

**CREAM 2018-  
2019**

**Moosletter**

**Valentine's Day  
Edition**



## Farmer Panel

By: Colleen Berry



On Valentine's Day, the CREAM class was visited by several local farmers. Stewart Yeaton, John Fernald, and Ryan Courtright joined the class for a panel style interview session where they talked about experiences and challenges managing their dairy farms.

Stewart Yeaton runs 5<sup>th</sup> generation Dairy in Epsom, NH with his parents and siblings, though there is no one set to inherit the farm after him. He milks 100 test black and white Jersey cows on his 300 acres and sells his milk in the Agrimark co-op that distributes milk to retailers like Cabot Creamery. His cows live in a free stall barn and he installed a new parlor in 2001 that is unusually quiet, since the machinery is all located in the basement. Because of this, milking is one of his favorite things to do on the farm. He also enjoys choosing fertilizers for his fields and the process of watching his crops grow and then harvesting them. Looking to the future, he listed being in debt, building upkeep, and having the farming facility as a partnership as potential difficulties that he may face.

John Fernald runs Fernald Farm in Nottingham, NH with his parents and sister. It is a 2<sup>nd</sup> generation dairy that has been in operation since 1824. Originally a tie stall barn, the barn was changed to a free stall to accommodate a larger milking herd of 170 cows that average about 82,000 lbs. John is a UNH Thompson School alumni and was a CREAM student himself. He loves the challenges and competitiveness of the dairy industry as well as the day-to-day variety. Like Stewart, he also loves chopping and harvesting the corn he grows on his land. Some of his personal struggles include working with people, dealing with the weather, and like most dairy farmers: the price of milk. John hopes to improve the old facilities by updating the milking parlor to a robotic system and increasing the herd's custom heifer grower system.



The third member of the panel, UNH's own Ryan Courtright, is the manager of the Organic Dairy Farm in Lee, NH. The UNH Organic Dairy Farm milks about 45 Jersey cows and runs on about 300 acres of land that is half wooded and includes 55 acres of pasture. The farm produces and harvests all its own crops and haylage, with hopes of producing silage in the future. The herd averages roughly 48,000 lbs of organic certified milk which is sold to Organic Valley. Ryan outlined his ten-year plan to the class where his main goals are to maintain the herd's productivity, provide animals for research, and use less grain and more forage. He really enjoys working with his animals as well as the students he employs. One of the most meaningful things to him is being able to share his love of farming with his children.

These three farmers really gave the CREAM class an insight to what the farming industry is really like and although they face many struggles, they do truly enjoy their jobs.



## Alumni Vet Panel

By: Gabrielle Woodruff

On February 7<sup>th</sup> we had the privilege of talking to a panel of 5 UNH alumni who are now practicing veterinarians. Becoming a vet is a difficult process and it was great to learn about the paths of other people, who at one point, were in our shoes. They were completely open and honest about their journeys to become veterinarians and did not sugarcoat the truth. We were able to ask questions about why they chose to work with animals, the complications they encounter at their practices, how they worked with their finances, and many more. It was a pleasure to have them and we wish them the best of luck in their careers!

Dr. Magen LaPorte ('08): After receiving a bachelor's degree in Animal Science, Dr. LaPorte went on to receive her master's in animal science with a concentration in reproduction at the University of Hawaii at Manoa. She then graduated from Cornell in 2016 and now works at the Bedford Veterinary Medical Center.

Dr. Sonja Krygeris ('11): After receiving a bachelor's degree in Animal Science and a minor in Art/Art History, Dr. Krygeris attended the University of Prince Edward Island's Atlantic Veterinary College and graduated in 2015. She completed an internship at Tufts before becoming the practicing veterinarian at VCA Povar Animal Hospital, and has since moved to being the staff veterinarian at the NHSPCA in Stratham, NH.

Dr. Kristen Greene ('11): After receiving a bachelor's degree in Pre-Veterinary Medicine, Dr. Greene attended the University of Edinburgh in Scotland to pursue her veterinary degree. She now works at a mixed animal veterinary practice called Cornerstone Veterinary Hospital after graduating from Edinburgh in 2015.

Dr. Dan Kelleher ('11): After receiving a bachelor's degree in Animal Science, Dr. Kelleher decided to attend Michigan State and obtained his doctorate in veterinary medicine. He now works at Broadview Animal Hospital and has found his passion in the reproductive department of the clinic.

Dr. Natalie LeVesque ('11): After receiving a bachelor's degree in Animal Science, Dr. LeVesque earned her doctorate in veterinary science at Purdue College of Veterinary Medicine. She now acts as one of the emergency and general practice veterinarians at the Veterinary Emergency and Surgery Hospital of Brentwood.



### **Speaking of veterinary school, we asked one of our own Ashley Bonnette about her application experience:**

1. What is one thing you wish you knew before you began the application process?

I really wish I knew JUST how competitive the vet school application process was. I came into the process with a bit of an ego, I had a solid GPA and resume and figured I'd have schools knocking down my doors. It was an extremely humbling couple of weeks when those rejection letters started rolling in. Bottom line, I should have thought sooner about a plan B. I'm still waiting on a few schools to reach out, but if I don't get accepted somewhere I genuinely don't know what I'll do. I'll apply and reapply until I get in somewhere, but no one really warns you that you are, in fact, not the only 4.0 student with an experience list a mile long. Also, READ THE COURSE REQUIREMENTS for the schools you're applying to! I didn't know Auburn required an "upper level" cellular biology course as part of their requirements, so now if I decide to go there, I have to take a summer course. Do your research on your schools, it takes some digging so really dedicate some time to it. Also, tour the schools. They remember you and it makes a difference

2. What is the average cost it takes to apply to one school?

I applied to schools only on the VMCAS common application and each school to apply to on there was \$200. Plus, its \$200 to take the GRE, and \$50 to send your scores to each school that requires them. A lot of schools have supplemental application fees as well that were about \$50-\$100. I applied to 6 schools and took the GRE's twice, so it wasn't cheap!

3. Where did you apply? What attracted you to these schools in particular? Was there anything you didn't like?

I applied to Tufts University, Ross University, North Carolina State University, University of Tennessee, University of Georgia, Auburn University, the Ohio State University, and Louisiana State University. I applied to Tufts because it's thirty minutes from my house, Ohio State because they had the largest amount of seats for out of state applicants, and I applied to Ross impulsively over J term because I was afraid to get rejected from all of the U.S. schools I applied to. The rest of the schools attracted me due to their locations, their impressive facilities, and their programs. I have a strong interest in livestock and large animals and I was attracted to the quality of the large animal facilities that a lot of these southern schools had. I didn't like how limited Tufts' large animal facilities were, it's hard to have access to anything other than horses in central Massachusetts. They did have an on-campus farm though which was nice, but the area just doesn't have a great case load. Louisiana State University is about to renovate their entire vet school, which would make it kind of difficult for any incoming students in the next couple of years.

4. What schools did you visit on your road trip?

I visited LSU over spring break last year and then over the summer I made a 3,000-mile road trip to Georgia, Tennessee, North Carolina, Auburn, and University of Florida. I didn't end up applying to Florida because I wasn't blown away by their facilities in comparison to the other schools on that road trip, and the faculty there weren't very inviting. Plus, their application was incredibly winded, and with a school I wasn't crazy about in the first place I just really wasn't feeling it.

5. What makes your interests unique?

I think my interests are unique because I want to do everything except the "traditional" vet route. I would still love the opportunity to work with equine or small animal, and I'm keeping my options open to any opportunity thrown my way. However, I'm super interested in things like food animal medicine or research. I'm attracted to the idea of working with "fringe species." I want to make myself a commodity, and I honestly like the idea of working with animals like chickens or pigs. So if I can "write my own paycheck" per Dr. Elder, then sign me up. I've even considered using my DVM for things not exactly "veterinary." I would consider using my degree in areas such as politics, education, or even business. If I'm devoting another four years of my life to school, I'm going to stretch that degree as far as it'll let me.



6. What technology did you see and get to learn about at each school? Can you explain what they are used for, like what species, injuries, and medical cases are best fit for these machines?

I'm no expert on any of it, but every school I toured had all the bells and whistles. X-rays, MRIs, ultrasounds, etc. I can't remember the name of the machine, but a lot of schools had fancy nuclear machines for cancer treatment in large and small animals. I was super impressed by Georgia's and Tennessee's facilities. Georgia just built a beautiful brand new hospital that was like \$13 million dollars that had absolutely everything! Tennessee had unreal equine rehab facilities, including a pool and a state of the art hot walker. Both schools were the ones that had impressive bovine areas, for things like foot trimming and what not. And Tennessee was the only school I saw that had its own special area for farrier services.



7. Where did you complete a veterinary interview? What was the interview like, any advice before an interview?

I had interviews at Tennessee and Auburn! Honestly I got lucky, both interviews were laid back and fun. They just wanted to get to know me more as a person. Tennessee was first, and they made everything straight forward, they had a info session before the interview that sort of gave you a rundown of what the school is all about and what to expect from the interview. My interview was in front of a panel of a faculty member, a 4th year student there, and a practicing vet in the area. The questions were all along the lines of “why do you like this school?” “What do you think you could contribute with a veterinary degree?” “Why should we choose you?” things like that. Auburn was very similar, but a little more intimidating. Honestly the best advice I can give to anyone applying this year is to make an appointment with Wildcat Careers for a mock interview. Also research your schools before you show up for your interview; review the essays that you wrote for them, think of questions to ask your interviewers, make sure you know some basic info about the school, and make sure your prepared for pretty basic questions like “describe yourself.” Make sure you have something professional to wear and try to relax.

8. Where do you see yourself in 5 years after veterinary school? What would you like your career to be?

Honestly who knows what I’ll actually be up to. At the moment I would love to work for the USDA, I feel I would really enjoy that field of work. I had a chat with the state veterinarian of New Hampshire a few months ago, having a career like that would be pretty cool.

9. Did CREAM help you during your application process and decision making when it came to interviews, if so, how?

Yes. CREAM tested my responsibility, ability to work with others, accountability for my own actions, and showed me that I can actually thrive in a setting that requires me to take some form of leadership. It made me more confident in myself and in my own abilities and that was reflected in my interviews. Also, CREAM is a major talking point. Not many people milk cows! Bring it up in your interviews, it helps you stand out. Also the



connections I have made through CREAM have also been a massive help. One of my interviewers in Tennessee was in CREAM at UNH.

(10) Tell us about your Tuft’s Internship, how much hands-on experience did you get? How long was it? Most interesting case? Impact on application to veterinary school as an experience on your resume?

So I attended Tufts’ week long program called Adventures in Veterinary Medicine, and if you can afford the \$1000 I would definitely recommend applying. We attended different

lectures from the faculty about different fields of veterinary medicine, did labs at the on-campus farm, such as skills lab and anatomy lab, shadowed 4th year students in all of the hospitals on campus, and had a resume review meeting with the admissions board of the vet school. I think the coolest thing I saw while I was there

was getting to watch a cataract removal surgery on a dog! It was definitely helpful for my application process. Meeting with the admissions board gave me an idea of what I should be doing to apply and where I stood resume wise. It's also a great resume builder! It's a good way to show schools that you're serious about applying.

## Meet The CREAMers



Name: **Lindsay Bosworth** Hometown: St. Petersburg, Florida

Major: Biomedical Science: Medical and Veterinary Sciences

Plans after graduating: I hope to become a veterinarian and attend veterinary school in the fall. I am still waiting to hear back from schools!

Animal/cow experience: I have a lot of experience with small animals especially in animal shelters and humane

societies. I also have experience with wildlife and especially aquatics and have volunteered and done internships both at aquariums at home in Florida, and in the Animal Rescue Program at Mystic Aquarium. I did not have any experience with agriculture or large animals really until coming to UNH. At UNH I started working at the Fairchild Barn my Freshman year for about a year and a half to get some hands on experience with cows before taking CREAM.

Favorite part of CREAM: My favorite part of CREAM is that it is a class that has both the academic and classroom knowledge of the science and business that goes behind dairy industry, while also giving you first hand experience with the animals and a dairy farm. I think that many animal experiences in my career have been one or the other and it is really amazing that we get to use our knowledge in the classroom to benefit our hands on work, and vice versa.



Name: **Lindsey Beahm**

Hometown: Weare, NH

Major: I was Biomedical Science Pre-Vet, but I am currently switching to Neuroscience and Behavior.

Plans after graduating: Graduate School or Veterinary school with a specialty in animal behavior. I hope to be a service dog/working dog trainer, or behavior specialist that treats dogs with behavioral challenges someday.

Animal/cow experience: Before CREAM I had limited experience with cows specifically, other than Dairy Selection, a course I took freshman year to explore dairy cattle, breeding, showmanship, and learn about their behavior. I have also worked with alpacas for 4-H shows, horse handling and cleaning stalls, as well as most small animals with shelter and regular small animal hospital medicine.



Favorite part of CREAM: My favorite part of CREAM is learning about the industry, and being involved in a passionate part of the workforce that provides food locally. I am happy we make quality milk, and I love hearing about what we can do to make improvements, both on our farm and as an industry as a whole. Learning about the complicated milk price, food/nutrition, as well as the overall handling quality of our animals is always a treat because I learn how to apply new and better methods at every shift. I am more observant of what I can do to improve the cows' health and reduce stress, as well as improve their milk quality and production rates. I love handling them, petting them, and bottle feeding the babies, since it is a joy to be apart of the bigger picture that I get to learn about. In addition to all that, learning first hand from farmers, visiting farms, receiving lectures on forages, milk production, and breeding etc. can really emphasize the importance of science, planning, passion, and expertise that it takes to be a dairy farmer.



Name: **Ashley Walalis** and I am a senior from Derry, New Hampshire.

Major: I am wrapping up a degree in Animal Science and plan to fulfill a minor in Dairy Management.

Plans after graduating: I plan to pursue a Master's Degree in dairy nutrition and become a consulting nutritionist thereafter! I'd love to have a focus on calves and heifers as they are equally as important to a herd as the lactating cows are.

Animal/cow experience: I have always LOVED cows, but originally I was not planning on focusing a career around them until I transferred to the University of New Hampshire from the University of Rhode Island. My true love for the animal really grew once I started working at UNH's Organic Dairy Research farm with the herd of Jersey's (my favorite breed)! The CREAM program and the numerous other dairy focused classes was the main reason I chose UNH when I made my decision to transfer (being close to home helped too!). Currently, I am getting the best of both worlds with CREAM and my work and I really could not picture spending my senior year working with any other animal! My CREAM cow #762, Faith is a lovely lady! She is super sweet and was the highest producer in the CREAM herd for numerous weeks!

Favorite part of CREAM: Being around the girls (cows) and being able to handle all of the management sides of running a dairy farm. Learning about the finances, selecting bulls for breeding, and overall just being in charge of our herd is a huge eye opener for me. I truly love that CREAM, along with my supporting classes, has exposed me to what real life farming looks like!





Name: Kaitlyn LeClair

Hometown: Fremont, NH

Major: Applied Animal Science @ Thompson School.

Plans after graduating: Going into the animal nutrition field.

Animal/cow experience: Other than CREAM I work at Stuart Farm on a 230 cow dairy. I am also in charge of taking care of the newborn calves at Stuarts feeding them colostrum and giving them their vaccines as well as all the daily chores. I also have horse

experience and before college I rode horses for 10 years. For the first 5 years I competed locally as a hunter/jumper and then went on after that to showing the Morgan horse for 5 years. If you asked me back in high school I would have never known that I would be working with cows and I absolutely love it! Not only do I have cow and horse experience but I also have experience with chickens from taking Intro to livestock and poultry management through UNH and my sheep experience came from NEO which is New England Ovis. I got to help out with the daily chores as well as do night checks and help with lambing naturally as well as C-section surgeries. My experiences have been very different, but they have made me who I am today and I am glad that I have gotten to see all that I can do with different species.

Favorite part of CREAM: My favorite part about CREAM is that it's not like any other normal classroom setting. We get to be hands on with the animals and we do not have a professor lecturing at us for two hours, I think we can all agree on that. Also, working with a group of 23 other people and getting feedback on what they think of your work has been really helpful for me as a person in order to better myself within the workplace.



Name: Ashley Bonnette

Hometown: Worcester, MA

Major: Animal Science

Plans after graduating: I plan on going to veterinary school after graduation, and I currently have a large interest in food animal medicine. However, who knows what I'll end up doing after four more years of school!

Animal/cow experience: I have been riding horses for 15+ years and currently own two horses, so I was basically raised on a farm. I currently own two dogs,

a fiery hamster, and a crawfish that self replicates every other month. I actually had never even touched a cow before college, but I had some limited heifer experience before my freshman year in some hands on classes. However, I had never worked with full grown dairy cows until CREAM!

Favorite part of CREAM. Honestly, I love hanging out with the cows on shift. They all have their own unique personalities and it's so funny to see all of them hanging out with each other in the barn! But I think my favorite part of CREAM has been the people I have met in this class. We all spend so much time together that I have formed some really awesome friendships in the past couple months. Obviously, CREAM has been quite the time commitment, but when I'm surrounded by people that genuinely make this class fun it makes it so easy.

## Alumni of the Month: Ari Gough



Arianna Gough, 2018 alumni of the University of New Hampshire, is our wonderful alumni of the month! Her CREAM cow was Dill 822, and her daughter and granddaughter Relish and Aioli are currently in our herd. She started working with her CREAM cow when Dill was assigned to her freshman year as her Dairy Selection/Little Royal heifer. Since she met Dill, she had an instant bond with her, which was the reason she started working at Fairchild for both Jon and Nancy.

Arianna was a part of the Social Subcommittee, Fundraising Subcommittee, and Recruitment Subcommittee during her time as a CREAMer. Her favorite was Social Committee since she loved coming up with fun and creative ways to bring the class closer together. During her year they had a taco bar, karaoke night, and a luau.

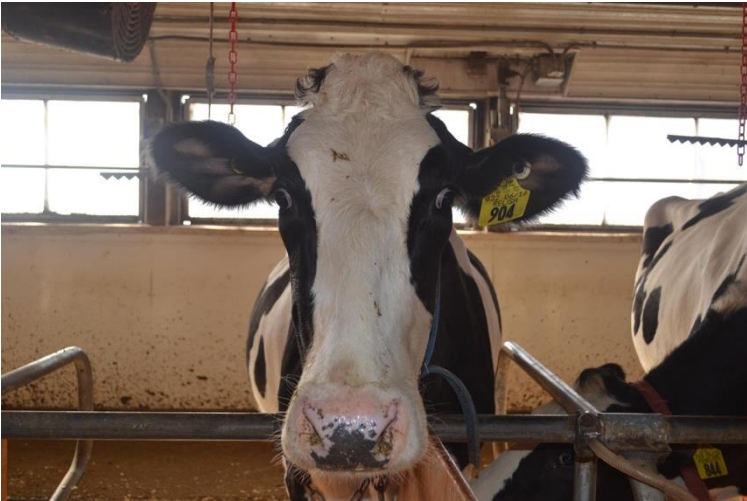
She currently works as a Veterinary Technician and full-time dog and cat mom. CREAM didn't affect her career in the vet tech field per se, but she is considering going back to graduate school for something in the Dairy field in which case it absolutely did. CREAM also helped further her knowledge and understanding of the dairy industry, strengthened her leadership, communication, and patience.

Right now, she believes she is in a bit of a limbo. She is considering graduate school for Dairy or Research, but she is also working towards getting her EMT certification. Getting an EMT certification could lead into the direction of human medicine.

She is currently keeping her options open, but right now she is very happy as a Veterinary Technician at Clark Vet. Clark Veterinary also visited the UNH Fairchild Dairy Barn last fall on October 17th, with Arianna, the veterinarians, technicians and their families.



## Meet Some of the CREAM Herd

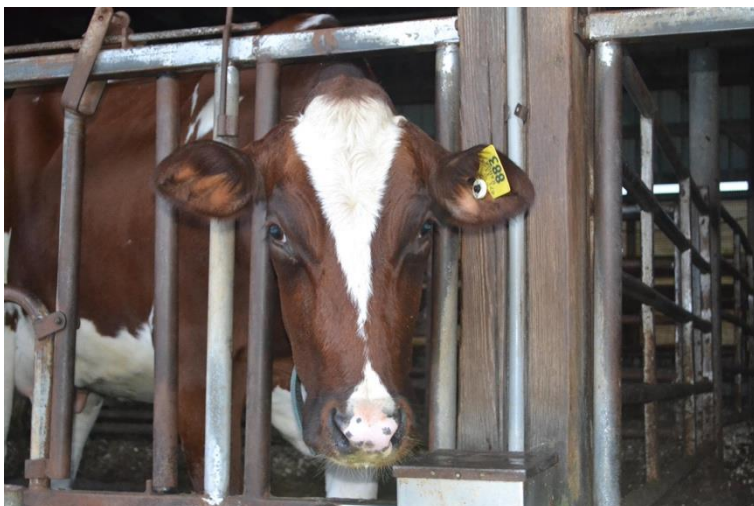


This is cow #904, otherwise known as Relish who belongs to CREAMer Hannah Walsh. Relish has just spent the past semester in the ever so prestigious fourth string as part of Nancy Whitehouse's FDA study. After this time spent being monitored and pampered, Relish has seemed to have lost touch with her roots in the CREAM string. She will often shove to the front of the milking line then turn around to stay behind after being milked and watch the milker to make sure they're doing a good job. She will take her sweet time getting back to her

bed, that is, if she chooses to go to her assigned stall. This behavior has earned her the nickname of, "the princess," and she expects to be treated as such. You can also observe this kind of behavior from her daughter #992 Aioli. The apple really doesn't fall far from the tree.



Meet one of our many condiments in the CREAM string, #881 Sriracha. She's easy to spot because she looks more like a Dalmatian than a cow. She often acts like a dog too. According to her CREAMer Kaylah Caires, she loves to give hugs but hates baths. Sriracha is a tough gal, giving birth in the pack barn to baby #1032 Carolina and recovering from yeast mastitis. We are excited to welcome her back to the string!



Every group has one crazy red head, ours goes by #883 Kanga, who is loved dearly by CREAMer Kate Allen. Kanga has passed down her distinct coloring to the sweetest calf in the whole barn, #1015 Joey. Kanga is a quirky girl who enjoys the simple things in life, such as licking every piece of CREAMers clothing even down to the shoelaces, running up and down the aisles as chaotic as she can, and breaking people's hands. Catch her on a calm day and she is one of the cuddliest cows in the string.



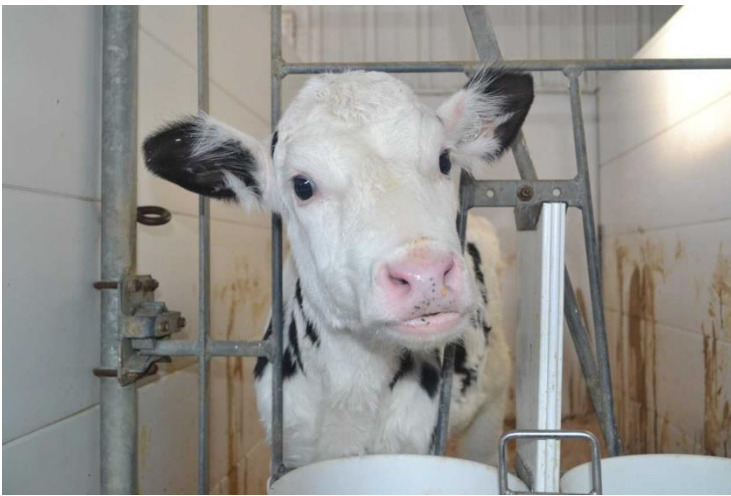
## New To The Nursery



Carolina #1032

Born: 2/13/2019

Dam: Siracha #881



Simone Biles #1030

Born: 1/10/2019

Dam: Serena #845



Lindsey Vonn #1029

Born: 1/10/2019

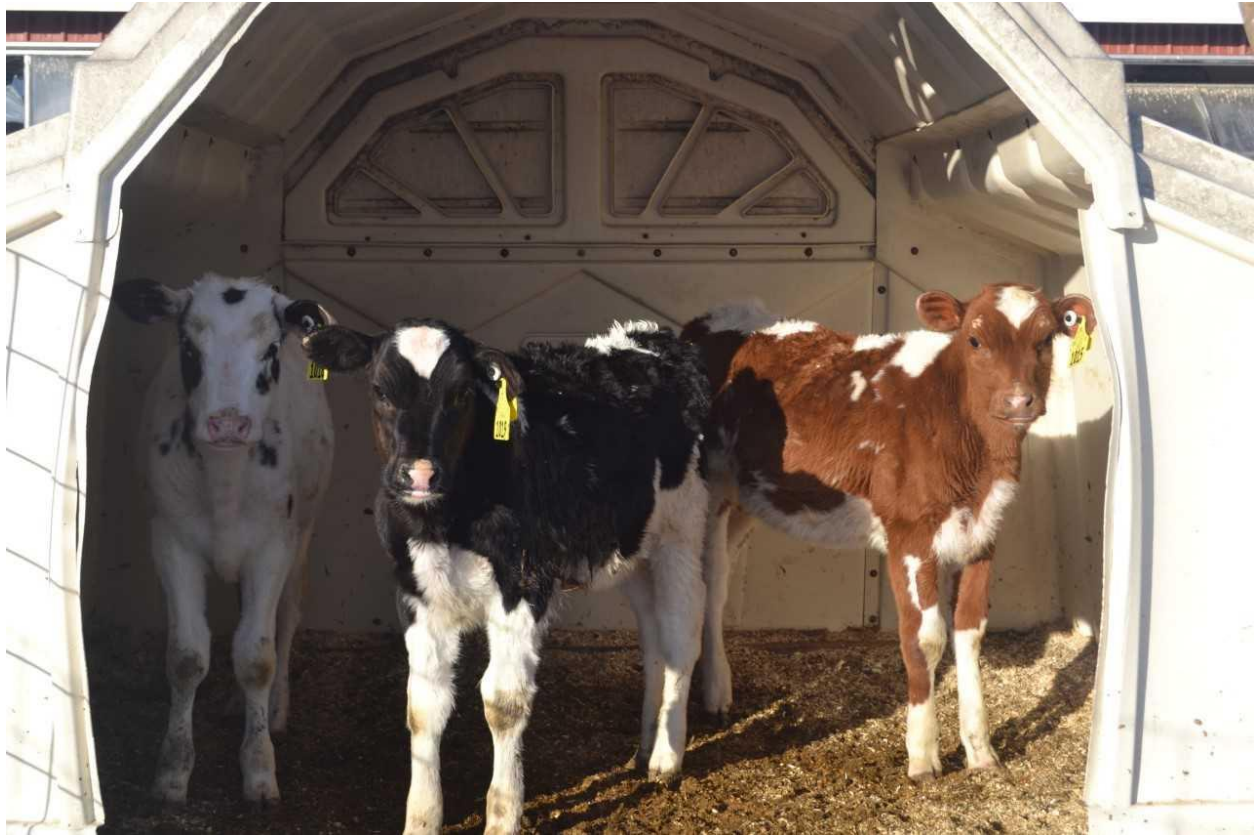
Dam: Serena #845



Melody #1026

Born: 12/24/2018

Dam: Harmony #790



### **Udderly Cheesy**

- *What do cows use when they text?*  
I have no clue.  
*E-moo-jis.*
- *What do you call a cow eating grass?*  
What?  
*A lawn mooer*
- *Knock, knock.*  
Who's there?  
*Moo.*  
Moo, who?  
*Make up your mind: Are you a cow or an owl?*

Citation

<https://jokes.boyslife.org/topics/cow-jokes/>





## Matchmaker

The Breeding committee is responsible for selecting bulls to be bred to cows in the UNH herd. They first look at the cow being bred's specific conformation to see what faults need to be improved for the next generation. Each bull has a chart that shows their best attributes and what they are likely to pass on to their offspring- traits like production life, milk production, as well as conformation traits. The cow's registration number is then entered into a program created by the American Holstein Association that calculates the inbreeding coefficient, as well as predicted values about the calf's production life. The lower the inbreeding coefficient the better, since genetic diversity is important for the future of the breed. An "economic impact" is also calculated, where the offspring's net production value is compared to its parents.

In Serena's case, her pairing to Rager Red had the lowest inbreeding coefficient, 5.3 %, and her calf was predicted to have a production life of 4.3 years and an increase of 1067 lbs of milk. Serena may very well be the Pam to Rager Red's Jim, but regardless, their offspring will have the best traits possible thanks to careful breeding.







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**Special Thanks To**

Hannah Zielgel  
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Colleen Berry  
Gabby Woodruff  
Lindsey Beahm  
Liv Gorman  
Jack Lapierre  
Ari Gough  
Ashley Bonnette

And All the Veterinarians and Farmers  
For dedicating your time