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## **The recipe of life**

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Curiosity got the best of me this week, so I decided to make the 100-mile trip to Dallas with other Salvation Army board members to learn how to make bread.

Part of the reason for my interest was because our instructor was renown caterer Eddie Deen, and the other part was because Deen uses his recipe for making bread as a correlation for living a life that is beneficial.

Also Deen had invited board members to visit with him at his business, Eddie Deen's Ranch, before he traveled to Paris to be the speaker for the Salvation Army's banquet Nov. 9.

Deen has been a caterer for George W. Bush as governor and president. For Bush's inauguration as governor, Deen catered 14,000 guests in 45 minutes, and for Bush's presidential inauguration, Deen fed 15,500 guests in 38 minutes, and followed that up with feeding 22,000 people at the inaugural balls.

It was obvious the guy knew how to feed a lot of people, but what could he share about living a beneficial life? The message we heard in three hours is one that Deen has shared at various times with major corporations, and on a weekly basis with parolees at a nearby homeless shelter.

In describing the influences that govern bread making, Deen opened with "Yeast is a living one cell organism that enters the endosperm of the flour. It needs sugar for energy, oil for elasticity, salt as a stabilizer, eggs for structure, and H2O at 115 degrees Fahrenheit as an activator. The yeast will take in oxygen and release carbon dioxide during metabolism thus causing the dough to rise."

As we slowly poured each ingredient together in a mixing bowl, Deen would stress that in order to make good bread you have to follow the right principles, which is like life — to have one that is beneficial, you need to practice good principles.

The seven principles that the 47 year-old Wills Point native and Texas A&M graduate shared with us were: Responsibility — don't blame others; Purpose — be beneficial to others; Integrity — walk the walk; Respect — how we deal with other people; Communication; Cooperation — work together with others; and Study — always keep learning.

Deen mentioned the Bible and Benjamin Franklin as two of the contributors to these beliefs.

"These principles are the recipe of life," Deen said. "These are the fundamental principles that govern everything."

Deen shared that there are Bible scriptures that validate each point, and he believes strongly that if you're beneficial to others you'll be beneficial to God.

I'm glad Deen plans on writing a book "A Need To Rise" as my pen could not transcribe fast enough the many points and illustrations he gave regarding living a beneficial life during the short time we visited with him.

I'll have the opportunity to hear him again as Deen makes his third trip to Paris this year for The Salvation Army banquet. On Oct. 2, he'll cater the St. Joseph's Foundation gala, but his most special visit was a few months ago to Paris Regional Medical Center, where his wife gave birth to their son, Elijah.

I'm sure it's is a story he'll share at the banquet along with playing the piano and preparing the food.

It looks like all the ingredients are there for the makings of a great evening.