



CASE BARNETT LAW



*Family Vacation
Hawaii | October 2018*



I'M NOT CORPORATE A BETTER WAY TO BE A LAWYER

I am incredibly blessed to enjoy the life I have. I get to spend each day with the amazing woman I'm lucky to call my wife and our beautiful children. At my office, I am surrounded by a team I enjoy being around while working on cases we believe in at a place where I can prioritize my clients' and team's

happiness. This kind of work-life balance is rare in my industry, where the workaholic attorney is a well-earned stereotype. But no one goes into law school dreaming about being trapped in an office while working long hours and missing out on life with their family.

Many hopeful new attorneys fall into the corporate trap because they're told that's the only way to learn the ropes. There are a lot of things they don't teach you in law school, like how to start your own firm, attract clients, run a business, and do trials. New lawyers often turn to the corporate sector and big firms in order to learn these vital skills. They tell themselves they will only go corporate for a few years, gain experience, and then go out on their own. But more often than not, the good ol' golden handcuffs are applied and they are stuck. The reality is that small firms, like ours, are actually much more likely to give them real-world experience. We hire good people that are the right fit for our company culture; we train them to take depositions; we work closely to breed actual trial lawyers, not just paper pushers or cogs.

The myth that you have to start down the corporate path in order to make something of yourself as a lawyer is why we have so many stressed-out, unhappy, workaholic attorneys. Lawyers are 3.6 times more likely to be depressed than nonlawyers. It's easy to get trapped in that corporate system. I worked in a very large corporate firm right out of law school, and I was miserable. It wasn't the work I wanted to be doing. But I was better

off than the lawyers who'd been there four or five years. Sure, they were making more money, but over time, they'd built up a lifestyle that relied on that paycheck. They'd trapped themselves financially. These lawyers had lost the freedom to leave that job and do something that would actually make them happy because they had a mortgage to pay or a family relying on them.

When they're in law school, aspiring attorneys are told a lot of things about how to be a lawyer that are not accurate of the industry as it is — nor as it should be. They're told they should make \$90,000 a year right out of the gate, but wide-eyed law students don't realize the misery they could be about to jump into. Practically everyone in the industry does things the same way, and they're almost all miserable. It doesn't have to be this way. This year, Nicole and I are establishing a program to educate young lawyers who don't want to be in the corporate sector, billing thousands of hours — young lawyers who want control over their lives in order to support themselves and do the kind of work they love. In 2019, we're starting a group called INC, or I'm Not Corporate.

Our goal is to help young lawyers get the tools they need to achieve a better work-life balance. That way, they don't have to work for a big firm and live under the boss's thumb. We don't want INC to be us alone. We would love to work with attorneys in other areas of practice, entrepreneurs from other fields, and industry leaders who have built a life outside of the box. If you have ever wanted to be part of something that exists to help make people happy, email info@casebarnettlaw.com. We'll get you on our exclusive mailing list for the first year of INC.

It is possible to have an industry of attorneys who truly love what they do and are fulfilled personally and professionally. In 2019, we start down that path.

-Case Barnett



MOM REALLY DOES KNOW BEST

3 Wives' Tales Proven True

"Make a face like that, and it'll stay that way forever." You may have heard something like this from Mom's book of wisdom. Maybe you never disputed the idea that mother knows best. But as you grew up, it slowly became clear that hair doesn't grow back faster and thicker if you shave it, cracking your knuckles doesn't cause arthritis, and gum doesn't stay in your stomach for months after you swallow it. After a whirlwind of wives' tales over the years, many common claims have been put under scrutiny. Wives tales have been known as pseudoscience and blind intuition, but even as many were disproved, some surprisingly proved to hold weight. Here are three wives' tales that have proven to be true.

Garlic Cures Colds

For decades, moms have professed the healing properties of garlic, suggesting it can cure colds and help the body fight sickness. It turns out they were absolutely right. Garlic has antiviral properties that strengthen the immune system and nutrients that help combat illnesses. The effects of garlic can actually be more effective than over-the-counter flu medications. Some studies show



that regular consumption of raw garlic lessens the likelihood of getting a cold, so if you feel a tickle in your throat, try a clove before you open the medicine cabinet.

Heartburn Means a Hairy Baby

It's hard to list wives' tales without bringing up one about pregnancy. Many are solely based on intuition, but a few that sound odd have proven to be true. In 2007, a study done by Johns Hopkins attempted to debunk the myth that heartburn during pregnancy would mean a hairy baby at birth. Instead of proving it wrong, they found that 82 percent of women with severe heartburn during pregnancy gave birth to hairy babies. Turns out the hormones that cause heartburn in pregnant women also affect fetal hair growth.

Joint Pain Predicts the Weather

Did you ever look at your mom with skepticism when she would predict rain because her knees hurt? If so, you might owe your mom an apology, because there is a scientific connection. The drop in barometric pressure that's common during storm weather causes pain in arthritic joints.

OUR CLIENTS SAY IT BEST

"Mr. Case Barnett is GREAT! The people are very nice, friendly, sweet, and very professional. I absolutely recommend Case Barnett Law Firm; they will take good care of you and will help you every step of the way. Mr. Case & Nabeel, from the bottom of my heart, thank you so much for everything."

—Marilou B.

"I can't even begin to tell you how much I appreciate Case and the entire team at CBL. I'm almost at a loss of words to describe how amazing your team is. The attention to detail and consistent updates always brought ease to my mind. I always felt I knew what was going on. Celeste, my case manager, is top-notch. She really cares about her clients and her work, and her efforts show it. I also can't believe the generosity that Nicole and Case have shown me. You better believe I'll be referring people to you! Thank you again!"

—Michael C.

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.

GET YOUR KIDS TO EAT HEALTHIER THAN EVER

Do your kids get enough nutrients in their diet? If they're like most kids, the answer is probably no. You want your children to eat more vegetables and less processed junk, but they certainly don't make it easy. Even getting the average kid to chow down on a serving of broccoli can be a huge chore.

In fact, food manufacturers have built an entire industry that takes advantage of our kids' penchant for sugary cereal and fast food. However, a diet of highly processed foods can lead to a host of problems. Not only do these poor dietary habits carry over into adulthood, but a poor diet can hinder brain development and may even cause behavioral issues. A study in the American Journal of Public Health found links between poor diet and the development of depression in kids and teens.

But how can you encourage your kids to eat healthier? Often, it comes down to presentation. A mound of plain old veggies is not appetizing — not to a 10-year-old and not to a 40-year-old.

Instead of presenting vegetables as a boring side dish, think of them as an ingredient.

Take lasagna, for instance. This tasty, familiar dish is easy to modify. Instead of using lasagna noodles, use zucchini. Simply slice the zucchini into thin, noodle-like strips, then layer them as you would typical noodles. The same can be done with other pasta

dishes, such as spaghetti. Zucchini noodles — or “zoodles” — are delicious in marinara sauce and decadent in Alfredo.

If push comes to shove, you can easily hide vegetables in foods your children already know and love. Did you know you can make brownies with avocado and black beans? Slipping in a few healthier ingredients here and there can deliver those nutrients in a pinch, especially during a chaotic school week.

But, if you're hoping to foster long-lasting healthy habits, the best thing you can do is offer your child a choice. Say something like “You can have the cauliflower, or you can have the broccoli. It's up to you!” Let your

child have that control. Psychologists and social scientists, including the famed Dr. Maria Montessori, argue that when kids feel in charge of a decision, they are more likely to embrace one of the options — even if it's a vegetable.

Ultimately, as a parent, you are in charge of your child's diet. Help them explore new foods and foster a positive culinary environment. Your kids will develop a taste for healthy eating in no time!



Citrus and Avocado Salad

INGREDIENTS

- 1 blood, cara cara, or navel orange, sliced 1/8-inch thick and deseeded
- 1 Meyer or regular lemon, sliced 1/8-inch thick and deseeded
- 4 tablespoons olive oil, divided
- 1/4 small red onion, thinly sliced
- 2 tablespoons fresh lemon juice
- 1 bunch arugula
- 1/2 cup fresh mint leaves
- 1 avocado, cut into wedges
- Salt and pepper, to taste

DIRECTIONS

1. Heat oven to 425 F.
2. In a rimmed baking sheet, toss citrus slices with 1 tablespoon oil and season with salt and pepper. Roast citrus until lightly charred and caramelized, about 10–15 minutes. Let cool.
3. Meanwhile, in a large mixing bowl, combine onion and lemon juice. Season with salt and let sit for 5 minutes.
4. Add citrus, arugula, and mint to onion mixture. Drizzle with remaining oil, season with salt and pepper to taste, and toss thoroughly.
5. Add avocado, combining very gently to not crush avocado.

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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Have a Cold? Recover Faster!



3 EASY WAYS TO

RECOVER QUICKLY FROM A COLD

During the winter months, colds and the flu can spread like wildfire. Getting sick at least once during the season can be hard to avoid, and once you are sick, you want nothing more than for it to be over and done. While there is no way to completely avoid getting sick, there are ways to speed up your recovery. Next time you're suffering from a cold, try these remedies to get back on your feet a little bit faster.

ELDERBERRY SYRUP Also referred to as elderberry extract, this syrup is made from a plant called European elder. It can be purchased at many health food stores or made at home (but use caution when doing this, since raw and undercooked elderberries are toxic). Many people swear by the berries' ability to ease congestion and relieve a number of other cold symptoms. Plus, elderberry syrup is known for having anti-inflammatory and antiviral properties, making it an ideal tool for fighting the common cold. Some research even suggests that it can shorten flu symptoms by up to three days.

EUCALYPTUS If you're suffering from congestion or can't stop coughing, eucalyptus may offer the relief you're looking for. Available in several different forms, including syrup, oil, and dried leaves, eucalyptus can be used as an expectorant or as a way to relieve a sore throat. When you're at home and sick, try adding a few drops of eucalyptus oil to the water in a humidifier. The results are remarkably soothing!

ZINC While many people turn to vitamin C to hurry through a cold, that's not the supplement you should be focusing on. In fact, an overwhelming number of studies show that vitamin C does absolutely nothing to help shorten a cold. Instead, take zinc. You can find it as a nasal spray or lozenge, or even as part of a vitamin C supplement. One study published in the *Annals of Internal Medicine* found that those who took zinc reduced their recovery time from a cold by half. Cold symptoms among those taking a zinc supplement lasted about four days, while symptoms among those taking a placebo lasted about eight days.