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817.775.5364

420 E. LAMAR BLVD #110  
ARLINGTON, TX 76011



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## Cases We Handle:

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

## UNIQUE, OLD-TIMEY SUMMER DESTINATIONS

### Break the Mold With These Exciting Outings

There are only so many times you can go to Disney World over the summer until both kids and parents start snoring from boredom. Why not take a break from your modern ways? Silence your cell phones, pop in a road trip CD, roll the windows down, and get a new perspective on this great nation of ours. You'd be surprised by the hidden historical gems our country is home to.

#### The National Cowgirl Museum and Hall of Fame

Whether you have a car full of restless young'uns to entertain, or you just want to gain some new insight into your country roots, this outing is fascinating for the whole family. As a truly unsung and unique aspect of the American West, this blast from the past gives new meaning to "girl power." Through exciting displays and informative tours, the National Cowgirl Museum brings you back to a daring world where

no day was guaranteed. Starting as nothing more than a modest room in the building's basement, the museum has grown to more than 33,000 square feet and boasts over 4,000 artifacts. Located in Fort Worth, Texas, this destination may be a bit of a drive, but the unique opportunity to take in the bravery and achievements of some of history's greatest cowgirls makes the trip worth it.

#### Tombstone, Arizona, and All Its Wild Wonders

Few towns have played a more important role in our common knowledge of the Wild West than Tombstone, Arizona. From the popular movie of the same name to the famed "Gunfight at the O.K. Corral," this stunning city is unparalleled in historical value. Through countless restoration efforts and local museums, this Wild West behemoth has no shortage of adventures to set out on. From old-timey saloons and spooky graveyards to the infamous Birdcage Theatre, you can go on a week's worth of expeditions accompanied by friendly guides who are there to fill you in on all the tales of old.



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# THE TEXAS LAW DOG

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

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## Hitting the Water and Beating the

# Texas Heat

While July in Texas brings hot temperatures, it also brings outdoor activities like barbecues, swim parties, visits to the lake, and hopefully a summer vacation.

As a kid, I grew up spending many Fourth of July on the lake. We would either rent a cabin or take our camper to Lake Cypress. It's a small lake in East Texas, just south of Mt. Vernon off I-30. It is the best recreational lake for our family due to how close it is to my parents' house in Sulphur Springs. It's where I learned how to drive a boat, water-ski, and tube.

I have many fond memories out on that lake. We still take the boat out there when we are in the area. Of course, Lake Cypress has changed over the years, and the old cabins we used to rent aren't even there anymore. We did rent a house out there a couple of times last summer. This summer, we don't have anything booked as of yet, but I'm hoping to get some time set aside to go out there.

Locally, we mostly take the boat out to Joe Pool Lake in Grand Prairie. I enjoy hanging out on the water either just relaxing or pulling tubers, wakeboarders, and skiers. I especially enjoy pulling younger kids around on the tube who have never experienced boating activities. They're always so excited to give it a try. I know how much fun I had

spending time out on the boat as a kid, and I like to be able to see that enjoyment in kids now.

That said, my body just doesn't take falls as easily as it used to. I grew up slalom skiing and eventually wakeboarded a little. When I take a fall now attempting one of those activities — which require speeds of 20-plus mph — I feel it a lot more than when I was a kid. The falls just aren't as graceful as I've aged.

Nowadays, I prefer wakesurfing behind the boat. The speed is only about 10 mph, and the falls don't hurt nearly as bad. Wakesurfing didn't even exist when I was a kid, or if it did, I wasn't aware of it. It's one of the most popular activities on North Texas lakes nowadays and for good reason. It is a lot of fun.

In more recent summers, I've spent some time on Lake Grapevine, Lake Lewisville, Lake Worth, Eagle Mountain Lake, Benbrook Lake, and even Possum Kingdom Lake. Following a wet spring, I'm hoping the lakes are full and we don't experience drought as we have in the past. I recall one summer that I could nearly walk across Lake Benbrook.

Last year, my brother ended up selling his camper. I'm hoping he buys another one so I can borrow it this summer! As I write this, it's reminding me that I need to schedule a vacation. I've been so focused on building a law firm that I haven't had a vacation in a while. It's important to keep a nice balance in life and take a break every once in a while, and I need to heed that advice for myself.

For anyone who does have a vacation planned and will be hitting the water, do keep in mind many of our great lakes will be packed with boaters, waterskiers, paddleboarders, you name it. I encourage everyone to be careful, as there will be intoxicated boaters out there too. Stay safe and have fun out there!

-Matt Aulsbrook





# Summer Swimming Safety

## 3 Tips for Swimming in Open Water

There's nothing like taking a dip in a nearby pond, lake, or even the ocean. For many, it's a summertime tradition. However, swimming in open bodies of water brings certain safety risks, as these environments are not nearly as controlled as public, club, or backyard pools. Everyone should follow these tips to have a fun and safe time cooling off under the summer sun.

**Never Swim Alone.** When you swim in virtually any body of water, having someone there to keep an eye on you can be a lifesaver: the more people, the better. Stick to bodies of water with a professional lifeguard on duty when possible, though that's not always an option. When swimming in open bodies of water, have a "designated spotter" to keep an eye on the swimmers. This way, you're prepared if anything bad happens. It's also a great idea to keep flotation devices nearby, such as life jackets, life rings, foam boards, etc.

**Know What You're Getting Into.** Sometimes, it's next to impossible to see what's under the surface of the water. If you are unfamiliar with a body of water, don't jump or dive in without knowing how deep it is. If you cannot confirm what is under the surface (and the spot is not a known diving location), don't risk it. It may be okay to swim or wade, but jumping is out of the question. Along these same lines, be VERY careful around bodies of slow-moving or standing water. These can house dangerous microbes and other contaminants that can make you ill and potentially be deadly.

**Watch for Rip Currents.** These can occur at any beach without warning. They pull swimmers away from shore and are strong enough that even excellent swimmers struggle to get through them. In fact, rip currents are behind nearly 80% of beach rescues. Keep an eye on the foam at the surface of the water. If it seems to suddenly pull away from the beach, there's a good chance a rip current is lurking beneath. If you find yourself in a rip current, it's crucial to remain calm and avoid expending energy swimming directly back to shore. Instead, try swimming parallel to the shore until you're out of the current.

# THE SHARE FACTOR

## Social Media and the Insurance Company

Social media plays a big role in our daily lives. Many of us use online social media to communicate with family and friends or share the day's events. However, while you may only care about communicating with family and friends, much of what you share can end up in the public space. If someone wanted to learn more about you — such as a potential new employer — chances are they can find what they're looking for.

But potential employers aren't the only people snooping. After a car wreck or any other accident where you file a claim with an insurance company, that insurance company will want to know what you're up to. This means they may monitor your social media activity.

It's always a good idea to take a break from social media after an accident or injury. The insurance company will look for anything they can use to deny your claim. All you have to do is make a post or share a photo that indicates your injuries may not be all they seem.

Let's say you're involved in a car accident and you take time off work to deal with doctor visits and recovery. You have medical bills you need to be covered on top of the cost of taking care of your car.

However, during this time off, you go out with friends for a night out. While you're enjoying yourself, you or a friend snap a few pictures and posts them to Facebook or Instagram. In the photos, you appear to be having a great time with no indication you're injured.

You might think you are posting a perfectly innocent photo, but the insurance company can take that image and try to turn it against you. They may argue that if you're well enough for a night out, your injuries must not be that bad or that you might not even be injured. You'll be in a position to prove that you were indeed injured.

When it comes to posting online, always use your best judgment with what you share. On top of that, be sure to check and update your social media sharing preferences. You have control over who can see your posts. Securing your accounts and being careful about what you share can make a difference when it comes to your claim.

# Keeping Your Dog Safe and Cool in the Summer

Unlike humans, dogs don't sweat. When we get hot, we have the benefit of sweat. As we sweat, the water evaporates and takes the excess heat with it. Dogs, however, rely on panting to cool down. Moisture in their mouths evaporate and they cool down. When dogs warm up, they can pant 300 to 400 times per minute.

Pet Health Network notes that dogs also cool off through a process called vasodilation. Vasodilation is when the blood vessels become wider and help the blood reach the body's surface where more heat can be transferred through the skin and into the air.

During the summer months, it becomes increasingly crucial to keep your pet cool, especially in Texas and the southern states.



Certain dog breeds are more susceptible to heat than others.

Pugs, for instance, are a brachycephalic breed. This means their faces are squished, and it's harder for them to breathe, which makes it harder for them to pant. Breeds such as malamutes or huskies have thicker coats designed to contain heat. In hot weather, owners should keep a closer eye on these kinds of dogs.

The American Kennel Club Canine Health Foundation lists several signs of overheating, including:

**Panting.** This is a classic sign your dog is warm. However, panting becomes troubling if the dog starts showing signs of disorientation or faster, noisier breathing.



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**Gum discoloration.** If you notice your dog's gums have turned bright red, blue, or purple in the heat, consult your vet. They may be overheating and need medical intervention.

**Stomach trouble.** Vomiting and diarrhea can be signs of overheating. If you can think of no reason your dog is ill, the cause may be the heat.

**Passing out.** Heat can trigger fainting or collapsing in dogs. They may also appear to be having a seizure. The second you notice these signs or any of the above, wet your dog with cool water before heading to the vet. It's critical to seek vet assistance as soon as possible.

## Have a Laugh



# HOME COOKIN'



## JUICY LUCY SLIDERS

INSPIRED BY BON APPÉTIT MAGAZINE

### INGREDIENTS

- 2 lbs. ground chuck beef, 20 percent lean
- 8 slices melting cheese (like American, Swiss, Muenster, or cheddar)
- 16 small potato rolls, toasted
- Salt and pepper, to taste
- Your favorite burger accompaniments

### DIRECTIONS

1. Divide beef into 16 evenly sized balls.
2. Rip cheese into roughly equal pieces, creating 16 equal portions.
3. Using your index finger, create a small indentation in each ball.
4. Fill indentation with cheese and pinch meat around to seal. Then gently form balls into 3/4-inch-thick patties. Season patties.
5. Meanwhile, heat a cast-iron skillet to medium-high.
6. Lightly coat skillet with oil and cook patties in batches. Brown one side undisturbed, about 3 minutes. Carefully flip and cook until desired doneness, about 3 minutes for medium.
7. Serve on toasted potato rolls with your favorite accompaniments.