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

**MERRY CHRISTMAS, HAPPY NEW YEAR, HAPPY KWANZAA, HAPPY HANUKKAH ONE LOVE: FOR FAMILY!**

FASMG found people of different Faith want some of the same things, safe neighborhoods for their children to play, safer schools, great careers, successful businesses, better health-care for their family, opportunities to assist their parents and more plus Love!

5 Things You Should Know About Kwanzaa, Page 10

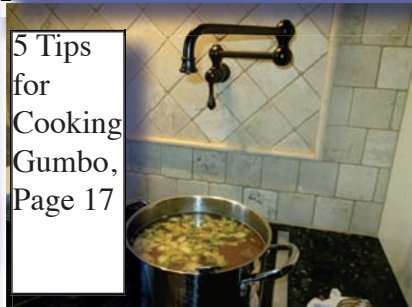


FASMG chats with Aaron Childree; Christian Recording Artist and Youth Pastor. Page: 13

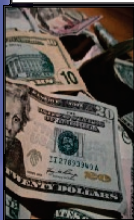


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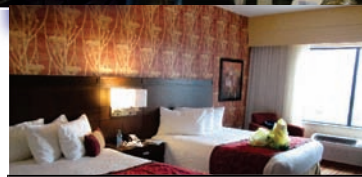
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5 things you should know about Hanukkah Left Doris and family Right: Rabbi Bobby Block Pages:11- 12



FASMG Sports In A Woman's Word: 5 Things A Woman Should Know About Football Page:18

## **James 1 vs. 2-4 (KJV)**

**2.) My brethen, count it all joy  
when ye fall into divers  
temptations;**

**3.) Knowing this, that the  
trying of your faith  
worketh patience.**

**4.) But let patience have  
her perfect work, that  
ye may be perfect and  
entire wanting nothing**

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! FAITH & SOUL LOVES YOU!!! In this issue: Merry Christmas, Happy Kwanzaa, Happy Hanukkah, Reflections on Nelson Mandela, Cooking Tips for Gumbo, Post Holiday Travel for R&R and much more. Enjoy Reading!  
GIVE THE GIFT OF LOVE!

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### **PUBLISHER POINTERS'**

**St. John 3:16** *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. (KJV)*

What a bless time it is now; so much Love & Happiness flowing. The Christmas Season is upon us. Let us show Love and Respect to each other. God's Love is more beneficial and rewarding, and it takes less work since Jesus did it all for us! Let's celebrate that Love. In this issue we took a bold step with our FAITH Section, writing about Kwanzaa and Hanukkah. It's about "One Love" for God. Church is not just within the four walls. This is not to offend anyone or to change your beliefs but to hopefully help us Love One Another. We live with people of different faith, work with them, our kids go to school with them. FASMG prays that after reading our Special Faith Section, you will begin to open your heart to others. In our study, FASMG found people of different Faith want some of the same things, safe neighborhoods for their children to play, safer schools, great careers, successful businesses, better health-care and Love!



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**FAITH & SOUL NEWS MAGAZINE SALUTES  
FORMER SOUTH AFRICA PRESIDENT NELSON MANDELA ; HIS LIFE AND OUR  
RESPONSIBILITY TO MANDELA'S LEGACY !**



Submitted  
Photo:  
Denise  
Pines



Submitted  
Photo:  
John  
Heilemann

## People from across America pay tribute to the life of Nelson Mandela By Renarda Williams

The world mourned the death and celebrated the life of Nelson Mandela on Thursday, December 5.

Faith and Soul asked people across the nation to give their comments on Mandela and his legacy. Those sharing included Lasana K. Mack, board chairman and executive director of Appeal, Inc. in Washington, DC; Denise Pines, a business development consultant with The Smiley Group in Los Angeles, CA; Renee Allen McCoy, a Brandon, MS author; Princess Moradeun Ogunlana, Founder/CEO of African Women's Health Project International, Inc. (AWHPI) – based in Lagos, Nigeria, Houston, TX and Little Rock, AR; and John Heilemann, the national affairs editor for New York magazine in New York, NY.

Mack said he salute, and all people of good will should salute, Nelson Mandela's tremendous struggle, organizing work, contributions and sacrifices to resist and ultimately end the brutal racist oppression of Apartheid in South Africa.

"But as we honor him at this time of his transition to ancestorhood, we should also take stock of the fact that having the white-minority settler-colonists in South Africa maintain ownership of the majority of South Africa's economic resources and mineral wealth that was unjustly attained, is a situation that leaves Black South Africans short of total liberation, and thus the struggle and journey for justice in South Africa, and Africa as a whole, is not yet completed," Mack said.

Pines said in the summer of 1990, she had the choice of risk missing another day of her graduate class and getting a grade less than A, or driving from San Francisco to the Los Angeles Coliseum.

She said recently freed Nelson Mandela was coming to California and she wasn't going to miss him no matter what. "Well, I miss class but I didn't get downgraded after telling my professor why I had to miss his class, most importantly I did get my one and only chance to see this legendary man and be moved by what he had to endure for the love of his people in South Africa," Pines stated.

"More than anything else, Pines noted, "President Mandela was a loving man, forgiving of those who had done him harm. He's left us with this gift. He taught me to fight for what I believe in, while never losing my dignity, humanity, or sense of humor. Apartheid has long been dead. Today, we celebrate an incredible legend who personified what it means to truly live. *Continue on Page 6*

HOLIDAY HAIRSTYLE  
PHOTO: TEL-MEL MEDIA &  
PUBLISHING



*As the Holidays approach, we have picked out our outfit, shoes and jewelry. Now it's time to visit the Hairstylist. Above picture is style that the hair was washed and conditioned. Hair was roller set at the top middle; rest of hair wrap and then sit under the hair dryer. Hair flat iron by Hairstylist. Sprayed with spritz to keep body of hair in place. This hairstyle goes with most Holiday Outfits.*

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FORMER SOUTH AFRICA PRESIDENT NELSON MANDELA ; HIS LIFE AND OUR  
RESPONSIBILITY TO MANDELA'S LEGACY ! Cont. from page 4**



Pictures & Info from:  
[www.nelsonmandela.org](http://www.nelsonmandela.org)

The Nelson Mandela Centre of Memory contributes to a society which remembers its pasts, listens to all its voices, and pursues social justice in order to promote peace, human rights and democracy

“Rest In Peace Nelson Mandela. Job well done Mandiba!”

McCoy said Nelson Mandela was not only a pillar for his community, but for many around the world. “He contributed to, touched, and changed the lives of many during his lifetime. He was a prominent leader that will be sorely missed,” she said.

Ogunlana said December 5, 2013 was an extremely somber day for the world, “as we join with the billions of people around the world to celebrate the life of an exceptional man.” “Nelson Mandela, one of most courageous leaders of our generation,” Ogunlana said, “has passed away ... but his legacy lives on.”

Ogunlana stated Africa – indeed, the whole world – is saying goodbye to a great human being, an incredible inspirational leader, and a great humanitarian.

“As a young child, growing up in my native country of Nigeria, I was always reminded of the fight that Papa Mandela was fighting for through the music we chanted constantly in the yard, ‘Free Mandela.’ At that time it was just a song, but as I grew, I realized, fully, the meaning of those words.

“It was a call for Justice, Fairness and Equality...words that clearly defined my vision when I founded the African Women’s Health Project International (AWHPI) in 2003: Giving Voice to the Voiceless!

“I AM MOVED BY the spirit, commitment and humility that drove him as an activist, freedom fighter, unifier and nation builder. The inner strength and values that sustained him during 27 years of often, brutal imprisonment under apartheid. And he set an example of deep profound courage, not only for developing countries navigating complex political transitions but also for advanced countries marred in a quagmire of racism, anemic growth, high unemployment, racial profiling and rising inequalities of income, wealth and opportunities.

Heilemann, who spoke Dec. 5 during a lecture at the Clinton School of Public Service, referred to Mandela as a “global symbol.” “Mandela’s political contribution was a [tactical] transformation of South Africa ... . He did it in [such] a way that turned the country around. He had an ‘extraordinary grace’ – to come out of prison – with forgiveness for people who oppressed him.” (F&S)

## FAITH & SOUL NEWS MAGAZINE SPECIAL FAITH SECTION

This is to help our Readers know the “One Love” we have for them, praying that we all will respect each other and Love each other at this special Family Time and moving forward into 2014, we live in a very Cultural Diverse Society; Love is much more beneficial with lots of rewards and less work.



### ***Christmas: Kwanzaa and Hanukkah are celebrated in December*** ***By Renarda A. Williams***

America is known as a multi-ethnic melting pot of people and cultures, and evidence of its diversity can especially be seen in December, when “Happy Holidays” has become as popular a greeting as “Merry Christmas.”

Here’s a look at two other holiday celebrations in December: Kwanzaa and Hanukkah.

#### **Kwanzaa**

Kwanzaa celebrates the heritage, achievements and recommitment to the cultural ideals of African Americans. Celebrated from Dec. 26-Jan. 1, it is based on the agricultural celebrations of Africa and refers to the Swahili (West Africa) term “first fruits” –celebrations that were times of harvest, commemoration, recommitment and celebration.

Dr. Maulana Karenga – chairman of the Black Studies department at California State University at Long Beach – introduced the holiday in 1966, during the height of the Black Power Movement in the United States.

Kwanzaa is comprised of the Nguzo Saba, meaning “seven principles,” that correspond to each of the seven days of the week (Dec. 26-Jan. 1):

- \*Umoja (Unity) – To strive for unity in the family and community.
- \*Kujichagulia (Self Determination) –To define, name, and create for ourselves.
- \*Ujima (Collective Work and Responsibility) – To build and maintain our community, along with making our brothers’ and sisters’ problems ours and solving them.
- \*Ujaama (Cooperative Economics) – To build and operate our own businesses and profit from them.
- \*Nia (Purpose) – To restore our people to their cultural greatness.
- \*Kumba (Creativity) – To do the best we can as for keeping our community beautiful and beneficial.
- \*Imani (Faith) – To believe in God, our people, parents, teachers, leaders and righteousness for victory in the struggle. ***Continue on Page:10***

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## MARK 4 VS. 26-29 PLANTING A SEED

26 And he said, So is the kingdom of God, as if a man should cast seed into the ground;

27 And should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how.

28 For the earth bringeth forth fruit of herself; first the blade, then the ear, after that the full corn in the ear.

29 But when the fruit is brought forth, immediately he putteth in the sickle, because the harvest is come.

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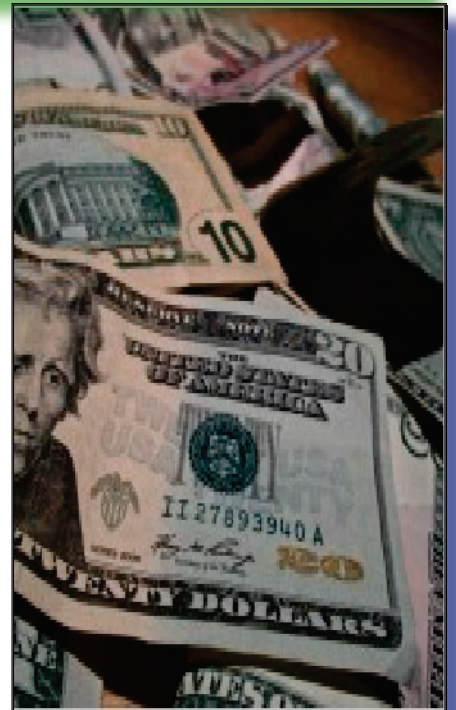
## FAITH & SOUL NEWS MAGAZINE FINANCIAL TIPS FOR HOLIDAY SPENDING

*James 1 vs. 5: If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and unbraideth not; and it shall be given him*



We all know the saying: "it's not how much you earn but how much you save. saving pennies now will add up to dollars later. Use wisdom, during this emotional time. FASMG wants to share these quick and easy tips for Holiday Shopping:

1. Spend Cash, use Debt Card for safety. No credit card purchases unless absolutely necessary.
2. Don't buy into applying for credit card for discounts, you will have to pay more later.
3. Stick to budget
4. Put money aside for rainy day.
5. Pay tithes, share with others



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## FAITH & SOUL NEWS MAGAZINE SPECIAL FAITH SECTION; CONT. FROM PAGE 7

Kwanzaa focuses on the following rituals:

**Pouring Tambiko (Libation).** Performing the tambiko requires a kikombe or cup, which is filled with juice or water. The tambiko is held with one or both hands by the person performing the tambiko. As the tambiko, a tamshi la tambiko (libation statement) is made honoring, praising and committing Black people to the historic task begun by their ancestors.

**Lighting of the Mishumaa (Candles).** The lighting of candles on Dec. 26-Jan. 1 is in honor and reinforcement of one's commitment to the Nguzo Saba. Seven candles (one black, three red and three green) are placed in a candelabra called a Kinara.

The black candle is in the center of the Kinara. The three red candles are placed on the left and the three green ones on right. Each day a candle is lit to symbolize one of the Nguzo Saba. The Black candle is the center candle because it represents Black people and unity. Red represents the struggle; and Green represents the future and hope that will come from the struggle.

**The Karamu (feast),** a central activity of Kwanzaa held the night of Dec. 31. The night of the Karamu is a very special occasion because it is a community and cooperative project of ceremonies, tambiko, cultural expressions and a magnificent feast of various foods prepared by all attending.

Kwanzaa is more than a celebration. It focuses on how African Americans should incorporate the Nguzo Saba into their lives every day to empower themselves in the areas of education, economics, politics and health.

### *Five things you should know about Kwanzaa, according to Karenga:*

*\*Ingathering of the People.*

*\*Reverence for the Creator and Creation.*

*\*Commemoration of the Past.*

*\*Recommitment to Cultural Ideas.*

*\*Celebration of the Good. (F&S)*

[Above Picture:](#)

[Karenga](#) celebrating at the [Rochester Institute of Technology](#) on December 12, 2003

File:Kwanza-RonKarenga.jpg

Photo Credit: From Wikipedia, the free encyclopedia. This is a file from the [Wikimedia Commons](#).



CONTINUED FROM  
PAGE 10

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Submitted Pictures.

Pictured to the left: Rabbi  
Bobby Block and to the right:  
Doris Krain



### ***Hanukkah***

***Faith and Soul interviewed two people about Hanukkah: Rabbi Bobby Block of Temple B'nai Israel in North Little Rock, Arkansas; and Doris Krain, a photographer, from Little Rock, Arkansas. Disclaimer: FASMG is not responsible for any inaccuracies from interviews, It is not our intentions to mislead anyone but simply to educate and empower our readers.)***

Block said Chanukah (also known as Hanukkah) is a minor Jewish holiday that celebrates a victory for Jewish religious liberty at this season in ancient days. Under the Syrian-Greek King, Antiochus Epiphanes, statues of Greek gods were erected in the Jerusalem Temple, replacing the worship of the one God of Israel.

“A band of Jewish rebels arose to revolt against those who had defiled the Temple, and the few were victorious against the many, the physically weak over the strong. The victory was a miracle, cited with the words of the prophet Zachariah – ‘Not by might, nor by power, but by [God’s] spirit,’ “ Block said.

“Victorious, the rebels rededicated the Temple. Chanukah means ‘dedication.’ They celebrated that dedication for eight days because, months earlier, they had been fighting and therefore unable to celebrate the eight-day festival of Sukkot (known to English Bible readers as the Feast of Booths).”

Krain said Chanukah, like Thanksgiving, celebrates the freedom to practice the religion of our choice. But, instead of moving to a new land like the Pilgrims, the Jews revolted against Antiochus. After the three-year war in which the Jews emerged victorious, “the first thing they did was to clean and re-dedicate the Temple; this included re-lighting the Eternal Light,” Krain said. “The legend is that only one day’s supply of holy oil for the light was found, and it took eight days to make more. Yet this small amount lasted eight days; hence the eight-day holiday,” she said.

Jews celebrate Chanukkah by lighting festive candles for eight consecutive nights. “We eat foods fried in oil, to commemorate the miracle of the oil,” Block said. “These foods include latkes (potato pancakes) and sufganiyot (jelly doughnuts). Many Jews in North America exchange gifts during Chanukah, though the traditional time for gift-giving in Judaism is on Purim in the early spring,” he said. ***Continue on Page 12***





Submitted photos by:  
Doris Krain  
Far Left: Doris and Family  
Left: Hanukkah Celebration

Block said everyone should rejoice in the miracle of Chanukah, celebrating the right of a religious minority to observe its unique religious traditions. “We must safeguard the rights of all people, wherever they live, to worship as each individual’s conscience dictates.”

Krain explained that Chanukah, like all Jewish holidays, is on the Jewish calendar, a combination of solar and lunar calendars. Therefore, the holiday’s dates range from Thanksgiving (late November) to Christmas (late December) on our standard (solar) calendar. “This year we light the first candle on the evening before Thanksgiving – the earliest date in recent history,” she said.

Each of the festival, holiday, the candles, placed in a 9-branched candelabra called a menorah, are lit, Krain continued. Celebrants then say prayers of thanks, singing songs, eating the foods made with oil, playing dreidel (a game of chance; the dreidel itself is a four-sided spinning top bearing a letter from the Hebrew alphabet on each side), and exchanging presents. “The menorah has one branch for each of the days of the holiday. and one for the shamash, which we use to light the other candles. Starting with one candle, each night an additional candle is added until, on the eighth night, there are eight candles lit plus the shamash. It is customary to place the menorah near a window so that others can see it – because we can!”

According to Krain, every Jewish family has its Chanukah traditions. “We collect menorahs, so each person has one to light,” she said. “We sing songs in Hebrew and English, including ‘Rock of Ages’ and ‘Dreidel, Dreidel, Dreidel.’ I experiment with different recipes for latkes (e.g., zucchini, sweet potato, ricotta cheese), although the regular potato recipe gets the most likes! After our grandchildren were born, we began to give small presents each night that we celebrate together rather than only on the first night. However we celebrate, we always remember how thankful we are to live in a country where we are free to do so!”

#### ***Five Things You Should Know About Hanukkah:***

***\*“Everyone should rejoice in the miracle of Chanukah, celebrating the right of a religious minority to observe its unique religious traditions,” Block said.***

***\*“Chanukah celebrates the freedom to practice the religion of our choice,” Krain said.***

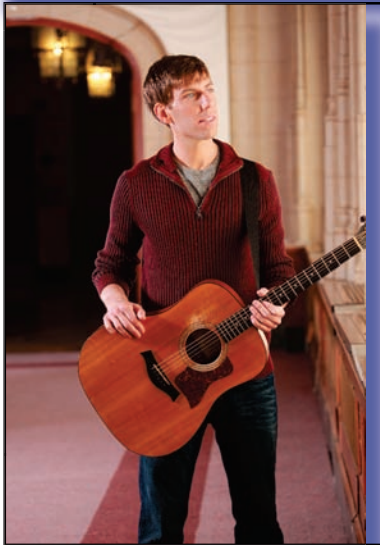
***\*“However we celebrate, we always remember how thankful we are to live in a country where we are free to do so!” Krain said.***

***\*“We must safeguard the rights of all people,” Block said.***

***\*“It is customary to place the menorah near a window so that others can see it – because we can!” Krain said. (F&S)***

**FAITH & SOUL NEWS MAGAZINE HOLIDAY MUSIC**

**INTERVIEW WITH AARON CHILDREE: CHRISTIAN ROCK ARTIST & YOUTH PASTOR  
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**Faith & Soul News magazine's Publisher had the opportunity to chat with Aaron Childree on the telephone. Aaron is a Christian Rock Artist and Youth pastor. Aaron knew as early as eight years of age music was going to be part of his life.**

**F&S: Who is Aaron Childree?**

**Aaron: Very humble, I grew up in Atlanta; went to college in Florida area and now back home in Atlanta.**

**F&S: What inspire you these songs: "Reason To Give"?**

**Aaron: I am a Worship Leader, I love to write songs that have a Love message. A message of Hope and Love. To write a song about the Christmas Season; It's about giving and spending time with family.**

**F&S: What goals do you want to accomplish with the songs?**

**Aaron: My goal is to use music Hoping to inspire people. There are a lot of music out there. Music is a powerful thing. To make it bigger than music itself. 100% of the proceeds are going to Make-A Wish Foundation**

**F&S: Make-A -Wish Foundation**

**Aaron: Yes, I am so bless and fortunate to have health; surrounded by my family. Make-A-Wish Kids don't have those opportunities. That struck a cord with me.**

**F&S: Where can one find your Songs?**

**Aaron: Songs are available on iTunes now. It is a Christmas video, something to share with family members, friends and Love Ones. You can also go to my web site: [www.AaronChildree.com](http://www.AaronChildree.com) facebook/AaronChildreemusic, twitter.com@AaronChildree (F&S)**

FAITH & SOUL NEWS MAGAZINE COMMUNITY CONNECTIONS: SAFETY SHOPPING TIPS FROM LAFAYETTE POLICE DEPARTMENT. PLAN AND USE SAFETY WHILE SHOPPING THIS HOLIDAY SEASON.



### **“Police Offer Shopping Safety Tips”**

**Lafayette, LA** -Chief Jim Craft and the employees of Lafayette Police Department would like to wish all of its citizens a “Happy and Safe Holiday Season”. The Police Department offers the following safety tips while shopping and at home:

#### **Holiday Crime Prevention Tips While Shopping:**

- Stay alert to your surroundings and the people around you.
- Shop with a friend, there is safety in numbers.
- Avoid carrying large amounts of cash.
- Pay for purchases with a check, credit or debit card.
- If possible, carry only your driver’s license, personal checks, or necessary credit or debit cards.
- If you must carry a purse, do not wrap the straps around your arms or shoulders. Carry it by clutching the purse tightly under your arm or wear a fanny pack.
- Do not carry a wallet in a back pocket. It should be placed in a front pocket of your pants for safety.
- Be alert that crooks look for the “high dollar” shopping bags with your purchases. When possible, slip bags/purchases in a plain nondescript bag.
- Watch purchases while eating in mall food courts; bags can easily be switched or taken.
- Educate your children about what to do if they are lost as well as “Stranger Danger”.
- Don’t overburden yourself with too many packages. Use store’s package pick-up.
- Have your car keys ready in hand before leaving the store.
- If you do return to your vehicle to unload purchases, place them in the trunk of the vehicle.
- Try not to shop until the store closes. Remember, fewer people are present at this time.

(F&S)





**FAITH & SOUL HEALTH  
TIPS BEFORE END OF THE  
YEAR**



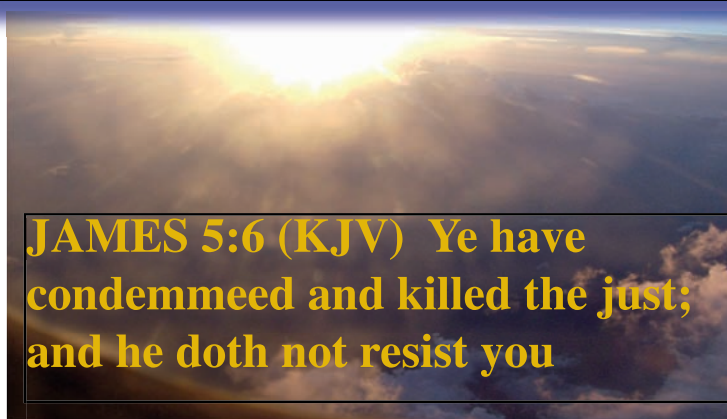
**BEFORE THE END OF THE  
YEAR HEALTH TIPS AND  
HOLIDAY STRESS RELIEFS**

1. Take advantage of your deductible and schedule those last minute appointments, you can save money
  2. Check to see if you have any benefits left on dental checkups or get a cleaning.
  3. Schedule a mammogram, colon exam or test before end of the year.
  4. Make sure all your medications are refilled and fill, most pharmacies will be closed on Christmas day and closing early Christmas Eve.
  5. Keep all your medications in your purse or in your carry on bags when traveling.
  6. Know which doctor is on call for patients who are very sick.
  7. Go to the emergency room immediately for ones who need treatment, don't wait until condition worsens
  8. Take a break, get some rest eat healthy and drink plenty of water.
- Have A Healthy Holiday!

**FASMG WORDS OF WISDOM FOR 2014:  
FLY WITH THE EAGLES, DO NOT EAT WITH THE  
VULTURES.**

**EAGLES FLY HIGHER THAN ANY OTHER ANI-  
MALS, THEY HAVE NO NEED TO WAIT TIL SOME-  
THING DIES TO EAT! MANY PEOPLE WISH OTH-  
ERS BAD, SO THEY CAN LIVE GOOD! YOU DON'T  
HAVE TO LIVE THAT WAY. THAT'S THE WAY  
THE ENEMY OPERATES: HE COMES TO: STEAL,  
DESTROY AND KILL.**

**GO GOD'S WAY: GOD SAID I CAME SO YOU MAY  
HAVE LIFE MORE ABUNDANTLY. FLY WITH THE**



**JAMES 5:6 (KJV) Ye have  
condemned and killed the just;  
and he doth not resist you**

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## ***FAITH & SOUL COOKING: GUMBO IS GOOD FOR THE SOUL***

### ***A HOLIDAY FAVORITE***



It's nothing better a cold winter day than a hot bowl of Gumbo. Many say this Soul Food dish is really Good For The Soul. This meal has passed down the generations, cooked for large groups, family, friends, colleagues, to gather eat and watch some television. Gumbo goes good anytime of the year, but it is much appreciated when it is cold, during Holidays, special occasions and yes during football season, especially the Superbowl.

Gumbo is cooked so many ways; some people add okra, tomatoes, some add, crabs and oysters, some add turkey necks. Here we cooked a chicken and sausage Gumbo; which is most popular served in restaurants. For some reason or another Gumbo is served with Potato Salad. It really is a great combination. Yes, Gumbo is put over rice, with Tabasco sauce and Gumbo File' and adding Potato Salad/bread won't do good for the calorie counter but it makes your stomach say mmmmmm. We recommend you definitely use portion control, don't get the biggest bowl. This meal is very tempting and can blow your diet. Also, drink water instead of a carbonated drink. For desert go with fresh fruits.

Gumbo arrived from Africa. My mother said they would cooked gumbo with pieces of meat, as it was a meal to stretched and several all members of the family. It was a very filling meal. (F&S)



#### **Chicken/Sausage Gumbo Tips:**

1. Season Clean Chicken with Babineaux's Cajun Creole Season and bake in oven
2. Boil your sausage, chaurice and andouille
3. Two cups of roux in pot of water, let dissolve, add fresh shrimps, onions, bell peppers, green onions and parsleys.
4. Add cooked chicken, sausage, chaurice and andouille to pot, let it continue to cook on low fire, season and taste for readiness.
5. Add gumbo File' Powder





## *FAITH & SOUL SPORTS IN A WOMAN'S WORD*



It's been a great year for football. Though the NBA is off to a good start with talks of LeBron going to Chicago Bulls, Michael Jordan's playing team. Well, I don't think that's a good idea. Jordan shoes would be hard to fill, and can LeBron win a Championship without his supporting teammates. Also Kobe is back on injury list, he just signed another attractive contract. Well back to football, the Saints are still in the running, with Carolina Panthers waiting for them for showdown. The Seattle Seahawks are still a force to reckon with, Dallas Cowboys isn't out yet. Are you ready to Rumble?

Women these are 5 things men would like for you to know about football:

1. Where the teams are located, and who will be playing in the bowl games
2. The point system, 6 points a touchdown, 3 points a field goal, 2 points a safety
3. The different positions, there are two sides a defense and an offense, the offense tries to score and the defense tries to stop them from scoring. Two teams with each having 11 players
4. The different rivalries between teams, so know who your man is for and don't scream when the other team scores a touchdown, unless there are agreements in the house.
5. Let me watch the game even though you are not interested, but he would rather you be interested because not all the time he wants to watch the game with buddies, he would rather watch it with his Boo.

## ***FAITH & SOUL POST-HOLIDAY TRAVEL RIGHT IN YOUR BACKYARD MARRIOTT COURTYARD IN HOUMA, LA***



FASMG recommends the Marriott Courtyard Hotel in Houma, Louisiana as a Post-Holiday place to get some Rest & Relaxation. Looking for a weekend getaway or some R&R Time or a great place to have your business or Holiday functions. This hotel has the amenities of many Leisure and Luxury Properties. The Houma Marriot Courtyard Hotel is elegantly design with awesome decor and furniture. It has a Bistro, which offers healthy and refreshing choices including Starbucks and an evening bar, luxury suites with balconies and views of the pool and outdoor courtyard area which boosts a outdoor concession stand with outdoor patio seating, exercise room, free Wi-Fi throughout the hotel, indoor and outdoor pools and whirlpools, business center, booths for business meetings with a personal television, equipped state of the art audi visual equipment with multi media capability, groups from 12 to 350 people.

***7 things you should look for in a R&R hotel: 1. Great Prices/Specials Memberships 2. Rooms Space & amenities 3. Internet (free Wi-fi) 4. Inhouse Meals & Entertainment (Restaurants/Bar, Pools, Whirlpools, Business centers, Cable TVs, Nightly Events, Outdoor Courtyard 5. Staff who are courtesy 6. Locations( access to and surrounding areas) 7. Room Service.***

For more information you may call 985-223-8996. The hotel is located at 142 Library Blvd. Houma, Louisiana or [Marriott.com/ Houma](http://Marriott.com/Houma) and Houma Louisiana Courtyard Hotel, where you can see all the hotel details and photos. (F&S)



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