

Faith & SOUL

Philippians 4:4 Rejoice in the Lord always: and again I say Rejoice.

NEWS MAGAZINE
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Photos courtesy of White House and NBCC (above Harry shakes President Obama's hand and Kay is on his side)

Fait & Soul thanks Mr. Harry Alford (Founder of NBCC) and Mrs. Kay Alford (Cofounder of NBCC) for all thier hard from America to Africa, this couple is doing outstanding work for Black/Minority Businesses and their communities.

Inside: Food and Fashion

10 Things to be Thankful For

Dr. Martin Luther King Regerstation and First Lady Michelle Obama visits New Orleans

Philippians 4 vs.6
Be careful for nothing; but in every thing by prayer and supplication with Thanksgiving let your request be made known unto God.

I want to thank my Lord and Savior Jesus Christ; who continues to give me visions and strength to publish Faith & Soul News Magazine. I want to thank my family, all the wonderful advertisers (who faithfully support), our subscribers, readers and this wonderful community.

In our effort to continue our encouragement with the Relations with Africa and African Americans, we want to share the article from the National Black Chamber of Commerce on their trip to Kenya.

Enjoy Reading!!!!!!!!!!

My prayer to Haiti: Don't forget Haiti and don't forget New Orleans!
Keep the faith and hope, know that the Love of God is closer than you think. Smile everyday and make others smile too. God Bless, Melinda

****Articles and views expressed in this publication do not necessary reflect the views of Faith & Soul News Magazine and its staff.***

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Publishers' Pointers:

I want to thank everyone who supports our vision and mission at Faith & Soul News Magazine. It has been a great pleasure and honor to serve you. We will continue to work hard for you. We love you all.

In this thankful season; we want to share 10 Things we should give thanks for:

- 1. Our Lord and Savior Jesus Christ, Our God***
- 2. Our Life, who he made us to be***
- 3. Our Family, those who are put there to share with us, live with us***
- 4. Our Friends, those we spend time with***
- 5. Our homes, the space we live in***
- 6. Our Health. being able to get up in the morning, having a sound mind***
- 7. Our Success, things we were able to accomplish***
- 8. Our Food, what we eat and enjoy and good water***
- 9. Our Love, what we have to share with others***
- 10. Our Faith, what will keeps us going***

An Effective Game Plan for Kenya



*Picture: Mr. Harry Alford
(Founder of NBCC) and Mrs.
Kay Alford (Co-Founder of
NBCC)*

We have been shouting about the new opportunities for African American entrepreneurs in Kenya. The time has come for us to put together an effective model that will ensure success in this up and coming nation and also be used as a model for the rest of the African Diaspora. My office has been pleading with the officials of Kenya to identify and secure some success stories so that our members who have expressed sincere interest will know that this is just more than “show”. Thus, last week became an analytical test for us. We were once again off to beautiful Kenya and must return with concrete plans for implementation.

Our first move turned out to be a winner. We had decided to spend every penny of the trip with principles of the African Diaspora. Therefore, we chose Ethiopian Airways as our mode of travel. It was brilliant. We flew directly from Washington Dulles Airport to the capital of Addis Ababa, Ethiopia. From there we would connect to Mombasa, Kenya where our meetings would be held. The price was quite reasonable as there isn't a bad seat on their Boeing wide body 777's and their video consoles are high tech. Their economy class is no less than economy plus with the US and European airlines. The planes are spotless, cuisine abundant and excellent and that is just the beginning. Ethiopian Airlines has the most beautiful airline attendants in the world. These sisters move with a swagger of runway models replete with genuine smiles and the prettiest faces known to mankind. It was just breathtaking. On our way back as we waited for our connection in Addis Ababa, the crew of 12 Nubian sisters accompanied by three attractive male pilots entered the gate area. Every brother in the place was in awe. Suddenly, one of the smiling sisters exhorted, “Hello fellas! We are here and will see you on the plane.” We highly recommend Ethiopian Airlines whenever and wherever possible.

The ribbons and bows were on the front and back travel. Now to the programs that were discussed and agreed to. The NBCC will create a holding company. Within that holding company our members who desire to do business in Kenya will create subsidiaries of their core specialties and register them as Small and Medium Enterprises (SME's). This will cut the risk from their mainstay US interests. Then they will get listed on the newly formed Kenyan SME stock exchange. Kenyan professionals will be encouraged to buy shares in these ventures. As these businesses grow with contracts they will train and develop protégé's that will change the paradigm for the nation. Once successful, we will take the model to Botswana and then to other nations who are eager to participate and have similar stock exchanges. *Continues on page 9*

Send holiday mail to heroes

The holiday season is just around the corner and it's time again to start thinking about being part of the 2011 American Red Cross Holiday Mail for Heroes. For a fifth year, American Red Cross and Pitney Bowes are partnering to ensure all Americans have an opportunity to send a touch of home this holiday season to members of our U.S. military, veterans and their families, many of whom will be far away from home this holiday season.

Send mail to a hero today. For more informatio, visit <http://www.redcross.org/holidaymail>

1 THESSALONIANS 5 VS. 18

*IN EVERY THING GIVE THANKS:
FOR THIS IS THE WILL OF GOD IN
CHRIST JESUS CONCERNING YOU.*

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Official Application

To receive more pageant information, complete the entry form below. Drop off or mail application to the address listed at the bottom of the form.

Age Requirements: (The Day of Pageant)

Girls & Boys **10-12** **13-15** **16-18**

Contestant Name _____

Address: _____

Age: _____ **Date of Birth:** _____ **GPA 2.0 and above:** _____

Parent's Name (s): _____

Daytime Phone: _____ Cell Phone: _____

Grade in School: (Circle one) 4 5 6 7 8 9 10 11 12

School & community activities, awards, talents, hobbies, etc: (Indicate in order of importance)

Talent: Vocal Dance Twirl Gymnastics Instrument Drama
Other _____ Name of Song _____ Prop/Instruments _____

Person you admire most & why? _____

Favorite TV Show _____ **Favorite Food** _____ **Favorite Color** _____

Hobbies/Sport/Special Activities _____

Applications must be received or postmarked no later than November 30, 2011

For additional information, contact Brenda A. Andrus at **337-258-1666**.

Return application to any **LCG Recreational Center** or mail to:

Brenda A. Andrus-Pageant Director

C/O MLK Pageant

P.O. BOX 3161

Lafayette, LA 70502

First Lady Michelle Obama Visits New Orleans Daycare



by [jozefsyndicate](#)

After a quick visit to New Orleans' Royal Castle Child Development Center earlier today, parents found the First Lady “warm,” “loving,” and an “encouragement” to cook healthy meals and exercise with young children.

The Northside Community Cares Concert Series #7

presents

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5 Live Bands - 12 performing Acts
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**Patrick Henrey &
Liberation Band**



Connie G.



**Outside Looking In
Ent.**



Ms. Bri



**Kent August &
August Heat Band**



Georgi'O



Joyce Sorrell



Lil' Runt



Brad Comeaux



Yung Breeze

FOOD & FASHION FOR THE HOLIDAYS

Louisiana is knowing for it's great food. Let there be no mistake the seafood is great!

This is the local taste buds for the Holidays.

Gumbo is at the top of the list: Here is a quick recipe for a pot of delicious gumbo.

Fill your pot half with water, bring water to boil

Add roux 6 to 7 spoons depending on pot size (gumbo pot) continue boiling

Add One chopped onion, bell pepper, green onion and parsley (put in pot)

For the seafood lovers add: shrimp and or oysters (dry or fresh)

Cook stocked (chicken, turkey necks and chaurice sausage) in separate pot

Once roux is dissolved and water is a brown color

Add stock finish cooking on low fire

Season with your favorite season or Babineaux's Season

You can serve with over rice and with potato salad or bread

** To make a good gumbo you must have good ingredients, Louisiana has the best!!*

HOMEMADE SWEET POTATO PIE

Fresh Louisiana Sweet Potato; cook your sweet potato on the stove, smother down with little water and little sugar, smash them.

Homemade dough:

3/4 cups of flour

2 cups of sugar

1 tea spoons of baking powder

2 eggs

1 tea spoon of vanillia

Mix dough

Roll out into pie pan

Put sweet potato

Bake in oven 375 for about 35-45 minutes

Louisiana Workforce Commission presents

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Employment Practices Overview and Labor Law Updates

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11:45- noon	Break, Serve lunch
noon- 1:00 p.m.	Lunch with Keynote Speaker Angie Hargett, CEO Revolution Training Technologies
1:15- 2:45 p.m.	Recent Changes to the Law and Attention to ADA

Employment Practices for 2011 and Beyond

- New Developments
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- Security & Privacy
- Background investigations
- Drug testing
- Whistle blowing
- Non-compete agreements
- Leaves of absence
- Wage and hour
- Policies and agreements
- Your questions and much more

Register Today. Cost—\$55

Complete registration and return by mail, fax or email.

Thursday, December 8, 2011

8:00 a.m.—2:45 p.m.

Holiday Inn Lafayette

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Presentations by LWC attorney Rob Roux

Rob Roux has served as an attorney for the Louisiana Workforce Commission for more than 22 years, dividing his time between the Office of Regulatory Services, the Office of Workforce Development and Human Resources. He has represented the state in diverse matters including the Incumbent Worker Training Program, Workforce Investment Act, Community Services Block Grant program, child labor laws, private employment services and the apprenticeship program. Roux is a state advisor in all matters concerning Louisiana labor and employment law with the exception of Unemployment Insurance and Worker's Compensation.

For more information contact
Ryan LaGrange at (337) 593-1405

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Now, what are the types of projects? We will focus on the Indian Ocean Coastline of Kenya. There are seven counties in this region – from Lamu to Mombasa. It is a hidden treasure waiting to be developed. Imagine the Atlantic coastline of Florida under-developed. This is it! In Mombasa, population just under one million people, the officials want us to build and operate three major office complexes accompanied by three multi-story parking facilities (like in Washington, DC). Also, they want a full service waste management system to serve the city. The airport is in need of a five star hotel.

In Kalifi County, they have a college with plans to expand it into a major university. They want us to do all of the expansion (dorms, classrooms, laboratories, streets, medical school, etc. While doing this, they want to emulate Tuskegee Institute (Booker T. Washington) via interning their construction management, engineering, agri-business and students of other curriculums in the process. In fact, they want a sister relationship with a US HBCU. They want this relationship to be a formal, written agreement with the NBCC. We are ready!

There are plans for several dams in the area and significant irrigation systems for farming, energy and potable water. Precious minerals have already been identified and will be mined. Also, they want us to develop a fishery industry. This blessed area is abundant in ocean fishing but they haven't begun to harvest and process the natural resources. Fishing trawlers, cold storage and processing facilities need to be built and managed. Also, and very important, is the budgeting for many subdivisions of affordable housing throughout the region. These two and three bedroom homes will be retailed below \$30,000 (land is free). This is just the beginning.

If we do this right, it will be a model to emulate worldwide. The Prime Minister was most convincing when he spoke to us. They are depending on us and we are so honored. This is the opportunity we have been looking for - an alternative to the cut and grind of US government low bid contracting and a few scraps from major corporations. A nation of forty million people resolved to a new constitution, transparency and an obligation to its future. They ask us to step up and we will. God is great! (*F&S*)

Roemer says consider him now that Cain's out

TJS Staff report

Following Herman Cain's withdrawal from the 2012 presidential election earlier today, former Louisiana Governor Buddy Roemer—a quiet candidate for president himself—released the following statement:

"I am disappointed to see Mr. Cain effectively withdraw from the 2012 presidential primary. Herman brought a unique perspective to the race, and he added to the debate." "As I have struggled to achieve recognition in the Republican primary, I have been encouraged watching Mr. Cain's rise to prominence as a national political figure. He reminded us that even non-political insiders, citizens who live outside the beltway, can aspire to run for the highest office in the land. As Herman Cain and Tim Pawlenty were given the chance to rise to prominence, it is my sincere hope that I will be given an equal chance to rise by being included in the next debates." "In the wake of this announcement, I am confident that Republicans and Independents will choose to support another candidate who rejects political elitism, and stands up for similar ideals of less and more efficient government. In my mind, this clearly excludes Mitt Romney and Newt Gingrich. Mitt Romney is the one percent and Newt Gingrich lobbies for the one percent." Roemer is was also a four-term Congressman and former Governor of Louisiana. His website is www.BuddyRoemer.com.

Offshore Lives Coming Soon. To be part of this important documentary. Please call us @ 337-781-0158 or e-mail us @ faithand soulmag@yahoo.com

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John Butler Jr. - Owner - Insurance Consultant Mortician Muriel B. Lewis - Owner	

Healing House; Hope for Grieving Children, is looking for volunteers to help grieving children who have experienced the death of a parent or sibling. Interested volunteers must be 21 years of age, available two evenings out of each month, and able to attend the scheduled training.

Volunteers serve as support group facilitators for children ages 4-17, listen and respond appropriately to a grieving child. A two day training session will be held:

Friday,
January 6, 2012
8:30 am-3:
30 pm

Saturday,
January 7, 2012
8:30 am-12:
30 pm

Volunteers are required to attend both days of the training session.

To register for training or to learn more about Healing House and the services we provide, call 234-0443 or email kim@healing-house.org.

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LUS Fiber and Skyscraper Data Solutions Join to Meet the Needs of a Growing Demand

LAFAYETTE, LA – In 2010 the volume of digital information created and duplicated reached 1.2 zettabytes, according to a report from IDC Digital Universe. One zettabyte is equal to 1 quadrillion gigabytes, a number so large it is almost impossible to imagine. Nonetheless, that is how much data we create through our increasingly digital lifestyles.

The need to protect and secure this data has also grown. Business and residential consumers alike have an immediate need to backup important files, documents, spreadsheets, pictures, videos, etc. and know that they are secure and will not be lost if a computer or other important device is damaged.

Skyscraper Data Solutions has committed to providing 10 GB of enterprise-level offsite, cloud-based data backup storage to all LUS Fiber Internet subscribers (business AND residential) free of charge through a proprietary software and storage platform called iOBACKUP. This platform allows easy account management through a user-friendly web interface and file selection and schedule creation are completed within the application.

“iOBACKUP is designed to store and protect data with the highest level of security with a set-it-and-forget-it feature so that our customers’ information is there when they need it,” says Scott Eric Olivier, owner of Skyscraper Data Solutions. “iOBACKUP offers an industry shattering SEVEN different methods of encryption to protect our clients’ data that is stored in guarded TYPE 1 data centers.”

“LUS Fiber is one of the leading Fiber-To-The-Home/Business providers in America, Skyscraper Data Solutions is focused on protecting and storing the digital content that is created and transmitted over such a powerful network. The partnership just makes sense,” said Terry Huval, director of LUS Fiber. “We will always seek out innovative ways to provide additional benefits to our customers especially when they capitalize on our 100% fiber optic network. The speed and amount of data that can be transmitted over our network simply cannot be matched by any other provider in town.”

The complimentary 10 gigabytes of storage will be available to LUS Fiber Internet subscribers. Customers who wish to take advantage of the storage will need to register with Skyscraper Data Solutions. For more information visit LUSFiber.com or call 99-FIBER (993-4237).

###

About LUS Fiber – LUS Fiber is a division of Lafayette Utilities System and has constructed a Fiber-To-The-Home network within the city of Lafayette. This system is composed of more than 83,000 miles of glass fiber. Now residents and businesses have access to video, Internet and phone services over the world’s leading broadband technology. To contact LUS Fiber representatives, call 99-FIBER (993-4237) or visit 1875 W. Pinhook Rd., 705 W. University or LUSFIBER.com.

About Skyscraper Data Solutions – Skyscraper Data Solutions delivers full-range data service solutions for all sized businesses covering many industries and delivering innovative and compliance-driven data options. The goal of Skyscraper Data Solutions is well-defined and simple: To provide companies with the best available data storage solutions in the industry. To contact Skyscraper Data Solutions, call (337) 205-7624 or visit skyscraperdatasolutions.com.

Season's Greetings from Upper Lafayette!

We'd like to thank everyone for an outstanding 2011. Many of you may have already noticed the new website we recently launched. We're still in the "soft launch" phase of the site, are excited about the new functionality and expect it to be fully populated within the next month. Part of this entails an updated newsletter format which will be launched in January.

We invite you to view the December newsletter, which is also located on the Newsletter section of our website. We welcome your feedback as we improve our communications; you can always contact me at jan@upperlafayette.com!

Please join us at our January 18, 2012 Membership Meeting where we will honor Upper Lafayette Business Success Stories from 11:30am to 1:00pm.

Seasonal Joy should be shared!

Share your Love this Holiday Season!

It's worth more than any gift.

Please share with the one who are less fortunate!

Make someone smile today!

Love unconditional, Give Unconditional, Forgive Unconditional!

Let's pray we have a great 2012!

Visit the nursing Homes, Visit the Prisons, Visit the Hospital!

Share God's Love with everyone!

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