

# Horsing Around Cy-Fair

## Area Horse Lovers Find a Stable Place in Cypress

There are many things that Paige Dotson loves about horse riding. "I love to trot, walk, and canter, and the wind in my hair," she says. Paige's mother, Claire, says her ten-year-old daughter has always loved horses. It started with looking at pictures of horses. "I got a book about horses, and one of my best friends was crazy about horses, so I thought I would ride," Paige says.

Today, Paige has been riding for a year and takes lessons at R&M Stables. Although she doesn't own a horse, she does have a favorite—the Rocky Mountain horse. "I love its color," says Dotson. "It's a running horse. I think it's just an awesome horse."

### Horse Riding Starts Early

Like Paige, Rose Ann Byers' love for horses began when she was a child. "I had horses growing up and always loved them." Byers, the owner of R&M Stables in Cypress, bought her stable about five years ago to have a place for her horses. Says Byers, "I owned two horses at the time and was boarding them at a place like mine and I thought, I want to live like that. I want to wake up and go down to the barn everyday."

Today Byers' place for her horses has now grown into a full-fledge equestrian business. R&M Stables offers boarding, leasing, and riding lessons. By day, Byers works as a corporate trainer, but her evenings and weekends are devoted to running her stable.

### The Love of a Horse Never Fades

The Cypress-area boasts many horse stables and training grounds for those interested in riding. And it seems to be a hobby with which interest does not fade with age. Byers says, "Many of the adults that come out to the stable had horses when they were children. It's something you never forget."

Byers offers lessons to children as young as five—however, seven-, nine-, and eleven-year olds make up the majority of those taking lessons. "Something about the look of a horse attracts them and the sense of freedom they get when they're riding." Adds Byers, "My lesson takers will come just to see the horses and feed them carrots. There is such a large horse community out here."

Callegari Stables, another stable in Cypress, also offers a variety of activities including boarding, leasing, training, lessons, and birthday parties. "About the only thing we don't do is rent horses by the hour," says Candace Callegari who owns the stable with her husband, Eduardo.

Callegari's love of horses, like Byers, led her to stable ownership. "I've always liked horses, but never owned one until after college. With my spare money, I bought a horse, but always had to board it places, says Callegari. "Like most boarders, I wanted to bring the horse home, but it was never as much fun as being at a stable." Callegari adds that the main reason she built a stable was for the social environment and to be around friends. "Stables are just a blast," she says.



Nicole shows off her bareback riding skills at Callegari Stables

## Horses Are Easy to "Test Drive"

Those who want to get involved with riding, but don't want to make a commitment, should consider leasing a horse, according to Callegari. "It's (leasing) the best deal in the world." When a person leases a horse, Callegari takes care of the upkeep of the animal. The person who is leasing merely comes and rides the horse.

"You save money, and it gives you time to get into the horse world and look at different horses and different styles of riding," says Callegari. "It affords you an opportunity of time. Once you buy it (a horse), you don't have that time," she adds.

## Riding Offers Many Benefits

The benefits of horse riding are many, according to Byers. "It's such a great thing for preteens. I talked to a psychiatrist once and he said, 'if they start to go astray, get them a horse.'"

Another benefit is that kids who are riding get to be outside and get to be with animals. "It's very therapeutic and calming for children and adults," says Callegari. "I have boarders and leasers who come out here just to hug the horse—it's amazingly calming."

Riding is also great exercise. Byers explains, "I know of a woman who took up horse riding to get in shape and lose weight. It works your legs, stomach, and all parts of your body when you're riding."

Families looking for an activity they can share might consider horse riding as well. "It's a nice family thing. I had a family who had been taking lessons and

bought a yearling. They come out together and work the horse and help groom the horse. People look for things to do with their children," Byers says.

In addition, riding can help a child's self-confidence. Byers adds, "they're not all going to make the soccer team or the cheerleading squad, but any child can learn to ride." **CFM**



Christian makes friends with new foal at Callegari

*Michelle LeBlanc, contributing writer, lives in the Cypress area and is a journalism and English teacher at Cypress Christian School.*

## Horse Stables in Cypress

Cypress is home to numerous stables. Below are just a few of the many stables in the area, which offer everything from boarding to birthday parties.

### Bradford Creek Neighborhood

16011 Fairfield Green Circle S.  
Cypress, TX 77429  
281-256-9410

### Isabella Farms

12638 Huffmeister  
Cypress, TX 77429  
281-955-8200  
www.isbellafarms.com

### Caldwell II Arabian

15915 Telge Road  
Cypress, TX 77429  
281-351-8458

### MDM Quarter Horse Palominos

15806 Jarvis Road  
Cypress, TX 77429  
281-373-1397

### Callegari Equestrian

12570 N. Eldridge Pkwy.  
Cypress, TX 77429  
281-955-9623  
www.callegarihorses.com

### Oak Hollow Equestrian Park

11350 Grant Road  
Cypress, TX 77429  
281-890-4420  
www.oakhollow.us

### Camelot Horse Center

18010 Burkhardt Rd.  
Tomball, TX 77377  
281-351-8368

### R&M Horse Riding and Boarding Stables

18702 Fern St.  
Cypress, TX 77429  
281-290-9899

### Cypress Creek Carriage

13415 Tall Forest Drive  
Cypress, TX 77429  
281-955-5405

### Ravensway Saracen Park Stables

12726 Jarvis Rd.  
Cypress, TX 77429  
281-890-3420

### Cypress Equestrian Center, Inc.

17110 Cypress Rosehill Rd.  
Cypress, TX 77429  
281-290-9831  
www.cypressequestrian.com

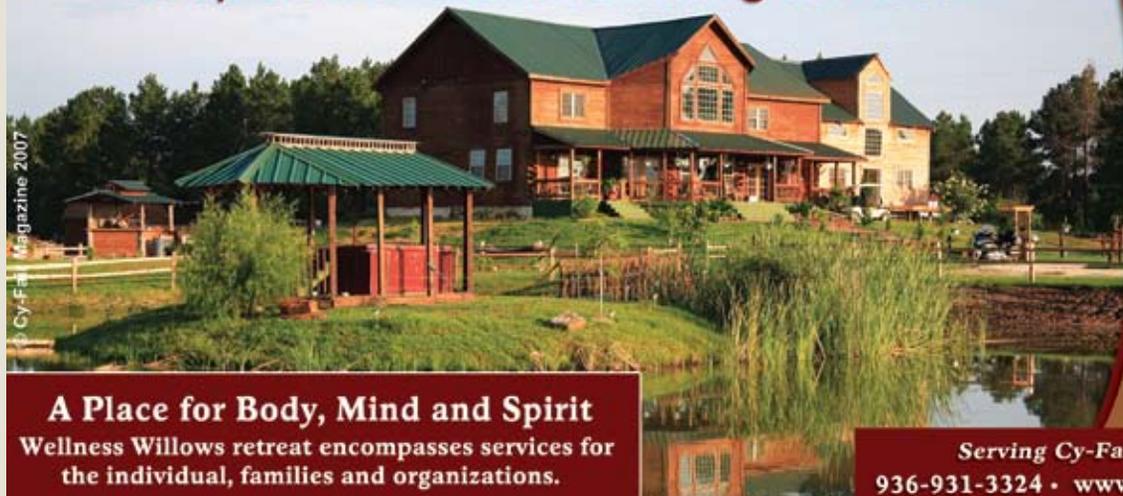
### Top Line Sporthorse International Inc.

18703 Gurgan Rd.  
Cypress, TX 77429  
713-898-1188  
christianrogge.com

### Equestrian Farms Cleannloch

13619 Kellerton, Ln.  
Cypress, TX 77429  
281-225-8006

## Wellness Willows Sleep Center and Counseling Services



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Wellness Willows retreat encompasses services for the individual, families and organizations.

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