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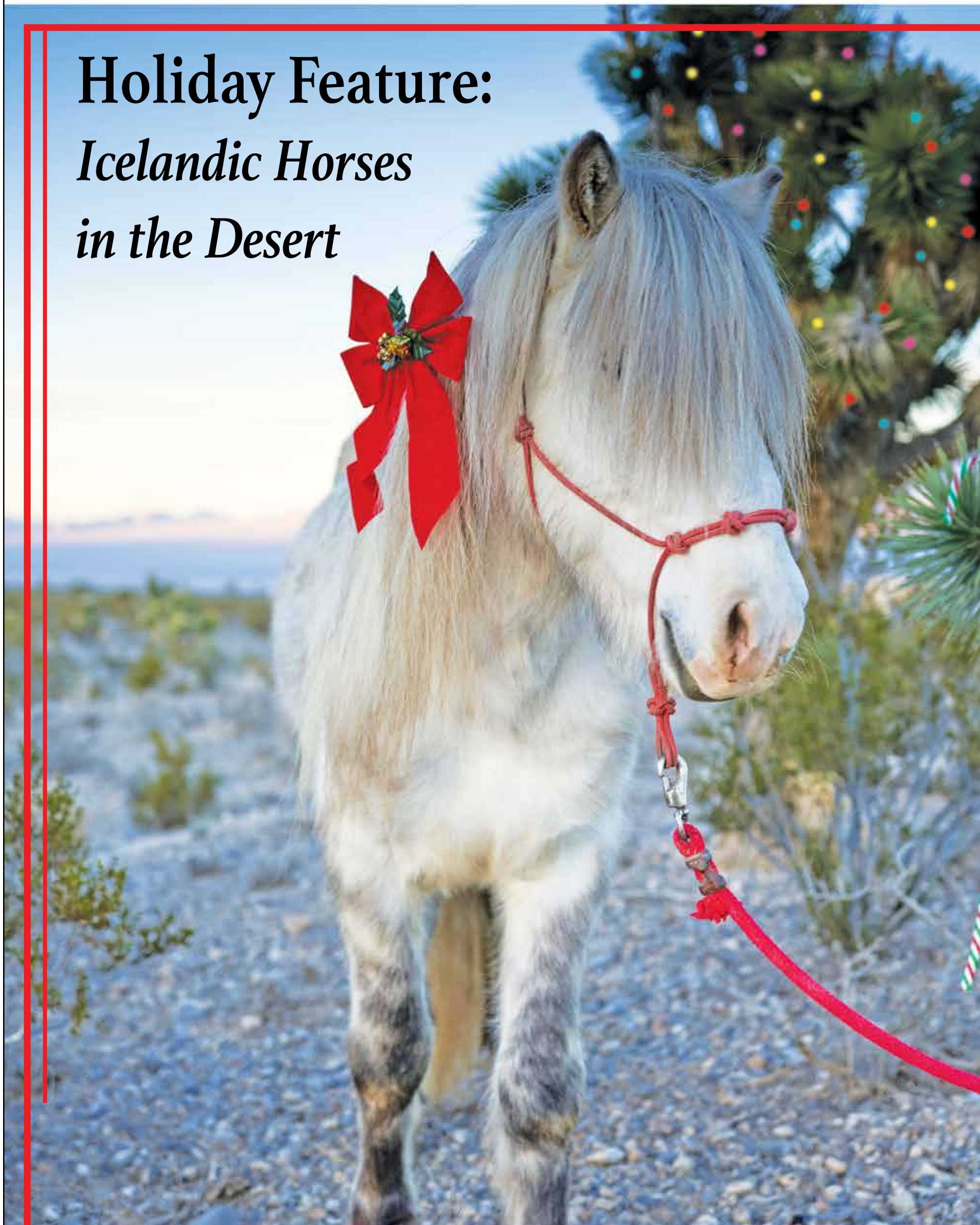
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THOUGHT OF THE MONTH:

**Merry Christmas!**

## Cold Weather Exercising Safety

By The VHN Writing Team



Ready or not, the cold weather is officially here. With the approach of the winter season on December 21st, now is the time to prepare for the blast of chilly weather as the seasons change. The temperatures are already dropping rapidly and your horse is sporting his new winter coat.

As the weather gets even colder and our horses get fuzzier, it's important to adjust exercising guidelines so that our horses remain healthy as their bodies acclimate.

While cooler weather is enjoyable for us desert dwellers, it can be easy to underestimate its affect on our equines, particularly when they work out.

The first thing to keep in mind is that rapidly cooling weather can mean stiffer muscles and joints in our horses. This can be particularly evident in older horses as they may exhibit some mild lameness signs with the cold. To mitigate this tendency, you should always warm up your horse for his exercise. Throwing your horse into intense arena time under saddle can be really detrimental to his bone and muscle health. Slowly building up to a more intense workout will allow his muscles to stretch and ready themselves for the job.

With all of that winter hair, our horses will go through the traditional cold weather fuzzy phase and all that hair means sweat that gets locked in as well as dirt accumulating much easier. Depending on the intensity of your horse's workout, you could be looking at a horse that is dripping with sweat come finishing.

Always cool down your horse after a workout, as upon finishing, the cold will quickly zap his body heat with all of that moisture. You should also be sure he's nice and clean and dry before blanketing. If you body clip your horse, it can be beneficial in reducing too much sweat during a workout, but he will also need to be blanketed appropriately.

Just as you should pay attention to your horse's coat and sweating habits during the winter, you should also pay attention to his feet. Winter can be a harsh time for footing, as the ground can get harder, wetter, and icier. Slipping can be a serious risk for injuries while on a ride, so double check all riding areas for any slick spots that may have frozen over night. Winter is also very dry time, so your horse's hooves will need some extra maintenance.

Studies are still being done on the effects of very cold weather on a horse's lungs. While nothing has been confirmed, if you believe that the weather is too cold to exercise, always err on the side of caution. If your horse isn't used to heavy exercise, a very chilly day is not the time to experiment, as the constant huffing and puffing of extremely cold air into an out of shape horse's lungs can create problems.

In essence, always pay attention to your horse's warm up and cool down routine, his coat thickness and care, the footing that you ride on in the cold, and any special maintenance to keep your horse comfortable and healthy this winter.



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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 decent 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.

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.



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## • Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

### “Grilled Teriyaki Prawns with Asparagus and Coconut Rice”

**Prep Time: 15 m Cook Time: 23 m Servings: 4**

#### Ingredients:

1 1/2 cups uncooked jasmine rice  
 1 (14 ounce) can coconut milk  
 1 1/4 cups water  
 1 1/2 teaspoons sea salt, divided  
 1 1/4 pounds large white prawns, peeled and deveined  
 1/2 cup teriyaki sauce (such as Mr. Yoshida's®)  
 1 pound fresh asparagus, trimmed  
 1 tablespoon sesame oil  
 freshly ground black pepper to taste  
 4 scallions, thinly sliced  
 2 tablespoons toasted sesame seeds  
 2 tablespoons teriyaki sauce (such as Mr. Yoshida's®)

#### Directions:

Preheat an outdoor grill for high heat and lightly oil the grate.

Rinse rice in cold water until water runs clear. Drain and combine with coconut milk, water, and 1 teaspoon salt in a pot and bring to a boil over high heat. Cover; reduce heat to low and simmer until tender, about 12 minutes. Fluff rice with a fork.

Mix prawns and 1/2 cup teriyaki sauce together in a bowl until well coated.

Toss asparagus with remaining 1/2 teaspoon salt, sesame oil, and black pepper. Lay on 1 side of the grill; cook until tender, about 3 minutes. Flip. Add prawns to the other side of the grill. Grill shrimp until opaque and asparagus is lightly browned, 3 to 4 minutes more. Transfer to a platter.

Divide the rice between 4 plates. Top with prawns and asparagus. Sprinkle scallions and sesame seeds on top. Drizzle 2 tablespoons teriyaki sauce on top.



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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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## Caring for the Aging Mule and Donkey

By The VHN Writing Team



Ask just about any equine enthusiast what the best thing about donkeys and mules is and they will probably give you this answer: their hardiness.

Yes, donkeys and mules are renowned for their hardiness and how well they keep, even compared to horses. It seems like they can handle just about any ailment and any terrain. This quality is both a benefit to them, and yet can also be a detriment. This detriment usually comes with age.

While it's great that donkeys and mules are such great keepers and seem to weather all kinds of issues, it's key to remember that just as horses need specialty care with age, so do these animals as well. But that importance tends to get swept under the rug.

A donkey or mule that is getting up there in age may retain their same plucky and sturdy nature as when they were young. But just as many other sturdy animals can mask their issues, it's a quality that donkeys and mules can take into their later years.

By masking their pain, we can often times see it as their easy keeping nature rather than a true problem. For owners, it's imperative to remember that while these two animals might be easier to take care of in some respects, that doesn't mean they will stay that way or that issues will be easy to recognize.

Donkeys and mules are known for their hardiness and sturdiness, but also more so for their longevity. Perhaps that's where the saying "long in the ears" comes from when referring to an aging equine. Donkeys and mules tend to age very well and are assumed to live extra long lives in comparison. But experts are quick to warn that this is not really the case.

Horses will always have a peak retirement age, and so do mules and donkeys. Most donkeys, while great workers, are looking at a typical retirement age of around 20 years give or take. If a donkey is thriving and truly has no issues with a vet's okay, they can keep working or doing lighter work as they grow older. At 20 years, a donkey is officially considered to be going into their older years, even with stories of donkeys living as much as 50 years, though experts will say this number must be a myth.

Donkeys tend to be more resistant to certain diseases and ailments, compared to horses. They are less likely to deal with serious parasitic infections, for example. But donkeys are prone to other ailments, like dental diseases, hoof problems, and metabolic issues. These problems often go unrecognized because of their famous easy keeping reputation.

Farriers and dentists urge donkey and mule owners that they need just as many routine appointments as horses do, and that owners should not fall prey to the classic thinking that they don't need to do it simply because the animal is a donkey rather than a horse.

Part of this thinking can also be contributed to donkeys not being used in the same manner as horses, with being ridden or having bits in their mouths. This leads owners to believe that their feet and teeth don't receive as much wear and tear, but that doesn't mean a donkey should go without checkups.

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Dental disease is very prevalent in donkeys because of this thinking and may be why they are actually more prone to this disease. Donkeys also tend to be over fed because of their work type and body proportions, making the dental hit two fold. It's even thought that every aging donkey will experience severe dental disease, which can worsen without strict care.

Donkeys also fall prey to the image of naturally being sway backed. But topline and body conformation are just as important in donkeys and mules as in horses. Regular exercise can help maintain the classic donkey belly and prevent it from weighing down their backs and sinking their topline. And eating like a donkey shouldn't mean gorging themselves, as because of their size and natural history, donkeys were designed to eat less. In fact, a donkey should eat a third less in calories than a pony of the exact same size.

The tendency to overfeed a pudgy donkey worsens many of their top ailments.

This also leads to a prevalence of laminitis in donkeys, and it tends to go unnoticed until treatment has little to no effect.

All of these issues can become compounded in cold weather. Owners tend to exercise less and feed more in the winter, and donkeys can have a more difficult time with the cold as they naturally aren't biologically designed to handle it.

Common mistakes in donkey care include:

Little to no exercise, late retirement, bad dental health, few farrier visits, overeating, less exercise with age, bad understanding of pain signals, unprepared for cold weather.

For any donkey or mule owner, the best thing to be done is to replicate the same care you would give your horse. Keep up with appointments, and understand the subtle signs of pain in your animal. Ample maintenance for every aspect of their care, like exercise, diet, dental and hoof health, etc. will all help a donkey or mule to actually live life to the fullest and keep an animal that's "long in the ears" thriving and happy.

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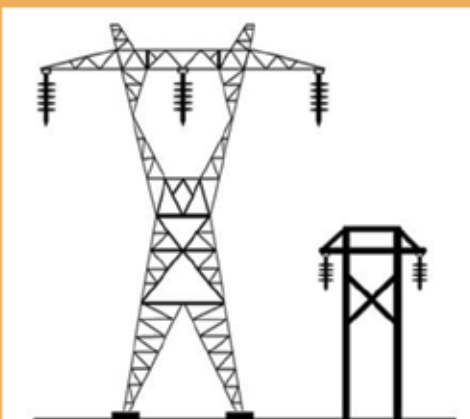
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## Candy Canes and Horses

By The VHN Writing Team



Our horses can be extremely entertaining creatures, particularly when they've convinced themselves that they want, or better yet, really need something. And most often that need has to do with sharing food.

If you've ever eaten say a sandwich, an apple, or truly any type of food in front of your horse, you've probably noticed that they try to get your attention. They'll stretch out their necks, pucker their lips, and ham it up with goo goo eyes to try to convince you that they should get a taste. They may even knicker and drool a bit in the process.

Sometimes sharing what you have isn't a big deal, say in the case of an apple. It's healthy for both of you. Other times, we know that they cannot enjoy even a nibble of what we're having, like a chocolate chip cookie or fast food.

Now is the time of year when sugary treats abound, including the striped and sugary candy cane. A lot of horse owners already give peppermints to their equines, so a candy cane or similar is no big deal, right?

It depends.

Original candy canes are just like peppermints with the normal flavor. When getting some for your horse, first be aware that there are many, many flavors of candy canes these days. There are chocolate flavors, fruity flavors, spicy flavors, strange and somewhat gross flavors and more.

These other flavors are definitely a no go for your horse, as they have extra ingredients that your horse shouldn't consume and tend to have a lot of extra sugar in them.

If you decide to indulge your horse with some peppermints or festive candy canes, consider how much sugar is in each piece. It might not seem like it, but it can be quite a bit when you add up how many your horse can easily consume.

Some equines can be also very sensitive to sugar, like those with insulin intolerance, or other dietary restrictions. The sugar found in peppermints and candy canes directly contributes to the creation of fat in your horse's body. So, if your horse needs to lose some pounds or easily gains weight, you might opt for a different treat.

If your horse seems to have trouble with new treats or has a sensitive tummy, a different snack might be a good idea. Or you can try a different kind of peppermint.

Peppermints now come in low sugar and sugar free varieties that your horse can enjoy. Always check to see the full list of ingredients in any treat you give your horse, as they may be safe for humans to consume but can instead make your horse sick. Some will have sugar variants that are "low calorie" for humans but dangerous for animals.

Peppermint has been shown in people to help with nausea and stomach pains. It's not known whether it has the same helpful qualities in horses or other animals, but a small amount can be tested to see if they are compatible with your horse.

Whether you get candy canes that are low in sugar or original, make sure to break the candy canes up from their hooked shape to avoid any injuries or choking accidents. This way, your horse can enjoy without potentially getting a large and pokey piece stuck somewhere that requires a vet call.

With any type of treat you give your buddy, moderation will always be key. They may beg and beg for them, but portion size and frequency should be monitored to ensure that the holidays stay satisfying, healthy, and safe.

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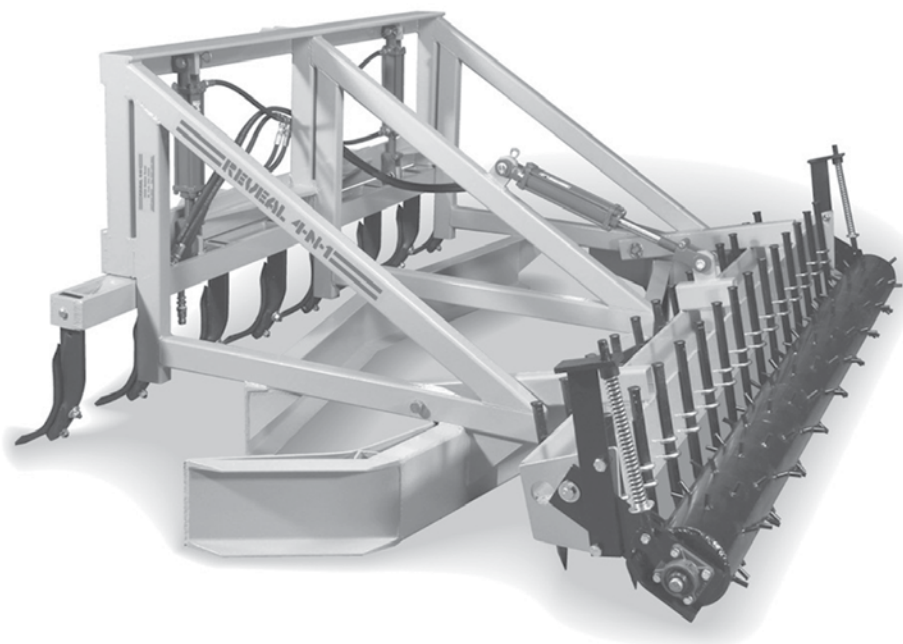
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## Icelandic Horses in the Desert

By Lorraine Zenka

Photography by Andreas Preuss



At the same, their willingness to move forward at any speed appeals to the intermediate and advanced riders. Some Icelandic owners will tell you that this horse's personality is closer to a companion dog than a horse!

That's how a local, Terry Davis, owner of Kyle Canyon Ranch, felt when he imported the first of his Icelandic horse named Icy, in 2018. "They're just great horses. Really very sociable," he says.

Since 2018, Davis has imported a total of 27 horses from Iceland. In addition, five more were born on the ranch and are now four months to one year of age. The oldest is about to enter a training program. Others are perfect lesson horses for children and adults. Some of the Icelandics were sold to riders and breeders in other states.

Iceland is rugged and historically volcanic, with mountains and rocky terrain. Comparatively, the desert landscape isn't so bad, and it offers the horses some familiar ground.

But what about the hot climate?

Davis points out that Icelandics arrived at his ranch in fall, winter, and spring and none have had any issues. "They do well, just like any horse that comes from Canada, the mid-west, or another cold climate. People learn to adjust to Vegas weather too. It's just a natural thing."

At the ranch, one boarding couple now has four Icelandic horses - one for each member of the family. It's a great place to raise kids, and these horses are the right size for them. And they can easily carry the over-six-foot dad. His latest horse, Viking, is currently an easy-to-ride stallion but will be trained to pull a cart too.

The Icelandic is versatile. They are commonly used for pleasure riding, harness and gaited races, and multi-event horse shows.

And, yes, they appear to glide. An Icelandic horse has four natural gaits: walk, trot, canter and tolt. Tolt is unique to the Icelandic breed. It's a four-beat gait during which the horse's hind legs move well under the horse's body.

This natural gait is smooth at various speeds, from a graceful, collected slow tolt to a very fast, extended one - faster than some other breeds canter.

Add to that, some Icelandics have a fifth gear, the skeid, or flying pace, a two-beat lateral gait. At racing speeds, horses can perform the skeid close to 30 mph. The tolt can sometimes reach that speed and more.

But what about the roundup? Not yet. The women continue:

The Icelandic is unique in yet another way. Truly a horse of a different color, it's the most colorful breed in the world, with 40 different colors and 100 variations. In addition to colors familiar to us all, Icelandics bring "silver dapples" to the palette. Silver dapples come in black, blue roan, buckskin roan, bay dun, and in those colors, usually have a light mane and tail.

Driving through the desert on the way to Mt. Charleston, it's not unusual to see wildlife - eagles and hawks above, burros, coyotes, rabbits, ground hogs, and more critters below. And horses being ridden too. You'll see riders cantering their horses, walking their horses and - wait! What's going on there?

A horseless person gliding along smoother than in an ATV? Then the landscape rises, and you see he's riding a horse. A small, fat horse, a pony? Now you're really confused. How can it go so fast while carrying that hefty guy? There's no way to ask, so you drive on.

Weeks later at the local pub, you hear some people talking about Icelandic horses... whatever they are!

The women are horse people. Look at how dirty their jeans and boots are with desert dust and other stuff. Yuck. They've been around a stable for sure. One is talking about going to attend a roundup in Iceland. Okay, curiosity takes over and the threesome is willing to explain everything about the breed.

First, they're not ponies. They're not, and in Iceland to call them that marks you as a tourist and your misnomer is as near an insult as you can get. Got it. What about the roundup?

Nope. They're determined to tell the full story of the breed.

Icelandics horses are sure-footed, strong, and willing. And these darlings are wonderfully friendly. They stand at an average of 12 to 14.2 hands on heavy-boned legs and weigh a stocky 730 to 840 lbs. They can carry up to 22% of their weight.

What are (almost) North Pole horses doing in Vegas?

The women point out that people were going stir-crazy in their homes during the pandemic. Some adopted cats and dogs; others bought horses to get them into the open air, and easily more than six feet apart from each other.

They sing the praises of the breed. Icelandics' consistently kind attitude, shorter stature and smooth gaits and are perfect for a beginner or child.

The rarest pigment in this breed is the color-changing roan that shows its roan coat in the summer and winter. In spring and autumn, the middle layer of their coat has no color, therefore, is white.

In addition to all the qualities already mentioned, the Icelandic is curious and intelligent. They are also more independent than other breeds. That trait is likely because most of them spend their summer months and sometimes half a year in free-roaming herds with little if any human contact.

Ah-ha! The roundup.

A “round up” here in Nevada involves BLM helicopters chasing terrorized wild horses to holding pens before they’re sent to slaughter. A chilling reality.

In Iceland, the biggest roundup is a festive event as the now almost-wild horses are brought down from the mountains. During the last weekend of every September in Hjaltadalur the horses are rounded up at dawn. Literally, hundreds of them gallop to the many linked corrals below where 3,000 guests – tourists and mostly locals - have gathered. They’re drinking coffee and Icelandic liquor, eating donuts and dried fish.

With so many horses, imagine the number of owners who rush into the oversized herd to find their own. Some are on horseback; some just grab their horse by the mane and maneuver it to the right corral! Eventually, what appears to be massive mayhem ends with owners loading trailers and heading home. They return in the evening for a lively dance party to celebrate having their horses home for the winter when young horses, 3 to 5 years of age, are in training and started under saddle. Icelandics, like other gaited breeds, are not “trained” to gait.

Anyone who says that any gait beyond walk-trot-canter is unnatural is wrong. Archeologists found distinct hoof prints dated over 3.5 million years ago set in permanent imprints in Tanzania. The tracks depicted a distinct equine footfall pattern that is almost identical to the running walk of some gaited horses of today. To survive, the early horses adapted to cover harsh terrain quickly and with minimum effort. It should be no surprise that Icelandic horses are able to easily adapt to Las Vegas heat and desert terrain.

Horses were domesticated about 6,000 years ago. Initially, People hunted them for their meat. Eventually, they were captured and bred in that region. About 1,350 B.C. in Rome horses were trained to drive chariots. Later, the smaller, sturdy horses traveled well on Viking ships and Spanish galleons as soldiers explored and conquered. Moors, Mongols, and Crusaders brought them overland. Nomadic people selected a horse’s most useful qualities: strength, endurance, size, and a comfortable gait that benefited both horses and riders traveling great distances. It’s generally accepted that the Vikings who plundered parts of England brought the gaited horse to Iceland about 870 AD.



In 982 AD, yes that early, a parliament of a sort passed a law prohibiting the import of horses to Iceland. Since then, over 1,000 years ago, the Icelandic horse’s blood lines have been kept pure. Furthermore, once an Icelandic horse leaves the country it is not allowed to return!

Icelandic horses compete in horse shows. They exhibit their gaits, confirmation, and talents in harness racing, three to five gaits’ racing and dressage. According to one breeder, her daughter competed in a championship class at the age of eight. At the same show, a contestant was 89! That’s sure testament to this breed’s smooth gait.

After the event all the Icelandic horses must be sold. The “can’t come back” law is fully enforced. So is the law against cross breeding. That’s easy to enforce since other horses are not allowed in Iceland. The same breeder noted that cross breeding is “not allowed!” She sounded down hearted that horses sold to breeders in other countries do not adhere to that rule saying, “They are no longer true Icelandic horses. It’s very sad.”

Asked how she felt about Icelandic horses in the desert, she said, “Our horses are very flexible to different climate. The important thing is that the horses get good owners who take good care of them. Give them good shelter in the heat and bad weather. I think most of the Icelandics that are exported are having a good life. It cost a lot to buy the horse, plus all the expenses to export. I’m sure new owners will do their best and really care about them.”

Some US breeders do honor the no cross breeding Icelandic law. When Davis was asked if he would breed to a non-Icelandic horse, he was to the point when he said, “No. This breed is too good to cross breed. They are the best!”

In 2021 the number of national treasure Icelandic horses in Iceland was 80,000, about 43% percent of the entire population that was 346,135.

By the way, if you buy one, it’s a part of the family and that’s very likely to be a long time. Icelandics live an average of 42 years. One in Denmark lived to a record 56!

You might want one of these exceptional “gliding” horses so check one out. They’re here in the desert and not leaving. Be careful, you might fall in love

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## 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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**By Anna Dunstone**

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Joy to write about  
God will judge the book I write  
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## Revamping Your Horse's Feeding Routine

By The VHN Writing Team



When it comes to our horses' daily care, routine and consistency is often the key to success. Each of us owners has our own unique schedule for feeding and maintaining our animals, and typically, it works just fine. But part of owning a horse, particularly as they grow and age, is having to revamp our horse's care and change things up to better suit their needs.

It can take some guess work and trying more than one trick or change, but it's necessary.

One area that may need to be updated more frequently or redone entirely is our horse's feeding routine. Often times, we get into a pattern of grabbing hay, grain, and supplements and doing two to three feed times a day. This can work perfectly well for a number of horses. And if it seems to work for your animal, then great!

But if you have a horse that doesn't seem to be at the top of his game, the first place you can look to improve his overall well being is his eating routine.

If you'd like to try revamping your horse's feed routine, here are some things you should consider.

1. Re-evaluate how much work your horse actually does and its effect on your horse's body condition. Depending on what horse owner you speak to, the opinion on a horse's body condition will be different. Some believe that a horse should be on the fuller or chunkier side to look better and feel better. Others believe that a horse should have just a hint of ribs showing to truly be at the best body condition.

Whichever you believe, it's always a good idea to take stock of how much exercise your horse really gets. We can be quick to label our horse as more active, when truly they aren't getting the amount of exercise to match their feeding. If your horse needs an adjustment in feeding, track how much he exercises each day for a week and then match the amount he eats to his true and up to date level of activity.

If your horse is on the chubbier side, perhaps he should go on a diet, while a horse that is on the thinner side may benefit from getting a little extra body fat accumulation.

2. Try weighing your horse's feed. Many horse owners will feed by the scoop or the flake and increase or decrease based on how much or how quickly their horse eats at breakfast or dinner. While this can work, if you're looking to revamp your horse's feeding routine, you can instead try weighing his feed and giving it to him based on how much he should get according to his weight and activity level to match.

You might be surprised how much more or less your horse is recommended to get by feed weight compared to how much he gets by the flake or scoop.

3. Simplify your supplementation and stick to supplements for a period of time. We are always looking for that miracle or perfect supplement for our horses. That supplement that helps arthritis, gut health, hydration, coat appearance, muscle strength, senior body condition, inflammation, etc. There are so many problems each with a multitude of supplements to help or even "cure" the issue. While there are plenty of tried and true supplements, it is possible to give your horse too many.

If you're giving your horse a bunch of different supplements, you might be cancelling out the benefits of one supplement with another. Strip down what you supplement for and see if there are better ways to support the ailments, whether it's supplementing in differing amounts, at different times of day, or through non-dietary changes.

You should also be sure to give each supplement a chance to work before stopping and starting a new one. If you don't give each supplement its chance to help, you'll only be confusing your horse's system and constantly "starting from scratch" with each new supplement you take on.

4. As mentioned above, many if not most of us owners will feed two to three times a day. We give our horses their breakfast, and then we will wait until the evening for the next feed. We might give some extra feed at lunch for our horses to munch on if necessary. If you're looking to change up your horse's routine, a very successful method of feeding is slow feeding.

By placing your horse's forage into a container that forces him to eat slowly, you are extending his meal times and matching his more natural eating pattern in the wild. Wild horses do not just eat twice in a day, they will eat continuously as they travel, and this method of eating throughout the day can benefit your horse's health.

5. Each of us owners would probably rejoice if we could simply buy a bag of feed that was catered specifically for our horses. And when we see bags of horse feed, such as senior feed, at the store, we are tempted to use it as a fix or blanket solution for our horses' nutrition. It's true, senior feed and other mixtures can be beneficial. But it's usually beneficial when the horse truly needs it.

Similar to the supplementation, feeding our horses a pre-mixed feed that's assigned to older horses or horses with specific issues can actually be a more detrimental way of getting our equines their nutrition. Just because your horse is getting up there in age doesn't mean that a senior horse feed will truly meet his needs. By nixing the formulated feed and combining nutrients or feed and forage to suit your individual horse, you could fix or improve your horse's condition more than you anticipate.

6. A horse owners schedule is constantly filled, but it's important to make time for a vet visit. And in the case of our horses feeding routine, the best approach to a creating a new one is a call to your veterinarian or an equine nutritionist. It might feel tedious when you don't think there's a pressing issue to fix with your horse, but changing anything with your horse's routine can always benefit from the inspection of a medical professional. That way, you can know for sure that you are approaching the issue in the healthiest manner possible for your equine.

No matter how your equine's feeding routine evolves, it's always possible to make changes and tweaks that can lead to a healthier routine for the long term.



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# DECEMBER 2022 CALENDER OF EVENTS

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<b>VALLEY HORSE NEWS DEADLINE</b> <b>15th of EVERY MONTH</b> <b>valleyhorsenews@gmail.com</b>				1	2	3
4	5	6	7	8	9	10
11	<b>12</b> APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	<b>13</b> NSHA GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	<b>14</b> HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	15	16	17
18	19	<b>20</b> SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	21	22	23	24
25	<b>26</b> S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	27	28	29	30	31

# JANUARY 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	<b>6</b> LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com	<b>7</b> LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com
8	<b>9</b> APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	<b>10</b> NSHAV GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	<b>11</b> HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	12	13	<b>14</b> SNGA Horsemen's Park http://www.snga.biz
<b>15</b> SNGA Horsemen's Park http://www.snga.biz	16	<b>17</b> SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	18	19	20	21
22	23	24	25	26	27	28
29	<b>30</b> S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	31				



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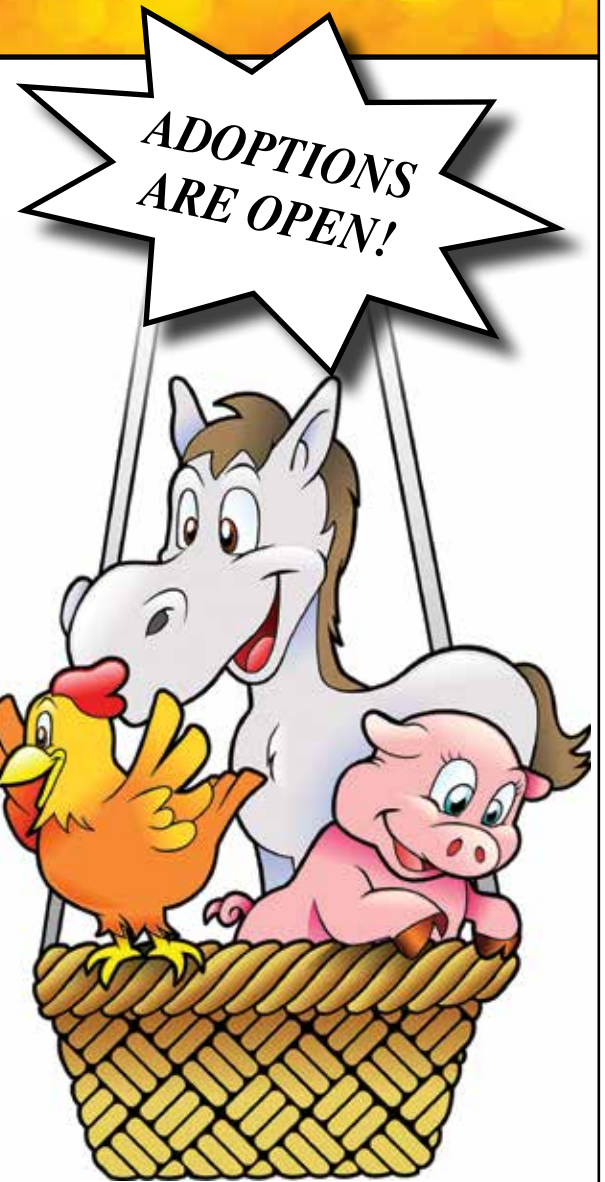
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Farm Fowl, Rabbits,  
Alpaca, and Llamas!

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

~ LAND in NW, PAHRUMP, LOGANDALE ~

Terri Gamboa  
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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



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



15 Acre Moapa Valley Blvd. Own 15 Acres of Prime Land in Logandale. Rural Living 50 Minutes From Las Vegas. Beautiful Area. 2 Parcels Sold Together \$599,000



2161 W Charleston Park Ave. 4+ Acres of land in Pahrump, 1 hour from Vegas. Nice quiet location w/ mountain views. Corner lot. Zoned for multi-use. \$89K

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



# Call Terri Gamboa (702) 528-5473



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## #1 Horse Property Specialists

in Las Vegas



Cindy Parker  
702-528-1048

Sommer McDaniel  
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- SW, Henderson, Cold Creek, Sandy Valley -

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7111 S Valley View Blvd. Over 1/2 Acre Fantastic Horse Property. 7 Stall, giant breezeway brick barn, Tack, Arena. 3 Bed + Den/Office Ranch-Style House, Completely Move in Ready \$749,000



712 Fife St. Equestrian Property with all Horse Amenities, 3,097sq ft 3 Bed + Den & extra office space. Pool. 5 Stalls, Arena, Tack, Trail riding right from property \$974,000



97 Hidden Lake Ave. Incredible cold creek prop. Solar, dual gens, propane & wb stoves - completely off grid, .81 acre lot. 2,406SQFT / 3 bed + den. 360 views of mtns, valley, lake & ponds, trail riding. 40 min from Vegas \$699,000



3110 Winnebago St. 2 Homesteads. 4 Acres. Very Private Oasis in the Desert! 2 Wells/2 Septics/4 Manu.Homes. Large Covered Horse Stalls, Large Arena \$400,000

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!"

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6743 S Pecos Rd. Private Compound W/ Gates. Circular Driveway & 10' High Walls. Home + Casita 4,148sqft, 4 Bed/5 Bath. All Beds Have Own Bath. Open Floor Plan, Vaulted Ceilings, Travertine Floors. \$2,888,888



3764 Pama Lane. Gorgeous Luxury Equestrian Estate. 1.39 Acre Gated W/ Private Well, Pasture, 4 Stall Barn, Tack Room, Arena W/ Sprinklers, Casita & Pool \$1,390,000



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 \$1,875,000



6185 Elkhorn Rd. 1 Acre Horse Property w/ 3 Bed/2 Bath Ranch Home. Income Producing Potential w/ Horse Amenities and Detached Storage Room/Tack Shop. Near FLP. \$895,000

**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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