

LAFAYETTE COMMUNITY SOURCE

January-February 2016 Vol 12

Philippians 4:4 (KJV) 4 Rejoice in the Lord always: and again I say, Rejoice.



Faith & Soul

News Magazine

Refreshing the Mind, Body and Spirit!

**Evangelist
Reinhard
Bonnke
Bringing
Good News
To America
With
Evangelist
Daniel
Kolenda**

Atlanta, Georgia
March 5-6, 2016
Philips Arena
GospelCrusade.org





Faith & Soul

News Magazine

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Will need list of people and what they did for the masthead

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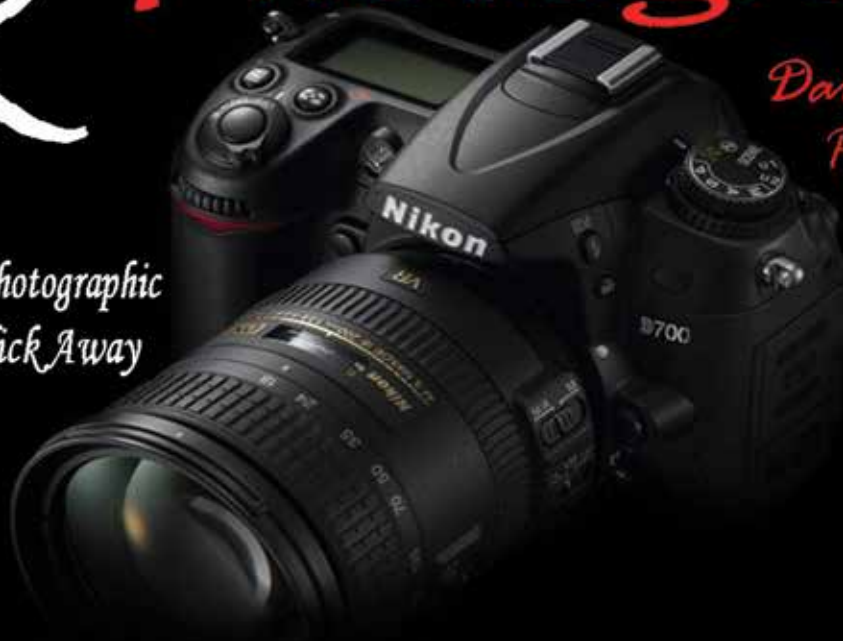
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MELINDA'S NOTES

Joel 2:28-29 (KJV)

²⁸And it shall come to pass afterward, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions: ²⁹And also upon the servants and upon the handmaids in those days will I pour out my spirit.



God Bless New Year! Thank each and everyone for a successful 2015. We are excited to serve you in 2016. This is the year for us to Create New Dreams and Visions. God our Creator, created us to create. Join us as we teach the younger generation how to use their God given talents and become a creator. S. Truett Cathy, Steve Jobs, Oprah Winfrey, Tyler Perry, and many others are creators. Yes, we each face lots of challenging situations; but being a creator of the solutions to those situations is a Blessing.

We humbly ask for your support as we expand our mentoring program. Buy a subscription today. This will allow us to mentor a grade school, middle school, high school, or collegiate student. All of the students we have mentored have bachelor's degrees, many with masters, and some with PhDs. They are taught to serve their community and teach others. Our collegiate students traveled to President Obama's inauguration as well as covered major events on a national, regional, and local level. One of our students worked as an assistant to the President of Sri Lanka. To purchase a subscription, go to: www.faithandsoul.net

Many of us have made resolutions every year for a New You and a New Year! By the end of January, many of us struggle and before the first three months are over, many of us have dropped or

forgotten the resolutions.

In the bible: God talks about dreams and visions. A man shall have dreams and visions. A man without a vision shall perish. Though we follow the culture of resolutions, having dreams and visions line up with the word of God. Be steadfast with your dreams and visions. Build your team to see your dreams and visions come to pass. Read *Faith & Soul News Magazine: Refreshing: Body, Mind & Spirit!*

In this issue, you will learn about Fayetteville's first African American Mayor Ed Johnson, Evangelist Reinhard Bonnke, Fayette and Lafayette MLK events along with articles by locals Nancy J. Lewis, Bonita Williams; Mary Ann Brown and much more.

Blessings, Peace and God's Love,

Melinda C. Sylvester
Publisher
Faith & Soul News Magazine

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“TAX TIPS” FOR 2016

by Chandra Winford



TAX SEASON IS UPON US!

Tax clients are either anxiously anticipating a refund, dreading the tax payment they will have to make soon, or indifferent because tax filing is just another task with little refund expected or tax payment to be paid.

Where are you?

What can you do differently in 2016 to put yourself in the indifferent category?

Taxpayers expecting a refund: If you work a full-time job and you get a large refund check back every year. You are giving the government an interest free Loan. You should work with your tax professional to reduce your withholding allowances to allow more money to come into your hands during the year.



Taxpayers who have to make a large tax payment: more than likely you are an entrepreneur or independent contractors. You need to withhold a certain percentage from funds received and make quarterly payments so you do not end up owing the government.

CHANDRA'S TOP 5 WAYS USE YOUR TAX REFUND

1. **Create a savings reserve account:** a reserve account will cover you when unexpected expenses arise.
2. **Pay off all or some of your debt:** if you eliminate debts that will free up whatever funds you are paying monthly on that debt.
3. **Start a business or invest in your business:** everyone should have multiple streams of income. Use the funds to start a business part-time and this will also increase your tax deductions for next year.
4. **Start saving for your retirement:** social security on average, will only replace 40% of your pre-retirement income.
5. **Get a life insurance policy:** if something happened to you, your family will need funds for funeral expenses and to cover any debt you may on assets you own like your home or vehicle. •

For additional information:

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Five Strategies to Help You Have the Life You Deserve in 2016

by Nancy J. Lewis,
MS, SHRM-CP, PHR, RCC

We often make excuses why we don't do certain things in our lives. When we do this, we often delay walking into our destiny and adversely impact our integrity level. Consider the following five strategies the next time you find yourself making an excuse.

1. Be honest with yourself.

It is important to look at yourself in the mirror and have a heart to heart and admit you have a problem. Don't continue to deny this is an area in your life you are okay with and hope it will simply go away without you addressing it. Others know you are making excuses and it is time you face it also. It is important to state the problem out loud acknowledging you recognize this is problem you are going to fix. It is helpful to solicit the assistance of a trusted friend that will hold you accountable when you find yourself making excuses.

2. Set realistic expectations.

Before you make commitments and say yes to something—even something small—ask yourself if you truly believe you can and will follow through. Some people set unrealistic goals and then fail in accomplishing their commitment. It is critical to have forethought and count the cost of what you are committing to. Look at the time constraints, the magnitude of the task and then make an informed decision. Sometimes you have to say no and that is okay. It is better to say no than to repeatedly say yes and fall short of what you have committed to. Doing what you say you will do speaks to your level of integrity. Integrity is a lot easier to maintain than regain. So think before you commit!

3. Stop whining and start winning.

Stop complaining about what you don't have and making negative confessions. It is so important to count your blessings and know that you win when you begin to speak positive statements of faith. Be slow to speak and swift to hear and if what you are going to say is not in line with what you want to see manifest in your life; don't say it. Choose to move from whining about life and get in the game of winning in life. Become your own best cheerleader recognizing that greatness lives inside of you.

4. Take charge of what you need to do.

Just determine in your heart that whatever you need to do to succeed you will do. Be in charge of your life by making the right decisions and taking action on the goals you have set for yourself. Challenge yourself to know that you have skills, talents, and abilities inside you to make your dreams a reality. Don't look for others to do the things you need to do. Commit to what needs to be done and then do it.

5. Be solution centered.

Instead of focusing on your problem, begin to look at the possible solutions. What you focus on becomes greater; so why not focus on ways to resolve your situation? Be willing to ask for help from those individuals who have knowledge and skills that can help you. Don't let pride and ego keep you from getting valuable insight and wisdom from those who can shorten your learning curve and provide you with helpful solutions to the challenges you face. Choose to use your energy focusing on solutions and then be willing to take responsibility for your life.



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REFLECTIONS ON A CALLING



by Bonita Williams, MSEd

I had been working as Director for a social services agency for seniors a number of years. I worked very closely with the neighboring hospitals, staff (doctors and nurses) and provided in-service training to the nurses who were providing in-home care for seniors in the community. From that I began teaching counseling for the college that they were attending. This experience excited the teaching bug in me and it came alive again. When I first entered college my major was education but when my mother died in my sophomore year I dropped out. When I returned I chose Social Work and Health Services Administration instead. After graduation, I was offered a scholarship to major in counseling and I accepted. After years of working in various fields and positions, that exposure to teaching inspired me to leave my job as a director and took me full circle back to where I had started.

I decided to apply to the Department of Education and was accepted into a middle school. The principal assigned me to a special education class based on my experience in counseling. I took the assignment. I did have to take a few more courses to qualify

for permanent licensure in this area and I decided to do so. I believe my previous education and experience was preparation for the road I was to travel. There are no coincidences. I excelled as an educator but most importantly my students excelled. They felt at home in my classroom, often calling me “Grandma” (Although I begged their pardon). They had constantly been told they couldn’t learn. In “our” classroom they proved to themselves that they could learn. When the state exams were administered many of their peers (in “regular” education classes) would confront them to find out their scores in an attempt to taunt them. To their chagrin in many cases, my students scored the same and in some cases better than their “regular education” peers.

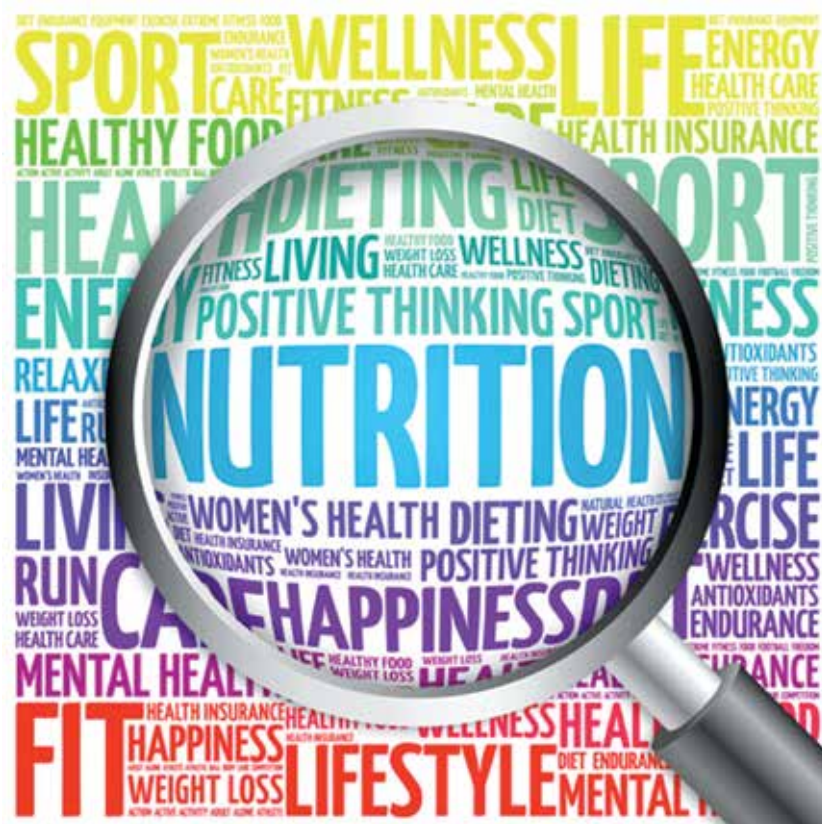
I taught many children over the years and although not all chose this path, many have gone on to achieve gainful employment, marry and have families. Many students also went on to further their education attending and graduating from two and four year colleges.

I am reminded of one student in particular who was presented to me by the School Psychologist. The psychologist said he had evaluated him and found him to be at the low end of borderline IQ. He was a personable, mild-mannered, likable youngster with very supportive parents. He worked very well in the classroom with the other students and was soon identified as the “smart one.” At the end of that school year he was re-evaluated. The School Psychologist returned to me and asked, “What are you doing in here?” Puzzled by his question I asked him what he meant. He informed me that when re-evaluated the student scored in the high average category. I told him that I teach them with respect and expect them to learn.

I often wonder how things might have been different if I had not made the change in career I did and had not been his teacher. This June that same young man graduated with a Bachelors Degree from an accredited college. He is interested in filmmaking and has made a few documentaries that have received recognition and is interning with a producer. When I think about this part of my life I always smile and look up and say, “I know that was You God”. •

NUTRITION: FACT AND FICTION

by Mary K. Garofalo Rudd
RD/LD, MPH, PhD



I'd like to describe one of the biggest challenges for consumers today and determine if there is any truth to the claims touted about nutrition by magazines, newspapers and the internet. A great example is colon cleansing. Many people believe advertisements and untrained employees at the health food stores who claim you can be walking around with 20 pounds of waste product that accumulates on the inside of your intestinal walls, specifically the colon, also known as the large intestine. Those individuals claim you need to purify yourself, however, there is no reason to purify and detoxify yourself; our kidneys perform this function every minute of the day, and fiber in our diet is Mother Nature's way of colon cleansing! That said, I bet you know someone who has advocated this treatment to you for weight loss. Most of the cleansing programs are actually causing diarrhea and if you lose fluid, in this case, in an unhealthy manner, you will weigh less after your colon cleansing until you rehydrate, that means the weight loss is temporary. Along with that fluid, you will have also lost minerals vital to the normal health of your cells which must also be replaced.

Additionally, there is the chance of infection from contaminated equipment and colonic perforation during the procedure.

So let's try to come up with a good way to evaluate nutrition information, discuss good places to get information, and fulfill our goal of improving our health.

How do you separate fact from fiction? This can be difficult to do considering advertisements are so sophisticated and you must take the time to read labels to discern what information has been verified by testing and what information is allowable without proof. Go into your pantry and pull out a few boxes. There are three general types of claims on food labels, nutrient claims, health claims, and structure/function claims. Nutrient claims characterize the level of a nutrient in the food, for example, "fat free" or "less sodium." Nutrient claims have legal definitions. In terms of energy, low calorie labelling must have 40 calories or fewer per serving to qualify. Reduced calorie labelling means a food must have 25% less calories than the regular food. Health claims characterize the relationship of a food

or food component to a disease or health condition. For example, “soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease” or “a diet low in total fat may reduce the risk of some cancers.” Health claims on labels are supported by research, but similar sounding claims may not be. My rule of thumb is that if the claim contains medical terms such as calcium and reduced risk of osteoporosis or sodium and reduced risk of hypertension, chances are you are reading a health claim. The third type of claim, structure/function, describes the effect that a substance has on the structure or function of the body and does not make references to a disease- for example, “supports immunity and digestive health” or “calcium builds strong bones.” In very small letters on the package, you will find “This statement has not been evaluated by the FDA”, which is the Food and Drug Administration. Do not be fooled by these claims. Structure/function claims are largely unregulated and appear on foods and dietary supplements. Dietary supplement, being neither food nor drugs, are like the Wild West, anything goes and recent studies have shown that the consumer has no assurance that the label

is even the least bit accurate. Accordingly, consumers must rely on the USDA Nutrition Facts panel found on most packages for accurate content information.

If a health claim sounds too good to be true, it is. We spend billions of dollars every year on vitamin and mineral supplements only to urinate out the excess. Vitamin B 12 shots will not help you lose weight. Testimonials line someone’s pockets but are rarely if ever true – what do Hollywood types know about nutritional science? Pay attention to the credentials of the “professional”, fake doctors often advertise on TV. Any real research study will be published in a professional journal so don’t believe the “suspicions” about the unhealthy food supply. The US government monitors our food safely and closely through multiple agencies including the CDC, USDA, FDA and EPA.

There are many credible sources of food and nutrition information available to the consumer. These include: www.usda.gov, www.hhs.gov, www.fda.gov, www.cancer.org and www.diabetes.org. The American Academy of Nutrition and Dietetics is the credentialing agency

for all Registered Dietitians. Their web site, www.eatright.org, is particularly consumer friendly. For more scientific information, Pubmed, www.ncbi.nlm.nih.gov/pubmed is the internet source for scientific nutrition and other medical references.

And now you feel like, OK, I want to begin improving my diet. Start off making one change at a time and conquer that challenge before moving on to another behavior. It often takes months to integrate and maintain a new behavior into daily life to make it permanent. You didn’t gain 30 pounds in two weeks so don’t assume you will wake up 30 pounds lighter by wishing pounds away (if only). It has been shown in many studies (think Weight watchers) that group support is effective for many individuals trying to lose weight, and maintain the new weight, which is usually the hard part. If you plan to go it alone, www.choosemyplate.com is a good site to help you monitor your daily diet, weight, and exercise. Otherwise, seek out a Registered Dietitian or a weight control program with realistic goals. A dietitian’s advice will be invaluable for other medical conditions too such as heart disease, diabetes or hypertension. •



About Dr. Rudd

Dr. Rudd is a registered dietitian who lives in Peachtree City GA. She earned a BS at Purdue University in Foods and Nutrition, a Master of Public Health Nutrition at the University of Minnesota, and a PhD in Nutrition at Kansas State University. Her professional experiences include; working at the Department of Health for the state of Minnesota, a maternal and infant care clinic in Indianapolis, and Riley Hospital for Children, Indianapolis and Grady Hospital, Atlanta, in pediatrics. She and her husband opened Braelinn Village Animal Hospital in 1995 and Dr. Rudd managed the facility until 2011, when she left, following the sale of the practice. Since 2011, Dr. Rudd has taught at Georgia Military College as an adjunct Professor of Nutrition in Fairburn, GA. Dr. Rudd is the owner of Nutrition Service Specialists, offering individual and group nutrition counseling. <https://sites.google.com/site/nutritionservicespecialists>. She can be contacted at www.ptcdietitian@gmail.com



Evangelist Reinhard Bonnke and Evangelist Daniel Kolenda Gospel Crusade Coming to Atlanta

CfaN
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FOR ALL NATIONS

People Get Ready! Evangelist Reinhard Bonnke and Evangelist Daniel Kolenda's Gospel Crusade is coming to Atlanta on March 5 and 6 live at the Philips Arena at 6:00 pm each night. It is free to attend. Faith and Soul News Magazine is honored that the 75 year old Evangelist Reinhard Bonnke recently took time out of his busy schedule to answer a few of our questions:

FASMG: Evangelist Bonnke, you have served in your ministry over 50 years. You have a powerful anointing where things happen under the Holy Spirit: blind receive their sight, lame walks, dead raised. Manifestation of the word comes during your Gospel Crusades. Please tell us about your journey.

Reinhard Bonnke: "Christ for all Nations" is an unfolding vision. God began to whisper in my dreams a phenomenal proposal, "Africa shall be saved!" The words seemed chiseled into my brain like commandments carved on stone by the finger of God. The picture of Africa washed in the blood of Jesus came daily into sharper focus. By faith, I rented a stadium in Botswana. That stadium became the womb from which CfaN was born – alive and kicking. The result? Tens of millions of people saved...and the miracle continues. What God can do for a man like me, He can do for you. Come on! Cut the ropes, set your sail and let God be God.

F: Define the moment the Holy Spirit thread your needle. How can the Holy Spirit do the same for another person?

B: Faith works when you go, and you go by faith. You begin and live by faith. Jesus said "To him that hath shall more be given." Begin with what spark of faith you have and more will be given.

To receive this anointing and power is no lottery – it is for all blood-washed people.

F: You were once described as a modern day missionary. Is it still today's title now that you have a Facebook account with hundreds of thousands of friends? Is that the tool your ministry uses to reach the younger generation with your message for Jesus Christ?

B: I have found that the Holy Spirit has made my life and ministry as one of His chariots. I was and am a flaming messenger with a burning message on wheels of fire. [Note: Reinhard Bonnke's Facebook page has 3.7 million followers.]

F: Do you encourage more church participation and one to find a local church?

B: Evangelism must always lead into the church. This is a central truth I have practiced everywhere. I, the evangelist, bring my nets and borrow the boats of the local churches. Together we will cast our nets into the human ocean and pull them in to be emptied on the beach. My promise to you is not to take a single fish but to leave them all with the local churches.



Evangelist Reinhard Bonnke

Evangelist Daniel Kolenda

F: In one of your ministry tapes you mentioned you were sent to Africa and someone was sent to America with the rich and you with the poor. Later you realized you won. Why is it a bigger blessing in Africa? What can America learn from this?

B: My team is now on two active Gospel fronts: Africa and America. I have seen God in His omnipotence in Africa. Over time our ministry saw 74 million people respond to the call of salvation. Our God is an awesome God. Thankfully, believers in America have enabled us financially to bring in this harvest of souls in Africa, but now “the bread cast upon the waters shall return to you.” There is urgency in my heart to spread the Gospel of Jesus Christ in America. God spoke to me that the time had come for a mighty wave of salvation to sweep the USA from city to city, from state to state, and from coast to coast.

F: What does Evangelism mean to you?

B: Evangelism is a holy compulsion. “Woe is me if I do not

preach the gospel” (1 Cor 9:16). He would burst if he didn’t! The messenger is marked by the message.

F: How may one be a part of your ministry?

B: I am scanning the skies for men and women who pray and weep for the salvation of America. As Bill Bright used to say, “Let’s leave our logos and egos.” Let’s rally at the foot of the cross of Calvary and preach the Gospel of salvation to the nation. The Holy Spirit will cooperate. God is pouring out His Spirit with glorious indifference to our differences! He said, “I will pour out of my Spirit on all flesh.” And it seems to me He pours Himself into the mold of any vessel. Please determine how you and your church can participate in any of these upcoming crusades. •

If you wish to attend the Gospel Crusade coming to Atlanta, please RSVP at www.gospelcrusade.org/atlanta

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Christ Has Arranged New Growth Everyday

by Scottie Moore



A wise person once said, "Insanity is doing things the way you have always done them and expecting things to change." This is crazy.

Our American culture has come up with many euphemisms to indirectly point the finger at crazy. Things like, "he is a few quarters short of a dollar." Or, "she is a few slices short of a pizza." One of the most profound catapults to change is remembering that we cannot do things as we have always done them. To get to that next level, one needs to push through. One needs to hang on. One needs to be bold. And most importantly, we must put our trust in the hands of an almighty God. It is crazy not to change when you just might be:

- ❖ a few tests short of a testimony
- ❖ a few scriptures short of a message
- ❖ a few prayers short of a breakthrough
- ❖ a few tears short of a cleansing
- ❖ a few sermons short of an understanding
- ❖ a few connections short of a relationship
- ❖ a few hymns short of a hallelujah
- ❖ a few releases short of peace
- ❖ a few communions short of a remembrance

- ❖ a few confessions short of eternal life
- ❖ a few repentings short of a change

Most of us have reached that point where a certain aspect of our life needs a complete overhaul. Setting your sights on making that change can have a daunting effect. For example, our intentions are to save for retirement on a regular basis. Maybe, the alarm is set for that new early morning workout. Or, we plan to be faithful in our daily prayer and meditation time. But alas, we don't reach the desired goals as we thought we would.

Change is hard work. Having a support while going through the change process strengthens one's resolve during the journey. The change guided by Christ will create the best transformation. When the naysayers come along (whether they be outside or inside your head), remember the greatest advocate to your change is as close as a whispered prayer.

Let the Christ within you be the driving force for change.

And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."
~ Matthew 18:3 New International Version





PRESIDENT OBAMA AT MCKINLEY HIGH SCHOOL

by **Ada Womack**
reporting from Baton Rouge





As the lines began to form early on this cold morning before daylight, many individuals eagerly anticipated the reach and view of their President of the United States in their city. T-shirts, quilts and signs were made in honor of our president. With smiles on their faces and friendly hearts, the crowd began to converse with one another with pride to be a part of such an occasion.

Each person waited patiently as they were checked by security and moved ahead in line. McKinley High students stood outside of the school as witnesses of history in the making on this day where President Obama would speak at their school. As the ticket holders began to fill the gymnasium and the dignitaries arrived, the atmosphere tingled with a high degree of excitement. McKinley High Student of the Year, Che'Dra Joseph confidently introduced President Obama with great poise setting the tone as the crowd roared and stood on their feet. There with an electrifying wave of enthusiasm from the moment President Obama entered the gymnasium and began to speak as well as throughout his speech. It was a surreal moment for many residents of Baton Rouge and others who traveled from the surrounding areas to hear him.

The crowd praised the president for his great accomplishments in office. The President posed four questions to the audience which will serve as a plan to create a better America:

1. How will we progress and make sure we build an economy where everyone can benefit and has a shot at success?
2. How can we construct an innovation economy that embraces science, reasoning and facts instead of running away from them?
3. How can we make sure we keep America safe, not by talking tough but by being smart?
4. How do we make sure our politics works not necessarily in a way where everybody agrees but rather in a way that it is civil and constructive and where we work together to find solutions to the problems that will not just affect us but also affect our children and grandchildren?

President Obama created an open, laid back, friendly forum for the audience where questions were posed by children and adults. Some offered praise and some asked very interesting questions anticipating real answers. Obama held the crowd with his wit and charming demeanor. As he answered the last question and began to leave the stage, the crowd began to magnify their excitement as he shook hands and greeted many. •

Beauty



Beauty Tips With Joy Bothers

Our faces are beautiful but they are also our canvases for making us extra pretty. It is important to take care of our face with a skin care regimen.

Soap is a bad idea because it dries the skin horribly and removes our natural oils. Use a good regimen such as Mary Kay's Time Wise for your skin type. Clinique and Dermatology Skin Care products are great as is BlackUp Skin Care. It is a good idea to cleanse, exfoliate, tone, and moisturize your skin. This will help even out your skin tone as well as balance the oils.

Don't be afraid to try new makeup, especially different colors. Colors will brighten and accentuate your features.

Use your cleaning regimen two times a day, morning and night. At the end of the day, use a great makeup remover and never sleep in your makeup. It clogs the pores.

Remember, consistent care goes a long way to a healthy and radiant face.

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