



**CASE BARNETT**  
**LAW**



# AROUND THE CAMPFIRE

## A BARNETT FAMILY TRADITION

One of the best things about being a parent is getting to see the world through my kids' eyes. Finn and Harlow see such magic in the world, and Nicole and I get to both enjoy that and help stimulate it. Nicole is especially great at coming up with ways to add whimsy into our lives. And we find that that's even easier to do outdoors.

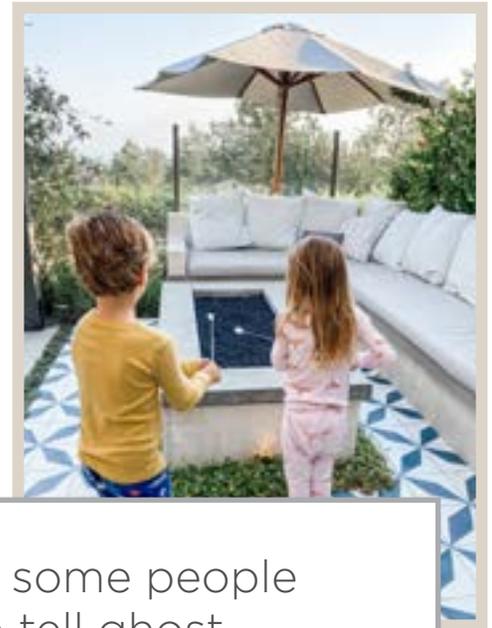
I've written before about the outdoor adventures we take as a family. Whether we're driving across the country in an RV, taking a long weekend away to camp, or just enjoying a daytrip to the beach, we all love to get outside and enjoy different landscapes. And with the long summer nights lately, we've also really enjoyed building and sitting around the campfire together as a family.

In fact, Aug. 14 is National Campfire Day, and that's what got me thinking about how special this kind of outdoor family gathering can be. The last time we had a campfire together as a family, Nicole gave Finn and Harlow flashlights and we all went fairy hunting. We'd shine our flashlights into the trees and as the light reflected off the leaves, our kids would say, "Look! There's a fairy!" It was so fun to watch their excitement and to see them enjoying the

innocence of childhood as they saw "fairies" all throughout the trees.

Campfires are also a prime place for storytelling. I imagine it's been this way for many generations, as fire has long been an important gathering place for humans. While some people like to tell ghost stories around the campfire, our tradition is to tell family stories. Finn and Harlow absolutely love to hear stories about what Nicole and I were like when we were kids and stories about their grandparents. They have so many questions, and we are happy to indulge their curiosity.

There's something about gathering around the fire that makes that family time feel even more special. Watching a fire flicker is a lot like watching the waves come to shore at the beach. It feels really meditative and calming to me. I know Nicole feels the same way, and I think our outdoor family adventures are helping to pass this on to our kids. It's something you really have to learn by experiencing it because



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the power of these natural things is really unexplainable and beyond words.

If it's been a while since you had a campfire with your family or friends, consider building one to enjoy these August summer evenings. Whether you have a small fire in your backyard or a true campfire in the wilderness, it's a great way to reconnect with those around you and with the beauty of Mother Nature.

-Case Barnett



# WHY SO MANY YOUNG PEOPLE ARE LONELY

## And How to Stop It

Given the choice between an elderly person living alone in the countryside and a young recent college graduate living in a major metro area, who do you think would have a greater chance of experiencing loneliness?

While many seniors do suffer from loneliness, you may be surprised to learn that people in their 20s and 30s experience loneliness today more than any other age group. In fact, the post-college years are when loneliness peaks despite opportunities to interact with others in the workplace or other social environments.

### **A Front Row Seat to Everyone's Highlight Reel**

When you view someone's social media, chances are you're seeing a "highlight reel" of their life. When you compare your behind-the-scenes footage to that highlight reel, it can leave you feeling unaccomplished and isolated, which further leads to loneliness. Given that millennials are very involved with social media, it's no wonder their age group is lonelier.

### **The Post-Dorm Friendship Drought**

Even before the advent of social media, people moved away from the conditions that created friendships when they left their college dorms. According to sociologists in a 1978 study, there are three conditions that lead to making friends: "proximity, repeated and unplanned interactions, and settings that encourage people to let their guard down." Young people are much less likely to come across these conditions in their lives after college.

### **How to Fix It**

Loneliness isn't easy to tackle. It takes time and effort to alleviate, and it starts with actively looking for opportunities to form relationships with other people. It can be scary putting yourself out there, but you might be surprised by how accepting other people can be. Rejection is always a possibility, but so is the remedy to your loneliness. You'll never know how many future friends you may have until you get out and look around for them!

## OUR CLIENTS SAY IT BEST

*"I have nothing but good things to say about Case and his entire staff. They are absolutely great people. In my experience, I found that they were really on top of their game and extremely knowledgeable in how the law works and how to get what you want. The whole staff was empathetic and compassionate about the pain that my family and I have been going through. They were always there to answer any questions I had. Even after working hours, they won my lawsuit in amazing time. I could go on, but this review would turn into a short story. Thank you, Case and your whole staff. You're all awesome in my book."*

**-Ryan H.**



# YOUR FUTURE SELF WILL THANK YOU

## For Adding on This Insurance Coverage

Aug. 14 is Financial Awareness Day. When it comes to your personal finances, you may think about creating a monthly budget and pinching pennies where possible to save for you and your family's future. But there are certain things you should never scrimp on! Car insurance is one of those things. In fact, adding underinsured or uninsured motorist (UI/UIM) coverage to your policy may really pay off in the end.

Each state has different minimum liability insurance requirements, and in California, drivers are only required to carrying the following:

- \$15,000 for injury/death to an individual
- \$30,000 for injury/death to more than one person
- \$5,000 for property damage

While most of us have had to repair a car and know that \$5,000 doesn't always take you very far, if you've been fortunate enough to avoid having a major injury in your life, you may not realize that \$15,000 is not a lot to cover medical care for anything aside from a soft tissue injury. If you have an injury that requires a hospital stay, surgery, physical therapy to rehab the injury, or multiple visits, those costs will add up.

While you can't control what level of coverage other drivers chose to purchase, if you add UI/UIM coverage to your own policy, you're providing yourself an important cushion. You should contact your insurer to see what the monthly cost is for this coverage, but it is often a good value for the peace of mind and future security it brings. We recommend adding \$100,000 in UI/UIM coverage to your current policy.

Some people worry that if they get into an accident with a driver who had no car insurance or just the minimum state-required coverage and they tap into their UI/UIM coverage, they'll see their rates go up. Luckily, this isn't the case! Since that's exactly what that coverage is there for, you'll see no penalty for accessing it when needed.

As always, you can learn more about this and other topics by visiting our website at [CaseBarnettLaw.com](http://CaseBarnettLaw.com).



*Bon Appétit magazine calls tomato and watermelon "soul mates," and they're right! This surprising gourmet salad will be a hit at your next barbecue.*

### Ingredients

- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric
- 1/4 cup coconut oil
- 4 cups seedless watermelon, rind removed and cut into 1/2-inch cubes
- 2 heirloom tomatoes, cut into 1/2-inch cubes
- 8 oz feta cheese, cut into 1/2-inch cubes
- Sea salt, to taste

### Directions

1. In a small saucepan, sauté spices and herbs in the coconut oil for 3 minutes over medium heat to create turmeric oil. Take the pan off of the heat, then let it cool.
2. Combine the watermelon, tomatoes, and feta on a large platter or in a bowl. Drizzle with cooled turmeric oil. Now, simply sprinkle with sea salt and enjoy!



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Meet Odin, the Fireproof Dog



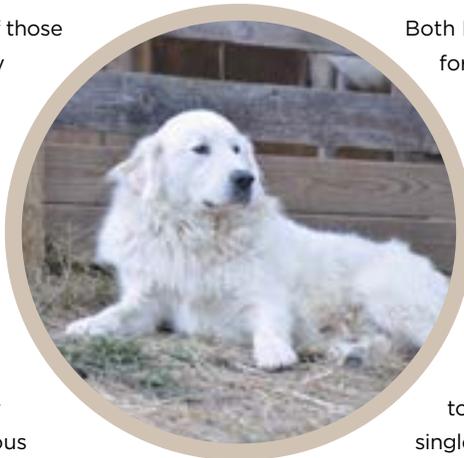
# MEET ODIN, THE FIREPROOF DOG

## THIS GREAT PYRENEES GUIDED HIS GOATS THROUGH A WILDFIRE

In October 2017, California was in flames. One of those blazes was the Tubbs Fire, which charred its way through 36,800 miles of forests and vineyards in both Napa and Sonoma County. More than 5,600 buildings were destroyed, and 22 people were killed. But when the flames finally died, a four-legged hero emerged from the ashes: Odin, the Great Pyrenees dog.

Odin belonged to Ariel and Roland Hendel, two farmers in Sonoma County. When the Tubbs Fire threatened to char their home, they packed up as many of their animals and precious items as they could. Unfortunately, their flock of goats wouldn't fit in the getaway vehicle — and their goat-herding dog, Odin, refused to abandon them. Great Pyrenees are prized livestock guardian dogs that will do anything to protect their charges, and Odin lived up to his breed.

"I said, 'Okay, Odin, take care of the goats. You'll be fine,'" Roland Hendel told ABC News.



Both Hendels were sure they were seeing their dog for the last time. Their hearts sank even further when they heard their home had burned down completely. But on a trip back to examine the ashes, something amazing happened.

"In the distance, I saw Odin's tail," Roland told ABC. "Sure enough, there was Odin coming at the head of all his goats."

Not only did Odin survive the fire and run right up to the Hendels for belly rubs, but he also kept every single one of his goats safe! A few wild deer even joined the goats, and he shepherded them through unscathed. The incredible story made the news, and Odin became a local legend.

Unfortunately, even legends don't live forever. This April, Odin passed away after a long life of tail-wagging, treat-eating, and goat-saving. In his honor, Great Pyrenees Rescue of Missouri gifted the Hendels two new Great Pyrenees pups: Buddy and Snowflake. They're following in Odin's pawsteps, protecting the goats he loved so much.