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# VALLEY HORSE NEWS

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AUGUST 2021

## *Taking Flight*

Interview with  
Georgia Vigo



*Blesk Photography © 2021*

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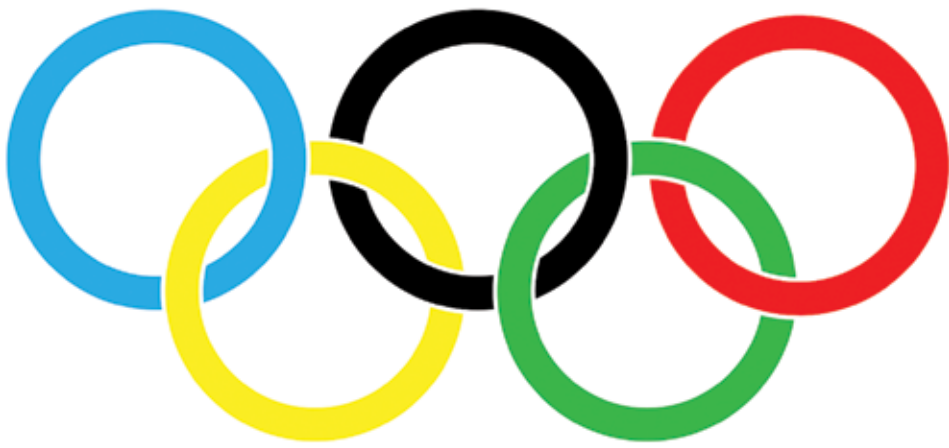
**THOUGHT OF THE MONTH:**

**Summer, go home, you're drunk!**



# Ultimate Champions: Equine Sports at the Olympics

By The VHN Writing Team



As the world tries to rotate back into some normalcy, so does the horse community, in particular horse sports. While we resume our shows and eventing here at home, some of us have travelled overseas to partake in the competition to beat all competitions: the Olympics.

Many people outside of the horse community do not realize that horse sports are actually apart of this elite competition.

There are three Olympic Equestrian sports to enjoy this summer: Show Jumping, Dressage, and Three-Day Eventing.

These break down into six equestrian event categories: Eventing Team Competition, Eventing Individual, Dressage Team, Dressage Individual, Jumping Team, and Jumping Individual.

Every discipline at the Olympics is guided by the rules of the FEI or International Federation for Equestrian Sports.

Horse sports have been a part of the Olympic games since 1900, featuring sports that we no longer see like chariot racing. Equestrian Olympics is one of the very, very few Olympic sports where men and women compete equally.

In the case of Dressage, though the discipline itself is very old, the first time it was seen at the Olympics was in 1912. The competition is graded from 0 to 10 by FEI judges placed around the arena. They are looking to score all of the movements based on accuracy and the talent of the maneuver.

The highest level of dressage according to the FEI is the Grand Prix.

For Show Jumping, courses are made up of 10 to 16 jumps, up to 6 feet 6 inches high and wide. This is coupled with difficult course routines and lots of bright colors. The score is based on many factors, like how many jumps were knocked down, touched, refused, any faltered steps or falls, and more.

Riders have the chance to study the course prior to their ride so they can plan the best way to execute their ride.

Finally, for Three Day Eventing, riders are tested with three events over three days: Cross Country Jumping, Dressage, and Stadium Jumping. There can be up to 40 different obstacles for the horse and riders to tackle. The course itself can be up to four miles long as well. The scoring is based on refusals, the times that are met, and any falls that are taken by the horse and rider.

Each sport has its own set of rules that must be followed to score, and the scores of all riders in each category helps to calculate who will win gold, silver, and bronze at the Olympics.

Each country will have a maximum number of three riders competing for the dressage medals, four riders for jumping, and five for eventing. The combined scores of all team members is used to decide the winning team in each event.



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## VALLEY HORSE NEWS

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

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## Scourge of the Desert

By Al Marquis



If God made all things on Earth, and if God is benevolent and good, then why do tumbleweeds exist? Also known as “Russian Thistles,” tumbleweeds are thought to have originated in Eurasia. They arrived in the U.S. around 1870 in, it is believed, a shipment of flaxseed destined for South Dakota. They thrive in arid regions where vegetation is sparse, i.e., the desert where we happen to live.

Tumbleweeds have long been associated with the western cowboy culture. They are often filmed as they roll and tumble across the desert floor, taking on a certain unique beauty and intrigue. More than once, city-slicker visitors have spotted a rolling tumbleweed and pointed it out with delight.

But those of us who live with tumbleweeds know that there is nothing delightful about these unique plants. When first sprouting, they appear harmless and even do their part in greening-up the desert. But as they mature, nearly every inch of the plant sprouts thorny seeds which become more of a menace as the plant grows. Eventually, usually in the fall, the whole plant will turn brown, die and disconnect at the root base, now free to roll along the ground dispersing its seeds so that thousands of new tumbleweeds will sprout next year. Left unattended, they can take over an entire landscape.

The mature, thorny seeds are the problem. Each is covered with sharp barbs which penetrate anything they come in contact with. If, on a trail ride, a dog starts chewing on his paw, chances are he has a tumbleweed thorn in his foot. If you try to extract it with your fingers, the thorns simply transfer from the dog to you. Pull them out with your other hand, and they transfer again. Pliers work best.

The thorns also stick to the bottom of shoes or boots. If you then walk in the house, the seed can dislodge into the carpet. Later, while strolling barefoot, you can suddenly feel like you’ve stepped on an upturned needle. This experience can make you empathize with your dog.

How does one combat this scourge? It’s not easy. First order of business, don’t let mature tumbleweeds blow all over the place. They need to be gathered up and burned. Gloves are a necessity, but even then, you can get stabbed. A pitchfork is generally the weapon of choice. Watching a pile of tumbleweeds burst into flames is a heart-warming experience.

Next, you need to be on guard the following spring for new sprouts. Learn how to distinguish them from other vegetation. Now, get rid of them. A young plant that’s only a few weeks old can easily be dislodged from the soil with the scrape of a boot.

For older tumbleweeds, use a hoe. Removing immature plants is only a fraction of the work compared to burning mature plants. Uprooted plants can be left where they lie. Unless the plant is mature, its seeds are not ready to germinate. Attacking growing tumbleweeds year after year will prevent new seeds from spreading. Each year, there will be fewer and fewer plants. Prevent them from maturing, and they will decline to manageable numbers.


Ignoring the problem, on the other hand, will lead to the opposite result. Each year mature plants will roll across the ground spreading more seeds. More plants will grow in every direction, not only on your property but also upon neighbors’ land. It’s one thing to neglect your own property to the point of resembling the city dump.

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It’s another thing to infect your neighbor’s land with tumbleweeds. Unless you enjoy visits from irate neighbors carrying shotguns, clean up your own tumbleweeds. And to those of you out there with strong religious beliefs, next time you speak with Him, ask God why he created this scourge of the desert. I can’t figure it out.





## • Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

### “Sesame Seared Tuna”

Prep Time: 10 mins Cook Time: 10 mins

Servings: 2

#### Ingredients:

1/8 cup soy sauce  
 1/2 tablespoon mirin (Japanese sweet wine)  
 1/2 tablespoon honey  
 1 tablespoon sesame oil  
 1/2 tablespoon rice wine vinegar  
 2 (6 ounce) tuna steaks  
 1/4 cup sesame seeds  
 wasabi paste  
 1/2 tablespoon olive oil

#### Directions:

In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.

Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.

Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.



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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](http://www.happytrailskitchen.com). You can contact Sharon through her website or by emailing her at [happytrailskitchen@gmail.com](mailto:happytrailskitchen@gmail.com) or call (702) 277-8000. HTK is also on Facebook and Instagram under HappyTrailsKitchen.



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## Back to Bucking Basics

By The VHN Writing Team



There are many of our horse's behaviors that we automatically label as "just being a horse." And that very simple way of putting the reasoning for our horse's behavior is of course accurate, while also limited. We may not admit it very often, but our equines are quite complex animals, and there is almost always a big reason for why they are the way they are.

For instance, it's such a natural part of being a horse as it's just what they do, but why exactly do our horses buck?

What is the psychology behind the behavior that we know so well as owners and horse enthusiasts?

The root of the bucking behavior can be traced back to wild horses. Wild horses have one thing in mind, and that is how to survive. That is what they're bodies were designed for, the ultimate way of surviving their environment. It's evolution, plain and simple. The way they eat, how they travel, how they handle their natural biome, how they have babies, and how they evade predators.

And bucking is no exception to this design for survival.

The most basic reason that bucking became a habit for horses was to survive. And the best at evading being eaten, and by extension, bucking, are the ones that made it. Bucking meant a quick and powerful way of tossing a predator. Looking at cowboys that ride bucking broncos for a career, this makes sense. That movement, and all horses have the same one, is meant to literally pitch a person or a predator from a horse's back.

There are a few other animals that have a kind of bucking habit, but nothing like our equines. Horses have different kinds of bucking styles, from "crow-hopping" to full on rapid, sea saw "broncing." And while it makes sense for wild horses to buck this way, as it helps them stay alive, why would domesticated horses feel the need? Clearly, they're lives are not in danger from something wanting to pounce and eat them.

So why buck at all if it's not really called for?

More often than not, a horse's bucking, particularly when it's a random occurrence, is a sign of pain. And this pain can be from a few different sources.

Like bad joints. Pain and agitation can sometimes cause our horses to lash out and be grouchy. The act of bucking from pain, like with bad joints or arthritis, is just that, acting out because it hurts, dangit.

This pain can also extend to other places, like a pinched nerve in the back, kissing spines, or gastric issues and colic. Though it is a very mild example, have you ever had an itch that itched so bad it was almost painful? It was so maddening that you could not help but dig and scratch at the spot until it went away.

Bucking from pain is kind of like that. Your horse doesn't have a way to get rid of it, so he's almost trying to stamp it out with the thrashing movement. If your horse bucks due to colic, it's the same line of thinking as them wanting to role and flop about. They just want the annoyance and discomfort to go away.

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This agitation may only be skin deep. We all know that to get a bronc to buck in the rodeo, bucking straps are used. They sit really far back up under your horse's belly, closer to the groin. This spot automatically causes a horse to want to buck. Some of us may have even experienced this accidentally with saddle gear that has ridden too far back and touched that spot.

If you have a green horse, the issue of bucking could potentially be a behavior issue. There are lots of riders that have ridden a horse that they were unaware was "green broke" and perhaps had a little bit of flying time or come close to it for this very reason. Limited training and handling can be the cause of bucking.

This behavior issue can also extend to a herd response. If you have ever been riding your well-mannered horse around an arena with loose horses and they all the sudden take off in a hurry, your horse will probably feel the desire to tag along, taking you with him. He might try and canter out from under you, he may dance around a bit, or he may try to lay right into a buck.

The basic translation of this is he got excited and wanted to join in the fun, much to your chagrin. This can be especially mortifying in front of other riders, but never fear, it happens to everyone at least once.

The best thing you can do is steer clear of the opportunity in the first place and keep your horse's head on the two of you.

A last well-known reason for bucking is extremely common during turn out and cooler weather. Your horse is feeling good and spicy and wants to let it out. This turn out and buck session is almost always accompanied by some graceful farting in the air as they let it all hang out. A truly beautiful sight to behold.

If you find yourself with a bucking horse, you must first recognize that bucking is an ingrained behavior for horses. And second, remember that there's always a reason. Whether it's a bad behavior, a manifestation of pain, or a jolt of excitement and adrenaline, your horse's oddities and idiosyncrasies can be de-mystified with a little investigation.



## Flipping a Coin on Grass Sweetness

By The VHN Writing Team



You're stuck with a question that should have a pretty simple answer, right? It's either this or that, heads or tails. If you don't know the answer, you might decide to google it, ask a professional, or maybe a friend.

Then it turns out that some say the answer is heads, while others say it's tails. Go figure.

This endlessness of answers can be prevalent in the horse community. Whether this is founded from opinions more than facts is for anyone to say. One question that always seems to have a flip of a coin answer is when grass is considered the sweetest for pasture.

You want to turn your horse out to graze, but you're not sure when the best time of day that is, as you've heard that depending on the time of day and the season, grass will be more sugary than other times. And you'd prefer that your horse not pig out on a big field of sugar.

So, what's the deal with the mystery?

Well it is true that the time of day can have a big impact on just how much sugar fresh grass contains. One person will say that the morning is the best time of day, while others will assure you that it is in fact afternoon.

Logically, grass is a living thing, a plant that grows and matures, much like others. It requires NSC or non-structural carbohydrates to grow and thrive. NSC is a mixture of starch, sugar, and fructans that accumulate through the process of photosynthesis. Hello freshman biology class. As we may, or may not, remember, photosynthesis is the process in which plants utilize sunlight, as well as water and carbon monoxide to create oxygen and energy from sugar. So, sunlight is important.

As the day progresses and grass basks in sunlight, sugar will continue to be produced and it will accumulate. Once that all important sunlight is gone for the day, plants will take those NSC's and metabolize them for energy. After this process, NSC's will be the lowest come the early morning hours, after the longest span of time without sunlight. Makes sense, right?

But here's where it can get tricky. During the cold, plants, or specifically grass, will hold on to those NSC's so that come morning, the levels will be much higher than if the nighttime had been more temperate. There are other things that can cause grass to withhold NSC's as well, such as cutting too short, over grazing, too much or too little water, fertilization causing new growth, and more.

Makes things a little clearer on why your stinking house plants seem content to wither and die under the most prudent care.

To really know for sure what your grass will do in cold or warm weather, research the type and what it handles best. Some grasses, like timothy and orchard, are considered cool-season grasses, while grass like Bermuda, are warm-season. Depending on type, different weather and times of day will make NSC's fluctuate. And don't rely on simple logic, always do your research. You'll have to become a grass whisperer and endow yourself with knowledge on your specific type of grass and the weather coinciding with it to determine what time of day and what weather leads to higher sugar content. This can be especially important for horses that are sugar sensitive, like those that are Insulin Resistant.

In a way, it makes sense why we hear both heads and tails for this question, because in all honesty, the answer is this: it depends. \*face palm\*

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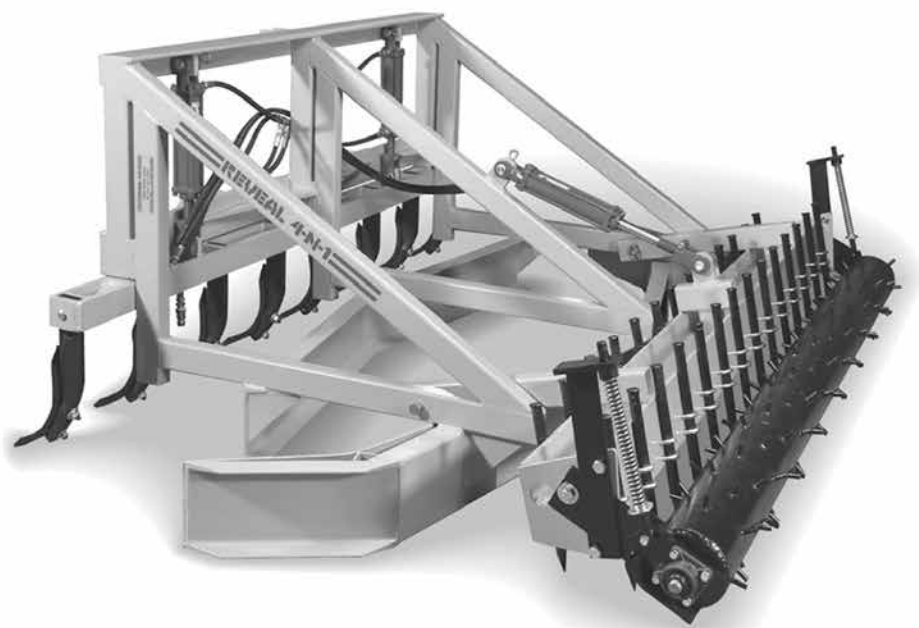
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# Bladder Meridian Technique

By Zen Equine Bodywork

“What are some of the exercises or stretches I can do?” is a common question from my bodywork clients. It’s a great question, and it shows their commitment to doing their best to help their horse stay healthy, supple and happy.

With this in mind, I have compiled some exercises and techniques which are simple, yet effective, to help not only supple your horse but also infuse some fun into your routine. Today, the technique I am going to highlight is the “Bladder Meridian Technique!”

As a Masterson Method Certified Practitioner (MMCP), I happily share a horse owner’s joy when s/he talks about leveraging the Bladder Meridian Technique, which is one of the Masterson Method signature techniques, on their own horses.

While obtaining the MMCP certification takes an average of 2 years, including numerous in-person and online trainings and arduous case studies, many horse owners, trainers and farriers have found benefits in incorporating some Masterson Method basic techniques to the horse’s general care program.

In this month’s article for Valley Horse News readers, I will share with you this simple yet effective Bladder Meridian Technique that you can try on your horse. It is a great way to develop another level of communication between you and your horse, in addition to helping your horse release tension.

In Chinese medicine, there are 12 primary energy meridians in the body. The Bladder Meridian (BM) is one of the major ones, in that it has a unique effect on balancing all the other meridians.

This meridian runs along each side of the body, beginning at the poll and continuing about 2 to 3 inches below the top line until it reaches the croup. It turns from the croup towards the “poverty groove” between the hamstring muscles and over the side of the hock, down the groove side of the cannon bone, over the fetlock and terminates at the Ting point below the coronary band.

There are four simple steps in this technique.

Step 1 is SEARCH: Follow this meridian with you hand or fingertips, with your own body relaxed, very slowly and gently inching your hand along the meridian, searching for any response from your horse.



Above: Anita Chang-Vigo of Zen Equine Bodywork with Jim Masterson demonstrating Step One: Search

Step 2 is RESPONSE: Look for subtle responses from your horse; it could be as simple as blinking of the eyelids, a change of breath, or twitching of the lips. Look for any subtle shift or change that correlates to your touch.



Above: Step 2. Response. Notice the horse’s tongue in response to the Bladder Meridian Technique

Step 3 is STAY: When you notice a response from your horse, stay on that spot without adding pressure and wait for the horse’s nervous system to begin to let go of the tension.



Step 3: Stay. Anita stayed with the horse waiting for a release.

Step 4 is RELEASE: Look for any sign of release from your horse; each horse reacts differently and may show releases ranging from dropping of the head, licking and chewing to yawning and snorting or sneezing. (Photo on next page.)





Step 4: Release is shown by the horse.

Once you have a release, continue inching down the rest of the meridian, repeating the simple four step process of SEARCH – RESPONSE – STAY – RELEASE. Repeat the same process on the other side of the body.

Here are some pointers to achieve success in the technique:

First of all, the level of pressure from your hand should be very light or what Jim Masterson calls “air gap” pressure, meaning literally no pressure at all. Your fingers are barely touching the tips of the horse’s hair.

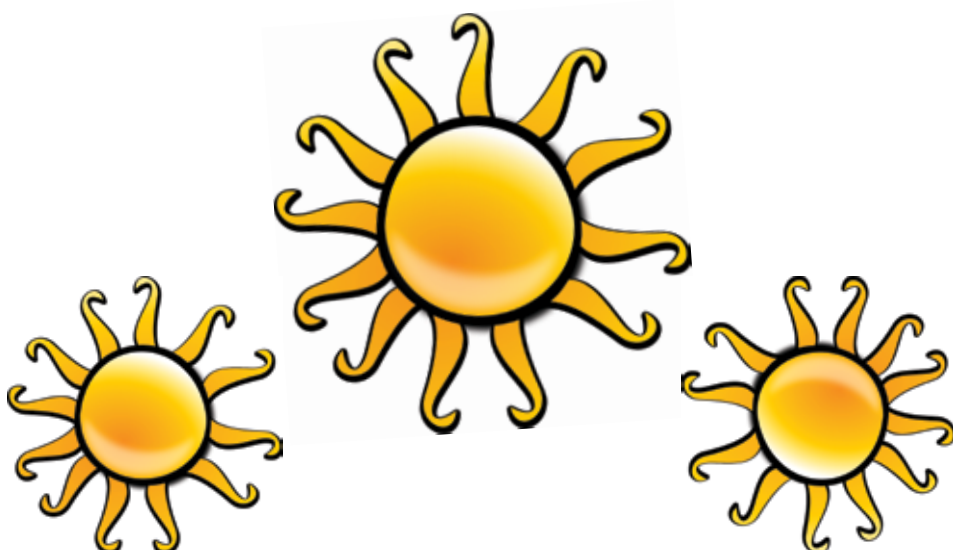
The principle here is that if you give the horse nothing to brace against, his body will begin to send circulation to the area, and the muscles will start to relax.

Secondly, be patient. In order for the technique to work, you must not rush the horse. Let the horse take its time to release. Again, each horse is different - some are very expressive and some are more stoic and may take a different amount of time to begin to release tension.

In my experience, it takes about 5 – 10 minutes to go over the Bladder Meridian on one side. I would suggest trying this and other stretching or relaxation techniques on your horse’s rest day first.

For additional information on this technique or other Masterson Method techniques, you can look for the book titled “Beyond Horse Massage by Jim Masterson.”

I would love to hear from you. Please feel free to email - zenequinebodywork@gmail.com or tag me at @zenequinebodywork on Facebook or Instagram with your Bladder Meridian Technique success stories!



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## Taking Flight, Q&A with Georgia Vigo

By The VHN Writing Team and Georgia Vigo



### 1. Tell us a bit about yourself, your background.

My name is Georgia Vigo. I am 15 years old and a junior at West Career & Technical Academy. I was born and raised in Vegas.

### 2. How long have you been into horses?

I have been into horses pretty much my whole life, my grandma has a small ranch in Louisiana with two horses and a cute protective donkey, and that is when I really fell in love with them. Just being around them made me the happiest girl in the world. I attended riding camps in Vegas during school breaks for my elementary school years until 5 years ago when we took on a full lease on Reiko..

### 3. What made you pursue the hunter jumper discipline?

When I was leasing Reiko, a Canadian Warmblood, he was being trained in both hunter and dressage disciplines. My trainer and I decided to show in the hunter discipline, because I get a bigger sense of accomplishment and excitement riding in hunter jumpers more than dressage. Once we figured out both Reiko and I preferred going fast, we switched over to jumpers.



### 4. What is the most amazing thing about this discipline, in your opinion?

The most amazing thing about the show jumping world is making connections with the horses; training and feeling the improvement from underneath you, on the amazing partner that carries you over jumps. It's also fun to spend time doing the things that you love with your friends. Overall, I feel that the most amazing things about this discipline are the people and the horses.

### 5. What is the hardest thing you've ever done while competing/ riding?

The hardest thing I've done was competing in the IEA (Interscholastic Equestrian Association) on Regional and National Levels, where I had to compete in out-of-state places.

I had to adapt and listen and work with each horse drawn from a hat and figure out how to ride/jump after only a few minutes of getting to know the horse. It was very difficult to compete on unfamiliar horses under a lot of self-imposed stress not to let the team down. It definitely improved my riding and expanded my experience.



Above: At IEA Nationals in Tyler, Texas

### 6. What are some of your achievements?

Over the past couple years, I've had a lot of opportunities to be able to compete and improve. I won champion in a non-rated show in Wellington, United Kingdom in dressage and jumping while competing against others in the junior division. I have competed in dressage both training and first level earning in the 65-75% range. Recently, I competed in IEA (The Interscholastic Equestrian Association) in both Hunt Seat and Dressage, and went to region and regional finals in Hunt Seat and am 10th in the nation in my division in dressage.

I couldn't have reached this level at IEA without my amazing team members and my coach, Annette Spingetti. I also placed champion in the Southern Nevada Hunter Jumper Association (SNHJA) in the 3' division, with the support from my parents, friends that came to cheer, and my trainer, Jessie Bonneau, to encourage me and push me to try my best.

### 7. Do you ever get nervous while riding or competing?

All. The. Time. I personally like to hope everyone feels the same way I do, because I start to get a nervous sweat even when there's not a lot of pressure. The moment I enter the gate, the pit feeling in my gut stops, because it's show time.

To overcome the nervousness, I try to remember the whole reason I got into the sport and how far I have come. Another stress-relieving tactic for me is to have an ice cold glass of water (especially in Vegas) to clear my mind. Finally, I would put on a confidence boosting song before I enter, to get my show mindset on and remind myself that we can do it.

### 8. Do you think horses will be a part of your future career, and do you have a career path in mind?

Horses are most certainly going to be a part of my future. I've been maturing and learning how much horses really cost, I have made a decision in my mind that I need to have a career that provides decent income.

Although I've always dreamed of being a horse trainer, I am also very academically motivated, and know I need to have a backup plan. That is why I am considering either the path of business management and/or law to be able to support my horse hobby on the side, and have a little left over. That way, if I ever decide horse training is right for me, I can pursue that as well with some startup in the bank.

### 9. Tell us about your horse/ horses.

Reiko, the horse on the front cover, is my baby. My parents bought him after a bit of leasing, and we've had him since he was 8 and now he is 13. Reiko and I do dressage, showjumping, and cross country. We started off in the hunter discipline, and then switched over to the jumpers division once we realized we like to go fast.

Reiko and I have a bond, we love to play and do liberty work. I definitely would not be where I am without Reiko by my side as both a best friend and a partner. I love him to the moon and back.

Apollo & Jack: These are horses I ride at our barn while their owners cannot make it to the barn during the week due to work. Apollo and Jack make quite a dynamic duo and are ridden western.

I have been working with them for over two years, and they have both come a long way. They get treated like my own, with horse popsicles in the summer and cuddles in the winter. Both of these horses may have their antics at times, but both of them hold a special place in my heart.





Above: Apollo and I (Heidi Brown Photography)

### 10. Do you have any funny or crazy stories you'd like to share?

One crazy story happened on a Saturday morning when my friend Arieana and I rode our horses to Floyd lamb park. We arrived at the park just like any other day, except, little did we know, there was a cross country track race at the park. There were probably around 300 people there and they were all storming down a hill carrying their flags and yelling with excitement.

## A Horse's Preference: Man or Woman?

By The VHN Writing Team



When it comes to people and the animal world, we humans constantly strive to understand and unravel the animal mindset. How we perceive animals and how they perceive us in turn is a huge topic of debate.

For horses specifically, we often wonder what our horses truly think of us. Can we measure their love and interest? Do they remember us? Do they want a man more than a woman for an owner? Or do past experiences sway their preferences on human companionship?

Research is showing that while horses do not scientifically prefer women over men or vice versa for any reason linked to the species in general, the outcome can be influenced by their past experiences and what the different genders want from their animal companions. Horses do not prefer women over men or men over women as a whole. It is an individualized and personal experience for each horse based on what the animal wants.

It has been confirmed by studies that men are more goal oriented in their way of existing and over all achievements. Women on the other hand are the more nurturing and communicative sex.

Imagine our surprise arriving with our horses at the bottom of the hill, unaware of the event until hundreds of people came storming down with their flags and we were caught in the midst of all that excitement. In conclusion, nobody died, it was close, but it was an unforgettable desensitization experience.

### 11. What would you tell a fellow young person who is thinking about getting into horseback riding?

I would say go for it! It's going to be a lot of work sometimes, but it's all worth it to hear your horse nicker or whinny as you come down the barn aisle. One thing is to understand the groundwork aspect of horseback riding first, because that way you build a connection with your horse. The most amazing thing about horseback riding is that there are so many paths you can choose. Don't like showjumping? Try dressage. Don't like dressage? Try barrel racing.

There's an endless map of paths you can take in the horseback riding world, create your own path if you don't like the others! Ultimately, the horseback riding world is super exciting and fun, but has its downs at times, and at those times remember to keep your chest up, eyes forward, and heels down.

### 12. Do you have any future goals or dreams that you'd like to achieve in the horse world?

I really only have one goal. I want to be a good enough rider or be doing something with horses where there's a little girl watching me thinking "wow, I would like to be like her one day." Whether that is soon, in a year, or in a couple where I may be in the big leagues, that's my goal.

If you would like to follow Georgia and her horses on their journey, you can find her on Instagram at: [@ridingreiko](#)



Traits like these have evolved over time from man's first appearance on earth. These differences tend to play a part in how each gender bonds with their animals, including their horses.

A horse that prefers women will prefer that nurturing and bonding relationship, while a horse that prefers men will be a horse that finds enjoyment in working and pleasing his owner towards a common goal. There are always exceptions to these, as a man can have a more nurturing relationship and find a horse that enjoys it as well.

There's no scientific evidence of the horse's gender having an effect either. A female horse will not prefer a woman simply based on the same sex, just as a stallion or gelding will not prefer men in the same sense.

Different circumstances can also affect the choice, say for a horse that has known abuse or mistreatment from a person of that gender. If a horse was abused by a woman before, the horse may have lasting traumatic reactions to women in general. Horses can suffer from PTSD and carry with them past events into future relationships, just as humans can.

How the horse was raised after being weaned is important as well. If a horse was raised primarily by a female owner without any negative events, the horse could come to prefer women based on memory and favoritism towards the gender.

Horses with behavioral problems can often benefit from research into past owners and the possible links between current and past issues. If a horse was abused by a man wearing spurs or a baseball cap, the horse may have difficulty with men, or just simply men in caps or spurs.

Then, of course, there will be those horses that enjoy both men and women equally, and those persnickety horses that could do without any man or women as long as they get fed.

The relationships between horses and humans can often be perplexing, but as we study them more and look to our own relationships with our horses, we can begin to understand them on new and deeper levels. This will ultimately help us to form better bonds with our animals over time and make them more satisfying and fulfilling for both ourselves and our equines.



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# How to Enjoy Horses When You Can't Afford One

by The VHN Writing Team



Owning a horse is truly a luxury that not everyone can afford. Besides taking an immense amount of time to care for, they can also be very expensive. Horses also have a serious learning curve for those that did not grow up with them.

While not everyone can experience the pleasure of having their very own horse, it is still possible for every person to partake in the joy they can bring.

Here are ten ways that you and your family can enjoy horses:

1. Local County Fair: County Fairs typically have animal barns that house all kinds of creatures, especially those associated with farming. Most often, there will be a horse in the mix for you to observe and even touch.
2. Horse Show: Shows are great for experiencing what horses are capable of. There are so many fascinating disciplines to choose from, and each one is perfect for watching horses in action.
3. Trail Riding Facilities: These facilities are for those that would like to experience trail riding without having to have their own horse. This way, you can rent a horse for the day that is suited to your level of riding and enjoy.
4. Clinics: Horse clinics are great for those that want to learn about the animals while having a live example in front of them.
5. Horse Entertainment: There are many entertainment shows that employ horses as part of the fun. These shows often have horses doing tricks and aerobatics with people in front of a sit down audience.
6. Volunteer at a Rescue: One gratifying way of working with horses is helping out at a local equine rescue. You can learn about the individual animals while also giving back.
7. Work at a Facility: If you have some horse experience but can't or do not want to own one, you can work next to horses while also earning income. Horse facilities always need help.
8. Bribe a Horse Friend: If you happen to have a horse friend, then consider asking them to visit their horses. Don't expect to ride or do anything super hands on besides petting and feeding treats.
9. Find Areas with Wild Horses: Wild horses are something to behold. Many areas still have them, and information can be found on how to locate them and observe. Wild horses are for observation only and should not be touched or fed.
10. Lease or Take Lessons: When you want the thrill of learning and riding a horse can be a good fit."





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**It Wasn't Meant to Be  
By Anna Dunstone**

He was all I wanted  
He leaned in to my touch  
Perhaps I loved that horse  
A little bit too much  
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— Ignored reality  
But reality would show  
That horses don't come free  
I certainly was crushed  
But also happy, still  
That God had made it plain  
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And now I can let go  
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## Telemedicine, Not Just for People?

By The VHN Writing Team



Veterinary care for our horses is an essential part of owning an equine and truthfully any animal for that matter. And there are two ways that our horses receive this care. A vet comes out to your property to give firsthand care or you trailer your horse to a clinic to receive help instead.

This care may be a routine procedure that's supplemental or preventative, like a shot or acupuncture, that is done every few weeks or months. The care may also be an emergency situation, as in the case of a colic or other sudden illness that could have dire effects.

Perhaps the biggest limitation for the care of such unique and large animals is the travel time to receive that care and the potential for a smaller number of clinicians to provide it depending on your location.

If your location is more remote, it can mean a heftier fee for a lengthy vet commute, or a waste of gas and time on your part for a few simple questions, a situation that wasn't as bad as previously thought, or for just a second professional opinion.

In the case of the pandemic, the need for social distancing and the closures of offices turned out an unexpected solution to veterinary care: Telemedicine.

And it is the same type of telemedicine that is now available to many of us when we are not able or willing to walk into an office to be seen.

Telemedicine is just as it sounds. It's essentially a video conference, where your doctor or vet can speak with you face to face without having to really be face to face. They can see what you see and get a visual of your symptoms. This also goes for our horses.

While an in-person visit takes time to make happen, especially as appointments fill up or emergency calls are answered on a case by case basis, telemedicine can be prescheduled or set up in a matter of minutes through a computer, tablet, or phone.

Naturally, there are many people who feel that telemedicine isn't suitable for horses. How do you diagnose or treat a horse when you can't be hands on? How can you deduce a problem from just a few words and looking at a screen?

Evidence is beginning to show that telemedicine does have a place in veterinary care in a few specific ways.

For those that live a farther distance from veterinary care, having the immediate sight and advice from a vet can mean the difference between life and death for a horse. For instance, if a horse is suffering from colic or another difficult medical episode, waiting for the vet to arrive and doing what only you can may not be enough.

If you have the advice of a vet first hand through a telemedicine call, the vet can take a look at your horse's symptoms, see how he is doing, notice things that you may not or see things that you can't describe, and tell you specific care to do until they can get there.

They can also explain how to do simple checks or procedures if it means that your horse will have a better chance of recovering instead of waiting a few hours depending on how close a clinic is to your location.

If your horse has a serious laceration, a vet can look and tell you the best way to patch it until professional help can be administered.

If your horse is getting ready to foal and you are under constant watching and worrying, they are just a few clicks away to give you advice while actually seeing the appearance and condition of your horse.

Perhaps you only need some advice on nutritional supplementation or a new medication. Your vet can still look up your records and get a history of your horse both from the computer and from you. He can have you check your horse's pulse, and get a recent account of how he's been feeling. Your vet would have the opportunity to order new meds right away, connect you with the next person, or advise you on where to go next.

There's also the possibility that your vet needs the advice of a specialist, perhaps a professional that studies a specific bodily system of your horse. By having a telemedicine call between you, your vet, and the specialist at the same time, a more sound diagnosis and plan for treating your horse can happen.

Telemedicine can be thought of as a middleman, an in between form of communication for veterinarians and their patients. Whether it's for the routine or more trivial cases, or for doing what can be done when time is not on your side, this way of communicating between owner and clinician can really open up so many avenues for treating our animals.

It can broaden the scope of treatment, reach areas that haven't been reached before, and provide a more intimate and personalized form of care when the options are limited.

And this way of conducting telemedicine doesn't have to be unique to veterinarians alone. Other horse specialists, like farriers and equine dentists can utilize this tool as well, and in much the same manner.

If your horse suddenly goes lame, shows evidence of mouth pain, pulls a shoe, or needs a second opinion without a full visit, telemedicine gives an option to get ahold of these professionals quickly, right when the owner needs it and the specialist can reply almost immediately.

It's a great form of communication for sudden questions that cannot be done with a conversation over the phone, when a situation is an emergency, or isn't one, and when creating more business so that initial consultations can literally be back to back without travelling from one end of the city to another.

Telemedicine can be tricky to implement into offices, as it takes patience and funds to add. Owners may also be reluctant to use the service, making it costly to keep up if it's not being used. And that's a great reason to try using it, so that animal owners can see just how great it can truly be and how wonderful of a tool telemedicine can become to every owner when they need it most.

It may be seen as too new age or feel inauthentic compared to traditional visits, but if telemedicine can be used effectively and allow veterinarians to expand their practice and help more animals in more ways, then it's well worth the try.

Have you had veterinary care for your horse through telemedicine? What about telemedicine for your own doctor visit? Did you think it was a useful tool? Tell us about your experiences! Email [valleyhorsenews@gmail.com](mailto:valleyhorsenews@gmail.com)





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# AUGUST 2021 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 <b>APACHE LAND APPALOOSA CLUB</b> Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	10 <b>NSHA GENERAL MEETING</b> 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 <b>POSS GENERAL MEETING</b> 7pm @ WULFY'S Hwy 160 Pahrump 775-727-9576	11 <b>HCON MONTHLY MEETING</b> 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 <b>BCH of UTAH WASATCH FRONT CHAPTER</b> 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	12	13	14
15	16	17 <b>SSPHC MONTHLY MEETING</b> 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	18 <b>LVAHA GENERAL MEETING.</b> 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@aol.com	19	20	21
22	23	24	25	26	27	28
29	30 <b>S. NV REGIONAL TRAILS</b> 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	31	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p style="margin: 0;"><b>VALLEY HORSE NEWS DEADLINE</b> 15th of EVERY MONTH valleyhorsenews@gmail.com</p> </div>			

# SEPTEMBER 2021 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p style="margin: 0;">*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.* <i>Thank You</i></p> </div>			1	2	3	4
5	6	7	8 <b>HCON MONTHLY MEETING</b> 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 <b>BCH of UTAH WASATCH FRONT CHAPTER</b> 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	9	10	11 <b>Southern Nevada Hunter Jumpers Association</b> Horseman's Park snhja.com
12 <b>Southern Nevada Hunter Jumpers Association</b> Horseman's Park snhja.com	13 <b>APACHE LAND APPALOOSA CLUB</b> Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	14 <b>NSHAV GENERAL MEETING</b> 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 <b>POSS GENERAL MEETING</b> 7pm @ WULFY'S Hwy 160 Pahrump 775-727-9576	15 <b>LVAHA GENERAL MEETING.</b> 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@aol.com	16	17	18
19	20	21 <b>SSPHC MONTHLY MEETING</b> 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	22	23	24	25
26	27 <b>S. NV REGIONAL TRAILS</b> 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	28	29	30		



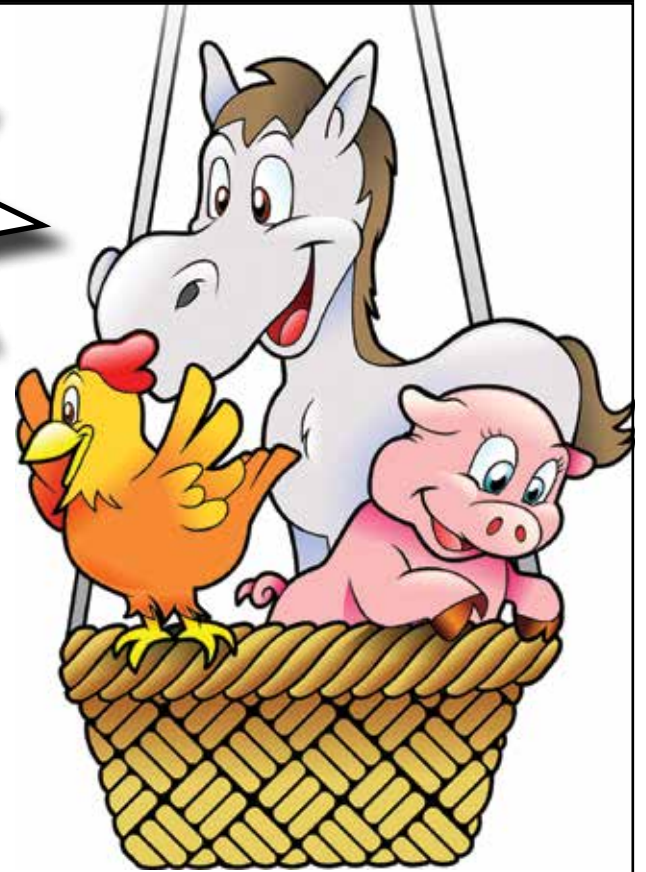
# Farm Animal Adoptions



Super sweet mare well trained with mild chronic lameness left hind, appropriate for companion horse, walk/lead use, or as a recipient mare. She is very nice to handle and trailers with ease. Call 702-274-8551 for more info.



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!



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.

## ***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](mailto: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, SE, HENDERSON ~

Terri Gamboa  
702-528-5473



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



424 N Kiel St. Fantastic Equest. prop. w/ Top of the line horse amenities. 1,800sqft + 600sqft of separate living space. \$250k spent on horse accomm. Roomy stalls & trail riding right from property! \$699K



3751 Crellin Cir. Well maintained single story 3bed/2bath. Kitchen w/ Island, granite, SS appliances. Ceiling fans, wood flooring. Covered patio, large rear lawn, RV parking. \$425,000



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. \$185K

## Excellent Land Lenders - 80% Financing!!



# Call Terri Gamboa (702) 528-5473



Email: [TerriGamboa@aol.com](mailto:TerriGamboa@aol.com)

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License #: S.0066408

Website: [www.TerriGamboa.com](http://www.TerriGamboa.com)





# Terri Gamboa Team

**#1 Horse Property Specialists**  
in Las Vegas



**Cindy Parker**  
702-528-1048

**Sommer McDaniel**  
702-370-2404

**- NW, Pahrump, SW -**

**Terri Gamboa**  
702-528-5473



6600 Via Provenza Ave. 5.27 Acre Equest. Est. 3,458sqft House + 2 Add. Guest Houses. 10 Stalls, 5 Pastures & 1 Rehab Pasture. Lighted Dressage Arena + Practice Arena. Warm Up Riding Trail \$3,250,000



1750 Mae Rd. 20 Acre Horse Property, 360 mtn views. Investment potential. Water rights & water well. 3 bed, 2 bath, screen covered sunroom/Patio. Fully fenced. \$499,000



6760 Hinson St. Authentic Spanish Colonial Single Story. 1/3 of an Acre. Jaw Dropping Inter. Finishes. Wood Floors Of Oak, Redwood & Pine. Covered Back Patio W/ Built In Bbq, Pizza Oven \$749,500



2200 S Fort Apache Rd #1233. 2bed/2bath Condo W/ Community Facilities in Canyon Lake Residence. Pool, Clubhouse, Tennis, Basketball, Gated \$195K

**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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**2 ACRES!**



**INCOME POTENTIAL!**



6385 Iron Mountain Rd. 2 Acre Equestrian Estate. 3,550 Sq Ft, Pool, 21 Stalls, Large Arena, Round Pen, Hay Shed, Across 1,500 Acre Floyd Lamb Park. \$1,390,000



**PENDING!**



4820 Pounding Surf Ave. 2 Story Home 2,156 sq ft, in a private gated community w/park. Tall ceilings, Fireplace, granite countertops. 4bed/3bath + loft. Pool size backyard. \$475,000



**PENDING!**



2A Mustang & Maggie. 2.22 acres, incredible mountain views, 2 sides block walls, corner lot in equestrian neighborhood. Across from 1,500 acre floyd lamb park \$495,000



**LAND!**



**RIDING DISTANCE  
TO LONE MTN!**



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 \$289K

**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!"

# Call Terri Gamboa (702) 528-5473



License #: S.0066408

Website: [www.TerriGamboa.com](http://www.TerriGamboa.com)