



# The Mini Page

Issue 28, 2022

Founded by Betty Debnam

**Next Week:**  
It's  
watermelon  
season!

## Horses Help Heal



photo by mehart

### Mini Fact:

Riders often become attached to their therapy horses, staying to groom them or give them treats.

Horseback riding can be a lot of fun. Did you know it can also be good for you? Riding a horse with the help of a therapist can help people heal.

Riding activities and therapies, or treatments, help thousands of people every year. The name for therapy with a horse and a therapist is **hippotherapy**.

The word "hippo" comes from the Greek word for horse, "hippos." (The word "hippopotamus" comes from the same language. It means "river horse.") In hippotherapy, a physical, occupational or speech therapist uses the horse's movement to help the patient get better.

### Horse help

Hippotherapy helps people with special needs do things such as sitting up, walking, and even talking. It can make them strong enough to do tasks such as dressing themselves.



U.S. Air Force photo/Airman 1st Class Joshua Green

Horse therapy also helps people with mental and emotional problems. This type of therapy has been used with soldiers returning from war zones to help with post-traumatic stress disorder, or PTSD.

### Horse therapy mechanics

The walking movement of a horse is almost the same as the walking movement of a human. At first, it seems weird to think that a four-legged animal would walk the same way



U.S. Air Force photo/Master Sgt. Kevin J. Gruenwald

With help from volunteers, Laurie Willmott of Spirit Therapies in Las Vegas, Nevada, teaches Kim Tanner, retired U.S. Army transportation specialist, the art of horseback riding. Tanner suffered severe injuries after being struck by an improvised explosive device in Iraq in 2005.

as a two-legged human.

However, experts realized that when horses and humans walk, their hips:

- move up and down;
- tilt from side to side;
- turn, or rotate.

If you put your hand on your hip while you're walking, you can feel your hip moving from side to side.

When people ride a horse, their hips move as if they were walking on their own. The riders gain muscle strength. Their brains receive signals just as if they were doing the walking themselves.

While on the horse, the person has to work to stay on. The rider's muscles go to work, and the rider gains strength. Many patients who could not sit up without slumping over can sit up straight after riding.

### Helping horses

Horse therapy helps people in other ways, too.

- Speech therapists have had success getting patients to talk and express themselves with horses. As riders' muscles strengthen, they may be able to breathe easier.

Kids who have difficulty talking may begin talking so they can tell the horse what to do. Patients who cannot talk often learn how to use sign language with the horse.



photo by Viktor\_K79

In one example, twin girls were both very quiet before therapeutic riding. Their riding instructor suggested they write letters to the horse. They did, and then they started talking.

- The warmth of the horse helps the riders relax and helps their muscles loosen up. This can help riders get better.

For example, a 2-year-old boy could not walk. He did not have the body strength he needed. Six months after starting hippotherapy, he started standing on his own. The very next day, he started to walk.

- People gain confidence and a sense of freedom when they ride on such a large animal. Hippotherapy helps ease their fears and anxiety.

### Resources



#### On the Web:

- [youtu.be/6ZqhRI3ozeE](https://youtu.be/6ZqhRI3ozeE)

#### At the library:

- "Jubilee: The First Therapy Horse and an Olympic Dream" by KT Johnson

### Try 'n' Find

Words that remind us of hippotherapy are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



CONFIDENCE,  
EMOTIONAL, HEAL,  
HELP, HIPPOThERAPY,  
HIPS, HORSE, MENTAL,  
MOVEMENT, MUSCLES,  
PATIENT, PHYSICAL,  
RIDER, SOLDIER,  
SPEECH, STRENGTH,  
TRAUMA, WALK.

E J L A C I S Y H P R I D E R  
F I H I P P O T H E R A P Y J  
X O S P I H H T G N E R T S G  
L K T N E I T A P P E S R O H  
S E L C S U M G L W A L K Q M  
G A M U A R T E S O L D I E R  
H C E E P S H M E N T A L P G  
G N X S E C N E D I F N O C H  
Y J G M O V E M E N T K O S C  
I E M O T I O N A L L A E H W

### Cook's Corner

#### Eggcellent Breakfast Frittata

##### You'll need:

- cooking spray
- 6 eggs
- 1 cup low-fat milk
- 1 tablespoon butter, melted
- 1/2 teaspoon salt

- 1/8 teaspoon pepper
- 5 slices precooked Canadian bacon (half of 6-ounce package)
- 1/2 cup shredded low-fat cheddar cheese



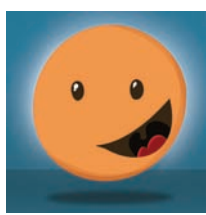
\* You'll need an adult's help with this recipe.

##### What to do:

1. Preheat oven to 350 degrees. Coat a 9- or 10-inch round pie dish with cooking spray.
2. In a medium bowl, beat eggs, milk, butter, salt and pepper with a whisk until well-blended.
3. Cut Canadian bacon into bite-size pieces. Stir gently into egg mixture.
4. Pour mixture into pie dish and sprinkle cheese over the top.
5. Bake for 30 to 35 minutes. Serves 6 to 8.

### 7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.



1. where a bank puts your money (7) \_\_\_\_\_
2. probably not (8) \_\_\_\_\_
3. school or house (8) \_\_\_\_\_
4. tragic Shakespearean lover (5) \_\_\_\_\_
5. wooden box (5) \_\_\_\_\_
6. light on a stand (4) \_\_\_\_\_
7. it goes around a picture (5) \_\_\_\_\_

ING	ELY	TE	UN
CRA	OUNT	ROM	BUI
FRA	MP	ACC	ME
LIK	EO	LD	LA

Answers: account, unlikely, building, Romeo, crate, lamp, farm.

### Mini Jokes



**Hank:** Why are saddles so difficult to get along with?  
**Hannah:** Because they stirrup trouble!

### Eco Note



Officials in California are warning gardeners to be on the lookout for an invasive snakelike worm that can leap up to a foot into the air and has a huge appetite. *Amyntas agrestis*, or Asian jumping worm, is believed to have entered the U.S. in potted plants from Japan or the Korean Peninsula during the last century. Experts suggest pouring water with yellow mustard into infested ground to drive the worms out, then covering the soil with plastic sheets and letting the sun's heat destroy the worm's cocoons.

adapted with permission from Earthweek.com

### For later:

Look in your newspaper for articles about types of therapy.

**Teachers:** Follow and interact with The Mini Page on Facebook!



The **NEW Mini Spy Booklets** volumes 4 and 5! Features 48 of your favorite puzzles from The Mini Page! Volumes 1, 2 and 3 are still available!

Help Mini Spy and other classic characters from The Mini Page find hidden objects from a list of clues.

The 8.5x11-inch booklet is just \$5, plus \$1 each for shipping and handling.

Visit [MiniPageBooks.com](http://MiniPageBooks.com), or call 844-426-1256 for more information.

Mail payment to: Andrews McMeel Universal, Mini Page Books, 1130 Walnut, Kansas City, MO 64106.

