



CASE BARNETT
— LAW —



WHY OVER WHAT

How to Be Outstanding

The calendar may claim that the year starts in January, but if you have kids in school, you know the year really starts in September. This is when my family looks at the upcoming school year and thinks about what we want to focus on. When I look ahead, there are two umbrellas I assess: personal and professional.

There are a bunch of subcategories that make up the areas I want to focus on in my personal life. I want to be a great dad, a loving husband, and a force for good in the community. I also want to have an outstanding family life and keep a peaceful house for my kids to grow up in.

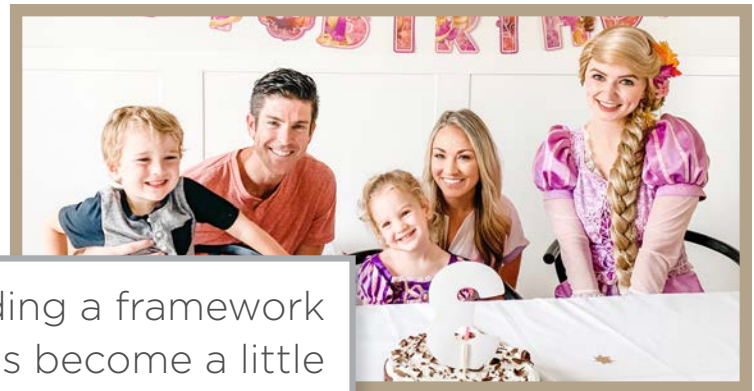
Under the professional umbrella, there are other categories:

- Generate new cases
- Improve our skills as lawyers
- Expand the firm
- Fine-tune our processes
- Empower our team

After identifying each subcategory, I ask myself some questions. What can I do every week to improve in these areas? What are my short-term goals for the quarter? Where do I want to be a year from now? I answer these questions, and then I make regular check-ins to make sure I'm not focusing too much on a single area and becoming one-dimensional. Who cares if you make a bunch of money if your personal life suffers? The idea is to foster growth in every area.

We met with our team back in May to look over the subcategories under the professional umbrella and asked everyone to bring their own list of categories they wanted to focus on. The overall goal is to be outstanding, and we're building a framework that helps us become a little more outstanding every week.

This framework helps us overcome those moments when we don't *feel* like doing something. It's a reminder as to *why* we need to do it. "Why do I have to wake up early every morning? Oh right, so I can make my kids breakfast



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and be a great dad.” I've learned that remembering the why can help you get past your own personal hang-ups and really put in the effort to better

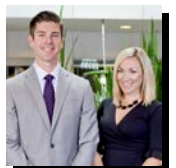
yourself. This kind of framework is built on the fact that the why is so much more important than the what.

The reason a lot of people struggle with their goals is because they focus on the outcome, not the motivation. But life is about the journey, not the destination. All of my goals, whether they are personal or professional, are unattainable in some way. What I mean by this is that there's no finish line. The why is my goal, not the what, so I'll never be done.

There won't be a time when I look at a checklist and say, "I've done all these things, so now I am a great dad and a loving husband." I have to keep trying to be a great dad and a loving husband. At work, even if we generate more cases this year or learn some incredible new skills, we can't mark these things off the list and call it good. We have to keep looking for ways to be more and do more.

The way we become outstanding is by trying to be a little better every day.

—Case Barnett





STAYING CONNECTED

How to Keep Your Family Close in a Busy World

If you feel like you've hardly seen your kids since the school year started, you're not alone. Americans are way too busy — from childhood onward, we're always running hither and thither, packing in as many after-school activities, work-related meetings, and social engagements as possible. It's a problem so pervasive that it has a name: time scarcity.

Families feel time scarcity keenly after school starts in September, when children's schedules explode with engagements. But all hope for close ties isn't lost; there are ways to stay connected with your spouse and kids, even in an increasingly busy world. Here are some ideas from counselors, teachers, and psychologists who claim to have mastered the art.

REMEMBER YOUR RITUALS

Rituals make up the backbone of individual families and society at large. Most people wouldn't dream of abandoning their holiday traditions, so why forgo the smaller rituals that bring families together? Whether it's eating dinner at the same table each evening, watching a movie together every Thursday night, or going on a monthly getaway, make sure these

traditions aren't canceled. If your family doesn't have many rituals, a great way to connect is to start some.

MAKE EVERY MOMENT COUNT

As cliché as it sounds, when you don't have much time together, it's crucial to be present for every minute of it. If you have a rare half-hour at home with one of your kids, make a point to spend it in the same room and try to start a conversation. If you squeeze in a romantic dinner with your spouse, turn off your phones before the food comes. Listening to each other without distractions will strengthen your relationship.

HUG IT OUT

Physical contact is vital for closeness. When you get the chance, hug your kids, hold hands with your spouse, and do physical activities as a family, like hiking, biking, or even playing group sports. It's been scientifically proven that physical closeness leads to emotional closeness, so if you're low on time, take advantage of that shortcut!

OUR CLIENTS SAY IT BEST

"I was referred to Case by a very good friend who told me he is an amazing attorney. Needing legal advice is not always comfortable, but after speaking with Case Barnett, I have changed my mind. He is such a kind person that you forget you are speaking to him about an unfortunate situation because he makes you feel so much at ease. He is professional and very informative. Case and his team are so responsive to phone calls and emails. Case has even given his cellphone number for after office hours if needed. I can't say enough about Case Barnett Law. They always have your best interest at heart and are honest and trustworthy. As a business owner, employee, family member, and/or friend, it's important to know there is a knowledgeable professional to assist you with the much confusing law! I am so grateful to have Case Barnett Law in my court! I would recommend Case to everyone I know!"



—Sheri B.

Reminder About Our Firm's Communication Policy: Our promise to you is that we don't take inbound calls or emails while we are working on your case. Case Barnett takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 949-861-2990 and schedule an in-person or phone appointment, usually within 24–48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So, if it's really important, don't email — call the office instead.

Harlow's storytime



Best Birthday Ever!

Hello, everyone!



Of all the birthdays I've ever had, my 3rd birthday this year was the best one of my life! On my birthday, Mommy, Daddy, and Finn woke me up by singing "Happy Birthday." Then I got to open presents before we even had breakfast! Our house was decorated with balloons, streamers, and pretty paper lanterns from my favorite movie, "Tangled." It was so beautiful. We got to keep the decorations up all day, because the next day was my birthday party!

During my party, I was busy playing when Mommy and Daddy told me I had a special visitor. I turned around just in time to see Rapunzel walk in! To be honest, I was pretty scared at first. I didn't understand how Rapunzel was at my house. After hiding for a few minutes, I realized how exciting it was and went to say hi. Rapunzel and I ended up becoming best friends! We were even wearing matching dresses. She read me her story from a picture book, and then we played hide-and-seek with her friend Pascal and my brothers and cousins.

I didn't see any of the boys or the big kids very much during my party. They were busy having what Finn called "the water balloon fight of the century." Everyone was soaking wet and running all over the place, but I didn't notice. I was in my own little world with Rapunzel, and we had a blast. She even stayed to have cake with us and sang "Happy Birthday" with my family.



After everyone left, I watched a movie with my brother and my cousin while Daddy made us pizza. Later, the boys put on some Rapunzel hair that Aunt Katie gave me. They looked so silly! I couldn't stop laughing.

Mommy asked me what my favorite part of the day was, and I didn't even have to think about it. My favorite part of my birthday was everyone I love coming to see me. Presents are great, but there's nothing I love more than my family!

 Harlow Barnett



Cacio e Pepe

Inspired by Bon Appétit magazine

Ingredients

- 6 oz pasta, ideally spaghetti or bucatini
- 3 tbsp unsalted butter, cubed and divided
- 1 tsp freshly ground black pepper
- 3/4 cup finely grated Parmesan cheese, ideally Parmigiano-Reggiano
- 1/3 cup finely grated pecorino cheese
- Kosher salt, for pasta water and to taste

Directions

1. In a large pot, bring 3 quarts of salted water to a boil. Add pasta and cook, stopping 2 minutes short of desired doneness. Drain pasta, reserving 1/2 cup of pasta water.
2. In a large pan over medium heat, melt 2 tbsp butter. Add pepper and cook until toasted and aromatic, about 1 minute. Add reserved pasta water and bring to a simmer.
3. Transfer pasta and remaining butter to pan and reduce heat to low. Add Parmesan cheese and cook until melted, tossing pasta throughout. Remove pan from heat and add pecorino, continuing to toss until cheese is melted and sauce coats pasta.
4. Transfer to bowls and serve.

This publication is intended to educate the general public about personal injury and elder abuse. It is not intended to be legal advice. Every case is different.

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The Vibrant Colors of America's National Parks



THE BEST NATIONAL PARKS TO VISIT THIS FALL

Have you ever wanted to experience the colors of a Boston fall while enjoying the peace and tranquility of the great outdoors? Autumn leaves are a universally appreciated sign of the changing seasons, and there's no better place to see those vibrant yellows, oranges, and reds on display than in one of America's national parks. So, if you've got some free time this autumn, here are some parks worth seeing.

ACADIA NATIONAL PARK, MAINE While the maple, birch, and poplar trees of Acadia begin to change color in September, mid-October is the best time to witness autumn in full swing. The park is crisscrossed with unpaved trails that date back to a time of horse-drawn carriages, preserving an idyllic setting. If you want to see the colors in full effect, take a drive to the top of Cadillac Mountain, the highest point along the North Atlantic seaboard, and watch the sun crest over the vibrant leaves. To fully experience fall in the Northeastern U.S., Acadia National Park is a must-see.

GREAT SMOKY MOUNTAINS NATIONAL PARK, TENNESSEE AND NORTH CAROLINA Further south, the autumn colors of the Smoky Mountains are no less breathtaking than

those in the Northeast. This park offers many scenic lookout points accessible by car, so don't worry about hoofing it into the forest if that's not your thing. Park wherever you like and watch the warm colors of ancient maples, oaks, and cedars change before your eyes.

GRAND TETON NATIONAL PARK, WYOMING While the West might typically be associated with evergreen pines, the deciduous trees of the relatively small Grand Teton National Park pack a colorful punch starting around the third week of September. It's also breeding season for elk in the area, and their high, eerie whistles can be heard in the evenings. Popular destinations in the park include the Christian Pond Loop and String Lake.

Just because the weather is cooling down doesn't mean you have to abandon your favorite national parks until next summer. The natural beauty of America can be experienced at any time of the year, so start planning your next autumn outdoor excursion!

