

# ON THE Horizon

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**JULY 2018**  
**INSIDE THIS ISSUE**

**2** Tips to Lower  
your Energy Bill

**2** Take NSAIDS  
with Caution

**3** Client  
Spotlight

**3** Irish Cream  
Poke Cake

**3** On The  
Lighter Side



## How the Size of Your Company Can Influence Your Injury Case

While most very large offshore drilling companies all have multiple reports that are completed after an accident, a smaller boat company may only have a basic 'injury report' that's completed after your injury. This does not necessarily hurt your claim, but because of this you do need to be sure to quickly get statements from any witnesses or co-employees who will support your claim. Be sure to keep any emails and text messages between you and the company, as these can often serve as written documents which help your claim.

### Smaller Vessel Companies Can Quickly Make Changes to Cover Their Tracks

Your company also may not document in writing when certain changes are made to your boat after your accident, and this can be a huge issue. We have had dozens of cases where the vessel or its equipment was changed after an accident and we had to dig deep to prove it for our clients. I always suggest that photos are taken immediately after any accident, but especially if your accident happened on a vessel, since vessels can more easily be changed than large oil rigs. In one crazy case, the boat owner actually took old, broken winches off his vessel the day after we served him with the court claim! Fortunately, we were able to obtain the

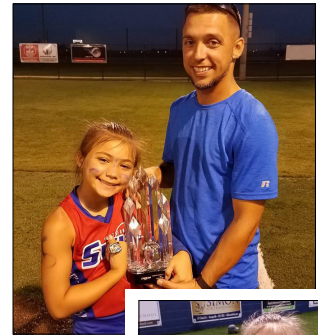
scrap yard records to show this in court and obtained a great settlement for our client.

### Your Company is Supposed to Meet Safety Guidelines

Your vessel accident may have been caused by the mobility of the vessel itself, which is a very common cause of injuries on vessels. Many injured vessel workers dismiss such accidents and assume that they simply were not careful enough while working on the deck. What you need to know though is that since the boat you worked on obviously floated and moved about on the water, you were subject to working on moving surfaces and uneven decks. This is important because there are detailed rules that required your vessel to have non-skid deck surfaces, proper handrails and other safeguards to protect you from slip and fall type injuries. We have handled many dangerous deck surface cases over the years and have learned how rough it is for you guys to walk and work on the deck even during normal travel, much less offshore loading and unloading. The good news is that you can rely on the vessel design rules and Coast Guard rules that required your boat to have non-skid surfaces, proper matting proper ladders and other safeguards to protect you.

*Curious what other ways your company size can affect your case? Be sure to check out next month's On The Horizon for more ways your company's size could be impacting your case, and what you can do about it.*

### HURRICANE SEASON



### SOFTBALL CHAMPS

Last month, our Front Desk Receptionist, Joy Gundlach, was very busy traveling from city to city with her daughter Layla who plays softball for TWO teams. In one team, Layla's team went all the way to win the state championship - look at that awesome ring! Joy's husband, Tony, was one of the coaches on this team and really enjoyed sharing this sport and hobby with his daughter. They also made it all the way to Louisiana State Championship tournament for playground ball, where they did great and finished overall in second place. They put in a lot of practice, time and hard work over this summer break and their dedication definitely showed. Congrats, girls!

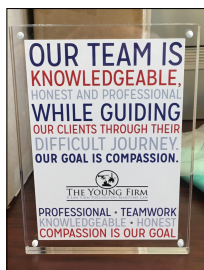


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A LAW FIRM FOCUSED ON MARITIME LAW

Serving Injured Seamen...It's all we do!

### THE YOUNG FIRM VALUES

*Our team is knowledgeable, honest and professional while guiding our clients through their difficult journey. Our goal is compassion.*



This is the official Values Statement of The Young Firm. Our Values Statement tells you what we do, for you, and how we do it. Each of us have a plaque on our desks as a reminder of the promise we have made to and for each and every one of our clients.

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### WANT SOME MORE MONEY SAVING TIPS?

Be sure to read each month's issue of On the Horizon (this newsletter) - we'll be featuring a new way to help you lower your bills every month!

### MONEY SAVING TIPS

## Tips to Keep That Electric Bill Down



- Set those thermostats to the highest comfortable temperature. Every degree cooler than 78 can increase your bill as much as 3%.
- Always use the kitchen and bathroom exhaust fans to remove excess heat and humidity caused by cooking, washing clothes and showering.
- Keep those storm windows and doors closed when the air conditioner is on. That's your money blowing out of the window!
- Close those shades and drapes on the sunny side of the house during the day to keep light and heat out.
- Never block air vents with curtains, window shades or furniture.
- Circulate that cooler air with ceiling, oscillating or box fans so you feel cooler and be able to set your thermostat higher.
- When using window units, make sure to shut doors to unused rooms,

and close all of those floor or wall registers used for heating.

- Tin foil is out! Install sun blocking curtains, solar screens or tint films on sunny windows to stop that heat from coming in and it will reduce your electric bill.
- Don't forget to change all air conditioner filters monthly. Write the date you change them on the filter so you will remember when it was last changed!
- When leaving for vacation, set your air conditioner thermostat to 80 degrees or higher. Unless of course you have an indoor pet!
- Window and central air conditioning units should be installed on the shady or north side of your home when possible.

### HEALTH AND SAFETY TIPS

## Treating pain: Balancing health risks with suffering

Athletes suffering from chronic back pain or recovering from surgery often take ibuprofen to help them perform, but some experts think this might be a poor strategy, according to The Wall Street Journal.

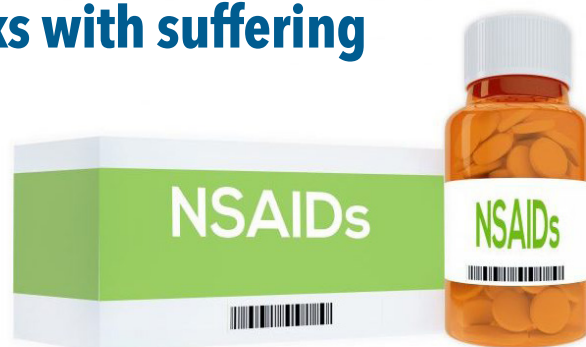
Pain is a collective experience in sports such as golf that require repetitive back movement and place a lot of stress on the spine itself during powerful swings.

Some back surgeons and pain experts recommend the practice of taking these nonsteroidal anti-inflammatory drugs (NSAIDs) all day if needed. But the U.S. Food and Drug Administration, in 2015, warned about potential health concerns. Heart attack, stroke, kidney, and gastrointestinal issues have all been commonly reported when using this

kind of medication which includes ibuprofen and aspirin, among others.

Other research, conducted at Appalachian State University, found that NSAIDs were not able to produce any noticeable pain relief for athletes running ultramarathons, suggesting that there may not be a performance increase worth the risks. In cyclists, bananas were able to produce pain relief similar to ibuprofen through their natural metabolites, with the added benefit of providing energy and nutrients.

At least one high-profile athlete, Tiger Woods, feels the risk is worth it. He is



currently following his surgeon's advice to take the drugs throughout his play on the course.

After four back surgeries, his physical condition is a liability to his career. For him, the drugs are safer than opioids, and the potential health risks pale in comparison to having his golf career shortened by back pain.



# CLIENT SPOTLIGHT

*“Everything I worried about was taken care of by The Young Firm...If you are in a similar situation and are worried about what you're going to do with your life, just give them a call. You have nothing to worry about.”*

— Daniel A.,  
former The Young  
Firm client

## SUCCESSFUL SETTLEMENTS

June was an exciting month for The Young Firm! All together, our attorneys successfully settled three cases. Congratulations to our clients Joseph J., Gerald C. and Corey W. - continue to keep focusing on your future and moving forward. We look forward to seeing all the great steps you'll be taking, and know great things are coming your way.

## YOU'RE PART OF OUR FAMILY

Remember - the world moves with introductions! We take great pride in our reputation and we are never too busy for your referrals. If you know someone struggling with a maritime injury, please be sure to pass on our name to them. We treat all our clients with pride and care, and we'd love to help them, too!

## RECIPE OF THE MONTH

# Bailey's Chocolate Poke Cake

You know when you see one of those recipe videos on Facebook and you know you just have to make it? That's how Client Development Director Paige found this recipe. Delightfully decadent and full of chocolate (and a heaping amount of Irish cream), this was a huge hit for Father's Day. Hope you all enjoy it just as much as we did!



## INSTRUCTIONS:

Preheat oven to 350°. Line a 9"-x-13" pan with parchment and spray it with cooking spray. Prepare cake mix according to package instructions. Pour batter into prepared pan and bake until a toothpick comes out clean, about 25 minutes. Let cool, 10 minutes.

Using the bottom of a wooden spoon, poke holes all over cake.

Make filling: In a medium bowl, whisk together sweetened condensed milk, heavy cream, cocoa powder, and Baileys. Pour filling over poke holes and spread with a spatula. Refrigerate 1 hour.

Meanwhile, make frosting: In a large bowl, combine butter, half of the powdered sugar, Baileys, cocoa powder, vanilla and salt. Using a hand mixer, beat until smooth. Add the rest of the powdered sugar and beat until fluffy.

Spread frosting over cake and garnish with chocolate curls. Serve.

## FOR THE CAKE

Cooking spray, for pan

1 box chocolate cake mix, plus ingredients called for on box

## FOR THE FILLING

1 14-oz. can sweetened condensed milk

1/3 c. heavy cream

1/3 c. cocoa powder

1/4 c. Baileys

## FOR THE FROSTING

1 c. butter, softened

5 c. powdered sugar

1/2 c. Baileys

1/4 c. cocoa powder

1 tsp. vanilla

1/2 tsp. salt

Chocolate curls, for garnish

## ON THE LIGHTER SIDE



"Mobile devices are robbing you of the experience of staring into space for countless hours of your life."

## LOST WEIGHT

Having lost weight over the past few years, a lady was discarding things from her wardrobe that no longer fit.

Her seven-year-old niece was watching as she held up a huge pair of slacks.

"Wow," the lady said, "I must have worn these when I was 183."

Her niece looked puzzled, then asked, "How old are you now?"



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## HOROSCOPE • JULY 2018



**ARIES:** Think ahead before you go on vacation this year. An annoyance turns into a major affair if you are not prepared.



**TAURUS:** Avoid an impulse buy that will cost a lot but not actually solve the problem. Home repairs may be on your mind.



**GEMINI:** An associate is more of a friend to you than you realize. Gossip is a temptation but steer away from this trap.



**CANCER:** The Fourth of July brings a touch of romance. Expect friendship but look for fireworks.



**LEO:** Years of effort may lead to more effort, not relaxation. But remember success is nearer than you think. Stay the course.



**VIRGO:** Your summer will soon shape up to be busier than you expected. A large gathering is on the horizon. Whatever you do, get help with the details.



**LIBRA:** You might find yourself mingling in an unlikely group. Assume the best of people then talk about the weather.



**SCORPIO:** The darkness of the new moon on the 13th brightens significantly when you touch base with a friend.



**SAGITTARIUS:** Be open to new connections. You find allies in unexpected places but you'll have to allow them into your bubble.



**CAPRICORN:** You make a link with someone who speaks your language, but not with your vocabulary. Stay away from jargon and speak simply.



**AQUARIUS:** It's tempting to try to change others, but first ask yourself what you could change to put your home and relationships in order.



**PISCES:** The stars say your convictions soon will be challenged. Be gracious and move on to other conversations.