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## Cases We Handle:

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

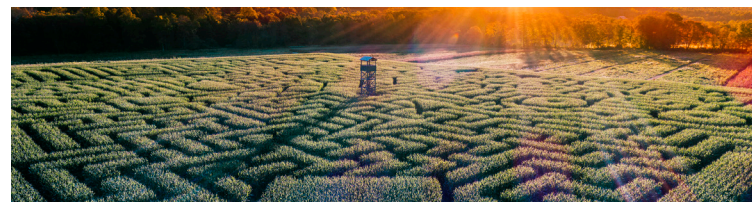
# Corn Mazes Date Back to Ancient Greece?

## A HISTORICAL LOOK AT THIS WACKY FALL TRADITION

Exploring a corn maze is a great way to get outside and enjoy the fall season with friends and family — but who came up with the idea of wandering around a corn field for fun? As it turns out, outdoor mazes are an ancient tradition, and the American corn maze of the '90s sprouted from the mazes of 17th-century European gardens. Don't believe it? Here's a quick tour of corn maze history.

### The Minotaur and the Maze

Have you heard of Theseus and the Minotaur? This ancient Greek legend tells the story of the hero Theseus, who ventured into an elaborate maze to kill the half-man, half-bull imprisoned there. The monstrous Minotaur was known to eat heroes, and the labyrinth was known to trap them, but Theseus managed to slay the Minotaur and find his way home with the help of a string that he unspooled as he walked.



This story isn't the first recorded example of a maze or labyrinth — according to the World History encyclopedia, "[L]abyrinths and labyrinthine symbols have been dated to the Neolithic Age in regions as diverse as modern-day Turkey, Ireland, Greece, and India, among others" — but it's perhaps the most famous ancient tale. If you've ever navigated a Halloween corn maze staffed by ghouls and ghosts, you can see the parallels!

### Garden Art to Get Lost In

Mazes formed from bushes began popping up in European gardens in the 17th century. They were a popular artistic feature of upper-class gardens in England, more for looking at than solving. One famous example is the half-mile-long Hampton Maze, which was planted in 1690 and still stands today.

### The Corn Maze: An American Invention

Garden mazes eventually hopped the pond to America but didn't become interactive puzzles until Don Frantz, Creative Director of the American Maze Company, came on the scene. In 1993, Frantz created the "first ever cornfield maze for private and public entertainment" to attract college kids in Pennsylvania. Today, every small-town corn maze is a descendant of his "Amazing Maize Maze." To learn more about that wacky history, visit AmericanMaze.com.

Published by Newsletter Pro www.NewsletterPro.com



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

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# Opening Up About Mental Health

## FOR MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness is a year-round subject, and if it isn't for you, it should be. We should be more open and feel more comfortable talking about mental health as well as be mindful of those around us. The person sitting next to your cube at work, the child standing in line next to you at the amusement park, your student, your spouse, your elderly parent, your sibling, your boss, or your friend — any one of them could have a mental health issue. Do you check in often enough? I don't think "checking in" with loved ones, friends, or staff can be done too often. The stigmas surrounding mental health are gut-wrenching. With World Mental Health Day being Oct. 10, we want to also take part in raising awareness of mental health and do our part to mobilize efforts in support of mental health throughout the year.

Suicide has become the second leading cause of death among people between the ages of 10 and 34, according to the Centers for Disease Control and Prevention. We all experienced emotional changes with the pandemic, whether we admit it or not. However, we may have HAD or HAVE some mental health issues pre-pandemic and ongoing, including complicated grief, anxiety, ADHD as adults, stress and adjustment disorders, alcohol and other substance problems, LGBTQ concerns, or a serious mental illness that is being managed and treated. Many times, mental health issues can be a result of a medical issue such as a vitamin deficiency, medication we take, or other disorders that are left untreated or have yet to be diagnosed. Yearly appointments to address basic physical health are important because those appointments can also lead to

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**"Do you check in often enough? I don't think 'checking in' with loved ones, friends, or staff can be done too often."**

## Crisis contact information for youth **CookChildren's**

**If your child is a danger to themselves or someone else, do not delay!**

- Take your child to the nearest emergency room.
- Call 911 if you cannot transport your child safely.

**If you are not sure:**

If your child is a danger to themselves or someone else, call for advice or help.

**Cook Children's Psychiatry Intake Line**  
682-885-3917

- Press the emergency prompt.

**Tarrant County MHMR Crisis Line**  
1-800-866-2465

- Available 24 hours a day
- Provides face-to-face assessments to help families decide how to help their child.

**JOY**  
cookchildrens.org/joy

Just breathe  
Open up  
You matter



JOY is Cook Children's suicide prevention communication effort to help bring hope and needed resources to children, teens and families. Serving Mississippi and state lines.

**If you need to talk or if you are concerned about someone, please call for advice or help.**

**Suicide Prevention**

1-800-273-8255 (TALK)

suicidepreventionlifeline.org  
Text "Home" to 741-741

**Crisis Text Line**

**24/7 LGBTQ Crisis Support** 1-866-488-7386  
Text "Trevor" to: 1-202-304-1200  
Trevor Life Line, Trevor Chat, Trevor Text

**Hope Line** 1-877-235-4525  
24/7 Call or Text for counseling and local resources

**RAINN** 1-800-656-4673  
National Sexual Assault Hotline  
24/7 Advocate and Counseling - English and Spanish

**SafeHaven** 1-877-701-7233  
Domestic Violence

**SAMHSA** 1-800-662-4357  
Substance Abuse and Mental Health Services Administration

**Transcure's Mobile Crisis Outreach Team (MCOT)** transcure.com/services/MCOT/  
Serving greater Dallas area.

**Texas Youth Helpline** dfps.state.tx.us/youth-helpline



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better mental health, too. A lot of times, we don't talk about mental health due to embarrassment, finances, or stigma.

In the past few years in my county alone, the rates of suicide among children skyrocketed in 2021. In fact, according to Cook Children's Hospital here in Tarrant County, there were 40 children admitted for suicide attempts in January, double compared to 2020. There were 43 attempts by children in March, which was a record high. This is only for one hospital and doesn't count the numbers you don't know about amongst children and adults. People have been less engaged, have less interaction with others, and are spending more time online. Teachers aren't as aware of issues their students may be going through at home, emotional or otherwise, because of virtual school or children not even attending school. Adults are also dealing with increased mental health concerns, and loved ones simply don't know what to do to help. Domestic violence rates have increased. How does this happen? How can we be more mindful or help before an issue becomes a crisis within our own household, workplaces, and circles?

I think we can start by educating, encouraging, and intentional listening (not being in a rush). Most of the time, mental health issues creep up; they don't just happen suddenly, although things do happen throughout the day that can lead to unhealthy actions. By educating, we can learn more about what to look for and what to do rather than simply believe it is just going to "go away." By encouraging, we can be there for others, check in, assist in locating resources, and be supportive rather than enabling. By listening, we can listen empathetically and not assume someone else is going to help.

In our office, we address mental health and often times refer clients to counseling and/or provide additional resources. We want our clients to reach out to us. If you need anything at all, reach out because we will do what we can to help guide you to the right place. We will support you and listen. Our phones are on 24 hours a day. For our staff, we promote a healthy, supportive work environment. We encourage staff to take time off, take care of their health, and support each other. We work after hours, but one thing we do consistently is have a gratitude moment every morning before we start the day. We share one thing we are grateful for each morning as a team and get the day started off with positive vibes even if we have other stressors. We also like to incorporate fun and laughter in the office, promote self-care, engage in time outside the office bonding, and support one another during and after working hours. Cook Children's Hospital initiated a program earlier this year called JOY: Just Breathe, Open Up, You Matter. We believe in JOY and want you to know that YOU MATTER. The information provided on the cover has resources you can post on your refrigerator. Don't hesitate to utilize it. And again, if you need anything at all, call us. We have big hearts here and want you to know that you have support.

*-Matt Aulsbrook*



## SELF-HELP BOOKS CAN'T DO IT ALL

### How Reading Fiction Can Benefit You

Many CEOs and other successful individuals continually espouse the benefits of regular reading. Many times, leaders read self-help books to improve their leadership skills and become more successful.

This is all well and good, but even the most successful people in the world could be missing out on the unique benefits that come specifically from reading fiction. But what are those benefits exactly?

#### Greater Empathy

When a psychologist analyzed 86 functioning MRI (fMRI) studies, he found that the same parts of the brain that fire up when reading fictional stories also fire up when we're seeking to understand the thoughts and feelings of others. That's because when the characters in the book we're reading are thinking or feeling a certain way, we tend to think or feel that way with them.

#### Less Stress and Better Sleep

When we read fiction specifically, we tend to disengage from the world — and that's a good thing! Our brains can't always be functioning at their peak capacity. We need breaks, or else we'll stress ourselves out and negatively affect other areas of our lives. Stress tends to keep us from sound sleep, but reading fiction before bed engages the imagination, taking us away from the stresses of everyday life before we drift off.

#### More Comfort With Uncertainty

Even though many stories (particularly those portrayed in popular movies) have nice happy endings, most people would agree that life sometimes leaves things a little more open-ended. While this fact might stress out some people, researchers have discovered that fiction readers don't need "cognitive closure" as much as nonfiction readers.

#### Greater Happiness

Even if none of the benefits of fiction interest you, everyone wants to find ways to make themselves happy — and for many, that is reading fiction. According to one survey, 76% of participants said that reading makes them feel good and improves their lives. So, what are you waiting for? Dust off that novel you've been meaning to read and crack it open!

# Did You Know ... The Difference Between First- and Third-Party Insurance?



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When dealing with insurance, it's not uncommon to see eyes glaze over and for information to be met with a blank stare. Insurance can be a complicated process and system, and while personal injury attorneys and insurance experts can offer their clients a wealth of knowledge and guidance, it's vital that you also understand a few of the basics. This will help you protect yourself and allow you to spot inconsistencies.

One of the most common distinctions to understand is the difference between first-party and third-party insurance claims. Their names may give it away, but let's dig into the background more.

First-party insurance refers to policies held by you for the payment of repairs and medical expenses you — or others on your plan — need. A first-party insurance claim would include paying a medical bill with your health insurance or the payment for a car repair with car insurance. So, when you break your arm cleaning out the gutters, a first-person insurance claim can help you pay for those medical expenses.

Regardless of what it's used for, just as the name suggests, first-party insurance is used by the party that holds the policy.

When you're in an accident and seeking compensation, you are likely going to be dealing with third-party insurance claims. These are policies held by other parties involved in your accident and through which you are seeking compensation or bill payment as a result. So, in the event of a vehicle accident where you are not at fault, you may seek to file a claim with the other driver's insurance company for compensation. This would be a third-party insurance claim, since you are an outside party filing on that policy.

Knowing the difference between these two claims will allow you to determine which steps to take when you need to file a first- or third-party claim. As both insurance and personal injury experts, our team at Aulsbrook Law can help you file with your insurance company and/or another company, speak with adjusters, and understand the next best steps forward in your search for proper compensation.

Call us today to learn more about your options or if you have further questions about your case.

## Texas-Sized LAUGHS



## HOME COOKIN'



### CATHY'S HOPKINS COUNTY STEW RECIPE

#### INGREDIENTS

- 1 whole chicken
- 4 carrots
- 5 potatoes, peeled and chopped
- 1 large onion, chopped
- 2 tbsp vinegar
- 4 tbsp chili powder
- 2 tbsp black pepper
- 2 tbsp salt
- 2 tbsp sugar
- 1/2 stick butter
- 1 can corn
- 1/2 can creamed corn
- 1 large can V8 juice

#### DIRECTIONS

1. Boil chicken for 2 hours, then remove and keep the broth. Allow chicken to cool and chop meat into bite-size pieces. Add chicken pieces back into the pot.
2. Peel, slice, and add the carrots to the broth, cooking 15 minutes.
3. Add potatoes and chopped onion.
4. When veggies are done, add corn, seasonings, butter, and V8 juice. Simmer 1 hour.
5. Serve with crackers, cornbread, and cheese. Enjoy!