



"I do not agree with what you have to say, but I'll defend to the death your right to say it." - Voltaire

Post-Season Awards

Crystal Olu-Taylor, women's soccer – 2nd team all-conference
 Chris Miller, men's cross country – 1st team all-conference, CVAC freshman of the year, NCAA All-Southeast Region Team Member
 Tim Bourke, men's cross country – 2nd team all-conference
 Kelly Chaplin, women's cross country – honorable mention all conference, NCAA All-Southeast Region Team Member
 Tirzah Armenta, volleyball – 1st team all-conference, CVAC freshman of the year
 Jessica Burkart, volleyball – honorable mention all-conference
 Kim Harper, volleyball – honorable mention all-conference



St. Andrews Hosts PHJA Horse Show

Danielle Heider

Staff Writer

It was a day of excitement, with people coming from all over the state for the Piedmont Hunter Jumper Association horse show hosted by St. Andrews. The PHJA is a local horse show association based out of Charlotte. One of the major goals of PHJA is to provide a fun, safe, educational horse show experience to all participants. The show was open to all SAPC riders, the local community and members of PHJA. They offered a variety of classes for any riding level. Some classes included walk /trot, walk /trot/canter, for both children and adult level and sometimes combined. They also offered jumping for both the hunters and jumpers. The jumps ranged anywhere from small 18" cross rails to 3'6" jumps.

Both riders and horses seemed like they were having a lot of fun without having to deal with the pressures that horse shows cause. "I enjoyed myself," said Brittney Fitts, who placed 6th in the SAPC Equitation walk/trot class. "I think the riders and horses had a lot of fun."

With others coming from all over the state you really got to see some of the different ways to train horse and rider. "I thought it was good, it was a good riding experience," said Amanda Wooten who placed reserve in the SAPC walk/trot canter with two 18" cross rail class. "I think it would be good to see more horse shows like this because it helps other riders have more confidence and experience in showing."

Having the horse show here gave other riders in the program the opportunity to show the school horses, who otherwise wouldn't be able to show. "I thought it was a lot of fun, I really enjoyed it," said Bonnie Riehl, who placed 6th SAPC Equitation walk/trot/canter class. "I can't wait to show again. I would like to see more horse shows that are not IHSA or IDA."

Other riders who placed were Meredith Fish who placed 1st in SAPC Equitation walk/trot/canter, Dallas Jones who placed 2nd in SAPC Equitation walk/trot/canter and Matt Lawson who placed 4th in Schooling Hunter Under the Saddle.

The PHJA was not just a great success but it was a way for the St. Andrews riders to enjoy themselves and get the opportunity to show who may not get that opportunity very often. It was also a way to show without the added pressure that some shows may cause. Most importantly, though, it was a way for St. Andrews and the surrounding community to come together and have a fun show.

Winter Sport Schedule

Men's Basketball

Nov. 27 Columbia Union @ Pfeiffer Tourney 7:00 PM
 Nov. 28 UDC @ Pfeiffer Tourney 4:00 PM
 Dec. 4 Limestone (Away) 7:30 PM
 Dec. 5 Ohio Valley (Home) 2:00 PM

Women's Basketball

Nov. 27 Johnson C. Smith (Away) 5:30 PM
 Dec. 2 Virginia State (Home) 6:00 PM
 Dec. 4 Limestone (Away) 5:30 PM
 Dec. 16 Columbia Union 5:00 PM



A Team Effort

Danielle Heider

Staff Writer

It has been a great semester for the Therapeutic Horsemanship program. Time has flown by once again and people have been helped. It's amazing how the smallest action can help a person with a disability physically and emotionally by the connection individuals in the program build with the horses and the instructors.

While working as a ground instructor and volunteer this semester, I have witnessed individuals that ride in the program benefit from what a horse can offer. A horse produces a natural movement which is rhythmical and multi-dimensional. This movement benefits the individual who is riding. Some physical benefits include balance, coordination, mobility and postural control. Emotional benefits include self confidence, motivation, self esteem, and choice making. It also gives the opportunity for individuals to ride with independence who may not otherwise. Along with the physical and emotional benefits it has social benefits as well, such as building trust, leadership, partnership, responsibility and respect. Through the activities that an instructor might have the rider do, individuals who are shy have the opportunity to talk and not feel intimidated or scared.

With all the benefits that a horse offers to an individual it's amazing to see this whole process and the transformation. Another example of this is seeing a person who may have only spent 10 minutes on horseback because they got fatigued to spending a whole segment on horseback. One of the best feelings in the world is knowing you have contributed to something greater and knowing that you have made a difference in someone's life.

There many benefits of riding in the Therapeutic Horsemanship program, especially for those who make the program happen including volunteers, ground instructs or director of the program, even the horse. It's a team effort; an effort that can change lives and benefit individuals with disabilities.