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JUNE 2021



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THOUGHT OF THE MONTH:

# Happy Father's Day!

## Equestrian Statistics

By The VHN Writing Team

The horse community is a tight knit bunch of people that span many breeds, many ages, and many disciplines. Looking at the U.S. alone, the horse industry is massive. But just how do the statistics break down?

Where are horses the most popular? What is the top breed? What kind of horse activities are the most practiced?

To start, the United States has the most horses by country. There are over 9 million of them in the U.S. Most sources believe that there are over 58 million total horses the world over. Just imagine the amount of vet bills, farrier visits, buckets of water and manure, and the amount of hair that would accumulate in a short amount of time. As of 2018, there were over 327 million people in the U.S. Around 7 million of those people are involved in the horse industry in one way or another.

With all of those people and horses, what is the most popular breed? You might have guessed: The American Quarter Horse. The runner up in the popularity contest by a couple million is the Thoroughbred.

The states with the highest horse popularity are Texas, Kentucky, California, Oklahoma, Florida, Virginia, Pennsylvania, Washington, Ohio, Missouri, and Colorado. The top state fluctuates each year.

When it comes to countries, the top names are the United States, United Kingdom, Canada, Australia, and New Zealand.

So, when it comes to horse owner demographics, things take an interesting turn. Most horse owners are female, ranging from 35-50 years old on average. They also tend to be employed, which makes sense as we all know horses are expensive. Most of these women are also married. If you listen really carefully, you can hear the heavy sighs of all the equestrian husbands at home.

When it comes to sports however, there is some even ground. Men tend to be at the top of disciplines at the world standing like jumping, while women take the top in dressage. Most horse owners naturally live in rural settings.

The averaged annual income of horse households is around \$60,000, with spikes in both directions of money.

How about the horse activities we all love? Similar to football fans, we can all be die-hard about our individual discipline. For the average horse owner, over 80% qualified themselves as a "recreational rider." Less than 40% labelled themselves as competitive. The lowest of the bunch being racehorse owners at less than 3%.

While horses are very popular, it is interesting to find that most horse people did not initially grow up with them or participate in youth horse sports as a child. It's also found that a horse owner's family typically doesn't become involved with horses.

Most horse owners classify themselves as riding "most of the time" and have been involved with horses for a significant part of their adult life. A horse owner's friends' and family are reported to be supportive more often than not. Horse owners, like other pet owners, tend to be happier and healthier, with a more positive outlook in life.

How does your horse lifestyle match up with these statistics? Were you surprised by any of the facts?





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*See you next time! - Codi Kern*

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## What Your Horse's Tail Behavior is Telling You

By The VHN Writing Team



Becoming a horse person means learning the ability to read your horse's body language. Since they cannot speak to us with words, it is vital that we strive to understand their subtle signs and body movements in an effort to monitor their condition.

There are all kinds of small tells our horses can give to alert us to a problem. The look in their eyes, the position of their ears, the height of their head, and their stance on all four feet can all explain our horses' thinking and feeling.

Signs can come from even the more unexpected areas of our horses' bodies, like their tails.

While a horse's tail height and carriage can depend on breed, the way your horse uses his tail can tell you a lot more than you may realize.

If your horse has a large decrease in tail movement, particularly while working, this could signal a painful issue. A good way to double check is to catch your horse while he is pooping, as he will typically have to move his tail to do so. If he seems unwilling to move his tail enough to go to the bathroom, something definitely isn't right.

This could point to anything from needing a chiropractic adjustment, a fracture or tail trauma, trauma farther up the spine, a surface injury like a cut or skin irritation, or even a gut problem/ anal problem.

There's also the opposite behavior of extreme tail swishing. Some horses are more naturally inclined to swish their tails while working and moving. In any case, this behavior should be evaluated, as tail swishing can be an indicator of pain and straining muscles.

Be sure to check your horse's saddle fit and even palpate carefully around his spine and muscles connecting to his back end to see how he responds. Be sure to position yourself carefully in case you press in an extra irritated area.


Try walking your horse in the saddle and out of the saddle and even turn him loose to watch how his tail works without you on him. This can help you pinpoint tack problems or something deeper. There could be an organ issue, say ulcers or other more internal problems that are presenting as tail swishing.

If your horse seems to be suffering from tail pain or irritation, the physical appearance of his tail can reveal a lot outside of how it moves.

A horse with a healthy tail will have full hair growth all the way up to the top or base of the tail. The hair should be strong and shiny, with no bald spots. If there are spots without hair, broken hair, dead skin, and even some redness or swelling, this could be a sign that your horse has been rubbing and itching his tail.


Tail rubbing can be the result of dry skin, vitamin deficiency, skin allergies, parasites, or medication side effects. It can also be an expression of internal pain.

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If there are visible signs of trauma, like a cyst or wound, be sure to treat it promptly, particularly if it is located on the underside of the tail where rubbing and fecal matter are unavoidable.

There's also the chance of more serious disorders, like cancer presenting around the tail.

If there is any strange tail behavior from your horse, first evaluate his condition yourself, and be extra thorough. If you don't find anything wrong, don't assume there's nothing to worry about. Unexplained pain or annoyance can simply be a prelude to a full blown condition. If you find the cause of the swishing, treat it if possible. And ultimately, the eyes and advice of a veterinarian will be the most beneficial for decoding your horse's behavior.

Be sure to mention any new behavior, tack, supplements, or changes in your horse's daily routine to your vet as you might be surprised what small things can present as the trigger for our horse's behavior.



## • Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

### “Instant Pot Carnitas (Crispy Mexican Pulled Pork)”

Prep Time: 10 mins Cook Time: 1 hr 15 mins  
Servings 4 - 6

#### Ingredients:

3 ¼ pounds (~1475g) pork shoulder meat (pork butt meat), cut into 2 – 2 ¼ inches cubes  
200 ml (~4/5 cup) unsalted chicken stock

#### Marinade:

4 garlic cloves crushed  
1 medium onion, roughly chopped  
1 teaspoon cumin seed, ground  
1 teaspoon cinnamon  
2 bay leaves  
1 tablespoon soy sauce  
55 ml juice from 1 fresh orange  
kosher salt  
ground black pepper

#### For tacos:

8 - 12 corn tortillas  
salsa (pico de gallo)  
1 lime

#### Directions:

Prepare Pork Shoulder Meat: Remove rind and bone from the pork shoulder meat. Cut pork shoulder meat into cubes (~2 inches). Keep the excess fat.

#### Marinate Pork Shoulder Cubes:

Place pork shoulder cubes & fat into the Instant Pot's inner pot. Season very generously with kosher salt and ground black pepper. Add 4 crushed garlic cloves, chopped onion, 1 tsp (2g) ground cumin, 1 tsp (2g) cinnamon powder, 2 bay leaves, 1 tbsp (15ml) regular soy sauce, and juice (55ml) from 1 orange to the inner pot. Mix well and let the meat marinate for 20 minutes.

**Pressure Cook Pork Shoulder Cubes:** Pour ~4/5 cup (200ml) unsalted chicken stock in the inner pot. Close lid and Pressure Cook at High Pressure for 30 minutes + 15 minutes Natural Release. Release the remaining pressure after 15 minutes and open the lid carefully.

**Crisp Pork Shoulder Cubes:** Transfer the pork shoulder cubes onto a baking tray. Now is a good time to take a bite and see if the pork cubes are salty enough. If the pork cubes are not salty enough, add more kosher salt into the cooking liquid. Taste & adjust accordingly.

Drizzle some of the cooking liquid on to each piece (The cooking liquid should be mostly fat. If not, mix ¼ cup (63ml) cooking liquid with 2 tbsp (30ml) of vegetable oil and drizzle over each piece of pork). The fat & oil will protect the meat from drying out and the surface will crisp faster.

Place pork shoulder cubes under a broiler or the top rack of a preheated 450°F toaster oven until the surface is crisped. Roughly 8 – 10 minutes. Flip the pork shoulder cubes, drizzle each piece with more cooking liquid and place in the oven again until the surface is crisped.

(Optional) Heat Corn Tortillas: If you are serving the Carnitas with corned tortillas, you can heat up the corn tortillas when the pork is browning in the oven.

**Serve & Enjoy:** Place piping hot Carnitas on top of the warmed corn tortillas with a spoonful of salsa (Pico De Gallo). Serve immediately!

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## About Happy Trails Kitchen



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

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

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



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## Enjoying Horses When You Can't Own One

By The VHN Writing Team



Owning a horse is truly a luxury that not everyone can afford, especially during these difficult times. Besides taking an immense amount of time to care for, they can also be very expensive, long term commitments.

Horses also have a serious learning curve for those that did not grow up with them and the knowledge it takes to handle them can be very daunting.

While not everyone can experience the pleasure of having their very own horse, it is still possible for every person to partake in the joy they can bring.

Here are ten ways that you and your family can enjoy horses:

1. Local County Fair: County Fairs will typically have animal barns that house all kinds of creatures, especially those associated with farming. Most often, there will be a horse in the mix for you to observe and even touch. There's even barns that are specifically for baby animals, so you just might get lucky and see a baby horse or two.

2. Horse Show: Shows are obviously great for experiencing what horses are capable of, whether they are in an indoor arena/ event center or something smaller and more local. There are so many fascinating disciplines to choose from, and each one is perfect for watching horses in action. Most groups will have pre-scheduled shows for anyone to come and enjoy, just check out some websites for more information.

3. Trail Riding Facilities: These facilities are for those that would like to experience trail riding without having to have their own horse. This way, you can rent a horse for the day that is suited to your level of riding and enjoy. These will often times be led by a professional as well, so the whole thing is made much easier for those without horse experience.

4. Clinics: Horse clinics are great for those that want to learn about the animals while having a live example in front of them. Clinics can cost money, but depending on what you are wanting to learn, it can be a well worth price to pay, and there are so many subjects that clinics will cover and they typically will travel to multiple areas.

5. Horse Entertainment: There are many entertainment shows that employ horses as part of the fun and spectacle. These shows often have horses doing tricks and aerobatics with people in front of a sit down audience. A simple google search for such shows will help you find what's closes to you and what they're all about.

6. Volunteer at a Rescue: One of the most gratifying ways of working with horses is helping out at a local equine rescue. And they can always use the extra man power. You can learn about the individual animals while also giving back, and you will paired with tasks that are within your field of expertise. Depending on how dedicated you stay, you can learn quite a bit while helping out.

7. Work at a Facility: If you have some horse experience already but can't or do not want to own one for yourself, you can work next to horses while also earning income. Horse facilities always need help, from mucking out stalls to feeding to even turning out. This type of job will require a background check and you will need to know what you're doing, as you'll be handling other people's horses as part of your job.

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8. Bribe a Horse Friend: If you happen to have a horse friend close by, then consider asking them to visit their horses. Don't expect to ride or do anything super hands on besides petting and feeding treats. If your friend is up for it, they might be willing to let you ride, with their supervision of course. Remember, that by allowing you to work with their animal, they're being very generous and trusting.

9. Find Areas with Wild Horses: Wild horses are something to behold, and they can come in fairly large numbers depending on where you look. Many areas still have them roaming around, and information can be found on how to locate them and observe. Wild horses are for observation only and should not be touched or fed. Do not get too close as they will typically be very territorial, especially if they have babies.

10. Lease or Take Lessons: When you want the thrill of learning and riding a horse without owning one, taking lessons or leasing a horse can be a good fit. This way you can get the experience, but part of what you pay for the lease goes towards the care of the animal, so the typical bills will not be yours to worry about. The limits and terms of the lease will be individual, so always make sure you have it all in writing and you understand what's expected.



## The Importance of Arena Footing Quality

By The VHN Writing Team



So many factors go into how your horse performs on a daily basis. Everything from what he eats, to what he wears, and how he works with you will have an impact on how he functions both under and out of the saddle.

There is one factor that many of us might not consider, and it's waiting right under your horse's feet.

Your arena footing.

We all have to admit, the feel of well worked arena footing and the sight of it is so, so satisfying. It looks so perfect and tidy and soft that you almost hate to mess it up by riding. Almost. Then you can feel the quality and effect of it on your ride and want to stay that way every single day.

However, have you ever stopped to ask yourself what the best arena footing is for your horse?

All the times we have seen the perfect footing in a big arena and drooled at the sight probably hasn't been influenced by the question of just what is the makeup of that ground. As random a thought as it may be, understanding what's important in arena footing can have the ability to change your perspective on what great footing is really like.

Ideally, an arena's footing should encompass a few things: there should be no dust, no slippage, and have some spring.

That is to say that as you ride your horse, you shouldn't feel his feet struggle over the surface. There should be good traction where he can really dig in and use that material to work. The ground should also do some shock absorbing as that is actually what's being transferred every time your horse takes a step, whether in a walk or a canter. Energy is being pushed from his body to the ground, so having a base that responds well to that force will have a huge impact on how your horse handles his movement. And of course, dusty clouds springing up everywhere is no one's favorite. It dries out your horse's feet, make it hard to see and to breath, and your horse will be fighting through it and breathing it in just as much as you.

Successful arena footing will reduce the chance of accidents and injuries as your horse does his thing, and allow him to move at peak levels.

Just about every horse owner will have a list of different footing types they've encountered over the years. Everything from grass, gravel, desert dirt, muddy soil, pavement, freshly turned dirt, rocky landscapes, and more.

If the footing was too hard, too deep, too cluttered with rocks and debris, too dry, too wet and sticky, etc. your horse probably had to take extra time to navigate. When you put your horse in the position to work hard on a footing that isn't conducive to his natural motion, he will eventually take a toll, if not sooner then later. The struggle that your horse's body has to go through to move in such conditions will catch up to him.

For horses with joint or muscle issues, a bad arena footing can aggravate these problems and even make them worse. So how do you know when your arena footing needs a professional diagnosis and an upgrade?

If your arena does any of these things, it's time to make the call:

- Doesn't drain well. You end up having a pond after every rain storm.
- The footing is inconsistent, no matter how much you water or drag.
- Rocks are popping up more and more across the footing.
- Over the years, the footing has gotten extremely shallow, and no amount of drag fluffs it.
- The footing is too deep and catches easily during activities.

These issues are pointing to the arena needing a redo, and the best way to understand why your arena has the footing it does and how to fix it is by calling a specialist. A professional assessment can allow you to make the call on just what it would take to get the arena footing necessary for your horse's care and safety. It might seem like all an arena is made of is a bunch of dirt that's been piled in and smoothed over. But in fact, that's not the case for an arena that lasts through all kinds of weather and wear and tear.

A good arena has a solid base installed that allows for irrigation. It's also been cleaned of any underlying rock and debris that could work their way up to the surface. Depending on your needs and your area, the "dirt" that's used can be a mixture of different textures and substances, in particular sand. A great way to get a better idea of what your working with and if you have a footing problem is to walk the arena yourself. If your own feet crunch about, don't sink into the dirt, get stuck easily, or you trip about, your horse will be having the same issues.

No matter how your arena is now and how it was put together in the first place, a professional horse arena footing specialist will be able to guide you on the right path and create an arena that will last and perform in the way that horses can rely on.



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## Equine Bodywork

By Zen Equine Bodywork



### What is it?

Horses can accumulate stress and tension in certain areas of their body, and this can affect how they carry themselves or with their riders under saddle; it can also affect their general movement or job performance.

Equine Bodywork focuses on locating and releasing tension that has accumulated in the horse's body. In the process, the horse enters a parasympathetic state of relaxation. Equine Bodywork is not about realigning the horse – its aim is to relax and release tensions in the muscles and connective tissues of the joints, and to gain a fuller range of motion.

### Signs of a horse that has accumulated tensions

According to Jim Masterson of the Masterson Method, there are three major areas where a horse stores tension: Poll, Neck/Shoulder/Wither area and Lower Back. Signs of tension may include:

- Head shyness
- Sensitivity to touch (poll area)
- Flexion Stiffness
- Problems bending
- One-sided problems like pulling one way
- Uneven gait
- Lameness
- Refusing jumps
- Behavioral problems



### What bodywork methods are available?

There are various equine massage schools that train practitioners with tools and techniques to help release tensions. Each equine massage school has its own unique “flavor” of methods and offers different techniques such as Hands-on Massage Stroke Techniques, Equine Sports Massage, Myofascial Release, CranioSacral Release, Equine Kinesiology Taping, Masterson Method Integrative Bodywork and Acupressure. This is not unlike the variety of massage options available to humans ranging from Swedish to Deep Tissue to Trigger Point massage, to name a few.



### How often should my horse receive bodywork?

Horses are nature's perfect athletes. However, they were not by nature built to carry riders or perform repetitive tasks that are often required of a performance athlete in our variety of equine sports. Whether it's dressage, hunter/jumper, barrel racing, endurance or vaulting, work and performance horses are exposed to a lot of physical stress. Left undetected and not addressed, accumulated stress can cause performance and behavioral problems.

The frequency of bodywork required is dependent on the type of horse and the work they do. As a horse ages or its training regiment changes or workload increases, having bodywork on a regular basis will help them stay flexible and comfortable which in turn reduces the chance of injury. Horses with health histories such as arthritis, floundering or known conformation or body asymmetries, will benefit from regularly scheduled bodywork.

If you have not had experience using an equine bodyworker, you can start with an initial appointment, and during the session, the bodyworker will be able to share with you where on the horse she or he finds tension and subsequently recommend stretches or exercises you can do between sessions. If in the follow-up session, your horse is less sore, he or she may recommend a longer time period between the sessions. On the other hand, if the horse is found to be more sore during the second appointment, you and your bodyworker may look at shortening the time period between the appointments, as well as working with your trainer, vet, farrier, equine dentist and chiropractor to determine what may have caused the increase in soreness.





### How to prepare for your horse's bodywork session?

It is most effective to schedule a bodywork session on your horse's scheduled non-working days. If your horse tends to be on the hotter side, you can ride or work with your horse a couple of hours before or the day prior to the bodywork session to get some of its energy out, although strenuous workouts are not recommended proximate to bodywork. Or if your horse is more of a stoic type, it can be turned out before or after the bodywork session.

If your bodyworker uses equine kinesiology tape, you can prep your horse by brushing its coat. Some people like to wash their horse before the session; a word of caution on this, as the horse's coat needs to be dry and free of any coat conditioner or fly repellent, because any of these residues will reduce the adhesiveness of the tape.

At the start of the session, the bodyworker will ask you questions regarding your horse's job, any performance issues or health history that he or she should know. While you can opt to have your horse worked on without your presence, there are benefits to being onsite during the session.

### What are the responses and reactions from a horse receiving bodywork?

Generally, when a horse receives a bodywork session, you will see the relaxation expressed in different ways, including:

- Eyes softening and/or closing
- Licking and chewing
- Large open-mouth yawning and stretching of the jaw
- Changes in breathing patterns
- Swirling of the neck/head
- Rolling of the eyes back into their head



After a full bodywork session, which generally lasts between 45 to 75 minutes, you may choose to turn the horse out so that it can roll and further the relaxation. Depending on the bodywork method and the degree of which the horse enters into a parasympathetic state, your bodyworker may recommend no work or only light work for the next 24 hours after the session.

### Should bodywork be done prior to or after Chiropractic adjustment?

If a horse's muscles are tight, having a bodywork session prior to the chiropractic adjustment may help loosen up the body so the chiropractor's adjustment can go deeper. However, there are certain instances where a vet/chiropractor would prefer to perform adjustments first. If there are any doubts, check with your vet/chiropractor first.

### Are there bodywork techniques that can cause harm?

Any bodywork can cause harm if it is done in an area that has trauma, swelling, fractures, or infection, among other things. Also, there are certain acupressure points that should not be used during pregnancy, as they can stimulate the birth process. Equine bodywork is not and should not be considered a replacement for proper veterinary care. If your horse is under the care of a vet for an illness or is in physical therapy, it is advisable to check with your vet prior to scheduling a bodywork session.



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## The Journey of an Equestrian Parent

By The VHN Writing Team



The horse world is a very large and interconnected community of people. For those of us that did not grow up in it, we probably didn't realize just how big it was and how much it encompassed until we became a part of it.

Because it has gotten so big and so popular as the years have gone on, we are constantly seeing new faces and new horse enthusiasts. Some of them are adults just getting into the sport, either young adults or even those that have retired and wanted to find something to do that they love. Some of them are children, just first falling in love with everything horse and getting in the saddle.

We know what the perspective of being a horse person is like, as that's what we are. But there are more perspectives than just this one. Now that so many children are discovering the equestrian world, there are plenty of equestrian parents embarking on the journey.

Being an equestrian parent is its own wild ride. There are so many elements to being the mother or father of an equestrian child and watching that child find their feet in the sport.

If you are an equestrian parent, here are some milestones you will hit sooner or later.

Your child has finally found that thing, that niche that they absolutely adore. They are ecstatic to eat, sleep, and breathe horses, and the happiness is palpable, which means you get to feel that same enthusiasm as they grow in their horse journey. There's the pride and bliss of seeing your child do all of the firsts. The first ride solo, the first trot, the first canter, the first jump, the first barrel. The big firsts are included too, like their first competition, their first ribbon, their first trophy. All of the firsts that have them smiling and dancing.



There's that crazy feeling of seeing your child competing at an event and gritting your teeth and clenching your fists till your knuckles turn white as you root for them from the gate.

In fact, this must be what those soccer moms and dads feel as they go crazy rooting for their kid, because that's all you want to do. Smile and scream and tell people, "That's my kid!"

There's also that moment where you can see your child growing into their own and watching their confidence emerge. They're not only riding their horse but they are owning the moment. They know what they're doing and they know they've got this. Their compassion for animals also grows.

Even with all of the happy moments, comes the moments of a little sadness and a little pain. Like the first time your child falls off the horse. Seeing them hit the ground is a totally new world of fear that you didn't realize existed. You've probably never run faster or asked, "Are you okay?!" so many times in your life.

Maybe there were a few tears and some new fears from the fall, some reluctance to get back up in the saddle. Maybe there was just a little dirt to dust off and back at it they went. All you know is that you're happy they're alright and you know they have to get back in that saddle, because that's just what you do, you keep going and you end on a good note.



There's also the uncertainty of watching your child become frustrated. They might not be able to get the right lead, they can't get around that pole or barrel quite right, they keep clipping the jump. Whatever it is, they're frustrated and ready to quit.

And even though a small part of you wants to give in just to give them some relief from the exasperation and struggle, you know you can't let them. You have to teach them to keep trying and to not let it get them down.

There's even the bittersweet feeling of seeing how busy and dedicated your child is to this new sport and perhaps that means a little less mom or dad time and a little more horse time instead. You miss it but you know this is what they want and that's how it's going to be.

Not every equestrian parent enters the scene with experience either. Many don't know a thing about horses or are very limited in their initial knowledge, so there's the moment of feeling a little inadequate or out of your element.

For every struggle, there's a moment of complete happiness. For every scrape, there's a lesson learned. For every frustration, there's a point of victory.

Are you an equestrian parent? What are some of the most memorable moments you've experienced on your journey?



## Marriage in the Time of COVID: Wedding Announcement of Codi Kern and William Bradley

By The VHN Writing Team



Valley Horse News is pleased to announce that Codi Kern and William ‘Chris’ Bradley were married at The Retreat/ Resort on Mount Charleston on Monday, May 10, 2021.

Both natives of Las Vegas, Nevada, Codi is the owner of Valley Horse News since 2017 and Chris is a registered Radiology Technologist specializing in X-ray, MRI, and CT imaging. They met in the fall 2015 and bought their first house together in the summer of 2019. In the company of their close family, an intimate and beautiful ceremony was joyfully performed after the cancellation of their previous wedding date due to COVID-19.

Now happily married, Chris and Codi look forward to enjoying their life as husband and wife and starting a family of their own.

Codi and Chris would like to thank their families for all of their hard work and sharing in their special day. They would also like to thank all of the friends and extended family that could not attend for their well wishes and support. They would, lastly, like to extend their immense gratitude to all of the vendors and helpers that made their wedding day so special after so much struggle and uncertainty.



Wedding Planning: Elle Lee Designs, Wedding and Event Planning  
 Venue: The Resort on Mt. Charleston  
 Photography/ Videography: Tolman Media  
 Floral: I Do Wedding Flowers  
 Hair and Makeup: Vegas Makeup Artistry

Dress: Bowties Bridal  
 Tux: Bowties Tuxedo  
 Cake: Caked LV

\* Special Thanks to: Elle & Robin, Edgar & Michael, Jill, Annie & Team, Evana & Etianne for being so amazing! We couldn't have pulled it off without you. \*

# 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](http://www.LEANhorses.org)

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## AVAILABLE:

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## HAPPY ENDING:

Frieda arrived shortly after Minnie, and has found her forever home just as quickly! LEAN's own President Cynthia Fears recently lost an old one and she adopted Frieda to live out her twilight years with her family and herd. Congratulations Cynthia and Frieda!

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

## The Greatness of Adopting an Animal

by The VHN Writing Team



Valley Horse News is a huge advocate for adopting animals in need and raising awareness for all of the groups that help these creatures until they find their forever homes. Shelter animals make such wonderful pets, and there are so many reasons why adopting is the way to go. Here are some great reasons to give adopting a try:

1. You'll be the absolute world for a shelter animal: A shelter animal only wants one thing and that is you. They want your love, your time, your patience, and your care. There is nothing better than an animal who loves you and wants to be with you and is waiting just for you when you get home from a long day's work.
2. By adopting even just one animal, you are helping the others: When you adopt a shelter animal, you are freeing up a space for another to find help until they too can find a place called home. And as we all know, shelters are constantly over filling with these animals who need assistance.
3. Animals are good for your health, science says so: No matter the type of animal you decide to adopt, whether it's a pig, a goat, a dog, a horse, or a cat, your health will improve. Studies show that pet owners are healthier and happier than those that do not own pets. And the knowledge that you helped save an animal's life is a huge plus!
4. It's good for your home: A lot of times, shelter pets will already have training and handling before they go home with you. They will be more likely to be potty trained, to sit, stay, and be used to people. And you will know all about the animal and what they require right off the bat.
5. It helps to fight against puppy mills and illegal animal trades: By adopting, you are keeping profit out of the hands of puppy mills and other illegal animal entities that use cruel practices to gain a profit. Instead of feeding into more bad animal production, you are saving a life that needs it.
6. It will cost you less: Most shelter animals will come with discounted vaccinations, spay/ neuter, and other services as part of the adoption fee. Also, the adoption price itself is usually pretty cheap in comparison to a brand new animal from a breeder.
7. Perhaps the best reason of all is that you are saving a precious life from being cut short for no good reason. The number of animals that are euthanized each year reaches around 2 million, and every single one of those animals could have had a home and lived a wonderful life if only someone had come for them. They all deserve to have a home and a second chance, and that chance lies with you and your decision to help.

A shelter animal is not a bad animal or an animal with problems. They are not garbage or animals that will be more trouble than they are worth. A shelter animal is a loving companion who can make your life even more satisfying for years to come. There's nothing like the love of an animal, big or small. So please, adopt today.

There are many listings online and in these pages of animals that could be the perfect addition to your family. And if you cannot adopt an animal right now, that's okay, consider donating or volunteering your time to give these creatures the best chance possible to find that home they've been waiting for. It will not go unappreciated.



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## The Top at Home Exercises for Riding

By The VHN Writing Team



Those that do not have any horse experience will look at horseback riding as a sport that involves the horse more than it does the rider. They might even say a horse does all the work, while the rider simply sits there and holds on. In fact, if we asked a random passerby what the percentage is between the horse and the rider for success, they would probably say 90% horse and 10% rider.

In reality, every experienced horse person knows that the balance between horse and rider is just that, a balance at 50/50, both equally giving. The horse cannot perform to the best of his abilities unless the rider can do the same.

Naturally the best way to keep in tip top shape as a rider is to ride as often as possible, so the saying goes of practice makes perfect. Commitment and consistency are the two mottos of a horse rider. As long as you stay committed to riding and bonding with your horse and you consistently exercise your skills, you will continue to succeed and become better.

As much as we try to ride at every opportunity, sometimes it's just not possible. The weather may have turned sour. Your horse may have some medical issues that mean he needs light work only. No matter the reason, you can't get out and saddled up as often as you'd like.

Luckily there are exercises you can do while you're at home, and they all benefit the muscles most important while in the saddle.

**1. Plank Exercise:** (shown bottom right) The Plank is a very simple exercise to add to your workout, but while the form itself is easy to figure out, the strength it takes is no small feat. This exercise targets multiple muscle groups besides the obvious ab workout. To do a plank, start by going on all fours. From here, drop onto your forearms with your elbows slightly in rather than shoulder width apart. Your forearms should be flat from elbow to wrist. You can keep your hands in fists with your thumbs up to make it easier. Then come up on your toes, so that none of your body except for your toes and forearms are touching the ground.

Keep your head, neck, back, and legs in a straight line. Think of pulling your belly button up so that your stomach doesn't sag down and ruin your form. Keep your hips and shoulders aligned. During this exercise, most of your body will be tight and your muscles will be burning. Hold this form for as long as you can. Your goal is to increase the time you can do a plank as you progress, strengthening your muscles and stamina. There are variations on the plank that are less intense, with tutorials online so that you can build up to a harder plank and for longer times.

**2. Pushups:** Pushups exercise many of the same muscles as the plank and can be just as difficult. Form is very important as well. Start in a plank position, with your hands flat and directly under your shoulders. Keeping your back and hips straight, lower yourself until you almost touch the floor and push back up for a full rep. Repeat this a few times.

Like the plank, you want to steadily increase how many pushups you can do in a row and always maintain good form for the correct workout. A standard pushup may be too hard at first, so like the plank, there are easier variations for you to start out with.

**3. Squats:** Squats are perfect for more than toning up a booty. Squats will workout all of your leg muscles as well as your abs, and it can benefit your balance and stamina for riding. To do a squat, stand with your feet a little more than hip width apart. You can clasp your hands in front of you with your elbows bent for balance. Then squat by lowering your hips and butt until your thighs are almost parallel with the floor. Think of it like slowly sitting into a chair. After you have gone down far enough, rise back up until your legs are straight.

Make sure to keep your back straight as you move. You can lean forward a bit as you dip down, but keep your spine from curving as you do. Also keep our chin up and feet on the floor. There are variations on the squat to tone different areas of your legs and get a more intense workout. As with the other exercises, the more you can do the better, so start out gradually and work your way up as you get used to the movement.

**4. Calf Raises:** A favorite of the horse community, calf raises are great exercises for horse riders. They target the backs of your legs and calves, as well as your ankles, and help you to work on your balance and flexibility. This is a great exercise for help with weakness when keep your heels down and to stop your legs from flopping around. To do calf raises, stand up straight and shift up onto the balls of your feet with your heels off the ground. As you shift up, your calves and surrounding muscles will tighten. Lower back down to complete the rep.

You can start gradually and add more reps as you get used to the feel. You can also speed up your pace (not too fast!) There are many variations on this exercise, like the others. And a similar exercise to calf raises are heel dips. The easiest way to perform heel dips are by utilizing a step. This can be one step on your stairs, your backyard or front stoop, anywhere that has a step and you only need one.

To do a heel dip, step up onto the step. You can hold on to a railing or keep your hand on a wall for stability. Shuffle backward so that the balls of your feet are on the step with your heels hanging off. Then, holding on for stability, dip your heels down by flexing like you would in the stirrups. You can do this slowly to let your muscles acclimate to the stretch. After a few seconds, come back up and then easy down again, stretching those muscles under your own weight.

**5. Superman Pose:** The Superman exercise is in the same family at planks and pushups. It's a great workout for strengthening a lot of muscles groups, especially your back. It also helps with endurance and balance. To do a superman, start by lying on the floor with your legs back and your arms straight out over your head. Lift both of your legs off the ground and lift your arms up. All that should remain on the ground is your hips, stomach, and ribs. Keep your head up and looking forward.

You'll look like the classic flying superman when done correctly. Hold this pose for as long as you can, gradually increasing how long you can stand it as you build up your strength.

There are many more exercises you can utilize to strengthen your body for riding while at home. Bridges, wall squats, ball exercises, burpees, bicycle crunches, and more can all be done routinely to train your body for riding. You'll be surprised how much your riding form will benefit as you stay consistent with these workouts.

Lastly, aside from working on strengthening your muscles and growing your stamina, stretching is just as important for your riding body. And best of all, your horse will be able to feel the results of your efforts as you work together in the saddle. The more dedicated you are to working both on your horse and on your own, the more benefits you will see when it comes time to hop on and ride.



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# JUNE 2021 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b> WCBRA BARREL RACE FINALS 6pm Hurricane, UT Washington County Regional Park	<b>3</b>	<b>4</b>	<b>5</b> SWBRA BARREL RACE 1 pm Hurricane, UT Washington County Regional Park
<b>6</b>	<b>7</b>	<b>8</b> NSHA GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ WULFY'S Hwy 160 Pahrump 775-727-9576	<b>9</b> HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	<b>10</b>	<b>11</b> BOOTS & BLING DANCE 8pm Hurricane, UT Washington County Regional Park	<b>12</b>
<b>13</b>	<b>14</b> APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332 WCBRA BARREL RACE FINALS 6pm Hurricane, UT Washington County Regional Park	<b>15</b> SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	<b>16</b> LVAHA GENERAL MEETING. 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@ aol.com	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> 4H LIFE SKILLS CAMP 8am Hurricane, UT Washington County Regional Park	<b>22</b> 4H LIFE SKILLS CAMP 8am Hurricane, UT Washington County Regional Park	<b>23</b> 4H LIFE SKILLS CAMP 8am Hurricane, UT Washington County Regional Park	<b>24</b> 4H LIFE SKILLS CAMP 8am Hurricane, UT Washington County Regional Park	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com WCBRA BARREL RACE FINALS 6pm Hurricane, UT Washington County Regional Park	<b>29</b> 4H FARM CAMP 6pm Hurricane, UT Washington County Regional Park	<b>30</b>	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p><b>VALLEY HORSE NEWS DEADLINE</b> <b>15th of EVERY MONTH</b> <b>valleyhorsenews@gmail.com</b></p> </div>		

# JULY 2021 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p>*The scheduling of events for all organizations and locations is currently under constant change due to COVID-19. For the most up to date schedules, attendance, and virtual show dates/ info please regularly visit the corresponding websites.* <i>Thank You</i></p> </div>				<b>1</b> 4H FARM CAMP 6pm Hurricane, UT Washington County Regional Park	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	<b>13</b> NSHAV GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ WULFY'S Hwy 160 Pahrump 775-727-9576	<b>14</b> HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	<b>21</b> LVAHA GENERAL MEETING. 7:15pm; Marie Calenders - 8175 W. Sahara Info: keppes@cscinfo@ aol.com	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



# Farm Animal Adoptions

All you have to do:

Is provide a photo of the animal/ animals.

Give a short description explaining why they are such a great candidate for a new home.

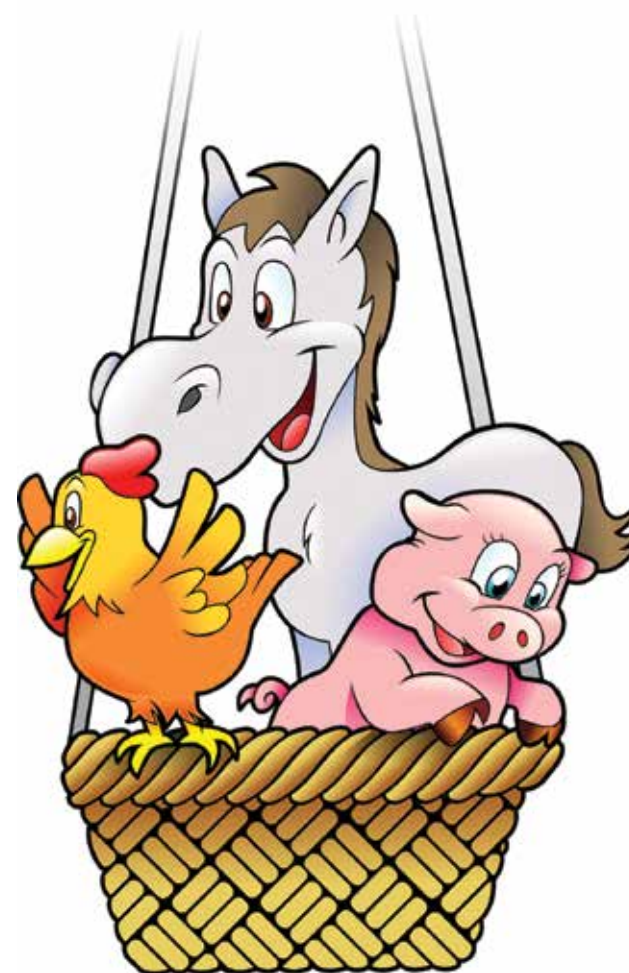
And lastly, provide the best contact information for those that are interested.

Your photo, description, and contact will go here for everyone to see and hopefully will make it to the perfect new home.



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

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



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

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

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

This section will remain in the paper *indefinitely*.

As long as there is an animal that needs it, it will be open for listings. With COVID on the decline many animals are in need of new homes, so here will be the space to feature them.

Are you an organization or know of an organization that helps farm animals? Contact now for more information and to be featured on this page every month. Remember, this page is for **adoptions only**.

Animals for sale by owner must be advertised in other sections.

Please spread the word far and wide about this section so we can facilitate as many adoptions as possible. These precious animals need and deserve all the help we can get. It is a personal goal to make this section explode every single month! A home for every animal that comes on this page is not only a worthwhile but completely possible goal.

Just imagine what could be done by this time next year. So let's make it happen!

**Have questions?** Email us at [valleyhorsenews@gmail.com](mailto:valleyhorsenews@gmail.com) or call 702-808-7669

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



# Terri Gamboa Team

## #1 in Acreage Properties

### in Las Vegas



Cindy Parker  
702-528-1048

Sommer McDaniel  
702-370-2404

~ NW, NE, SE ~

Terri Gamboa  
702-528-5473



7080 S Pecos Rd. 3.9 Acre Secluded Prop., 2 bed/ 2 bath house to live in while build then as guest house. 10 car garage converted horse barn, electric gate, 100 tall pine trees \$1,975,000



4335 N Fort Apache. 1/2 Acre Lot in Private 4 Lot Cul-De-Sac, Priced as Package to Include Gorgeous Architecture Plans for Custom Luxury Home \$289K



1330 Morning Sun. Huge elevated .89 acre lot. Gorgeous location nestled at the base of sunrise mtn. Strip, valley & mtn views. Perfect setting for custom home. Zoned for horses. \$185K



3699 Meadowcrest Dr. Single Story 2,275 Sq Ft. 5bed/3bath. Pool, Rv Parking. Historic Neighborhood. Lushly Landscaped & Stately Homes - Huge Trees. Beautiful Community \$499,000

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



# Call Terri Gamboa (702) 528-5473



Email: [TerriGamboa@aol.com](mailto:TerriGamboa@aol.com)



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# Terri Gamboa Team



## #1 Horse Property Specialists in Las Vegas

Cindy Parker  
702-528-1048

Sommer McDaniel  
702-370-2404

*- SW, NW, Pahrump -*

Terri Gamboa  
702-528-5473



1750 Mae Rd. 20 Acre Horse Property, 360 mtn views. Investment potential. Water rights & water well. 3 bed, 2 bath, screen covered sunroom/Patio. Fully fenced. \$499,000



6760 Hinson St. Authentic Spanish Colonial Single Story. 1/3 of an Acre. Jaw Dropping Inter. Finishes. Wood Floors Of Oak, Redwood & Pine. Covered Back Patio W/ Built In Bbq, Pizza Oven \$749,500



6842 Vintage Highlands Ln. Single story on just under 1/2 acre. Gated community. Gorgeous landscaping. Versatile floor plan, possible 5 bed. Pool & mtn views. Upgraded finishes. \$585K



5360 Agate Ave. 2 Acres 4,129sq Ft. 6 Bed/4 Bath W/ Attached Guest House. Perfect Equestrian Property W/ Lights For Huge Arena & Plenty Of Space For Large Barn And/or Workshop. \$1,300,000

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



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

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702-370-2404

*~ NW & NW by Floyd Lamb ~*

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6385 Iron Mountain Rd. 2 Acre Equestrian Estate. 3,550 Sq Ft, Pool, 21 Stalls, Large Arena, Round Pen, Hay Shed, Across 1,500 Acre Floyd Lamb Park. \$1,390,000



8536 Calverts St. Gorg. Luxury Single Story. 0.94 acre, fully Gated. 3,606sqft/4 Bd/5 Ba. Pomegranate Orch. w/ 200 Trees Imported From Middle East, 6 Varieties, Pistachio, Peach & Almond Trees. Zoned for Horses. \$815K



2A Mustang & Maggie. 2.22 acres, incredible mountain views, 2 sides block walls, corner lot in equestrian neighborhood. Across from 1,500 acre floyd lamb park \$495,000



8645 Trails End. Dream 2 acre horse prop. with unique house-barn. State-of-the-art barn, 16x16 stalls, vet, tack, 265' X 120' arena & dressage arena. Access to FLP for best riding in town! \$ 998,800

**Floyd Lamb Park - 1,500 Acres - NEW TRAILS - Best Ride in Town!**

**\*\*\*GREEN ROLLING HILLS, PONDS, BIG TREES, TRAILS!\*\*\***



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

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