



CASE BARNETT LAW



A CHANGE OF HEART HOW LUCKY AM I?

My wife didn't want to marry a lawyer. Before we met, Nicole thought lawyers were, in general, egotistical, smug, and not the best people. She only agreed to go out with me because we were set up on a blind date by mutual friends. From her end, Nicole had decided our first date would be the last. I owe a huge thank-you to her sister for changing her mind.

In a true stroke of luck, Nicole's sister and I happened to attend law school together. We were in the same class and everything! She vouched for me and convinced Nicole I was a good guy. When I asked her out again, Nicole agreed to a second date. We've been inseparable ever since.

In the past, I've talked about how being with Nicole has improved my life. She really is the straw that stirs the drink, and I realized pretty early on I would marry her. We were both in our 30s, we knew what we wanted out of life, and we were ready to start a family. Less than a year after our first date, I asked her parents for their blessing. Nicole and I planned a weekend getaway, and while on the trip, we went to the same restaurant where we'd eaten during our first getaway as a couple. It was a cheesy Mexican restaurant, nothing fancy, but I was happy to get down on one knee. Nicole said yes, and this time, her sister didn't even have to talk her into it!

I'm blessed to have found such a loving, incredible person who I know has my back. We've been supporting each other since day one. When Nicole left teaching to get her graduate degree in interior design and start a design firm, I was cheering for her. And when I started my own firm, Nicole had faith in me even when not a lot of other people did. That's what is so cool about our relationship. We know where we have been, and wherever else we go, we'll get there together.

No matter how dark it seems or how massive the challenge, Nicole always has full faith in me and in our plans. She's the most tenacious person I have ever met. Nicole always has a plan, and she knows how to execute it — whether it's a plan for the firm or a plan for our family. When it comes to our family, there is no one more protective of what we have than Nicole. Her love for us and our



Spain, 2013



Costa Rica, 2010



Guatemala, 2013



Mexico, 2011



Thailand, 2012

kids is inspiring. She'll do anything for our family, and that makes me love her all the more.

I want to wish a happy Valentine's Day to the woman who has made my life so much better and inspires me to be a better man. We have been through a lot, and it's impossible to predict what will come next. But as long as I have you, I'm excited to face the future together.

-Case Barnett



EDUCATION IN THE KITCHEN

What Your Child Can Learn From Baking

With Valentine's Day right around the corner, you're probably wracking your brain for the perfect recipe to bake for your loved one. There's nothing wrong with store-bought chocolate, but there's no topping the personal touch of some homemade baked goods. If you have kids, baking alongside them can be just as rewarding as enjoying the fruits of your labor. As an added bonus, baking is a hands-on opportunity where your child can learn all sorts of important concepts. Here is a short list of some of the educational lessons hiding in your kitchen.

Math Baking is a numbers game. Just take a look at any recipe, and you'll recognize the importance of math in building a beautiful cake. Having children measure out ingredients helps them learn about fractions and ratios. You can also test your kids by doubling or halving a recipe for multiplication and division practice. With older kids, practice unit conversions by asking, for example, how many pints are in half a gallon.

Following Directions Not unlike computer science, baking requires a strict order of operations. The wet and dry ingredients often need to be

mixed separately and then folded together. It only takes one deviation from the instructions for a pastry to go from delicious to disgusting. Spending time in the kitchen, then, is a great way for kids to learn the importance of reading directions carefully and comprehending what they've just read.

Cultural Understanding Cuisine is a fundamental part of every culture. Introducing your child to dishes from around the world will expand their horizons. Want your child to be a less picky eater? Involving them in the cooking process is the surest way to get them excited about trying new flavors and ingredients.

Nutrition Now, you might not think that baking cookies will encourage greater nutritional awareness, but hear us out. Sugar is often buried within packaged foods. When you bake something at home, a child gets to see, firsthand, just how much sugar goes into certain sweets. Meanwhile, cooking savory dishes also allows them to learn what constitutes a balanced, healthy diet.

Need a little **SPICE IN YOUR LIFE?**



Spices and herbs add much more than flavor and aroma to your favorite beverages and treats. They also offer many health benefits. When properly utilized, these spice rack staples can ease a variety of symptoms. Ready to find your new holistic health kick? Read on.

NUTMEG This spice, known for its earthy, nutty flavor, has anti-inflammatory and antimicrobial properties. Want to calm nagging pain? This spice has been used to treat joint pain and arthritis. It can even be used to remedy bad breath. Nutmeg is most potent when it's freshly grated, so it's recommended you purchase whole nutmeg seed, found in most specialty food stores. You can incorporate nutmeg into your diet by taking it as a supplement in capsule form or simply sprinkling it into your next chai tea. Your achy joints will thank you.

GINGER This root is an *essential* natural anti-inflammatory. It can help ease an upset stomach and finally tame your nausea. You can safely eat

it raw, candied, as a supplement, in tea, or in baked goods. Ginger is most effective when it's ingested raw or in capsule form. If you have morning sickness, raw ginger might do the trick. Just ask the people of ancient China. Like many spices, ginger's use as a supplement goes back centuries. Southeast Asian countries used it to ease their own common ailments. Call it tried and true.

PEPPERMINT You can use peppermint as an essential oil, steep the leaves for tea, or take a supplement capsule. Each form comes with its own benefits. As an essential oil, peppermint is great for treating colds. It's a mild decongestant, and it helps with coughs and stuffed-up noses. It also soothes sore throats and headaches. Rub one or two drops under your nose, on your temples, or over your sinuses and feel the relief wash over you. Even further, a study published by The BMJ found that when administered as a capsule, peppermint helped reduce the symptoms of IBS in a majority of patients.

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.

THE TANGLED HISTORY OF PRESIDENTS DAY

How the Holiday Came to Be

On the third Monday in February, the entire nation celebrates Presidents Day ... sort of. While the holiday is known colloquially as Presidents Day, its official federal name is still Washington's Birthday. If that wasn't confusing enough, different states officially know it as "Presidents Day," "Lincoln/Washington/Presidents Day," "Washington-Lincoln Day," "George Washington Day," and more. Let's untangle how all these variant names came about and delve into the fascinating history of the holiday.

Washington was born on February 22, 1731. Given his incredible contribution to the founding of the United States, it's understandable that a national holiday would be established to commemorate his legacy. The holiday was first established in 1879 for employees in Washington, D.C. Six years later, it was expanded to include all federal offices nationwide. And for the next century or so, nothing changed.

However, in 1971, Congress passed the Uniform Monday Holiday Act. This bill officially moved holidays that were once celebrated on specific dates, like Memorial Day and Columbus Day, to a particular Monday in a given month. This allowed for three-day weekends and, hopefully, encouraged retail sales with an extra day of shopping. But this, unintentionally, moved Washington's birthday celebration to a day between his actual birthday and the birthday of another venerated president, Abraham Lincoln.



By the late 20th century, Lincoln's reputation and legacy were as titanic as Washington's. Because Lincoln was born on February 12, 1809, many states found it appropriate to make the day a commemoration of two great presidents rather than just one. By the 1980s, "Presidents Day" was the more widely acknowledged name, if not the official designation.

Why it hasn't received a uniform federal name is anyone's guess, but at least when you say "Presidents Day," everyone knows what you're talking about. No matter what you call it, the day is a chance to celebrate some of the people who've made lasting contributions to our nation's history. If you look at any presidential ranking, Washington and Lincoln are probably No. 1 and No. 2. It's fitting, then, that we celebrate their birthdays in tandem.

Sweet and Zesty Detox Salad

Ingredients

For the Salad:

- 3 cups chopped kale leaves
- 2 cups chopped broccoli florets
- 2 cups chopped red cabbage
- 1 cup matchstick carrots
- 1 cup chopped cilantro
- 1/2 cup toasted slivered almonds
- 1/3 cup sliced green onions
- 1 diced avocado

For the Dressing:

- 1 large carrot, roughly chopped
- 1/4 cup rice wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon finely chopped ginger
- 1 tablespoon honey
- 1 tablespoon white miso
- 1/2 teaspoon sesame oil
- Salt and pepper, to taste

Directions

1. To make the salad, add all ingredients to a large bowl; toss to combine.
2. To make the dressing, add all ingredients to a blender or food processor. Pulse until smooth. Season to taste with salt and pepper or add extra honey for a sweeter taste.
3. Drizzle dressing over salad and serve immediately.

Recipe inspired by GimmeSomeOven.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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BE MINE

THE HISTORY OF FEBRUARY'S MOST CHARMING CANDIES

It's Valentine's Day, and love is in the air. The birds are singing in a manic frenzy, doting romantics are plucking red roses by the fistful, and Cupid is practically blotting out the sun with a flurry of arrows.

Or, at the very least, there's a lot of candy flying off the shelves. Approximately \$448 million worth of it, according to History.com. Chocolate may lead the pack in sheer poundage — 58 million pounds over the course of V-Day week, to be exact — but there's no more iconic candy than Necco's signature Sweethearts candies. The chalky, cheeky little buggers have been helping shy romantics articulate their aspirations for 151 years, and they're a bona fide force of nature. These days, a staggering 8 billion Sweethearts are produced annually, at a rate of about 100,000 pounds a day. But how did these flavorless, yet eternally charming, treats come to be?

In the mid-19th century, people were going crazy for apothecary lozenges called troches, small tablets made by hand with a smidgen of a medicinal substance and a dried, sugary paste. To capitalize on this trend, Boston pharmacist Oliver Chase spent hours devising a primitive machine that could cut down on the manual labor involved in manufacturing troches,

expertly rolling the "dough" into tubes and chopping it into perfect wafers. Within a year or two, he'd abandoned his pharmaceutical leanings for a much more profitable enterprise: candymaking. Over the next 60 years, the popularity of these little candies exploded, forming the basis for the New England Confectionary Company, otherwise known as Necco.

As Chase's company grew alongside his riches, his brother began to wonder how he could get in on the action. Not to be outdone, he invented his own machine in 1866, designed to print red vegetable dye onto the Necco dough and cut the candies into shapes. They were an immediate hit. People loved their witty mottos like, "MARRIED IN WHITE, YOU HAVE CHOSEN RIGHT." In 1902, Necco began to manufacture the candies in their signature heart shape, and over time, the sayings were condensed to match their small size.

Now, the hearts contain dozens of phrases, and they're updated with new ones every year. Gone are the wafers reading "FAX ME." They've been replaced by "TXT ME," "#LOVE," and "TWEET ME." Whether you love or hate the sandy, goofy Sweethearts, it's clear they're not going anywhere anytime soon.