



CASE BARNETT
— LAW —



WHO HAS MY BACK? WHY I LOVE MY TEAM

There are a lot of things you have to worry about when you run your own practice. They don't exactly teach you how to be a business owner in law school. Fortunately, the one thing I don't have to worry about is whether or not my clients are getting taken care of; my office is home to the best team in the business.

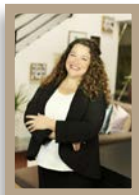
I've talked about how much I love my staff in the past, but this month, I want to shine the spotlight on each of them. They deserve the recognition, because they all bring something crucial that helps us better care for our clients.



Josiah Bournes, Trial Attorney

Before joining our firm, Josiah worked as a federal prosecutor and a public defender. I love Josiah's passion for the law and his bravery in throwing himself into a new area after 10 years. It takes a lot of guts to make such a big career change. With his experience in

prosecuting bad guys, I'm glad we have him on our team to prosecute bad insurance companies.



Jessica Johnston, Trial Attorney

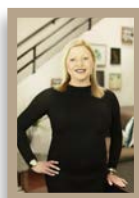
I love Jessica's willingness to punch someone in the nose when necessary — but to do it in the sweetest way possible. Jessica is one of the happiest, smiley people I have ever met, but you don't cross her. She's always going to stand up for her clients and herself. For example, when

male attorneys try to mansplain things to her, she doesn't hesitate to call them out, even in the middle of a deposition. It's awesome, and they don't know how to react.



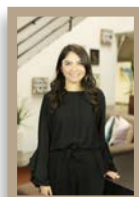
Chi Darling, Trial Attorney

Like Nicole, Chi is a Virgo, which is a zodiac I need in my life. I love Chi's attention to detail and her incredible organization. She always knows exactly what's going on in her cases and where she needs to focus the most attention both in her work and when fighting for our clients.



Katie McConnell, Litigation Paralegal

One of the things I really love about Katie is that she's a self-starter. You can always count on her to get the job done. She's very smart and knows how to figure out any problem that comes her way. With her support, we're able to keep our clients happy.



Alejandra Elizalde, Client Care Specialist

Even attorneys that come highly recommended start out as strangers. It's not uncommon for new clients to be nervous when they first walk into the office. This is why I love the fact that we have Alejandra here to take care of them. She gives each client the attention they need to

teach them what our firm is all about and help them feel less nervous about their situation.



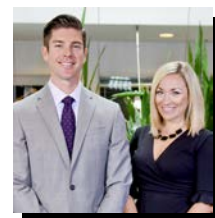
Nicole Barnett, Director of Operations

If you have read even just one previous edition of this newsletter, you'll know I have gone on and on about what I love about Nicole. She's the straw that stirs the drink of my life. In relation to the firm, the fact that Nicole cares so deeply is the reason our clients are able to get the

best service. Nicole has worked hard to put a system in place that ensures all clients are treated equally. It's not about case value; if you're our client, you're going to get love.

I am grateful to come into the office each day and see people I love working with. It's not easy to find like-minded people who share your values. But when you put in the time to find the right people — the kind of people who want to work hard, who believe in the process, and who have the same moral compass — then it makes a huge difference.

—Case Barnett



FAMILY GAME NIGHT

Break the Monotony of Overplayed Board Games!

Family game night is a time when a family can forget about all of life's commitments and bond over a good old-fashioned board game. But the old, tattered Monopoly box or worn-out UNO cards can leave something to be desired, and the classics might be getting a little dull.

If you're tired of playing the same board games over and over, it might be time to start looking for ways to change things up. Here are four tabletop games you might not have heard of that are perfect for spicing up family game night.

Mysterium Your family will love delving into this cooperative murder mystery game that is a mixture of Clue and Dixit. You can play as the ghost or as one of the mediums who enters the haunting. The ghost player gives each medium a clue or vision about a potential murderer, and the mediums have to guess which person, room, or weapon was used to murder the ghost player. After each turn, the ghost reveals whether each of the mediums' guesses are right or not. If all of the mediums succeed in guessing correctly by the seventh in-game hour, they work together to find the true murderer.

Laser Chess A classic game of chess is a great way to spend an evening, and it just got a little more interesting. Laser chess includes all the problem-solving skills a typical chess game offers but with a twist. At

the end of each turn, a player fires a small laser beam that bounces off the mirrored chess pieces. If it hits the non-mirrored surface of a piece, that piece is taken by the player. A player wins when the opposing player's king piece is illuminated.

Catan Welcome to the island of Catan! After a long voyage at sea, the people in your expedition compete against other seafarers in building settlements. Enjoy the 45–90-minute game as you and your family build roads, barter resources, and race for absolute supremacy on Catan.

One Night Werewolf Every night, werewolves prowl around the village, and it's up to the villagers to find the werewolf once the sun rises — before it's too late. Each person plays a unique role with different abilities to help find or conceal the werewolf. If the werewolf is caught, the villagers win the game, but if the werewolf manages to escape, the villagers lose.

Now you can bring some exciting variety into your family game nights. Don't miss out on these excellent tabletop games, and most importantly, have fun!



OUR CLIENTS SAY IT BEST

"Case gives attorneys a good name. He helped me out with my car accident lawsuit. He called me before we met in person to give me some information and to let me know what to expect at our first meeting. When I came into his office, I was greeted and given a welcome packet that had a ton of helpful information. After our first meeting, his team was in constant contact with me, giving me updates and walking me through the process. The paralegals and other attorneys were supportive and always let me know what to expect. They were so on top of things that my case settled for the policy limits in less than six months. Thanks to Case and everyone at Case Barnett Law!"

—Judy B.



Reminder About Our Firm's Communication Policy: Our promise to you is that we don't take inbound calls or emails while we are working on your case. Case Barnett takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 949-861-2990 and schedule an in-person or phone appointment, usually within 24–48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So, if it's really important, don't email — call the office instead.

Finn's Story Time

My First Best Friend

Hello, everyone!

Today, I want to talk about my most important job: being a big brother. Harlow might be getting older, but she's still pretty little, so it's my job to teach her all the important things and to keep her safe when she gets scared on rides at Disneyland. Sometimes we don't agree on everything — like when I wanted her to be a scary vampire bat for Halloween but Harlow wanted to be Moana instead. But even though we don't always get along, I love her so much. She's my best friend!

Did you know my dad is a brother, too? His sister is my aunt Maggie, and she's one of the hardest-working people ever. She and her wife started a company in New York City called City CoPilot. Because Aunt Maggie lives all the way in New York, we don't get to see her all the time, but it's always fun when she comes to visit. She's nice and brave and really fun. Aunt Maggie never does anything half-speed and she's an incredible athlete. I wish she lived closer so she could teach me her basketball skills. If you need a hand, she's the one you should go to. She also sends us really awesome presents at Christmastime!

When my parents were married, my dad got another sister in my aunt Rachelle.

Aunt Rachelle is really cool!

She's lived in Argentina and Colombia, which I learned are really far away. Aunt Rachelle moved back to California a few years ago, and today she's a lawyer. In fact, Aunt Rachelle and my dad went to law school together.

One of the best things about her is that she convinced my mom to go on a second date with my dad. My mom really didn't like lawyers — they're not always as nice as the lawyers who work at our firm — but Aunt Rachelle put in a good word for my dad because she knew how nice he is. It's a good thing she did, too! Harlow and I might not be here if it wasn't for Aunt Rachelle.

Sisters can be really annoying sometimes, but I guess they can be pretty cool, too. I'm really glad I get to be Harlow's big brother.



—Finn Barnett



Tiramisu

INGREDIENTS

- 6 egg yolks
- 3 tablespoons sugar
- 1 pound mascarpone cheese
- 1 1/2 cups strong espresso, cooled
- 2 teaspoons dark rum
- 24 packaged ladyfingers
- 1/2 cup bittersweet chocolate shavings, for garnish

DIRECTIONS

1. In a large mixing bowl, use a whisk to beat together egg yolks and sugar until thick and pale, about 5 minutes.
2. Add mascarpone cheese and beat until smooth.
3. Fold in 1 tablespoon of espresso.
4. In a small, shallow dish, combine remaining espresso with rum. Dip each lady finger into mixture for 5 seconds. Place soaked ladyfingers at the bottom of a walled baking dish.
5. Spread half of the mascarpone mixture on top of the first layer of ladyfingers. Top with another layer of ladyfingers and another layer of mascarpone.
6. Cover and refrigerate 2–8 hours.
7. Remove from fridge, sprinkle with chocolate shavings, and serve.

Inspired by foodnetwork.com

Have a
LAUGH



This publication is intended to educate the general public about personal injury and elder abuse. It is not intended to be legal advice. Every case is different.

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3 Ways Nature Improves
 Your Health



A WALK IN THE WOODS IS THE PRESCRIPTION

3 WAYS CONTACT WITH NATURE IMPROVES YOUR HEALTH

Our ancestors were deeply connected to their natural environment, mostly because their survival depended on it. With no Whole Foods available, those who could best track a mammoth, find water, and forage for edible plants kept themselves alive and passed on their genes. Given our history as hunter-gatherers, it's no wonder contact with nature provides us with several health benefits.

A Memory Boost In a University of Michigan study, a group of students were asked to take a memory test that involved repeating numbers back to researchers. Next, researchers separated the students into two groups. Group A took a walk around an arboretum and Group B walked along busy city streets. Afterward, they were asked to take the memory test again. Group A, the students who had walked in the arboretum, performed 20 percent better on the memory test. Group B didn't show any marked improvement. Additional research has corroborated the memory-enhancing effects of nature.

A Mood Boost Observing the benefits nature has for cognitive function, scientists wondered what effects it might have on individuals diagnosed with depression. In one study from the University of Essex,

participants with major depressive disorder reported an improvement in self-esteem and mood after spending time in nature. Exercising while in nature resulted in even more of a mood boost for participants.

A Calming Effect Research also shows that spending time in nature reduces stress. In a study conducted by Chiba University in Japan, participants spent two nights in the forest. Researchers evaluated their levels of stress hormones during and after this period and compared it to their normal work days in the city. Across the board, participants' stress levels were much lower during the days spent in the forest and for several days afterward.

Today, we're less connected to our natural environment than our ancestors were. Modern comforts and technology mean we don't have to go outside to get our food. But nature is still accessible and you don't have to go far to find it. In many of the studies, even minor exposure to the outdoors, like adding plants to your home or looking out a window during work, showed health benefits. This winter, find ways to bring a little more nature into your life each day. Your brain will thank you.