Counselors Recognized at LCA Fall Conference
Submitted by Diane Austin, LCA Executive Director

LCA Awards presented at the 2014 Annual Conference:

CATHY GREEN-MINER
Humane and Caring Person Award

KELLI HOLLINS-SMITH
Graduate Student Award

KAREN SWANSON TAHERI
LCA Advocacy Award

DIANE AUSTIN and W. ERIC ODOM
Presidents Award

Jodey Edwards, Awards Committee Chair will be seeking nominations for the 2015 awards. Start now to consider who you will nominate for one or more of the awards next year. See the LCA webpage for more details and how to nominate deserving people.

The Laughter of LCA

By John R. Crawford, MA, LPC-S, CCDP-D
LCA President 2014-2015

The 46th Annual LCA Conference was a huge success! There were over 1000 registered participants at this year’s conference. The theme of this year’s conference was “The Healing Power of Laughter”. It was a joy seeing a lot of conference attendees having fun and laughing. Special thanks to all the presenters that spoke on this year’s theme. It was a pleasure having the keynote speaker, Dr. Samuel Gladding, present on “Some Fun and Funny Facts About Wellness: How Humor Adds To Your Health”. Dr. Gladding shared with us that humor adds to the quality and longevity of life. He highlighted the value of humor and how the comical can be cultivated creatively and effectively in counseling.

During pre-conference, Dr. John Simoneaux presented on “What Makes People Happy”. Dr. Simoneaux shared with us major research findings that inform professionals about effective ways to facilitate and enhance the lives of our clients. These studies give us a better understanding about how people become and stay happy.

What is Humor Therapy? Humor therapy is the term given to a therapeutic process which claims beneficial effects from the use of positive emotions associated with laughter.

Therapeutic Use Of Humor Throughout History

Biblical Times: The benefit of humor makes an appearance in the Good Book itself: The Book of Proverbs 17:22 states ‘A cheerful heart does good like a medicine; but a broken

(The Laughter of LCA, continued on page 2)
Season’s Greetings as you celebrate your winter holidays.

Capturing The Healing Power of Laughter!
By: Rashunda Miller Reed, Archives Chair

Thank you to Rashunda Miller for nearly all of the conference photos included in this issue. For more information please contact Rashunda Reed at rtmiller_00@yahoo.com.

Counselor In Running for National School Counselor of the Year!
Submitted by Diane Austin, LCA Executive Director

It is with great pride and joy that we announce that a member of LCA and LSCA, Jennifer Degruise, has formally been named as one of the top 5 national finalists for the American School Counselor of the year!!! This is the first time anyone from Louisiana has received this level of recognition and we are so thrilled for her. Jennifer was nominated this summer and her journey is just beginning. She will be escorted by her principal, Mrs. Kelly Dupre, and LSCA Board Past-President, Dr. Jennifer Curry, to Washington D.C. in January for 4 days of events including Capitol hill visits, Briefings, and a Recognition Gala at Union Station honoring the 5 national finalists. Her work will be highlighted in ASCA’s School Counselor as well. The other 4 finalists are from Georgia, Colorado, Virginia, and California.

Please join us in congratulating Jennifer Degruise! What an honor for her and a proud moment for Louisiana Counselors!
free hospital ‘to bring fun, friendship, and the joy of service back into health care’.

20th Century - 1979: Norman Cousins publishes his book ‘Anatomy of an Illness’ based on his own experiences: he had been suffering from ankylosing spondylitis and decided to use his own brand of ‘humor therapy’ by watching episodes of the television show ‘Candid Camera’ and Marx Brothers films. He claimed that ten minutes of laughter could give him two hours of pain relief.

20th Century - 1998: Renewed interest in the uses of humor as therapy thanks to the release of the film ‘Patch Adams’ starring Robin Williams and based on the real Hunter ‘Patch’ Adams.

Research has shown that laughing can help with medical health issues as well as mental health issues.

LCA was a proud sponsor of the 3rd Annual Walk4Recovery (walk/run) held at City Park Festival Grounds in New Orleans. This event took place on pre-conference Saturday and raised over $9,000.00. Thanks to all the divisions that participated in this great fundraiser!

I am very appreciative of the encouragement and support given to me in planning this conference. This could not have taken place without the help of so many people. I would like to give special thanks to Diane Austin, Executive Director and Austin White, Business Manager for coordinating a wonderful conference. I would like to thank the members of the Executive Board, Latrina Raddler (Volunteer Coordinator) and the volunteers, and Bruce Galbraith (Past President and Election Chair). Also, thanks to Tim Fields (President Elect and Conference Chair)

“I don’t trust anyone who doesn’t laugh”
—Maya Angelo

“The human race has only one really effective weapon and that is laughter.”
—Mark Twain

(The Laughter of LCA, continued on page 5)
The highlights of the September Executive Board Meeting and the General LCA Business Meeting are as follows:

- LCA President Elect is Christine Ebrahim. We welcome her and look forward to her leadership and direction to take LCA to the next dimension.
- A campaign to target former membership who failed to renew will begin this Fall. Chairpersons will implement new strategies to seek out old members and hopefully regain at least some of them.
- We will also welcome Graduate students to LCA involvement with a DVD package to be delivered to college professors, in the near future.
- Members voted to increase membership fees to accommodate budget needs.
- Next year’s conference will be held at the Renaissance Hotel in Baton Rouge, La.
- Beginning this year we will be utilizing an online conference app. Members are urged to send in thoughts and ideas to expand the app to draw more conference attendees and share updates regarding conference.
7 Division Presidents Report
Compiled by Vinetta Frie, Lagniappe Editor

This issue is the first after our annual fall conference. 7 Division Presidents summarize their terms or transition to new leadership. Look for these divisions at the fall conference! Next quarter we hope to also hear from LCCA, then the complete LCA Dozen will be represented!

ALGBTIC-LA Says a Mouthful with Social Media
By: Tiffany Cologne, President

ALGBTIC-LA was pleased to have several national ALGBTIC leaders present at the recent LCA conference. Dr. Jane Rheineck, the current National ALGBTIC President, presented on the impact of an (7 Division Reports, continued on page 6)

The Louisiana Journal of Counseling, the annual journal for the Louisiana Counseling Association, is currently accepting article submissions for the Fall 2015 edition.

LJC accepts articles from practitioners, researchers, educators, and graduate students in the counseling profession. Articles may focus on theory, research, ethics, or relevant topics in counseling. Submissions are due by May 30th, 2015. For submission guidelines or questions, please contact Dr. Meredith Nelson at Meredith.Nelson@lsus.edu.

Call for Submissions…

LCA Journal of Counseling 2015
By Dr. Meredith Nelson, Co-Chair

If we couldn’t laugh we would all go insane.”

— Robert Frost

Let’s Live, Love, and most of all Laugh!!! 😊
immersion course addressing the counseling needs of LGBT clients. Dr. Catherin Roland, Conference Chairperson of the National ALGBTIC, presented on career development mentoring with lesbians and gay men. It was an honor to have these two ladies present at LCA and we thank them for their contribution to our conference.

Please like us on Facebook by searching ALGBTIC-LA or follow us on Twitter @LGBTQ... Resources for information about available resources for our LGBTQ clients.

LACES Update

Dawn Romano has resigned as president of LACES for personal reasons. We want to thank Dawn for her service to LCA and LACES! We welcome Stacey Duarte as the LACES representative to the LCA Executive Board.

LAMFC Happenings

By Donnie Underwood, Ed.S., LPC, LMFT, LAMFC President

On September 23 LAMFC held its annual luncheon and business meeting during the LCA Convention in New Orleans. We had a record crowd for our luncheon and I thank all of you who were able to attend.

Dr. Thomas Fonseca from Our Lady of Holy Cross College spoke on “Accepting Our Families Using Love and Humor” in a very humorous, engaging, and informative presentation.

LAMFC now has a Facebook page and I encourage you to like our page. It is listed as Louisiana Association of Marriage and Family Counselors.

A comment raised at our meeting was the need of our members to present more content sessions at the annual LCA conference for which CEUs appropriate for LMFTs are offered and specifically on ethics and diagnosis. Therefore, I encourage LAMFC members to consider presenting in Baton Rouge at LCA 2015.

By-E-Laws Update

By: Eric Odom

The By-Laws Committee and the LCA Advisory Committee has been working towards a restructuring of LCA dues. A dues structure and language to be included in the LCA By-Laws were drafted and presented at the general membership at the 2014 Annual Conference. The membership voted to accept the proposed dues structure at the conference. The structure is as follows:

- Professional Members - $50.00
- Regular Members - $50.00
- Retired Members - $30.00
- Student Members - $30.00
- Counselor Interns - $30.00

The membership also agreed that beginning July 1, 2015 the dues will increase 10.00 every two years until prof. dues are 80.00; other categories will be raised $5.00 every two years until they are $45.00.
you are interested in presenting, please contact me or go to the LCA homepage and look up how to present a paper at the LCA Convention. Finally, if you are interested in leadership in LAM FC or are currently in a position to serve please contact me at monroe109@bellsouth.net.

LCCA
By Candace Park, M.A., LPC, NCC, LCCA President

For those of you who don’t know, the 2014 LCA Conference wrapped up not too long ago, and it was a huge success. I’m not sure about you, but attending the conference is always so motivating for me. The conference gives us an opportunity to take a break from the daily routine and learn from our colleagues in the counseling profession. I’ve always left the LCA Conference with new ideas to bring back to my campus and improve my practice.

This year LCCA held its annual summit where Dr. Michele Caruso, Ph.D., LPC-S, spoke about the new federal guidelines of the Campus SaVE Act and how those guidelines will impact college counselors in the different, and sometimes multiple, roles we may fill on our college campuses.

LCCA also held our fall business meeting where we discussed plans to create a logo and improve our website, and we also started making plans for the 2015 Summer Workshop! It was a productive meeting, so much so that we are considering scheduling another for the spring to continue working toward our goals.

And FYI, we still have a position available on our board. So, if you’re looking to get involved with LCCA, let us know! You can reach me at candace.park@nicholls.edu and I’ll be happy to talk with you about ways to be more involved. I hope to hear from you soon!

Social Justice Highlighted at Recent LCA Conference
By Louis Lowrey, LCSJ President

Each year at the LCA Conference, our Division sponsors a "summit speaker" who is invited

(7 Division President Reports, continued on page 8)
to address issues which involve his experience, strength, and hope in his professional and/or personal life in which principles of Social Justice/Restorative Justice are employed.

This year, we were privileged to have Mr. Welborn Jack, Jr., Esquire, a well known defense attorney who has represented many inmates who would otherwise have been killed by the state. His presentation was passionate and riveting, and he made a call for counselors to consider being available as “mitigation specialists” in order to assist attorneys in their defense of the client. In capital cases now, such services are required to be made available to the defense attorney as part of his representation of the client. The goal is to present to the court a clear picture of the entire life of the person charged with such a serious offense.

W e were favored by the attendance at the summit by past presidents of LCA and a future president of LCA. So, both the audience and the speaker were luminaries!

Much of the work of social justice is not glamorous, but it is compelling and passionate, and an integral part of the counseling profession. Because, as we all know, advocacy for our clients is endemic to our profession in service to our clients and their families. It is great when we can hear of significant efforts being made by counselors, attorneys, and other professionals, who bring social justice principles to what they do every day.

You can do yourself and your colleagues a favor by joining LCSJ and inviting others to join. Dues are minimal, only $5 a year, and Diane Austin can include those joining at any time of the year. As a Division, we maintain archives of articles, assist in research, and share best practices.

Thank you for all you do in advocacy for your clients. Please contact me if you wish.

Strategic Planning, continued from page 6

ods of retreat to the balcony to ensure the continual optimization of the Louisiana Counseling Association efforts. I will continue to track progress and use the newsletter to provide strategic planning updates in the coming months. Feel free to contact me if you have any questions.

Congratulations to Christine Ebrahim!

Dr. Christina Ebrahim was elected LCA President for 2017-2018. Past president Bruce Galbraith will be seeking nominations for the 2018-2019 Presidential elections. If you are interested in learning more about the qualifications and wish to nominate yourself or someone else, feel free to contact him at his e-mail address: gotoschoolman@yahoo.com

LMHCA Is On The Move

By: Cindy Escandell, PsyD, LPC, LMHCA President

The 2014 LCA conference was a success with great breakout sessions and exceptional speakers. Laughter seemed to put everyone at ease and served to remind us not to take ourselves too seriously. In keeping with the theme of laughter, Bruce Wilkinson, nationally-recognized humorist/motivational speaker, entertained and challenged LMHCA members at their annual luncheon/business meeting. He spoke for one non-stop hour sharing comical, real-life situations to which we
could all relate. He paused only to let the audience applaud and LOL.

As the second largest LCA division, LMHCA is pleased to announce seven Regional Representatives, one Graduate Student Representative and a Social Media guru have been added to the Board to better serve and represent our 500 members:

Cindy Allen (Alexandria) cindy.watkins.allen@gmail.com
Jeff Travasos (Baton Rouge) itravasos@lsdvi.org
Barbara Perrodin (Lafayette) baz8461@yahoo.com
Raime Thibodeaux (Lake Charles) raine.thibodeaux.counseling@gmail.com
Cynthia Montcalm (Monroe) cynthiamontcalm@gmail.com
Wendy Durant (New Orleans) wendygdurant@gmail.com
Kristi Bierbaum (Shreveport) kristibirbaum@gmail.com
Melissa Deroche (Graduate Students) mddps@my.uno.edu
Jeff Strozier (Social Media) - jstrozie@my.uno.edu

Please send any news, announcements or CEU opportunities to your Regional Rep. We will add this information to our new Facebook page (Louisiana Mental Health Counselors Association). Please Like us! We are also happy to announce we have a new, updated website www.lmhca.org. These are two great places to find out current LMHCA news. Jeff Strozier is doing an excellent job at keeping these updated.

The Board held the first meeting in New Orleans. This is a talented, diversified and dedicated group of counselors who are eager to “make great happen” within our division.

We are busy preparing our Spring Workshop which will be held in Baton Rouge on April 24, 2015. Save the Date! We will have a full day filled with topics of interest that you, our LMHCA members, said were important to you.

As you can see, LMHCA is moving forward to better serve our members and keep us connected with goals of becoming better counselors and reactivating our division.
Since my last Lagniappe article, I have become a father for the second time! If you are a parent, you know how grateful you are for the miracle of birth. During the LCA Fall Conference, I was unsure how long I would be able to stay as my son was soon to make his appearance. I am grateful for so many outstanding leaders in LSCA who conducted our many successful events. I am most proud of the panel of professionals who are NOT school counselors who are just as committed as we are to the continued success of students statewide. I was gratified that so many in attendance were inspired and began to consider new ways to collaborate with others who share our interests. This was one way I attempted to implement my “Mejor Juntos” – Better Together theme.

Jennifer Degruise, LSCA member, is traveling to the White House and just might win ASCA’s School Counselor of the Year Award! We are very excited for her. You will find more details about this award and Jennifer’s nomination on page 2 of your Lagniappe newsletter. We have one of our number who will be honored by ASCA at the White House.

In this season when we consider for what we are thankful, I am thankful for the Louisiana School Counseling Association and all the dedicated, hard-working, effective school counselors who comprise our Division. I am also thankful that Jennifer has placed our profession in such a positive light. And now the country will see Louisiana in a positive light — at the top of a much better listing! As counselors working in various settings across our state, we truly are “Mejor Juntos” – Better Together! Happy Thanksgiving! 😊
LCA Fall Conference 2014
Enjoying the Healing Power of Laughter!

Frances enjoying a giggle!

Mom and Daughter, Debbie and Ellen having fun!

LPC Board Members

Theresa & Delia

Dr. Gladding

Jennifer, Alicia, and Lekethia
Enjoying the Healing Power of Laughter!

Scott getting into the spirit!

Marjorie and Sylvia

Sundy and Phillip

Devon, Cheri, and Nicky

LCA Line Dancing!
The digital age has hit LCA! This year’s conference was a flurry of technology utilizing a conference mobile app for the first time, using Instagram along with Facebook and Twitter, and collecting video statements on the benefits of LCA membership for a video project! We are happy to report that almost 200 people created profiles on the mobile conference app and many more used the app to see the daily conference schedule. We plan to have a conference app annually, so look for it next year as well!

Our social media engagement is up also with 602 Facebook likes (www.facebook.com/lacounseling), 100 Twitter followers (@lacounseling) and our newest Instagram account (lacounseling) has 5 followers. We are growing our social media presence, so please follow/like us to get the latest LCA news!

The video project is coming along and we are still looking for submissions. Just record yourself answering the following questions:

1. I like being a part of LCA because

2. My LCA membership has benefited me by

Record yourself on your phone, camera, flip camera, etc. and send to Erin Dugan, emart3@lsuhsc.edu 😊
Bruce, Iman, John, and Tim … with rabbit ears?

Dr. Smith at the podium

Is the conference over already?

LAMCD Luncheon

Leslie and Wayne

Meredith happily sharing her research!

LCA Fall Conference 2014
Enjoying the Healing Power of Laughter!
## 2014 - 2015 LCA Leadership Roster

### LCA Elected or Appointed Officers and Contract Workers

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>John Crawford</td>
<td><a href="mailto:johnc89@lsu.edu">johnc89@lsu.edu</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Iman Ennabut Nawash</td>
<td><a href="mailto:iman97@aol.com">iman97@aol.com</a></td>
</tr>
<tr>
<td>Parish Parliamentarian</td>
<td>Michael Monic</td>
<td><a href="mailto:mmmonic@yahoo.com">mmmonic@yahoo.com</a></td>
</tr>
<tr>
<td>Executive Director</td>
<td>Diane Austin</td>
<td><a href="mailto:lca_austin@bellsouth.net">lca_austin@bellsouth.net</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Tim Fields</td>
<td><a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a></td>
</tr>
<tr>
<td>Past President &amp; Nominations Chair</td>
<td>Bruce Galbraith</td>
<td><a href="mailto:gtoschoolman@yahoo.com">gtoschoolman@yahoo.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Myiesha Spears-Beard</td>
<td><a href="mailto:restorecounselings-services@gmail.com">restorecounselings-services@gmail.com</a></td>
</tr>
<tr>
<td>Business Manager</td>
<td>Austin White</td>
<td><a href="mailto:austin@northdeltamanagement.com">austin@northdeltamanagement.com</a></td>
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### LCA Division Presidents

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<tr>
<th>Division</th>
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<th>Email</th>
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<tbody>
<tr>
<td>ALGBTIC-LA</td>
<td>Tiffany Cologne, Assoc. of Lesbian, Gay, &amp; Transgendered Issues in Counseling of LA</td>
<td><a href="mailto:tcologne@cox.net">tcologne@cox.net</a></td>
</tr>
<tr>
<td>CIAL</td>
<td>Kenneth Schmitt, Counselor Intern Association of Louisiana</td>
<td><a href="mailto:kjschmitt@gmail.com">kjschmitt@gmail.com</a></td>
</tr>
<tr>
<td>LAAOC</td>
<td>Latrina Raddler, LA Assoc. of Addiction &amp; Offender Counselors</td>
<td><a href="mailto:lrraddler@yahoo.com">lrraddler@yahoo.com</a></td>
</tr>
<tr>
<td>LAM FC</td>
<td>Donnie Underwood, LA Association of Marriage and Family Counselors</td>
<td><a href="mailto:Monroe109@bellsouth.com">Monroe109@bellsouth.com</a></td>
</tr>
<tr>
<td>LAM CD</td>
<td>Kimberly Ester, LA Assoc. for Multicultural Counseling and Development</td>
<td><a href="mailto:Kimberly032903@aol.com">Kimberly032903@aol.com</a></td>
</tr>
<tr>
<td>LASERVIC</td>
<td>Dr. John “Jodey” Edwards, LA Assoc. for Spiritual, Religious &amp; Ethical Values in Counseling</td>
<td><a href="mailto:jodey1@msn.com">jodey1@msn.com</a></td>
</tr>
<tr>
<td>LACA</td>
<td>Candace Parks, LA College Counseling Association</td>
<td><a href="mailto:candacepark@nichollsc.edu">candacepark@nichollsc.edu</a></td>
</tr>
<tr>
<td>LCDA</td>
<td>Keri Spears, LA Career Development Association</td>
<td><a href="mailto:kerriterrell@yahoo.com">kerriterrell@yahoo.com</a></td>
</tr>
<tr>
<td>LCSJ</td>
<td>Lewis Lowrey, LA Counselors for Social Justice</td>
<td><a href="mailto:lowrey@cp-tel.net">lowrey@cp-tel.net</a></td>
</tr>
<tr>
<td>LMHCA</td>
<td>Cindy Escandell, LA Mental Health Counselors Association</td>
<td><a href="mailto:cindy@escandell.com">cindy@escandell.com</a></td>
</tr>
<tr>
<td>LCCA</td>
<td>Frank Phinney, LA School Counselor Association</td>
<td>fjphinney@<a href="mailto:pc@gmail.com">pc@gmail.com</a></td>
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### Appointed Committee Chairs and Co-Chairs

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<tr>
<td>ADA Compliance</td>
<td>Joan Gallagher</td>
<td><a href="mailto:jgallag@lsu.edu">jgallag@lsu.edu</a></td>
</tr>
<tr>
<td>Archives</td>
<td>Rashunda Miller Reed</td>
<td><a href="mailto:rtmiller_00@yahoo.com">rtmiller_00@yahoo.com</a></td>
</tr>
<tr>
<td>Awards</td>
<td>Dr. John “Jodey” Edwards</td>
<td><a href="mailto:jodey1@msn.com">jodey1@msn.com</a></td>
</tr>
<tr>
<td>By-Laws &amp; Strategic Planning</td>
<td>Eric Odom</td>
<td><a href="mailto:ericodom1@hotmail.com">ericodom1@hotmail.com</a></td>
</tr>
<tr>
<td>Conference On-Site Chair</td>
<td>Tim Fields</td>
<td><a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a></td>
</tr>
<tr>
<td>Finance</td>
<td>Tim Fields</td>
<td><a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a></td>
</tr>
<tr>
<td>Government Relations</td>
<td>Cindy Nardini</td>
<td><a href="mailto:cnaradini@uno.com">cnaradini@uno.com</a></td>
</tr>
<tr>
<td>Graduate Student Rep.</td>
<td>Chantrelle Varnado Johnson</td>
<td><a href="mailto:cdvarnad@uno.edu">cdvarnad@uno.edu</a></td>
</tr>
<tr>
<td>LCA Newsletter</td>
<td>Vinetta Frie, Editor</td>
<td><a href="mailto:frienews@yahoo.com">frienews@yahoo.com</a></td>
</tr>
<tr>
<td>LCA Journal</td>
<td>Peter Emerson, Co-Editor</td>
<td><a href="mailto:pemerson@selu.edu">pemerson@selu.edu</a></td>
</tr>
<tr>
<td>LPC Board Liaison</td>
<td>Mary Alice Olsan, Exec. Director</td>
<td><a href="mailto:lpcboard@eatel.net">lpcboard@eatel.net</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Iman Ennabut Nawash</td>
<td><a href="mailto:iman97@aol.com">iman97@aol.com</a></td>
</tr>
<tr>
<td>Public Relations Co-Chairs</td>
<td>Erin Dugan</td>
<td><a href="mailto:eemarn1@yahoo.com">eemarn1@yahoo.com</a></td>
</tr>
<tr>
<td>Professional Development</td>
<td>Joan Fischer</td>
<td><a href="mailto:jfischer@ohlcc.edu">jfischer@ohlcc.edu</a></td>
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The Louisiana Lagniappe is the quarterly newsletter of the Louisiana Counseling Association, LCA. LCA is the state branch of the American Counseling Association, ACA. LCA includes 1,800+ members and 12 Divisions which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

**Newsletter Correction**
Please contact Vinetta Frie, Editor via frienews@yahoo.com. Please use *Lagniappe Error* in the subject line.

**Lagniappe Team**
Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Contributing Editor; Vicki Guilbeau, proofreader.

**Submissions**
Send all submissions to newsletter editor, Vinetta Frie via e-mail contact information: frienews@yahoo.com. Please include the words: *Lagniappe Article*, in the address line. Electronic submission of photographs via e-mail is preferred. Submission of hard copy photos or recorded devices become the property of the newsletter and will not be returned.

**Newsletter 2014-2015 Submission Deadlines:**
February (TBA)

May 15, 2015