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THE Key Piece

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LOYD J. BOURGEOIS LLC



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Attorney-at-Law



SELFLESS LEADERSHIP

Sports are magical! From the emotion of the big moment to the clear understanding of winners and losers at the end of the game; from incredible individual efforts to well-coordinated team plays, sports provide a ready example and many lessons and analogies for life and business.

LSU Baseball's recent National Championship win provided a great example of selfless leadership.

Paul Skenes was the best pitcher in all of college baseball this year and an unquestioned leader on the baseball field for the Tigers.

While the Tigers were winning the Championship series against the Florida Gators, Paul did not see the field during action once. He was available if needed, and given his

stature in both size (he's 6'7") and ability, he could have forced his way onto the field, I'm sure. But that's not what this is about. This is about what happened after the last out was recorded.

To get there, we have to go back to the fourth inning of the game – when the fate of the game was still in doubt. Catcher Alex Milazzo suffered a broken leg when scoring on a hit by designated hitter Cade Beloso.

Milazzo was an integral part of the team throughout the season and had been Skenes' primary catcher all year. But after the fourth inning, Milazzo was relegated to cheerleader.

But in that moment – once the last out was recorded, and the team was rushing onto the field to celebrate – Skenes grabbed Milazzo

and carried him on his back to the field to make sure his teammate could celebrate their amazing accomplishment.

Skenes could have passed this responsibility onto someone else – a volunteer coach or bench player – but he showed his true character as a selfless leader. He made sure his teammate, his catcher, and his friend was a part of the on-field celebration.

In this day and age of "look at me" leadership and social media influencing, Skenes – and really the whole Tiger team – provided a perfect example of what true leadership is. It's not about you, it's about your entire team!

Sincerely,



GET YOUR FREE COPY! *Injury Victim's Diary*

I created this workbook for you to document all the evidence you need to obtain a fair settlement from the insurance company after getting hurt in a wreck; things you may forget with time, like:

- The accident details.
- Witness information.
- The progression of your pain and symptoms.
- History of missed work and wages.
- Names of doctors and dates of visits.
- And more!

If you'd like a copy of this resource or know someone else who may need one, give our office at call at (985) 240-9773 or visit LJBGuides.com. We'd be happy to send you a free copy.

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LJB's Cookin' Corner

CRAWFISH JAMBALAYA RICE DRESSING

This month's recipe submission comes from a longtime friend of the family and firm. She's an avid reader of our newsletter, and it was so wonderful to hear from her! Thanks for the delicious recipe!

INGREDIENTS

- 1-1/2 cups uncooked long grain rice
- 1 pound of Louisiana crawfish tails, thawed, with the fat
- 1 can cream of mushroom soup
- 1 can cream of onion soup
- 1/2 cup chopped bell pepper
- 4 tbs. butter, melted
- 2 tsp. Cajun seasoning
- 2 dashes hot sauce
- 1/2 tsp. garlic powder
- 1-1/2 cups chicken broth
- 1/2 pound crabmeat, optional

INSTRUCTIONS

Combine all ingredients in a buttered 9 x 13 inch casserole dish. Cover with foil and bake at 350 degrees for 1 hour. Serves 6.

Frozen Crawfish Tip: To freshen the taste of frozen crawfish, add 1/2 teaspoon (or to taste) of liquid crab boil and enough ice cold water to cover the seafood. Let it soak in the fridge for about an hour. Keep in mind you will need to use much less Cajun seasoning after soaking the seafood. Taste, then add and adjust other seasonings.

Variation: You may substitute peeled and deveined thawed shrimp for the crawfish, but be sure to adjust seasonings



due to the lack of fat from the crawfish.

If you have a recipe that you'd like to submit to the newsletter, please share it with us at info@LJBLegal.com. We're always looking for new recipes to try and share.

Enjoy!



REID'S Joke Corner

Why don't oysters share their pearls?
Because they're shellfish!

What kind of tree fits in your hand?
A palm tree!

When do you go at red and stop at green?
When you're eating a slice of watermelon!

Check out new jokes from Reid every month in this newsletter!

The LJB Legal difference

- We listen with empathy, and WE CALL PEOPLE BACK!
- We are working class LSU fans. We never thought we'd have to sue people either, but no one should have to fight insurance companies and government bureaucracy alone.
- No charges unless we win. Nothing. ZERO. Until you win.

The LJB Legal guarantee

If you're not completely satisfied with your experience after 30 days, we'll give you your entire file and charge you nothing!



FUN STUFF: SUDOKU

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Find the answer at tinyurl.com/ljbsudoku.

Reminder About Our Firm's COMMUNICATION POLICY

Our promise to you is that while we are working on YOUR case – we are WORKING on YOUR case. And this goes for each and every one of our clients. This means that our focus and attention are squarely on your case

and not anything else. Because of this, Loyd Bourgeois DOES NOT take unscheduled phone calls, emails, or walk-ins. This makes all of us more productive, efficient, and knowledgeable about YOUR case. It may help get your issue resolved faster. You can always call the office at (985) 240-9773 and schedule a phone appointment or in-person visit.

DISCLAIMER:

This publication is intended to educate our clients, referral sources, and others in our network. This is not intended to be legal advice.

Each case is different You can pass this information along to your family and friends as long as the newsletter is copied in its entirety.

WHAT ARE YOU TOLERATING?

Our team was chatting this morning about how easy it is to get used to something, even if it's something negative.

It all started with someone sharing a story about cleaning off a pile of clutter in their home office they'd been avoiding for months. Other areas of the home were spotless, but she had started just overlooking the pile as if it belonged there. The task wound up taking less than half an hour.

It reminded me of a viral tweet from writer Kimberly King Parsons: "Took Me Eleven Minutes to do That Thing I've Been Avoiding for Three Months: A Memoir." Based on the number of shares, the feeling must be even more universal than just getting agreement among our LJB Legal team members.

Some psychologists have hypothesized that in as little as two months, we can become

completely used to something to the point we just tune it out and ignore it, totally forgetting there are alternatives to its existence.

In addition, according to Fuschia Sirois, author of Procrastination, Health, and Well-Being, humans are hard-wired pleasure seekers, which means if the thing you're putting off is even a little unpleasant or requires effort — if it veers slightly left of neutral into "not very fun" territory — it's easy to put it off, even if you know you could knock it out in less time than it takes you to rewatch an episode of *The Office*.

Have you ever taken the time to think about what you are tolerating simply because you've gotten used to it? How much time/effort/money would it take to remedy the situation? Would that moment of discomfort doing the task be worth the mental release it would provide to know it's done?

REVIEW ROUNDUP



"Christy was very knowledgeable and helped prepare me for my case in a clear and concise way that made me feel at ease during the process leading to my hearing. I would recommend her to anyone going through a similar case."

— *Bobby*



"They always explained what's going on or what to expect. They advised me what to do next. I just stayed put and waited at home. Finally, I saw the light at the end of the tunnel. Thanks to them, I finally got the help I needed. I highly recommend them to my friends and family. Thank you, LJB, LLC family, for all the help."

— *Nelia*

Thank you for your recent referrals to LJB Legal

- Mary Bourgeois
- Amanda Falcon
- Jake Lemmon, attorney
- Andre Granier
- Andrew Legrand, attorney
- Jodi Bellard
- Michael Cheramie
- Louis Cosenza, attorney
- Jane Moss
- Steven Griffith, attorney
- David Burns
- Cory Thompson
- Brenda Oubre
- Lyncee Daigrepoint
- Ester Greenbaum, attorney
- Shelia Fiffie

We are always thankful to those who trust us enough to recommend us to their family, friends, and/or clients.

We're grateful to have once again placed in the Top 5 of the Favorite



Attorney category during the nominations round for NOLA Family Magazine's annual Family Favorites contest. We have moved on to the voting round. Please vote for us along with your other favorites! We appreciate your support!



I was honored to have recently been interviewed by



Attorney At Law Magazine about my journey from engineer to lawyer and entrepreneur and the fulfillment I've found in helping others navigate the complexities of the legal world.

Point your phone's camera at the QR code above to read the full article.

Visit our website, LJBLegal.com, or follow us on your favorite social media: Facebook, Pinterest, Twitter, and more!

LEGAL VIP PERKS *A courtesy we offer our clients*

Our attorneys are all notaries. Notary services are a courtesy we offer to our clients for free as long as we don't have to prepare the document. Just send us an email at info@ljblegal.com, and we're happy to help you.



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LOYD J. BOURGEOIS
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To be removed from our mailing list, call (888) 552-4773.

Our Mission Statement:

Injury • Disability • Insurance

We Fight Life's Legal Battles with Compassion and Care!

- Car Accidents & Personal Injury
- Hurricane Insurance Claims
- Social Security Disability & Long-Term Disability

IN THIS ISSUE: Crawfish Jambalaya Rice Dressing // Selfless Leadership // What are you Tolerating?

Roots Run Deep

During a recent trip to court in St. James Parish, I passed a historical marker with personal significance. Bourgeois Homeplace is presented in both French and English. Our roots run deep in this area – all the way back to 1765 deep!

