



# Hello GoodNEWS member, Check out the GoodNEWS Flash!

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Newsletter Date: July 2009

Volume 1, Issue 4

## Changing Life Styles

### Special points of interest:

- **Changing Life Styles**  
Featuring: **Kevin Wafford** of  
First CME Church Dallas, TX
- **GoodNEWS Goodie Quiz!**  
Win an American Heart  
Association Cookbook!
- **Healthy Recipe—**  
“Think Spring Spaghetti”



Kevin— 2009

First CME Church GoodNEWS Wellness Club member, 19 year old **Kevin Wafford** is an example of how the combination of spiritual growth, determination and the GoodNEWS principles can come together and help to develop a healthy lifestyle. Kevin's mother, Bernadine Wafford, along with Mrs. Troy Gardner, are GoodNEWS Lay Health Promoters at First CME Church, Dallas, TX, where Rev. Dr. Edward Moore is Senior Pastor. In 2008 Bernadine encouraged Kevin to sign up as a Wellness Club member for their church. Kevin attended the measurement event in September 2008, where 391 other Wellness Club Members from 18 other GoodNEWS churches came to be measured for weight, blood pressure, cholesterol, waist measurements, and life style practices. Kevin had begun to make some small changes, but needed more help and encouragement.

Kevin graduated from Lancaster High School in 2008, where he participated in wrestling and football. He had always been active, but was not eating right and was overweight. Eating McDonalds burgers and drinking sodas everyday, he weighed 275 pounds. After graduation Kevin decided he would join the Navy. With other family members in the military and his father an Ex-Marine, the choice was easy. But, the Navy recruiter informed him that he was overweight and his 42” waist needed to be at most 38 inches. He decided at that point he needed to come up with a health plan, and the GoodNEWS Program helped to give him encouragement and some tools to help with his weight loss plan. Kevin now has a 26” waist and weight 200 lbs! He will leave for basic training in Great Lakes, Illinois on July 28, 2009!

Kevin's weight loss journey started in 2008 with working out at L.A. Fitness Center year where he lost 10 pounds. After that first 10 pounds, he decided he would keep going from there. Even with the weight loss, he still was not eating healthy. His mother started cooking healthy foods, such as substituting turkey for ground beef, making salads, etc. He eats fruit, oat cereal with 2% milk and water for breakfast, and has turkey sandwiches on whole wheat bread for lunch. Kevin developed a workout plan that listed his healthy task for each week. He listed the habits he needed to break, and what activities he needed to start. He initially cut out sodas and substituted fruit juices and water -- now he only drinks water. He worked up to running a mile by going to the track and running 100 yard sprints and walking the curves—now he can run 1 1/2 miles without stopping. He works out on the elliptical machine and does push-ups daily. He said that GoodNEWS helped him to realize it was not just about losing weight, but having a healthy lifestyle also.



Kevin— 2008

When asked what he wanted to share with others wanting to make lifestyle changes, he said: “Never give up. It won't happen overnight, and always push yourself. When you get temped and eat the wrong foods, know that you have to work twice as hard to overcome that choice. Be able to put in the time to make the changes.” Kevin said that his relationship with God and his work-out go hand-in-hand: “If you cheat on your diet, you cheat God. We are supposed to be walking examples of our faith, and your physical and spiritual health go together.”

To young people that are struggling with their weight he said, “Stay active. No weight is permanent, it is always possible to lose it. Have a plan before you start making changes. Take steps to eating healthy, such as, eating a vegetable every day, no sodas for a week, then progress to only water. And most of all, be patient and stay focused.

Kevin wants to thank his family for their support, and his mother for cooking him healthy foods. He thanks his church family for their support and prayers. On this Independence Day, we want to thank Kevin for his dedication, and his commitment to serve in the armed forces. We send him our best wishes!

### The Community is Invited!

**GoodNEWS & American  
Heart Association—  
Heart Health Awareness  
Breakfast!**

**Saturday, July 25, 2009**

**Concord Missionary  
Baptist Church**

**6808 Pastor Bailey Drive  
Dallas, TX 75237**

#### Featuring:

**“Heart Health Walk”**

**7:30-8 a.m.— registration**

**8:00– 9:00 a.m.— walk**

**Heart Health**

**Presentation**

**9:15 to 11:30 a.m.**

**“Ask the Doctor” session  
and FREE Heart Healthy  
Breakfast!**

**Free Pedometers to the 1st  
100 people to RSVP before  
July 20, 2009**

**call: 214-648-3321 or  
register at**

**[www.goodnews-trueliving.com](http://www.goodnews-trueliving.com)  
(click on “community events”)**



**GoodNEWS**

**UT Southwestern Medical Center**

**5323 Harry Hines Blvd.**

**Dallas, TX 75390-9066**

*Happy 4th of July!* Thanks to the men and women, past and present, who have served, and are serving in our country's armed forces!



We are on the Web!

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

**THE GOODNEWS GOODIE QUIZ!**

Go to the GoodNEWS website ([www.goodnews-trueliving.com](http://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.

**Question:**

**How many miles of arteries, capillaries and veins are there in the adult human body?**

1. 62,000    2. 42,000    3. 22,000    4. 12,000    5. None of these

*Healthy Recipe*



**Think Spring Spaghetti!**  
(Great served with a green salad)

- 1/2 Ounces whole wheat spaghetti
- 1 Tablespoon olive oil
- 1/2 Pound fresh asparagus spears, cut in 1" slices
- 2 Cloves garlic, crushed and finely chopped
- 1/2 teaspoon black pepper
- 1/2 Cup part skim ricotta cheese cup halved cherry tomatoes (may substitute sun dried tomatoes)
- 12 Basil leaves, chopped
- 1 Teaspoon lemon zest
- 9 Slivers of reggiano or parmesan cheese
- Red chili pepper flakes to taste (optional)

Cook pasta according to directions. While pasta is cooking, heat olive oil in large skillet. Add asparagus, garlic, and pepper. Saute 4 minutes. Add 1/4 cup water or vegetable stock and simmer until tender (about 4 more minutes)

Drain pasta, return to pot, and immediately stir in ricotta cheese until melted.

Add tomatoes and asparagus mixture to pasta. Gently toss. Top with basil, lemon zest and cheese. Serve immediately.

**Nutrition summary:**

Per serving: 404 calories, 19 gm protein, 70 gm carbohydrates, 8 gm fat, 3 gm saturated fat, 4 gm mono fat, 12mg cholesterol, 2 gm fiber, 107 mg. sodium.

(Source: [http://www.providence.org/everett/health\\_resource\\_centers/recipes/spring-spaghetti.htm](http://www.providence.org/everett/health_resource_centers/recipes/spring-spaghetti.htm))