



Faith & Soul

News Magazine

Refreshing the Mind, Body and Spirit!

POTA COSTON
FIRST AFRICAN
AMERICAN
FAYETTE COUNTY
COMMISSIONER
IN 193 YEARS TO
BE SWORN IN ON
JANUARY 2, 2015

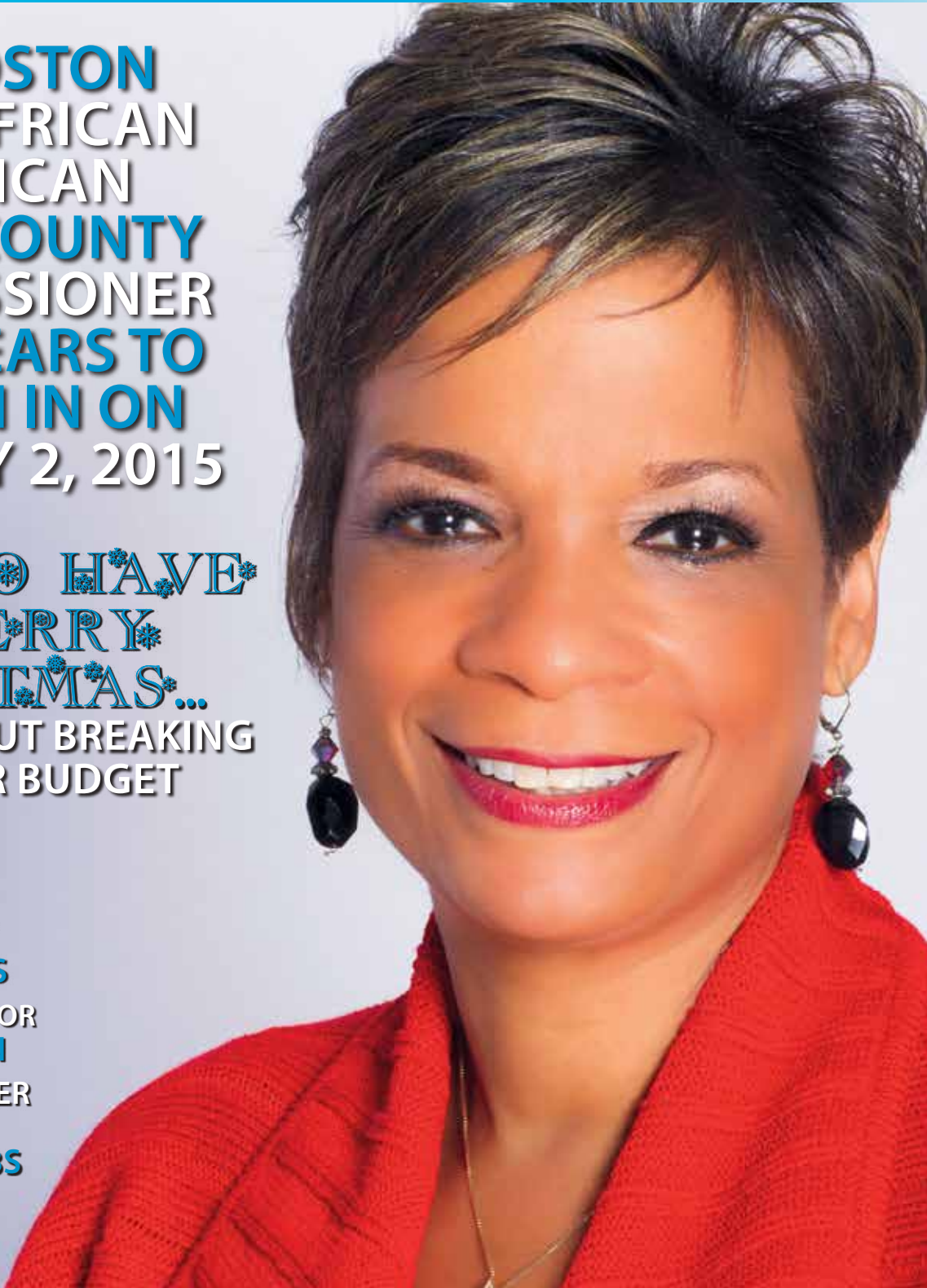
HOW TO HAVE
A MERRY
CHRISTMAS...
WITHOUT BREAKING
YOUR BUDGET

ALSO INSIDE:

FAYETTE COUNTY
NAACP PRESIDENT
JOHN E. JONES

FAYETTEVILLE MAYOR
GREG CLIFTON

RETIRING CHAMBER
PRESIDENT
VIRGINIA GIBBS





Faith & Soul

News Magazine

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Our Meeting Place

Meeting every second Saturday at
4:00PM

at

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Visit us at www.fcnaacp.org



Annual Events

MLK Day

Black History Breakfast

Youth Council Golf

Tournament

Juneteenth Celebration

Back to School Stay In School

Mighty Men of Valor Conference

Juvenile Justice Forum

Youth Council Fashion Show

Freedom Fund Banquet





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(If you can think it, we can ink it! We
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Faith & Soul News Magazine



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MELINDA'S NOTES

Matthew 1:23 (KJV)

Behold a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which interpreted is, God with us.

*Merry Christmas, Happy
Kwanza, Happy Chanukah,
and Happy Holidays!
Peace and Blessings in 2015!*

Blessings to you, My Brothers and Sisters:

Faith & Soul News Magazine is eleven years old. The magazine was born at my kitchen table in Breaux Bridge, Louisiana under the spiritual guidance of Rev. Margarette Wlitz Boone. She and I gathered a team of talented people together, and **Faith & Soul News Magazine's** first issue was released in September 2003. Our mission: to write inspiring stories about and for phenomenal families in our community.

We sold advertising and subscriptions, and the first issue was a huge success. Then, less than a month after that issue was published, the Rev. Boone died of cancer. I was devastated and almost gave up on the project. But soon enough, people starting asking when we were going to publish another issue of **Faith & Soul News Magazine**, and when they started calling me "Ms. Faith & Soul", I realized that my mission to publish this magazine was bigger than I had dreamed.

Since its launch, **Faith & Soul News Magazine** has attended both of President Obama's inaugurations, the Million Man March, BET events, and the Essence Festivals. We have interviewed public figures like Senator John McCain, Senator Mary Landry, Bishop T.D. Jakes, and Joyce Myers, and we've covered events featuring President and First Lady Obama. **Faith & Soul News Magazin** student interns have gone on to work for CNN, FOX News, Kennesaw State, and even for the President of India!

Now we are publishing our debut issue in Fayetteville. A family reunion in Atlanta years ago brought my family and me to the Metro area, and that began the spiritual process of moving our lives - and **Faith & Soul News Magazine** - to Fayetteville where we've lived for four happy years. We came to Fayetteville guided



by The Holy Spirit to serve this changing and blessed community. Fayetteville possesses unique assets and is a safe and beautiful place to live; we are not taking it for granted. We have a mission in Fayetteville and a big part of that mission is launching **Faith & Soul News Magazine** here. To paraphrase President Kennedy, we aren't asking what Fayetteville can do for us; we are asking what we can do for Fayetteville.

Faith & Soul News Magazine Fayetteville Edition looks forward to working with you in 2015 and beyond. The magazine will feature a variety of articles about education, leisure time, finance, economy, politics, our community and, of course, our focus will continue to be on the family. We invite you and your family to join us by advertising and subscribing in **Faith & Soul News Magazine** and grow with us in 2015!

Blessings, Peace and God's Love,

Melinda C. Sylvester

Melinda C. Sylvester, Publisher

POTA COSTON FIRST AFRICAN AMERICAN FAYETTE COUNTY COMMISSIONER IN 193 YEARS

COSTON TO BE SWORN IN ON FRIDAY, JANUARY 2, 2015
AT 4:00 PM AT THE FAYETTE COUNTY COMMISSIONER
BOARD MEETING ROOM IN FAYETTEVILLE, GEORGIA

by Sherise Henry

Pota Coston Photo: Luis
submitted by Pota Coston

For the first time in over 192 years, an African American candidate was elected Commissioner of Fayette County, one of Georgia's wealthiest counties and one where African Americans have an average level of education and income that is higher than that of their white neighbors.

Going into the election with a strong chance of winning, Tyrone resident Pota Coston was elected to a county commissioner's seat as a result of the New District Voting Opportunities in Fayette County, which the NAACP helped bring about through years of persistent advocacy.

The new voting system, which opens up more possibilities for minorities to seek office, inspired Coston to run. She is a 10-year resident of Fayette County and a consultant for Youth Leadership Development Organization AVPRIDE where she is Director of the Youth Workforce Development Program. Prior to that, Coston dedicated 29 years of service to federal law enforcement, holding several positions of increasing managerial responsibility in the Internal Revenue Service, Criminal Investigation business division. Her work with the

IRS and her public service advocacy make her an experienced and valued member of the Fayette County community.

Coston says she was a small-town girl before moving to Georgia. She grew up in Elkins, West Virginia (population of 9,000) and earned a B.S. in Criminal Justice from Marshall University. Her career then led her to Michigan, Louisiana, and finally to Georgia. "I was a Federal Law enforcement officer for 29 years," she says. "I began as an intern and worked my way up to senior executive."

Coston has been married for 32 years to Bernard Coston and as the mother of a college-aged son, Bernie, she brings strong family values to the forefront of her experience. "My whole platform was about quality of life for the families of Fayette," she says.

The Tyrone resident says that protecting and increasing home values in the county are a top priority. She says she also wants to see graduates who have benefited from the county's excellent



Fayette County District 5 (shown above in yellow) is a diverse community that extends from the Jeff Davis area upward through the north portions of Fayette County, and to the west surrounding the Sandy Creek area ending at Palmetto road.

“IT engineering and health care jobs are becoming available and we can fill those jobs locally with our own young people.”

- Pota Coston

school system return to Fayette County to establish homes and careers. This is a goal that she believes can be achieved in part by building on the success of Pinewood Studios and increasing the number of businesses that are attracted to the area. “IT engineering and health care jobs are becoming available and we can fill those jobs locally with our own young people,” Coston says. Working with the Board of Education, a focus on public safety will be on her agenda.

Fayette County Commissioners serve as members of the Board of Directors and make fiscal and policy decisions relating to county government. On Election Day, November 4, Coston became the first African American and only the third woman ever to serve on the County Board of Commissioners. But firsts are not new to Coston. “I was the first black woman to serve as a special agent for the IRS criminal division providing executive oversight for a budget of \$466 million,” she says. Her high-level of experience in fiscal responsibility makes Coston a key player in the fiscal management of Fayette County. Pota Coston may be a small-town girl, but she’s made history.



OGECHI OPARAH: POLITICS TAKES BACK SEAT FOR TRAIL BLAZING NEWCOMER

by Sherise Henry

Ogechi Oparah Photo:
submitted by Ogechi Oparah

At just 23-years-old, political newcomer Ogechi Oparah has more opinions on the education system than most people twice her age. The Princeton graduate, who majored in Sociology, comes from a family of educators. She decided to take a year off after her university studies and the in-home tutor and education specialist was, to her surprise, recruited to run for County Board of Education Post 4 in Fayette County, Georgia.

Oparah is a Fayette County native and a product of the local public school system. She says that she can clearly see how education is linked to quality of life. "Education plays a huge factor in job placement and people's ability to buy homes," she says.


Oparah is not only well-versed in education but also participates in community visioning efforts. She served on a focus group for the Fayette Visioning Initiative, a project that invites residents to engage in dialogue and brainstorm ideas to better the community. "The purpose of the initiative is to have as many stakeholders around the table as possible to discuss

where we are now and where we are going," she says.

Oparah says the initiative has garnered a wealth of information that leaders can use to move the community forward. For example, she says, they learned that Fayette County is an aging community. "The number of those 65 years old and older is increasing, while the number of those age 18 and younger is rapidly decreasing," she says. "We need to stem the brain-drain of our talented young people."

Oparah says that even more revealing was the information garnered from a survey of county residents: 46%, or nearly half, of African Americans say they felt that their access to leadership was either poor or below average, while only 11.1% of whites felt the same way. Oparah says these figures point to a major cultural-generational gap that needs to be bridged.

That is why Oparah's run for school board was polarizing. She is not only an educator, but also a candidate who represents the population that is least represented in elective office: Youth and the African American community.



The findings of the Fayette Visioning Initiative are not surprising and are reflected in the recent legal battle over Fayette County re-districting. In 2012, the local NAACP filed a lawsuit against the Board of Education and the Board of Commissioners that called for district voting to allow candidates representing minorities to have a chance at being voted into office. The judge in the case ruled in favor of the plaintiff, stating that Fayette County's at-large voting scheme was in fact in direct violation of the Voting Rights Act. The more progressive School Board in place at that time decided to settle the case in the NAACP's favor, creating a majority-minority fifth district in Fayette County.

But there is now a new set of representatives who plan to appeal that decision. The case has been a source of debate in Fayette County's political circles, not only because of the question of the lack of minority representation in elected office, but also because of the hefty legal bill that the appeal will incur: an estimated \$1 million. Oparah says what separated her from her opponent in the school board race was not only her youth and race, but also her focus on the quality of public education over an overriding interest in district voting politics. "Given the choice between spending our general fund on quality education and spending it on lawyers to reverse progress and social justice in our county, I choose the students," Oparah says.

During the election campaign, Oparah says she sought to put as many feet on the ground as possible to get the word out about her candidacy. "Leadership matters," she says. "It was incredibly important to have people in the community participate in the campaign so that they really understood how crucial these local races are."

There has never been an African American on the school board in Fayette County's 193-year history. Oparah's trailblazing effort is sure to inspire and convince many to see education in Fayette County through the eyes of this ambitious, forward-looking young Ivy League graduate. "Running for School Board was a major leap of faith for me," she says, "and it's personal. This is the community that I grew up in. This is a community that I want to see succeed. We have all the resources in Fayette County to be truly world class, and that's exciting."





Photo Credit: Dale Georgia

VIRGINIA GIBBS, RETIRING PRESIDENT OF THE FAYETTE CHAMBER OF COMMERCE, DISCUSSES CHAMBER INITIATIVES AND SERVICES

by Melissa O'Neal

Fayette County Chamber of Commerce:
submitted by Fayette County Chamber of Commerce

F & S: What are the current short-term and long-term goals of the Fayette Chamber of Commerce?

Gibbs: We constantly strive to provide our members with strong leadership, education and networking opportunities, as well as other programs that support business growth in Fayette County. The Chamber has evolved our use of technology and our programs to respond to the trends and issues that are important to local business. For example, recently we've offered seminars on social media, funding options, health care reform, and workforce needs. The guiding spirit of our mission is best articulated by the Chamber's tag line: "Where Business and Community Connect." Community connections are the heart and soul of the Fayette Chamber of Commerce.

F & S: What are the opportunities for minority members of the Chamber? Is there a mentoring program for minority-run businesses?

Gibbs: There are extensive opportunities for minority business owners to engage with the Fayette Chamber. The Chamber works very hard to be a welcoming, diverse and inclusive organization in everything we do.

All members can find programming and resources that support their business needs at the Fayette Chamber and on our website. Chamber staff is always eager to meet with our

members to identify their unique business goals and to work strategically and creatively with them to connect them with the resources available to them.

F & S: Please tell us more about the relationship between Pinewood Studios and the Fayette Chamber of Commerce. How will Pinewood Studios benefit local businesses and the community at large?

Gibbs: The arrival of Pinewood Atlanta Studios to Fayette County is very exciting for our community. First and foremost, we seek to connect this world-renowned entertainment and media centre with our local vendors and resources. We also are helping to provide a warm welcome to all the new residents and visitors who are moving to Fayette County because of Pinewood Atlanta. In addition, the Chamber is actively involved with local schools and universities to help them focus on the kind of workforce development that will ensure that Fayette County residents will be the first in line for the good jobs that Pinewood Atlanta is bringing to our area.

F & S: What is the Fayette Visioning Initiative?

Gibbs: The last time the community came together to create a united vision for the future was the Fayette '93 Initiative in 1988. The most prominent result of that project was the addition to our community of what is now Piedmont Fayette Hospital. The new Fayette Visioning Initiative is a

similar collaborative effort that is bringing all sectors of the community together in order to achieve a consensus about what our County needs and how we are going to address those needs in order to create greater economic opportunity in Fayette County.

F & S: In your presentation you said that African Americans in Fayette County have achieved greater prosperity and high educational levels. Can you tell us more about that?

Gibbs: The initial phase of the recent Fayette Visioning Initiative was a competitive assessment aimed at drawing a clear picture of the status of Fayette County today in order to determine what we need to do going forward. In order to paint an accurate picture, we compiled a lot of quantitative social, demographic, economic and physical data about the county, including input from our citizens. That data was synthesized into a Competitive Assessment report.

One of the interesting facts revealed in that report was that Fayette County's African American households have high levels of educational attainment, with 37.5%¹ holding at least a bachelor's degree. This is almost twice the national average!² Black households have a median income that is \$7,300 more than the median income of Fayette County's white households. In so many ways, however, this report revealed, that there are more similarities than differences between the African American and white communities of Fayette County.

F & S: What are the strengths and weaknesses of Fayette County, and what specific improvements is the Fayette Chamber of Commerce focusing on?

Gibbs: Our education system is one of the top-rated systems in the state of Georgia, and we enjoy a robust business community and an outstanding quality of life here. The addition of Pinewood Studios has added more opportunities for businesses and residents alike.

But like any community, we face challenges. One of those challenges is the combination of our rapidly aging population with a very slow increase in the rate of young people moving into the County. To continue to be a healthy, thriving community, we have to attract young professionals and their families to live and work here. Our data suggests we need to look closely at the kind of housing and amenities we offer to ensure that Fayette County becomes increasingly attractive to young professionals.

F & S: Do you have any special message for people interested in joining the Fayette Chamber of Commerce?

Gibbs: Chambers are unique reflections of the businesses and the community they serve. The Fayette Chamber is proud to be the place "Where Business and Community Connect." Connecting with the Chamber means being able to take advantage of unique networking events like Business After Hours, B2B luncheons, and the ever-popular Community Expo which happens annually in September, among other great programs.

Connecting organizations with other community leaders, fresh ideas, and resources is at the heart of the Fayette Chamber of Commerce's mission. We invite everyone to schedule a meeting with our Membership Development Manager to find out more about how the Chamber can connect your business or organization to new opportunities.



You can find more information about the Fayette Chamber of Commerce:

Website	Office	Phone
www.FayetteChamber.org	600 West Lanier Ave Suite 205 Fayetteville, GA 30214	770-461-9983

Virginia Gibbs (*third from the right*) is retiring after ten years of awesome service as President of Fayette County Chamber of Commerce. Faith & Soul Magazine wishes Virginia a blessed retirement.

Fayette County Chamber of Commerce Staff (*left to right*): Paige Muh, Jackie Graham, Sandy Butler, Virginia Gibbs, Jamie Knox, Adalene Holley



¹The Fayette Competitive Assessment, January 2014 (Source: U.S. Census Bureau)

²In 2008, 19.6 percent of all African Americans over the age of 25 held a college degree. This figure has increased significantly from 13.8 percent in 1996 and 11.3 percent in 1990. (The Journal of Blacks in Higher Education). According to The New York Times (Feb. 23, 2012), this figure is 19.1 percent. (U.S. Bachelor Degree Rate Passes Milestone, by Richard Pérez-Peña)

Fayette County NAACP President John E. Jones on the New 5th District and Empowering the Black Community in Fayette County

On December 10, a three-judge panel in Federal Court heard both sides concerning District 5. Stay tuned to: www.faithandsoul.net, [facebook/faithandsoul](https://www.facebook.com/faithandsoul), twitter.com/faithandsoul for the updates on the panel's decision.

by Renarda A. Williams

NAACP President John E. Jones:
submitted by City of Fayetteville



Retired Air Force Major John E. "Jet" Jones was born and raised in Americus, Georgia and joined the U.S. Air Force and Air Force Reserves. He graduated from Clark College (now Clark Atlanta University) with a degree in business administration. Jones retired from military service in 1996 and is now a captain for a major airline. He became a charter member of the Fayette County NAACP, its president in 1988, and spearheaded the effort to sue for district voting.

John Jones fought for the establishment of District 5 and on February 18, 2014, the Fayette County NAACP won a federal lawsuit creating a majority minority 5th District in Fayette County and changing the face of local politics.

And that is why we are proud to honor John Jones as this month's Community Hero!

F&S: The Fayette County NAACP won a federal lawsuit creating a new 5th District. How important is this?

Jones: Overwhelming evidence of a sustained pattern of racial bloc voting by whites in Fayette County convinced a federal judge to declare at-large voting illegal. As a result of the judge's decision, elections for county commission and school board are now being decided by district voting and minorities can elect candidates of their choice.

County leaders steadfastly refused to consider voluntary change to district voting, so the Fayette NAACP sued. Having a majority minority district along with district voting was the only viable remedy to counteract racial bloc voting. Fayette County's minority population is approximately 30% and rising and the school age population is near 50%, but there has never been a minority on the county commission or school board in county history.

Why? Jim Crow-era at-large voting dilutes minority voting

strength by design. [Editor's Note: this tactic to manipulate voting districts is known as "gerrymandering".] The all-white county commission and school board, except for member Leonard Presberg, wanted to keep it that way. Our county leaders chose to appeal the judge's decision and that will likely cost over \$1,000,000 in tax dollars. This proves that the majority of current county leaders value white supremacy over fiscally conservative values.

F&S: What will be the vision addressed at the NAACP's Freedom Fund Banquet? [Editor's Note: This question was asked prior to the banquet, which was held on October 25.]

Jones: The theme and goal of the event is to motivate citizens to "Lift Every Voice - VOTE!" Blacks in Fayette County will be urged to vote like never before. It was once said that blacks in the South could not vote and blacks in the North had no reason to vote. Now in Fayette County blacks have the right to vote and, for the first time ever, something to vote for.

F&S: How important is it for blacks in Fayette County to focus on empowering their own community?

Jones: White flight is an unavoidable consequence of blacks gaining political power. It is imperative to focus on empowering the black community from an educational, business, and social perspective. We must become involved in our school system and with the Chamber of Commerce. The creation of a black chamber of commerce might be necessary to ensure that the needs of black businesses are met.

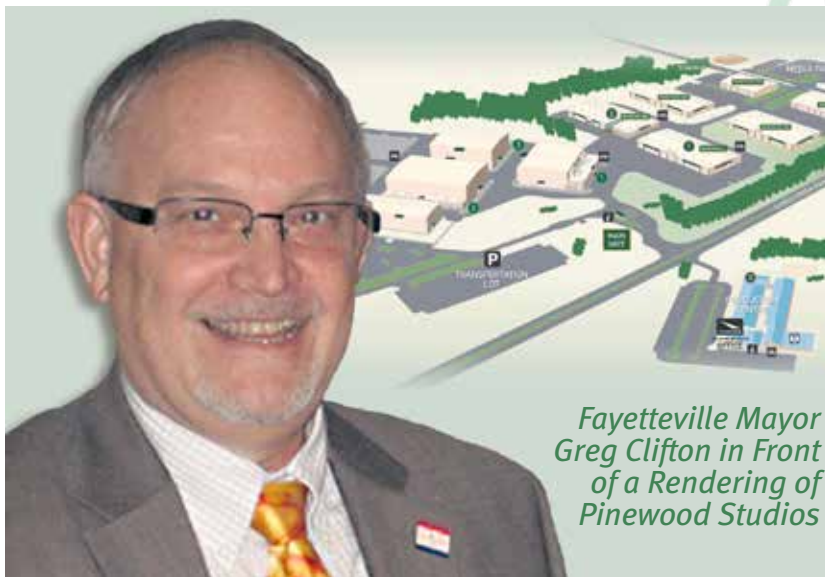
I believe Fayette County will survive and thrive as blacks begin to share political power, but we must be ready to take charge. Why? Because if we don't, Fayette County will likely become another ghetto. And no one, white or black, should want that.



Recently, *Faith & Soul Magazine* interviewed the Honorable Greg Clifton, Mayor of Fayetteville, Georgia. Clifton, who won the mayoral race in 2010 on a “small town values” and pro-small business platform, has been a Senior Sales Engineer at CCSI Servers in Suwanee, Georgia since 1989. He and his family have lived in Fayetteville for more than 40 years.

F&S: How is Pinewood Studios’ relationship with local businesses?

Mayor Clifton: Pinewood is a totally independent business. However, the people building the facilities are very ‘Fayette-centric.’ They have proposed always to employ Fayetteville and Fayette County people in every capacity possible and, if they cannot find [people with] the necessary skills or [the] equipment [they need] in this county, then they will look in the southern metro region. And if they can’t get it there, they will expand statewide, nationwide, and worldwide when they have to...But Pinewood Studios is very focused on making as big and as positive an impact as it possibly can on our local Fayette economy.



F&S: In the last couple of years, Fayetteville has become more racially diverse. What will the city’s leaders do to be more inclusive in awarding contracts to black-owned businesses?

Mayor Clifton: Regarding any contract that’s awarded, the city is advised by all state laws [in] any contracting that we do. [Editor’s Note: The mayor refers to Title VI of the Civil Rights Act of 1964 which prohibits discrimination on the basis of race, color, and national origin in programs and activities receiving federal financial assistance.] Basically anything that the city does — there’s some threshold of what the dollar amount has to be — but beyond whatever that threshold number is, [the contract is] put out for bid. Everybody knows [when a contract is up for bidding because]

Mayor Clifton on Attracting Youth and Business to Fayetteville

by Renarda A. Williams

Mayor Clifton Photo:
submitted by City of Fayetteville

it’s published on our city’s website and put in the legal section of our newspaper. Everybody is welcome to bid on that, and it goes to whomever the low bidder is, unless there is some other circumstance that will disqualify the bid.

We are open to working with minorities. The city’s interest is to get the best work done for the best possible price. Other than that, I don’t think we have any direct plans to promote minority participation. Not that we are opposed, [but] we have not made any positive motions in that direction. We want to have a fair playing field for everybody.

F&S: Why should anyone move to Fayetteville today? And how will the city help to entice more young people and families to the city?

Mayor Clifton: It’s a major concern. We want to attract more young people and retain those that we already have. We are excited about the studio [Pinewood], specifically, because we expect it to bring...a crowd of young people [to Fayetteville].

On October 16, we will be breaking ground for a four-year college on a site between the hospital and Pinewood Studios. We expect that will help somewhat, so that young people don’t necessarily have to leave to get a [college] education.

We have some ideas and plans that we are working on — nothing that we can discuss as of yet — including plans to build some urbanist construction that is more attractive to young and retired folks — [something] that they will enjoy. [Editor’s Note: New Urbanism is an urban design movement that promotes walkable neighborhoods that contain a range of housing options combined with commercial real estate.] We have plans to bring more of those types of amenities to the city of Fayetteville, so the city will be more attractive to a younger crowd.

Community Connections

Above: Kudos to Fayette County High School Band; Dr. Myra Roden Director and Kevin Brown, Assistant Director

NAACP Parade (January 2014)
Mayor Vanessa Fleisch and John Culbreth (the driver)

Above: Performers at the Deliverance Music Festival; (below) two attendees look on

Lesley Grady (left) leading a community seminar

Below: Neighborhood Meeting (left to right) Virginia Gibbs, retiring president of the Fayette County Chamber of Commerce; William McFarland; Tene Traylor

Rep. Ronnie Mabra (right) at the community information meeting

Above: Reps. Virgil Fludd (left) and Ronnie Mabra (right) hosting a community informational meeting

Below and left: Georgia Military College: Coming Soon to Fayetteville, Georgia, the GMC Fayetteville Campus will be located on the corner of Veterans Pkwy and Sandy Creek Roads

Above: Becky Smith, Executive Director/ FACTOR Fayette Family Connection

Photo credits: Tel-Mel Media & Publishing, LLC

FUTURE HOME
GEORGIA MILITARY COLLEGE

GMC FAYETTEVILLE CAMPUS

Above: Rep. Virgil Fludd (right) with constituent

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Exploring A Pilot Educational Program With Technology Industry Partners

by Leonard Pressberg

Leonard Pressberg won re-election in November as District 5's representative on the Fayette County Board of Education. He stopped by to talk to Faith & Soul Magazine about an innovative and exciting, new program between the school system and industry partners.

Leonard is the Chief Financial Officer of the Women's Medical Center in Tyrone, Georgia and has worked for two Montessori schools as a teacher and headmaster.

The Fayette County Board of Education is exploring a partnership with Southern Crescent Technical College as we continue to try to offer more of our high school students engaging real life hands-on technical learning experiences.

A great example of this was showcased in November at Sandy Creek High School. More than 200 members of the 2014 Leadership Georgia class heard Fayette County's Animation Story. Our pilot animation program developed in partnership with industry partners, Toon Boom, the leader in animation software, and Bento Box Entertainment, an Emmy award-winning animation studio.

By integrating animation into core curriculum subjects such as physics and English, the program lets students develop their collaboration, communication, creativity, critical thinking, and project management skills.

It is exactly these type of opportunities that allow students to learn and practice the real life skills they will need whether they move on to college, technical school, or directly into the workforce.

Opportunities to work with real life professionals in Technology and the arts are exactly the type of opportunities that allow students to learn and practice the real life skills they need. We know from our business leaders that there is a "skills gap" and a need for technically educated workers. We also know that our children today need to be engaged in their education and learn those "soft skills" like time management and working within a group. No matter what the future educational or career path our students may take, these programs offer them essential opportunities to do real life work with real professionals.



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'TIS THE SEASON FOR A GREAT TASTING GUMBO

by Melinda Sylvester



The more time and more patience you have with your gumbo, the better the flavor and better the taste. Gumbo is a great family meal. The whole family should participate and make it good eating for the Holidays!

Melinda's Famous Gumbo Recipe

Thank God for a great recipe and products to bless your family with a meal.

1. Add water and roux, let roux dissolve until water is brown.
2. Add fresh shrimp to roux water. (Shrimp adds lots of flavor. You want to make sure shrimp is well cooked so add first)
3. Chop fresh onions, bell peppers, parsley, green onions, then add to the roux water.
4. Cook chicken in oven or on stove top.
5. Boil sausages in separate pot. (This eliminates extra fat from the Gumbo. You should add hot sausages for flavor.)
6. Once roux is completely dissolved and shrimp is cooked, add cooked chicken and cut up boiled sausages.
7. Cover pot and let cook on low fire for an hour.
8. Season to your taste.
9. Cook rice separately.

Pray and Give Thanks to God for such a delicious Meal!

Serve in your favorite Gumbo, Good Eating!

Hint: The next day is good eating also; the flavor is set in and tastes even better!

Do you have a favorite recipe? Are you interested in sharing it with the community? Send your favorite recipe to Faith & Soul Magazine and if we select it, your recipe will be published in the magazine and you will receive a gift certificate to a restaurant, food store, or kitchen store. Send your resume to: info@faithandsoul.net or to: FASMG, P.O. Box 1445, Fayetteville, GA 30214.

HOW TO HAVE A MERRY CHRISTMAS WITHOUT BREAKING YOUR BUDGET

by Chandra Winford

Christmas is the time of year where you enjoy spending time with family and friends. It is also the season of giving where some people get into debt or go deeper into debt trying to buy gifts for others. Everyone likes the feeling of giving and putting a smile on the face of others. So here are some financial tips to assist you with giving without getting into debt.



Financial Tips for Creating Your Gift List

1. Make a list of everyone for whom you would like to get a gift. Once the list is complete, do not add people just because they bought you a gift. If this happens, give that person a thank you note and you can add them to your list for next year but not this year.
2. Put the amount you want to spend next to each person's name.
3. Add up the amount of money needed in order to get a gift for everyone on your list.
4. Count the number of weeks or times you will get paid before Christmas.
5. Divide that number into the amount of money needed. This will give you the amount of money you need to put aside each week or payday to have the necessary funds.
6. If this amount is more than you can put aside, go back and reduce the number of people on your list and/or the amount of funds you will spend for each person.

Creative Ideas for Getting Gifts

1. Use the reward points from your credit/debit cards to get gift cards for people on your list.
2. Use airline, hotel and rental car points to give certificates for gifts.
3. Start looking now for sales on items you want to purchase. Since you are putting the money aside now, you will have the funds to get items early.
4. Craft shows are a great place to find unique and inexpensive gifts.
5. Toy/major department stores are now accepting Christmas layaways. If you have kids, this is a great way to get the gifts that they want and pay for them with the funds you are setting aside. If an item is on sale when you take it out of layaway, you can get the sales price and you do not have to worry that the toy your child wants is out of stock if you had waited until the last minute.

“STILL REACHING FOR THE DREAM”

2015 Martin Luther King, Jr. Birthday Celebration
Monday, January 19, 2015

SCHEDULE OF EVENTS

PRE-PARADE BREAKFAST

8:45 AM-10:00 AM

Outdoor Pre-Parade Breakfast for Sale by
Chick-Fil-A in the FCHS Parking Lot

LINE UP

9:00 AM

Fayette County High School Parking Lot

PARADE

10:00 AM-11:30 AM

FCHS Parking Lot to Hood Avenue to Hwy 855
to Hwy 54E Back to FCHS Parking Lot
Contact: Rev. Ed Johnson 770-856-3271

COMMEMORATIVE PROGRAM

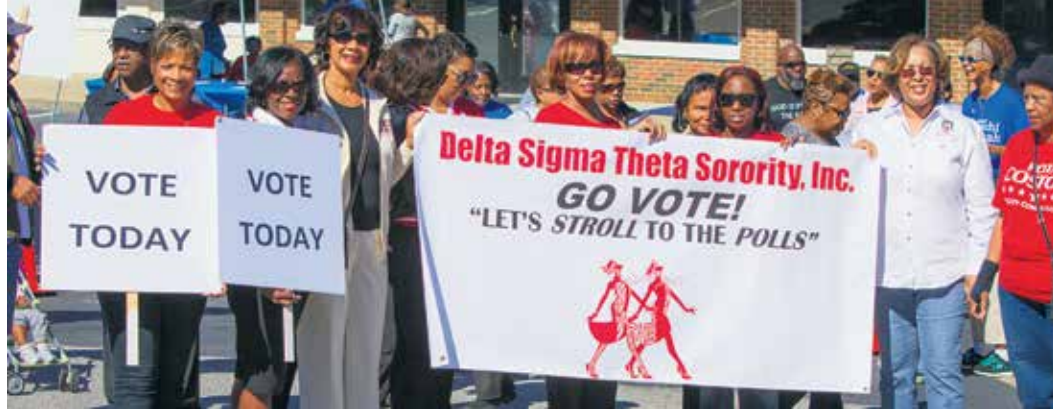
11:30 AM-12:30 PM (FREE)

Georgia State Representative Virgil Fludd,
Speaker

F.A. Sams Auditorium
205 LaFayette Drive, Fayetteville

Sponsored By
Fayette County Branch NAACP
In Conjunction With

Fayette County Public Schools and Various Local Businesses and Organizations



Scenes from This Year's Elections in Fayette



Congratulations to Leonard and Dianne on Their Elections to Fayette County School Board Posts



Photo credit: Robert Ross

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