Faith & SOUL

"YOUR COMMUNITY SOURCE"

www.faithandsoul.net/faithandsoul.com

Vol.10 No. 83 JAN. 2014

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





Celebrate Dr. Martin Luther King, Jr. Holiday everyday. Live the Dream. Inside: FASMG interviews Isaac Farris (Dr. King's nephew), Dr. King's Holiday Celebration Events: From Lafayette, LA to Fayetteville, GA, Atlanta and Arkansas FASMG was on the scene, 10 Financial Tips for Income Tax Refunds, 11th Annual African American Parade, Hair Fashion, Healing, Health, Cooking and Superbowl: 10 Things Women want their Man to know and much more Enjoy!







Acts 2:17 - And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams:

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 ALI! Inside: Issue deicated to Dr. Martin Luther King, Jr. and more.

Enjoy!

FAITH & SOUL LOVES YOU!!!

GIVE THE GIFT OF LOVE!

BUY A SUBSCRIPTION TO FAITH & SOUL NEWS MAGAZINE!

WHAT YOU READ IS JUST AS IMPORTANT AS WHAT YOU EAT!!!

* Articles and views expressed in this publication do not necessary reflect the views of Faith & Soul News Magazine and its staff.

SUBSCRIBE TO:

FAITH & SOUL NEWS MAGAZINE TODAY! EMAIL US:faithandsoulmag@yahoo.com. check out our website: www.faithandsoul.net

1-866-919-6275

faithandsoulmagazine@yahoo.com • www.faithandsoul.com

Faith & SouL staff
Publisher
Melinda C. Sylvester
Contributing Writers
Eze Onukwube
Melinda C. Sylvester
Renarda Williams
Melissa Tyler
Donald Lee
Brenda Andrus
Danielle Harrison
Tonia AskinsNew OrleansEditor
FrancieFinancial Editor
Layout / Design
Tel-Mela Media
Photography/Director of Special ProjectDarrell Rosenthal
Chief Financial Officer
Circulation Manager
Julius Sylvester
Circulation Assistant
Simoné Savoy
Consultant to the PublisherClara Sylvester
Advisory Board
Linda Bruno
Theresa Calais
Mary Louise Orphe'
Faith & Soul News Magazine is published by Tel Mel Media &

Publishing Co. LLC.. Subscriptions are available for \$30/year.

All rights reserved. Reproduction without written permission is

prohibited.

FASMG WISHES A HAPPY BLESS 2014 TO YOU AND YOUR FAMILY. IT IS A PLEASURE SERVING THIS BLESS COMMUNITY! MAY2014 BE THE YEAR OF GREAT PROSPERITY, THE PROSPERITY THAT YOU KNOW GOD DID! PLANT A SEED SUBSCRIBE TO FASMG AND WATCH IT GROW ITO LOTS OF GREAT THINGS. CALL US TODAY: 1-866-919-6275



PUBLISHER POINTERS'

It's a New Year and A new Year!
Positively Change the way you
think and you will see awesome
changes in your life. You can do it
by Reading teh Word of God, mediate in the scripture. Strengthen
your relationship with God, walk
with Jesus in your life daily. It is
not what you go through but what
you come out with! God Love is
Unconditional, He Loves You!

As we celebrate Dr. Martin Luther King Jr.'s Birthday and National Holiday. We remember the most powerful speech in our time: Dr. King's "I Have A Dream Speech". Share the knowledge with your children and grandchildren. Let us together do our part to continue in Dr. King's path, keep pressing, speak positive, think of Hope, Love and God's Grace.

What is your: "I Have A Dream"? What you speak will come to pass. Speak Life, the Life that Jesus said He came to give us Abundantly. Dreams are like Hope, they are for everyone. Don't let anything or anyone take that Dream away from you, Hope and Keep the Faith. It will come to pass.

I Have A Dream for our children and grandchildren to see more equal rights, that the world will not be so concern about the color of their skins, as the world will understand that Unity is far more important than division. God Love us all and we are all His children. It is better to accept One for who they are and Love them than to Hate and try to Change them. God's Love will be preached and taught; and that God's Love is Unconditional. God said He will remember Our Sins No More, that people be more forgiving, giving others another chance. Help more along the way. I dream one day parents will stop saying their kids are bad(most kids behave what they see and learn (teach them about God's Love), the young mothers don't care: Mothers can only teach what they know!; Lafayette, Louisiana will have a Black Mayor, Louisiana will have a Black Governor, we will be looked at according to our hearts and not that we are black, but we are loving humans who have some of the same desires to take care of our families, that us always have to be better and make less money will change as we are great contributors!

Blessings, Peace and God's Love! We appreciate our Advertisers and Readers! Love You All, M

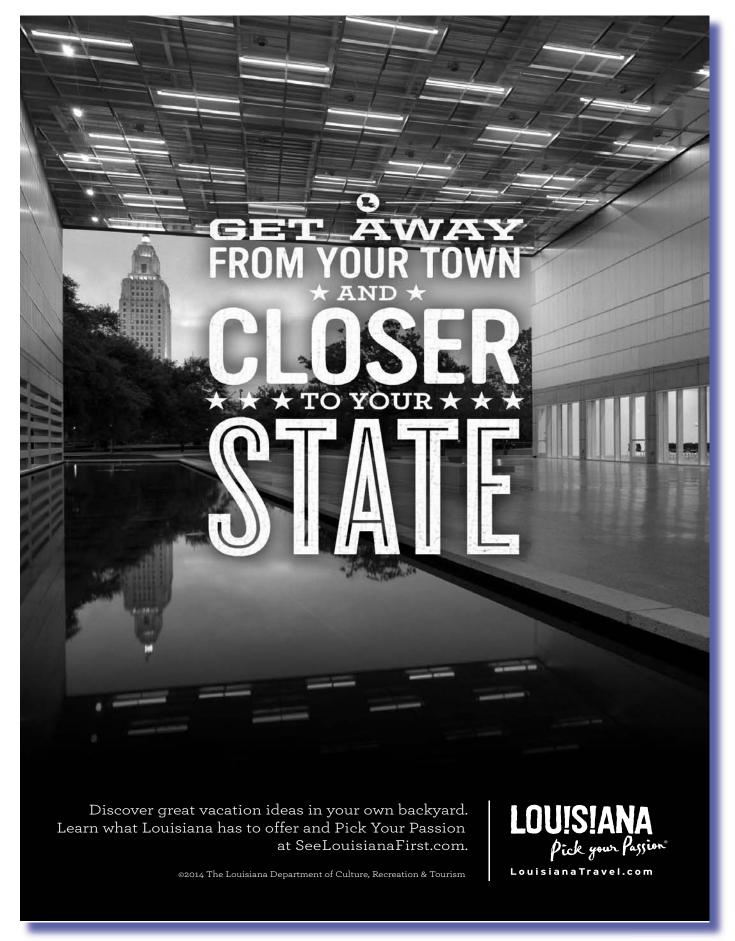


Isaac Farris
talks about the
importance of
focusing on the
reality of Dr.
Martin Luther King
Jr.'s Dream
By Renarda
Williams

Isaac Farris, nephew of the late Dr. Martin Luther King, Jr., was a special guest of the state's Arkansas Martin Luther King, Jr. Commission at A Day of Service 2014 Prayer Breakfast in North Little Rock, AR. Honoring the legacy of Dr. Martin Luther King, Jr. Monday, the event took place Jan. 20, 2014, in the gym of Shorter College.

Bethel AME Church of North Little Rock and the Commission in Little Rock, sponsored the event. Introduced during the breakfast by DuShun Scarbrough, executive director of the commission, Farris

greeted several dignitaries and other guests beforehand. Cont. on page 12



Family Adventure Day presented by MidSouth Bank Saturday, March 29, 2014

Togetherness...To-Go! How many adventures can your family have in one day? Healing House; Hope for Grieving Children is bringing together locally owned businesses, area non-profits, and families for a day of once in a lifetime experiences. The sixth annual Family Adventure Day presented by MidSouth Bank is scheduled for Saturday, March 29, 2014. This unique event provides families with the perfect venue to spend the day together creating lifelong memories while enjoying a variety of activities you can't do on any ordinary Saturday. Some of this year's adventure locations include Acadian Ambulance, The Daily Advertiser, Fish and Wildlife Service, LITE, Little Gym, Little Paintbrush, Diver's Destination, UFC Gym, 99.9 KTDY, Planet Ice, and many more!

The cost is only \$40 for a family of 4 and includes the adventure map, a goodie bag and 4 t-shirts. You can add up to 3 additional members to your team for only \$10 per person. By purchasing the map, and participating in a minimum of four activities, your family will be entered into a grand prize drawing for one of three family prize packages each worth over \$500! Visit http://www.healing-house.org/ for a complete list of participating activity locations and to register your family.



All proceeds from Family Adventure Day will benefit local Acadiana families that have experienced the death of a parent or sibling. Healing House; Hope for Grieving Children provides an atmosphere that allows children ages 4 to 18 to express their grief through interactive play, expressive art work and discussion groups with peers experiencing the same trauma. All services provided by the Healing House are free of charge and run by volunteers.

For more information about Family Adventure Day call our offices at 234-0443.

Ephesians 2:8 -

For by grace are ye saved through faith; and that not of yourselves: [it is] the gift of God:

RISLEY OUTON & ASSOCIATES Insurance and Retirement Planning

Call Risley Mouton & Associates We can help you

Insurance, Investment, *Retirement Planning & Retirement Rollovers

We'll design a plan to benefit your needs, one that you will understand.

Life, Health, Disability, Annuities, Long-Term Care & Mutual Funds*

With over 20 years of experience in the insurance & retirement planning business.



* Registered Representative of and Securities offered through Hornor,

Townsend & Kent, Inc. Member NASD/SIPC

600 Dresher Road, Horsham, PA 19044

KUDOS TO FRANK WILTZ



FASMG congratulates Mr. Frank Wiltz from St. Martinville, LA as a recipient of the Dr. Martin Luther King, Jr. Award. Frank has dedicated his life to helping others, visiting the nursing homes, taking the elderly to their doctor's appointments, running errands for the elderly, checking on his family, it doesn't matter if he has to drive to Texas or New Orleans. His family can count on him and so do the people of St. Martinville. He does with a smile and does not look for payment. An announcer for many years with the St. Martinville Sr.High Basketball Boys Game. He recently was complimented for an excellent job on a thriller of a game between St. Martinville Sr. High and Northside Vikings, a good rival game. A fan told him he should be on ESPN. Frank knows the game real well and His voice was gifted for the task.

FAITH & SOUL NEWS MAGAZINE COOKING DR. KING'S ONE OF HIS FAVORITE MEAL







Dr. Martin Luther King favorite food was Soul Food. In honoring Dr. King; Here are a few recipes . Southern fried Chicken: Cut your chicken into pieces, clean each chicken part, season with Babineaux's seasoning, base in buttermilk overnight or for a couple of hours and shake into flour bag. Heat your oil at high temperature, when oil is hot, slowly dip into pot, fry unto tender and crispy to your taste. Sweet Potato: get fresh sweet potatoes, cut into chucks, put in pot with water and sugar, cooked down like canning sweet potato with a light syrup, Mac and cheese, use raw macaroni, boil in hot water, drain, put into baking pan, add butter, cheese and eggs, pinch of sugar and baked.





- 770-412-2331 OR

I 1-866-919-6275

YLVESTER / PUBLISHER WEB SITE: www.faithandsoul.net

YOUR ONE SOURCE CREATIVE & DESIGN SOLUTION

When it comes to creating & designing ink on paper/product; WE CAN DO IT!!

We offer Courtesy and Professional Service

WE CREATE & DESIGN:

¥ caps ¥ cups ¥ mugs ¥ banners ¥ posters ¥ cd covers ¥ book covers ¥ bookmarks ¥ t-shirts ¥ aprons ¥ jackets ¥ push cards ¥ flyers/impacts ¥ logos ¥ letterheads ¥ business cards ¥ memo books ¥ labels ¥ calendars ¥ menus ¥ awards ¥ certificates ¥ anniversaries ideas ¥ wedding invitations ¥ souvenirs ¥ birthday cards ¥ invoices ¥ special occasions ¥ presentations ¥ proposals ¥ company & church organizations signs and special projects

FAITH & SOUL NEWS MAGAZINE HEALTH

MOTIVATION BY RANDY PITRE MASTER CHEF"SUNSHINE"

What are you plans for the new year . It's been said that you fail when you don't plan. No one plans with the intent on failing. By now you've visited the gym a few times. Pain is overtaking you. I encourage you to hang in there , know that pain is temporary but quitting is permanent . Set realistic goals and stick to them. Exercise and diet go simultaneously . Don't expect drastic results overnight . Be persistent and consistent in your pursuit for healthy living. I encourage everyone to make a sincere effort to get healthy and fit in the new year.



SAVE THE DATES

JAN 25 & 26 2014

MASTER CHEF "SUNSHINE"

of SUNSHINE'S HEALTH FOOD STORE

Houston, Texas

WILL BE AT AOC on COX CHANNEL 15 & LUS CH 3
Friday, Jan 25th Live 1 pm to 3 pm &
at NIA CULTURAL ARTS CENTER'S GRAND OPENING
828 French Street New Iberia, LA 70560
THE WEEKEND WILL INCLUDE A
HEALTH FOOD PREPARATION WORKSHOP
Saturday, 11 am to 5 pm

& SOLUTIONS TO AILMENTS IN OUR COMMUNITY DIABETES, OBESITY, HIGH BLOOD PRESSURE, Etc "SUNSHINE" WILL BE AVAILABLE FOR FOOT DETOX, IRIDOLOGY, EAR CANDLING, NASAL IRRIGATION & HERBAL PRODUCTS Also HAND & FOOT MASSAGE by ROSILAND O'CONNOR

Door Prizes Will Be Given For more info:

MS LEWIS 337-967-6183 & JAHmilah 337-739-3328

FAITH & SOUL FINANCIAL TIPS For Income Tax Refunds BY FRANCINE

FASMG TEN TIPS: For Income Tax Refunds

- 1. Pray for financial blessings. The Prayer of Jabez, Ask God to enlarge your coast and not let it cause you evil.
- 2. Tithe. Tithing is God's system, one-tenth of your earnings should be tithes (money and/or talents)
- 3. Save. Open a savings account. Pay yourself on every check or income
- 4. Pay your bills on time, this will help improve your credit.
- 5. Decrease debt, don't add any new debt, pay off credit card balances with high interest
- 6. Increase income, use your skills to make extra income, like sewing, baking, etc.
- 7. Invest, look for safe and smart ways to invest your money
- 8. Get financial Advice or Counseling, seek expert advice
- 9. Multiply your funds, also think of ways to increase not to spend your money
- 10. Stick to your goal and budget don't comprise. There will always be a sale. Of course that new car looks good, so does that new sofa, mattress and lots of other things



Faith & Soul News Magazine DR. MARTIN LUTHER KING EVENTS Section LAFAYETTE, LOUISIANA







2014 MLK KING & QUEENS L-Pre Teen Queen Shontel Smith, Teen Queen -Armani Faulk, Miss MIK Queen Kelci Belson and 2014 MLK King D'Angelo Green Hard work paid off for all the volunteers for Dr. Martin Luther King, Jr. Celebration Events in Lafayette, Louisiana. It was a huge success. The community should be proud and ready to carry the torch after this class act. Kudos to Brenda Andrus and crew for a beautiful pageant, The Martin Luther King Association for great events throughout the weekend.

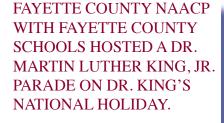
FASMG encourages everyone to get involve. There are a need for more laborers, lots of work, lots of harvest as in the bible.





Faith & Soul News Magazine DR. MARTIN LUTHER KING EVENTS Section FAYETTEVILLE, GEORGIA





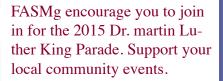




It was an awesome parade, with lots of participants, from Churchs, School Organizations, Local Business, New Mayor for Peachtree City, Republican Party in Fayette County, Local Fayetteville Commissioners.



It was so nice to see so many young adults in the parade.





Also, join the NAACP in your local area; get involved.

The bible says the harvest is plenty but the Laborers are few. There are a need for more Laborers!



Contact them at: www.fayettecountynaacp





Isaac Farris talks about the importance of focusing on the reality of Dr. Martin Luther King Jr.'s Dream By Renarda Williams Cont. from page 4

Faith and Soul interviewed him briefly before departing for Pine Bluff, where he spoke at another 2014 King Holiday Celebration, "A Day of Service – A Day On, Not A Day Off."

Faith and Soul asked Farris about how important it is for African Americans, and other races, to stop dreaming and make Dr. King's Dream a reality. Farris said focusing on the reality of King's dream is "very important for the survival of our society... and [that's] for everyone ... all Americans."

"Which is why we stress the whole service aspect of the holiday. A lot people do not realize that my aunt [King's widow, Coretta Scott King] actually went back to ... Congress 10 years after they established the King Holiday and asked them to change the law and designate it as a 'Day of Service' [mainly] because that's truly the way to really honor the man."

Farris stated if King were here today, he would be thankful for the holiday, but he would say: "'Don't sit around and talk about how great I was Get out and do something for somebody.'"

"When you do that, when you're truly doing that the way you should do it, it has the same effect on you as going to your gym and working out," Farris said.

"In order to do service, and if you're really doing it right, one, you realize 'hey I am doing something that I might not be thanked for,' "Farris added. "And [then second], the recipient of the service, might not say thank you ... but [you can say], 'I get the satisfaction of knowing that I helped somebody.' The more and more you do that, it begins to effect your outlook on life; how you feel, and relate to others."

And that's a benefit within reach of everybody, Farris concluded.

"Everybody get out, because everybody can be great, and everybody can be served." (F&S)

FAITH & SOUL ON THE SCENE MLK NATIONAL HISTORIC SITE AT THE MARCH AND RALLY ON DR. KING'S HOLIDAY







FASMG was excited to be at the Dr. King's march and rally in Atlanta on Dr. King's National Holiday. It was an awesome experience.

Above: Publisher and her lovely mother Theresa Calais,

Congressman John Lewis who marched with Dr. Martin Luther King, Jr. and who encourage everyone to go out and vote; there is an important election coming up. Jason Carter, Former President Jimmy Carter Grandson, talked about his time he was in South Africa and his run for Governor for the State of Georgia. There were also candidates for the Senate race.









Faith & Soul News Magazine Fashion Section



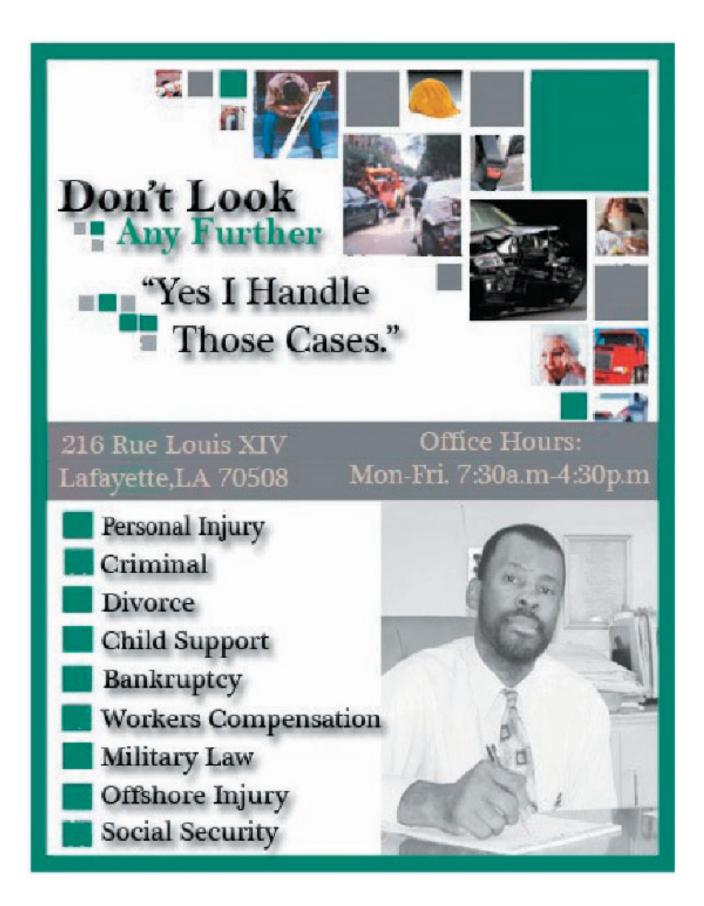
Healing through Cultural Fashion and Beauty

This is a time of awakening for African-American self-preservation and beautification.

And a natural hair care guru is leading by example...

Isis Brantley of Dallas, Texas is a style influencer and the recent recipient of the "Nzuri 100 Carat Diamond Award" for pioneering natural hair care; and being a trailblazer for over 20 years in the natural hair care industry. Isis was recently awarded during the Nzuri Natural Hair, Health & Beauty Festival's 100 Carat Diamond Award Gala event. Isis Brantley has been a practitioner of natural hair care in the African-American community for 30 years. She is also the brainchild of the annual Naturally Isis Hair Parade and Festival with celebrity songstress Erykah Badu as the Grand Marshall. According to Isis, braiding natural hair has been a career endeavor that has been challenged by ideologies that insist on denouncing cultural expression, economic liberty and civil rights. Isis's most dramatic encounter was a highly publicized airport security alert when her afro set off a panic response by TSA officials in Atlanta, Georgia who were concerned that Isis was concealing a weapon in her hair. The incident was an embarrassing spectacle for Isis and made national news headlines. Currently Isis has been challenged by the state of Texas for illegally operating her Institute of Ancestral Braiding College without becoming a licensed barber instructor. Isis has opened a federal suite against the state of Texas challenging the economic liberty and due process of the law in order to continue to operate her school. Isis seeks certification that will be recognized by the state and allow her students to be able to operate legally as braiding professionals.

"This is a natural hair care and braiding business. We don't barber, heat hair or use harmful chemicals; and there exist no licensed school that trains and certifies for braiding natural hair.





DR. MARTIN LUTHER KING, JR.'s WAS BORN JANUARY 15, 1929. National Holiday celebrated on the 3rd. Monday of January.

FASMG wants to inspire you to write your story in such a Historic Time of History. Produce a documentary, write a journal, record a CD, do a Video. Record Histroy. It's Your to write the story.

Dr. Martin Luther King, Jr. said he was inspired by Ghandi. President Obama said he was inspired by Dr. Martin Luther King, Jr. Who will inspire you and your children, grandchildren and future generations? And who will you inspire to be the next Leader. We are living in such a Historic time with the 50 year anniversary of March On Washington: "I Have A Dream Speech, with The First Black President of the United States of America, Our First Black Family, Black Kids Being raised in the White House, A Beautiful & Intelligent Black First Lady. Let's not take any of this forgranted. Please share this History with your children and grandchildren. Please keep a journal of your thoughts, feelings, in this day and time. Write a documentary, a short story about your life during these Historic times. We have one one time to write this. Should you like for us to assist you please call us @ 1-866-919-6275 or email us @ faithandsoulmag@yahoo.com or look us up on the web: www.faithandsoul.net

Hebrews 10:35 -

Cast not away therefore your confidence, which hath great recompence of reward.

FLETCHER FUNERAL HOME

Servicing All Surrounding Areas Accepts all Insurance Policies Preneed Insurance Available

2 locations

609 W. Admiral Doyle • New Iberia, LA 337-369-3341 • 337-369-3304 (fax)

1116 Green St. • Abbeville, LA 337-893-2440



John Butler Jr. - Owner - Insurance Consultant Mortician
Muriel B. Lewis - Owner

FAITH & SOUL 2014 COMMUNITY CLAENDAR

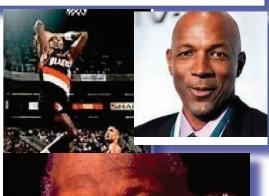


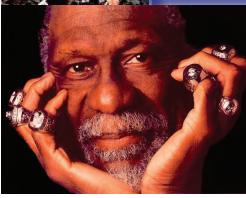
Spring Quarter 1995





CNN WEBSITE: Noni Ellison-Southall asked her old law school professor, President Barack Obama, to sign her class syllabus.





LAFAYETTE AFRICAN AMERICAN GALA AND PARADE:

GALA MARCH 8, 2014 @ PETROLEUM CLUB AWESOME EVENT, CALL BRENDA ANDRUS @ 337-258-1666 FOR TICKETS TO THE GALA. HONORING LOUISIANA GREATS:NORI ELLISON SOUTHALL FROM LAFAYETTE Noni Ellison Southall serves as senior counsel for Turner Broadcasting System, Inc. (Turner) and heads Turner's music group. CLYDE DREXLER (FROM NEW ORLEANS BASKETBALL PLAYER AND BASKETBALL COACH), BILL RUSSEL(

FROM MONROE,, ONE OF THE GREATEST BASKETBALL PLAYER In 2010 Russell received

the Presidential Medal of Freedom, the country's highest civil honor, from President Obama. RUSSELL A MANY WITH MANY CHAMPIONSHIP RINGS WHO OVERCAME HEALTH ISSUES AND RACISM IN HIS BASKETBALL CAREER

PARADE IS SUNDAY, MARCH 9,2014 FOR MORE INFORMATION ON PARTICIPATING IN THE PARADE. THIS WILL BE ANOTHER GREAT PARADE LAST YEAR'S PARTICIPANT WAS DENISE BOUTTE ACTRESS AND WORLD FAMOUS ATTORNEY WILLIE GARY.

DON'T MISS THIS EXCITING EVENT, CALL MS. JENELLE CHARGOIS TODAY @ 337-332-4262!





LAFAYETTE BLACK MARDI GRAS PARADE FEB. 18, 2014 DOWNTOWN LAFAYETTE

LAFAYETTE BLACK MARDI GRAS ASSOCIATION INVITES YOU TO PARTICPATE IN THEIR ANNUAL PARADE. FAITH & SOUL CHATTED WITH FORMER PRESIDENT SANDRA MOORE AND SAYS THE NEW PRESIDENT IS EXCITED ABOUT THE ORGANIZATION. FOR MORE INFORMATION ON LAFAYETTE BLACK MARDI GRAS ASSOCIATION OR THE PARADE CALL PRESIDENT ALBERT BABINEAUX @ 337-849-2792

FAITH & SOUL SPORTS IN A WOMAN'S WORD



A WORD FROM THE LADIES TO THE MAN WHO LOVES FOOTBALL.

SUPERBOWL FEBRUARY 2, 2014 NEW JERSEY LOCA-TION PENDING (SNOW, IT WILL BE A GO, NEW STA-DIUM)

SEATTLE SEAHAWKS VS.DENVER BRONCOS

One thing football fans should know, the last play does not lose the game, it is a toss UP just like the coin at the beginning of the game. You never know who will get the toss down. It can go either way. You can call those good plays luck or blessings, but they are not the game deciding factor, there are many other plays that decided the win or loss.

TEN THINGS WOMEN WANT THEIR MAN TO KNOW ABOUT THE SUPERBOWL

- 1. You can go to church before the game, Praise God then Praise the Game
- 2. We can watch it as a family
- 3. Don't bet on our bill money
- 4. Yes, it is your me time but a call to see how we doing would be fine
- 5. My me time will be in the mall or nail salon
- 6. It's just a game, don't come home frustrated or mope around the house
- 7. The referees get paid to call the game
- 8. Let it be fun with the fellas
- 9. I am still your wife/woman after the game; no matter who wins
- 10. I would be excited should you win the Superbowl Pool

Saints fans were hoping the San Francisco 49ers would have caught the ball in the end zone and win the game with 23secs. on the clock. It has been one Sleepiness Season for the Saints fans because of the Seahawks. It will be a cold Superbowl game, but don't fret for the teams they are experiencing cold temperatures in their hometown. This is an advantage to both of them. For the fans, you will have to be a die hard football fan to endure these temperatures. We wish everyone blessings and safe travel to the Superbowl. Richard Sherman should not get all this attention, the Seahawks won the game.

The NBA has lots of excitement with The Thunders Kevin Durrant on fire with 46 points in a game. Lebron James are hinting his departure from the Miami Heat.

A thriller of a game: St. Martinville Sr. High School hosting Northside High School. At the buzzer St. Martinville Sr. High pulls off a winning shot at the buzzer.

FASMG encourages you to support youth sports, bring the family! (F&S)



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.

GOOD FOOD FOR KIDS (C) READING IS REWARDING (C) NON-PROFITS 501-C 1-866-919-6275(office / fax) 770-412-2331 (cell) www.faithandsoul.net

