



CASE BARNETT
— LAW —



RELEASING STRESS

FOCUS ON WHAT YOU CAN CONTROL, NOT WHAT YOU CAN'T

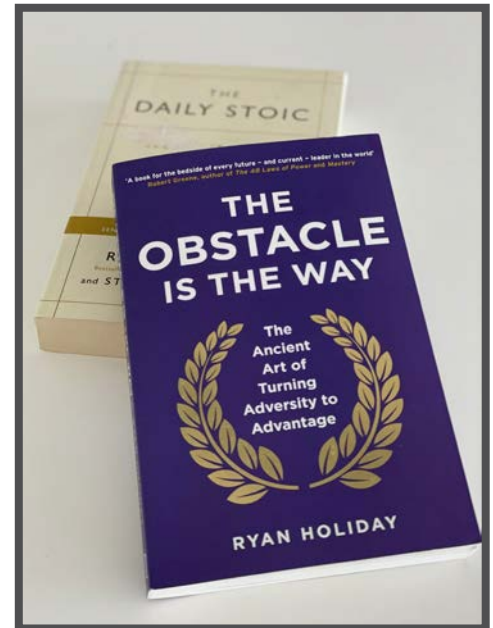
Something that I've been working hard on, especially during the COVID-19 pandemic, is stress management. I think we can all agree that this year has been hard on everyone, but it's important that we not let the stress from these difficult times take over our lives. I believe that you can never be good at what you do unless you're focused, and you can't be focused if you have stress weighing you down and taking up space in your brain. You only have so much mental capital to spend every day, and you don't want to spend it on something that doesn't actually improve your situation.

I've been reading two really amazing books: "The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living" and "The Obstacle Is the Way: The Ancient Art of Turning Adversity to Advantage." Both books were written by Ryan Holiday and explore how we can find the good in a bad situation. That's something I've taken to heart. Rather than worry about the stress each day brings, I've been working on focusing on what I can control and letting the rest go. Being able to let go comes from having faith — whether that's religious faith or faith that things are going to work out.

I've found a renewed faith in God, which has helped me a lot in these times. I feel lighter because I've just surrendered so much to my faith that things are going to be good and that this is all part of a bigger plan. This self-assessment, self-analysis, and overall perspective shift has really helped me. I believe that's something a lot of our clients, who are suffering on their end, need as well. You need that switch in order to make the best out of your situation, which is why I love so many of our clients. They really make the best of what's come to them.

Once you make that shift and unload that stress, the difference is pretty astounding. It's made a huge impact, not just for my life but for my family's too. It goes back to what I wrote earlier: You only have so much mental capacity, and using it to focus on stress and worry about things you can't control just makes the situation worse. You can end up missing the good things in life when anxiety takes up your mind space and you're not present. So many of us struggle with being present and enjoying the beautiful everyday moments, that they just pass us by. What's more, the bad things we're left worrying about often don't come to fruition anyway.

Prayer and meditation have helped me find focus and relieve stress. Those two things are huge, even though sometimes they might



not be taken as seriously as other activities. It is so important to have that macro view of life in the universe. Through prayer and meditation, I make a conscious effort to release the things in my life that are just causing stress and have no positive benefit. It helps in all aspects of life and especially with the challenges of the pandemic.

It might be difficult at first to find the activity that helps you most, but once you find it, it will make an incredible difference in your life. Don't give up. Keep searching for it and you'll find it.

—Case Barnett



SHOP ONLINE LIKE A PRO

3 Ways to Save on Trendy Back-to-School Buys

Shopping online is tricky in the best of times, but it's doubly trying when your kids' opinions are involved. If back-to-school shopping is challenging in your house, try these tricks to hunt down the backpack, pencil bag, and lunchbox the kiddos are begging for without going over budget.

1. Opt for secondhand or refurbished items.

If your kid is dying to have the same Parkland Kingston Plus backpack that celebrities' kids were flaunting last year, you might be able to snag one secondhand for half the price. The same goes for the popular PLAE Max shoes or even electronics like iPads. Check out online retailers like JemJem or Gazelle for refurbished electronics, and try the Poshmark app for bags, shoes, and clothes. If you really want to get fancy, visit TheRealReal.com for luxury-brand clothing.

2. Always check discount apps and websites.

If you're not at least Googling "[store name] coupon code" before checking out online, you're probably missing out on big savings. Visit popular coupon websites like RetailMeNot and

Groupon, or streamline your search by downloading a money-saving browser extension or app like Honey, which automatically checks for coupon codes and offers price comparisons. Other apps, like Flipp, let you view deals from dozens of stores in one place.

Remember to see if your favorite store has its own app, too — downloading it could grant you access to exclusive deals.



3. Don't forget to factor in shipping.

If you shop internationally, shipping can sometimes double the cost of an order. To save money, choose domestic retailers and check each website or app for shipping specials and discounts. Many websites offer free or reduced shipping for first-time customers or orders over a certain dollar amount. If you choose to shop somewhere without such a discount, check the shipping costs and factor them into your budget before you shop to avoid nasty surprises.

If your kids are old enough, consider talking them through this process as you shop. Who knows, this could be a great back-to-school lesson in budgeting!

OUR CLIENTS SAY IT BEST

"Case Barnett Law is the best firm I've had the pleasure of retaining for my legal matter. An excellent staff that made my experience painless and simple. Everyone was helpful through the entire process, and I highly recommend this firm and will always return any time I require legal assistance. Thank you, Case Barnett Law!"

-Daniel D.



Finn's Story Time

Why I Love My Grandparents



Hey there!

When Dad told me there was a holiday called National Grandparents Day this month, I knew I wanted to talk about my two sets of grandparents. I know Mommy's parents as Grandma and Grandpa and Daddy's parents as Grandpa John and Mum Mum. They're the coolest grandparents anyone could have! I even have Great Grandma Dorothy who lives in Wyoming but comes to visit every year for the holidays! I really, really, REALLY want to go to her house for a visit. Then there is Great-Grandpa John, who was Grandpa John's dad.

What I love most is when my grandparents come over for a visit, even if I can't hug them. Mommy and Daddy say we still have to stay inside and that we can't hug right now. I really miss having my grandpas read to me while I sit on their laps and being picked up by Grandma and Mum Mum. But Harlow and I still get to see them during our "gate dates." That's when my grandparents come over but have to stay on the other side of our gate.

Even if we have to stay in the yard, I can still tell them about everything I'm doing, like making blanket forts, playing LEGOs, and going camping. I can also show them all the pictures I've drawn just for them. Whenever Daddy and Mommy say that they're coming over for a gate date, I get really excited. I love that we can still see them, talk to them, and laugh with them, and that makes me really happy.

I can't wait for when I can give my grandparents a big hug again. That day will be the best!



BACON AND EGG BREAKFAST PIZZA

Inspired by TasteOfHome.com

This twist on a pair of classic breakfast foods is the perfect back-to-school fuel for your kids. Whip it up at breakfast or any time of day, really — it's never too early or too late for pizza.

Ingredients

- 1 package premade pizza dough
- 2 tbsp olive oil, divided
- 6 eggs
- 2 tbsp water
- 4 slices bacon, cooked and crumbled
- 2 cups cheese of your choice, shredded

Directions

1. Preheat oven to 400 F. Grease a 15x10x1-inch pan. Spread the dough evenly over the bottom of the pan and 1/2 inch up the sides. Prick it with a fork and brush with 1 tbsp oil. Bake until lightly browned, about 7-8 minutes.
2. In a nonstick skillet, heat the remaining oil on medium. In a bowl, whisk the eggs and water together. Add the mixture to the skillet and stir until thickened and no liquid egg remains.
3. Add the egg to the baked crust in an even layer. Sprinkle on the bacon and cheese, then bake 5-7 more minutes before serving.

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 Truth Behind the 21st Night of
September



WHAT HAPPENED ON THE 21ST NIGHT OF SEPTEMBER?

4 Decades of Earth, Wind & Fire's 'September'

"Do you remember the 21st night of September?"

In 1978, Maurice White of the band Earth, Wind & Fire first asked this question in the song "September," a funky disco song that quickly topped the charts. While disco may be dead today, "September" certainly isn't. The song is still featured in movies, TV shows, and wedding playlists. On Sept. 21, 2019, the funk hit was streamed over 2.5 million times. It's no wonder that the Los Angeles City Council declared Sept. 21 Earth, Wind & Fire Day.

The story behind "September" is almost as enduring as the song itself. It was co-written by White and Allee Willis, who eventually became a Grammy-winning songwriter and Tony nominee. But before any of that, Willis was a struggling songwriter in Los Angeles living off food stamps. When White reached out and asked Willis to help write the next Earth, Wind & Fire hit, it was truly her big break.

White and Willis proved to be excellent songwriting partners, but they clashed over one key element of the song: the nonsensical phrase "ba-dee-ya," which White included in the chorus. Throughout the songwriting process, Willis begged to change the

phrase to real words. At the final vocal session, Willis finally demanded to know what ba-dee-ya meant. White replied, "Who cares?"

"I learned my greatest lesson ever in songwriting from him," Willis recalled in a 2014 interview with NPR, "which was never let the lyric get in the way of the groove."

The groove is why "September" has stood the test of time, right from that very first lyric. For decades, people have asked Willis and members of the band about the significance of Sept. 21. As it turns out, there isn't much beyond the sound.

"We went through all the dates: 'Do you remember the first, the second, the third, the fourth ...' and the one that just felt the best was the 21st," Willis explained.

The truth is that nothing happened on the 21st night of September — except a whole lot of dancing.

