

# The Catahoula Bulletin Board

**CELEBRATE RECOVERY** Meets weekly at Utility Baptist Church Hwy 84 West of Jonesville. Tuesdays at 6:30, light meal provided. Everyone welcome.

**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.

**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.

**THE JENA CEMETERY TRUSTEES** are compiling an updated contact list. If you have a loved one buried at Jena Cemetery, please send your contact information to J. Todd Fannin by text (318) 992-3350, by email jenacemetery@gmail.com or by US Mail at Jena Cemetery, PO Box 1026, Jena, LA 71342. Please include name, mailing address, phone number, your loved one's name(s), and if available, your email address. Thanks for your kind attention in this matter.

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Deadline is Monday 12:00 noon

## Millie Mattered *Hope and Recovery....By Lilly Harvey*

Think those with lower IQs are more apt in becoming addicts? Think again. I just read a 2013 article from Forbes magazine of how the majority of people in addiction have above average IQ's. It goes over how those who have higher cognitive abilities may be at a higher risk of developing an addiction. It's not a huge shock to learn a number of overachievers are abusing drugs, the Forbes article highlights research that indicates the very character traits that make some people successful can send others running headlong into addiction.

Working with those coming out

of substance abuse, I find that they are highly intelligent, and creative, with the ability to problem solve at ease. They are bright and catch on easily when introduced to learning.

The real question, however, is why does someone with intelligence get hooked on drugs? Addictive personality includes character traits of those who often succumb to addiction. Those traits tend to include, instant gratification, impulsiveness, drive, obsession, and risk-taking behaviors. However these mentioned traits are often the same ones that make for good leadership

positions and CEO's, they're all tied in with pleasure-seeking and the reward system. It's believed the set of skills that teach us to derive pleasure from success are the same skills that drive us to seek pleasure from chemical substances.

Stigmatizing people with addiction disorder to be of low intelligence is absolutely not accurate. Actually it is quite the opposite. Intelligence doesn't make you more prone to use drug and alcohol, but it doesn't seem to protect you from becoming addicted. The mechanisms that lead to addiction have little to do with the mental faculties

measured by one's IQ.

When sobriety is obtained, many go on to be business owners, educators, advocacy workers, and productive citizens in our community. Addiction can steal a beautiful mind, it can halt the potential of so many. For the loved ones of addiction, it can be frustrating knowing the potential of their family member or friend is wallowing in substance abuse. but with support and treatment these beautiful intelligent people can live the life they were intended. We all matter, we all do recover. Millie Mattered! Don't lose hope!

**Millie Mattered**  
**ADDICTION + OVERDOSE**  
**ADVOCACY**  
**MILLIEMATTERED@GMAIL.COM**  
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**Four Rivers INSURANCE**  
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**Melissa Davis, Agent**  
**Rick Blunschi, 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**

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