

# THE Key Piece

A MONTHLY PUBLICATION OF  
LOYD J. BOURGEOIS LLC

## THE *Don't do That!* CHALLENGE

Ever got to the end of the day and thought to yourself, "What did I do today? That went by so fast." Yeah, me too. And it seems to happen a lot.

Ever had the feeling, usually while in the middle of doing something, "I should not be doing this?" It could be picking up our kids laundry because we're tired of looking at it, finishing a task for a co-worker (again), or fighting with a construction project as we all try to rebuild our lives after Ida.

Recently, in a conversation with my coach (yeah, I have one of those), we were discussing how time gets away from me. During the discussion, he threw out a challenge to me.

He said, "I want you to report to me on all the

things you do each day that you shouldn't have done."

We're talking things like addressing envelopes, printing stamps, bookkeeping, working on the printer, manipulating spreadsheets, etc.

His point was that you can regain your time by doing only the things YOU and only YOU can accomplish. All the other things – even if you can do them and have done them – are better suited for someone else or could be accomplished through technology. Keep track of those things. Stop doing them, and you will see where your time goes.

I'm trying to keep track and have enlisted others to help me because, well, I'm not good at not doing things.

But if you continually feel

like your day is getting away from you and you're not sure where it's going, I encourage you to start tracking what you are doing and where your time is going. You may be surprised just like I was. And you may find you can regain time by focusing on your highest value tasks and using the time you spend on other things, like doing things you love. (Instead of stuffing envelopes!)

Trying not to do that anymore, I remain,



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

Lloyd J. Bourgeois LLC  
Offices in Luling & Metairie, La.  
(985) 240-9773  
[www.LJBLegal.com](http://www.LJBLegal.com)



# LJB's Cookin' Corner

## MEXICAN CHICKEN & RICE BOWL

We've shared Heather and Christy's love for Hello Fresh meal kits before. This month's recipe is one of Christy's favorites. It's been adapted to prepare without the use of the Hello Fresh kit packets.



**CHRISTY**

### INGREDIENTS:

- 2 tsp. chicken stock concentrate
- 1 tsp. turmeric
- 1 cup jasmine rice
- 2 long green peppers
- 2 Roma tomatoes
- 2 scallions
- 1 lime
- 2 tbsp. southwest spice blend
- 3 tbsp. achiote paste
- 20 oz. chicken breast strips
- 8 tbsp. sour cream
- 2 tsp. hot sauce
- 4 tbsp. butter
- 4 tsp. cooking oil
- Salt
- Black pepper

### INSTRUCTIONS:

- I. In a small pot, combine 2 tsp. stock concentrate, 1 tbsp. southwest spice, 1/2 tsp. turmeric, and 1 1/2 cups of water.

2. Bring to a boil, then stir in rice and a pinch of salt.
3. Cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
4. While rice cooks, wash and dry produce.
5. Halve, core, and thinly slice green pepper into strips. Dice tomato. Trim and thinly slice scallions. Zest and quarter lime.
6. Heat a large drizzle of oil in a large pan over medium-high heat. Add green pepper. Cook, stirring until slightly softened, 2-3 minutes.
7. Meanwhile, pat chicken dry with paper towels. Season with 1 tbsp. southwest spice.
8. Once green pepper is slightly softened, add chicken and a large drizzle of oil to the pan. Cook, stirring occasionally, until chicken is cooked through and green pepper is caramelized, 4-6 minutes.
9. Add achiote paste and 1/3 cup of water. Cook, stirring until sauce has thickened, 2-3 minutes.
10. Stir in 2 tbsp. butter until melted. Turn off heat.
- II. While the chicken cooks, in a small bowl, combine tomato, scallions, a



- squeeze of lime juice, salt, and pepper.
12. In a separate small bowl, combine sour cream, lime zest, a squeeze of lime juice, salt, and pepper.
13. Fluff rice with a fork. Stir in 2 tbsp. butter until melted. Season with salt and pepper.
14. Divide rice between bowls and top with chicken mixture, salsa, and lime sour cream. Drizzle with hot sauce to taste. Serve with remaining lime wedges on the side.

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

# Enjoy!

## JONATHAN RHODES CONTINUED

the background to immediately jump in and fight for your rights with compassion and care.

When he is not advocating for clients, Jonathan enjoys time with his wife and three kids, whether they're traveling, trying a new restaurant, or just running around to the kids' events. He's deeply involved in the community, serving on numerous

boards over the years, including as a board member of his neighborhood association, president of the Father's Club at the Academy of the Sacred Heart, and as a Little League Baseball coach.

We are happy to have Jonathan be part of our team and hope you join us in giving him a warm welcome.

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9	6	7	5	1	2	8	4

### 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.*

# Dreams do come TRUE!



I just fielded a very excited phone call from our cook-off chef, Bubby. Not only is the Battle for the Paddle back for 2022 after missing 2020 due to COVID and 2021 due to Ida, but they are introducing a pastalaya category. If you know anything about Bubby, you know that he makes a mean pastalaya!

Our team would like to invite everyone out to join us for the St. Charles United Way's annual Battle for the Paddle on Thursday, Oct. 6. The entry fee is just \$5 for "all you can sample." Children 10 and under get in free.

The family-friendly event is 3 p.m. until 7:30 p.m. at the Edward A. Dufresne Community Center in Luling and features more than 125 teams competing for the Paddle! You can try them all, or you can just hang around the LJB Legal tent for repeated tastes of Bubby's pastalaya. Either way, you don't want to miss it!

## A TASTY Thanksgiving giveaway

With Thanksgiving fast approaching, the LJB Legal team wants to give thanks to our krewe of newsletter readers with cold, hard plastic... a \$100 gift card, to be exact.

1. Send your favorite Thanksgiving recipe to [info@ljblegal.com](mailto:info@ljblegal.com).
2. All recipes submitted by November 1 will be entered into a random drawing.
3. The lucky winner's recipe will be published in our November newsletter, and they will receive a shiny \$100 gift card before Thanksgiving to help prepare their favorite dishes.

## 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.*

- Rochell King
- Angela Gaubert
- Lemmon Law Firm
- Mario Zavala, attorney
- Wesley Tero
- A Safe Space of St. Charles
- Jake Lemmon, attorney
- Ron Adams, attorney
- Brent Somme
- Patrick Skiles, attorney
- Amanda Goldman, attorney
- Steve Fields, attorney
- Merlin Smith
- Grady Flattman, attorney
- Lance Marino
- Liz Arregui
- Elena Dufrene
- McKinley Day
- Osterhout Berger Disability Law
- Matthew Todd, attorney
- Mike Henderson
- Larry Isaac
- David Adams
- Jed Cain, attorney



## 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](mailto:info@ljblegal.com).

## REVIEW ROUNDUP



"After waiting a while to hire a lawyer to help with my disability claim, I came across Loyd Bourgeois' name. I figured I didn't have a case and would get turned down once again. Loyd and his team, including Christy Crotwell, were very thorough and committed to my case. Whenever I had a question on the process, I always received an answer promptly. It was nice to have them do the leg work when dealing with the SSA, which is a pain. My case was heard, and we were successful. I would suggest if you are looking for a disability lawyer you give Loyd Bourgeois and his staff a call."

— E.W.



"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 Bordelon

## JOKE CORNER

September 15th is national camouflage day. I hope I don't see anyone celebrating!

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	5		3	2		7
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Find the answer key on the opposite page – it's upside down!



Loyd J. Bourgeois LLC

50 Wade Street, Ste. 9

Luling, LA 70070



888-552-4773



LJBlegal.com

LOYD J. BOURGEOIS  
ATTORNEY-AT-LAW

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- Car Accidents & Personal Injury
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- Divorce & Child Custody

**IN THIS ISSUE: Mexican Chicken & Rice Bowl // Don't Do That! // Upcoming Cook-Off // Giveaway**

## WELCOME ATTORNEY JONATHAN RHODES TO THE LJBLEGAL TEAM

With a passion for service, it was only natural that Jonathan's career as a lawyer would focus on helping clients through life's biggest challenges. Since first coming to New Orleans as a Hurricane Katrina volunteer, he has been committed to fighting for the people and communities of our region. Now, with more than a decade of experience, his legal career is focused on helping clients succeed, families thrive, and communities build.



**Jonathan**

Family law has always been at the heart of his practice. Early in his career, Jonathan established Louisiana's first Family Law Help Desk at the Orleans Parish Civil District Court and later expanded the program in courts across

Louisiana. This collaboration earned him a National Pro Bono Award. As one of Louisiana's family law leaders, he has the experience to help clients succeed in all types of family law matters.

Jonathan also served as Director of the Louisiana Civil Justice Center, providing legal assistance to thousands of clients across Louisiana on issues including family law, successions, wills and estates, disability claims, and property insurance claims. With this diverse experience, he helps clients strategize and plan across legal issues to make sure they have the best outcomes for themselves and their families.

Before joining LJB Legal, Jonathan's



passion for representing clients led him to form his own law firm, where he focused on Family Law, Consumer Rights, Small Business, and Real Estate. He successfully represented clients on a range of issues, from simple collaborative divorce to contested custody and appeals. Jonathan has

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