

ON THE Horizon

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**OCTOBER 2018
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CONGRATULATIONS!

Last month was a very exciting one for Lea and her family. At the Pepsi Gulf Coast Jam music festival in Panama City Beach, FL, her son Beaux proposed to his girlfriend Cheyenne during the Thomas Rhett performance. Everything happened exactly as planned, as he dropped down to one knee during "their song," and it was absolutely picture perfect. A local radio station even shared their engagement story on their social media! We could not be happier for Beaux and Cheyenne –The Young Firm wishes you both a lifetime of happiness, laughter and great memories!



Severe Back & Neck Injury Case Settles for a Million

In August 2015, our client Jarvis B. was severely injured during a basket transfer from a platform to a nearby motor vessel owned and operated by Cheramie Global Marine L.L.C. At the time of his accident, he was an A Crane Operator for Island Operating Company getting off of work and was being lowered onto the boat from the platform 80 feet above. The other crane operator that was lowering our client was relying on signals from the deckhand on deck and the Captain in the wheelhouse, however, those signals were not communicated properly. The Captain and the deckhand didn't notice that the basket had lowered too far and when it swung over to the boat, it hit the side of the vessel, throwing our client onto the deck and injuring his back.

According to an expert witness report in our case:

"The cause of this incident was the failure of the operator of the M/V to communicate effectively with the crane operator to either raise the personnel basket or abort the transfer when it became obvious that the basket had been lowered too far. The Captain failed to maintain a situational awareness of the transfer, which allowed the crane operator to misjudge the position of the basket in relation to the vessel, which was the direct cause of this incident. Further, the captain and deckhand were in a better position to visually judge whether or not the personnel basket would clear the bulwark than the crane operator. Their failure to effectively alert the crane operator of the developing situation caused this incident."

As a result of the captain and the



QUICK CASE FACTS:

Settlement Amount: \$1.06 Million
Claim Type: Longshore
Injury Type: Back & Neck Injury
Age: 40
Job Position: A Crane Operator
Accident Location: Gulf of Mexico
Vessel Type: M/V
Company: Island Operating Co.

deckhand's negligence, our client had to receive a lumbar fusion at two levels as well as neck fusion. His range of motion was greatly diminished and he was unable to return back offshore to the job that he loved.

Because our client was technically a Longshoreman and there were several parties involved, we ultimately filed three cases on his behalf. After a year of fighting with the Louisiana Department of Labor, we proved our client's injury and he was eventually approved for his surgeries. We won his case and settled the worker's comp portion for roughly \$40,000 and the general tort suit for \$1.06 million.

Our client was very pleased with the settlement and happy to be able to move on with his life.

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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HALLWEEN SAFETY TIPS

- S** STAY IN CLOSE GROUPS.
- C** COSTUMES SHOULD BE WELL FITTING AND FLAME RESISTANT.
- A** ALWAYS TEST MAKEUP FIRST.
- R** REMEMBER TO LOOK BOTH WAYS WHEN CROSSING STREETS.
- E** EXAMINE ALL TREATS BEFORE EATING.

-
- S** STAY ON SIDEWALKS WHEN POSSIBLE.
 - A** AVOID HOUSES WITHOUT LIGHTS ON.
 - F** FLASHLIGHTS AND GLOWSTICKS FOR VISIBILITY.
 - E** ENJOY THE NIGHT WITH CAUTION!

WORK AND HEALTH TIPS

Stay Healthy and Sleep Well Working Shifts

Shift work can be hard on a body. From the social and family isolation of second shift (about 2 p.m. to 10 p.m.) to the sleep deprivation inherent in third shift (about 10 p.m. to 6 a.m.) According to the University of Wisconsin, sleep and nutrition are problems of shift work. Analyzing data from shift workers, researchers found 23.6 percent of shift workers had insomnia, versus 16.3 percent of 9-to-5 workers. More than 50 percent of shift workers reported inadequate sleep and 31.8 percent reported sleepiness.

The same study found that nutrition was an issue; nearly half of shift workers are overweight, compared to 35 percent of 9-to-5 workers. Still, sometimes shift work is unavoidable, especially in nursing, firefighting, policing, and factory work.

But shift workers can stay healthier by following some guidelines. First, sleep must be a non-negotiable priority. Establish a sleep schedule and stick to it. According to Charmane Eastman, PhD, researcher at the Biological Rhythms Research Lab at Chicago's Rush University Medical Center, shift workers can reset

their circadian sleep rhythm for better sleep.

ARRIVE HOME (about 7 a.m.) Manage light: The key idea is coming home to semi-darkness and moving to darkness. On bright summer mornings when you are driving home, use sunglasses, especially blue blockers. Use blackout curtains throughout the house and soft lighting as you arrive home.

SLEEP: 8 a.m. - 3 p.m. Plan to be in bed an hour after you arrive home. One thing you don't want to do is expose yourself to light before bed. Darken your bedroom. If a sliver of light is unavoidable, try a sleeping mask. Use a fan on low or a white noise generator to soften ambient sounds.

WAKE: 3 p.m. - 4 p.m. Now you need at least 15 minutes of sunlight. Have breakfast. Shower.

TAKE ON THE DAY: 4:30 p.m. - 7 p.m. Do errands, manage kids' schedules, exercise, do household chores.



LUNCH: 9 p.m. Avoid sugars and breads. Emphasize protein.

WORK: 11 p.m. If your work allows, use a light therapy box to simulate daylight.

LAST CUP OF COFFEE: 3 a.m.

DINNER: 3 a.m. to 4 a.m. On days off, try sleeping from 3 a.m. to noon. Eat meals earlier.

MAPS: We're Paying for Their Education!

Here are our three very deserving winners of the September MAPS Scholarship Award:

JAKE K. – a mate from Galliano, LA

MICHAEL M. – an engineer from Jonesboro, AR

FRANK S. – an AB from Houma, LA

We continue to see more and more qualified candidates apply each month, and we just love see so many in the industry aim to better their future through education. This month we had THE MOST applications to date, and it was so hard to narrow it down to only three winners. There were some great applicants we had to turn down, so please remember to reapply next time - be sure to give your answers some thought, as we are looking for applicants who really take their time answering our questions. Keep up the great work and continue to send in your applications. We'll be picking another (at least) three winners in December to round out the year.

Congratulations again to our September 2018 winners!



Want to have your classes paid for? Visit www.MarineAward.com to apply!
We award SIX time throughout the year!

ON THE LIGHTER SIDE

Mini Chocolate Bat Bites

Only 4 ingredients are needed and the assembly takes mere minutes! They are so cute and such a festive treat to make this Halloween!

INSTRUCTIONS:

Remove the wrappers from the Reeses cups. Break Oreos in half, then separate all of the pieces from one another so you now have four "bat wings". Scrape off the frosting and discard (or eat!). Fill up a plastic bag with frosting. Cut off the tip of the bag and pipe frosting onto the back corners of the broken cookie pieces. Press one cookie piece on the left of the Reeses cup and another cookie piece on the right of the Reeses cup. Pipe frosting on the back of the edible eyes and secure on top of the center of the Reeses cup. Enjoy!



INGREDIENTS:

Mini Reeses Cups
 Thin Oreo Cookies
 Cream cheese frosting
 Edible eyes



"The way I figure it, we can reach our goal of 10,000 steps a day by moving the refrigerator to the far wall."



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ARIES: A dispute is in the air. You might be able to win, but consider the cost before the matter becomes a full battle.



TAURUS: Take advantage of the lingering summer warmth. A cold drink in a cool place is the ticket to fun by the end of the month.



GEMINI: The dark night of the new moon on the 8th brings an unexpected lift for your spirits. Indulge!



CANCER: Put the phone down and walk the dog -- or cat. Disconnect for a few minutes and know that world can wait.



LEO: By the full moon on the 25th, you begin to feel your personal power. Use it for good.



VIRGO: Leave an i undotted this month and use the time for that certain something you've wanted to do, but haven't had the chance.



LIBRA: What you need is just around the corner. Don't give up your dreams or plans! Move forward. Won't be long now.



SCORPIO: You may find yourself at cross-purposes with another on an issue you care about. Resist the impulse to strike back when you can score a point.



SAGITTARIUS: Unfinished projects may be annoying this month. But you'll get help at mid-month and, just like that, some of them will be gone.



CAPRICORN: Chances are your super power is not reading the future. Give yourself a break when unexpected challenges occur.



AQUARIUS: Time to work on those personal habits you know hold you back. The last quarter moon on the 3rd gives a chance to triumph by the full moon on the 25th.



PISCES: Get the facts on that health issue. Action now might save plenty of trouble later on.