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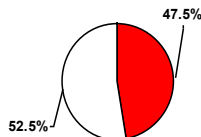
Hello, GoodNEWS Wellness Club Member! See What's Happening in GoodNEWS!



Healthy New Year from the GoodNEWS Team!

The GoodNEWS Team wishes each of you a blessed and prosperous New Year. In 2008 there were many exciting things happening in GoodNEWS, and 2009 promises to bring more of the same. Our success could not have been possible without the help of the pastors, lay health promoters, volunteers and community supporters of the GoodNEWS Program. With simple lifestyle changes, such as, increasing our activity levels, eating healthier foods, drinking more water, praying more, being kinder and more forgiving to one another, doing acts of kindness, keeping our environment clean, and opening our hearts and minds to good healthful information—we could all prevent chronic diseases such as: high blood pressure, high cholesterol, diabetes, stroke and obesity. **The GoodNEWS Team is committed to helping you move towards a healthier you!**

A GoodNEWS Trial Fact!



During the months of September and October 2008, the GoodNEWS Program measured 392 Wellness Club Members from 18 GoodNEWS Churches. The members were measured for blood pressure, cholesterol, blood sugar, weight, height and waist measurements. This chart shows that **47.5% of those screened have high blood pressure!** The national average among African-Americans with high blood pressure is 36.5%!

Phyllis in 2006



Phyllis Ann Harris— 27 year old GoodNEWS Lay Health Promoter for Faith Memorial Church— 1900 S. Ewing Dallas, TX. Rev. Larry Jefferson, Sr., Pastor.

Phyllis in 2009



Story of True Transformation!

Phyllis started her journey with GoodNEWS in 2005, and continues on her journey by working with her church and the community as a Lay Health Promoter (LHP). In 2006 GoodNEWS Director, Dr. Mark DeHaven provided Phyllis with a new pair of walking shoes when she expressed the need for better shoes in order to be more active in walking. Those shoes started a new lifestyle for Phyllis. When asked what other things brought about her transformation, she remarked that the information she learned in the GoodNEWS LHP training, from the GoodNEWS health educator, staff and physical fitness consultant helped to shape her new lifestyle plan. Phyllis stated, "I had all the information I needed, but was letting my past issues hold me back from the future.

I had to allow God to help me release all of those painful things of the past, and see myself as He saw me— He wanted me to be whole and healthy!"

Phyllis also said, "My life was out of balance. I ate lots of chocolate, fried foods, fast foods, starches, sodas, pastas, ate large servings, and ate all times of day and night. One day the light just came on, and I decided I wanted a different life, but realized I had to work for it and make some changes."

Phyllis now watches her portion sizes, measures out her food, drinks lots of water, eats lots of vegetables, and eats lean meats, prepared grilled or baked (mostly chicken and fish). She also works out 30-45 minutes, 4-5 times a week at the gym. As a result, **Phyllis has lost 80 pounds!** And is still losing! Phyllis let go of the past to have a **Healthy New Year!**
By Ms. J.R. Newton



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**Enter to Win the
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Goodie!**

Go to the GoodNEWS website and submit your answer to the question below and **win a GoodNEWS T-shirt!**

The winner will be chosen from those submitting the correct answer. The answer, and winner, will be announced in next month's GoodNEWS Flash!

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Question:

How many times does the average normal human heart beat in one day?

1. 15,000-40,000 times
2. 60,000- 80,000 times
3. 90,000-100,000 times
4. 120,000-140,000 times

If your contact information (address, phone number or e-mail) has changed, please go to the GoodNEWS website, or call 214-648-3321 and submit your changes. Thank you!

HEALTHY RECIPE!



Black-Eyed Peas with Brown Rice

- 2 Teaspoon Olive Oil
- 1 Large red onion, thinly sliced
- 1 Medium green bell pepper, thinly sliced
- 1 Medium yellow bell pepper, thinly sliced
- 2 Medium garlic cloves, minced
- 1 15-ounce can no-salt-added black-eyed-peas, rinsed and drained
- 1 14.5 ounce can low-sodium vegetable broth
- 1 Tablespoon imitation bacon bits
- 1/2 Teaspoon salt
- 1/2 Teaspoon red hot-pepper sauce, or to taste
- 1 Cup uncooked instant brown rice
- 2 Tablespoon snipped fresh parsley (optional)

In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Stir in the onion, bell pepper, and garlic. Cook for 3 to 4 minutes, or until the vegetables are tender, stirring occasionally.

Stir in the peas, broth, bacon bits, salt, and hot-pepper sauce. Increase the heat to medium high and bring to a simmer. Reduce the heat and simmer, covered, for 15 to 20 minutes, or until the flavors blend.

Meanwhile, prepare the rice using the package directions, omitting the salt and margarine. Spoon 1/2 cup rice into each bowl. Top each serving with 1 cup pea mixture. Garnish with the parsley.

Nutrition per serving: Calories 246, Total Fat 0.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 2.0 g, Cholesterol 0 mg, Sodium 345 mg, Carbohydrates 44 g, Fiber 7 g, Sugars 8 g, Proteins 11 g.

**Source: Healthy Soul Food Recipes—
American Heart Association**