



CASE BARNETT
— LAW —



READING: A VIRTUE

EXPLORING THE IMPORTANCE OF DEVELOPING POSITIVE HABITS

March 2 is National Read Across America Day, a day carved out to appreciate our ability to read and to celebrate the many benefits we reap from it. It's so important to always be reading and expanding our knowledge, viewpoints, and visions.

I'm currently reading "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear, and with spring on the horizon, bringing along spring-cleaning, both physically and mentally, I find the book to be very fitting. Spring is all about renewal and rebirth, and this book encompasses bettering yourself through developing good habits beautifully. Whether you want to physically clean up and reorganize spaces in your home, or you want to mentally refresh, "Atomic Habits" has impactful takeaways for everyone.

One method that James Clear addresses that stuck with me is his discussion on being mindful. Oftentimes, we go about our day in a very mindless manner. It's almost like we are set on autopilot, navigating life just as we do every day of the year. He mentions that workers on the Japanese railroad system don't have work-related accidents or injuries because they have developed a method in which they call out all of the steps and processes as they are happening. So, if we go about our days calling things out as we go, we will realize what our habits are, both good and bad, and it'll bring to light what we should work on or change.

For example, if you realize that the first thing you do in the morning upon waking up is to grab your phone, you may wish to fix that and

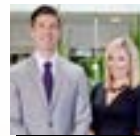
replace that habit with a new one, such as drinking a full glass of water first thing in the morning.

Another great self-improvement method that James Clear discusses is his idea of "stacking." He notes that when you find you have a good habit, you can come up with another habit that aligns with that one, and "stack" it right on top of that one. For example, if you are in the habit of always taking your dirty dishes to the sink upon completion of a meal, you can stack washing the dish and placing it in the dishwasher right on top.

James Clear touches on identity, too. It is so important to make sure the habits you develop in your life reflect and align with your identity. For example, if a person is offered a cigarette, and they respond by saying, "I'm trying to quit," they are still identifying themselves as a smoker. Instead, if they were to say, "I don't smoke," it helps them to actually kick the habit to the curb. When you change your habits, a tremendous mindset shift takes place. If you want to identify as a leader, you must make sure you practice the daily habits of a leader.

No matter what your goals and aspirations are, this book provides a great framework to improve upon yourself every single day. I highly recommend you give it a read! Remember, improvement begins with "I."

-Case Barnett



DANGER IN THE MAKEUP CASE

WHAT HAPPENS IF YOU
DON'T CLEAN YOUR MAKEUP
BRUSHES REGULARLY?

It's not a joke — your makeup brushes can actually make you sick! While the task of cleaning each one individually sounds like a colossal waste of time, you might rethink the tedious task after you find out about the many gross things that can happen if you don't.

Keep in mind that this article is only meant to inform you about what can potentially happen; it's not meant to freak you out! Regular brush cleanings are worth considering for the following reasons.

Your makeup application may suffer.

When traces of foundation, contour, and powder get caked up and stuck to the bristles of your makeup brushes, you're likely to make a mess of your face. On top of that, makeup brushes can become weak and even break from lingering makeup residue, even your eyelash curler! If mascara accumulates on it, it can end up breaking your lashes.

Dirty brushes can harm your skin.

When your skin is exposed to dirty brushes filled with bacteria, it can become stressed out and congested, leading to collagen loss and premature wrinkles. So, yes, dirty makeup brushes can literally age you! Acne and pimples love bacteria, too, especially when you use wet makeup products such as foundation and creams. Bacteria thrives on the moisture, possibly leading to breakouts.

Not washing your brushes may lead to infections and viruses.

Bacteria and viruses can enter your body through the pores on your skin, allowing them to infect your system. It can lead to herpes, the flu, pink eye, or even a Staphylococcus infection! Hurry, rush and clean those makeup brushes — twice!

It's important to keep in mind that spot cleaning your makeup brushes here and there does not replace deep-cleaning, which should be done at least once a week to keep them safe for your face!



OUR CLIENTS SAY IT BEST

“Case Barnett and team are exceptional. It was a very unusual and complicated situation, and they handled it with much empathy, patience, and professionalism. Case, Nicole, and Dena made us feel well represented and created a safety net of support and encouragement. They went above and beyond. I’m very grateful to have found strong legal representation and for the relationships it developed as well. Thank you, Case Barnett Law.”

-Karen Quinones



CASE BARNETT'S READING LIST

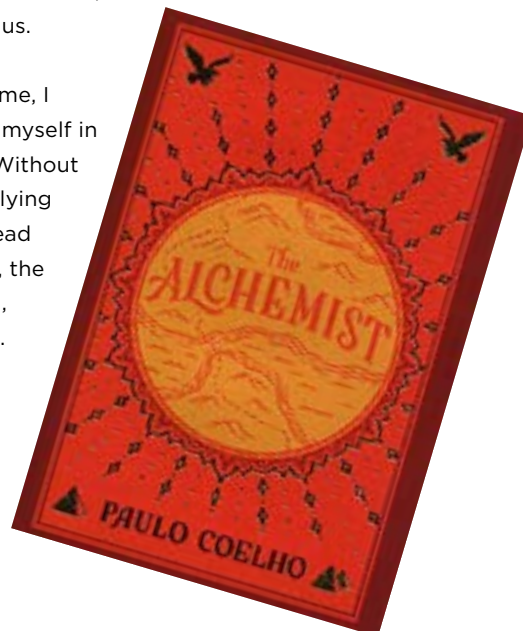
'The Alchemist' by Paulo Coelho

Many of you may or may not know this about me: I used to be a criminal defense attorney before switching to personal injury and opening our own firm. During the transitional phase, I encountered many limiting beliefs and people around me who did not have the right mindset for my own personal growth.

My wife, Nicole, and I had a vision for our lives and were following our hearts as we knew what we wanted. The journey was long and challenging, and at times, I found myself doubting it. It was at this time in my life that Nicole gave me "The Alchemist" by Paulo Coelho.

It's an enchanting novel in which we follow the lead character on a dazzling journey, and along the way, he gets distracted and loses his vision and purpose. But, as he perseveres and pushes forward, he finally achieves his end goal. The novel teaches us about the importance of recognizing opportunity and listening to our hearts. The more we focus on our goals and act on them, the more opportunities open up for us.

Relating this to my own life at the time, I found that I had to maintain faith in myself in order to continue to push forward. Without hope, we have nothing. I remember lying in bed next to my wife, crying as I read the book. At that moment in my life, the novel was so appropriate and fitting, and I felt as if it was speaking to me. Nicole knew what I needed. "The Alchemist" is pure magic!



Ingredients

- 2 lbs ground beef
- 2 tbsp chili powder
- 1 tbsp Creole seasoning
- 1 tsp ground cumin
- 2 16-oz cans diced tomatoes
- 2 16-oz cans small red beans
- 2 8-oz cans tomato sauce

Directions

1. In a deep pot, brown the beef, stirring often.
2. Once beef is cooked, add chili powder, Creole seasoning, and cumin, cooking for 1 minute.
3. Stir in diced tomatoes, beans, and tomato sauce and bring the mixture to a boil.
4. After the mixture boils, reduce the heat to low and let chili simmer for 15 minutes.
5. Serve with toppings of choice, like cheese, sour cream, or chives.



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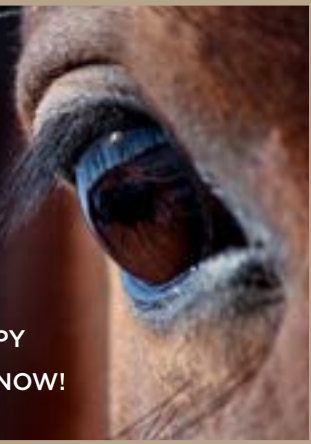
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Meet 'Dr. Peyo' — France's Only
4-Legged Doc



MEET FRANCE'S 4-LEGGED DOCTOR

'DR. PEYO' THE THERAPY
HORSE WILL SEE YOU NOW!



Imagine you're sitting in a French hospital, minding your own business and waiting for a doctor to see you. Suddenly, the elevator doors slide open and a full-sized horse clip-clops out into the waiting room!

That might sound like something out of a children's book, but it's actually a regular occurrence at Calais Hospital. There, a therapy horse named Peyo visits sick and dying patients to help ease their anxiety, bring them comfort, and distract them from their pain.

people in the crowd, approach them, and choose to stay next to them."

This was the first sign of Peyo's secret talent: Like a bomb-sniffing dog, it appears Peyo can detect cancerous tumors. In the hospital, he uses a raised hoof to point his trainer toward rooms he'd like to visit. Inside, he comforts the dying patients and their families.

"What really pushed scientists to take an interest in him and open the health

Peyo — affectionately known as "Dr. Peyo" by the staff at Calais — wasn't always a therapy horse. In his early life, he competed in dressage, but it didn't take long for his trainer to realize Peyo was more interested in the crowd than the competition. In a moving article about Peyo, The Guardian reported, "After shows, he would pick out

establishment doors to us was this [seeming] ability to greatly reduce [the patients' dosage of] all hard drugs and thus allow a more peaceful departure," Peyo's trainer, Hassen Bouchakour, told The Guardian.

Peyo has been working as a therapy horse since 2016 and stood vigil by the bedsides of more than 1,000 people, bringing them comfort and letting their children ride him through the hospital halls. It's an amazing achievement for a 15-year-old horse!

Of course, Peyo is far from the only animal visiting hospitals to bring people comfort. Here in the U.S., Johns Hopkins partners with more than 15 volunteer therapy dog teams that make patients smile, lower their blood pressure, improve their mood, and reduce their pain. At least 45 hospitals in the country have similar programs.

Want to know if your local hospital employs therapy animals? Visit their website to find out. You might be surprised by what you learn!