

# Trails

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## Enlightened Equestrian 2005 is Almost Here!

**ATTENTION:**  
**PLEASE TURN OFF**  
**ALL LIGHTS AT**  
**NIGHT AND**  
**DRAIN ALL HOSES.**

**We appreciate your assistance very much!**

**Welcome to our new boarders!**

**“Chips”**

Owned by Tracey Woodson, and her husband Mike, who have just moved up from Winston-Salem, N.C.

**“Willy”**

Owned by Kristin Polich, a Senior at Hollins. She and Willy are with us for the Winter Holiday and then hopefully back again in May after Kristin graduates.

**“Flash”**

Owned by Lauren Hutchison. Lauren is making great contributions as a valued member of the Barn Care Team.

**“Riley”**

Owned by Brittany Kneidinger. Brittany and Lauren Hutchison both join us from Brandywine stables.

**We wish the best** to our recent departures: PJ & Chance (Jennifer Khoury), Falcon (Beth Brown), and Gemini (Judy Peterson).

The Enlightened Equestrian 2005 will be held on Saturday, February 5<sup>th</sup>. In its ongoing effort to serve as an educational resource for all equestrians and horse enthusiasts, each year Campbell Springs Farm produces this all-day seminar. The Enlightened Equestrian has traditionally offered guest speakers who contribute from their respective fields of expertise such that the audience is given comprehensive insight to the world of horses and their proper care. The 2005 seminar will not only uphold that tradition but serve to take it to an even higher level by featuring a more expansive list of subjects to be covered, by tailoring these discussions to more specific facets of horse care, and ensuring that the knowledge given by the speakers can be easily and immediately applied. In other words, come listen to and join in discussions from seven different experts; meet a representative from the Virginia Horse Council; enjoy a catered lunch; see exhibitions from Southern States, Virginia Farm Bureau, and other industry vendors; learn how to be a better rider and a better steward for your horse; and join many other horse lovers for a day of fun and enlightenment!

The 2005 line-up features: **Robert Fleet** from the Virginia Farm Bureau; **Dr. Robyn Sazonov, DVM.**, from Deer Creek Veterinary; **Dr. Marty Adams, Ph.D.**, Equine Nutrition Specialist for Southern States; **Ann Mary Bettenson**, Certified Master Saddle Fitter— one of only two in Virginia; **Bill Wood**, certified equine massage and muscle therapist; **Pat Connor**, Certified Master Journeyman and hoof expert; and **Dr. Paul Haefner, Ph.D.**, Equine Sports Psychologist, founder of *Riding Far*, a consultation service designed to help equestrians achieve greater personal growth through riding and develop better, more productive relationships with their horses.

Contact CSF to make your advanced registration. A contribution of \$25.00 per person is necessary to fund this program (\$15.00 per Pony Club member or member of 4-H). Coffee, doughnuts, and lunch are included. Contact Chris Adams (chris@campbellspringsfarm.com) with questions. See you there!

### Herd Anything?



**All CSF facilities are for rent (Shows, Clinics, Seminars)— call Chris! Stalls are now available** in the North barn. Please contact CSF if you or someone you know is interested!

**Leah Fremouw has begun giving lessons** and is now accepting intermediate students. Contact her @ 304.685.1951.

**CSF is seeking another instructor** to meet the student demand. If you know of anyone qualified, please contact Sara.

**The South Barn has been refurbished:** new lighting, fans, and ceilings will soon be installed. Make sure you go by and ooh!ahh!

**The Cross-country Course will be upgraded** to Training Level for 2005!

### Unbridled...

...thoughts from Chris Adams

I began riding in the womb— literally. My Mom, ever the creature of habit, broke her habit of weekly riding lessons only to give birth to me. I have throughout my life occasionally pondered the fact that she continued to ride into her ninth month of pregnancy with me... I sometimes relate it to the lime green 1971 Ford Pinto I was given to drive when I first acquired my license (note that this was not the same car in which my father would ride in his efforts to teach me how to drive). As much as I have often appreciated her enthusiasm and my parents generosity, there still remains this gnawing uncertainty about their motives... (Continued on next page)

CSF Spring/Summer Dates 2005  
 02/05 Enlightened Equestrian  
 03/01 Mom's Morning Out begins  
 03/05 CSF GRHSA/VHSA Horseshow  
 04/30 Spring Horse Trials  
 06/27 CSF Summer Camps Begin



### Did you know...

The way a horse rolls is an indicator of its health. A healthy horse with a good, strong back will vigorously roll from one side to the other without standing up first. When the healthy horse stands up after a good roll, he will usually go for a nice run and may buck a few times. Many horses with high set withers will lay down and vigorously roll on one side, stand up, and immediately lay down to roll on the other side...no need to worry because this action is healthy. The horse must stand up because his conformation does not allow him to roll completely over.

An unhealthy horse or one with a weak back may roll on one side very briefly then get up and walk away without immediately laying down to roll on the other side. Some unhealthy horses will refuse to roll at all. If this is the case, talk with your veterinarian and have him check your horse's back for soreness and/or other problems.

Most Equine Chiropractors believe that rolling may correct vertebral subluxations naturally. They have noticed that horses who have the freedom to roll and run free often have less chiropractic problems. By allowing your horse to roll, you may be preventing some future health problems!

Rolling plays a very important roll in your horse's health. When he rolls, he is stretching all the muscles in his spine, neck, barrel, flanks, and buttocks. Rolling helps maintain his body's flexibility and health. Many horse owners regularly turn their horses out individually in a sand arena to roll. A well-kept sand arena is a very safe place to roll and horses love it!

(adapted from an article written by Cheryl Sutor)

“Rolling helps maintain his... flexibility and health”

— Cheryl Sutor

### (Unbridled)

...You see, my parents are guilty of bestowing upon me throughout my life certain and specific 'gifts' for which I have no idea if I should be thankful or skeptical, to include a life spent on horses ('spent' being the operative term). Evidently, they also gave me this syndrome that randomly grants me the ability to sit on the fence and admire green grass on either side. With that said, I can finally arrive at my point— even after being around horses practically my entire life, I sometimes have no idea what horse people are talking about, but I feel, with a very reasonable amount of certainty, that I have accurately been able to divine the meaning of some terms. For example, “light cribber” means “the only thing left to chew on is the light..”; “horse shoes” are those projectiles that loving owners conveniently place on a horse's hoof so the horse does not have to search for something else to throw... ; “grooming” is that socializing practice used to enrich a horse/owner relationship by transferring dust and dirt from the horse's coat to the clothing and exposed skin of the owner; “lead rope” is what horses use to drag their handler around; “bold” means “breaks into gallop whenever possible...”; “athletic” means “gallops whenever possible...”; “gallop” really refers to that period of time between using the “lead rope” and when your horse arrives at the gate closest to the barn— except when it's raining, in which case “gallop” refers to the period of time between when you first attempt to catch your “athletic” horse in the field and when you say ‘the h%#@# with you— stay out all night for all I care’... ; “green broke” refers to what you are when you receive the bill from (insert in this order: the vet, the saddle fitter, the farrier, the vet, the vet, the vet again...); “over-reaching” is a term often used in conjunction with “green broke”, and refers specifically to the owner's bank account and/or attempts to pay by credit card; “hock” is a term also used in conjunction with, but usually just after, “green broke” and “over-reaching”. So don't think that when you are talking in your mystic 'horse people' language that I don't know what you are *really* saying... What happened to the Pinto? For dramatic effect I would love to say it exploded in a fiery wreck, Vin Diesel-style. Honestly? My green broke over-reaching butt went into hock and I had to trade it for an old \$2000 pick-up to haul the brand new \$20,000 horse trailer, of course...

(This is Chris' first attempt at a comedic editorial so be nice, and don't pretend you don't know what he's talking about...)