

Please help keep STARS

shining by making a

donation toward the following:

- \$731 Sponsorship of a riding student for one 6 wk. session
- \$2924 Sponsorship of a riding class for one 6 wk. session of 4 students
- \$25-100 Program equipment
- Donate \$ \_\_\_\_\_
- Donate a Wish List Item
- I would like to volunteer

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

If you would like more information contact STARS at:  
 Phone: 712.239.5042  
 Email: brooke@scstars.org



Special Troopers Adaptive Riding School  
 33148 K-22  
 Sioux City, IA 51108

Return Service Requested

Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Permit No. 108  
 Sioux City, IA

Reaching Beyond the Ordinary Every Day!

www.scstars.org—Phone: 712.239.5042—Email: brooke@scstars.org



STARS  
-Since 1984-



# HOOE BEATS & PAW PRINTS

-Spring 2017-

## Sacred Mirror: Horses, Mindfulness & Metaphor to Heal

Thursday, April 27th, 2017

8:00 AM—5:00 PM

Investment: \$150

Lunch Provided

Location: STARS Riding Center

33148 K-22, Sioux City, Iowa 51108



**Training opportunity in  
 Siouxland! 8 CEUs for  
 Mental Health  
 Professionals and an  
 amazing experience  
 working with Horses!**

Join Jackie Paulson, Licensed Mental Health Counselor & Registered Yoga Teacher, alongside Julie Dorn from the STARS program on a collaborative journey into the intimate and transformative power of the HORSE-HUMAN CONNECTION.

This Full Day Training designed for both personal interest and professional inquiry will thread mindfulness and metaphor to express the transformative power of utilizing horses in the healing process. Research has shown that horses can enhance the relationship with oneself; resulting in a deeper connection with others and the world around us. Because horses are fully present and without an agenda or judgment, they invite us to be the same, and that is where the deepest and most effective work transpires. This is what motivates our interwoven experience for this training that will blend lecture, discussion and experiential work with the horses.

Among many other benefits for both personal healing and professional use in the helping fields, horses can significantly increase relationship building/therapeutic rapport, efficiency of learning and overall self insight of the self and client. Equine Assisted Programs offer a refreshing approach to healing and transformation. Now more than ever, mindfulness is taking the lead in the helping and healing field. Bring in the use of these beautiful animals to your personal journey and watch the dynamic process of change and growth exponentially deepen. For helping professionals, Increase client retention without burnout and experience a more meaningful journey of using horses as a tool for physical, emotional and spiritual growth.

Register at [www.scstars.org](http://www.scstars.org)

or call STARS at

712-239-5042



## PAR FOR THE HORSE

8th Annual GOLF CLASSIC



Whispering Creek  
Golf Course

[scstars.org](http://scstars.org)

to benefit



## 2017 Riding Schedule

### Session 1

January 30 to March 9 (6 weeks)

March 13 & 14 *Rider Registration/  
Parent Orientation at 6 PM*

### Session 2

April 10 to May 18 (6 weeks)

### Session 3

June 5 to July 13 (6 weeks)

June 24 *Roger Peters Memorial Horse Show*

### Session 4

September 11 to October 19 (6 weeks)

### Session 5

November 6 to December 14 (6 weeks)

*For more information, please call the STARS riding center at 712-239-5042 or visit our website at [www.scstars.org](http://www.scstars.org)*

**Another successful Denim and Dreams is in the books! Thank you again to all of our 2017 sponsors:**

**Wilson Trailers  
L. P. Gill, Inc.  
AalFs Manufacturing Inc.  
BPI Technology, Inc.  
Tyson Foods  
CF Industries  
Dismas Charities  
Country Vet Pet Food  
Scheels  
Cornhusker International  
Trucking, Inc.**



Kegan has been chosen as this newsletters Rider Spotlight. Kegan has been riding at STARS since he was 8 years old.

Kegan loves riding Montana. He has recently been working on riding off lead. He can walk, trot, stop, and steer his horse without the lead rope attached. It has been so great to be able to watch Kegan grow and develop into such a great rider these past few years.

Kegan always walks into class ready to ride with a big smile on his face. Most of the time, you can also count on him having a fun joke to tell the class as he's getting ready to get on his horse.

We cannot wait to watch Kegan continue to improve his horse riding abilities!



## Volunteer Orientation! COMING UP IN APRIL!



**Tuesday, April 25th, 2017 at 6:00pm at the STARS Riding Center.**



**This is a great opportunity for NEW volunteers to come learn about STARS**

## Awesome Biker Nights Winner's Choice RAFFLE

2017 Harley Davidson FXSB "Breakout"  
or 2017 BMW F800 GS  
or **\$15,000 Cash**

RAFFLE BIKES SPONSORS:  
Rooster's Harley-Davidson & Bak BMW  
Drawing to be held  
**Saturday, June 17, 2017**  
Proceeds Benefit 7 Local Charities  
You Must Be 18 Years or Older But Need Not Be Present To Win!  
Make checks payable to AHN, Inc. **\$25.00**

Purchase Your Raffle Tickets at  
STARS Riding Center!

Awesome Biker Nights will be held June 15th, 16th & 17th on 4th Street Downtown Sioux City!

## 2017 Horse Camp

**July 24-28 and/or August 7-11**

**Time: 8:30-11:30**

**Cost: \$250 per week**

**Ages: 8-14**

**No horse experience necessary!**

For more information, call us at 712-239-5042, or visit our website!



Join us at the STARS Riding Center July 19-24 for an EAGALA Part I and Part II training. This is NOT only for horse people.

Contact us for more information and/or to sign up.



## Wish List

(Items needed at the Barn)



- Postage stamps
- Bomgaars gift card
- HPLaserJet Pro300 Color MFP ink cartridges
- Septic system safe toilet paper
- Copy Paper
- Safe Choice Senior Feed
- Halters & lead ropes

Check out our new and improved website at [www.scstars.org](http://www.scstars.org)