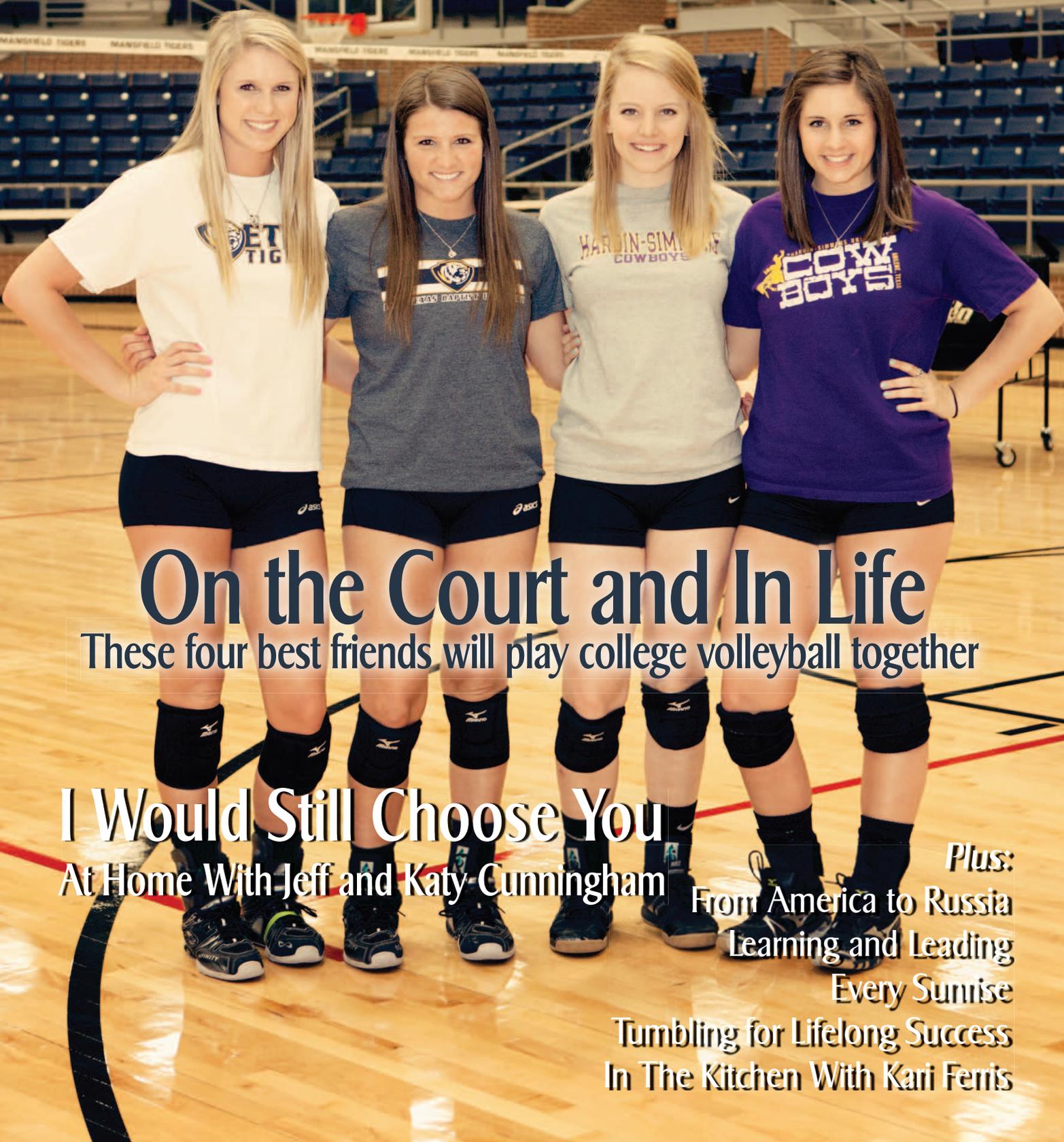


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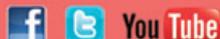
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### ON THE COVER



These high school seniors know they will stay best friends.

Photo by Vanessa Polozola.

# CONTENTS

May 2013 • Volume 8, Issue 5



## 8

### On the Court and In Life

These senior high school students have played together since middle school.

## 18

### From America to Russia

Americans are assisting Russian students to help Russian orphans.

## 28

### I Would Still Choose You

At Home With Jeff and Katy Cunningham.

## 34

### Learning and Leading

John Boyett manages a menagerie, welds art and has developed some future plans.

## 42

### Every Sunrise

DJ Swinyar exudes wisdom, energy and attitude.



## 18



## 34

58 BusinessNOW

62 FinanceNOW

68 CookingNOW

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## Editor's Note

Dear Friends,

The finish line is so close. It's almost summer time! If you haven't already, it's time to bust out your bathing suits and sunscreen.

The city of Mansfield will be hosting several fun activities for you and your family all throughout the month of May with their Night on the Town events. Every Saturday night, come out to Town Park and enjoy a kid-friendly movie and special activity. And if you'd like to go on a camping trip, but don't want the

drive or the hassle, the city will be hosting a Camp Out in the City on May 24 at the Mansfield Sports Center.

Of course, remember your mother this month for Mother's Day on May 12! I know my mom has sacrificed much for me. She deserves some mouth-watering chocolate and a big hug!

What are your plans to bring in the summer season?

# Mikaela

Mikaela Mathews  
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# On The Court AND IN





— By Mikaela Mathews

*These four best friends never thought this would happen in their wildest dreams. No longer will they be cheering each other on from the sidelines. Now, with their collegiate volleyball careers in front of them, they'll be seeing each other from across the court.*

Karis Cullen, Mallory Sanders, Lauren Wish and Morgan Rupp, seniors at Mansfield High School, have played volleyball together for as long as they can remember. "I've been playing since I was so young that it's like a part of me," Karis explained. "Volleyball is the thing that I look forward to."

Karis' mom coached her in volleyball and soccer from a young age. Karis had played soccer for nine years until she had to make a decision to choose which sport

**"We have something in common, so there is always something to talk about. You always make time for people you care about."**

she preferred. "I quit soccer and chose volleyball," she smiled. "I'm glad that I made that choice."

The other girls had similar experiences. Mallory explained, "I had to choose between volleyball and basketball. I chose volleyball because of my friendships and the passion for the sport."

Throughout their middle school and high school years, the girls grew closer to each other and to their teammates. "Volleyball is where I made all of my

memories and my high school friends. Without that, I don't know if I would have any friends," Lauren joked. The girls remember their school years marked with countless volleyball practices and tournaments that built their team closer. "It's such a team sport," Mallory said. "You can't win with one player; you have to win with six people."

The girls remember one trip to San Marcos when Karis couldn't come.



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“We wrote Karis’ number, 19, on our hands and sent her pictures to keep her updated,” Morgan remembered. “We even made a stick figure with Karis’ head on it and put it on the bench so she was still with us.”

In order to raise money for their tournaments, the volleyball girls also had to coordinate an annual event called Tiger Fest where a team of volunteer guys play and the girls coach. “The guys get really into it,” Karis laughed. “They wear shirts and bandanas. We raised around \$3,000 last year.”



Throughout the years, the girls' hard work paid off with numerous district awards and college commitments. Ironically enough, both Karis and Lauren committed to the Hardin-Simmons University team while Morgan and Mallory made the same commitment to East Texas Baptist University (ETBU). "It's really cool that we're all best friends, and we'll be playing with and against each other," Mallory smiled.

The girls are looking forward to this dynamic. "We're going to be seeing each other from across the court instead of on the same side," Lauren described. But the girls don't believe this will affect their friendships. "We have



something in common, so there is always something to talk about. You always make time for people you care about," Lauren continued.

All of the girls went through a recruiting process before committing to their schools. "What really got me about ETBU was the coach," Mallory explained. "She's a good person, and she's always going to be there for me."

Lauren expressed a similar sentiment with Hardin-Simmons. "The coach was really cool, and the team was inviting."

Although the girls are looking forward

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to their collegiate careers, they also know the challenges that lie ahead. “Since it’s a D3 (Division 3) school, they can only make us start practicing a week or two before school starts,” Mallory explained. “Then, we start tournaments that next week. The beginning is going to be rough for all of us. I think we’re going to be calling each other, asking, ‘Are y’all dying as much as we are?’”

Both Mallory and Morgan will be taking the spots of players leaving ETBU, so they will get to see ample court time. “We’re going to have to prove ourselves,” Morgan said. Meanwhile, Karis and Lauren will be substitutes for the senior players at Hardin-Simmons. “It’s going to be a good learning experience to shadow them and see what it means to be a Hardin-Simmons player,” Lauren described.

Throughout the years, the girls have learned a number of valuable lessons from the sport. “You have to learn people and communication skills, and that’s really helped me in life,” Morgan explained.

Karis agreed and added, “During volleyball season, you have to be able to keep your grades up and help your teammates. If one person is down, it can affect the entire game.”

Lauren also appreciates the life lessons that volleyball has taught her. “It really does build character. You can’t be selfish all the time. If you have the worst mental attitude, you will lose the game. You have to work on the court, as well as in life.”

Mallory has learned time management in her time playing volleyball. “You have to have a schedule and learn that you have to do homework at a certain time because you have a tournament tomorrow.”

These characteristics shine through in their academics too. Collectively, the girls amassed over \$100,000 in academic scholarships. All of the girls were also



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At his South Arlington office, each patient receives the staff's signature individualized treatment. "I love the science of orthodontics and keeping up with all of the new advances for treatments available. But the thing that matters most when I create a treatment plan is doing what works best for the specific individual: for their needs and lifestyle." He believes the goal of his office is to help patients improve their confidence, appearance and dental function as they work to craft beautiful smiles, one patient at a time.

Dr. Jergensen is an Arlington resident and is actively involved in the community. He regularly volunteers at his church, kids' schools, and in the city's dental charities: Mission Arlington and Dental Health Arlington. Outside of the office and practice, Dr. Jergensen loves spending time with his college sweetheart and wife, Sandra, and their two children.



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heavily involved in school organizations and in the community. Both Mallory and Morgan would volunteer their time at a nursing home, painting nails or talking with the residents. Karis often volunteered her time for her church, and Lauren gave up many Thursdays in her summer to feed the hungry.

The four best friends also believe in giving back to the younger volleyball players. "I used to go watch the varsity volleyball girls play when I was little. I wanted to be them someday. We're those girls now to the younger girls," Lauren described.

This summer, both Karis and Lauren will be going to Hardin-Simmons to help run the volleyball camp that inspired them to commit to the college. "We get to be coaches and to stay with the team in the dorms," Karis smiled. "That's the camp we went to, and we get to help the younger girls experience that."

Each girl has high hopes and potential for after college as well. Karis will be majoring in either elementary or special education; Lauren, in business administration; Mallory, in kinesiology; and Morgan, in biology. Each girl has different career paths, but one thing that they will keep is volleyball. "I never want volleyball to leave my life, because it is my life," Mallory laughed.

No matter what journey the girls take after college, one thing they know for certain. "We have each other. I know they're going to be there for me," Lauren explained. "They're life-long friends. I'm not going to lose that." **NOW**

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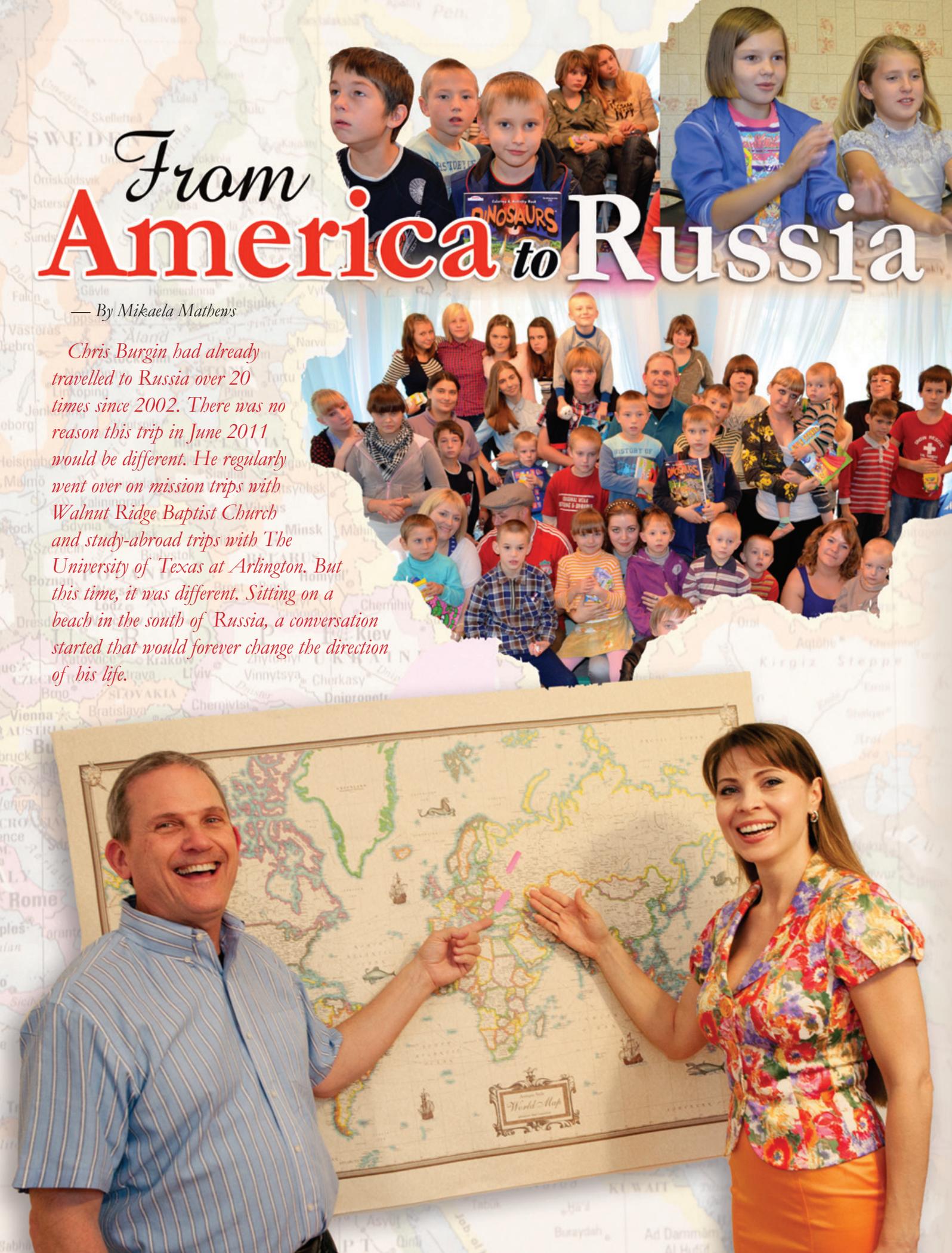
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# From America to Russia

— By Mikaela Mathens

*Chris Burgin had already travelled to Russia over 20 times since 2002. There was no reason this trip in June 2011 would be different. He regularly went over on mission trips with Walnut Ridge Baptist Church and study-abroad trips with The University of Texas at Arlington. But this time, it was different. Sitting on a beach in the south of Russia, a conversation started that would forever change the direction of his life.*



“How can we help the Russian orphans?” Chris asked. The owners of the hotel where Chris and the other travelers stayed spurred the conversation. Dr. Tatiana Beava, the senior Russian lecturer at UTA, who also attended the trip, explained how impressed she was with the priest, the owner of the hotel. “We were staying in a place right on the beach, which was built by a Russian priest. Both he and his wife adopted 70 orphans,” she exclaimed. “They are the biggest family in Russia!”

Seeing the actions of the priest encouraged Chris and the other professors to wonder how they too could help. “I think, for quite some time, I had wanted to help the Russian people somehow,” Chris explained. He decided

**“The students learn a lot about the Russian culture, language and hospitality.”**



to follow through on that desire and started an organization called Allies in Youth Development to partner with Russian university students to empower them to help Russian orphans.

The process of starting the program began almost immediately after Chris returned home. “We had begun to go through the paperwork to form a corporation and a charity, which is quite

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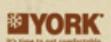
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a daunting task," Chris said. But, Chris was committed enough that he submitted his resignation letter soon after returning home. "It was just the right time. I knew I could do other work too to make ends meet," he laughed.

Chris and his wife, Robin, knew this was the right decision to make. Doors started opening with two professors in Russia coming on board and Dr. Baeva agreeing to be the director of Russian operations. "We're not taking American programs over there," Chris described. "We have ideas, but we never go in and say you have to do it our way. We want them to figure out what the solutions are, and we will help them with those solutions."

Conditions for many orphans are dire. Many of them have trust issues. "The orphans look at you with suspicion at first because they think that you are bringing more pain into their life," Dr. Baeva explained. "They are very distrustful, and we have to change that." In addition, once orphans turn 18 and graduate out of the orphanages, many of them turn to crime and drugs. Allies works to foresee these problems and prepare the orphans for their lives after the orphanage. They have found the greatest resource to do this is through Russian university students.



“We are teaching students to become brothers and sisters to these kids to gain trust,” Dr. Baeva described. Right now



the university students who work with Allies are enrolled at Russia State Social University, which allows the students to gain class credit for working with the children.

Birthday parties are a starting point for university students to express care for the orphans. “If students go there

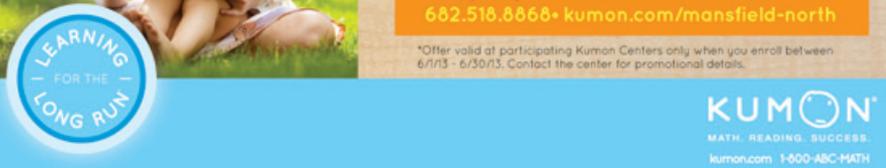


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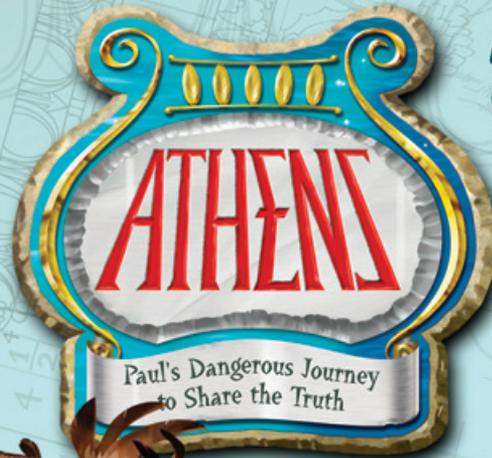


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with something nice, with open hearts, to come and celebrate the kids' birthdays, then they can become friends," Dr. Beava smiled. In addition to birthday parties, university students and the Russian staff



members work with orphans to learn basic life skills, such as medical care, how to rent an apartment, how to go to the doctor and their basic rights as citizens.

Last year, Allies delivered 2,000 pounds of new and used clothing along with basic necessities. Their hope is to provide 1,200 orphans essential care items by the year 2015. These include toothbrushes, toothpaste, shirts, pants,



(L to R): Jonathan Clark and his wife, Dr. Tatiana Baeva, pose with Chris and Robin Burgin.

underwear and other items. Allies has devised collection points in various places around the U.S. in order to gather items for the children.

One of the children who benefitted from the clothing was a young boy found in a train station. No one knew his name or age, so the orphanage named him Dimitri and gave him an estimated age. When Allies donated the clothing, the orphans specifically picked a Longhorn-

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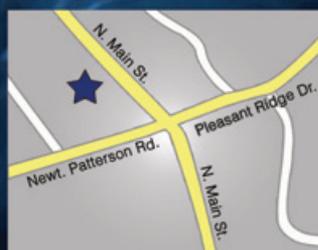
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orange University of Texas shirt that would fit him. "He wore it so proudly," Dr. Baeva laughed. "We all said to him, 'Look in the mirror! You look like a Texas hero!'"

Chris intends on continuing his trips to Russia and bringing American students with him. The American students are able to meet Russian university students, joining the work they are doing in the orphanages. "The students learn a lot about the Russian culture, language and hospitality. They are changing and bringing something new back to their own culture," Dr. Baeva explained.

The Russian and American students also enjoy getting to know each other on the trips. On last year's visit, the students played a game with the orphans by lining up and asking the orphans to guess who was American and who was Russian. "Most of the time, the orphans would guess Russian to the American students," Dr. Baeva laughed.

Dr. Baeva, a native Russian, believes in the importance of traveling abroad. She has lived in the United States since 2005 and learned the English language as a British English professor. She is fluent in Russian, Ukrainian and English; wrote her dissertation in Czech; and picked up French and Italian for fun. "I love learning about cultures and languages because they change you." She and her husband, Jonathan, a quality engineer at Healthpoint, decided to live in Mansfield because of its wonderful school districts.

Both Chris and Dr. Baeva also hope to encourage Americans to travel abroad. "I would love for more Americans to go abroad. The trips change them," Dr. Baeva described.

Chris agreed, explaining the importance of understanding other cultures. "The Russia you see on the news and on TV isn't the real Russia you experience when you are there," he said.

Allies also hopes to inspire more people to enact change. "Every day that we can help, we encourage people to join us," Dr. Baeva described. "Some people put off good deeds until tomorrow, but tomorrow can come, and you won't be able to do what you could do today." **NOW**

*Editor's note: Please visit [www.AlliesInYouthDevelopment.org](http://www.AlliesInYouthDevelopment.org) for more information or to become involved.*



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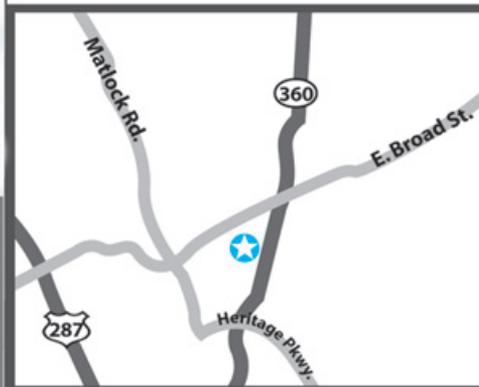


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## AT HOME WITH JEFF & KATY CUNNINGHAM

By Carolyn Wills

*Jeff and Katy Cunningham grew up in the Houston area and attended the same high school. In their senior year, Katy asked Jeff to be her date to homecoming, and that date became the first of many. They continued to see each other as Jeff graduated from Sam Houston State University in Huntsville and Katy finished at Texas A&M University in College Station. They were married on July 16, 2005.*

Years later, in 2010, Jeff and Katy celebrated another homecoming. That was the year they built their home in Mansfield, the year they discovered the most wonderful neighborhood within walking distance of the planned Judy Miller Elementary School, the new Lake Ridge High School and a mere stone's throw from Mansfield ISD's Sports Complex. That year they found the perfect location — a large lot backed by ranchland with grazing longhorns, llama and donkeys. "We fell in love with the view," Katy smiled. "The kitchen, living room and master bedroom all look out across the pastures."

When construction was complete, Jeff, Katy, their 2 year old son and yellow Lab, Dixie, moved into their five-bedroom, 3,100-square-foot home. "That was in March 2010, and our second son was born in September," Katy said. "It was a busy year!"

Busy yes, but activity and accomplishments are very much the norm for Jeff and Katy. Shortly after they married, they moved to Fort Worth, and Jeff discovered his passion for police work. Today he is part of the Fort Worth Police Department Special Weapons, Arms and Tactics (SWAT) unit. "He's really good at what he does and he loves it," Katy said.

Meanwhile, Katy is a member of Mansfield's Early Childhood Parent Teacher Association (PTA) and owner of an afterschool learning center. "My degree is in elementary education, and I wanted a job that would allow me to have kids and a career," she said. "In high school, I worked part time at Kumon Math and Reading Center, so I was familiar with their program. I looked into buying a franchise and found that Mansfield was the ideal location. So I opened my center in June 2008. That was another busy year!"

The soon arrival of their third child will provide yet another homecoming for Jeff and Katy. "Our daughter will be born this month," Jeff smiled. "I guess that will make 2013 a busy year, too."

Somehow, despite the realities of family, careers and schedules, Jeff and Katy's home exudes a remarkable sense of calm, style and comfort. On one hand, it's a family home with whimsical children's bedrooms and an upstairs toy room. On the other hand, it's a showplace with finely applied details, formal dining room and a beautifully

tilled and sculpted rotunda. "We liked this floor plan for a lot of reasons," Jeff said. "Most of the bedrooms are on the main floor, and the kitchen, breakfast and living areas are open. Having a three-car garage is also a plus."

Surprising little alcoves, the sculpted rotunda, the warmth of a grand fireplace and abundant windows are a few of the home's unique details, but much of what makes the space so special is the result of Katy's eye for color and balance. Variations of a paint color called Blue Willow highlight many of the architectural features while soft traditional furnishings blend happily with creative antiques, iron scrolls and collectibles. "I love repurposing vintage furniture," she said. "We also have some family heirlooms, like my grandmother Mimi's wing-backed chairs, which originally belonged to her great-grandmother. Those chairs and my Mimi's wedding photo with the chairs in the background are in our dining room."

The kitchen, breakfast area and living room are family-friendly and gorgeous, another reflection of Katy's



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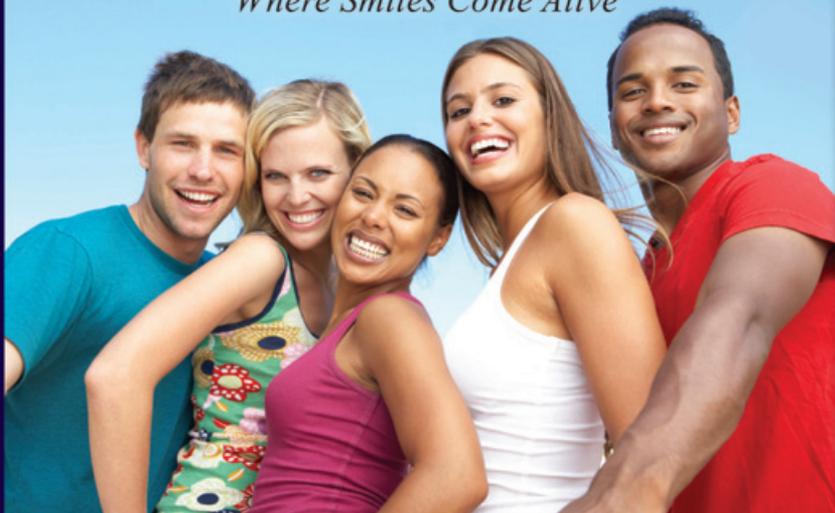
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organizational skill. The cheerful kitchen combines substance and utility with cherry-stained cabinets, granite countertops and a family-sized island. "I try to be organized," she smiled. "It's important to have a place for things, so we've made the upstairs living area the kids' toy room. Most of our family time is spent downstairs in the kitchen and living room, and since we entertain quite a bit, we also use the formal dining room."

The guest bedroom, bathroom and large toy room are upstairs. The children's bedrooms and master suite are downstairs. "Our master bedroom is probably my favorite room," Katy said. "It's peaceful and spacious. There's room for an extra cradle for our newest addition, and the views of the pastures



from the six-paneled bay window are wonderful.” The master suite also features an elegant sun-filled en suite.

The children’s bedrooms are located on the side of the house opposite from the master suite, and it’s easy to identify who goes where. The baby’s soft pink room is a little girl’s dream. A row of tiny tutus serves as wall art and a little stand of ruffled headbands accessorize the tallest dresser. “Her dressers belonged to my great aunt,” Katy said. “My plan is to paint them a chalky pink.”

The oldest boy’s room is all about barns and horses. “The children’s aunt raises horses, and he loves the Western theme,” Katy explained. “Jeff’s dad made his huge barn-loft bed, and then we painted a barn mural on one wall.”

The youngest boy’s room is filled with fire trucks and police cars and all kinds of four-wheeled toys. In fact, he sleeps in a fire truck bed. “Both of the boys are all-boy,” Katy grinned. “They get lots of police-related toys since their dad is a policeman. They’re also really active and love to be outside.” For now, outside activities are mostly confined to the backyard with Dixie. When the children are older, though, Jeff and Katy look forward to family camping, hiking and biking trips. “We have three bicycles in the garage now and have enjoyed riding around the neighborhood,” Jeff said. “There’s also a neighborhood pool.”

“We added a concrete patio to the backyard,” Katy said. “Our yard slopes, so it’s nice to sit outside and watch the longhorns graze or the llamas play. On the Fourth of July, we can see the Mansfield fireworks display.”

This coming July, Jeff and Katy will celebrate their eighth wedding anniversary. From that first high school homecoming, they have graduated to some pretty significant homecomings. They’ve welcomed two sons, and soon, a precious new daughter, a beautiful home, two important careers, great family, friends and faith. Among the art in their home is a framed quote and, as Jeff and Katy continue to celebrate homecomings, these words ring true: “If I could choose again, I would still choose you.” **NOW**



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# Learning and Leading

— By Jeremy Agor

*Many stories in the comics and on television feature a child coming home, small animal in tow, and saying in a cute voice, "Can I keep him?" John Boyett, a senior at Frontier High School and vice president of the Mansfield Future Farmers of America (FFA) chapter, is the personification of that child, and he has compiled a menagerie of several different species. "I usually ask my parents first before I bring an animal home, although I brought home a chicken and a lamb without permission. I've basically started a farm. I have so many animals now that my mom gets mad at me when I ask if I can have another," John said with a grin.*



John got his first animal, a chicken, his freshman year in high school. A friend graduated early, and she didn't have anywhere to keep the chicken, so she gave it to John. Later, a friend could no longer care for his horse and gave it to John. In addition to those acquisitions, he bought a Dorper ewe from some people who treated her like a barn dog. That ewe recently gave birth to a lamb, adding to his livestock. He adopted a donkey from the same people who sold him the sheep, but it was mean, so he got rid of it. He also has ducks, a goat and a Brahman heifer. His most unique animal is a llama, which he travelled to East Texas to purchase.

"I got a llama because I wanted one," he explained. "The breeder I bought mine from had about 40 of them. That's not many when you're talking about cattle, but it sounds weird when you're talking about llamas."

John had always wanted to raise livestock, and getting involved in FFA allowed him to do so. He likes raising cattle best, because they are big but don't require a lot of extra attention. John maintains horses are the hardest, because they require more attention and have to



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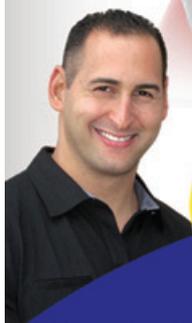
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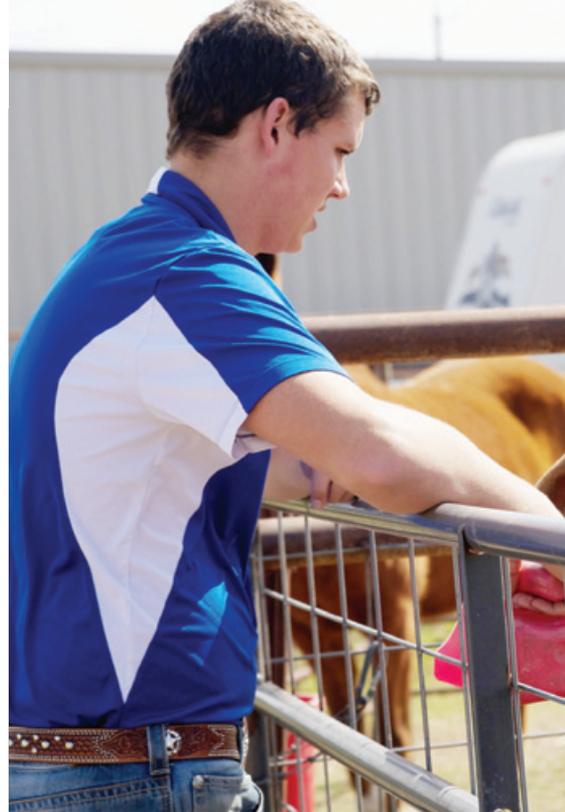
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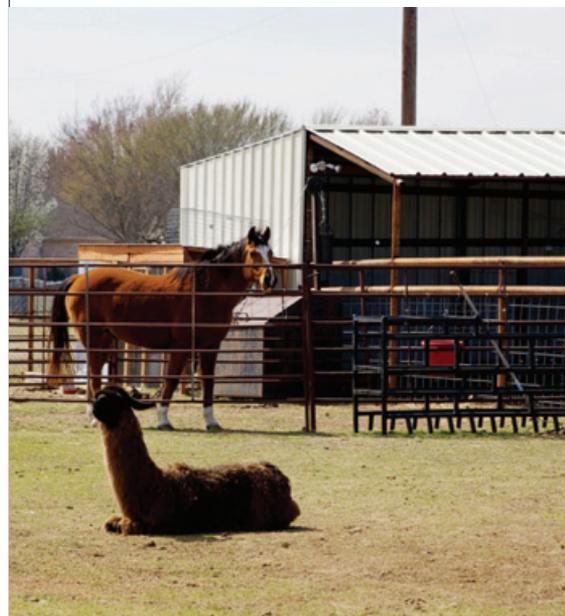
Owner-Juan



be saddled and ridden regularly. He has learned a lot about relationships from his animals.

"My animals have big personalities, probably more than most humans. They change by day, temperature and species. It's interesting watching how each different species reacts to something," John said.

Housing all of his animals became a challenge because, although his family



lives on an acre of land, they did not have a barn or anything before he started bringing livestock home. That



changed quickly when his parents, Brad and Stefany, realized that John had an obsession. Brad agreed to build a barn, and he and John put the whole structure up themselves. They have also replaced a chain link fence with a pipe fence to keep the cow from knocking it down.

“My dad was for building a barn because he figured I’d end up getting a bunch of animals, and there is no place else to put them at our house. Since we have land, I thought I’d keep the agriculture barn at Ben Barber available for people who don’t, because if you don’t have land available to you, you don’t have much choice but to use the ag barn,” John said. “It took us six months of weekends to build, but it was fun. That’s how I learned



to weld. You have plenty of time to talk, but you get so into what you’re doing that you end up being pretty quiet.”

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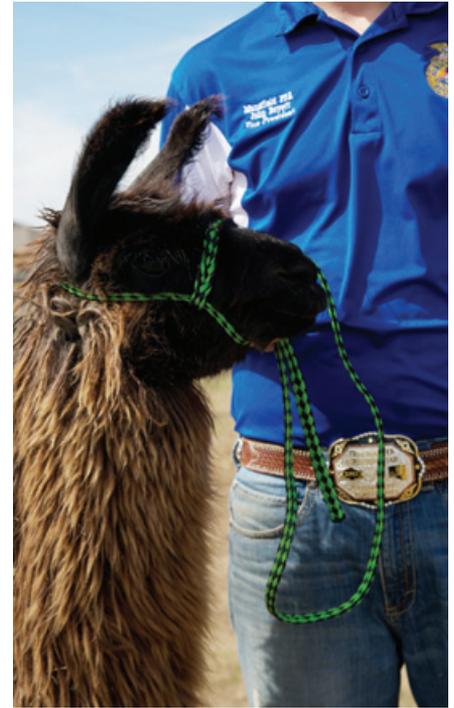
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Learning to weld has served John well away from his construction projects. He takes orders and sells items, mostly custom horseshoe art like crosses, Christmas trees and wreaths. He also has a knack for woodworking, and a lamp he made won reserve champion honors at the county FFA show. His experience came in handy when he was pursuing the FFA's Lonestar Award, because he had to



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The \$1,000 requirement can be completed through selling livestock or art pieces, or it can be earned through investing in yourself, such as the cost of a welding machine. John did little jobs to reach his goal and also put what little he has gotten from his livestock back into it, too. "Whatever I do, welding or livestock, it always goes back into it. It's fun. It's what I like to do," he admitted.

John's involvement in FFA has changed him since he started four years ago. He points to the leadership component as the area in which he has learned the most. "When I first started, I wasn't very social and didn't like getting up in front of people, but now I don't mind. My freshman year I was looking at the seniors and thinking I'd never be that



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*Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche, and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.*

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involved in FFA, but now here I am,” John said.

As vice president, John developed the chapter’s program of activities and also helped the other officers and advisors to coordinate their activities. John has also become a leader for other, younger members. “I was visiting a class one day, and there was a girl I knew who had a project where she had to greet someone and shake their hand. She was really nervous about shaking hands, so I walked up to her, shook her hand and said, ‘I’m John,’ so she’d see that it’s not that difficult,” he explained.

In addition to the personal and chapter benefits, John is also involved in the FFA’s community service activities. Each year, the chapter volunteers at the Salvation Army sorting toys for the Toys for Tots program, and chapter members clean the side of the road in front of Ben Barber. They have also done a teddy bear drive for Cook



Children’s Hospital. One of the most enjoyable experiences was the school’s Cinderella pageant, a reverse beauty pageant that raises money for Scottish Rite Hospital in Dallas. “It was fun! You have to wear three different outfits — formal, pajama and casual — and answer questions, just like a regular beauty pageant,” John said. “I won Mr. Cinderella.”

In the fall, John plans to attend Tarleton State University to begin earning a degree in agricultural education thanks to the inspiration of his ag teacher, Vicki Coonrod. After graduation, he would like to be a teacher and run a small livestock operation with about 30 head of cattle, while pursuing his art career on the side. Whether in the barn, in the classroom or in his shop, he will more than likely inspire a new generation of agriculture students. **NOW**

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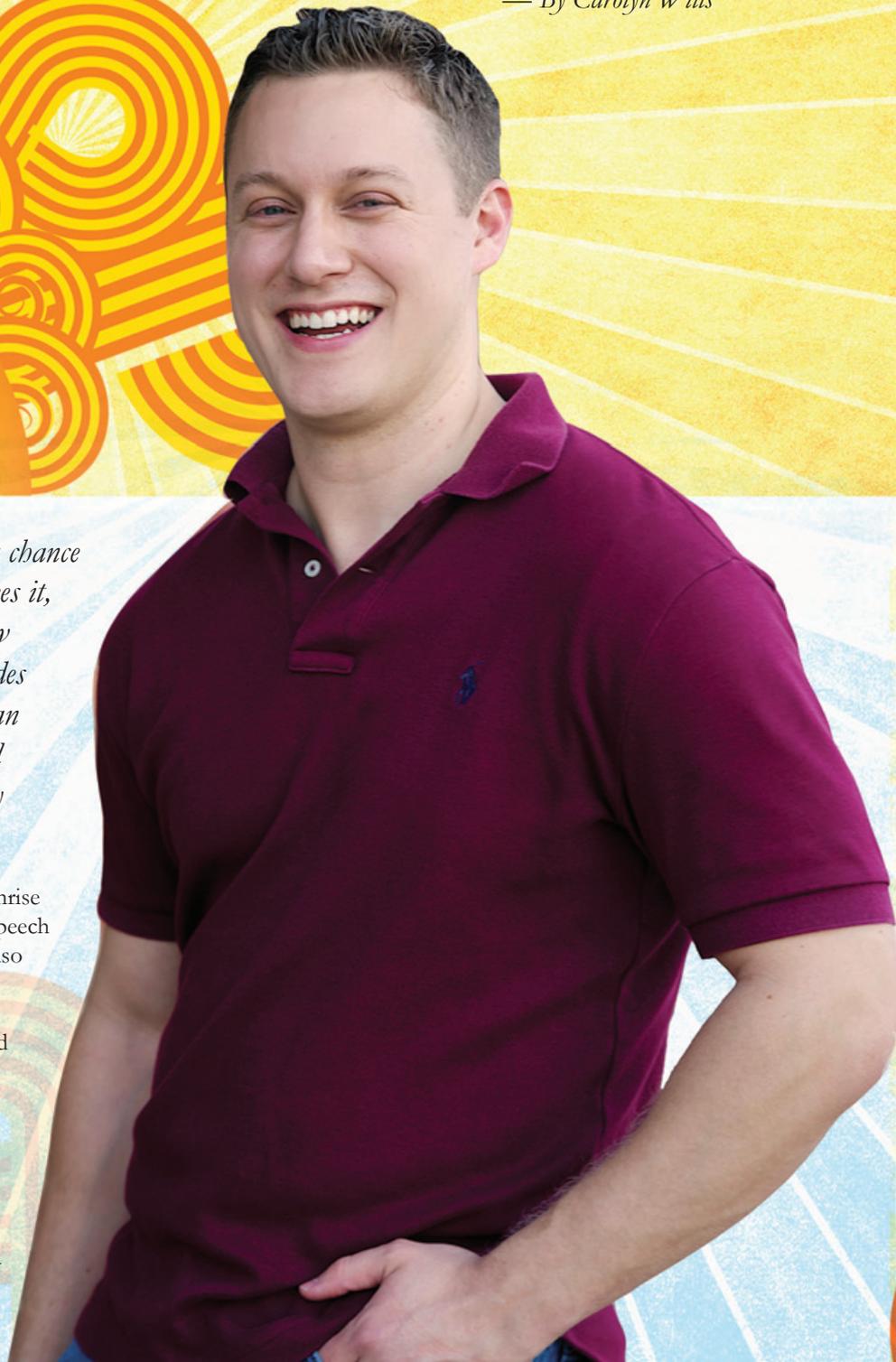
# Every Sunrise

— By Carolyn Wills

*Every sunrise in DJ Swinyar's life is a chance to live with purpose. That's the way he sees it, and once you meet him, you quickly know he means it. This young man of 26 exudes wisdom beyond his years, more energy than most individuals and an attitude of total possibility. He's also good at telling funny stories, especially about himself.*

Within four months of joining Mansfield's Sunrise Toastmasters, DJ not only won the Humorous Speech Contest at club, area and division levels, but he also managed to take home the district trophy. "We presented five- to seven-minute speeches about something humorous," he smiled. "I remembered a time when I had signed up for a college horticulture class thinking it was about horses, and that seemed a good place to start."

He joined Toastmasters International to get better at motivational speaking. "I've heard the No. 1 fear in life is public speaking, meaning



more people would rather be in the casket than in front of an audience,” he grinned. “That’s not how it is for me.” When he was only 2 years old, he was with his parents on a boat tour of San Antonio’s River Walk. DJ stood by the boatman and talked to the audience throughout the entire tour. “I think I was meant to be a speaker,” he smiled. “Toastmasters is my Monday morning commitment, and I can never repay the club for the experience and friendships it’s given me.”

So, what motivates him to be a better speaker? “Zig Ziglar was the first motivational speaker I ever heard, and he’s the reason I want to be better,” DJ said. “I was lucky to find my passion early. Actually, I discovered it by accident.

At the age of 16, he became determined to channel his strengths into a life that would encourage others.

I was in school at Burton Adventist Academy in Arlington when I learned I was making a C in Mrs. Belz’s Bible class. If it had been any other class, my parents wouldn’t have cared, but I knew they wouldn’t have been happy about this. Panicked and half-jokingly, I asked Mrs. Belz if I could preach a sermon for extra credit. She said, ‘OK, be ready by the next class.’”

Interestingly, two influences in DJ’s youth were his grandfather and Mrs. Belz.

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“My grandpa was a pastor and school principal,” he said. “He was a dynamic speaker who treated everyone with love and respect. We were so close that, in a crowded room, it would still feel like it was just him and me.”

By Mrs. Belz’s next class, DJ was prepared to preach about what it takes to live a good life. “To that point, I hadn’t really been good at anything,” he

**“It hasn’t been easy and, at times, I’ve had every reason to give up, but I’ve stayed with it.”**

confessed. “I’m very ADD, and with Attention Deficit Disorder, it can be a struggle to focus.”

While preparing his sermon, he was struck by the importance of living with purpose and how passionate people seem to tap into an unlimited source of energy. “Suddenly I no longer wanted to be the one most likely to be living at home until I die,” he smiled. “I began to understand that, when used correctly, ADD can be a



powerful tool. I started to see it as a gift rather than a burden and to realize that my core motivator is to help people find health and happiness.”

At the age of 16, he became determined to channel his strengths into a life that would encourage others. “I Googled the best careers for people with Attention

Deficit Disorder,” he said. “The one that caught my eye was stock broker/investor.” Already passionate about trading, his plan was now clear. By



successfully combining public speaking and trading, he could demonstrate the power of purpose, help others find passion, provide a way for them to make money safely and encourage futures filled with quality and possibility.

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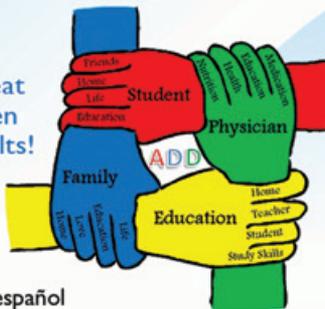
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high school. He did. He went on to study biology and psychology at Texas A&M University and, today, he is working toward a master's degree in psychology at Dallas Baptist University. "I've been trading in the stock market for the last eight years and have built about 12 different systems in search of the one that works best. It hasn't been easy and, at times, I've had every reason to give up, but I've stayed with it."

Today, DJ is developing a line of software for a whole new trading system based, not so much on the "buy and hold" process which is common to the

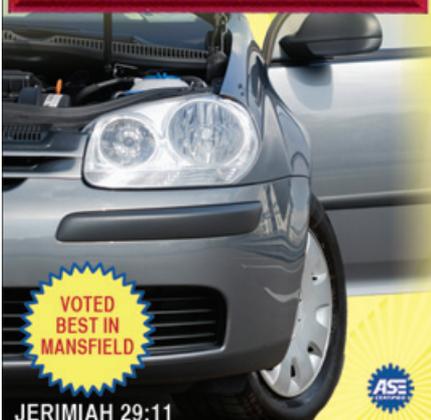


marketplace, but on what he calls the psychology of the charts. "My future is definitely in public speaking and stock/option trading," he said. "I watch the stock market throughout the day and, when the software is ready, I plan to expand and ideally establish a hedge or mutual fund. My main focus continues to be motivational speaking, though, and I am blessed to have the opportunity to merge two passions."

He also has a third passion. DJ met Jenny when they were students at Texas A&M University, and they've now been married for over a year and a half. "We became great friends for the first two

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years as we dated," he smiled, "then we married and moved to Mansfield. I feel blessed to have married my best friend. Jenny is an accountant and 100-percent supportive and excited about our future. We want to have kids someday. Mansfield is a great place to raise a family and to work, so I see us building a home and opening an office."

DJ's father, Dan, is a licensed nursing facility administrator and his mother, Rose, is a registered nurse. "Since I was 9 and my sister, Amy, was 4, our parents



have owned an assisted living facility. When I was 13, they bought six acres between Burleson and Mansfield so we could live on the same property as the business. We built a second house and, in 1996, they opened Fleurdeleys, an assisted living and residential home."

Life on the beautiful wooded property brought new influences. "My dad and I shared building projects and lawn care, and the whole family helped garden and raise chickens," DJ explained. "Eventually, I took over the marketing, and my sister is getting a nursing degree at Texas A&M." Most importantly, DJ and Amy grew up caring for and about the elderly residents. "We grew up with hundreds of grandmas," he smiled. "One lady was here for 11 years, and she was definitely part of our family. I believe that God has blessed me with many gifts." **NOW**

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Neither new nor Mexico, this state's culture is centuries old. Its flag features the ancient sun symbol of a Native American people called the Zia. The Rio Grande Valley itself has been populated and cultivated since as far back as 2,000 B.C., long before the first Spanish settlers arrived in Albuquerque in 1540. Albuquerque officially became a *villa* (city) in 1706 under the permission of King Philip of Spain.

While modern Albuquerque is a center of high-tech industry and research, it retains vital connections to the past, blending Native American, Spanish and Western cultural influences. Many of the traditional techniques and skills of the Pueblo people have been handed down through the generations and are practiced to this day. When you visit the city's beautiful cultural centers, you'll taste how Albuquerque has developed into the multicultural city it is today.





Chile — the staple ingredient of New Mexican cuisine — has been in existence for over 10,000 years and is still being enjoyed by New Mexicans. When spelled with an “e” (the correct spelling in Spanish), chile refers to New Mexico’s official state vegetable, which is harvested each fall. Classified as a fruit by horticulturists and a berry by botanists, the crop comes in two varieties: red and green, depending on its ripeness when picked. Whether you call it a fruit, vegetable or berry, this crop is tasty.

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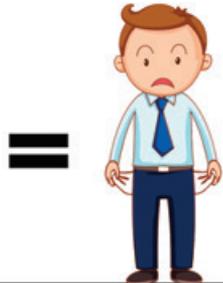
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You can find chile on the menu year-round in Albuquerque. Some local favorites include green or red chile stew, blue corn enchiladas and carne adovada (pork simmered in a red chile-based stew) and for dessert, *sopapilla*, a fried puffy pastry best enjoyed with a drizzle of honey. If your mouth isn't watering yet, that's OK. Albuquerque has a diverse array of culinary offerings that will satisfy any appetite.

With weather this gorgeous, opt to enjoy your meal *al fresco* at one of the many pooch-friendly patios. When airport has been replaced by support at the city's official aircraft transportation hub (Albuquerque International Sunport), you know you're in for some big rays.

Albuquerqueans enjoy over 310 days of annual sunshine, making it nearly impossible to spend a few days here without getting a serious dose of vitamin D. The Sandia Mountains, making up the tail end of the Rockies, blush a vibrant pink at sunset. It's no accident that *sandia* means watermelon in Spanish.



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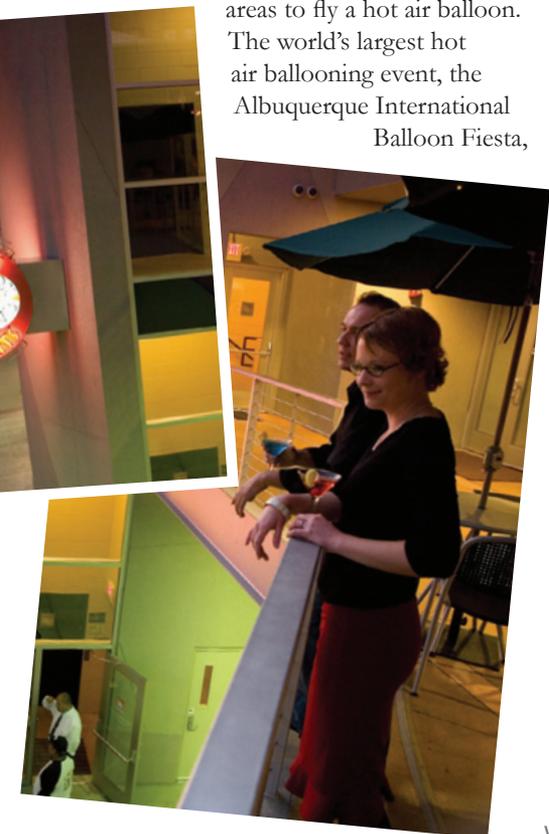
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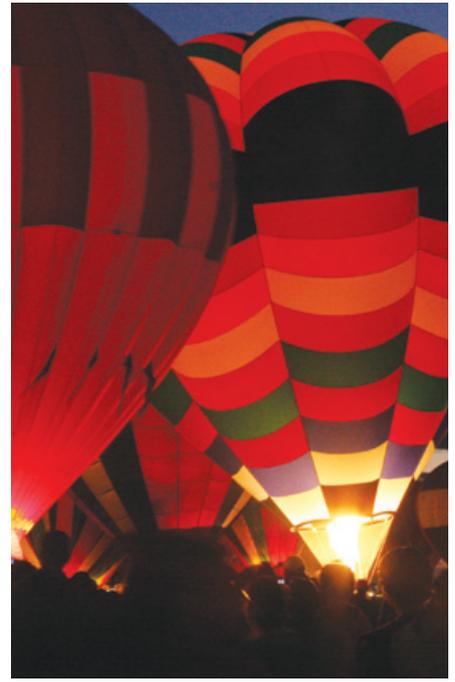


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By Kelly Ryan. Photos by Albuquerque Convention & Visitors Bureau. For more information on planning your trip to Albuquerque, please visit [www.ItsATrip.org](http://www.ItsATrip.org) or @VisitABQ on social media.

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Brent and Jill Horton, along with their three daughters, have the experience and skills to teach their students not only gymnastics, but also life lessons.

# TUMBLING FOR LIFELONG SUCCESS

*This husband-and-wife team is using their experiences to teach gymnastics.*

*— By Mikaela Mathews*

With a combined 13 years of cheerleading and gymnastics coaching experience, Brent and Jill Horton have a passion. Mix this passion with their enthusiasm for working with kids, and you have Cheer Texas. Brent coached gymnastics throughout his college career and continued afterwards to work with students as a youth minister for 12 years. His wife, Jill, participated in gymnastics her whole life, cheered in college and continued on to be a teacher for 10 years. With these experiences, the Horton family intends on teaching athletes lifelong lessons.

Cheer Texas has been in the Mansfield/Arlington area for over a year. Their 16,000-square-foot gym offers six well-trained coaches and equipment to help athletes

succeed. Two full-size competitive spring floors, a rod floor, three tumble tracks and four full-size trampolines sprawl across the floor.

The gym offers stunt, cheer and recreational classes. Athletes can also join a competitive all-star team that competes four to six times a year if they wish. Athletes ages 5 to 8 can also join the show team that only competes two to three times a year. These competitions happen all over the state of Texas and in Oklahoma City. Depending on the team, athletes will practice two to four times a week. Athletes interested in being on these teams must try out. Try outs will be held on May 11. Times and details can be found on their Web site.

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Cheer Texas has done well this season in their competitions. "We've had national champions, several first places and a few second places," Brent said. But, Cheer Texas doesn't place their worth on these competitions. "We love winning, but at the same time to see the improvements that the girls have made goes beyond how well they've done at the competitions," Brent explained.

Coaches at Cheer Texas are also available for high school students who are looking to learn or refine their tumbling skills. "We can work with high school students who want to try out for their school's cheerleading team," Brent said. "We can't guarantee they will make it, but we can teach them to do things they never dreamed of doing."

In the summer, Cheer Texas will also offer a number of special classes and clinics, including hip-hop classes. Participants don't have to be on a team to join. Information and dates can be found on their Web site, and those interested only need to walk into the gym to sign up.

Cheer Texas isn't limited to just the nimble and flexible, though. The gym also offers birthday parties and private parties. "Parties get the entire gym to themselves," Brent said. Partygoers not only have access to the trampolines, but also two bounce houses and an air track that Cheer Texas blows up. Coaches from the gym also come to the parties to help kids who might want to learn some tumbling. Cheer Texas also hosts Parent Night Out twice a month on Fridays. "This gives parents an evening to themselves, while their kids hang out with friends," Brent explained.

Although Cheer Texas takes pride in its excellent coaches and gym equipment, the Hortons believe in investing in their athletes. "The things they learn in this gym, they'll apply when they go into high school, when they go into college or the work force," Brent explained. "We want them to learn characteristics that will last a lifetime." **NOW**



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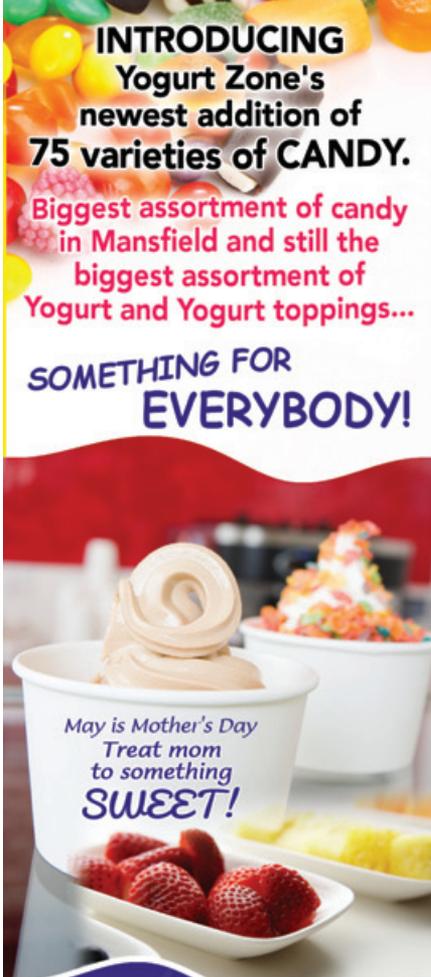
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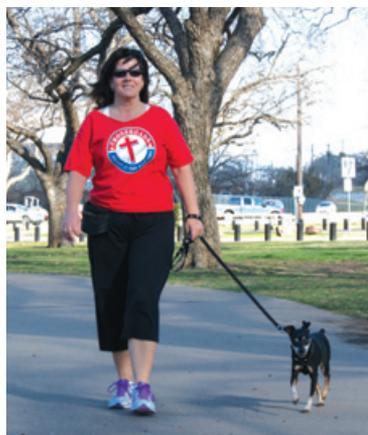
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*Big sister, Aubrey, gently pushes her little brother, Landon, on the swings during their day at Katherine Rose Park.*



*Adrienne Moss and Bandit share a walk in the park.*



*Carrie, Samara and Reese look for fish in the pond.*



*Billy Vincent entertains guests at Napoli's anniversary party while his friends, Corey Robbins and Rick Victor, look on.*



*William Massey and his dog, Bailey, enjoy the sunshine while practicing leash lessons and obedience training.*



*Mayor David Cook, Alma Pressley and Mike Leyman enjoy the festivities at the Mansfield CARES ball.*



*Amber Nally and Wayne Simmons enjoy a night on the town.*



*Angie Martinez and Amanda Covell soak up the sun at Katherine Rose Park.*



*Kris and Kelsey Robinson catch some sun and exercise while walking Goldie and Patches at Katherine Rose Park.*

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# What Should You Do With an Inheritance?

Will you ever receive a sizable inheritance? You can't plan on it. But if you do get one, you can plan on using it to help achieve some of your key financial goals.

Once you get word of an inheritance, what steps should you take? Above all, don't rush to act. If you are in the midst of the grieving process, it's hard to make good decisions about money. Consequently, you may want to consider "parking" your inheritance temporarily in a liquid vehicle, such as a cash or cash alternative investment. Don't fret if your inheritance isn't really growing much for a few months. You'll have time to put it to work later.

After you've parked your money and some time has passed, you can think about what to do with your inheritance. Here are a few ideas:

- **Get rid of debts.** Use your inheritance to pay off as many debts as you can, especially those consumer loans that are not tax-deductible and carry high interest rates.
- **Establish an emergency fund.** This fund should contain six to 12 months' worth of living expenses. Without it, you may be forced to dip into your investments to pay for unexpected costs, such as an expensive car repair or a hefty medical bill.
- **Review and adjust your financial strategies.** If your inheritance is large enough, it may be a "game changer" in terms of how you pursue your financial strategies. For example, you may now be able to speed up your timetable toward retirement, if that's what you want. Or you may be able to pay more of your children's college education, thus freeing up more funds for your own retirement savings. In fact, by investing your inheritance in certain ways, you can influence many desired outcomes

that you've identified in your overall financial strategy. Your financial advisor can help you make the moves that are most appropriate for your individual needs.

• **Plan for taxes.** Unless you are "inheriting" your spouse's assets, you may be subject to some type of taxes when you receive an inheritance. Some types of inheritance, such as the proceeds from a life insurance policy, are tax-free. On the other hand, if you inherit a non-spousal 401(k) plan and are forced to take the money as a lump sum, which is likely because most 401(k) providers would prefer to remove the account from their books, your inheritance will be subject to federal, state and local income taxes. However, thanks to recent tax law changes, as a non-spouse beneficiary you can now transfer an inherited 401(k) to an IRA, which allows you to avoid immediately paying taxes on your inheritance. You'll still be required to take annual withdrawals, which are taxable, but the amount will be based on your life expectancy, so you can spread out your tax burden. To make sure you're making the right moves with an inherited 401(k), consult with your tax advisor.

You may get only one inheritance in your life — so do whatever you can to make the most of it. **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. Edward Jones, its financial advisors and employees do not provide tax or legal advice. You should consult with a qualified tax or legal professional for advice on your specific situation.*

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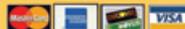
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# Help for a Good Day

— By Betty Tryon, BSN

Your first conscious feeling when you wake up in the morning could be a great barometer for determining whether this will be a good day or a bad day for you. Your mental health can lift you up or hang around your neck like a wet blanket. It is just as important as your physical health, and the month of May is designated as National Mental Health Month in the United States. This month, advocates for good mental health hope to raise the awareness of its importance and the realities and challenges of mental illness.

Your mental health is defined as your overall approach to life. Those who enjoy a good sense of mental health generally boast positive feelings of well-being and are able to appreciate their life and enjoy other people. The challenges that come with day-to-day living can be handled in an appropriate and satisfying manner if you have a positive outlook. Many factors determine your mental health. How you are physically is one factor. If you are suffering from a chronic, debilitating disease, the stress associated with the disease will negatively impact your mental outlook. Stress is unavoidable in life, but an overload of it can literally kill you. Sometimes, in addition to your physician, a mental health care professional can offer just as much in the area of treatment.

Your mental health status reaches into every corner of your life. For example, it can affect how you eat. Many times, food is used for comfort. Overeating can lead to obesity and a host of complications. Having an unhealthy self-image and a lack of self-confidence can lead to destructive eating patterns. A teenager experiencing this may engage in bingeing or become anorexic.

There are many things you can do to improve your mental mood. Sometimes, it helps to get a fresh perspective: take a walk in the fresh air, chat with a trusted friend, avoid the company of those who have a negative outlook, watch an upbeat and positive movie, exercise, get a good night's sleep, take the time to work on something that brings you pleasure. If you need help, do not hesitate to contact a mental health professional. Contacting one no longer has the stigma it did in the past. Because of the efforts of those who diligently work in the field of mental health, attitudes have changed for the better. People are more open to help and are more accepting of mental illnesses. Just as you guard your physical health, your mental health needs attention, too. **NOW**

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

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## May 2

National Day of Prayer: 7:00-8:00 p.m., Mansfield Bible Church, 2351 Country Club Dr. Free. To learn more, go to [www.MBCchurch.com](http://www.MBCchurch.com) or call (817) 473-8980.

## May 4

*Reflections of Patsy* starring Lisa Layne: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$16-\$20. For more information and tickets, visit [www.FarrBest.com](http://www.FarrBest.com).

## May 10

Chick-fil-A Leadercast: 7:00 a.m.-4:00 p.m., First United Methodist Church, 777 N. Walnut Creek. \$65/early registration. Group rate \$55. For more information and registration, visit <http://www.chick-fil-a-leadercast.com/location/mansfield>.

## May 11

Josh Weather Band: 8:00 p.m., Farr Best Theater, 109 N. Main St. \$16-\$22. For more information and tickets, visit [www.FarrBest.com](http://www.FarrBest.com).

Night on the Town: 6:00 p.m., Town Park, 500 N. Main St. Mother's Day Fun

followed by a free screening of the movie *Troop Beverly Hills*. For more information, visit <http://www.mansfield-tx.gov/departments/parks>.

## May 18

Shake, Rattle & Roll: 4:00 p.m., Farr Best Theater, 109 N. Main St. \$16-\$22. For more information and tickets, visit [www.FarrBest.com](http://www.FarrBest.com).

Night on the Town: 6:00 p.m., Town Park, 500 N. Main St. For more information, visit <http://www.mansfield-tx.gov/departments/parks>.

Spring Fling & Butterfly Release: 8:00 a.m.-2:00 p.m., downtown Mansfield. Free. Butterfly release at 1:00 p.m. For more information, visit [www.heartofmansfield.com](http://www.heartofmansfield.com).

## May 24

Camp out in the City: 7:00 p.m.-9:00 a.m., Mansfield Sports Complex, 920 N. Holland Rd. \$7/person; \$5/person with current MAC card. For more information, visit <http://www.mansfield-tx.gov/departments/parks/rec/mac/>.

## May 25

Mansfield Memorial 5K Run/Walk: 8:00 a.m., Rose Park, 303 N. Walnut Creek Dr. \$15 early registration. \$25 after **May 11**. For more information, visit <http://www.mansfieldchamber.org/>.

## June 1

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport, 131 Airport Dr., Midlothian. \$7/person; \$3/for children 7 and under. For more information, call (972) 923-0080 or visit [www.mid-wayregional.com](http://www.mid-wayregional.com).

## June 3

Mansfield Police Officers Association Golf Tournament: 10:00 a.m. Registration, \$125/person or \$500/team. For more information, visit [www.facebook.com/MansfieldPoliceOfficersAssociation](http://www.facebook.com/MansfieldPoliceOfficersAssociation).

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

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## In The Kitchen With Kari Feris

— By *Mikaela Mathews*

Kari inherited her love for cooking from her grandmother, whom she called “Noni.” Growing up in an Italian family, Kari’s creativity in the kitchen includes cooking Italian recipes for her three daughters. “I have passed down the traditions I grew up with, so my girls can continue when they have families of their own,” Kari said. With these Italian influences, Kari likes to use garlic and pesto, as well as wine and spices in most of her meals.

As a flight attendant and mother, Kari remains busy. Nonetheless, cooking is still a creative outlet for her. “We have a very busy life with many activities,” Kari explained, “but for me, cooking is a way of creating something every time I am in the kitchen.” **NOW**

### Spaghetti and Meatballs

*Meatballs:*

*Prepare the day before serving.*

- 1/2 lb. ground beef**
- 1/2 lb. turkey**
- 2 Tbsp. oregano**
- 3 Tbsp. of garlic powder**
- 2 tsp. parsley**
- 4 sour dough English muffins (moistened with water)**
- 1/2 pkg. Lipton onion soup mix**
- 1-2 eggs**
- 1 onion, chopped**
- Olive oil to coat the pan and brown the meatballs**
- Salt and pepper to taste**

*Sauce:*

*Prepare the day before serving.*

- 2 cloves garlic**
- 1 tsp. sugar**
- 1/2 pkg. of onion soup mix**
- 4 29-oz. cans Hunts tomato sauce**

- 3 16-oz. cans crushed tomatoes**
- 1 12-oz. can tomato paste (can dilute with water)**
- 3 tsp. oregano**

- 1. For meatballs:** Brown ground beef and turkey. Add oregano, garlic powder, parsley and English muffins.
- 2.** Place meat and spices in a big bowl; mix in onion soup mix, eggs and onion; season to taste.
- 3.** Prepare iron skillet with olive oil for cooking meatballs. Form medium size balls of the meat mixture; drop into iron skillet.
- 4. For Sauce:** Add all ingredients to a skillet.
- 5.** Add meatballs and cook all day.

### Dutch Apple Pie

*Crust:*

- 1 cup Crisco**
- 2 cups flour**
- 1/4 cup very cold water**

*Filling:*

- 15 1/2 cups sliced yellow apples**
- 3/4 cup sugar (divided use)**
- 1/2 cup brown sugar (divided use)**
- 3/4 cup + 3 Tbsp. flour (divided use)**
- 1/4 tsp. salt**
- 1/4 tsp. nutmeg**
- 1/2 tsp. cinnamon**
- 1/3 cup butter, room temperature**

- 1. For crust:** Mix all ingredients in pastry blender and roll out on a floured space. Place crust in pie dish. Preheat oven to 375 F.
- 2. For filling:** Combine apples, 1/2 cup sugar, 1/4 cup brown sugar, 3 Tbsp. flour, salt, nutmeg, and cinnamon. Mix well. Spoon into crust.
- 3.** Mix remaining flour, sugar, and butter with a fork until crumbly. Sprinkle evenly over apples.
- 4.** Bake for 50 minutes or until golden brown.

### Lexi’s Favorite Spice Cake

*Cake:*

- 1 stick margarine**
- 1/2 cup shortening**
- 1 cup water**
- 4 Tbsp. cocoa**
- 2 cups sugar**
- 2 cups flour**
- 2 eggs beaten**
- 1/2 cup buttermilk**
- 1 tsp. baking soda**
- 1 tsp. cinnamon**
- 1 tsp. vanilla**

*Icing:*

- 1 stick of margarine**
- 4 Tbsp. cocoa**
- 6 Tbsp. milk**
- 1 lb. powdered sugar**

- 1.** Preheat oven to 350 F
- 2. For cake:** Bring margarine, shortening, water and cocoa to a boil. Let mixture cool a little. Add remaining ingredients.
- 3.** Bake in a 9x13-inch pan for 25 minutes. Cool.
- 4. For icing:** Bring margarine, cocoa and milk to a boil for 1 minute. Add powdered sugar. Mix well. Ice cooled cake.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**

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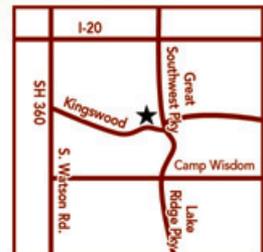
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