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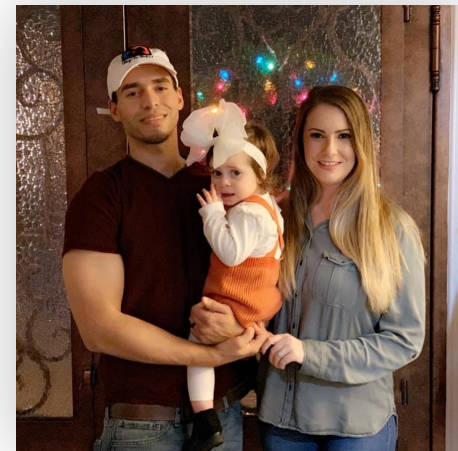


THE TEXAS LAW DOG



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

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There for Clients Every Day

MEET CASE MANAGER MEGAN ROMERO

National Chefs Appreciation Week

CELEBRATES THOSE WHO BRING COMMUNITIES TOGETHER

Restaurants have had an especially tough time staying afloat during the pandemic. Most eateries had to discontinue dine-in service, and those that couldn't adapt to offering takeout or delivery may still be questioning whether they'll ever be able to open their doors again. During the pandemic, it became clear to many of us just how important a role our favorite restaurants play in providing not just tasty chow, but also a sense of comfort and community. Celebrating National Chefs Appreciation Week is a great way to let the chefs who run those eateries know just how much they mean to us.

What is it?

Since the holiday's inception in 2013, it has most commonly occurred during the third week of August; this year, it's August 16-22. Restaurants, patrons, and home cooks alike can show appreciation for the art and dedication chefs bring to their craft every day. Several restaurants across the country celebrate with special events and menus, and patrons flock to their favorite places for great food and company and to support the chefs who bring their communities together.

How can I celebrate?

Now that many restaurants are opening back up for service at a limited capacity, it's possible to dine in and further support the chefs who make the food you love. But, if you're still not comfortable eating at a restaurant, there are plenty of other ways to celebrate. Continue having food delivered or picking up curbside from your favorite places. Whether dining in or carrying out, remember to tip well! You can also post about your favorite dishes on social media or leave a glowing review for your favorite eatery on Google or Yelp. The beauty of this holiday is that celebrating includes doing activities you probably already do, so it's easy to participate.

Chefs play a significant role in the evolution of culture, protection of tradition, and construction of community. Their food brings us together, fills our stomachs, and brightens our moods. We may not have fully recognized all they do for us until recently, but now that we have, we can truly celebrate Chefs Appreciation Week to the fullest.



The Aulsbrook Law Firm has been growing over the past several months. We've welcomed a number of new members to the Law Dog team. This month, we want to let you hear from one of those team members: Megan Romero!

I joined the Aulsbrook Law Firm in November 2019, so I've been here for some time now — going into my first full year! I joined the team as case manager. In short, I handle our cases from the time a new client signs on to the time they are ready for a demand or to go to litigation.

This means I am the point of contact for our clients. Anyone who has worked with us since I started has probably worked with me. I'm here to make sure every one of our clients has what they need, and that includes making sure they have treatment or medical care following an accident.

On top of this, I work on clearing liability and make sure all correspondence needed on a case has been sent to where it needs to go. I also oversee our medical records department,

make sure invoices are being paid and bills and records are being collected, and that we have everything needed to send a demand before handing a case over to the demand department. On any given day, I wear a lot of different hats!

Since joining the team, it's been great! I love the atmosphere around here. Everyone works so hard and dedicates themselves to every case. At the same time, we're excited to go to work. Each day brings something new, and I look forward to seeing everyone. Plus, the hours really help with maintaining a good work-life balance!

Before joining the firm and getting into personal injury law, I worked in insurance. Working in personal injury law is the complete opposite of that. We get to help clients fight the insurance companies to make sure they actually get taken care of.

And that's what makes it all worth it! I love when I am able to help change a liability decision. A client may have been denied by the insurance company before coming to us. Then, when they do enlist our services, I go to work to collect as much evidence as I can. I use my knowledge about reading property damage so I can reenact the scene and convince the claims adjuster to see it the way I do. And when they see it my way, it's a great feeling.

Outside the office, I keep pretty busy, too. I love to spend time with my family, and I love animals! Any time we can go to the park or the lake with family and the pups is a good day. At the moment, we're fighting people in the housing market as we look for a new home. It's crazy out there! In the meantime, however, we're spending our summer visiting state parks, grilling, and making a whole lot of s'mores!

-Megan Romero

Depressed, Anxious, or Angry? Try Listening to Rock 'n' Roll!

The Power of Music to Shift Your Mood

2020 has been a difficult year. If you're feeling frustrated, angry, or depressed right now, you're not alone! All over the world, people have been trying different strategies to cope with their feelings, including yoga, meditation, exercise, binge-watching their favorite TV shows, and even baking banana bread. But perhaps the most universal outlet and cure for pent-up emotions is music.

Do you remember the clip that went viral in March of Italians in quarantine, singing together from their balconies? If you do, that's probably because it made you smile. TIME heralded it as proof that "the country's spirits are still strong," and it's just one small example of how music uplifts people. This isn't just an anecdotal effect, either. According to the National Alliance on Mental Illness, music can help us process emotions and fight mental health conditions like anxiety, dysregulation, depression, trauma, sleep disorders, schizophrenia, and more.

So, how can you take advantage of music's power to turn your mood around? One option is to create music of your own, but another is simply to listen. When it comes to flipping a bad mood on its head, a survey conducted by the Family Center for Recovery (FCR) suggests that rock is the genre of choice.

"During any given year, depression affects approximately 5%–8% of Americans," FCR reports. "According to our survey participants, the vast majority — around 89% — turn to music in order to feel better. The top genre for depressed listeners is rock, followed closely by alternative, pop, and hip-hop/rap."

Perhaps unsurprisingly, the blues came in last on the list.

To put the power of music to work, create playlists for each mood that you want to turn around, like "Anger," "Frustration," "Sadness," "Anxiety," or "Grief," and fill them with songs from genres associated with fighting that feeling. According to FCR, rock is the most popular antidote

to sadness and anxiety, and it's also high on the list for anger, along with pop and country. Frustrated people opt for variations of rock, pop, punk, and heavy metal, and those stricken by grief turn to soft rock or soul.

The artists are up to you, so fill up your lists, press play, and let the music do its work.



THE INSURANCE COMPANY VS. YOU

Why They Put Up a Fight, And What You Can Do About It

It seems like everyone has a story to tell about a bad experience they had with an insurance company. When you get into an accident and have to deal with the insurance company — either your insurer, the other driver's insurer, or both — it can be a long and frustrating process. Insurance companies love to give people the runaround.

Here's the reason they do it: The insurance claim adjuster's job is to get your claim handled as efficiently as possible. That means paying you as little as possible. They also look for reasons to deny your claim, which saves them the most amount of money but can ruin your life.

Insurance companies are routinely sued for their anti-consumer practices. This is one of the reasons personal injury lawyers exist — to protect people from these practices. But sometimes these lawsuits go deeper. In fact, one lawsuit went to the Supreme Court of the United States. In *State Farm v. Campbell*, the Supreme Court found that State Farm had intentionally created a "national scheme to meet corporate fiscal goals by capping payouts on claims." Basically, they made it their priority to not pay their customers.

State Farm, and just about every other insurer, has employed tactics like withholding evidence and undermining the credibility of their claimant. Their own former employees have even testified against them, stating they look for any and all reasons to avoid paying on claims and go to great lengths to do so. This is one of the reasons why you should never post anything on social media after an accident and why you should keep your social media accounts as private as possible.

Insurers scour the internet looking for any account you may be connected to, including Facebook, Instagram, and LinkedIn. They look for any shred of information they can use to tarnish your credibility, such as a photograph of you having fun sometime after an accident. After all, if you're having fun, that must mean the accident and your injuries must not be as bad as you claim, right?

It can be difficult to protect yourself when you're going up against a billion-dollar company. The good news is that you never have to go it alone. If you or a loved one is facing the prospect of going up against an insurance company, call the Texas Law Dog for a free consultation at 817.775.5364 and get the compensation you really deserve!



NO MORE BACK-TO-SCHOOL BACK PROBLEMS

HOW TO BUY THE BEST BACKPACK FOR YOUR CHILD

This year, the back-to-school season is a little different. Some schools are welcoming back students, while others are offering online education. Students heading back to the classroom, however, will have to deal with one issue those learning from home do not: backpacks.

While more schools rely on technology to drive classroom learning, kids' backpacks continue to weigh them down, and that's a problem. Heavy backpacks can cause serious health issues and injury later in life, which arise from strain on the shoulders, neck, and back. Here are a few things you can do to ease your child's backpack burden and improve their overall health now and later in life.

Find a backpack with proper support. Some backpacks offer more support than others, and some are designed better to carry the weight of books. Look for a backpack that offers both shoulder and back support. Don't go for one or the other. Get a bag that allows custom adjustment. Extra padding is helpful, but how the bag sits on your child's shoulders is more important.

Make sure the backpack fits. A large bag on a second grader is likely to cause back problems if it is routinely overfilled or unbalanced, which may strain a smaller child's neck and back. Make sure the bag doesn't sag too far under the waistline or sit up too high on the shoulders. Help your child adjust the straps until the bag rests comfortably on their shoulders. If you can find a backpack with hip or chest straps and buckles, even better. These straps distribute weight more effectively.

Get organized. Adequate partitioning helps keep books and binders from shifting around. Avoid bags with one or two large compartments. Backpacks with multiple zippered pockets work the best. Partitions also help keep the bag from being overfilled. Once you've picked out a backpack, organize everything heaviest to lightest. Place the heaviest items (textbooks) closest to the back for more support and better weight distribution.



Texas-Sized LAUGHS



HOME COOKIN'



The dog days of summer are here, which means we're all looking for ways to cool off. Help your pup stay cool this summer with these easy-to-make frozen PB&J bites.

INGREDIENTS

- 12 medium strawberries
- 1/4 cup cold water
- 4 spoonfuls xylitol-free peanut butter

DIRECTIONS

1. Rinse strawberries and remove tops. Transfer strawberries to a blender and purée with water until smooth.
2. Pour mixture into preferred single-serving molds (like an ice cube tray) to 3/4 full.
3. Carefully place a dollop of peanut butter in each filled mold. Make sure peanut butter sinks into the mixture.
4. Place in the freezer for at least 5 hours or until frozen solid.
5. Serve frozen on a hot summer day!