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THOUGHT OF THE MONTH: **Merry Christmas!**

## If You're Thinking of Giving Up on Horses...

By The VHN Writing Team



A horse person is a horse person down to their core. It's in your blood and your bones and your soul. It's in the air that you breath, the way you think, and the dreams you dream. It's a part of who you are and once it's there, it never really goes away.

With that said, there may come a time in many horse owners lives where they ask themselves the one question they never thought they'd ask: Should I give up horses? It's a heartbreaking thought and one that a person doesn't easily come to, but it may be a necessary question to ask.

Maybe your finances are not what they used to be. At one time, you might have made more money, or perhaps now you have more on your plate to take care of like children. Your money has many places it needs to go to, and when weighing the importance of them, horses fall at the bottom of the list.

Your health might be at risk. Riding and caring for horses takes a lot of work. There's no shortcut about it. From sunrise to sunset, your horses depend on you for many things.

They need your money, but they also need your body for cleaning, feeding, and working. If your health is on the decline, caring for a horse may not be a wise decision anymore. At some point, you will become physically unable to do things with horses that you once used to be able to do.

There are many reasons why you might be considering giving up horses. Maybe it's not appropriate for you to own a horse or work with horses anymore. And that decision will have to be a thorough one.

You'll have to weigh the pros and cons and think logically about every aspect of it. It will be difficult to keep your heart from making you compromise in a way that's truly not good for you.

But one of the things about horses is that it's a lifelong love. There will always be horses.

If you can't own one right now, that's fine. Visit horses when you can. Give lessons or show someone the knowledge you've garnered. Teach other horse lovers what you have learned. If you can't handle caring for one physically, find help or get a horse that is much lower maintenance. If having a horse at all is not possible for you, find a way to still see horses.

Visit sanctuaries and refuges. Visit your friend's horses. Pass horses onto your children and live through their love of the animal. Be a friend to horses in need and find a way to still be a part of the horse community.

It may be time to give up horses the way you've had them. But there's always an opportunity to have them in another way, whether near or far, whether every week or once a month. Even if you can only talk to and pet them. Even if you can only teach about them. Even if you can only see them once in a while, it doesn't have to be a forever kind of goodbye.

It can be a goodbye until next time.



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# VALLEY HORSE NEWS

Serving the Southwest since 1992

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Artist

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## Last Minute Christmas Gifts 2021

By The VHN Writing Team



It's beginning to look a lot like Christmas... like, really, really beginning to look like Christmas. December is officially here and the countdown to Santa's arrival is fast approaching.

Christmas gifts this year have become extra tricky due to low item stock and slower, more expensive shipping options. Depending on how long you wait, you might lose out on those great gift ideas as they run out or you might not get your gifts in time to put under the tree.

If you've been procrastinating on your Christmas gift buying this year, you might be feeling the strain now that the holiday is only a few short weeks away.

But never fear, there are more options for your horsey Christmas gift list than you might think, even if things are a little last minute this time around.

1. There's one gift idea that can make both your giftee and you the gifter feel good this year – a donation in their name. If you have the funds, even if it's a very modest contribution, you might consider finding out what their favorite charity is and giving a donation in their name. There are so many great equine organizations that could use the funds. You'll make your giftee happy, you'll feel good about the contribution you made, and you'll be helping some organizations in need at the same time.

2. You can never go wrong with gifts cards. They don't need to be ordered online, and there are plenty of tack and feed shops to choose from. Find out their favorite store and get them a gift card so they can buy exactly what they need or what they maybe have had their eye on in store.

3. Head to the grocery store for some baking supplies, as you can make some great horse treats right in your own kitchen. Find out as secretively as you can what their horse likes and if they have any intolerances. Then you can find the perfect recipe to gift.

4. Head to your local hardware store or horse shop and find those gifts that never go out of style for horse owners. Pitchforks, shovels, brushes, combs, sprays, cleaning supplies, treats, boots, etc., all make great gifts and help out.

5. You can gift an experience rather than a physical gift. This is a great option for kids. You can gift a paid for horse lesson or trail ride, a horsemanship class, or a clinic.


6. There are many gifts that every horse person needs at the barn, like in number four, but there are also horsey themed gifts that every horse owner will love at home. A horse themed calendar, movie, magazine, book, CD, or subscription are all great ideas that are fairly easy to come by with a quick drive.

7. Most horse people have to set aside time to be able to spend with their horses. Consider volunteering your time so they can enjoy their time with their horse this Christmas. You can take care of something for them so they can go off to the barn and have fun. You can muck out stalls while they go ride, or even go a step further and take care of their horses on Christmas morning so they can stay home with their family instead.

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8. If you're artsy or crafty in any way, try making something. You can personalize a sign, cup, hat, halter, or décor in all kinds of ways. You can sew or iron on decals, paint and sculpt, make a scrap book or frame a favorite picture. Any kind of creative and personalized item will be a favorite of a horse person.

If you've cut your Christmas shopping time down to the last minute, try one of these ideas for an easy and enjoyable Christmas gift for the horsey person in your life.



## • Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

### “ Cheesey Biscuits ”

Time: 20 min. Servings: 30 servings

#### Ingredients:

2-1/2 cups biscuit/baking mix

3/4 cup shredded sharp cheddar cheese

1 teaspoon garlic powder

1 teaspoon ranch salad dressing mix

1 cup buttermilk

#### Topping:

1/2 cup butter, melted

1 tablespoon minced chives

1/2 teaspoon garlic powder

1/2 teaspoon ranch salad dressing mix

1/4 teaspoon pepper

#### Directions:

In a large bowl, combine the baking mix, cheese, garlic powder and salad dressing mix.

Stir in buttermilk just until moistened.

Drop be tablespoonfuls onto greased baking sheets.

Bake at 450 degrees for 6 - 8 minutes or until golden brown.

Meanwhile combine topping ingredients. Brush over biscuits.

Serve warm.



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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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## Giving Back in the Horse Community

By The VHN Writing Team



During the holidays, gifts and good cheer abound. But while we all love receiving gifts and being merry, we also can find great joy in giving back and doing something for our friends, family, and those in need. As horse people, it can mean even more to us to find a way to give back in a horsey way.

So here are some ways that you, your horse friends and family, and even your equine buddy can all give back this wonderful time of the year.

The easiest and most common way is volunteering. Volunteer at your local animal/ horse shelter. You can feed, clean up after the animals, exercise and socialize them, and maybe even find a new buddy to take home with you. You can also volunteer at your local vet clinic, as they may need help as well with general cleaning and feeding of sick horses and animals.

Volunteering costs you nothing but your hard work and time. It's the perfect way of giving back without dipping into your wallet, and gives you a feeling of accomplishment and generosity.

Another way to give back is by donating if you have the funds to do so. Every animal and horse organization need donations. They have vet bills to pay for, shoeing, food, tack, and other maintenance bills.

A donation allows a horse in need to get the medicine it needs to heal, that surgery it's been waiting on, or the new blanket it needs for the wintertime. Even a few dollars can go towards the rest of the donations and be a part of something greater. A new facility, or even the means for the organization to help more animals than it could before.

Perhaps you're looking for a way to give back that's closer to home. Look at your horse friends and family. Is someone down on their luck? Offer to clean stalls over a weekend, blanket horses so they can have some family time, or even pitch in on feed or medication. As we all know, a little can go along way, and even the smallest of chores can make the biggest difference.

Is there a boarder at your facility that lost a job? Or maybe lost one of their animals? Get together with other boarders and pitch in five or ten dollars. A little bit from a lot of people adds up, and that can be the difference for the boarder that needs to feed their family and their horses, or wants a memorial for their animals but cannot afford to do so.

If you're looking for something fun to do this season that can also bring joy to others, consider being a part of a holiday parade with your horse. Holiday parades are something everyone can enjoy, and can bring that much more cheer and joy to those during the season. Other Christmas/ Holiday events with visitors is perfect for bringing the spirit of the season.

Another way of including your equine in the process of giving back is allowing people to enjoy him. Consider working with a clinic or hospital. Sick patients that are able to could find great joy in visiting your horse. Some may even be seeing a horse for the first time.

If your horse has a great and gentle temperament and loves attention, he might be perfect for bringing a little Christmas magic to someone who needs it.

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Research organizations that deal with under privileged youth, and consider having a small group of them come visit your horse for a couple hours. They can learn about horses and see their beauty in person, not just in a book or on a tv screen.

Experts agree that animals, especially horses, can have a positive impact on kids if introduced at an early age. It can teach them responsibility, kindness, compassion, and inspire them to do more than they once believed they could.

Other ways to give back are by joining a mounted search and rescue team, join a park patrol, or be a trail sweep. All of these jobs give back to the horse community by keeping trails well travelled and inspected, keeping parks regulated, and helping the community during a crisis.

By giving back to the horse community, you are giving back to those that enjoy horses just like you. You also are spreading awareness of the community itself, which is important for the group as a whole to maintain a presence and a voice.

Horses aren't the only ones that can be involved in the Christmas cheer either.

Your mule, donkey, and mini horse can all take part. Mini horses can be perfect for smalls kids and sick patients that want to visit and be more hands on. Donkeys are wonderful for church events and other social meetings. And mules can be the perfect addition to parades during the holidays and working trails for the community.

No matter how you choose to give back, the point is that you decided to at all.

If every person gave back in some way this holiday season, just think of how wonderful a season it could be for everyone. Kindness is contagious, so let's make it spread, from one heart to another, and from one hoof to the next.

## Does Exercising on an Empty Stomach Cause Ulcers?

By The VHN Writing Team



Our horses' bodies go through a very specific chain of events each and every day like clockwork, and those events are the body's way of staying regulated. Their digestive systems are perhaps the most complex of the process, and this process should be considered as he goes about his activities.

Now, when we were kids, we were regularly told to wait to swim or do any big activities after eating, otherwise you'd get a stomachache or cramps. This same thinking seems to have made its way into the logic of horse exercising as well.

A common question from horse owners is whether or not a horse should be fed before exercising.

Experts advise that it is a good idea to feed your horse, at least a small meal before exercising, if they haven't eaten in a few hours.

When horses are in the wild, they will constantly find sources of forage to consume, which means they will have food in their gut at all times. Stomach acid is secreted round the clock in our horse's lower glandular portion. This stomach acid will typically have a buffer layer on top in the form of a "fibrous mat" which is from the forage that they eat. By having this floating on the top of the stomach acid, the likelihood of acid splashing up and damaging the tissue or causing ulcers is reduced. The non-glandular part of the stomach does not produce a protective mucus to prevent this splashing of stomach acid from doing damage.

When we exercise our horse hours after their last meal, their bodies are breaking down the very last of their hay or other feed, leaving their stomach vulnerable to the attack of the stomach acid and the potential for an ulcer to develop.

There are a few things owners can do to keep this from happening.

You can make sure to feed your horse a small bit of hay or a pound of pellets before exercising. This can be done while your grooming him up or getting other things ready.

You can exercise after a main meal so that you can be sure he has enough food in his stomach.

You can also give buffering or coating supplements available to help your horse with creating a barrier against the acid or by reducing the acidity of the stomach acid to begin with. The supplements are very short term, so it won't disrupt any important processes, but it could be enough if your horse has a predisposition for ulcers or you don't have a whole lot of time to let him eat before exercising.

This is also a good time to consider providing a longer lasting forage opportunity for your horse. Slow feeders are a great way to accomplish this and they can be stocked with forage that doesn't have a huge calorie impact as well. So, if your horse is trying to lose weight or you don't want to grow a chunky monkey, you can still provide a barrier for your horse's digestion without giving him more than he needs.

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# The Horses That Came Before Rudolph

By The VHN Writing Team



There is one song that everyone will have heard at least once before the New Year arrives and most of us can plainly hear it without having to actually play it.

“You know Dasher, and Dancer, and Prancer, and Vixen. Comet, and Cupid, and Donner, and Blitzen. But do you recall... the most famous reindeer of all?... Rudolph the red nosed reindeer...”

First, we apologize if you couldn't help but finish it and now have this often repeated holiday tune stuck in your head. We do too. While the song is catchy and has a habit of sticking around well after you're done listening to it, there's more to Santa's reindeer and history than a lot of people think about.

Santa didn't always have reindeer pulling his sleigh like we see in old time cartoons and Christmas cards. He used to ride a single white as snow horse instead of the eight and eventual nine famous reindeer of legend that everyone knows and loves.

Santa is also known as Saint Nicholas. Saint Nicholas was a real person, known as Saint Nicholas of Myra. He is thought to have been born on March 15, 270 AD and died December 6, 343 AD.

He was an early Christian bishop of Greek descent and because of the miracles associated with his time as a bishop, he is also known as Nicholas the Wonderworker.

He was the patron saint of many things, but his legendary habit of secret gift-giving is what gave rise to the traditional model of Santa Claus or Sinterklaas. Sinterklaas is the Dutch legendary figure of Santa and is the patron saint of Children. There are many variations of Saint Nicholas' name in languages.

Sinterklaas or Santa was originally described as riding a white horse and carrying his presents in a giant sack on his back. Even as the legend transformed and Santa got his famous sleigh, reindeer were not what was described as pulling it in the beginning. It was never mentioned in famous writings of the time what actually pulled the sleigh, so everyone just assumed it was a white horse or horses, as that would be natural for the time.

It wasn't until much later in 1821 that a booklet depicted Santa as having a magical reindeer pulling his sleigh over chimney tops and snow.

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Then in the 1823 poem "A Visit from St. Nicholas," also known as "Twas' the Night Before Christmas," Santa is finally given the well known eight reindeer (minus Rudolph) for making his Christmas trek.

Even then without Rudolph, it was still not quite what we know today from modern stories, music, and movies.

The reindeer had some different names than the above song tells, such as Dunder and Blixem, meaning thunder and lightning in the Dutch language.

The names were eventually changed of course when Rudolph the Red nosed Reindeer debuted as a song for the holiday. Personally, we don't think that Dunder and Blixem would catch on quite the same anyway.

Naturally, movies followed the holiday pattern and the days of Santa utilizing a white horse faded with time, except for some traditional Christmas artwork and photos that still remain true to the original tellings.

So there you have it. Originally, Santa was a tried and true horseman, back before Rudolph's glowing nose and the clippity-clop of reindeer on the roof even became an idea.





## Using Caution with Common Herbs in Horse Care

By The VHN Writing Team



The usage of herbal supplements in horses has grown exponentially in the past few decades. For centuries humans have used herbs as a way of treating diseases and pain. The very first medications were all herbs, and much of our modern medicines are often derived from herbal combinations.

They're also much easier to find these days, as you'll see in tack and feed shops. "Natural" treatments for humans and animals alike are becoming all the rage as people wish to stay away from anything synthetic or chemical in their medications.

There's no doubt that many herbs have benefits, for both us and our animals. But as with any kind of medication, whether it's "natural" or not, there are risks.

First, it's important to remember that just because something says it's all natural or herbal doesn't mean it's safe to consume for every person and by extension every animal. Herbs also build up in the body differently and can take time to have an effect.

This is no exception when it comes to our horses.

We've all had a friend or coworker talk about this new supplement they are trying and how great it is, so of course we think we should try it too or give it to our animals if it works so well. It's gotta be worth the try, right?

Not always.

Take substances like castor oil or St. John's wort, for instance. These are commonly used in livestock treatments, but they can be quite toxic for horses in particular. That is why research about every substance, natural or not, should be studied before you add it to your horse's diet.

There are also competition regulations that limit or even ban certain medications or supplements from use in the arena.

Here are some herbs that are becoming more common in horse care:

**1. Echinacea (above):** This plant is pretty well known as it is used in a lot of human supplements for cold remedies and boosting immunity. Echinacea is a flower plant from the daisy family that is found in North America. They are commonly referred to as coneflowers. The reported benefits of Echinacea are that it stimulates immunity cell growth, and sometimes reduces inflammation, kills bacteria, and relieves pain.

While it may be marketed differently, Echinacea has been shown to have no effect on preventing colds, but it may reduce their duration. In horses, Echinacea is thought to possibly increase their athletic performance by increasing red blood cell levels and white blood cell functions. There's conflicting evidence that Echinacea can have an effect on other supplements and medications.

**2. Ginseng:** Ginseng is the root of plants from the Araliaceae family. American, Asian, and Siberian ginseng are typically used in equine supplements. Ginseng supplements are marketed as a performance enhancer and stress reducer in horses.

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There is no evidence supporting exact dosage of ginseng in horses, so it's impossible to know what is a safe dosage, regardless of a specific brands recommendations.

**3. Garlic:** Garlic is a member of the onion family, and most is grown in China. It's one of the main herbs used in the horse industry, as it's used for pest control and is thought to be a more natural antibiotic because of its ability to kill bacteria. When it's fed in too large amounts to horses it can be toxic and cause damage to red blood cells. Some owners believe that garlic can be a natural dewormer, but it can actually lead to an increased risk of parasites.

**4. Evening Primrose Oil:** This plant is native to North America and produces flowers that bloom in the evening, hence the name. The oil is extracted from the seeds. This oil is said to help with eczema, arthritis, PMS, and menopause.

In horses it's thought to help with a horse's skin, coat, and their hooves. Studies have not confirmed any real benefits. The oil, however, can cause upset stomach, nausea, and diarrhea in people, and dosing instruction has not been calculated for horses.

**5. Rose hip:** Rose hips are the seed pods of roses, which are tiny fruits left behind after the bloom died and the petals fall off. Many people eat these as they are a source of vitamin C.

Most horses do not need vitamin C supplementation as it's naturally produce in the horse's liver. It has been reported to potentially increase antioxidant levels in horses, but in people it can cause stomach pain and heartburn. There's no official dosing for this supplement in horses.

**6. Valerian:** Native to Europe and Asia, it has been naturalized in North America. It's often used in teas, as well as supplements. It's meant to be a stress reducer and reduce insomnia as well. It's sold in the horse world as a calming agent but isn't supposed to affect performance. This supplement is banned by the FEI and the United States Equestrian Federation.

**7. Ginger:** This plant is often used in cooking as well as supplementation. It's comes from Southeast Asia. The supplement is meant to help with stomach upset and nausea. Ginger is given to horses to help in post exercise recovery, but it's speculated that the same properties that help with this recovery can also cause gastrointestinal inflammation. If a horse has gastric ulcers, this can mean trouble.

**8. Yucca:** Not to be confused with Yuca, spelled with a double "c", Yucca is an ornamental desert shrub which is thought to have anti-inflammatory properties in supplementation. It may have anti-spasmodic and anti-arthritic properties too. There is no real evidence about it safety or efficacy in horses, so it's impossible to say how much a horse should be given.

There are many more herbal supplements for horses, especially blends of multiple kinds that help with a range of problems.

While herbs are not inherently bad for horses, many have not been properly studied for routine use in our equines, which means that it's up to every owner to research what each individual herb does and just how much their horse is actually getting.

## The Donkey Cross: A Mark of Faith

By The VHN Writing Team



Perhaps one of the greatest things about the world of equines is that it is full of so many different varieties. All kinds of shapes, sizes, and colors make up the equine animals we know and love, like horses, mules, donkeys, and more. And each one of those different varieties has its own story.

The donkey is one such animal.

Donkeys are very unique equines. They are loyal, steadfast, brave, and hearty creatures, coming in all different statures, such as the ever adorable miniature donkey. They also come in all kinds of colors too. There's the classic gray donkey, the dark brown donkey, black donkey, white donkey, tan donkey, and even the tri-color spotted donkey. They come from different parts of the world too.

They can also have different hair types and lengths, with shorter hair or long, shaggy hair.

While there are all kinds of donkey appearance mixtures to be found thanks to breeding, there is one thing that remains true for each and every donkey: they bare a cross on their backs.

Yes, this does have roots in biblical legend. But it's more than just a saying or a link to a story. It's an attribute that you can see with your very eyes.

This marking is a stark, cross shape that can be found on all donkeys backs regardless of their color. If you were to shave a black or dark brown donkey to reveal what's underneath, you would still find the cross on their back, colored in their very skin.



This cross consists of two dark lines, one going straight down the donkey's back and the other crosses over perpendicular on their shoulders. This dark cross shaped pattern is often termed "the shadow of the cross."

This term is where the symbolism of the shape begins in biblical stories.

Donkeys are very special animals in relation to faith and religious holidays, like Christmas. It was a donkey that carried Mary to Bethlehem where she would later give birth to Jesus. Most nativity scene depictions will show a donkey in the barn, laying alongside the manger where the baby sleeps.

A donkey was also the animal that carried Jesus to Jerusalem on Palm Sunday. This Easter telling is exactly where the legend of the cross shape originates.

According to John 19:20, Jesus was crucified on Mount Calvary. The donkey that had served Jesus on his journey could not bear to leave him in his time of need and suffering. After his crucifixion, the donkey couldn't stand the site of Jesus fate, and turned himself away from the cross, wishing all the while that he had been able to carry the cross in his shepherd's place. He still would not leave Jesus side, instead he remained standing as the sun crossed the sky beyond the hill, and the shadow from the crucifix settled perfectly across the animal's back.

The shadow branded the donkey from that day forward, and all of his descendants bore the cross in recognition of that day. It is said that God placed the cross permanently on the donkey's back as a reward for his faithfulness.

This is where the terming of the shadow of the cross comes from, and why so many value donkeys in a hugely spiritual and symbolic way. They are connected with faith, which is a fitting example for a donkey as most will say that once a donkey loves and befriends you, they are loyal until the end.



Donkey owners often tell that when a donkey loses a beloved animal friend, the donkey will stand in the spot where the friend passed, sometimes for hours.

No matter your faith or beliefs, the story and its connection to these equines is quite chilling and yet also a beautiful concept of faith and loyalty to embody this holiday, as we all celebrate Christmas and other religious holidays with our loved ones.



## Knowing the Lingo: Equestrian Terminology

By The VHN Writing Team



According to google, there are currently over 7,000 languages spoken in the world today. And those are only the ones that we know of and have been able to tally for research. From those over 7,000 there are only a handful that make up the majority of languages spoken most often. Languages like Spanish, Mandarin, German, French, Russian, and of course, English.

If you have ever tried to listen and understand a language that you do not actually speak, it can feel like a complete mystery in regards to what the conversation is even about, as each language tends to have its own rules and separation between proper speech and slang.

And what can make language even more tricky is that many terms are often borrowed from others. For instance, the word carousel is a great example. In English and more specifically North America, everyone knows the word carousel as a term for a merry-go-round. In British English, it is a round-about and in Australian English, it is a hurdy-gurdy. But the actual word Carousel comes from the mid 17th century. Its origins are French, Italian, and Spanish, all correlating with the meaning of “little battle.”

So, while we have many words in English that we automatically know, there are many with roots in other languages and with different meanings or connotations altogether.

As language can be a tricky and complex system, it only makes sense that the terms we use on a daily basis might seem completely obvious to us, and yet completely foreign to others. For example, in the horse world, we have many terms for different aspects of this lifestyle.

While words like hackamore, topline, crow hopping, and conformation are well understood by seasoned horse people, in the beginning, everyone brand new to horses would be scratching their heads.

Whether you are just starting out, or have been a horse enthusiast for decades, here is a list of some Equestrian Terminology that we all should know.

**Aids:** Natural aids are the use of your hands, feet, legs, weight, seat, and voice to control your horse. Artificial aids are things like spurs and whips, used in conjunction with natural aids.

**Barefoot:** When a horse is not wearing shoes.

**Barrel:** The barrel is the torso area of the horse, where the main internal organs are protected in the area of the ribcage.

**Barn Sour:** When a horse dislikes leaving his stall/ barn or the other horses in the barn.

**Billets:** The straps that connect the girth to the saddle on English tack.

**Cannon Bone:** This bone is found in the horse’s leg and is basically the “calf area” of the horse’s leg as compared to our own. There is a cannon bone in each leg between the knee and ankle.

**Cantle:** The angled posterior part of a saddle that curves upward at the back of the seat.

**Cinch:** This is the Western term for a girth. They both keep the saddle on the horse’s back.

**Cinchy:** A slang term used when a horse becomes upset at having a girth or cinch tightened. This can also be called “Girthy.”

**Cloverleaf:** This is the three-barrel pattern that barrel racers use, it resembles a clover leaf as the horse turns about each barrel.

**Conformation:** This term refers to how a horse is built. When a horse has good conformation, he has a well-proportioned body that is even with no faults.

**Coronet:** The coronet is a layer of skin that goes around the top of the hoof. This is the area where the hoof itself grows from.

**Cow Hocked:** When a horse’s hocks bend in and the back feet turn or splay outward.

**Crest:** This is the area at the top of the neck that can be muscled, fatty, or a combination of both. The mane grows from the crest and can be an indicator of health and overall body condition.

**Croup:** This area is from the highest point of the horse’s backside all the way to the dock or top of the horse’s tail. It’s also known as the rump.

**Crow Hopping:** When a horse jumps up and down with this front feet, like a small rear.

**Diagonal:** This is the “beat” that you post to when trotting, and the correct diagonal is when the beat rises and falls with the horse’s shoulder that’s on the outside. When that leg reaches forward, that is the “correct diagonal”.

**Dock:** The dock is the start of the tail where the actual vertebrae branch off from the body.

**Equitation:** The is the “art of riding.” There are judged classes for equitation where proper form, control, and use of aids is applied.

**Fetlock:** This is the ankle bone of the horse, where the cannon bone and the pastern meet.

**Flank:** The area on a horse’s sides between his rib cage and hind quarters.

**Flying Lead Change:** When the horse changes his canter lead in the middle of a canter stride.

**Forehand:** Refers to how the horse carries himself on his front legs and front portion of his body.

**Forging:** When a horse’s back foot steps forward and clips the matching front hoof before it has left the ground, often resulting in a metallic ring from shoes connecting, pulled shoes, and cut up heels.

**Founder:** Also known as laminitis, this is a serious disease that affects a horse’s hooves due to diet.

**Girth:** The English term for the strap that attaches on one side of the saddle, goes under the horse’s barrel, and attaches to the other side.

**Hackamore:** This is a type of bitless bridle, where the controlling pressure comes from the noseband.

**Hard Mouthed:** When a horse resists or refuses the direction of the bit.

**Haunches:** Refers to the back portion of the horse and how his back legs carry.

**Head Shy:** A horse that doesn’t like to have his head messed with.

**Hock:** The large, angled joint that is halfway up a horse’s hind leg. It’s similar to our elbow and other animals, like dogs, have them.

**Latigo Strap:** This strap is found on the left side of a Western saddle and secures the cinch up when tightened.

**Longe:** Working a horse on a long line, around 30 feet or more, in a circular pattern with you standing in the center.

**Mouthy:** When a horse uses his mouth and/or teeth in a displeasing way, like chewing and biting. This can also be used in English riding, where a rider’s hands are too busy or “noisy” with their reins.

**Near Side:** The left side of the horse where most of the handling, tacking, and mounting is done from.

**Off side:** The right side of the horse.

**Pastern:** The area between the fetlock (ankle bone) and the hoof.

**Poll:** Part of the horse’s neck right behind his ears.

**Pommel:** The anterior part of the saddle that usually arches upward. A western saddle has a horn on the pommel.

**Sound:** When a horse has an even, well placed gait. If a horse’s gate is uneven, he is then considered unsound, or lame.

**Topline:** The withers, back, and croup, where a body condition score can be evaluated.

**Throatlatch:** This strap on a bridle goes around the horse’s jaw and buckles on the other side, helping to keep the bridle in place.

# Local Equine Assistance Network



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## Quick List of Christmas Presents for Your Horse

by The VHN Writing Team



Everyone deserves a present on Christmas, and our equine buddies are no exception. While you might have some great ideas for human presents, what exactly do you get your horse for Christmas? Here are some great ideas for Christmas morning goodies:

1. Favorite treats – like molasses cookies, apples, and carrots.
2. A new toy – try getting a large bouncy ball or even a boredom toy with treats
3. A new blanket – just as we love getting fuzzy socks or a new blanket ourselves, your horse would probably enjoy a new fuzzy and snazzy blanket to wear.
4. Brushes of all shapes and sizes – nothing compares to a Christmas morning grooming, so try investing in a new brush for scratches and maybe some new coat spray.
5. A play date with their favorite buddy (besides you) – set up a double riding date with a friend and your horse's buddy for a fun Christmas time tradition.
6. Snow- if you have the means, try letting your horse play in the snow, as many of them enjoy it especially that very first time.
7. A new halter – if there's one thing that ends up wearing out from use, it's your horse's halter.
8. Fly mask – similar to the halter wearing out, your horse's fly mask has probably seen better days.
9. Shavings or sand – we all love a cozy bed in the wintertime and so does your horse.
10. Old fashioned turnout or pasture time – While you might not have a gift for your horse per se, you could stick with a Christmas visit filled with a good run around the arena and even some pasture time to stretch his legs and visit.





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Equine Event Management would like to wish everyone a happy holiday season and a joyous New Year!



Thank you sponsors for your continued support!



### The Barn Cat

By Anna Dunstone

A haughty attitude she has  
But no one dares complain  
For if she left, no one could keep  
The mice out of the grain  
The humans must pretend she reigns  
And give her praise to wield  
Perhaps she does have sovereignty  
Over the barn and fields  
She lacks a crown, save for her ears  
Notched from her years of fights  
She never goes into the house  
But still demands the rights  
Her fur is less a royal robe than  
Armor worn with pride  
And it's her world that she gives us  
Permission to abide  
She seldom ever permits touch  
Or walks too closely by  
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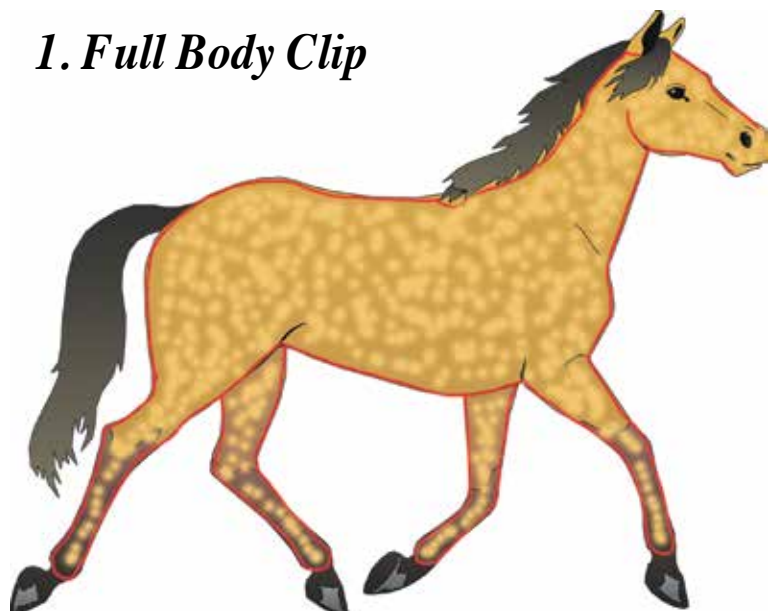
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# Common Horse Body Clipping Patterns



## 1. Full Body Clip



The horse's whole body, including the face, legs, belly, and saddle area are clipped. This clip is best for a horse that will be doing heavy workouts throughout the entire winter season and will need extreme cooling down often.

## 2. Hunter Body Clip



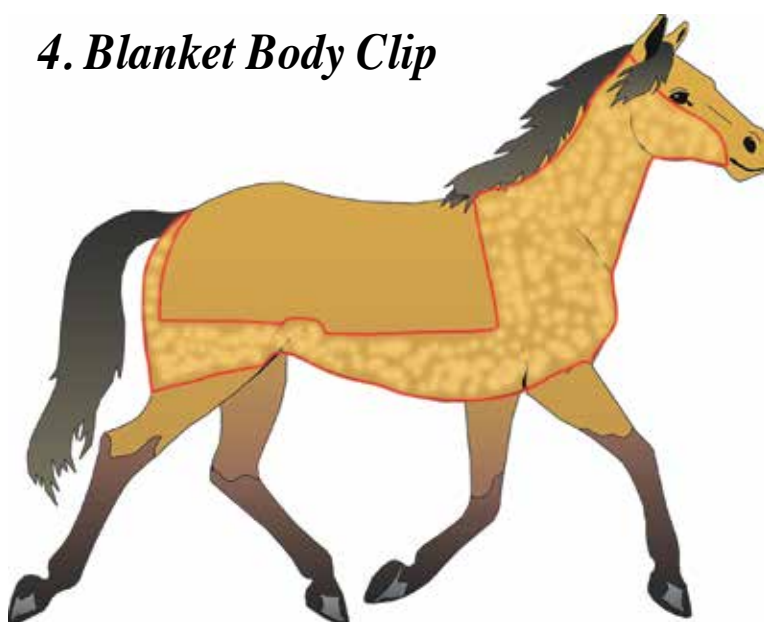
The entire body is clipped except for the legs and the area where the saddle will rest. This is suitable for horses performing medium to hard work in the cold.

## 3. Irish Body Clip



Hair from the eyes down, the front of the neck, chest, and the lower sides and underneath of the belly are clipped. This is best for horses doing light to medium work.

## 4. Blanket Body Clip



The hair from the head below the eyes, the whole neck, chest, belly, and flanks is clipped. Hair is left on the front of the face, legs, and in a partial sheet on the rump and back. This is best for medium work.

## 5. Trace Body Clip



Much like the blanket clip, hair is removed from only the front of the neck, the chest, belly, and lower side quarters all the way back. This cut can be modified in placement and is best for horses in light to medium work.

## 6. Strip Body Clip



This body clip leaves most hair in tact, except for a strip of hair removed at the very front of the neck, down the center of the chest, and underneath to the belly all way back to the horses comfort level. This clip is best for light work.

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*- Dr. Seuss*

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# DECEMBER 2021 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VALLEY HORSE NEWS DEADLINE</b> <b>15th of EVERY MONTH</b> <b>valleyhorsenews@gmail.com</b>				2	3	4
5	6	7	8	9	10	11
12	<b>13</b> <b>APACHE LAND APPALOOSA CLUB</b> Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	<b>14</b> <b>NSHA GENERAL MEETING</b> 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 <b>POSS GENERAL MEETING</b> 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	<b>15</b> <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	16	17	18
19	20	<b>21</b> <b>SSPHC MONTHLY MEETING</b> 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	<b>22</b> <b>LVHA GENERAL MEETING.</b> 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@aol.com	23	24	25
26	<b>27</b> <b>S. NV REGIONAL TRAILS</b> 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	28	29	30	31	

# JANUARY 2022 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*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>						1
2	3	4	5	6	7	<b>8</b> <b>SNGA Horsemen's Park</b> <a href="http://www.snga.biz">http://www.snga.biz</a>
<b>9</b> <b>SNGA Horsemen's Park</b> <a href="http://www.snga.biz">http://www.snga.biz</a>	<b>10</b> <b>APACHE LAND APPALOOSA CLUB</b> Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	<b>11</b> <b>NSHAV GENERAL MEETING</b> 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 <b>POSS GENERAL MEETING</b> 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	<b>12</b> <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	13	14	15
16	17	<b>18</b> <b>SSPHC MONTHLY MEETING</b> 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	<b>19</b> <b>LVHA GENERAL MEETING.</b> 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@aol.com	20	21	<b>22</b> <b>LVGA Henderson Saddle Association</b> <a href="http://www.lasvegasmkhanaassociation.com">www.lasvegasmkhanaassociation.com</a>
23	24	25	26	27	28	29
30	<b>31</b> <b>S. NV REGIONAL TRAILS</b> 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com					



# 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. 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, PAHRUMP ~

Terri Gamboa  
702-528-5473



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



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



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



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

**Excellent Land Lenders - 80% Financing!!**



# Call Terri Gamboa (702) 528-5473



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



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, SE -**

**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



10375 Gilespe St. 1 Acre Equestrian Prop. 2,436sqft/4 Bed Ranch Style House. Gorgeous Pool. Completely Upgraded. 6 Stall Barn, Tack Rm, Wash Rack, Arena, Round Pen \$949,000



424 N Kiel St. Fantastic Equest. prop. w/ Top of line horse amenities. 1,800sqft + 600sqft of separate living space. \$250k spent on horse accomm. Roomy stalls, trail riding right from property \$625K



1A Torrey Pines & Buckskin. Almost 1 Acre in the NW. Build Your Dream Home on this Corner Lot. Water Main Installed, Power Right at Corner of Property. Quiet Location. \$235,000

**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](http://www.TerriGamboa.com)



# Terri Gamboa Team



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

Cindy Parker  
702-528-1048

Sommer McDaniel  
702-370-2404

*~ NW & NW by Floyd Lamb ~*

Terri Gamboa  
702-528-5473



7380 Elkhorn Rd. Completely remodeled custom home with beautiful finishes on .41 acres with pool, 4bed, RV hookups, horse permitted. \$808,000



7077 Mustang St. 1.14 Acre Horse Prop. 4 Bedrm, Contemporary Finishes. 8 Stall Mare Motel, 155' X 95' Lighted & Watered Arena, 50' Round Pen, Tack/Feed Rms, Wash Racks, Hay Storage \$749K



6380 Maggie Ave. 2+ Acre Horse Prop in NW W/ Pool & Casita. Potential 25 Horse Boarding Facility. Adjacent to FLP. 12 Stall Barn, 12x12 Stalls W/ Runs, 4 Add. Corrals, 3 Tack Rms, Arena, Round Pen \$1,490,000



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

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

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



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

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