

# The Townsley Law Firm

## OCTOBER Newsletter



### Staff Member of the Month

**Rex Townsley** is a co-founder of The Townsley Law Firm. Rex is from Merryville, Louisiana, a small town about an hour from Lake Charles. When he was young, Rex's dream was to become a lawyer, and after years of hard work and dedication, he accomplished that feat. Rex is a McNeese State and LSU Law graduate, who is very passionate about the importance of higher education.

Rex's goal for his firm was always to help people. He spent over 35 years providing excellent service to injured people, winning cases for them to help put their lives back together. Rex and his wife now live part-time in Maine, enjoying their time together. He is proud of his firm and has allowed the new generation of lawyers to take over his role at the firm.

### Townsley Tips...

#### Medical Malpractice in Louisiana

Medical Malpractice refers to a legal claim in which a healthcare professional is accused of causing harm to a patient through negligence or misconduct.

When a person files a malpractice claim, the first step is for an attorney to send their case to be reviewed by a medical panel. These review panels consist of three medical professionals and are required by law before any medical malpractice lawsuit can be filed. According to a 2014 NOLA.com article, there were more than 1,600 requests for medical panel reviews in Louisiana. In the last 15 years, these reviews have returned favorable decisions for plaintiffs 7% of the time.

In Louisiana, people can receive up to \$500,000 for all damages associated with medical malpractice lawsuits. Any awards related to past or future medical costs, however, are not limited.

The Louisiana Patient Compensation Fund is a program that provides coverage to healthcare providers and facilities in the event of a decision against them. This essentially outlines that healthcare providers are only liable for the first \$100,000 in damages, with the rest being paid out by the fund.

If you or someone you know are entitled to compensation due to medical malpractice, it is important to be prepared. You should seek legal help immediately when a medical error is suspected.

An attorney will help you prove negligence and damages, meaning that the healthcare provider's actions deviated from the standard of care and causes injuries and financial losses.

The Townsley Law Firm is especially equipped for medical malpractice cases and have handled and won countless cases for people. Our attorney's will fight for you to receive the justice you deserve.

### Recent Wins

**\$2,460,000** - Settlement  
MED MAL - (Lake Charles, 2025)

**\$575,000** - Jury Verdict  
MED MAL - (Lake Charles/Beauregard, 2025)

**\$2,750,000** - Jury Verdict  
MED MAL - (Alexandria, 2025)

**\$1,815,000** - Jury Verdict  
Personal Injury - (Alexandria, 2025)

**\*\*\*Visit our website for more information about how our firm can win for you\*\*\***

Visit Our Website:

[townsleylawfirm.com](http://townsleylawfirm.com)

Check out our Social Media:

[@townsleylaw](https://www.instagram.com/townsleylaw)



McNeese Sports:

[townsleylawarena.com](http://townsleylawarena.com)



# Story of the Month

## Breast Cancer Awareness Arlene Hebert



In the spring 2021, 58-year-old Arlene Hebert went to the doctor for a mammogram. At this appointment, the report showed dense, cystic tissue in her breast and the doctor immediately ordered an ultrasound and a biopsy.

The results came back... benign.

The doctors marked the area of concern. Hebert returned for a follow-up mammogram in the spring 2022. An ultrasound was recommended and during the test, the radiologist came in, scanned and requested to do a biopsy.

Again... no cancer.

Hebert was referred to a surgeon because odd cells were found. At that appointment, the surgeon gave her two choices. She could either leave the area alone and monitor until the next checkup, or she could have the area surgically removed. Hebert opted for the surgery and got the area removed in May of 2022.

After the surgery, the removed area was sent to a pathology lab to be tested. On May 17, 2022, the results came back. Hebert was working late at The Townsley Law Firm when she read her chart that said she had stage one, triple negative breast cancer.

"I kind of had a cry session right then and there," Hebert said.

Once she got her diagnosis, Hebert jumped in head first. She wanted to be proactive in her treatment because she was determined to defeat the sickness. She had a second opinion from MD Anderson, and she opted for a second surgery. This surgery was done locally in July 2022, to clear the margins of the suspect area. When she healed from surgery, she started her chemo treatment.

Starting on August 15, 2022, Hebert would receive two rounds of chemo treatments, each round administered every Monday for 12 weeks at a time. When she began her first treatment, she found out that she also had thyroid cancer.

After chemo, Hebert rested and healed for three weeks, then returned to the clinic for a radiation treatment. Radiation lasted for 30 days, and finally, on March 28, 2023, Hebert rang the bell. She was officially breast cancer free.

Since Hebert also had thyroid cancer, her journey wasn't over yet. She had to wait until after breast cancer treatment for surgery to remove the right side of her thyroid. In June 2023, she had removal surgery at MD Anderson Cancer Center. Six months after the surgery, she was placed on thyroid medication.

During her treatment, Hebert worked every day. She said that even when she got her diagnosis, she never thought to take time off. Being able to work helped her push through. She remembers taking a picture with everyone at the firm wearing pink t-shirts for breast cancer awareness month.

The support of her family and friends also helped her get through the treatment. Her twin sister, Darlene Broussard, took her to her chemo treatment every week.

"That's something to keep your mind occupied, so you won't get into that 'poor me' mode," Hebert explained. "Fighting cancer is probably 95% mental strength... just to stay focused, to stay upbeat, to not give up, to think 'this is going to cure me.'"

Hebert maintained that positive attitude all throughout her treatment, and her faith allowed her to stay strong and keep fighting. She explained that being persistent in prayer and asking God to heal her is what she thinks ultimately saved her life.

Even when she lost her hair, she plastered a smile on her face, put a turban on and held her head high because that's what she was called by God to do. She said she was prepared to cut her hair because she knew that's just what happens when going through chemo.

Not only do cancer patients lose their hair, but they also go through entire lifestyle changes. Hebert said that she had to change her diet completely, while ensuring she was eating enough calories to keep her weight stable.

She added that it was tough when she had to give up sweets because of her huge sweet tooth. Eating all the treats possible was one of the first things she did once she rang the bell.

Today, Hebert still has ongoing health issues due to the chemo treatments. She developed neuropathy in her toes and experienced lifted toenails, which she eventually had to get removed due to infection. Even with these issues, Hebert said she feels lucky because she watched how much worse it was for others going through treatment.

Moving forward, Hebert gets checkups and bloodwork done every six months and annual mammograms to ensure the cancer stays away. She said she still gets nervous when the results are released, but her doctors reassure her and are honest and open about her conditions.

Hebert's advice for anyone going through something similar to her, is to stay positive. She said that she started saying the rosary and talking with her priest regularly. Her faith allowed her to have hope that she would get better – believing that God has healed. "Ask and you shall receive."

She is thankful that her experience with breast cancer allowed her to strengthen her relationship with God.

"It was just one of those things where it made me more aware of what was more important in life," Hebert explained. "Now I say 'thank you for healing me, and thank you for continuing to heal me' to God every day when I wake up."

**According to the American Cancer Society website, triple negative breast cancer (TNBC) is an aggressive and invasive type of breast cancer that grows and spreads faster, has limited treatment options, and typically has a worse prognosis. The term "triple negative" means that cancer cells test negative for estrogen or progesterone receptors and don't have much of the HER2 protein. Treatment options for this type of breast cancer are limited because the lack of estrogen or progesterone receptors and the HER2 protein mean that hormone therapy or anti-HER2 drugs won't work. This leaves surgery (in cases where the cancer hasn't spread), chemotherapy, and radiation as treatment options for this type of cancer.**

**For more information on triple-negative breast cancer (TNBC) visit [www.cancer.org](http://www.cancer.org).**



# Jargon Junction

## Learning the Language of the Law

Source: Legal Information Institute - Cornell Law School

# Litigation: lit · i · ga · tion

the process of resolving disputes by filing or answering a complaint through the public court system.

## Firm Fun



This October marks the third annual pumpkin decorating competition at TLF. All staff members can enter the competition, and they have full creative freedom over how their pumpkin is decorated.

Voting started Oct. 17 and ended on Halloween day. The pumpkin with the most votes wins a \$100 gift card, and the second place winner will receive a \$50 gift card.

The pumpkins are judged by the public on our social media pages or by people who walk into the office.

This year, the official winners of the competition are Arlene Hebert and Laura Arrington.



## In the COMMUNITY

### .....OktoBARfest.....

This year, OktoBARfest raised over \$13,000. All proceeds go toward Holiday Helping Hands.



Judges for the main competition include: Bill Armstrong, McNeese's head men's basketball coach, Chad Pousson, owner of Mr. Bill's restaurant, and Stitch Guillory, the Calcasieu Parish Sheriff. Each judge was served a bowl of each firm's gumbo and chili, then they voted and ranked their favorites.

On October 18, 2025, the Young Lawyers Section of the Southwest Louisiana Bar Association held their annual OktoBARfest event at Crying Eagle Brewery. The event lasted from 11 a.m. to 2 p.m.

The Townsley Law Firm won first place in the gumbo cookoff and third place in the chili cookoff. This is the first year that TLF has placed in the gumbo cookoff.

Lawyers from the region hosted a chili and gumbo cookoff to raise money for Holiday Helping Hands, a charity designed to support families in need during the holidays.

Hannah Mayeaux, an attorney at TLF, planned this year's event. She serves as an executive board member for the Young Lawyers Section, where she and other lawyers regularly plan charity events.

Local law firms are eligible to enter the competition, and the winner receives a wooden plaque. Along with The Townsley Law Firm, four other firms participated in this year's event.



Anyone in the community can attend, and for a \$10 wristband, can try all of the gumbo and chili they can eat. Attendees can also vote on their favorites for an extra dollar per vote. Those votes, for chili and gumbo, are combined for a "people's choice" winner.





# Townsley Talks

## The Townsley Law Arena

On Oct. 7, 2025, The Townsley Law Firm became the official sponsor of McNeese State University's indoor sports arena.

The firm is honored to make a \$4.5 million donation over the next 15 years. The money will go directly into the athletic budget, in hopes to increase excitement for the university as a whole.

The Townsley Law Firm is a proud supporter of McNeese and the Lake Charles community, and they continue to give back in any way they can.

Todd Townsley, co-founder of the firm, was one of the first people that invested in NIL at McNeese. This was all a part of president Wade Rouse and athletic director Heath Schroyer's plan to reinvigorate the university. They knew that with the help of Townsley and other community organizations, that they had a shot to rebuild what the school had previously lost.

This fall, enrollment at McNeese is the highest it's been in 14 years. Rouse and Schroyer attribute this success to Townsley and the firm's commitment to bettering the university and community as a whole.

The Townsley Law Arena is home to the men's and women's basketball teams and the volleyball team. The state of the art arena provides athletes and coaches with the resources they need to win. The arena will also host community events and other school related functions and is open to all students.



Visit Our Website:

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# October Events

## Women's Volleyball

- **Oct. 9** - 6:30 p.m. ..... **L**  
vs. Lamar
- **Oct. 11** - 1:00 p.m. ..... **L**  
vs. Stephen F. Austin
- **Oct. 18** - 11:00 a.m. ..... **L**  
vs. East Texas A&M
- **Oct. 23** - 6:30 p.m. ..... **L**  
vs. UTRGV
- **Oct. 25** - 1:00 p.m. ..... **L**  
vs. Texas A&M - Corpus Christi

## Men's Basketball

- **Oct. 26** - 3:00 p.m. ..... **W**  
vs. Grambling

**\*\*\*Only events in The Townsley Law Arena included – this is NOT a full game or event schedule\*\*\***

**For full game and event schedules, visit [mneese.edu](http://mneese.edu).**

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# The Townsley Law Arena

Home of McNeese State University Cowboys and Cowgirls

## MEET THE COACHES

### Sasha Karlov

Sasha Karlov is completing her fourth season as the head coach of the women's volleyball team. Karlov led McNeese to the semifinals of the SLC Tournament in two of the last three seasons. Before McNeese, Karlov was an assistant coach for Texas A&M-Corpus Christi, where they won back-to-back SLC Tournaments.



### Ayla Guzzardo

Ayla Guzzardo is serving her first year at McNeese as the head coach of women's basketball. Guzzardo previously coached at Southeastern where she led her team to two Southland Conference Championships and received SLC Coach of the Year. From Southeastern, she brought her whole staff plus roster to help her set a new standard for Cowgirls basketball.

### Bill Armstrong

Bill Armstrong is the new head coach for the men's basketball team. Armstrong has a long history of coaching and has earned many accolades for his work. He has experience at every level. At Link Academy, he won a National Championship his first year as head coach. Before McNeese, he was as an assistant at Baylor University in Waco, Texas, where he coached third overall NBA draft pick, VJ Edgecombe.



**RIDE FOR THE BRAND**  
McNeese Athletics

