

Horsin' Around...

# Former ACHS equestrian saddles up for her future

By Kristen Baiocchi

It was just a couple years ago when Sarah Baker, a former ACHS student, started riding horses. It was only after a friend from her mother's office had said that she needed help in the barn cleaning stalls, that she developed her love of horses. Little did she know that two years later she would be pursuing a career as an equine trainer.

"I always told people that I had no idea what I wanted to do in life, I just knew I wanted to do something with animals," said Baker, a 19-year-old Antioch resident. "I just wish that it would have slapped me in the face sooner."

Baker, along with a selected group of other high school and college students, has been given the opportunity to become a part of a program unlike any other in the area.

Stable owner Nicola Birch and trainer Diane Foggi created the new student-working program, which runs out of Wood End Farms, located in Antioch. It was formed with the goal of educating the youth of Lake County in mind.

"We liked the idea of education," said Birch. "It was two fold, but the main reason was for people to be able to have a place to learn and not feel intimidated."

A big part of this, according to Foggi, is due to the fact that Wood End Farms is not a boarding or show barn, but rather a "working barn."

"This way the atmosphere remains the way it was essentially set up to be, educational and cooperative, not competitive," said Birch.

In addition to work experience, the students receive

a hands-on approach to learning. This includes experiencing handling the horses, overall horse care, schedule and time management, and lesson time. Some students will even have the opportunity to help train horses if the students are experienced enough.

As part of the experience, students receive an hour of private instruction with Foggi for every eight hours they work.

According to Baker, it is a rewarding experience and excellent opportunity for anyone interested in becoming more knowledgeable of horses.

"Nicola has given me an opportunity of a lifetime as well as a lot of responsibility that no one has ever given to me before," said Baker. "I know if I ever gave this chance up, I would regret it later."

But opportunity and responsibility do not come without a price. Baker gets up every morning at seven and heads to the barn to feed, water, turn out, clean and exercise the horses, working about an average of eight to nine hours a day. However, she doesn't complain.

"It's a craving," said Baker smiling, eyes beaming with happiness. "It's kind of like my chocolate."

According to Baker, she's not the only one who feels that way.

"I look at all of the other student workers involved in the program, and you can just tell [that they love it]," said Baker, smiling once again. "They all want what I want, and I can see it in them."

## Students hustlin' to say healthy

By Jessica Gaido

The table is perfectly set with the delicious, golden turkey sitting right in the center.

Surrounding it are all of the traditional Thanksgiving side dishes; the mashed potatoes, butternut squash, homemade stuffing, gravy, cranberry sauce, golden rolls, and green beans.

All that is left to do is dig in and indulge as much of this wonderful food as possible, keeping in mind to save some room

for slices of those delicious apple and pumpkin pies. It is safe to say that Thanksgiving dinner is the highlight of November.

It is no surprise that Thanksgiving is a holiday people look forward to because of all the delicious foods, but what may come as a shock is that the average person consumes over twice the calories needed in just this one meal.

The actual dinner is only one of the many fattening meals of the Thanksgiving holiday. There is the morning breakfast, mid-day snacking on appetizers, and of course, the late-night munching on all of those tasty leftovers.

As the calories add up, so do the grams of fat, and the result could not bring a holiday-smile to anyone's face.

According to the Calorie Control Council, the average person eats over 4,500 calories and 229 grams of fat—just in the Thanksgiving meal. That is well over two times the average daily calorie intake and more than three times the fat.

Of course there are ways to drop the calories by eating moderate portions and laying off the gobs of butter and gravy, but why not put that diet off for one day?

Thanksgiving is only the beginning of the holiday eating craze. There are leftovers that last for

days, then all of those seasonal dinners, and then it's already time for those infamous Super Bowl parties. It is non-stop eating, and when a person goes off their diet this time of the year thinking they will start right back up, it is very difficult because of all the temptations.

"I think a lot of people lose control of their eating over the holidays. Everywhere people go, there is food, most of it sugary and high calorie. We associate the holidays with good food and lots of sitting around," said Antioch Community High School P.E. Teacher, Debbie Rummel.

A large amount of people find

eating healthy and moderately during the holidays to be nearly impossible, however, if they restrict their diet too much, they are bound to breakdown and overeat later.

"One good way to prevent weight gain during the holidays is to exercise regularly. That way, if you are eating a little extra at parties, you will burn off the extra calories with exercise," said Dietician, Debbie Racette.

People believe the holidays are the season of joy and happiness. According to Rummel, there is nothing wrong with cutting some slack during the holidays.

"It is certainly okay for people to cut themselves some slack over the holidays. They will just have to pay for it later," said Rummel.

The month of January brings a demand for diet and exercise equipment, because people often make New Years resolutions to become healthy and fit again.

ACHS Junior, Kelsey Loblillo, plans on incorporating exercise into her holiday.

"I don't want to have to spend the holidays passing up really good food, so I exercise to stay at a healthy weight, and so I don't gain any weight," said Loblillo.

Staying on a strict diet is not the way anyone would prefer to spend their holidays. Just by incorporating exercise into your routine, even if it is just shopping, and eating moderately could fill everyone with the joy of the season—and not with the extra 10 pounds.

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