



CASE BARNETT
— LAW —

FAMILY BONDING WITHOUT THE STRESS

When Was Your Last Staycation?

One of my favorite things in the world is traveling with my family. This year, we were lucky to enjoy so many wonderful trips, from taking the kids to play in the snow for the first time to an impromptu healing journey to Hawaii. The world is full of amazing places and cultures, and Nicole and I want our kids to be able to experience as much of it as possible.

That said, we also want our kids to love their hometown, too. Rather than going on a big trip during the holidays, it can be fun to plan a staycation. Here are some ways we create memorable moments without getting too far from home.

Let's Play Tourist

Did you know there are plenty of awesome places in this part of California? Nicole has spent a lot of time showing Finn and Harlow the world right outside our front door. If you've never played tourist in California, I recommend it — take your family out and explore local landmarks or historical sites, eat at a restaurant you've never been to, or visit museums and art galleries. Finn and Harlow love it when we let them pick a destination or two. There's always something new to experience that will make you forget you're practically in your own backyard.

Rent a Home

Booking a hotel room can be a fun and easy staycation, but instead of packing your family into a single room, check out some popular short-term rental sites like Airbnb or HomeAway. Many home rentals go above and beyond by providing an entire house and all its amenities for your family to enjoy. Have a memorable trip by looking for a backyard with a pool, planning



a movie night with a giant TV, or cooking in a kitchen big enough for the whole family to participate. We've used Airbnb a number of times for our family trips, and it's much better than sticking the kids in a hotel room.

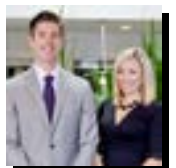
Explore the Night

This one might be tricky if your kids are on a strict sleeping schedule, but if you're brave enough to switch things up, take them on a nighttime excursion. Planetariums and observatories are great for exploring the night sky in an educational way. It's also fun to go retro with some old-fashioned stargazing. Our backyard isn't the best place for stargazing, but someday I would love to pack some blankets and hot chocolate, pile Finn and Harlow into the car, and drive away from the city to where we can all gaze up at a sky full of stars. That would be a truly out-of-this-world staycation.

Vacationing isn't about spending crazy amounts of money or traveling hundreds of miles from home. It's about stepping away from your hectic life to carve out time with your family and make new memories. This could mean a trip to Hawaii or a trip to your favorite park down the road. Whatever your family loves to do, make more time for it so your family can have fun and grow closer.

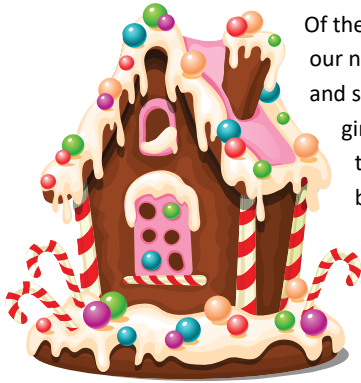
In 2020, I recommend looking for ways to spend more time with the people you love. We only have so much time on this Earth, so we need to cherish every moment we have with people who make life special.

—Case Barnett



THE JOY OF A GINGERBREAD HOUSE

Everything You Didn't Know About This Holiday Tradition



Of the many seasonal traditions that sweep our nation, few are as creative, delicious, and satisfying as building your very own gingerbread house. Whether you're looking to create a simple table decoration or bake a tasty treat to nibble on, everyone can enjoy this holiday activity!

The Origins of Gingerbread

Ginger was first cultivated in ancient China, then traded into medieval Europe. There, Europeans incorporated it

into culinary traditions and used it to bake cookies into elaborate shapes and works of art, including figures of animals and people.

The gingerbread house first appeared in the early 19th century in Germany. Although historians don't know an exact date, it's speculated that it gained popularity around the same time that "Hansel and Gretel," the popular fairy tale recorded by the Brothers Grimm, was published.

The Largest Gingerbread House In 2013, the world record for the largest gingerbread house in the world was broken. The house, topping out at 21 feet and covering 2,520 square feet, was built by Traditions Golf Club in Bryan, Texas, to raise money for a local Level II trauma center. To construct the house, builders created a recipe that required 1,800 pounds of butter, 2,925 pounds of brown sugar, 7,200 eggs, 7,200 pounds of flour, 1,080 ounces of ground ginger, and a few additional ingredients.

Build Your Own! While you don't have to challenge yourself to beat the Guinness World Record, you can still have fun creating your very own gingerbread village. Starting your gingerbread house from scratch can be a fun activity for the whole family to enjoy. Give the kids a chance to mix the ingredients, roll out the dough, and set out plenty of candies and frostings to use, and remember to have fun!

If you're looking for unique gingerbread house ideas, take a look at 20 gingerbread house ideas at TasteofHome.com/collection/gingerbread-houses.

WHAT ABOUT DUNDER AND BLIXEM?

The Strange History of Santa's Reindeer

We all know reindeer visit our rooftops every Christmas Eve, but what brings them there? Follow the unique and complicated history of Santa's reindeer to find out.

A visit from who on what night? In the 1820s, Clement Clarke Moore penned a holiday poem that became the foundation for a phenomenon still alive today. Commonly known as "Twas the Night Before Christmas," "A Visit From St. Nicholas" is a beloved story shared by every generation. It is in this poem that reindeer were first credited with powering Santa's sleigh around the globe. Many popular songs, movies, and plays have preserved Moore's vision of St. Nick, and his reindeer and their names are no exception. (Well, kind of.) Rudolph wouldn't join the squad until a department store added him as part of their promotions in the 1930s.



What's in a name? Dasher, Dancer, Prancer, Vixen, Comet, and Cupid were all brought to life by Moore, but have you ever heard of Dunder and Blixem? Though we now know the duo as Donner and Blitzen, Moore originally named them Dunder and Blixem — the Dutch words for thunder and lightning — but publishing companies wanted names that would rhyme better with the rest of the poem. Still, it was a few decades before Donner and Blitzen made their appearances in the version of the poem we know today.

Reindeer burgers, anyone? Moore's poem paved the way for Santa's most famous form of transportation, but it was actually Carl Lomen, an Alaskan businessman, who mass-marketed reindeer as Santa's companions. In the late 1890s, the Sami natives of Northern Europe, who were longtime reindeer herders, made their passage from Norway to the U.S. with a herd of reindeer to invigorate the Alaskan landscape and help their native neighbors. Lomen saw the reindeer as an opportunity and partnered with the Macy's department store company to create a promotional Christmas parade in which Santa, led by his reindeer, a sleigh, and Sami herders, were prominently featured. Lomen's goal was to promote his massive reindeer conglomerate for the production and sale of reindeer meat. Instead, a holiday story was born.

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.

OPEN ENROLLMENT!

JOIN THE CASE BARNETT VIP CLUB FOR FREE

The holidays have arrived, and we want to celebrate with a special gift to our readers!

From now until the new year, Case Barnett Law is opening up enrollment for our VIP Membership Club. This invitation is extended to our clients, as well as their friends and family. Members of our VIP Club are entitled to many free perks and benefits, including:

- A copy of our book, "It's Settled: The Accident Victim's Guide to Settling Your Case Without an Attorney"
- Access to our legal guide, "How to Protect Your Wealth After an Accident"
- Automatic entry into any Case Barnett Law contests
- Free notarization services
- The accident toolkit to keep in your car
- An exclusive directory of experts that includes accountants, financial advisors, real estate agents, interior designers, contractors, and more!

In addition to this special perk package, VIP Club members also receive a **free** auto insurance policy review! Don't wait until after an accident to learn if your insurance will take care of you — join the VIP Club and let an experienced personal injury attorney evaluate your policy. We make sure our members have adequate liability insurance, proper uninsured/underinsured coverage, and the right medical payments coverage to protect you and your family in the event of an accident.

We started the VIP Club to give people the resources they need to protect themselves *before* an accident. At Case Barnett Law, we have a duty to help; this includes helping people avoid calling an attorney if possible. VIP Club members have access to a number of resources and services to help them in many areas of their life.

Join the Case Barnett Law VIP Club today!

To join, simply call our firm at 949-565-2993 and tell our client care specialist that you want to be added to our VIP Club. You can also email us at offer@casebarnettlaw.com and let us know you're ready to join the club.

Already a member? Tell someone you know about the VIP Club and give them the gift of reliable help and support this holiday season.



Ingredients

- 1/2 cup canola oil, plus more for greasing
- 3/4 cup unsulphured molasses
- 3/4 cup packed light brown sugar
- 2 large eggs
- 1 tbsp fresh ginger, peeled and finely grated
- 1 1/2 cups fresh cranberries, coarsely chopped
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp kosher salt

Directions

1. Heat oven to 350 F.
2. Grease a loaf pan with canola oil.
3. In a large mixing bowl, mix together 1/2 cup canola oil, molasses, brown sugar, eggs, ginger, and cranberries. In a separate bowl, sift and combine flour with baking powder, baking soda, cinnamon, cloves, and salt. Mix dry ingredients into wet ingredients until blended.
4. Scrape batter into loaf pan and bake for 50 minutes.
5. Transfer to a rack, let cool for 20 minutes, slice, and serve.

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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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Boost Your Mental Health This Season



FEELING SAD? Ways to Fight Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a form of depression that people experience every fall and winter. If you find yourself feeling blue as the days become shorter and darker, know there are things you can do to boost your mood until spring returns.



Increase Your Activity
Keeping your body active can increase your energy levels, help you sleep, reduce anxiety, and boost your self-esteem. Summit Medical Group states that a person who exercises for 30–60 minutes a day can

manage or avoid SAD easier than a person who does not exercise regularly. When you participate in physical activity, your body releases feel-good chemicals called endorphins, which have a morphine-like effect on your brain. If exercising outdoors is not ideal, consider swimming, walking, or dancing instead.

Get Some Sun

Exposure to sunlight is also significantly beneficial for people suffering from SAD. Sunlight helps your body produce adequate amounts of serotonin, a neurotransmitter that contributes to feelings of well-being and happiness. Getting just a few minutes of sunlight a day through a walk or short jog can make all the difference. If you live in an area where the winters are bleak, cloudy, and dark, sunlight can be harder to come by. But technology has you covered: You can purchase “sun lamps,” which simulate sunlight without the damaging UV rays. Just set up a sun lamp in your workspace or living area and feel your mood lift.

Maintain Your Routine

Often, it can be difficult to stick with your daily routine during the cooler months. It may be harder to wake up on time in the morning to work out, or it may be too cold outside to go on your daily run. Luckily, you can find small ways to mitigate this. For example, invest in a sunrise alarm clock, which gently wakes you up with a simulated sunrise, or shop for high-quality thermal workout gear.

If you continue to suffer from SAD and feel there’s no end in sight, it’s important to seek help from professionals. They can determine the best treatment options available for you.