



CASE BARNETT
— LAW —

INSTAGRAMMING FOR INSPIRATION

HOW TO USE SOCIAL MEDIA TO ENHANCE YOUR LIFE

Back in 1997, an entrepreneur and former lawyer named Andrew Weinreich launched a site called SixDegrees.com and patented the software code that allowed users to create a profile and connect with friends and family online for the first time. If users wanted to include a photo on their profile, they had to scan and upload it!

By the time Myspace and Facebook rolled around and expanded on Weinreich's concept, digital cameras made the process of taking and uploading photos much easier. Fast-forward to the last decade, smartphones have made it possible for just about anyone to instantaneously share photos and videos. That's a lot of change in a relatively short period of time! During that time span, World Social Media Day was founded to be celebrated on June 30 each year.

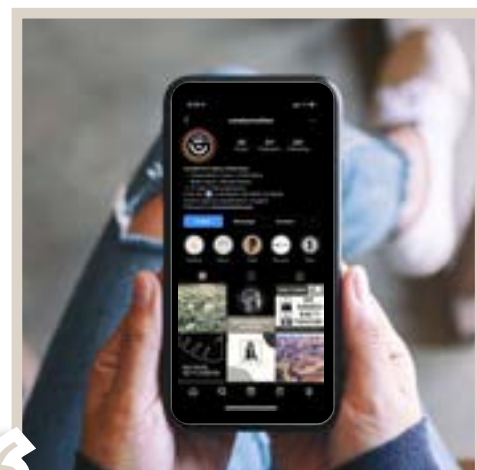
While social media often gets a bad rap (and there are certain things to watch out for), I don't think it's inherently good or bad. Like most things in life, it's all in how we use it. My wife, Nicole, and I have been thinking about this a lot more this year as we've been working on the firm's Instagram profile. We didn't want to put content out for the mere sake of it or use our page just to tout our successes. We want to provide real value to our clients and followers, and in thinking of how to do that, we looked at our personal social media habits and which accounts and people we get the most value from following.

Nicole and I both love to follow people whose posts are positive and inspiring; that way, when we are on social media, we leave feeling motivated. Scrolling Instagram isn't a mindless activity for us nor does it feel like a time suck, and that's because of how we've curated our feed. In fact, that's probably the coolest thing about social media: You can follow or stop following whomever you want. That gives you a lot of power as the user.

It's also been helpful for us to set time limits and only get on at certain times during the day. That requires some discipline, as studies show that the average adult looks at their phone 96 times a day! That's once every 10 minutes.

We used all this information to guide us as we've revamped our Instagram page. I say "we," but the truth is that Nicole deserves all the credit. I've mentioned before that she's an amazing photographer and has such a keen eye for design that it's no surprise she's done an awesome job making the page beautiful and inviting.

But it's more than just aesthetically pleasing; we're aiming to provide content that is inspiring and informative. To that end, we post inspirational quotes, success stories from our clients, resources on healing, the answers to client FAQs, and links to other valuable resources. And there are plenty of beautiful photos to enjoy as well.



“Nicole and I both love to follow people whose posts are positive and inspiring.”

Check it out for yourself and follow along at [Instagram.com/casebarnettlaw](https://www.instagram.com/casebarnettlaw). Let us know what you think! And as World Social Media Day approaches, take a minute to think about how you use social media. If endless scrolling leaves you feeling down, find some people who truly inspire you and add them to your feed. We hope our page does just that.

—Case Barnett



DIY OR BUY?

Lawn Games for Family Summer Fun

The warm summer sun may be enough to beckon your family outdoors, but lawn games will guarantee hours of fun outside. If you're handy, there are plenty of great lawn games you can make yourself. If not, buy an off-the-shelf alternative and enjoy the easy setup.

Giant Jenga: Easy DIY

All you need to build a giant Jenga tower are two-by-fours that are cut to length. If you're handy with a saw, you can do this at home. If not, ask to have the wood cut at your local lumberyard. Be sure to sand down the edges before stacking the boards to create a classic Jenga tower! For extra fun, pick a few paint colors and paint each board. Visit ABeautifulMess.com/make-this-giant-jenga to see a complete set of instructions.

Buy: Skip the project and buy GoSports Giant Wooden Toppling Tower online, which retails for about \$70 and stacks over 5 feet high.

Classic Horseshoes: Intermediate DIY

Tossing horseshoes is a great way to pass an afternoon. To play, you'll just need to set up two sand pits in your yard. Get a handful of horseshoes, and you're ready to go! Many DIY plans are available online, including one from HousefulOfHandmade.com/ultimate-diy-horseshoe-pit.

Buy: Check out the kid-friendly rubber horseshoe set from Wayfair.com, which requires no installation, can be used indoors or alongside your outdoor game, and is safe for younger children.

Cornhole: Advanced DIY

The humble beanbag may be the most versatile backyard game piece. It's used in the popular game commonly known as cornhole. To build your own cornhole set, you'll need a couple of sheets of 1/2-inch-thick plywood along with two-by-fours,



some hardware, and a variety of tools including a drill, jigsaw, and sander. Visit DIYPete.com/cornhole-board-plans to get both written and video instructions.

Buy: Ready to play ASAP? Cornhole sets are available from many large retailers around summertime, or you can order a customized set featuring your favorite team, family name, or characters from your favorite movies by looking at Etsy.com.

Whether you buy or DIY, remember to have fun and always supervise your children while playing outdoors, especially when it comes to yard games!

OUR CLIENTS SAY IT BEST

"I highly recommend Case and his staff for any personal injury lawsuit. Case understands that the insurance companies use delay tactics to frustrate the client into settling for less than their case is worth. Case will fight as long as it takes so you get a fair settlement."

-Anthony G.



DO YOU HAVE A GOOD PERSONAL INJURY CASE?

3 Essential Factors (And Why UIM Matters!)

The Case Barnett Law Instagram page includes a new FAQ section so clients and prospective clients can get their questions answered all in one place. One of the most frequent inquiries we get is, “Do I have a good personal injury case?”

In a perfect world, anyone who gets injured due to someone else’s negligence would be compensated for the injuries, medical bills, and pain and suffering. But when it comes to pursuing a personal injury claim through the courts, there are three essential factors.

1. Damages

When looking at damages, we consider the extent and type of injuries you’ve suffered, how long it will take to heal, how the injuries impact your life, and the costs associated with past and future medical care.

2. Liability

Is there evidence that proves that someone else’s negligence is what caused your injury? If so, this second essential factor — liability — has been met.

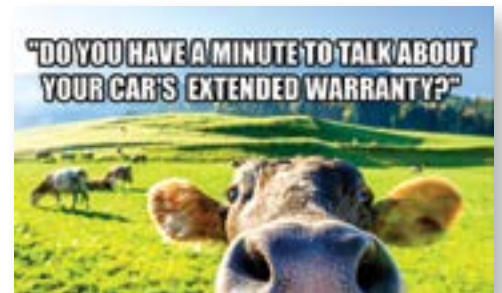
3. Collectibility

Most potential clients who approach us with a personal injury claim have those first two factors in place: They were injured and it was someone else’s fault. But this third factor can be the big hurdle to getting compensation for personal injury claims. Collectibility means that we have the ability to collect on the claim through the negligent party’s insurance or through your own personal uninsured motorist (UIM) insurance.

While car insurance is required by law, some motorists on the road do not carry insurance on their vehicles or carry the minimum insurance, which may not be enough to compensate you properly for your damages. For instance, in the state of California, drivers are only required to carry the insurance minimum of \$15,000 minimum for wrongful death.

That’s why adding UIM insurance to your own personal policy is a good idea. This coverage will increase your odds of being able to collect should you find yourself in the position of filing a claim against an un- or underinsured motorist. You can add UIM to your existing car insurance policy, and it’s often inexpensive to do so. But if the time comes where you need it, it’ll more than pay for itself. Some clients worry that filing a claim against their UIM insurance will negatively affect their policy or raise their premiums, but rest assured, that is not the case.

We just posted a video that covers this topic, and more, on our @casebarnettlaw Instagram page. Check out the highlight called “FAQs” for more info! We’re always happy to answer questions you may have or discuss your case. Give us a call at 949-565-2993 or email Case@CaseBarnettLaw.com.



Nothing says summer like a glass of iced tea. Enjoy these two twists on a classic summer soother.

Ingredients

- 2 tsp loose-leaf green tea
- 4 cups filtered water, divided
- Option 1: Rose and Coriander**
- 1 tbsp dried rose petals
- 1 tbsp whole coriander seeds
- Option 2: Ginger Mint**
- 1 handful fresh mint leaves
- 1 inch fresh ginger, cut into coins

Directions

For Rose and Coriander Tea:

1. In a large pitcher, place green tea, rose petals, and coriander seeds.
2. Bring 1/2 cup water to just below boiling.
3. Pour hot water over tea leaves, petals, and seeds. Let steep for 10 seconds, then add the remaining 3 1/2 cups water.
4. Refrigerate 4–8 hours until tea reaches your desired strength. Strain and serve over ice.

For Ginger Mint Tea:

Follow the instructions above, substituting the mint leaves and ginger coins for the rose petals and coriander seeds.



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Pro Tips for a Motivating Workout Playlist



ORCHESTRATE YOUR WORKOUT

Pro Tips to Create a Motivating Playlist

Whether summer temperatures drive you to work outside or simply make you want to move indoors where the air conditioner is blasting, having an upbeat playlist can help you quickly pass the time and feel good, too.

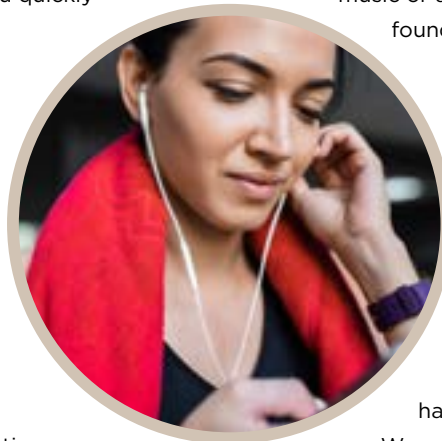
There's no better way to learn how to put together a motivational playlist than to ask a pro. Peloton's bikes and treadmills are wildly popular, but now, users are working out through their app because of the high-energy instructors, many of whom have become known for their amazing playlists. Here are two instructors' tips to put together a killer playlist.

Mix It Up

Instructor Leanne Hainsby is known for the eclectic, feel-good songs that keep people pedaling hard in her cycling classes. Hainsby credits her vast musical tastes to her time as a dancer, which expanded her playlist for workout music.

Which songs make the cut? Ones that inspire. "I think people will be so surprised by how much they will push themselves when

they're moved by the feeling of a song or how the music makes them feel," she says. It doesn't matter if it's ambient electronic music or a lilting Johnny Cash tune, both of which can be found routinely on Hainsby's cycling playlists.



Make It Themed

Whether you're obsessed with '90s pop, classic rock jams, or David Bowie, you can use a theme to create workout playlists you'll love. This is a great trick pros like Peloton instructor Christine D'Ercole use. D'Ercole is beloved by many for her themed classes, which range from an indie rock beginners' ride to a fan-favorite all '90s ride. She also has holiday-themed playlists, like the one for her Women's History Month ride in March that featured only female artists.

You can always hop onto Spotify and check out the Peloton page to see all of their instructors' recent playlists. Use this for inspiration to create your own list or stream whichever compilation catches your attention for your next workout.