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THOUGHT OF THE MONTH:

Happy Fourth of July!

#### How to Say 'Horse' in Other Languages

By The VHN Writing Team

If you've ever taken the time to read and research about horses in general, you've probably seen how horses have transcended countries and continents throughout history. There are so many locations across the world that are home to horses. It's easy to forget just how far equines have travelled and how many places they call home.

They not only transcend countries and continents, they also transcend cultures and languages. What we know of horses and horse life can sometimes seem to only go as far as our own backyard or our own state. But horses go farther than that.

While so many peoples and cultures embrace horses as companions, we might not think about some of the simple occurrences. Like the word 'horse' for example. We know the word horse and when we talk about horses or say the word horse to someone else that speaks our language, they know what we mean.

But if you were to try and speak the word horse to a person on the opposite side of the world, chances are, they won't know what you're talking about.

So for fun, we put together a list of the words horse and saddle and a few of their translations in other languages. How many have you heard before?

The word horse:

French – Cheval (shuh-val)

Portuguese – Cavalo (ca-val-o)

Italian- Cavallo (ca-vall-o)

Spanish – Caballo (ca-baa-jo or ca-baa-yo)

German – Pferd (f-err-d) or (f-err-t)

Irish – Capall (ka-pull)

Welsh – Cefyll (keh-fill)

Scottish – Cuddy (cud-ee)

Dutch – Paard (paa-rr-t)

Swedish – Häst (h-eh-st)

Finnish – Hevonen (hev-oh-nen)

Icelandic – Hestur (Hess-turr) [flared rr]

The word saddle:

French – Selle (seh-ll)

Portuguese – Selim (seh-leem)

Italian – Sella (sell-uh)

Spanish – Silla (see-ya)

German – Sattel (zah-tell)

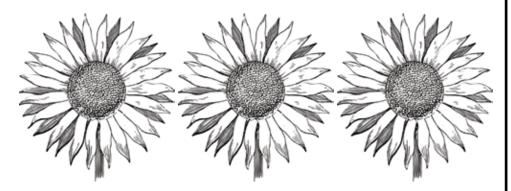
Welsh – Cyfrwy (keh-vroi)

Dutch – Zadel (Zah-del)

Swedish – Sadel (s-aw-del)

Finnish – Satula (Sah-too-lah)

Icelandic – Hnakkur (nah-kurr)





Codi A. Kern Owner, Editor

Artist

702-808-7669

valleyhorsenews@gmail.com valleyhorsenews.com

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See you next time! - Codi Kern

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#### Bada Boom, It's Fireworks Season

By The VHN Writing Team



All hail the glorious fireworks season when children rejoice and horse owners cringe. Fourth of July is upon us and that means the sky is going to be alight with rainbows of color and loud pops and cracks. For horse owners, this time of the year sets us on edge, as it's nearly a guarantee that our horses will be stressed out.

Every horse is different when it comes to the noisy light show, with some being mildly annoyed or gazing off into the distance wondering what the heck is going on. Others go completely bonkers like the sky is falling, which to a horse, that may well be what they interpret.

There's not much to be done for preventing fireworks in their entirety, but it is still possible to prepare in advance and take measures to keep our horses safe and as sane as possible.

First, speak with your neighbors, especially if there are areas around you that do not have horse property. Many times those that do not know about horses don't truly realize how anxious our animals become because of the noise.

If you can speak to your neighbors and maintain good communication, you may be able to persuade them to keep their fireworks at a distance or between certain hours. It's not a guarantee that every neighbor will oblige or be understanding at all, but if you can put your best foot forward before the holiday, you just might get lucky.

Next, prepare your horse's environment. The jury is out for whether or not it's best to have horses roam free or have them stalled during the mayhem. The best way to decide is to have your horse stay where he is, meaning if he is usually inside his stall in the evening, keep him there so he feels more secure.

If he has buddies that he likes to be around, keep him around them so he feels safe in a "herd". If your horse is typically loose in a turn out, that can also work. Make sure that wherever he is left during the fireworks, it has been inspected for safety.

Your horse will likely pace about, even jumping at noises, pawing in agitation or more. Keep his space free of anything he could get hooked on or stuck in. It is only temporary, from when the fireworks get going to when they finish.

Keep a source of water for him however, as he will likely be sweating and worked up. He'll need to drink through the few hours the noise lasts. He can also be quieted with some hay or other forage, just enough to munch and distract him.

If your horse is staying in a field, make absolutely certain that all fencing is secure and there is nothing your horse can trip or get caught in as he tears around. He will get excited and probably start running about. The last thing you need is an injury or for him to chance jumping over a fence to escape.

If you have the ability, stay with your horse while the fireworks are going off. It's better to keep your eyes open in case of problems, especially if your horse seems to need an intervention during extreme stress.

If you cannot be there, try to get someone trustworthy to watch over your horse. Always provide emergency contact information and any materials needed for your horse's care if you cannot be present.

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If there is ever a time where something could go wrong, this could very well be it.

For horses that are flighty or prone to anxiety, consider getting a sedative for the night. It may seem harsh to drug your horse even for just a few hours, but if he has any chance of becoming unreasonable or unmanageable to the point of danger, a sedative may be the safest thing for him and you. Your vet can guide you on what to use, the dosage, and administration.

If necessary, you can also test this medication prior to the holiday so you can see how your horse reacts and if it's a good fit for him. Then you'll know a go to medication for stressful situations where nothing else helps.

Some people with dogs and cats that hate fireworks will resort to playing loud music or movies to block out the firework noise inside their homes. You can also do this same technique of drowning out the sound by playing music in the barn. It won't erase the noise completely, but it may be enough to at least keep the pops from being so startling for your horse.

Also consider keeping the lights on in the barn and in his stall/ turn out. Yes, no harsh light might seem calming during the chaos, but your horse can see better in the light, so if he does start moving about, he'll be able to navigate his space much easier.

Plus, you'll be able to see what he's doing without a flash light or having to pop the lights on every so often. Having the lights on can also offset the sudden bright flashes of fireworks in the sky which can be confusing for your horse.

If it's possible, consider moving your horse to a different area that's more sheltered from the noise or even a property where you've checked that there are no fireworks close by. It could be a friend or family members property. This isn't always feasible, but if you're able, you can do a test run a couple days before.

It's also a priority to keep yourself safe during the craziness, especially if no one else is around to help you. Don't ride or try to handle your horse too much while the fireworks are going off. You're only there to monitor and keep your horse quiet until the display slowly peters out for the evening.

Stay calm and try to soothe your horse as much as possible, but if he wants his space, let him have it. No matter how insistent you are, he will still be more focused on the booms and flashes in the sky than you.

Have a large source of water handy in case of an accident or fire. It may be from the fireworks of others or a bonfire. But random brush fires are common during this holiday, and if you live in an area with a lot of open land/ brush, have your water hoses ready and your vehicle/ trailer waiting in case of emergency. It's better to eliminate extra steps for yourself if you do have to evacuate your horse or get help.

Also consider making a group thing of it if you are boarding at a facility. Many owners will spend time with their animals during the crazy celebration, so why not have a nice quiet barn get together to keep your horses company. Bring snacks and enjoy the night. A group of familiar people will only help to calm the horses. Fourth of July fireworks and fireworks other times of the year can be pretty unavoidable, but with a plan of action, you may find this year's celebration a lot easier to ride out.

#### • Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

## "Chicken with Creamy Dijon Sauce and Mashed Potatoes"

Prep Time: 10 mins Cook Time: 40 mins Servings: 4

#### **Ingredients:**

Mashed Potatoes-

2 pounds russet potatoes, peeled and cut into quarters (about 4-6 potatoes)

2 tablespoons butter

½ cup heavy whipping cream

1 teaspoon salt

#### Chicken-

2 tablespoons butter

1 tablespoon olive oil

4 chicken breasts

½ teaspoon garlic powder

salt, to taste

pepper, to taste

Dijon cream sauce-

2 tablespoons butter

2 garlic cloves, minced

1 tablespoon all-purpose flour

½ cup chicken broth

½ cup dry white wine (or more chicken broth)

3 tablespoons dijon mustard

½ teaspoon salt

½ teaspoon pepper

1 cup heavy whipping cream optional garnish: chopped parsley

#### **Directions:**

Mashed Potatoes-

Add the potatoes to a large pot and cover with water. Bring to a boil and cook the potatoes until fork tender. While the potatoes boil, make the chicken and the sauce.

Once the potatoes finish cooking, strain the water then add the potatoes back to the pot. Add the butter, heavy cream and salt. Use an electric mixer (or potato masher) to mash the potatoes until smooth and creamy. Cover with a lid to keep warm while the chicken finishes baking.

#### Chicken-

Season both sides of the chicken breasts with salt, pepper and garlic powder.

Melt the butter and olive oil in a large skillet (or fry pan with tall sides) over medium-high heat. Once hot, add the chicken and let cook for about 5 minutes until browned, then flip and cook another 5 minutes. Remove the chicken to a plate. The chicken will finish cooking in the oven.

Preheat the oven to 375 degrees F. Now make the dijon cream sauce.

Dijon cream sauce-

Reduce the heat to medium. To the same skillet you cooked the chicken, add the butter and garlic; cook until the butter is melted. Whisk in the flour and let cook for one minute.

While whisking, gradually pour in the chicken broth then the white wine. Whisk in the dijon mustard, salt and pepper. Whisk in the heavy cream and let simmer for 1-2 minutes until slightly thickened to a gravy consistency.

Add the chicken back to the skillet with the sauce. Transfer the skillet to the oven and bake for 15-18 minutes, or until the chicken is fully cooked.

Serve the chicken and dijon cream sauce over mashed potatoes. Garnish with parsley, if desired.

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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#### The Basics of Electrolyte Use

By The VHN Writing Team



The summer season is in full force, with much of the west heating up to record temperatures. Luckily for us, we have the use of air conditioning, among other things, to beat the heat and intense sun. Unluckily, our horses don't have the same access to round the clock cool air.

There are a myriad of things we can do to help our horses cope with the crazy temperatures, like providing adequate shade and rinsing them down. One of the most popular things owners can do is the administration of electrolytes in our horses water.

When our horses sweat throughout the day, contained in that perspiration are electrolytes. No matter what your horse is doing, his breed, his age, or his workout amount, every horse will sweat out electrolytes.

He may sweat a little, he may sweat a lot, but he will lose electrolytes every time. Electrolytes are made up of common minerals found in the body, like sodium, potassium, and calcium.

When a horse is deficient in electrolytes it can lead to serious physiological The amount of humidity can contribute multiple degrees to the temperature problems, so by replacing those electrolytes with supplements, you can of the day. In the summer, particularly during monsoon season, the heat help protect and revitalize your horse's body.

Electrolytes can be given mainly in powder forms and also in liquid. Many Studies are also showing that horses will loose larger amounts of sweat in owners choose to use a powder form that is flavored, like apple for example, humid weather. so horses are more likely to enjoy and drink larger amounts at a time. This can be placed in a horse's water bucket, a secondary water source, or in a It is thought that for horses with the lightest regiment of work can do wet food as well.

Inside the powder mixture there are several minerals. Sodium, Chloride, Potassium, Magnesium, and Calcium. These are important for most body functions, like digestion, pH levels, neurological function, fluid regulation, If your horse does a moderate to extreme workout, extra supplemental muscle contractions, and more.

Sodium is considered to be the main, top of the list mineral in electrolytes they need electrolytes and the provision of such minerals to adequately as it regulates your horse's thirst. When your horse sweats, you may notice recover post workout. that his sweat will dry a white color and almost crusty. That is the salt content in the perspiration, or sodium.

chloride, or what we know as table salt.

in humans. Horses can lose around 15 liters of sweat per hour, sometimes can be given before and even during. If it's excessively hot out, you can more depending on activity level. Sodium is the mineral lost the most in help prepare your horse's body earlier in the day. If you are at a competition this process.

Many owners will ask whether or not their horse truly needs electrolyte supplementation. Often it is associated with more dire or intense sweating. It is important that if you use a form of electrolytes that is not dissolved in and workouts, like professional sport horses. But as we have seen with the steep increase in temperature, exercise is not the only cause of sweating.

Heat in combination with humidity can be a harsh, even deadly, combination. those minerals to work in his system. The Heat Index is an index that combines the temperature of the air on a given day and the amount of humidity, typically in shaded areas. So for With any change in diet or supplementation, it is best to consult with a vet example, while the temperature may say it's supposed to be 95 degrees, if to rule out potential side effects or dangerous combinations of ingredients there is perceivable humidity, it will actually feel hotter.

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index will rise considerably.

without the supplementation of electrolyte formulas. Their usual feed could be enough to keep their body balanced, and the addition of a salt block can aid in that balance.

sodium and other minerals may be necessary and at greater capacity. For a horse to recover from such a work load when the temperatures are blazing,

If you've ever exercised your horse to a higher degree and then given him electrolytes, you may find that his recovery time is much shorter or easier When the sodium in the electrolytes mixes with chloride, it makes sodium As our horses age, the heat will take a harder toll on them, so electrolytes can also help older horses recover and stay healthy.

These minerals can also be lost through urinating and feces, just as they are Electrolytes don't always have to come at the end of a workout either. They where your horse will workout multiple times, you can provide electrolytes between rounds.

> water, you must provide a source of water for your horse to drink. In the case of giving electrolyte pastes to horses on a trail ride, you must be able to provide a large amount of water so that he can satiate his thirst and put

if your horse has other supplements he takes regularly.

#### Can We Predict the Personality of a Foal?

By The VHN Writing Team



It's an exciting time when a new foal is born. You've waited so long to meet this little one and now they're here.

They might look like mom, they might look like dad, or they might have the best of both worlds. You might have been blessed with a filly or you might have a stud instead.

Either way, it's a brand new life just waiting to grow.

Just like human babies, foals steadily learn about their environment and develop their own quirks and personalities as they grow.

As we've seen with our adult horses, every horse has their own individual likes, dislikes, and behaviors. No two horses will have the exact same personality or react the same way to their environment.

While it's not possible to predict accurately in the womb or even before breeding what a foal's personality will be like, it just might be possible to have a good idea on how a foal's personality will develop after birth.

Scientists are now studying the behavior of foals at a few months old and comparing those behaviors to how they turn out later in life.

The study aims to discover if it's possible to separate foals into different categories of personality traits and to predict, based on their behaviors at such a young age, how they will be once they've grown up.

Scientists studied a group of foals with different social and behavioral characteristics. Some foals were quiet, and constantly at their mother's side. Some foals were more rambunctious and didn't mind going far from mom. There were those that preferred suckling over grazing and those that preferred grazing over nursing.

All of these characteristics were noted over a time period at a few months old. Then, at three years of age, the scientists came back to observe those same foals again. They were all raised in the same environment with the same handling.

The study then showed that those foals who preferred to remain close to their mothers remained timid and more suspicious as they grew older.

The foals that played and strayed from their mothers more confidently were less afraid of new stimuli and were more naturally engaging in activities.

Those foals that grazed more than suckled showed that they didn't mind being away from their barn mates and wanted new social interactions. Those that nursed more frequently avoided social interactions and did not tolerate social separation from everything they were used to.

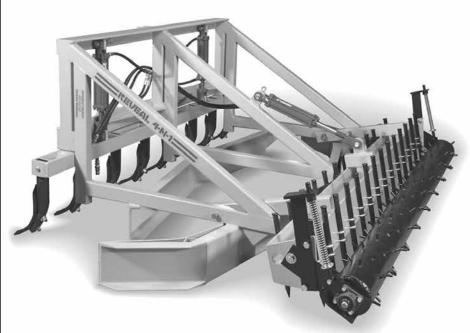
There were, of course, overlapping in some foals when it came to the tests and results of their personalities. Some were less enthused about new objects but performed well with new tasks. Some were extremely social but afraid of new objects.

Even though the groups of the foals were not completely the same after the three years, there was a very noticeable number of them that retained their initial personality prediction and proved the study to be effective to a successful degree.

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If the owners had predicted to a basic degree what these foals would be like in three years, more often than not, they would have been right based on the foals original personality at such a young age.

It can be speculated based on the parents of the foal what they may turn out to be physically and also even personality wise as DNA can play a large part in the outcome.

The breed could also be a predictor. The behavior of the mother can too have an impact on how the foal's personality progresses.

While we cannot say for certain what each and every foal will be like before birth and after, it is an interesting concept to see what social and behavioral tendencies can indicate about each foal that is born and how they match up with that same foal later in life.

More studies could be done on how the personalities of the parents effects the foal that they produce.



#### Feeling Bored: What to Do When Riding **Loses Its Spark**

By The VHN Writing Team



Being an equestrian means getting into horses because you love and enjoy them. You enjoy being at the barn, being outside, taking care of your horse and his companionship, and of course riding and working in whatever sport or discipline makes you happy.

And more often than not, a love for horses is life long and an obsession that you have for years and years.

Which can mean a sudden decline in interest or enjoyment in your horse or in riding can not only be puzzling but a little heart breaking. It's your main hobby, something you've always enjoyed doing.

What gives?

If you're suddenly feeling less enthusiastic about having the horse life, your horse companion, or being out and about for a ride, don't fret. Like with any activity we enjoy, it's easy to burn ourselves out with too much of a good thing. Let's face it, owning and caring for a horse means a lot of routine and elbow grease each and every day. It's also expensive and time consuming. We horse people tend to do a lot of the same things in the same order each and every day for our equines.

And if your rides or time at the barn are very repetitive or your routine hasn't changed in some time, it only makes sense that you would eventually feel bored.

Sometimes through routine and little to no change, we lose interest in our dearest hobbies. We lose that spark and connection that makes it fun and It takes confidence and commitment to implement change and something interesting and something we really want to do, not just have to do.

And if your time with your horse is more of a cathartic and soothing or peaceful experience for you, losing that comfort can be jarring.

So first off, don't feel guilty or like something is wrong with your psyche if you no longer find the same joy in horses. It's more than likely, you've just lost that spark and it needs to be reignited with a little creativity and trust.

The best thing to do is take a look at your routine. You go to the barn every day, every other day, every weekend, however often. You feed, you clean, Go on a ride and really look around, listen to the birds, feel the sunshine, you bust out the tack, saddle up and just... ride. You ride around, maybe in the arena, you look around at the same stuff, do the same warm up and work out with your horse.

You get tired and call it quits, maybe even prematurely and then get off to Do something new and out of the blue and you might find that you get the start cleaning up so you can go home and probably take a nap. It might not seem like a big to do, it's a normal routine. Your horse is cleaned, fed, and worked, your job for the day is done.

Wait... why is it being thought of as a job? Why is the "job" now done?

It shouldn't be a job or grueling task to complete. It's not meant to be a chore, at least not the entire time. And that's where things are getting stale. If you do this same routine every day you're with your horse, the feeding, cleaning, tacking, working, cleaning up, and going home, of course you're gonna get bored.



When's the last time you slowed down? When's the last time you left the saddle behind and went bareback? When's the last time you dusted off that English saddle and took it for a spin instead of just lunging your horse on a line? When's the last time you left the barn and checked out a new space to explore with your equine companion? When's the last time that instead of checking off the boxes, you just sat with your horse and watched him around you?

If you're not sure when you last broke the routine or did something different, that could be the very reason you're in a slump.

new. And that doesn't mean you have to do something new every time you're at the barn.

But it does mean that to get out of your funk, you have to remember why you love doing this in the first place. You have to re-experience the newness and the excitement of horses. Go out and find a new trail to explore and take a friend. Try a different style of riding, even just for a day. Throw on your Western saddle but instead take a turn around a few barrels or poles, even if you've never done it before.

and slow down for a picnic. Just breathe and be in the moment. It might be the first moment you've really allowed yourself to take in who knows how long, right?

itch to do that activity again. You might have enjoyed it so much that you want to do that same activity or something similar every weekend. And that's where you find the spark again. Finding that new activity that still includes your horse and the horse life.

You don't have to say goodbye to horses or stop riding because it doesn't feel good anymore. You just have to give it a second chance and think outside the box.

There's a reason you fell in love with horses the first time, if it takes a second time, that's okay. It's a love that doesn't have to fade away.

## **Reasons You Could Be Losing Your Stirrups** at the Canter

By The VHN Writing Team



It can be a frustrating feeling. You're working your horse in the arena and brushing up on your riding. You've gotten through the initial warm up, a strong and collected walk, a balanced trot with or without posting, and you've moved onto the canter.

You've been doing great and feeling solid, you're balanced and sure in the saddle. Your horse is working with you and being good. Until you get going with the canter and you feel either one or both of your stirrups slide out from under your foot.

You either manage to regain your stirrup while still in motion or you stop to get your feet back in and regroup. Either way, this is an issue you can't seem to resolve.

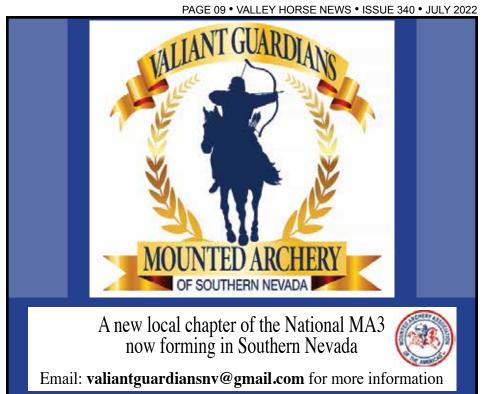
Why do you keep losing your stirrups in the canter?

It can be more common than you think and gives a lot of riders frustration. There are a few reasons why you might be losing your stirrups at the canter.

- 1. You're not keeping enough weight in your heels. It's a mantra that every horse rider repeats in their head until it's a natural habit. Keep your heals down, keep your heals down. By keeping weight in your heals, you're much less likely to have a stirrup slide out from under the bottom of your foot and you'll be able to balance while riding.
- 2. Your stirrups are too long. It only makes sense that when your stirrups are too long, it can be almost impossible to really use your stirrups properly, as you won't be able to keep the correct contact particularly at a faster pace like the canter. Double check that you have your stirrups short enough and that the leather straps haven't perhaps stretched out with use.
- 3. You're gripping with your legs while riding. This can be a natural reaction to a faster pace like the canter because we can unconsciously tighten up and grip the sides of our horse with our legs in an effort to stay on and not slide around. There's a correct way to use your legs, but gripping with them can cause you to take all of the weight out of your heals and let your stirrups slide around.
- 4. You might have uneven stirrups or uneven weight distribution. You might favor one leg over the other, or rather one foot. Usually depending on which hand is your dominant, you will also have a dominant foot. This foot and leg will naturally be stronger and more sure, so you might accidentally put extra weight and force into that foot, causing the other foot to be weak.

You will lose that weaker foot's stirrup as a result. Your saddle might even tip as you put too much of your balance into the stronger side, tipping you more as your horse moves.

You might also make the mistake of making one stirrup shorter than the other – it happens to everyone. Double check that they are both the same length and not just based on where they're buckled. The leather straps can stretch unevenly, so if that's the case you might have to fix it or invest in a new strap.



5. You're bouncing in the saddle. This can be the result of not having a strong seat. You want to have a nice deep seat while you ride to absorb your horse's motion and stay connected with him.

If you don't sink down into the saddle and really get a feel for the motion, you could end up bouncing as you struggle to catch up or correct your body. This bouncing can allow your stirrups to slip around or completely away from your foot.

6. Your legs swing or get out in front of or behind you as your ride. Riding and balance is a tricky thing. The idea isn't to be so loose that your flopping all over the place and not staying in sync with your horse. You also shouldn't be so rigid and made of stone that your bouncing all over and not absorbing your horse's motion.

There's a fine balance and feel between these two states that allows you to keep the correct line of your body in the saddle from shoulder, to hip, to foot. Your entire body is finding this balance while you ride, all parts working together.

So if your feet or legs seem to go all over the place or you can't keep from leaning too far back or leaning too far forward, this could be the reason for your struggle.

There are plenty of reasons why you are struggling to keep your stirrups right where they should be. And it's a problem every rider will encounter on their equestrian journey. It's all a part of conditioning your body.

If you're struggling with the above problems, keep at it. The more you ride, the more you practice, the better you will get and the more confident you'll be. You can also try going back to basics. Get rid of your stirrups and the saddle.

Feel your horse move and how your body can move with him. Find your hands, your seat, your legs, your feet, and how they all come together. With a little extra attention to these elements, you'll solve your problem of losing your stirrups.



## **American Independence, Not Possible Without the Horse**

By The VHN Writing Team

America is celebrating its Independence Day with fireworks and many fun festivities. The forming of our country is loaded with military stories and heroic deeds of individuals. But we often forget that some of the great deeds and battles could not have been achieved without the horses that helped.

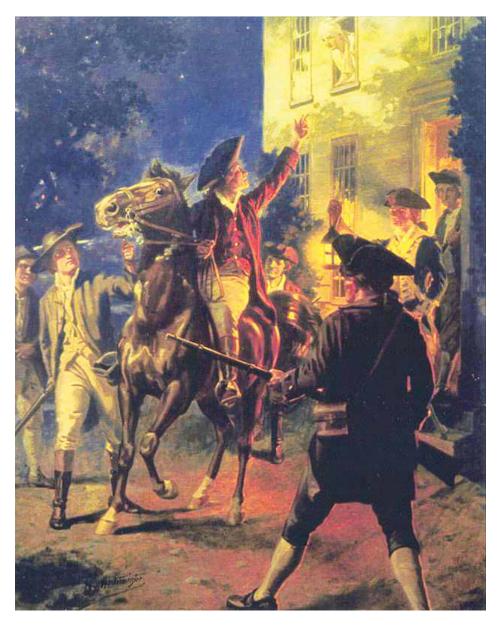
As we celebrate our country this holiday, we take a look back at some of the historical times horses aided in shaping our country during its roots.

The Ride of Paul Revere (Below)

Many people know the story of Paul Revere's Midnight Ride. But they don't quite let the word ride sink in and how without his horse, it wouldn't have been possible. In 1775, tensions were boiling over between the colonies and Britain. British warships sat in harbor, and British troops were set to invade under the cover of night. The Sons of Liberty, the group that would form the Declaration of Independence, waited for the war they knew was coming.

On April 18th, Paul Revere received word that the British troops were coming and he mounted his horse and rode for Lexington, Massachusetts to warn the Sons of Liberty about the invaders.

The next day, armed with the knowledge, the Revolutionary War began.



Crossing the Delaware (Right)

The year of 1776 was coming to an end. The future was looking bleak for the colonies as the British were too strong to defeat in the middle of winter.

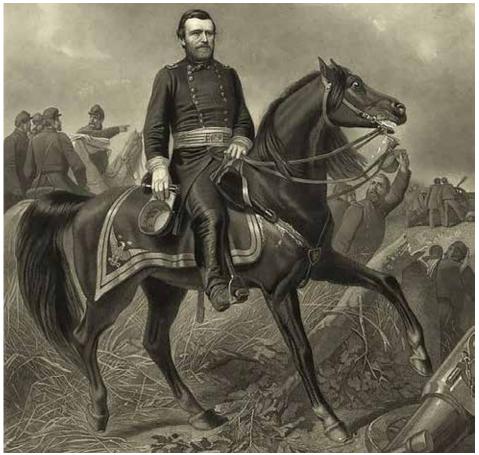
Military supplies were failing and those fighting for the colonies were losing hope that they would ever have Independence. Many men were tempted to give up, leave, and go home to warm themselves after sitting out in the cold snow waiting to lose.

Instead, General George Washington mounted one of his favorite horses – either Blueskin or Nelson – and crossed the icy Delaware River at midnight on Christmas, dead set on leading his Continental Army with their 50 horses to victory. With a surprise attack, the General won with his army and turned the tide back to America's favor.



Ulysses S. Grant in the Civil War (Below)

For four years, the North and South had fought in the Civil War with Robert E. Lee commanding the Confederate forces. He was unwilling to surrender, but General Ulysses S. Grant rode upon his horse, Cincinnati, to meet Lee and force his surrender in the year 1865 after surrounding Lee's army. In an act of respect, Grant allowed Lee to keep his horse, Traveller, after the surrender.



It is estimated that over 1,500,000 horses died in the Civil War. Over 3,000 horse are thought to have died at the Battle of Gettysburg alone. Horses were injured and killed just as often if not more than the soldiers fighting in these battles. Horses were also lost, as many of them were brought to battle by their owners. Once the fighting stopped or during intense battles, the horses that were missing had newspaper notices printed about them in an attempt to reunite them with their owners and find their homes.

Notices like these (CC: allthingsliberty.com):

- Strayed from the encampment of the 38th regt. on the 23d instant, a dark bay mare, black mane and tale, her head sore, about 14 hands high, in good order, and trots all. Whoever will give intelligence of the said mare to Capt. Norman, 38th regt. or to the printer hereof, so that she may be found, shall receive a guinea reward. [The New York Gazette, August 25, 1777]
- Three Guineas Reward. Stolen or strayed from Bedford Camp, about the middle of August, a bright Bay Mare, about 14 hands and a half high, with a small blaze on her forehead, and D. 37th marked upon her left buttock, near the tail. Also a dark brown Mare, strong made near 13 hands and an half high, with a very large blaze in her forehead, both being the property of an Officer in the 37th regiment. Any person producing the above Mares, or giving information where they may be found, on applying to the Printer, shall receive the above reward. [New York Loyal Gazette, September 23, 1778]
- A Bay Mare Marked T. M. 35th Regiment. It is requested, that the Officer who lately was at Mr. Burrough's, New-Town, Long-Island, with a Young Bay Mare, marked T. M. No. 35 on her back, will please to send her directly to Lieut. Murray, 35th, at Brooklyne-Ferry, as she is his property, and to prevent further trouble. [Royal Gazette (New York), 30 May 1778]

Horses are very important in our communities now. But this holiday, we should remember the pivotal role they played in shaping this country and just how many have fought and died alongside us.

#### The Benefits of Tech for Trail Rides

By The VHN Writing Team



Trail riding is one of the most popular equine pastimes for horse owners. Riders enjoy being out without arena boundaries. They feel the draw of the wide open spaces, the quiet calm of the wilderness, the impact of natural beauty and fresh air and the excitement of being in what can feel like the unknown. Trail riding can open up the senses and the mind and feel like a journey to reawaken or "get away from it all."

Even though there's a lot of excitement with trail riding, every responsible rider will know that there is a myriad of things that should be brought on the ride in case of injury or emergency. You have to look out for yourself, your horse, and other riders and their horses if you're not alone.

Most of these are simple, portable items stowed on the saddle, in saddle bags, or on your person. They can even be left behind in a vehicle or trailer if preferred.

Similar to camping enthusiasts, a lot of trail riders feel that riding out in the middle of nowhere means you're trying to get away from technology and the noise of everyday life. You're going back to the basics and doing it old school. A trail ride is about the experience and having a noisy phone or other technologically annoying devices can really harsh the mellow of the experience.

True, it's more peaceful without those encumbrances. But it can also be a bit dangerous to go completely without technology on the trail.

Along with those bags of trail mix, bottles of water, and other essentials, there are a few techy items that are very helpful, even necessary, while out solo or in a group on the trail.

First and foremost bring a cell phone or other means of communication. You would hope to never have to use it for an emergency call or contact, but you can never ever be certain that you won't need to have it. A cell phone or a fancier long range phone that's paid by the minute can mean the difference between life and death.

If you should find yourself lost on the trail, hurt, stuck, or completely incapacitated, a cell phone or other emergency contact device will be the most important item you can have. Luckily, these are typically very compact and easy to stow on you, especially if you and your horse get separated.

A GPS device is also a good idea, because let's face it, it's one thing to see a trail before riding it and think "just follow the trail and you'll be fine." But routes don't always go as planned and sometimes you'll have to find your own way back to home or your vehicle without a marked way to go. A GPS can help you find your way whether you're lost, unsure, or just want to explore without the fear of getting lost.

A portable light. Some riders might enjoy being in the dark, like for a night ride for example. But there's also nothing quite as daunting as being out on a trail ride, alone or in a group, and seeing that you are in fact losing the light. Even more so when you know for a fact that you have miles and miles to go before you reach your destination and you'll only got a very limited window of daylight left

Riding in the dark, in alien territory, can be super dangerous. You can get lost much easier and get hurt much easier. Your horse does have the ability to see in the dark. If there is moonlight or starlight, he should be able to see pretty well. But sometimes you're not under the brightest stars or there is no moon. Sometimes, it's overcast, or you're so surrounded by trees, that the sky is almost invisible to you.

The best thing you can do for yourself and your horse is to have a source of light handy. Whether you keep riding and have it to light your way, or you decide to not risk it and stop on the trail to wait until morning, you will have a source of light and safety at the first need.

A portable battery pack is also very important. These first few items all rely on battery power. When they lose their charge, either from use or because you forgot to charge them for the trip, it's important to have a source of power with you that you can charge them back up. Battery packs can be a bit expensive, but most hold a lot of power for longer periods of time and some can also charge via solar energy.

A smart helmet is another item that is both useful for classic arena riding, and also for out on the trail. I'm sure we know at least one fellow horse rider that has been dumped on the trail and potentially hurt by the fall. Maybe you have your own experience of falling off on a trail and how painful or scary it can be.

A smart helmet not only provides safety in all the ways a helmet traditionally does, it can also activate to save your life in a fall. A smart helmet has the ability to tell when you are falling and before you reach the ground, it will deploy a cushion to go around your head and neck. This is meant to prevent any serious head or neck injuries upon impact.

These are very popular among bike riders, and if they can be useful for falling off a bike or in a bike and car collision, imagine how helpful this could be when your horse throws you on a trail over rocky ground.

There are other smart devices that can be beneficial on the trail. There are wrist monitors you can wear, like a smart watch or activity tracker that monitor and record your vitals. You'll know your steps, mileage, respirations, heartbeat, and maybe more depending on how advanced it is. The cool thing is that there are now devices that monitor the same activities, but for horses. They can clip to your horse's girth to monitor their vitals just as the one at your wrist can do for you.

The last helpful high tech item for trail riding is a location tracker. You might think, well, how is that different from the GPS recommended above? It's not really, except it's meant to go on your horse. Aside from falling off your horse and being injured or getting stuck where you can't get yourself out, being separated from your horse completely is potentially one of the scariest scenarios you can have on the trail.

This is especially true if you're alone. While the above GPS system would tell you where you are or a cell phone (that you hopefully have stored on your person, not your horse) can call for help, the location tracker on your horse can tell you your horse's live location. It can help you find him within a certain range.

Ideally, without you, your horse will only go so far in unfamiliar territory and maybe find his way back to the trailer or stop to eat or drink. If he is close enough, you can use this location tracker to find him and be reunited.

Even more so, if you should lose your horse out and about, and you make it back to friends and your vehicle, you can still patrol the area and find your equine. Without this type of tool, you could be searching for hours if not days for him.

Technology will always be a tricky and finnicky subject, as so much of it can be overwhelming or unnecessary. But one of the blessings of technology is they can be created for safety and to help you. So, don't be quick to write off technology completely, especially if you're a trail riding enthusiast. Just one high tech item can be enough to save your life.



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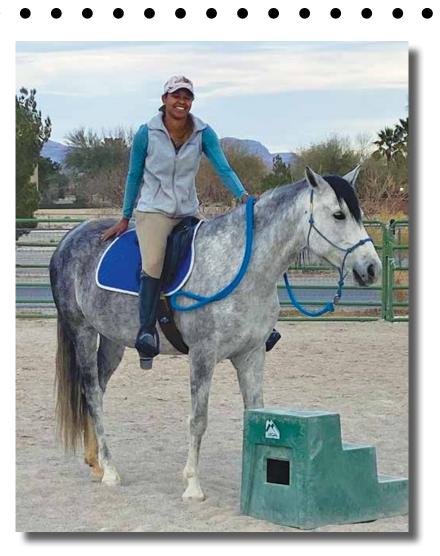
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#### Half Full or Half Empty Kind of Horse?

by The VHN Writing Team



Some people feel that seeing the good in the everyday is the only way to live. Others feel taking a grain of salt with every situation and being safe rather than sorry is the right way to go.

These feelings can be divided into the categories of optimism and pessimism, or a glass half full or half empty attitude. You might say you're naturally an optimist or a pessimist in life. Maybe you even overlap in certain areas. You might also have friends in the same category as yourself.

But did you know that horses can be categorized as an optimist or a pessimist?

We've seen the potential to predict horse personality, and most often we have a good sense of our horses' ways of being, but thinking of them in terms of being optimistic or pessimistic seems very human doesn't it?

Scientists have discovered a relatively simple way of gauging whether your horse is optimistic or pessimistic, and it's all correlated between the state of mind and your horse's motor skills.

The same discovery has already been made in humans and even rodents. Studies showed that for humans and rodents undergoing stress tests during periods of maturation, left-handedness was prevalent. In short, the stress became physically indicated and was pronounced through being left instead of right-handed. The humans and rodents that were left-handed showed more pessimism.

This left sided tendency is due to the brain's hemispheres. The use of the right hemisphere, which handles motor function for the left side, also controls fight or flight responses and is active in emotional conditions.

The same connection has also been shown in horses and their laterality preferences, or which side of the body they prefer using.

In the tests for horses, when put under stressful situations, they showed an increase in the left side use. The tests would place horses in a situation where they had to work for a treat. Once the horses were familiarized with where the treat would be, the scientists made it harder to retrieve. The horses that spent more time trying to get the treat and approached the problem with enthusiasm and more tenacity, came toward the puzzle starting with the right side/ right foot. They were categorized as optimistic.

Those that approached the problem with more caution and gave up easier or didn't try as hard or at all walked with the left side first. These horses were categorized as pessimistic.

These tests were also checked during times when there were no positive or negative stimuli for the horse, and there was no pattern between leg preference to indicate a false outcome from the stress test.

These tests, while being interesting for owners to see how they're own horse behaves, can also help with training. For horses with a more pessimistic approach to work or a new task, the training can be modified to best suite them. For horses that are more optimistic with the tasks, training can be modified for them as well. These tactics can also help horses that have suffered from abusive situations or behavioral problems.



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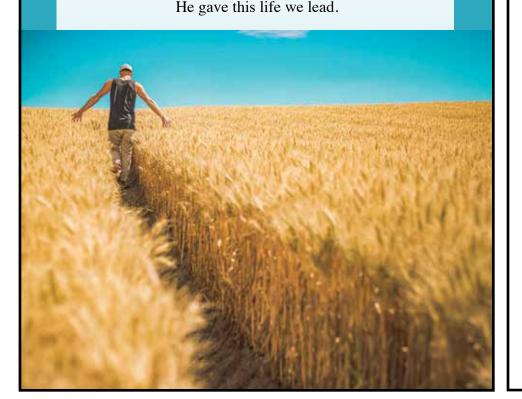
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#### **Preventing Equine Heat Stroke this Summer**

By The VHN Writing Team



The summer season is officially here and in full swing, much to the dismay of many horse owners. Already this year, intense temperatures have spread across the states, leaving little time for adjustment. Instead of a steady warm up, plenty of areas have already had to deal with record setting temperatures during the day and minimal cool downs at night.

This sudden, intense heat can spell disaster for horses if not taken seriously. Similarly to humans, the damage caused by heatstroke in horses can be deadly, particularly if not treated in time. The best way to treat heatstroke is to try and prevent it from happening in the first place.

Luckily, most horses are adept at acclimatizing to the heat. Their bodies will typically get used to the increasing temperatures and work harder to keep them cool. It's part of a horse's natural bodily process. The main way horses are able to keep their cool during a changing hot season is by sweating. Sweat is the number one way a horse can cool down without intervention.

When our horses sweat, they release moisture onto their skin. This moisture evaporates and allows their skin to cool down in response. The only way our horses' bodies have enough fluid to spare to be able to sweat and cool themselves down without help is by drinking plenty of water.

Typically our horses will drink more water during hot months to help maintain this extra sweating and fluid loss. By providing your horse with adequate water each day, and even giving them a source of salt to help increase their thirst can aid them with staying properly hydrated. This will ensure the first and most important step of keeping away heatstroke. A hydrated horse is a healthier horse in the heat.

One thing all horse owners should account for are the hot days that also have a higher humidity. When the air is moist on top of being hot, a horse's sweat is less effective at cooling them. Humidity can cause a hot day to feel hotter.

And the moisture in the air means your horse's sweat will not evaporate as efficiently, which means their bodies will not cool down as easily. Sometimes horse's will not cool down at all if their sweat cannot evaporate and be beneficial.

When your horse's main way of cooling down can't be effective, it's time for you to intervene. A horse that can't seem to cool down, even when they are drenched in sweat, needs another source of cold. You can rinse down your horse with cool water to mimic the cool down he would get with evaporation. This will steadily decrease his core body temperature, keep his system from going into overdrive or shock, and give his organs a break.

Another thing every owner should be careful of is a horse that does not sweat. A horse that doesn't sweat in the heat is suffering from anhidrosis. This condition means your horse has stopped being able to sweat and needs the assistance of a veterinarian before they become sick from the heat.

Your veterinarian will be able to guide you on treatment and how you can keep your horse comfortable while the heat lasts. It may take a lot more effort and monitoring to get a horse with anhidrosis through the summer.

It's always tempting to use the summer days as times to exercise our horses. When the temperatures become hotter, exercise can be detrimental to our horse's cooling ability. Exercise will naturally increase your horse's body temperature. The longer and harder our horses work, the hotter they will become.

This is true in the most comfortable of temperatures. If you compound this bodily temperature increase with outside temperatures that are much hotter than normal, your horse will not be able to cope as easily or at all.

It's best to limit exercise to the coolest times of the day if possible. The use of shorter exercise times and working with lights to take advantage of cooler evening temperatures can all help to keep your horse fit but out of danger of heat stroke. For horses that have not had time to adjust to the increased daily temperatures, a slow build up will aid their tolerance.

Once the summer heat takes hold, you should make sure to know your horse's body temperature at rest, so that should he suffer from over heating, you can measure just how bad the situation has become.

Always have access to fresh clean water, a hose for rinsing off, salt, electrolytes, a thermometer, and adequate barn/ stall ventilation for air flow.

Even with all of these things combined, some horses will always be more prone to heat stroke, like older horses. With having the knowledge of how to avoid it, you should also know the signs of heat stroke and an overheated horse:

- Labored breathing and puffing
- Excessive sweating
- Not sweating at all
- Lethargy
- Excessive drinking or not drinking
- A high heart rate that remains elevated
- A high temperature that does not decrease with time and cooling techniques

If you notice these signs, your horse has a limited window for help and needs to be cooled down immediately and as quickly as possible. An emergency call to your vet is advised.

To cool your horse down until help can arrive, try these tips:

- Offer fresh cool water, even if they already have water waiting
- Put your horse in the shade, or by a fan
- Hose down with cold water
- Soak towels in icy water and place over your horses body
- Remove all tack, wraps, blankets, pads, boots, etc.
- Check your horse's temperature and record it in 15 minute intervals



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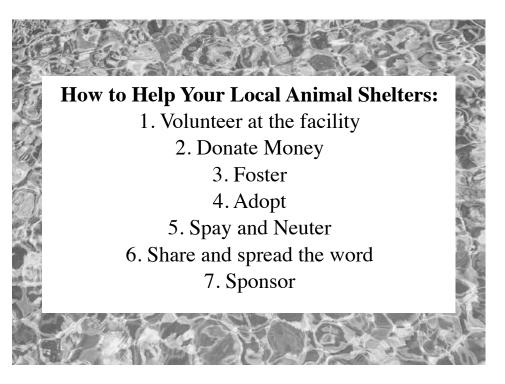
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**1/8th page** starting at \$130.00 per month (discount for multiple months - call for details) *NO WORD MAX*, can add logo or photo.

**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

PAGE 16 • VALLEY HO	DRSE NEWS • ISSUE 340 • JULY 2	2022				
	JULY 2	2022 CA	CENDE	R OF E	<b>VENTS</b>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LEY HORSE NE 15th of EVERY valleyhorsenews	Y MONTH	INE		1	2
3	4	5	6	7	8	9
10	11	12	13	14	25	16
	APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	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	Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT			
17	18	SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com  4D TUESDAY NIGHT TUNE UP JACKPOT BARREL RACE 6 pm Henderson Saddle Association	20	21	22	23
24	25 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	26	27	28	29	30
31						
	<b>AUGUST</b>	2022 C	ALEND	ER OF	EVENT	'S
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	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	Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT	11	12	13
14	15	16 ssphc Monthly Meeting 7pm lHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Farm 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.

Example to the left.

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 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

~ PAHRUMP, LOGANDALE ~

**Terri Gamboa 702-528-5473** 







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







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







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







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

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



Call Terri Gamboa (702) 528-5473





Website: www.TerriGamboa.com





## Terri Gamboa Team

**#1 Horse Property Specialists** in Las Vegas



**Cindy Parker 702-528-1048** 

**Sommer McDaniel 702-370-2404** 

- SE Las Vegas, MOAPA, ALASKA -

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







3764 Pama Lane. Gorgeous Luxury Equestrian Estate. 1.39 Acre Gated W/ Private Well, Pasture, 4 Stall Barn, Tack Room, Arena W/ Sprinklers, Casita & Pool \$1,950,000







4185 Nevada 168. In Moapa NV. Horse Property on almost 7 Acres w/ Water Rights. Renovated. Pastures, Round Pen, Hay Storage, Extra Corrals \$999,500







1211 Ferberite Ct. 4 Acres. Pet Boarding business for dogs/cats + Sep. Family Home lots of space to add corrals & expand into horse boarding. Includes 2 units to rent. Income potential \$1,099,000

Call the #1 Horse Property TEAM to list your property here!
Call us to find your DREAM Horse Property!!



approx. 2,000 acres, best ride in town!

Call Terri Gamboa (702) 528-5473





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**Sommer McDaniel 702-370-2404** 

~ NW & SE ~

Terri Gamboa 702-528-5473







6743 S Pecos Rd. Private W/ Gorgeous Gates. Circular Driveway & 10' High Walls. Single Story + Casita 4,148sqft, 4 Bd/5 Ba. All Beds Have Own Bath. Open Floor Plan, Vaulted Ceilings, Travertine Floors. \$2.9m







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 \$814,900







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







4620 Sea Dream Ave. RV Parking & Gate 15' X 100' Slab, 2,314sqft, 4 Beds, Amazing Floor Plan, 3 Car Garage, Beautiful Backyard With Large Patio Cover \$585K

Floyd Lamb Park - 1,500 Acres - NEW TRAILS - Best Ride in Town! \*\*\*GREEN ROLLING HILLS, PONDS, BIG TREES, TRAILS!!\*\*\*



Call Terri Gamboa (702) 528-5473

THE MARKETPLACE KELLERWILLIAMS. REALTY



Website: www.TerriGamboa.com

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