

THE Key Piece

A MONTHLY PUBLICATION OF
LOYD J. BOURGEOIS LLC

Focus on the JOURNEY not the outcome

Our family just returned from the weeklong "Ripken Experience," a baseball tournament for our youngest son, Reid, and his teammates. And to say the baseball was a disappointment is an understatement.

"While striving for a goal is important, aiming and focusing solely on the outcome causes us to sometimes lose sight of what else is going on in life."

There were six games, zero wins, four shutouts, two games with no hits (one of which was a perfect game for the other team, meaning none of our players even reached base), 31 errors and only 11 runs. It was a tough pill to swallow for sure. The practices, games,

and mental training simply did not result in the outcome we hoped for for the team.

As a father, coach, attorney and generally competitive person, focusing on the outcome is my default. Yes, of course, the process and the journey are necessary but only in so far as they help bring the outcome desired.

But Reid and his teammates – through their excitement and joy of the journey – reminded me of the importance of not always focusing on the outcome. The players absolutely enjoyed their experience playing on beautiful fields in the mountains of Tennessee, hanging out with their teammates and friends for a week, enjoying cliff jumping, white water rafting, water parks, amusement

parks, the resort pool, maybe a few instances of late night "ding, dong, ditching," meeting a major league baseball player and creating those relationships and memories which can last a lifetime!

Striving for a particular goal (outcome) can often lead to disappointment if the goal isn't reached, and often when the outcome is the only goal, we forget to enjoy ourselves along the way.



While striving for a goal is important, aiming and focusing solely on the outcome causes us to sometimes lose sight of what else is going on in life. We can miss out on some of the other fun things and life experiences happening along

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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

DOLLYWOOD'S CINNAMON BREAD

When the team parents first voted on Pigeon Forge as our end-of-year baseball tournament, Lindy immediately exclaimed, "Yes! Cinnamon bread!" Dollywood's cinnamon bread is a family favorite, and it was talked about more and more as the trip approached. Some in our group wondered over the last few months if maybe Lindy was building up the cinnamon bread too much. No matter how great it was, would it be a disappointment after looking forward to it for so long? Once in the park, Lindy bought a few loaves to share, and no one was disappointed. In fact, a number of people went back and bought more loaves for themselves on the way out.

If you can't make it to Dollywood, this gooey treat can be recreated at home. The recipe for Dollywood's cinnamon bread comes to us from Dolly's Dixie Fixin's, a cookbook released by Dolly Parton. The book suggests using store-bought frozen bread dough, but this recipe is modified to make the dough from scratch.

INGREDIENTS FOR THE DOUGH:

- ¾ tsp active dry yeast
- 1 ½ cups bread flour
- ½ tsp salt
- 2 tbsp unsalted butter, melted
- cooking spray

INGREDIENTS FOR THE TOPPING:

- ¼ cup sugar
- ¼ cup brown sugar
- 1 ½ tbsp cinnamon
- 6 tbsp butter, melted

INGREDIENTS FOR THE GLAZE:

- 1 cup powdered sugar, sifted
- 2 to 3 tbsp water or fresh lemon juice

DIRECTIONS:

1. Add yeast to a bowl with ½ cup of warm water, add a pinch of sugar and let it sit until it starts to foam, about 5-8 minutes. Do not stir. If it doesn't get foamy, throw it out and try a new pack of yeast.



2. In a stand mixer, combine the flour, one tablespoon of granulated sugar, and ½ tsp of salt. Whisk together. Then add 2 tablespoons of unsalted, melted butter and the yeast mixture. Make sure the butter is not hot. Knead with the dough hook for 5-8 minutes, until it is smooth. Place it in a bowl sprayed with cooking spray and cover. Place in a warm area and let rise for about an hour until double in size. When you poke your finger in, it should leave an indentation.
3. Place a sheet of parchment paper on a cookie sheet and spray with cooking spray. Punch down the dough and cut it in half. Shape each half into a three-by-six inch rectangle and place on a baking sheet. Spray some plastic wrap with cooking spray and cover the dough. Let it rise until it is about double, 30 minutes. (If you want to refrigerate, do so as soon as you form the dough into loaves.)
4. In a pie dish, whisk the melted butter and corn syrup together.
5. In a separate dish, combine the sugar, brown sugar, and cinnamon and set aside.
6. Preheat oven to 350° F.
7. Coat two 8 ½-by-4 ½-by-2 ½-inch loaf pans with vegetable oil or butter.
8. Cut the dough lengthwise into two pieces. Make 4 crosswise slits in each piece, taking care not to cut all the way through. Brush the loaves all over with melted butter, making sure to cover the creases and all sides.
9. Roll each loaf in the cinnamon-sugar mixture, packing the cinnamon into the creases with your hands. Make sure to cover the entire loaf.
10. Pour the remaining butter mixture over each loaf. Sprinkle the remaining brown sugar mixture over the top.
11. Bake the bread, turning the pans around once, for 35 minutes, or until the top is golden and a tap on the bottom of the pan yields a hollow sound.
12. Meanwhile, make the glaze. In a small bowl, vigorously stir together the powdered sugar and water (or lemon juice) until the mixture is smooth and free of lumps. Turn the breads out onto a rack while they're still warm and drizzle with the glaze.

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. 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.

The Pitfalls of Social Media

'We were in an accident, but we're OK!'

After an accident, you're shaken up. You're scared. You're in a bit of disbelief. But you're alive. You're relieved. You survived. You're "OK."

DO NOT POST THIS ON SOCIAL MEDIA.

I regularly see these posts on my feed: "I got rear-ended today. The kids were in the car with me. My car is totaled. But, thank God we're all OK!"

When probed further, they usually have some scrapes and bruises. They're likely sore. (Or they will be tomorrow.) But they don't want to be complainers, and they want to reassure their friends, family and themselves that they are OK.

But time passes, and the soreness doesn't go away... or it gets worse. Now you

need extensive physical therapy visits and when that doesn't work – surgery. You've had to miss work for all of the medical appointments and now cannot return to work while you recover. You've lost wages, and the medical bills are piling up. You make a claim with the other driver's insurance company, but they're claiming that you're exaggerating your injury or that it is not due to the accident. And now they have "proof" that you were okay after the crash.

A skilled injury attorney can argue that the post was made before the extent of your injuries were known. But why give the insurance company the extra ammunition to deny or underpay your claim?

Do not post any details of your accident on any form of social media, because the insurance company will use your posts against you.

REVIEW ROUNDUP



"After being turned down at my first disability hearing and without representation, I reached out to several attorneys in the area, some of which would not take my case. Loyd Bourgeois took my case, and Christy was assigned as my representative. She worked to obtain all my medical records and did all the work necessary. The only thing I did was attend my hearing. The hard work and research they did resulted in a favorable decision, and I am so grateful. I highly recommend Mr. Bourgeois, Christy, and the entire firm. They have truly made a difference in my life."

—A. Holt



"I was helped every step of the way, and it made a stressful situation easy to get through."

—JT Aucoin

CLEARING THE CLUTTER: 7 things you don't need

A recent study by the University of New Mexico found because many people identify closely with their home environments, the extent to which it is cluttered can interfere with the pleasure they experience when in that environment. Clutter was negatively related to the psychological sense of home and well-being.

Two mistakes people often make while decluttering is trying to declutter everything all at once and getting wrapped up in sentimental items.

Things you are holding on to, but don't need:

- Souvenir cups from theme parks
- Takeout menus
- Every vase that arrived with a floral delivery
- To-go packets of soy sauce
- The shirt from the 5K you ran 5 years ago
- Invitations to events you're not going to
- Out of date calendars

Without starting a major project, you can jumpstart your decluttering by grabbing and discarding these objects.

JOURNEY CONTINUED

the way. And when we hit a hurdle or don't quite get to the end goal, we feel disappointed and frustrated.

We feel like we have failed.

It's not easy to change our mindsets to get away from focusing solely on the outcome or goal. But doing so can help bring greater happiness.

While baseball was important and the reason for the experience, for Reid and his teammates, it wasn't the only thing. The less than desirable outcome did not diminish their happiness and joy for the experience.

They enjoyed the journey because the outcome wasn't the only thing.

Thank you for your recent referrals to LJB Legal

- Ree Basse
- Lee Vial
- Jake Lemmon, attorney
- Makayla Gardner
- Amy Melerine
- R. Scott Ramsey, attorney
- Jason Zeringue
- Rachael Lovetro
- Sandra Kinler
- Billy Beaudreau
- Sammy Accardo, attorney
- Gregory Clement
- Amy Loupe
- Donald D'Aunoy, attorney
- Michelle Pierce
- Corey Oubre, attorney
- Richard Bruce
- Sandy Fambrough, attorney
- Scott Ledbetter, attorney
- Elaine Fabre
- Lori Savona
- Melissa Autin
- Steven Griffith, attorney
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- Car Accidents & Personal Injury
- Social Security Disability & Long-Term Disability
- Divorce & Child Custody

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DOG DAYS OF SUMMER



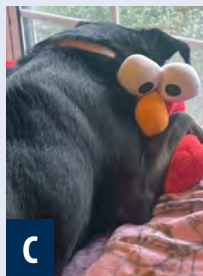
The "Dog Days" of summer are from July 3 to August 11 each year. They're usually the hottest and most unbearable days of the season. The "Dog Days" are actually named after Sirius, the Dog Star in the constellation Canis Major, which shines most brightly during this time of the year. Everyone is looking to beat the heat right now, so we wanted to introduce you to some of the "coolest" dogs we know. Can you guess which dog belongs to each LJBLegal team member?



A



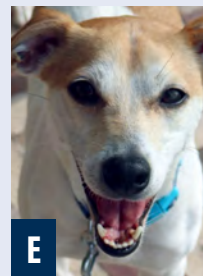
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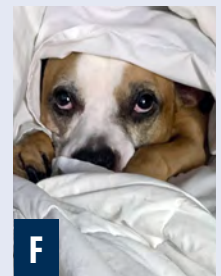
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D



E



F

A. Groot - Christy // B. Lulu - Makayla // C. Nola - Christy // D. Nola - Heather // E. Sparta - Lindy & Loyd // F. Bella - Megan



Scan the code to vote for us as your favorite attorney!

We are honored to have been nominated and named a finalist for NOLA Family Magazine's Favorite Attorney! Please vote for us! As always, we thank you for your amazing support of our mission to fight life's legal battles with compassion and care!

