

Faith & SOUL

"YOUR COMMUNITY SOURCE"

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Vol. 9 No. 73 MARCH 2013

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

Faith & Soul News Magazine dedicates this issue to all the Wonderful Women!



Faith & Soul News Magazine dedicates this issue to all the Wonderful Women!

In this issue we salute some of the Women in the Community. There are a lot of Wonderful Women doing Wonderful things; we only had pictures of a few.

We want you to call Faith & Soul News Magazine anytime; we are here to serve you! We are waiting on your call. We can be reach @ 1-866-919-6275; www.faithandsoul.net www.faithandsoul.com; info@faithandsoul.net; faithandsoulmag@yahoo.com; facebook/faithandsoul; twitter@faithandsoul

Happy Women' Month this month and every month. We appreciate all you do! Inside: Cooking For Good Friday, Sports In A Woman's Word, Finance: Girl Get Your Money Straight and much more.....



Proverbs 31 vs. 29

Many daughters have done virtuously, but thou excellest them all.

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:

Greater Southwest Louisiana Black Chamber of Commerce Banquet, Finance Girl Get Your Money Straight, Salute to Wonderful Women In Our Community, Indispensability for Professionals, SWLA Juneteenth, Medicare's Hospice Benefits, Cooking for Good Friday, LEDA Job Fair, Sports In A Woman's Word and 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 necessarily reflect the views of Faith & Soul News Magazine and its staff.*

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Publisher's Pointers

Celebrating Women History "Come Grow With Us!!!!"



Celebrate Women History this month and every month with Faith & Soul News Magazine. Faith & Soul News Magazine Salutes All the Wonderful Women in Our Community. There are many Virtuous Women; some women are Wives and Mothers. We appreciate all the work you do for your family and career. I encourage Women to motivate, inspire and pray for each other. Pray for their families. Say something nice and keep it positive. God commanded that we Love one another. Spend some time reading the Scriptures. Women, join F&S and let us pray for the new Pope; Pope Francis and retiring Pope Benedict XVI.

We invite you to Come Grow With Us! We are launching Atlanta, Georgia and then Houston, Tx. "Keeping Our Roots Connected"! We love you all! Again, thanks for the opportunity to serve you! Blessings, Peace, and God's Love! M

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Greater Southwest Louisiana Black Chamber of Commerce

Members and Friends

This is an early announcement but the time is getting shorter and shorter before it is once again Annual □Trailblazer Banquet time. The banquet is April 5th at the Martin Luther King Center. Networking will be From 6-7 and then the banquet.

The tickets are the same as last year 35.00 for each ticket, and 30.00 x8=240 for a table. Please let us know if you would like for a table as soon as possible to get a count for the caterer. Some tickets have gone out. If you did not receive your tickets, and you would like tickets please call Virginia Jones 337-593-1413, 322-5599 or June Andres Banquet Chair 337-255-7688, 232-9861.

The guest speaker will be our own Dr. James A. Caillier and we know he will do a wonderful job.

Master of Ceremonies, Mr. Jackson Brown, Program Manager/ KNEK ,

2013 Greater S. W. LA Black Chamber Trailblazer Awardees are:

2013 Education Trailblazer Award Mr. Preston Welcome Jr.

2013 Community Activist Trailblazer Award Mr. Wallace Senegal,

2013 Business Trailblazer Award, Mr. John Freeman,

2013 LAW Trailblazer Award, Mr. Glenn Lazard

2013 LAW Trailblazer Award, Rev John Milton

2013 Leadership Trailblazer Award Mrs Mary O. Chavalier



Presently we will be giving 4 scholarships this year. It is not too late to make a scholarship donation the students will appreciate it and so will the chamber, we really would like to make it 5. To make a student happy, there is a great need.

Thank you, June and I will do a follow-up call on tickets and table, see everyone on April 5th,

Sincerely

Virginia Jones

GSLBC, President

Girl, Get Your Money Straight for A Great Vacation

It's never too late to get your money straight. The old saying is: It's not what you earn but how much you saved. Get your finances in order: Pay your tithes, pay your self and pay what you owe. It will be vacation time soon. Just like the saving account for Christmas (Christmas Club) start you a Vacation Club. By the way you should have an Emergency Club. You may choose a financial institution such as a bank or credit union. The money will earn some interests. Don't take it out until its time for vacation. Again, like the gym get into a buddy system encourage each other to save; you may want to challenge each other also. A geat vacation is one paid for and extra money to spend. You can accomplish that by starting a Vacation Savings. Cont. on page 17

Proverbs 31:31

Give her of the fruit of her hands; and let her own works praise her in the gates.

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Faith & Soul News Magazine Salutes These Wonderful Women In Our Community For All They Do.....Yes, There Are Many Others



Proverbs 31 vs.
10

Who can
find a
virtuous
woman?



Don't Look ■ Any Further

■ "Yes I Handle ■ Those Cases."

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Office Hours:
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***Indispensability for Professionals: Building Influence and Career
Sustainability for the Future
By Dr. Daryl D.Green***

Introduction

In the 1939 movie classic *The Wizard of Oz*, a cyclone sweeps Dorothy Gale and her little dog “Toto” to the magical land of Oz. Dorothy wanders through the land, meeting some strange characters. There is the Scarecrow who desires a brain; the Tin Man who wants a heart; and the Cowardly Lion who hopes for courage. As Dorothy vows to help solve each of their individual problems, she gains power and influence that speaks to the concept of indispensability.

The future is filled with uncertainty. More and more jobs go abroad. Companies continue to shrink in size in hopes of being more competitive. Business executives understand the power of technology and outsourcing to gain a business edge. Yet, many workers must rely on the good will of their employers to stay gainfully employed. Sadly, many workers do not fully understand the merits of indispensability in their lives. Bloomberg Businessweek magazine editor Josh Tyrangiel called indispensability the new word of 2011. Tyrangiel notes, “How do we make people smarter and save them time?”

For my clients and students, I have emphasized the importance of building customer value in everything that they do. In fact, it is an attribute to one’s branding strategy to be unforgettable to others. However, many workers operate in the dark shadows of their organizations. Renowned preacher Richard S. Brown, Jr. proclaims to his audience, “Everyone wants to be outstanding but no one wants to stand out.” Yet, it is the “standing out” that catches everyone’s attention. I’ve written several books on this new 21st-century theme, including *Breaking Organizational Ties*, *Publishing for Professionals*, and *Job Strategies for the 21st Century*. If you do the same things that you’ve always been doing, then you shouldn’t be surprised if you get the same results. (*Cont. on page 12*)

Proverbs 31:15

She riseth also while it is yet
night

She is up before the sun, showing that idleness and laziness have no place with her (compare verse 27). The sluggard (Prov. 6:6-11) should not only go to the ant, but should also go to the virtuous woman to learn a lesson on diligence. There are great benefits to rising up early. It is a quiet time free from the noise and distractions of the day. It is an ideal time to spend with the Lord in quiet meditation and prayer, starting the day with Him.

We also see this principle in the manna which God provided for the children of Israel in the wilderness. Manna had to be gathered anew every morning (Exodus 16:14-22), just as fresh food for our souls is needed each day.

We have the example of our blessed Lord: “And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed (Mark 1:35). The Psalmist was in the habit of morning prayer: “In the morning shall my prayer come before thee” (Psalm 88:13).



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 **DEPARTMENT OF
HEALTH**
AND HOSPITALS

Neighborhood Counseling Services, in partnership with South Regional Library, is sponsoring the following upcoming events:

Home Preservation Strategies
Tuesday, March 12, 2013 - 6:00 p.m. - 8:00 p.m.

Gregory L. Landry, Senior Attorney with Acadiana Legal Services Corporation, will discuss the foreclosure process (loan handling and the legal procedure), options that may allow you to keep your home and alternatives if keeping your home is not possible.

Home Buyer's Forum
Wednesday, March 20, 2013 - 6:00 p.m. - 8:00 p.m.

If you are considering homeownership, come to the Home Buyer's Forum. It is designed to provide potential homeowners with information about home ownership opportunities and mortgage financing.

Landlord/Tenant Rights & Responsibilities Fair Housing Seminar
Tuesday, April 2, 2013 - 6:00p.m. - 8:00p.m.

This seminar will cover the following topics: Fair Housing laws, leasing agreements, eviction procedures, deposits, property maintenance, grievance process, management liabilities, and other related topics.

All events will be held at the South Regional Library, 6101 Johnston Street, Lafayette, LA. 70503. These seminars are free and the public is invited. Neighborhood Counseling Services is a section of Lafayette Consolidated Government, Community Development Department, Human Services Division. For more information please call (337) 291-5450.

SWLA JUNETEENTH

Group: SWLA Juneteenth Organization Title: 2013 SWLA Juneteenth Pageant – Recruiting for Pageant Queen

If you are between the ages of 10 and 19 and want to build confidence, recognize your strength, values and beliefs while improving your communications skills and encouraging others in the community call Brenda Andrus to participate in the 2013 Mrs. Juneteenth pageant at 337 258 1666 before June 1st.

No Registration Fee required

Group: SWLA Juneteenth Organization Title: 2013 Juneteenth Vendor

The Juneteenth Organization is now accepting applications for food, merchandise, crafts and business sale vendors. This is a 3 day celebration and the organization offers a vast array of options, including tables, booth space and mobile concessions. This is a chance for vendors to put their product/service or message in front of a lot of people.

Medicare's hospice benefit comforts patients and their families

By Bob Moos/Southwest regional public affairs officer for the Centers for Medicare & Medicaid Services

Choosing hospice care isn't about giving up. It's about making every day count.

Terminally ill people who make the choice receive care for their physical, emotional, social and spiritual needs. They're no longer seeking a cure, but they do want to live out their last weeks and months as comfortably as possible and with dignity.

Medicare's hospice benefit is 30 years old this year and has helped millions of Americans and their families cope with the final stages of terminal illnesses.

To qualify, you must be eligible for Medicare's Part A hospital insurance, and your physician and your hospice medical director must certify that you have six months or less to live, assuming your illness runs its normal course.

You also must sign a statement choosing the Medicare hospice benefit and another statement that you understand you're forgoing curative treatment for your terminal condition.

Hospice programs follow a team approach. The specially trained team typically includes doctors, nurses, counselors and social workers, among others. A doctor and nurse are on call 24-7 to care for you and support your family when you need it.

The hospice benefit allows you and your family to stay together in the comfort of your home, unless you require hospital care. If your hospice team determines you need inpatient care at some point, it will make the arrangements for your stay.

Hospice's main goal is to relieve your pain and manage your symptoms. As long as the care comes from a Medicare-approved hospice, Medicare covers the physician services, nursing care, drugs, medical equipment and supplies, and physical and occupational therapy.

Though the hospice benefit is part of original Medicare, it's also available to anyone with a Medicare Advantage plan. And both original Medicare and Medicare Advantage will continue to pay for the treatment of other conditions unrelated to your terminal illness.

Medicare understands that your family occasionally needs a rest from caregiving. So you can request to stay up to five days at a time at a hospice facility, hospital or nursing home. For that, you pay 5 percent of the Medicare-approved amount for respite care.

Overall, you pay almost nothing for your hospice care. There is no deductible. Besides your 5 percent share for the inpatient respite care, your only expense is the \$5 or less you pay for each prescription drug you take to relieve pain or manage your symptoms.

You can receive hospice care as long as you're recertified. After 90 days of care, you're re-evaluated by the hospice's medical director or other hospice doctor to determine if the care is still appropriate.

Another re-evaluation is done after another 90 days and then every 60 days.

If your health improves or your illness goes into remission, you may not need to remain in a hospice program. In those cases, you'll return to your previous Medicare coverage. And if someday your condition worsens, you can go back to hospice care.

Indispensability for Professionals: Building Influence and Career Sustainability for the Future

By Dr. Daryl D.Green (cont. from page 8)

Gaining influence is therefore critical in achieving any substantial level of success in life. When an individual has a clear platform as an expert, people tend to listen. In fact, a person can often gain more influence at work and in the community with a clear personal strategy. This article provides individuals with a proven method for becoming indispensable in their organizations in order to build sustainability in their professions.

The Current Market

With economic pressures, organizations look to streamline and drop processes and people that do not add value to their bottom-line. Some people sit back and hope that business will create more jobs. With a weak economic growth rate of 3%, these jobs will not rapidly appear anytime soon for the 15 million people still unemployed. This reality speaks to the record number (1.3 million) of “discouraged” workers as of last November. Discouraged workers are individuals not currently looking for work because they believe no jobs are available to them.

Coping Solutions

Indispensability means adding value to your customers and organization. In the classic sense, indispensability means being absolutely essential or necessary. Yet, it goes to the heart of being relevant. Are you indispensable to your organization or community? If not, why not? Being indispensable speaks the pressing needs of organizations to compete in a global environment.

The following are a few strategies for gaining indispensability in your organization: (a) Devote time to solving important problems for your customer; (b) Showcase your expertise on a variety of levels (blogs, media expert, etc.); (c) Be a great source of information by writing and speaking; (d) Champion a significant cause in a nonprofit organization such as United Way; (e) Become the linchpin that connects people with problems to people with solutions; and (f) Extend your network globally with social

Cooking For Good Friday; “It’s Crawfish Time” Go to Church Also!



*Photos by: Tel-Mel Media & Publishing, LLC
Courtesy of Mel's Kitchen
(where your mama slaps herself)*

Faith & Soul encourages you to attend church; don't forget that Jesus died on the cross for us. Take time to pray with your family; pray for other families also. Your meal will be more enjoyable. Many will celebrate Good Friday with Crawfish Boils. Faith & Soul wants to share a few tips and safety.

1. Always start with Louisiana Seafood, yes the product makes a huge difference in the taste. (Louisiana Live Crawfish, Louisiana fresh peeled crawfish tails and Louisiana Fresh Fish (Catfish or Garfish).
2. Purge and clean your live crawfish before boiling; you will enjoy eating the head and tails.
3. Use Louisiana Seasoning for crawfish boils; it brings out the flavor; use Babineaux Creole Seasoning for your potato salad and cooking your crawfish etouffée.
4. Some recommend you use a little roux with onions and bell peppers for gravy cooked down and then add your fresh Louisiana peeled crawfish, simmer down together season with Babineaux's creole Seasoning. Season your fish hours before with Babineaux's Creole Season and fry in fish fry.
5. Use all safety when using propane to cook, keep kids away, when cooking inside make sure you use all safety also. Eat & Enjoy and Pray & Thank Jesus & God for Good Friday!



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CASA FAMILY FUN DAY AT PARC SANS SOUCI - FREE FAMILY EVENT

LAFAYETTE, LA – Gather your family and friends, and head to Parc Sans Souci on Saturday, April 13, for CASA Family Fun Day.

The event, scheduled from 1-4 p.m., will include free food, Kona-Ice, games for all ages, face painting, a balloon artist, a magician, a fun jump, and more.

Held in honor of Child Abuse Awareness Month, the CASA Family Fun Day will also showcase the performing arts talent of children in the community.

This year's theme for festivities is "I Am for the Child – Celebrating Hope."

CASA (Court Appointed Special Advocates for children) of South Louisiana is sponsoring CASA Family Fun Day in conjunction with the La. Department of Children and Family Services, and Prevent Child Abuse Louisiana.

CASA of SoLA covers Lafayette, Acadia and Vermilion Parishes.

For more information, call CASA of SoLA in Lafayette at 268-5111 or visit us at www.casasofsola.org.

Booth space available for annual LEDA job fair

Lafayette, LA— Booth space for the 2013 LEDA Job Fair is now available. The LEDA Job Fair takes place on Wednesday, May 15, from 9 a.m. to 3 p.m., at the Cajundome Convention Center in Lafayette.

Now in its eighteenth year, the LEDA Job Fair is the largest job recruitment event in Acadiana. Approximately 2,300 job seekers from throughout the region attended the event in 2012, and organizers expect large crowds again this year.

"The LEDA Job Fair continues to have a tremendous impact on the community assisting both businesses seeking skilled employees and job seekers," says Ryan LaGrange, LEDA's Director of Workforce Development. "The LEDA Job Fair is an excellent opportunity for Louisiana employers from all industry sectors to meet and evaluate thousands of prospective employees in a single day."

For more information about available booth space contact Ryan LaGrange at (337) 593-1405 or RyanL@lafayette.org.

For general information and the latest Job Fair developments, visit LEDA's website, www.lafayette.org/jobfair.

Jairus' Daughter and the Woman Who Touched Jesus' Garment

In Celebration of WOMen's Month: (Mark 5-21 vs. 34 KJV) 21 And when Jesus was passed over again by ship unto the other side, much people gathered unto him: and he was nigh unto the sea. 22 And, behold, there cometh one of the rulers of the synagogue, Jairus by name; and when he saw him, he fell at his feet, 23 And besought him greatly, saying, My little daughter lieth at the point of death: I pray thee, come and lay thy hands on her, that she may be healed; and she shall live. 24 And Jesus went with him; and much people followed him, and thronged him. 25 And a certain woman, which had an issue of blood twelve years, 26 And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, 27 When she had heard of Jesus, came in the press behind, and touched his garment. 28 For she said, If I may touch but his clothes, I shall be whole. 29 And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague. 30 And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, **Who touched my clothes?** 31 And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, **Who touched me?** 32 And he looked round about to see her that had done this thing. 33 But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth. 34 And he said unto her, **Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.**

Medicare's hospice benefit comforts patients and their families

Cont. from page 11

Beneficiaries wanting to learn more about hospice programs in their area should talk to their doctor or call their state's hospice organization or health department. Their physician will also help determine whether a particular program has been approved by Medicare.

When considering and choosing a hospice program, ask these questions: What kind of training does the hospice provide its caregivers? How does the hospice staff respond to after-hour emergencies? What measures are in place to ensure quality care? How does the hospice involve the family in planning the care?

Even if you're enrolled in a Medicare Advantage managed care plan, you can still choose hospice care from any available Medicare-approved hospice.

For more about Medicare's hospice benefit, visit Medicare's website site at [medicare.gov](https://www.medicare.gov) or call Medicare's 24-7 customer service line at 1-800-633-4227. A Medicare publication, titled "Medicare Hospice Benefits," can also be downloaded from the website or requested by phone. (F&S)

Indispensability for Professionals: Building Influence and Career Sustainability for the Future

By Dr. Daryl D.Green (Cont. from page 12)

media platforms such as LinkedIn.com. Emerging leaders and individuals on the fast track understand the benefit of being indispensable to advance their careers and gain a competitive advantage.

Conclusion

Everyone wants to feel needed. Yet, the concept of indispensability goes to the heart of gaining more influence in life. Legendary speaker Dale Carnegie understood the influential attributes of indispensability: “You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.” Therefore, one must be willing to understand the needs of others if he or she hopes to gain this type of influence that will sustain his or her career in the future.

With millions of people searching for full-time employment, it pays to distinguish yourself from others by building skills that speak to the concept of indispensability. Individuals need to retool their thinking about indispensability before it is too late.

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About Dr. Daryl Green:

Dr. Daryl Green provides motivation, guidance, and training for leaders at critical ages and stages of their development. He has over 20 years of management experience and has been noted and quoted by USA Today, Ebony Magazine, and Associated Press. For more information, you can visit www.darylgreen.org



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Girl, Get Your Money Straight for A Great Vacation (Cont. from page 5)

Tips on Saving for Vacation

- 1. Pay your tithes, pray for discipline*
- 2. Put money into your vacation account (Be consistent)*
- 3. Commit raises and bonuses to your account*
- 4. Cut the budget and spending for the month*
- 5. Plan with the entire household team work*
- 6. Encourage a friend or family member to do the same*
- 7. Do not withdraw funds unless it is absolutely necessary, replace soon*
- 8. Be in a circle of support find people who do the same*
- 9. Stay focus and encourage*
- 10. Read scriptures on saving, money, finance; meditate daily*

Proverbs 31:13

She seeketh wool and flax

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Sports In A Woman's Word

It's getting warmer, well except for the first few days of March. It felt like football season. Well, basketball is in full gear, with the NBA having a lot of double headers on television. Kobe was trying to get his groove again with the Lakers after a sprain ankle against the Atlanta Hawks now it will be teammate Dwight Howard to the limit. Ladies for Lebron was last year to support him in his first championship; Lebron has announced his wedding on or around September 13-15 in beautiful California, why isn't the wedding in Miami. Probably, because many are not invited. Well Miami Heat is playing great like a championship team and we wish Lebron the best both on the team, as a husband and father. Now talking about father, Tiger Woods is back into the winners seat, showing he is the God-Father of Golf. In baseball, it will be another homerun for Ex-Atlanta Braves Retired Chipper Jones as he is being considered by the New York Yankees; for those who didn't see Chipper play baseball you may have another chance and for those who enjoyed watching Chipper will have to cheer him on in a different uniform. The NFL is having a lot of interesting changes players and rules. This upcoming season will be great. Michael Vick canceled part of his book tour: "Finally Free"; due to some threats from his dog fighting charged. Reggie Bush going to Detroit Lions. We want to congratulate St. Thomas Moore Basketball Team who won State Championship. We also want to congratulate Northside High School who came in runner up. Great job to both teams coaches and schools. (F&S)

Syrie Funeral Home, Inc.



For her price is far above
rubies.

She is far more valuable and worth far more than rubies. The Hebrew term for "rubies" may not refer to rubies, but may refer to pink pearls or red coral. A pink pearl which was found in a mollusk in the Red Sea was considered of great value to the ancients. It is difficult to know exactly which stone or pearl this Hebrew word referred to, but its usage in the Old Testament tells us two things for sure: 1) It was very valuable (see Proverbs 20:15 and Job 28:18); 2) It was reddish in color (Lamentations 4:7--"ruddy").

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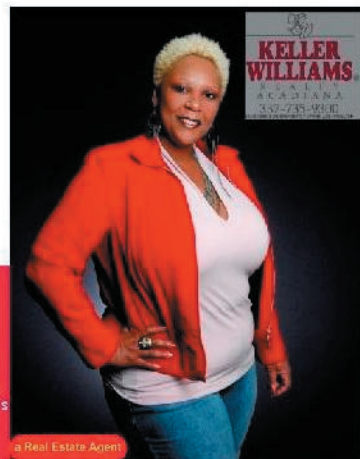
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SPECIALIZING IN THE DIAGNOSIS AND TREATMENT OF:

**HIGH BLOOD PRESSURE
DIABETES
FLU/COMMON COLD
ASTHMA/COPD
ARTHRITIS
WEIGHT LOSS
HEART DISEASE
BACK PAIN
NUMBNESS IN HANDS AND FEET**

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"HEALING THE MIND, BODY AND SOUL"