



CASE BARNETT
 ——— LAW ———



IMPROVING UPON OUR OUTREACH

THE IMPORTANCE OF GETTING INVOLVED AND GIVING BACK IN 2022

2022 is here, and it's a great time to reflect on the year that has just passed and look at our progress, the ups, the downs, the lessons learned, and the achieved goals. It's also a great time to plan how to grow in the new year and look at the places we would like to go, the goals we would like to meet, the experiences we would like to be present for, and the lives we would like to touch. Then, it's time to capitalize on that!

Generally, the turn of the calendar cues many resolutions, both personally and professionally. Some aspire to spend more time in the gym. Others vow to better manage their productivity in the office, and many hope to expand upon their skill set and try out something new. No matter what your goal is for the new year, resolutions are intended to improve yourself, your business, your life, or your family.

The custom of setting resolutions every new year is over 4,000 years old. For ancient Babylonians, the new year began in the middle of March when they planted crops. During a celebration known as Akitu, a religious festival that lasted 12 days, they would make certain promises to their gods to return any objects that they borrowed and to pay any debts that they owed. These promises were the first "resolutions" we know of. The Romans also did something similar.

For 2022, we at Case Barnett are aspiring to better develop our communication with our existing clients and community outreach. This means keeping clients updated on their cases. It also means getting more involved in volunteer opportunities and attending community events.

Reflecting on the last few years, we have been extremely blessed with the clients we have and the individuals we get to work with. We are so fortunate for the opportunity to work with our clients to better their lives. Finding opportunities to give back is at the top of our list — you can never give enough to express gratitude.



Community outreach connects people to services, lending a hand where there is a great need. Both volunteering and community service provide us with an opportunity to grow. It broadens our horizons by helping us to understand the needs of society. When we get personally involved, we become closer to individuals and families in need. Groups and events at churches and schools are a great place to get started and get involved.

In the new year, I aspire to connect with more people and create lasting and meaningful relationships. I plan to get more involved in the community while serving others. The feeling of giving back to others is unparalleled.

In 2022, I wish you and your family a happy, healthy, and blessed year full of love, prosperity, passion, and good memories. From our family to yours, happy New Year!

—Case Barnett



TEACH YOUR CHILDREN TO SET GOALS

4 Steps to Success

This new year, teach your children how to set healthy, achievable goals.

Start by sharing your goals. Without even realizing it, children often mimic the actions of the adults around them. So, share your goals with your child, and explain how you plan to achieve these goals. Then ask your child to do the same. It can be as big as moving up three grade levels in reading or as small as beating a video game. Foster these ideas within your child so they will set one of their goals and have a positive experience when they achieve it.

Create next steps together. If you want to have more energy in the new year, what steps will you take to achieve that goal? Ask your child to consider the same question in regard to their objectives. If their goal is to finish a certain video game, how will they improve their current game play? What can they do to earn more video game time? Are there learning tools that can help them accomplish this? Teach them that achieving a goal is about so much more than desire; you have to put in the work to accomplish it, too!

Focus on keeping it small. If you want to encourage your child to achieve their goals, then create smaller tasks that teach them the value of finishing something. For example, start and complete an arts and crafts project or game together to show your little one the value of finishing what they start. Then, slowly work your way up to the big goal. Maybe that's cleaning their room without unnecessary detours or finishing their homework on time.

Finally, celebrate! This is important. Acknowledge the wins that both you and your child have throughout the year. For example, if they want to be a better reader, celebrate whenever they finish a book. This will encourage them to keep going. And even if they do fail, honor their effort. Remind them that putting in the effort, regardless of the outcome, is powerful, too.

For more tips on how to teach your children to set and keep goals, visit Parents.com.



OUR CLIENTS SAY IT BEST

"Honestly, I don't have any other experience with legal concerns or issues to compare. But what I did appreciate was responsiveness from my attorney that represented me. If you have the ability to provide good customer service and advocate professionally, then believe me, I will refer your business to everyone I know. Thanks Conor M. for getting the best settlement for my case."

-Frances P.



FIRST CASE OF 2022

The first week of January is very exciting and busy for us here at our firm — not only because it's the first week of 2022 and it signifies a fresh start, but also because we are set for trial in downtown Los Angeles on a case that is very important to us, as all of our cases are.

The beauty in what we do is that our clients trust us, and for that trust, we thank you. You know that we are going to do our absolute best to achieve the best possible outcome.

Oftentimes, the insurance company we are dealing with acts in an obtuse manner, and instead of taking into account the human client, they robotically plug in a bunch of variables.



Our job at Case Barnett Law is to put ourselves in the shoes of our clients. The injury sustained in this upcoming trial caused a three-level spinal fusion, a very serious injury of the back, spinal cord, and nervous system. So much has already been taken from this client, and our job is to get them maximum compensation. We stop at nothing until we are able to achieve justice.

In this new year, if you or someone that you know needs legal assistance or representation, we are here to lend a trustworthy and hardworking hand! Call us today at **949-861-2990**.



BLACK BEAN, MANGO, AND AVOCADO SALAD



Inspired by BBCGoodFood.com

Ingredients

- 1 small mango, skinned and chopped
- 1 avocado, chopped
- 3/4 cup cherry tomatoes, halved
- 1 red chile, seeded and chopped
- 1 medium red onion, chopped
- 2 cans black beans, drained
- Cilantro, chopped and to taste
- 1 lime, for zest and juicing

Directions

In a large bowl, mix the ingredients together. Serve and enjoy!



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The Importance of Fruits and Vegetables for Kids



HELP YOUR KIDS GROW UP STRONG AND SMART

GET FRUITS AND VEGETABLES INTO THEIR DIETS

You probably heard your parents tell you to eat your vegetables so you can grow up big and strong. But did you know that eating fruit and vegetables can have a positive impact on a child's mind? A recent study from across the pond in the United Kingdom set out to put this theory to the test.

The study was published in *BMJ Nutrition, Prevention & Health*. Researchers sent surveys to more than 50 schools across England and received responses from 11,000 students. The survey asked schoolchildren about their mental health as well as their dietary choices. The average mental health score was 46.6 out of 70 for high school students and 46 out of 60 for elementary students.

When looking at the children's dietary habits, only 25% of high school and 28% of elementary school students reported that they ate the recommended five portions of fruit and vegetables each day. About 10% of high school and 9% of elementary

school students reported eating no fruits or vegetables at all. Those students who ate the recommended portions of fruit and vegetables scored on average 3.73 units higher in regards to their mental well-being than those who did not eat any.

While this newfound research provides a link between improved mental well-being to fruits and vegetables, there are many more benefits that come with eating the daily recommended portion. There is a plethora of minerals and vitamins hiding within our favorite fruits and vegetables that help with lowering cholesterol, reducing and maintaining a healthy weight, and protecting against diseases such as some cancers, heart disease, and Type 2 diabetes. They can also curb the appetite to stop you or your kids from reaching for an unhealthy snack. And they taste great!

Whether it's to improve mental well-being, grow stronger, or just add variety to your diet, you can't go wrong by incorporating more fruits and vegetables into your and your family's diets.

