

THE Key Piece

A MONTHLY PUBLICATION OF
LOYD J. BOURGEOIS LLC



The family got out for a quick picture while driving across a frozen Lake Minnetonka.



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 at call at (985) 240-9773 or visit LJBGuides.com. We'd be happy to send you a free copy.

Loyd J. Bourgeois LLC
Offices in Luling & Metairie, La.
(985) 240-9773
www.LJBLEgal.com



Getting out of the COMFORT ZONE

We've all heard it said that growth only occurs by getting out of your comfort zone and pushing your boundaries.

In a personal attempt to get out of my comfort zone, the family (minus Preston who had baseball) and I flew up to frosty Minnesota to visit our cousins during the coldest week of the past few years!

Any one who knows me knows how much I hate the cold! I get grief at home and at the office when I mention the temperature. I think in all my past lives I lived at the equator because the cold and I are not friends.

Anyway, to the frozen tundra we embarked. When we arrived, the air temperature was -10ish, and the feels-like was -20ish. Over the next few days, we endured temperatures as low as -25 and a gradual warming to 0. We went to hockey games and saw a great hat trick from our cousin, ice skated on a frozen backyard

pond and sled down some big hills. Yeah, definitely out of my comfort zone!

And here's my growth from pushing the envelope – I survived, the cold was not as bad as expected since we only dealt with it in short intervals and I learned

I definitely do not want to live in such conditions.

Much of the growth experienced when pushing beyond your comfort zone comes from the internal

realization that the great beyond – outside the comfort zone that is – is not so bad. While the other side of the fence may be new or different, the worst aspects conjured up in your brain to keep you inside your own comfort zone are simply mythical fences we built. They are not actually there.

The fence is not what's holding us back.

'What false barriers have you created to keep you from moving forward?'

Continued on page 3...

LJB's Cookin' Corner

CLASSIC FUDGE WALNUT BROWNIES

LOYD'S NOTE: Recently we had two polls on our Facebook page. The first was the classic "edge" or "middle" piece debate. Edge won with 55 percent of the vote.

And responses to that poll introduced the next debate: "Walnuts" or "Nut-free." Walnuts won out with 57 percent of the vote. Two write-in voters professed their love for pecans. (By the way, that's "puh-cahns," not "pee-cans." No poll needed.)

So in honor of our Facebook voters, here's a recipe for walnut brownies. We found this recipe on multiple websites, so we don't know who to credit. But we tried it out and thought it was a winner.

Enjoy, but don't fight over the edges.

INGREDIENTS

- 3.38 ounces all-purpose flour (about 3/4 cup)
- 1 cup granulated sugar
- 3/4 cup unsweetened cocoa
- 1/2 cup packed brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup bittersweet chocolate

chunks, divided

- 1/3 cup fat-free milk
- 6 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 2 large eggs, lightly beaten
- 1/2 cup chopped walnuts, divided
- Cooking spray

DIRECTIONS

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next five ingredients (through salt) in a large bowl. Combine 1/2 cup chocolate and milk in a microwave-safe bowl; microwave at HIGH 1 minute, stirring after 30 seconds. Stir in butter, vanilla and eggs. Add milk mixture, 1/2 cup chocolate and 1/4 cup nuts to flour mixture; stir to combine.
3. Pour the batter into a 9-inch square metal baking pan coated with cooking spray; sprinkle with remaining 1/4 cup nuts. Bake at 350° for 22 minutes or until a wooden pick inserted in center comes out with moist crumbs



clinging. Cool in pan on a wire rack. Cut into 20 pieces.

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!

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.

7	5	3	8	4	2	9	6	1
8	2	4	7	3	5	9	6	1
7	5	3	6	9	1	8	4	2
6	1	7	9	5	2	4	8	3
9	4	5	8	1	3	7	2	6
3	8	2	4	6	7	5	1	9
5	6	8	1	7	9	2	3	4
4	3	9	5	2	6	1	7	8
2	7	1	3	8	4	6	9	5



Get reacquainted with Team LJB

Our team has grown over the past year, so last month we took a field trip to Zack Smith’s photography studio on Magazine Street to get some official team head shots. We think it’s important that everyone can put a face to a voice on the phone, especially

now during COVID when we are not meeting much in person. The pictures came out great, and it was a beautiful day – although a little cold – to enjoy some of the Yardi Gras house floats as we took the scenic route back to the office.



That’s me “catching some air” after hitting the snow ramp while tubing.

COMFORT ZONE CONTINUED...

In my case, it was only my shivering body poorly dressed for such weather. Once there – and dressed properly – the enjoyment (and growth) occurred.

Where can you push beyond your comfort zone? What false barriers have you created to keep you from moving

forward? Break them down and grow...

All the best,

REVIEW ROUNDUP



This law firm is the Best! They all work over and beyond expectations you will think of. Loyd Bourgeois and his staff are very patient and reliable in all questions someone has. If one of the staff does not have the answers at the moment, they will get it soon and get back with you ASAP. Christy worked hard on my case and got my disability in a very quick and easy process for me. She was very sincere with my case. I was always aware of my progress of my case as we went through the process. They worked from the evidence, exhibits from doctors and my correspondence to establish my case was eligible for my benefits. Thank you very much, Christy, Loyd and the rest of the staff! As I said before, I would definitely recommend y’all to anyone!

– Loretta Orgeron



Loyd and his team were great to work with in my case. They always answer questions. And they are nice people.

– Jarrod Albert

FUN STUFF: SUDOKU

2	7		8	6	
	3		5	1	
		8			3
		4	7	1	
9			1	7	6
6				4	
7			1	8	4
8					
	9	2			5

Find the answer key on page 2. (It’s upside-down!)



Loyd J. Bourgeois LLC

13755 River Road Ste. A

Luling, LA 70070

Ph: (888) 552-4773

Website: www.LJBlegal.com

LOYD J. BOURGEOIS
ATTORNEY-AT-LAW

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- Car Accidents & Personal Injury
- Divorce and Child Custody

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OUR CORE VALUES

Recently, the team and I took some time to reflect on how we operate – what's important to us and what's important to you, our clients, referral sources and friends. Through the exercise, we focused on the core principles and values we operate with every day, in every case, with every client and with every interaction. We wanted to share these values with you because if we operate by these values, we should be accountable to them and to you. **Our core values are:**

- **We GET IT DONE.**
- **We DO THE RIGHT THING.**
- **We OWN IT AND OPERATE WITH TRANSPARENCY.**
- **We COMPASSIONATELY MAKE A DIFFERENCE EVERY DAY.**

My team and I truly believe these core values are principles which make us successful – not just here, but in life. These core values guide us in each decision, each interaction, each case, and so much more.

Our firm is different because we believe we are different and the way we treat people – team members, clients, other attorneys, callers, and really anyone we interact with – shows we are different.

Our core values make us different. They give us a purpose and are a guiding beacon for those moments of indecision.

But more than that, our core values are the way we operate on a day-to-day basis. They are our difference.

Writing them down was important.

Thanks for your recent referrals!

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

Rhonda J. Eschete

Monique Ingram

Donald Adams

William Trinchard

Tammy Franklin

John Bourgeois

David Moyer, Attorney

Caleb Didriksen, Attorney

Letting you know about them is more important. If you feel we are not living up to these values – let me know.



**HAPPY ST. PADDY'S
DAY FROM TEAM LJB!**