

Faith & SOUL

"YOUR COMMUNITY MAGAZINE"

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NEWS MAGAZINE
Vol. 6 No. 56 NOV. 2012

"REJOICE IN THE LORD ALWAYS, AND AGAIN I SAY, REJOICE. PHILLIPIANS 4:4"



** PRESIDENT BARRACK
OBAMA REELECTED:
FOUR MORE YEARS
COMMENTS FOR THE
COMMUNITY*

** BAYOU CLASSIC:
GRAMBLING TIGERS &
SOUTHERN UNIVERSITY
TIGERS*

** COOKING: THANKSGIVING
TURKEY
MUCH MORE*



2 Corinthians 2 vs. 14

Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

I want to thank my Lord and Savior Jesus Christ; who continues to give me visions and strength to publish Faith & Soul News Magazine. In the Season of Thanksgiving we thank each and every one of you. Thank everyone who helped you along the way. It is a blessings to have great people in the your lives.

In this issue: President Barack Obama Reelected: “Four More Years”, Bayou Classic, cooking: Thanksgiving Turkey and much more.

Enjoy Reading! Blessings, 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"

Find Joy; Lose the Holiday Blues. Give Gift of God's Love It's Paid For!!



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Subscribe today, stay connected , stay encourage with your Dreams. Where are the Believers and Dreamers out there. Don't give up, you have won the fight and the battle is over. You have Victory. Don't let anyone talk you out of your God Given Anointed Talents and Gifts. Remember to Bless some one this Holiday Season, the best Gift you can give and share is God's Love. Visit the hospitals, nursing homes, shut-ins and the prisons. Give It this Holiday Season you will not be in



Additional BP Checks Now Being Disbursed

In May 2012, a settlement agreement was reached in the Deepwater Horizon class action lawsuit. Based on the terms of the agreement, it is estimated that millions of additional residents, businesses and rental property owners located in Louisiana, Mississippi, Alabama, Texas and Florida will be entitled to receive compensation. The claims administrator for the lawsuit began sending out settlement checks in late October. There is no cap on the total amount that is to be paid.

The reason why so many people and businesses are eligible is because claimants do NOT have to prove that they incurred a loss of income due to the oil spill in order to receive compensation. The settlement agreement defines eligibility and provides for compensation based on the claimant's location and a combination of complex formulas.

The Allday Consulting Group, a CPA firm with accountants located in Metairie, Baton Rouge, Lafayette, Mandeville, Slidell and Houma, is assisting businesses with determining eligibility, computing compensation amounts and providing assistance for those who are filing claims by using their proprietary software, The BP Claim Calculator. This software determines claim eligibility and calculates an estimated amount of the compensation to be received.

Allday Consulting is now offering The BP Claim Calculator to lawyers, accountants and tax preparers to help their clients with the settlement. A free trial version of The BP Claim Calculator® software can be obtained by visiting www.AlldayCPA.com/BPHelp or by calling 504-835-4213. Live demonstrations of the software are held every Friday at 1:00 PM CST.

Businesses desiring accounting assistance or determining if they are eligible to file a claim can visit www.BPClaimsCPA.com or call Allday Consulting Group at 504-835-4213.

Deadlines for filing a claim vary based on the type of claim. However, most claims must be submitted electronically or postmarked no later than April 22, 2014. For more information and to check the deadlines, visit the official website www.DeepwaterHorizonSettlement.com.



For more info call 504 827.1661



FAITH & SOUL NEWS MAGAZINE FINANCIAL TIPS FOR WOMEN

BY: Francine

In our last issue we talked about Financial Tips for Women. In this issue we will call it: **“A Woman’s Wisdom to Wealth”**. Ladies, It must start with our thinking; we must think it before we become it. It’s not too late for us all out there. We must look at our past as a learning path not the end of the road. It is our current situation that will get us to our millionaire destination. No matter what your mistakes were, you can and will be a millionaire, not just financially but in every area of your life. **Believe IT and you can Achieve IT.**

We will continue our motivation series and call it: **“Wisdom to Wealth”**

Tip #1: 2 Timothy 1 vs. 7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. Do not fear of: I’m too old, I’m too late, someone else took my idea, I don’t have a college degree, I am single, I spent my money on my kids, my husband left me broke, I am divorce, I don’t have any money, I am not that healthy, I am overweight, I am unemployed etc.. These are spirits of the enemy. We can overcome these fears; the scriptures says God has given us the spirit of power, and of love and a sound mind. We can do it. Take that first step toward accomplishing your financial wealth. Think it, believe it and see it. Use God’s Wisdom. Do you know what we can do with that power, love and a sound mind from God. God’s love is everlasting.

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FAITH & SOUL NEWS MAGAZINE HEALTH TIPS



Healthy Tips for the Holidays

Keeping Ourselves Healthy and Happy for the Holidays

These tips are to encourage everyone to a Healthy Holiday.

One of the greatest challenges is to be on a diet around the Holidays. The stress level is some times up looking for that perfect gift for that special person in your life. Eating on the run, missing out on the gym and not getting enough rest. Does that sound familiar. Well join the club.

Tip # 1: Take time out for prayer, read some scriptures and meditation. This will keep you focus and keep you relax. Get rest.

Tip #2: Eat a healthy breakfast before getting out of the house therefore you would have eaten at least one healthy meal. Prepare a healthy dinner for two days, when you come home in the evening you will have something already prepare. Take a healthy snack with you. Bring some drinking water with you. You can get dehydrated in the colder months also. Make great effort to stick to your diet.

Tip #3: Check your blood pressure often. Should you be diabetic check your pressure, your blood sugar and make sure you take your medications and bring them with you. A lot of times we say we will be right back and the day has passed and you forgot to take your medications.

Tip # 4: Keep all your doctor's appointment. It is challenging to reschedule around the holidays. Make sure you have refilled your medicines, most pharmacies are closed when it gets closer to Thanksgiving and Christmas. Remind your family and friends who are on medications.

Tip #5: Keep your gym and exercise time on the calendar should you miss a day schedule in another one, take a walk around the neighborhood, do home exercises, go to the gym as much as possible. (F&S)



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■ Those Cases."

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MEDIA ALERT

November 13, 2012

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Lafayette Comprehensive Plan Holds Second Community Forum Series

The next step in the development of the Lafayette Comprehensive Plan, a series of public meetings called Community Forums, is happening this week across Lafayette. The public meetings allow everyone an opportunity to participate in the planning process.

The first series of public meetings, called Issues and Aspirations, was held in April 2012, and allowed members of the public the opportunity to share their visions about Lafayette 20 years from now. In the second series, called Imagining Alternative Futures, residents will be asked to compare the current community trends with the vision. The forum dates are listed below.

Wednesday, November 14, noon, Acadiana Center for the Arts
Wednesday, November 14, 6 p.m., Acadian Middle School
Thursday, November 15, noon, South Regional Library
Thursday, November 15, 6 p.m., East Bayou Baptist Church
Friday, November 16, 2 p.m., Heymann Performing Arts Center
Saturday, November 17, 9 a.m., Holy Rosary Institute, Windolph Hall

Residents interested in attending a meeting are asked to visit lafayettecomprehensiveplan.eventbrite.com and register for the forum they would like to attend.

HEBREWS: 13 VS. 5

*Let your conversation
be without covetous-
ness; and be content
with such things as ye
have: for he hath said, I
WILL NEVER LEAVE
THEE NOR FORSAKE
THEE.*

McComb- Veazey Neighborhood Coterie invites you to:

12th and S. Magnolia St. Intersection

Saturday, November 24th

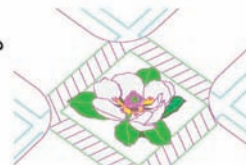
Painting Party

10:00 am to 2:00 pm

Come and help us paint the magnolia in the intersection!

Wear painting clothes and bring brushes, rollers, rags, gloves, kneepads/ small pillows, etc.

DJ Stan
&
Live Local Artist



Mural Designed by Adrian Fulton
of Adrian Fulton Fine Art Galleries

Donations are welcome.
Booth Spaces: \$15

Block Party

3:00 pm to 8:00 pm

Come celebrate the new intersection! DJ and Live music will be provided.

Bring: friends & family, your favorite food, BBQ, pits, candles, etc.

P.S. This neighborhood enhancement project is supported entirely by the residents and local businesses: we need your help to pay for supplies, planters, art, etc. Please bring tax deductible donations (Make checks payable to "Immaculate Heart of Mary" c/o McComb- Veazey Coterie). For more info, Contact Tina Shelvin @ 291-7118.

Election 2012 led to “Four More Years” for President Barack Obama

Now, how can this country move forward?

By Renarda Williams



November 6, 2012 marked another important entry in the annals of Black and American History, President Barack Obama became the first African American president elected and then re-elected as president. President Obama pictured above in a White House File Photo went straight to work after the election. African American, Latino, Asian, and white voters in key battleground states like Ohio, Pennsylvania, and Florida waited in long lines and made their vote count — and led Obama to victory.

Once the jubilation and Obama’s inauguration and parties are over, Black (and White) America must begin to meet Obama halfway and move forward to ensure the betterment of America ... to be, quoting Obama’s 2008 campaign slogan, the “change we can believe in.”

And Americans must keep the President’s feet to the fire, making their dissatisfaction known whenever he appears to veer from a focus on education, Obamacare, the environment, foreign policy, and employment.

Here’s a key “to do” list for the President, as well as citizens, U.S. Congress and Senate, and state and local governments:

Continue on page 12



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Election 2012 led to “Four More Years” for President Barack Obama

Now, how can this country move forward? Continue from Page 11 By Renarda Williams

First, focus more on the needs of the homeless — along with touring impoverished rural and urban areas (the Delta and Appalachian Regions, and the reservations of our indigenous citizens, for instance) and see what the needs are, as well as emphasizing to these citizens the need to empower themselves.

Second, put all differences aside and work together in establishing a White House conference on the eradication of poverty in America. This was something talk-show host and author Tavis Smiley suggested that the next president do, as his first official act, via executive order.

On August 6, 2011, Smiley, along with Cornel West, inaugurated “The Poverty Tour: A Call to Conscience” — an 18-city bus tour that gave voice to the plight of impoverished Americans of all races, colors and creeds. This tour led to the men’s book, “The Rich and the Rest of Us” (SmileyBooks, 2012).

Citizens from across the country stated their feelings about the 2012 election and how to move the country forward.

Pictured: Abram Freeman with Our Beloved Former Louisiana Gov. Kathleen Blanco. Picture submitted.



Freeman, a local pastor and director of Juneteenth in Lafayette, Louisiana, said he was not surprised that President Obama won the 2012 Election. I was surprised we did not have more protest The president did something that I thought was risky during the first debate. He allowed Romney to win the first debate. He also allowed Romney to gain points early, so that the Republicans believed [they] could win ... but they lost in the end,” he noted.

“[Grassroots organizations] registered people to vote, drove them to the polls ... and it surprised the Republicans. They were fooled in the end because [their voting suppression methods did not work].

Freeman said he will help this country move forward by dealing with an individual one at a time. “I do not want to educate people on HIS-STORY I want to educate them [referring to people] about the TRUTH! I want to encourage people to empower themselves through Christ and Juneteenth.” *Continue on page 13*

Election 2012 led to “Four More Years” for President Barack Obama

**CONTINUED FROM
PAGE 12**

**Now, how can
this country move
forward?**

**By Renarda Williams
Comments from Mr.
Earl Ofari Hutchinson
Photo Submitted**



Earl Ofari Hutchinson, an author and political analyst in Los Angeles, said the 2012 win rendered any public musings about Obama being a one-term president a false fear. “His strong democratic, diverse coalition gives him some breathing space to do what incumbents that win re-election want and hope to do — and that’s to sail back into office on the crest of both voter hopes and euphoria about the prospect of further change and reform,” Hutchinson said.

However, Obama will quickly have to roll up his sleeves to get results for the voters who once again put their faith in him, Hutchinson continued.

“The still-crucial job that the voters in 2008 believed he could do best, and still want done in 2012, is to make the economy right, rein in the Wall Street greed merchants, save jobs and homes, and get the credit pipeline to businesses open,” Hutchinson said. “He also will continue to be the firewall against all efforts to gut Medicare, Social Security and Medicaid. His ability to accomplish these things didn’t fully happen during his first for years. The modest proposals that he put forward to attack these towering problems only gave [the] GOP ammunition to rally millions to harangue, hector, and obstruct Obama’s efforts.”

Hutchinson is also president of the Los Angeles Urban Policy Roundtable in Los Angeles. Hutchinson’s organization is geared toward leading a pathway to citizen empowerment.

“Budget cutbacks and the on-going struggle of small community service groups for funding have made it more imperative that we help fill the funding gap to boost them in their efforts to build community sustainability in under-served communities,” says Hutchinson. *Continue on Page 15*

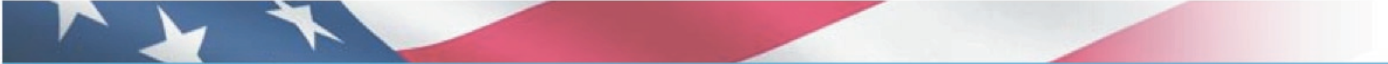
Faith & Soul News Magazine Cookin' Thanksgiving Family and Turkey




Start with a nice size turkey depending how many you to serve. Make sure turkey is defrost, wash turkey pat dry. Best to defrost in the refrigerator instead of on the counter. Faith & Soul News Magazine recommends Louisiana seasons: Babineaux's Creole Cajun Season and Tony Chacheres Seasonings Injector.

Use a mix of Babineauxs and diced fresh garlic to stuff turkey and us the Tony to base and inject turkey. Let season sit overnight and bake or deep fry turkey.

Enjoy your Creole and Cjun Season Turkey

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Election 2012 led to “Four More Years” for President Barack Obama

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**Now, how can
this country move
forward?**

**By Renarda Williams
Comments from Dr.
Patricia “mPata”
Washington McGraw
Photo submitted**



McGraw, a sociolinguist, historian, and literary scholar in Little Rock, Arkansas, said perhaps it is enough to simply state that “our gifted and talented President of these United States has proven” once again that the “nay-sayers,” the “haters,” and “the limited intellectuals” must bow to his tolerance and will.

Noting the racist history of the Mormon church, McGraw quoted a statement by the founder of the Mormon Club in his role as second president and Prophet of that group: “ ‘You see some classes of the human family that are black, uncouth, uncomely, disagreeable and low in their habits, wild and seemingly deprived of nearly all the blessings of the intelligence that is generally bestowed upon mankind’ ”

Until 1978, McGraw stated, these believers thought African Americans inhuman, lacking souls, and descendants of the devil — “a sad truth, but still held deeply in the minds of many of this sect and of this nation who think themselves pure and white. How sad. How pitiful. Perhaps this President may, with his cleverness and class, melt some of the evilness among us,” she said.

“I shall continue to do what has been my “life’s calling” for the remainder of my time upon the earth: that is, to continue to teach the importance of connecting our lives to those of our ancestors upon African shores, so that our children realize that we are all familially related, no matter the color of our skin,l and that we are ‘kin folks’ and that our lives area connected. God is our true Father, and we are His children who must live in peace and harmony throughout the world, ever taking care of each other!” *Continue on page 19*

U. S. SENATOR
David Vitter

Dear Friend,

As a father, I feel blessed to experience one of life's greatest rewards. And I understand the sacrifices that parents make to support their families. November is National Adoption Awareness month, and it's a time to recognize the many children who need a permanent home, the families who adopt them, and the incredible efforts of all those who work in the foster care system.

Every year, thousands of children go through the foster care system. According to the U.S. Department of Health and Human Services, 51,000 children were adopted in the United States last year, including more than 600 from Louisiana. But 104,000 children across the country are still waiting for a permanent home.

By recognizing National Adoption Awareness month, we can hopefully spread the word enough to help find permanent homes. Foster parents go above and beyond this call by generously bringing another child into their home. They offer the love and support that change children's lives. Additionally, as a strong defender of the dignity of human life, I recognize adoption as a way to provide the love and support that all children deserve.

I've been working on several initiatives in Congress to support adoption policies, like expanding tax credits and other support for adoption. I'll continue working on these and other issues to make sure that adoption continues to be an option for families to provide a warm loving home for children.

Together we can help bring awareness to adoption.

Sincerely,



David Vitter
United States Senator



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BY: Francine Cont. from page 5

Tip #2: Matthew 13 vs. 8: But other fell into good ground, and brought forth fruit, some an hundredfold, some sixtyfold, some thirtyfold.

Become a tither. Sow your seed into good grounds. Believe that the seed you sow will grow and bring you good fruits. When you start to see yourself in another financial realm you will become a better tither and a cheerful giver. I would have put this Tip #1, but I believe you must breakdown the fear of losing, failing and not being successful first. But remember Proverbs 23 vs. 4: Labour not to be rich: cease from thine own wisdom.

Tip# 3 Psalm 112 vs. 3 : Wealth and riches shall be in his house: and his righteousness endureth for ever.

Start a savings account or an additional savings account. Start an investment account. Cut your home expenses down. Make some sacrifices. I gave up my Sprint Palm Pre and now I am using a phone from Walmart; it costs me only \$45.00 plus taxes a month. I can budget better, with no surprise bills at the end of the month. I pay \$47.50 and have phone for the month. So far, I have used it all over Metro Atlanta, Georgia, Louisiana and the metro Houston area without any major problems. It have some of the same features I needed and I am saving at least \$300.00 per month.(I had a couple of phones on my Sprint bill; other phones were dropped also) (F&S)

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SPORTS IN A WOMAN'S WORLD

Ladies, NFL is getting so excited. The Saints upset the Falcons and yes mess the Falcons perfect record. Okay there will be a rematch in Atlanta after Thanksgiving Day, to be exact a week later. The Saints will travel to Atlanta and play the Falcons. We will find out who ate to much turkey. I am torn between both teams my love for Louisiana, nothing like old love but a new found love for Georgia, it feels so good to date again.

Well the Georgia Bulldogs have their eye on the collegiate National Championship, they are looking to roll over Alabama Tides to get there. Auburn fired their coach after losing to Alabama 49-0.

P.S.: Please tell Saint Mark Ingram (former Alabama Tide player), he can't cheer Alabama on when they play LSU, especially in Baton Rouge. Louisiana will cut his check. (F&S)

Election 2012 led to “Four More Years” for President Barack Obama

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**Now, how can this
country move forward?
By Renarda Williams**

**Comments from Pepper
Miller Photo submitted**



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photo by Victor Powell

Pepper Miller, founder of The Hunter-Miller Group, a leading edge marketing research and strategic planning firm in Chicago, Illinois, rejoiced that “in spite of Koch Brothers money, voter suppression, Karl Rove super PACs, Donald Trump’s Birther Movement [and] insurmountable hatred, President Obama and his incredible “ground game” was victorious!”

**Now, how can this country
move forward?
By Renarda Williams
Comments from Attorneys
Clyde Simien and Rickey Miniex
Photo from Faith & Soul File**



Simien and Miniex, of Simien & Miniex, APLC in Lafayette, Louisiana said they were very pleased with the outcome of the presidential election and think that President Obama was the best candidate. (*F&S*)

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