

By Susannah Thurston

## Unbridled Enthusiasm

Houston-based sales planning analyst Teddy Gray and flight attendant Kristin Helm are both known at Continental for being hard workers and team players. Outside their day jobs, they bring this “working together” spirit to SIRE, Houston’s Therapeutic Equestrian Center.

SIRE is a 501(c)(3) non-profit organization that offers riding lessons to children and adults with disabilities at locations in Spring, Hockley, and Fort Bend, Texas. The lessons help students (clients) develop muscu-

lar strength, coordination, balance, posture, motor skills, and confidence, and they’re also a whole lot of fun. The program is so effective that many doctors specifically refer clients. The lessons are provided by certified therapeutic riding instructors on outstanding horses.

The support of numerous volunteers is essential to keep SIRE functioning smoothly, and that’s where Teddy and Kristin come in. Teddy started as a “side-walker,” one of the volunteers who

walk alongside the horses as clients ride, ready to provide a steadying or helping hand as necessary. Nowadays, Teddy is a “leader,” which means she aids the client in guiding the horse around the arena as the client performs his or her exercises.

Kristin works primarily with the other important party to the riding experience: the horse. As a “designated horse person,” she gets the animals ready for the lessons and provides them with extra doses of much-deserved tender loving care.

“I wanted to give my time to an organization that made a difference,” Teddy says. “I have experienced the challenges that the clients face every day and watched as they overcome them when bonding with the horse. It is amazing. The kids are so excited about being there and that energizes me. This has made me a better person. I can’t wait to get there each week.”

See more at [sire-htec.org](http://sire-htec.org).

## Stop Oil Speculation

Global oil demand has plummeted and supplies are at historically high levels, yet energy prices continue to rise. One clear explanation for this disconnect from supply and demand is the return of massive speculative investment in oil markets.

Due largely to inadequate oversight, speculators continue to dominate the oil market, resulting in the volume of oil traded “on paper” being as high as 22 times greater than the volume of oil consumed. To address excessive speculation, Congress should promptly reestablish strict position limits on energy commodities across all trading markets and insist on adequate oversight and transparency of currently unregulated trades.

These reforms will deflate the oil bubble and return prices to reasonable levels.

For more, visit [stopoilspeculationnow.com](http://stopoilspeculationnow.com).

— Air Transport Association

