

# The Catahoula Bulletin Board

**AA Meetings** every Tuesday at 8:00 PM located at the Jonesville Library

**Concordia Electric's** next regular board meeting is scheduled for Tuesday, December 7th at 5pm.

**Restore Meets** every Monday night at SLUPC 1676 Hwy 126, Jonesville. Meal at 6:15 and step study at 7:00. Attendance papers can be signed.

**PREVENT CHILD ABUSE** Louisiana encourages parents, partners and the community to call our KID-LINE at 1-800-CHILDREN (244-5373). This statewide telephone service provides crisis intervention, support, parenting information and referrals.

**CARING CHOICES OF JONESVILLE** located at 308 Nasif Street in Jonesville is open 8:00 a.m. to 4:30pm Monday, Wednesday, and Friday. We provide services for mental health and addictive disorders. If you are in need of help, please call us at 318-339-8553.

**CATAHOULA CAREER SOLUTIONS CENTER**, located at the Workforce Investment Board Office at 841 Collins Drive, Jonesville, can help with job search, resume preparation, required unemployment registration/application, skills assessment, and many other services. Office Hours: Mon-Fri. 8AM to 4PM; Satellite office in the Sicily Island Library on Wednesday from 1-3 PM every week. **Matt Clark** 1974-2021

**Bulletin Board Is FREE**  
to all Not For Profit civic organizations, churches, and schools, for all events the public is invited to attend with no admission charges or participation fees.  
[catahoulaads@gmail.com](mailto:catahoulaads@gmail.com)

# Millie Mattered

Hope and Recovery...By Lilly Harvey

As a parent of an addicted child you wish a lot, you pray a lot, and you suffer a lot. As I talk to parents and loved ones who have found themselves dealing with addiction, I have compiled their experiences and reactions to what they have endured. This is for those who think they are the only one.

I wish it wasn't me who was writing this. I really wish it wasn't. I wish I wasn't hand-picked because I have one of the "best handles" on this subject. I wish I wasn't "qualified" to speak on the drug epidemic that is a growing problem nationwide. I wish I wasn't a member of a community no one really wants to be a part of. No one ever says to themselves while reading stuff like mine... "I wish I could relate to this." But I am. I am the one who knows all too well what it's like to have someone you love addicted.

I know what it's like to worry yourself sick. To cry yourself to sleep. To stare at baby pictures & reminisce. I know to

watch out for pinhole pupils and subtle changes in behavior. To listen to them talk and make excuses and pile on lie after lie. I know what it's like to pretend to believe them because you are just too mentally exhausted for an argument when you know they are lying straight to your face. I know what it's like to be confused all of the time; to see their potential, to know what they are throwing away. I know what it's like to want their recovery more than they do. To be the one doing research on rehabs and other outlets for recovery. I know what it's like to miss someone who is still standing right in front of you. I know what it's like to wonder if each unexpected phone call is "the" phone call. I know what it's like to be hurt so bad and be made so sick that part of you wishes you would just get "the" phone call if nothing is going to change. I know what it's like to get the worst news of your life, and still walk into the grocery store and run your errands and smile at the cashier. I know what it's like to become a part-time detective. To snoop through drawers and texts. You know you are going to find something, and you look until you do just so you feel less crazy. So you can say to yourself, "I am not imagining things. This is happening again." I know what it's like to have your mind clouded; to turn into a functioning zombie. I know what it's like to be physically present at the kids sports events and dinner dates, but mentally gone. I know what it's

like to stop caring about your own personal and professional life. My relationship took a backseat - I kicked him out of the car. I would show up to work not showered and with huge bags under my eyes. I would cry at my desk. Everything in the outside world expected of me seemed frivolous if I couldn't keep one of my most important people in my life out of harm's way. I know what it's like to be really ticked off, like, REALLY ticked off. Between the sadness there is a lot of anger. I know what it's like to feel guilty for being so mad, even knowing all you know about addiction. You are allowed to be angry. This is not the life you signed up for. I know what it's like to scour a bookshelf and not find what you are looking for because this illness is still so hard to talk about, let alone write about. I know what it's like to hear someone argue that addiction is not an illness, that it is a choice. I know all too well that feeling of heat rising in your face as they go on and on about something they know nothing about. I know what it's like to stop becoming angry with these people. They do not understand. They

are lucky to not understand. I know what it is like to catch yourself wishing that you didn't understand either. I know the difference between enabling and empowering. I know there is a fine line between the two and the difference can mean life or death. I know what it's like to feel the weight of each day on your shoulders trying to balance the two. I have been through enough to know that things don't just change for the worse overnight; they can change in a millisecond. In a blink of an eye. As quick as it takes two people to make a \$10 exchange. I know what it's like to feel stigmatized. To be the "mother of a drug addict," a "friend of a drug addict," "the cousin of a drug addict," "the son of a drug addict." I know what it feels like to be handled with kid-gloves because no one outside of your toxic bubble knows what to say to help. I don't know what the future holds for anyone who loves an addict today. One thing I know for sure is I am not alone.

Please like Millie Mattered on Facebook and Instagram. You don't have to face addiction alone no matter what aspect your experiencing.



**FOR ALL Your Insurance Needs:**  
**Melissa Davis, Agent**  
**Lois Herron, Agent**  
**318-339-7114**  
**Monday - Wednesday & Friday 8AM - 4PM**  
**Thursday 8AM - 12PM**  
*We are located at:*  
**1203 4th Street, Jonesville**  
**Jonesville, LA 71343**

**DRUG EPIDEMIC AWARENESS WALK ACROSS AMERICA**  
YOU NEVER WALK ALONE



**TBH Homestyle Menu**  
Look for the Red Food Trailer beside Cenla Tire in Jonesville

Congratulations to **BETTY WALKER** who won the drawing for a **FREE** plate lunch!

**Wednesday - November 24**  
Pulled Pork, French Fries, cole slaw, bun  
Dessert - Peach cobbler

Plate Lunch  
\$8.97 +tax  
Drink included!

**November 25 & 26**  
\*\*\*\*CLOSED\*\*\*\*  
**HAPPY THANKSGIVING TO ALL OF OUR CUSTOMERS!!!**

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**Monday - November 29**  
Red Beans & Rice, greens and cornbread  
Dessert - Chocolate chip cookie bars


**Tuesday - November 30**  
Beef Tips & gravy, mashed potatoes, English peas, roll  
Dessert - Blueberry Cobbler

\$5.97 + tax

\*\*\*\*Available Everyday\*\*\*\*  
Pulled Pork Sandwich, French fries and a drink


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