

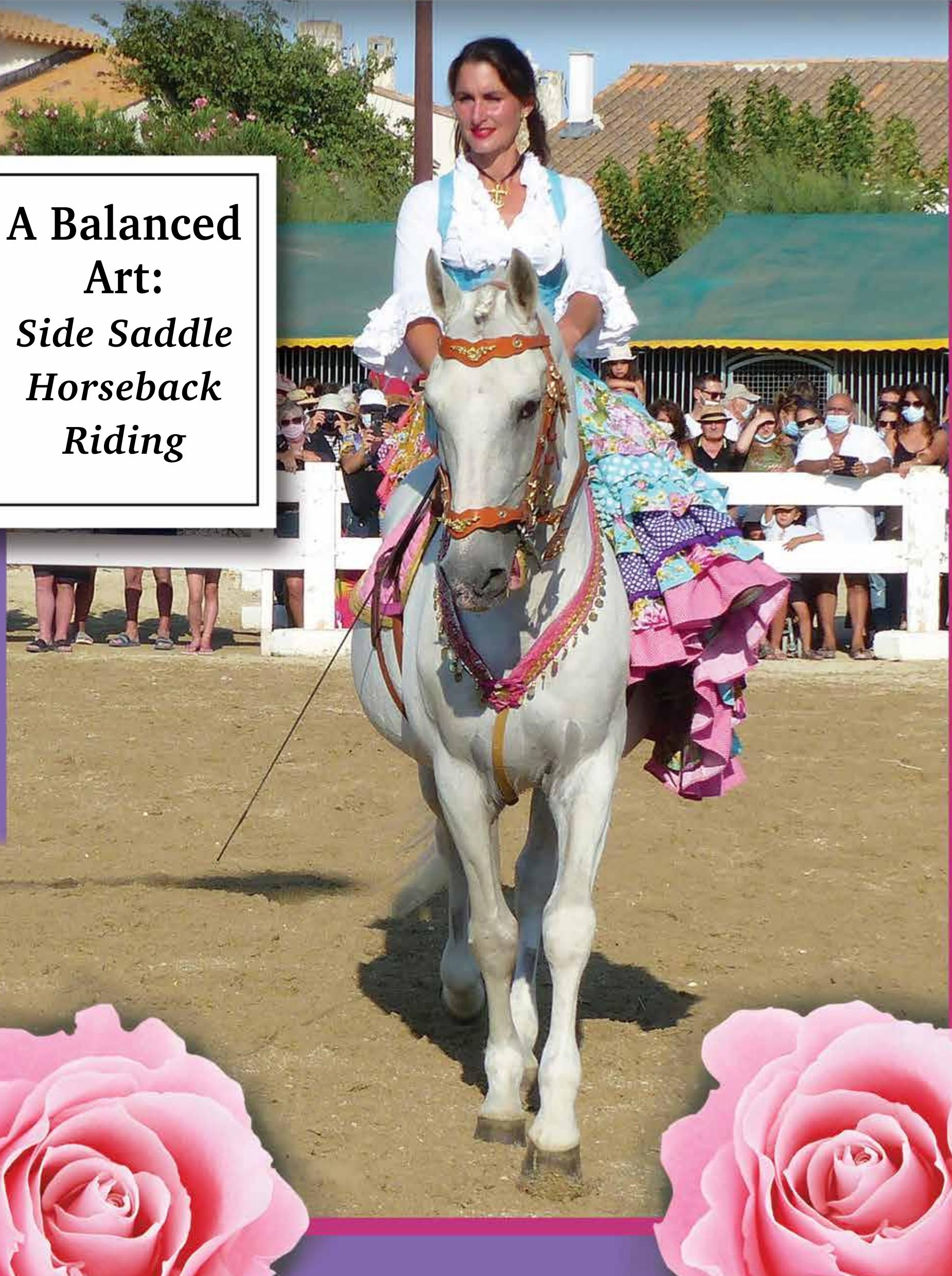
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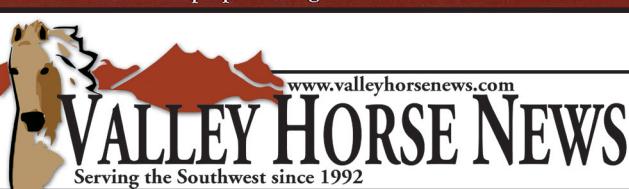


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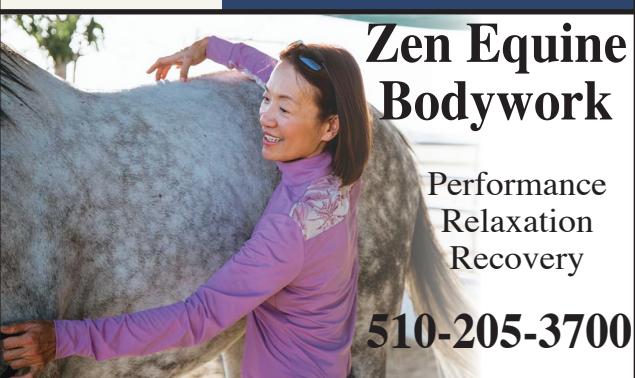
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THOUGHT OF THE MONTH:

Happy Valentine's Day!

Press Release: Gov. Lombardo Approves Appointment of J. J. Goicoechea as NDA Director

(CARSON CITY, Nev.) – Governor Joe Lombardo has approved the appointment of Dr. Julian Joseph (J.J.) Goicoechea as director of the Nevada Department of Agriculture (NDA).

"I'm excited to announce J.J. Goicoechea as the new Director of the Department of Agriculture," said Governor Joe Lombardo. "J.J. is one of the best and brightest leaders in agriculture in Nevada, and I'm grateful for his willingness to serve our state. I know that the Department of Agriculture will greatly benefit from J.J.'s thoughtful leadership, wealth of knowledge, and decades of hands-on experience."

Director Goicoechea is well-versed in agriculture industries, previously serving the NDA as state veterinarian from 2016 to 2019 and currently serving as interim state veterinarian.

Director Goicoechea received his doctorate in veterinary medicine from Colorado State University and did his undergrad studies at the University of Nevada, Reno. Director Goicoechea has practiced veterinary medicine in rural Nevada for over 20 years and assisted with the family ranching operation in addition to his experience as Eureka County Commissioner.

"I look forward to stepping into this new role and I'd like to thank Governor Lombardo and the Nevada Board of Agriculture for the opportunity to serve as NDA Director," said Director Goicoechea.

About the Nevada Department of Agriculture

The Nevada Department of Agriculture (NDA) mission is to preserve, protect and promote Nevada's agriculture. The department has 225 dedicated employees providing services in its five divisions, Administrative Services, Animal Industry, Measurement Standards, Food and Nutrition, and Plant Health and Compliance.

The department's \$288 million budget facilitates regulatory and administrative work in agriculture and food manufacturing industries, protecting public and environmental health and worker safety, and providing food distribution and oversight for the United States Department of Agriculture's school and community nutrition programs.





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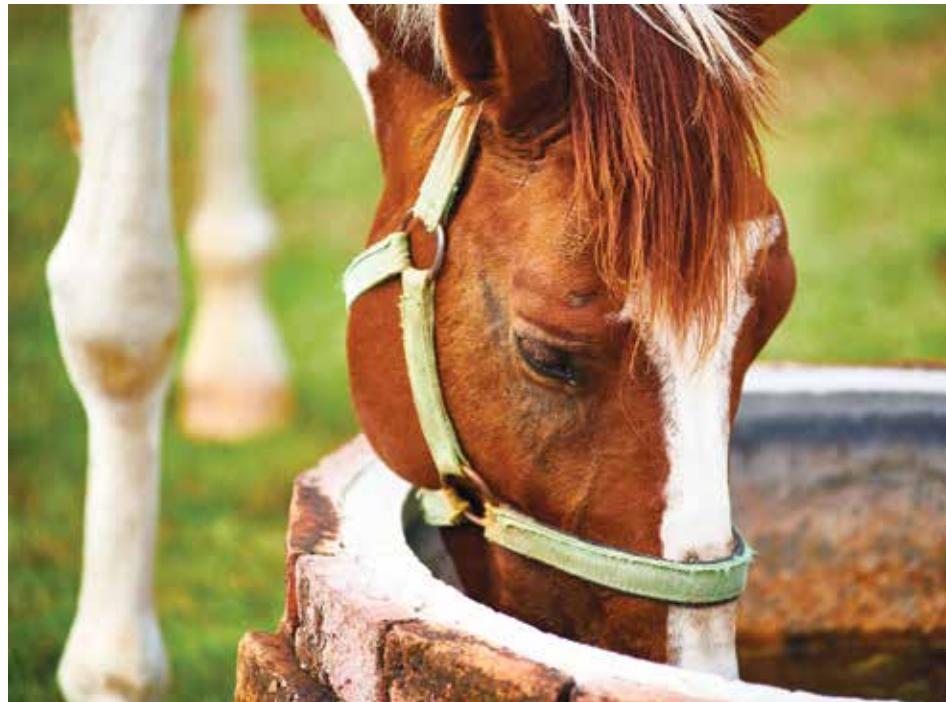


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Hay Dunking Horses

By The VHN Writing Team



Cleaning and horses seem to go hand in hand, no matter if your horse is nice and tidy or a bit of a piggy. We need to clean their tack, their stalls, their feed and water buckets, and of course, we need to clean them.

One thing many horse owners find themselves cleaning routinely are their horses water buckets. Some horses make this an easy task, only drinking their water and hardly dirtying it in the process.

But there are plenty of horses that are known as "hay dunkers."

A sizeable number of horses are known to dunk their hay as well as other feed in water before eating it, a behavior known as "hay dunking." While this behavior may seem strange to us, there are a few reasons why so many horses engage in this behavior.

One of the main reasons for hay dunking is that horses are natural foragers. In the wild, horses spend a significant amount of time grazing and searching for food in comparison to their domesticated lifestyles.

Dunking hay in water simulates the natural behavior of foraging for food in a water source. This can provide a sense of comfort and familiarity for the horse, as it mimics their natural instincts.

Plus, some goofy equines simply find it entertaining.

Another reason for hay dunking is that it can help to improve the horse's digestion. Hay can be dry and difficult to digest, especially for horses with dental issues or digestive problems. Dunking the hay in water can help to soften it, making it easier for the horse to chew and swallow.

This can also help to prevent digestive problems such as colic and impaction. For horses that are older and have worn down teeth, a mushy meal can be far more pleasant.

Hay dunking can also help to keep a horse hydrated. Horses can tend to be poor drinkers at times unless their thirst is triggered, and they may not consume enough water on their own. Dunking hay in water can help to increase their water intake, which is essential for their overall health and well-being.

Many owners will even soak hay for the above reasons. It can also remove excess sugar, soften feed, and increase a horse's hydration. If a horse dunks their hay, they may just be saving you a step.

Hay dunking can also be a sign of boredom or lack of stimulation. If your horse has ever played in their water, splashing it with their lips, tongue, or even their feet, they might also partake in hay dunking as well. Kind of like a child that plays with their food. Providing horses with a varied diet, toys and other forms of enrichment can help to prevent this behavior.

It's also important to note that hay dunking can be a sign of an underlying health issue. If a horse starts to dunk their hay and it's not a behavior that they have shown before, especially if they do this with every meal, it's important to consult with a veterinarian to rule out any underlying medical issues.

In conclusion, hay dunking can be a completely natural behavior for horses and can be beneficial for their overall health and well-being. It can help to improve digestion, increase water intake, and provide a sense of comfort and familiarity for the horse.

However, if a horse starts to dunk their hay out of the blue and has any other odd behaviors or symptoms, it's important to consult with a veterinarian to make sure your horse is simply being just a messy goofball.



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Created by Chef Sharon Hauht

“Dark Chocolate Pomegranate Bites”

Prep Time: 2 hours 15 minutes

Cook Time: 15 minutes

Difficulty: Easy

Servings: 12

Ingredients:

8 ounces dark chocolate, finely chopped

1 teaspoon light-tasting olive oil

1/4 teaspoon salt

2 cups pomegranate arils, room temperature, divided

Directions:

Line 12-cup muffin pan with cupcake liners; set aside.

Fill saucepan with about 2 inches water; bring to low simmer. Set heatproof mixing bowl over saucepan (making sure bottom isn't in contact with water) and add chocolate, stirring as it melts. When just smooth, remove from heat and stir in oil, salt and about half of pomegranate arils.

Divide chocolate mixture evenly among cupcake liners, smoothing out tops. Sprinkle remaining pomegranate arils evenly over top, pressing lightly to stick to chocolate.

Refrigerate 2 hours until firm. Peel away cupcake liners and serve. Refrigerate any leftovers.



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About Happy Trails Kitchen



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

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

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



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The Benefit of Sweating a Horse's Leg

By The VHN Writing Team



When we think of a horse sweating, it's usually a byproduct of a workout or ride. Whether they've just been ridden for an hour or two or it's the summer months and your horse easily begins to perspire, sweating is a normal bodily function meant for aiding in cooling down.

But it might come as a surprise that sweating can be used as a recovery aid for your equine.

There is one form of therapy that uses sweating as a means of healing and it's been used for decades in horse recovery.

This form is known as "sweating a horse's leg."

Sweating a horse's leg is a technique used to reduce lower limb inflammation and swelling in the equine leg. This can be especially beneficial for horses that have been working hard, have a history of leg problems or injuries, become injured easily, or are recovering from a current injury.

There are a few different ways of sweating a horse's leg depending on who you speak to, but they all have the same basic steps and common end goal.

The point of sweating a horse's leg is to apply a moist heat and a degree of compression to the swollen area to eliminate edema or the swelling that occurs due to poor circulation or conditions that affect the health of the lymphatic system.

Sweating a horse's leg can be a simple process, but it should be done with care to ensure the horse's comfort and safety.

The first step in sweating a horse's leg is to prepare the area. This is very important if you're treating your horse after a ride. It involves cleaning the leg with a mild soap and water, and then drying it thoroughly. Once the leg is completely clean and dry and your horse is ready to stand still for awhile, you can begin the sweating process.

One common method of sweating a horse's leg is to wrap it with a bandage that has been soaked in warm water. The bandage should be wrapped tightly around the lower leg, but not so tight that it restricts blood flow. The bandage should be left on for at least 20 minutes to allow the heat to penetrate the leg and promote sweating.

Another method of sweating a horse's leg is to use a poultice instead of just water. A poultice is a mixture of clay, mud, or other ingredients that is applied to the leg and covered with a bandage. The poultice should be left on for at least 20 minutes to allow the heat to penetrate the leg, heat up the tissue, and promote sweating.

There are also versions of sweating that apply a 12 hours on and 12 hours off approach, but this should be utilized with the help and okay of a vet.

Some people prefer to use a combination of both methods, wrapping the leg with a warm bandage and then applying a poultice on top. Many owners use topical anti-inflammatory medications during the sweating process as well so that the skin can soak in the medication and improve the rate that the swelling decreases.

It's important to keep an eye on the horse's leg while sweating it and to remove the bandage or poultice if the horse becomes uncomfortable or if the leg becomes too hot.

If you're using a new topical agent on your horse during the sweating process, make sure to keep an eye on your horse's skin and leg to measure how well he tolerates the change and stop the treatment if any irritation occurs.

You should also always remember to wear gloves if using any kind of topical agent so that your own skin doesn't absorb the medication. Some topicals might stain your horse's coat or skin, so be sure to read or research before trying any new medications and use materials or compresses that you're okay with potentially getting ruined.

After the sweating process is complete, the leg should be cleaned again and dried thoroughly.

It's also important to use proper aftercare techniques such as applying liniment or a cooling gel, which can contract the tissue and keep the swelling from returning.

If you are trying to treat a fresh injury with swelling, you should first try cold compresses or cold therapies to treat the initial heat and swelling, and then employ sweating as a means of extended therapy. It's also essential to keep the horse's leg elevated if possible and to limit their exercise until the swelling subsides.

Sweating can be a great therapy to try for horses that have trouble with stiffness after an injury, especially if the stiffness is lingering after the injury or is present after working a previously injured area. Older horses, horses with previous injuries or surgeries, horses that are competing or starting a new riding routine, and horses with diagnosed ailments that have been approved for leg sweating can all benefit from this technique.

It's also important to consult with a veterinarian if you suspect that the horse has an underlying medical condition that needs attention. Many things can cause swelling, but new swelling, or a serious amount of swelling should be seen by a professional first. If sweating is an appropriate form of treatment, your vet can advise the best way to do it and for how long. In some cases, sweating a horse's leg may not be the appropriate care, and a different course of treatment may be necessary.

Sweating a horse's leg is a simple and effective technique for routine swelling. It's important to be mindful of the horse's comfort and safety while doing this therapy, and to follow proper steps so as to ensure the best results for your animal. With the right care, sweating a horse's leg can help to promote healing and improve the horse's overall well-being.



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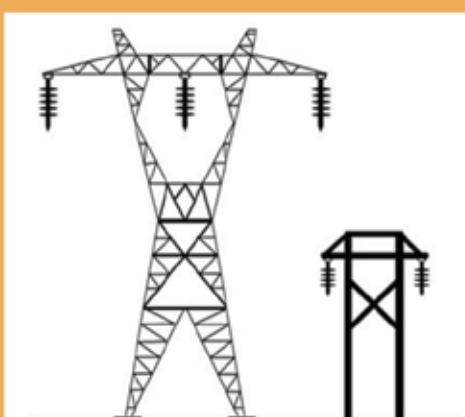
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The Horse Love Language

By The VHN Writing Team



If you couldn't speak, not a single word, how would you show someone that you love them? How would you show them that you care without that ability?

A couple of obvious things that came to mind were probably touch and through caring, physical actions.

That is exactly how our horses demonstrate their love and affection for us.

While they can't actually say it with words per se, nor can they spell it out for us (if they did then, wow, that's a pretty impressive trick) they can actually show us on a day to day basis and through big and small interactions.

Have you ever approached your horse's stall and they start whinnying or nickering to you? You might not even need to be that close. They might call out to you as soon as you exit your vehicle or even before. That right there is a sign of equine love. Your horse is significantly happy to see you, enough so to vocalize in the only way he knows how. Bonus points if it's nowhere near feeding time.

Another way is through the sense of touch. Your horse may nuzzle your hand, arm, back or maybe face. He could place his face against the length of you, not his entire weight but just his firm touch, and even wrap around you with his neck. This is showing you affection without the thought of reward for doing so – except for some rubs and loving back.

Does your horse let you hold his head with either your hands or even in a hug? That shows a big level of love and also trust. This is your horse's vulnerability with you and he's showing how he enjoys your presence. He might also lean against you a bit, even close his eyes and just relax with you. There could potentially be some drool involved. That is also a form of trust and companionship, if a bit gross at times.

Does your horse comply with going over and around obstacles, though it may take a little time? If your horse listens to your commands and generally does as told, that means he is trusting you and looking to you as his caretaker. He is essentially saying "okay, if you say so."

When it gets to be the end of turnout time and you go to fetch your buddy, does he come running, trotting, or even walking with all his might to greet you? Will he approach when you whistle or call his name? Well if there's one thing horse owners can agree on, as well as other equine owners of donkeys, mules, and minis, you can't make them do what they really don't want to do.

And if your horse didn't care for you quite a bit, he probably wouldn't bother putting forth the effort to come running or shuffling when you call for him.

The same goes for if he will follow inside a turnout or pasture.

If your horse follows without a command, or a halter, or better yet a treat, then he definitely loves you. He's telling you, "Alright, I'm game. I'll follow you wherever you wanna go." Any affectionate action your horse does without any cue or potential reward from you is done out of his own volition and devotion to you.

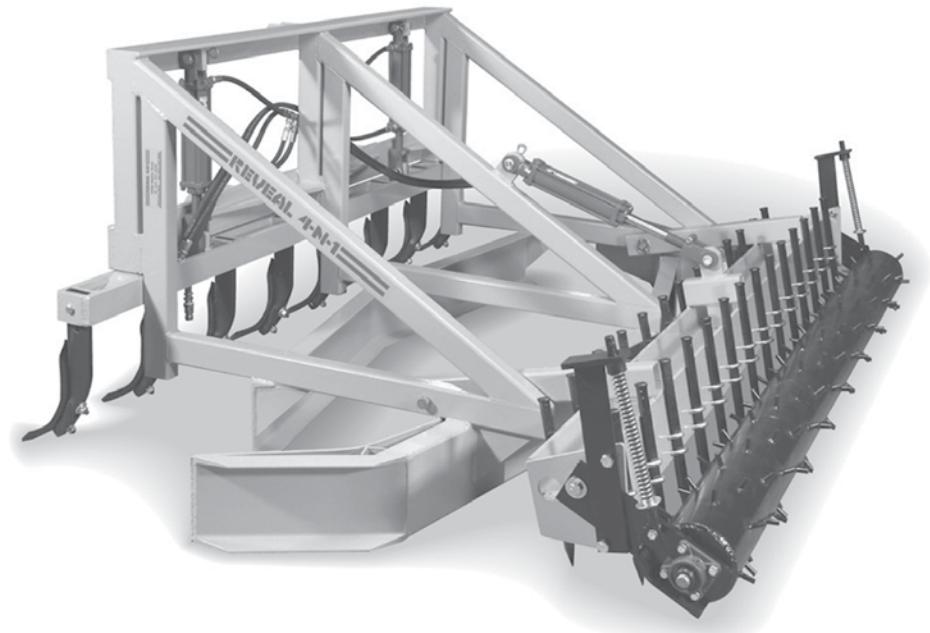
Every time he does what he's told, seeks out your touch or comfort, or reaches out/ calls to you, is an action of fondness and affection that he probably won't do with anyone else.

It's pretty special if your horse chooses you, day in and day out. And we already know, an equine love is a forever love.

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The Art of Side Saddle Riding

By The VHN Writing Team

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Side saddle riding is a graceful, traditional equestrian discipline that has been practiced for many centuries and is still in use in today's horse community. The technique involves riding a horse or pony with both legs on one side of the animal, as opposed to the more common and modern method of riding with one leg on either side of a saddle.

The origins of side saddle riding can be traced back to medieval Europe, where it was considered more ladylike for women to ride in this manner. The method of riding with one leg on each side of a horse was thought to be too manly and vulgar for women of the time. The origins of this side saddle riding can be traced back to the 11th century, when women in the upper classes first began to ride horses in this manner.

At that time, it was considered much more proper for women to ride this way, as it allowed them to maintain a more modest and dignified posture while on horseback and was more suited to the dresses and fashion that women utilized.

During the Middle Ages, side saddle riding was primarily used for hunting and other outdoor activities. The side saddle was designed with a raised pommel and cantle on one side and a flat seat on the other, allowing the rider to sit facing forward while keeping their legs on one side of the horse. This design also allowed for greater control and stability, as the rider could still use their legs to direct the horse.

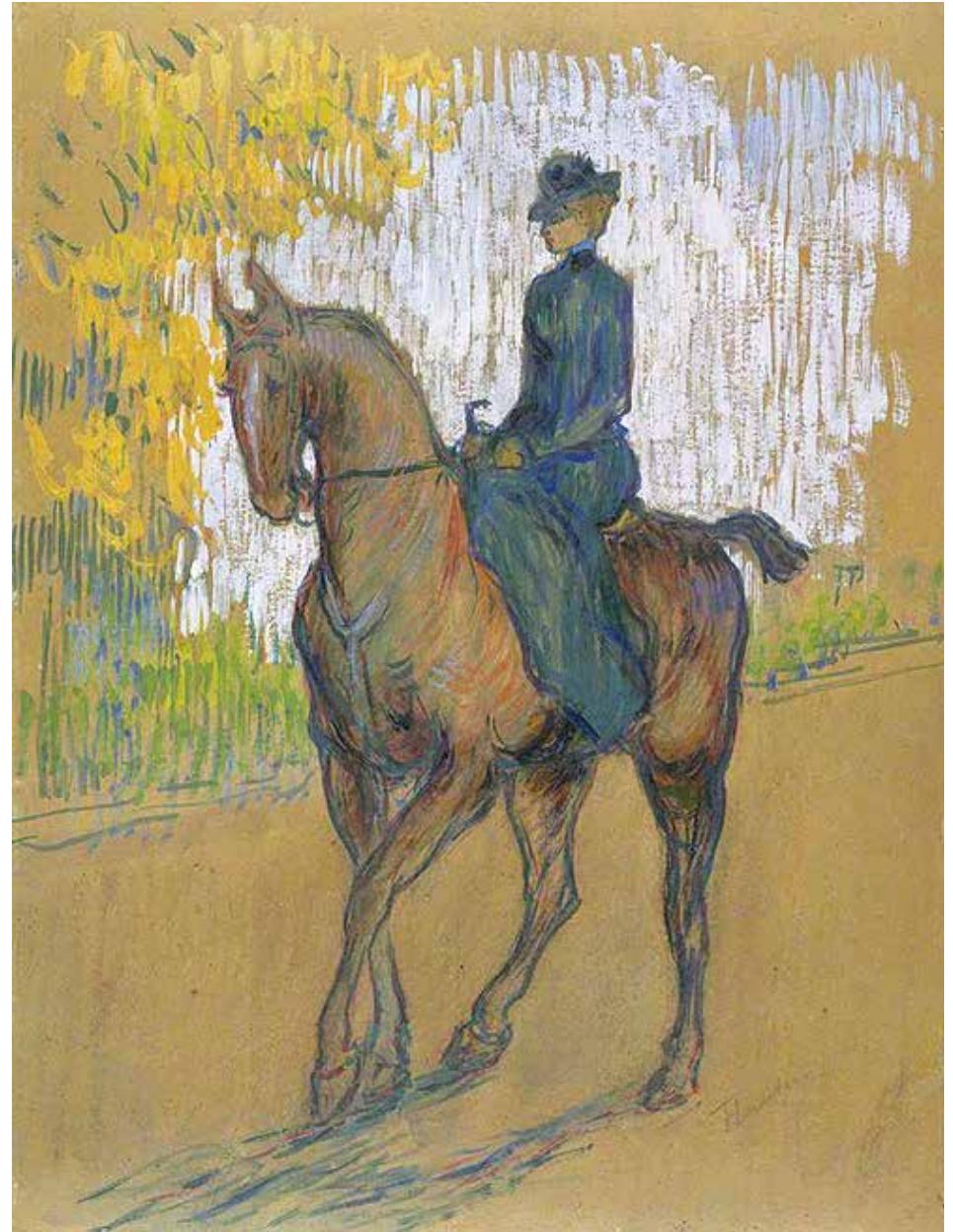
It did, however, require a different form of balance and strength in comparison to the traditional seat we see today.

In the 16th century, side saddle riding became even more popular among royalty and the upper classes. Queen Elizabeth I of England was known to be an accomplished side saddle rider and helped to popularize the discipline among the elite. The trend spread to other parts of Europe, and by the 18th century, side saddle riding had become a standard practice among the majority of upper-class women.

During the Victorian era, side saddle riding reached its peak of popularity. The discipline became a symbol of refinement and elegance, and was often used as a way to showcase a woman's horsemanship skills. This became a large foothold for women to both enjoy and display that they could ride as well as a man and accomplish some of the same sports that they did.

As a result of women growing the interest in side saddle riding, the side saddle was redesigned to be more ornate and decorative, with intricate carvings and embroidery. The more money and status that the lady had, the fancier and more expensive the saddle.

However, as the 20th century progressed, side saddle riding started to decline in popularity. The rise of women's suffrage and the changing social norms of the time made it more acceptable for women to ride in the more modern manner. Women were even using breeches instead of heavy skirts and layers while riding in the saddle. Additionally, the advent of automobiles and other forms of transportation made horseback riding less necessary for everyday life. Horseback riding faded more into a sport and pastime rather than a requirement for transportation.



Side Saddle by Henri de Toulouse - Lautrec

Despite this decline, side saddle riding has managed to survive as a niche discipline, with a dedicated group of enthusiasts who continue to practice and promote the art today. Side saddle riding is still popular among some riders, particularly those who participate in historical reenactments or vintage horse shows. The elegance of the discipline is also a major appeal to many riders, making it a great way to show off your horsemanship skills and make a statement in the equestrian community.



CC: Finavon via Wikimedia Commons

This art of riding can be a bit confusing visually for those of us that have never seen a side saddle or ridden in one. Side saddle riding requires a specialized type of saddle known as the official side saddle.

While the ornateness of the saddles and the materials used to make them has changed since they were first created, the overall design has remained much the same.

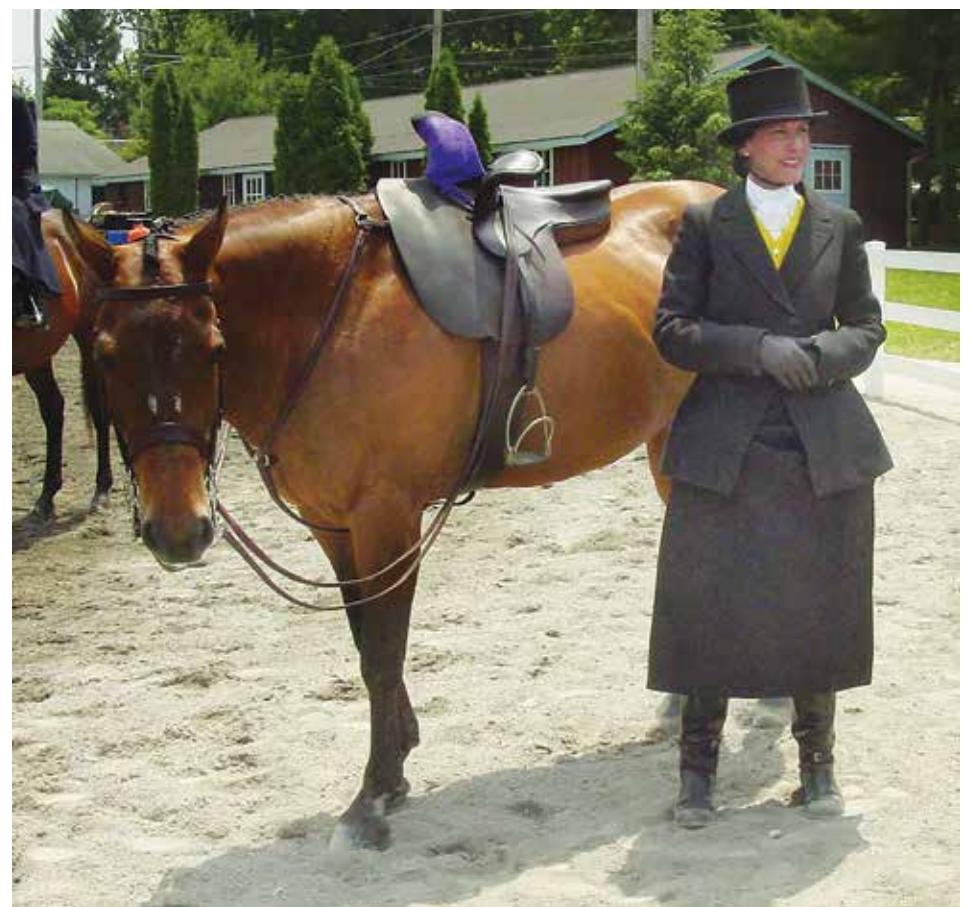
With the raised pommel and cantle on one side and the flat seat on the other, the positioning of the rider is quite different than most horse enthusiasts are used to. The rider sits on the flat seat and grips the pommel with one hand while the other hand holds the reins.

The rider's right leg is tucked behind the pommel and the left leg hangs down on the horse's left side, with the left foot placed in a stirrup. Typically the saddle is fitted with pieces that resemble a hook or crescent for the legs to rest in.



One of the main challenges of side saddle riding is maintaining balance while having both legs on one side of the horse, with the seat and upper body on the other.

Because the rider is sitting on one side of the horse, there is a greater risk of falling off or being too reliant on the legs, which causes the saddle to begin to tip. To prevent this, riders must learn to use their core muscles to maintain stability and keep their center of gravity directly over the horse's center of gravity. Additionally, riders must also learn to use their legs to direct the horse in this completely different position, as they cannot use their seat or legs in the same way as traditional riders in a western or english saddle.



Side saddle riding is also a discipline that is considered more elegant than some of the more traditional riding. The rider's posture is more upright and formal, with the rider's head held high, back straight, and legs in a proper position. This creates a more refined look, which is often part of the appeal of side saddle riding.

The positioning of the legs also mimicks the crossed legs that every lady was expected to do when sidesaddle was first introduced, which makes trying your hand at riding in this way more of a historical experience. And because the riding style only affects the way the rider is positioned, any horse can try out a side saddle. Horse owners can research local classes to see if any are offered or attend competitions to see the style in action.



CC: Finoskov, Wikipedia Commons

Overall, side saddle riding is a unique and challenging equestrian discipline that has a rich history and cultural significance. It requires a specialized type of saddle, as well as specialized training and proper technique. It is a great way to show off your horsemanship skills and make a statement both locally and abroad.



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[WWW.LEANhorses.org](http://www.LEANhorses.org)

The Equine Heartbeat

By The VHN Writing Team

February is here, the official month of love and Valentine's Day. There are flowers, candy, and cards everywhere to help you celebrate and prepare for the holiday. Perhaps the thing that represents the holiday the most is the simple shape of a heart.

Many people wonder why the shape of a heart that we know is so different from the shape of the actual anatomical human heart. It is said that we ended up getting the shape we know today by combining the image of two human hearts. Also, if you make a fist with each hand and press them together with fingers inward, it also forms the well-known heart shape.

When it comes to our horse's, they have a lot more heart than we do, literally. A horse's heart will weigh on average around 7-10 pounds, depending on your horse's weight. A human heart is typically only half a pound to compare.

Many people have heard that some horse athletes have larger hearts. Famously, the racehorses Phar Lap and Secretariat both had larger hearts than normal. Phar Lap's heart weighed 14 pounds, while Secretariat's was a whopping 22 pounds.

It is thought that both horses had what is known as the "X- Factor Gene". A mutation from a recessive gene given to thoroughbreds from broodmares that carry it. It presents as an unusually large heart, sometimes 2-3 times the size of a regular thoroughbred heart.

Studies have also shown that horses have the ability to sense our heartbeats, from as little as just four feet away. They can even synchronize their heartbeats with ours, as discovered through equine therapy programs.

The horse heart will pump 7 to 10 gallons of blood a minute while at rest. When they are exercising, that amount can reach over 65 gallons per minute.

You can check your horse's heart rate by a digital pulse by the hoof, the feel of the pulse under your horse's jaw, or by listening with a stethoscope. A normal resting heart rate for a healthy horse is 30 to 40 bpm. This can be different for some horses while still being healthy.

To better understand what is normal for your horse, monitoring over a period of time can help you indicate a baseline heart rate to compare.

Similar to the human heart, the horse heart has four chambers and pumps warm blood. It is also located in the same area as our hearts, between the lungs and the ribs, and above the diaphragm.

In contrast, horses have a different heart "type" than we do. There are two types of hearts, Type A and Type B. Horses have a Type B heart. They have electrical impulse fibers that go deep into the heart muscles.

Humans have Type A hearts, with fibers that work similarly to the Type B but do not go nearly as deep into the muscles.

By having fibers that go deeper into their hearts, horses have the ability to increase their heart rate quickly allowing for the flight response from danger.

Horses also do not quite suffer the same types of heart malfunctions that humans do. They don't have heart attacks the same way humans do, since they cannot get blockages in coronary arteries.

They can suffer from Atrial Fibrillation, resulting in abnormal heart beats. They can also suffer from Leaky Valve disease, which is very common in older horses due to aging.

The mitral valve of the heart that separates the left ventricle from the left atrium can weaken with age. This can lead to a heart murmur. There is no cure for the disease, but many horses will function just fine into old age with the condition.

This Valentine's Day, remember all of the amazing things you and your horse's heart can do. And how our horses can better represent the idea of "having a lot of heart" during this season of love.



2023 BLACK & WHITE Display Ad Rates

• **Full Page:** 10w x 16
One month \$465
2-4 months \$425 p/m
5-8 months \$380 p/m
9-12 month \$365 p/m

• **Half Page:** 10w x 8
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2-4 months \$310 p/m
5-8 months \$280 p/m
9-12 month \$260 p/m

• **1/4 Page:** 5w x 8
One month \$220
2-4 months \$185 p/m
5-8 months \$170 p/m
9-12 month \$160 p/m

• **1/8 Page:** 4.7w x 3.85
One month \$130
2-4 months \$115 p/m
5-8 months \$105 p/m
9-12 month \$100 p/m

2023 COLOR Display Ad Rates

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9-12 month \$456.25 p/m

• **Half Page:** 10w x 8
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2-4 months \$387.50 p/m
5-8 months \$350.00 p/m
9-12 month \$325.00 p/m

• **1/4 Page:** 5w x 8
One month \$275
2-4 months \$231.25 p/m
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9-12 month \$200 p/m

• **1/8 Page:** 4.7w x 3.85
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5-8 months \$131.25 p/m
9-12 month \$125 p/m

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February 4-5

Southern Nevada Gymkhana Association

February 18-19

Nevada State Horseman's Association Region V

February 22-26

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Can Seasonal Depression Affect Horses?

By The VHN Writing Team



Have you ever found yourself in more of a sad or depressed mood when the weather changes and the seasons turn to fall and winter? The temperatures start to cool down and the days seem grayer or cloudier than in the summer.

You might think that this feeling of sadness is random, but there's actually a name for this syndrome. It's known as Seasonal Depression. And it's something that affects more than just us humans.

Seasonal depression, also known as seasonal affective disorder (SAD), is a type of depression that occurs during specific times of the year, typically in the fall and winter.

While SAD is most commonly associated with humans, as we have the ability to speak about it and study it ourselves, it is also known to affect animals, particularly those that live in regions with a significant change in daylight hours during the year.

Yes, that means that daylight savings and the annoying shorter daylight hours affect more than our own schedules and moods.

Animals that are most susceptible to SAD include domestic pets such as dogs and cats, as well as wild animals like bears and deer. Horses and other equines can be affected by this disorder as well, and owners are starting to take notice of the change.

In these animals, SAD can manifest in a variety of ways, including changes in appetite, sleep patterns, and behavior. For example, animals or specifically horses may become lethargic and sleep more during the day, or they may experience changes in their eating habits, such as overeating or losing weight.

These changes in our horses might cause us to believe they are sick or dealing with some kind of disease or possibly colic. But in reality, it's just the blues caused by weather and seasonal changes.

The cause of SAD in animals is not entirely understood, but it is thought to be related to changes in daylight hours and the corresponding decrease in sunlight. In animals, as in humans, the brain's hypothalamus controls the body's internal clock, which regulates the sleep-wake cycle, feeding patterns, and other physiological processes.

When daylight hours decrease, the body's internal clock can become disrupted, leading to changes in behavior and physiology.

Have you ever felt more tired during cloudy or colder weather? It's the same for our equines.

Have you ever felt less hungry or thirsty, or even less ambitious during the winter? The cause could very well be SAD and it extends to horses.

Another possible cause of SAD in animals is the decrease in natural light exposure. Sunlight is a rich source of vitamin D, which plays a vital role in regulating mood and overall well-being. A lack of vitamin D can lead to feelings of depression, anxiety, and fatigue, which can contribute to the development of SAD.

Because our horses are outside animals, they can be particularly affected by the changes in sunlight, especially when the cold weather requires blanketing or changes in routine.

To alleviate symptoms of SAD in animals, there are several things that can be done. One of the most effective things to do is to provide them with additional sources of light, such as a full-spectrum lightbulb or even a heat lamp in their stall, which can mimic the effects of natural sunlight.

This can help to regulate the body's internal clock and improve mood. This can be a great investment depending on your area and how severe the changes in season can be.

Another way to alleviate SAD in animals is to increase their physical activity. This can be done by providing them with more opportunities for exercise and play, such as taking them for walks, doing plenty of turnout time, riding even if the weather isn't the best, or providing them with interactive toys.

Exercise can help to release endorphins, which are natural mood-boosters, and can also help to improve overall well-being.

Finally, it is also important to pay attention to changes in your animal's behavior and seek veterinary help if needed. In some cases, SAD can be a symptom of an underlying medical condition, such as thyroid disease, so it's important to rule out any medical issues before making a diagnosis of SAD.

A simple supplement imbalance could trigger this syndrome, so a vet's attention could be the best way to find out what is affecting your horse during the gloomier parts of the year.

Now that we are heading towards the months of spring, don't be surprised if your horse's mood, activity level, and overall behavior begins to change, and not just because of the birds and the bees.

Seasonal depression is a real phenomenon that affects horses just as much as their owners. By becoming aware of the symptoms and understanding the possible causes of SAD in horses, you can identify its presence so that appropriate measures can be taken to alleviate the symptoms and improve their well-being.

Here are some simple ways to combat SAD in your horse:

1. Toys or boredom preventers in his stall
2. Walks around property or arena
3. Extra social time with you or other horses
4. Get him a buddy for companionship
5. Extra riding time
6. Provide an adequately warm shelter
7. Consider lights or even a heat lamp in stall
8. Vitamin supplementation
9. Treats and extra forage
10. Increase turn out time or number of turn outs each week
11. Plan for the seasonal changes in advance

With the right care and even a few preventative measures before the seasons change each year, horses can tackle the onset seasonal blues and enjoy the same level of happiness and well-being throughout the entire year.



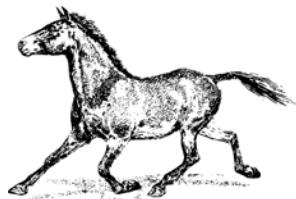
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FEBRUARY 2023 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 SNGA Horsemen's Park http://www.snga.biz	6	7	8 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	9	10	11
12	13 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	14 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	15	16	17	18 NSHA V OPEN BREED SHOW 8am Horseman's Park LV www.nshav.com
19 NSHA V OPEN BREED SHOW 8am Horseman's Park LV www.nshav.com	20	21 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	22	23	24	25
26	27 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	28				

MARCH 2023 CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com			
5 Southern Nevada Hunter Jumpers Association Horseman's Park snhja.com	6	7	8 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	9	10	11 SNGA Horsemen's Park http://www.snga.biz
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26	27 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	28	29	30	31	

Farm Animal Adoptions



Miss Pickles is a beautiful, healthy, spayed, nearly four-year-old gray spotted female pot belly pig looking for a loving home she can call her own. She loves people and especially those who greet her with a slice of watermelon! She is good with dogs and other pigs, hasn't been around horses yet, but we have never seen that be an issue for pigs. Pots grow until they are about five-years-old so Miss P is about as big as she will get, approx 150lbs. Windy's Rescue is committed to the care of rescued pigs who come thru our rescue, we will help with fencing and a pig-house, as well as continued hoof care and annual shots, we come to you so the pig can stay in his/her comfy environment. They are amazing pets who deserve love and safety even more than most because of their intelligence. Please consider meeting Miss Pickles, look at that face, she is waiting for you! Text me at **702-816-7711** or email janice@windys.org and thank you for considering adoption, we have a great need for homes.

All you have to do:
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.

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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!

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



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