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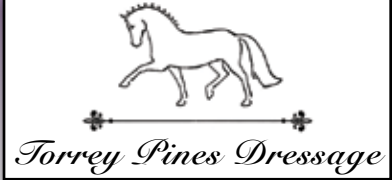
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See next page for business card rates, Valley Horse News Social Media, and a note from the Owner!

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THOUGHT OF THE MONTH:

“Summer is kind of like that bottle of wine you have on Sunday nights; it’s really great the first couple of glasses but by the end of the bottle and come the Monday morning hangover, you just want it to go away already!”

Kinesiology Tape for Horses

By The VHN Writing Team



There have probably been a few times where you've been watching sports on tv, maybe even the Olympics, and you've noticed the athletes with funky colored stripes on their skin.

It's not paint or anything like that. It's actually known as Kinesiology Tape.

This tape is usually applied in a pattern around muscles, say along the arms of a swimmer, or the legs of a basketball player.

Kinesiology tape, also known as Elastic Therapeutic Tape and Kinesio Tape, is a strip of elastic cotton with an acrylic based adhesive. Its purpose is to treat pain, injuries, and athletic disabilities. The tape, depending on how it's applied, will either pull the skin away from the tissue or compress the skin, changing the way pain signals register in the brain. It provides support and stability to effected areas, relieves inflammation, and aides the body's natural healing.

Some people are Kinesio Tape enthusiasts and others are not. Most will say it's all in the way the tape is applied for whether or not it will actually work.

Kinesio tape is now being used as an alternative therapy for horses.

Owners can use the tape to help muscle soreness and relaxation, and when put on correctly, it can also reduce swelling.

If you would like to use kinesio tape on your horse as a means of therapy either long or short term, it's best to talk with your vet first. Kinesio tape needs to be used properly. If it is not placed correctly or used in the wrong way, it can be damaging to the body.

As kinesio tape can aid in fluid circulation, there are instances where this affect can be detrimental to health, say with a blood clot. Though this may be a rare occurrence, it should be practiced with caution and supervision.

For horses, it's important to think about where and when you will use the tape. With the aid of a vet, you can use the tape on your horse's trouble areas either before or after a workout.

You should keep in mind however, that many shows will not allow a horse to wear kinesiology tape in the arena, whether he is competing or just riding around for practice before a show. You can still place it on your horse afterward, when the saddle is off.

It's very simple to purchase kinesiology tape for you and your horse. They come in different colors and sizing depending on your needs.

As with any new therapy and any new material placed on the body, it's best to do it with veterinarian supervision and to test a small area first for any potential negative reaction to the material.



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VALLEY HORSE NEWS

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A Note from the Owner:

Hello! And welcome to the Newspaper! I am so glad you decided to pick us up for a read! Be sure to check out our exciting, historical, and informative articles, as well as our wonderful advertisers. We update every month with new information selected especially for our readers enjoyment! Be sure to follow along with us each edition, and feel free to e-mail any comments, questions, or suggestions for material you would like to see right here in these pages.

See you next time! - Codi Kern

What's new with Valley Horse News? We're on Social Media!

You can now find Valley Horse News not only on Facebook but also on Instagram!

Follow along for everything horse, every day! You'll find updates about the latest editions, relatable content for every horse enthusiast, awesome facts about your favorite equines, and so much more of the information you love. Make sure to follow today!



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Half Full or Half Empty?

By The VHN Writing Team



We've mentioned in this edition about how some of us view the world in general ways. Some people feel that seeing the good in the every day is the only way to live. Others feel taking a grain of salt with every situation and being safe rather than sorry is the right way to go.

These feelings can be divided into the categories of optimism and pessimism, or a glass half full or half empty attitude. You might say you're naturally an optimist or a pessimist in life. Maybe you even overlap in certain areas. You might also have friends in the same category as yourself.

But did you know that horses can be categorized as an optimist or a pessimist?

We've seen the potential to predict horse personality, and most often we have a good sense of our horses' ways of being, but thinking of them in terms of being optimistic or pessimistic seems very human doesn't it?

Scientists have discovered a relatively simple way of gauging whether your horse is optimistic or pessimistic, and it's all correlated between the state of mind and your horse's motor skills.

The same discovery has already been made in humans and even rodents. Studies showed that for humans and rodents undergoing stress tests during periods of maturation, left-handedness was prevalent. In short, the stress became physically indicated and was pronounced through being left instead of right-handed. The humans and rodents that were left-handed showed more pessimism.

This left sided tendency is due to the brain's hemispheres. The use of the right hemisphere, which handles motor function for the left side, also controls fight or flight responses and is active in emotional conditions.

The same connection has also been shown in horses and their laterality preferences, or which side of the body they prefer using.

In the tests for horses, when put under stressful situations, they showed an increase in the left side use. The tests would place horses in a situation where they had to work for a treat. Once the horses were familiarized with where the treat would be, the scientists made it harder to retrieve. The horses that spent more time trying to get the treat and approached the problem with enthusiasm and more tenacity, came toward the puzzle starting with the right side/ right foot. They were categorized as optimistic.

Those that approached the problem with more caution and gave up easier or didn't try as hard or at all walked with the left side first. These horses were categorized as pessimistic.

These tests were also checked during times when there was no positive or negative stimuli for the horse, and there was no pattern between leg preference to indicate a false outcome from the stress test.

These tests, while being interesting for owners to see how they're own horse behaves, can also help with training. For horses with a more pessimistic approach to work or a new task, the training can be modified to best suite them. For horses that are more optimistic with the tasks, training can be modified for them as well. These tactics can also help horses that have suffered from abusive situations or behavioral problems.

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Do you have a story about you and your horse? How you found each other, the things you've done together? What horses have taught you?

Valley Horse News is taking submissions of real horse stories from real horse people.

Send them to us today at valleyhorsenews@gmail.com or go to our website at valleyhorsenews.com/contact.

• Happy Trails Kitchen •

Created by Chef Sharon Hauht

“Turkey Mushroom Burger With Sautéed Onions”

Prep Time: 35 min Cook Time: 25 min Servings: 8 large burgers

Ingredients:

Sautéed Onions:

1 onion, large, julienned
2 Tbsp olive oil

Mushroom Puree:

2 tablespoons olive oil
4 ounces butter
3 cloves garlic, minced
1 teaspoon chopped onion
1 pound button mushrooms, chopped fine in a food processor
1 pound portobello mushrooms, cut into 1/4-inch pieces
1/4 cup chopped thyme
1/4 cup chopped oregano
1 bay leaf
Salt
Pepper

2 pounds ground turkey
8 hamburger buns

Directions:

Sautéed Onions:

In a medium saucepan, heat oil over medium heat. Add onions, lower to low heat and cook, stirring occasionally until onions are soft and medium brown, but not burnt. Set aside.

Mushroom Puree:

To a hot sauté pan over medium high heat, add the olive oil and butter and melt. Add garlic, onion, and bay leaf, and sweat for 1 minute. Add the mushrooms, season with salt and pepper, and cook until liquid is released and mushrooms are almost dry. Stir in the thyme and oregano. Remove from the heat and allow to cool. Remove the bay leaf.

Assemble:

Place the turkey in a large mixer and add the cooled mushroom mixture, mix well and season with salt and pepper. Form the mixture into 8-ounce patties. Pan fry or grill the burgers until cooked through. Serve on a bun with sautéed onions on top

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What's on the menu?

We hope you are enjoying the monthly recipes from *Happy Trails Kitchen!*

We want to know: what types of recipes do you want to see? Breakfast? Dinner? Dessert? Beef? Chicken? Crock Pot or Oven Baked? The possibilities are endless!

Let us know at valleyhorsenews@gmail.com or message us on Facebook!



Nevada State Horsemen's Association

Region V

Founded in 1957, NSHA Region V is a not for profit organization dedicated to promoting horses and horsemanship throughout Southern Nevada.



•NSHA General Membership Meeting August 11, 2020 - 7:00pm

Olive Garden

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**New Location*

NSHAV meets the second Tuesday of every month at 7:00 p.m.
Youth meet at 6:30 prior to the General member Meeting.

***Reminder:** Members must sign in attendance a minimum of four meetings per membership year (prior to reading of minutes) - December 1 through November 30 of the current show season in order to be eligible to receive year end awards.

*Year end trophies/awards require 4 meeting attendance with sign in and 4 volunteer hours with receipt (show related).

**See website for New Trophy and Buckle Show Series Qualifications at www.nshav.com.



*All 2020 shows (dates are subject to change) will be held at **Horseman's Park** (Flamingo Arena), 5800 E. Flamingo Rd, Las Vegas NV. *Shows will be **Saturday and Sunday "Day" shows.**

Summer "Tune-Up 2" for September Virtual Show

Video Due Date: July 26th

Summer "Tune-Up 3" for September Virtual Show

Video Due Date: August 30th

...getting ready for Fall NSHA V Open Breed Buckle Series

Fall NSHA V Buckle Series Open Breed Shows:

September 19-20 at Henderson Saddle Association

October 10-11 at Horseman's Park Main Arena

November 14-15 at Horseman's Park Main Arena

Congratulations 2020 June "Tune-Up" for September Virtual Show Division High Point Winners!

*** See Class Lists Premiums/Patterns and online registration at www.nshav.com***

Division	Horse	Rider/Handler
Halter Horse	Magic Dun Right	Shelby Hagenbeek
Junior Rider	None	None
Junior WTJ Rider	Magic Dun Right	Shelby Hagenbeek
Senior Rider	Forever Shameless	Kirsten Cartwright
Senior WTJ Rider	King Steps	Tonya Mosdell
Working Western Horse	Mistical Lena	Pam Kaiser

THANK YOU for our Show High Point Awards - Luxury Hair Extensions by Kathe! Kathy Jones

Signs of a Bored Horse

By The VHN Writing Team

By nature, animals need and also crave interaction and mental stimulation, just as we humans do. Our horses are no exception to this need. Our equine friends require a lot of physical activity and bodily maintenance to remain fit and healthy. But keeping your horse's mind active and sharp is also important for their overall health, as well as preventing the development of bad habits.

But let's face it, our horses can't exactly look us in the eye and say that they're bored out of their gourd. So what are the signs of a bored horse?

1. Pacing in the pen - Whether your horse has a box stall or an open run, they may take to pacing back and forth through their space as a way of occupying themselves. They may even create a ditch in the dirt over time.

2. Fidgeting - Similar to how we humans tend to bob our knees up and down or tap our fingers, a horse will fidget by shifting its body weight from one side to the other. They might swish their tail more frequently too.

3. Playing around with their mouth/ tongue - If you've ever seen your horse making the goofiest motions and sounds with their lips, teeth, or tongue (and there's no dental or mouth trouble from teeth or feed) then chances are they're bored.

4. Cribbing - A habit that makes horse owner's cringe at the very name. The act of cribbing, where the horse lays its top teeth and jaw on a surface and sucks in air, can be a symptom of boredom. This habit can be extremely difficult to break as it is thought to actually be "addictive" for the horse. It can also be destructive to property over time.

5. Chewing - Another bad habit that can wreak havoc on just about any part of a stall, from the posts to water buckets to feeding bins. Not only can it destroy and be costly for the owner, it can also have a negative effect on the horse's dental health by wearing away at teeth.

6. Pawing - This behavior needs to be looked at and evaluated carefully as pawing can also be an indication for pain or illness. If the horse is not exhibiting any other pain signs, irritations, lack of interest in food/ water, lethargy, or possible intestinal blockages, then pawing could be a symptom of boredom similar to fidgeting. A veterinarian's advice is always a good idea when in doubt.

7. Other bad/ destructive behaviors - Some behaviors can simply be unique to certain horses. One way of telling is if the behavior is between ample feedings, away from negative stimuli, and in a contained area. This would mean your horse is not reacting to other horses or objects, and is not hungry.

Now, how exactly do we deal with boredom and the bad habits that can accompany it?

Start by increasing activities that require your horse to think.

Toys can be an excellent way of occupying your horse when you cannot be present. These toys can range from rubber balls to kick and chase, and even plastic or rubber "foraging" toys that contain treats/ food, where the horse has to work for the reward. Make sure every toy is safe for your horse.

Getting some extra movement in a new area can help as well. Leading your horse through a new environment or even riding them can have a great impact on your horse's mental activity. This can be particularly beneficial for skittish horses that need to be conditioned for unfamiliar environments. Always practice safety in new areas that your horse is not familiar with.

Of course straight turn out time, where your equine buddy can run free for a bit can help to take away excess energy.

Another possible tool to prevent boredom and bad habits is a hay bag or slow feeder bin. These both work in a similar way by extending the time it takes for your horse to consume its food. If your horse likes to gobble down their hay in no time flat, these two ways of feeding can help them mimic a more natural and prolonged grazing pattern.

No matter how you keep your horse healthy and entertained, as long as they enjoy it and you get to know your horse a little bit better in the process, boredom and bad habits can make way for a better relationship between you and your equine friend.

Kicking Power Study

By The VHN Writing Team



If there's one thing every horse enthusiast understands, it's just how powerful our equines can be.

Whether you've been clocked in the head by your horse's chin, stepped on with shod feed, or shoved by an unruly horse, they can pack a lot of punch without much effort.

This power can also be evident when horses play with each other or take a kick at one another. Owners that have turned horses out together understand the mini heart attack of watching one horse clip another with a back kick.

In the wild, this kicking can be deadly.

So just how powerful is a horse's hoof blow?

Scientists overseas are studying the force behind a horse's kick and how the materials on their hooves impact that force.

To copy the force of a horse's kick, scientists used an apparatus that would drop force at the same speed and force as a real kick. To simulate it as correctly as possible, they covered the end in authentic hoof horn to mimic a real horse hoof. They used real equine leg bones as the material for the targets to measure the impact and damage done.

They also attached plastic, steel, and aluminum "shoes" to the apparatus to see how much a horseshoe affects the damage done.

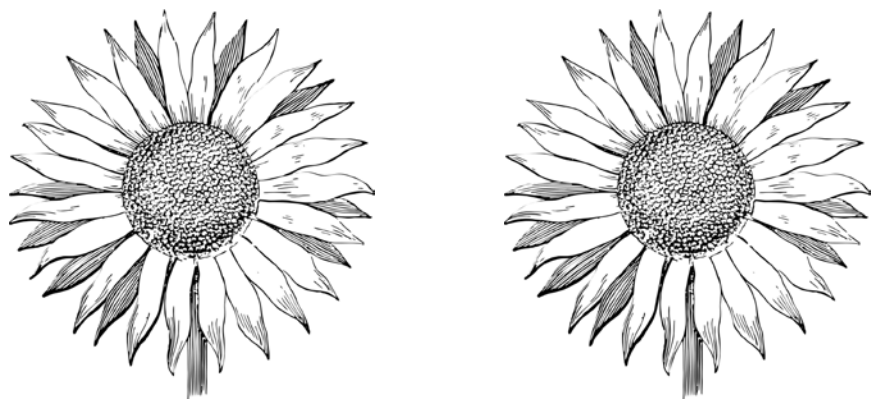
The results were somewhat shocking.

When clad with a steel shoe, the blow was over 70% likely to cause a fracture and when compared to an aluminum shoe, it resulted in over 80% probability of a fractured bone.

When the hoof was "naked" and covered in a polyurethane plastic material, the kick did no significant damage to the bone itself.

It seems the most dangerous thing about a kick to a fellow horse is the shoes involved. While the blow from a naked hoof can most definitely cause damage when done just right, especially if released on a human instead, when metal shoes are involved, the resulting trauma can be severe.

This study shows that while metal horseshoes are a necessary tool for a horse's health, they should also be shown great caution while in action. We have a little more sympathy for our farriers and the work that they do.



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The Benefits of Wetting Hay

By The VHN Writing Team



Our horses can have pretty finicky tastes when it comes to their eating habits. Mixtures of different hay types and introducing new hay to a horse can be a tricky thing. It's anything but uncommon for a horse to turn their nose up at new hay. The only thing trickier than a horse's feed preference is their stomach's tolerance to that feed.

Some horse's require special hay preparation due to sensitivities like insulin intolerance. One of the easiest ways of stripping hay down is to either wet the hay before feeding or soaking the hay before draining it and then giving it to your horse.

If a horse doesn't have a dietary requirement for wet hay, then there's no reason to do it right? They eat their hay and then they drink.

Perhaps not.

While wet hay is great for horses with dietary issues, it is now becoming popular for horses that do not have these problems. There are many benefits to wetting hay that stand against traditional feeding practices.

When horses are turned out to forage in fresh grass, they are eating grass that contains at least 80% water. By contrast, grass hay that is dried out and baled has maybe 10% water, typically less.

This water content is why horses with bad teeth can sustain themselves while out on pasture; wet hay is much easier to chew.

The dried hay can typically be a greater source of calories, but the higher water content in fresh grass allows horses to retain a healthier weight. For a horse's gut to work properly when digesting the fiber of the feed, the microorganisms found within the gut need that immense water content to function properly.

Hay with a high water content is also shown to limit impactions in the horse's intestines, and it reduces the chances of choke. Statistically, horses in pasture that are getting this water content have less of these two issues than those not receiving the water content with their hay.

These issues can be compounded with a dry climate as well. Most horses will have access to their usual drinking water, but keeping horses drinking throughout the hot and dry seasons is not easy. Water rich hay can be extremely beneficial in hydration.

Wetting hay also helps in other ways.

When hay is dried and baled it can collect a lot of dirt and dust, which makes the hay not taste as good and it can create health problems. It can lead to an imbalance of minerals being digested and the lungs can suffer from the inhalation of this dirt.

By soaking the hay, you can get rid of these problems.

You can prevent the occurrence of choke and impaction, make the feed easier to chew, digest, and swallow, reduce the presence of mold spores, dust, dirt, sugar, and high levels of minerals, and help your horse with extra hydration

R.I.P. BUTTERCUP a.k.a HowdyGoldenBeauty

Born, March 27, 2003 Papillion, Nebraska
Died, July 21, 2020 Pahrump, NV



"Beloved, beloved horse of Patty Vinikow, who rescued her from a horse seller. Dumped by a callous, cruel barrel racer who sold her because "she wasn't fast enough" after destroying her knees with the sport.

The Washoe Valley vet told me, "you only have 5 years with her. Are you willing to take that chance?" I said, "Oh yes."

Never did I know what medical challenges lay ahead. Her two year battle with summer allergies that destroyed her inside and out. So bad, that I finally had to MOVE to Pahrump to save her life.

Three years ago, I was riding her on the trails, but didn't notice her discomforts. Feb 2017 was the last time I rode my precious, precious baby. She went lame. Three years later, it is deteriorating rapidly. She was injured at that horrible boarding place and her knees have just given out.

My Buttercup, my daughter, hardly a day in seven years have we been apart. Forgive me the times I got mad at you. Humans suck. I'm sorry baby. But I've ALWAYS ALWAYS ALWAYS made sure you had the best, and gave you the best life I could.

I will miss you forever.
Goodbye, my sweet, sweet baby."



Soaking the hay and removing these things can benefit horses that suffer from asthma, allergies, intolerances, and even weight gain that can exacerbate these issues.

If you are considering soaking your horse's hay, it's best to start with speaking to your vet. The way in which you wet or soak the hay is important, as some horses will benefit from just wet hay and others from hay that's been soaked to remove all of these substances.

Many horses enjoy having wet hay, but some can be put off by the loss of sugar. If your horse doesn't need to worry about sugar amount, just rinsing off the hay without soaking can be enough. This will still get rid of the dust and grime that can sit in the bales.

If your horse would benefit from soaking, submerging the hay for 10 minutes or more and the completely draining it will help to rid the feed of the substances better.

Giving the hay to your horse promptly after draining is best, as your horse will get the water content that has soaked in and the hay will not become soggy and spoiled by sitting.

If soaked hay becomes a normal process, keep an eye on the smell of left-over wet hay in the feed bins and clean out what your horse doesn't finish. The leftover hay can turn sour and rotten if left for too long.



The Top Things Our Horse's Freak Out About

By The VHN Writing Team



It is one hundred percent impossible to not experience a spooky horse. If you are a horse person and you have owned at least one, then you will know that horses find the most random and goofy things to spook at.

They'll also spook at things that they've seen a million times before or things that weren't even scary the last time they saw one.

Here are the top things our horse's freak out about:

1. Plastic Bags: the ultimate horse nemesis. Maybe it's the way they sound. Maybe it's the way they move. Maybe it's their weird, see through look. Maybe it's all of it. But plastic bags seem to get our horses every time.
2. Puddles: Now, not every horse is afraid of puddles. But it does seem like generally most horses are, and even worse is that horses who like swimming will think a little puddle is going to eat them. It's actually quite impressive, the maneuvers some horses will do to NOT step in that puddle.
3. Water Hose: It's not your horse's first bath, but somehow it's his first time seeing that slinky thing sliding around him on the ground. No it's not a snake, it's the water hose, and it's going to gobble him up from hooves to ears.
4. Umbrellas: It's plausible to imagine what an umbrella would look like in a horse's eyes. Probably an extra large plastic bag attached to a whip that opens up and could eat them in one gulp. Umbrellas also come in all sorts of colors. Double whammy.



5. Mini Horses: Especially spotted or multicolored ones. We can assume this fear of minis comes from their size and their coloring. If a mini is pulling a cart or going faster than the standard walk, it's even more traumatizing.

6. Bikes and the people on them: We can sympathize with our horses on this one, as more often than not, the bikes are much too close for comfort.

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7. Other farm animals: goats, chickens, llamas, cows, pretty much any farm animal that is multicolored and different in size than a horse. Perhaps it's a smell thing.
8. The inside of a trailer (at first): Many horses aren't too fond of getting into trailers. It's possible that it looks like a dark scary void that's gonna swallow them whole.
9. Clippers: We know ourselves that clippers are loud, they vibrate and tickle, and horses can't exactly look in a mirror like we can to see what's going on. With one jerk, the grooming session can be ruined.
10. Traffic cones and signs: Again, something very colorful and oddly shaped. If it's windy and the cone or sign wobbles or worse, falls over, whew boy. Your horse's butt will spin around so fast, you'd think you're in the teacups at Disneyworld.
11. New Barn Equipment: When you get that new pitch fork, water bucket, or brush caddy, it's a great feeling. It's so new and shiny. It's wonderful, until your horse realizes you didn't have that exact one before and this one is a new color or design. It's so new that it's just not right. Something's fishy about it and your horse is not having it.

Hmm, new, very colorful, oddly shaped, moves... We're seeing a trend here.

Our horses minds will probably forever remain a true mystery to us. We may think we have some insight now and again but then our equines will figure out something new and we're back to square one.

Does your horse spook at any weird things?

Tell us at valleyhorsenews@gmail.com



Who's That? Horse Recognition Skills

By The VHN Writing Team



If you've ever been in an arena that's equipped with a mirror, you've probably had one of a few things happen.

You think it's the best thing ever because unless you're recording yourself to watch later, you don't have a good idea just what you look like when you ride. Having a mirror at your disposal means you can check your form, your horse's form, and how you're working together.

Or maybe not so much. You might think it's okay but can be an annoying feature to deal with when you ride. If you don't feel you need it as a tool, the reflection and potential glare that can come from it can be a bit of a pain.

The pain of it can also be exacerbated if your horse has never seen a mirror or just simply hates how they work. Some horses will think seeing a reflection galloping at them is the craziest thing ever and shy like no tomorrow.

Some might be side shy when they pass by the mirror. It all comes down to your horse understanding that it's not another rider they see, but themselves.

But can horses actually recognize themselves in a mirror?

It can be a difficult theory to test as horses have not evolved to need a mirror in the first place. It takes a certain level of self-awareness that many animals do not have.

The ability deals with cognitive and emotional skills that play a big part in complex relationships. It requires empathy and a reasoning level that many animals do not possess.

For humans, self-awareness is natural, but for animals it's not. Many animals have been proven to not recognize themselves in a mirror already, like dogs and cats. Other animals have passed the mirror test, such as elephants, apes, bottlenose dolphins, magpies, orcas, and others.



When horses are tested to see if they will recognize themselves, it takes a bit of a process. Horses first need to get used to the mirror. And then they need to start the process of recognition by first wondering who they are seeing reflected.

Some behaviors that indicate this curiosity would be touching the mirrored reflection and even making weird faces into it. Apes for example performed this type of awareness.

When horses were tested by placing markings on their faces and waiting to see if they would notice it in the mirror, nothing very significant happened. While the testing isn't fool proof and every animal will need a slightly different approach, it was a base mark for not being self-aware.

The aim of the markings was for the horse to see it and perhaps rub at it afterward on a post or their leg to scrape it off or maybe smell at it in the reflection.

The horses did, however, explore the mirror very thoroughly before testing the markings began.

They explored the front and the back of it freely, a few of them longer than others. Some horses even made notable mouth movements while looking in the mirror, one of them significant enough to present as a potential finding of recognition or being on the way to recognizing.

While the results of their testing show that they couldn't recognize themselves, it still ended up showing something. They knew that the mirror reflection was a true fake and not another horse or something other. They knew the mirror wasn't alive and wasn't actually moving.

It also showed that horses were curious enough about the alien concept of a mirror to try and figure out what they were looking at. Instead of ignoring the mirror after an initial investigation, they continued to go over the mirror with the intent to discover what it was.

To a simple degree, they figured out what the mirror wasn't. And that elimination is a step above other species.

The line between wanting to figure it out and being able to is where awareness comes into play.

Call for Fun Summer Selfies!

Valley Horse News is now accepting submissions for our September 2020 Edition!

Do you have a great selfie with your horse or horses? Have you been having lots of summer horse fun? You could be featured in our next paper!

We are putting together a *Summer Selfies Gallery* in the next edition filled with your funny, sweet, and awesome equine photos.

All equine buddies are welcome! Please limit one photo per person, and include names. Email all photos to valleyhorsenews@gmail.com and we'll include them for September!

Deadline: August 20th!

Turbulent Times: Keeping Your Horse Property Safe

By The VHN Writing Team



Some people view the world in a glass half full mindset. Others look at it as a glass half empty. You might believe that always seeing the good in people and situations is the best way to stay healthy and sane. Or you might feel that it's better to be safe than sorry and err on the side of caution in any situation.

And of course, there are happy mediums.

While the world will keep on turning and the good and the bad of humanity will always be in a constant flux, it's always a good thing to make sure that you feel safe and secure in your own life.

That might mean having a job that pays a certain amount, living somewhere that's close to friends and family, or owning things that allow you to be happy and worry free.

One area that everyone would like to be worry free is their personal safety and the safety of the things they truly care about. We all want to be able to sleep at night without nasty thoughts of what could happen when we're unaware.

Thoughts like: Can my barn be broken into? Can my horse be easily stolen? Are my locks secure and lights bright enough? What do I do when I need help?

It's unsettling when your mind spirals into the "what if." Especially if you've seen the news or worse heard stories from those you know about having a break in or something stolen.

So how do you quell those worries?

There are a number of things you can do to make yourself, your animals, and your property feel more safe and secure.

1. Come to terms with the fact that it can happen to anyone. One of the biggest things people end up saying when they have an experience with theft or worse is, "I didn't think it would happen to me." It's a scary thing to come to terms with. But theft, big and small, can happen to any animal, any property, and any individual.

2. Think like a thief. If you were casing your own property, what would you do? You know your property and valuables better than anyone. Where could a thief hide? What's the most vulnerable or easiest access point on your property? Where are your biggest valuables. Now ask yourself, how do I change that? How do I make this area more secure? Where do I put my belongings instead?

3. If you have a lot of vegetation around your property, consider removing it. The plants that are right up by your windows or sides of your buildings can keep criminals out of sight. Trim them away. Instead, have plants that someone can't easily hide in, like a rose bush.

4. Install bright lights, but don't light up vulnerable areas of your property. The logic is to make an intruder easier to see, but if you can see him, he can also see where he's going. Use bright lights that shine away and into an approaching intruder's face.

5. Post signs around that there are security cameras present and 24 hour surveillance is taking place. Guard dog signs and other security signs are good to have to make sure that any potential criminals know you're ready for them. They will think twice about trying.

6. Keep tabs on the people that come to your property. There will be those that come all the time and those that come only once for odd jobs. There's nothing wrong with wanting to know people's names, their vehicles, and license plates. Sometimes the thieves that come to your property have already been there before and have seen something they want.

7. Neighborhood watch programs are great, whether your neighbors are close or far. Your neighbors will have the same concerns as you and when a group of people keep an eye on the comings and goings of everyone, it's much easier to spot something fishy.

8. Like the signs above, consider installing some security lights and cameras. There are all kinds these days. Some are hardwired, others are battery operated. Some you can view live and receive alerts about activity. If you're a dog person, consider some guard dogs. Many people have been alerted to late night criminal activity by a barking dog. And a thief will think twice about taking on a large one, he won't know how friendly it is or not.

9. If you are worried about forced entry through your property line fences, there are fence alarms that can be used as well. When a wire is clipped or a sensor is tripped by opening a fence, an alarm will go off.

10. To keep your animals safe, always make sure to have updated photos of your animals in case they are stolen. Locking your animals in when you are not around can be a thief deterrent. Don't leave your animals unattended at shows, as this has become a common way to steal them. Also consider microchipping your animals.

11. Keep up to date with all of your insurances, photos, and warranties. If something goes missing, you want to have a record so you can find the item or animal again.

12. If you are concerned of theft at a boarding facility, take steps to protect yourself as some law enforcement agencies have certain limits when you are boarding. Keep records of all of your payments and documents at the facility. Keep records of all microchipping, registration, and photos of your horse and supplies. Always have a copy of a signed contract with the facility and look at the fine print. It's best to be over covered than not at all.

13. Know who is supposed to be where and consider having shifts at boarding facilities. You'll get to know the other boarders, and the workers that maintain the facility. You'll know the owner and see their friends as well. Keeping an open communication about who is on the property and how often can give you a better idea of the times when no one is around.

14. Consider hiring someone for a night shift. During the day there can be a lot of activity at the barn, and we naturally feel more secure during daylight hours. At night though, the property can seem extra empty and quiet. If you've been out by your horse late at night, you might've felt a little paranoid and jumped at a few shadows. Having someone do a night shift or even hiring someone to be there during odd hours can give you peace of mind.

It may feel strange to take such measures, especially if you've never had anything bad happen. But those that have lost their animals, belongings, money, and peace of mind will tell you that they wish they'd have done the same.



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A Horse, Of Course

By DON BLAZER

A little more than 10,000 years ago—give or take a 1,000 years—one cave man said to another, "I'm so hungry I could eat a horse." So they did.

First man just ate horses. Later he discovered he could keep lame mares and milk them. That was the beginning of the meat and milk industry. Man's progress wasn't too swift until he got on the horse's back, then the whole human race began to boogie.

Exactly when man domesticated the riding horse is questionable. Which of the many human societies first utilized the horse as a mount is debatable. But the fact progress went from a walk to a gallop once man and horse became partners is undeniable.

A good theory is the earliest riders were the Brahmans of India.

Hindu mythology had its first human—known variously as Manu, Sveyambhuva or Viraj—mounted on a horse. Since Manu as the example by which all faithful Hindus were to live, it is logical to assume equitation was highly prized and already well advanced.

If the Brahmans were the first to master equitation, they were not lone riders long. Riding astride was soon learned wherever horses were found – Asia, North Africa and Europe. We know the Chinese, Assyrians and Persians were skilled riders 3,000 years before Christ.

Even if the Brahmans were the first "riders" there is no doubt the Chinese were the first real "horsemen". The Chinese were harnessing the horse approximately 4,000 B.C. There is great evidence to support the idea the Chinese used the horse earlier, to a greater extent and in more ways than did any other civilization. The Chinese were involved in selective breeding and selective conformation (having several different kinds of horses for different jobs) as early as 1,000 year B.C.

About 2,000 B.C. the Hittites, over in the Mediterranean, were doing their own thing with the horse. They were using the horse for war, and they were winning. And the Hittites had it together, for it was the Hittites who left the first text on the care and rearing of horses. The document was written approximately 1,600 B.C. and contains some advice about the training of the horse which is as applicable today as it was then.

For example, the Hittites said a horse needed the equivalent of about 100 miles of gallops before being asked for real speed. Most race trainers today will agree the modern Thoroughbred needs about 100 miles of gallops before being asked to show some of his speed.

The Assyrians were the first of the eastern Mediterranean cultures to make use of an article resembling a saddle. All they lacked was a stirrup, but at the time, so did everyone else.

The Egyptians were also using the horse approximately 1,650 B.C. as a means of expanding their empire. Curiously, they had no interest in riding astride, preferring the chariot.

The horse entered western culture much the same as so many other phenomena—through mythology.

The Greeks believed the horse came from the sea, a creation of the water god, Poseidon. Perhaps the story stems from an assault by a fleet of ships which carried cavalrymen who rode their horses ashore and easily defeated the defenders of Crete around 2,000 B.C.

Could the centaur, half –horse, half-man, have been the description given a conquering cavalryman seen for the first time? And once victorious, could that "centaur" have carried off women providing the evidence of the power and lust of the centaurs?

The winged- horse, Pegasus, also appears in Greek mythology as Poseidon's means of disclosing sources of fresh water to man.

We know the wild horses will paw the dry earth at a point he instinctively or empirically knows to be a water hole. Was it this action the stories relate as Poseidon's gift?

The horse in Greek mythology is pretty well known, but is not without parallel. The Chinese had their own version of the centaur—the Ting-Ling, wisest of all being, and, of course, half-man, half-horse.

Yep, the horse got things going for man, once they became partners. And during the early partnership, the horse was always associated with wisdom, power and utility.

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The Cowboy's Prayer

By Anna Dunstone

God, I know I'm not the perfect man
But help me to try my best
To plant your kindness where I can
And let you do the rest
So as I ride this bronc named life
Help me get a grip
And maybe help me use my words
Instead of just the whip
There's things in this world that I love
But I want to love you more
So bridle my tongue and saddle my back
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Veterinary Skills Every Horse Owner Should Know

By The VHN Writing Team



When we get sick or injured, we know the generals of what we should and shouldn't do. We know to take our temperatures when we feel sick, how much pain reliever we should take, how to use ice and heat on an injury, how much liquids to keep drinking, etc.

We also know that going to the doctor is important and taking care of ourselves according to doctor's orders is imperative for getting better.

We might know what to do when we get sick or hurt ourselves, but do we know the basic skills of what to do when it's our horses instead?

There are certain skills that every horse owner should become comfortable with performing when it deals with our horses health, and your veterinarian will welcome the help and knowledge that you can provide about your horse's unique circumstance should a problem arise.

1. Take your horses temperature. Horses will generally sit between 99 and 101 degrees. Whatever number is normal for your horse should be remembered and anything markedly below or above that number warrants a call to the vet. So knowing how to take your horse's temperature for a base temp and during sickness is important. Taking a horse's temperature is fairly easy.

A digital thermometer is the easiest, and you should start by attaching the clip/ string to your horse's tail. Then you can insert the thermometer into your horse's rectum. Most digital ones will beep when it has a reading, so keep your horse calm and the thermometer gently in place until you have one.

2. Track your horse's heart rate. The normal heart rate range for a horse is 30-40 beats per minute at rest. Finding your horse's pulse to calculate can be tricky. You can find a pulse down by the horse's fetlocks and underneath the jaw bone. Sometimes the pulse at the fetlocks can be inaccurate or an unsteady feel, so at the jawbone can be easier to feel and count.

You'll find his pulse along one side of his jawbone, along the inside where the throat latch of a halter would sit. Be facing your horse and you can do it on either side of the jaw with either hand. A horse's pulse will be slower than a humans, so it can be hard to get a feel for an accurate pulse.

To calculate, count how many beats you feel for 15 seconds. Take that number and multiply it by four. You could also use a stethoscope to hear the beats by placing the end at your horses armpit. It will take some practice.

3. Calculate respiratory rate. This calculation is both easy and simple. To see your horse's breathing, stand at his head and look down the length of him. Watch around his ribcage, behind where your leg would rest in the stirrup. Count the breaths you see.

For this to be an easy count, make sure your horse is standing as quietly as possible and not sniffing around and disrupting his usual breathing. Horses will normally have from 8 to 20 breaths in a minute. One example of where this information could be beneficial is a horse with a fever. If a horse that has not worked out is breathing heavily for more than 20 minutes, he could be "blowing off" a high temperature to cool down or have a respiratory obstruction.

4. Investigate mucous membranes. Being able to check the color of your horse's gums and how they respond to pressure can reveal a lot, such as dehydration, toxicity, and shock.

The tricky part is that you need to know how your horse's gums are at a normal time to compare to when he is sick. Horse's gums are naturally pink, some deeper or paler than others. When there is a problem with circulation, the gums can reflect this by losing color.

A sick horse will have white or gray gums. Gums that are extremely red can be dehydrated or suffer from a form of toxins. All you need to do is pull up your horses lip to see the color. You can also check your horse's capillary refill time by pressing your finger pad onto a section of your horse's gums. Take your thumb away, and count how long the area takes to return to its normal color.

Typically, it will return to normal almost immediately, too quick to count even. If it doesn't, it could mean he's having a circulation problem and needs a vet's attention.

5. Administering Medications. At one time or another your horse will need medication to recover, whether its liquid or solid in form. It's pretty simple to get a horse to take the medication. All you need is to grind the pill down into a powder and then mix it with some type of tasty delivery substance like apple sauce.

The mixture of meds and substance should be very small, that way there's less of a chance your horse will spit some back out. Use a syringe to suck up the mixture, like the syringe for a dewormer. Deliver it into your horse's mouth the same way as deworming.

If you need practice, use plain apple sauce and the syringe to give a non-medicated dose to your horse. If he spits it out, you can keep practicing until you get the hang of it. Always clean the syringe.

6. Bandaging a wound. Being able to dress your horses wounds and change those dressings is important as it will be useful knowledge over the course of your equine's life. Cotton wraps, non-stick gauze, and rolled gauze will be useful. Keeping the wound clean and changing the bandages often will help the healing process.

The rule of thumb is the non-stick gauze/ pad on top of the wound after cleaning and any ointment are put on, then rolled gauze over the pad, and over the rolled gauze, place the cotton wraps. Keep everything relatively tight as you want it to remain together and secured, but not too tight to squeeze circulation.

Don't let the materials bunch or leave any open holes. It's best to wrap down the leg and then back up. Secure with bandage tape or a little duct tape.

7. Check your horse's gut sounds. Listening to the sound from your horse's gut can tell you and your vet a lot about your horses digestive health and the presence of a problem. It's pretty easy to hear your horse's gut sounds, using a stethoscope makes them easier to hear. You'll want to listen at a few different points on your horse's flank.

A few small gurgles or a couple bigger ones each minute or two is normal. This can vary on feeding time and individual horse.

If the sounds seem very frequent, this could indicate a mild colic from gas or intestinal spasms.

If there are no gut sounds then there's no gut movement at all, this could mean a severe colic with intestinal disruption. In this situation, it's an emergency and a vet needs to examine your horse.

To better gauge the normal sounds for your horse, listening routinely can help you identify what's out of the ordinary for him.

Investing in a stethoscope, digital thermometer, and bandage supplies can help in a tense situation and give you a better idea of what's happening when the time comes.

These seven procedures can be invaluable tools when assessing your horse's condition and a great resource for your vet when a call is made. Keeping track of all of these skills will also help in the future and to know how to treat your individual horse should the need arise.

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<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> *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 and virtual show dates/ info please regularly visit the corresponding websites.* <i>Thank You</i> </div>						
2	3	4	5	6	7	8
9	10 <small>APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332</small>	11 <small>NSHA GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ WULFY'S Hwy 160 Pahrump 775-727-9576</small>	12 <small>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</small>	13	14	15
16	17	18 <small>SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com</small>	19 <small>LVAHA GENERAL MEETING. 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@aol.com</small>	20	21	22
23	24	25	26	27	28 <small>NSHAV V Open Breed "Tune Up #3" Virtual Show www.nshav.com - pg. 6 for more info</small>	29
30 <small>NSHAV - Summer "Tune-Up 3" for September Virtual Show Video Due Date</small>	31 <small>S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com</small>					

SEPTEMBER 2020 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 <small>NSHAV GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ WULFY'S Hwy 160 Pahrump 775-727-9576</small>	9 <small>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</small>	10	11	12
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20 <small>NSHAV Fall Buckle Series Open Breed Show @ Henderson Saddle Association</small>	21	22	23	24	25	26
27	28 <small>S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com</small>	29	30	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com </div>		

Farm Animal Adoptions

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.

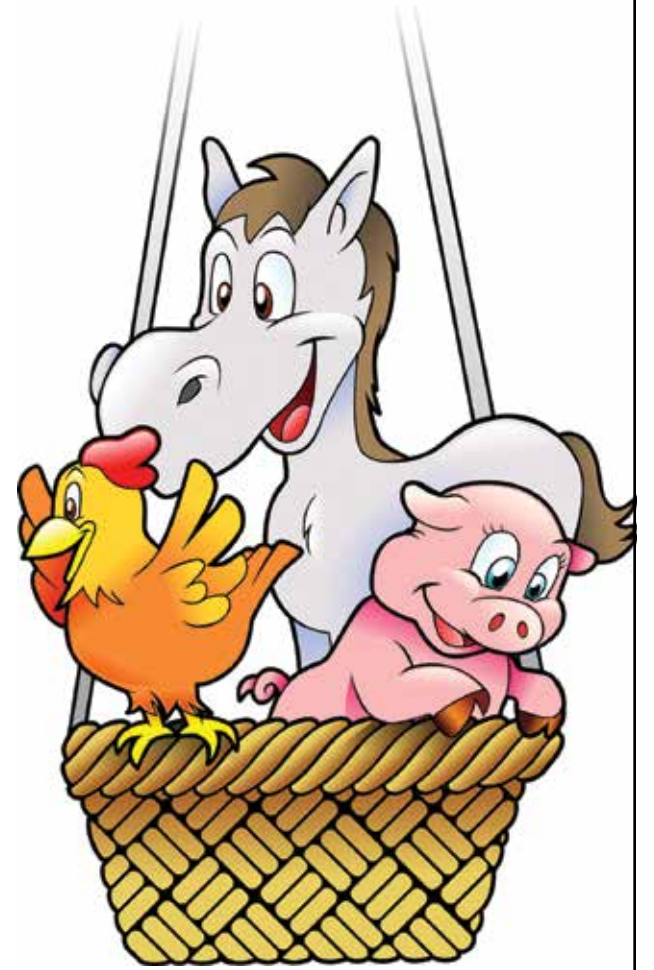
And lastly, provide the best contact information for those that are interested.

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.

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

~ NW - SW ~

Terri Gamboa
702-528-5473

Jenny Parker
909-322-4601



7236 Boyd Lane. Gorgeous Luxury Home on an Acre W/ Private Well, Beautiful Brazilian Hardwood Floors, Incl. Kitchen, Stunning Lush Backyard With Tons of Grass and Trees! \$874k



6673 Maverick St. 5bed/4bath - 4,000+ sqft, \$250K in dream home upgrades, no HOA, Horse permitted. \$975,000



4335 N Fort Apache. 1/2 Acre Lot in Private 4 Lot Cul-De-Sac, Priced as Package to Include Gorgeous Architecture Plans for Custom Luxury Home \$324k



The Canyons. 2 Prime land opportunities in mountain range above McDonald Ranch Henderson. \$600K & \$850K

Excellent Land Lenders - 80% Financing!!



Call Terri Gamboa (702) 528-5473



Email: TerriGamboa@aol.com



Website: www.TerriGamboa.com



Terri Gamboa Team

#1 Horse Property Specialists in Las Vegas



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702-528-1048

Sommer McDaniel
702-370-2404

South Valley - MT

Terri Gamboa
702-528-5473

Jenny Parker
909-322-4601



NEW!



IN MONTANA!



2410 Trumble Creek Rd. 20 acre Whitefish river ranch, in Kalispell Montana, 3944sqft gorgeous home, \$2,350,000 - Keven Guercio, PureWest Real Estate - Whitefish



PENDING!



HORSE COMMUNITY!



1462 Rawhide st. Beautiful 4 bed house w/ private pool in Equestrian Community. Shared 5 acre facility w/ 3 lighted arenas, round pen, hot walker. Beautiful interior with new flooring. \$360K



PENDING!



1050 Morning Sun Wy. Gorgeous home on huge lot, Beautiful mtn views. Open floor plan. Amenities: Pool, Tennis, Basketball, Free Rv/toy Pkg, 20 Horse Stalls & Huge Arena \$379,000



PENDING!



8390 Windmill Lane. 5 Acre Equestrian Estate. Huge Covered Arena, Professional 16 Stall Show Barn. 8,860 SF Home & Guest House. Lush grounds & views!! \$3,750,000

**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!"

Call Terri Gamboa (702) 528-5473



Website: www.TerriGamboa.com



License #: S.0066408



Terri Gamboa Team

**#1 in Luxury Homes on Acreage
in Las Vegas**



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Sommer McDaniel
702-370-2404

~ NW & NW by Floyd Lamb ~

Terri Gamboa
702-528-5473

Jenny Parker
909-322-4601



7061 Winstar St. Stunning 1 Year Old Emerald Dr Horton Home , 4,230sq ft, 5 bed/4bath, Open floor plan, Modern decor, State-of-art kitchen, beautiful community, great location!! \$749K



4.75 Acres Farm Rd. Next door to the Top Dressage Facility! So Green Feels like you're in the Country, Individual Pastures & trees \$1,125,000



6325 Iron Mtn. Rd. Gorgeous Luxury 2 Acre Estate. Next to Floyd Lamb, 3,550 Sf, Open Floor Plan, Luxury Living, Huge Stalls, Arena, Income Potential \$1,595,000



6420 Whispering Sands Dr. 3,000+ sq ft home w/ no HOA & mountain views. 3 bed, open floor plan. Corner lot, RV parking, horses permitted \$540,000

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

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



Call **Terri Gamboa**
(702) 528-5473



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

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A Team of Professionals #1 IN NEVADA
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