

Faith & SOUL

“YOUR COMMUNITY MAGAZINE”

www.faithandsoul.net/faithandsoul.com

NEWS MAGAZINE
Vol. 6 No. 56 JAN.. 2013

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



Happy Bless New Year! 2013 will be your Year! Just Believe!

Happy Dr. Martin Luther King Day!

Inside:

Trinity One Fashion Show

Celebration of Excellence, Superbowl Weekend

10th Annual African American History Parade

Faith & Soul Travels to Inauguration and Washington News

Senator Landrieu announces Don Cravins, Jr. Chief of Staff

Finance, Healthier 2013, Cooking, Sports in A Woman's Word and much more

Romans 15:5

Perseverance

Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus;

I want to thank our Lord Jesus Christ, who continues to give me strength and wisdom to publish Faith & Soul

News Magazine. I want to thank my dedicated staff, my beloved family, friends, colleagues and most important

our advertisers and subscribers. We Love You All!! In this issue:

Sen. Landrieu announces Don Cravins, Jr Chief Of Staff, 10th Annual African American Parade, Healthy You, Inauguration Sponsorship, A Celebration of Excellence, Trinity One Fashion Show, Finance, Sports in A Woman's Word, White House Tax Agreement, Healing House, Cooking and much more.

Faith & Soul Loves You: Have A Bless New Year! May God Bless You Abundantly!!! Enjoy Reading!!

**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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Publisher's Pointers

Happy Bless 2013



I thank God for the opportunity to present you Faith & Soul News Magazine. I also thank each and every one of you. The staff at Faith & Soul News Magazine appreciates your loyalty and love. The bible says we must encourage each and other. I want to continue to encourage you to reach for your dreams, keep pressing, be persitant and don't let anyone take your dreams away. Believe! You can do it! Speak it everyday, write it down, say it where it comes out naturally. I am---, whatever your heart desire to be. God is so Good: He gave us many different talents; use yours. Let's pray for our country, as there will be a battle over new gun laws Have a Bless 2013. We take pleasure in serving you! Blessings,peace & love Melinda

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LET'S DO IT AGAIN, JOIN FAITH & SOUL NEWS MAGAZINE AS WE TRAVEL AGAIN TO WASHINGTON, D.C. FOR PRESIDENT BARACK OBAMA'S 2ND AND FINAL INAUGURATION, WE APPRECIATE YOUR SPONSORSHIP AND SUPPORT OF OUR HISTORY!!!!!!!



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VIP Reception:
7:00p.m.-10p.m.

Gala Celebration:
10p.m.-2a.m.

Attire: Cocktail Chic
Must be 21 to attend

FOR MORE INFORMATION:
www.celebratexcellence.com

Faith & Soul News Magazine Finance

Girl, It's Not too Late, 2013 is a New You and New Financial Opportunities.....

By: Francine 2013 Financial Tips

New Year, New Financial Goals. Money seems to be on many people mind at the beginning of the New Year. 2013 is here. Bills will be due from Christmas shopping, taxes are coming up and we looked back at 2012; where did my money go? These are some tips to get you to a good financial start and some scriptures to meditate on.

Nehemiah 10:35 - And to bring the firstfruits of our ground, and the firstfruits of all fruit of all trees, year by year, unto the house of the LORD:

1. "And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." (Psalm 1:3)

Continue on page 15

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10th Annual African American History Parade in Lafayette, Louisiana



Applications ready for African American History Parade

The 10th Annual African American History Parade is now accepting applications for the parade to be held on Sunday, February 24th at 2:00pm.

Applicants must have a float or decorated trailer to enter the event. Also, each entry must represent a person or event in African American History.

For more information or an application please call 337-233-4262

The African American History Parade will hold a "Garage Sale" on Saturday, January 12th from 6am - noon. All proceeds will benefit the 10th Annual Parade on February 24th.

If you have any gently used items that you would like to donate, please do so by dropping them here at the studio Mon - Thur 8:15 - 5:00pm and Fri from 8:00 - 12:00.

Or give us a call at 233-4262



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Landrieu Names Don Cravins Jr. Chief of Staff

Cravins moving from Senate Small Business and Entrepreneurship Committee

WASHINGTON – U.S. Senator Mary L. Landrieu, D-La., has named Donald Cravins, Jr., a former state legislator from Southwest Louisiana, as her new chief of staff. Cravins will switch roles on Jan. 15 with current Chief of Staff Jane Campbell, who will take over as staff director of the Senate Small Business and Entrepreneurship Committee.

“Both Don and Jane are excited for their new roles,” Sen. Landrieu said. “Don is a Louisiana native who knows and loves our state, brings tremendous expertise as a former elected official himself and looks forward to serving Louisiana in this new capacity. Jane has done a tremendous job as my chief of staff and will bring a fresh perspective to the Small Business Committee where she will be working to develop a new tax code designed to help create new small businesses and enable existing small businesses to expand.”

“I am honored by the trust Sen. Landrieu has placed in me in selecting me as her chief of staff. Together, we will continue building on the important work she does everyday, fighting and winning for the people of Louisiana. We have a great team in place and much work before us, and I’m proud to continue working with Sen. Landrieu to serve the people of our state,” said Cravins.

“I look forward to serving as Staff Director for the Senate Small Business Committee. As we continue to work to strengthen our economy, the creativity of American entrepreneurs is vital. We look forward to finding common ground with our partners across the aisle to build the best support for small business possible,” said Campbell. Cont. on page 13

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THE WHITE HOUSE

Office of the Press Secretary

Fact Sheet: The Tax Agreement: A Victory for Middle-Class Families & the Economy

At this make or break moment for the middle class, the President achieved a bipartisan solution that keeps income taxes low for the middle class and grows the economy. For the first time in 20 years, Congress will have acted on a bipartisan basis to vote for significant new revenue. This means millionaires and billionaires will pay their fair share to reduce the deficit through a combination of permanent tax rate increases and reduced tax benefits. And this agreement ensures that we can continue to make investments in education, clean energy, and manufacturing that create jobs and strengthen the middle class.

In 2011, the President cut spending. In 2012, he kept his promise of asking the wealthiest 2 percent of Americans to pay more while protecting 98 percent of families and 97 percent of small businesses from any income tax increase—raising \$620 billion in revenue. As we move forward to address our ongoing fiscal challenges, both spending cuts and continuing to ask the wealthy to do a little more will be part of a balanced approach. It is critical for our economy and future generations that we reduce the deficit. We cannot keep racking up this debt on our kids. And the President looks forward to working with Republicans to reduce the deficit in a balanced and bipartisan way.

v Permanently extends the middle-class tax cuts and also extends credits for working families, with additional measures to protect families and promote economic growth.

Permanent extension of the middle class tax cuts: This will provide certainty for 114 million households including lower tax rates, an expanded Child Tax Credit, and marriage penalty relief—steps that together will prevent the typical family of four from seeing a \$2,200 tax increase next year. In addition, it includes a permanent Alternative Minimum Tax (AMT) fix.

Most progressive income tax code in decades: By raising income tax rates on the wealthiest and keeping taxes low for the middle class, the agreement will ensure we have the most progressive income tax code in decades. ***MORE ON WEBSITE: www.faithandsoul.net***

Faith & Soul News Magazine Cooking

Enjoy your meals while Fasting



New Year, many are fasting at the beginning of the year. Most are doing the Daniel Fast for 21 days. That means fruits and vegetables.

I have joined the fast and would like to share some ideas. Let's start with fresh veggies and fruits.

Color always makes it more enjoyable:

Fresh steam broccoli, bake sweet potatoes, fresh corn,

Desert: Fresh fruits oranges, apples, pineapples, bananas, peaches, grapes, strawberries

Snacks: Mixed nuts

Drink: Water

The fast is an opportunity for revelation from God. Prayer and fasting is not a weight loss program; it is for getting the word from God. Talk to God daily and Believe!

Some scriptures of Daniel Fast

Daniel 10:2 & 3 (KJV)

2. In those days I Daniel was mourning three full weeks.

3. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, til three whole weeks were fulfilled



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HEALING HOUSE VOLUNTEER TRAINING PROGRAM



Healing House; Hope for Grieving Children, is in need of caring dedicated volunteers to help grieving children in Acadiana who have experienced the death of a parent or sibling. Our volunteers serve as support group facilitators and caring companions for children ages 4-18. Healing House volunteers are trained to observe, listen, and respond appropriately to a grieving child. All volunteers MUST:

Be at least 21 years of age,

Commit to 2 evenings/afternoons a month for one year (September – May)

Attend both days of the training session.

Volunteer Training Session:

Friday, January 11, 2013 8:30am-3:30pm

and

Saturday, January 12, 2013 8:30am-1:00pm

To register, please call 234-0443, or e-mail kim@healing-house.org

The mission of Healing House is to provide support and education for grieving children, their caregivers and the Acadiana community. Healing House provides a safe place for children to express their grief along side other children experiencing a similar loss. In addition, through our Tragedy Response Team, educational speeches, and resource library, we hope to better inform the Acadiana community about grief related issues and provide resources to those families that are unable to attend our bi-monthly support groups. Our vision is that no child grieve alone.

For more information about Healing House's programs and services please contact our office at 337-234-0443 or visit our website www.healing-house.org

Landrieu Names Don Cravins Jr. Chief of Staff

Cravins, who will become the second African American Chief of Staff currently serving in the Senate, joined Sen. Landrieu's team in 2009 as staff director and chief counsel of the United States Senate Committee on Small Business and Entrepreneurship. In that role, he oversaw all activities of the committee including supervising its staff, developing policy and legislation affecting small businesses throughout America and advising Sen. Landrieu and the 19 senators who sit on the committee about issues before the committee.

Since 1998, Cravins, 40, has been a practicing attorney. In 2004, he was elected to the Louisiana House of Representatives. At that time, he and his father, Louisiana State Senator Don Cravins, Sr., made Louisiana history by becoming the first and only father and son to serve in the Louisiana Legislature at the same time. In 2006, Cravins was elected to the Louisiana Senate for the seat vacated by his father, and reelected in 2008 with more than 70 percent of the vote. In 2008, Cravins ran for Congress in the 7th Congressional District of Louisiana. In March 2012, Don completed five months of active duty officer basic training with the United States Army. Upon completion, Don began service as a Judge Advocate with the Louisiana Army National Guard.

Don graduated from Louisiana State University with a degree in political science and attended the Southern University Law Center, where he graduated with honors in 1998. Upon graduation from law school and while studying for the Louisiana bar exam, Cravins served as the deputy campaign manager for former U.S. Senator John Breaux. He and his wife, Attorney Yvette Puckett Cravins, have three children: Dominique Claire, 13; Trey, 11; and Chloe Denise, 2. The Cravins reside in Washington, D.C., and Opelousas, La. Jane Campbell, 59, joined Sen. Landrieu as her chief of staff in January 2009. The two met in 1985 when they were both the youngest women elected to their respective legislatures. Campbell's public service career included six terms in the Ohio House of Representatives, where she focused on economic development financing, child welfare and health and human services policy. She was elected in 1995 as the president of the National Conference of State Legislatures. She went on to become a county commissioner in Ohio's largest county and while in office managed the implementation of welfare reform that moved more than 20,000 families from welfare into work. In 2001, Campbell was elected Mayor of Cleveland, Ohio. In extremely difficult financial times, she restored fiscal stability and integrity to the city by reducing the size of the municipal workforce and establishing City Stat—a measurement system to determine the efficiency and effectiveness of the work of city government. **(F&S)**



Faith & Soul News Magazine Fashion Show By Brenda Andrus

“Trinity One Production”



Recent fashion show unveils latest trends by: General Manager Brenda Andrus of Busybee Lilly Hats and

Joyce Santiago-Brumfield with Cleverclimax.net both of Lafayette, together makes “Trinity One Production”

These two ladies both had something in common after working together for months they spear headed this event and manage to pull it off with the help of their beautiful models: Skye Glaude, Keisha Bonnet, Brittany Joe, Jasmine Guillory, Justice Narcisse, Donna Senegal, Meisha Hooper, Mean Bookings and Shavonna Noel.

This phenomenal fashion show was held on December 16th doors opened at the Clifton Chenier Center here in Lafayette 2pm with free wine, cheese, hot and cold hors d’oeuvres while it lasted, smooth jazz music were sailing by Mr. Yorel Bana a local musician here in the city. There were vendors such as Mary Kay Consultant Elizabeth Leopaul of Lafayette, fabulous jewelry, hand bags and air brush make-up by Jakeithia Prejean, clothing/hats by Ms. Brenda Andrus & Bee Lilly Hats and the second scene clothing were provided by Mrs. Joyce Santiago-Brumfield with Cleverclimax.net., newly formed company here in the city. (F&S)

FAITH & SOUL NEWS MAGAZINE HEALTH

Happy Healthy New Year!!!

Being as Healthy as you can be is a great part of being Happier. We will committed to a Healthier Lifestyle; that's the blessings of a New Year. New Year; A New You! Tips on moving towards a New You:

1 Corinthians 6:19-20
English Standard Version (ESV)

19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.

1. Pray and Fast for your new Healthier Lifestyle
2. Join a Church, Ministry Group that is promoting a Healthier You.
3. Change your Eating Habits
4. Join a Gym or Exercise Center
5. Encourage others to live a Healthier Lifestyle
6. Get a physical or a doctor's appointment; chart where you are at
7. Know your numbers and set your Healthy
8. Enter a weight loss challenge
9. Don't stress, relax and have more fun
10. Start now and stay committed; BE ENCOURAGE (F&S)

“Happy New Year, Bonne Année, Feliz Año Nuevo, Bon ane 2013”

To all my friends, the friends of my friends and particularly the Friends of the people of Fondwa, Haiti:

We thank you for all your support in 2012 and hope that you will be with us in the year 2013, meanwhile we wish you good health, peace and harmony, and a prosperous new year. If you haven't done so already, it is not too late to send us your donation for the year 2012. as a reminder, there are 3 ways to donate:

- through our website via PayPal at www.apfhaiti.org
- through our box office at APF USA / Haiti P. O. Box 2044, Bowie Maryland 20718
- to benefit from tax exempt, write your check to FONKOZE USA and write APF in the memo line and state donation for

Blessing and see you in 2013

André Vainqueur, MBA

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John 16:33.....

“In the world you will have tribulation; but be of good cheer, I have overcome the world.”

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Faith & Soul News Magazine Financial Tips , Girl It's Not too Late Cont. from page 5

1. Tithe into your financial goals. 10% belongs to God and give your first fruitst
2. Fasting and Praying. You must sacrifice and pray without ceasing.
3. Pay yourself: Operate on a budget, change your spending habits.
4. Make wise investments, start small with less risk.
5. Give to the less fortunate; charity, not just money but time and talents.
6. Pay bills on time, work on increasing your credit score.
7. Join a ministry or support group to educate and equipped you on financial increase
8. Ask God for wisdom and not money, do like Solomon he became very wealthy by asking for wisdom. Because he didn't ask for money God made him wealthy.
9. Maintain a dept diet. Decrease your dept, increase your income
10. Have joy, don't stress. Be happy, don't complain or whine. Thank God for everything.

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Sports in A Woman's Word:

The big game is in Atlanta when the Atlanta Falcons (Dirty Bird) hosts the San Fransico 49ers . To my Faith & Soul Family living in Atlanta support your home city team. Coming from Louisiana it's a great feeling to live in a Superbowl Championship State. The Falcons maybe a repeat of the Saints and win it all. Yes, there were errors made in the Seattle Sehawks game but let's pray Matt Ryan and the Falcons will correct them.

Yes he did, sources said cyclists Lance Armstrong admitted to Queen Oprah in an interview which will air on January 17, 2013 on OWN; he used performance-enhanced drugs to advance his cycling career. I am sure he will be forgiven soon.

Congratulations to Elite Coach Nick Saban and the Bama boys for their National Championship Title. The Tides rolled over Notre Dame with a win of 42-14. The Bama boys used an explosive defense and offense. It was pure perfection exacuting plays. The Notre Dame players were great also. You know they did, they mentioned last year's game with LSU, as if the Tigers' fans are not suffering enough after that horrible loss to the Clemson Tides with 2 seconds on the clock and a winning field goal in the Chic-fil-a Bowl in Atlanta.

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Scriptures for the Atlanta Falcons:

*Let us run the race
that is set before us.
(Hebrews 12:1)*

*1 Corinthians 9:
24 Know ye not that they
which run in a race run
all, but one receiveth
the prize? So run, that
ye may obtain.*

A New Year, A Healthy New You!

Join us for the

Living Right Health Expo 2013

Saturday, January 19

Cajundome Convention Center

9:00 a.m. – 1:00 p.m.



Come to this **FREE** community event that promises to educate with health tips, interactive demonstrations and motivational speakers, all sure to benefit a new year's resolution.

Expo Highlights

- Over 25 Interactive Exhibitors
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Cholesterol/Glucose* | Blood Pressure | Advanced Stroke for High-Risk Patients | Skin Cancer**
Sleep Disorder | Body Mass Index | Bone Density | Kidney Screening | Heart Disease
- Doctors, nurses, physical therapists and registered dieticians will be on hand to answer questions and provide additional assessments throughout the day involving nutrition, body mechanics and flexibility

Register to win a 12-month Lourdes Fitness Center membership and personal nutritional consultation with a metabolism test.

GET MOTIVATED WITH OUR GUEST SPEAKERS.



9:30 a.m. | Scale Down—Healthy Living and Weight Loss Options
Uyen Chu, MD and Carson Cunningham, MD



10:00 a.m. | Kick the Butts—Creating a Successful Quit Smoking Plan
Wartelle Castille, MD



10:30 a.m. | Smart Bites—Nutrition and Healthy Eating Tips
Catherine M. Champagne, PhD, RD, LDN, FADA
Professor and Chief, Nutritional Epidemiology/Dietary Assessment & Nutrition Counseling



11:00 a.m. | Get in Gear—Initiating a Resistance Exercise Program and a Cardio / Running Program
Rusty Whitt, Head Strength & Conditioning Coach for UL Athletics
Tyla Hudspeth, wife of UL Head Football Coach, Mark Hudspeth, and Marathon Runner



*While supplies last. Must be ages 18 and over for screenings and qualify for advanced screenings. Results will be mailed and will report total cholesterol, HDL, LDL, and Triglycerides. Fasting 8 hours before your screening is recommended for best results. You may take your medications with water while fasting.

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