

Wildcat Canter

University of Kentucky Ag Equine Programs Newsletter

KENTUCKY



ESMA Student's Love for the Horse Industry Creates Passion in her Internship

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Student Professionalism Series

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On the cover: Snapped at the UK ESMA Alumni Tailgate Reception Oct. 16 at Keeneland. From the top, clockwise: ESMA alums Leah Alessandrini, Courtney Calnan, Ann-McCullough Wilkens and Hannah Niebielski. Photo by Holly Wiemers

Other features:

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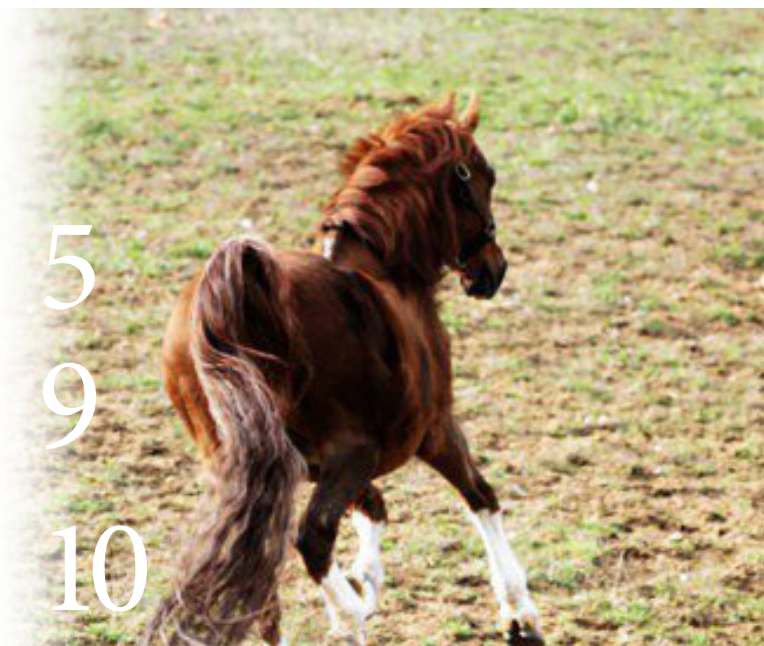
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Welcome

Why should you do a Study Abroad (Education Abroad) experience?

There are very few educational experiences that have the potential for such lifelong impact as an Education Abroad (EA) experience. The opportunity to observe another country's culture, learn about their history and appreciate different world views is invaluable. The chance to reflect and contrast upon another country's culture and history and compare it to the U.S. is one of the most important experiential opportunities a student can engage in.

I've been fortunate to have the opportunity to travel to the following countries with undergraduate students and graduate students: Ireland and Northern Ireland, Brazil, Mexico, Canada, Denmark, Finland, Sweden, Norway, Mali-West Africa, Honduras, England, Scotland, France, Australia, Netherlands and Egypt. My world view has been impacted dramatically by these travels and I'm pretty sure every student I've traveled with would say the same. (In truth, I wish it could be a requirement of every single undergraduate student to study abroad sometime during their undergraduate career.) The lens you use to see the rest of the world will be impacted forever.

In 2006, I travelled with nine students to southern Brazil to study working equids (primarily working cart horses who were helping generate income for resource-poor communities). I am still in contact (through social media) with nearly every one of those students. Several of them have become veterinarians; several of them now have PhDs; several of them are making their marks as animal welfare advocates for important NGOs, such as The Brooke. When we see each other at international conferences or pick up a conversation on Facebook, it is like we are right back at our Study Abroad experience in southern Brazil...nearly every nuance of that experience is permanently embedded in our collective memories. Ask any one of those students and they will tell you it was a life changing experience for them.

Looking at a different EA experience, I have travelled to Ireland/Northern Ireland five times with students. While there, we embark on a Study Abroad experience that is roughly half about exploring the horse industry of those countries, and roughly half related to culture and history. The rapport that is quickly developed between students and faculty members is unique. When you're spending about 12 waking hours together every day for two to three weeks, and when you're eating many of your meals together, students become comfortable with discussing "life questions" very quickly. On campus, if I have a standard academic advising appointment with a student, it might last 30-45 minutes... when I have an informal "academic advising appointment" with a student during an EA experience, we might spend a four-hour bus trip discussing 'what they should do with their lives,' 'how can they be a difference maker,' 'how do they tell their parents they want to change their career goals,' etc.

There are hundreds of different opportunities to engage in if you are looking for an international Education Abroad experience. You can begin your search at <http://www.uky.edu/international/educationabroad>. You won't regret it!



All the best!

Camie Heleski, Ph.D.

Senior Lecturer, Equine Science & Management Program

Upcoming events/deadlines:

December 1
ESMA Senior Capstone Presentations,
11 a.m. – 12:15 p.m.
Garrigus Bldg., Room 108

December 5-9
ESMA Study Breaks
8 a.m. - 4 p.m.
Equine Programs Office

December 6
ESMA Senior Capstone Presentations,
11 a.m. – 12:15 p.m.
Garrigus, Bldg., Room 108

December 8
ESMA Senior Capstone Presentations,
11 a.m. – 12:15 p.m.
Garrigus Bldg., Room 108

December 9
Last day of classes

December 12 – December 16
Finals week

December 16
ESMA Graduation Reception
11:30 a.m. - 1 p.m.
Good Barn

Graduation

**MASTHEAD**

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ESMA Student's Love for the Horse Industry Creates Passion in her Internship

By Maddie Regis

Paige Schanke is a Neenah, Wisconsin, native, and University of Kentucky senior. She started taking riding lessons at the age of 8, and as she says, "The rest is history."

Despite the fact that she did not grow up in Kentucky, by the time she was in fifth grade she had already decided that UK was where she wanted to pursue her education someday, "mostly for the location and its proximity to horses, then later for the program."

Schanke has known Justin Cowley of Cowley Insurance for a while, as they are both a part of the American Saddlebred industry. Schanke has shown American Saddlebreds on the world and national stages for much of her life. Knowing Cowley allowed her to choose his business as the site for her Equine Science and Management internship.

"The common ground between us was a good start in doing an internship, and he approached me [about the internship] last spring," she said.

Interning at Cowley Insurance allowed Schanke to explore her interests, and of course be a part of the industry she loves.

"[The reason I chose Cowley Insurance] included common equine interests, the opportunity to learn about a different aspect of the horse industry and the possibility to be creative with my work," she said.

Schanke learned a lot of communications skills that are applicable across many jobs, and was able to network as well.

"I learned how to communicate with a businesslike attitude with clients and my supervisor. I also learned proper marketing tactics, and made many connections, in and out of the horse industry," she said.

Cowley said he thoroughly enjoyed having Schanke as his intern.

"Paige did really well. She is really passionate about the Saddlebred and the horse industry, and this was reflected in her work. She came up with a lot of great ideas in all of the advertising she did for me, and did a great job with all of my social media. I was really pleased with her," he said.

Schanke said she really enjoyed the freedom she had in her internship.

"My favorite part was being creative and having the ability to choose how I marketed the company," she said.

"Paige did a fantastic job at her internship," said Elizabeth James, lecturer and internship coordinator. "It's great to see students take initiative and ownership of the many learning opportunities available to them."

Schanke's post-graduation plans fit right in with the skills she learned at Cowley Insurance.

"I am hoping to become an equine pharmaceutical representative post-graduation. Working for Cowley Insurance helped me prepare for the road ahead by improving my communication and marketing skills," she said.

Schanke hopes to use these skills after her graduation in May 2017 to get a job that will launch into a career, and she also hopes that this will allow her to start showing American Saddlebreds again.



UK Gluck Center Doctoral Candidate Wins Campus-Wide 3MT Competition

By Taylor Pence

Carleigh Fedorka, a doctoral candidate at the University of Kentucky Gluck Equine Research Center, won UK's Three Minute Thesis (3MT®) competition on Tuesday, Nov. 15, in the Gatton College of Business and Economics' Kincaid Auditorium.

Fedorka was one of nine graduate students who made it to the finals competition. She was awarded \$1,000 and an all-expense-paid trip to the Southern Council of Graduate Schools Regional Competition to be held March 2-5, in Annapolis, Maryland.

The rules of the 3-MT, which were originally developed at a university in New Zealand, allow students three minutes to discuss their research using only one presentation slide and no gimmicks (e.g., props, costumes, songs, etc.)

Fedorka's presentation was titled "The dirty broodmare ... cleaned up." She first gave the presentation on biologic therapeutics as a treatment for endometritis during the Department of Veterinary Science's 3MT competition in April where she was amongst the top three finalists. For the campus-wide competition Fedorka was amongst the top 15 selected for the first round that was narrowed down to eight before moving on to the finals.

"I think the ability to take research and make it understandable to the masses is essential, as well as the skill of public speaking," Fedorka said.

On top of taking home the grand prize, Fedorka was also selected as the "People's Choice" favorite and received another \$125.



Representatives from UK's Saddle Up Safely Presented at International Concussion Conference

By Alexandra Harper

Representatives from Saddle Up Safely, a rider safety awareness program sponsored by University of Kentucky HealthCare and UK College of Agriculture, Food and Environment, presented at the 5th International Sports Concussion Consensus Conference Oct. 27-28 in Berlin, Germany. This was a joint effort by representatives of the UK College of Medicine, UK HealthCare, College of Agriculture, Food and Environment, UK Sports Medicine Research Institute, Kentucky Neuroscience Institute, Spinal and Brain Injury Research Center, UK College of Health Sciences and Saddle Up Safely.

Due to the increasing focus on concussions, the International Ice Hockey Federation (IIHF), the International Olympic Committee (IOC), Fédération Internationale de Football Association (FIFA), World Rugby, and the International Federation for Equestrian Sports (FEI) have taken lead roles in organizing the conference into the world's most influential process for policy makers on concussions in sports.

Some of the key goals of the conference were to recognize when a concussion has happened more accurately, develop more effective treatments, revise return to play guidelines and understand the long-term consequences of repeated concussions so that guidelines can be created when a player should no longer play sports.

This conference occurs every four years. Saddle Up Safely was represented by five members from UK and included Carl Mattacola, professor and associate dean for academic and faculty affairs in UK's College of Health Sciences; Dan Han, chief of UK's Neuropsychology Service and director of Neurobehavioral Studies at the UK Sports Medicine Research Institute; Fernanda Camargo, associate professor and equine extension specialist in the Department of Animal and Food Sciences; and Bill Gombeski, senior advisor at UK HealthCare. The group presented these five abstracts in the equine section, which will be published in the May 2017 issue of the British Journal of Sports Medicine:

- Clinical Affect and Sensory Correlates in Adolescent Sports Concussions, presented by Han
- Concussion Characteristics in Horse Racing, presented by Mattacola
- Effect of Repeated Testing on Equine Helmet Impact Attenuation, presented by Mattacola
- Irritability and Aggression in Persistent Youth Concussions, presented by Han
- Saddle Up Safely Guidelines for Return to Horse-Related Activities After Concussion, presented by Camargo

Han said the "return to riding guidelines and concussion assessment protocol were well accepted by those who came by to discuss our abstracts."

"The most beneficial part of the conference was the fact that they reiterated that a thorough physical examination by a specialist is paramount to diagnosing and treating the concussion," Camargo said.

The organizing committee will compile the overall consensus from the conference and publish it next year. They are currently developing a standardized tool, known as SCAT 4, for evaluating injured athletes for concussion.

"During the conference a number of contacts were made and ideas were generated for getting our latest Saddle Up Safely booklet, 'Safe Return to Riding' out to appropriate stakeholders," Gombeski said. "UK seemed to be ahead of other sports organizations in that we had a very concrete return to riding protocol for injured concussed riders and their caregivers to use."

To see a copy of the return to riding guidelines, concussion assessment protocol and more information on Saddle Up Safely, visit <http://ukhealthcare.uky.edu/saddleup/>.



Student Professionalism Series

By Elizabeth A James

The University of Kentucky Equine Science and Management Undergraduate Degree Program strives to not only educate you about equine science, but also to prepare you for your future career. Part of this preparation includes classroom guest lectures, hands on labs, requiring an internship before you graduate, exposing you to numerous industry related careers and, most recently, we have added a series called the Student Professionalism Series to the Wildcat Canter. The Student Professionalism Series will offer insights and tips to help you effectively prepare for, find, apply to and obtain the career of your choice. This month we will consider what it means to study.

What does it mean to study? Part 1 – The Basics

It is a common expectation among professors that you should spend three hours studying for every one hour in the classroom. Yet, in my experience, we are lucky if students spend one hour studying to every three hours in the classroom. The reasons for this vary. Students are busy, they can be easily distracted, often they think they understand the material better than they do – until the exam comes. Such reasons are important to consider but there is another popular reason for the lack of studying that is important to address before going into finals...not knowing how to study.

It is implied and often expected that students will know how to study, but that is not always the case. Perhaps the following tips will help just in time for the end of the semester.

1. *Know your time.* Timing is everything when it comes to studying. There are some people who are morning people. The earlier the better for them. But their productivity drops off sharply in the late afternoon/evening. If you are one of those people, pulling an all-nighter is not going to be an effective study technique for you. But waking up early and hitting the books will be. Alternatively, there are people who are night owls. They move slowly in the early hours of the day but as the sun goes down they are at their best.

There is not right or wrong time to study. But there are more or less effective times for you to study. Know yourself. Know when you are most productive and when you are least and then schedule your study sessions accordingly.

2. *Have a plan.* Sitting down the night before an exam thinking you are going to cram it all in is extremely unproductive. Have a plan for each session. Know how long you are going to spend, what material you are going to cover (one lecture, one week, one assignment, etc.), and what your goals are (to clear up any questions, understand confusing material, memorize concepts that will be on the exam, etc.). You aren't going to learn an entire semester's worth of material in one sitting. Establish frequent study times and have goals for each one. As the saying goes, "If you don't know where you are going, you'll end up there." Don't let that be the case for your study sessions.

3. *Understand how the brain works.* There is a lot of research surrounding how the human mind learns and retains new material. Quite frankly, I find it fascinating, but I won't bore you with it. What I will do is offer a brief and applicable overview: a) the human brain learns best in small chunks – be sure to take short breaks while studying b) things are best memorized through repetition – plain and simple c) sleep deprivation is a real thing and it negatively affects learning – if you aren't getting enough sleep, your brain is not functioning at its best, so be sure you are well-rested when you are going to study and d) dehydration is equally important – the link between adequate hydration and retention is strong.

4. *Talk to your professors.* They know the material better than you. They also happen to write the exams and grade the papers. Ask them for recommendations, tips and suggestions. If there is one thing that brings out the best in a professor, it's students who are genuinely wanting to learn. You might be surprised how much they are willing to help you succeed in your classes if you just ask.



Equine Science and Management Alumni Profile

Amelia Proto, '10

KBC Inventory Control & Marketing Coordinator



*Amelia and Ibboeye aka "Ibby"
Photo credit Amelia Proto*

By Maddie Regis

Where is home for you?

I grew up in a small town in Upstate New York called Slaterville Springs. It's just outside of Ithaca.

How did you first become involved in the horse industry?

My family has been involved with horses since before I was born. I rode my first pony at 3 and had a horse of my own by 7. As a young adult I participated extensively in 4-H, took riding lessons at Cornell, and eventually chose to focus on playing polo as my "discipline of choice" around age 13. Having Thoroughbreds all my life, I became involved in the racing industry at an early age, with an extreme interest in stallions and pedigrees.

What were your career goals before graduation?

My career goals prior to graduation are the same ones I still have; my family has a farm in Upstate New York, and my long-term goal is to develop one here in Lexington to operate as the "south" division.

Where are you currently employed?

I work full-time for KBC Horse Supplies, and do "part time" work for the family farm back home.

How are you currently involved in the horse industry?

My position at KBC is involvement with the equine industry in a bit of an indirect manner; we are a company that provides products and services to the entirety of the equine industry. The "part time" work that I mentioned for the family farm back home is focused on selecting stallions to breed with our mares, as well as attending auctions to assess offspring conformation, and following the careers of each of the horses that we produce as they head to the racetrack and beyond. I personally own several horses, one of which I have with me in Lexington right now. Ibboeye is a 2007 Thoroughbred stallion, bred by my family, who was quite successful on the racetrack. After he retired, I was able to purchase him back and we have had some fabulous results and ribbons showing around Kentucky.

What are your current job responsibilities?

At KBC, I am the "inventory control and marketing coordinator." I am tasked with making sure that our inventory is correct. If the quantities do not match, I have to figure out why, and correct the situation. For the marketing side, I create email blasts, handle social media posts and respond to customer questions on Facebook, as well as maintaining our website on a daily basis.

What led you to this position?

This was not my first position after graduation. I worked for a local Thoroughbred farm for several years, and in 2013 was recommended to KBC by a friend who knew they were looking for someone with my skill set. Each of the professors and advisors that I had at UK influenced me in different ways. I appreciate that they found ways to help me succeed and make that a reality. Even now, coming up on seven years out of UK, I still speak with the majority of the professors I had in the equine program.

What advice do you have for current equine students?

Read everything. Learn about disciplines that you are not a participant in. Due to social media and the instant transfer of information and opinions, make sure you educate yourself on controversial topics and have formed educated opinions regarding those subjects before you are asked about them. Learn to appreciate different methods of training and the reasoning behind them, even if you do not personally use the methods. Maintain contact and friendship with all the people in your classes, including your professors; networking is imperative in this industry.

Fun fact: Reynolds Foster, also a 2010 UK Ag Equine grad (and former Wildcat canter Spotlight) and I have been dating since 2011. Our wedding is next summer, and we'll be the first couple from UK Ag Equine to get married.



Ag Equine Programs
College of Agriculture, Food and Environment



Bluegrass Equine Digest

Check out the November issue of the Bluegrass Equine Digest, a free, monthly electronic newsletter dedicated to providing up-to-date information on equine research from the University of Kentucky's College of Agriculture, Food and Environment in collaboration with TheHorse.com and sponsored by Zoetis. This month's stories can be found at http://www.thehorse.com/enews/bluegrass-equine-digest/PDF/BED-Nov2016.pdf?utm_source=Newsletter&utm_medium=bluegrass-equine-digest&utm_campaign=11-27-2016.

- **The Carrier Stallion**
- **Saddle Up Safely Attends Concussion Conference**
- **The Grass Guide: Kentucky Bluegrass**
- **Cleaning and Disinfection**

Stay Socially Connected to UK Ag Equine Programs

The University of Kentucky College of Agriculture, Food and Environment has several equine-related social media pages featuring the latest news and events information.

Follow us on Twitter:

- UK Ag Equine Programs: **@UKAgEquine**
- UK Maxwell H. Gluck Equine Research Center: **@UKGluckCenter**

Prefer Facebook? Like these pages administered by us:

- **University of Kentucky Ag Equine Programs:** An overarching framework for all things equine at the University of Kentucky, including the undergraduate degree program, equine-related students organizations, equine research and outreach activities.
- **University of Kentucky Equine Alumni:** A community established for the alumni of the University of Kentucky's equine programs, including ESMA, graduate students and clubs and teams' members.
- **University of Kentucky Maxwell H. Gluck Equine Research Center:** The mission of the Gluck Center is scientific discovery, education and dissemination of knowledge for the benefit of the health and well-being of horses.
- **University of Kentucky Horse Pasture Evaluation Program:** A service program offered to horse farms in Kentucky with the goal of overall improved pasture management.
- **Saddle Up SAFELY:** A rider safety awareness programs sponsored by UKHealthCare, UK College of Agriculture, Food and Environment and many community organizations. It aims to make a great sport safer through education about safe riding and horse handling practices.

Clubs and Teams

Equestrian Team

Hunt Seat Team

The Hunt Seat Team competed in Louisville, Kentucky, on Oct. 22 and 23 and won high point team both days. It also competed at Midway University on Oct. 29 and 30, where the team was high point team on Saturday and reserve high point team on Sunday. With the semester coming to an end, the team is finished showing, but is looking forward to its host show on Jan. 28 and 29.

CLUBS AND TEAMS DIRECTORY

DRESSAGE AND EVENTING TEAM

Advisor: Dr. Jill Stowe, jill.stowe@uky.edu
 President: Taylor Pence, ukdressageandeventingteam@gmail.com
 Facebook: UK Dressage and Eventing

HORSE RACING CLUB

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EQUESTRIAN TEAM

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WESTERN TEAM

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POLO TEAM

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R.E.A.D. CLUB

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RODEO TEAM

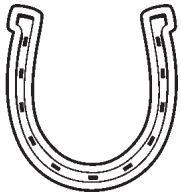
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SADDLE SEAT TEAM

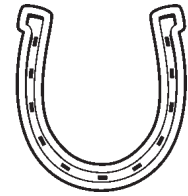
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 Facebook: UK Saddleseat Team 2016-2017Group)



Equine Science and Management Student Study Break



Monday 12/5 - Friday 12/9
8 a.m. to 4 p.m.



UK Ag Equine Programs Office
Ag Science North, Room 212



**Stop by for FREE refreshments as a reward for your hard work
this semester and a break from finals prep!**



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