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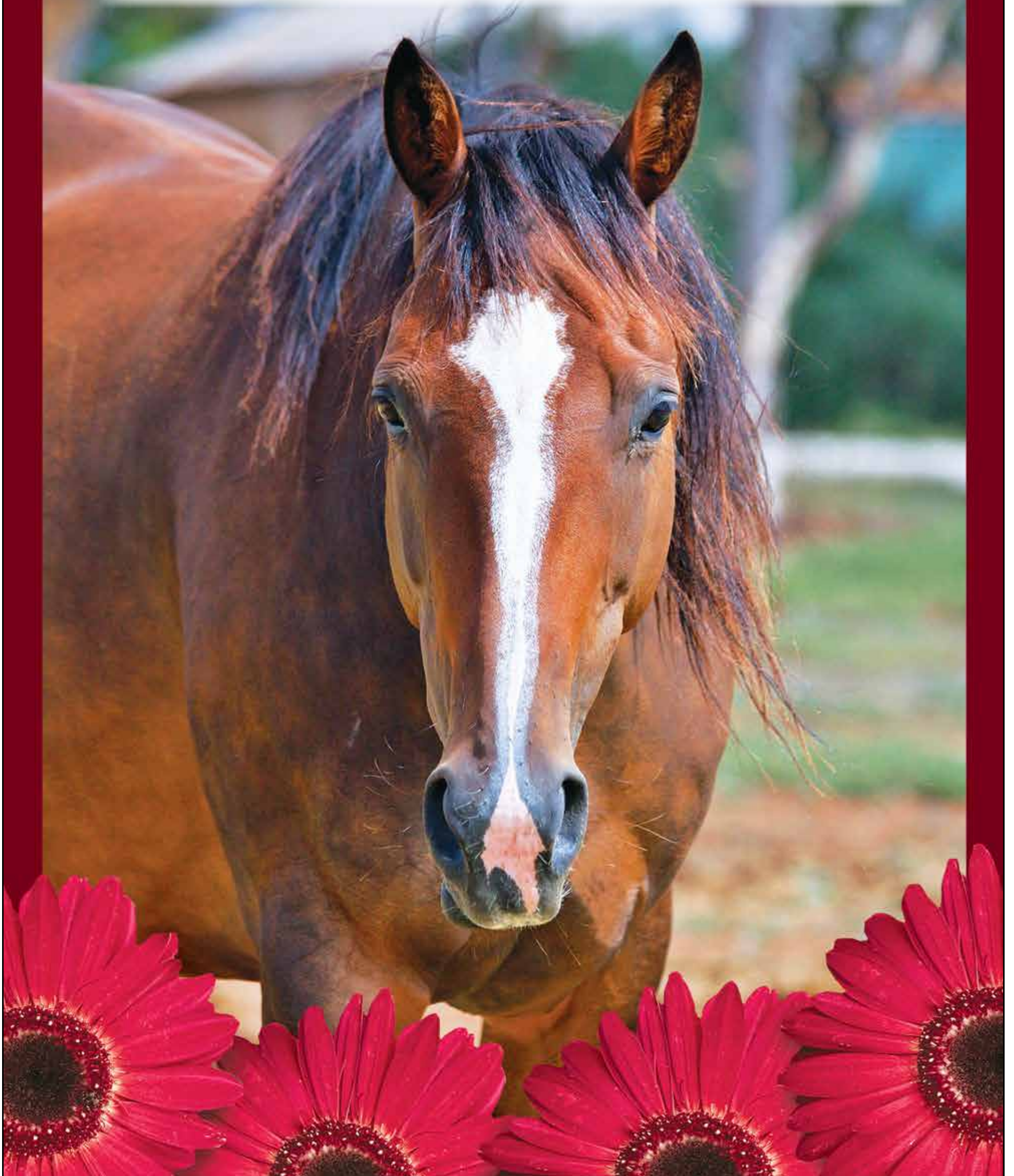
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THOUGHT OF THE MONTH:

Happy Easter!

Does Springing Forward Affect Horses?

By The VHN Writing Team



Many of us are still adjusting to the annoying time change where we spring forward an hour. A lot of people prefer this time of year because the jump in time means we have extra daylight.

It also signals the end of winter and warm up of the spring season. A few states are thinking of making the extra hour permanent, so that when fall comes, the time won't change.

Whether you mind the change in time or not, some of us may wonder if this extra hour affects our horses. Is it healthy for them?

It's hard to say if the change of an hour is healthy or not for our equines. But our horses are no exception to the difficult adjustment.

Our horses, much like us, are creatures of routine. You probably feed your horses at about the same time every day. There are even horses that need to be fed at the same time each day because of medications or a health condition. There's definitely not a horse in existence that is willing to wait for their supper either.

Because our horses live outside, they are especially attuned to daylight levels. The amount of daylight that animals are exposed to is known as the "photoperiod." This amount of daylight is important to an animal's natural body clock or how their body's processes are timed. This clock also helps animals sense the changing of the seasons often before telltale weather comes.

The part of the brain known as the pineal gland is responsible for detecting this photoperiod and also has the job of releasing melatonin. As daylight decreases, melatonin is released to naturally make horses sleepy. We secrete the same hormone.

This hormone regulates sleep patterns and many other natural processes in horses just as it does for our own bodies. If you've ever had trouble sleeping, your doctor may have prescribed supplemental melatonin from the drug store.

By changing the time and altering our horses' routines, we are shifting their perception of daylight and when they eat in correlation to when they feel sleepy and sense the seasons.

An hour may not seem like that big of a deal, but when our horse's bodies are set to detect such things, it can have ill effects on how they function. Sure, our horses get used to the change, but it's important to recognize that we are asking our horses to constantly change their own natural instincts as we adjust ourselves to an extra hour or one hour less.

Have you ever noticed your horse being affected by daylight savings?

Would you be for getting rid of the time change?



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*See you next time! - **Codi Kern***

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Prevalence of Melanomas in Grey Horses

By The VHN Writing Team



The term melanoma is a fairly well known one, as it affects both humans and equines alike. Melanomas are a type of nodular skin disease, and they can be either benign or malignant in nature. For humans, we know them as different forms of skin cancer. You might have even been checked for a melanoma yourself if you have frequent sun exposure or have had a melanoma in the past.

For horses, melanomas are a little bit trickier.

Firstly, it's not a myth that grey horses in particular are extremely susceptible to melanomas. It's even thought that as many as 80% of grey horses will deal with at least one melanoma in their lifetime. Older grey horses also have a higher chance of getting one, though they can pop up at any age.

Secondly, many grey horse owners believe that because they are so common in grey horses, they tend to be benign and only an annoying growth pattern that tends to increase. It's true that the majority will be benign, but there is still a high likelihood of having at least one malignant growth during a horse's lifespan. The location of this malignant growth can also impact the treatment of such lesions.

It's also important to note that just because a lesion has been confirmed to be benign in the beginning does not mean that if left to age it will not become malignant over time. Benign melanomas can indeed become malignant if they are not removed.

For non-grey horses, these melanomas are less common and more likely to be sinister when they appear. For grey horses, more often than not, there will not be just one. The size of the tumor does not determine if the lesion is cancerous or not. It could be big, it could be small, and it could be just one of a group of protrusions.

The important part of discovering a melanoma is getting it treated appropriately and quickly, as a malignant melanoma can cause the cancer to spread through a horse internally, affecting other organs and leading to a serious prognosis.

It's interesting to note that while breed is not always a significant precursor for melanoma likelihood, color can be.

A grey horse with flecks of brown in his coat has been proven to be less likely to have melanomas appear in comparison to a grey horse without any other color in his coat.

These lesions can occur in other coat colors, like cremello and albino horses. In these instances, the lack of color can lead to particularly aggressive tumors.

A melanoma tumor can be fairly easy to recognize on your horse. They can be any size, but they will be a very dark or black color, and they will not spontaneously go away. They can start out very small and be very defined and round. They can also be under the skin before they grow out as well. Any lesion that pops up, does not go away, is dark in color, and begins to grow should be seen by a vet as soon as possible. The longer one has to grow and the more that pop up in the same area, the more serious the condition can become.

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This rate of growth might be on the slower side, or it may be surprisingly quick.

These nodules can also crack, bleed, and become painful. They can change color over time as well, much like a suspicious mole on a human being. Other types of lesions can be mistaken for a melanoma, but when you're talking about potential skin cancer, erring on the side of caution is better than taking the risk.

Melanomas will occur due to the cells that make them, called melanocytes. They will be found in the skin, ear, and eye, and they are what causes the color of your horse's actual skin.

It's possible for melanomas to be found internally in horses, but if this is the case, it usually means that the melanoma has metastasized and spread from organ to organ.

One of the odd things about melanomas is that we tend to associate them with sun exposure. It would make sense as that increases the risk in humans, and it can in horses.

But the weird instance of melanomas in horses is that they tend to pop up in the perineum region. The perineum is the area of skin around the anus and the base of the tail in horses. More than half of these lesions will pop up in this area for horses. A strange occurrence, since this area isn't particularly prone to sunlight exposure.

These nodules can of course pop up in more obvious places, such as:

Penile or vulval skin

Mouth or lips

Salivary glands and lymph nodes

Eyes and eyelids

Internal organs, like the intestines or lungs.

It is not known why such a large portion of melanomas in horses are not related to skin exposure or sunburn. It may have to do with genetics, cell regrowth, or another attribute.

While the risk of cancer can cause mortality in horses with melanomas, there's also a risk of problems due to the melanoma's location and size. If the melanomas occur around the perineum, a large one can impact defecation. If internal ones grow in a bad spot on an organ or muscle, it can impact that organs function.

Though they are a scary situation to think about, melanomas can be treated. The first thing to do is have an evaluation by a vet who can recommend treatment, testing, and subsequent removal of the lesion. If your horse has one, it's best to prepare for the possibility that he will get at least one more if not several, all requiring treatment that is hopefully at most preventative.

Melanomas are an unfortunate part of horse ownership, but they are something with treatment plans and options for every horse owner and every horse of every color.

• Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

“ Creamy Parmesan Garlic Mushroom Chicken ”

Ingredients:

4 boneless, skinless chicken breasts, thinly sliced
 2 Tablespoons Olive oil
 Salt Pepper
 8 ounces sliced mushrooms
 Creamy Parmesan Garlic Sauce:
 ¼ cup butter
 2 garlic cloves, minced
 1 tablespoon flour
 ½ cup chicken broth
 1 cup heavy cream or half and half
 ½ cup grated parmesan cheese
 ½ teaspoon garlic powder
 ¼ teaspoon pepper
 ½ teaspoon salt
 1 cup spinach, chopped

Directions:

In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center.

Remove chicken and set aside on a plate.

Add the sliced mushrooms and cook for a few minutes until tender.

Remove and set aside.

To make the sauce add the butter and melt.

Add garlic and cook until tender.

Whisk in the flour until it thickens.

Whisk in chicken broth, heavy cream, parmesan cheese, garlic powder, pepper and salt.

Add the spinach and let simmer until it starts to thicken and spinach wilts.

Add the chicken and ,mushrooms back to the sauce and serve over pasta is desired.



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About Happy Trails Kitchen



Sharon Hauht is the owner of Happy Trails Kitchen that specializes in baking and artfully decorated custom celebration cakes, cupcakes, cookies and sugar art for your special occasion. Sharon is an award winning cake decorator who has more than 40 years experience. Sharon competed with her team, Gouly Goblins, on Season 10 of Food Network’s Halloween Wars and was featured on the Road to Halloween Wars, which aired on September 13, 2020.

Happy Trails Kitchen (HTK) is registered by the Southern Nevada Health District (SNHD) as a cottage food operation, which means HTK’s food labels have been approved by SNHD, applicable recipes have been lab-tested for shelf stability (pH and water activity), and Sharon Hauht has been approved to bake and decorate cakes out of her home. She can print edible images (logos and Photographs) on your confections. She has her food handler’s card for food safety.

You can see pictures of some of her recent projects on her website: www.happytrailskitchen.com. You can contact Sharon through her website or by emailing her at happytrailskitchen@gmail.com or call (702) 277-8000. HTK is also on Facebook and Instagram under HappyTrailsKitchen.



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To Colic or Not to Colic?

By The VHN Writing Team



It's nearly impossible to be a horse owner and never hear the term "colic." It's an unfortunate part of horse ownership that usually strikes at least once, if not many times throughout a horse's life.

The term colic is often used as a blanket term when referring to horses. Colic simply means abdominal pain or discomfort. While it's not overly specific or a precise condition, any pain in your horse that deals with his abdominal area will be classified as colicking.

Now, we all know the signs of a horse that's beginning to colic. These signs are:

Lack of appetite/ not eating

Not drinking

Constant stretching

Thrashing and rolling

Flank biting

Pawing

Lethargy

Depression or anxiety

Circling

Refusal to move

Inability to urinate or defecate

Sweating

Twitching

Heavy breathing

Increased heart rate

If a horse owner sees any combination of these signs, it's usually a dead giveaway that your horse is in the middle of a colic or is about to colic.

Or is it?

Most people would think that these signs are hard to misinterpret, as they are classic representations of abdominal distress. And this is true, abdominal distress can undoubtedly present this way in a horse.

But believing that these signs point only to a horse that is colicky is inaccurate.

Most often these behaviors will show that a horse is colicking, but there are times where a horse will not be suffering from any form of abdominal pain or illness. And believing otherwise could be costly towards both your horse's health and your wallet.

There are a few conditions that have symptoms that overlap those of your typical colic or abdominal pain.

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Urinary/ Kidney Illness can appear as your standard colic due a horse appearing to lose his appetite, straining to urinate, stretching his body, seeming weak, weight loss and more.

Musculoskeletal diseases can also mimic some symptoms of colic. We tend to think of musculoskeletal issues appearing as lameness, an easily identifiable manifestation. But horses that are suffering from musculoskeletal pain may end up lying down, shifting their weight, be reluctant to move, twitch, and even go off of their feed.

Liver Illness can have similar signs to colic as well, such as problems eating, pawing, pacing, anxiety, lying down, and more.

Respiratory issues are another source of pain manifestation similar to a colic. Panting, fever, not wanting to move, increased heart rate, pawing, and circling all are signs of a respiratory problem.

There are also things like neurologic diseases, drug side effects, exposure to toxins, and more than can all cause symptoms similar to classic colic signs.

It might seem that colic is all the more worrisome if it's hard to tell between a true colic and another serious issue that's flying under the radar. But the best things you can do for your horse are to monitor his symptoms, record all of them that you witness, and have an experienced and reliable vet on call for such times.

An experienced veterinarian will know to check for multiple issues depending on how the horse presents and what his symptoms have been over a period of time. Through a process of testing and ruling out, it can be discovered with assurance whether your horse is colicking or suffering from something else entirely. By taking the time to assess all possibilities, you will be able to treat your horse quickly and correctly, and save on treatments or even a surgery that turned out to be unnecessary.

So, the next time your horse begins to give the tried and true signs of a colic, take a second to observe and consider the possibility that a deeper investigation may be necessary.

When a Horse Plays Too Rough

By The VHN Writing Team



It's your typical Saturday morning. You're headed to the barn to feed and get your horses out for some exercise. You get to your destination and walk up to your horses stalls only to find that one of your horses looks a little beat up. He's got some hair missing, maybe from his body or his mane and tail. He's got some spit and what looks like bite marks on his neck and withers or possibly the top of his butt. He could even have a dusty hoof print somewhere on his body.

If your horse is within touching distance or is housed with another horse that has free access to him overnight, you can safely assume that your horses were messing and playing around while you were away.

Horse's that are housed together will play at one time or another. It's often seen in younger horses and is usually easy going nudging or tugging back and forth. Grabbing onto each other's coats and tearing around is also typical horse play.

But it can be a little alarming when that play produces physical signs on one or both horses. When one or both horses becomes a little too comfortable yanking at hair, kicking or striking, and causing breaks in the skin or bruising, it means it's time for an evaluation.

Each horse's personality is different, sometimes dramatically so. One horse may be very energetic and gets into everything, while another horse may be very subdued and more timid. There's also the instinct to assert dominance in certain horse groupings, as a natural pecking order takes place.

If one of your horse's suddenly seems more aggressive with his companions or plays more rough than he used to, there could be a few reasons for the change.

The first is dominance. If you have two horses housed together, regardless if they're mares or geldings, they may feel the need to decide who is the leader of the duo. If this dynamic is decided and followed easily in the beginning, then there will probably be no issues. This can work with horses of differing personalities, like above.

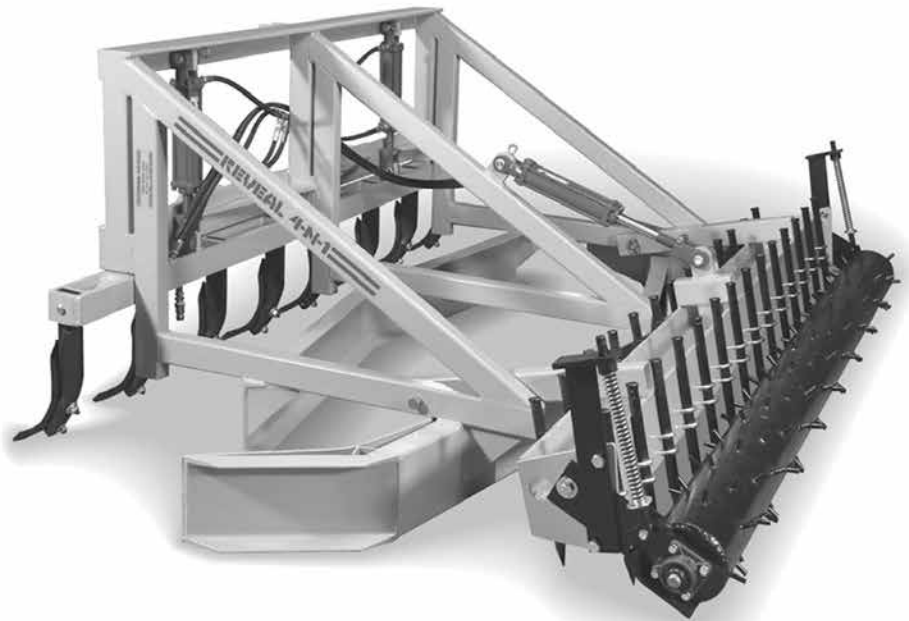
But if both horses show the same level of dominance with each other, it can push one or both to display more serious behaviors as they try to "one up" the other and finally secure the role as dominant.

Another reason for this increase in destructive play can be having one horse that is too passive in comparison to the other. While having one of the horses be decidedly more dominant can help quell any fights, having the second horse be too passive towards the more dominant companion can also lead to problems. If the second horse does not defend himself or warn the other horse with behavioral signals that enough is enough, his tolerance of biting and kicking may be unhealthy. It's one thing to be passive, it's another to not defend himself

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Hormones can also play a big role in aggressive behaviors as well. A gelding that still displays stud behaviors, a mare that's in season, a horse that recently had a baby, these are all situations where hormones and smells change.

A change in these levels can cause a happy duo to suddenly be at odds and want to tear each other up. Personalities can also morph during these times, taking a happy and friendly horse and making him short tempered and irritable.

A change in the horse's environment, even miniscule, can tip the scales of a horse to horse relationship. Horse's can be territorial, and when a horse decides that something is his, he can guard that object, companion, food, corner, toy, etc., even with force. If your horse has taken a liking to a toy that he absolutely does not want his buddy to have, he might go to extra lengths to make sure the other horse doesn't touch it or go near it.

One last possibility is that there is an undiscovered illness or pain with the more aggressive horse. A horse that doesn't feel good will naturally be grouchier. And if this pain is prolonged or chronic, it can create a horse with a short fuse, especially towards a stall mate.

If you're in a situation where one of your horse's has become overly aggressive towards his stall mate or pasture buddy, it's important to separate them and see what's up. Whether it's hormones, dominance, an illness, or more, the other horse cannot be subjected to constant fighting that ends in bodily damage.

You might be able to figure out what's happened with the duo, and you also might not know for certain. But there are things you can do to help discover if the issue is short lived or if a new grouping is needed to keep your herd healthy and happy.



Bingeworthy Horse Music

By The VHN Writing Team



Next to a great movie's ability to cheer us up, music is perhaps the one other form of entertainment guaranteed to make us feel better. Life is so much better with music simply because of the way it affects us.

You can listen to music for all kinds of reasons. If you're feeling happy, sad, energetic, thoughtful, restless, and everything in between. These reasons also include when you need a dose of horse music.

Songs about horses, cowboys, cowgirls, rodeos, and riding abound. They're classic, modern, silly, heartfelt, and danceable. We've put together the perfect playlist for you to listen to today, tomorrow, and the next time you're at the barn.

1. A Horse with No Name – America
2. Cowgirls Don't Cry – Brooks & Dunn
3. Wild Horses – Rolling Stones
4. Save a Horse, Ride a Cowboy – Big & Rich
5. Wild Horses – Natasha Bedingfield
6. Beer for My Horses – Toby Keith & Willie Nelson
7. High Horse – Kacy Musgraves
8. Back in the Saddle Again – Gene Autry
9. Should've Been a Cowboy – Toby Keith
10. No Reins – Rascal Flatts
11. Tennessee Stud – Johnny Cash
12. White Horse – Taylor Swift
13. Girls & Horses – Templeton Thompson
14. Good Day to Ride – George Canyon
15. Just Like Them Horses – Reba McEntire
16. American Horse – The Cult
17. Cowboy Take Me Away – The Dixie Chicks
18. Crazy Horses – Osmonds Bros.
19. One Trick Pony – Paul Simon
20. Pony – Kasey Chambers
21. Live Like Horses – Elton John
22. A Horse in the Country – The Cowboy Junkies
23. Let That Pony Run – Pam Tillis
24. Pony Boy – Bruce Springsteen
25. Strawberry Roan – Marty Robbins
26. Chestnut Mare – The Byrds
27. I Ride an Old Paint – Arlo Guthrie
28. Wild Horses – Garth Brooks
29. I Want to Be a Cowboy's Sweetheart – Patsy Montana
30. Good Ride Cowboy – Garth Brooks
31. Rhinestone Cowboy – Glenn Campbell
32. Mamas Don't Let Your Babies Grow Up to Be Cowboys – Willie Nelson & Waylon Jennings
33. The Cowboy in Me – Tim McGraw

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34. Wanted Dead or Alive – Bon Jovi
35. Cowboy – Kid Rock
36. Blaze of Glory – Bon Jovi
37. Cowboys like Us – George Strait
38. Cowboys and Angels – Dustin Lynch
39. Back in the Saddle – Aerosmith
40. How Bout Them Cowgirls – George Strait
41. Dime Store Cowgirl – Kacy Musgraves
42. Even Cowgirls Get the Blues – Emmylou Harris
43. You're Lookin' at Country – Loretta Lynn
44. Desperado – The Eagles
45. Rodeo – Garth Brooks
46. Happy Trails – Roy Rogers & Dale Evans
47. Old Town Road – Lil Nas X, Billy Ray Cyrus, Diplo
48. Celestial Horses - Bruce Cockburn
49. Cowboy Casanova - Carrie Underwood
50. Goodbye Old Paint - Michael Martin Murphy

Some of these songs you may have listened to when you were younger, you may have heard them at a rodeo, or watched them live at a concert. They may hold a lot of memories for you too.

What's your favorite horse song? Is it on the list?

Let us know your favorite horse tunes and what you like to listen to while riding or having horse time.



Easy Transition: Bringing Home Your New Horse

By The VHN Writing Team



There are only a few things that can compare with the feeling of bringing home a brand new horse. You've spent time and money in finding that perfect horse for you and now your life together is about to begin.

While the occasion is a very happy one, it can also be riddled with nerves. Bringing home a brand new horse can seem a little daunting, whether you already have horses or this is your first.

Luckily, there are a few things you can keep in mind to make the transition a smooth one.

1. Remember, your horse is seeing all of this for the first time. Yes, we can imagine how scary it can be, but we also know home as home. Your new horse doesn't associate any of his new surroundings with home – yet. His whole world was just changed with a ride in a trailer. Depending on your situation, your horse may have come from a different part of town, another city, another state, or even another country. It's important to understand that settling in will take time. The environment is strange and, to a degree, so are you. You are his new owner, and he has to get used to you just as much as he has to get used to his new home.

2. Before bringing home your new equine, prepare. Make sure any horses you already have are up to date on vaccinations, and your new buddy is as well. Coggins tests are important. When horses are under stress, they can become sick much easier. Also, bringing a new horse into a new environment can expose them to substances they are not used to. Keep track of your deworming schedule and decide how to work in your new buddy.

3. Get all necessary information about your new buddy from the previous owner. Does he have any sensitivities? What type of hay, grain, and treat does he eat? Are there things he cannot have? Foods or supplements he is allergic to or give him problems? How are his feet being taken care of? What grooming supplies is he used to? Does he tolerate water well? Trimming? Does he get regular pasture time? Has he had much time around other horses or has he been next to other barn mates?

What kind of weather is he used to? If his climate is rapidly changing with his new home, then you will need to monitor his acclimation.

Take some time before he is moved to observe him. Take note of his general habits, and how he is at different times of the day. His personality and quirks might be unknown to you and cause some concern if you are not familiar with them.

4. Make sure to get all of your new horse's records from the previous owner. All papers and medical history will be valuable for your reference and record keeping. Also make sure that you have all legal documents for ownership that are required. The sale of the horse to you should be documented, for your safety and for the previous owner's.

5. Consider taking some of his current feed with you, including hay, so that you can steadily switch him over to the hay you have.

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It is likely that you will want the new horse to eat what the other horses are eating. A gradual transition to new food will keep any possibility of colic from happening.

6. Have access to water at all times. Horses can become picky about new sources of water, but giving him plenty of it will allow him the opportunity to stay hydrated. If a horse knows he needs to drink, he will eventually do so with new water. If you have an automatic waterer or another water system that your new horse isn't used to, you might have to provide an additional source of water for him to drink from for the time being. A large bucket of water should do the trick.

7. Have a plan for where you want to put him in your barn. This is a decision you should consider a few times and plan it out. Perhaps you should have your horse close enough to your house that you can see him from a window. Maybe he needs to be on the end so that only a single horse is next to him. There could be an area of your property that is older and needs repairs.

Your preferences, your current horses' preferences, and your new horse's preferences all have to work together. You also need to consider safety and how a new horse will react. A new environment can cause a steady minded horse to become scared and flighty. Plan for multiple scenarios.

8. The first steps around his new home are imperative for settling in. Allow your new equine to walk the property, slowly, and calmly. Let him look around, let him smell, let him call to the other horses. Let him have his time to investigate, as everything feels totally foreign to him.

As your horse starts to seem more sure about where he is, you can introduce him to the other horses you have. Common sense and knowing the horses you are introducing him to are crucial. Some horses will simply smell, and nicker. Some will become excited and energetic. And some will be hostile, territorial, hormonal, or aggressive. Approaching with caution is the best way to start.

9. During the first few days, your horse should be kept separate from the other horses. For both health and behavior reasons, your horse shouldn't be able to touch the other horses or get right next to them. But he should be able to see them. Horses are social, herd animals. They do best in a group, even if the group is only one or two other horses.

Some horses can be turned out together. And some simply cannot. Slowly introducing your horses to each other and seeing how well they tolerate the other will tell you if it will even be possible to have them next to each other.

10. One last thing to think about is what is happening while you are sleeping. Leaving your new horse next to a horse you already own over night can have you waking up to scratches, bite marks, or worse. Erring on the side of caution and keeping your horse's social time to when he can be monitored will help curb any instances of fighting or not getting along.

Above all, it is best to remember that time will tell you everything you need to know. With time, you will see what your horse likes and doesn't like, his quirks and odd habits, how he functions in the morning and evening, and which horses will be buddies and which will simply be barn mates. And you can be sure that as the days progress, you will develop a relationship with your new equine and a much deeper understanding of each other.

Official State Horse Breeds

By The VHN Writing Team



When you were in school, you probably learned all about what represents your home state. You found out what your state flag looks like, what the state bird species was named, and if your state had a song or saying associated with it. It's similar to each country's official symbols, but each individual state has a handful of things that represent them.

The state of Nevada, for example, has a few symbols. The official state bird is the Mountain Bluebird, the state trees are the Bristlecone Pine and the Single-leaf Pinyon, the state motto is "Battle Born," and the official state animal is the Desert Bighorn Sheep.

If you have children in school right now, you've probably seen some school projects alluding to this knowledge.

For us horse lovers, it's easy to imagine what we might designate as our favorite or state horse breed. Maybe your state is even known for a particular breed because of its history.

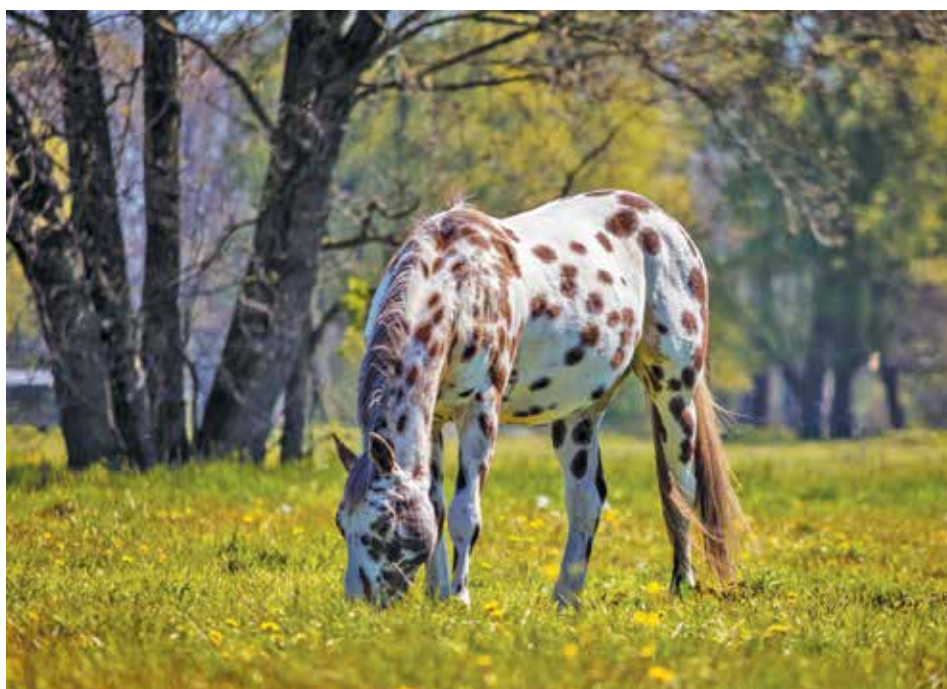
But what you may not know is that there are quite a few states in our country that have a designated, official state horse breed.

Does your home state have an official breed? Take a look.

Alabama – The Racking Horse – 1975

Florida – The Florida Cracker Horse (Marsh Tackie) – 2008

Idaho – The Appaloosa Horse – 1975



Kentucky – The Thoroughbred Horse – 1996

Maryland – The Thoroughbred Horse – 2003

Massachusetts – The Morgan Horse – 1970

Missouri – The Missouri Fox Trotter – 2002

New Jersey – The Horse (state animal) – 1977

North Carolina – The Colonial Spanish Mustang – 2010

North Dakota – The Nokota Horse – 1993

South Carolina – The Carolina Marsh Tackie or Marsh Tacky – 2010

Tennessee – The Tennessee Walking Horse – 2000

Texas – The American Quarter Horse – 2009



Vermont – The Morgan Horse (state animal) – 1961

A few states have proposed breeds that are not yet officially state breeds.

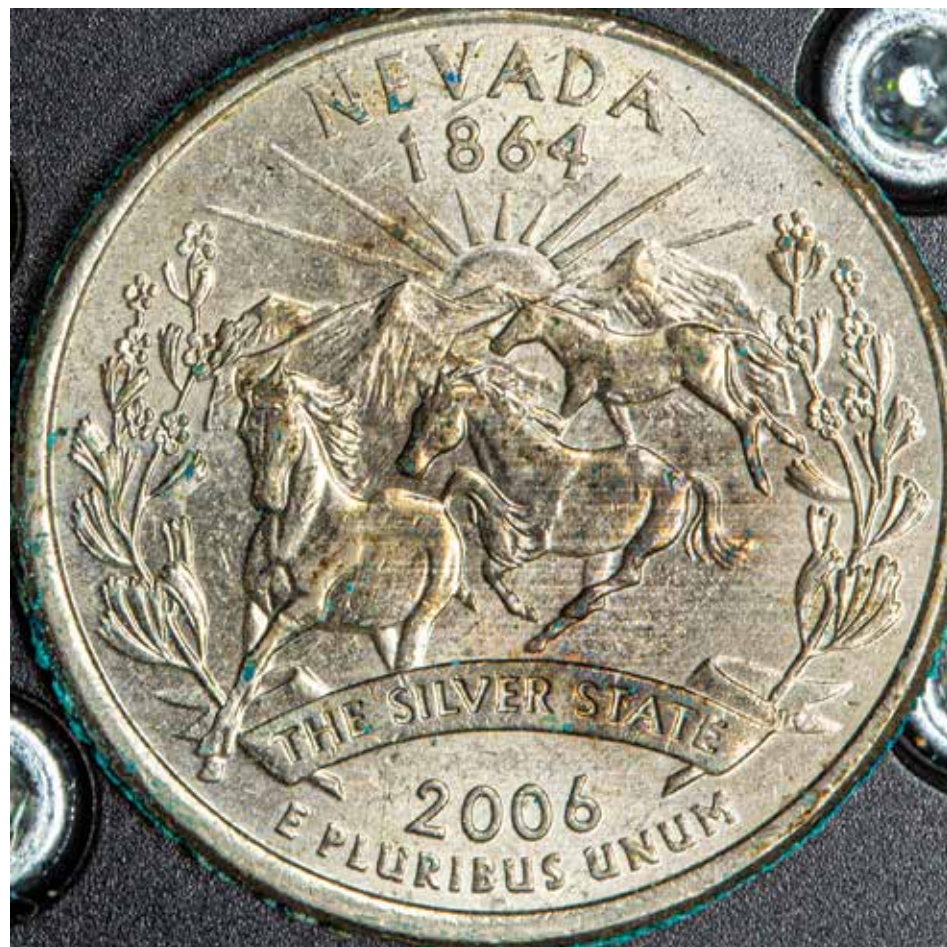
Arizona – The Colonial Spanish Horse

Oregon – The Kiger Mustang

California – The California Vaquero Horse

There are a few states that have horses in their symbolism as well.

Delaware's state quarter has an image of Caesar Rodney on horseback. Idaho's license plate has an appaloosa image. Kentucky's state quarter shows a thoroughbred horse. Maryland's state seal depicts a knight on horseback. Minnesota's state seal shows a Native American on horseback. Nevada's state quarter depicts a group of mustangs. The state seal and coat of arms of New Jersey shows a horse image. The coat of arms and flag of Pennsylvania shows two horses.



Nevada State Quarter CC: Mark Morgan Wikicommons

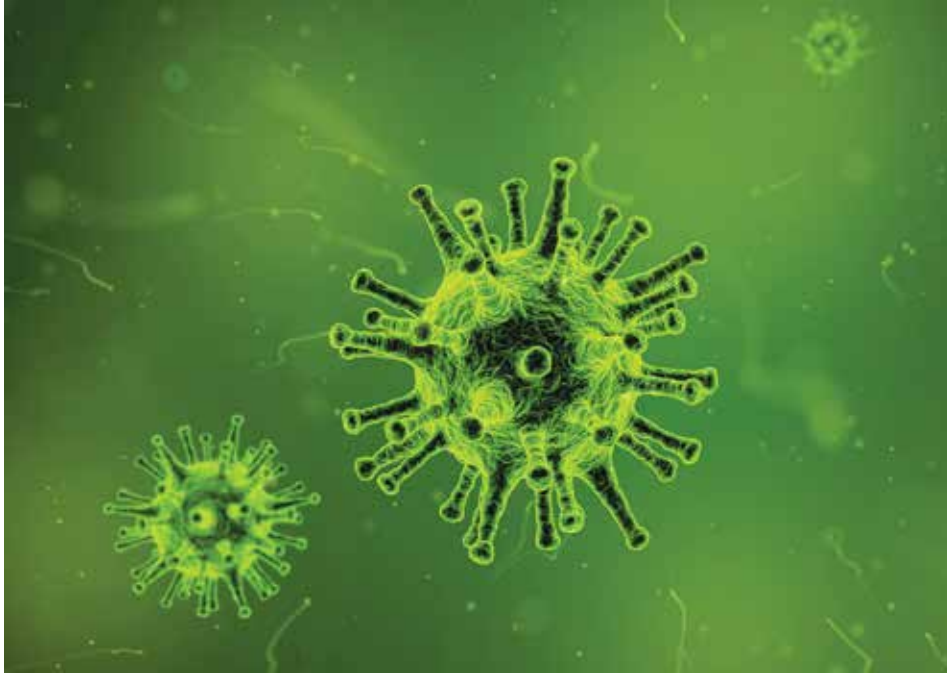
All of these depictions and choices of horse breeds shows how entwined horses really are with our state histories and how important of a symbol they can be.

If you do a little bit of digging, you might find that horses are a part of your state's history beyond what you might've learned in school. For those states that do not have an official breed set, what would you choose as your state breed?

The Arabian, the Mustang, the Quarter Horse, the Paso Fino, the Belgian? There are so many breeds to choose from, and all of them with different roots and importance to their communities.

Staying on Top of Equine Disease Outbreaks

By The VHN Writing Team



As we have seen in the past, both with our equines and with our own human population, disease outbreaks are both impossible to predict and happen quite frequently.

It all starts with one sick horse infecting others nearby, perhaps travelling while infected, and then the spread of the illness from one animal to the next blooms into a full-blown outbreak affecting whole states.

Some horses will get seriously sick and suffer symptoms for years to come. Others may even die or have to be put down if no workable treatment can be given.

On the other hand, sometimes these outbreaks are very small and contained to just a single community or even a single barn. In those instances, we are very lucky.

More often we deal with circumstances where we hear the news from our state veterinarians that there is a growing number of cases in our area or an area nearby and we must take precautions.

One example would be the EHV-1 outbreak we had not long ago. We were suddenly having to take measures to not travel, and clean our barns to prevent the spread of the disease.

The sudden news of an outbreak in a neighboring state or even a neighboring community can put all horse owners on high alert and even make you feel a little paranoid. Your horse might be acting off and suddenly your mind goes to the possibility that he caught something, maybe something dangerous.

It might feel impossible to stay ahead of such news when it seems as if you have no way of knowing where certain illnesses are spreading, especially if you travel with your horse. Many of us don't find out until later.

You don't want to put your horses at risk nor the horses at your barn or place of boarding. Luckily, there is a way of staying informed about equine diseases in real time.

There is one website that has become invaluable to horse owners. The website for the Equine Disease Communication Center or EDCC has a page that allows horse owners to check what outbreaks are currently happening, or what outbreaks have happened in a certain time frame.

If you would like to check out this tool for yourself, first you can go to: www.equinediseasecc.org/alerts

By going to this website, you will see the page pop up labeled "Disease Alerts."

You will then see options for filtering by date, state, and disease type. There's also a map of the United States so that you can select your area. Canada is also available.

By using the filters, leaving them to show everything in descending order, or by clicking on your specific state, you will see all disease outbreaks listed just below the map for you to read through.

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This list of information will show things like disease type, location, alert ID, date, and more.

There will also be a description of the disease and more information about how it was collected. It may state how many horses have been infected, the condition of those horses, how many locations have been put on quarantine, and if the situation has resolved.

If you are planning on travelling out of your state, it would be a good idea to monitor this site for your travel destination so you can be aware of any outbreaks happening. Then you can either prepare to quarantine or change your times of travel to keep your horse safe.

This tool is also invaluable for horse barns and event spaces, as it can be monitored for incoming visitors and the potential for disease spread.

Many horse groups on social media will share posts of disease popping up in certain cities. This tool can help you find out more if you should see a post like this. You can validate just how serious it is, and if it's close to you.

You can keep a saved tab on your computer for this tool or you can save the website on your phone for quick access while on the go. Should you be at the barn and need to look up what's happening that day, you'll have that ability.

This website also contains other resources for owners including reporting diseases, if a disease can be reported on this site, information on specific diseases and symptoms, how to respond to outbreaks, biosecurity information, vaccination help, and other resources so you can stay up to date.

The site functions as a one stop source so you can find all you need to know in one place.

This site also has an app that's available for download, so you can have even quicker access to this important information.

Outside of this website, you can also keep an eye on your local and state jurisdictions for announcements and press releases. If you are unsure about where to look for your area, checking your state's official website can provide links.

The EDCC outbreak tool also lists the sources of outbreak confirmations, such as the Nevada Department of Agriculture for example. By selecting your state, you can see where outbreaks are reported from and search for those specific entities.

Lastly, every horse owner should strive to share this information with their community. The best way to both prevent and stop the spread of an equine infectious disease is to be prepared and be in the know.

The more horse owners know about this site and all that it has to offer, the more individuals and whole communities will be able to prepare and feel empowered to stay protected.

Do you know of other important resources or websites for horse owners?

Tell us at valleyhorsenews@gmail.com!



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Photo courtesy of Jillian Adams.



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Twilight: 5 year old Warlander mare, beautiful Twilight is about 15 hh, not yet broke, fully vaccinated, experienced home only, background check required.

WWW.LEANhorses.org

Accident Prone Horse Study

by The VHN Writing Team



The size of a vet bill, whether it's planned or not, can make any horse owner grit their teeth. An accident prone horse however can make us want to roll out the bubble wrap and attempt to safeguard what's left of our vet funds.

While it's not exactly possible to predict whether your horse will be accident prone or not, or when you'll have to make a sudden vet call, there appear to be some links between our equines and the issue.

Studies are starting to show that accident proneness might be linked with overall personality traits.

It may seem as if our horses are just goofy or not the brightest in the arena if they constantly get stuck in situations that result in an injury. But it may be more of a curious personality that brings on a sticky situation.

Horses with a personality that is more curious and leads to investigating things routinely plays a big part in accident prone equines and the likelihood of a vet call because of it.

If your horse is one that always has to check things out and is generally nosey about everything little thing, he is much more likely to be accident prone.

Studies are also pointing to owner care as a potential culprit. While we like to baby our horses as much as possible and don't want to give the opportunity for an injury, this very action could be making our horses less careful.

If an owner constantly creates a "baby proof" environment for their horse, it essentially makes the horse less careful of himself and his surroundings. He doesn't have to consider what he's doing, because there's no longer anything to consider. This can lead to a horse that is less aware and doesn't take the time to think about what he's doing or where he's going.

This is not to say that owners should send their horses out into the proverbial minefield but allowing your horse to investigate an area that hasn't been gone over with a fine-toothed comb will allow him to exercise his own judgement.

Another factor linked with accident prone horses is size. If you take a large warm blood horse that seems to glide in the arena with a giant stride, he may be more likely to hurt himself outside of the arena. A bigger horse means a horse that reaches farther and takes up more area in an enclosed space.

This is also the case in trailering, as a bigger horse in a trailer has less room to maneuver about. So how do we overcome accident proneness in our horses?

Find a mix of "baby proofing" and letting your horse navigate his environment. Basically, say no to any obvious risks of injury like a broken fence or sharp pieces of metal or rock. But consider leaving those trees and not leveling a turn out.



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- April 23 Nevada State Horsemen's Association
- April 30- May 1 Southern Nevada Gymkhana Association
- April 30- May 1 Southern Nevada Hunter Jumper Association



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A Little Bit Worn By Anna Dunstone

Duct tape might work if I don't get it wet
But I walk through puddles; I'll prob'ly forget
Hot glue'd be great if I give it a try
I'll have to be careful to step where it's dry
Stitching would work but the edges are frayed
They shoulda held up; they're American-made
Twine from a bale would last not a day
I simply must mend these things some sort of way
Tacks would fall out if I trip over roots...
Or maybe, perhaps...I should just buy new boots...



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R&R, Giving Your Horse a Break

By The VHN Writing Team



Horses are athletic animals, no matter how you put it. That's how nature designed them. They're built to be strong and quick, which makes them perfect for all of the disciplines that surround them.

Disciplines like jumping, reining, barrel racing, polo, etc., all rely on these qualities to win. Naturally, we work to keep our horses in great physical form.

We condition our horses to be the best they can be so they can perform at the top of their game. But just like us, horses can get burnt out. They can suffer from injuries, stress, and illness if pushed too hard without respite. And none of us want that for our precious equines.

So, is giving your horse a break a good idea?

In short, yes, it is. If your horse has been at peak performance for a while and has a rigorous schedule for a specific sport, after some time he can look a little rough around the edges. Maybe he is suffering from increased stress.

Stress can wreak havoc on anyone, including our equines. Stress and anxiety can lead to colic, ulcers, injury, poor performance, bad behaviors, fatigue, and even personality changes. A horse that performs in a discipline for a long time can become so tuned and amped up when ridden, that they start to lose steam. They've essentially gone overboard in their need to perform.

Their body and mind cannot keep up with the task anymore, and their responses start to even seem robotic.

Your horse could also wear out his body from repeated movements. Tendon, muscle, and bone issues can accompany a lengthy career in a horse sport. Your horse could also suffer from repeated illness if he sees a lot of travelling and performing.

But how do you give your horse a break without losing all of the conditioning you've worked hard for?

The best way to give your horse his much needed rest and relaxation is to cut back. Each horse will be different, but the idea is to set out an amount of time for him to just be a horse and enjoy some creature comforts. You can do a complete stop or slowly wind him down to less work.

Anywhere from one week to a full month can do wonders for your horse, but anything beyond that can start to work against you. In that time frame, with sufficient, gentle exercise, your horse can retain his physique and hardiness without pushing him past the breaking point.

Laying off on the intense regiment he was on can make him a happier, healthier horse. Equines that are given a little vacation time from their normal routine can have improvements in mind and body.

You might be surprised at his shift in playfulness or a return of personality traits he once had. Often, they will become sounder as they are given a chance to heal as well.

If your horse suffers from stifle, hock, or back injuries, this down time can pay off in the long run. During his downtime, you can even incorporate therapies to address these issues without the worry of re-injury.

You can also have a chance to bond with your horse again. You and your horse are partners, but sometimes that feeling of love and comradery can feel diminished during a never-ending work schedule. This is the time to fall in love with your equine again and show him just how much you value him.

It's important to remember that while he is on his break, his nutrition should be monitored. With his decline in physical work, his nutrition should also be accounted for. He won't need all that extra energy boosting food, as he won't burn through it as quickly. If you have questions, you can speak with your vet about your horse's plan for rest and see what would be best in terms of nutrition.

Your vet can recommend the best way for your horse to wind down and what he should be doing during his down time.

While your horse is relaxing, it is a great time to do any chiropractic work, acupuncture, and muscle therapy. Since his schedule will be open, he can make the most of these treatments while his body recovers.


At first, your horse might not be too keen on the idea of resting, but by lowering his work amount in increments, he will adjust to the idea. At the end of his R and R session, you'll have a new and improved horse ready for work with a sound mind.

Here is a quick list of things you can do to help your horse during his R&R:

- Accupuncture
- Chiropractic sessions
- Hydrotherapy
- Muscle Therapy
- Nutrition Evaluation
- Pasture Time
- Low Maintenance Ground Work
- Obstacle Courses
- Baths and Coat Conditioning
- Farrier Visit and Hoof Evaluation
- Supplement Check
- Tack Check
- Stretching
- Reconnect One on One

Many of these things have certified specialists to help you give your horse what he needs to feel better all around. Repeat sessions could also bring your horse to a new level of performing when it's time to get back to the grind.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com					1 INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park	2 INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park
3 INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park						9 LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com
	11 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	12 NSHA GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	13 HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419			
		19 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com				
	25 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com					30 SNGA Horsemen's Park http://www.snga.biz

MAY 2022 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SNGA Horsemen's Park http://www.snga.biz						
	9 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	10 NSHAV GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	11 HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419			
		17 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com				21 LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com
	30 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com					
The scheduling of events for all organizations and locations is currently under constant change due to COVID-19. For the most up to date schedules, attendance, and virtual show dates/ info please regularly visit the corresponding websites. Thank You						

Farm Animal Adoptions

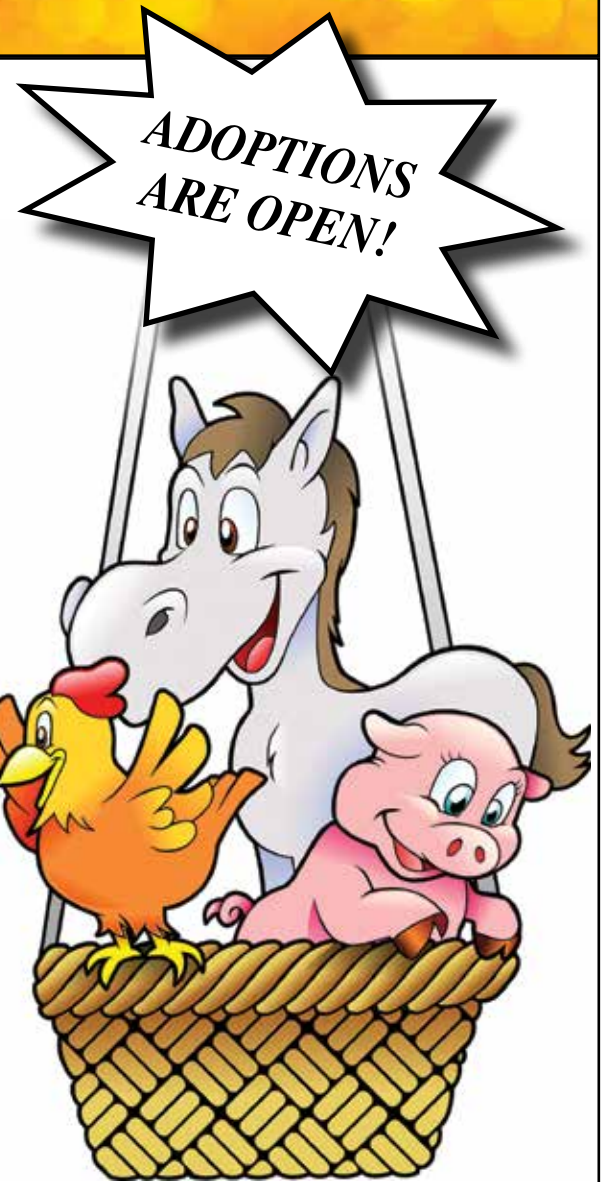


Danny- Born in May 2014. She is a poled Nubian doe. Unfortunately, she can no longer be bred. We are looking for a home for her. She is very friendly, loves company, leads great. She would be a good candidate for a cart goat, but needs training. Her one bad trait is that she is a bully when it comes to food. That is why she looks pregnant, she's just fat. If you are interested in her I can be reached at Blue Moon Farm, **775.220.4378**

All you have to do:

Is provide a photo of the animal/ animals. Give a short description explaining why they are such a great candidate for a new home. And lastly, provide the best contact information for those that are interested. Your photo, description, and contact will go here for everyone to see and hopefully will make it to the perfect new home.

Open to all: Horses, Donkeys, Mules, Miniature Horses, Cattle, Piggies, Goats, Sheep, Chickens, Ducks, Geese, Farm Fowl, Rabbits, Alpaca, and Llamas!
Any farm animal in need has a place in this section for as long as they need it!



Welcome all rescues, sanctuaries, and non-profits!

Now is the chance to give farm animals in need of adopting and fostering an extra spotlight - **on the house**.

Valley Horse News will now have an adoptions section solely for farm animals at shelters and organizations that need to find a loving, forever home. On this page, every month, you will find photos and information about wonderful animals that could be the perfect addition to your home or farm. You will also find the organization that they come from and how you can get in contact.

This section will remain in the paper *indefinitely*.

As long as there is an animal that needs it, it will be open for listings. With COVID on the decline many animals are in need of new homes, so here will be the space to feature them.

Are you an organization or know of an organization that helps farm animals? Contact now for more information and to be featured on this page every month. Remember, this page is for **adoptions only**.

Animals for sale by owner must be advertised in other sections.

Please spread the word far and wide about this section so we can facilitate as many adoptions as possible. These precious animals need and deserve all the help we can get. It is a personal goal to make this section explode every single month! A home for every animal that comes on this page is not only a worthwhile but completely possible goal.

Just imagine what could be done by this time next year. So let's make it happen!

Have questions? Email us at valleyhorsenews@gmail.com or call 702-808-7669

We will provide all of the information you need and answer any inquiries you may have.



Terri Gamboa Team

#1 in Acreage Properties

in Las Vegas



Cindy Parker
702-528-1048

Sommer McDaniel
702-370-2404

~ NE Las Vegas, PAHRUMP ~

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702-528-5473



1330 Morning Sun. Huge elevated .89 acre lot. Gorgeous location nestled at the base of sunrise mtn. Strip, valley & mtn views. Perfect setting for custom home. Zoned for horses. \$190K



1341 East Nevada Highway 372. 1.03 Acres Commercially Zoned in Pahrump. Great Location Right by NV State Rd 160 & Stores. 1 Hour From Las Vegas \$249K



2161 West Charleston Park Ave. Over 4 Acres of Land in Pahrump. 1 Hour From Vegas. Mountain Views. Corner Lot. Zoned for Multi-Use \$89,000



290 South Valerio St. 5 acres in Pahrump, 1 hour from Las Vegas! Quiet location with 360 mountain views. \$45,000

5800 Belmont. Almost 1/2 acre land in Pahrump. \$34,900

Excellent Land Lenders - 80% Financing!!



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in Las Vegas



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Sommer McDaniel
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**- SE Las Vegas, LOGANDALE,
MOAPA, ALASKA -**

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7080 S Pecos Rd. 3.9 Acre Secluded Prop., 2 bed/ 2 bath house to live in while build then as guest house. 10 car garage converted horse barn, electric gate, 100 tall pine trees \$1,975,000



15 Acre Moapa Valley Blvd. Own 15 Acres of Prime Land in Logandale. Rural Living 50 Minutes From Las Vegas. Beautiful Area. 2 Parcels Sold Together \$650,000



4185 Nevada 168. In Moapa NV. Horse Property on almost 7 Acres w/ Water Rights. Renovated. Pastures, Round Pen, Hay Storage, Extra Corrals \$999,500



1211 Ferberite Ct. 4 Acres. Pet Boarding business for dogs/cats + Sep. Family Home lots of space to add corrals & expand into horse boarding. Includes 2 units to rent. Income potential \$1,099,000

Ray Brasier, RE/MAX Lic.14560

**Call the #1 Horse Property TEAM to list your property here!
Call us to find your DREAM Horse Property!!**



"Ride in Floyd Lamb Park, approx. 2,000 acres, best ride in town!"

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3764 Pama Lane. Gorgeous Luxury Equestrian Estate. 1.39 Acre Gated W/ Private Well, Pasture, 4 Stall Barn, Tack Room, Arena W/ Sprinklers, Casita & Pool \$1,950,000



10804 Edgestone Ave. Gorgeous 2,583sqft 2019 Home in Skye Canyon. Spacious Floor Plan. 4 Bed + Loft. Inclusive Kitchen. Tons of Upgrades! Solar + Comm. Amenities. \$569K



4335 N Fort Apache Rd. 1/2 Acre Lot in Private 4 Lot Cul-de-Sac. Block Wall Perimeter & Can Be Gated. Blocks From Lone Mountain Regional Park \$274,000



5020 N Tomsik St. This property has it all! 3,772 sqft, almost 3/4 acre w/ Guest house, pool, 7 garage. 60'x30' shop/Garage w/ Bath & swamp cooler \$1.2m

Floyd Lamb Park - 1,500 Acres - NEW TRAILS - Best Ride in Town!

*****GREEN ROLLING HILLS, PONDS, BIG TREES, TRAILS!*****



"Ride in Floyd Lamb Park,
approx. 2,000 acres, best ride in town!"

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