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# what's up doc?



by Dr. Mary Livers

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Hello, Everyone:

Woot Woot Woot! My second favorite (LSU is undeniably my favorite-est team) team, the Oklahoma Sooners, pulled out an unexpected big win in the Sugar Bowl last night and I was there to see it with friends from Oklahoma. Victory was especially sweet, as the Sooners were the clear underdogs and the Tide is the reigning two-time BCS champ. Well – the Sooners' freshman quarterback bested Bama's Heisman runner-up QB AND was named the game's MVP. Sorry Bama fans...I know some of you are Bama fans. Not a bad way to ring in the new year.

And a New Year it is. Sometimes it seems like the new year is little more than an excuse to party, but there really is a better purpose to turning over the page in the calendar. A fresh page in our book of time. A new canvas in the art of living. A fresh opportunity to practice what we learned about life during the last twelve months. A new chance to discover things we've searched for, try to achieve things we dreamed but didn't dare to do. A time to make resolutions, with the most important one being to keep this year's resolutions! The big three: losing weight, spending less, and doing our best to be a better person. They all sound good when we are writing them down, but when it comes to actually keeping them, well those resolutions usually last about as long as a snowflake in August.

So, let's make a few really good resolutions this year. Let's resolve to strive to our utmost to meet the mission every day. Actually, that one really won't be too difficult for Team OJJ. You would win the Workplace Superbowl if there was one. So that's an easy accomplishment. How about eating healthy? Getting a little more exercise? Spending more time with the people who are important in our lives.

Here are some little pearls of wisdom I thought you would enjoy, and get a chuckle from at the same time:

Faith is the ability to not panic.  
Blessed are the flexible, for they shall not be bent out of shape.  
Do the math. Count your blessings.  
Laugh every day; it's like inner jogging.  
A grudge is a heavy thing to carry.  
Nothing is real until you experience it yourself. Otherwise, it is just hearsay.  
The most important things in your home are the people.  
He who dies with the most toys, is still dead.  
Life is hard, but it is harder if you are stupid.

So, it's on to the next mile marker. If this is Louisiana, it must be Mardi Gras season. Although the official day to kick off the season is Jan. 6, all the stores have had Mardi Gras decorations since Thanksgiving and the grocery stores put out king cakes before Christmas. So we have from now until Tuesday, March 4 to enjoy that. But, healthy eating, ya'll, let's hold the king cakes down to once a week. And, last time I checked, Valentine's Day is still February 14, right smack in the middle of Mardi Gras season. Oh yeah, it's going to be a fun 2014. Until the session starts on March 10.

So, I'll close with my sincere thanks for all that you do, every day and in every OJJ office and facility, to meet the mission.

Sincerely, "Doc" *Dr. Mary Livers*

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