

This week

- St. Peter's Fall Fest, Saturday, Oct. 11, 4-7:30 p.m., St. Peter's, Waterford
- Pork chop dinner, Saturday, Oct. 11, 3:30-7 p.m., Yorkville United Methodist Church, 17645 Old Yorkville Road
- Farmer's Market, Thursday, Oct. 16, 3-8 p.m., Wehmhoff Square Park, Burlington

Life Style

SOUTHERN LAKES NEWSPAPERS

THINK about it

In the days before tractor lights, the autumn full moon – or “Harvest Moon” – illuminated the sky for an additional hour or two, allowing farmers to continue bringing in the harvest.

Hooves of JOY

10-year-old and her equine companion win local championships – and become champions for others in return

By Christine Lupella
LIFESTYLE EDITOR

There's nothing like sitting on the back of a big, beautiful animal, feeling its muscles move in rhythm as you race together as one in a cloud of dust.

Kirsten Pape of Waterford knows that feeling well. She's been riding horses since she was 4 years old. She started competing three years later.

Now, at age 10, Kirsten and her horse, Slapshot, have won a number of racing honors. They competed together at the Walworth County Fair in Elkhorn at the end of August in both the Tiny Tot (ages 10 years and under), Junior (ages 11-16) and Open classes of Walenton's Rocking "B" Ranch Speed Show.

The two-day event consisted of flag and sand races, barrel races, pole bending, speed and action and other speed events during which horse and rider compete together against the clock. All events were

timed and the fastest rider and horse won trophies and prize money.

Kirsten set a record, according to Barbara Walenton, owner of Walenton's Rocking "B" Ranch. "Kirsten is the youngest participant to win the All-Around High Point trophy," she said, noting that 10-year-old Kirsten outscored a 17-year-old competitor to earn the trophy.

In the Tiny Tot and Junior classes, Kirsten and Slapshot placed first in all events, setting a new personal record of 16.2 seconds in barrel racing and 25.558 seconds in ole bending.

"The best part was beating kids a lot older than me," Kirsten said.

More recently, Kirsten earned the 2K Ranch Horse and Cattle Company (Helenville) 2008 Youth Reserve Champion title in the 18 and under Junior Class for this season.

Kirsten trains with professional barrel racer Colleen Barry of Winner Sircle Stables in Union Grove. Slapshot, a 6-year-old



SUBMITTED PHOTO Lifestyle

Ten-year-old Kirsten Pape of Waterford holds the trophy she and her horse, Slapshot earned as All-Around High Point winners at the Walworth County Fair Aug. 30-31.

Appaloosa, has spent time training with Barry as well.

Girl and horse are quite the team – just like in any team or individual sport, they have a

practice schedule, do warm up and conditioning exercises and have a coach to give them direction.

Kirsten's commitment to her horse and riding carry through in the rest of her life as well. She enjoys studying math and science at Woodfield School in Waterford, and wants to go to college to be a veterinarian someday.

Along the way, Kirsten has become a champion for people who have special needs, sharing her time and love for horses with others.

Kirsten and Slapshot volunteer at Willow Creek Ranch, a therapeutic riding program for children and adults with disabilities that is owned by her mom, Jennifer Pape.

At Willow Creek, Kirsten leads therapy pony, Mr. Chubs, for participants ranging from ages 3 to 6 years old. Kirsten enjoys working with the children on cognitive skills, eye-hand coordination and riding skills during their 45-minute riding sessions.

Willow Creek is a member of the North American Riding for the Handicapped Association (NARHA).

"It's more than just putting a child on a horse," Jennifer Pape said.

Therapeutic riding helps children and adults with a variety of disabilities and conditions such as Attention Deficit Disorder, Autism, Traumatic Brain Injuries, Cerebral Palsy, Muscular Dystrophy and

others. The games and activities riders do on a horse help them improve motor skills, self-esteem, concentration and problem-solving abilities, she said.

The rhythmic movement of the horse stimulates the riders' bodies, helping improve their muscle tone, strength, balance and head and trunk control.

"Sometimes we have the kids sitting on the horse backwards," Pape said.

Willow Creek Ranch Therapeutic Riding Center is located just east of Waterford on Highway 20. Participants range from ages 3 to 85 and have a variety of special needs.

Volunteers are always needed for the program, from horse leaders and side walkers to marketing and grant writing. The ranch currently operates on property owned by Richard Beere.



SUBMITTED PHOTO Lifestyle

Kirsten and Slapshot compete in a barrel riding event at the Walworth County Fair in late August.

For information:
Willow Creek
Therapeutic
Riding Center
(262) 534-7212
www.willowcreekranch.org

Passing Time

Exercise can be a double-edged sword. When done correctly, exercise provides a number of positives. You build muscles. You lose weight. You gain more energy. And you feel better, both mentally and physically.

But there is a drawback, at least in my case. My clothes no longer fit.

Hmmm. Could it be that fitness clubs and the clothing industry are in cahoots? Nah. That's probably just a conspiracy theory. Or is it?

A waist can be a terrible thing to mind

tighten the belts on my pants a lot more because my waist has shrunk.

A nice problem to have, huh? Maybe for some people, but not me. As a result of these body changes, I had to (gasp!) go clothes shopping.

I know there are some of you, or maybe a lot of you, who would love to do that.

Not me. My clothes shopping excursions tend to occur with the same frequency as bubonic plagues, locust invasions and Brewers playoff appearances. I learned to hang on to clothes, even when they



By John Ackley

don't fit exactly right and go out of style. Because I'm confident they'll fit me again and never really go out of style.

While many people visit stores searching shelves and hangers for those expensive torn-knee jeans, I sit home comfortably, content that I created my own fashion statement simply by doing a few years of yard work while on my knees.

This time, however, felt different. This time I knew, whether I wanted to or not, I had to shop. So, armed with plastic, I went to a clothing store to begin my search for new shirts and pants.

I started in the shirts department, and that wasn't too bad. I found some nice dress shirts and simply got them in a larger

size than before. I made sure there was enough shoulder room and was on my way. It was relatively painless.

That changed when I entered the pants department. I needed to find pairs with a smaller waist size but the same length as the ones I already had.

Well, I searched. And searched. And searched some more. Either I found the right waist size but not the right length, or vice versa.

Obviously, I have a dilemma. But I think I've found the solution: Eat more.

That's right. I simply need to add a few more calories than I can burn off. As a result, my waist will get bigger, but not too big because of exercise and, consequently, my current pants will fit like they should.

I think I'll try to follow the same diet that swimmer Michael Phelps used to train for the Olympics.

He consumed something like 10,000 calories a day. In fact, all he basically did was eat, work out and sleep. And since I'm already somewhat proficient in working out, and at an advanced level in eating and sleeping, I see no reason why I shouldn't have successful results.

So, to summarize, I'll have to spend more money on food so I don't spend more on clothes. But I'll also have to spend more time working out to stay fit and keep away fat.

Hmmm. Could fitness clubs and the grocery industry be in cahoots? Nah. That's probably just a conspiracy theory.

Or is it?