



The Horsemen's Newsletter

October 2015

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'The Pension Lady' Passes Away at Age 75

Connie Whitescarver, who passed away Aug. 29, loved her family, her horses, and the people she helped register for the Maryland Thoroughbred Horsemen's Association Backstretch Pensions.



"She'd always be the one there signing everyone up," MTHA president Tim Keefe said of Whitescarver, known as "The Pension Lady" at the racetracks. "She was very sweet and always remembered who everyone was. She was always very nice and pleasant."

Conradt "Connie" Boyce Whitescarver, who lived in Ruxton with her husband,

Bill Whitescarver, died after a long fight against obstructive pulmonary disease, and more recently, acute pneumonia. She was 75.

Her husband designed and installed the Backstretch Pension Plan in 1987 for trainers and backstretch workers. Since then, either he or Connie handled the enrollment until this year, when she was not well enough.

But for nearly three decades, for six weeks around tax time, they'd spend two weeks each at Pimlico Race Course, Laurel Park and the now-closed Bowie Training Center, looking after pension plan enrollees.

"Connie knew everyone and everyone knew her," Whitescarver said. "She was outgoing and loved people and loved horses. She grew up on a horse farm. Her grandmother was Elise Boyce, who owned Bacon Hall Farm in Upperco."

Connie Whitescarver was competing in horse and pony shows at age 3. Her cousin is Forest Boyce, the 2010 runner-up for the apprentice jockey Eclipse Award. Her husband said there was only one year in their 49-year marriage when she didn't own at least one horse.

Keefe trained her last horse, Sergeant York.

"He did OK," Keefe said. "He never broke his maiden, but she liked him very much. And I know she loved her horses more than anything. She always wanted the best for them. She told me, 'Spare no expense. Treat them as well



HORSEMEN'S HEALTH SYSTEM

New Health System Open For Patients

The Maryland Thoroughbred Horsemen's Association and Maryland Jockey Club launched the new Horsemen's Health System Sept. 12, with more than 70 patients seeing the new MedStar doctor during the first month of operation in the health system's new professional quarters at Laurel Park.

The service is available to all backstretch workers, jockeys and trainers—basically, to anyone who works at Laurel Park or Pimlico Race Course. When racing moves to Pimlico in the spring, the doctor's office also will move to Old Hilltop.

MTHA racetrack representative Diana Pinones, who serves as the Center Director for the program, says that while many of the workers have insurance often they do not know how to use it. "They rarely see doctors," she says. "But now there is a professional primary care physician right here at the track for them which offers access to one of the region's most comprehensive medical networks."

Dr. Kelly Ryan, one of four rotating physicians in the program, was on site at Laurel Park the opening week of the program. The Horsemen's Health System office operates at Laurel Park on

race days—Friday, Saturday and Sunday and special days (Oct. 11, Nov. 26, Dec. 31)—opening one hour before post time of the first race and staying open through the last race of each day.

Pinones said that while horsemen can just walk into the office on race days, appointments are preferred for quicker service. Horsemen can call at 410-902-6844 to make arrangements to see the doctors. If care is required beyond routine needs on a non-race day, horsemen can access MedStar doctors within easy reach of Pimlico and Laurel on a pre-approved basis by calling.

"Previously, there was a doctor on site," Pinones remarked. "But there were no records kept and primary care was limited. Now, the new center is open one hour before the races and accessible all day. If the need requires care on a non-race day, we can refer horsemen to other MedStar doctors close by and the new on-site doctors can monitor this care with the new medical records system we have in place."

"We also have a streamlined prescription refill process," continued Pinones. "After an initial evaluation, patients can call the system's hotline at 410-902-6844 and request a refill by

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MTHA Bowling League

MTHA will begin a three-person bowling league on Monday Oct. 19 at Laurel Fair Lanes Bowling Center. The League will run thru February 2016.

If you are interested in entering a team or bowling as an individual please call Dan Mangum at 410-802-5798.



Counseling Corner

by Jasmine Arian

Did You Know?

Many individuals with a depressive illness never seek treatment. Everyone occasionally feels sad, but those symptoms are short-lived and can pass within a couple days. When battling with depression it can be a serious illness that interferes with daily living.

Depression is caused by a combination of genetic, biological, environmental and psychological factors. There are signs and symptoms to look out for if you suspect someone, or yourself, is suffering with depression. These signs and symptoms may include: persistent sad or anxious feelings, feelings of hopelessness or pessimism, feelings of worthlessness or guilt, loss of interest in activities or hobbies that was once pleasurable, overeating or loss of appetite, and thoughts of suicide.

If you are experiencing any of these symptoms, do not feel hopeless. Treatment for depression can be effective through visiting a mental health specialist. Psychotherapy and medication can be very effective when trying to balance out the chemical imbalance within the brain. Through scientific studies, it has been found that serotonin, norepinephrine, and dopamine are chemicals in the brain that are involved in regulating mood. Antidepressants are used primarily to work on these chemicals.

Remember, as with any illness, the earlier you seek treatment, the more effective it can be. Early treatment can also prevent the likelihood of recurrences. Depression affects more than 19 million Americans each year...You are not alone.



Rec Report

Backstretch Appreciation Day at Laurel Park

The MTHA Annual Backstretch Picnic was held at Laurel on Aug. 31. Over 400 backstretch workers and their families attended. They enjoyed a festive day of pit beef, pit ham, BBQ chicken, drinks, and sides catered by Russell Clark. Music was provided by Carlyle Entertainment with many door prizes awarded.

MTHA Clothing Drive

Thanks to all of the generous people who donated clothes, shoes, coats, etc. The MTHA backstretch workers really appreciate the donations, and the program is working extremely well.

We would ask that all donations inserted into the two collection bins at Laurel Park please be placed in some sort of bag. Thanks for your consideration.

MTHA Soccer League

The MTHA Soccer League is conducting matches on Monday afternoons at the Laurel Park soccer field located on the Howard County lot.

If anyone is interested in playing on a team please call Dan at 410-802-5798. The League will end with a Championship Tournament at the end of the year.

MTHA Softball

The MTHA Softball Team is competing on Monday evenings at Fairland Regional Park in Burtonsville. The team is managed by J.D. Brown, with Wayne Potts serving as the Team Captain.

We have two doubleheaders remaining on the schedule. The games are Monday, Oct. 5 and Monday, Oct. 12 beginning at 7 PM. Please come out and support our team as they play.

MTHA Golf Tournament

We will have the results of the Sept. 28 Golf outing at Walden Country Club in our next report.

To enhance the health and safety of the athletes, both human and equine, and to improve the integrity of the sport, the Maryland Jockey Club urges all industry stakeholders and participants to vigilantly monitor and report incidents of illegal behavior to the appropriate authorities.

Please call the Maryland Jockey Club Integrity Hotline and leave an anonymous and confidential message.

301-470-LINE

Fire and Disaster Insurance Continues



Fire and disaster insurance has been renewed for another 12 months. Under this policy, MTHA members may be compensated for death or humane destruction of their horses due to a number of perils, including fire, lightning, wind storm, smoke and flood.

Coverage extends to horses located at or in transit to or from Laurel, Pimlico and Timonium. Additionally, horses are covered when in transit from Laurel, Pimlico or Timonium to race and return from out-of-state tracks.

To file a claim or for assistance call the MTHA Business office at 410-902-6842.

On behalf of the entire racing community, MTHA would like to express a heartfelt thank you to Dr. Harris for his many years of dedication and service to Maryland's horsemen!



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as you treat your children."

"To demonstrate Tim's point, I have a little story that clearly shows it," Whitescarver said. "We have three beautiful daughters. When they were quite little, grown-ups would come up and say, 'Which one of you is your mom's favorite?' and in unison, without any prompting, they'd all say, 'Treasure Island.'

"Treasure Island was our star horse. He won the Maryland Grand National twice, consecutively, and the Street Memorial at the Manor Races. We kind of took him on the show circuit, to Chicago, Pennsylvania and the Washington International Horse Show. He did exceptionally well. And he was her favorite."

Besides her husband, Connie Whitescarver is survived by daughters Ginny Pittman (and her husband Phil) of Glyndon, Md.; Mary Warren Scholtes (and her husband J.P.) of Phoenix, Md.; Annie Brown (and her husband Jamie) of Ruxton, Md.; six grandchildren; and her sister, Ann Boyce Mansfield (and her husband Bob) of Baltimore.

Memorial contributions in Connie's name may be made to Hollins University, c/o Nancy Peterson, Director of Riding, 7916 Williamson Road, Roanoke, Va., 24020.



MRMA Crab Feast

Don't miss the Maryland Racing Media Association Crab Feast and Scholarship Awards presentation on Saturday, Nov. 7 at Laurel Park. Tickets are \$60 each and \$550 for a table of 10. Call Frank Vespe at (202) 253-1048 for tickets.

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phone without having to make an appointment. Just like a professional doctor's office. This is a much better and more modern service."

The MTHA office at Laurel Park, which is home to the Health System as well, is located in the grandstand, where it has always been, but has been expanded to include the old barbershop and refurbished into a professional medical environment.

Patients now proceed through the MTHA office to register so records can be kept.

In fact, the electronic medical records system is one of the best things about the upgraded medical program.

"We are bringing the sport up to the 21st century," says Dr. Frank Dawson, who serves as the medical director of the program from MedStar. He also is the head physician for Morgan State University athletics and one of the doctors who make up the Baltimore Ravens' medical team. "We will have medical records in the system that can be called up by any doctor treating these patients at a hospital. We are also developing an advanced protocol for head injuries that will help make sure a jockey is safe after he has a fall."

Besides Ryan and Dawson, who has extensive experience in sports medicine and contact sports, the other physicians who will rotate at the track office are Dr. Saif Usman and Dr. Jeffrey Mayer.

All four are primary care physicians who are also fellowship trained in sports medicine, which means each has additional training in taking care of athletes like jockeys.

MJC vice president and general manager Sal Sinatra says MJC is extremely excited with the new partnership with MedStar, which deals with most of the pro sports teams in Maryland.

"Our sport was the only one not previously in Medstar's portfolio," says Sinatra, noting MJC and MTHA share the cost of the program. "MedStar worked with us on a plan that we think is ground-breaking while not increasing costs one dime. This is huge. What we have created is leaps and bounds better than anyone else and they [the industry] should learn from us."

Sinatra is especially pleased by the promised concussion screening.

"A kid comes off a horse during a race or during training and he immediately wants to get back on the horse," Sinatra says. "The MedStar doctors will spring into action and recognize right away if something is wrong because they will develop a relationship with the jockey colony. They'll be educating the riders and in time be helping them to develop diets to improve their performance. I re-

ally do think this new medical program is the gold standard in the racing industry."

Besides the new record-keeping workflow and newly developed concussion protocols, patients will also be checked and monitored for chronic conditions like diabetes. In addition jockeys can get their necessary physicals to maintain their riding licenses, and preventative vaccines will be given when needed to maintain a healthy workforce.

Doctor's Schedule:

Dr. Frank Dawson



Friday, Oct. 2,
Wednesday, Nov. 11,
Saturday, Nov. 21,
Friday, Dec. 11,
Saturday, Dec. 12,
Friday, Dec. 18.

Dr. Kelly Ryan



Friday, Oct. 9,
Saturday, Oct. 10,
Sunday, Oct. 11,
Friday, Oct. 23,
Saturday, Oct. 24,
Saturday, Oct. 31,
Sunday, Nov. 1,
Saturday, Nov. 14, Sunday, Nov. 15,
Thursday, Nov. 26, Friday, Nov. 27,
Saturday, Nov. 28, Sunday, Nov. 29,
Sunday, Dec. 20, Saturday, Dec. 26,
Sunday, Dec. 27, Thursday, Dec. 31.

Dr. Saif Usman



Saturday, Oct. 3,
Sunday, Oct. 4,
Sunday, Oct. 25,
Saturday, Nov. 7,
Sunday, Nov. 8,
Sunday, Nov. 22,
Saturday, Dec. 5,
Sunday, Dec. 6, Sunday, Dec. 13,
Saturday, Dec. 19.

Dr. Jeffrey Mayer



Friday, Oct. 16,
Saturday, Oct. 17,
Sunday, Oct. 18,
Friday, Oct. 30,
Friday, Nov. 6,
Friday, Dec. 4.

Saturday, October 10, 2015 from 1 p.m. to 4 p.m.

Held at Summer Wind Farm, 14024 New Windsor Road, Union Bridge, MD 21791

FREE ADMISSION Want to help out? Visit gofundme.com/FoxieG.

CONTACT: Laurie 301.667.2553 or whinnywhiskers@thefoxiegfoundation.org



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MTHA

500 Redland Court, #105
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October 2015

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Backstretch Appreciation Day



No one left hungry as Russell Clark served up pit beef, pork and ham and all the fixings to over 400 backstretch workers on Sunday, Aug. 31 at Laurel Park during the annual Backstretch Appreciation Family picnic.

Adoptable Horses
Showcase
Farm Tours
1K Fun Run/Walk
Moon Bounce
Hay Rides
Boutique Row
Face Painting
Raffles
Pony Rides
Food & Drinks
Kids' Games

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