



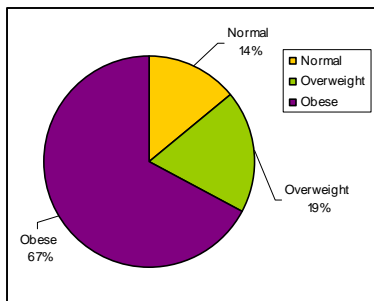
# Hello, GoodNEWS Wellness Club Member!

## See What's Happening in the GoodNEWS Flash!

### Spring Into A New Season!

#### GoodNEWS Measurement Event Statistics!

This month's 2008 GoodNEWS measurement event highlight will be on the obesity (BMI- Body Mass Index) that measures obesity by comparing height, weight and waist measurements of an individual. Among the 392 GoodNEWS Wellness Club members: 14% were normal weight (BMI less than 25); 19% overweight (BMI 25-29); 67% Obese (BMI 30- greater than 40).



The spring of the year is a favorite season for many people, and it is certainly understandable why. The spring season is when the earth comes back to life after a long cold winter, and it is spring when the first flowers begin to bloom and the green world begins to return after its winter slumber.

The power of spring and its renewing effects are shown by the fact that every major religion includes a major holiday in the spring season. Passover to Easter, for example, marks spring with a celebration of renewal and new life. There is a power of spring and the beauty of new life.

When the Texas state flower, the bluebonnets arrive, it announces the coming of spring! It is a delight to see them on the



roadsides and fields, because then it becomes apparent that the cold, leafless days of winter are gone.

Of course, we wish it could always be spring with sunny skies, and an ideal temperature of 75 degree weather, but without the other three seasons, we could not appreciate spring. The same goes for our lives - we have those times in lives that seem like winter. It is those times that we seem to be unproductive, cut off, disconnected, and barren. These are the times

we should use for reflections, repair and renewal.

Life can shut us down financially, physically and emotionally to give us an opportunity take a look at where we are in life, and to get guidance from God on what our next steps should be. These times help us to appreciate, and look forward to, the "spring" times in life.

So, when you see the bluebonnets peek out, know that spring is here, the cold freezing weather is behind you, and remember the lessons learned during winter. What should you leave behind? What new thing do you need to start doing? What new challenges are you called to take on? Spring into a new season!

By: Ms. JR Newton, R.N.

### Work It Out!



Marilyn Hellum, LHP;  
Pastor Epps; Sgt. Wilson and  
Tawana Brown, LHP

GoodNEWS Church- **Community Missionary Baptist Church, located at 115 W. Beltline Rd. DeSoto, Texas**, has taken a bold approach to getting people active. Marilyn Hellum and Tawana Brown, GoodNEWS Lay Health Promoters (LHPs) put to use the church's full gymnasium by engaging one of their members, Sgt. Nathan Wilson, to lead an exercise class for their

members. Sgt. Wilson has been a fitness instructor for the Dallas Sheriff's Department Cadets for 14 years, and has been leading exercise classes in the community for the last 8 years. "I love what I do, and am passionate about helping people to get, and stay physically fit," says Sgt. Wilson.

Community MBC started the Saturday classes February 22, 2009, and 20 people attended. Rev. Oscar Epps, Pastor of Community MBC, was so impressed with the turnout, he proposed they offer the class two days a week to include Tuesdays. They currently have over 60 people enrolled in and attending the classes!

**The classes are free and open to the public, and are held Saturdays from 7:30 a.m. to 8:30 a.m., and Tuesday evenings starting at 6:30 p.m.**

"The response and results have been outstanding! I have prayed for a program like this for our church and community." says Marilyn Hellum. Congratulations Pastor Epps, Sgt. Wilson, Marilyn and Tawana!





GoodNEWS

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We are on the Web!

[www.goodnews-trueliving.com](http://www.goodnews-trueliving.com)

### Win the GoodNEWS Goodie of the Month!

**Congratulations to last GoodNEWS Flash Goodie winner: Charlette Davis of Changing Directions Center Church, DeSoto, TX!**

**(The answer was: The heart beats 90,000-100,00 beats in one day)**

To celebrate spring, growth and gardening, submit your answer to the following question at the GoodNEWS Website and receive a GoodNEWS Apron! [www.goodnews-trueliving.com](http://www.goodnews-trueliving.com) The winner will be announced in the next GoodNEWS Flash.

**Question:**

What common pie ingredient is the rose plant related to?

1. Blackberries
2. Rhubarb
3. Pumpkins
4. Cloves

## Healthy Easter Recipe

### Steamed Carrots with Garlic-Ginger Butter



*Be sure to use true baby carrots with tops. So-called baby carrots sold in bags are often whittled-down mature vegetables; their texture will be too tough for this recipe.*

### Ingredients

- 2 garlic cloves, minced
- 1 pound baby carrots with tops, peeled
- 1 tablespoon butter
- 1 teaspoon minced peeled Fresh ginger
- 1 tablespoon chopped fresh Cilantro
- 1/2 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt

### Preparation

1. Prepare garlic; let stand 10 minutes.
2. Steam carrots, covered, 10 minutes or until tender.
3. Heat butter in large nonstick skillet over medium heat. Add garlic and ginger to pan; cook 1 minute, stirring constantly. Remove from heat; stir in carrots, cilantro, and remaining ingredients.

### ***Nutritional Information***

*Calories: 69 (39% from fat) Fat: 3g (sat 1.8g, mono 0.8g, poly 0.2g); Protein: 0.9g; Carbohydrate: 10.3g; Fiber: 3.4g; Cholesterol: 8mg; Iron: 1.1mg; Sodium: 257mg; Calcium: 41mg*