



## APRIL 2002

**Matthew 6:33:**  
Seek ye first the kingdom of God and His righteousness; and all these things shall be added unto you.

### FIRST PLACE

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### Mark Your Calendar!

**First Place Conference  
September 20-21**  
Temple Baptist Church  
5220 Old Highway 22  
Hattiesburg, Mississippi

The *First Place E-Newsletter* is published monthly by First Place. Address all correspondence to First Place, 7401 Katy Freeway, Houston, TX 77024-2199.

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Newsletter . . . . . Sheila Robbins

## Dear Friends,

**D**o you need wisdom in a situation you are facing today? As I told you in March, the Lord has camped me in the first chapter of James since Thanksgiving, 2001, the day our daughter, Shari, was struck and killed by a drunk driver.

I especially needed God's wisdom on a recent evening. My 89-year old Mom has lived with us for the last two and one-half years. She is unable to care for herself and is confined to a wheelchair during her waking hours. She has Alzheimer's disease and was having trouble sleeping through the night. This particular night, I had been in Mom's room three times trying to coax her back to sleep. It was now 11:00 p.m. and to tell you I was getting anxious is putting it mildly. I explained to Mom that for me to be able to work the next day, we would need for her to sleep. After I talked with her and prayed for her, I was standing beside her bed holding her hand when she looked up at me and said, "You know what? I don't even have a bicycle if I want to get up and go somewhere." At that point I saw the humor of my explaining to her why she needed to sleep. I patted her hand and left the room.

Knowing it would only be a few minutes until I heard her speaking through the monitor again, I sat down in the living room and picked up my Bible and prayer journal. I poured out my heart to God in my prayer journal and told Him I desperately needed His wisdom. God knows it is my desire to keep Mom with me until He takes her home, and that night I was despondent and anxious because it seemed we were facing a decision regarding a nursing home for her. After writing a couple of pages, I opened my Bible to the first chapter of James again. My eyes moved through the familiar verses until they rested on verse 5 which says, "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." In my journal writing I had just asked God for wisdom, so I stopped and meditated on this verse. I looked down at the commentary for verse five and it said:

"Wisdom differs from the modern technical knowledge people prize. True wisdom enables us to do the right thing in the face of moral dilemmas and to interpret life experiences in light of eternal values. God is the source of this wisdom, and it is acquired through prayerful communion with Him."

I had my answer from God. It was to keep doing what I'm doing until He shows me something different. I picked up my prayer journal and thanked Him for the answer, and for the peace that flooded my soul during the last few minutes He and I had spent together. At just that moment, I heard the peaceful, heavy breathing of my sleeping Mom through the monitor.

What is it you need, wisdom for today? It may concern a wayward spouse or child. It could have to do with decisions about work. It may even be that you need God's wisdom to see yourself as He sees you. Until you believe that God has good planned for you, you won't be able to set realistic goals that God will enable you to reach as you trust in Him. All of us need true wisdom, which only comes from God. Sit down today with your Bible and your prayer journal and ask God for wisdom in your circumstance. I promise He will give it to you.



**Carole Lewis**  
[clewis@firstplace.org](mailto:clewis@firstplace.org)

## Talkin' With Kay

### *Dear First Place Friends,*

**B**ack in the mid-1990's, most Americans became aware of trans fats. Reports began to surface that margarine, often touted as healthy, contains these sinister fats and might not be preferable to butter after all.

Manufacturers partially hydrogenate—that is, add hydrogen to—corn, soybean, and other highly unsaturated oils to make them more solid and stable. The result: some of the polyunsaturated and monounsaturated fatty acids in the oils become more saturated. Hydrogenation gives margarines, shortening, and puddings a creamy consistency, and prolongs the shelf life of crackers, cakes, cookies, chips, popcorn, chocolate candy, and other foods that contain the semi-solid oils. Because they are less likely to turn rancid, hydrogenated oils are also greatly used in restaurants.

As First Place members, we have protected ourselves to a point, by eliminating many of these food choices listed above from our daily consumption. Understanding trans fats can help us make better choices when we choose the fats we do consume, such as the margarine we buy.

Let's review the facts about the different types of fats and how they affect, not only our weight, but also our health. We have learned that saturated fat is the type that we find in meat and dairy products. The First Place "Live-It" recommends choosing a polyunsaturated or monounsaturated fat rather than saturated fat as our additional fat choices. While regular unsaturated fats lower blood cholesterol, trans fats act more like saturated fats—raising total and LDL ("bad") cholesterol. In addition, in a sort of double whammy, trans fats lower protective ("good") cholesterol, which makes them, overall, even worse than saturated fats. They may also increase the risk of heart disease in other ways: for instance, they boost blood triglyceride levels and seem to impair the ability of blood vessels to dilate. They have also been linked to an increase risk of diabetes.

Sadly, what many Americans concluded about trans fats back in the mid 1990's were that butter was

considered a better choice than margarine. That may be a true statement, but butter is still not the best choice! We can choose a margarine that is low in trans fat. The more solid the product (oil, or margarine) the more hydrogenated it is; therefore, it has more artery-damaging trans fats. Tub margarines are soft and contain a large amount of unaltered polyunsaturated fats. "Diet" margarines are softer and have more water and less than half the fat of other margarines. Liquid "squeeze" margarines are also good alternatives.

At the present time we do not know how much trans fat is in a product. If you see hydrogenated oil on the ingredients list, you know the food contains some trans fats. The nutrition labels are not required to specify how much. This may actually encourage manufacturers to use hydrogenated oils, since unlike the saturated fats they often replace, the trans fats remain invisible on the nutrition labels. Currently, the trans fats are not counted as saturated fat on the labels.

Three years ago, the FDA proposed adding the trans fat content to nutrition labels, but the process has been put on a back burner. As things stand, foods that contain trans fats are even allowed to make heart-healthy claims. For instance, Triscuit crackers are high in trans fats, yet the box boasts "no cholesterol" and "low saturated fat." Labeling of trans fats is long overdue.

Some good news on this subject: the USDA has developed a new process called low-trans hydrogenation, which produces fewer trans fats and may soon be used for margarines and other spreads.

**May God Bless Each of You!**

**Kay Smith**



**Kay Smith**

Associate Director  
*kays@bigcountry.net*

# Ultimate Strength

To those who have not might, He increases strength.

*Isaiah 40:28*

**F**or many of us, the weather is finally right for getting back to outdoor exercise. Daylight hours are increasing, which means there is more time to spend outside getting fit. No doubt, the winter months have a way of convincing many to lighten up on exercise habits. Now is the time to get back into an exercise routine. The first step to establishing an exercise routine is to develop a plan. The second part is to stick with the plan! Once your plan and routine are well established and you know that you are committed to it, you can begin to add some variation to your exercise. Establish a habit first, then vary.

One of the important early steps in establishing your routine is to analyze your daily schedule and determine the time of the day that you have available for exercise. Choose a time that can be used consistently for exercise in the coming days. If you are not an early morning person, grandiose plans of rising at 5:00 a.m. to go to the track will probably not produce the results you are looking for. Instead, find forty minutes in the evening to get out and enjoy the fresh air! As you may know, there are advantages to early morning workouts. BUT, the biggest advantage to exercise only happens when you actually exercise! So, choose a part of the day that makes sense for you. Whether you choose early morning, your lunch hour, or an hour each evening walking with a spouse or close friend, now is the time to get back into routine exercise.

In establishing your routine, particularly if time is a premium, I recommend that you not try to do everything on the same day. Spread your workouts over the week. In other words, do cardiovascular work every other day and in between, do strength training and flexibility. Allowing 30-40 minutes five out of seven days will afford your body and mind many benefits. Here is a sample plan that includes exercise five days a week 30-40 minutes per day. I challenge you to follow this plan for six weeks and see if you don't feel and look better!



**Shery Boyles**

Fitness Instructor, NSCA CPT

*SheryAB@aol.com*

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## MONDAY, WEDNESDAY, FRIDAY

*(if you like, add Saturday for a sixth or make-up workout!)*

### Cardio for 30 minutes

*After about 5 minutes into your workout stop and stretch quadriceps, hamstrings, hip flexors and calves. Shoulders and chest can be stretched while stretching hip flexors and calves.*

### Abdominal crunches for 8-10 minutes

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## TUESDAY, THURSDAY

*(if you like, add Saturday for a sixth or make-up workout!)*

### Strength Train for 20 minutes

*2-3 sets of 12-15 repetitions of each of the following exercises: push-ups (if a beginner, use the modified version) up-right rows for shoulders, bicep curls, tricep kickbacks or overhead extensions, stationary or walking lunges for lower body (pay close attention to correct form-no knees jutting out over toes!)*

### Flexibility Stretch for 10 minutes

*Sitting, forward stretch (hamstrings)  
Sitting Straddle stretch (inner thigh)  
Back Strengthening and stretching: lying on stomach, face down, lift one arm and opposite leg slightly off the floor and hold for 20 seconds. Alternate arm and leg pairs for a total of 6 lifts.*

Any combination of workouts that fits your schedule is the workout to make routine. One thing to remember, however, is to refrain from strength training the same muscle groups two days in a row.

Whether you choose early morning, evening, or a convenient combination of times, enjoy the outdoors and reap the benefits of an established exercise routine.

**Keep moving in His ultimate strength!**

**Shery Boyles**

MARK YOUR CALENDARS!

# FIRST PLACE CONFERENCE

## TEMPLE BAPTIST CHURCH

5220 Old Highway 11 ❖ Hattiesburg, Mississippi

September 20-21, 2002

### The **FIRST PLACE CONFERENCE**

is a national event, conducted over a two-day period. It includes:

- ❖ Seminars covering the four-sided person
- ❖ Keynote speaker
- ❖ Special music
- ❖ Training for beginning leaders
- ❖ Testimonies and sharing praises
- ❖ A First Place meal

This event would be beneficial to a person new to First Place, to one who has been in the program for any length of time, or to anyone seeking a more balanced life.



**Cost: \$45 per person or  
\$35 each for groups of 10 or more!**

Send registrations to:

### TEMPLE BAPTIST CHURCH WEST CAMPUS

Attn: Sandra Davis

5220 Old Hwy 11

Hattiesburg, Mississippi 39402

Fax registrations to 601-554-9775

(Mail cost for conference to address above)

Attn: Sandra Davis



### LODGING INFORMATION

Rooms have been blocked at the following hotels. Please call the hotel direct to make your reservations. When making reservations, you must indicate that you are with the First Place Conference to ensure the special rate. After the deadline, the cost and availability will change. In order to guarantee your reservations, please make them as early as possible.

#### PLEASE NOTICE HOTEL DEADLINES ARE VARIED.

##### Host hotel:

##### HAWTHORN SUITES

10 Gateway Dr.

601-296-0302

\$69-small suite / \$79 large suite (63 rooms blocked)

Registration Deadline: 8/20

Full breakfast buffet | Full gym facility | Indoor pool

##### COMFORT SUITES

122 Plaza Drive

601-261-5555

\$69-suite (35 rooms blocked)

Registration Deadline: 9/1

Continental breakfast

##### BAYMONT INN

123 Plaza Drive

601-264-8380

\$52-per room (40 rooms blocked)

Registration Deadline: 8/30

Continental breakfast

##### HAMPTON INN

4301 Hardy Street

(in the same area as Comfort Suites & Baymont Inn)

601-264-8080

\$55-per room (35 rooms blocked)

Registration Deadline: 9/10

Continental breakfast

**FOR ADDITIONAL INFORMATION  
OR QUESTIONS, CALL  
SANDRA DAVIS AT 601-554-9755**

MARK YOUR CALENDARS!

# FIRST PLACE CONFERENCE

## TEMPLE BAPTIST CHURCH

5220 Old Highway 11 ❖ Hattiesburg, Mississippi

September 20-21, 2002

Cost: \$45 per person or \$35 each for groups of 10 or more!

Deadline for all registrations: September 6, 2002

### REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_

Country: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_

Day Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Church: \_\_\_\_\_

How many in your group? \_\_\_\_\_ **Please include check or money order with each registration form.**

#### ADDITIONAL INFORMATION:

Is this your first time to attend a First Place Conference?  Yes  No

As a member?  As a Leader?

How did you hear about First Place?

Church  T.V., Radio, Newspaper, Magazine  On the Internet

E-Newsletter  Friend or Colleague  Other \_\_\_\_\_

**SEND REGISTRATIONS TO:** Temple Baptist Church West Campus  
5220 Old Highway 11  
Hattiesburg, MS 39402

FOR ADDITIONAL INFORMATION OR QUESTIONS, CALL SANDRA DAVIS AT 601-554-9755.



# Leadership Training

## How to Get Your Member Through a Bad Week!

**T**his past month I heard a sermon that has impacted my life more than any in my recent memory. Jay Strack shared a sermon entitled, **“How To Make It Through a Bad Day.”** I have actually taken the key principles presented in the sermon and applied them to my life several times since hearing the message. When that happens, I know that I am supposed to share it with others. So, I recently shared the key points to “Making It Through a Bad Day” with my First Place class, and with a leader on the phone who needed a word to encourage a very discouraged member. Please take these very practical steps and apply them to your difficult situation or use them to give hope to those in your First Place class.

### FOCUS ON THE FACTS

When a difficult circumstance comes into your life, instead of focusing on the problem, focus on the facts. Jeremiah 29:11 states these facts: *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”* No matter the problem, difficulty or crisis, God has a plan that will benefit you and bring you hope. Many times we allow our thoughts to linger in despair as we focus on all the challenges that surround us, instead of taking those thoughts captive and bringing them before the throne of God. Once we bring the difficulty to God and focus on His Word, we begin to have hope. Cling to the words of Romans 15:13: *“May the God of hope fill you with all joy and peace and you trust in Him, that you may overflow with hope by the power of the Holy Spirit.”*

### FEED YOUR FAITH

We not only need to focus on the facts, but also believe the facts. Through taking God at His word we build our faith. Feed your faith with this truth in Ephesians 3:20, *“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”*



**Nancy Taylor**

Leadership Training Director  
[ntaylor@firstplace.org](mailto:ntaylor@firstplace.org)

God is bigger than your problem and He is able to handle anything that life throws our way! Believe it!

### FIGHT YOUR FEARS

Jay Strack shared a precious story of how his daughter was experiencing fear. She was scheduled for surgery the next day and was sharing her fears with him. Jay shared a verse with her from Isaiah 43 which says, “Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.” She felt the fear leave her, but she did ask, what if the fear comes back tomorrow. With this question burning in his heart he went to an exhaustive concordance and discovered that in the King James translation of the Bible that the phrase “Fear not” is found 365 times. That would be one for each day of the year! The Lord must have know, we would struggle with fear for Him to say it that many times in the Bible. Jay also had the entire congregation write this quote down and encouraged us to remember it. I haven’t forgotten it yet—“Do not crucify your today between two thieves; the thief of yesterday and the thief of tomorrow.” In other words, quit worrying about what happened yesterday and what may happen tomorrow. Live your life to the full, focusing on truth and believing God’s Word.

### FORGIVE YOUR FOES

Forgiveness is key if we are to make it through a bad day or week victoriously. In fact, Hebrews 12:15 says, *“See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.”* When we begin to blame others for the difficulties in our lives, we are only causing bitterness to rear its ugly head! Instead of pointing fingers, come together with others to clasp hands in prayer. Therefore, confess your sins to one another, and pray

*(Continued on next page)*

## Leadership Training *(Continued)*

for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much. (James 5:16) What will forgiveness and prayer accomplish? It will bring about victory in the midst of a seemingly bad day!

If you find yourself experiencing a difficult day or you find your First Place member in despair, remember to focus on the facts, feed your faith, fight your fears and forgive your foes.

**Here's to a Really Good Day!**

**Nancy Taylor**

## Leadership Tips

### MOTIVATIONAL IDEA:

After the holidays, I realized that I had allowed some pounds to creep back on and decided I needed some help! Where does a leader go for help? Her class, of course!

I decided to wear a suit that was snug (about a size too small) to my first meeting. I announced to the class that I would be keeping all the commitments with them and especially wanted to lose weight. I told them that I would be wearing the "tight" suit each week and wanted them to be able to actually see my progress as the session went along.

Each week my class would ask me to take my suit jacket off to reveal what the waistband looked like. This was just the motivation and accountability I needed. I have lost 10 pounds so far and the waistband has gotten loose! I am really tired of wearing the suit, but my class looks forward to seeing how I have progressed each week. It has also motivated them and shown them another way to measure success other than the scale. You might want to try this for your next session. If you do, please let me know how it goes!

### REMEMBER:

"A leader is one who knows the way, goes the way, and shows the way."

*John Maxwell*

## Coming Events

### AREA LEADER MEETING

April 13, 2002  
First Southern Baptist Church  
Overland Park, Kansas  
Contact: Joe Ann Winkler (913) 262-6173 or  
mjaw14@kc.rr.com

### FIRST PLACE LUNCHEON

April 14, 2002  
1:00 - 4:00pm  
Holiday Inn Select (Airport)  
Williams Blvd.  
Kenner, Louisiana  
Contact: Pauline Hines, networking leader, phines@uno.edu

### FIRST PLACE RETREAT

July 19th-21st (Fri.-Sun.)  
Registration/Check-in: Friday, 5:00-7:00pm  
Check-out: Sunday, 12:00 Noon  
Place: Tall Timbers Conference Center  
Alexandria, Louisiana  
Contact: Pauline Hines, networking leader, phines@uno.edu

### FIRST PLACE WORKSHOP

May 4, 2002  
Faith Fellowship Four Square Church  
San Leandro, California  
Located East Bay of San Francisco  
Contact: Lou Margulies (510) 357-5723 or  
lou@faithfellowship4square.org  
Workshop Leader: Nancy Taylor  
First Place Leadership Training Director

### FIRST PLACE WORKSHOP

June 29, 2002  
Edgewood Baptist Church  
Nicholasville, Kentucky  
Located 15 minutes south of Lexington  
Contact: Vicki New (859) 885-6211 or  
edgewood@qx.net  
Workshop Leader: Nancy Taylor  
First Place Leadership Training Director





## First Place Mailbag

**T**his week's First Place Bible study (week 8 of Giving Christ First Place) has really inspired me in a different way. Until now, my interest in First Place has been a little on the selfish side. I was doing this because I wanted to be thin and I wanted to feel better.

But, I'm beginning to realize that the real motivation should be that God's temple is in ruins and I need to rebuild it. It's similar to the way I felt when we were remodeling our church. It was almost depressing to know that God's Sanctuary was being torn down. The only thing that made things better was that we were working on it, and through our persistence and determination we would eventually have a better sanctuary.

That's what we are doing in First Place. We are determined to rebuild our temples and make them a better place for the Holy Spirit to dwell. If we are persistent, it will happen! What a great lesson! I hope you are having a good time rebuilding your temple.

**Jeana Shelton**

*Oak Hill Free Will Baptist Church  
St. Clair, Missouri*

**P.S.** *Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own, you were bought at a price, therefore honor God with your body.*

**1 Corinthians 6:19-20**

**A**s I went for my daily exercise this morning, I had an inspiring moment that I wanted to share with all of you.

When I started my warm-up lap around the track, I could see this man ahead of me in the distance. He was already halfway around the track, but I could tell he was moving slowly. As I got closer to him, I could see that his right arm was drawn into his side and he was walking with a very distinct limp. As I started around him, I looked at him, smiled and said, "Good morning." The minute he looked at me and tried to respond, I realized he was a stroke victim. "Wow!" I thought, "Now here's someone with a very good reason (not excuse) to not be exercising." It was obvious he was struggling to make it with each step he took. Nevertheless, he kept right on, determined to make it.

If that was not enough, I went down the hill and came upon another man who had been walking when I first got there. He had stopped so I looked at him and smiled and said, "You're not quitting already are you?" He replied, "Oh, no. I have a joint problem in one of my hips and I have to stop and rest for a minute between laps." Again, I thought, "Wow! There's another good reason (not excuse) to not be exercising." Nevertheless, he kept right on, determined to make it.

Both of these men looked to be in their early to mid 50's, and I'm sure at one time had been vibrant, healthy and strong. As I thought about that, I realized how precious it is to have a strong, healthy body. God has given us a wonderful gift in our bodies and we should choose to take care of it now instead of waiting until it begins to break down and we are forced to take care of it. I wondered each time I passed them if inside they thought, "If only I had taken care of my body when I was younger." Not to give myself any pats on the back because I still have a long way to go, I have come so far in my journey to a healthier me!

God has given us something priceless in First Place. He has given us knowledge in learning to take proper care of ourselves. He has given us a wonderful support group of friends who are all going through the same struggles. He has given us His Word as a guide to taking care of our bodies in all aspects - Spiritually, Emotionally, Physically and Mentally. And last, but certainly not least, He has given us a chance to choose to take care of ourselves NOW by learning how to eat right and exercise regularly.

The precious gift of life and health is in your hands today, what are you going to do with it?

I love and appreciate you all and pray that God will grant you sustaining power until you have reached all your goals in the First Place program!

**Leisa Walker**

*First Place Leader  
Cartersville Church of God  
Cartersville, Georgia*

# Hints & Pinches

## Converting Recipes for Your Slow Cooker

### FIRST THINGS FIRST!

- ❖ Spray the inside of the slow cooker with cooking spray for easy cleanup.
- ❖ Root vegetables such as carrots and potatoes take longer to cook, so cut these vegetables into small pieces or thinly slice them and place in the bottom of the slow cooker for best results.
- ❖ Remove the skin from poultry, and trim excess fat from meats to help reduce fat in the finished dish and cut down on calories.
- ❖ Always cook and drain ground meats before adding them to the slow cooker.
- ❖ Try browning meats or poultry in a skillet before adding to the slow cooker. It isn't necessary, but it can enhance the flavor and appearance of the finished dish.
- ❖ Thaw frozen vegetables or rinse them with warm water to separate before placing them in the slow cooker. Adding frozen vegetables will lower the internal temperature, and the dish will take longer to cook.

### SLOW COOKER INGREDIENTS

**VEGETABLES:** Dense vegetables like potatoes, carrots, and other root vegetables should be cut no larger than 1" thick, and placed in the bottom of the pot, since they take longer to cook.

**LIQUIDS:** Usually liquids may be decreased in slow cooking - about half the recommended amount. Unless the dish contains rice or pasta, one cup of liquid is usually enough.

**PASTA AND RICE:** If a recipe calls for cooked pasta to be added, cook it until just slightly tender before adding to the pot. Add 1/4 extra liquid per 1/4 cup uncooked rice, and use long grain converted rice for the best results. For long-cooking recipes, add cooked rice shortly before serving.

**BEANS:** I find it best to soak beans overnight before cooking them in the crockery cooker. The Rival brochure recommends pre-soaking, then boiling for at least 10 minutes in unsalted water. Drain, then add to



**Scott Wilson**

First Place Food Consultant  
[firstplacechef@hotmail.com](mailto:firstplacechef@hotmail.com)

Scott Wilson is a certified executive chef with the American Culinary Federation. If you have any questions regarding food preparation, you may write him at 7075 Red Fox Lane, Cumming, GA 30040.

the recipe. Before adding sugar or acidic ingredients, the beans should be softened first, either in the slow cooker or on the stovetop. If your recipe includes tomatoes, salt, or other acidic ingredients, the beans should be tender before beginning. Someone wrote recently that instead of pre-soaking, she cooks her beans (in the crockery cooker) on low for about 8 hours through the night in water with a little baking soda. In the morning, she drains the beans, adds the ingredients with fresh liquid, then cooks per recipe directions. Cooking times might be shorter using this method.

**HERBS AND SPICES:** Ground herbs and spices tend to dissipate over long cooking times, so it's best to add them near the end of cooking. Whole herbs release flavors over time, so are a good choice for crockery cooking. You should taste and adjust seasonings, if necessary, before serving.

**MILK/CHEESE:** Milk, sour cream, and cream break down over long periods of cooking, and should be added during the last hour. Condensed cream soups are good substitutions for milk and can be cooked for extended times. "Healthy," or reduced fat cream soups can be used in any recipe as a substitute.

Cheeses don't generally hold up over extended periods of cooking, so should be added near the end of cooking, or use processed cheeses and spreads.

**SOUPS:** Add water only to cover ingredients in soup, and add more after cooking if necessary for a thinner soup. For milk based soups, add 1 or 2 cups of water and during the last hour, stir in milk, evaporated milk, or cream as called for.

### PREPARATION

Over long cooking, some dishes may lack flavor, but some extra preparation steps can be worthwhile.

*(Continued on next page)*

## Hints & Pinches

(Continued)

Brown most meats first. Though it isn't necessary, browning often enhances flavor, and fat is decreased. Dredging meat or chicken in flour, browning, then deglazing the pan with wine, a little vinegar, or broth and adding that to the pot can make quite a big difference in flavor. For the best color and texture, ground beef is best browned before using, except in meatloaf or other similar dishes. To simplify preparation, brown ground beef, drain, and freeze in batches for your slow cooker meals.

To make a flavorful sauce or gravy from your cooking liquid, first make a roux of flour and water (roughly 1 tablespoon of each for each cup of liquid) in a medium saucepan. Skim the fat from the cooking liquid in the slow cooker then add the liquid to the roux. Simmer, stirring, until the sauce is thickened and reduced. Serve with or over meat and/or vegetables. You can also add cornstarch dissolved in water (1 or 2 tablespoons cornstarch to 2 or 3 tablespoons cold water, depending on amount of liquid) directly to the slow cooker near the end of cooking to thicken the liquids.

Sources:

*Betty Crocker and Rival Slow Cookers*

### TIME GUIDELINES FOR SLOW COOKERS/CROCKPOTS

Conventional Recipe	Low (200°)	High (300°):
15 - 30 min	4 - 6 hrs	1 1/2 - 2 hrs
35 - 45 min	6 - 10 hrs	3 - 4 hrs
50 min - 3 hrs	8 - 18 hrs	4 - 6 hrs

**Scott Wilson**

# Slow Cooker Recipes

## Corned Beef & Cabbage

**Serves 8**

3 pounds	corned beef brisket with spice pack ( <i>corned beef brisket will shrink considerably</i> )
1 medium	sliced onion
1/2 teaspoon	celery seed
1/2 teaspoon	mustard seed
1 clove	garlic, minced
1	bay leaf
	water to cover
1 medium	head cabbage (sliced in wedges)

Combine meat with remaining ingredients, except cabbage, in crockpot. Cover; cook on low for 7-9 hours. Stir in cabbage and cook for one more hour. Serve corned beef with the cooked cabbage.

**Exchanges: 3 meats, 1/2 vegetable, 2 fats**

## Chicken Casserole

**Serves 6**

1 8-ounce	package egg noodles
2 cups	diced cooked chicken
1/2 cup	diced celery
1/2 cup	diced green pepper
1/2 cup	diced onion
1 4-ounce	can mushrooms
1 4-ounce	jar pimiento
1/2 cup	parmesan cheese
1 cup	cream style 2% cottage cheese
1/2 cup	grated 2% Cheddar cheese
1 can	cream of chicken soup
1/2 cup	chicken broth
2 teaspoons	melted butter
1/2 teaspoon	basil

Cook noodles for half the time according to package directions and drain and rinse thoroughly. In a large bowl, combine remaining ingredients with noodles until well mixed. Pour mixture into crockpot coated with vegetable spray. Cover and cook on low for 6-8 hours or high 3-4 hours.

**Exchanges: 4 meats, 1-1/2 breads, 1/2 vegetable, 1 fat**





# Fitness Week



**October 10-17, 2002**

**Round Top Retreat ❖ Round Top, Texas**

**Round Top Retreat.** . . in beautiful Round Top, Texas, is a beautiful Victorian-style retreat center located "Deep in the Heart of Texas." It is operated by the Goad family, who began this ministry on a full-time basis in 1984, to provide a home environment with all the charm of a country setting, where people can share God's Word.



**LIMITED TO FIRST 60 REGISTRATIONS!**

## FITNESS WEEK INCLUDES:

- ❖ Nutrition Information
- ❖ Complete Fitness Testing
- ❖ Inspirational speakers
- ❖ Rest and Relaxation
- ❖ Daily Exercise
- ❖ First Place Meals

Join the entire First Place staff,  
along with special guest speakers:

Rob & Vicki Heath

&

Worship Leader  
Eulalia King

**\$575<sup>00</sup>**

*(includes \$100 non-refundable  
deposit with registration)*

(Registration Form on next page)

**\$625<sup>00</sup>**

Includes  
Airport Shuttle

*(includes \$100 non-refundable  
deposit with registration)*

**\$100 NON-REFUNDABLE DEPOSIT  
DUE AT REGISTRATION**

*Plus*

**One time payment: \$475 or**

**Two payments: \$239<sup>50</sup>**

**Full Payment is due by OCTOBER 1, 2002**

**MARK YOUR CALENDARS AND MAKE YOUR RESERVATIONS TODAY!**

# Fitness Week

Limited to First 60 Registrations

October 10-17, 2002

Round Top Retreat ❖ Round Top, Texas

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_

Country: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_

Day Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Church: \_\_\_\_\_

How many in your group? \_\_\_\_\_

Please list the names of the people with whom you would like to room (minimum of two people to a room):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ADDITIONAL INFORMATION:

Airport shuttle needed?  Yes  No

Houston Airport - Hobby  Houston Airport - Intercontinental

Name of Airline: \_\_\_\_\_

Flight #: \_\_\_\_\_

Time of Arrival: \_\_\_\_\_

### TOTAL COST:

**\$575<sup>00</sup>**

*(includes \$100 non-refundable deposit with registration)*

**\$625<sup>00</sup>**

Includes Airport Shuttle

*(includes \$100 non-refundable deposit with registration)*

**\$100 NON-REFUNDABLE DEPOSIT DUE AT REGISTRATION**

### TYPE OF CARD:

- Master Card  Visa  
 Discover  American Express

Card #: \_\_\_\_\_

Expires: \_\_\_\_\_

Name as appears on card: \_\_\_\_\_

Make checks payable to:  
First Baptist Church, Houston

Return completed registration form with \$100 non-refundable deposit to:

**FIRST PLACE**  
7401 Katy Freeway  
Houston, Texas 77024-2199  
or Fax: 713-688-7282

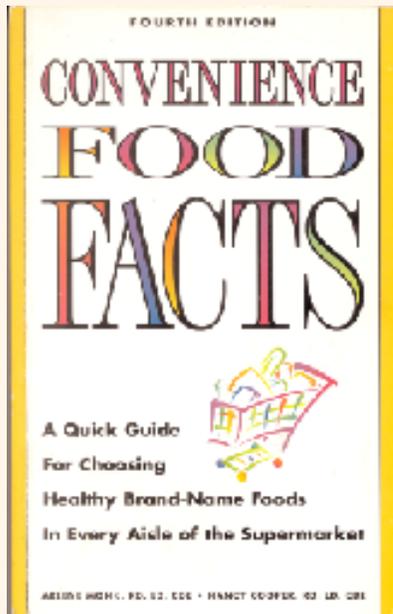
Registration Deadline: October 1, 2002  
Full Payment Due: October 1, 2002



# Food Exchange Books

We have had many requests for the "Convenience Food Facts" and "Exchanges for All Occasions."

These books are available at the internet sites listed below.



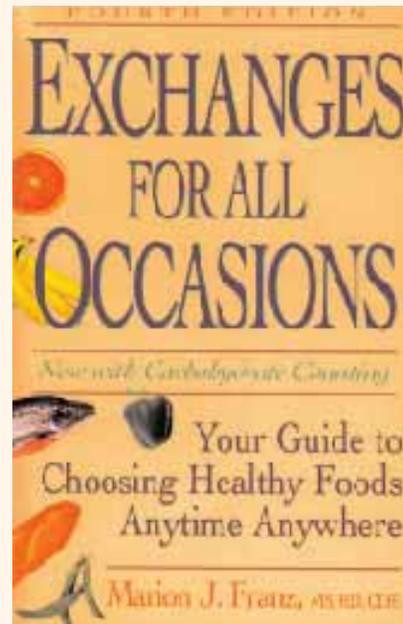
## CONVENIENCE FOOD FACTS

By Arlene Monk & Nancy Cooper

This book lists more than 1,500 popular name-brand processed foods from 75 companies with the exchanges per serving. It also includes warnings for products that are high in sugar, salt or fat.

### CONVENIENCE FOOD FACTS CAN BE PURCHASED AT:

- www.Amazon.com . . . . . \$9.95
- www.idcpublishing.com . . . . . \$5.95
- www.pricegrabber.com. . . . . \$8.25



## EXCHANGES FOR ALL OCCASIONS

By Marion J. Franz

This book includes meal planning for traveling, tips for eating out, and ideas for planning parties, plus sections on ethnic foods, holiday menu planning and recipes, plus special instructions for diabetics. Lists exchanges per serving.

### EXCHANGES FOR ALL OCCASIONS CAN BE PURCHASED AT:

- www.Amazon.com . . . . . \$7.95
- www.idcpublishing.com . . . . . \$13.95
- www.pricegrabber.com. . . . . \$7.16