

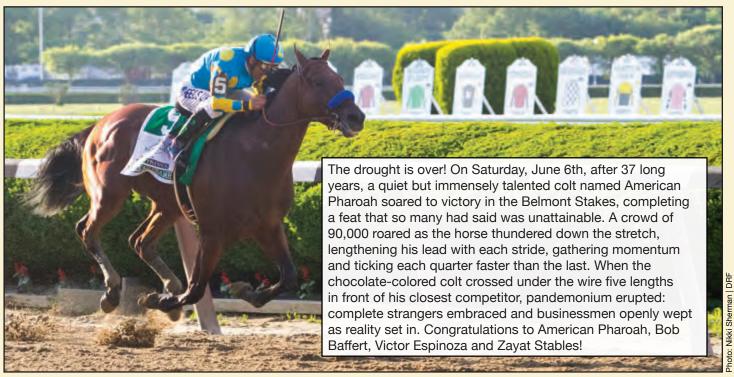
PTHA NEWS

Pennsylvania Thoroughbred Horsemen's Association Newsletter

We ARE Pennsylvania Racing

2015 Issue #3

American Pharoah Is 12th Triple Crown Champion



Shockwave Therapy Banned at Parx

This month marks an important milestone in safety and fairness for our horsemen. On June 1, Extracorporeal Shockwave Therapy devices were banned from the grounds of Parx Racing. The policy was created after thorough debate between the Pennsylvania Thoroughbred Horsemen's Association, racetrack management, equine veterinarians and representatives from the Jockey's Guild.

Shockwave therapy is used as a tool in treating soft-tissue injuries such as tendons, ligaments and suspensories by sending high frequency sound waves through a machine to the affected area. A problem with the treatment is that it often numbs the treated area so that the horse is unable to feel pain, risking further injury that can put jockeys in danger during a race.

"Nobody is disputing the therapeutic effects of shockwave

therapy," stated PTHA Executive Director Mike Ballezzi. "But if a horse needs this type of treatment, then he has no business running just days later."

The use of shockwave therapy on racehorses within seven days of competing in a race has been prohibited in the state of Pennsylvania since 2003, but the ruling has been difficult to enforce. In recent weeks, Parx Racing has also notified horsemen that horses may not leave the grounds of Parx within 14 days of a race to receive shockwave therapy.

Parx Director of Racing Sam Elliott released a a notification stating, "Veterinarians who are found to be in possession of a shockwave machine will lose their privilege to practice veterinary medicine at Parx. Horsemen found to be in possession of a shockwave machine will have stall privileges revoked."



President's Message Salvatore M. DeBunda, Esq.

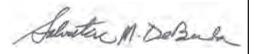
Can you believe it? We finally have a 12th Triple Crown winner! Just last year it seemed like an impossibility that we would ever see another horse take these three races . . . and now we've witnessed history. Congratulations to all of American Pharoah's connections, especially trainer Bob Baffert. As I'm sure you remember, he trained last year's Pennsylvania Derby

(G2) winner Bayern, who upset the Kentucky Derby hero California Chrome. We would love to see Bob back here in Bensalem this September with his newest champion!

As always at this time of the year, Executive Director Mike Ballezzi and I regularly travel to Harrisburg, where we continue to educate our legislators. As usual the Pennsylvania Race Horse Development Fund is at risk, though we are pressing our representatives to understand how crucial our industry is to the state economy.

Unfortunately, I am sad to announce that the first lobbyist who helped us through the initial slot bill legislative matters which resulted in the creation of the Race Horse Development Fund has passed away. Steve Wojdak was a crucial member of our team and he will be greatly missed. I would like to express my heartfelt condolences to his wife Libby as well as his children and grandchildren.

Throughout this issue of *PTHA News*, you will find a number of important issues in both our state and the nation, including a revision to the federal pari-mutuel tax withholdings, the banning of shockwave therapy devices here at Parx and a victory for taxpayers. I highly urge you to read this issue cover-to-cover for all of the details!





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Comment Period to Treasury Concludes with Unprecented, Industry-Wide Support for Pari-Mutuel Tax Modernization

Last month we asked horsemen to sign a petition supporting the modernization of tax regulations with regard to pari-mutuel wagering. We are thrilled to announce that over 11,000 people submitted comments through a web site set up through the NTRA. Below is a press release from June 3, 2015, courtesy of the NTRA:

The National Thoroughbred Racing Association (NTRA) today announced upon conclusion of a 90-day comment period that nearly 12,000 comments have been submitted directly to the U.S. Treasury in support of a measure seeking to modernize tax regulations related to pari-mutuel wagering.

The proposed changes would clarify withholding and reporting rules by redefining the "amount wagered" to include all of a bettor's investment into a single pari-mutuel pool, and not simply the base amount of the winning combination. Because of the wide scope of the economic benefits, support for the proposed modification came from all segments of the horse racing and breeding industry.

In addition to a nine-page submission by the NTRA, dozens of organizations, representing every sector of the Thoroughbred, Quarter Horse and Standardbred industries, submitted letters to Treasury in support of the proposed change. A total of 11,665 comments were submitted by individual horseplayers, fans and stakeholders through a submission process established on NTRA.com.

The effort also received strong backing from dozens of state and federal legislators who realize the economic benefits derived from a healthy and vibrant horse industry in their home states. Editorials and columns supporting the measure appeared in numerous publications, including The Washington Post.

"We thank the thousands of individuals and dozens of organizations that took the time to submit a comment to the Treasury in support of this important effort," said NTRA President and Chief Executive Officer Alex Waldrop. "The diversity, scope and sheer volume of the responses is reflective of the fact

that the change we are proposing is widely supported by a multi-billion dollar industry and will positively impact tens of thousands of individuals as well as state and federal government. The time to modernize tax regulations is now."

In response to efforts spearheaded by the NTRA and horse racing's advocates within the federal government, the Treasury and Internal Revenue Service (IRS) on March 3 issued a Notice of Proposed Rulemaking and Public Hearing (Notice) that opened the door to the possible addition of parimutuel gambling winnings to updated reporting and withholding requirements being developed for bingo, keno, and slot machine players. The specific references relating to pari-mutuel wagering can be found in a section of the Notice entitled, "Gambling Winnings Other Than Bingo, Keno & Slot Machine Play."

For more than a year, the NTRA has sought updated guidelines related to reporting and withholding of parimutuel winnings. A clarification by Treasury and the IRS was formally requested in June 2014 by Rep. John Yarmuth, D-Ky., and Rep. Charles Boustany, R-La., and co-signed by a bi-partisan group of 15 other members of the U.S. House of Representatives. In their letter, the 17 congressmen urged the Treasury and IRS to consider the inclusion of a bettor's entire investment in a single pari-mutuel pool to determine the amount reported or withheld for tax purposes, as opposed to only the amount wagered on the correct result. This issue typically arises in the context of increasingly popular multi-horse or multi-race wagers.

For example, the amount wagered by a Pick Six player who hits with one of 140 combinations on a \$1-minimum wager would be \$140, which is the total amount bet into the Pick Six pool. Currently the amount wagered is calculated using only the \$1 bet on the single winning combination. By understating the amount wagered in this manner, the IRS is imposing significant additional reporting and withholding obligations on horseplayers while creating unnecessary paperwork for the IRS.

A clarification would directly benefit pari-mutuel customers by reducing burdensome tax obligations. The proposal also aims to lessen racing's competitive disadvantage against other forms of gaming that are not subject to such aggressive tax treatment related to reporting and withholding.

A Change org petition posted by the NTRA last year received nearly 8,000 signatures in support of the clarification in only a few months. Kentucky Gov. Steve Beshear sent a letter to the Treasury last fall seeking the clarification on behalf of his state's signature industry. In November, the NTRA teamed with Rep. Yarmuth to request a meeting with Treasury officials in Washington, D.C., to further raise awareness of the issue. A subsequent meeting, held in January on Capitol Hill between Rep. Yarmuth and a high-ranking official at the Treasury, also included two horseplayers (NTRA Board Member Judy Wagner and National Handicapping Championship Players' Committee Chairman Chris Larmey) and an executive from Churchill Downs, which is in Yarmuth's home district.

Even though the June 2 deadline has passed, the NTRA will continue to push for modernization of tax regulations in a variety of ways, including a request to appear before a June 17 hearing scheduled by Treasury and the IRS to speak in support of the tax modernization effort.





Saturday, June 27 (All Day)
Turning for Home Day
\$75,000 Turning for Home Stakes
BBQ & beverage specials
Live music by Scott & Debbie Gager



Saturday, September 5 (All Day)
PA's Day at the Races
Five PA-Bred stakes races



Friday, July 3 (11:00 - 3:00 PM)
Independence Day Picnic
Sponsored by the PTHA
Food prepared by Ron's Backstretch Cafe
Music and games for the kids



Saturday, September 19 (All Day)
Pennsylvania Derby Day
\$1 million Cotillion S. (G1)
\$1 million PA Derby (G2)
\$300,000 Gallant Bob S. (G3)
\$100,000 Alphabet Soup H.



Friday, September 4 (11:00 - 3:00 PM)

Labor Day Picnic

Sponsored by the PTHA

Food prepared by Ron's Backstretch Cafe

Music and games for the kids

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20 3 - \$29,499,086
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Weisleder Decision a Victory for Taxpayers

In a decision that may have significant impact on the horse racing industry in Pennsylvania, the Pennsylvania tax appellate board described the conditions that a taxpayer must meet in order to deduct a loss for a business activity that might otherwise have been considered a hobby under the Federal Income Tax Rules.

Over the past six months, Harry and Carmela Weisleder have petitioned that their involvement in the horse racing industry is a business - *not* a hobby - and therefore their tax obligations to the state should be adjusted accordingly.

On May 15, 2015, the PA Board of Finance and Revenue decided in favor of the petitioners after agreeing that the Weisleders met the following criteria that constitute a business with the intent of making a profit:

• The Weisleders' gross profits from horse racing in 2011 came from the racing, buying and selling of their own racehorses, which meets the test that "the gross profits from the business activity must come from assets (i.e. their horses) which serve an operational function in the ordinary course of business operations".

- The Weisleders proved through much documentation that they are actively trying to make a profit in the horse racing industry, again meeting the test that "the marketed activity must be conducted with the manifest objective of achieving profitable operations".
- The final criteria that "the marketed activity must be conducted with regularity and continuity and may not be limited or exclusive" was easy enough for the Weisleders to defend, as they have been in the horse racing industry for more than a decade.

Kenneth E. Ahl, Esq., of the Archer & Greiner law firm in Philadelphia, prepared the Weisleders' appeal and attended the hearing in Harrisburg.

"This decision resulted in total victory for the taxpayers," said Ahl. "Moreover, the decision marks the only case I am aware of that sets forth the tests that must be met under Pennsylvania state law to claim a loss from this kind of business activity. It will be very useful for horsemen to avoid future tax audits."

Mr. Stephen R. Wojdak

December 15, 1938 - June 2, 2015



Dedicated PTHA Lobbyist Has Passed Away

STEPHEN R., of Haverford, PA died on Tuesday, June 2, 2015 at the age of 76. Beloved husband of Elizabeth P. "Libby" and devoted father of Krista, Jessi, Stacy, Madelyn and Nicholas. He is also survived by 5 grandchildren; a brother, Joseph Wojdak; and a sister, Angela Palmer.

The Pennsylvania Thoroughbred Horsemen's Association would like to thank Mr. Wodjak for his many years of dedicated service towards helping horsemen throughout the state of Pennsylvania. He will be greatly missed by all of us.

Online Condolences may be made at www.chadwickmckinney.com.

Parx Racing Roundup

KENTUCKY DERBY DAY



Kentucky Derby Day stakes action at Parx Racing has traditionally focused on Pennsylvania-breds, but this year was the start of something new and exciting, courtesy of new Director of Racing Sam Elliott. In addition to the usual two sprint stakes for state-breds, Elliott added the inaugural Parx Derby and Parx Oaks to the card.

A field of seven sophomores lined up for the \$75,000 Parx Derby, including prior stakes winners Bluegrass Singer and Bodhisattva. Bluegrass Singer legitimatized his status as the even money favorite by drawing away down the stretch,

the pace that was set by Mr. Discreet. Closing late to finish second by threequarters of a length was hometown colt Unrivaled, trained by Marya Montoya for Team Valor International LLC. Bluegrass Singer is a handsome gray gelding by Bluegrass Cat who was briefly on the Triple Crown Trail this spring following two easy victories at Gulfstream Park. He is owned by Crossed Sabres Farm and was ridden by Tammi Piermarini for trainer Marcus Vitali.

The \$75,000 Parx Oaks drew an impressive field that included Grade 1 winner By the Moon. However, it was a local filly named Danzatrice who breezed past By the Moon in the stretch and posted a mild upset for owner Gainesway Stable. The daughter of Dunkirk improved her lifetime record to three wins in four starts. Jockey Trevor McCarthy guided Danzatrice to her first career stakes victory for trainer Cal Lynch. Danzatrice completed the mile and seventy yards

in a faster time than her male counterparts in the Parx Derby.

after he laid just off





Sandwiched between the two new stakes races was the seven furlong Lyman Stakes, and the full field of PA-breds certainly did not disappoint in trying to grab their connections a portion of the \$75,000 purse. Three talented local geldings named Yougotthatgoinforu, Kobel and A Fleet Attitude put on a show down the stretch as they battled courageously to the wire. With just a few strides to go, A Fleet Attitude dug in gamely and surged forward to snatch a head victory. The son of Afleet Alex also took

his first stakes win, rewarding owner Briardale Stable. A Fleet

Attitude is trained by Richard Vega and was ridden by Angel Castillo.

The \$75,000 Foxy J G Stakes for PA-Bred fillies and mares wrapped up stakes competition on Derby Day. It was shaping up to be a matchup of champions when last year's Parx Racing Two-Year-Old, Three-Year-Old and Older Female award winners Miss Holicong, Disco Chick and Primo Via all hit the entry block. Unfortunately Miss Holicong was a race day scratch, so that matchup will have to wait for another time. In the end, Penn National invader Power of Snunner bounded to the front in mid-stretch en route to a more than four-length victory under rider Mathew Rispoli. Power of Snunner is a daughter of Power by Far and trained by Tim Kreiser for owner James Courtney.



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Jorge Vargas celebrates aboard Donita's Ruler.

When Blane Servis started training on his own in 2013, it was just a matter of time before he would break out with his first stakes win. The son of John Servis has been around greatness in the barn most of his life - Parx Racing Hall of Famer John Servis trained 2004 Kentucky Derby winner Smarty Jones and additional Grade 1 winners Jostle and Round Pond. In addition, Blane's uncle Jason Servis is a well-known trainer on the New York circuit and his aunt Donna Servis is a successful jockey agent at Parx.

MY JULIET STAKES

In April, Blane was looking for something to claim for owners Robert O'Hara and Gwyneth Gower, and picked out a daughter of Roman Ruler named Donita's Ruler. The dark bay filly exited the \$25,000 optional claiming race with a second-place finish and a new home. Less than a month later, her new connections gave her a shot in the \$75,000 My Juliet Stakes at Parx on May 23. It wasn't an easy race: half of the entries were stakes winners, including even-money favorite Galiana, who was coming off of two straight stakes victories at Pimlico.

Donita's Ruler didn't care that she was the second-longest price on the toteboard, and under a masterful ride by jockey Jorge Vargas, Jr., she led from gate to wire to record both her and Blane's first career stakes victory.



JOSTLE STAKES

Sophomore fillies came to Parx Racing on Belmont Day, June 6, for the \$75,000 Jostle Stakes going six and a half furlongs on the main track. A deep field of six girls included stakes winner Lindisfarne, as well as three fillies coming off of multiple-race winning streaks.

Going off as the overwhelming favorite was the Michael Stidham-trained Warriorscmoutoplay, a daughter of Warrior's Reward who was exiting two straight wins in Kentucky. She stalked the pace that was set by local filly Truth in the Lies, then made her move going around the far turn under rider Jamie Theriot. Warriorscmoutoplay bounded down the stretch, easily pulling away from her competition en route to a two-and-a-quarter length victory. She is owned by the partnership of Feel The Thunder Stable, D. Breeheim, Haynes Stable LLC and A. Herman.

MILESTONE

Last year's Leading Trainer at Parx Racing crossed an important milestone in his career on April 28 right here on his home track. Ramon Preciado captured his 1,000th lifetime victory when Fantastic Voyage took the seventh race for longtime owner Barbara Hopkins. The filly was ridden by jockey Pablo Fragoso.



Ramon Preciado

Photo: Barbara Wei

PTHANews Page 7

Parx Horsemen Around the Nation

April 18 - STORMY BLUES S. Pimlico, 5 furlongs (T)

2nd - COMFORTÉR

O: Romar LLC

T: Steven Krebs

J: Roimes Chirinos

3rd - HARLAN'S HONOR

O: Margaret & David Wimer

T: Cathal A. Lynch

J: Trevor McCarthy

May 2 - PARX OAKS

Parx Racing, 1 mile 70 yards

1st - DANZATRICE

O: Gainesway Stable

T: Cathal A. Lynch

J: Trevor McCarthy

3rd - STROKE PLAY

O: Barbara Hopkins

T: Ramon Preciado

J: Pablo Fragoso

May 2 - FOXY J. G. S.

Parx Racing, 7 furlongs

2nd - SHOPLIFT

O: Briardale Stable

T: Richard Vega

J: Angel Castillo

3rd - FAT KAT

O: L and C Racing LLC, Squire T'breds LLC &

Wake the Dame T: Robert E. Reid, Jr.

J: Frankie Pennington

May 2 - LYMAN H.

Parx Racing, 7 furlongs

1st - A FLEET ATTITUDE

O: Briardale Stable

T: Richard Vega

J: Angel Castillo

2nd - KOBEL

O: Vince Campanella

T: Keith W. LeBarron

J: J D Acosta

3rd - YOUGOTTHATGOINFORU

O: Touchdown Stable & Kamikaze Stable

T: Philip T. Aristone

J: Jacqueline Davis

May 2 - PARX DERBY

Parx Racing, 1 mile 70 yards

2nd - UNRIVALED

O: Team Valor International

T: Marya K. Montoya

J: Frankie Pennington

May 9 - DECATHLON S.

Monmouth Park, 6 furlongs

2nd - FAVORITE TALE

O: PJG Stable

T: Guadalupe Preciado

J: Paco Lopez

May 15 - ALLAIRE DUPONT DISTAFF S. May 30 - PA GOVERNOR'S CUP

Pimlico, 1 1/8 miles

3rd - JOINT RETURN

O: Main Line Racing Stable

T: John C. Servis

J: Kendrick Carmouche

May 15 - JIM MCKAY TURF SPRINT S.

Pimlico, 5 furlongs (T)

2nd - BOLD THUNDER

O: Andrew Sulley

T: Patricia Farro

J: Pierre Hernandez Ortega

3rd - AMELIA'S WILD RIDE

O: Silver Trail Stables LLC

T: Ramon Preciado

J: Roberto Alvarado, Jr.

May 16 - THE VERY ONE S.

Pimlico, 5 furlongs (T)

2nd - JOYA REAL

O: Pewter Stable

T: Kathleen A. DeMasi

J: Jevian Toledo

May 24 - MONMOUTH BEACH S.

Monmouth Park. 1 mile 70 vds (T)

3rd - AMBLIN EASY

O: LC Racing

T: Robert E. Reid, Jr.

J: Daniel Centeno

May 24 - MY JULIET S.

Parx Racing, 6 furlongs

1st - DONITA'S RULER

O: Robert O'Hara, Jr. & Gwyneth Gower

T: Blane Servis

J: Jorge Vargas, Jr.

May 30 - JOHN J. REILLY H.

Monmouth Park, 6 furlongs

3rd - JAVERRE

O: Smith Farm & Stable

T: Cathal A. Lvnch

J: Trevor McCarthy

Penn National, 5 furlongs (T)

1st - AMELIA'S WILD RIDE

O: Silver Trail Stables LLC

T: Ramon Preciado

J: Jose Lezcano

3rd - BOLD THUNDER

O: Andrew Sulley

T: Patricia Farro

J: Kendrick Carmouche

May 31 - OPEN MIND H.

Monmouth Park, 6 furlongs

2nd - PINKOUT

O: Kathleen Willier

T: Kevin G. Sleeter

J: Jose Ferrer

June 7 - JOSTLE S.

Parx Racing, 6 1/2 furlongs

2nd - DARLING SKY

O: Swilcan Stable & The

Harp Racing Stable

T: Robert E. Reid, Jr.

J: John Bisono

3rd - TRUTH IN THE LIES

O: Bran Jam Stable &

David W. Clark

T: Louis C. Linder, Jr. J: Edwin Rivera

Important Notice for PTHA Members

We are collecting contact information for all PTHA members and are requesting the following information be provided to us via mail, e-mail or phone:

Name Mailing Address E-Mail Address Phone Number

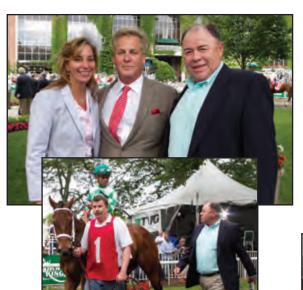
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Amelia's Wild Ride (middle) upset the Pennsylvania Governor's Cup Stakes at Penn National Race Course, defeating superstar gelding Ben's Cat (4) and Patricia Farro-trained Bold Thunder. Amelia's Wild Ride is owned by Silver Trail Stables LLC, is trained by Ramon Preciado and was ridden by Jose Lezcano.



Joint Return at Pimlico after a third place finish in the Allaire DuPont Distaff Handicap under Kendrick Carmouche for trainer John Servis and owner Main Line Racing Stable.



Judi Arena, Paul Conaway and trainer Guadalupe Preciado were at Belmont Park to watch Favorite Tale run in the Grade 2 True North Handicap.







Happy smiles all around for the connections of **Donita's Ruler**, winner of the May 23rd **My Juliet Stakes** at Parx Racing.



Joya Real at Pimlico after running second in The Very One Stakes for trainer Kate DeMasi and owner Pewter Stable.



Giving Back to Support Responsible Racehorse Retirement **Thoughts from Program Administrator Danielle Montgomery**

Turning for Home, Inc. is a 501 (c)(3) non-profit organization whose mission is to find homes for Parx Racing's retiring thoroughbreds.

P.O. Box 300, Bensalem, PA 19020

267-223-3418

www.turningforhome.org





Turning for Home was presented with the Thoroughbred Charities of America's Award of Merit for May of 2015 at the Pennsylvania Horse Breeders Association awards dinner.

In the wake of witnessing the amazing three year old colt American Pharoah winning the Triple Crown, scattered amongst all of the ecstatic social media posts from fans across the nation, were a myriad of posts from people who were concerned for the welfare of the animals.

Luckily, all the racehorse retirement organizations in the nation had answers for the naysayers. Taking care of horses after they are done racing has (thankfully!) become so

mainstream that American Pharoah's trainer Bob Baffert donated all of the \$200,000 from the Burger King sponsorship at the Belmont to support three equine charities and the Disabled Jockey Fund.

The horsemen of Parx Racing can be proud that the PTHA's Turning for Home, Inc. is "light years ahead" in the endeavor for racetracks to provide for aftercare by the Thoroughbred Aftercare Alliance.



Nutrena Feeds recently donated over \$10,000 of feed to ten different Turning for Home Partner Farms. On a beautiful May morning, our "horse angels" (some of them meeting for the very first time!) gathered to help unload over 16 pallets of feed from a full tractor trailer. It was a great teambuilding experience for everybody to get together and work alongside each other! We would especially like to thank Nutrena Feeds for their incredibly generous donation.



Recent Adoptions

Left column: Get It On, Formal Love, Prime Interest, My Nonno

Right column: Flash Mob, Virtual Reality,

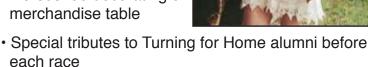
Tek. Dollar Bill

Check out our website for even more adoptions & success stories!

Join us on Saturday, June 27th for the 2nd Annual Turning for Home Day at Parx Racing!

Turning for Home Day will feature:

- \$75,000 Turning for Home Stakes
- Barbeque and food & beverage specials
- Live music in the picnic grove by Scott & Debbie Gager
- T-shirt toss by Parx the Horse after each race by the winner's circle
- Horseshoe decorating & merchandise table





Did You Know?













One of the easiest ways to support Turning for Home's retiring racehorses is to donate \$100 each time you win a race at Parx! The Horsemen's Bookkeeper can set up an automatic payment on your account at any time. Just call 215-639-9000 x3315 or x3389 to get started.



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For 2015, FLS offers 2YO's by **redhot** freshman sire **Twirling Candy** whose juveniles averaged **\$240,000**; and by **Macho Uno** who has sired **multiple graded stake winners**.

For **further information** please visit us on the web at **www.fantasylanestable.com** or you can call **Bob Hutt** at **732-241-6606**. We do hope you decide to join us for all the fun & excitement.

Diamond B Farm & Fantasy Lane Stable are proud sponsors of Turning For Home.

Backstretch Views



Longtime Parx Racing jockey Stewart Elliott will be inducted on Aug. 5th into the Canadian Horse Racing Hall of Fame. Here he is when he was inducted into the Parx Racing Hall of Fame!



James "Soldier" Wilson gets a birthday hug from Nicole & Sean Crowell. He came to visit his friends at Parx after being away this winter due to some health issues. He turned 82 on May 11.



HPA employee **David Still** lost his son **Antoine** on May 22, 2015. We would like to express our heartfelt condolences to their family and friends.



Charlie Lynch, son of trainer Cal Lynch, was an important member of his soccer team, the Southampton Bulldogs, who were crowned Eastern Pennsylvania Turkey Hill Challenge Cup Champions last month!



Longtime horseman **Norberto Pagan** recently passed away. We would like to express our heartfelt condolences to his family and friends.



For the second year, the PTHA sponsored the **Bucks County Teen Volunteer of the Year Awards** for the **Bucks County YWCA**. What an incredible group of model students! Congratulations to the winner, **Aubrey Deon**!

Do you have any news for Backstretch Views?

We're always on the lookout for backstretch views. Contact **Nikki Sherman**, Marketing & Publicity Director, in the Turning for Home office or send over an email to nsherman@patha.org.

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Photo courtesy Bucks County YWC



Chaplain's Corner Chaplain Rick Bunker

"For as he thinketh in his heart, so is he:" - Proverbs 23:7a KJU

Many times we despair in the face of difficulties and trials. Like the poor man carrying a load of sticks who, when he became tired, sat down on a bank, and laying his sticks on the ground said, "I am sick and tired of this. I wish death would come to relieve me." Instantly, Death slipped up and said, "Here am I; what do you want of me?" "I want you to help me put this bundle of sticks on my back again," said the astonished pilgrim. We are all prone to think that our load of sticks is heavier—that our road more difficult and our enemies more daring than any other's and that we cannot bear it.

I have often used an illustration taken from a person who teaches the art of growing taller. I do not believe in that art: we shall not add a cubit to our stature just yet. But part of this professor's exercise is that in the morning, when you get up, you are to reach as high as ever you can, and aim a little higher every morning, though it be only the hundredth part of an inch. By that means you are to grow. This is so with faith. Do all you can, and then do a little more; and when you can do that, then do a little more than you can. Always have something in hand that is greater than your present capacity. Grow up to it, and when you have grown up to it, grow more. By many little additions a great house is built. Brick by brick up rose the pyramids. Believe and yet believe. Trust and have further trust. Hope shall become faith, and faith shall ripen to full assurance and perfect confidence in God Most High.

Do you believe you can be better than you are already? Stanford psychologist Carol Dweck researches how having a growth mindset – the belief you can increase your intellectual abilities through work and practice – may improve learning outcomes and academic performance. Professor Dweck's team surveyed New York City 7th graders, identifying whether students believed intelligence could be increased with effort (growth mindset) or thought that it was predetermined and unchangeable (fixed mindset).

The research team then sought to change the mindsets of a group of low-achieving middle-schoolers. 91 students took a short course on brain psychology and study skills. Among these students, a test group also studied how intelligence is malleable, while a control group did not.

The student's mindsets and their grades showed the difference. Student responses to an end-of-year survey indicated that the test group had shifted towards more of a growth mindset. This change correlated to significant improvements in math grades, whereas the control group showed no change in grades or mindset.

Believing an ability is fixed may leave you unmotivated and easily demoralized by setbacks, according to Professor Dweck's research. In contrast, adopting a growth mindset can motivate you to put in more effort and overcome even very tough challenges.

Research on mindset reminds us that what we believe about ourselves isn't just in our heads: it impacts our actions and accomplishments. It affects how we face, or whether we refuse to face, challenges and reach our goals. The next time you face difficulty, or as you are now facing, difficult tasks, whether it is taking a class for groom certification or learning to change a tire, try adopting a growth mindset. I can't wait to hear and see what you achieve.

As we age will we slow down – yes, in many ways, and yet with this growth mindset we will continue to search, consider, and find ways that we can continue to bless and be blessed by using the gifts that we have been given and have developed. Just the other day a ten year old mare won a race – it was only the second race she had ever won. Only God knows how many more races are still in each of us. May we run all of them with great vigor, and God be with you!

"He raises the poor from the dust and lifts the needy from the ash heap; he seats them with princes and has them inherit a throne of honor." - 1 Samuel 2:8



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