

# Millie Mattered

By Lilly Harvey

There is nothing pathological about having fun and feeling enjoyment. We were created with these feelings and this potential. Engaging in a pleasurable activity is not inherently wrong. But the line between activity and addiction lies where an activity that is positive or neutral takes a decidedly negative turn. When we think of addiction we always think of drugs or alcohol. But there are things such as watching Netflix, social media, going to the gym, gambling, eating junk food, sex, or playing video games, each of these activities have a line that crosses into negative territory. With addictions that do not involve chemical substances, there conditions you can use to determine severity. Ask yourself, how important has it become to your sense of self and the way

you live your life? You can determine importance not only by how much you're doing it, but also by how much you're not doing other things. Priority equals importance. Reward response: Does doing it make you feel better, more in control? Does not doing it make you feel worse? Doing things you enjoy makes you feel better. Avoiding things you dislike can make you feel better, at least initially. There is a positive physical payoff to all this activity that can obscure the negative consequences. Do you find yourself doing it more often and for longer periods of time than you originally planned? This is the never-enough compulsion. If you feel compelled to say, "Just a little bit more," all the time, you're carving out more and more space in your life for

these activities. The question becomes, in order to carve out this time, to what else are you taking the knife? Do you feel anxious or uncomfortable if you cannot do it or if you just think about not doing it? One way to gauge how important these things have become to you is to consider doing without them. Your initial emotional and physical response can be highly instructive. The higher the level of panic and pain you anticipate, the stronger the hold they have on you. Disruption: Has doing it disrupted your life and your relationships? Do you often say you're going to do something different but then turn around and keep doing the same thing—or doing it even more? This is the "I'll diet again on Monday" syndrome. If just thinking about depriving yourself of it

brings up a wealth of rationales and reasons why "right now" is just not the best time to stop. All of these signs point to a much bigger problem: addiction. Addiction is a behavior that controls you. Absent an outside chemical or substance involved, it's actually you—your impulses, your pleasures, your anxieties, your fears, your preferences—taking center stage over your better judgment or reasoned decisions. If you believe you are struggling with an addiction that is negatively impacting the quality and health of your life, it may be time to seek assistance from a professional. No matter your addiction there's always someone there to talk to you. Identifying the problem is the first step to change. You can like us on Facebook or Instagram **Millie Mattered!**



**Lake Louis commission** meeting to be held August 17, 2020 at 7:00pm in the police jury room in Harrisonburg.

**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 form 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](mailto: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.

**Millie Mattered  
Hope & Recovery**

**Facebook Millie Mattered  
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[milliemattered@gmail.com](mailto:milliemattered@gmail.com)**

## Hunter Education Classes, Field Days to Resume in July, LDWF Announces

The Louisiana Department of Wildlife and Fisheries will resume in-person hunter education classes and field days in July. LDWF, however, is encouraging all students who need hunter education certification to take the online course then sign up for an in-person field course. To see a list of available classes and field days, go to <https://la-web.s3licensing.com/Events/Search?event-TypeId=2>. All classes will be at 50% facility capacity during Phase 2 reopening. COVID-19 prevention steps will be in place and enforced.

Students or other attendees are to wear facemasks and observe social distancing requirements. Attendees are not to come to class if they have any symptoms of COVID-19 or have been in contact with someone that has COVID-19 within 14 days of their course. "It is going to be a challenge for us this year to make sure we offer adequate classes and field days for our customers," LDWF Biologist Program Manager Eric Shanks said. "We want to ensure the safety of our students, volunteers and staff while offering sufficient hunter education

courses and maintaining our high educational standards." Class availability may be limited due to reduced facility capacities and cleaning/disinfecting requirements. LDWF asks that all students trying to sign up for a course be patient as staff and volunteers work to meet class demand while ensuring adequate safety protocols are followed. For more information, go to <https://www.wlf.louisiana.gov/page/hunter-and-trapper-education> or contact Eric Shanks at [eshanks@wlf.la.gov](mailto:eshanks@wlf.la.gov).

We are pleased to welcome Dan Cruz, MD to Riverland Medical Center. Dr. Cruz is an Internal Medicine and Geriatric Specialist. He specializes in preventative and acute care for adults and the elderly.

**How Can a Geriatrician Help Me?**  
Geriatricians are primary care doctors who have additional specialized training in treating older patients' needs such as: chronic diseases, nutritional problems, skin ailments, cognitive loss, memory impairment, adverse affects of medications, immobility and balance issues.



**Call to schedule an appointment today.  
318-757-4145**



**Dan Cruz, MD  
Geriatrician**  
**Riverland Ferriday Clinic  
204 Serio Blvd  
Ferriday, LA 71334**

**What's up doc?**  
992-4133

**Accepting New Patients!**

**Linda Ford FNP-BC at Chaudhry Clinic in Jena now accepting new patients. Contact 992-4133 to set up a new patient appointment**

**New Patients Welcome!**