

Faith & SOUL

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

NEWS MAGAZINE
Vol5 No. 51 MARCH 2012



Dr. Toni Muhammad

*“I’M EVERY WOMEN ;
CELEBRATING WOMEN HISTORY
MONTH”*



*PROVERBS 31 VS. 10 WHO CAN FIND A
VIRTUOUS WOMAN? FOR HER PRICE IS
FAR ABOVE RUBIES.*

Coming in July...A SISTER TO SISTER
2012 Celebrating... National Black
Woman Heritage Month



JULY 2012
A SISTER TO SISTER
Interfaith Dialogue & Spiritual Rally©
Serving & Saving Our Girls and Women through Action & Faith



Dr. Toni, Travel Tips, Finance Tips for Women, Sports: “In A Woman’s Words,
Cooking Lite, League Of Women Voters, Black Chamber, Homeland Security,
Register To Vote! and much more

Proverbs 31 vs. 10
Who can find a virtuous woman?
for her price is far above rubies.

Proverbs 31 vs. 29
Many daughters have done virtu-
ously, but thou excellest them all.

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 this issuse: Dr. Toni, Travel Tips, Finance Tips for Women, Sports: “In A Womens’ Words, Cooking Lite, League Of Women Voters, Black Chamber, Homeland Security and much more

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 publica-***
tion do not necessary reflect the views of Faith &
Soul News Magazine and its staff.

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Publishers' Pointers.....

Faith & Soul salutes all the Women in the World. Many have accomplished huge milestones in life. Whether it's through careers or overcoming circumstances. Faith & Soul thank you Women for your courage. For the ones who did big things and the world still don't know about you we send you our Love.

You can e-mail us @ faithandsoulmag@yahoo.com or go to our website: www.faithandsoul.net. Faith & Soul will share your story.

I want to thank my mother for making me the woman I am today. She is a true inspiration and a virtuous woman. When we thought of a virtuous woman there were so many women that came to mind; our staff chose to highlight one special to our heart our "Beloved Dr. Toni". We want to every Woman to encourage each other and make sure we are registered to VOTE!!!! Continue to walk in Love with one another.

Blessings, Peace & Love,

Melinda

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PRESS RELEASE: For Immediate Release

March 12, 2012

For more information, contact Thetis Cusimano, President, 337-962-6954 or Carol DeVille, Vice-President, 318-927-9551

(Lafayette) School reform from within and without is the theme of the League of Women Voters® of Louisiana state Council meeting "Louisiana Public Education and Government: Standing at the Tipping Point" March 31, in Shreveport. The panel is scheduled for 12:00-1:00 p.m. at the Broadmoor Branch, Shreveport Memorial Library at 1212 Captain Shreve Drive.

Keynote speakers are Scott Hughes, Executive Director, Alliance for Education and Melissa Flournoy, Executive Director, Louisiana Progress. The keynote speakers will present different perspectives to engage the public on the issue of the future of public education in Louisiana.

Over the last two years the local Leagues of St. Tammany, New Orleans and Lafayette have participated in two studies conducted by the League of Women Voters of the United States: The Role of the Federal Government in Public Education, and Privatization of Government Assets & Services. The Louisiana League has examined best practices in early childhood education and current initiatives in Louisiana. These studies have provided a wide national background for the issues facing public education in Louisiana historically, economically and politically.

The League of Women Voters of Louisiana supports measures to strengthen public education at all levels. It supports adequate funding of public schools and emphasizes a major proportion of cost born by the state. It also favors a more balanced formula for state monies supporting education of mainly agricultural parishes with those of larger cities and more businesses. The League also supports equalization of assessments and extension of state support to include capital outlay such as school construction. It does not support the use of public funds for non-public schools.

The panel presentation is free and open to the public. Lunch is available for \$15. Please call Carol DeVille at (318)288-8199 to order a box lunch.

Continued on page 2

The League of Women Voters of Louisiana . . . Where Hands on Work Leads to Civic Improvement

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CITY-PARISH OF LAFAYETTE
P.O. BOX 3286 • LAFAYETTE, LA 70502

PRESS RELEASE
March 12, 2012

Lafayette parish residents or business owners who sustained damages due to the recent flooding event should contact the Lafayette Office of Homeland Security and Emergency Preparedness at (337) 291-5075 to report their damages.

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Monday, April 2nd, 6:30pm

LOCATION: ULL, Library, The Ernest Gaines Center



Midwifery & Health Status of African American Women

&

Ending the SLAVE Diet and African American HEALTH

Tuesday, April 3rd, 6:30pm

LOCATION: ULL Student Union, Sidelines Cafe



Dr. Umar Bey, Founder of the Traveling Black Inventions Museum

&

Dr. David Palmer, Regional Archeologist ULL

Wednesday, April 4th, 6:30pm

LOCATION: Mouton Hall, Room 117

Sponsored by: The University of Louisiana at Lafayette *African American Studies Program, The Sociological Society, Pi Epsilon Chapter of Sigma Gamma Rho Sorority, Inc., The Ernest J. Gaines Center, Department of Sociology, Anthropology & Child and Family Studies, and South Louisiana Community College Midwifery Program*

For More Information Call: (337) 482-6180

**All Events Free
Open To The Public**

**All Events Free
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Faith & Soul News Magazine acknowledges the awesome work of Dr. Toni Muhammad. Dr. Toni is one of our Beloved Citizen of the Lafayette, Louisiana Community. We salute you and thank you for all you have done. (Proverbs 31 vs. 10)

Faith & Soul News Magazine honors Dr. Toni. She is a Virtuous Woman. We sat down and visit with Dr. Toni in her home in Lafayette, Louisiana.

F&S: Who is Dr. Toni?

Dr. Toni: I am a Mother, Wife, Daughter, Sister and a Tenured Professor at the University of Louisiana at Lafayette.

F&S: What other projects you have?

Dr. Toni: I recently published a book: "Who Is Afraid of the Big Bad Wolf", I am founder of Vanguard Education, Founder of Sister to Sister and Black Women's National Month in July and more.

F&S: What is one of your passion?

Dr. Toni: To work with the young women, I believe we should invest in the next generation. At meetings I see our generation and older but I want to encourage young people especially women to be inclusive in those decisions being made it will affect them and their children more than us.

F&S: Why a National Black Women's Month?

Dr. Toni: Black Women have contributed so much to this world. In March many are overlooked. I do appreciate some are honored but there are many Black Women who have done and are doing great things.

I can be contacted through e-mail: drtonimuhammad@gmail.com. (F&S)



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PRESS RELEASE

March 12, 2012

FOR IMMEDIATE RELEASE

For more information contact:

Rep. Patricia Haynes Smith, Chairperson
(225) 342-7342 office
(225) 342-0364 fax

Louisiana Legislative Black Caucus Welcomes New Executive Director

Baton Rouge, Louisiana. The Louisiana Legislative Black Caucus (LLBC) is pleased to announce and welcome Cynthia Buggage as the organization's executive director.

Buggage will serve as the staff leader of the office, solely responsible for the day-to-day activity. She will be responsible for evaluating caucus policies, regulations and committee programs as related to caucus business and initiatives.

She joins the LLBC staff from the House of Representatives' Ninth Congressional District from Washington, D.C. and also heads the CM Buggage and Associates Consulting firm.

Members of the Caucus believe that Buggage's extensive resume will be a wonderful asset to the caucus.

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Faith & Soul Business News...WOMAN PRESIDENT
Greater Southwest LA Black Chamber of Commerce invites you to their annual banquet and major fund-raiser. It will be held on Friday, April 15, 2012 @ 6:30p.m. at the Martin Luther King Center in Lafayette. For more information please call Ms. President Virginia Jones at the chamber office: 337-266-9999 or on her cell at: 337-322-5999. The guest speaker will be Honorable Donald Cravins, Jr. from the SBA Office in Washington, D.C. Tickets and sponsorships are still available. Come out and have a great time; delicious food and lots of networking. (F&S)

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Tuesday, March 27, 2012

South Regional Public Library

6101 Johnston St.

Lafayette, LA 70503

10:00 am – 2:00 pm

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No cost to attend.



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UMOJA BOOKS 10TH ANNIVERSARY CELEBRATION: MARCH 16, 2012

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With sales of more than \$566 million in December, 2011 total retail sales reached \$5.34 billion- the second highest year on record after 2008. December sales were the highest recorded for any December since LEDA began tracking retail sales in 1997.

“The 2011 holiday shopping season did not disappoint and total retail sales easily reached the \$5.3 billion LEDA forecasted,” says Gregg Gothreaux, President and CEO of the Lafayette Economic Development Authority. “Steady sales across all categories reflect the diversity and stability of the economy and the confidence of local consumers to invest in big ticket items.” For more info: www.lafayette.org

FAITH & SOUL NEWS MAGAZINE TRAVEL TIPS FOR WOMEN

By: Max Davis

TRAVEL TIPS FOR WOMEN BUDDY PASSES.....

You have been blessed to have a companion, relative, friend, neighbor or church member who works for an airline. They are trusting you to fly under their name. That's why it's called a Buddy Pass. So please think of them and their career when using the Buddy Pass. Now you are ready to fly. What better time than Spring to start planning your vacation or trips. Here are some tips that will make your buddy passes more pleasurable to fly. You can fly buddy passes and feel royalty; just follow some of these tips from employees from major airline companies.

- 1. Follow all airline/safety rules: no liquids means no toothpaste, no perfume or no lotion.*
- 2. Get there early; although buddy passes are the last to board the plane, don't be late they won't keep calling your name. Travel lite if possible, it's better to have less.*
- 3. Have mannerism: Be polite to airline staff, be very respectful, they know you are related to someone who works for the airline, don't show off. Dress to impress but dress comfortably.*
- 4. Give yourself traveling time, you don't know when you will be bump off, your seat is not guaranteed. Be flexible with your travel.*
- 5. Sit back and enjoy the flight be courteous to airline attendant and other passengers someone maybe watching you. They don't have to offer you snacks when supplies are limited so eat and drink before getting on the plane. Make sure you have used the rest room too. Bring your favorite book, the bible will do. Be the angel on the plane; pray for safe travel.(F&S)*

FAITH & SOUL WOMEN COOKING LITE FOR THE SPRING

By: Max Davis

Wow, it's Spring, many are asking is it Spring the temperatures feel like Summer. Now that Winter is over, some are hanging up the gumbo pots. It's warm and many want to eat lighter and healthier. This is a great time to cook healthy lite meals.

Here is a quick dinner suggestion:

Fresh Salad (lettuce, tomatoes and cucumber will do) vinegar/olive oil or lite dressing), Baked Chicken(using less salt seasoning, stuff with garlic, cooked with onions & bell peppers), Fresh Green Beans(steamed and then cooked) and Wheat Bread.

Fresh Lemonade and/or Glass of Water. Desert: Fresh Fruits or Sugar Free Desert. (F&S)

*The State Of Greater Black Lafayette
NAACP
The Greater SouthWest La. Black Chamber of Commerce
100 Black Men Of Greater Lafayette
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NAUW National Association Of University Women
presents a
Legislative Briefing on Issues affecting our community!*



*Education ♦ Health care ♦ Prisons ♦ Elderly Affairs
Unemployment Rate of Youth ♦ and much more!*

*Holiday Inn Lafayette LA
Evangeline Thruway and I-10
March 24th, 2012
8:30 AM*

*Speakers: Terry Landry, State Representative
Vincent Pierre, State Representative
Steven Ortego, State Representative
Ledricka Thierry, State Representative
Senator Elbert Guillory
Senator Fred Mills*

Come and learn and ask your questions!

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***This will change our lives for-
ever. Let us know how you feel or
think.***

Just a few weeks left to receive free tax preparation

Volunteer Income Tax Assistance (VITA) sites
are open through April 14

Lafayette – Only a few weeks remain until the
tax filing deadline, and families and individuals
with a combined household income of \$49,000
or less still have the opportunity to have their
taxes prepared for free.

United Way of Acadiana's free tax prep services
are offered at Volunteer Income Tax Assistance
(VITA) sites across Acadiana and completed by
IRS-certified and trained volunteers. Volunteers
work with individuals to get every dollar they
deserve, including those eligible for the Earned
Income Tax Credit. "The idea behind "Earn it.
Keep it. Save it.", which launched in 2009,
was to help more families in the region become
financially stable," said Angela Morrison,
United Way of Acadiana's chief of community
impact. "One way we can do that is to connect
people whose household income is less than
\$49,000 with free tax preparation to get the tax
refund they deserve. The other aspects of the
program include promoting financial literacy
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information dial 2-1-1 or [www.UnitedWayof
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FAITH & SOUL FINANCES FOR WOMEN

FINANCIAL TIPS FROM FRANCINE.....

By Francine

With more Women running the household, these are some financial tips. It is known that Women make decisions on major purchases: i.e homes, cars, furniture etc. Many Women are handling their finances by themselves. Looking at today's society many Women are self made financial success. Working successful careers and businesses. We salute them all: Oprah Winfrey, Kathy Hughes, Vickie Wynans and many more.

Tips:

- 1. Save for yourself first, as in paying yourself***
- 2. Don't feel guilty when you can't give or lend money to relative.***
- 3. Look for sales, use coupons.***
- 4. Buy off season, get things on clearance racks, buy summer things at the end of the summer rather at the beginning or during the summer.***
- 5. No is no, don't negotiate outside your budget.(F&S)***

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CFA Responds to Recent Flood with Acadiana Disaster Fund

(Lafayette, LA)— South central Louisiana has been threatened by rising waters in Acadia, Lafayette, St. Landry and St. Martin parishes with almost 1,400 homes and families affected in addition to damaged roads and water systems. Community Foundation of Acadiana (CFA) has partnered with Acadian Companies to respond with an innovative online fundraising campaign, “Rise Up, Help Now”. CFA has activated its Acadiana Disaster Fund as part of its campaign to support relief, restoration and rebuilding efforts necessitated by the recent flooding in south central Louisiana.

Powered by KIMBIA, CFA has launched a branded, embeddable fundraising widget on its website at www.cfacadiana.org. The widget is available to anyone who wishes to participate in this online fundraising effort. It can attract donations to the Fund locally and nationally by its ability to go “viral”. If you or your organization would like to help now, please take the following simple steps:

- 1) Visit www.cfacadiana.org and make a credit card donation on the embedded form.
- 2) Click on the “EMBED THIS” button at the bottom of the form to reveal the widget code.
- 3) Copy the code and republish the form onto your own Web site or Blog.

A State of Emergency was declared in all four parishes in the Acadiana region. Officials reported an estimated \$2 million in road and water system repairs in addition to the not yet estimated cost of almost 1,400 damaged homes and affected families.

CFA’s core purpose to connect all generous people to the causes they care about.

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FAITH & SOUL SPORTS IN A WOMAN'S WORDS.....

Faith & Soul News Magazine sponsored a Woman's Only Superbowl Party when the Saints won the Superbowl XLIV in 2010. It was amazing how much Women knew about football and sports in general.

In a Woman's Word: March Madness is Madness, sometimes their favorite soap opera does not play or their favorite evening show. But all in all, Women are joining the ban wagon and enjoying the games. Well when I think of today's Saints team, this song comes to mind: A Saint is A Sinner who fell down but gets up, yeap Donnie McClurkin's song. We must keep the hope alive the Saints will be marching in again. Coach Peyton is suspended for the 2012 season, hopefully all will learn and move forward.

No Louisiana Mens' Basketball team will be in the final four, but we may have a chance with LSU Womens' Basketball Team.

These college teams are giving us great entertainment with many upsets. Keep watching, hoping your team wins.

The NBA season is short so it's up in the air who may make it to the finals. The Knicks is awesome to watch with Jeremy Lin. Yes, Linsation. The Heat will have to get hotter and the Lakers too. (F&S)

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