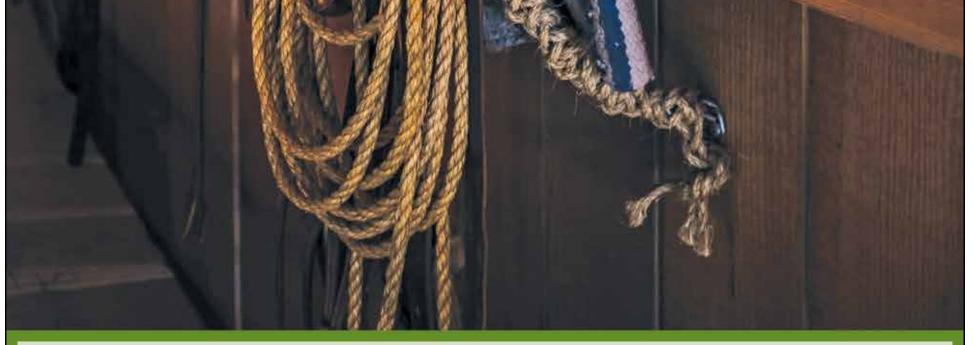


The Creation of a Saddle -A History in Design



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Legend of the Lucky Horseshoe

By The VHN Writing Team



St. Patrick's Day is quickly approaching on March 17th, and while many people get a giggle out of wearing the color green for luck (and also to not get pinched) while also hoping to find a big pot of gold at the end of the rainbow, there is one other Irish symbol of luck that is prevalent for the holiday.

The lucky horseshoe is well known as a symbol of good fortune and has been one for a long time according to Celtic legend.

In fact, you'll probably find a lot of lucky horseshoe art for sale made from real horseshoes around this time of year.

It might seem random that there's an association between horseshoes and being something lucky, but there's actually a legend that explains this odd association.

It all started back in the 10th Century when St. Dunstan, a well known blacksmith, was visited by the Devil himself in his home. Being a blacksmith, the Devil had a mind to ask Dunstan for horseshoes of his own to place on his large hooved feet.

He fashioned a single shoe at first, fresh and red hot from the fire, and secured it to the Devil's foot with a handful of nails, which caused burning and great pain upon contact.

Unable to get it off himself, the Devil begged the blacksmith to remove it and Dunstan agreed to but on only one condition: The Devil could not enter any shelter where a horseshoe was hung over the door. The Devil had to promise to always and forever respect the power of the horseshoe from that day on.

The legend says that the Devil gave his word, without much enthusiasm, and so horseshoes became more sought after for more than just to use on hooves. It is from this legend that the luck of a horseshoe was born, and people truly believed and still do that a horseshoe can keep evil spirits away if placed properly in the home.

Ideally a horseshoe should be placed with the heals up as well, to "catch"



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luck inside of it and protect the luck from bad spirits. If you place it the other way, facing down, the luck will flow out of it and out of your home.

There are a few accounts that say you should face them down so that luck will "rain down" from the shoe and flow onto your home and life. But the other way is more popular.

There are many people that have horseshoes placed over their front doors and inside of their homes. Fortunately for us horse owners, there is no shortage of horseshoes to choose from.

And we like to think that by hanging your very own horse's shoe in your home, you'll get some extra luck just by association. You can even decorate them to be a part of your décor for the holiday and beyond.



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A Little Horse Luck for St. Patrick's Day

By The VHN Writing Team



These days, there's something to be said for wanting a little extra help in life. Even the littlest things can make us feel better, more secure, or more protected.

Each of us probably has one item that we feel brings us this this form of security. Maybe there's no rhyme or reason for us to feel this way, or maybe the item has a sentimental or superstitious value.

But regardless of the reason, we feel the need to have that item with us. We need to have it by our bedside, in our home, in our purse, in our vehicle, or even around our wrists or necks.

And the item could be anything, from a ring, to a flower, to a hat, to a handkerchief, to a picture. It might even be a pair of lucky underwear (hey, we're not here to judge.)

You could say this item has become your unofficial talisman or good luck charm.

This good luck charm can feel especially important during stressful events. You might have the desire to double check that this good luck charm is on your person during a doctor's visit or during a job interview. And knowing it's there takes some of the pressure and anxiety away.

One place that you might want the presence of a good luck charm is during a ride or even while entering in a competition.

Whether you're by yourself or in front of a bunch of people, having a good luck charm during a ride can put your mind at ease and actually help you feel more confident and stable under stressful conditions.

You can use your own good luck charm that you've had for years, you can find something small of meaning in your home that you now designate as your lucky talisman, or you still may be in search of something to use to bring you that extra bit of luck you've been needing lately.



Some riders even take horseshoe nails and combine them into a cross or another religious symbol to wear while riding, combining two symbols of luck into one.

3. Another thing that would be easy to have on your person is horsehair. Many of us have a length of horse hair from a horse that we've said goodbye to. A very emotionally significant item, this length of hair can be braided and kept in a safe space, like a pocket. It can also be made into something wearable fairly easy.

4. Four leaf clovers are a renowned lucky item, so if you have the fortune of already owning one or finding one, you can use it to your advantage. It can be saved in a glass slide, a small vial, suspended in liquid for a small charm. This can be kept in a pocket, a necklace, a ring, a button, or any other secure place while riding.

5. A picture or item with the image of patron saint can bring you luck and comfort. There are a few saints with different horse titles. Saint Ann is the patron saint of many things including women horse riders and equestrians. Saint Martin of Tours is also a patron saint of a few things, including horses, equestrians, and calvary soldiers. Saint Eligius represents many things, including being the patron saint of horses and the people that work with them, like veterinarians. There are a few more saints that are associated with horses in different ways. You can choose the saint that you feel the most connection with and keep an item with their likeness on you during a ride.

6. A show ribbon or a piece of one can also be a good luck charm during a competition. Perhaps you've already placed well in a previous competition and wish to carry that same luck to the next one. You can keep the ribbon folded up and tucked in a pocket or take a piece of the ribbon and tie it around your wrist or in your hair, anywhere that's allowed by the rules.

7. There are a few options for lucky items that are bigger and cannot fit in a pocket. These can be more sentimental in value. You may have a shirt passed down from your mother or grandmother, a pair of boots from your dad or grandfather, a saddle from your uncle, or a bridle from your aunt. You can ride with any of these items that have been passed down to you and they can make you feel both lucky and closer to the person they used

If you can't figure out a good luck charm for riding, we've put together a few possibilities that you can choose from. It's a good idea for this lucky item to be on the smaller and more compact size, that way you'll be able to have it in a pocket or somewhere secret that won't interfere with your riding or distract you.

1. The classic lucky horse shoe. Now, what determines a specific horseshoe to be lucky is up to the individual, but using a horseshoe from your current horse or a horse you used to have can have some great luck.

It could be a little bulky and heavy, but you have the option of placing it in a saddle bag or securely attaching it to your saddle for a ride. You can even pay a crafter to take your horseshoe and transform it into something wearable, like a bracelet, or a piece for a ring.

2. The same crafting can apply to horseshoe nails. The number of horseshoe nails that are used to secure the shoe to a horse is considered to be lucky. You can take the nails and keep them in a bag while you ride. Or you can have them made into a piece to wear, like the horseshoe itself.

to belong to.

With a little creativity and imagination you can find the perfect item to bring you luck on your next ride or competition. And the way you incorporate this item in to your ride can be unique to you and your personality.

Do you have an item that's brought you luck? Do you have a riding lucky charm?



• Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

" Perfect Chicken "

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

Ingredients:

2 cups chicken broth
½ cup chopped onion
2 cloves garlic, minced
1 cup white wine
½ cup sliced fresh mushrooms, or more to taste
1 teaspoon dried rosemary
1 teaspoon dried sage
1 cup heavy cream
2 tablespoons butter
½ lemon, juiced
1 tablespoon capers, drained
½ cup cornstarch, or as needed
4 skinless, boneless chicken thighs
2 tablespoons olive oil

Directions:

Pour the chicken broth into a saucepan with the onion and garlic; bring to a boil and cook at a boil until the liquid reduces by half, about 10 minutes. Pour in the white wine, return to a boil, and reduce the liquid by half again, about 10 minutes. Stir in mushrooms, rosemary, and sage; simmer until the mushrooms are tender and have given up their juice, about 15 more minutes. Stir in cream, butter, lemon, and capers; reduce heat and simmer the sauce until thickened, about 10 minutes (45 minutes in all).

Preheat oven to 350 degrees F (175 degrees C).

Place the cornstarch into a shallow bowl and press the chicken thighs into the cornstarch on all sides until thoroughly coated. Shake off excess cornstarch. Heat the olive oil in a skillet over medium heat; pan-fry the chicken thighs until they develop a golden brown crust, about 8 minutes per side. Place the chicken thighs into a 9x9-inch baking dish and pour the sauce over the chicken.

Bake in the preheated oven until the sauce is bubbling and the chicken is no longer pink in the center, about 15 minutes. An instant-read thermometer inserted into the center of a chicken thigh should read at least 165 degrees F (74 degrees C).

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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"HORSE HUSBANDS" - The Course Goes Online

Horse Women Everywhere Rejoice as Men-Folk are Groomed

Press Release - Cori Nichols

An online quickie-class for fellas has finally entered the ring. "HORSE HUSBANDS: A Crash Course for The Men in a HorseGirl's World" has just been released on Teachable.com.

In under an hour, the class goes full-gallup through relevant topics, with a generous dose of humor tacked on. Horse Husbands (Dads and Boyfriends) everywhere will be well-schooled in the following:

- Super Duper Safety Basics
- Take the Reins: Haltering, Holding & Leading
- Tying the Knot
- Loose Horse! A How-To
- Trailer Loading: Butt Bar, Dos 'n Don'ts
- When to Call the Vet
- Glossary of Terms
- Giving a Leg-Up
- Bloopers and more

An excerpt from "Horse Husbands"

"Giving a Leg-Up: This is a good one. It's a real guy thing. What fella wouldn't want a chance to hoist his lady-love up and onto Beloved and watch her ride off into the sunset?

(If you're doing your job she'll be back by dark or at the end of the weekend, or at least call when the truck breaks down.) I'm no engineer so I can't explain why this works so well.

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Check out the video here and see for yourself. Bonus points if you can pull Cori@HudsonValleyHorsePlay.com this off while Beloved is in motion . . . often the case at shows and events https:// hudsonvalleyhorseplay.teachable.com/p/horse- husbands-a-crashwhen he's running on high.

course-for-themen-in-a-horsegirl-s- world

Extra bonus points if you notice this and don't complain that "he won't Photos by David Sandbank. Used with permissions. stand still."

CAUTION: Do Not ... I repeat Do Not overdo this and throw Lady-Love proceeds to the US Para-Equestrian program. up and over to the point where she lands in a heap on the far side. She will not be happy."

Horse Husbands: \$15 on teachable.com.

Duration: 45 minutes. Videos: 8. Horse Husband Points: Countless. Created by Cori Nichols, a USA-based horsewoman and instructor. Contact Cori for anecdotes, interviews with her husband, questions or additional excerpts.

From March 1 to June 1, we're donating 10% of all Horse Husbands

Fundraising opportunities are available to clubs and charitable organizations with a horse related theme.



Equine Aromatherapy and Essential Oils

By The VHN Writing Team

Aromatherapy and essential oils have been used for many purposes for thousands of years. All kinds of cultures have found ways of utilizing them, and have expanded the different substances they come from. Each extract has its own individual use, and can even be used in combinations with others.

As a form of alternative therapy and medicine, many people have found relief from using them. People with incurable diseases, or painful conditions have gone for more natural methods when traditional medicine isn't helping them cope anymore. The benefits can be surprising when nothing else seems to work, and they have the added benefit of being completely natural.

It comes as no shock that with the success of using them ourselves, we are now looking to our animals', horses included, to provide relief from chronic ailments or disorders.

While opinions are divided on the practicality of using aromatherapy and essential oils, and whether or not they really have any substantial benefits, their great track record of success is being taken advantage of for equine use.

Naturopaths and alternative medicine practitioners are using these therapies in their treatments of horses, both old and young. Horses with issues such as arthritis, inflammation, muscle aches, respiratory disorders, and especially stress and the ailments brought on by it are winning small victories and recovering through the use of alternative strategies.

Horses that have sensitivities to artificially produced medicine or those with their own side effects need something more naturally created without any kind of by product or filler added.

As more and more horses are born, more intolerances in the horse community come up, such as insulin or sugar intolerance or other allergies with things that are commonly found in the diet or environment.

Because of these abnormal reactions and syndromes, more naturopathic remedies could be beneficial or potentially the only way of treating the problem. Older horses can often develop sensitivites to different supplements and medications simply because of their age. These substances are too harsh on their bodies. Even horses that do not have any medical problems can benefit from the use of these oils.

Many of us humans take advantage of oils such as lavender for the reduction of stress. A warm bath with the smell of lavender is calming and helps ease restlessness, insomnia, and even pain.

For horses that have sustained trauma or have a naturally nervous disposition to changes and new things, this type of therapy can bring a welcome relief. It can be an avenue for prevention as much as for treatment.

A horse that is moving a long distance, getting used to a new home, needs frequent trailer trips, vet visits, or other stressful interactions can develop immune problems, intestinal upset, skin sensitivities, and appetite reduction as a response to this uptick in stress. Stress can wreak havoc on the body for any creature, equines included, but using essential oils either through massage, or by inhalation can help a stressed horse to heal and cope in ways that other avenues have not allowed.



Essential oils can be used as a sedative, nerve tonic, immune system stimulant, and relaxant. The benefits, particularly for a case of chronic stress can be reduced heart rate, lower blood pressure, the ability to focus better, a return of appetite, decrease in lethargy, and a generally happier disposition.

Speaking with your veterinarian and an alternative medicine equine specialist can help you set up a treatment plan for your individual animal. While they are natural, essential oils and aromatherapy should be used with care in horses with certain diseases or difficulties, as well as sensitivities to certain substances. A gradual introduction to this therapy is best, and should be monitored closely.

The chance for horses that have not received relief from other treatments to finally find comfort and relax makes this form of treatment worth a chance.

The Grouchy Horse: A Bad Day, a Bad Habit, or a Deeper Issue?

By The VHN Writing Team



Our equines can be very emotionally intelligent animals. This very intelligence is the reason why we can sometimes recognize our own familiar, human emotions in our horses and the similarities they can show.

There may have been a time where your horse seemed to be very distant, morose, and uninterested in socializing. At first you couldn't quite put your finger on why there was such a sudden change in his behavior and overall mood.

But thinking back, you realized there was one event that coincided with the change. The horse and owner in a pen not far from him had moved away, leaving your horse without his secret and preferred buddy.

They may not have spent much close time together or been right next to each other, but they were constantly in each other's view from morning to night.

It may seem a small thing to us, but this unexpected change was enough to cause your horse emotional discomfort, so much so that it became obvious to you. He was expressing his discomfort by appearing sullen and lonely in the only ways he could without speaking.

Just as we can exude a mood of happiness, anxiety, or sadness, so can our horses exhibit their own displays of emotion whether subtle or more pronounced. And each of these emotions has a unique trigger, like the situation above.

It would only make sense that if a horse can show the emotional range of happiness or anxiety, he could also show his emotions through another form: grouchiness.

Every horse at one time or another, mare, stallion, or gelding, will show some grouchy behaviors. This grouchiness can be expressed with pinned ears, sharp eyes, a swishing tail, taught lips, or by giving a cold shoulder (or butt). This behavior can also manifest before a ride or physical activity.



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For a grouchy person and similarly, a grouchy horse, there is always a cause or trigger for this mood. It could be one thing, it could be many things.

One of the more obvious reasons your horse could be acting strangely grouchy towards you or an activity is because he doesn't feel good. Instead of it being a manifestation of a bad habit or quirk, it's an emotional result of pain.

The pain could be more extreme, or it could be mild. Like the situation of the horse earlier, it could be a simple cause, or instead it could be something more convoluted and mysterious.

A horse can express a grouchy attitude from any number of factors some of them health related, such as a sour stomach, colic, back pain, foot problems, dental issues, bad sleep, or even old age.

It could be the result of something mentally unpleasant as well, for example, he doesn't have his usual riding buddy, you've put new tack on him, or there's something in his vicinity that's triggering his attitude.

You might be tacking your horse and notice that he's none too happy about taking the bit or having the cinch tightened. He might not want to take the steps towards the mounting block or stay still by the fence so you can get on.

This isn't typical behavior, but at the same time he seems just that, grouchy.

Perhaps you feel he's just being a turd and needs to cut it out, like a bad habit is starting to form and you should head it off before it becomes routine.

This could be a possibility, or it could be something deeper.

Now, our horses are no strangers to having bad days, just as we have them. But think about your own bad days and the last time you were grouchy. There was a pretty concrete reason or multiple reasons, wasn't there?

You didn't just wake up from a great sleep and think, you know what, I'm grouchy today. Your horse didn't do this either.

As with any change our horses go through, it is up to us to riddle it out, and the best way your horse can describe to you that something is wrong is by acting differently, and in this case, it's through grouchiness.

You might have to become a bit of an equine psychologist, as the reason could be physical, mental, emotional, or a combination. But you can rest assured that there is a root cause for your horse's mood, and by finding that root, you can figure out how to help your horse return to his normal self.



The Best Trail Riding Snacks

By The VHN Writing Team



It's there, just up ahead. Can you see it? We sure can. It's Spring!

It's finally coming, and we dearly missed it. Spring will officially make its return on March 20th, and we really hope that some beautiful weather will come right along with it.

One of the best things about nicer weather is feeling the desire to be outside and spend time with your horse. Now that winter riding is on its way out, it's time to plan for some fun spring activities before the inevitable summer heat creeps up.

One of the most popular, relaxing, and exciting equine past times in spring is going on a trail ride. You get the chance for some fresh air without the need for a bunch of layers. Spring flowers are going to be in bloom, and the days will be longer.

Along with the joy of riding out and about with your equine comes the fun - Animal Crackers of picnics. What's a trail ride without a few yummy snacks to gobble and replenish your energy?

You might be preparing for a trail ride, only to look in your kitchen or at your grocery list and think, what should I pack? Not everything in your kitchen is trail ride friendly. Bulky items, food that needs to be frozen or kept cold, or snacks that require additional prep before eating can make enjoying them during a trail ride break a bit tricky.

The first thing to do before making your riding food list is to take stock of your tack and what you can use to pack your food. If you have any insulated bags or compartments, those will be the best for your cold items. Depending on your needs and what you want to be able to take, now might be a good time to treat yourself to some new saddle bags especially for this trip. Then you can test them out and have the opportunity to bring more diverse foods and cold drinks.

Here is a list of great trail riding foods that you can reference for your next adventure:



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- Cold Pasta
- Chips and Salsa
- Yogurt
- Dry Cereal
- Edamame
- Salami or deli meats
- Cold Spinach and Artichoke Dip
- Salad with dressing on the side
- Rice Krispy Treats
- Poptarts
- Jello
- Oatmeal Cookies
- Dark Chocolate Bar
- Graham Crackers
- Brownie Bites
- Fig Newton Bars
- Donuts
- Croissants
- Muffins
- Coffee
- Electrolyte Drink
- Fruit Smoothie
- Tea
- Juice
- Water



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- Protein Bars
- Nuts, like peanuts and almonds
- Fresh Fruit, like apples and grapes
- Cheese Sticks
- Crackers
- Dried Fruit or Fruit Leather
- Beef Jerky
- Pretzels
- Peanut or Nut Butter
- Tuna Packets
- Hard Boiled Eggs
- Granola
- Peanut Butter & Jelly
- Popcorn
- Pita Chips & Hummus
- Guacamole & Chips
- Veggies, like carrots sticks and bell peppers



There are many more snacks and food combinations that you can take advantage of on your next trail ride. Some may require a thermos, or insulated storage. Depending on the length of your trail ride and how long you'll need things to stay cold will determine if you need extra materials, like ice packs.

These snacks can even be shared with your horse if they are equine friendly. Apples and carrots are great examples, and you can always pack some extra goodies specifically for your horse to enjoy while you picnic.

The Creation of a Saddle

By The VHN Writing Team



Think of the last time you were in a saddle. Think of how it felt and every moving piece that you were using, from the cinch straps to the stirrups. Think about the size of it, the weight, and the tidy leatherwork and designs covering its surface. Every inch of that saddle was created with purpose and built for a very specific job. It was probably made by hand, perhaps even custom for your horse.

If you've never really stopped to think about it or really examine your own saddle with new eyes, do it now. Take your saddle and lift up all of the different flaps and parts. Move the many connected pieces back and forth. Look underneath and see where the stitches meet up and the strongest parts are put together.

Saddles are perhaps one of, if not the most, important piece of equipment that you use with your horse. A saddle allows you to ride your horse, to feel him underneath you while providing comfort and support to your balance and your horse's. It serves a very large purpose while also being something stylistic and pleasing to use.

The very first saddles appeared many thousands of years ago. It's not known exactly when the first makeshift saddle or padding was used, but the material was most likely a form of animal hide or cloth simply laid over the horse's back. Then the Sarmatians, a nomadic tribe from the Black Sea region, created the first true saddle almost 2,000 years ago. They were the ones that created the so called "tree" of a saddle, from just that, a tree. The foundation of the saddle was created from wood with two arches, one in the front and one in the back, that both attached together with two longer wooden bars. These longer wooden bars are what sat on each side of the horse's spine. This rectangular silhouette was the first saddle prototype and would be the design that improved over many centuries as man evolved alongside their equines.

While there are many types of saddles these days that are made to fit different styles and disciplines, each saddle will have most of the same parts. It will have the base structure known as the tree, the seat, skirts, panels, and flaps that sit beneath the leg to shield both the rider and the horse, a girth, and stirrups for the rider's feet. Depending on the saddle, there may be variations or additional equipment. An English saddle is different from a Western saddle in a few ways, and a racing saddle will still be different than an English saddle. But most of these will have the basic pieces listed above. They may be referred to by a different name but serve the same purpose. The skirt of the saddle is intended to protect the rider's legs from touching the horse and to cover the girth and girth straps. Most saddles will have a series of D rings, and rigging D's, in different places. Depending on the saddle type, these rings are either meant to hold more straps, like a flank cinch, or for smaller D rings, they're intended to hold gear on the saddle, like saddle bags, pouches, jackets, etc.

Each saddle type, like a dressage saddle for instance, will be designed to better assist that discipline or sport. A dressage saddle is made to focus the rider's weight and balance towards the center of the horse, so that the rider's legs and other cues can be more precise. A jumping saddle, by contrast, is made so that the rider's weight is positioned forward, so the horse's hindquarters are free from the extra weight to jump and follow through with the movement.

The western saddle is a much bulkier saddle than the previous two, designed more for ranching, so the saddle's purpose is to balance the rider's weight more evenly over the horse's back. There are of course a few different saddles that fall within the broad category of "western saddle", each with weight and designs variations made for the specific job, like cutting or roping.

All saddles do have their materials in common, such as the leather that is used to fashion them. The leather or hide that is used in saddle making can come from many animals, like cattle, deer, and pigs. The trees of saddles are not always made of wood these days. They can come in all kinds of material mixes, such as plastic, fiberglass, and aluminum. This variation is based on the intended use of the saddle and is a huge part of what gives a saddle its weight.

The seat of a saddle is typically made from wool, canvas, and other soft but sturdy materials. The panels under the saddle need to be soft as well but good shock absorbers, so they're often fashioned from foam, linen, and rubber material.

The start of the saddle begins with the hide and its treatment to become pliable leather that can be adhered to the saddle's base. The leather will go through a series of treatments to preserve, condition, and color it before it is attached.

Then the tree is crafted, as either a spring tree or a rigid tree. A spring tree is seen in more English style saddles while a rigid tree is more popular in Western ones. A spring tree will have layered materials, such as plywood, fiberglass, and resin to give it the more bowed and flexible feel. For a rigid tree fiberglass and wood shavings are combined with resin under pressure. Both types of trees are reinforced with steel strips.

After these processes, the stirrup bars are attached. These bars are either forged or cast, that is they are either hammered into shape or poured in a liquid state into a mold shaped for this specific part. The seat is then fashioned with more layering of different types of cloths and wools and painted with a mixture to make it waterproof. Small pieces of felt come next to form the edges and inside of the seat, and a small slit is left so that it can be stuffed with more wool.

Then wet pig skin is placed over the seat and stretched, so that when it dries, it shrinks down nice and tight to keep everything neat and in place. More pig skin or cowhide will be stitched on under the girth to protect the horse as well.

One of the pieces that will have the most variation is the tree, since it forms the foundation of the saddle and can both make up and determine the overall weight of the saddle. Sometimes the tree will be made specifically for an individual horse, with precise measurements for the best fit. And then there are mass produced saddles that are offered in various sizes so you can find the closest one that fits best. The tree will come in different widths, like narrow, medium, and broad, and will have four lengths ranging from 15 to 17.5 inches.

The panels are cushions connected to the tree, which allows the horse some comfort under its weight. These cushions are very important as they are meant to cushion where the rider's weight sits while also keeping the rider's weight completely off of the horse's spine. Most of the time when a saddle is returned, it is because this fit is not quite right. The saddle maybe causing pain or rubbing in the wrong areas on your horse. These are all clues that you need a different size or potentially a custom measurement.

The girth straps and naturally, the girth itself comes next, made of different materials like nylon or soft leather. Lastly, the outer panels, covered and stuffed, will be attached underneath the saddle. Leather skirts are sown on above the outer panel. The D rings or tie downs are now placed on the saddle and will have strings attached to them for storage.

The process of making saddles can be very technical, especially if it's a custom job. Each piece must be measured precisely from horse to rider, and the designs on the leather can be especially intricate. Show saddles are often very fancy, and may have rhinestones or other types of colorful stones attached, along with silver or gold colored embellishments.

If you've never been to a saddle shop and seen all of the gorgeous possibilities, you should take a look. You might not have realized the variety that exists out there. It's hard to say what saddles may look like or how they will be designed in the next few decades or even longer, but this process that has been endured from the very beginning is a true artform that takes great crafting dedication.

Finding the Right Size Horse for Your Height and Weight

By The VHN Writing Team



Matching the right person to the right horse is a very calculated process. It's so much more than finding a breed you like, a pretty coat color pattern, or choosing between a mare and a gelding. Though these things can be fun, there's more to finding a horse and entering into the eventual relationship that you will form.

Your ultimate goal is to find a horse that fits you.

And the term fit applies in more than one way.

They need to fit your personality, they need to fit your finances, they need to fit your riding level, and they need to fit your riding discipline and long term goals.

But one of the basic ways that your horse must fit you is, in fact, physically. A horse needs to be a match for your individual height and weight.

It's a bit of a controversial and sensitive topic to think of in such terms, but it's important for a few reasons. First, finding a horse that fits you physically means that you will be a happy, successful, and safe rider. A horse that isn't the appropriate fit physically can put you at risk for injuries and hinder your riding success. This goes for whether the horse is too small or Use this equation: too big for you.

A horse that is too small will inevitably feel the strain physically over time. A horse that is too big could very well be too powerful, with a good example being a little girl who is better suited to a small pony than a large horse.

Second, having a horse that doesn't fit you can also be bad for the horse. It can cause them physical harm over time and lead to health issues and behavioral issues. A horse with health issues that stem from this improper And if owning a horse that doesn't fit you leads to a relationship that isn't way to find out is by sitting on the horse and seeing where your leg falls. successful in any way, your chances of wanting to get rid of that horse and Make sure to put your feet in the stirrups. You should be able to feel almost find another will be much higher.

A horse should be able to carry 15-20% of their ideal weight. Now when we say "ideal weight" it doesn't mean that is your weight or under.

When you ride a horse, he's not just carrying you. He's also potentially carrying a saddle pad, saddle, girth, and any other attached tack necessary. For a person who trail rides, you could be packing a lot more weight than average by loading your horse up with essentials, which will all add up in overall weight that your horse has to carry.

As an example, we can take a 1,200 pound horse and calculate 15-20% of his weight. This would equal 180-240 pounds. So that would mean, at any time, he can carry a maximum of 240 pounds of combined weight.

Depending on your weight and your desired activities, you would need to decide how much weight you could be placing on your equine. This can be more than you think, say in the scenario of a really heavy western saddle. It can be around 30 pounds of extra weight or more with the saddle alone.

This percentage covers the basis of weight for your horse. But what about your height?

You might think that weight is more important than height, and it can be in some ways. But height shouldn't be overlooked when finding a horse to fit your body.

Your height will directly influence your balance and your horse's balance depending on the horse's height, weight, and overall body type. A stockier horse with a tall person can balance easier than a tall person on a thinner build of horse with finer bone structure.

You should also take into account your leg length. Just because you and your best friend are the same height doesn't mean your legs are in fact the same length. Your hips might be higher or your thighs might be longer.

Any portion from your hips to the very bottom of your feet (in boots) is going to affect what horse is good for your height.

This will matter in relation to your horse's height and body type, for where your leg will fall on either side while riding and in stirrups. This is also why you have to account for boot height and type, because if you're right on the edge of having legs that are too long for a certain horse, wearing boots could put you just out of reach.

There is one other way to calculate if a horse is suitable for your height and weight.

Rider's weight + Horse's weight + tack weight, then divide by the Cannon Bone Circumference (the leg bone that is between the knee and ankle/ fetlock), divided by 2 = suitability number

If your number is below 75, then the horse is a good fit for you. If the number is between 75 and 80, the horse is an okay fit. But if it is above 80 then the horse is not the right fit for you and should not be ridden.

fit can once again be a safety risk for you and truly isn't fair to the horse. There is not a specific calculation for height suitability, as the only good right away if it's a good fit or not.

And three, it's a better investment. Horses are expensive, from that very While this decision may seem like a much more complicated process than first check you write and all of the care bills that will follow, you will spend you ever thought, by taking these steps, you will make sure that the horse a huge amount of money on your horse. Having a horse that's a good fit for you invest in is truly meant for you and that you are truly meant for that you, in every way, will be money spent well as you spend the years with horse. your equine.

It can be thought of in this way: you wouldn't take a miniature horse and put a full grown, six foot three inches, 200 pound man on to ride him. It would be either silly or just wrong.

While this scenario is somewhat extreme, the logic of it is still true. You should be built for your horse and your horse should be built for you.

It can be tough to distinguish what parameters decide the best horse size for you. After all, it's hard to judge what a horse can handle just by looking at him or guessing.

One rule of thumb makes it easier to figure out.



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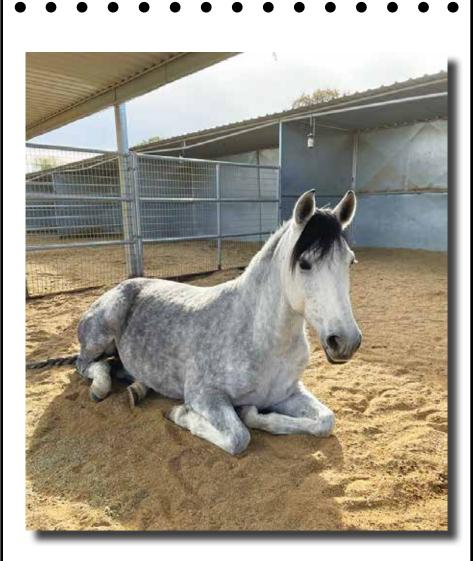


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AVAILABLE:

Bruce is a crabby old man from a terrible situation, he's happy to just eat and enjoy his twilight years. Soft stall and warm heart required :)



What's the Purpose of Horse Whiskers?

by The VHN Writing Team



Most of the time, a horse's whiskers aren't given much thought outside of grooming and trimming them off. But have you ever wondered if your horse's whiskers serve a purpose?

Your horse's whiskers are technically called "Vibrissae" and they are found on many mammals. If you've ever owned a cat, you'll see the same type of vibrissae that your horse has on his muzzle. Other animals like rats, dogs, ferrets, and seals have whiskers.

Your horse can have many whiskers on his mouth and also around his eyes. Some horses will develop only a few, while others can have large groups of vibrissae. Photos of horses with their own mustaches are making the rounds on the internet and social media.

These whiskers perform a sensory function for your equine. When you present your horse with something new like a treat, typically your horse will sniff the new object but also touch and nose around it.

During this exchange, your horse will use his whiskers to gather more sensory information about the object before him. He's not only feeling the object with his skin, he's feeling it with those long whiskers too. Almost like a second sense of touch. And that is the exact part of the brain that reads the signals from the whiskers.

In the wild, this can be a safety mechanism, as a horse can gather information with his long whiskers without touching a new object that could be potentially harmful. They work not only around the mouth but the eyes as well, giving extra protection and a deeper sense of what's around.

It is this knowledge of what a horse's whiskers do that is causing horse owners and enthusiasts to question.

If these whiskers work as a second sense of touch, then why do we trim them? Trimming a horse's whiskers developed purely for aesthetic and having a cleaner look for competitions.

While this is a popular ideal, many countries like Germany and France have banned trimming a horse's whiskers and ear hair. If a competitor were to trim their horse's whiskers for competition, they would be disqualified.

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This ban was implemented for the benefit and wellbeing of equines and is worth some thought for every horse owner. Many people implement the logic that evolution has changed our horses so much and yet their whiskers remain. They're no longer small animals with multiple toes, and yet they still have those whiskers.

They must serve a worthwhile purpose if that is the case. Otherwise they would've disappeared like the other traits that were no longer essential to the animal.

It may not feel ideal to leave our horses looking more scruffy, especially if we are routine trimmers, but if it allows our horse's to function as evolution and their natural biology intended them to, perhaps having horse mustaches isn't such a bad idea. In fact, it could become the new equine fashion statement that stands the test of time. Do you trim your horse's whiskers? Would you consider letting them grow out if it was a benefit to your horse?



The Metal Horse By Anna Dunstone

The earth has gained another one That logic cannot save Her mother shakes her head and says "My dear, that thing's a grave!" And all the mothers up in heaven And all the ones alive Groan in anguished unison At what she wants to drive The angels roll their eyes at her, Stay careful and insightful God himself proclaims "Oh no! She's bought a motorcycle."

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Signs of a Horse Sale Scam

By The VHN Writing Team



There's nothing quite like the excitement of starting the search for a new horse buddy.

We put together lists of what we want and what we don't want. We decide what kind of breed we're looking for, if we'd like a mare or a gelding, and what disciplines they should be more established in. We also find that ideal price range we're willing to spend on our new equine and how far away from home we are willing to search.

And then comes the fantasies of what our new equine will be like as part of the family when the search is over. It's a fun, albeit stressful, adventure.

On the other end, there's nothing quite like the crushing heartbreak of realizing that you've fallen into a horse sale scam.

Perhaps you've realized in time to not lose out on any money or maybe you've been swindled out of a hefty sum that you set aside special to find that perfect animal. It could be there was no actual horse for sale in the first place or you ended up purchasing an animal that is in no way, shape, or form what was promised by the seller.

Either way, you're left feeling vulnerable, paranoid, and empty of that once promising enthusiasm that you started with in the beginning. You'll also most likely beat yourself up for being stupid enough to fall for the clever ploy.

It's completely normal and understandable to feel a sting in your pride, especially when you had laid all your hopes on what you thought you were purchasing.

As tough of a pill it is to swallow, if you find yourself at the tail end of a horse purchase gone horribly wrong, the only two things you can do now are learn from what's happened and remember why you were looking in the first place.

First, don't allow yourself to feel like a total idiot. It can happen to just about anyone, especially in this age where scams run rampant every single day. So many horse sales are started online these days, and the ease of advertising a horse for sale makes it even easier for scammers to post ideal and believable false ads.

After you've exhausted all avenues for recourse, there are some things to keep in mind should you decide to venture out again in search of your new equine buddy.

1. Watch out for fishy details as you speak with potential sellers. Location is very important. If the seller switches up details a few times or needs to have the horse shipped to you from a different location altogether for a fee, it may be best to move on.

2. Any seller will be willing to speak almost immediately and through a normal phone number. If communication is only done through text or email, something isn't right. You can even push to do a video call to feel more secure.

3. Don't go looking for "deal" pricing. If the price is way under normal, especially for certain breeds, that's a big red flag. That either means there's no horse at all, the horse being sold is having trouble being sold due to problems or is another horse altogether, or the seller is extremely desperate/ uneducated about pricing which is still a warning sign in itself.

4. Tread carefully with how you pay. If you are selling instead of buying a horse, watch out for individuals willing to pay over your asking price, especially if they haven't even seen the horse. Certain ways of paying, especially electronically, are harder to track and easy to scam with.

5. Remember your horse knowledge or ask a friend. Go over every ad with a fine-tooth comb and if something sounds odd for a horse's age, breed, location, etc. it could be a scam. Language is also important, as bad grammar, misspelling, and more can be a clue to a foreign scam.

6. Always ask for more pictures than what is just listed. If you do not ask to see more than the pictures already posted online, then you are opening yourself up for a serious scam. Many scammers will use photos found online or from professional horse catalogues, websites, and calendars.

7. If a picture looks almost too perfect, there's a chance it's a recycled photo that's been stolen. Try googling the horse's breed or something specific about them like coat color or markings. You might just find that same picture online somewhere else.

8. If you are doing a deal in person, always test ride, take pictures, get medical histories, and keep all of your paperwork. Every bit of the sale, from beginning to end, should be recorded in some fashion so that should the deal go sour or something isn't how it should be, you have evidence to fall back on. A real horse person and real horse seller will understand your motives and reasoning for being so careful.

9. And last but never least, 9 times out of 10, if it sounds too good to be true, it probably is. That's how scammers like to get their unassuming prey. They want to make you feel like you've found something perfect for an amazing price and they want to make it quick and easy for you without having to give anything concrete or in person.

Never feel guilty about walking away from a sale, whether you are the one buying or if you're selling. There will always be someone else or another horse that comes along.

And when in doubt, get some opinions from other horse people, family, friends, or maybe a lawyer/ police officer. It's better to have someone be honest and point out how odd something seems even though you may be willing to overlook it because of the deal you think you've found.

If you started your deal gone wrong online, whether you found out in time or ended up losing your money, try to help the next person that may come along. Report the sale to the website or forum owner if done online. This can help both locally and internationally. If you lost money to a sale that is based out of the country, it will be very difficult, if not impossible to get your money back.

Consider speaking with your bank to see what can be done. If done online locally or in person, you have the option of getting the police involved for an investigation. It might also be a good idea to consult a lawyer about the next steps, especially if you lost a larger amount of money in the process.

Hopefully if you purchased a physical animal but they were advertised as something they obviously weren't, you have some paperwork and physical communication records to help your case



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HORSE BOARDING Need More Boarders at Your Barn? Advertise Here!	HORSE BOARDING NW- BOUTIQUE RANCH SUPER CLEAN Your Horse = Our Priority, Clean Clean Clean, Large Stalls, High Quality Hay, Misters, Regulation Dressage Court, 2 Round Pens, 24/7 Onsite Manager/ Trainer Call 702-326-9440 CallieKlein.com/boarding	*****
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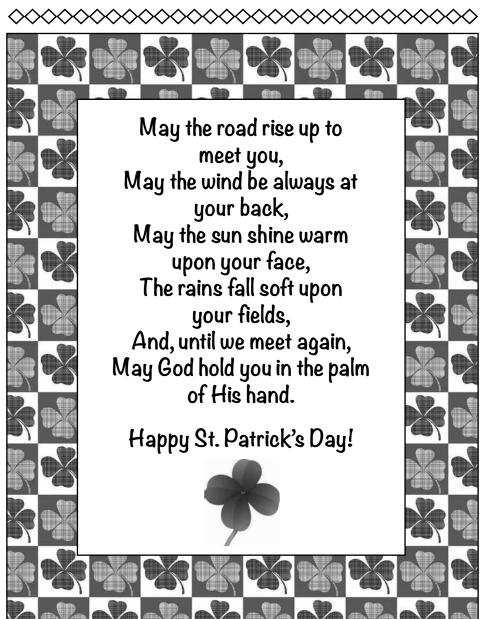
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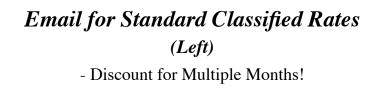




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Deadline: 15th of every month. Phone in your ad: 702-808-7669 or Email your ad: valleyhorsenews@gmail.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
currently under to date schedul	ing of events for all or constant change due to les, attendance, and vin visit the corresponding	COVID-19. For the retual show dates/ info	most up please		EARLY THAW HORSE SHOW 8 am Hurricane, UT Washington County Regional Park	EARLY THAW HORSE SHOW 8 am Hurricane, UT Washington County Regional Park SWBRA BARREL RACE 1 pm Hurricane, UT Washington County Regional Park
6	7	8	9	10	11	12
ARLY THAW HORSE SHOW am Hurricane, UT Vashington County Regional Park		NSHAV GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988	HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456	DIXIE CLASSIC BARREL RACE 9 am Hurricane, UT Washington County Regional Park	DIXIE CLASSIC BARREL RACE 10 am Hurricane, UT Washington County Regional Park	DIXIE CLASSIC BARREL RACE 11 am Hurricane, UT Washington County Regional Park
		POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419 DIXIE CLASSIC BARREL RACE 9 am Hurricane, UT Washington County Regional Park			
13	14	15	16	17	18	19
DIXIE CLASSIC BARREL RACE 9 am Hurricane, UT Washington County Regional Park	APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com				SWBRA BARREL RACE 11 am Hurricane, UT Washington County Regional Park
20	21	22	23	24	25	26
	4H SHOW 6PM Hurricane, UT Washington County Regional Park		WCBRA BARREL RACE 6 pm Hurricane, UT Washington County Regional Park	JR. HIGH SCHOOL RODEO 5 pm Hurricane, UT Washington County Regional Park	JR. HIGH SCHOOL RODEO 11 am Hurricane, UT Washington County Regional Park	SNGA Horsemen's Park http://www.snga.biz JR. HIGH SCHOOL RODEO 10 am Hurricane, UT Washington County Regional Park
27	28	29	30	31		
NGA Horsemen's Park tp://www.snga.biz	S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com		UT AZ RANGE LIVESTOCK WORKSHOP 8 am Hurricane, UT Washington County Regional Park	INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park WCBRA BARREL RACE 6 pm Hurricane, UT Washington County Regional Park		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com					1 INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park	2 INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park
3 INTERMOUNTAIN REINING 9 am Hurricane, UT Washington County Regional Park	4	5	6	7	8	9
10	11 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	12 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	13 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	14	15	16
17	18	19 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	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 SNGA Horsemen's Park http://www.snga.biz

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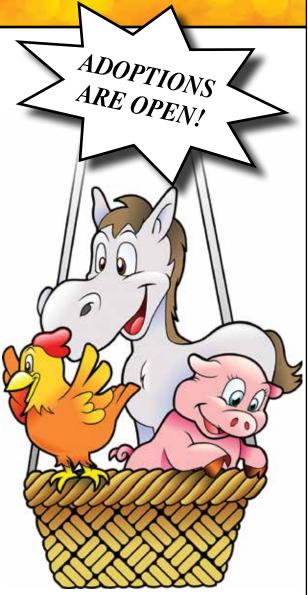


Danny- Born in May 2014. She is a poled Nubian doe. Unfortunately, she can no longer be bred. We are looking for a home for her. She is very friendly, loves company, leads great. She would be a good candidate for a cart goat, but needs training. Her one bad trait is that she is a bully when it comes to food. That is why she looks pregnant, she's just fat. If you are interested in her I can be reached at Blue Moon Farm, **775.220.4378**

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

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Welcome all rescues, sanctuaries, and non-profits!

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

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

This section will remain in the paper *indefinitely*.

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

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

adoptions only.

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

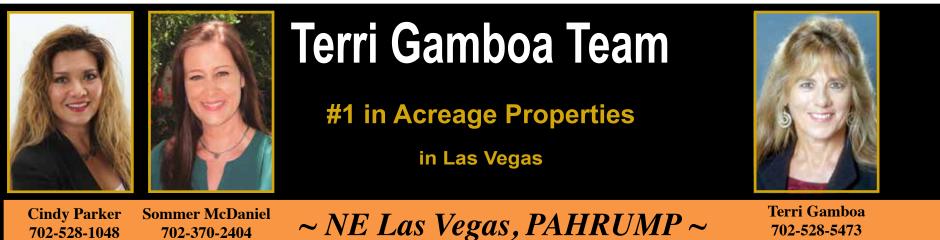
Please spread the word far and wide about this section so we can facilitate as many adoptions as possible. These precious animals need and deserve all the help we can get. It is a personal goal to make this section explode every single month! A home for every animal that comes on this page is not only a worthwhile but completely possible goal. Just imagine what could be done by this time next year. So let's make it happen!

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.

702-528-1048

702-370-2404



Moming Sun Way Monthing Star Way

1330 Morning Sun. Huge elevated .89 acre lot. Gorgeous location nestled at the base of sunrise mtn. Strip, valley & mtn views. Perfect setting for custom home. Zoned for horses. \$190K



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



2161 West Charleston Park Ave. Over 4 Acres of Land in Pahrump. 1 Hour From Vegas. Mountain Views. Corner Lot. Zoned for Multi-Use \$89,000





290 South Valerio St. 5 acres in Pahrump, 1 hour from Las Vegas! Quiet location with 360 mountain views. \$45,000 5800 Belmont. Almost 1/2 acre land in Pahrump. \$34,900

Excellent Land Lenders - 80% Financing!!



Email: TerriGamboa@aol.com

Call Terri Gamboa (702) 528 - 5473

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Website: www.TerriGamboa.com

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REALTY

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Terri Gamboa Team

#1 Horse Property Specialists

in Las Vegas

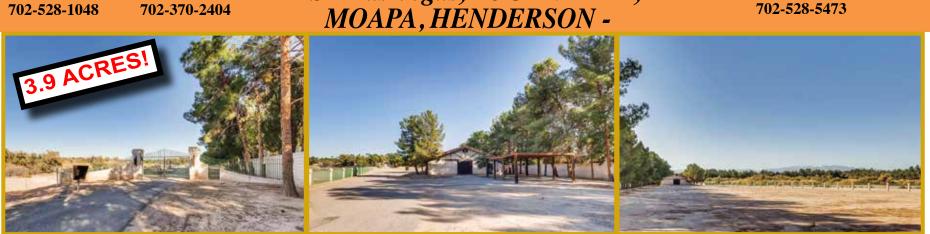
Cindy Parker

Sommer McDaniel

- SE Las Vegas, LOGANDALE,



Terri Gamboa



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



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 \$650,000



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





426 Box Elder Way. Newly remodeled 3bed/2bath home. Open floor plan, remodeled kitchen. New paint & floors. Ceiling fans throughout. Covered patio. \$365,000

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



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

Call Terri Gamboa (702) 528-5473ONE GROUP



Website: www.TerriGamboa.com

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~ *NW & NW by FLOYD LAMB* ~



Terri Gamboa 702-528-5473



1A Torrey Pines & Buckskin. Almost 1 Acre in the NW. Build Your Dream Home on this Corner Lot. Water Main Installed, Power Right at Corner of Property. Quiet Location. \$235,000



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



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





3900 Six Gun Rd. 3 Bed/2 Bath Home on Large Lot in Cul-de-Sac With No Hoa. Over 1/3 Acre Lot. 4 Garage. Vaulted Ceilings, Ceiling Fans, Fireplace \$420,000

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



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

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