
what's up doc?



by Dr. Mary Livers

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Hello Everyone,

It is a gorgeous day today! The temperature is just right. Why couldn't we have our meetings outside today? I just got back from a meeting downtown at the DHH building. I tell you, Louisiana has some beautiful state office buildings downtown. They are all within walking distance to the capital. I am impressed each time I go downtown for a meeting. I really enjoyed the views from the ninth floor, too. Saw the river and the grounds of the capitol complex. Really nice. Sometimes it is good to just enjoy your surroundings and feel blessed.

Have any of you seen the new Oprah series called "Lessons for Life?" I was flipping channels last night and landed on the "OWN" network. Oprah is amazing. I think she has helped a lot of people over the years with her discussion of many topics. Her life lesson last night was about energy. She says that every individual brings and receives energy throughout each day. She is a proponent for being individually responsible for what energy you bring to each situation. She said that we all make decisions about what energy we put out and another person receives that energy. She talked about ensuring that you surround yourself with people who bring you the right energy. Have you ever had a friend or know someone who just sucks the life right out of you? Well, you have an energy sucker! I think there is something to that. Sometimes you just have to limit contact with those folks. At least that is the healthy alternative. Sometimes we just have to take stock, and ask if we are bringing good energy, or are we bringing people down? Are the people we are spending time with bringing us good energy, or do you feel yucky after you have been around them? Do you not answer the phone when they are calling? Uh, that might be a sign. In any event, there was much food for thought in that life lesson. If you get a chance to see the series, it comes on at 8:00 p.m. every night. (I think! Don't know that for sure, so you might have to double check the listings!)

Well we have certainly had a lot of football news this week. Forty-one (41) players from Southern and Arkansas-Pine Bluff suspended for fighting. Three LSU starters on the bench for violation of team rules. Really? I guess there should be a team rule against using drugs. I am glad that I will be at the game so I do not have to hear Brent Mussberger tell us every 5 minutes about the brawl at the bar, and now the Honey Badger.

And of course, we all vote on Saturday. Go to the polls and vote! It is something they do not do in Libya.

Have a great weekend. And, thanks for all you do every day to meet our mission. You are awesome!

Sincerely,

"Doc"

Dr. Mary Livers

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