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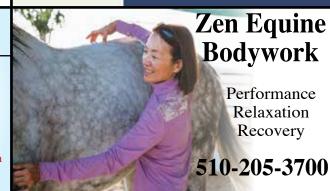


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Happy New Year 2024!

Press Release: Horse at event in Clark County confirmed positive for EHV-1

Horses attending events in Clark County should monitor for symptoms

(SPARKS, Nev.) – The Nevada Department of Agriculture (NDA) has received reports of a confirmed case of Equine Herpes Virus – Type 1 (EHV-1) in a horse at an event in Clark County.

The infected horse has been placed under quarantine. Per Nevada Revised Statute (NRS) 571.160, exact locations of the detection cannot be disclosed.

EHV-1 is a respiratory, neurologic disease. EHV-1 is a reportable disease, meaning when veterinarians diagnose it, they are required to notify the NDA, per Nevada Revised Statute NRS 571.160.

"If you recently attended an event in Clark County, monitor your horses for signs of illness including fever, decreased coordination, urine dribbling, limb weakness, lethargy or inability to stand," said NDA Director Goicoechea, DVM. "Contact your local veterinarian immediately if you notice symptoms."

Director Goicoechea recommends biosecurity practices as event season is underway, and always monitor horses for signs of disease, like fever or runny nose.

Biosecurity means implementing practices to reduce chances of an infectious disease being transferred by people, animals, equipment or vehicles. EHV-1 and other diseases can be easily transferred on boots, coats, gloves and equipment. Some basic practices include:

· Never share equipment between horses, and always wear clean clothes when going from ill horses to others.

- · Always start chores at healthy horses, and end with sick or recovering (within 30 days) horses.
- · Avoid common areas such as hitching rails, wash racks, etc. during an outbreak.

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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See you next time! - Codi Kern

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Equestrian Goals for the New Year 2024

By The VHN Writing Team



As the calendar turns to a new year, equestrians around the world eagerly anticipate the opportunities and adventures that lie ahead. The equestrian community is one fueled by passion, dedication, and a constant pursuit of improvement.

2024 could be the year of immense development as a rider and horse lover. If you're looking for some goals to try in the new year, read on for some ideas.

1. Personal Development: Setting the Foundation for Success:

- a. Commit to Continuous Learning: Embrace the spirit of lifelong learning by committing to expand your equestrian knowledge. Whether it's delving into the world of equine nutrition, studying different training methodologies, or exploring new disciplines, make 2024 a year of intellectual growth in all things horse-related.
- b. Improve Riding Skills: Set specific riding goals to enhance your skills in the saddle. Whether it's perfecting a specific riding technique, achieving a new level of mastery in a particular discipline, or simply improving your overall seat and balance, focused efforts on your riding abilities can lead to a more harmonious partnership with your horse.
- c. Build a Stronger Connection with Your Horse: Strengthening the bond with your equine partner should be a central goal for the new year. Invest time in groundwork, bonding exercises, and activities that foster mutual trust and understanding. A connected partnership between horse and rider lays the foundation for success in any equestrian pursuit.

2. Competition Aspirations: Reaching New Heights:

- a. Set Realistic Competition Goals: Whether you're a seasoned competitor or a rider new to the show ring, establish realistic competition goals for the year. Define specific milestones, such as entering a certain number of shows, achieving a personal best score, or advancing to a higher level in your chosen discipline.
- b. Explore New Disciplines: Broaden your horizons by exploring new equestrian disciplines. If you've primarily focused on dressage, consider trying your hand at show jumping or eventing. Diversifying your skill set not only keeps things exciting but also contributes to a more well-rounded equestrian experience.
- c. Participate in Community Events: Contribute to the vibrant equestrian community by participating in local events and shows. Not only does this provide valuable experience for both you and your horse, but it also fosters a sense of camaraderie among fellow riders. Consider joining charity rides, fun shows, or themed events to add variety to your competition calendar.

3. Health and Wellness: Prioritizing Equine and Rider Well-being:

a. Implement a Comprehensive Fitness Routine: Commit to the health and fitness of both you and your horse. Develop a well-rounded fitness routine that addresses strength, flexibility, and cardiovascular health. A fit and healthy rider is better equipped to communicate effectively with their equine partner.

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- b. Focus on Equine Wellness: Prioritize your horse's well-being by scheduling regular veterinary check-ups, maintaining an appropriate nutrition plan, and addressing any physical or behavioral concerns promptly. A healthy and content horse is more likely to excel in training and competition.
- c. Mindfulness and Stress Reduction: Recognize the importance of mental well-being for both horse and rider. Incorporate mindfulness practices into your routine, such as meditation or mindful riding sessions. Reducing stress and fostering a calm environment contributes to a positive and harmonious partnership.

4. Community Engagement: Giving Back and Growing Together:

- a. Mentorship and Support: If you have accumulated years of equestrian experience, consider becoming a mentor to less experienced riders. Share your knowledge, offer guidance, and provide support to those navigating their own equestrian journey. Mentorship not only benefits the mentee but also contributes to the growth of the equestrian community as a whole.
- b. Participate in Equestrian Education Programs: Engage in educational programs and workshops that contribute to the broader equestrian community. This could involve volunteering at riding schools, participating in equine therapy programs, or supporting initiatives that promote responsible horse ownership and care.
- c. Promote Inclusivity and Diversity: Actively contribute to creating a more inclusive and diverse equestrian community. Support initiatives that aim to make the horse world accessible to individuals of all backgrounds, regardless of age, gender, or socioeconomic status. Encourage diversity in riding disciplines, competitions, and leadership roles within equestrian organizations.

As equestrians embark on the journey of the new year, setting thoughtful and inspiring goals is key to personal and collective growth. Whether it's refining riding skills, venturing into new disciplines, prioritizing health and wellness, or contributing to the broader equestrian community, the goals set for 2024 will shape the path toward a fulfilling and rewarding equestrian experience.

You can choose one new goal or a few. But even just one small change, one small commitment, can lead to an even better new year.

May the year ahead be filled with progress, joy, and countless memorable moments shared with our four-legged companions!



• Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

"Spaghetti Alla Carbonara"

Prep Time: 20 min Cook Time: 20 min
Difficulty: Easy Servings: 4 to 6 servings

Ingredients:

2 tablespoons olive oil

8 ounces pancetta or thick bacon, diced

4 large eggs, at room temperature

1 cup (2 1/2 ounces) freshly grated Parmigiano-Reggiano cheese

1 teaspoon freshly ground black pepper Kosher salt

1 pound spaghetti

Directions:

In a large saute pan, heat the oil over medium heat until shimmering. Add the pancetta and cook until it is browned and the fat has rendered, about 5 minutes. Reduce the heat to the lowest setting and keep warm.

In a large bowl, mix together the eggs, cheese, and pepper until uniform. Set aside.

Fill a large pot with water and add enough salt so the water tastes like seawater. Bring the water to a boil. Add the pasta and cook according to the directions on the package until al dente. Reserve 1 cup of the pasta cooking liquid.

Drain the pasta, transfer to the bowl with the egg mixture and add the pancetta, along with all the fat from the pan. Toss the pasta with the egg-cheese mixture and the pancetta until the eggs are cooked and the pasta is coated and creamy, about 1 minute. Serve immediately.

Notes

If, when you're tossing the pasta in the bowl, it looks a little dry, add a bit of the reserved pasta water to help create an emulsion.



Find us on Facebook and more above!

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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All in Your Head: Can Horses Experience **Headaches?**

By The VHN Writing Team



us marveling at the intricacies of their health. While we readily understand imaging studies, and other diagnostic procedures may be employed to certain aspects of equine well-being, the question of whether horses can pinpoint the source of the horse's discomfort. experience headaches remains a topic of curiosity.

can be aware of some signs that our horses do in fact have a headache. And typically, a headache is the result of another problem, one that ultimately can be fixed. By fixing it, the headache can be remedied.

Understanding the Equine Head:

bones, muscles, nerves, and blood vessels. Horses, like humans, have a based on care and compassion. large brain encased in the protective skull. And many conditions have the ability to cause "head pain" or what could be equal to a headache for us humans.

However, the anatomical differences between species make it challenging to directly equate the experience of headaches in horses to that of humans.

Signs of Discomfort:

While horses may not exhibit classic signs of a headache, such as us humans when we press our fingers to our eyes or rub our temples, they can certainly display behaviors indicative of general discomfort or pain. Some of these signs may include:

- 1. Head Tossing: Horses experiencing discomfort may toss their heads or shake them in an attempt to alleviate irritation or pain.
- 2. Restlessness: An agitated or restless demeanor, especially when accompanied by other signs of distress, may suggest underlying discomfort.
- 3. Decreased Appetite: Changes in eating habits, such as a decreased appetite, can be an indirect indicator of discomfort in horses.
- 4. Sensitivity to Touch: Horses may become more sensitive to touch, particularly around the head and neck, when experiencing discomfort.
- 5. Altered Behavior: Unusual behavior, such as increased irritability or a reluctance to engage in usual activities, can be a subtle sign that something may be amiss.

Possible Causes of Discomfort:

While horses may not experience headaches in the way humans do, they can suffer from various conditions that lead to actual head discomfort or pain. Some potential causes include:

- 1. Dental Issues: Dental problems, such as sharp points or dental malocclusions, can lead to discomfort in the mouth and head region.
- 2. Sinusitis: Inflammation of the sinuses, known as sinusitis, can result in head discomfort. Respiratory infections or dental issues may contribute to sinusitis in horses.

- 4. Eye Conditions: Issues such as uveitis or corneal ulcers can cause eye pain, which may be expressed through head-related behaviors.
- 5. Tension or Stress: Horses, like humans, can experience tension and stress, which may manifest in physical discomfort or altered behavior.

Unfortunately for our horses, they are unable to pop a couple acetaminophen and take it easy. The remedies for a headache that are easily accessible to us aren't quite the same for our equines.

But, that doesn't mean we can't relieve the headache or at least lessen its intensity.

By keeping your horse's temperature checked and regulated, providing plenty of clean drinking water, good quality feed, and utilizing pain relievers with a vet's okay, you can keep your horse comfortable until the root cause of pain is found. Sometimes even a simple head massage, with your horse's permission, can ease the tension until help can be administered.

Veterinary Assessment:

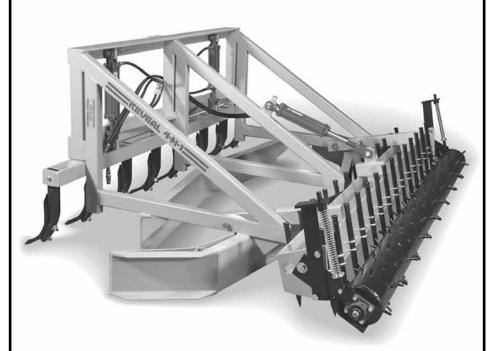
If you suspect that your horse may be experiencing discomfort, it is crucial to involve a veterinarian for a thorough assessment. A qualified equine veterinarian can conduct a physical examination, perform diagnostic tests, Horses, with their majestic presence and complex physiology, often leave and explore potential causes of the observed signs. Dental examinations,

While the concept of horses experiencing headaches may not align precisely Our horses can't exactly tell us with words that their head hurts. But we with human experiences, it is essential for horse owners to be attuned to signs of discomfort or pain.

Horses can suffer from a range of conditions that affect the head and neck, and recognizing these signs early allows for timely intervention and appropriate veterinary care. By understanding the complexities of equine health and seeking professional guidance when needed, we can ensure the The equine head is a marvel of nature, comprising a complex network of well-being of our equine companions and maintain a strong partnership



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Winter Wellness: Caring for Chapped Horse Skin

By The VHN Writing Team



Have you ever woken from a nice winter's sleep, only to find that your lips are cracked and chapped? The dryness of your skin makes it feel itchy, uncomfortable, and tight. You might even crack so bad that you bleed and feel quite a bit of pain.

As winter makes itself known, horse owners face the challenge of maintaining their equine companions' skin health. Chapped and dry skin can be a common issue during the colder months for our equines just as they are for us, leading to discomfort and potential health concerns for horses.

But don't worry, there are things you can do to prevent your horse from feeling the same discomfort in the winter's dry weather.

First, remember to groom consistently, even if your horse doesn't get sweaty in the cold. A consistent grooming routine is the cornerstone of maintaining healthy skin, especially during the winter months. Brushing your horse daily helps remove dirt, debris, and loose hair that can contribute to skin irritation. Choose grooming tools suitable for winter coats, such as soft brushes and shedding blades, to avoid causing additional stress to the skin.

Also by grooming, you can keep an eye on trouble areas, like the lips, nose, and eyes and treat them as dryness pops up.

Secondly, you can introduce moisturizing balms and lotions into your horse's skincare regimen. Apply a quality equine moisturizer to areas prone to chapping, such as the face, pasterns, and fetlocks. Look for products containing natural ingredients like aloe vera or shea butter, as they provide soothing hydration without causing irritation. Vaseline (or pure petroleum jelly) provides a great barrier to the elements, sealing in moisture and keeping out dirt and dust.

Shield your horse from harsh winter winds and biting cold by investing in a high-quality, breathable blanket or sheet. Properly fitted blankets provide a protective barrier against the elements, preventing excessive dryness and chapping. Ensure the blanket is kept clean and dry to avoid further skin issues. And make sure to utilize a blanket that's appropriate for the current temperature, especially as they change from day to night.

Adequate hydration is essential for healthy skin just as it is for humans. Ensure your horse has constant access to fresh, unfrozen water. Introduce moisture-rich feeds, such as soaked hay or beet pulp, into their diet to promote internal hydration, which reflects positively on the external condition of the skin.

Any diet changes should be done slowly and in moderation. Consider getting a vet's approval if your horse has certain conditions.

Occasionally, treat your horse to a warm water bath to remove accumulated dirt and encourage natural oil production in the skin. Use a mild equine shampoo designed for winter use to avoid stripping the skin of essential oils. Be sure to dry your horse thoroughly after the bath to prevent chilling. You can also try some equine massage or utilize brushes that are meant more for massage. This can help to redistribute the natural oils across your horse's coat.

Evaluate your horse's diet and consider adjusting it to meet their winter nutritional needs. Incorporate feeds rich in omega-3 fatty acids, which promote healthy skin and coat. Consult with your veterinarian to tailor a feeding plan that supports your horse's specific skin health requirements.

While occasional baths are beneficial and can be very enjoyable to your equine, excessive bathing during winter can contribute to skin dryness. Limit bathing to when it's necessary, and when you do bathe your horse, use a moisturizing shampoo and ensure thorough drying afterward. If cleaning is necessary, opt for using warm rags to spot clean your horse's coat.

In snowy or icy conditions, consider using protective boots on your horse's lower limbs to shield them from cold and wet conditions. This is particularly important for horses with feathering or long hair around the hooves, as these areas are prone to chapping.

Provide sheltered areas within the paddock or pasture to allow your horse to escape from harsh weather conditions. Shelter helps minimize exposure to wind and precipitation, reducing the likelihood of chapped skin.

Keep a close eye on your horse's skin for any signs of chapping, irritation, or abnormalities. If your horse's suddenly wants to itch certain areas or seems agitated, his skin might be compromised and need a little TLC.

Early detection allows for prompt intervention, preventing minor issues from escalating into more serious skin conditions. Consult with your veterinarian if you notice persistent or worsening skin problems. Some horses are more prone to difficult skin, but by staying dedicated to a maintenance schedule, flare ups can be avoided.

Caring for chapped horse skin during the winter requires a combination of preventive measures, proactive grooming, and thoughtful management. By incorporating these strategies into your horse care routine, you can ensure that your equine companion enjoys the winter season with comfort and radiant skin. Remember, a little extra attention to their skin health goes a long way in maintaining the overall well-being of your beloved horse during the colder months.



Knowing When to Call It: Signs It's Time to Retire Your Riding Companion

By The VHN Writing Team



The bond between a rider and their horse is often a deep and cherished connection. As a horse ages, however, there comes a point when the demands of regular riding and activities may become too strenuous for them.

Recognizing when it's time to retire your horse from riding is an essential aspect of responsible horse ownership. It's not an easy decision for any horse lover, but it's an important one all the same for your horse's well being. If you're unsure of how to decide, take a look at these indicators to help you decide on the best course for your equine.

The first indicators that your horse may be ready for retirement often manifest in their physical condition. Arthritis, decreased muscle tone, and stiffness are common issues that can affect an aging horse. If your once agile and spry companion is exhibiting signs of discomfort or lameness that cannot be alleviated with veterinary care, it may be time to reconsider their riding workload.

This becomes more apparent during riding and excericse as well. Perhaps your horse just doesn't feel the same under saddle. He might struggle to keep up or becomes sore more easily. This is another sign of your horse's aging body.

Horses, like humans, experience a natural decline in stamina and endurance as they age. If you notice that your horse tires more quickly or takes longer to recover after rides, it's a sign that their body is no longer equipped to handle the physical demands of regular riding. Pushing an aging horse beyond their limits can lead to increased stress, fatigue, and a diminished overall quality of life.

Pay close attention to any behavioral changes in your horse. While some horses remain spirited and willing to work well into their senior years, others may display signs of irritability, resistance, or reluctance to perform certain tasks. Behavioral changes can be indicative of pain, discomfort, or a simple desire to enjoy a more relaxed lifestyle. There's a fine line between a lazy horse and an aged horse that needs to take their activity down a level

Horses, like any living being, may develop chronic health conditions as they age. Conditions such as Cushing's disease, laminitis, or chronic respiratory issues can impact a horse's ability to engage in regular riding activities. It's essential to work closely with your veterinarian to manage these conditions and determine whether they affect your horse's suitability for continued riding.

Regular veterinary assessments are crucial, especially for aging horses. Routine check-ups can help identify any emerging health issues and allow for early intervention. Your vet can offer insights into your horse's overall well-being and provide guidance on whether riding should be modified or retired altogether.

If your horse is showing signs of aging but is still physically capable, consider modifying their riding activities. Light trail rides, gentle hacks, or easygoing walks can provide mental stimulation without placing excessive strain on their bodies. Adjusting your riding routine to accommodate their changing needs can contribute to a graceful transition into retirement.



If your horse also has frequent injuries, like sprains or becomes lame a little to easily, this could pinpoint a decline in his body's ability to handle his exercise level. If he were to continue and try to work through these frequent injuries, something more long term and painful could happen, furthering the breakdown of your horse's body.

Beyond physical considerations, it's important to assess your horse's emotional well-being. Some horses thrive on routine and enjoy having a job, while others may prefer a more relaxed and leisurely lifestyle. If your horse seems stressed, anxious, or unhappy during riding sessions, it's a strong indicator that retirement might be the best course of action.

Transitioning your horse into retirement doesn't mean the end of their active life. Providing a comfortable and enriching retirement environment is key to their well-being. Ensure they have access to ample pasture, companionship with other horses, and appropriate shelter. Regular grooming, veterinary care, and attention to their nutritional needs will contribute to a happy and healthy retirement.

Deciding when to retire your horse from riding is a complex and emotional process. As responsible horse owners, it is our duty to prioritize the well-being of our equine companions. By staying attuned to their physical condition, recognizing signs of aging, and adapting our approach to their changing needs, we can ensure a smooth and comfortable transition into retirement.

And at the end of the day, the easiest thing to rely on when making the decision to retire your horse is to simply listen to your gut. When you get the feeling that retirement is near, trust it and trust that you have your horse's best interests at heart. After all, just because you can't ride your horse or do some of the things you once loved, doesn't mean that you won't still have the same close and fulfilling relationship. It'll just be in new, more relaxed ways.

Whether your horse enjoys their golden years in peaceful pasture bliss or in light, stress-free activities, the key is to honor their years of service and provide them with the care and respect they deserve in their well-earned retirement.



A Golden Gallop into Retirement: Activities for Retired Riding Horses

By The VHN Writing Team



As horses gracefully step into their golden years, retired from the demands of riding, it's essential to provide them with activities that nurture their physical health, mental well-being, and innate equine instincts. Whether your retired riding companion is seeking tranquility or a bit of engagement, there are numerous activities to enhance their quality of life.

Take a look at these 11 ideas for filling up your retired horse's schedule.

1. Grazing and Pasture Time:

One of the simplest yet most beneficial activities for retired horses is allowing them ample time for grazing in a spacious pasture. Grazing mimics the natural behavior of horses, providing physical exercise, mental stimulation, and the opportunity for social interactions with pasture mates. While your horse is retired from his previous exercise regimen, time out in pasture where he can amble around, stretch his legs, and get some fresh air is a great way to give him the same benefits.

2. Equine Yoga and Stretching:

Gentle exercises and stretching routines tailored to your horse's physical condition can contribute to their overall well-being. Engage in equine yoga sessions, encouraging your horse to stretch their neck, limbs, and back. This low-impact activity helps maintain flexibility and joint health. There are many books, articles, and other resources for different stretches you can do with your horse. You can also look into professionals that can help guide you on how to start yoga with your horse.

3. Daily Walks and Hand Grazing:

A leisurely stroll around the property or nearby trails offers retired horses a change of scenery and mental stimulation. Hand grazing during walks allows them to nibble on fresh grass, combining exercise with the pleasure of a natural activity. This also allows you to stay close and keep up on good ground manners and good communication.

4. Interactive Toys and Treats:

Stimulate your horse's mind with interactive toys designed for equine enrichment. Treat-dispensing balls, hanging treats, and puzzle feeders encourage mental engagement, helping to alleviate boredom and providing a rewarding challenge for your retired friend.

5. Grooming and Spa Days:

Regular grooming sessions contribute to the physical and emotional well-being of retired horses. Not only does grooming help maintain a healthy coat and skin, but it also fosters a strong bond between horse and owner. Consider adding a touch of luxury with spa days, complete with mane and tail conditioning, soothing massages, and gentle pampering.

6. Environmental Enrichment:

Enhance your horse's environment with elements that engage their natural instincts. Install safe mirrors in their stable, like shallow pools, bouncy balls, and cones, and allow them access to shaded areas for relaxation.

7. Agility Courses and Obstacle Challenges:

Create a mini obstacle course in a safe and enclosed area. Incorporate simple challenges such as walking over poles, stepping through hula hoops, or navigating around cones.



This not only provides physical exercise but also keeps their minds sharp. While your horse's body and routine might slow down, he can still have the mind of a young, spry horse.

8. Equine Companionship:

Horses are social animals, and companionship is vital for their mental well-being. If possible, introduce a compatible equine companion to keep your retired horse company. Positive social interactions contribute to a fulfilling retirement experience. Be sure that the animal he's paired with is a good fit. Too young of a companion might have too much energy, or too elderly of a friend could pass and cause a sense of loss. With some time and research, a new animal friend that might not even be equine, can be found.

9. Therapeutic Modalities:

Explore therapeutic activities that cater to your horse's specific needs. Equine massage, acupuncture, or chiropractic care can offer physical comfort, especially for retired horses dealing with age-related ailments like arthritis or stiffness. There have been many leaps in the fields of therapy for horses and all of the benefits they can provide.

10. Artificial Intelligence and Music:

Surprisingly, some horses respond positively to calming music or artificial intelligence designed for equine relaxation. Experiment with different genres and observe your horse's reactions to find what soothes and pleases them. Some horses might favor country, others might take to classical. He might even care for jazz or hard rock.

11. Training and Trick Sessions:

Engage your retired horse in light training sessions or teach them simple tricks. This not only provides mental stimulation but also reinforces positive interactions between you and your equine companion. With the proper motivation, say his favorite treat, it's entirely possible to teach an old horse a new trick.

Many retired horses can also be great candidates for therapy horses. As they settle down into a calmer and more restful retirement, they may find joy in bringing happiness to centers for the elderly, kids after school groups, or other social interactions.

Retirement for riding horses doesn't mean the end of purposeful and enjoyable activities. A routine that a horse is used to is hard to break away from and can leave both horse and rider a bit lost.

By tailoring activities to their individual needs and preferences, we can ensure that retired horses live out their golden years with comfort, engagement, and a sense of fulfillment. A new routine full of things they didn't know they liked can help create a new sense of purpose and happiness for them.

These activities contribute not only to their physical well-being but also to the deep bond formed with their human caretakers, fostering a retirement filled with joy, companionship, and the simple pleasures of equine life.

And after being a hardworking and faithful equine companion for so long, every retired horse deserves to have a little R and R and a little spoiling, they certainly deserve the extra attention.

Bridging the Distance: The Transformative Impact of Social Media on the Horse Community

By The VHN Writing Team



In the digital age, social media has become a dynamic force that transcends geographical boundaries and connects like-minded individuals. The horse community, once confined to local barns and equestrian events, has undergone a remarkable transformation thanks to the advent of social media platforms. This article explores the myriad ways in which social media has significantly benefitted the horse community, fostering education, collaboration, and a sense of global camaraderie among horse enthusiasts.

Knowledge Sharing and Education

Social media platforms serve as virtual arenas for the exchange of knowledge and expertise within the horse community. From Facebook groups and Instagram accounts to dedicated forums and YouTube channels, enthusiasts now have unparalleled access to a wealth of information. Trainers, veterinarians, and seasoned riders share insights, training tips, and veterinary advice, creating a vibrant online space for continuous learning.

Equine professionals utilize platforms like Instagram and YouTube to showcase training techniques, grooming tips, and veterinary care practices. These resources empower horse owners to stay informed, address concerns promptly, and enhance their horsemanship skills, thereby contributing to the overall well-being of horses worldwide.

Global Networking and Community Building

Social media has dismantled geographical barriers, allowing horse enthusiasts from diverse backgrounds and locations to connect seamlessly. Online communities, forums, and groups provide platforms for sharing experiences, seeking advice, and forming lasting friendships. Whether discussing training challenges, sharing riding achievements, or seeking recommendations for equine products, horse lovers can find a supportive and understanding community at their fingertips.

Platforms like Twitter, where users participate in real-time conversations using hashtags like #HorseHour, facilitate global networking opportunities. Riders, trainers, and equine professionals can engage in discussions, share their stories, and build connections that span continents.

Marketplace and Promotion

Social media serves as a powerful marketplace for all things equine. Riders and trainers can promote their services, showcase their horses for sale, or advertise equestrian products to a vast and diverse audience. Platforms like Instagram and Facebook allow for visually appealing advertisements, creating opportunities for businesses and individuals to reach potential customers and clients.

Online marketplaces and classified groups on platforms like Facebook provide a convenient space for buying and selling horses, tack, and equipment. This streamlined approach to commerce benefits both buyers and sellers, offering a comprehensive and accessible market for equine-related transactions.

Advocacy and Awareness

Social media has played a pivotal role in raising awareness about equine welfare issues and advocating for positive change within the horse community.

Campaigns addressing topics such as rescue efforts, responsible breeding, and humane treatment gain momentum through widespread sharing and engagement.

Hashtags like #EquineWelfare and #RescueHorse circulate on social media, drawing attention to organizations and individuals working tirelessly to improve the lives of horses. This collective awareness contributes to a broader understanding of the challenges faced by horses worldwide, fostering a community that actively supports initiatives to better their well-being.

It can also showcase how horses can help people in the most unexpected ways as well, and help to foster programs that benefit childre and adults alike.

Online Competitions and Challenges

The rise of social media has given birth to a new era of virtual competitions and challenges within the horse community. Riders and equestrians can participate in online challenges, share their riding achievements, and even compete in virtual horse shows. Platforms like Instagram and TikTok have become stages for riders to showcase their skills, creativity, and the unique bond they share with their horses.

These online challenges not only offer a source of entertainment but also celebrate the diverse talents and horsemanship skills within the community. They create a sense of unity and friendly competition among horse enthusiasts across the globe.

Real-Time Event Coverage

Social media has transformed the way horse enthusiasts experience equestrian events. Live-streaming on platforms like Facebook and YouTube allows fans to watch competitions, races, and shows in real-time, regardless of their geographical location. This accessibility broadens the audience for equestrian events and fosters a sense of global participation and shared excitement.

Additionally, event organizers can leverage social media to promote their competitions, share highlights, and engage with the audience. Live updates and behind-the-scenes content create a dynamic and interactive experience for those unable to attend in person.

Emergency Assistance and Lost Horse Alerts

The horse community on social media extends a helping hand during times of crisis. In emergencies, such as natural disasters or horse-related accidents, social media platforms become invaluable tools for disseminating information, organizing rescue efforts, and providing support to those in need.

It helps alert individual horse communities about possible disease spread and epidemics, crimes involving horses, legislation and new laws regarding horses and their facilities, and much more.

Furthermore, social media has proven effective in spreading the word about lost or stolen horses. Dedicated groups and pages facilitate the rapid sharing of information, increasing the chances of a swift and successful reunion between owners and their beloved equines.

Social media has undeniably revolutionized the horse community, acting as a catalyst for positive change, collaboration, and global connection. The benefits extend beyond the virtual realm, influencing real-world interactions, business transactions, and the overall well-being of horses.

Not everyone is a fan of social media. It is absolutely true that there's both positives and negatives to social media, and that on more than one occasion, it has caused a lot of trouble.

But rather than completely writing it off entirely, why not use the benefits of social media to grow all of these great aspects and all of those we have not yet recognized. If the reach of the good outweighs the reach of the bad across these networks, then that in itself is a success for every horse community.

As the equestrian community continues to harness the power of social media, the possibilities for education, advocacy, and camaraderie within the horse world are boundless, promising a future where horse enthusiasts worldwide are united by their shared passion and commitment to the welfare of these magnificent creatures.

Composting with Your Horse's Manure

By The VHN Writing Team



In the realm of sustainable agriculture and environmentally conscious gardening, horse manure stands out as a valuable resource for composting. aids in waste management but also contributes to enhancing soil fertility and promoting healthy plant growth.

Read on for the steps, considerations, and advantages of using your horse's manure to create a powerful organic fertilizer for your garden.

The Composting Process:

Composting with horse manure involves capitalizing on the natural decomposition process to produce a rich, humus-filled compost. Achieving the right balance of carbon and nitrogen, often referred to as the carbon-to-nitrogen (C:N) ratio, is essential for successful composting. Horse manure, 5. Maintain the Right Moisture Level: Proper moisture is crucial for combeing a nitrogen-rich material, complements carbon-rich ingredients to create an ideal environment for microbial activity.

1. Ingredients for a Balanced Compost Pile:

To create an effective compost pile, combine horse manure with carbon-rich materials such as straw, dried leaves, or shredded newspaper. This mixture ensures a balanced C:N ratio, fostering the growth of beneficial microbes that break down organic matter.

2. Building the Compost Pile:

Begin by layering horse manure with the carbon-rich materials. Aim for 7. Monitor Temperature: Composting generates heat as microorganisms a mix of approximately two parts carbon to one part nitrogen. This layerdecomposition process.

3. Maintaining Moisture Levels:

Adequate moisture is crucial for microbial activity. While horse manure provides nitrogen, the carbon-rich materials act as a sponge, retaining water. Regularly check the moisture levels and add water as needed, ensuring the compost pile remains moist but not waterlogged.

4. Balancing the Ingredients:

Adjust the compost pile as needed to maintain the balance between carbon you can expect to harvest finished compost in about six months to a year. and nitrogen. If the pile becomes too odorous, it may indicate an excess of nitrogen. Incorporating more carbon-rich materials can help correct the balance and mitigate unpleasant smells.

Benefits of Composting with Horse Manure:

Benefits of Composting with Horse Manure:

1. Nutrient-Rich Compost:

Horse manure is a potent source of nitrogen, phosphorus, and potassium. When combined with carbon-rich materials, it creates a nutrient-dense compost that promotes robust plant growth, improves soil structure, and enhances overall soil health.

2. Environmentally Friendly Waste Management:

Composting horse manure provides a sustainable solution to waste management. Instead of disposing of manure in ways that may harm the environment, composting transforms it into a valuable resource, reducing the ecological footprint associated with manure disposal.

3. Weed Suppression:

Well-composted horse manure can help suppress weed growth in your garden. The compost creates a natural mulch that inhibits weed germination and establishment, providing a healthier environment for your plants.

4. Disease Prevention:

Properly composted manure reaches high temperatures during decomposition, effectively killing weed seeds and pathogens. This reduces the risk of introducing diseases to your garden through contaminated manure.

Composting with your pet horse's manure is a fantastic way to recycle waste and create a nutrient-rich soil conditioner for your garden. Here's a step-by-step guide to help you get started with composting horse manure:

- 1. Choose a Suitable Composting Site: Select an appropriate location for your compost pile. It should be well-drained and ideally situated away from water sources to prevent potential runoff. Ensure there's sufficient space for a compost bin or a designated composting area.
- 2. Gather Materials: Collect the necessary materials for composting, including horse manure, carbon-rich materials, and optional additives. Carbon-rich materials can include straw, dried leaves, shredded newspaper, or wood shavings. Optional additives might include kitchen scraps, but avoid adding meat, dairy, or pet waste.
- Transforming this natural byproduct into nutrient-rich compost not only 3. Build a Compost Bin: While it's possible to compost in an open pile, containing the compost in a bin helps control the process and maintain optimal conditions. You can purchase compost bins or build a simple enclosure using pallets or wire fencing.
 - 4. Layering Materials: Begin the compost pile by layering horse manure with carbon-rich materials. Aim for a balanced mix, with approximately two parts carbon to one part nitrogen. This balance encourages microbial activity and prevents the pile from becoming too compact. Alternate layers of manure with layers of carbon-rich materials.
 - posting. Horse manure provides nitrogen, and the carbon-rich materials act as a moisture retainer. Ensure the compost pile remains consistently moist, similar to a wrung-out sponge. Regularly check the moisture levels and water the pile if it becomes too dry.
 - 6. Turning the Pile: Turning the compost pile regularly is essential for aeration. This helps accelerate the decomposition process and ensures that all parts of the pile receive sufficient oxygen. Use a pitchfork or shovel to turn the pile every few weeks.
- break down organic matter. To optimize the composting process, monitor ing promotes aeration and prevents the pile from becoming too compact. the internal temperature of the pile. Ideally, the temperature should reach Turning the pile regularly further enhances aeration and accelerates the between 130°F to 160°F (54°C to 71°C). This heat helps kill pathogens and weed seeds.
 - Add Optional Additives: If you have kitchen scraps or other organic waste, you can add them to the compost pile. However, be selective and avoid adding meat, dairy, or pet waste, as these may attract pests or introduce harmful pathogens.
 - 9. Patience is Key: Composting takes time, and the duration can vary depending on factors like temperature, moisture, and pile size. On average,
 - 10. Harvesting the Compost: Once the compost has a dark, crumbly texture and a rich, earthy smell, it's ready for use. Harvest the compost by removing any remaining undecomposed material and transferring the finished compost to your garden.

By following these steps, you can turn your horse's manure into a valuable resource for your garden. Composting not only benefits your plants but also contributes to sustainable waste management practices.

Composting with horse manure is a sustainable and rewarding practice that transforms a potential waste product into a garden superhero – a nutrient-rich, environmentally friendly fertilizer. By understanding the science behind composting and following best practices, you can harness the power of your horse's manure to create "black gold" that nourishes your plants and promotes a healthier, more vibrant garden ecosystem. Embrace the art of composting, and watch as your garden blossoms with the benefits of this natural, renewable resource.

Local
Equine
Assistance
Network



If you're interested in giving a L.E.A.N horse a forever home, please contact Karin at 702-533-4656 or visit them at www.LEANhorses.org

www.LEANhorses.org

L.E.A.N. Donation Options:

With your help, we can count on consistent funding that will allow us to heal and rescue more horses without having to worry about whether we can cover their initial costs.



By becoming a Monthly Donor Sentinel, our horses can depend on someone so they can focus on getting better.

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Did you know that a horse can eat 4 to 6 or more bales of hay each month?

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https://www.leanhorses.org/donate/

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You may also mail a check L.E.A.N./ All Vegas Horses PO Box 750174, Las Vegas, NV 89136

WWW.LEANhorses.org

New Year's Horse Blessing

By The VHN Writing Team

May your mornings be bright and full of promise And your saddle withstand the time.

May your journey's road be smooth and straight, And adventures greet you with a smile.

May the wind never look you in the eye And the rain hold off another day.

May the truck and trailer keep you safe And hold the route back home.

May the barn stand solid in the storm And inviting in the cold.

May the reins embody steal And the eyes stay clear and strong.

May the horseshoes catch the luck And the boots collect the stories.

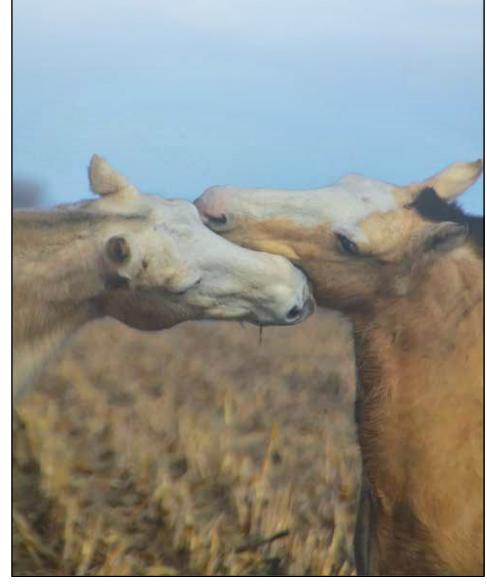
May the hat soak up the sunshine And the horse remember the way.

May the day be a friend to you And the night not follow too closely.

May hello be a forever And a goodbye be until tomorrow.

May the earth hold you steady And the heavens take their time.

May the magic never leave you And stars always align.





2024 **BLACK & WHITE** Display Ad Rates

2024 **COLOR Display Ad Rates**

• Full Page: 10w x 16 • **Full Page:** 10w x 16 One month \$465 One month \$581.25 2-4 months \$531.25 p/m 2-4 months \$425 p/m 5-8 months \$380 p/m 5-8 months \$475 p/m 9-12 month \$456.25 p/m 9-12 month \$365 p/m

• **Half Page:** 10w x 8 ● **Half Page:** 10w x 8 One month \$330 One month \$412.50 2-4 months \$310 p/m 2-4 months \$387.50 p/m 5-8 months \$280 p/m 5-8 months \$350.00 p/m 9-12 month \$260 p/m 9-12 month \$325.00 p/m

• <u>1/4 Page: 5w x 8</u>		• <u>1/4 Page</u> : 5w x 8		
One month	\$220	One month	\$275	
2-4 months	\$185 p/m	2-4 months	\$231.25 p/m	
5-8 months	\$170 p/m	5-8 months	\$212.55 p/m	
9-12 month	\$160 p/m	9-12 month	\$200 p/m	

● <u>1/8 Page: 4.7w x 3.85</u>		• <u>1/8 Page:</u> 4.7w x 3.85		
One month	\$130	One month	\$162.50	
2-4 months	\$115 p/m	2-4 months	\$143.75 p/m	
5-8 months	\$105 p/m	5-8 months	\$131.25 p/m	
9-12 month	\$100 p/m	9-12 month	\$125 p/m	

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DEADLINE: 15th of EVERY MONTH

p/m

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Phone: 702-808-7669 Email valleyhorsenews@gmail.com 1861 Bogey Way • Henderson • NV • 89074

New Year's Baking for Your Horse: Quick Ingredients List

By The VHN Writing Team

When it comes to baking horse treats, it's important to use ingredients that are safe and healthy for them. Here are some horse-friendly ingredients you can consider:

- 1. Oats: A staple in many horse diets, oats are a good source of energy and
- 2. Carrots: Finely grated carrots add natural sweetness and color. Horses generally love them.
- 3. Apples: Finely chopped apples can add natural sweetness and moisture to your treats.
- 4. Molasses: A small amount of unsulfured molasses can be used for sweetness. It's a favorite among horses.
- 5. Whole Wheat Flour: A healthier option compared to refined flour, whole wheat flour adds fiber to the treats.
- 6. Flaxseed: Ground flaxseed is rich in omega-3 fatty acids and can contribute to a shiny coat.
- 7. Cinnamon: A sprinkle of cinnamon adds flavor without added sugars or calories.
- 8. Peppermint: Crushed peppermint candies or peppermint extract can add a refreshing flavor.
- 9. Chia Seeds: Chia seeds are rich in omega-3 fatty acids and can add a bit of crunch to treats.
- 10. Pumpkin: Canned pumpkin (not pumpkin pie filling) adds moisture and flavor without excessive calories.

When experimenting with recipes, it's important to be mindful of portion sizes and to avoid ingredients that can be harmful to horses. Always introduce new treats gradually to their diet to ensure there are no adverse reactions. If you're unsure about a particular ingredient, it's a good idea to consult with your veterinarian

Cheers to a New Year

Anonymous

In the hush of night, the old year fades, As the New Year arrives with promises made. A canvas of time, a midnight's creation, Let's celebrate the joyous New Year's sensation.

The clock ticks down, a rhythmic rhyme, Echoing through the corridors of time. Laughter and cheers, a chorus of glee, Welcoming moments that are yet to be.

In city streets and quiet abodes, A tapestry of fireworks brightly explodes. Colors burst, painting the sky, As the world bids the old year goodbye.

Champagne glasses raised on high, To toast to dreams that touch the sky. Confetti dances in the air. A shimmering magic, beyond compare.

Friends and family, hand in hand, Creating memories, like grains of sand. A chorus of "Auld Lang Syne" we sing, A celebration of hope, let the bells ring.

Reflections shimmer in eyes so bright, As we welcome the New Year with sheer delight. Resolutions penned on hearts anew, A chance to grow, to dare, to pursue.

In the embrace of loved ones near, We share the warmth, dispelling fear. For in this moment, time stands still, A celebration of dreams, a joyful thrill.

So, here's to the journey, the year untold, A story unfolding, waiting to be scrolled. With open hearts, in jubilation, Cheers to life and New Year's celebration!

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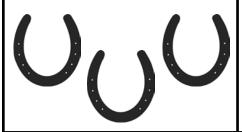
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vork but don't have the time? Do you have horse experience and services to offer? Trying to sell tack and supplies? lassified advertisements are perfect to get the word out abou

Happy New Year! Cheers to 2024 From Valley Horse News





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SAVE A LIFE... Adopt a loving animal from a local shelter and help save a life.



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1/4 page starting at \$220.00 per month (discount for multiple months - call for details) *NO WORD MAX*, can add logo or photo.

Deadline: 15th of every month.

Phone in your ad: 702-808-7669 or Email your ad: valleyhorsenews@gmail.com

JANUARY 2024 CALENDER OF EVENTS							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5	6	
7	8 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576		11	12	13 SNGA Horsemen's Park http://www.snga.biz	
14	15	16 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	17	18 BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Third Thursday of Every Month BCHNVB.com for details	19	20 LVGA Henderson Saddle Association www.lasvegasgymkhanaassocia- tion.com	
21	22	23	24	25	26	27	
28	29 s. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	30	31				
RK	CBRUAR	Y 2024	CALEN	DER O	EVEN	TS	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1.	Y HORSE NE 5th of EVERY leyhorsenews@	MONTH	NE	1	2	3	
4	5	6	7	8	9	10 SNGA Horsemen's Park http://www.snga.biz PVRR GYMKHANA McCulloch Rodeo Arena, 150 N Highway 160, Pahrump	
3NGA Horsemen's Park http://www.snga.biz	APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	14 HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	15	16	17 LVGA Henderson Saddle Association www.lasvegasgymkhanaassocia- tion.com	
18	19	20 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	21	BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Third Thursday of Every Month BCHNVB.com for details	23	24	
25	26 s. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	27	28				

Animal Adoptions

EXAMPLE:



EXAMPLE ENTRY.

Dolly is a six year old female goat with a warm personality. She needs companionship with other animals as she doesn't do well alone. Other goats are preferable. Needs continued training and does well with leading and small kids. She loves her food and isn't afraid to let you know. For more information call or email:

 $example.example@exampleonly.com\\000-000-0000$

All you have to do:

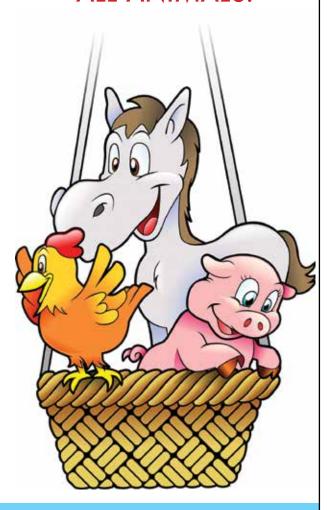
Is provide a photo of the animal/ animals. Give a short description explaining why they are such a great candidate for a new home. And lastly, provide the best contact information

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 ANIMALS: Horses, Donkeys, Mules, Miniature Horses, Cattle, Piggies, Goats, Sheep, Chickens, Ducks, Geese, Farm Fowl, Rabbits, Alpaca, and Llamas, Birds, Dogs, Cats, Guinea Pigs, Lizards, Hedgehogs, Turtles, Hamsters, and more! Any animal can be now placed!

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

NEW! NOW OPEN TO ALL ANIMALS!



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

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

Valley Horse News will now have an adoptions section solely for animals at shelters, organizations, and individual homes 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 or place 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 the number of in need animals increasing and euthanizations on the rise, facilities are at max capacity.

We want to help! 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. First come, first serve, and animals are featured at Valley Horse News discretion.

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? Contact now! Email us at valleyhorsenews@gmail.com or call 702-808-7669

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



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Gorgeous Home in Highly Sought after Paradise Crest. Lushly landscaped beautiful neighborhood. Truly a paradise in the desert! NO HOA. Single story w/ guest house. 5 bedrooms in main house. Guest House has full kitchen, private entry, fireplace, washer/dryer & sauna. 6 total bedrooms for this property + additional flex space for office/gaming etc! Incredible income producing potential here w/ guest house. Amazing floor plan w/ inclusive kitchen w/ double ovens and new dishwasher. Wood burning fireplaces. Tons of storage. Full RV hookups, parking. Huge pool w/ entertaining spaces & covered patio. 0.30 acre lot. Great location, easy access to airport, freeway, shopping & restaurants. \$749K













97 Hidden Lake Ave.

Incredible cold creek prop. Solar, dual gens, propane & wb stoves - completely off grid, 81 acre lot. 2,406SQFT / 3 bed + den. 360 views of mtns, valley, lake & ponds, trail riding. 40 min from Vegas. \$559,000





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7790 Scottie St. 4,382 sq ft log built house, 2.27 acres. 4 Bed, 3 Bath + Loft. 360 degree views of mountains, valley views. Trail riding from property! 10 Min. to Las Vegas & 25 min. to Mt Charleston \$1,490,000







8020 Maverick St. Beautiful 1 Acre Horse Property Estate w/ Swimming Pool! Super clean, cared for! 3 Bed/3 Bath. Large arena w/ covered horse stalls. Close to Floyd Lamb Park, for best trail riding in town! \$1,295,000







2 Acre Maggie Ave. Unique 2.22 Acres W/ Mountain Views. 2 Sides Block Walls. Corner Lot in Equestrian Neighborhood & Rural Preservation - Beautiful custom home neighborhood. Across from 1,500 Acre FLP & Trail Riding. \$895K





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