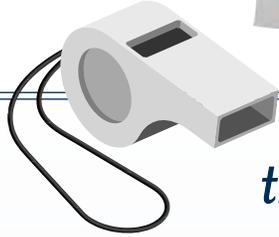


February 2023
Volume 6 Issue 9

THE Key Piece

A MONTHLY PUBLICATION OF
LOYD J. BOURGEOIS LLC



the FINAL WHISTLE

As the ref's whistle blew, the Tiger players dropped to the field, and the Northshore players erupted in celebration. I looked across from the sidelines and saw him with his head in his hands. I knew he was taking it hard. I glanced to my right and saw my wife; tears streaming down her face. Behind me, I could hear Sophie's muffled cries.

This was it. The last time.

Hahnville boys soccer lost 2-1 in overtime during the first round of the playoffs.

This was the best team the school had in years – district champs – with hopes of



making it further than the school had ever gone. But the ball didn't bounce the team's way on that cold February night. It was a valiant effort with the team scoring the equalizing goal seconds before the end of regulation only to give up the winning goal with seconds left in overtime. It was an agonizing ending for a team which had

not lost since mid-December and had only lost two games on the season.

From his first practice behind Lakewood Elementary to the long hug we shared as he walked off the field for the last time, the countless hours between and within those two moments will be seared into our collective memories as player/coach and father/son.

He was the last to walk away from the bench area; the last to leave the field. He stood in the doorway of the field house as the lights faded, soaking it in one last time. He is never in a hurry, and on this night, none of us were.



Lloyd 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

GARLIC PARMESAN CRUSTED SALMON & ASPARAGUS

INGREDIENTS

- 1.5 lb salmon (3-4 salmon fillets)
- 1 lb asparagus, ends trimmed
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 tbsp. olive oil
- 6 garlic cloves, minced
- 1 cup Parmesan cheese, shredded
- ¼ cup fresh parsley, chopped

INSTRUCTIONS

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper. (Be sure the parchment paper packaging says that it's safe to use at 400 degrees.)
2. Pat salmon dry. Brush with 2 tablespoons of olive oil on all sides. Season with salt and pepper. Place the salmon, skin side down, on a parchment paper-lined baking sheet. Coat asparagus with olive oil, season with salt and pepper, and place around salmon on a baking sheet.
3. Spread minced garlic on top of the salmon and asparagus. Top with grated Parmesan cheese.
4. Bake the salmon in the preheated oven for 15 to 20 minutes.
5. Remove from the oven. Top with chopped fresh parsley before serving.



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!

MIND MELD GAME CONTINUED

world. Improv exercises also involve active listening, which is important for effective communication with colleagues and clients. Additionally, we can build trust and team cohesion. As an added bonus, we're having a lot of fun with it.

At our last class, we did a warm-up exercise called Mind Meld that is not just great for team building but would also be fun for long car trips. The team stood in a circle. The first two people pounded their fists on their palms (as if you are starting a game of rock-paper-scissors). The first person says, "One," then the second person says, "Two". They together say, "Three," and then yell out a random word. It can be any common word but not a proper noun.

Our first words were, "Rocket!" and, "Soda!" The second person in that group turns to the next person to their right, and they repeat the exercise. However, instead of yelling a random word, they each try to say a word that is the perfect word in between the two previous words. If your partner says, "One,"

and you don't have an idea of what to say yet, wait to say, "Two" until you have your word. Both people must say a word at the same time after "three."

The game continues around the circle. There is no right word or wrong word. Just words that match or words that don't yet match. The only rule is that you cannot repeat a word that was already said.

Hopefully, the divide between the words gets smaller each time until finally, two people shout the same perfect middle word. The first time doing this exercise, we found the perfect middle word between "rocket" and "soda" to be "cake" on just the fourth pairing, a record that we were not able to accomplish again.

With this game, we were actively listening to the group, hearing their information, and processing it.

We were connecting with the team, accepting their ideas, and building on them together with our ideas. Pretty good stuff for a fun, warm-up game!

DID YOU KNOW?

Loyd and Florenz Albrecht Luling (a cotton merchant born in 1828 in Bremen, Germany, and after which the town of Luling was named) share the same February birthday. **Happy birthday, Loyd and Florenz!**

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

Find the answer online 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 listening to?

Whether you're still on track with your new year's resolutions or you need a reset, here is a list of some uplifting podcasts you may find inspiring:

1. The Tim Ferriss Show
2. The School of Greatness with Lewis Howes
3. The One You Feed
4. The Good Life Project with Jonathan Fields
5. Making Space with Hoda Kotb
6. Unlocking Us with Brene Brown

7. Happier with Gretchen Rubin
8. How I Built This with Guy Raz
9. The Art of Charm
10. Where There's Smoke

These podcasts cover a wide range of topics, including personal development, mindfulness, productivity, and happiness. They feature interviews with experts and thought leaders and offer practical advice and inspiration for living a fulfilling and meaningful life.

LJB NEWS OF NOTE

Local paper recounts firm's post-Ida story

Thanks to the Herald-Guide for sharing the story of our journey rebuilding from Hurricane Ida. I am appreciative of our amazing team for all we've been able to accomplish in the 18 months since the storm. And we're excited to continue to grow our business and expand the services and support we can provide to our community.

Gardner gets new role

Makayla Gardner has been promoted to the role of legal assistant and will primarily help with Family Law and Personal Injury client care and administrative needs. If you speak to Makayla, please give her a big congratulations! And stay on the lookout for more LJB Legal team announcements!



Luling lawyer rebounds after Hurricane Ida

When Luling personal injury attorney, Loyd J. Bourgeois first walked into his office after Hurricane Ida, he stood at his desk and looked up. He had an unobstructed view of the sky. His office and almost everything in it was destroyed.

Bourgeois' home was also heavily damaged in the storm. "It was a difficult year, to say the least. For us personally and for our entire community," said Bourgeois.

Through hard work, determination, and some pre-planning, Bourgeois was able to get his law practice up and running again quickly. Bourgeois had recently invested in new cloud-based firm management software which could be accessed from anywhere with an internet connection. Although everyone on the current team had damage to their homes, they were able to log in remotely to all of their files and start checking on their clients from their temporary locations.



Loyd J. Bourgeois

families could be found at events around the parish such as volunteering at food drives and distribution points, cooking for first responders, creating a t-shirt fundraiser for teachers who had lost classroom supplies in the storm, and providing legal advice at recovery fairs and on Facebook.

"Before opening my own firm, I worked in insurance defense. So, I have a unique perspective of the other side. And, since my wife and I were going through the same issues, I knew exactly the battles they were facing," said Bourgeois.

SCAN THE QR CODE TO READ THE ARTICLE



REVIEW ROUNDUP



"Mr. Bourgeois and his staff were very professional, responsive, and understanding. Most of the time when I called, I either got a real person, or they called me back quickly when I left a message. They were very clear as to what they wanted me to do and what information to provide."

— Wade Gaddis



"Love everything and everyone here at this office. They have done everything they can to help my son, and I appreciate them so very much. If you are looking for a wonderful lawyer, I personally recommend Loyd J. Bourgeois."

— Chanell Rainey

LEGAL VIP PERKS

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.

Thank you for your recent referrals to LJB Legal

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

- Teresa Miller
- Neal Keller
- Lorraine LeBlanc
- Beverly Jung
- Tammy Sanchez
- Amanda Falcon
- Jake Lemmon, attorney
- Jerri Lynn Cooper
- James Estay
- Shanna Marshall Green
- Latasha Glass
- Jeff Wolpe
- Robert Reisinger
- Sheila Wilkinson, attorney
- Jon Chiasson
- Joseph Rochelle, attorney
- Darrell Eschete



Happy Mardi Gras!
FROM THE LJB LEGAL TEAM



Loyd J. Bourgeois LLC // (888) 552-4773 // LJBLegal.com



REID'S JOKE CORNER

My Uncle Ricky has 2 Dobermans called Rolex and Timex. They are watch dogs.

I just watched a new documentary on beavers... It was the best dam show I've seen a quite a while.

You cannot overestimate the amount of joy on Reid's face as he delivered that last joke.



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ATTORNEY-AT-LAW

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How We Help:

Disability • Injury • Divorce • Insurance

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

- Car Accidents & Personal injury
- Divorce and Child Custody
- Hurricane Insurance Claims
- Social Security Disability & Long-Term Disability

IN THIS ISSUE: Garlic Parmesan Crusted Salmon // Staff News // Podcast Recommendations

MIND MELD

*A fun game to play with
your team or in the car
with your family*

In January, our team started taking monthly improv classes. A law firm taking improv classes? What in the world?

We are always striving to grow and improve our skills, such as communication, teamwork, and adaptability. Improvisation is all about being able to think on your feet and respond to unexpected situations, which are valuable skills in the legal

CONTINUED ON PAGE 2

