



CASE BARNETT
— LAW —

LOOKING ON THE OTHER SIDE OF FEAR

ERADICATING DEPOSITION ANXIETY

October is full of all the scariest creatures — ghosts, goblins, and ghouls! However, one of the biggest fears clients have all year is that they will say something during their deposition that will compromise their case or credibility. We are here to ease that concern.

This anxiety many clients feel when prepping for their deposition is absolutely normal and understandable, and that is the first thing I want to note about it — you are not alone in that fear. Just as some people face a fear of public speaking, the fear of making a mess of your deposition is common. Many times, people also carry concerns that crafty lawyers may trick them into saying something to ruin their case. The anxiety is real, and we at Case Barnett Law understand that.

We always reassure our clients that in most cases, there is absolutely nothing they can say that will make or break their case. When it comes down to it, the facts of the case are the facts of the case. There is hard, documented evidence in the form of police reports and medical records. A deposition accompanies those documents and provides our clients with an opportunity to

— speak their truth about what this case has meant to them.

One thing that helps to put our clients at ease is the fact that we hire a nurse expert to go through the records attached to the case. She provides us with a summary and a hyperlinked chart so the client is aware and ready prior to the deposition. In addition to this, if there is any place within the case that needs a little “massaging” or smoothing out, we work with the client to take care of it. If there are difficult questions that may be asked, we prepare clients so they walk into that deposition wearing a metaphorical suit of armor. We are all about the people we serve — we will not start the deposition until our clients feel totally comfortable. It can be a minute before and if the client does not feel prepared, then we hold off until a different day.

Nicole and I always turn our new clients on to journaling. When all the minute details are documented, this makes it much easier to look back and recollect the smaller things that may make a big impact in the case. After a traumatic event, individuals may not like having to revisit dark and painful events,



and thus, it can be difficult to discover details. When clients review their journals and the nursing summary, everything comes together, holes are filled in, and the truth comes to light.

It is important that our clients remember to just be completely present and to feel confident that nothing they can say will adversely change anything. This will help to relieve that anxiety and shake off the “scaries.” We are there for our clients and stand by them every step of the way.

—Case Barnett



FUN FOR ALL THIS FALL

5 Corn Maze Safety Tips



Fall brings apple cider, pumpkin patches, fun seasonal outfits, and corn mazes. Unless you are visiting a “haunted” corn maze, you and your family probably won’t be chased by a chainsaw-wielding serial killer while you try to navigate through. However, safety risks are still present. Here are five safety tips to keep the fun coming during your next corn maze experience.

FOLLOW THE RULES.

At the entrance to each corn maze, there should be a sign stating the rules for visitors. For the safety of yourself, your children, and others, be sure to read each rule and follow along. Always accompany your kids in the corn maze — it is a maze, after all!

WATCH FOR TRIPPING AND FIRE HAZARDS.

Keep your eyes peeled for any obstacles on the path, including holes, bumps, ruts, and corn stalks. While navigating a maze, it can be easy to forget to look down while searching for the exit. To prevent fires, you should also avoid smoking and never use matches or lighters.

WEAR PROPER FOOTWEAR.

Ensure that you and your family all have proper footwear, preferably closed-toed shoes, while exploring the maze. You never know what kind of critters or potentially harmful hazards may appear in your path.

EAT BEFOREHAND AND STAY HYDRATED.

Be sure to eat before setting out into the maze and don’t bring any glass bottles with you, as it can be dangerous if broken. Furthermore, do not consume alcohol before or while enjoying your time at the corn maze.

BE PREPARED.

Accidents can happen, usually at the most unexpected times! It is important to always have a first-aid kit handy. Be sure to call 911 in an emergency and let staff know what is going on.

As long as safety is the top priority this fall, fun will be had by all!

OUR CLIENTS SAY IT BEST

“Why is Case Barnett Law my hero? They listen to me. I got hurt bad, and it affected my life and changed it a lot. I am not the same person I was before I got hurt. I had to find someone to help me to stand up for me. I was even mentally hurt. I can’t go back to work and that has changed in my life. So I called around to see who can help go through the courts to fight back to show them how my injury changed me. And I thank Case Barnett Law from my heart — thank you for helping make my life better. Such wonderful and kind people who work there. They were there for me, and they will be there for you.”

-Mary S.



TRICK-OR-TREAT!

Barnett Family Halloween Traditions

It's here! Halloween with two little ones is always a fabulous time. There is a certain magic that comes along with enjoying the holidays with your kids. Watching the sparkle in their eyes as the excitement consumes them is captivating. Finn and Harlow are extremely excited as Halloween approaches — the holiday is a favorite in our household.

Finn is a little undecided on his costume for this year, but Harlow is planning to be Wonder Woman. It will be a blast to watch them dress up. They also pick out our costumes, too! Every year, the kids request the opportunity to decorate something. This year, they will be decorating their swingset in the backyard, and it will be interesting to see what they come up with! Carving pumpkins will also be exciting and memorable.

Our neighborhood is a great place for trick-or-treating. There are tons of kids with friendly families. Every year, we head out before dark and go house to house, collecting candy. Last year was a little different due to COVID-19, but we made the best of it! Our night ended up getting cut a little short due to some scary clowns and a creepy house with tons of freaky dolls throughout the yard. Our kids were terrified and decided they'd had enough and were ready to go home.

Holidays are the perfect time to soak in every moment with your family and friends. These moments are so precious, and it is important to focus on having fun! Let the stresses of everyday life go and relish the day. We wish everyone a safe and happy Halloween!



BREAKFAST SWEET POTATOES

Inspired by [AmbitiousKitchen.com](https://www.ambitiouskitchen.com)

Finish the end of sweet potato season strong with this must-try breakfast recipe!

Ingredients

- 2 medium sweet potatoes
- 2 tbsp of your preferred nut butter
- 1 banana, sliced
- 2 tsp chia seeds
- Cinnamon and salt to taste

Directions

1. Preheat the oven to 375 F and cover a medium baking sheet with parchment paper or aluminum foil.
2. Poke holes in the sweet potatoes and bake on the prepared sheet for 45-60 minutes.
3. Once cooled, split the sweet potatoes down the middle and top with nut butter, banana, chia seeds, cinnamon, and salt.



1968 S. Coast Hwy #2680
Laguna Beach CA 92651

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3 Haunted Destinations to Visit This
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GHOSTS ACROSS AMERICA

3 HAUNTED SPOTS EVERY GHOST BELIEVER WILL LOVE

October is one of the best months for travel in the U.S. With mild temperatures and gorgeous, colorful leaves everywhere, there's no better time for a cross-country road trip. Add some Halloween flair to your October vacation with these three ghostly attractions.

VISIT THE MOST HAUNTED TOWN IN THE U.S. — WAYNESVILLE, OHIO.

Sure, New Orleans may have a spooky past, but it doesn't compare to Waynesville. Many residents and visitors think this Ohio town is rife with ghosts. You may hear cries to "hurry up" at The Hammel House Inn, where many tunnels for the underground railroad came through, or you could see the apparition of a businessman from the 1800s who "never checked out." Other sources report hauntings at the town's historical society, Museum at the Friends Home, including a little girl who moves toys and sits on the porch. The society leans into the local fascination and hosts regular walking ghost tours and ghost hunting classes.



STAY A WHILE AT HOTEL MONTE VISTA IN FLAGSTAFF, ARIZONA.

Guests at Hotel Monte Vista have often enjoyed long stays at the downtown Flagstaff, Arizona, hotel, but not everyone leaves. Constructed in 1927, the hotel is host to a number of reported ghosts. The most well-known is an elderly woman who would spend hours rocking in the chair in her room. Today, her chair can be found moving on its own. Another popular visitor is the ghost of a bellboy who knocks on doors and announces that room service has arrived — only, no one's there.

IS THERE A MONSTER IN PINE BARRENS, NEW JERSEY?

This one's for those who love mysterious creatures. Pine Barrens is a mass of forested land that spreads across seven counties in New Jersey — and its most famous resident isn't human. The Jersey Devil has a long, storied history and is said to be a combination of many animals: Its body is shaped like a kangaroo with wings. It has the head of a dog but the face of a horse. The creature is believed to have had a sickly start to life in 1735 and has stayed to haunt the forest's inhabitants and even those who visit the area today.