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The Official Magazine of the Lafayette Bar Association



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LAFAYETTE BAR ASSOCIATION & FOUNDATION

OUR MISSION is to serve the profession, its members and the community by promoting professional excellence, respect for the rule of law and fellowship among attorneys and the court.

THE PROMULGATOR is the official magazine of the Lafayette Bar Association, and is published six times per year. The opinions expressed herein do not necessarily reflect the views of the Editorial Committee.



ON THE COVER

In this 2024 April issue of The Promulgator we guide you on all things spring cleaning.

Read more on pages 12 - 13.

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To register for events, visit lafayettebar.org or call (337) 237-4700.

UPCOMING EVENTS

April 12 - GOLF TOURNAMENT

The Wetlands

May 4 - FLS CRAWFISH BOIL

Lindsay Meador Young's Residence

May 9 - YLS GOAT YOGA

Rebel Mini Farms

May 23 - YLS SPRING SOCIAL

The Yard Goat

May 31 - RUNNING IN HEELS

LBA Office

AUG 24-26 - BENCH BAR

The Grand Hotel Resort & Spa in Point Clear, AL

Association Board

Lindsay Meador Young, President Stuart Breaux, President-Elect Trey Hightower, Secretary/Treasurer Robert Kallam, Imm. Past President Greg Tonore, Foundation Chair Paige Beyt

Paige Beyt

Tamiko Chatman

Claire Edwards

Reed Ellis Kenneth Hebert

Jami Ishee

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Jason Matt

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Jerome Moroux

Andrew Quackenbos

Jamie Rhymes

Clare Roubion

Maggie Simar

Mandy Simon

Joshua Sins Dwazendra Smith

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Director of Pro Bono Services

Catherine Vincent
Marketing Coordinator

Shea Barber Events Coordinator

Cheryl Robichaux Administrative Assistant

PRESIDENT'S MESSAGE

Dear Fellow Members of the Lafayette Bar Association:

I am happy to inform the membership that our association is thriving and I know it is by far one of the best, not only in the state but nationally. We continue to invite all of you to join us for upcoming events, meetings and socials. It is a true testament to our profession that we have such a high level of support and participation from you and we want that to continue to grow!

That being said, our Lafayette Bar Cares Committee has worked hard to put together a clothing donation drive with ULL's Career Closet. We are accepting donations of all of those suits and business casual wear in your closets that you no longer need but that others do. Please let us know if you want us to pick it up from you or you can drop it off at the Association by April 28th.

We are also looking forward to the upcoming Birdie with the Bar golf tournament at The Wetlands on April 12th. This is one of the largest fundraisers for the Lafayette Bar Foundation and money raised allows us to continue to provide the much needed pro bono services to the public.

For members, we are re-vamping and hosting our traditional Running in Heels CLE which will be held on May 31, 2024. This will provide a wealth of information and support as we all know how difficult

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the practice of law can be at times.

Finally, I am most excited to announce that the 2024 Bench Bar Conference will be held at The Grand Hotel Golf Resort and Spa in Point Clear, Alabama from August 22 – 24, 2024.

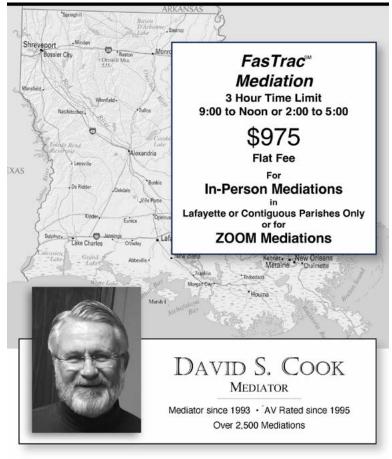


Lindsay Meador Young

This will assuredly be an event to remember with fun, sun and networking. I hope to see everyone there! Registration is open online and you can contact the Association directly to sign up.

Let's continue this year with gratitude, support, and fun!

Lindsay Meador Young President, LBA; 2023-2024



No charge for travel throughout the State of Louisiana Check and reserve available dates at www.nadn.org/david-sherman-cook

EXECUTIVE DIRECTOR'S MESSAGE

Happy Spring! With the longer days and warmer weather comes a full calendar of events and the desire for spring cleaning and purging. This issue will offer some ideas and practical solutions to help you attend to those spring-cleaning needs.

I like to regularly purge my closet of items that I hold on to for "one day I might need this" or "if I lose just a couple of pounds" or "maybe this will come back in style" and this year we have the perfect initiative to help repurpose those articles of clothing that you would like to go to a good cause. The LBA's Lafayette Bar Cares committee chaired by Reed Ellis and Mandy Simon has partnered with the UL Lafavette Career Closet for a spring-cleaning clothing drive. The UL Career Closet provides students with free, gently used professional clothing items for interviews, career fairs, and other professional networking events. The goal of this program is to help relieve the stress of affording professional clothing and allows students to focus on creating positive first impressions when networking. The LBA office will serve as a drop-off location for business professional and business casual items. From suits and dresses to blazers, ties, belts, shoes, and more, every contribution counts towards empowering students on their career path. Donating is easy - simply drop off your items from April 15th to April 26th. Your donations don't need to be dry cleaned or washed beforehand, but if you choose to do so, it's greatly appreciated!

Another exciting new partnership is with Parish Proud! LBA members are invited to participate in Parish Proud Day/Earth Day celebration on April 20 at Vermilionville. Registration opens at 8:00 a.m. with the event taking place from 9:00 a.m. - 12:00 p.m. We are hoping for a great turnout of members to contribute to the beautification of Vermilionville. Bring the family out to help with refurbishing and extending a walking trail along the Bayou that will lead to an Indigenous Interpretation area as well as assisting with taking care of mulch, gravel, bench staining, litter clean-up and other service projects. If you cannot commit to the entire morning, please just join for the time you are able. More info will be sent out via email blast so be on the lookout for the signup.



Pam Landaiche

Our annual Running in Heels CLE geared toward female attorneys will take place on Friday, May 31, 2024. The agenda and speakers are being finalized now and will be published on our website soon. As with all of our events, look for updates in the biweekly blast, the Lafayette Bar website (lafayettebar. org) and on our social media.

And of course, it's not too early to start thinking about Bench Bar! You will not want to miss out on this year's event at The Grand Hotel and Resort in Point Clear, AL, August 22-26. Registration is open and we are seeking firm and corporate sponsorships at this time. Information on registration, the room block, and sponsorships can be found on our website or you can reach out to me at pam@lafayettebar.org.

I am happy to announce that we have recently hired Catherine Vincent to take over the marketing duties at the LBA. Catherine comes to the LBA with experience in marketing and events. She has already made a big impact and has great ideas for marketing our many events.

Until next time, stay healthy and enjoy these beautiful spring days!

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YOUNG LAWYERS SECTION

AN UPDATE FROM PRESIDENT
JAMI ISHEE

Start your spring off on the right course – the Wetlands Golf Course! April 12th is the new date for the Birdie with the Bar Golf Tournament. Thank you to our teams, sponsors, and most of all, to our Golf Committee Chair, Chris Ortte, and Bar Association staff for accommodating this postponement. Golf and thunderstorms with hail and tornado warnings will not play, but beautiful April weather and later sunsets certainly will. We hope to see everyone on the greens on the 12th, and if you are not playing, stop by to say hello. Last minute team registrations are still open, so do not forget to register your team for a spot on the course!

Next up, mark your calendars for Goat Yoga promoting attorney wellness on May 9, and an outdoor spring social at the Yard Goat on May 23! The spring social welcomes all members to a relaxed atmosphere for some time to unwind with colleagues. We hope to see you there with as many lawyers as you can round up from your firms! As for goat yoga, it is said to reduce blood pressure while improving overall cardiovascular health, release endorphins that produce a calming effect, alleviate pain, reduce stress, and improve your overall psychological state. In conjunction with Well-Being Week in Law, we hope that this activity offers a new, interesting, and innovative way to promote attorney wellness, both mental and physical!

Out in the community, Young Lawyers Section has been busy providing opportunities for high school and college students learn about and grow interest in the This past month Young Lawyers Section put on a fiercely competitive Regional Mock Trial Competition for passionate and very impressive high school litigators. Iowa High School walked away claiming the grand prize, and their team coach was thankful for the distinction between "taking" the team to a steak dinner versus "paying" for a steak dinner. The team was accepting of this, because, after all, being a wordsmith is just a part of the game. Thank you to all of our volunteers who made this event possible!

To continue our efforts to cultivate a deeper understanding of the law and to promote involvement in the legal system for the youth of our community, the Young Lawyers Section has partnered with local colleges to put on a panel discussion in honor of Law Day. Federal and State court judges, criminal and civil attorneys, and college students will gather at the John M. Shaw United States Courthouse on April 4th for a presentation focusing on the various roles within the legal system, the legal process from a criminal and civil perspective, and the daily expectations of an attorney. Law Day is traditionally a highly attended event that offers an abundance of answers and insight to students who are contemplating a career in the legal field, and we are proud to provide this program to them!

The Young Lawyers Section could not put together these incredible programs for the community and for our members without the support and involvement from each of you – thank you!

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ACCESS TO JUSTICE

A report of the Lafayette Bar Foundation, provided by Foundation Chair Gregory Tonore



LAFAYETTE BAR

The 16th Annual Birdie with the Bar Golf Tournament hosted by the Lafayette Bar Association Young Lawyers to benefit the Lafayette Bar Foundation will be held on Friday, April 12, 2024 at the Wetlands Golf Course. The Wetlands is a beautiful golf course that is challenging to both beginners and experienced golfers. The golf pro and manager David Gary and his staff do a great job hosting this tournament. The Young lawyers along with the Lafayette Bar Association/ Foundation staff do a great job of soliciting sponsors and hosting the tournament. The Bar Foundation thanks the Young Lawyers as well as our staff for their hard work on this tournament each year. I participated in the tournament last year and was impressed with the camaraderie, fellowship, food, and fun for all who participated. We have a great list of donors and sponsors who will be out in full force to support this great cause. The golf tournament is the largest fundraiser for the Lafayette Bar Foundation. The Lafayette Bar Foundation provides numerous pro bono programs to the public, including the Protective Order panel, Counsel on Call, H.E.L.P., and hosting free legal seminars on various topics. Additionally, we offer legal forms for the public. By supporting Birdie

with the Bar tournament, you're allowing the Lafayette Bar Foundation to continue its mission of serving the underprivileged in our community.

On behalf of the Lafayette Bar Foundation, I would like to thank everyone who participated in the Easter basket drive. It was a huge success. We had enough baskets to send to Faith House, Healing House, the Family Justice Center and Hearts of Hope. It is through your generosity that we can provide Easter baskets to these fine organizations.

We have finally recovered from the kitchen fire this past year. The kitchen has been repaired with all new appliances. Additionally, we have completed the structural work on the outdoor patio. We will soon be purchasing furniture and doing the final electrical touches for the outdoor patio. Our plan is also to paint the building. I'll keep you updated on the progress.

Spring brings multiple festivals as well as beautiful weather to Lafayette and the Acadiana area. I hope each of you find the time to enjoy the weather as well as attend a festival.





CRIMINAL LAW SECTION

AN UPDATE FROM PRESIDENT CLARE ROUBION

The Criminal Law Section of the Lafayette Bar Association invites you to join us for a free CLE on April 18, 2024, featuring speakers John and Kris Newman. The free two-hour lunch and learn CLE is titled "What Happened To You: An Exploration of Adverse Childhood Experiences and Trust Based Relational Intervention." The Newmans' presentation will focus on the Adverse Childhood Experiences (ACE) Study, which is one of the largest investigations ever conducted to assess the connection between childhood trauma and lifelong health issues and overall well-being. This training will provide foundational knowledge about the impact that ACEs can have on brain architecture and the social, cognitive & emotional functioning of children. This training will also present research-based methods and strategies to prevent and mitigate the harmful impact of ACEs on children. Notably, approximately 45% of those who are incarcerated nationally have 4 or more ACEs. Adverse Childhood Experiences have continuing effects well into adulthood.

This CLE will cover topics highly relevant to lawyers who represent individuals, including criminal lawyers, family law lawyers, and personal injury plaintiff lawyers. Even if that is not your legal specialty, we welcome you to join this lunch and learn CLE to better understand why people do the things they do.

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FAMILY LAW SECTION

AN UPDATE FROM PRESIDENT CLAIRE EDWARDS

Streamlining Family Law Matters: A Spring Cleaning Approach

As the vibrant colors of spring azaleas emerge, so too does the annual ritual of spring cleaning. It's a time to refresh and rejuvenate our living spaces, decluttering the physical environment for a clearer mindset. Yet, as we tidy up our homes, it's also an opportune moment to be mindful of those going through family law litigation.

Spring cleaning isn't merely about dusting shelves and organizing closets; it's about creating a sense of order and ease in our lives. For those navigating the complexities of family law, this concept holds particular relevance. Family law matters, ranging from divorce proceedings to child custody agreements, can often feel overwhelming and burdensome. However, by applying the principles of spring cleaning, legal practitioners can play a pivotal role in making the lives of their clients easier.

Clearing Out the Clutter of Legal Jargon: Just as clutter can obscure clarity in physical spaces, legal jargon can cloud understanding in family law matters. Spring cleaning in family law begins with simplifying complex legal language, ensuring that clients fully comprehend the intricacies of their situations. By breaking down legal terms and concepts into digestible information, attorneys empower their clients to make informed decisions with confidence.

Organizing Documents and Information: A key aspect of spring cleaning in family law involves organizing documents and information pertinent to each individual case. Encouraging clients to keep their financial records and custody agreements in a well-organized file system streamlines the legal process and minimizes confusion. Some family law attorney even offer digital tools, which can be particularly useful in this regard, providing secure storage and easy access to essential documents.

Refreshing Communication Channels: Effective communication is essential in any legal matter, and spring cleaning presents an opportunity to refresh communication channels between attorneys and clients. Regular updates, clear explanations, and

open lines of dialogue foster trust and collaboration, ultimately facilitating smoother proceedings. Embracing modern communication methods, such as email updates and virtual meetings, can enhance accessibility and convenience for clients. Encouraging clients to have effective communication with their ex is also helpful to them in the long run.

Embracing Alternative Dispute Resolution: Spring cleaning in family law extends beyond traditional litigation to embrace alternative dispute resolution methods, such as mediation and collaborative law. These approaches offer clients a more collaborative and amicable way to resolve conflicts, reducing the emotional and financial toll associated with protracted court battles. By promoting dialogue and compromise, attorneys can help clients reach mutually beneficial solutions that prioritize family well-being.

In essence, spring cleaning in family law is about more than just navigating legal processes—it's about empowering clients to reclaim control over their lives with confidence and clarity. By adopting a proactive and client-centered approach, attorneys can make the often daunting landscape of family law more manageable and less intimidating. As we usher in the season of renewal, let us not only tidy up our physical spaces but also embark on a journey to streamline and simplify the complexities of family law for the benefit of our clients.







NEUNER PATE

FEBRUARY 24, 2024







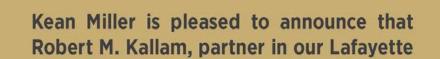












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Spring Cleaning Your Law Practice ** By Clare Roubion

Spring is finally here! Longer days, flowers blooming, and festival season can only mean one thing: it is time to clean up your practice and get your office ready for the second half of 2024. Here are five ways you can spring clean your law practice aside from literally dusting or vacuuming your office.

1. Update Your Advertising

Review your traditional forms of advertising to ensure compliance with the Louisiana Rules of Professional Conduct. Make sure your TV commercials, radio ads, and billboards contain the required LSBA filing number, lawyer name, and office location. Update your advertising materials if you have updated your logo or business address. A lawyer's online presence—whether it's a firm website, LinkedIn page, or a social media platform—is an effective means of developing your law firm's brand. Update lawyer bios and headshots on websites. Add information such as significant matters handled, awards received, publications, memberships, board appointments, and speaking engagements. If your firm does not have a marketing plan, now is the perfect time to develop one! Explore new technologies and include a budget to pay for the advertising.

2. Tidy Up Your Books and Files

Your books and files must stay organized to run a successful practice and to stay off the ODC's "Most Wanted" List. Consider using accounting software or an accountant to reconcile your books on both a matter and account basis. Review and monitor all client files, especially those that have been open for over one year, to check whether there is work to be performed to move the matter forward. Catch up on billing and make sure all invoicing is up to date. Check on past due accounts and reach out to those clients with past due invoices. Finally, if you have old dusty paper files taking up space, consider digitizing these files and storing them electronically.

3. Update Your Fee Agreements

Review and revise your fee agreements to ensure you follow the requirements of the Louisiana Rules of Professional Conduct and recommended best practices. It is best to include the following provisions in your fee agreements: arbitration clause, a file retention and destruction clause, scope of representation clause, fee clause, and a commencement clause. Remember that all contingency fee agreements must be in writing and a copy must

be provided to the client. Although lawyers are not currently required to communicate other types of fee agreements to the client in writing, it is always best to do so. Review forms available online to build written fee agreements if you have not yet done so.

4. Check Your CLE Status

The December 2024 CLE deadline feels far off now, but it will be here before you know it. Check your CLE status now and make plans to meet the CLE requirements in advance of December. Louisiana attorneys are required to complete 12.5 hours of CLE each year. At least 1 hour must be in the area of Ethics and 1 hour must be in the area of Professionalism. Attorneys must earn the required MCLE credits by December 31st and report by January 31st each year. Also, remember that the Supreme Court sets a limit for the number of online CLEs a lawyer may obtain. Many courses are free, but it is difficult to find many free courses all at once. Sign up now to take one course a month until the deadline.

5. Connect with Clients and Referral Sources

Spring is a great time of year to renew connections with your network. Reach out to current and former clients with a happy spring email or voicemail—no need to go over the top to remind your clients that you are available to help them. If referrals are an important part of your business model, take those referral sources out to coffee or dinner. Consider sponsoring a springtime event, such as a tent at a festival, and invite clients and referral sources to engage with them in a social setting.

Spring cleaning your firm requires an investment of time and money on your part. You will be thankful for this investment during the fall when you are harvesting the fruits of your hard work.





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THE GRAPEVINE

Do you have a new member at your firm, a new edition to your family, or just any life updates that you'd like to share? Submit it for The Grapevine and you'll be featured in our next Promulgator!

Email your submission to catherine@lafayettebar.org



FRIDAY, MAY 31, 2024 8:30 AM - 3:30 PM

LAFAYETTE BAR OFFICE 2607 JOHNSTON ST.

Lawyers Giving Time, Talents, & Treasures to Their Community

By Jessica Krogsgard

The Lafayette Bar Association finds importance in spotlighting the outstanding work our members do both inside and outside of the legal community. We believe that each of you deserve recognition for all of your time, talents, and treasures you pour into the Lafayette community. This issue we spotlight Edward C Abell Jr. and Glenn J. Armentor.



Edward C. Abell, Jr. retired from the Onebane Firm in 2021. He was a founding partner of the Firm in 1977. He finds Lafayette to be a great community to be a part of, and for this reason he contributes to it, almost (perhaps) as much as the community has given to him.

His wife, Elaine (also featured in this article) is attributed with being the inspiration and the encouragement to continued active civic participation. Mr. Abell is fond of the work of the AcA; he and Elaine are contributing sponsors of the Louisiana Crossroads Program at the AcA. Mr. Abell became part of the board after the Acadiana Arts Council relocated, and before the theater was added. He served as President of the Council until 2017.

He graduated from LSU Law School in 1963. He practiced law with the firm of Davidson, Meaux, Onebane, and Donohoe in 1963. He served as Captain in the U.S. Army JAGC in 1963 also.

Mr. Abell served as President of the 15th Judicial District Bar Association. He is a member of the Board of Governors of the Louisiana State Bar Association.

He is a member of the Episcopal Church of Ascension and served 3 years on the vestry. He is a founding board member of the Trinity School for Ministry in Ambridge, Pennsylvania. He is presently a member of Trinity Anglican Church.

He has helped draft the charters for the Parish, leading to Consolidation. He served as Chairman of the Lafayette City-Parish Charter Commission in 1982 and similarly in 1992. In 1996, he served as Chairman of the Greater Lafayette Chamber of Commerce. He is active with the Chamber's Transportation Task Force which led the fight to have Camellia Bridge, Louisiana Avenue Extension, and South College Bridge completed. He was appointed by Governor Foster to the I-49 Task Force, which would complete the interstate through Lafayette to New Orleans. Mr. Abell received the Lafayette Civic Cup Award in 1995, he received the Vocational Excellence Award by the Rotary Club of Lafayette in 1997. He was inducted into the Lafayette Bar Association Hall of Fame in 2016.

It is difficult to estimate the time involved in serving the community, however, he is grateful to the firm that was generous in allowing him to take time away from the office, to focus on the Charter Commissions, the Chamber of Commerce, and the AcA (especially).



46 years- in counting. The Glenn Armentor Law Corporation is currently a fourteen-lawyer firm and has been recognized by Martindale-Hubbell with a rating of "AV Preeminent." The firm is currently one of the premier plaintiff's firms in Louisiana, under the leadership of Mr. Armentor.

Glenn J. Armentor built his firm "from the ground up" and has been a trial attorney for about

Mr. Armentor proudly serves as the President of the Louisiana Association for Justice (formerly, the Louisiana Trial Lawyers' Association). He was an executive committee member of the Association, previously and served in numerous capacities over the last forty-three years. He founded the Lafayette Trial Lawyers' Association in 1984, served as its President in 1986, and an ardent supporter of the organization's endeavors since.

In 1989, he served as the President of the Lafayette Bar Association, and helped purchase the office building where it is currently located. Mr. Armentor implemented the 50th Anniversary Scholarship fund within the last two years or so. He was appointed to the LSBA's Conclave on Diversity and received the Crystal Gavel Award in 2012 for "making a difference in his local community and performing services out of a sense of duty, responsibility, and professionalism." In 2016, Governor Edwards appointed Glenn to the LSU Board of Supervisors- a six-year term that recently completed. His peers have exhibited their admiration for him and in 2020, Glenn was honored with the LSU Law Center's Distinguished Achievement Award.

Mr. Armentor initiated the "Pay It Forward" Scholarship of Excellence Program, through which community members contribute to a deserving student's ability to obtain a college education at the University of Louisiana at Lafayette, and work experience at the Glenn Armentor Law Corporation, while in undergrad. It offers a mentorship that is a rare opportunity for many students.

Glenn has been committed to improving the lives of otherwise, "at risk" children, and found young people with drive, ability, and ambition and offered them opportunity. In 2014, he was awarded with the Jefferson Award for Community Service and Public Activism, an annual recognition given to outstanding community influencers in Louisiana. This honor, allows the recipient to represent the State in Washington, D.C. (along with honorees from 49 other states) to exemplify and discuss service in their respective communities.

Bo Hall, in the early 1980s enlisted Glenn Armentor to be a Charter Member of the first Board of Directors of The Boys and Girls Club of Acadiana. He eagerly joined the new board, and delved into fundraising and growing the organizations. It currently has five locations and provides a tremendous amount of support to deserving children in need of positive, concerted effort to succeed.

As Glenn's legal practice grew, he stepped off the board, yet remained active for many years with its efforts. One day, he was given the Gold Medallion Award by Boy's Club of America, based on his "unusually devoted service...which has contributed greatly in helping youth achieve a fuller and richer life through positive guidance and influence of the Boy's Club." He has become a lifetime member of the Boy's and Girl's Clubs of America Board since that very day, and also a Milbank Donor (one who contributes a \$10,000 donation to assist the club with long-term educational needs).

Glenn has been an active supporter of the Ragin' Cajun Amateur Boxing Club since the mid-1980s. At the time, the club's trainer/manager was Beau Williford, and his worked included troubled children- on the amateur part of his professional training. This inclusion provided an outlet for children to grow into good, productive community members, which Glenn appreciated. He was one of six major patrons of the club over the span of 25 years or so. He helped raise funds for the annual Golden Gloves Boxing Tournament and the Governors' Games, which were events for the support of the club.

In 2017, Glenn was a representative of the Board of Directors of Faith House, a Lafayette agency that provides help in the area of domestic violence. He became a spokesperson in 2018, funding TV commercials for Faith House, and sparking a successful PR campaign on its behalf, that continues to present day.

Mr. Armentor is a community leader committed to supporting and inspiring pillars that perhaps return the opportunity to help the area thrive. He serves tirelessly, and relatively humbly. He was highly recommended to the Lafayette Bar Hall of Fame and it is wholeheartedly that his peers and colleagues champion his efforts to continue his work in Acadiana, Louisiana, and nationally.

Louisiana, and nationally.

Renew, Refresh, Reorganize:

Your Spring-Cleaning PC Roadmap

Spring cleaning your computer is a great way to improve its performance, organization, and security. Here are some ideas for giving your computer a thorough spring cleaning:

- 1. Delete Unnecessary Files: Go through your files and folders to delete any outdated or unnecessary files. This includes old documents, downloads, and temporary files.
- 2. Organize Files and Folders: Create a logical folder structure and organize your files accordingly. This will make it easier to find what you need later.
- 3. Uninstall Unused Programs: Remove any programs or applications that you no longer use. This will free up disk space and can also improve system performance.
- 4. Update Software: Check for updates for your operating system, drivers, and installed software. Keeping everything up to date ensures that you have the latest features and security patches.
- 5. Scan for Malware: Run a full antivirus scan to check for any malware or viruses that may be lurking on your system. Remove any threats that are detected.
- 6. Clean Up Startup Programs: Disable unnecessary programs from starting up automatically when you boot your computer. This can help improve boot times and overall system performance.
- 7. Clear Browser Cache: Clear the cache, cookies, and browsing history in your web browser to free up space and improve browsing performance.
- 8. Organize Email: Go through your email inbox and folders to delete old messages and organize important ones into folders. Consider unsubscribing from newsletters or promotional emails that you no longer read.
- 9. Backup Important Data: Make sure you have a



backup of important files and documents. You can use an external hard drive, cloud storage service, or both for redundancy.

- 10. Dust and Clean: Open your computer case (if it's a desktop) and use compressed air to blow out any dust buildup. Wipe down the exterior of your computer, keyboard, and monitor with a soft, lint-free cloth.
- 11. Check Hardware Health: Use diagnostic tools to check the health of your computer's hardware, such as the hard drive and RAM. Replace any components that are failing or showing signs of wear.
- 12. Optimize Settings: Review your computer's power settings, display settings, and other system settings to ensure they're optimized for performance and efficiency.

Making time to accomplish any or all the above items can be difficult for anyone. Talk to your IT provider about regular maintenance options. In many cases most IT companies can automate a good portion of these tasks after hours or on the weekends so as not to interfere with productivity.

If you're not currently working with an IT company, have questions or would like to schedule time to learn more about how monitoring and automating simple tasks can help your pc function at it's peak, go to https://www.computer1inc.com/contact. We look forward to hearing from you.

Bruce Brown President Computer One, Inc.



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EARTH DAY CELEBRATION

SATURDAY | APRIL 20

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EVENT: 9AM - 12PM

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AN UPDATE FROM THE LAFAYETTE BAR FOUNDATION

PRO BONO HONOR ROLL

THE FOLLOWING ATTORNEYS HAVE ACCEPTED ONE OR MORE PROBONO CASES IN THE PAST THREE MONTHS

Phillip Smith NeunerPate

Brittany LaCombe Domengeaux, Wright, Roy, & Edwards

> Karly Dorr NeunerPate

Dean Cole NeunerPate

Claire Edwards Claire Edwards Law Firm Taneisha Riggs
Law Office of Taneisha W. Riggs

Joey Dupuis S. Joseph Dupuis, Jr.

Katherine Wiley Wiley and Jowers, LLC

Dyan Schnaars Schnaars Law Firm, LLC

> Ryan Goudelocke Goudelocke Law

Gregory Koury Koury & Hill LLC

ADOPT A MONTH

The Lafayette Bar
Foundation would like to
give a special thank you
to Oats & Marino, and Wes
Bailey Attorney at Law
for taking the month of
February and Schnaars Law
Firm, LLC for taking the
month of March of the 2024
Adopt a Month Program.

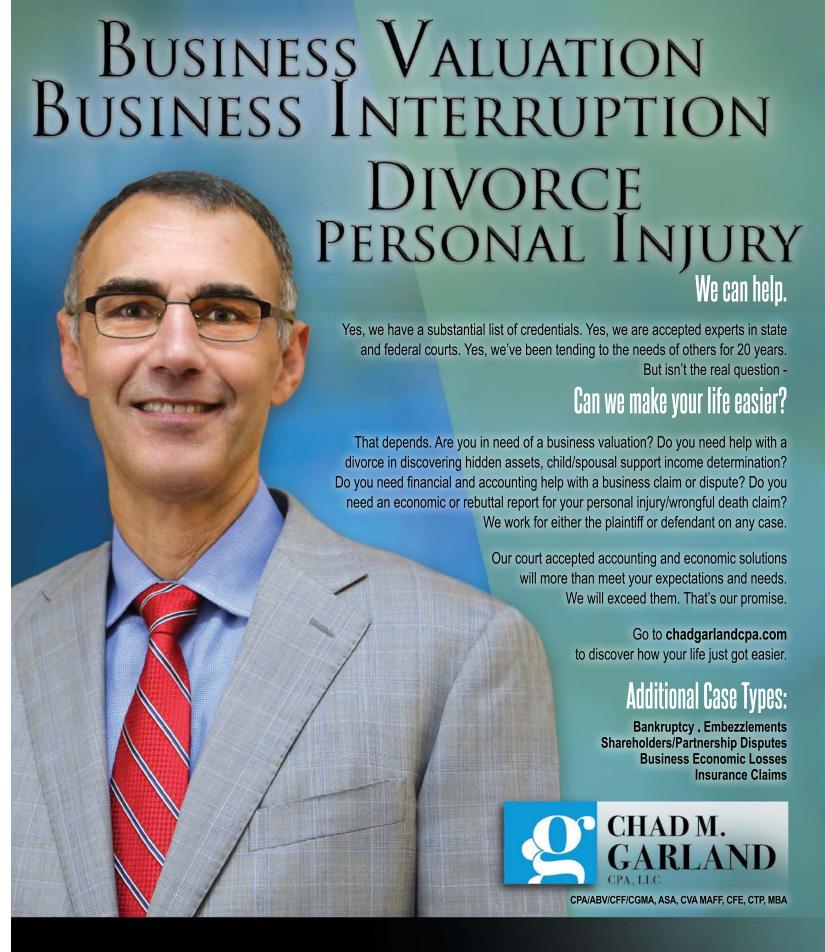












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