College of Ag Holiday Extravaganza

by Morgan Offutt

With only a few weeks left of classes, many students are feeling the stress of finals and are hoping to finish out the semester strong. Fortunately, the Equine Science Stewards are planning a Holiday party to give students in the College of Ag the opportunity to unwind and have fun with friends! The party will take place on Dec. 8, the Friday of the last week of classes. It will be held in the B.W. Pickett Arena at the CSU Equine Center from 6 pm to 9 pm.

Everyone in the College of Ag is invited, including any Ag, Animal, or Equine clubs or Greek life. Clubs are encouraged to coordinate themed costumes for the opportunity to win prizes. Some themes include classic holiday movies, like *How the Grinch Stole Christmas* or *Rudolph*. Come dressed as various characters for a chance to win best dressed club or team.

Another option is for individuals to wear ugly holiday sweaters for an ugly sweater contest. Whether you dress as a group or wear an ugly sweater, all are encouraged to dress up in some kind of holiday-spirited attire.

Food will be provided, catered by the Animal Sciences Meat Lab. And, it’s free! After dinner, there will be various games and activities in which you can compete with (or against) your friends. This party is an opportunity for students in the College of Ag to come together and meet one another. The goal of this party is to unify the Ag community here at CSU. We hope to see you all there!
Skijoring Ignites the Winter Months
by Maddy Pielage

When the winter months hit and snow piles up, there’s a community of horses and riders and some crazy skiers that congregate to compete in skijoring. Skijoring is an event that started thousands of years ago for a source of transportation and eventually came to North America around the 1940’s. It was considered an Olympic sport in 1928 and Denver, CO argued to have it return in the 1976 Olympics, but was turned down. The sport still remains, however, and Leadville, CO has been hosting a competition annually for 68 years (almost as long as CSU’s Rodeo)! When the sport first came to North America, it was the local cowboys who tied a rope around a saddle horn and raced down a straight track.

Today, horses accelerate over 40mph and maintain that speed for 900 feet. The skiers in toe have to navigate a course full of jumps, gates and rings and could reach a speed of 60mph as they accelerate around the gates.

Skijoring has been something that I’ve wanted to do for a long time and when CSU received a snow day, the time was right. My friends and I attached a rope to the horn of the western saddle and the girth of the English saddle. We then made a jump and off we went! The horses were wonderful, as Angela’s horse Ralphy has competed in Skijoring before, and my horse China puts up with my shenanigans all the time. Angela and I are not new to skiing as we both compete on the CSU Alpine Ski Racing team on the weekends; however, getting pulled behind a galloping horse is a very different feel than racing down an icy mountain.

Don’t let the winter months get you down, there’s always something out there you can try with your horse and skijoring could be the perfect fit! If you do try it, be safe, do some research and most importantly have fun!
Horse Judging Team Travels to AQHA World Show
Nov. 7-13
By Katie Feighner

Recently the CSU Horse Judging team returned from their last contest at the Lucas Oil AQHA World Show held in Oklahoma City, Oklahoma. The team finished fourth overall in reasons, fifth in halter, and sixth overall. The team spent a few days before the contest practicing and watching classes in the legendary Jim Norrick arena. The team also added some new classes to their repertoire. These included working cow horse, tie down roping, and heading. If any students are thinking about joining the judging team make sure to sign up for the Intro to Horse Evaluation class, ANEQ 352, in the spring!

Club of the Issue: English Riding Club
by Beth Smith

As a club that unites students interested in all English disciplines, the English Riding Club at Colorado State University seeks to promote the school’s English riding education both internally and throughout the community. While the club is open interested in any English discipline, its primary focus is dressage, hunters/jumpers, and eventing.

The club meets every Monday, and has a variety of activities that cater to both riding and non-riding members. While a horse is necessary to participate in ride nights and clinics, non-riding members can take a very active role as well, though auditing and non-riding events.

Last year, the club put on an event open to the public that was a part of the national Time to Ride organization, and attracted over 150 people from the public to participate in equine related activities, and for most, experience their first hands-on opportunity with a horse.

In addition, the club hosts schooling shows every spring semester, attracting riders from around the area. This provides a fundraising opportunity that allows club members to go on an educational trip each year. Last year the club attended the Rolex Kentucky 3-Day event in April, and was also able to tour the Hagyard veterinary clinic and Thoroughbred breeding farms.

For more information on the club, please contact the following resources:
Email: csuenglishridingclub@gmail.com
Facebook: English Riding Club at Colorado State University
Internship Spotlight: Equine Rehabilitation
By Valerie Lindstrom

Over the summer I stayed here in Colorado to complete my internship. I was fortunate to complete my internship with Dr. Kerri Belsito at her facility, Circle Back Farm—a sports medicine and rehabilitation clinic. My time as an intern was largely spent focusing on rehabilitation of horses and additional emphasis on business management and research. We saw horses from around the country who were post-operation and in need of physical therapy in addition to horses that were in need of reconditioning.

A few of the rehabilitation tools we used include the AquaPacer, VitaFloor, Assisi Loop, EquiCore concepts resistance bands, massage pads, and IceVibe Boots. Many horses were using a mixture of these tools as well as receiving chiropractic work, proper shoeing, and high-quality feeds in a stringent nutrition program. I enjoyed looking into the research behind all of these tools as a part of my assignments. Dr. Belsito was always challenging me to learn more about the technology and tools we were using.

In my experience, this was a whole different side to the veterinary medicine and equine industry that I had never seen before. Being able to see the progress of the rehabilitation horses throughout my time at CBF was incredible. We were using some of the newest and best technology to aid these horses on their journey to recovery.

I finished my internship with a new respect for rehabilitation and its significance in the equine industry—it has resonated with me so much that I now plan to attend graduate school to continue working on research. Overall, I am so grateful for my experience and the support I received from the Equine Sciences program in helping me get this internship.

Internship Opportunities
by Valerie Lindstrom

As an equine Sciences student, we are all required to complete either an internship or study abroad. The importance of the internship is so that students can get out in the equine industry and work for a company or person in their field of interest. By completing an internship, the student will ideally have a better understanding of the field they want to go in to. Many students are often offered jobs from their internships. The most important part is to start searching for potential internship opportunities early as many of them have resumes and cover letters that will need to be submitted before certain deadlines. A few internship opportunities include:

1. Zoetis Summer Internship Program (includes a wide variety of research options)
2. Kentucky Equine Research (nutrition and physiology based research)
3. High Hopes Therapeutic Riding Internship
4. AQHA internship (marketing, communications, and media opportunities)
5. Check out the Equine Sciences Internship portal for more!

Overall, it is important to find an internship that you are interested in and give it go!
Apple Crisp Shortbread Bars

by Lucia Ruppert

Shortbread Base:
- 1/2 cup unsalted butter, room temperature
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup all-purpose flour

Topping:
- 1/2 cup all-purpose flour
- 3/4 cup brown sugar
- 1/4 cup butter – melted or room temp to cut in.

Apple Filling:
- 3 large apples, peeled and thinly sliced
- 2 Tablespoons all-purpose flour
- 2 Tablespoons sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Preheat your oven to 300 degrees F and line an 8×8 baking pan with parchment paper. Be sure to bring the parchment up the sides as it makes it easier to lift out later.

Shortbread Base: Place butter into your mixer and turn on high for 5 minutes or until the butter turns white rather than yellow, that’s how you’ll know it’s creamed. Next mix in the sugar, vanilla, and salt. Once combined, add in the flour and stir well. Press the mixture into the parchment lined pan and bake in the pre-heated oven for 15 minutes.

Apple Filling: In a bowl, combine the apples, flour, sugar, cinnamon and nutmeg until the apples are well coated.

Topping: Mix flour, 3/4 up brown sugar. Cut in the butter and knead together.

Remove the crust from the oven and turn the heat up to 350 degrees F. Sprinkle one half of the Topping over the short bread, then layer the apples on top. You will have multiple layers so try to keep it level. Once this is finished, sprinkle the remainder of the Topping evenly on top and place in the oven to bake for 30 minutes.

Remove from the oven and allow to cool fully before placing in the fridge to set for at least 2 hours. Once it’s set, remove from the baking dish by lifting out the parchment paper and cut into 16 squares.

Holiday Horse Treats

by Lillian Esterl-Byrne

Ingredients:
- 4 cups of grain (run under hot water quickly to soften)
- 1 jar of molasses
- 1 1/3 tablespoon of salt
- 1 1/3 teaspoon of baking soda
- 1 1/3 cups of brown sugar
- 1 1/3 cups of corn meal
- 2/3 cup of corn oil
- 4 cups of wheat flour

To begin, place the 4 cups of grain in a strainer and run it quickly under hot water and set aside. Then combine molasses, salt, baking soda, brown sugar, and corn oil together in a large mixing bowl. Once fully combined add in corn meal. Continue to mix until corn meal is incorporated. Next slowly add in wheat flour about half a cup at a time. Finally once all other ingredients are combined add in grain and stir till batter is fully mixed together. Using a small round cookie cutter to pack batter into the desired size and shape is most successful. Once cookies are shaped place a peppermint on the top of each cookie. Bake in oven at 325° for 21 minutes. Feed to your favorite equine friend!
My Heroes Trick or Treat Street: Giving Back on Halloween

by Morgan Offutt

My Heroes worked tirelessly to transform the Equine Center into a Trick or Treat Street for kids and families in the community, providing a safe and fun Halloween experience mixed with equine activities. The Equine Science Stewards and many other CSU clubs and organizations helped contribute to the event this year, which was their second year of putting on the event.

Each club or organization was assigned a stall in the Adams-Atkinson Barn, which they decorated, hosted a game or activity, and handed out candy. Kids were able to trick or treat in each stall, along with getting to play the games in the stalls. The Equine Science Stewards set up a ring toss, where kids had to throw rings into buckets to win candy.

Along with the activities in each stall, there were also stick horse races in the arena, hay rides, paint-the-pony, and horseback rides led by volunteers. Not only were kids able to have a safe, fun trick-or-treating experience, but they also had the opportunity to see and interact with real horses. This encompasses the Equine Science’s goal of inviting the public to come experience horses.

My Heroes made large efforts to reward and support everyone who volunteered for the event, including buying donuts for everyone in the morning during set-up, and rewarding generous gift baskets and gift cards to the “Best Decorated Stall” and “Best Game/Activity.” This year, the Stewards won “Best Decorated Stall”! While the rewards are a great incentive to volunteer, the experience of getting to interact with these kids and families and brighten up their Halloween was worth the hard work put into the event.

Taryn Lesser from My Heroes, who helped organize the event, said she hopes more clubs become involved next year. “The goal is to eventually use the entire facility, filling the Legends Barn and the Pickett Arena,” she said.

This year, about 350 people attended the event. While there was slightly more participation from the previous year, My Heroes is hoping for continued growth in the number of volunteers and number of families that attend. Taryn said she felt that this year was more organized from the previous, putting the organization in a position to expand growth next year.

The Stewards highly recommend getting involved in this event next October, and fully endorse this fun and rewarding outreach opportunity. If your club or organization is interested in helping out and filling a stall next year, Taryn said they would love to have as many groups participate as possible. Contact My Heroes through their website, www.myheroestherapy.com, to let them know if your club is interested in being a part of this amazing event next fall.
This time of year, it starts to be crunch time for final applications to colleges. Most of us can remember these days as if they were yesterday and others might have blocked it out from all the stress it gave us. For me, it’s either my age showing or I truly blocked it out from the stress. Yet, there are so many future Rams who are currently hitting summit on those applications to hopefully attend CSU this fall. There are even younger future Rams who might not even know what CSU has to offer them. That’s where four Ag Ambassadors and myself, an Equine Science Steward, stepped in.

Thousands and thousands of high school students came together at the National FFA Convention in Indianapolis this past October. It was an incredible event with tons of resources for the high school students that attended, one of which being college information and scholarship opportunities. The five of us, David McKinney, Ryan Latta, Brittany Boggs, Jordan Marsh and myself talked to hundreds of students about our specific programs and gave information about what CSU has to offer them. We all have varying back rounds and were able to make individual connections with the potential students. It was an amazing opportunity to get in contact with so many students and to vocalize our passion for CSU.

There’s a new year right around the corner and new rams to welcome at CSU. In my opinion CSU would be very blessed to receive students from the FFA organization. As someone who didn’t grow up with FFA, it was amazing to see how the organization shapes the individuals and the qualities it allows them to obtain. Ryan Latta, a State Officer and an Ag Ambassador on the trip acted as our personal guide to FFA. Watching his passion for FFA and the community it has built for him was one of my favorite things about the trip. It was inspiring to listen to the speeches of the retiring State Officers, many of which are my fellow classmates and friends.

Overall, CSU was the right pick for me and I can only hope that the students I got a chance to meet view CSU as a place that could shape their future and fulfill their dreams. So for any of you that know applying seniors, remind them that the application process will soon be distant memories and always spread the Ram Pride.
Upcoming Event Schedule

Dec. 2: Junior Swine Jackpot

Dec. 1-3: Polo Match

Dec. 8: College of Ag Holiday Extravaganza

Dec. 9: Jackpot Barrel Race

Dec. 25-27: University Holiday - Offices Closed

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