

CAN EATING FOOD BEFORE BED CAUSE NIGHTMARES?



As a kid, your parents probably said that eating before bed was bad for you, but is that really true? Recent data shows that it just might be.

The Studies

The University of Montreal discovered a correlation between late-night eating and nightmares in 2015, with 9.5% of their participants saying that they had bad dreams when they ate before going to bed. Another study by the Journal of the Mind and Body found that sugary sweets such as ice cream and candy bars can increase brain activity. During this increase after eating sugary foods, 70% of their participants experienced nightmares.

However, Stanford University for Sleep Sciences and Medicine explains that this isn't always siloed to sweets; other kinds of late-night snacks may cause nightmares as well.

The Findings

If you're eating food containing spices, sugar, or dairy, this can trigger more brain waves in your sleep, making it more difficult to rest.

For example, the International Journal of Psychophysiology conducted a study where participants added Tabasco sauce or mustard to a meal they ate before bed. Their study found that this addition affected the quality of sleep that night since spicy food can cause your body temperature to rise, release heat, and induce restlessness.

To top it off, Harvard Medical School found that conditions that wake you up during your sleep can influence your ability to recall dreams, making it easier to remember any potential nightmares.

If you want a snack before bed, fruit is the best option. Grapes contain sleep hormones such as melatonin, which helps you fall asleep faster. Bananas are another option because potassium can calm and de-stress your muscles before bed.

While more research is needed to connect your choice of midnight snacks or late-night dinners to nightmares, it's easy to see that sweets and spicy dishes won't help you get better sleep each night.

OUR CLIENTS SAY IT BEST

"WOW! Case Barnett and his team are AWESOME, especially Dena. We can't thank them enough for all their hard work. About a year ago, my dad got into a really bad accident that cost his life. We were devastated, stressed out, and overwhelmed. No one wants to get into an accident and deal with the aftermath. We are so grateful to have met Case and Dena because their team made this entire process so seamless and easy for us. Every time we were on the phone with Dena and Case, we noticed how much they truly cared about their clients. We felt a huge relief when they handled all the things related to the accident, but most importantly dealing with the other person's insurance. Dena handled all of the correspondence with the other party, relieving us of the messy conversations. Case, Dena, and their team are great communicators. I'm sure a lot happened behind closed doors, and they like to keep you out of it as much as possible, but if we ever had questions, they are very quick to respond. They also

kept us informed about the case as the months passed by. We are thankful for Case, Dena, and their awesome team. We finally came to a settlement, and we are please with the outcome after a year. For anyone looking for a personal lawyer, call Case Barnett and his team. You will be well taken care of."

-Joseph D.



YOU HEARD IT FROM FINN AND HARLOW!

Our Favorite Spots in Portugal



We recently had the amazing experience to tour Portugal with our parents. For anyone wondering, here are some of our favorite spots, activities, and memories to share. The long flight was totally worth it!

Sintra, Portugal

We really recommend visiting Sintra. The town is charming and situated right in the hills of Serra De Sintra. The Pena Palace is a medieval and royal palace and is surely enchanting to explore. Sintra is literally just like a page

torn out of one of our favorite fairytale books — the city is magical with beautiful architecture, rippling mountains, and even exotic gardens.

While in Sintra, we took a ride through the city on a horse-drawn carriage and pretended that we were royalty as we shouted, “Hi!” and “Hey” to people walking through the streets. Everyone smiled when they saw us. It was a fantastic time!



Lisbon, Portugal

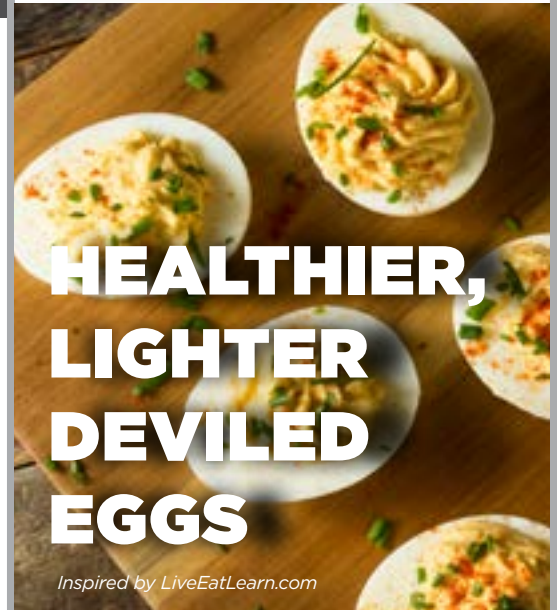
We learned that Lisbon is the coastal capital of Portugal and is extremely vibrant and charismatic. Nestled between seven different hills, Lisbon is the second oldest capital city in Europe and carries a certain sparkle about it.

Our parents have lawyer friends who actually live in Lisbon and own a practice there called Reis and Pellicano (just like our parents do back home). It's a multicultural law firm specializing in real estate law, foreigner's law, contracts, and more. They are some of the best people out there and we are glad to call them family friends.

Salema & Burgau in the Algarve

Salema & Burgau are relatively close to each other. Both have amazing beaches surrounded by towering cliffs. Our dad says that the entire town feels a bit like you are in Greece with the large white buildings up and down the coast.

We ate at one of the best Indian restaurants. If we ever remember the name of it, we will be sure to let you know!



Inspired by LiveEatLearn.com

Ingredients

- 6 large eggs
- 3 tbs Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- Optional: Hot sauce, to taste
- Optional: Paprika and chives, chopped, for garnish

Directions

1. In a large pot, add eggs and cover with water. Put on high heat, and then boil eggs for 10 minutes.
2. Once boiled, peel eggs by gently tapping and removing the shell. (Adding the eggs to an ice bath after boiling can make this task easier.)
3. Cut eggs lengthwise and place yolks into a medium mixing bowl. Set egg white halves open side up on a plate.
4. In a bowl, combine yolks, yogurt, mustard, lemon juice, and hot sauce (if desired) until smooth.
5. Transfer the yolk mixture into the egg white halves. Garnish with paprika and chives if desired.



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Welcome Spring With Open Arms



GET SPRUNG

4 WAYS TO HARVEST POSITIVE VIBES IN SPRING

Have you ever noticed that springtime just feels lighter and brighter? That's because, believe it or not, the seasons affect us. When spring rolls around, the energy shifts, and it's up to us to maximize those positive vibes. Let's examine how we can make the most of spring and inject some color and vibrancy into our lives again after a long winter.

Rely on color.

Colors have the ability to elicit certain emotions and feelings. Tropical tones and pastels are everywhere in spring —

the clear sky, grass, and flowers — so allow them to fill your space and take them with you as constant reminders to smile. If you're up for it, wear some new colors to brighten up your wardrobe, and don't forget to take in a sunset when you're able!

Enjoy more hours of daylight.

Spring brings more hours of sunlight and warming temperatures that can give you more time to enjoy your morning cup of coffee outside. You can take an early stroll around the block, get in a workout

outdoors, or just enjoy the fresh air. Also, many areas observe daylight saving time, which extends sunlight into the evening, so no matter how you choose to spend your extra daylight, make it an adventure.

Welcome spring-cleaning.

It isn't called spring-cleaning for nothing! Decluttering, dusting, reorganizing, and tidying up feels great! It's empowering and refreshing. There is something special about creating more space in your living space that gets the positivity flowing.

Eat fresh, colorful foods.

During spring, many delicious fruits and vegetables come into season. Berries, oranges, apples, carrots, avocados, cherries, spinach, and kale are all at their peak. Your local farmers market is a great place to get the freshest produce to fuel your body!

Spring is a time for new beginnings and positivity. Make the most of this spring season by welcoming a fresh abundance of love and life.