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Dedicated to Helping Those in Need

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Cases We Handle:

- Personal Injury/
Wrongful Death
- Criminal Law/DWI
- Business Law
- Immigration

AUGUST'S SILLIEST HOLIDAYS

Are These on Your Calendar?



February has Valentine's Day; September has Labor Day; December, of course, has Christmas; and August has, um, National Raspberry Cream Pie Day. August may not host any major holidays, but it doesn't lack for some of the goofiest on the calendar.

August 6: National Wiggle Your Toes Day

While the origin of this holiday is uncertain, it's held every year on August 6. To celebrate, people are encouraged to wear sandals, flip flops, or other toe-exposing footwear. You can also frolic barefoot in the grass or simply stretch those digits throughout the day. Just don't expect to see any Hallmark cards devoted to National Wiggle Your Toes Day anytime soon.

August 13: Left-Handers Day

About 10 percent of the population is left-handed. Lefties may be stuck in a right-hand-dominant world, but on August 13, they rule the roost. Originally founded in England, Left-Handers Day has taken off in the U.S. Righties are encouraged to try out a left-handed approach for the day. Lefties, for their part, are free to be themselves.

August 17: National Thrift Shop Day

Thrift shops are a staple of American commerce, so it makes sense that there is a day devoted to them. Take the day to hunt for lost treasures and screaming deals. Many thrift shops also benefit nonprofit organizations, giving you even more reason to frequent them.

August 27: National 'Just Because' Day

This celebration is really scratching the bottom of the holiday barrel. Joseph J. Goodwin created National "Just Because" Day in the 1950s. It's a day to do something "just because." Be spontaneous and have a little fun. There's no one way to celebrate, which is fitting, given that the existence of the holiday seems to defy logic altogether.



THE TEXAS LAW DOG



I COME TO FIGHT. I DON'T BARK. I BITE!

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FROM LAWNES TO LAW

A Dedication to Helping Those in Need

I've hired my fair share of attorneys over the years. This was before I became an attorney myself. The truth is, there are a lot of issues people face every single day that they can't tackle on their own. I've been there. I've been in tough situations and didn't know what to do next.

When you're in trouble with the law, have been in an accident, need help with a business, or have an immigration issue, there's always going to be a lawyer who's willing to help. And I don't just mean lawyers who will take any case that crosses their desk — I'm talking about lawyers who are willing to help and genuinely care about every client they see. That's the type of attorney I've pushed myself to become.

At the same time, I've owned an insurance agency since 2009. Working in insurance gives you a unique perspective. I've seen how insurance companies treat people who have been in an accident and filed a claim. There are folks who get a lot of pushback from the insurance companies, particularly when it's not their own insurance company that they're dealing with. I wanted to help people overcome this kind of challenge, along with some of the legal challenges that I myself have faced in the past. There's nothing more important than knowing you've got someone by your side.

That's one of the reasons I went to law school and focused hard on earning my legal license. I just wanted to help people out of tough situations. I also wanted to have my own law firm where I could give the most to every client. This was an idea that goes back to my childhood. I've always been an entrepreneur at heart and I started my first business at age 15. Since then, I've established a number of businesses. I'd say I love being a business owner almost as much as I love helping people.



There's nothing more important than knowing you've got someone by your side."

I grew up on a farm and had access to all kinds of equipment. I knew what I could do with lawn mowers, weed eaters, and a trailer. As a teenager, I brought everything together and started my own lawn service company. This was about the time when minimum wage was around \$4 an hour. I could easily mow one yard in an hour (or less) and charge \$25. Before I knew it, I'd hired help. From there, the business grew.

The great thing was, I was working for myself. Just as I had a passion for entrepreneurship, I had a passion for being my own boss, working for myself and my clients. It's what made sense to me. I've learned a lot since I was out mowing lawns years ago. Today, I'm glad I'm in a place where I can help people fight for the rights they deserve. When you need someone to fight for you or a loved one — someone to go to bat for you when you aren't sure what to do next — I'll be here.

-Matt Aulsbrook

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HOW MUCH SUNSHINE IS TOO MUCH?

Keep Your Family Safe

To many people, summer is all about heading outside to enjoy the weather. But getting too much sun can be dangerous. To have a fun-filled summer with your family this year, remember that it's essential to protect yourself from harmful UV rays.

Cover Up

Covering your skin is one of the best ways to avoid skin damage. Wide-brimmed hats, long-sleeved shirts, and long pants or skirts can protect your skin from direct exposure to UV rays. While this tactic protects you from the sun, it offers poor defense against the heat. So, if you opt for cooler attire, it's important to cover all exposed skin with a copious amount of sunscreen. Be sure to reapply every two hours for maximum skin protection.

Spend Less Time in the Sun

If you're planning to spend a significant amount of time in the sun, consider your environment. Will there be plenty of shade? Will you have to bring your own? What's the best way to step out of the sun for a few minutes? Wearing sunscreen and protective clothing are great ways to shield yourself from UV rays, but it's important to avoid being in direct sunlight for long periods. Taking a break from the sun gives your body the time it needs to recuperate and helps prevent sunburn and heatstroke.

Common Myths About Sun Exposure

Many people think that a tan is better than a sunburn, but the result of tanning is still sun damage. When your skin tone changes due to the sun, regardless of whether it tans or turns red, it's a result of the epidermis reacting to damage caused by UV rays. Both are symptoms of harmed skin.

While vitamin D is important, the sun does not contribute to its creation as much as you might think. Doris Day, a New York City dermatologist, explains that if your skin were to constantly produce vitamin D from being in the sun, it would reach toxic levels. Vitamin D is the only vitamin that your body can produce on its own, through a common form of cholesterol or 7-dehydrocholesterol. Spending time in the sun does help vitamin D form, but you need far less exposure than you think.

Knowing how to protect yourself from UV rays is the first step to having a safe, fun-filled summer!

THE FIRST 10 MINUTES

What to Do When You're in a Car Accident



The first few minutes after a car accident are often the most critical. You may feel disoriented or be in a state of shock as you work to get your bearings. Your first priority is the health and safety of yourself and your passengers.

Start by checking yourself for any immediate injuries. If you have any passengers, check their condition. Look for cuts, bruises, and other more serious injuries. Also, be sure to check for signs of discomfort, dizziness, numbness, and pain. Then, if necessary, call for emergency services.

In the event the injuries and accident were minor, move your vehicle to a safe place out of the way of traffic, such as the shoulder of the road or a nearby parking lot. Make sure to use your hazard lights if you are parked on the shoulder or close to traffic. When it's safe, collect the names and contact information of everyone involved, including passengers, the other driver, and nearby witnesses.

Then, notify local law enforcement. Even if it was a minor accident, you want to make sure to take as many precautions as possible. Be sure you do not sign any forms or documents unless they are provided directly by the police or your insurance agent. Even then, you may want to consult with an attorney to make sure you are truly protected.

After making any necessary phone calls and gathering contact information, take a moment to document as much as possible. Take pictures of the scene of the accident, the vehicles and other property involved, and any visible injuries. Include notes to supplement the photos and copy down vehicle registration information. The more documentation you have, the better — especially if you need to file any claims with an attorney.

One more thing: Do not discuss fault. Only focus on the hard facts of the accident and limit discussion with the police, your insurance provider, and your attorney. If you have questions, or you know someone who was recently in an accident and isn't sure what to do next, don't hesitate to get in touch with the Texas Law Dog at **817.775.5364 (LDOG)** or **TheTexasLawDog.com**.

When the Insurance Adjuster Calls

WHAT TO WATCH OUT FOR

Dealing with insurance companies can be frustrating, especially after an auto accident. There are certain things you want to be aware of when you are in an accident and not at fault. You want to be careful about what information you share with the other driver's insurance adjuster.

At some point after the accident, you will get a call from the other driver's insurance company. They will want to know all the details related to the accident and they will ask you several questions, such as how the accident happened and if you were injured — and how you feel.

It's important to remember that the other driver's insurance company is not on your side. They have one goal: to pay you as little as possible. And if they can find any reason to deny your claim, they will.

During a call with an insurance adjuster, listen carefully to their questions and answer with caution.

They are waiting for you to make a mistake. They want you to admit fault in some way. This will allow them to reduce the amount of your claim. To make matters more difficult, if you admit that the accident may have been half your fault, Texas law lets them deny the claim completely. You get nothing.

The adjuster may want to walk you through the accident, and may want to know about any medical treatment you had after the accident. Their goal is to find inconsistencies or anything that might indicate your injuries, or aches and pains, had nothing to do with the accident.

Here's another thing to watch out for: The insurance adjuster may offer to pay cash to you upfront. But this will come with conditions. They may ask you to waive future claims you have on your injuries. This could cost you big.

If you want to know more about speaking with insurance adjusters, or you have auto insurance questions, **give us a call at 817.618.6381** or **find us online at LegallInsuranceAgency.com**. In addition to being an attorney, Matt Aulsbrook has several years of experience working in the insurance industry and knows how to help.



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Just for Laughs



HOME COOKIN'



OATMEAL COOKIE ICE CREAM SANDWICHES

INGREDIENTS

- 1 1/2 sticks unsalted butter
- 1 1/2 ounces store-bought waffle cones, lightly crushed
- 1 1/2 cups oats
- 2 tablespoons all-purpose flour
- 1 teaspoon kosher salt
- 3/4 cup light brown sugar, packed
- 1 large egg yolk
- 2 teaspoons vanilla extract
- 4 pints ice cream (any flavor)

DIRECTIONS

1. Heat oven to 350 F. While oven is heating, cook butter in saucepan over medium heat until browned, 5–8 minutes. Scrape browned butter into a heatproof measuring glass.
2. Pulse waffle cones, oats, flour, and salt in a food processor or blender. Once cones are finely ground, add brown sugar and pulse again.
3. Whisk egg yolk, vanilla, and 2 tablespoons water in a small bowl.
4. Add egg mixture to food processor while spinning on low. Once integrated, slowly add browned butter; blend until dough forms a solid mass around blades.
5. Form dough into 26 balls and place 2 inches apart on a parchment-lined baking sheet. Flatten balls and bake 12–15 minutes or until edges begin to brown.
6. Let cool, then spread ice cream between cookies to make sandwiches.
7. Freeze for up to 5 days — or enjoy today!

(INSPIRED BY BON APPETIT)