

Recipe of the Month- Shrimp Stew

Ingredients

- 1 pound uncooked medium shrimp, peeled and deveined
- 1/4 cup lime juice
- 4 fresh jalapeno peppers
- 6 banana peppers
- 1 medium onion, chopped
- 2 cups chopped okra
- cooking spray
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1 tablespoon tomato paste
- 1 cup sliced yellow squash
- 1/4 teaspoon dried thyme

Steps

1. Put the lime juice in a large resealable plastic bag. Add in the shrimp and toss to coat. Set aside.
2. Remove the seeds from 2 of the jalapeno peppers and 4 of the banana peppers. In a food processor, chop all the jalapeno peppers, all the banana peppers, onion, and okra.
3. Spray a large, deep skillet with cooking spray. Place the pepper mixture in the skillet, and cook and stir 5 minutes over medium heat. Mix in the diced tomatoes and juice, tomato paste, and squash. Bring to a boil. Reduce heat to low, and simmer 10 minutes, until squash is tender. Season with thyme.
4. Mix the shrimp into the skillet. Bring the mixture to a boil, and cook 5 minutes, until shrimp are opaque.



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Special points of interest:

- If you have something you would like to submit to our newsletter please email it to me. Recipes, upcoming events, etc .

Medicine Ball Abdominal Exercises: Crunches with a Toe Touch

Starting Position: Lie on your back with your feet off the floor and your legs pointed straight in the air. Keep your arms straight while holding the medicine ball.

Form: Exhale as you lift your shoulder blades off the floor attempting to touch your toes with the medicine ball. Hold at the top for 1 second, and slowly lower to the starting position.

Personal Trainer Tips: If your legs are really stiff it's okay to slightly bend your knees, but continue stretching and work up to keep your legs straight.

Your neck muscles will also be challenged during this exercise. If you cannot complete the entire set at once, perform 5 reps or so and then rest before completing the rest of the set.



Wellspring Race—April 24th 9am

Come and support a great cause and get your cardio in at the same time. Become part of the Body By Benton team as we raise money for Wellspring. This is a organization dedicated to helping you women rehabilitate woman that have either been abused in some way fell upon hard times. If you cant physically race please consider becoming a phantom donor.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

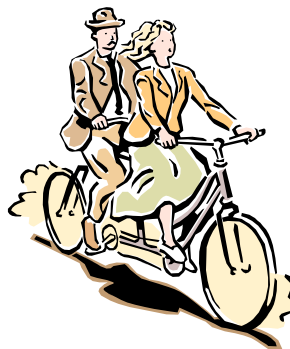
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming

events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a



Caption describing picture or graphic.

Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is grow-

ing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're



Caption describing picture or graphic.

trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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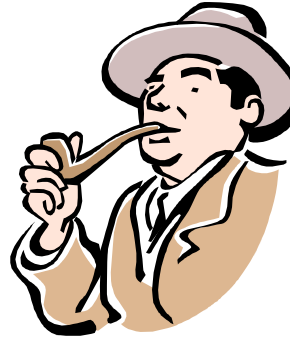
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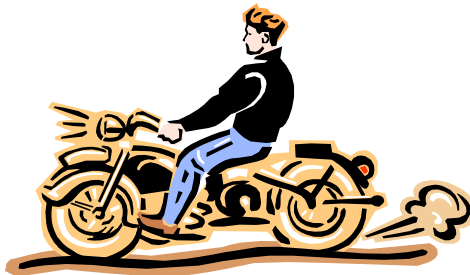
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Phone: 770-710-5921
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Organization

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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your

organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.



Caption describing picture or graphic.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third

Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.
