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THOUGHT OF THE MONTH:

Happy Mother's Day!

The Statistics of Horse Riding Injuries

By The VHN Writing Team



We really do try to tell people how it is. You know, those individuals who try to tell us in return that horse riding isn't that big of a deal. We try to explain to them how riding horses isn't just hard, it's also dangerous. Like really, really dangerous.

While we horse riders understand the level of danger we put ourselves in by getting on the back of a giant and heavy animal, it can be a bit startling to read that level of danger in the terms of statistics.

How dangerous is horseback riding?

This dangerous...

Studies are now proving that when compared to sports like football or even motor racing, riding horses is more dangerous.

That level of danger is based upon the number of injuries that result from the sport.

When it comes to riding horses, the chest was found to be the most common area of injury. Surprising, as we thought it would have been the back. The most lethal injury sites, however, were the head and neck. (Now that definitely makes sense.)

Both men and women are equally likely to be injured while riding, and those in their late 40's make up the largest percentile for injured. The areas most common for injuries were chest, neck, head, and arms. The abdomen was the least injured according to compiled numbers.

In those patients that dealt with head trauma, it was more likely for the injury to be serious, with a higher percentage of impairment of ability. Most injuries overall were considered mild to moderate, but the majority of injuries were still classified as a need for hospital admission.

A very small percent of that admission needed surgery.

Most patients in the hospital from a riding injury had to stay over four days, with the same amount of days as the average spent in the ICU.

Riders above 50 were the most likely to head to a trauma center, while riders in their mid 30's and under were the least likely to seek or need medical care. The majority of patients did not need continued care after release, yet riders that suffered head and neck injuries were 44 times more likely to die than those suffering from an injury to another bodily area.

The study was made up of statistics compiled from major trauma units and emergency rooms during a given period. The study was able to prove that injuries from horse riding is often under reported and under appreciated in comparison to other more televised or popular close contact or impact sports, such as football.

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*See you next time! - **Codi Kern***

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Copper – A Cure for a Dull or Off Color Coat?

By The VHN Writing Team



A horse's coat and color are perhaps the first things a person will notice and appreciate. It's kind of like how everyone says they notice a person's eyes or smile before anything else when they first meet.

A horse's coat can tell a lot about him, including his health. The quality of the coat, its thickness, shininess, saturation, and growth are all indicators of your horse's internal process. There are many things that can affect a horse's coat, including his health. It can be something as simple as a horse that bleaches himself out in the sun, often seen in darker or black horses.

It can also be as simple as a vitamin deficiency.

If you've noticed that your horse's coat is a bit lack luster, fading, dull, or even turning an odd shade, it could be due to a copper deficiency.

Copper is an important part of every horse's nutrition. Copper is responsible for energy production, connective tissue health, immune response, iron metabolism, and yes, coat color and health.

Some owners will see that their chestnut horses are beginning to have a yellow tone to their coats, or horses with black coats begin to look almost rust colored.

Sun bleaching is often what's blamed for this strange alteration in color, but it's more than that. It's almost certainly a lack of copper.

A horse's coat color is decided and presented due to melanin, or the natural pigment in their hair. This is the same substance that decides our skin, hair, and eye color as well. Melanin's production depends on an enzyme, tyrosinase, to function properly. Tyrosinase happens to be a copper-dependent enzyme.

Tyrosinase is responsible for brown and black pigments. This is an interesting connection to the chestnut and black coat colors from above. And many coat colors actually have small amounts of this same enzyme that provides black and brown pigment.

So just because your horse isn't exactly considered to be brown or black, that doesn't mean they won't be affected by a copper imbalance. They too could see a weird color issue if there's enough of a copper deficiency to show up. Buckskins, chestnuts, bays, and blacks can all be affected.

Sometimes this color shift won't appear in the horse's body, instead it will present in a horse's mane or tail. Owners will often overlook this change as a factor of aging when really it's an issue that can be fixed.

It's true that ultraviolet light can weaken a horse's coat color, but if supplementation is given to keep the pigments and what creates them strong, a horse's coat will be much more resistant to this damage.

Horses that have a mostly forage based diet are prone to this deficiency as forage naturally doesn't contain much copper. The tricky thing with deciding to supplement copper in your horse's diet is that other compounds or minerals can block the absorption of copper into your horse's body. Annoying, we know. And a possible reason that your horse could be lacking in copper in the first place.

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Things like sulfur and iron can stop copper from being absorbed. But it's important for horse owners to not automatically provide a copper supplement to their horses, as copper itself can block minerals as well, like zinc.

To avoid causing other problems with supplementation, it's best to consult your vet who can look at your current feed and help you understand the levels that your horse is currently getting. A change in feed or utilizing a second feed with additional vitamins and minerals could help bridge the gap in your horse's nutrition.

There are commercial coat enhancers on the market that claim to enhance color and quality. These may or may not work for your horse, depending on his nutrition and any other deficiencies he could be battling. You can try them, but it's best to do so with the advice of a vet.

If you notice your horse's coat color seems to be different lately or less vibrant, try speaking to your vet about the possibility of a copper or other vitamin deficiency and what could be causing the sudden change.



• Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

“Herb Grilled Chicken Breast ”

Servings: Serves 4

Ingredients:

4 boneless skinless chicken breast halves (6 to 8 ounces each), trimmed and rinsed

Kosher salt and freshly ground black pepper

Crushed red chile flakes

3 cloves garlic, minced

2 tablespoons chopped fresh rosemary, flat-leaf parsley, or other fresh herb

1/4 cup fresh lemon juice, plus 4 lemon wedges for serving

1/4 cup extra-virgin olive oil; more for drizzling

Directions:

Lightly wet a chicken breast with cold water and set it between two sheets of plastic wrap. Pound it into a broad, flat sheet about 1/4-inch thick (called a paillard), using a meat pounder, the side of a heavy cleaver, or a skillet. Pound the other breasts into paillards the same way and arrange them on a baking sheet.

Generously season each paillard on both sides with salt and pepper and a pinch or two of chile flakes. Sprinkle both sides with the garlic and rosemary. Drizzle both sides with the lemon juice and olive oil and pat into the meat with your fingertips. Refrigerate the paillards for 20 minutes while you prepare the grill.

Heat a gas grill to high or prepare a hot charcoal fire. Brush and oil the grill grate.

Arrange the paillards on the grill grate and grill until cooked and firm to the touch, 1 to 2 minutes per side. (Use a long, wide spatula to move and turn the paillards.) Transfer the paillards to a platter or plates. Drizzle with olive oil and serve immediately with lemon wedges for squeezing.



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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. 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 Myths and Old Wives Tales

By The VHN Writing Team



Just about every person has heard of a saying or old wives tale. Things like: if you pull out a grey hair, two will appear in its place. If you sit too close to the television screen, you'll go blind. If you sneeze a bunch, then someone is gossiping about you.

There are many, many of these myths from all around the world. Some people talk about them and other people believe. So it's not surprising that there are old wives tales involving horses.

Here are some that may or may not float around your barn. How many have you heard before?

1. Horses are color blind. This has been proven false. While horses cannot see all of the colors that we can, they do have dichromatic vision or two-color vision. We don't know for sure which colors they see, but it is thought to be blue and yellow.

2. Horses only sleep standing up. Nope, those of us with horses probably already know this isn't true. Horses do sleep standing, but they can also sleep laying down or half way propped up. For horses to get REM sleep, they need to lay down.

3. Warm bloods have a higher body temperature. All mammals are warm blooded and so are horses. Every horse has the same internal body temperature. Warm blood simply refers to personality and body type. While cold-blooded simply means a calmer demeanor.

4. Red mares are crazy or mean. There is no definitive evidence that color plays a role in a horse's demeanor. While mares are said to be meaner and that geldings are the way to go, it has not been proven that there's a direct link in anyway.

5. A horse with a roman nose is stubborn. Similar to the red mares myth, this one has no evidence. A roman nose is only a facial feature. Certain breeds have been said to be more stubborn, and those breeds can have a pre-dominance for roman noses.

6. Horses standing with their backs against a hedge means it's going to rain. While this saying has not been disproven, it also hasn't been proven. So it's up to your horse if he decides to let you know about an incoming storm. If he's right, then you can finally give up on the weather man and his seven day forecast.

7. If you take a hair from the mare's tail, tie a nail to it, and hold it over the horse's hips, it will predict pregnancy. If it doesn't swing, she's not pregnant, if it swings in a circle it will be a filly, and if it swings straight it will be a colt. Many people do this with their pregnancies as well. There are many people who say that they accurately predicted the gender with this trick. However, it has not been studied or proven for horses or people. If you want to have fun with it though, you can do this and take bets on if it's correct.

8. Changing a horse's name brings bad luck. While we don't know if this can be proven, it might bring some confusion if the horse is used to being called by a certain name. This one, however, is a very popular saying.

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9. Sitting backwards on a horse is a cure for toothaches and snakebites. Yet another tale that we don't know is true, and don't really recommend testing either. At least not for a snake bite ...

10. A horse neighing at the door of a house means those inside will get sick. This also has not been proven and we certainly hope it isn't true, as we're worried many of our readers with demanding hungry horses might be set up for a lot of colds.

There are many more myths about horses, with this list being the most popular. And a good number of them are pretty strange.

A lot of us can remember a time when our mothers, fathers, and grand parents told us a few of these tales. We won't admit how long we believed them or if we still in fact do. But they're memories all the same. Perhaps a good rule of thumb is to believe the ones about good omens and luck, rather than the strange ones about curing illnesses.

How many of them have you heard before? Do you know some old wives tales about horses that you didn't see here? Maybe you have a funny story where something happened and you now believe one of these tales. Let us know through email or facebook some of your favorite myths and tales!



Can Horses Sense Pregnancy?

By The VHN Writing Team



It's baby season, both for horses and for people. New foals are being born, and new mothers are being made. If you've ever had the experience of being around a pregnant horse or a horse that has just had her foal, you've seen some of the same tendencies and instincts that human mothers have with their own children.

It seems that motherhood is something that transcends species and seeing the same love, care, and devotion in an animal mother that we can see in ourselves when we have a baby is something truly special.

If we can so easily see the similarities and sense the same things when our horses are pregnant, it begs the question if horses can sense this when we are pregnant. In general, whether it's a mare or a gelding, can a horse sense when you're pregnant?

Scientists haven't given their official position on this question, but many horse enthusiasts and behaviorists have given their opinion on the matter.

It turns out that many people believe that horses can indeed sense when a woman is pregnant and it comes down to their sense of smell.

When a woman is pregnant, they release different smells due to hormones and pheromones. A pheromone is a chemical that is released by an animal and it has a direct effect on the behavior of an animal of the same species. Hormones and pheromones are very similar chemicals, but hormones work within the body between organs and systems while pheromones are outside the body between individuals.

It's hard to say if a horse is directly reacting to your pregnancy or just the change in smells that they can detect. It could also be that our horses are picking up on just more than chemical changes, as horses are very adept at sensing our behaviors and the changes in them.

It's already been proven that horses can sense human emotions, as when our emotions change, so do the smells we give off. These smells aren't necessarily easy for us to pick up on, but to an animal who is biologically predisposed to be sensitive to changes in smells, this difference can be recognizable.

Now if a horse can sense a change in emotion through smell and other sensitivities, why not the change in bodily process, like pregnancy?

There are scientific connections that point to horses being able to sense pregnancy, but there are also behavioral examples that show horses can sense more than we realize.

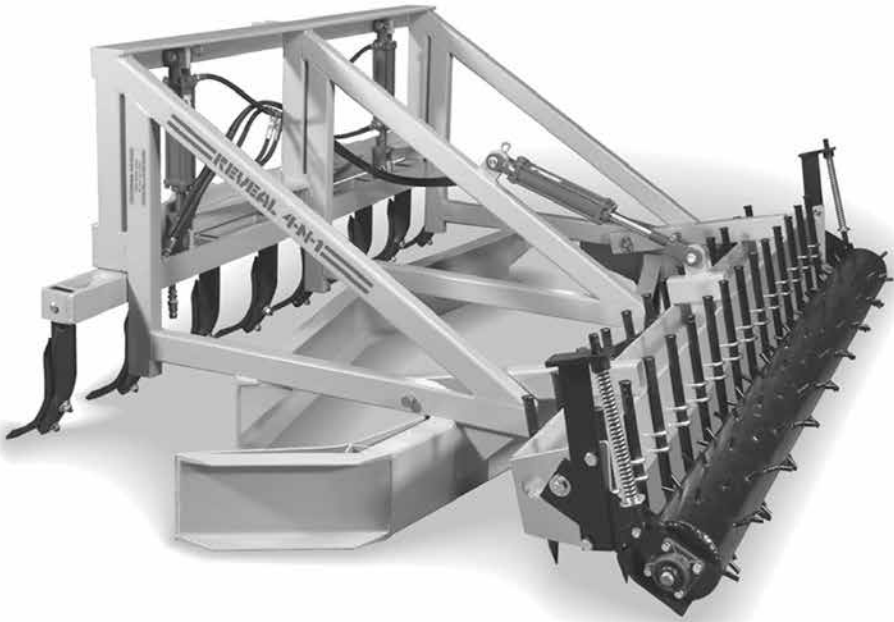
Many pregnant women have noticed a shift in either their horse's behavior or a horse that they work with while pregnant. A woman might notice her usually hot and raring to go mare is suddenly much more careful and more respectful. In contrast, a pregnant woman might notice a typically friendly horse is more stand offish and unsure about her presence.

There's also those heartfelt videos of horses gently nuzzling or rubbing a woman's baby bump as if they know just what's in there.

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Horses are also very good at reading people's expressions. And it makes sense, considering they can't communicate in the typical ways with us, so being able to read our faces makes things easier.

During pregnancy, it's natural for a woman's mindset and emotions to be different, and if her expressions are different, a horse can pick up on the change and react accordingly.

There's also the possibility of a mare, particularly a mare that is pregnant herself or has been in the past, recognizing the same situation in her handler. Many of the same changes happen in an equine pregnancy as they do in a human one. It's not far-fetched in the least to say a mare would be more likely to notice this and to show that she's aware of such a change in her owner or handler.

If you've been pregnant and you've seen a change in your horse's behavior in general or more towards you in either a positive or a negative way, there could be some science behind the reaction and how well your horse can read what you are going through.



Replacing an Old Halter

By The VHN Writing Team



At one point or another, each piece of equipment and tack that your horse uses will need replacing. It's an inevitable part of owning a horse or any animal for that matter.

Eventually, your horse will need new grooming brushes, new boots, a new blanket, new feed bin, new tail bag, etc. Wear and tear and the elements take their toll on every item.

One item that is essential to your horse's handling and care is the halter.

The halter is one of those things that gets used all the time and can take some beating up. This piece of head gear will be pulled, rubbed, and even chewed on over the course of its life. Not to mention all of the dirt, sweat, and even spit that will make contact with it.

But nothing lasts forever, including the halter. So how do you know when it's finally time to buy a new one?

There are some things that every horse owner should watch for in the wear and tear of a halter, as a worn out one can be a safety hazard.

1. Stitching is starting to fray. If you can see some seams popping and the threading is coming undone or even being worn away, it's time to consider getting a new one or paying to have it fixed.

2. Leather is beginning to crack. When leather starts to crack, it reaches a point beyond repair. No matter how much oil and conditioner you lather it with, it will not retain its pliancy. Eventually that crack will rip completely, and your horse will have a chance at sudden freedom.

3. The ends of leather straps have come off. If the ends of the leather pieces have chunks missing, then that means the rest of the leather could be compromised. If the ends have actually ripped off then the rest of the halter could do the same.

4. A snap, buckle, or metal ring is bent or broken. If parts of the metal pieces have been bent, they might need to be replaced. These pieces could continue to be jagged and bent in an odd way, even digging into your horse's skin at one point. A replacement is necessary or a new halter would be a good choice.

5. The halter is a little too tight. Our horses grow, both as they age and also as they gain weight. If your monkey has become a little chunky, or if he's had his halter for a while, then it might be difficult to get on. This can be a detriment to your horse's health and safety, which means it's time to find a new one.

6. While nylon halters are cheaper and come with more color and design varieties, leather halters have been deemed safer. A halter that can break away is actually a good thing. Under the right amount of force, a halter should end up busting. Say your horse's halter gets caught around his foot or a piece of metal. If the halter doesn't break, your horse could end up breaking his bones instead or even choking himself while in a panic.

At this point, you would want the halter to break and come off to free him. This is why many people advocate for halter-less turn out time. A nylon halter will not break like this.

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But, no worries, if you have a nylon halter, you can remove the crown piece and replace it with a leather one.

Many people will also only use a nylon halter as an emergency halter, as it is resistant to water and the elements without much care. While a leather halter needs care to keep it lasting, it can be a worthwhile investment for certain instances and also for horses that are predisposed to being panicky or getting into things.

You might decide that you'd like to test out different types of halters first or have a feel of them before purchasing. If you have a friend with a different type of halter than you, they can lend you one to try.

You can also research online about the different makes and styles that you have to choose from. You might be surprised at what you find and what you end up liking for your individual horse.

While replacing a halter entirely can be a bit expensive depending on brand, size, and personal taste, the option of replacing parts of a halter are always a cheaper solution as well as a safe one. At the end of the day, having a halter that does its job and keeps your horse safe is a halter that should be in your barn.



Sheath Cleaning, What You Don't Wanna Do and Why You Should

By The VHN Writing Team



Having a horse can be downright gross and uncomfortable at times. There's pee, and poop, and snot, and farting in your face. There's all kinds of bad smells and nasty stuff to get rid of and clean.

It's by no means glamorous, but you deal. Sort of like having a giant toddler that never stops being a toddler, go figure.

There's also the lovely task of sheath cleaning. And before you poke fun at the male horse owners out there, you should know that mares actually need some *down there* cleaning as well.

It's true, we don't like to think about it and we really don't want to do it if we don't have to. It's weird, and gross, and smelly. And just... ewww.

But, c'est la vie. That's life.

So, sheath cleaning is not and never will be at the top of anyone's list. But it's part of your horse's health, and it's actually pretty important. Maybe more important than you realize.

The main reason for sheath cleaning is to clean out any "gunk" that could harden in the skin's creases and create problems. A horse that doesn't get cleaned in this way can develop all kinds of issues like sores, pain, difficulty peeing, and oversized beans.

Beans are a hard mass of dirt, old skins cells, fat cells, dust, and urine that accumulate in your horse's sheath folds. And, surprise surprise, mares can get them too in their folds as well.

In your horse's penis, between the actual tube that allows your horse to excrete urine is a small space or fold. It's really common for this build up to harden in this particular spot, leading to the infamous bean.

A male horse that has a bean, especially an uncomfortable one, can start showing behavioral issues, like kicking at his sheath, peeing problems, tail rubbing, bucking, and more.

Besides alleviating this increasing discomfort, there are some major pro's to cleaning your horse's sheath routinely. It allows for the easy removal of built up dirt and hardened smegma that can become uncomfortable over time. It allows you to check for any beans before they become oversized and require more intense care or a painful removal.

It also allows you to examine your horse's sheath and penile area to see if there are any masses, sores, or other issues that you weren't aware of, since male horses withdraw their penises from view.

It's usually advised that you should clean your horse's sheath about twice a year. You can clean it more often if you feel it's necessary, as some horses can build up more quickly.

But it's important to not do it too frequently or too vigorously, as this can cause irritation and pain. Not to mention, your horse won't be too thrilled the next time you try to do a cleaning.

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Warm water and soap will be the best thing for sheath cleaning as it will help soften and break down any debris. You want to use a soap that doesn't leave a residue, as residue can build up and exacerbate the problems you're trying to get rid of. It can also cause an imbalance in your horse's natural bacteria, which can even cause an infection in a very difficult area.

You'll want to get your horse used to you messing around down there, and naturally it's a sensitive area. Start slow and get him used to you and the different ways you'll have to handle him.

After a while he should allow you to clean him up every so often, though he won't be happy about it. If you can't seem to get him comfortable enough, there's always sedation with a vet if necessary. It will be more costly, but you'll have to get him cleaned somehow.

Now you might be thinking, what the heck, wild horses never have their sheaths cleaned. You never hear about wild horses having any issues with this stuff. Why do I need to do it?

Simple. Wild horses definitely have sheath issues and they're not going to let other horses know as weakness and an outward show of pain goes against their survival instincts.

They will compensate for any discomfort until an issue might arise that causes them illness. An infection, inability to urinate, and more could all trouble a wild horse. Sure, some may never truly need a cleaning, but would you really want to risk the consequences of not doing it at all? It would be like never cleaning yourself down there.

If you need further proof that cleaning is necessary, we would advise but also caution you, to google horse beans and see just how bad they can get.

Pretty uncomfortable if we say so.

And lastly, yes, mares can also be affected by beans. There's a strange belief that it's only a male horse problem, but that's not the case.

The same urine, smegma, dirt, and other material gathers in a mares folds at the bottom of her vulva. It can create the same painful or at least uncomfortable sensation it would for a male horse.

You should clean this area the same way you clean a sheath, with mild soap and warm water. Gently check for any beans and make sure to clean between her teats as this can also get build up over time.

Sometimes the easiest way to do these cleanings and get them used to these more intrusive ministrations is during a bath where you can heavily moisten the area and wash everything.

Yes, it's gross and so strange to think about. Maybe as a new horse owner you never thought it would even be a thing. After all, until you hear someone talk about it or see someone do it, it probably never entered your mind. We can't fault you for that.

But it's important to understand your horse's anatomy and the care that comes with it, for both males and females. And the next time you have to do a cleaning, just remember, everyone has to do it at some point. Just remember the French saying, c'est la vie!

Equestrian Pregnancy Announcements

By The VHN Writing Team



Mother's Day 2022 is just around the corner now that we've reached the month of May and it's an exciting day for not only current mothers but mothers to be as well.

During the nine month wait to see the future little one, there are many milestones and surprises to get through. Are you having a boy or a girl? Is there a chance of twins? When do you tell your parents they're going to be grandparents? How do you break the news to friends and family?

If you're going to be an equestrian parent, the fun gets even better. We bet you've even daydreamed of their first pony ride or giving them their first toy horse.

One of the most exciting parts of pregnancy is when you get to finally announce the news to everyone. You've waited until the perfect time and now you're brimming with ideas on just how to do it. And many of those ideas are probably horsey.

To give you even more inspiration, here are some fun ways to announce your pregnancy like a true equestrian.

1. It's time to make your horse photogenic. You can use a sign with chalk, some baby decorations and your horse's adorably dubious expression, along with a cute saying such as "Rider #3 Entering the Arena ____" with your due date.

Other sayings you can use are: My New Rider Expected ____, Born to Ride ____, We're Gonna Need a Smaller Saddle ____, Breakfast Will Be Late ____, Newest Member of the Herd ____, and so many more!



2. You can also use your horse in other humorous ways like putting a "baby on board" sign on his tail and taking a picture from behind with a saddle or a graphic with the due date. You can even use animal safe paint to make it appear like your horse has been "decorated" by your future child and include more signage or baby items like little boots, bottles, or balloons.

3. If you don't think your horse will be up for starring in the pregnancy announcement there are other ideas you can utilize. A quick google search will bring up any and all kinds of baby items, like newborn boots, toy horses, binkies, onesies, and more.

There are so many items now that are personalized to your style or hobbies, and horses are no exception. A simple picture with a onesie that says "Too Cute Not to Have a Pony" or "Born to Ride Horses with Daddy" can make a simple and adorable announcement.

4. You can include you and your partner in the picture as well, with you both in boots holding a third tiny pair for the future. You can include one of your horse's shoes and make a saying about how lucky you are to be expecting.

5. It's very popular now to do a pregnancy announcement photo with a spread of items. If you want to do something both custom and DIY, this is a great option as you can include anything you want. It can be a onesie, a horseshoe, little boots, an ultrasound picture, a horse bit, a cowboy hat, a bandana, spurs, etc.

If you want to make it extra personal, you can include items handed down to you, like an old toy horse, blanket, a trophy you won as a kid, anything nostalgic or with meaning.

6. Perhaps you don't want to include a lot of items in your announcement and you just want it to be simple. For this, you can try getting dressed up in a new equestrian maternity outfit or your favorite barn clothes and head out to the barn. Take a picture with you holding your baby bump and maybe putting your finger up to your mouth like you have a secret.

Share the picture with a date or simple saying and everyone will know just what you've been waiting to say. The best part about simple is it doesn't take a lot of time or money to put together but it's still somewhere meaningful.



Some new parents to be decide to wait until after the baby has come to share photos and announce the new arrival. Even with a young baby, once they can go outside and don't have to worry about their immune system, you can still do an equestrian reveal fit for a cowboy or cowgirl.

There are so many cute and unique ways that you can include your horse love in your pregnancy announcement. Whether your horse is part of the fun or just watching from the sidelines, there are unlimited ideas for you to choose from. And no matter how you decide to announce your pregnancy, you'll have a wonderful memory to keep and look at on each Mother's day from here on out.



Signs Your Horse Could Be Pregnant

By The VHN Writing Team



It's a magical thing to be able to experience the birth of new life. Now that we are well into the Spring season, babies seem to be every where and many horses are waiting for the final months until their new foals greet the world.

For those of us that have either never experienced having a pregnant horse or are experiencing it for the first time, it can seem like a scary and daunting process, perhaps second only to our own pregnancies and child birth.

So many things could go wrong, there are so many things to learn, and you want to do everything correctly for the sake of your horse and the new foal.

Or maybe right now, you are starting at the very beginning and you're waiting to see if your horse has become pregnant after however many tries to get her there.

Just like with us humans, there are a few signs and ways to tell if your horse might be pregnant without an official veterinary confirmation.

1. One of the main signs that your horse could be pregnant is the lack of an estrus cycle, especially if she's been very regular. If your mare is no longer going into heat on the schedule that she's been on, it could very well be that she has finally conceived.

It's still possible for a mare to show signs of estrus even if she is with foal simply due to hormones, so this first sign is not always a guarantee of pregnancy.

2. Her progesterone levels are elevated and continue to stay that way. Just as in a human pregnancy, a mare's progesterone levels will rise when she is with foal as her body preps to carry to term.

If you want to know if your horse is pregnant, this is one of several blood tests that can be done and monitored for signs.

3. Your horse appears bloated or more bloated than usual. Now this one is a little tricky, because most physical signs of a pregnancy will not happen until she is further along, and by that time other things will have happened.



However, this could be a symptom of a pregnant horse. Every mares bump will appear differently as well, much like a human woman's baby bump. There is no "one size fits all" approach with equines either. So if things look a little different, it could mean she's carrying.

4. Behavioral changes are another great sign of a mare with foal. If a mare seems suddenly disinterested in a male companion, particularly after months of estrus and being "in the mood" for male companionship, it can be a good indication that she's conceived.

5. If a mare is moving differently than usual, she could also be pregnant. This may take some observation and really tracking how your horse is doing. The sign may be quite subtle or appear as a symptom of something else entirely.

Some owners have noted that once a mare is with foal, she will take active steps to avoid bad movements, like shaking or suddenly jostling her body. It's thought that this is in effort to protect the foal.

6. Your mare's udders will also change if she has conceived. A few weeks before birth, a mare's udders will become full as her body prepares to feed her new baby.

This is considered a very late sign, so if you haven't seen other signs of pregnancy and suddenly notice this one, you should contact your vet immediately as you may have just missed your horse being pregnant and will find out for sure very soon.

7. An ultrasound is the only real, sure way of identifying a pregnant horse. This ultrasound can be done as soon as just two weeks after she has conceived. This isn't necessary so early on if you feel confident in other signs that she is pregnant.

But it is a good idea to have one done at some point in her gestation. This test not only confirms the sex of the foal, it can also provide clear indications of any complications that arise. This can be useful for both owners that are breeding to keep or breeding for profit.

Now it might seem highly unlikely, but it is entirely possible for horses to show next to no signs of being pregnant. It happens more than you'd think, but horses have been pregnant and gone on to foal with an owner that's absolutely beside themselves at the sudden news and the sudden appearance of a baby horse.

Some horses will have very cryptic pregnancy signs that are mistaken as something else, and this can be easily missed particularly if you did not breed your horse intentionally or under strict tracking/ supervision.

And just as with humans, there's also the unfortunate possibility of a false pregnancy, as a horse can show these convincing signs even while she is not with foal. This is another reason why at least a blood test if not a full ultrasound is beneficial to confirm a thriving pregnancy.

If there is any chance whatsoever that your horse could conceive, whether by your intention or by accident, it's best to watch your mare for these signs and if you have any slight feeling that your horse has conceived, speak with your vet about confirmation, so that your horse and her potential foal can receive the best care through her due date.



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A Horse's Preference: Man or Woman?

by The VHN Writing Team



When it comes to people and the animal world, we humans constantly strive to understand and unravel the animal mindset. How we perceive animals and how they perceive us in turn is a huge topic of debate.

For horses specifically, we often wonder what our horses truly think of us. Can we measure their love and interest? Do they remember us? Do they want a man more than a woman for an owner? Or do past experiences sway their preferences on human companionship?

Research is showing that while horses do not scientifically prefer women over men or vice versa for any reason linked to the species in general, the outcome can be influenced by their past experiences and what the different genders want from their animal companions. Horses do not prefer women over men or men over women as a whole. It is an individualized and personal experience for each horse based on what the animal wants.

It has been confirmed by studies that men are more goal oriented in their way of existing and over all achievements. Women on the other hand are the more nurturing and communicative sex.

Traits like these have evolved over time from man's first appearance on earth. These differences tend to play a part in how each gender bonds with their animals, including their horses.

A horse that prefers women will prefer that nurturing and bonding relationship, while a horse that prefers men will be a horse that finds enjoyment in working and pleasing his owner towards a common goal. There are always exceptions to these, as a man can have a more nurturing relationship and find a horse that enjoys it as well.

There's no scientific evidence of the horse's gender having an effect either. A female horse will not prefer a woman simply based on the same sex, just as a stallion or gelding will not prefer men in the same sense.

Different circumstances can also affect the choice, say for a horse that has known abuse or mistreatment from a person of that gender. If a horse was abused by a woman before, the horse may have lasting traumatic reactions to women in general. Horses can suffer from PTSD and carry with them past events into future relationships, just as humans can.

How the horse was raised after being weaned is important as well. If a horse was raised primarily by a female owner without any negative events, the horse could come to prefer women based on memory and favoritism towards the gender.

Horses with behavioral problems can often benefit from research into past owners and the possible links between current and past issues. If a horse was abused by a man wearing spurs or a baseball cap, the horse may have difficulty with men, or just simply men in caps or spurs.

Then, of course, there will be those horses that enjoy both men and women equally, and those persnickety horses that could do without any man or women as long as they get fed.

The relationships between horses and humans can often be perplexing, but as we study them more and look to our own relationships with our horses, we can begin to understand them on new and deeper levels. This will ultimately help us to form better bonds with our animals over time and make them more satisfying and fulfilling for both ourselves and our equines.



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By Anna Dunstone

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Do Horses Have Different Blood Types?

By The VHN Writing Team



As humans, we often think about our blood, due to its importance. Essentially, blood is our very life essence. We cannot survive without it, and losing it is a serious threat to our survival. This threat is the reason why we have centers that store blood for those in need and why we decide to donate our own blood to save lives.

If you are in need of blood, chances are there will be enough in an emergency, and it is extremely simple to donate your blood if you feel the need to help. Human blood has a shelf life of around 42 days before it begins to degrade and cannot be used anymore. It is also extremely common for blood to be needed during routine surgeries for humans.

Human blood is classified into the ABO blood group, which consists of four principle groups: A, B, AB, and O. These letters describe the presence of A and B antigens within the blood.

Antigens are what trigger an immune response to a foreign substance in the body. A contains A antigens, B contains B antigens, AB contains both, and O have neither.

From these four groups, the list breaks down further into positive and negative. The positive and negative refers to the presence or absence of the Rh factor protein. This creates the 8 most common blood types that we know of: A+, A-, B+, B-, AB+, AB-, O+, and O-.

But what about horses?

Most of us have probably never considered if horses or other animals have different blood types. In fact, horses do have multiple different blood groups and types, but they are not the same as our own.

Horse blood is broken down into seven groups: A, C, D, K, P, Q, and U. Each of these seven groups can further be broken down by the presence of different proteins in the cell membrane and are labeled as a, b, c, d, e, f, or g. These proteins are known as “factors”. So a horse’s blood type is described as a group and a factor: Ka, Qb, Cf, etc.


Because there are a multitude of proteins that are described as factors, the number of horse blood profiles can range over 400,000 combinations.

Horses have an average of around 40 liters of blood and can lose up to a quarter of that amount without signs of shock. If the loss were more than a quarter, which is 10 liters, a transfusion would be necessary.

In the event that a horse needs a blood transfusion, it is nearly impossible for a vet to quickly source a matched blood profile for a specific horse from a donor horse.


Also, unlike human blood, horse blood does not store well for future use. It will only store viably for around 30 days. While it is not much longer than the storage of human blood, it is much easier to get more of our blood than that of equines.

It’s also easier to match with a quick blood test. After or sometimes even before the thirty days are up, the horse blood will begin to break down and be useless for a healthy transfusion.



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Coupled with the fact that horses will generally need much more than a human during transfusions, it can seem like the odds are against the animal.

While horse transfusions are not very common, if a horse does end up needing one, they would typically require a gallon of donated blood.

The reasons a horse might need a transfusion would be very serious, such as a problem during surgery, a hemorrhage, deadly injury, or possibly a type of immune deficiency that leads to serious sickness.

For the first transfusion given, a horse can typically do without a cross match for their specific blood type. For the transfusions after that, it would be necessary to prevent the horse from having a bad reaction and rejecting the new blood. It is possible for the horse to actually build up an immunity to the first donated blood, making it a bad match during a second transfusion.

Any foreign substance that enters the horse’s body will be judged as either safe or unsafe by that horse’s system. If the match is not close enough or if the horse’s immune system rejects it, the body will literally attack the blood with antibodies. This process is the same with human beings and can have serious consequences for the animals health.

Unlike humans and the O blood type, there is no universal donor for horses due to the number of blood types they can have. This is another strike against the accessibility of horse blood in the event of an emergency.

Typically when selecting a donor horse without the use of cross matching and testing, an unrelated gelding will be the best choice instead of a mare that could have foaled.

A mare that has been pregnant will likely have antibodies against different red blood cells. Over the course of several pregnancies, depending on the mare, there could be several blood types that she has built antibodies against, in combination with having her own unique blood type on top of that.

Certain breeds are also known to be negative for particular antigens, such as Quarter Horses, Standardbreds, and Morgans. Larger horses can also donate more blood than smaller breeds. Typically clinics will house donor horses in the event of needing blood, but for more rural areas without testing resources or lack of donors, they will go with the best donor blood based on their medical decision.

The providing of the blood to that horse will require the owner to give consent. The risks and benefits of doing so would be given by the vet, and the timeline of when the horse would need the blood would be taken into account.

As research furthers however, more advances are being made in blood typing and the storage of horse blood. As studies progress, more blood types are found and studied for their unique traits and possible benefits.

It’s amazing to think that with the already over 400,000 types, there could be even more that we do not know about and each of them will have unique elements that are part of that blood type alone. More information can be found online about blood types, finding your horse’s blood type, and the research that is taking place.

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MAY 2022 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 SNGA Horsemen's Park http://www.snga.biz	2	3 4D TUESDAY NIGHT TUNE UP JACKPOT BARREL RACE 6 pm Henderson Saddle Association	4	5	6	7 LVGA EVENT 9 am Henderson Saddle Association ART2RIDE CLINIC Champagne Dreams Farm 5681 Rowland Ave. art2ride.com	
8 ART2RIDE CLINIC Champagne Dreams Farm 5681 Rowland Ave. art2ride.com	9 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	10 NSHAV GENERAL MEETING 7pm Olive Garden - 1361 S. Decatur Blvd. 702-645-2988 POSS GENERAL MEETING 7pm @ SHOWPOSS.VPWEB.COM for time and place Pahrump 775-727-9576	11 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	12	13	14	
15	16	17 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com 4D TUESDAY NIGHT TUNE UP JACKPOT BARREL RACE 6 pm Henderson Saddle Association	18	19	20	21 LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com	
22	23	24	25	26	27	28	
29	30 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	31 4D TUESDAY NIGHT TUNE UP JACKPOT BARREL RACE 6 pm Henderson Saddle Association	VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com				

JUNE 2022 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 WCBRA BARREL RACE 6 pm Hurricane, UT Washington County Regional Park	2	3	4
5	6	7	8 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	9	10	11
12	13 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse- shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	14 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	15 WCBRA BARREL RACE 6 pm Hurricane, UT Washington County Regional Park	16	17	18
19	20	21 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	22	23	24	25
26	27 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	28	29	30 WCBRA BARREL RACE 6 pm Hurricane, UT Washington County Regional Park		

Farm Animal Adoptions

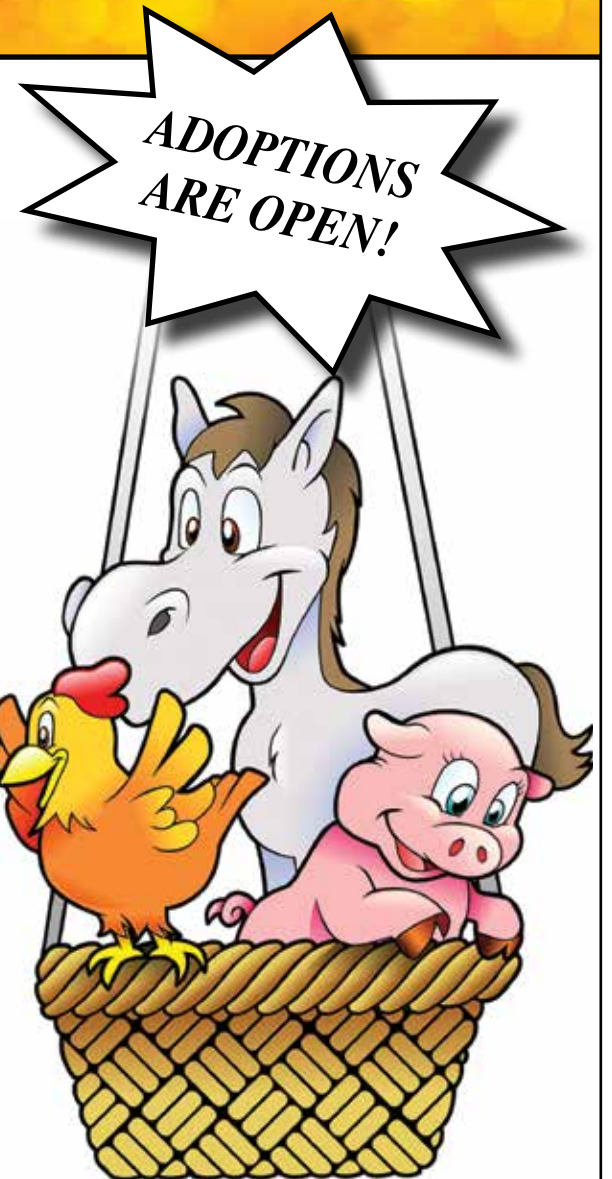


Danny- Born in May 2014. She is a poled Nubian doe. Unfortunately, she can no longer be bred. We are looking for a home for her. She is very friendly, loves company, leads great. She would be a good candidate for a cart goat, but needs training. Her one bad trait is that she is a bully when it comes 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 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 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



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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



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



2161 W Charleston Park Ave. 4+ Acres in Pahrump. Zoned for Multi-Use \$89,000

290 South Valerio St. 5 acres in Pahrump \$45,000

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in Las Vegas



Cindy Parker
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Sommer McDaniel
702-370-2404

- SE Las Vegas, MOAPA, ALASKA -

Terri Gamboa
702-528-5473



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



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



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



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

Ray Brasier, RE/MAX Lic.14560

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Call us to find your DREAM Horse Property!!**



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5912 McLennan Ranch Ave. Gorgeous Single Story in Gated Carson Ranch. 4 Bed, Pool/Spa, 3 Garage. Beautiful Kitchen, Amazing Floor Plan. All Beds Have Bathrooms. \$679K



10804 Edgestone Ave. Gorgeous 2,583sqft 2019 Home in Skye Canyon. Spacious Floor Plan. 4 Bed + Loft. Inclusive Kitchen. Tons of Upgrades! Solar + Comm. Amenities. \$569K



4335 N Fort Apache Rd. 1/2 Acre Lot in Private 4 Lot Cul-de-Sac. Block Wall Perimeter & Can Be Gated. Blocks From Lone Mountain Regional Park \$274,000



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

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