

Special points of interest:

- GoodNEWS Annual Pink Ribbon Breakfast
- GoodNEWS Urban Ministers Symposium and Community Health Revival
- GoodNEWS Goodie!
- Healthy Recipe!



Hello, GoodNEWS member!

See What's In The GoodNEWS Flash!

The GoodNEWS program is a collaboration between 28 churches in the Dallas Southern Sector (the GoodNEWS Community of Churches) and UT Southwestern Division of Community Health Sciences. Sciences UT Southwestern Medical Center

October 2009

Volume 1, Issue 6

GoodNEWS Pink Ribbon Breakfast!



October is Breast Cancer Awareness and Domestic Violence Awareness Month



The GoodNEWS Program has hosted a Pink Ribbon Breakfast in the South Dallas community each year for the last 4 years to raise awareness regarding cancer and Domestic/Family Violence. Saturday, October 10, 2009 will mark our 5th year for the breakfast!

The event starts with a walk through the community where participants, wearing their pink or purple, distribute information regarding cancer screenings, early detection, mammograms and family violence, to those in the community, encouraging them to take actions.

This year's event is especially exciting due to the availability of the **Parkland Hospital Mobil Mammogram Van** (supported by **The Susan G. Komen Breast Cancer Foundation**) for women that are 35 years old and older, uninsured, do not have Medicare, Medicaid or Parkland Health Plus benefits. This will be a great service to offer to women, especially in these tough economic times.

Please come and join us in our walk and breakfast. We will have speakers on cancer prevention, testimonies from cancer survivors, information on domestic violence, special guest gospel vocalist- Ms. Sharonda Williams, and a heart healthy breakfast!

Saturday— October 10, 2009
Warren United Methodist Church
3028 Malcolm X Blvd.
Dallas, TX 75215

Community walk- 8:00 a.m. to 9:00 a.m.
Breakfast and program-
9:00 a.m. to 11:00 a.m.

Also:

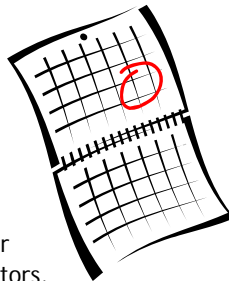
Mobile Mammography Services Provided
From 8:30 a.m. to 1:30 p.m.
Call 817-735-0537
to schedule your appointment



SAVE THE DATES- November 5th and 6th, 2009!

GoodNEWS Urban Ministers Symposium and Community Health Revival
"Celebrating Well-being through the 7 Dimensions of Health"

This year on Thursday, November 5, 2009- 5:00 p.m. to 8:30 p.m., the GoodNEWS Program will host an **Urban Ministers Symposium** for GoodNEWS Pastors and other pastors in the community to learn how to teach messages of health their congregations. The guest speaker for the symposium will be Dr. Jenny Lee, GoodNEWS Health Education Director, with the class curriculum organized by Rev. George King, Senior Pastor Frazier Berean Baptist Church and other GoodNEWS pastors.



The **Annual GoodNEWS Community Health Revival** will be held the following evening on Friday, November 6, 2009 from 6:00 p.m. to 8:30 p.m. for the GoodNEWS Churches and community. **The highlight will be 7, 7-minute sermons on the 7 Dimensions of Health, presented by 7 GoodNEWS program pastors.** Encouraging testimonies and musical selections will also be featured. Before the revival, churches will participate in the "Battle of the Cooks" and awards will given for the best and tastiest healthy dish!

Location for Symposium & Community Health Revival: Mt. Moriah Missionary Baptist Church - 3611 Latimer St., Dallas, TX 75215

Stay tuned for more information and for how your church will be involved!

Check the GoodNEWS website for updates and to RSVP – www.goodnews-trueliving.com (click on "community events")



GoodNEWS
 UT Southwestern Medical Center
 5323 Harry Hines Blvd.
 Dallas, TX 75390-9066

The GoodNEWS Goodie Trivia Question of the Month!

Go to the GoodNEWS Website (www.goodnews-trueliving.com) and answer the question below correctly, and you could win an American Heart Association Soul Food Cookbook! Winner will be selected from the correct answers submitted, and will be announced in the next GoodNEWS Flash.

This month's question:

According to the American Cancer Society, women with no prior history of breast cancer in their immediate family, should have a mammogram each year starting at what age?

- A. 60 years old B. 50 years old C. 40 years old D. 35 years old E. 30 years old.

Goodie question for August: What is considered to be a normal adult blood pressure?

- A. 110/60 B. 120/80 C. 130/85 D. 140/90 E.. 160/95 ANSWER: B. 120/80

Our Goodie Prize winner- Shirley Smith of Tabernacle Missionary Baptist Church! Congratulations, Shirley!

Healthy Recipe

(Serves 8)

Ingredients:

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 cup fresh, frozen, or canned no-salt-added corn, drained
- 1 tomato, chopped
- 1 red, yellow, or green bell pepper, seeded and chopped
- ½ small red onion, chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- ¼ cup chopped fresh cilantro

Directions:

In a bowl, combine black beans, corn, tomato, bell pepper, onion, and jalapeño. In a bowl, combine lime juice, oil, and cumin and drizzle over bean mixture. Season with salt and pepper and sprinkle with cilantro.

(This salad is a great side dish for Mexican entrées or can be used as a dip for tortilla chips to start the meal. Use the measurements as a guide, but feel free to tinker. Remember this salad when you have leftover corn on the cob.)



Black Bean and Corn Salad

Recipe Source:
 American Cancer Society

Nutrition: Calories 125; Total Fat 2.5g; Cholesterol 0mg; Sodium 80mg; Total Carbohydrate 20g; Dietary Fiber 7g; Sugars 5g; Protein 6g