



CASE BARNETT
LAW



A DIFFERENT KIND OF SPRING-CLEANING

CLEANING UP OUR DIET AND THE PLANET

I've talked a lot about the different ways that having kids has changed my life. There's so much I love about being a dad and raising Finn and Harlow with Nicole. In fact, I have to give a big shoutout to Nicole this month for Mother's Day! She is an amazing mom and brings so much joy to our home. (See more on Page 3!)

Nicole and I both started thinking a lot more about the future after becoming parents — not just our own or our kids' future, but the future world their kids and future generations will inherit. We've made a lot of changes over the years with the goal of doing our part to leave the planet better than we found it. It turns out that a lot of what's better for the planet is better for people, too!

For example, we've started eating a lot less meat and focusing more on plant-based meals. There is a ton of great (and horrifying!) information out there about how animals are raised and what goes into the meat we find on the grocery store shelves. We know that cutting back on



our meat consumption leads to better outcomes for the animals, our bodies, and the Earth. As we've started eating cleaner, I've really noticed a difference in how I feel. I'll admit that there are days when I cheat and go to In-N-Out. Their burgers are hard to resist. But truthfully, they are getting easy for me to resist because I find that I don't feel great after eating a heavy meal like that.

The cleaner I eat, the better I feel, and the easier it is to stick with these new habits. We're lucky, too, to live in a time with so many healthy alternative choices to our favorite foods. We don't skimp on delicious food at the Barnett household by any means! Sometimes making a healthier choice is as easy as picking up chickpea-based pasta instead of wheat-based. Nicole is always looking up new recipes to make and figuring out ways to adapt our favorite comfort foods

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5 COVID-SAFE GIFTS FOR YOUR CHILD'S TEACHER

Don't Miss Teacher Appreciation Month!

When parents first came up with the idea of sending their children to school with an apple as a teacher's gift, they weren't counting on a pandemic. In many places, schools are still operating online or using a mix of virtual and in-person learning, and even kids attending in person don't want to get within 6 feet of their teacher to hand over fruit! So, what are your options for Teacher Appreciation Month? There are more than you might think. If you have the resources, consider gifting one of these pandemic-friendly items that teachers will love.

1. Virtual Gift Card: These days, you can easily send gift cards by email, and your options include everything from Amazon to DoorDash. Does your child's teacher have a coffee addiction or a passion for dinosaurs? You can find the perfect gift card with a Google search.

2. Thank-You Yard Signs: If you live in a small town or have access to your child's teacher's address, consider "gratitude bombing" their front yard with signs! You can use a professional sign company like Sign Gypsies or make your own.

3. Quarantine Kit: Teachers working in person put themselves at risk every day, and a quarantine kit is the perfect gift in case the worst happens. You can include helpful items like hand sanitizer or personalized masks along with goodies like adult coloring books, novels, and more. Simply email the teacher to find out how to get your gift to them.

4. Sanitizer and Other Learning Tools for the Classroom: Many school districts are underfunded, and the money for sanitary supplies, pencils, markers, glue sticks, and more comes out of the teacher's



pocket. Buying items like this for when they're back at school will really brighten their day.

5. A Note From You and Your Child: According to a teacher survey done by The Strategist, handwritten notes are one of the best gifts a teacher can receive. To really make an impact, sit down with your child and write a note from both of you, thanking the teacher for their hard work. Then, send it via snail mail or scan it and email it their way!

OUR CLIENTS SAY IT BEST

"Case Barnett are my heroes because they listen to me. I got hurt bad enough that 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 stand up for me. I was also mentally hurt. I can't go back to work, so a lot has changed in my life. I called around to see who could help me go through the courts to fight back and show those who hurt me how I felt and how it affected me and my life. I thank you from my heart; thank you for helping make my life better. Case Barnett has such wonderful people who work there. They were there for me, and they will be there for you."

-Mary



WE LOVE YOU, MOM!

Why Our Mom Is the Best

Hi, everyone!

We're so excited this month because it's Mother's Day, and our mom is the best. She makes us so happy. She's the best person to cuddle with. And she is always there cheering us on and encouraging us to explore.

Mom home-schools us, and we start each school day snuggling with Mom and this huge panda that Dad bought us. We get all comfy under the blankets and read together. It's such a cool way to start the day. We each want a chance to talk about why we think our mom is the best!

Finn: I think Mom is the best because she loves hearing about my stories and seeing all the characters I draw. When I publish my first book, I'll probably dedicate it to her! Also, I love doing science experiments, and she's always encouraging that and everything else I'm excited about. When I win the Nobel Prize for one of my inventions, I'll definitely be thanking my mom for all her support. No matter how old or famous I get — I'm almost 7! — I know I'll always love hanging out with my mom.

Harlow: When I become a famous architect, the first thing I want to do is build a special place for just me and Mom to hang out for girl time. It's going to be so sparkly and fun. There will be no boys allowed (not even Finn or Daddy!), but I'll build another house for all of us to be together in. Mom will probably help me decorate because she's so good at that. Every holiday, she puts up special twinkle lights for us. My favorite lights are the heart-shaped ones on Valentine's Day!

We love spending time with our mom. She's the best, and she always makes things feel so cozy. We know she loves us so much, and we love her so much too! Happy Mother's Day, Mom!

Finn and Harlow



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into something nutritious and delicious. We've landed on a vegan lasagna that's an absolute hit with the kids.

We really try to avoid toxins wherever possible. When it comes to everyday products like soap and lotion, we have a rule that is easier to follow than you might think: If we can't eat it, it doesn't go on our bodies. There are plenty of natural products that can replace chemical-laden products from mouthwash (try coconut oil) to an all-purpose house cleaner (baking soda and vinegar work miracles). Sometimes, this is less about what we use and more about what we avoid. We've stopped using plastic in our household, and it's becoming more and more common for places to do away with single-use plastics like grocery bags and plastic straws.

I feel heartened to see these moves toward a more sustainable planet. Of course, we dream of growing all our own food and living off the land, but I've seen in recent years that living more sustainably doesn't have to mean forgoing all modern conveniences or even our favorite food indulgences. We can make changes little by little that add up over time.

It seems like the cultural tide is turning on this, and I hope my family and our kids will be part of finding and implementing solutions that help guarantee this planet will be around for generations to come. But I think it's important for each of us to have a look at our lives and see what's within both our means and our power to change for ourselves that will contribute to a healthier planet. The choices we make every day add up. And as I said at the start, what's good for the planet is also good for us.

-Case Barnett





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99-Year-Old Betty White's Secrets of Longevity



HOW TO LIVE TO 99

Betty White's Secrets of Longevity

Beloved "Golden Girls" actress Betty White is still enjoying her golden years. The famed actress celebrated her 99th birthday this January. While she told People magazine that she's "blessed with good health, so turning 99 is no different than turning 98," she also had a few tips for folks looking to make it to their centennial birthday.

Keep Laughing

"Don't take yourself too seriously," White says. "You can lie to others — not that I would — but you cannot lie to yourself." White has undoubtedly provided many laughs to viewers over the years, but she's not just playing it up for the camera. Laughter is part of what keeps her young.

Be Optimistic

White says a good sense of humor also helps her keep a good attitude and look for the positive rather than "dwelling on the downside." Avoiding negativity also gives her energy. "It takes up too much energy being negative," she told People magazine.

Stay Busy

With nearly eight decades of acting under her belt, six Emmys on her shelf, and over 120 screen credits to her name, White is no stranger to

hard work. As she told Parade in 2018, "I just love to work, so I'll keep working until they stop asking."

Exercise Your Mind

In addition to her busy work schedule, what keeps Betty White sharp? Crossword puzzles! She told Katie Couric in an interview, "I'm addicted. An admitted addict. I just can't put 'em down."

Find a Cause

White is a lifelong animal lover. She calls her golden retriever, Pontiac, "the star of the house." While pet ownership itself comes with proven health benefits, White has channeled her love for animals in bigger causes. She's been a trustee and board member of the Greater Los Angeles Zoo Association for over 40 years and has done work to help protect endangered species in the wild. Funds raised from White's official fan club, Bet's Pets, all go to support animal charities.

Embrace Your Vices

White told Parade she loves vodka and hot dogs "probably in that order," which just goes to show that you don't have to forgo your treats to live to 99.

