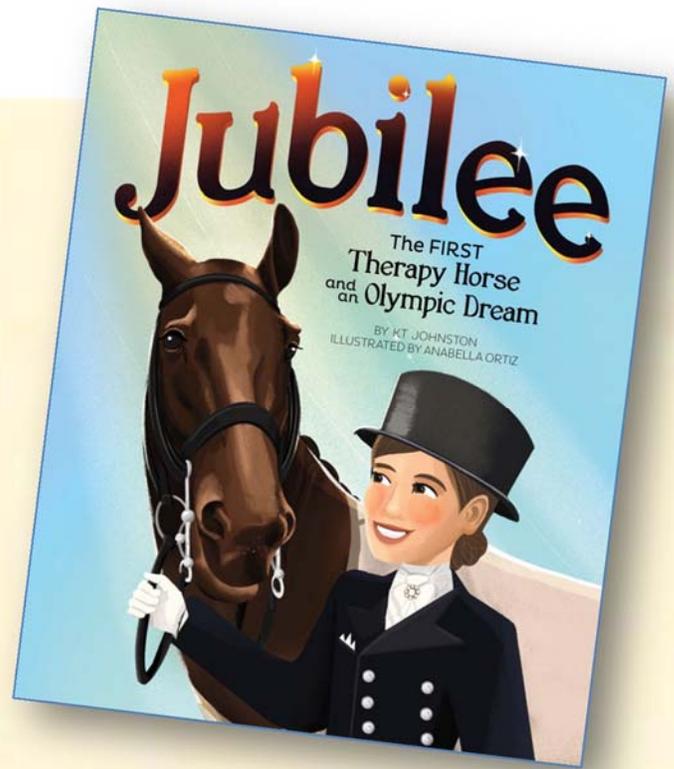


A READER'S GUIDE TO

Jubilee

The FIRST
Therapy Horse
and an Olympic Dream



CONVERSATION STARTERS

1. Animals have personalities, just like people. What sort of personality did Jubilee need to have in order to help Lis?
2. Have you ever ridden a horse? Why do you suppose the motions of riding can help with building muscles? Which muscles can be helped by riding?
3. Why is it important to set many small goals instead of one large goal?
4. What are all the ways in which Lis was “first”?
5. After reading the Author’s Note, describe what might have happened—or not happened—if Lis had decided not to enter the ring at the 1952 Olympics.
6. If you were going to look up more information about this story at the library or on the internet, what keywords would you use in your search?

ABOUT THE BOOK

Lis Hartel became paralyzed after contracting polio in 1944. Her dreams of riding horses and competing in the sport of dressage were shattered. After months in the hospital, doctors told her she’d never ride again. Lis tried anyway. How do you stay on a horse without using your legs? How do you give the subtle cues needed in dressage with limited mobility? With hard work—and an unlikely horse named Jubilee. After years of training together and creating a new way of communicating, Lis and Jubilee danced into the competition ring, and eventually all the way to the Olympics. Lis Hartel was the first woman with a disability ever to win an Olympic medal, and the first woman to stand equally beside men on the Olympic winner’s podium in any sport.

FUN FACTS ABOUT JUBILEE

- Jubilee was bred for pleasure riding in 1941 by Otto Viller Petersen. She was sired by an English Thoroughbred named Rockwood, out of a Danish half-breed Oldenburg mare of unknown pedigree. She was what they call a “warmblood” horse, which are a cross between a breed with a hot-blooded (feisty) temperament (e.g., Arabian, Thoroughbred) and a cold-blooded (calm) breed (e.g., a draft breed).
- The 1952 Olympics’ rules changes not only allowed women and civilians to compete, but also added the piaffe and passage as mandatory steps, raising the bar for what Lis and Jubilee had to perfect. With her long back, Jubilee struggled to lift her hind feet high for the piaffe. Luckily for Lis and Jubilee, since the piaffe had not been required previously, all of the competitors had to work extra hard on it as well.
- There is a picture of one of the horseshoes Jubilee wore during their famous Olympic win at www.ktjohnston.com/jubilee! Ω

ASK THE AUTHOR

Do you have a horse and do you ride dressage?

- Like many of us, when I was young I wanted a horse, though I never had one. However, my best friend did! I rode English and Western for recreation, but never knew about dressage. I wish I had!

Why did you want to tell Jubilee and Lis’s story?

- Hippotherapy is an amazing rehabilitative tool. I wanted to highlight the pair who pioneered it and was responsible for bringing it to the world’s attention!

ABOUT THE AUTHOR



KT Johnston is the author of *Railway Jack: The True Story of an Amazing Baboon*, an Amazon Editor’s Pick “Best Nonfiction for Kids” and nominee for Washington Library Association’s 2022 Towner Award recognizing

quality nonfiction written for grades 2-6. KT has a degree in biology and conducted wildlife studies before settling into a corporate career. KT hopes to inspire others to be compassionate and curious about our world, one true story a time.

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MORE HISTORY

- The exhibition of equestrian skills dates back to the 5th century BCE. Beginning in the 15th century, dressage exhibitions were an opportunity for cavalry officers and gentry to showcase their battle skills. Dressage became an Olympic sport in 1912.
- Poliomyelitis is a contagious disease spread by a virus that attacks the nervous system. In 5% of cases there are no symptoms. Most others suffer flu-like symptoms that go away within 10 days. In 1% of cases, the virus affects the spinal cord and can result in lasting paralysis like Lis’s.

ABOUT THE ILLUSTRATOR



Anabella Ortiz is an illustrator and designer based in upstate South Carolina. She studied illustration in Savannah, Georgia, and turned that passion into a career. Anabella enjoys collaborating with authors to bring their stories to life through illustrations

that captivate and inspire. Having a positive impact in the world through illustration is her goal. When she’s not creating, you can find Anabella at a concert, enjoying the outdoors, or petting her two cats.

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