



CASE BARNETT
 ——— LAW ———



CELEBRATING GRATITUDE

GIVING THANKS THIS HOLIDAY SEASON

Fall embraces us with pumpkin spiced everything, cool and crisp weather, and an opportunity to enjoy time spent with those we cherish most. The “attitude of gratitude” we spread throughout the Thanksgiving season goes beyond a prayer before the great feast. Thanksgiving lends itself as a way to get in a habit of recognizing the many ways we are truly blessed throughout the year.

Each day, I am incredibly thankful for my wife, Nicole, and my children, Harlow and Finn. I’ve spent a lot of my life in the dark, focused on and reaching for the wrong things. It wasn’t until I took a moment to evaluate what is truly important that I figured it out. My family teaches me something new every day, and I see the true magic in that. When people spend time focusing on the wrong things in life, they can miss out on so much.

I am incredibly thankful to have a family that shows me every day, in the simplest moment, just how beautiful life is. They brighten my life, make me laugh, make me cry, and allow me to be myself — my raw and true self. They are my support system and my favorite place to call home. I never knew unconditional love until I was blessed with my family.

I am grateful for my team: a group of people who care deeply and passionately about our clients. They are focused on doing great work and giving 100%. Connecting with our clients is their goal, and they achieve it. In the past, I spent a large portion of my career unable to delegate many responsibilities to people on our team because there just wasn’t that care or compassion for our clients that I looked for. I’m not saying they were bad people; they just didn’t quite go above and beyond on their own free will. It is incredible how the team I have in place today has a genuine desire to put the clients first and create a space where they are safe and in good hands. For them, I am incredibly thankful.



I am surrounded by great people who do so much for our clients, for me, and for my family. They teach me so much about life. I am appreciative of the lessons I learn on a daily basis and the mistakes I make along the way. Sometimes, it’s the things you don’t normally focus on that are so important, such as the little triumphs that build toward a big accomplishment or the morning coffee you grab with a friend before work. The little things are such a great deal. It is important that we all take some time to reflect on the good — both big and small — in our lives. Life is good!

From the Case Barnett Law family to yours,
happy Thanksgiving!

—Case Barnett



HAVE A LOW- STRESS HOLIDAY

3 Tips for a Merrier Time



The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon. Especially for those hosting parties, between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

Recharge First

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

Get Started Early

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

Don't Expect Perfection

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.

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.



WHY JURY SELECTION IS CRUCIAL



Jury selection is an integral part of the case because if you don't have an absolutely fair and impartial jury — and we mean every single person on the jury — you may have lost the case before it even begins.

Depending on the jurisdiction and the county where the case takes place, there are different jury polls. Here at Case Barnett Law, we have a lot of experience dealing with different kinds of jurors in different locations. Depending on the type of juror, this affects how we speak to the jurors and what we speak about to get a good read on them.

The reality is that you won't convince a juror in jury selection to believe something different than they already believe, and you won't be able to teach them how important a personal injury case is. All that can be done is feeling them out to grasp a general idea of their background, values, and beliefs that they bring to the courtroom; this is what will be shaping their verdict. They will draw conclusions based on their own morals, values, and experiences.

At Case Barnett Law, we spend a great deal of time crafting a message that will be responsive to what jurors from different counties bring to the courtroom. Sometimes, we have the opportunity to work with jury consultants on the different cases, and they will provide input. Other times, we will do mock juries or jury panels where we run the case by different people in the community to gather feedback.

This allows us to hone our message for jury selection, and it's a fabulous time for our clients to participate in the process to gain insight to how the people will process their case. Jury selection is the only opportunity you have to uncover the experiences, opinions, and values of the people being chosen to serve on your jury.



BAKED CORNBREAD AND CHORIZO STUFFING

Inspired by FoodNetwork.com

Spicy, savory, and sweet, this unique stuffing will level up your Thanksgiving table.

Ingredients

- 1 lb Mexican chorizo
- 1 white onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 3 garlic cloves, chopped
- 2 cups premade cornbread, crumbled
- 1/4 cup cilantro, chopped
- 1/2 cup chicken stock
- 1 tbsp unsalted butter, for greasing
- Cilantro, for garnish
- Cotija cheese, for garnish

Directions

1. Preheat your oven to 350 F.
2. In a large skillet over medium heat, cook the chorizo for 5 minutes. Add the onion, carrot, celery, and garlic. Cook for 10 additional minutes. Stir in the cornbread and cilantro.
3. While stirring, slowly add the chicken stock. Stir until absorbed.
4. Butter a small casserole dish, then add the stuffing in an even layer. Bake for 20 minutes, garnish as desired, and serve!



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The Benefits of Positive Relationships



THE BENEFITS OF POSITIVE RELATIONSHIPS

GOOD FOR MIND AND HEALTH

Connecting with other humans in a positive way is one of the most profound experiences we have. That positivity is one of the greatest virtues — it's contagious, and engaging in happy relationships with others is extremely important not only for our minds but also for our health.

Longer Lives

Studies have actually shown that when people are involved in positive relationships, they live longer. This is likely attributed to decreased stress, as stress can exact a toll on the entire body. Positive relationships can also encourage us to give up negative habits such as drinking or smoking, which cause many health problems and concerns. Healthy habits can help people live longer lives.

Quicker Healing

Positive people in our lives can distract us from pain, remind us to take medication, be our advocates, and simply reduce stress. And less stress means healing takes place faster. Those who have a support person feel more confident and prepared to undergo surgeries and fight illnesses as well.

Boosted Immune Systems

It makes sense — people who have less stress have stronger immune systems. During times of high stress, our bodies are more susceptible to illnesses because our immune system's ability to fight off antigens is reduced. The stress hormone corticosteroid can also lower the number of lymphocytes available to fight infection. However, when we are in a happy and loving relationship, our bodies produce oxytocin, and we are less likely to get sick.

Better Physical Shape

Being in a positive relationship, especially a romantic one, can provide the motivation to be the best version of ourselves. This includes our physical condition, too! Having a friend or workout partner to encourage accountability and even push us out of our comfort zone a bit at the gym can keep us motivated.

Being in a positive, healthy, and happy relationship means we listen to each other, offer advice, openly communicate without judgment, practice respect and trust, and engage in healthy activities together. So, it's no surprise that positive relationships work wonders for our health and happiness.