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### Cases We Handle:

- Personal Injury
- Car Wreck
- Wrongful Death
- Truck Wreck

# A Meal for Every Member of the Family

## MEALS ON WHEELS GOES THE EXTRA MILE



Meals on Wheels doesn't often get the credit it deserves. The international nonprofit ensures those who are unable to buy or make their own meals get the food they need to survive. Of course, for many recipients, the efforts of the organization go far beyond "survival." For those who receive food daily or weekly, those deliveries may be their only source of social interaction. And during times of social distancing, the program became more important than ever.

Meals on Wheels doesn't just serve meals to the elderly

and those with disabilities — it also serves those people's pets. In 2019, Meals on Wheels Atlanta realized there was a huge need in their community to feed the pets of senior citizens. It stands to reason that if an elderly individual is unable to shop or cook for themselves, their pets may be in a similar predicament. And when someone's pet is their entire world, making sure the animal is fed and healthy means everything.

In response to this need, Meals on Wheels Atlanta began stocking up on cat and dog food, creating their own pantry to serve the local pet community. When volunteers made their rounds delivering meals to seniors, they made sure to bring cat and dog food along too.

One volunteer with Meals on Wheels Atlanta, Larry Auberbach, had a unique experience delivering meals to Jeffery Jones and his dog, Grizzly. The volunteer told 11Alive News in Atlanta that Jeffery and Grizzly "have their own special relationship." Larry loved Grizzly long before Meals on Wheels Atlanta started the pet pantry because he saw how much Grizzly's companionship meant to Jeffery. Now, Larry enjoys his service that much more since he gets to provide for Jeffery's beloved pet, as well.

On top of delivering food to seniors and their pets, Meals on Wheels Atlanta also delivers pet toys and pet beds, and they are happy to take in any pet-related food or items for donation. The organization says this endeavor was done out of love, not only for the people they serve but also for the *whole* family — wagging tails, fuzzy whiskers, and all.

Published by The Newsletter Pro www.TheNewsletterPro.com



# THE TEXAS LAW DOG

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# Getting Back to Normal

## ONE STEP AT A TIME

Summer is officially here! Traditionally, we spend the Fourth of July holiday as a family on the lake, camping and going out on the boat. I'm looking forward to spending time with family again, as Alison and I have been socially distancing from our parents who are older and in the higher risk category for COVID-19. We don't want to take any unnecessary risks.

As I think about this month's cover article, we are slowly coming out of the COVID-19 crisis and trying to figure out our next steps. Our team is all back in the office and things are starting to get back to something resembling normal. We still have a ways to go, but it is nice to get back into a routine.

At the law firm, our primary focus is helping folks who have been injured in car wrecks. With fewer motorists on the road this past spring, and as many people sheltered in place, the number of car wrecks decreased. This is good news for motorists! But it also means we weren't seeing as many people.

Although we weren't seeing as many new clients over the past few months as we're used to, we were still settling cases for our existing clients and got a lot done. We are grateful we could continue to serve our clients during the pandemic without missing a beat.

The wheels of justice also continued to spin during the shutdown, though in a different manner than many of us were used to. We had to move to Zoom depositions, mediations, and hearings. I'm actually hopeful that after the crisis is over, the courts will still conduct Zoom hearings, at least for those that will take about 10 minutes or less. It would certainly save time for all parties involved if we didn't have to go to the courthouse for such a short hearing.



I'm also excited that salons have finally reopened! This is particularly great news for me because I really need a haircut. On top of that, gyms have reopened. I was ready to get back to the gym the moment they said they could reopen. I've definitely missed it!

Since the gym has been closed, however, I have been running to get in some daily physical activity. I'm up to 3 miles a day at a slow pace, about an 11-minute mile average. That's a much slower pace than I kept a couple of decades ago. But I'm 40 now, and I suppose we have to accept what Father Time does to us, no matter how much we might not like it.

But rather than complain about what we can't control because of COVID-19, I encourage you to pivot and move in a different direction than you might have intended. Look for new paths and seek out the bright spots. You might be surprised as to what better things God has in store for you!

*-Matt Aulsbrook*

# HOST YOUR OWN FAMILY OLYMPICS

The Olympics have been a time-honored global tradition since French historian and educator Pierre de Coubertin founded the International Olympic Committee (IOC) and reintroduced the world to the games in 1894 after a 1,500-year hiatus from its ancient Greek roots. Olympians like “fastest woman alive” Wilma Rudolph and famed swimmer Michael Phelps have inspired generations of athletes and spectators every two years.

Due to the COVID-19 pandemic, the IOC made the difficult decision to postpone the 2020 Tokyo Summer Games to 2021. For the first time since World War II, our globe will not see athletes compete biennially against international foes for medals, glory, and the culmination of their life’s work.

Thankfully, that doesn’t mean we can’t enjoy the spirit of competition this summer. While you may not have Olympian-caliber athletes in your family, it’s the perfect year to host your own family Olympics. Set the rules, create the events, and embark on a new family tradition with these ideas.

**The Rules** Get ready for your family’s first Olympics by determining a few rules. Decide if your athletes will compete solo or if you’d rather pair up in your fight. Next, decide how the winners will be selected. Are you playing the games for fun or will you keep track of who wins the most games for bragging rights? Ultimately, these choices lead you to the next task: deciding the games you will play.

**The Games** What you play depends on several factors, but there are many options for families to choose from when it comes to organizing their first Olympics. Try these games or get creative and come up with your own.

- **Beach Blanket Volleyball:** In this version of volleyball, you just need two beach towels and a ball. This game is designed for two teams of two players each. Each person will hold one end of a towel and volley the ball to the other team using only the towel, not their hands or wrists. The first team to reach 21 wins! Make this game even more fun by setting up a tournament.
- **Laundry Basketball Relay:** Leave the laundry on the floor for this game. Laundry baskets serve as hoops, and competitors are challenged with picking up a beach ball using only pool noodles and taking it across the yard to one basket. The next member in the relay picks it back up and transports it to the second basket. Whichever team does it the fastest wins!
- **Paper Plate Target Shooting:** For this game, you only need one handball, several paper plates, and one big tree. Draw targets or point values on the paper plates and string them at various heights. Athletes take turns tossing the ball at the targets from different distances, and whoever gets the most points wins!

After a little friendly competition, enjoy your family’s own version of the closing ceremonies, honoring those who can brag all year and those who gave it their best shot.

# MEDICAL MYSTERIES

## Why You Should Not Keep Your Medical History a Secret

Can hiding the truth hurt your case? Yes, it can! Sometimes, people hide the truth about past accidents and injuries because they think it will impact their current car accident case — and those past injuries can impact your case if they aren’t clearly spelled out for your attorney.

There are many reasons why past injuries can hurt your current case, and one has to do with insurance companies. These businesses have entire databases full of data on their customers, the customers of other insurance companies, and every claim they’ve ever processed. Insurers know that information is a powerful tool, and they are going to use that tool to the best of their ability.

It also means they are likely to have a good picture of your medical history. If you have a past injury but don’t disclose it, then this can call your credibility as a claimant into question. The insurance company will likely already have details on your past injury, and if you lie or withhold information, then they may deny your claim.

You also don’t want to be in a situation where your insurer, or the at-fault driver’s insurer, has more information about you than your own attorney. They are more than happy to use any and all information they have about you against you — and if the insurer knows more than your lawyer, then your lawyer cannot be nearly as effective in getting the results you need.

This is a good example of why you should be completely honest with your lawyer. In many cases, honesty and openness about your medical history and past injuries and accidents can be useful. With this information, your attorney may be able to show that past injuries are completely unrelated to your current injuries.

Additionally, your attorney may be able to make a request of the court: Keep old injuries out of the current claim, as they have nothing to do with the present case. Then, the insurance companies can’t use this piece of medical history against you!

# MAKE A SPLASH! 4 SAFETY TIPS BEFORE HITTING THE WATER

“Don’t run by the pool!” These are words to live by. Rules like this prevent serious injury and save lives. Families everywhere are cooling off at the pools, lakes, ponds, and rivers of Texas. If it’s open, then they’re there! But every outdoor swimming season comes with its share of injuries and accidents. As you and your family jump in to cool off, here are a few things to keep in mind so you can stay safe while having fun!

**Supervision is a must.** You never know what might happen. There should always be at least one adult in the immediate area to keep an eye on swimmers, no matter how shallow the body of water is. If there isn’t a lifeguard on duty, then it may be up to you to take on the role. If you can’t stick around and there is no one else to keep watch, then the swimming will have to wait. Never let kids swim alone, and always rely on the buddy system.

**Watch the weather.** Before you head out to your favorite swimming hole, check the weather. During the summer, the weather can turn on a dime. One moment, it’s sunny, and the next, it’s rainy and windy. If the weather forecast suggests a storm, then adjust your trip around the forecast. If you are at the pool or lake and notice trouble on the horizon, then it’s best to wrap things up. You do not want to risk being in or around water when a storm sets in.

**No diving means no diving.** Never dive into a body of water with posted no-diving signs or if you cannot verify the depth of the body of water — and no, you cannot verify depth just by looking at the water. The American Red Cross recommends a depth of 9 feet or more in unobstructed water. Every year, an average of 800 spinal cord injuries are caused by diving into shallow water.

**Become CPR-certified.** If you or your kids are frequent swimmers, then consider becoming first-aid and CPR-certified. These are great skills to have and can make a difference in many life-threatening situations. The average CPR class is three hours and covers a variety of lifesaving techniques and topics. Certification is offered through the Red Cross, and you can find classes at [RedCross.org/take-a-class](http://RedCross.org/take-a-class).



# Texas-Sized LAUGHS



## HOME COOKIN'



## NO-CHURN S'MORES ICE CREAM

*Inspired by GrainChanger.com*

*July is National Ice Cream Month, so why not cool off with some sweet, homemade s'mores ice cream? You don't even need an ice cream churn!*

### INGREDIENTS

- 14 oz sweetened condensed milk
- 1 chocolate bar, chopped
- 2 tsp vanilla extract
- 2 cups whipping cream, chilled
- 10 graham crackers, crushed

### DIRECTIONS

1. In a large mixing bowl, combine sweetened condensed milk, vanilla extract, graham crackers, and chocolate.
2. In a separate bowl, use an electric mixer to beat whipping cream until peaks form, about 3 minutes.
3. Fold whipping cream into the condensed milk mixture. Transfer ice cream to a freezer-safe container, cover, and freeze for at least 8 hours.
4. Serve and enjoy on a hot summer day. It's especially delicious in a waffle cone!