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THOUGHT OF THE MONTH:

Happy New Year!

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# Happy New Year and Cheers to 2022!

By The VHN Writing Team



Happy New Year Everyone!

We hope you had a wonderful New Year’s celebration and a very Merry Christmas to wrap up 2021. The 2022 New Year is officially here and underway and we’re so excited for all of the new things to come in each new edition.

We would like to give a giant thank you to all of you readers for every edition you picked up in store, pulled out of your mailbox, and downloaded from the Valley Horse News website.

We could not make this newspaper possible each and every month without your constant support and readership.

We would like to thank all of the advertisers and businesses we have featured in the paper this past year. Your businesses and services are an important part of the horse community and we deeply appreciate your advertising with us.

We would like to thank our printer, News West Publishing Co. in Bullhead City, Arizona for printing our beautiful paper each month.

We’d also like to thank all of the tack and feed shops and stores that stock our papers each month. We appreciate you giving us the opportunity to get our small business out there to the horse community.

To everyone that had a hand in supporting Valley Horse News in 2021, our appreciation and warm wishes of gratitude go to you this New Years.

If you haven’t had a chance to take a look at the online editions of the newspaper, we encourage you to hop on the Valley Horse News website and check out all of the editions that are still available to view. We will keep digital editions in a backlog for as long as we can, so that you can come back and enjoy old editions whenever you want.

You can also follow the publicaiton on our social media links to the right, we post frequently on Instagram and Facebook each month and we’d love for you to join us.

We hope you have a very happy, very safe, and very bright 2022 New Year, and we will see you in each new edition of the coming months.

Cheers!





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# VALLEY HORSE NEWS

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**Codi A. Kern**  
Owner, Editor  
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*See you next time! - **Codi Kern***

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*And don’t forget to pick up your copy of Valley Horse News today!*



# Should Your Horse Gain Weight for Winter?

By The VHN Writing Team



Goodbye 2021 and hello to chilly weather. Winter temperatures are starting to set in now that the season is underway and if you don’t body clip your equine buddy, chances are the super fuzzy phase has taken over at your barn.

Our horses’ winter coats are nature’s way of making sure our animals stay nice and cozy during this chilly time. But it’s not the only way our horses maintain their body temperature during this cold season.

A horse’s body weight can either positively or negatively impact their body temperature regulation when the temperatures drop. A horse with adequate weight during the winter months will be able to insulate better and stay warm.

This dependence on weight levels for regulation can leave many owners scratching their heads on whether or not their horse should be on the chunkier side for wintertime.

The best way to determine if your horse needs to pack on a few extra pounds for the cold is by evaluating his body condition score.

To evaluate your horse’s body condition, you’ll need to feel the different areas of his body that hold fat. Feel around your horse’s ribs. They shouldn’t be visible, but you should be able to feel them easily when touching with your fingers. His withers should be rounded and his neck should flow evenly into the rest of his body.

If you’re having trouble telling how your horse’s body condition should be scored, your veterinarian can help you.

If it appears that your horse is on the thinner side, gaining weight for winter could be beneficial, especially if your horse is older. Older horses tend to have trouble keeping weight on and carry their weight differently as they age.

Your vet can help you with two things after assessing your horse’s body condition. One, figure out why your horse is on the thinner side and if it’s due to an issue. And two, help you decide the best way to increase your horse’s weight without going overboard on sugar or carbohydrates.

If your horse’s condition appears fine, maintaining that weight during the winter is the best idea. Utilizing a slow feeder and a less rich feed source in between his main feedings can help your horse maintain his weight and keep him warm, especially when the sun sets and the temperatures are affected by additional wind chill.


Over the course of the winter season, you can routinely check your horse’s body condition as you supplement his diet. Every couple weeks or so, you can re-check the same areas and see how he is accumulating fat.

You can keep a journal or notebook with each check up so you can see how much his condition has changed.

This will also help you in the event that you need extra help from your vet if your horse still isn’t gaining much weight or if he gained weight a little too fast.


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While putting on a few extra pounds for the winter can be a good thing for your horse, you don’t want to over feed to the point of growing a chunky monkey. This minimal weight gain should be a seasonal maintenance or precaution and not something that extends through the spring.





• Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

“ Slow Cooker Chicken Stroganoff ”

Prep Time: 15 min Cook Time: 4 hr 15 min  
Servings: 4 to 6

Ingredients:

- 2 cups low-sodium chicken broth
- 1/4 cup all-purpose flour
- 1 tablespoon tomato paste
- One 1-ounce package dry onion soup mix
- Kosher salt and freshly ground black pepper
- 8 ounces button mushrooms, quartered
- 6 boneless, skinless chicken thighs (about 1 3/4 pounds)
- 12 ounces egg noodles
- 4 tablespoons butter, cut into pieces
- 4 ounces cream cheese, at room temperature
- Chopped fresh parsley, for serving

Directions:

Whisk together the broth, flour, tomato paste, onion soup mix, 1 teaspoon salt and 1/2 teaspoon pepper in a medium bowl until combined. Add to a 6-quart slow cooker and top with the mushrooms and chicken. Cover and cook on high for 4 hours.

When ready to serve, bring a large pot of water to a boil; salt the water generously. Add the noodles and cook until al dente according to the package directions. Drain and toss in a large bowl with the butter until the butter is melted and the noodles are completely coated.

Transfer the chicken to a small bowl and shred with 2 forks. Whisk the cream cheese into the sauce until completely incorporated; stir in the chicken and noodles. Top with parsley before serving.



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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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# Knowing When to Put Your Horse on Senior Feed

By The VHN Writing Team



It’s a sad fact of life. Not only do we age, all too quickly it seems, but so do our horses. Before you know it, your equine buddy is officially considered over the hill and now needs care that’s catered more towards his age.

We humans tend to cringe when we reach that age of being considered a “senior citizen.” If your face is screwed up like you’ve just licked a lemon, we totally understand. Our horses are no exception to this qualification, but you might wonder when exactly a horse is termed a “senior.”

A horse is viewed to be a senior at 15 years old and over, and typically your horse will begin to show subtle signs of reaching his older age and the snazzy new title that goes with it. Most horses these days will live 25-30 years, some well beyond that towards 40.

Along with that specialized care he will end up needing is a new diet that’s better formulated for his aging body.

Some signs that your older horse needs a switch to a senior feed are:

- Steady weight loss or trouble maintaining a normal weight
- Decline in hoof and coat quality
- A bad topline condition
- Dropping food while eating
- Looser stools
- Quidding, when a horse drops partially chewed food from his mouth while eating
- Lack of energy or frequent illness

These signs are pointing to a decline in your horse’s ability to absorb nutrients from his normal food, which is typical as his systems age. If his coat and hooves seem to be a bit lackluster, this can be due to age and that malabsorption of food. A bad topline, loose stools, and weight loss are also signs he’s not getting enough nutrition.

If your horse is dropping bunches of food as he is eating or if he is dropping food that he’s already chewed, he may have some senior dental issues or missing teeth. Older horses can lose their teeth, some even lose so many that they need a different type of feed completely.

If your horse experiences any of these symptoms, he is probably starting his journey of old age. You can ask your veterinarian if they recommend certain brands of senior feed. You can also try different brands to see if your horse has a preference.

Most senior feeds will be formulated for older horses to fill in any nutritional gaps they may have.

They will typically be easier to digest, have a higher protein amount, higher fiber, higher fat for a safer calorie increase, fortified minerals and vitamins, probiotics for healthy gut bacteria, and an easier consistency to eat.

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There will be differences depending on the brand of course and if your veterinarian recommends certain levels of vitamins or a specific formulation, there should be a mix that’s a good fit for your individual horse.

For horses with dental problems, or missing teeth, some senior feeds will be made as a mash, so it doesn’t require as much chewing and grinding as a normal horse grain or hay.

The best way to tell if your horse is benefitting from a new senior feed is to first give it some time. It will take around a month minimum to notice any obvious difference in your horse, especially with his weight and demeanor. Before your first feeding of the new feed, start a notebook with all of his current information.

You can write down if his stools are inconsistent, if he has a lackluster coat, or if his topline needs attention. You can also take a picture of him from the side, showing his current condition.

Then you can start him on the new feed and monitor how he tolerates it. You might need to try more than one kind if he’s picky or has an intolerance to a specific formulation. Once you have the right fit, you can give it some time to work.

After anywhere from a month to 45 days, you can make new notes of his condition and most importantly take a new picture of him. You can directly compare the pictures and see if he has visibly improved in weight and body condition.

If the formulation is working, you may also notice a happier and perkier senior. While we never like to think of our beloved animals aging, there are ways to keep them happy and healthy as they age gracefully into the senior citizen lifestyle.





# How to Take Your Horse’s Temperature

By The VHN Writing Team



When it comes to horses, you’ll never really be finished learning everything there is to learn about their care. Just when you think you’ve heard it all, you’ll learn a new fact about them that’ll have you saying, “are you kidding me?”

Just think of a veterinarian whose been treating horses for years and years, only to see something they’ve never actually treated before in a real world setting. While there may be a giant amount of information to learn about them, there are a handful of things that every horse owner should know in case of an emergency or for their basic, routine care.

One of those important things is how to take a horse’s temperature.

It used to be that to take a horse’s temperature, you had to insert a thermometer into your horse’s rectum and clip a string connected to the thermometer to your horse’s tail so that it didn’t “get lost” inside your horse while you waited for it to register the temperature.

Luckily, the digital thermometers of today are much quicker and easier to work with. If you’re looking to purchase one for your horse, make sure it’s one specifically designed for horses or livestock. Digital thermometers can fail for various reasons, so having a back up is a good idea.

To take your horse’s temperature, start by standing at the back of your horse. Stand more to the side, next to their left hind leg. With your left hand, lift his tail slightly, and with your right, insert the thermometer a few inches into the rectum. You generally don’t need to use any lubrication, and most horses will tolerate the process easily. Make sure to hold on to the thermometer so that it doesn’t get pulled inside by your horse’s muscles. The digital thermometer should be read quickly, and when it beeps, remove the thermometer and check the temperature it indicates.

There’s always the chance for a false reading. So if there’s ever any doubt, do the steps over again and make sure that the thermometer is fully powered and inserted far enough to get a correct reading. It’s a good idea to practice this procedure so that you are familiar with it and can do it easily. If you get a new horse, it might be a good idea to practice as well so you get the hang of it and see your horse’s reaction.

Not every horse’s temperature will be the same and temperature fluctuations are normal, as much as three degrees difference. These temperatures can be slightly lower in the morning hours and higher in the evening. Naturally, after your horse exercises, his body will have created heat and his overall temperature will be higher than normal. For a mature horse, a temperature of 101 degrees F and under is considered normal. For a foal, 102 degrees F is normal. A hotter reading could indicate a fever and infection, or some other illness. If you take your horse’s temperature a couple times and it shows a higher reading that is abnormal for his typical body temperature history, you should call your vet for a diagnosis.

It’s a good idea while practicing with your thermometer to keep a log of your horse’s temperature fluctuations, so you know what his temperature sits at during different times of the day and during different exercise regimens. This way you’ll know automatically what is and isn’t a normal temperature for your individual horse.

Any time your horse seems off or that he might be at risk for catching a virus making the rounds, it’s a good idea to regularly check his temperature to stay on top of any early warning signs of illness.

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# How Horses Can Impact Us

By The VHN Writing Team



There’s no denying what we feel when we are around our horses. It’s something you can’t always put into words and yet you can rely on that feeling to be there every time you see them.

While we need no convincing of what our horses can bring out in us, science has quite a bit to say about what our horses do to us on another level.

The social similarities between horses and humans gives us that connection we so long for. Horses are social animals and have families just as we do. They have a herd that they have fostered intricate relationships with, and their relationships with us are no different. Essentially, when horses love and care for us, they are accepting us as a part of their herd.

In that acceptance we find a commonality between species. It is in that relatability that horses can form such amazing bonds with us.

Our horses also have a knack for keeping us calm and centered in ways other things cannot. It’s been proven that horses reduce stress and promote a sense of tranquility when we are near them. Children and teenagers are no different to this effect as well.

That same social construct that horses accept us into also plays a part in teaching us valuable social elements, which can be a very important part of learning for children and teenagers. They can show us how to empathize and build on our social skills. They can teach us better leadership skills and how to have more compassion.

Because our horses cannot speak, they allow us to exercise our skills in non-verbal communication. Body language is a language all its own and can be heightened and refined by spending time with equines.

It’s becoming more common knowledge that horses keep us healthy, both in mind and body. They have an effect on our blood pressure, heart rate, and reduction of stress, anxiety, and depression. They can even help with diseases like Alzheimer’s.

Those suffering from the disease often find a deep sense of confusion and memory loss, leading to struggles with emotions and negative behavior. Equine therapy can mitigate these feelings, allowing those suffering to find a respite from their paranoia, fear, and frustration.

In this ability, horses can become the best medicine, a medication without the medication. This fact is making waves in the area of therapy, as many people do not find the idea of verbal communication with a therapist comfortable or effective. With horses, verbal therapy isn’t possible.

But the therapy we know so well can make a huge difference in the lives of those hurting. Those suffering from behavioral issues, abuse, ADD, eating disorders, and so on can find relief by equine therapy activities.

Even those whose lives are ending can find comfort and peace through the help of horses.

Those individuals in assisted care that are succumbing to illnesses or old age can find comfort before their passing by interacting with horses. Whether it is someone who once had horses or someone who has always wanted to see one, spending time with a horse can help them to not feel afraid and can help ease their pain of leaving this life.

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Individuals who suffer from social anxiety and the pressure of that disorder can find therapy with horses. Equines are not demanding socially and often will bring a greater sense of feeling after interaction rather than a feeling of being taxed due to the interaction.

Someone that is socially anxious can gain confidence through time with horses and learn more about themselves during the experience. Those that also have issues with anger and frustration can find a greater sense of calm and the ability to deal with their feelings after spending time with equines.

It’s seems that horses can know us in any form and help us through our most difficult of situations.

It is through a horse’s communication with us that we can understand respect, love, compassion, hope, kindness, and so much more and become better versions of ourselves.

What does your horse inspire in you?





## Dropping Your Stirrups – What Every Rider Should Try It

By The VHN Writing Team



When the average person with no horse or riding experience talks about horseback riding, they will tend to say that all you have to do is just “sit there.” They believe that all you really need to do is just sit in the saddle, hold on to the reins, and let your legs hang while the horse does his thing.

Horse people know and will have no problem saying that this is entirely false.

To ride in a saddle takes multiple muscles, coordination, balance, and the ability to “feel” your horse and work with him. It’s a real sport that takes real skill.

And this level of skill takes dedication and constant practice. We all have varying levels of riding ability, some of us just starting out, while others have been riding for decades.

If you ever have the desire to test your riding ability or to improve it with more practice, there is one maneuver you should consider testing.

The next time you’re in the saddle, try dropping your stirrups while you ride. It doesn’t matter what discipline you’re riding or what tack you are using. Ride without any stirrups and see how you feel.

With your horse standing still, drop your feet, and depending on your stirrups, cross them over the top so that they don’t swing around.

Then take a second to collect yourself. Get your seat ready, collect your reins, and let your legs hang down while you lower your heels and point your toes, just as you would in the stirrup.

When you are ready, go ahead and walk your horse. This is the first test without stirrups. If you’ve never done it before, it will feel kind of weird, as you won’t have the support of your stirrups to balance you in the saddle seat. Instead, you’ll be relying on your own natural core balance.

Sometimes we grow to rely too much on the aid of both our hands and our feet against our stirrups while riding, negating our “butt bones,” our thighs, our back, and our core muscles, like our abs. These muscles grow weak and unneeded, until we try a test like this.

You’ll probably feel your abdominal muscles working and some other muscle groups as well as they automatically flex and work to keep you centered with your horse’s gate. You’ll feel them tense as your horse turns or you change direction.

Doing this exercise for a few minutes is a great first step in tuning up your balance and really engaging your true riding muscles. Do this exercise every time you ride.

When you feel confident enough to continue, try speeding up the walk or engaging in a slow trot. Again, the first time doing this at the trot is going to feel tricky. Now your entire body will bounce with your horse’s movement and make staying square in the seat extra hard.



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This time, really try to utilize your thigh muscles, your abdominal muscles, and sink deep into the saddle seat with your body. You’ll feel yourself balance as you do it right. When it feels solid and you can sit with confidence, you’ll know what to aim for each time you try dropped stirrups at the trot.

As you get better at the trot, increase the speed. This can be more difficult particularly if your horse has a lot of action or a rough trot to begin with.

If you feel yourself getting nervous or tightening up your body until your too stiff to flow with your horse, drop down your speed and try to relax. Stretch your legs out to the side, point your toes out, roll your ankles a few times and breath. You want to react with your body instead of sitting stone still in the saddle and hoping not to fall to the side.

With time, you’ll be able to do a stirrup free trot without a problem. For the brave, you can go up another level and do a slow canter. This again will feel difficult, as your muscles and balance will engage differently with the new gait. The lead and direction of your horse will also affect how you sit and use your balance during a canter.

For training without stirrups and to really engage your body’s muscles for an entire training session, you can try a bareback pad instead of a saddle.

With a bareback pad, you’ll have less between you and the horse and you’ll really get the feel of your equine as you ride. This can make it easier to connect the motions and work out how to move your body without the assistance of tack.

Don’t be surprised if after a stirrup or saddle free work out, you feel some soreness. Those are the muscles that weren’t being used out of reliance on the saddle.

If you are into jumping, it is possible to jump small fences without stirrups as well. This should only be tried after you’re completely confident without stirrups and you’re connecting well with your horse.

Sometimes horses won’t tolerate long spans without stirrups as it can start to bother their movement or even their back, like in the case of a trot. But including this exercised for around ten minutes each workout can greatly improve your balance and riding ability, and make you a much more confident rider.





# The Housing Market’s Unexpected Toll on Horse Property

By The VHN Writing Team



The past couple of years can be described in the simplest of terms as messy.

Between the pandemic dragging on longer than most people would have liked, droughts putting the west on edge, and the economy going haywire with inflation, it seems the horse community just keeps getting hit in ways that horse owners never quite anticipated.

There’s already a looming water shortage with no solution, which is creating a huge decline in hay quality and availability. This in turn makes prices sky rocket for what little is left while the ever growing supply versus demand becomes severely uneven.

This same issue with supply and demand is hitting the housing market as well. Home values have gone up increasingly the past couple of years and many are finding that their homes have accumulated a lot more equity than they thought possible in such a short time frame.

You’ve probably noticed changes in your own neighborhood, with people either moving out or moving in.

A lot of people have been moving in response to this value increase as homeowners try to take advantage of that extra cash to sell their homes and invest in a bigger and better property and in different cities altogether. Some homeowners found out the hard way just how little new homes there are available to pick from.

People would put their house up for sale as they looked for a new house to buy, and their current house sold quicker than they could find a new one, leaving them without a home to live in.

At first, it might not seem like this issue should really impact horse property very much. There’s always been an array of housing and property sizes for horse owners. Some of them closer to cities and some much more remote. There was a solution and a property for everyone, at any time.

But with how long the housing market has been exploding, the change is now reaching our very own horse property opportunities, both new and old.

Due to the huge demand for new housing, builders are propping up brand new homes at a rate not seen for many years. This huge influx in need for empty land has caused vacant lots to be bought up to make way for new neighborhoods.

While this isn’t exactly out of the ordinary, the sheer number of homes that are being put on these new plots of land is what’s causing the problem. The more homes a builder can place on a block of land, the more profit.

All of those vacant lots and available empty areas to build are now worth big bucks and vanishing for development, with homes being packed in as tightly as possible and in areas that haven’t seen new development in decades.

For a horse property, obviously, more acreage is needed to accommodate the number of animals that live on the land. It’s actually a regulation that you must have a certain amount of room per animal.

This is usually decided by your city or county, and has to do with your areas zoning.

Older horse properties are now being “invaded” by builders setting up large scale communities with a huge amount of homes. Foot traffic in more remote areas has increased, and those horse owners looking for a new horse property may find that they don’t have as much space as they would like given how much the price tags are going for these days.

And it makes sense.

Would a builder rather put a couple large horse properties in say the \$700,000 range. Or would they prefer putting a couple neighborhoods with a mass amount of tightly packed houses, each for around \$300,000.

The numbers speak for themselves as the profits would add up.

New horse property owners can expect to pay more money for less acreage, all because of this same supply and demand. Owners coming from others states where they had plenty of room may find that it’s just not the same in a different state where the number of new residents has jumped beyond prediction.

There’s a handful of ways this can impact every horse owner, including yourself.

- Horse properties will be more likely to sell as their value increases.
- Current horse properties could sell and be torn down to utilize the land for smaller housing.
- If you board your horse, there’s an increased chance of the property owner selling for the increased value of the land.
- Horse owner’s that are moving will have to pay more for an adequately sized property.
- Property owner’s will have to make the decision of whether or not they should take advantage of the market, the change for more property value, and the possibility of a lack in properties to move to.
- Vacant areas that were more friendly and open towards horse property are no longer vacant.
- Older properties will now have brand new neighborhoods built up around them, with a lot more traffic as residents move in.

It’s impossible to say if it’s a good idea to sell your home or property for the increased value you could see during this housing market boom. It could be beneficial for you if it works out in your favor and the timing is right.

But it could also be a lot more trouble and a lengthy process, especially if you are changing states.

It’s also impossible to say when the housing market will stabilize and just how much this boom will affect the horse community and current horse properties in the new year.

Truthfully, this housing market boom could change the way horse properties are valued, especially as people buy up older houses or invest in brand new construction.

There’s also a neat way for you to view just how much your city has expanded in the last decade. Many cities will have growth charts that you can look at to see the numbers of new residents over the years. There’s also maps that show the expansion of each city from a satellite view each year, so you can visibly see how the cities have expanded and become more populated.

Google your city and see if you can find a satellite tracker for this info.





# Horse Owner Blunders We've All Committed

By The VHN Writing Team



What's life without a little stumble and some humor? Everyone makes mistakes or does something embarrassing that they'll think about for months or maybe even years to come. And horse owners are no exception to this. Owning a horse provides some very unfortunate chances for mortification. The only thing we can do is learn to laugh at ourselves and carry on.

Here comes the eye rolling and face palming only a horse owner can truly pull off. Which of these horse owner gaffes have you committed? Come on, we won't tell.

1. Opening the arena gate, getting on your well-mannered steed, and then realizing you need to perform the impossible task of getting him back over to the gate to shut it. Then comes the lovely and graceful maneuvers we are all guilty of doing to get the fence latched.

And that's after the multiple passes and shimmying we do to get our horses close enough to actually reach the latch (i.e. Even farther away than we were the first time we tried.)

Bonus if there are other people in the arena bearing witness to your skills.

2. Attempting to get on your horse from a mounting block or fence and just as you get a foot on, he steps far enough away that getting the other leg over is an Olympic event. Even better if you're trying to hop on bareback and end up doing the closest thing to a split you've ever done in your life. You're going to feel that in the morning.

3. Getting ready for an early morning ride when your brain and your hands are just not cooperating, so you end up forgetting something very important when tacking up. Like the saddle pad or one of your horse's leg wraps. If you're lucky you'll still be so tired that you won't remember exactly who pointed it out to you, because we all know you're not going to notice before heading out to the arena.

4. When you're in a rush, so you try to muck out all of the stalls into one bucket. You're lifting that bucket or pushing that wheelbarrow and then it happens. It tips over, the bucket cracks, or a handle breaks, sending manure all over the place. At this point, we hope you're lucky enough to not have dumped the bucket of poo down your front. Yea, we aren't that lucky either.

5. You're mixing up the buckets of morning feed and as fate would have it, you messed up. You either put horse #1's feed in horse #2's bucket or you doubled up on a dose of a powder supplement and now can't get it back.

Even worse is when you don't realize you've done something wrong until you're done and the buckets look fishy, you don't see your mistake until morning, or the absolute worst – you've already given it to your horse and he's gobbling down the feed that is most definitely not his. Time to do a 180 and go ugly cry in the barn.

6. A friend, colleague, relative, or somebody you look up to has come to see you ride. You might be in the property's arena or you might be at a show. You're excited to perform your amazing horse skills. Does it go the way you had always dreamed? No, no it doesn't.

In fact, it probably looks like you haven't ridden a day in your life even though yesterday you rode with flying colors. Maybe your horse has decided today will be throw a tantrum day, maybe you've had a tack malfunction, or maybe the universe has just decided to be evil and make you look like a fool.

All you can do is hope and pray it's not on video and swear to the person that you can in fact ride a horse.

7. Going to get your horse from turn out with his halter and a cookie. He comes up to you all calm and natural and just when you're about to reach out to get the halter up over his nose, nope!

He decides he's not ready to come in just yet and takes off with a squeal to the other end of the arena. You're left there with your eyebrows pinched and your jaw hanging open at his audacity. It never happens when you have plenty of time, it's when you're in a rush and need to get back to the barn.

8. When you've just gotten finished with a ride and your back at the barn, taking off tack. Your horse is super sweaty and itchy. You take the bit out of his mouth and he's in desperate need of a scratch. So, he itches on whatever he can find. What's the closest thing? You.

Whether it's the top of your head, your leg, or the entire front of your body, your horse rubs his eyes, nose, mouth and face all over you with wild abandon. By the time he's done, you're covered in musty horse hair, dirt, and spit while he looks absolutely blissful. You didn't bring a change of clothes with you either.

9. You're going on a trip with a friend, maybe a trail ride or even a show. You decide to car/ trailer pool and get to loading up. Your friend's horse loads like a dream into the trailer, straight to the point. Your horse however acts like he's never seen a trailer in his life and makes every effort to back up, side swipe, and flat out refuse to get in. Twenty minutes later, he's halfway in with the help of your friend and some treat persuasion. You try not to think of the fact that when you're done, he'll have to get back in the trailer after your ride.

There are probably a thousand more moments every horse owner could think of that they look back on with very little fondness and a whole lot of chagrin.

Do you have any humiliating horse moments that make you want to laugh and cry at the same time?

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Can Horses Get Frostbite?

by The VHN Writing Team



The winter season can be a pretty sight. Snow covering the hills, trees dusted on the tops, and flakes slowly floating down from the sky. And something about cold weather makes home seem more cozy.

For all the mesmerizing things about winter, there are a few icky things that come with it. Like blizzards, icy roads, and sickness.

One thing that can plague us humans if we are not careful is frostbite. Frostbite is literally when tissue in your body, typically extremities, freeze. Nose, fingers, and toes are common places for frostbite. The flesh will become cold, pale, and hard depending on the severity of exposure and damage.

But what about our equine friends who are more exposed to cold?

While it is much rarer for horses to get frostbite, it can happen. For horses, places like the legs, and tips of the ears will have a higher chance of frostbite.

For horses that are young, geriatric, or have recently been sick, the risk can increase as a healthy, warm body and circulation helps ward off this ailment.

In the case of cold weather, it is not so much being exposed to a sudden very cold temperature for a short time, but more of a risk to be out in cold weather for a few days with no respite.

It also depends on what you horse is used too, as a horse that lives in the desert where winter isn’t quite as harsh will get cold easier than a horse who regularly goes through blizzards and lower temperatures.

If the climate/ environment is wet, then the risk for frostbite will be higher.

If a horse does manage to get frostbite, time will tell the extent of damage. The first signs of frostbite will be skin discoloration, as the skin will either be much paler or darker in color. The area may become red after time and even blister.

Unfortunately, a horse’s thick winter coat can mask frostbite, and prevent the owner from seeing the affected area. So it is best throughout the winter season to give your horse a thorough examination each day for signs of a possible cold weather condition.

If you believe your horse may be suffering from frostbite, the first thing you should do is bring him inside. Do not try to warm up the affected area, as this can cause even more damage. A vet’s assessment will be pertinent.

Your vet will try to detect a pain response in the area. If pain can be felt, then it is a good sign. The tissue and nerves are still functioning properly and are active. If the area has no sensation at all, then the chances of damage long term is likely.

Simple winter care measures can be taken for the prevention of frostbite. Provide your horse with shelter, so that he can get out of the wet and the wind. This will keep his body temperature warmer and his circulation flowing. Provide extra hay, as the long digestion process of it will allow heat to build up in the body providing an “internal insulation”. Make sure water buckets do not freeze and are filled as often as possible.





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## Resolutions

By Anna Dunstone

The new year doesn't lead to change  
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We know how to implement  
Techniques and all their uses  
To aid us in our way of life  
And into situations  
In which we have to utilize  
Lord Procrastination  
We, the Masters, must adhere  
Unto our leader's laws  
Put off all we could do now—  
We must uphold our cause!  
I must admit, the details why  
We do this thing, are blurred  
But that's okay—my intellect  
Is none too simply stirred.  
But since it is the new year  
To save myself from sorrow  
I shall try to mend my ways—  
Perhaps I'll start tomorrow...



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# Equestrian Resolutions of 2022

By The VHN Writing Team



It's officially over. The year of 2021 is now behind us, and the hope and possibility of 2022 now lays before us. There's no greater feeling of promise than the start of a new year, and this year is no different. Perhaps at the countdown to midnight you'll have made some big resolutions of your own or maybe some small ones.

The beauty of setting these goals is that you can have as many resolutions as you want and they can be as simple or as elaborate as you'd like. Perhaps you have a resolution to visit at least one new state or maybe even a new country before the new year ends. Perhaps you have a resolution to start writing in a journal every day or to drink extra water for your health. Maybe you have some extra creative resolutions like to try cooking five brand new recipes or to take ballroom dancing for the first time in your life.

The possibilities are endless and they can be resolutions that aren't the typical ones everyone seems to gravitate towards.

This includes setting your own equestrian resolutions for the new year.

Your horse can be a part of your new year goals and we happen to think it's the perfect way to start out a brand new year with your equine buddy. Here are a few horse related resolutions for the 2022 new year.

1. Step out into the horse community. Many of us horse owners find our equines to be our escape from the rest of the world. We come, take care of our equine buddies, get some exercise and time outside, and we can just enjoy some alone time (with our animals by our sides of course.) And there's nothing wrong with that whatsoever. But maybe this is your year to step outside of that typical alone time and branch out into the horse community. It doesn't have to be anything big either.

Try joining a horse club or even just a Facebook group for horse enthusiasts. The idea is to find other horse people to talk to and maybe ride with. Maybe join a cause or advocacy you didn't know you could be passionate about. You could even start your own group with just a few friends that get together once a week or a couple times a month. The idea is that you're finding other people who enjoy horses just as much as you, and you might find some friends you didn't know you were missing out on.

2. Volunteer. Sometimes doing things for others can be an enriching and rewarding experience. You get to help those in need, and those ones in need can actually be horses. Every horse rescue group needs help, whether it's through funds, raising awareness, setting up events, or caring for the animals themselves.

There are so many ways you can volunteer and give back, and it can be one of the best feelings to know that you've selflessly given to a great cause or program.

3. Fix that thing you've been putting off. You know what I'm talking about. There's something that you've needed to fix for awhile now and you've put it off either because you don't want to spend the money or spend the time to get it done. It might be as simple as replacing a specific light bulb in your barn that you need to go buy. Or maybe it's as complicated as replacing an entire fence or getting new tires for your trailer. It could require work by only yourself or the hiring of a professional. Whatever it is that needs to be done, go ahead and do it. It might be a pain, it might take some extra money, and it might be more complicated than you were anticipating. But once it's figured out and it's fixed, you'll feel much better that it's no longer hanging over your head.

4. Start up a savings for your horse life. It's an undeniable fact that horses are expensive and they will keep on being expensive. And many times, they come with unexpected bills that pop up at very inconvenient moments. There's nothing quite as stomach lurching as receiving a large bill for a service, emergency or not, that you forgot about or had to do unexpectedly. If this unpredictability is a stressor for you, starting a savings specifically for horse money might be a good idea this year. You can set aside a certain amount each week, each paycheck, or each month, whichever you're comfortable with. And the amount doesn't have to be huge. At the end of this new year, you could have a fair amount of money saved to either invest in new things or keep saving to for future expenses. And if you have to dip into these savings later this year when an unexpected bill pops up, it'll make the experience much more tolerable to know that you're covered.

5. Organize all of your horse paperwork. Just like those bills above, all of the documentation you probably have for your horses starts to pile up over the years. From medical tests, bills, receipts, sales copies, birth certificates, and more, after you've had your horse for a few years, that pile of papers gets to be pretty tall. So consider starting a binder or a section in a file cabinet dedicated to your horse's records. You can separate everything out by category, and make sure you know where the important stuff is, like certificates, brand inspections, immunizations, and more.

6. Accomplish a new equestrian skill. There are so many different things we can do with our horses and so many ways we can enjoy them. Barrel Racing, Dressage, Mounted Shooting, ground work, body work and balance, tricks, there's a long list of things you can do with your equine. This can be the year to add a new skill to the list. You can work on something as low key as your horse's flexibility or ground manners or something as immense as a whole new discipline. Adding any new skill can be a great resolution for this new year and the best part is you'll have the entire year to really get into it.

7. Ride somewhere new. Traveling with our horses, even on just a short trip in a trailer or riding down the road, can be a daunting idea. You might be so used to your arena or current riding area that you don't want to upset the day to day balance you have with your animal. But the beauty of riding in a new place is that you get to experience something new with your equine buddy and it can turn out to be a new favorite. There are all kinds of unique places to ride, with and without fences, that you can take advantage of this new year. You can enjoy them solo or with some friends. And you never know, this new location might become your go to for a trip out with your horse.

8. Take more pictures. With it now being 2022, there's no denying that the years go by fast. Before we know it, we'll be watching another new year roll in. You may not be able to slow down the days, but you can find ways to remember all of these good times. The next time you're out with your horses and friends, take more pictures. They can be on a trail ride, in the arena, at the barn, anywhere you want. They can be posed or candid. Is your horse making a funny face? Take a picture. Is it your birthday and you're spending time with your equine? Take a picture. Is it a beautiful day with nothing particularly special? Still take a picture. The more pictures you have of the great time with your horse, the more you'll be able to look back in the future.

9. Have more fun. Life can get you down too easily these days, and those feelings can unfortunately spread to the barn and the time we spend with our horses. It's important to remember that the time we spend with our equines is meant to be enjoyable. That's the whole point. And they want to enjoy with us. So this year, remember to have more fun. Say yes to those opportunities to enjoy, even if it's a quiet afternoon spent with your horse, one on one.



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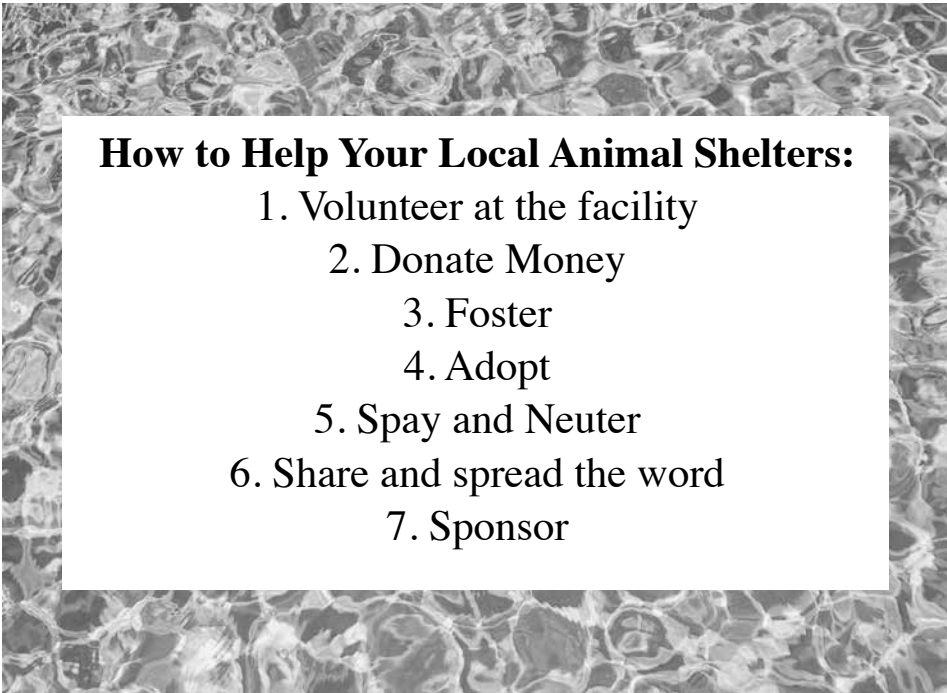


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photo.

***Deadline: 15th of every month.***  
**Phone in your ad: 702-808-7669 or**  
**Email your ad: [valleyhorsenews@gmail.com](mailto:valleyhorsenews@gmail.com)**



JANUARY 2022 CALENDER OF EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>*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></div>						
<b>2</b> SWBRA BARREL RACE 11 am Hurricane, UT Washington County Regional Park	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b> SWBRA BARREL RACE 11 am Hurricane, UT Washington County Regional Park  KB TEAM SORTING 9 am Hurricane, UT Washington County Regional Park
<b>9</b> SNGA Horsemen's Park http://www.snga.biz	<b>10</b> APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	<b>11</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>12</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  WINTER 4X4 JAMBOREE 7 am, Hurricane, UT Washington County Regional Park	<b>13</b> WINTER 4X4 JAMBOREE 7 am, Hurricane, UT Washington County Regional Park	<b>14</b> WINTER 4X4 JAMBOREE 7 am, Hurricane, UT Washington County Regional Park	<b>15</b> SWBRA BARREL RACE 1 pm Hurricane, UT Washington County Regional Park  WINTER 4X4 JAMBOREE 7 am, Hurricane, UT Washington County Regional Park
<b>16</b>	<b>17</b>	<b>18</b> SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> LVGA Henderson Saddle Association www.lasvegasgymkhanaassocia- tion.com  KB TEAM SORTING 9 am Hurricane, UT Washington County Regional Park  WCBRA BARREL RACE FINALS 12pm Hurricane, UT Washington County Regional Park
<b>23</b>	<b>24</b> JORDAN WORLD FAMILY CIRCUS 4 pm, Hurricane, UT Washington County Regional Park	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> HORSEMANSHIP CLINIC 8:30 am, Hurricane, UT Washington County Regional Park	<b>29</b> HORSEMANSHIP CLINIC 8:30 am, Hurricane, UT Washington County Regional Park  WCBRA BARREL RACE FINALS 12pm Hurricane, UT Washington County Regional Park
<b>30</b> HORSEMANSHIP CLINIC 8:30 am, Hurricane, UT Washington County Regional Park	<b>31</b> S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com					

FEBRUARY 2022 CALENDER OF EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> LVGA Henderson Saddle Association www.lasvegasgymkhanaassocia- tion.com
<b>6</b> LVGA Henderson Saddle Association www.lasvegasgymkhanaassocia- tion.com	<b>7</b>	<b>8</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>9</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	<b>10</b>	<b>11</b>	<b>12</b> SNGA Horsemen's Park http://www.snga.biz
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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com					
<div>VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com</div>						



# Farm Animal Adoptions

## All you have to do:

Is provide a photo of the animal/ animals. Give a short description explaining why they are such a great candidate for a new home. And lastly, provide the best contact information for those that are interested. Your photo, description, and contact will go here for everyone to see and hopefully will make it to the perfect new home.



**Open to all:** Horses, Donkeys, Mules, Miniature Horses, Cattle, Piggies, Goats, Sheep, Chickens, Ducks, Geese, Farm Fowl, Rabbits, Alpaca, and Llamas!

Any farm animal in need has a place in this section for as long as they need it!



## Welcome all rescues, sanctuaries, and non-profits!

Now is the chance to give farm animals in need of adopting and fostering an extra spotlight - **on the house**.

Valley Horse News will now have an adoptions section solely for farm animals at shelters and organizations that need to find a loving, forever home. On this page, every month, you will find photos and information about wonderful animals that could be the perfect addition to your home or farm. You will also find the organization that they come from and how you can get in contact.

This section will remain in the paper *indefinitely*.

As long as there is an animal that needs it, it will be open for listings. 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

REALTY ONE GROUP  
A Team of Professionals #1 IN NEVADA  
License #: S.0066408

Website: 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 \$899,000



5020 N Tomsik St. This property has it all! 3,772 sqft, almost 3/4 acre w/ Guest house, pool, 7 garage. 60'x30' shop/Garage w/ Bath & swamp cooler \$1.2m



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!"

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



License #: S.0066408



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