

THE Key Piece

A MONTHLY PUBLICATION OF
LOYD J. BOURGEOIS LLC

≡ TREADING WATER

What is your first thought when someone says they are “treading water?”

For most of us, our thoughts immediately jump to images of drowning or a feeling of helplessness. We focus on the struggle, the challenges, and our perceived inability to overcome them.

What would a Navy Seal think about treading water? What about a water polo athlete?

The ability to tread water indefinitely is automatically assumed for all SEALS. And water polo athletes must continuously tread water for up to eight minutes often with opponents hanging onto them. Do they think of drowning or focus on the struggle?

So how are these humans – people just like us – able to tread water indefinitely when, for most of us, we immediately think of drowning?

Three keys:

1. Absolute belief in their ability.
2. Absolute trust in their practice, training, and methods
3. Absolute trust in the team around them whose members are facing the same

obstacle, who will not let them down; and they, in turn, will not let members of their team down.

They start with an unwavering trust and confidence in their own ability to succeed in the toughest of circumstances. They know perception drives ability and actions. If you believe you can tread water for hours, you will do the things necessary to prove the belief right.

They do the activities necessary to prove the belief correct, like practicing, learning new and more effective methods and techniques, and more practicing. Because of a true belief in who they are, they are willing to put in the time necessary to become that person and show the world they are that person.

Finally, they all know that no person is an island. They understand they are part of something bigger, and that bigger requires much from them. They trust those around them understand this as well, and together they all have unwavering belief and put in the necessary time to learn, train and practice. And because they know their teammates are counting on them, they push to be better.

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Loyd J. Bourgeois
Attorney-at-Law



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 a 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

CREAMY HOMEMADE PRALINES

LOYD'S NOTE: This month's recipe comes from the cookbook of attorney and friend of the firm Anna Guste. Her cookbook contains stories of her mother, Dorothy Guste "Butsie," and father, former Louisiana State Senator and five-term Louisiana Attorney General, William J. Guste, Jr. The stories include standing up for and defending many of the social justice causes of their day, along with raising a family of 10 children. Demonstrating the Gustes' collective love of cooking, Anne's book also contains favorite family recipes passed down from "the General" including this praline recipe. *Stories of My Mother and the General's Cookbook* is available on Amazon and Barnes and Noble.

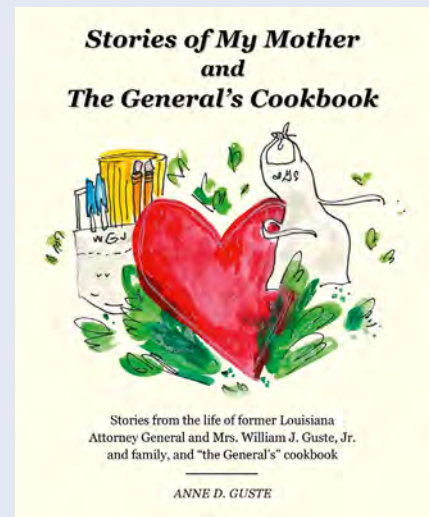
INGREDIENTS

- 4 cups sugar
- 1 cup half and half
- 1/2 stick of butter
- 2 tsp vanilla
- 2 cups chopped pecans

DIRECTIONS

1. Melt 1 cup of sugar in a small, heavy sauce pan (a cast iron skillet is preferred and recommended here) over a medium to low flame until sugar is dissolved into a liquid form.

2. In a heavy 2 quart pot, bring to a boil 3 cups of sugar, half and half and butter (a margarine substitute is not recommended).
3. Pour melted sugar slowly and carefully into and around the inside edge of the sugar, cream, and butter mixture.
4. Turn heat to low and continue to cook for about 5 minutes, or to a softball stage. (A softball stage is tested by spooning a small drop or two of the praline mixture into cold water. It is ready when you can roll and shape a soft ball in your fingers, or read 235 degrees on a candy thermometer).
5. Remove from heat and add vanilla and pecans. Mix and stir until the mixture loses its sheen.
6. Start dropping mixture by the spoonful onto a buttered surface, being careful to do so before hardening of the candied mixture occurs in the pot.
7. NOTES: If for any reason, your spooned out pralines do not harden and remain a hard gel or



liquefied, don't give up. This sauce can be re-warmed and served as a pecan praline sauce over ice cream.

A big thanks to Anna for sharing her cookbook and recipes with us! 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!

Mark your calendars and join us at Battle for the Paddle

The LJB Legal Team invites everyone to the best jambalaya and gumbo cook-off – the St. Charles United Way's annual Battle for the Paddle – on Thursday, Oct. 7.

The family-friendly event features all-you-can eat jambalaya and gumbo from 3 p.m. until 7:30 p.m. at the Edward A. Dufrense Community Center in Luling.

Our team will be cooking up some tasty jambalaya, and we invite everyone to come pass a good time with us!

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 about disability denials and disabling personal injury claims. 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.

GET YOUR SCHOOL CALENDAR MAGNET

We're back again this year with our popular St. Charles Parish Schools calendar magnet. Don't be caught off-guard with the many holidays and half-days!

("What do you mean you have a half-day Friday?!? You JUST had a half-day," has been uttered a few times in the Bourgeois house.)

If you want the magnet for yourself, a friend, or a family member, let us know. Shoot us an email at marketing@ljblegal.com with the subject – SEND ME THE MAGNET, and make sure to include your name and address. We'll send one out to you right away!



BACK TO SCHOOL



The Bourgeois kids headed back to school this month. High school junior, high school freshman, and fifth grader. Man... who let me get old!

While this school year is starting with a few challenges and uncertainty, we know and trust that a great school year is in store for all students.

NASHVILLE CONTINUED...

to try Nashville hot chicken. We were reminded of the amazing friends and neighbors we have that are always willing to help us out whether it be to watch the kids or to race to the airport with a

license in the nick of time.

Plus, we now have a great excuse to make another trip whenever the show gets rescheduled.

TREADING WATER CONTINUED...

And, likewise, their teammates push because they know others are counting on them. This fuels a bigger and more absolute belief in themselves.

the results we believe are possible, know you have the capacity and ability to tread the water. Trust in what you have practiced and trained for, and lean on those around you. As you will not let them down, they will not let you down.

In those moments, days, and weeks when we feel we are treading water and not seeing

REVIEW ROUNDUP



They are wonderful! Always takes your calls [and] answers your questions in a way that you understand. His staff is remarkable! They treat you like you're the only case they have when indeed they have others. That's just how they make you feel! I was referred to him by Mike Granier, and I'm so thankful. I would refer Mr. Loyd Bourgeois to anyone that needed his services. I've never felt so comfortable and confident in any situation as they made me feel! Their goal is to WIN your case, and that's exactly what they do! Thank you Mr. Loyd J. Bourgeois and your entire staff.

– Ryan



While waiting for my hearing, everyone there was so helpful and kind. Top-notch service, very easy to talk to, and they explained everything very thoroughly. I will recommend them to family and friends in the future.

– Jared

Thank you for your recent referrals

We are always thankful to those who trust us enough to recommend us.

- Karen Alexander
- Sadie Dominique
- Marjorie Bennett
- Mitzi Fauchaux
- Duffy Landry
- Sean Pilie
- Debbie Loupe
- Racheal Tate

HAPPY LABOR DAY FROM LJB!



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- Social Security Disability & Long-Term Disability
- Divorce & Child Custody

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"Boom, boom, boom...the thunder rolls and the lightning strikes..." Garth Brooks, "The Thunder Rolls."

Lindy and I recently met friends for a weekend in Nashville for a much-anticipated Garth Brooks concert.

The trip was a comedy of errors from start to finish. It started with Lindy arriving at the airport without her driver's license, and it wrapped up with a delayed flight causing us to arrive home at 1:30 a.m. on Sunday with 8 a.m. dance team pictures the next morning.

The high (low) light was three songs into the opening act, lightning and thunderstorms canceled the Garth Brooks concert we had traveled to Nashville to see. If that wasn't disappointing enough, we got thoroughly

soaked walking back across the Cumberland River from the stadium to our condo in the pouring rain.

It would have been easy to get mad, sulk in misery, and let the circumstances dictate

our mood, but we had a great time. We got to catch up with some great friends that we don't get to see often enough. We had a lot of laughs (granted some were at our own expense), and we have some good, new stories to tell. We finally got

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When things don't go as planned, you have the power to choose how you react.

