
what's up doc?



by Dr. Mary Livers

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Hello, Everyone:

I'm sure that you all know that most of us will have a holiday next Monday, in honor of Dr. Martin Luther King, Jr.'s birthday. And like most of you, I'm very pleased to have the day off. A nice long weekend, an extra day of freedom. I hope that all of you will take a moment to reflect on the fact that Dr. King really did change our world. His work affected every one of us in every town and every state in the U.S. The great Indian leader Mahatma Gandhi famously said "We must become the change we want to see in the world" and that is something that Dr. King knew and lived. While many of us will enjoy the holiday, secure care staff will be celebrating with the youth, and I'm sure there will be programs and activities to help them learn about Dr. King and the difference he made. All in all, very good lessons for OJJ youth.

With all the cold weather we've been having, it seems like a lot of people are coming down with colds and the flu and respiratory problems that just hang on. This year the flu seems to be especially bad, sometimes even fatal, so remember, it's not too late to get a flu shot AND they are readily available at most of the chain pharmacies. Here at central office, some of us were talking about home remedies for various ailments and injuries. Several staff said their grandparents swore by this simple remedy for wounds – putting a piece of salt meat on the wound and tying it on with a white rag – it will draw out the infection. An okra bud is said to draw out the infection when placed on a boil. Rubbing a sardine down a child's throat will get rid of thrush. To get rid of a headache, including migraine, soak a towel in vinegar and lay it across your forehead, let some of the vinegar soak into your skin. I'm told you can feel it drawing the headache out. One person said that nosebleeds can be stopped by hanging a set of keys around the person's neck. We also heard that children's asthma can be cured by driving a nail into an oak tree, and when the child grows to the height of the nail, the asthma will be go away. Or you can just get a chihuahua dog, which is said to draw away the asthma. Castor oil for colds, honey for almost anything (it is full of natural antibiotics), either put it on wounds or eat a spoonful for sore throat and congestion. And I hope that everyone is familiar with that old Southern remedy for sore throats – a cup of hot honey and lemon juice (thin it with just a little water and maybe a drop of something stronger). After hearing about all those folk remedies, one staff member said she would just send out for a prescription and some cortisone cream! If you know of any old-timey home remedies, please email them to me and we'll put them in an upcoming WUD.

Some of you may have noticed a lot of activity with staff needing a lot of information – it's that time of year again, when we are preparing for the budget, legislation and JJIC meetings. We will soon kick into high gear on all of those things.

This week we also had several consultants visiting us, looking at everything from top to bottom, sideways and upside down. They are looking at everything we do so they can make suggestions for efficiencies and better operational procedures. We stayed very busy gathering information for them, and they toured both Bridge City and Jetson. Then they spent most of the week here at central office. We are looking forward to getting their report.

Well, I'll wrap it up for now, wishing you a wonderful looong weekend (stay warm!) and for those in the facilities, our appreciation for taking care of the kids and teaching them about Dr. King. And to everyone in every OJJ office and facility, my sincere thanks for all you do, every day, 365, to meet the mission.

Sincerely,

"Doc" *Dr. Mary Livers*

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