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MAGAZINE

JULY 2012



## Faith and Justice

Motivated by compassion, David Chavez enjoys reaching out to the Hispanic community

## A Certain Magic

At Home With Brian & Shelly Rudiger

Plus: Keeping Tabs on Animals · Playing for a Miracle · A Heart in Mansfield · A Simplified Approach to Weight Loss · In the Kitchen With Janet Wallace

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## On The Cover



David Chavez has spent his career ministering to and fighting for the rights of the Hispanic Community.

Photo by Vanessa Polozola.

# Contents

July 2012 • Volume 7, Issue 7



16

## 8 Faith and Justice

Because of a child, David Chavez worked for changes in Texas laws.

16

## Keeping Tabs on Animals

Lori Rodriguez and Mansfield Animal Control keep critters and citizens safe.

26

## A Certain Magic

At Home With Brian and Shelly Rudiger.

32

## Playing for a Miracle

Cathy Harris helps athletes' dreams come alive.

40

## A Heart in Mansfield

Ketan Trivedi has pioneered some life-saving emergency procedures.



26



32



40

48 BusinessNOW

50 Around TownNOW

52 FinanceNOW

60 CookingNOW

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## Editor's Note

*Happy Independence Day!*

Imagine the courage it took for the signers of the Declaration of Independence to stand up and say to the King of England, "It's OK. We'll take it from here!" Those men then set about building a true democracy where none had ever stood before. I think it's safe to say they did a great job. No matter your politics, there's no better place to live than our United States of America.

The Olympics begin July 25 (opening ceremonies are July 27), and one of the greatest spectacles in sports will captivate us for two weeks. Although I'll be rooting for the red, white and blue, it's always amazing to watch the joy in the faces of athletes from all over the world who are overjoyed to be included among the best of the best. The competition will be fantastic!

# Jeremy

Jeremy Agor  
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# Faith & Justice

— By Jeremy Agor



*The Rev. Dr. David Chavez has been a Methodist pastor and administrator for his entire adult life. His faith gave him the confidence to fight for the rights of his fellow Mexican-Americans during the Civil Rights movement in the 1960s. His faith continues to guide his work today as he helps the Hispanic community integrate into the culture of the United States.*

“I minister to people by providing compassionate ministries, like teaching English, teaching the Bible and socializing them to the United States. The church is changing. We want to be at the center of that change. We are involved in ministry in a shifting paradigm, and the people who seek us out are looking for ministry that doesn’t cause them pain, but brings happiness to their souls as humans,” David said.

Born in Mexico in 1944, David attended elementary school there. He came to Texas in 1956 and attended junior high and high school while working in the fields as a migrant worker. He entered college in Big Spring, majoring in political science and language. He began serving as a Methodist pastor in 1967, and his ministry took him and his wife, Cecilia, to Bay City, Victoria, Port Arthur and El Paso. He finished college in Odessa at The University of Texas of the Permian Basin, then earned a master’s degree from Southern Methodist University before being ordained in 1982.

“The biggest mentor I had was a preacher who

“The church is changing.  
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believed in higher education. He met me in the cotton fields of Texas and opened doors for me to inquire about college. He is why I became interested in studying the Americanization of the continent and

---

**"I feel like we need to take Christian responsibility for our children."**

---

the story of the Hispanic people. I also became interested in politics and thought I needed to understand the laws of the continent, which led to a second major in government.

Also in the course of his career and education, he earned a doctoral degree from Austin Presbyterian Theological Seminary, did some historical studies in the Catholic Church in San Antonio, worked with the Mexican Methodist Conference for 42 years, and then began



entana

working with American churches to help them gain a foothold in the Mexican-American community. Never would he have imagined that early on in his career, being a pastor would lead him to become a major voice in the integration of schools in Texas and other civil rights issues.

When he, Cecilia and their first son, David Jr. (the couple, married 52 years, also have another son, Samuel, and a daughter, Frances Chavez Martinez) arrived in Port Arthur, he began his job as a minister. One day, a woman, with a daughter who was in leg braces because of polio, asked him to read a letter she had received from the local school district because she could not read English. The letter informed her that her daughter was no longer to attend the main high school in town and would need to attend the “colored” high school instead. However, that school was not accessible to her daughter, and she asked David to speak to the principal.

David agreed, and visited the principal, who listened cordially, then explained that the superintendent had sent the letter and David needed to speak to him. David did, and the superintendent informed him that the courts had sent the letter and he should speak to the judge, whose job was

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to enforce the laws the legislature had passed. "He said that I needed to find a way to make sure people obeyed the laws, or he would have to find a way to do so."

When David returned to his church, word had spread that he had spoken to the judge, and hundreds of people, including a television crew, were milling around waiting to hear the outcome of the conversation. David agreed to be interviewed by the TV reporter. When asked what he was going to do, he said, "I feel like we need to take Christian responsibility for our children, and we are going to teach our children in the church and boycott the schools." That statement



spurred other community leaders to action. The local Catholic Church and several community elders met with David to develop strategies to teach children in the church in a bilingual way by state-certified teachers.

"[The landmark Supreme Court case] Brown v. Board of Education was going on, but I didn't know about it. My only reason for being involved was that I was responding to the needs of a child. In less than two months we were marching in Houston with thousands of people. All over the country, people responded. I met Cesar Chavez in San Antonio. I dined with Martin Luther King Jr. I met Robert Kennedy," David said. "The bishop called and said, 'I sent you to preach. How are we going to fix this?' I told him I was going to try to get a hearing in Austin to change the laws. We



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fought for three years and finally got the laws changed."

David is no less an activist in his ministry. When First Methodist Church asked him to be involved in their outreach to the Hispanic community he agreed. Soon he had started a mission group, helped to develop a strategic leadership group and formed cluster groups in the community around the



church to act as feeders to bring people in. He also reaches people through the church's food and clothing pantry and other ministries targeted at those in need.

"We don't have a lot of avenues in the community to reach out to Hispanics. We rely on those who reach us through need, who are looking for a church whose ministry isn't based in so much tradition. They come looking for cross-religion marriages, cross-cultural marriages. We are seeing a revolutionary, evolutionary change coming," David explained. "We're not interested in making a Hispanic church. We want to integrate people into the church because our church offers them a spiritual base with family support and the freedom to love each other," he said.

From the dusty fields of Texas to the imposing halls of the state capital, David has trusted his faith to guide him to do the right thing. In David's ongoing journey, he works hard at learning in order to reach out to those who need to hear his words. **NOW**



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# Keeping Tabs on **ANIMALS**

— By Jeremy Agor

*The city of Mansfield's animal control manager, Lori Rodriguez, and her staff will answer calls about nearly every type of animal, but please do not call them about bugs.*

*"We get calls almost every day about bees and other insects, but we're not exterminators," Lori laughed.*

Lori has worked for Mansfield Animal Control since 2003. She began as a kennel tech and has held every position in the shelter. "I'd wait for an opening and move up, wait and move up. I never take anyone for granted because I've done every job. At one point we lost a chunk of the staff, and I was on call all the time. It never failed that I'd be in the back of the grocery store with two kids, and I'd get called out," she said. Her dedication to the animals she and her team encounter daily made her a valuable member of the city's animal control team.

Lori began her career in animal control by accident after she adopted a dog from the Humane Society. That simple act changed her life. Although she was young, painfully shy and unsure



**“Fieldwork can be hard, but there are lots of opportunities to learn and to do good things.”**

what she wanted to do with her life, she went back to the Humane Society and volunteered until they offered her a job as an adoption counselor.

“That job brought me out of my shell, and I’m much more confident now,” she said. “As I grew more confident, I wanted to get into enforcement because I saw how



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animals come in to the shelter and the horrible things people had done to them. I wanted to be able to stand up for the animals."

Lori was able to place a lot of animals in homes, but there was such a large influx of animals that she knew some were going to be euthanized. She hated the idea of any animal being put down and often cried about it, but she went and sat with dogs so they didn't go alone.

In 2000, Lori was hired by Fort Worth Animal Control. She became a workaholic, putting in 16-hour days because she liked the job so much and did not want to miss anything. "Fieldwork can be hard, but there are lots of opportunities to learn and to do good things. I went out to remove animals from bad situations, but I also got to know people, like elderly folks who rarely had visitors, and sit and talk for a while," she said. Her time in Fort Worth ended shortly after it began when she became attached to a very skinny pit bull that someone had dropped off in the middle of nowhere. The shelter did all it could to treat the dog and get it adopted, but it had to be euthanized, and Lori realized that she was burned out. She left, took a couple of months off, before starting her job as a kennel technician in Mansfield. The switch was good for her because she was able to ease back into animal



control, and she likes Mansfield because it is small enough that the staff can make an impact.

"We can reach out to the community and get to know the citizens. We stop to say hello, and we get to see the animals who are adopted, as well as the ones we take out of bad situations and place in good ones," Lori explained.

During Lori's tenure, the Mansfield shelter has become virtually a no-kill facility, although Lori will not put a dog up for adoption that she would not bring into her own home. Mansfield Animal Control works with a lot of cruelty cases, bites, strays, nuisance calls, like dogs that bark all the time, and adoptions. They also treat animals that are brought in needing medical attention.

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They are also one of very few agencies that handles livestock. Officers get to know livestock owners and what types of animals they have through the city's permit process. They collect emergency contact information so that they know who to contact if livestock escapes. According to Lori, they try to confine the animals until the owner returns, and they will take animals to the shelter if they cannot immediately reach the owner. If the livestock goes unclaimed, it is transferred to a nonprofit organization to be placed for adoption.

Another problem Lori and her staff have faced, especially this year, is wildlife sightings. Many types of wildlife can be found in the city, including raccoons, foxes, possums, bobcats and coyotes. Coyotes have been a problem in recent

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months, and Lori has had to take steps to help track their movements and keep citizens safe.

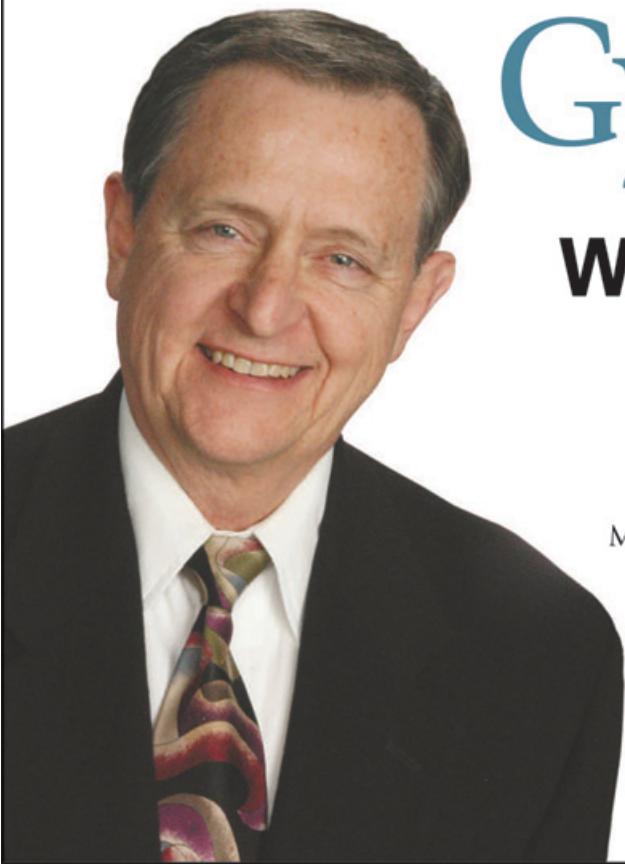
"There are coyotes everywhere. There are even packs in New York City's Central Park and in downtown Chicago. The fact that we have wildlife in the city is part of what makes Mansfield great," Lori said. "We've tried to educate the public to keep their trash up, remove debris and be aware when they let their pets outside late at night. We've tracked sightings so we know where the coyotes are and how they act. They should be curious, but not aggressive. We also partnered with the U.S. Department of Agriculture to deal with nuisance wildlife, and they've come in and removed coyotes from a few neighborhoods."

All the work Lori and her staff have put in was rewarded this spring when



they received the Texas Animal Control and Welfare Agencies Award for cities of 50,000-100,000 people. To win, they had to have a good training program, promote public awareness and comply with the Shelter Act, which requires shelters to properly house, care for and humanely treat animals in their custody and make improvements to the shelter.

"We won the award because we do all the things large shelters do even though we're tiny. Our officers are all certified higher than the state requires, and we will add a cruelty investigation certification this year. We go to schools and teach responsible pet ownership and bite prevention. We have a foster program and a mobile adoption unit. We painted the walls inside the shelter in bright colors and planted trees and honeysuckle outside to make it a happy place. People come to animal shelters expecting them to be dreary and sad, but ours is nice, and it shows that we care," Lori said proudly. **NOW**



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# A Certain Magic

— By Carolyn Wills

Brian and Shelly Rudiger's two-story brick and stone home with its gorgeous front yard, beautiful flowers and intermittent spots of bright green from the many resident geckos displays a certain magic. The 2,600 square-foot home has four bedrooms, two-and-a-half baths, sitting room, office, great room, kitchen and dining area. "Our breakfast table is one of my favorite pieces," Shelly said. "It was made by a wood maker I used to work for. I had always admired it, so when we bought our house, he gave it to us." The one-of-a-kind table is only a sampling of the Rudiagers' special furnishings, art and design.

Both Brian and Shelly work from home and share in managing home and family. He is vice-president of sales for a health care, managed-care corporation, and she works for a children's author. She is an artist, and he is a craftsman so, in combination, it isn't surprising that their home is a mix of whimsy, substance, design and function. "Shelly is the color, and I'm the structure," Brian grinned. "She points, and I paint." Most of the art in the home is Shelly's. Her colorful



paintings are happy, breathtaking, deceptively simple and a perfect balance to the couple's rich, wood and leather furnishings, and the home's many architectural details.

Years ago, before mobile phones were everyday accessories, Brian stopped at an Arlington restaurant to make a phone call. "Oddly enough, that's how we met," Shelly smiled. "I was a flight attendant for Delta Airlines, and Brian was a representative for a health care company."

Brian grew up in Arlington. Shelly is from the West Texas town of Canyon and, apart from a few years as a flight attendant living in California, Texas has always been her home.

They will celebrate their 15th wedding anniversary this September. They are parents to 12-year-old Cade and 10-year-old Faith and owners of the family's two lab mixes, Leana and Cassie. Cade and Faith have lived in Mansfield for the better part of their lives. "The schools are so great," Shelly

said. "We actually started looking in Northeast Tarrant County and are so thankful to have settled here."

## *At Home With* Brian and Shelly Rudiger





"We wanted to live at the end of a cul-de-sac and next to a green belt," Brian added. Their attention shifted to Mansfield when, in 2004, they discovered a lot that fit their list perfectly. The adjacent green belt, owned by the neighborhood association, plus the fact that a home would never be built on a lot next to the property was ideal. Safety and solitude of the cul-de-sac clinched the deal. "We were fortunate to work with a builder who was willing to accommodate changes," Brian said. "We made quite a few."

The children's and guest rooms are upstairs. "At first, the guest room was also a playroom," Shelly said. "About a year and a half ago, Faith said, 'Why can't this be my room?' and it became our project." Today, Faith's room has a dark wood floor, cushy couch/bed,

beautiful, brown, velvety settee and lots of turquoise and hot pink accents. Most impressive, though, is the large canvas of a horse painted by Shelly and Faith. "Faith is into cheers, tumbling, horses and music and her older brother is all about hunting," Shelly smiled.

Cade's room is easy to spot. Not surprisingly, Cade's room has an outdoor theme featuring his personal bullet collection, wall-sized mural and camouflage accents. "He's passionate about hunting and fishing," Brian said. "He's intelligent, sharp and good at it. We used to go hunting on a ranch in West Texas and, this year, we've become part of a hunting lease with friends."

The guest room is decorated with furniture Shelly has had since she was 3. The full-sized bed is stacked with pillows and, on the nightstand, is a bowl of pink

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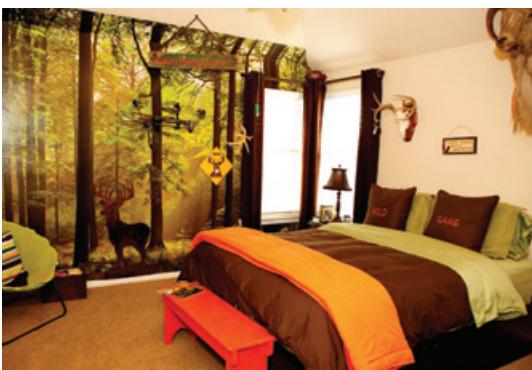
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flowers. A large shadow box displays the christening gown worn by Brian's grandfather.

The living and dining areas, office and master suite are downstairs. "Brian built the doorway to his office," Shelly explained. The room to the right of the entryway is an elegant office with a red, antique door, old-style curved desk and



huge, golden armoire. "The armoire belonged to Brian's grandfather," she said. "It's over 100 years old."

Above the front door is an alcove filled with family keepsakes. "We wanted to display some of our grandparents' things," Shelly explained. The collection includes an ice saw, soda bottles, Brian's grandfather's 1930 baseball glove and bat and Shelly's grandmother's china and cooking utensils.

The master bedroom is as dramatic as it is restful. The color scheme is black and tan. The massive bed features head and footboards made from old doors. The master bath is painted a rich, deep green. Close to the luxurious bathtub is a huge, comfy, white ottoman.

The home is equally beautiful on the outside. "The back patio is our unofficial living room," Brian smiled. "We always enjoy being outside and plan to add a swimming pool." The patio, built by

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Brian, is a columned pergola with a new tin roof, outside grill, furniture and fanciful chandelier. "Our house is where everyone gathers," he said. Beyond a grapevine-covered back gate and adjacent to the green belt is a sitting area around a chiminea fire pit where neighbors like to relax.

"We're close friends with many of our neighbors," Shelly said. "Our lives intertwine, and since we're near the woods and on a cul-de-sac, our house tends to be the staging area for kids." In a chance happening, Shelly's brother's home is on the lot directly behind them. "We were looking to move around the same time and ended up buying next to each other!" she said. "Our sons are the same age, and we're connected by a gate in the backyard."

While the green belt is beautiful, the landscape stunning and the home close to perfection, the most charming spot has to be Shelly's Shed. The tiny cottage was built by Brian as a place for Shelly to relax, create and spend time with Faith and friends. "Most of it was made from salvage," she said. "The tin roof is from an old barn and the paned windows open outward." Soft, comfy furnishings, including a big, white-draped couch with pillows, invite conversations or, simply, alone time. Work stations encourage painting and projects. "With the double-doors open, we can get as many as eight in here," Shelly smiled.

"Friends will often call Shelly and say, 'I need a shed night,'" Brian grinned. "Faith is quick to tell Cade and me that the Shed is for girls. We're good with that," he smiled. "It gives us time together." **NOW**

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# Playing for a *Miracle*

— By Zachary R. Urquhart

"Play Ball!" Those are two of the most universally known words in America. Every spring, the best baseball players in the world begin a new season with the umpire proclaiming that simple phrase. Every spring and fall, children across the nation continue their dream to one day join the big leagues with those same two words. For some kids, though, playing baseball has not always

been an option. Thousands of children with disabilities have, for decades, been unable to participate in America's pastime. With a passion to help kids in a simple quest to have fun, Cathy Harris has taken part in an organization called Miracle League. By helping kids with disabilities bat, field and run the bases, Cathy has participated in making dreams come alive.



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Cathy grew up with a heart and a passion for people with disabilities. Her mother,

Imogene Gideon, was the special education director for Mansfield ISD for many years. She also served as a missionary and developed special education programs for schools in Taiwan. "My mom was a big influence," she said. "I always saw her volunteering and working with kids." Therefore, it was no surprise that Cathy has dedicated so much of her life to helping kids who are sometimes ignored by society.

Her excitement for helping took a new direction about 12 years ago. She became familiar with autism through involvement at school and in the community. Cathy received her massage license, and had a specific plan in mind. "I heard about the benefits of massage therapy for autism, and I wanted to help." Cathy became a massage therapist working with that specific group of individuals.

Several years ago, one of Cathy's clients called to cancel an appointment. "She was going to be on Good Morning Texas that day. I

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watched to see why she and her son were on the show," Cathy explained. When Cathy tuned in that morning, the show was airing a feature on Miracle League. Because of her desire to work with kids with disabilities, Cathy was immediately hooked. "I talked to the mom, and then with my son, Zach," she shared. "We agreed that it was something we wanted to do." Cathy and Zach joined the League as buddies for the Royals, one of the Miracle League teams, and they have not stopped volunteering since.

Since signing up with Miracle League, Cathy has served in several roles. She started out as a buddy for the Royals. Buddies are assigned to players, ideally for a whole season or even longer, and they help them as needed. "The league is open for kids with all types of disabilities, so different players need different levels of help," she said. "Some don't need much at all, and others need assistance with holding the bat, catching the ball and running the bases."

After Cathy volunteered as a buddy for a year, the Royals' coach asked her to increase her involvement. "Steve Gray brought me onto the Miracle League board a few years ago," she stated. "I was the volunteer coordinator for a while, where I convinced folks to serve as buddies and coaches." Cathy is no longer on the board, but she has continued as part of the Royals.

When someone signs on to help with Miracle League, they are expected to commit to a full season. "We are trained



to know what to expect and learn the rules," Cathy explained. "There are guidelines when you work with kids with disabilities. But it isn't too difficult."

Volunteering doesn't involve a lot other than the time commitment. Cathy, like many league buddies and coaches, has continued to come back season after season. "When I first signed up, I looked at it as a way to give back," she admitted. "But once I started, my outlook changed. Because of the deep connections, this is something I do because I enjoy it. We

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**"I love seeing the way the kids interact with each other."**

get so much out of it, I don't think of it as serving or giving back anymore." Most people love it so much they keep volunteering. Ultimately, her focus is being able to help kids do something they might not otherwise have the chance to do. "It's all about the kids," she added.

For Cathy, it is not just about the players she buddies with, but also her own children. Cathy has two young adult children — Chris, 25 and Lauren, 22 — who live in Austin. Both of them have volunteered from time to time. But one of Cathy's favorite parts is serving with her 15-year-old, Zach. Zach just completed his freshman year at Mansfield High School, where he excelled in science and technology. Since he was 10, Zach has been a buddy for the Royals, and he is just as passionate as his mom. "I love seeing the way the kids interact with each other," he said. "They will encourage each other on the field." Zach enjoys spending time with his mom. "I bring

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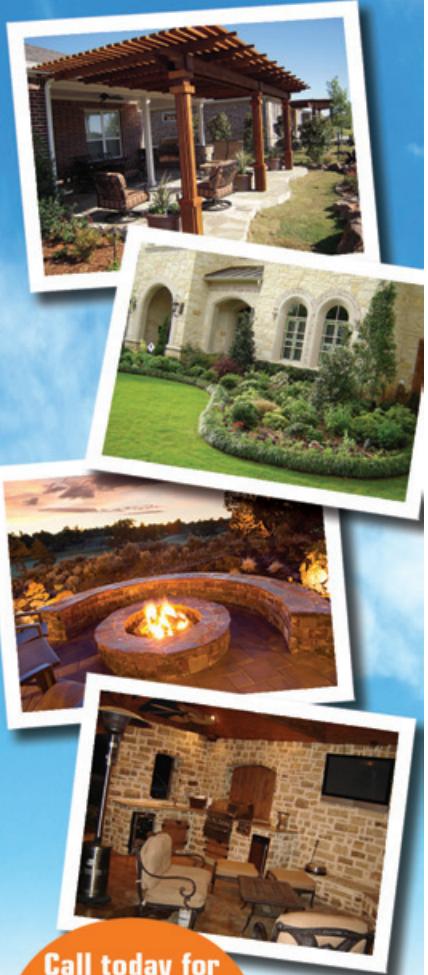
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friends from school to help; it's easy to get them to come along," he added.

Cathy loves volunteering, and plans to continue. She does hope to see the program expand, though. "This league is in Arlington. We are hoping to open a league in Mansfield, the need is definitely there. Cities all around the globe host leagues, and there is no reason Mansfield couldn't be the next. It takes a lot of awareness, people and money to get started." She hopes that as people hear about the benefits, the vision of expanding into Mansfield will become attainable.

For now though, she will keep focusing on helping the kids however she can. Cathy loves telling stories about the way playing baseball has brought these kids together. Although the Texas Rangers were in the playoffs last year, as big a moment came when a blind player came to bat. After swinging at pitch after pitch he finally connected, sending the ball over second base. The players, coaches, buddies and fans of both teams cheered wildly as the player rounded the bases, celebrating as he went.

And that is why Cathy does what she does. "Miracle League benefits everyone: the players, the buddies, the coaches, the friends and families," she said. "We all forget about disabilities, enjoy the game and the connections. More than anything, I know that every participant deserves a chance to play ball. It's more than just baseball — it's fulfilling a dream." **NOW**  
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# A Heart IN MANSFIELD

— By Cindy Malone



*Not since small town doctors made house calls in the Wild West has a doctor been more involved with his community than Dr. Ketan Trivedi, an independently practicing emergency physician on the medical staff of Methodist Mansfield Medical Center. He and his family can be found out and about almost daily in Mansfield. Ketan and his wife, Deepika, a substitute teacher at Willie Brown Elementary or*

Mary Orr Intermediate Schools, and their three children moved to Mansfield five years ago when he was offered a position as an emergency physician for PECA at Methodist Mansfield. Applying for work in Mansfield was not random. While serving seven years in the Air Force — three active and four in reserves — Ketan was stationed at Carswell Air Force Base in Fort Worth. He fell in love with the area, and odd as it sounds, with the weather as well. Ketan and Deepika married during his first year of medical school. She is a native Texan, whose parents also live nearby and are able to help with their children, Dilan, Deeya and Maya, who all attend Willie Brown Elementary.

# “I HAVE A PASSION FOR HEARTS.”

Although his ER hours are crazy, Ketan finds time to do what he is truly drawn to — supporting his community by volunteer work. Along with other dedicated physicians, Ketan provides physicals to student athletes in Mansfield and Midlothian. Always excited to work with the students in Mansfield, he also is the attending physician for the Shattered Dreams and Every 15 Minutes programs at Mansfield ISD benefiting all five high schools and Cedar Hill High School. The programs are conducted before prom and graduation to teach students the dangers

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Ketan loves working with children, but also works with other groups and events, including the Tarrant County Susan G. Komen Race for the Cure. Ketan was on hand for first aid at the breast cancer research fundraiser. Mostly, he dealt with scrapes and bruises. "There was one lady who passed out. We took her to an ambulance and did an EKG, but even after we suggested she go immediately to an emergency room, she refused," Ketan explained. "All we can do is explain risks and hope they take care of themselves."

He also works with the Heart of the Community, a program started to educate the community about heart-healthy lifestyles. People who consider themselves at risk, or who are just curious about their health, sign up to get their cholesterol, blood pressure and glucose checked. Then, at a free local health fair, these participants talk to doctors like Ketan about their results and medical needs for the future. Because of his ability to educate others, Ketan has been featured in both *The Dallas Morning News* and on CBS News, giving advice on avoiding ER visits and heatstroke.

Recently, Ketan spoke to Leadership Mansfield about heart health and heart attack risk factors. "Although I am definitely an emergency room doctor," he explained, "I have a passion for hearts." It was that passion that led Ketan to implement new and improved protocols

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accreditation is Dr. Ketan's baby and relatively new, his love of heart health care is not. During his residency, he specialized in emergent heart care. "I am not a cardiologist. I don't do the heart surgeries. I like the emergency diagnosis and treatment," Ketan said. During medical school and residency he found his calling in emergency medicine. He tried a little bit of everything, including pediatrics, obstetrics and orthopedics. Because of that, he realized that he didn't want to narrow himself to one specialty, but instead work in the emergency department handling a little bit of everything every single day. "My favorite part of the ER," Ketan explained, "is that no day is ever the same as the one before. It is never boring."

Ketan has many accomplishments in medicine besides the Chest Pain Center accreditation. He implemented the therapeutic hypothermia protocol at the hospital and helped with their emergency department expansion. He was nominated for the DFW Hospital Council Physician of the Year by the hospital and has fellowship status with the American College of Emergency Physicians. He was one of 22 named a Fort Worth Business Press Healthcare Hero in 2012. Ketan serves on several committees within the Methodist Health System including quality control and ethics.

Of all his many accomplishments, husband of 13 years and father of three happy and healthy children are his most prized. Deepika, who he refers to as "the family CFO, CEO and activities director," is Dr. Ketan's biggest supporter. "She

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never discourages me from taking on something new. She is the one saying, "Yeah, you should try that." Running her family requires lots of organization, as their children are involved in dance, martial arts, baseball and music lessons, all within the Mansfield community.

The family's schedule is hectic, but Ketan wouldn't have it any other way. "I think it is important to raise well-rounded kids. It is never too early to teach community responsibility." Although it would seem as though Ketan does not have much time to spend with his children, he is dedicated to spending every second when not at work or volunteering with them. "Some people



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need a night out with the boys, or happy hour with the girls after work, but I think there is nothing better than being in the car with the kids, going someplace fun, anticipating their happy faces," Ketan smiled.

Happy faces are not a new sight to Dr. Trivedi. Of course he has his bad days, his times when he has to do the hardest part of his job, talking to a family after they have lost a loved one. But for the most part, his job is rewarding and full of happy endings. "When people come into the ER, they are sick or broken or scared. When they can leave in a matter of hours better and with answers, and they shake my hand and smile, I know all the extra time and work are worth it." **NOW**

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Brandon and Jen McMahon's plan is designed to be a long-term solution for those struggling with weight issues.

# A Simplified Approach to Weight Loss

*Diet Solution Centers focuses on activity, nutrition and accountability.*

— By Jeremy Agor

Jen McMahon worked for years in the weight-loss industry, but she could never shake the feeling that the companies she worked for just were not approaching weight loss the right way. A year ago, she and her husband, Brandon, opened Diet Solution Centers with an approach that allowed her to help patients the way she wanted to. Locations in Crowley and Burleson will open soon.

"It has always been my passion to help people with weight issues. I struggled with weight issues, as well. It took us 18 months to be ready to open our doors, but it was worth the work," Jen said. "We did focus groups and assembled a team of medical professionals to help us figure out how the body works, why some foods are easier than others and what you can eat to

lose weight. We tried it on ourselves and our families, and we have a plan that works."

Diet Solution Centers works with people who struggle with their weight, from those simply overweight up to the morbidly obese. According to Jen, their plan is successful and doable because it is not a starvation diet, it does not have prepackaged meals, and it is designed to be long term.

"We're more than a weight-loss clinic. A lot of doctors treat the symptoms caused by weight gain, like diabetes, hypertension, high cholesterol and thyroid issues. We treat the underlying problem that led to those symptoms, and they begin to subside," she explained. "Our bodies are made to process fat, not to store it. When you teach someone to eat properly and feed their body

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consistently with the proper foods, they can be successful in their weight loss."

New patients are interviewed about their medical history and any medications they may be taking, their eating habits, activity level and their family history. Then, they are given an EKG, and their blood is checked for cholesterol, thyroid issues and diabetes. Once the preliminary tests are completed, the facility's doctor, Dr. Brian Caplan, or nurse practitioner, Vicki Barrington, talks to the patient and prescribes an amino acid appetite suppressant and any other qualifying medications to treat the symptoms of weight loss, plus a shot of Vitamin B12 for a boost of energy.

In addition to the medications, Diet Solution Center's staff members counsel patients on how to have a healthy lifestyle, including eating right and proper exercise. Gone is the yo-yo cycle of

**"It has always been my passion to help people with weight issues."**

losing and gaining weight or diets with just 500 calories per day. "Our plan can be summed up with the words activity, nutrition and accountability. Dr. Caplan says, "You have to eat right to lose weight, and you have to exercise to live longer and tone up," Jen said. "The number one thing we tell people is that they are not feeding their body consistently, and they didn't eat enough, which is the opposite of what our society tells us."

Jen and her staff treat mostly adults, but they have seen an increase in teenagers. Helping younger patients lose weight and develop healthy habits to keep it off has led to the development of a teen program suited to their unique needs.

"Many weight-loss programs are complicated and figuring them out can work against a person successfully reaching their goal. Everything is gimmicky," said Jen. "We focus on the simplest basis of anatomy, which is eating the proper foods to speed up metabolism and help the body process fat." **NOW**

  
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# Maxed Out on Your IRA and 401(k)? What's the Next Step?

If you are contributing the maximum amount to your 401(k) or other employer-sponsored retirement plan each year, that's good. And if you're also "maxing out" on your Individual Retirement Account (IRA) annually, that's even better. But what then? If you're already fully funding your 401(k) and IRA, can you put away even more for retirement? Should you?

The answer to this last question is almost certainly "yes" — because you could spend a long time in retirement. How long? Consider these statistics from the Society of Actuaries:

- A man who's reached age 65 in good health has a 50-percent chance of living 20 more years and a 25-percent chance of living to age 92.
- A 65-year-old woman has a 50-percent chance of living to age 88 and a 25-percent chance of living to 94.
- There's a 50-percent chance that at least one member of a 65-year-old couple will live to 92, and there's a 25-percent chance at least one of them will reach age 97.

Because you have a reasonably good chance of spending two, or even three decades in retirement, you clearly need to accumulate substantial financial resources before you retire. So, if you consistently reach the contribution limits on your 401(k) and IRA, you're making a smart move, as both these vehicles offer the potential for tax-deferred earnings and a variety of investment choices. But if you can still afford to put away more money, or if your income level prevents you from contributing to a Roth IRA, you may want to look at these possibilities:

• **Life Insurance Retirement Plan** — A Life Insurance Retirement Plan (LIRP) is essentially a life insurance policy that can potentially help you generate tax-advantaged

income during your retirement years. Until you begin taking withdrawals, the cash value of your policy has the potential to grow tax deferred. Then, when you retire, you can take tax-free payouts from your principal. (After the entire principal is paid, payouts are treated as loans against the contract.) And your beneficiaries will receive the balance of the death benefit income tax free, minus any loans or loan interest.

• **Annuities** — You might find that a fixed annuity can be an appropriate way to supplement your retirement income. Like a LIRP, a fixed annuity's earnings have the potential to grow on a tax-deferred basis. Also, fixed annuities generally offer some type of guaranteed rate of return over the life of the annuity contract. And perhaps most importantly, you can structure your annuity to provide you with an income stream you can't outlive. (Keep in mind, though, that annuities are generally more appropriate for investors who are at least 45 years old.)

While you can certainly get some key benefits from a LIRP and a fixed annuity, you need to fully understand all aspects of these investment vehicles, and make sure they are suitable for your situation and individual needs. Consequently, before investing, consult with a financial professional.

But don't wait too long. By preparing for your retirement well ahead of time, you can boost your chances of enjoying the type of "golden years" lifestyle that you've envisioned. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Scott Marburger is an Edward Jones representative based in Mansfield.*

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# Have a Drink

— By Betty Tryon, BSN

You should drink eight glasses of water a day. No, you should drink only six glasses per day. Or, perhaps three glasses is enough. So, what is the right answer? When you consider that your body is 60-percent water and every day you lose some of it by breathing, urinating and perspiring, it should be clear and incontrovertible how much you need to replenish it. It should be, but it is not. The optimal amount of fluids your body requires may change depending on the circumstances. The hydration needs of a sweaty athlete practicing in the hot sun will be monumentally different from a person who spends most of their time on the couch in a comfortable room.

The standard amount most often given as a starting point is eight eight-ounce glasses of fluids a day. Contributing to that eight-glass total can be fluids such as: broth, soft drinks, milk, Jell-O and juice. However, water is the ideal drink, because your body does not need to process extra substances, such as sugar, alcohol or caffeine. You also can receive a great percentage of water through your food, especially fruits and vegetables.

**Here are a few guidelines to consider for your hydration needs:**

- If you exercise, and particularly if you perspire heavily, you must increase your intake of fluids to stay hydrated.
- Pregnancy and breastfeeding requires more liquid to support the baby and to produce milk.
- Extreme temperatures will affect your intake. When it is very cold, use of indoor heat is very drying and causes your skin to lose moisture.

Likewise, hot temperatures cause sweating, and that water needs to be replaced.

- Illnesses that cause vomiting, diarrhea or fever increase your need for fluids. Some illnesses require limiting your liquid intake. When advised of this by your health care professional, guidelines should be strictly monitored.

- Although alcoholic beverages and drinks containing caffeine are included in the daily fluid count, you may have to drink more water because of the diuretic action these liquids have on the body.

- Diets that contain large amounts of salt or fiber will create a need for extra water.

You can tell if your body is receiving the proper amount of fluids each day. Dark colored urine may be a sign of not enough fluids. Don't try to reach your daily total amount of fluids in one sitting. Spread your drinks throughout the day. Once again, water is the best choice for your body. If you have an aversion to drinking plain water, add lemon or cucumber slices to jazz it up a bit. Try not to get thirsty, and if you do, have a drink! **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

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Here's How You May Get Out of PAIN Fast & Get Back to the Fun! ...But Don't Miss  
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### Summer Injuries Are a Different Animal!

The PAIN is bad enough. But then you miss out on everything you had planned—the games with the kids, the projects you were finally going to do, and just kicking back. But that's not all. You try to keep going—or ignore the pain—and instead, it gets worse! You get discouraged—even depressed!! But get rid of the PAIN and you can set everything straight. So here's what to do about the nastiest summer aches and injuries, starting with the *third* worst:

#### Injury #3: Wrenching Your Low Back!

Sharp, stabbing, shooting—that's how people describe the pain when they swing the bat, open the camper or yank out that last nasty weed—and WHAM!! But that's only the beginning—because the spasm, stiffness and fire down the leg are right behind. And, seeing other folks in pain, you never realized how bad it could be—all the time you were wondering if they weren't exaggerating a bit. But now you know what it's like. Now you can't:

- TURN OVER in bed at night
- TIE your own shoes
- PICK UP a bag of groceries
- LEAN FORWARD at the sink
- REACH UP in the cupboard
- PLAY with the grandkids

Yet sometimes it doesn't happen with a bang—sometimes it sneaks up on you like a cat on a bird...little by little...at first there's only a tell-tale twinge. Then you're sore and aching at night. Before long, you can hardly move, which is a lot more likely to happen with:

#### Injury #2: "Tearing" Up Your Shoulder!

With repeated minor strain it doesn't take long before it locks up as tight as the lid on a honey jar. Your shoulder won't budge without sending you through the roof—so you:

- Can't SLEEP on your favorite side
- Can't REACH for the wallet in your back pocket
- Can't COMB your hair or scratch the back of your neck
- Can't LIFT a plate off a high shelf in the cupboard
- Can't THROW a ball, or hold the weed wacker
- Can't even SWING a golf club, a bat or a tennis racket

But shoulder and back injuries don't involve just one problem. That's why they usually respond FAST to **Progressive Rehab®** at HealthSource Chiropractic® Clinics.

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- **REHAB** of spine and muscle to help restore old injuries...so you don't fall back into old patterns right away—AND you can take better care of yourself at home.

### Don't Get Half-Fixed!

Most injuries involve more than one problem; not just a muscle, not just the spine and not just a tendon. So...trying to get you fixed up with only one technique is like a puzzle with one piece missing—it's NEVER right! The worst thing is to cover it up, feel a little better, then end up with the same problem a month later! That's why **Progressive Rehab®** is so important. No pills, shots or muscle relaxants will free up the spine, or re-balance injured muscles, or show you what to stretch. But it's all done at **HealthSource®**, which brings up what many folks consider the WORST injury of all:

#### The #1 Injury: "Doc, I Think My Hand is DEAD!"

You guessed it—**Carpal Tunnel Syndrome** is considered by many to be the worst injury—because surgery is almost always what the doctor wants to do. It comes from trimming the hedge, gripping a golf club or writing out thank-you cards from the wedding. It can really ruin your fun! The good news is they're often easier to fix than most people realize.

### Why A "Brace" Will NEVER Fix Your Wrist!

You don't have to be a rocket scientist to make sense of this. Just think...if your wrist is getting locked up and the muscles are stiffening around the nerve, will a brace—that keeps it from mov-

ing—get it freed up and flexible again? No way! The only good thing about a brace is it keeps you from scrunching up your wrist at night in a bad position.

### Why Injuries Are NOT YOUR FAULT!

Look, it's bad enough you're in pain because of an injury. So don't make it worse by trying to "get by" when you're suffering every day! It was an accident! Don't blame yourself. Just get the right help if you're hurt. Besides...

### Waiting to Get Help Can Spell Disaster!

If you've been injured, don't wait to get help—don't go down with the ship! Call **HealthSource®** today so you don't get worse. Don't keep "toughing" it out! Can you imagine how you'd feel without PAIN every day—where everything is a struggle! What a RELIEF!!

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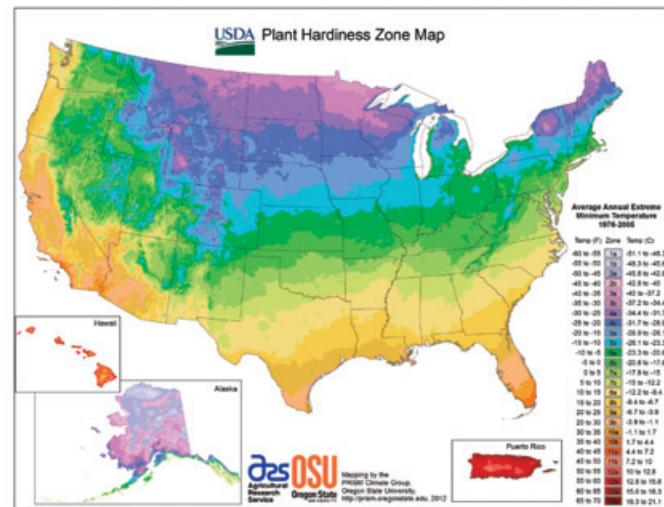
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## Know Your Zone

— By Nancy Fenton

Do you wonder what those numbers on the plants you order and buy mean? The numbers are to give us an idea of the minimum cold temperature, which certain plants can tolerate. In this region of North Texas, we are now in what is called hardiness zone 8. We have been in 7b, but things are "a changing." The scientists at the National Arboretum in cooperation with USDA have tweaked the 2012 map a bit. The specialists don't think it is a result of global warming, but it does reflect a warming trend.

The new map carves up the U.S. into 26 zones based on five-degree temperature increments. Our counties were a good solid 7b where the very coldest day would average between 5 and 10 degrees. Now we are in 8a where the coldest average day will be 10 to 15 degrees. This makes a difference in what we can plant and when we plant it. It will make a large difference if you are ordering plants. Look for zone 8 in the information. I buy lots of bulbs, and a great many will not do well year after year in our warmer alkaline areas, so I look for zones 8 and 9. You can always buy any plant from any zone, but this information can be vital for survival outside a greenhouse. You can get the specific zone information for your ZIP code on the USDA Web site.



Next month, we will talk more about neat Web sites where you can find lots of great information. **NOW**

Nancy Fenton is a Master Gardener.

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# Calendar

## Fridays in July

Uptown Village at Cedar Hill Hosts 5th Annual Jam to Give summer concert series benefiting local nonprofits: 7:00-9:00 p.m. **July 6:** Watusi (reggae) benefiting Duncanville Outreach; **July 13:** Ricki Derek (big band, swing) benefiting Paws for Reflection Ranch; **July 20:** Jonny B. & the Uptown Boys (mix) benefiting Hope Mansion maternity home; **July 27:** Havana NRG!, benefiting Two-Wins Foundation.

## July 2, 16

Summer Wildflower and Bird Walk: 8:30-10:30 a.m., Mockingbird Nature Park. Indian Trail Master Naturalists will lead summer wildflower and bird walks at Mockingbird Nature Park every first and third Monday of July and August. Bring water to drink. Bug spray and sun screen are recommended. Bring binoculars for the bird walks. If it's raining or the weather is threatening, walks for that day will be canceled. Mockingbird Nature Park is located just north of Mockingbird on Onward Road, Midlothian.

## July 3

Rockin' 4th of July: 7:00-10:00 p.m.; fireworks at 9:30 p.m., Big League Dreams, 500 Heritage Parkway South. Free shuttle service from Newsom Stadium, music, family activities and fireworks. For more information, please visit [www.mansfieldsgotgame.com](http://www.mansfieldsgotgame.com).

Josh Weathers Band: 8:00 p.m., Farr Best Theater, 109 N. Main Street. A high-energy, powerhouse band of Texas infused rock and soul. For tickets or information call, (817) 453-1700 or visit [www.farrbest.com](http://www.farrbest.com).

## July 4

15th Annual Crape Myrtle Festival and Parade — Bloomin' & Boomin' Bash: 10:00 a.m. Parade will start at College Street, head west on Main Street and end in Getzendaner Park in Waxahachie.

## July 5

Celebrate Recovery worship service: 6:30 p.m., Chapel at First United Methodist Church Mansfield. Come hear Jon's incredible story and his amazing music. His CDs will be available for purchase. For more information, contact Debbie Black at [debbieb@fmcm.org](mailto:debbieb@fmcm.org).

## July 6, 13, 20, 27

Texas Motorplex Fast Fridays, Ennis: Call

1-800-MOTORPLEX for more information.

## July 9-12

Vacation Bible School — Adventures on Promise Island: 6:00-8:30 p.m., Mansfield Bible Church, 2351 Country Club Drive. VBS Sunday: July 15. No cost; register children 3 years old through completed 5th grade: [www.MBCchurch.com](http://www.MBCchurch.com) or call (817) 473-8980.

## July 13

Live music by Scott & Steve at Steven's Bar and Grill, 223 Depot Street: bluegrass, blues, classic rock, country, easy listening and more. For more information, call (817) 473-8733.

## July 14

Brandon Steadman Band: 9:00 p.m., Fat Daddy's, 781 West Debbie Lane. The Brandon Steadman Band is determined to take the Red Dirt scene by storm. Combining ripping guitars, thumping bass lines and hard-driving rhythms, it is all high energy as soon as they walk on stage. For more information, visit [www.fatdaddyslive.com](http://www.fatdaddyslive.com).

## July 20

Brian Burns and Bob Livingston: 8:00 p.m., Farr Best Theater, 109 Main Street. Texas singer/songwriters. For tickets or more information call (817) 453-1700 or visit [www.farrbest.com](http://www.farrbest.com).

## July 20-21

Ellis County Quilt Show, "Texas Quilt Round-up": To enter a quilt in the show, download an entry form and return it to Jean McKinney at Quilts 'n More, 211 W. Ave. F, or call her at (972) 723-8669 for more information. Quilt take in: **July 18**, Midlothian Conference Center. Quilt appraisals by Denise Bartosh. Appointments will be made with Ragi Marino through the contacts link at [www.elliscountyquilters.com/quiltshows.php](http://www.elliscountyquilters.com/quiltshows.php).

## July 21

American Heart Association First Aid and CPR Class: 10:00 a.m.-3:00 p.m., Baylor Institute for Rehabilitation and Fitness Center, 507 Hwy. 77 N, Suite 700. For more details, call (972) 938-3311.

## July 24

Mansfield ISD School Board meeting: 7:00 p.m., 605 E. Broad Street. See agendas: <http://mansfieldpublic.novusagenda.com>. Call Julie Moye at (817) 299-6382 for more information.

## JULY 2012

## July 26-28

Waxahachie Community Theatre's Showcase Kids Production of *Cinderella and the Substitute Fairy Godmother*; **July 26, 27:** 7:30 p.m.; **July 28:** 2:30 p.m., McCafferty Hall, SAGU, 1200 Sycamore, Waxahachie. Advance tickets: \$8. Tickets at the door: \$10. The venue is not wheelchair accessible. For more information, call (972) 646-1050.

## July 28

Live music by Don Hyrkas at Steven's Bar and Grill, 223 Depot Street. Don Hyrkas sings all the greats: Tony Bennett, Hank Williams, Bobby Vinton, John Denver, Frank Sinatra, Willie and the like! For more information call (817) 473-8733.

## July 29

Hymn sing: 6:00 p.m., Wheatland United Methodist Church, 8000 S. Hampton Rd., Dallas. For more information, call (214) 906-2921 or e-mail [peter.mcnabb@wheatlandumc.org](mailto:peter.mcnabb@wheatlandumc.org).

## Ongoing:

## Second and Fourth Mondays

City Council meetings: 7:00 p.m., City Hall, 1200 E. Broad St. To view meeting details and agendas, visit [www.mansfield.legistar.com/Calendar.aspx](http://www.mansfield.legistar.com/Calendar.aspx).

Kiwanis Mansfield Afternoon Club meetings: 11:30 a.m.-1:30 p.m., Fat Daddy's on Debbie Lane. Call Cheryl Litke at (817) 453-5106.

## Thursdays

Mansfield Sunrise Rotary meetings: 7:00-9:00 a.m., First United Methodist Church, 777 N. Walnut Creek Dr. For more information, call Robert Putman at (817) 453-1616.

## Saturdays

Mansfield Farmers Market: 8:00 a.m.-1:00 p.m., East Broad and Main Street. Potted plants, baked goods, fresh produce, jewelry, clothes, baby clothes, arts & crafts, candies and more. For more information, contact Rex Wenger at (817) 501-6027, Russ Zimmer at (817) 266-2516 or John Cox at (817) 473-8733.

*Submissions are welcome and published as space allows. Send your event details to [jeremy.agor@nowmagazines.com](mailto:jeremy.agor@nowmagazines.com).*

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## In The Kitchen With Janet Wallace

— By Jeremy Agor

Janet Wallace uses cooking as a way to form bonds with her children. "I have used cooking and baking as one of my parenting techniques. With my younger son, it's a great way to study math and reading. With my teenagers, it's a time to be together and talk about life. My daughter, now 21, knew that while having these talks I would use a cooking analogy to represent a challenge that she was facing," she explained.

Janet's mom taught her to cook when she was young, and she has in return taught her daughter. "When my daughter went away to college she became popular for her cooking. Most girls her age couldn't boil water, but her lasagna and red chili enchiladas are out of this world," Janet bragged. **NOW**

### Chocolate Cake

**1 stick butter**  
**1/2 cup Crisco**  
**4 Tbsp. cocoa powder**  
**1 cup water**  
**2 cups sugar**  
**2 cups flour**  
**1/2 cup buttermilk**  
**1 tsp. baking soda**  
**1 tsp. vanilla**  
**1 tsp. cinnamon**  
**2 eggs**

**1.** Boil first 4 ingredients.

**2.** Stir in remaining ingredients. Pour into two prepared round cake pans or a 9x13-inch pan.  
**3.** Bake at 350 F for 35-40 minutes.

### Ultimate Turtle Cheesecake Cupcakes

**2 cups chocolate cookie crumbs**  
**1/4 cup sugar**  
**1/2 cup butter melted**  
**7 large eggs**  
**4 8-oz. packages cream cheese, softened**  
**1 3/4 cups sugar**

### 2 tsp. vanilla

- 1.** Stir together first 3 ingredients, press into bottom of 24 cupcake liners in a cupcake pan. (I use aluminum not paper liners.). Chill 1 hour.
- 2.** Beat eggs at medium speed with electric mixer. Add cream cheese; beat until blended.
- 3.** Gradually add sugar, beating well. Stir in vanilla. Spoon batter onto chilled crust.
- 4.** Bake at 350 F for 20 minutes, cool on wire rack in cupcake pan.
- 5.** When completely cooled, spread with chocolate sauce, chopped pecans and drizzle with caramel sauce. (Use other toppings such as strawberries if desired). Keep refrigerated.

### Egg Casserole

**6 slices bread, cubed**  
**1 lb. sausage, browned, drained**  
**1 1/2 cups Cheddar cheese, shredded**  
**8 eggs, beaten**  
**2 cups milk**  
**1 tsp. salt**  
**Pepper to taste**

- 1.** Place cubed bread evenly in greased 9x13-inch pan or baking dish.
- 2.** Sprinkle evenly with sausage and cheese.
- 3.** Mix eggs, milk, salt and pepper. Pour over ingredients in pan. May cover and chill overnight.
- 4.** Remove from refrigerator 15 minutes before baking. Bake at 325 F for 45 minutes or until set. Cut into squares to serve.

### Chili Dog Casserole

**8 hot dog buns**  
**8 hot dogs**  
**1 15-oz. can chili**  
**1/4 cup onion, chopped**  
**1 Tbsp. prepared mustard**  
**2 cups cheddar cheese, shredded**

- 1.** Preheat oven to 350 F.
- 2.** Lightly grease a 9x13-inch baking dish. Tear up the hot dog buns and arrange the pieces in the bottom of the dish evenly. Slice the hot dogs into bite size pieces and layer the pieces over the buns.
- 3.** Pour the chili over the hot dogs, sprinkle with the chopped onion; spread some mustard over the chili and the onion. Top with cheese.
- 4.** Bake for 30 minutes.

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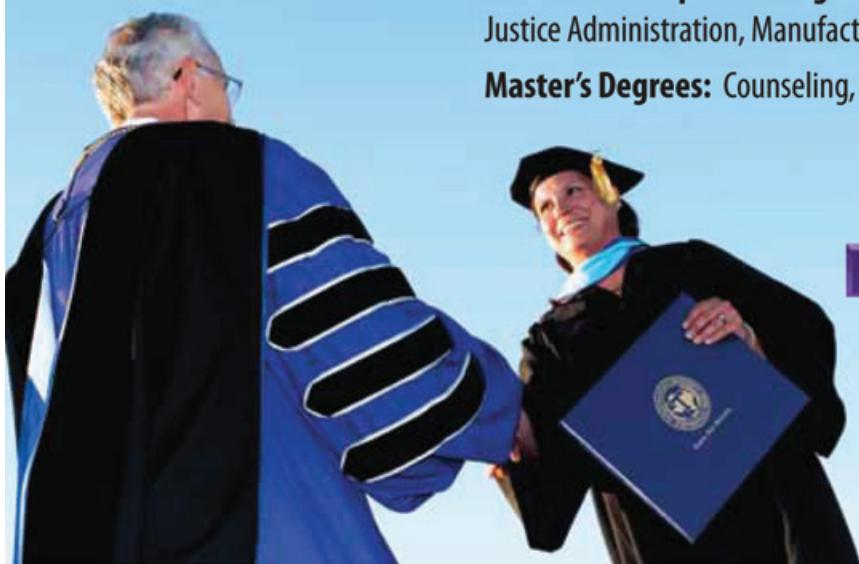
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